



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 diverse 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

Results continued

- HDDS based upon 12 food groups: Cereals, Starches, Meat, Fish, Eggs, Dairy products, Oils and Fats, Fruits, Vegetables, Pulses and ground nuts, Sweets, and Beverages
- HDDS in urban areas is slightly higher than in rural areas, see Figure 1
- Distribution shifts towards higher HDDS in urban and rural areas over time
- Share of households consuming Sweet and Oils and fats is higher in urban areas than in rural areas

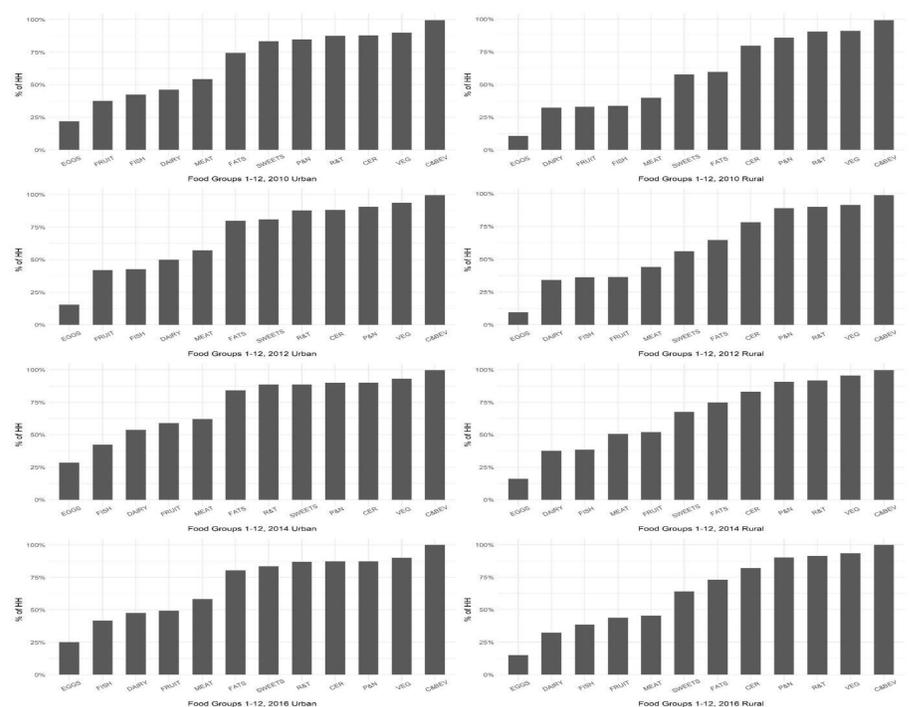


Figure 2. Share of households in urban areas (left) and rural areas (right) consuming from food groups. Source: LSMS 2009-2010, 2011-2012, 2013-2014, and 2015-2016

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.

Related presentations at the Tropentag 2020:

- Andrea Fongar. [Where do inhabitants of the parish Kanyanya in Kampala shop? \(Abstract-ID 349\)](#)
- Andrea Fongar. [Urban Food System of Kampala, Uganda: a Participatory Approach to Map Systemic Drivers for Healthier Diets. \(Abstract-ID 345\)](#)

