

# Scoping Food Security at Barabardiya Municipality

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## Abstract

*The article investigates the state of food security of Barabardiya urban municipality, Bardiya. Food security is difficult to assess, with erratic occurrence rates and patterns. Policies should address the behavioral issues that influence our dining decisions. Sociology is particularly well-suited to tackling food security since it is multidisciplinary in nature and encompasses many interdisciplinary ideas in addition to social and economic factors. The research in this study was evaluated using data gathered for my PhD dissertation. The main search engines for finding pertinent data are Google Scholars, JSTOR, Z-library, Research Gate, and the Central Bureau of Statistics of Nepal. From a total of 5981 families, 361 homes were randomly selected for the study. 89.47 percent of the 361 respondents claimed they did not eat any less than they thought they ought to. Nearly all respondents (96.12%) responded "No," suggesting they were not required to forgo a meal. 63.43 percent of those surveyed claimed that their household never ran out of food. Nearly 93, 4% of those surveyed reported being hungry yet going without food. 96.7 percent of individuals surveyed claimed they went without food for the entire day. According to the investigation's results, Bardiya has a decent level of food security.*

**Keywords:** food security, healthy lifestyle, food preference, fundamental cornerstone,

## Introduction

Globally, there is a rising worry about food security. It is estimated that more than 1 billion individuals do not have access to enough dietary energy and at least double that amount experience micronutrient deficiencies source. Many recent studies concentrate on enhancing food insecurity assessment because indicators guide action. However, because it is still challenging to measure food security—a illusive concept—estimated incidence rates and patterns remain shaky (Barrett, 2010). It has always been widely acknowledged that perhaps the issue of food security encompasses dimensions beyond than food production, availability, and consumption. Ultimately, it is an issue of all people who have access to safe and nutritious food in order to maintain a healthy lifestyle (Kannan et al., 2000).

Food security was defined by the World Food Summit in 1996 as "access to sufficient, safe, nutritious food at all times to live a healthy and active life." Food security is commonly characterized as both physical and economic access to food that fits people's nutritional needs as well as their food choices. Household food security exists when all members have access to adequate food at all times to live an active, healthy life. Food

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security is a measure of resilience to future interruption or unavailability of key food supply caused by a variety of risk factors such as droughts, shipping disruptions, fuel shortages, economic instability, and conflicts (Disabled World, 2014). Food hygiene regulations are only marginally effective at modifying diets and improving foods. We contend that expanding access through monetary transfers and increased food supply is necessary but insufficient. Policies should address the third crucial component: the behavioral aspects that determine our dining options (Dimittri & Rogus, 2014).

According to Thomas Robert Malthus in 1798, people's rises in a geometric progression (2, 4, 8, 16....)• However, man's food supply can only increase in an arithmetic progression (2, 4, 6, 8....). In order to fulfill people's dietary demands and food preferences for an active and healthy life, food security was described as "physical and economic access, at all times, to sufficient, safe and nutritious food (for people) (Swaminathan, 2003). Sociology is especially well-suited for studying food security since it is an interdisciplinary topic with importance to several economic, political and social factors (Scanlan, 2003).

According to Sen (1983), the most fundamental cornerstone of food security should really be guaranteeing access to healthy food but instead of increasing agricultural productivity. This hypothesis is validated by credible proof, which also demonstrates that food sources were normally available including during times of hardship, even in communities in which a significant number of people died of malnutrition. The problem is that some people who really need food will not have financial capability to obtain food.

Access to food must be continuous and sufficient at all times, according to the World Bank's definition of food security. This requirement can be interpreted in at least two ways. First and foremost, access must be adequate in the long run, i.e. sustainable. A family cannot be considered food secure if it can only meet its current nutritional needs by depleting or selling its resource endowment, but this is what an unthinking focus on access and sufficiency entails. Sustainability refers to a family's or individual's ability to "produce access to sufficient food while retaining their endowments of resources over an extended period of time." (Wiebe, 1994, p. 56).

Thus, starvation, wars, diseases, infant mortality, and various other hardships, miseries, and vices will keep the population at a level that the food supply can maintain. Food security was a major policy problem during the twentieth century. There are two primary schools of view on food security. Increased product output was one solution to under consumption and famine. The other is a new social and environmental approach that recognizes the need of addressing a wide range of production challenges. The first is mostly agricultural, whereas the second is a food systems strategy. From its beginnings in post-World War II international rebuilding, the United Nations and countries have prioritized addressing hunger via a dynamic collection of policy actions. The developing tendency had dubbed the production-oriented strategy or paradigm into an illusory term with its more sophisticated, multifaceted vision of social security, an illusory word that persists (Lang & Barling, 2012).

Food insecurity is inextricably linked to poverty; rural poverty is deeper and more common than urban poverty across the world. However, as low- and middle-income nations rapidly urbanize, poverty is more concentrated in cities, and this trend is anticipated to continue as nearly all global population increase in the next three decades is expected to occur in African and Asian cities and towns (Tacoli et al., 2013). The right to eat is a fundamental human right. A state must provide appropriate, available, and accessible food to ensure this right. Human rights legislation, especially the 1948 Universal Declaration of Human Rights, defines this right and what individuals might expect from their governments (Echols, 2016).

On September 20, 2015, President Ram Baran Yadav unveiled the long-awaited new constitution of the Federal Democratic Republic of Nepal, which recognizes the Right to Food as a fundamental right of Nepalese citizens. Article 36 (1) ensures that every citizen has the right to food, Article 36 (2) ensures that every citizen has the right to be protected against food scarcity that may endanger life, Article 36 (3) ensures that every citizen has the right to food sovereignty as provided by law, and Article 42 - right to social justice - includes food provisions (Relief Web, 2015).

In the report of Sociology of Food (2014, January 17), food, from a sociological standpoint, denotes social distinction. Food connects people and conveys information about our identities, habits, taboos, and culinary heritage. This course will look at the social, symbolic, and political-economic roles of food, including production, distribution, and consumption, across cultures. We'll look at how food, eating, and manners differ across cultures.

Food security and food safety are frequently linked: the food to which a person has access should keep him or her healthy. Food insecurity, on the other hand, refers to the likelihood that a person will not have enough food for an extended period of time. It is more common among the poor or the socially excluded, as well as in areas far from food markets. People living above the poverty line may also be food insecure, depending on their access to food (Pinstrup-Anderson, 2011).

Individual, family, national, regional, and global food security occurs when all people have physical, social, and economic access to adequate, safe, and nutritious food to suit their dietary needs and food preferences for an active and healthy life at all times. Food security is comprised of four pillars: availability, access, usage, and stability. The nutritional component is essential to the idea of food security (FAO, 2009). In a global food system that is now primarily driven by animal product demand, super markets, and subsidies, and that is becoming more and more restricted by natural resources and their (mis)management, we are especially concerned that concerns of hunger do not get ignored (Falcon & Naylor, 2005).

The likelihood that south Asian nations will achieve food security over the next few decades will depend on a number of concurrent actions to increase food production, particularly through technological change, population control, building up an adequate buffer stock, and implementing target-oriented programs for the poor (P.S. George, 1994).

Food consumption has a direct impact on human health and well-being. Food security has traditionally been defined as the availability of food sufficient to fulfill a certain population's daily caloric demands. By the 1996 World Food Summit, the definition had been broadened to include "those who have physical and economic access to safe and nutritious food to satisfy their dietary needs for an active and healthy life." (The Food Security Atlas of Nepal, n.d.).

### Objective

The objective of this research is to find out the situation of food security at Barbardiya Municipality, Bardiya.

### Research Methodology

To develop this research, a secondary data collection from my PhD dissertation was used to examine the research in this study. The study picked 361 houses randomly by using Sample calculator from a total of 5981 households at 95 % Confidence level and 5% Confidence interval from Barbardiya Municipality, ward 8, 9, 10, and 11 which is presented below at table 1. Several researches on food securities were reviewed through Google Scholars, JSTOR, Z-library, Research Gate, and the Central Bureau of Statistics of Nepal are the primary search engines for locating relevant. The research has seen food security by examining it applying five basic indicator of food security like first you ate less than you thought you should, second you had to skip a meal, third your household ran out of food, fourth you were hungry but did not eat and last you went without eating for a whole day. These indicators are analyzed by using SPSS.

**Table 1:**

#### *Calculating Sample Size at Barbardiya Municipality<sup>30</sup>*

Factors	Factors description	Number
Household Size (no.)	The total population that your sample will present	5981
Confidence level (%)	The probability that your sample accurately represent the characteristic of the population	95%
Confidence interval (%)	The range that yours population responses may deviated from your sample	5%
Sample Size Calculated		361

Source: Anon. 2018. "5 Most Common Sampling Errors." Qualtrics AU. Retrieved April 8, 2022 (<https://www.qualtrics.com/blog/calculating-sample-size/>).

<sup>30</sup> <https://www.qualtrics.com/blog/calculating-sample-size/>

### **Situation of Food Security at Barabardiya Municipality**

Nepal is one of the world's poorest countries. Natural calamities like as drought, earthquakes, floods, and landslides, as well as vulnerability to global price changes, civil instability, and poor infrastructure, all contribute to food insecurity in the nation. Wealth, education, and nutrition disparities enhance marginalized populations' vulnerabilities, making them less likely to recover from shocks (Food assistance fact sheet-Nepal, 2021)

Due to a lack of irrigation, infrequent access to inputs, and inadequate infrastructure, agricultural output is low. The majority of rural farmers, particularly those in remote areas, have not received agricultural extension or novel technology tailored to local conditions. Market connections are lacking, and urban migration is high. Current irrigation systems are inefficient. 30% of agricultural land is irrigated. A dirt road is more than two hours away for 20% of rural residents, while a paved road is more than two hours away for 40%. Rural population access to power, on the other hand, has increased significantly, from 17-20% in 2001 to 82.1 percent in 2016(World Bank 2010; World Bank 2016; Sharma, 2001; Silpakar 2008).

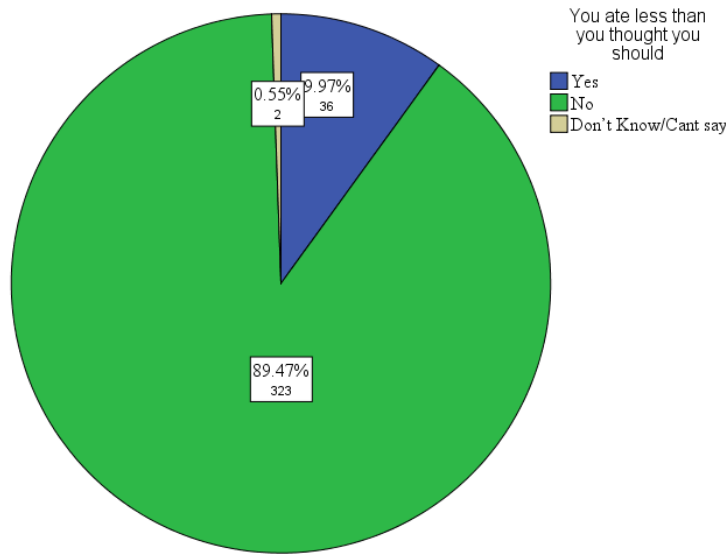
While speaking about Bardiya district, chronic food insecurity, transient food insecurity, and food secure households were found to be 18.06%, 26.39%, and 55.55%, respectively. The study also found that the type of primary occupation and the size of land holdings had a significant impact on household food security status. Share cropping contributed the most to coping strategies, accounting for 11.1%, followed by self-employment (8.34%) and service earning (6.94%). The study suggests that Tharu people be educated about the traditional practice of making alcohol from cereal grains, as well as receive training in cereal production, market promotion, job creation, and income generation activities (Dhakal, (2019).

### **You Ate Less Than You Thought You Should**

The Pie-chart indicates the status of respondents who ate less than he/she thought he/she should within a year. Among the 361 respondent less than full (89.47 percent) of the respondent replied no which means the respondent did not eat less than they had thought they should eat. Remaining 9.97 percent of respondent replied they ate less than they thought and 0.55 percent respondent replied they do not know or cannot say about this question. Food restriction or under eating have a negative impact on the immune system and the general functioning of the body. When you do not consume enough food for your body and age, you do not receive enough energy to accomplish the functions of the body. All of this leads to weariness, which has a negative impact on body mass, weight, and general metabolism.

**Figure 1:**

*You ate less than you thought you should*

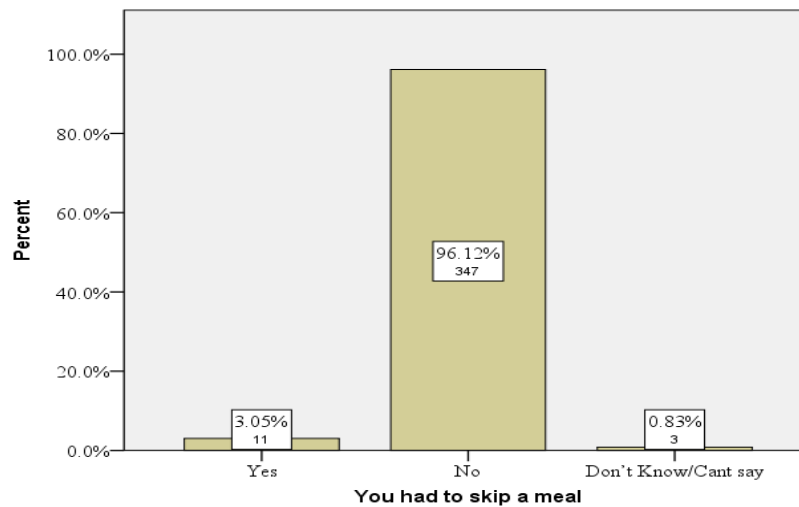


Source: Field Survey, 2022

**You Had To Skip Meal**

**Figure 2:**

*You had to skip a meal*



Source: Field Survey, 2022

The bar-diagram above indicates the status of respondent who had to skip meal within a year. Among the 361 respondents nearly less than full 96.12 percent of the respondents

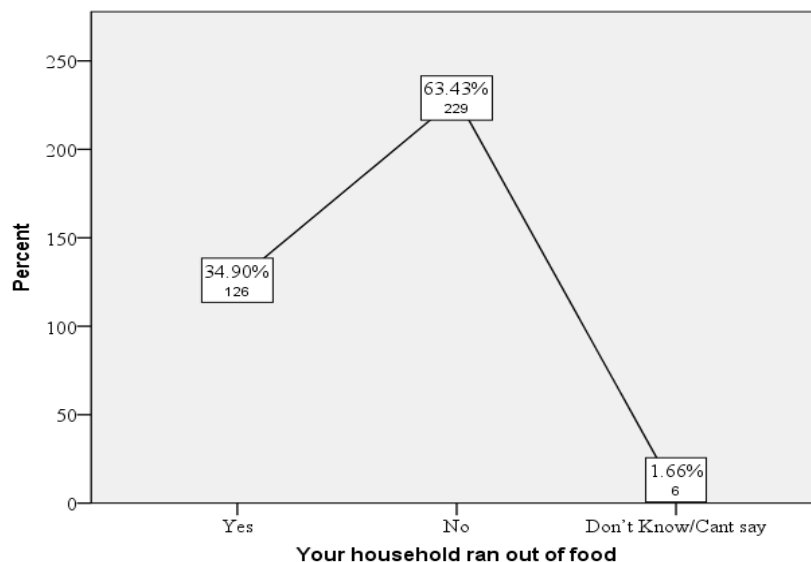
replied no which means they did not have to skip meal. Remaining 3.05 percent of respondents replied they had to skip meal and 0.83 percent of the respondents replied they do not know or cannot say about this question.

**Your Household Ran out of Food**

The line-diagram below explains about the status of respondent whose household ran out of food. Among the total sampled respondent nearly more than half 63.43 percent of the respondent replied their household did not ran out of food. Remaining 34.90 percent of respondent replied that their household ran out of food and 1.66 percent of the respondent replied they do not know or cannot say about this question.

**Figure 3:**

*Your household ran out of food*



Source: Field Survey, 2022

**You Were Hungry but Did not Eat**

The table 2 indicates about respondents being hungry but did not eat. Among the total sampled respondents nearly full 93.4 percent of the respondents replied no on question hungry but did not eat, 5.5 percent have to be hungry and did not eat and 1.1 percent of the respondents do not know or cannot reply answer on this question.

**Table 2:**

*You were hungry but did not eat*

Hungry but did not eat	Frequency	Percent
Yes	20	5.5
No	337	93.4
Don't Know/Can't say	4	1.1
Total	361	100.0

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Source: Field Survey, 2022

### You Went Without Eating for a Whole Day

The table 3 explains about the status of respondents who went without eating for a whole day. Among the total sampled respondent nearly full 96.7 percent of the respondents replied they did not have to face situation of without eating for a whole day, 1.9 percent of the respondents went without eating for a whole day and 1.9 percent do not know or cannot say anything regarding the question.

**Table 3:**

*You went without eating for a whole day*

<b>Went without eating for a whole day</b>	<b>Frequency</b>	<b>Percent</b>
Yes	7	1.9
No	349	96.7
Don't Know/Can't say	5	1.4
Total	361	100.0

Source: Field Survey, 2022

### Conclusion

The study looks on the state of food security in the Barabardiya Municipality. Globally, people are increasingly concerned about food security. More than one billion people are believed to be malnourished, with at least double that number suffering from nutritional deficiencies. Many recent researches have focused on improving the measurement of food insecurity since indicators lead action. Because it is multidisciplinary and includes numerous interdisciplinary ideas in addition to social and economic considerations, sociology is particularly well-suited to addressing food security. This study's research was assessed using data from my PhD dissertation. Among the 361 respondents 89.47 percent said they did not eat less than they believed they should. A virtually entire 96.12 percent of respondents said no indicating that they did not have to skip a meal. Almost half of the respondents, 63.43 percent, said their household did not run out of food. Almost 93.4 percent of those polled said they were hungry but did not eat. 96.7 percent of those polled said they went a whole day without eating. The data found from investigation indicated that the status of food security in Bardiya is good. Food restriction or under eating has a detrimental influence on the immune system and overall bodily functioning. All of this contributes to fatigue, which has a detrimental impact on body mass, weight, and metabolism.

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