



Can livestock production contribute to consumption of animal source foods? A case of rural Tanzania

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INTRODUCTION

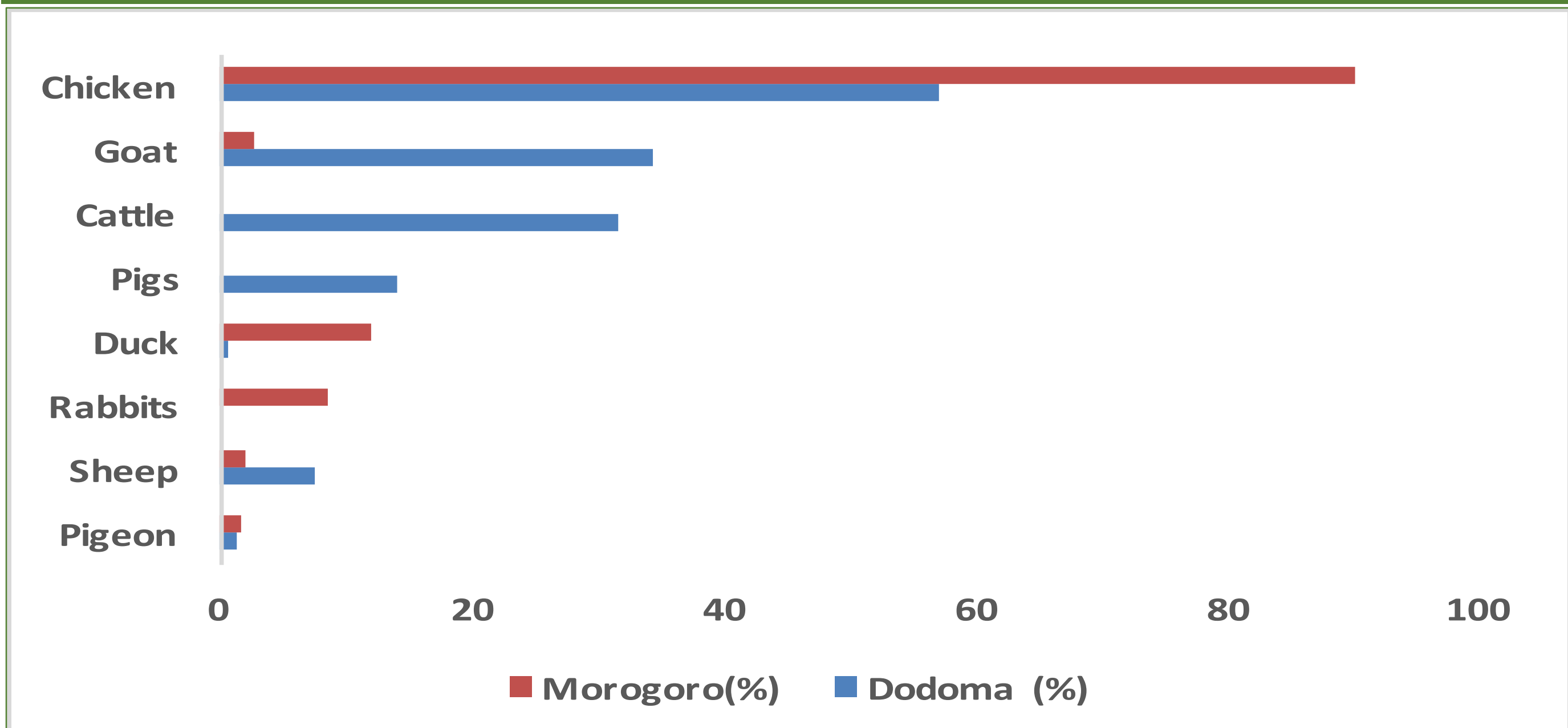
Inadequate consumption of animal source foods, is a common problem in developing countries, including Tanzania. It is linked with persistence level of macro and micronutrient under-nutrition in the country. The problem is partly related to low understanding of the role of animal source foods in health and optimal nutrition status. This study examined the diets consumed by rural households of Dodoma and Morogoro regions in Tanzania, to assess the link between livestock production and consumption of animal source foods

METHODOLOGY

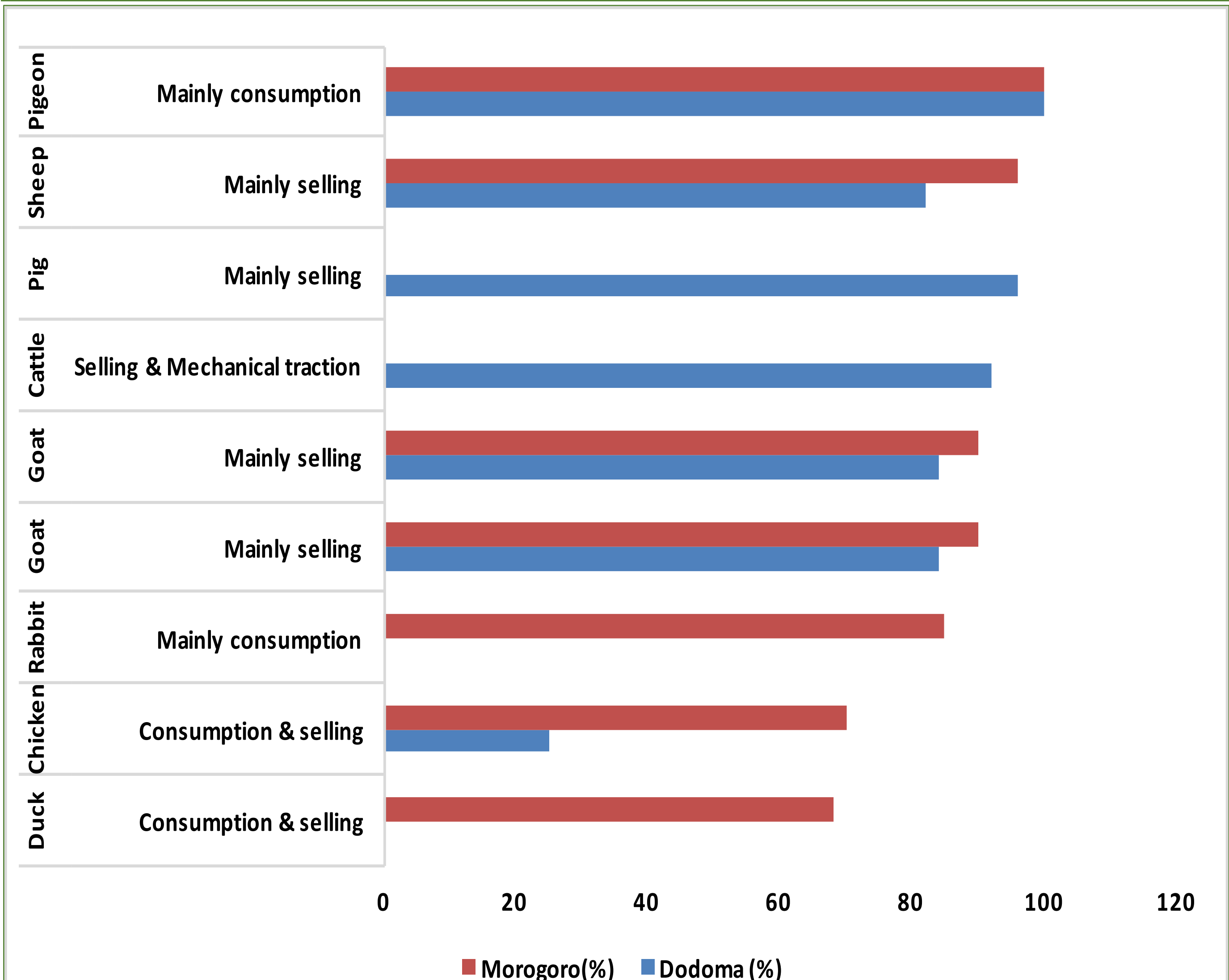
- Cross-sectional survey of involving 663 rural households of Dodoma and Morogoro
- Face to face interviews with mothers/caregivers
- Data on production and dietary diversity were collected using structured food/livestock production and 24 hour diet recall questionnaires
- Descriptive Statistics were applied to understand drivers of livestock production and consumption
- Multiple logistic regression analysis was applied to identify factors influencing household dietary diversity

RESULTS

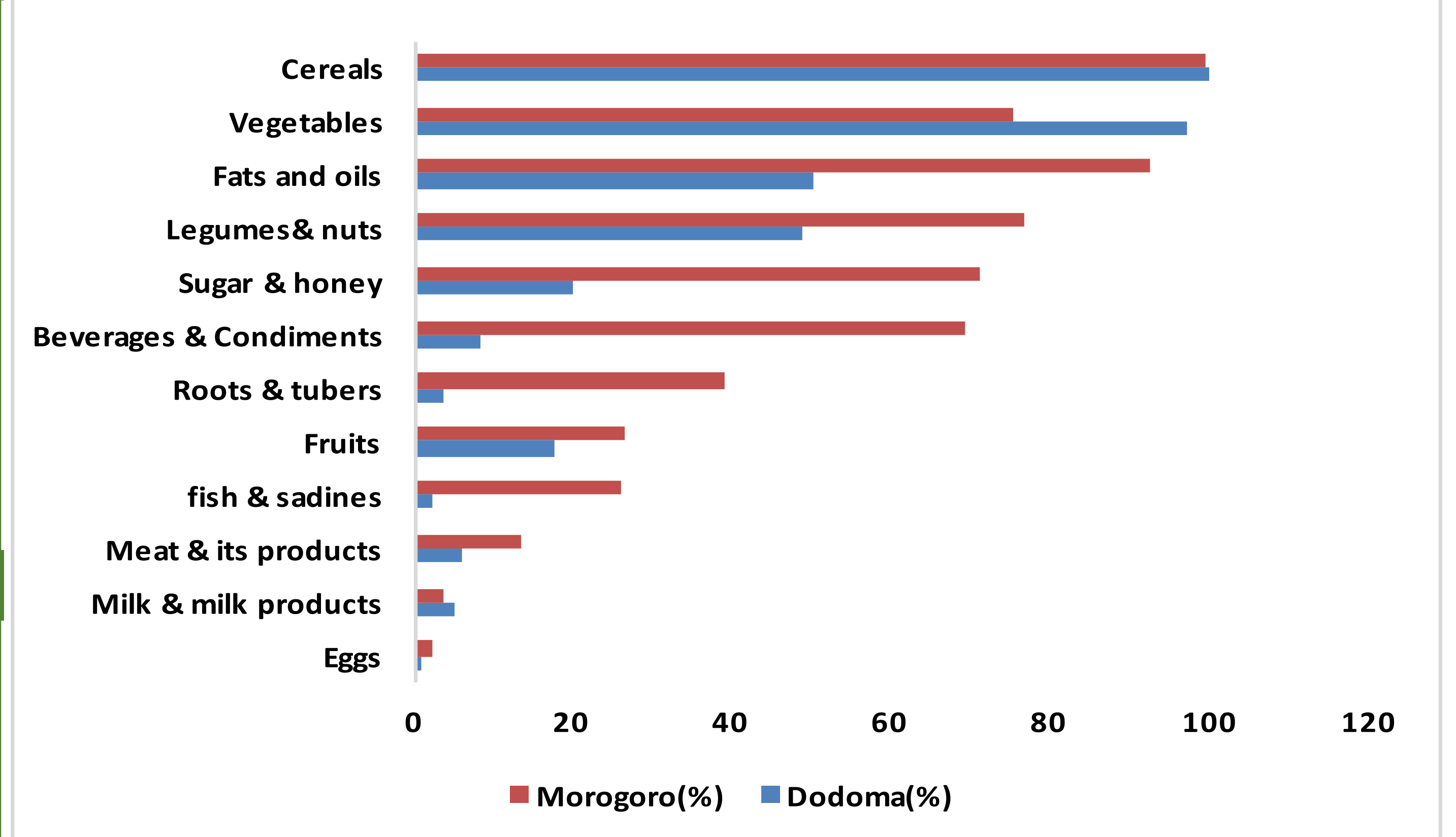
Livestock species kept



Main reported reasons for keeping livestock



Consumption of different food groups



Cereal starchy staples were highly consumed by majority of households. Animal food sources were the least consumed

Livestock keeping influence on Household Dietary Diversity

Dodoma	N=333	OR (95%CI)	P
Keeping livestock (yes)	149	4.2 (2.6, 6.6)	<0.001

Morogoro	N=330		
Keeping livestock (yes)	199	3.6 (1.2, 10.5)	0.021

Keeping of livestock was associated with consumption of at least 4 food groups in a household meal. These food groups composed mainly; cereals, fat/oil, sugar and beverages but not products from livestock.



Cattle with cart-trailer used as a means of transport-
Chamwino-Dodoma



Back yard poultry (duck) in Kilosa-
Morogoro

CONCLUSION

Livestock production alone does not necessarily translate to consumption of animal source foods. A nutrition sensitive approach accompanied with education strategy targeting both production and consumption especially of small livestock such as rabbits, pigeon, chicken and duck should be emphasized to bring the equilibrium of livestock production and consumption. This is because livestock production not only play a critical role in household food security, but also used as a mechanical traction to reduce labour burden in agriculture activities and as a livelihood coping strategy for rural communities.

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