How did diets in urban and rural Uganda develop over time?

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Background
In 2010, FAO concluded that the main components of the Ugandan diet were root and tubers (cassava, sweet potatoes and cooking banana) and cereals (maize, millet, sorghum). Pulses, nuts and green leafy vegetables complemented the diet. Overall, diets were poor in micronutrient-rich foods, such as fruits and fish. In urban areas, FAO found that food consumption patterns were changing, and rice was gaining importance.

Objective
How did the Ugandan diet change over time? Did Ugandan households change to more divers diets over time? And how did the diets in Uganda change for people in rural and urban areas?

Methods
In this study, we used household surveys conducted by the Uganda Bureau of Statistics (UBOS) in collaboration with the World Bank Living Standard Measurement Study –Integrated Surveys on Agriculture (LSMS-ISA). For convenience of using equal time steps of 2 years between the periods of observation, we used the surveys of 2009-2010, 2011-2012, 2013-2014, and 2015-2016.

• National and regional representative
• We did not use the panel sample
• 7-days recall for food consumption of the household

Results

![Figure 1. Household Dietary Diversity Score (HDDS) of households in rural (orange) and urban (blue). Source: LSMS 2009-2010, 2011-2012, 2013-2014, and 2015-2016](image)

![Figure 2. Share of households in urban areas (left) and rural areas (right) consuming from food groups. Source: LSMS 2009-2010, 2011-2012, 2013-2014, and 2015-2016](image)

Conclusions

• Little change in rather global indicators of dietary diversity for the period 2009-2016.
• Differences between urban and rural seemed small in 2009-2016
• However, diets might differ in details (food items, caloric intake etc.)

Related presentations at Tropentag2020

This research is embedded within the project NOURICITY, part of LEAP Agri, a research initiative related to Food and Nutrition Security in 3 urban areas in Africa: Accra (Ghana), Cape Town (South Africa) and Kampala (Uganda). The Kampala case is executed by Wageningen Economic Research, Alliance of Bioversity International and CIAT and BoP innovation centres.

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