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**Title:** Determination of household food security and anthropometric status of children aged 3 to 5 years in Maungani village

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Abstract

This study determines the prevalence of household food security and anthropometric status of children aged 3 to 5 years in Maungani village. The study design was descriptive. The study population was households with children aged 3 to 5 years wherein target population was children aged 3 to 5 years in Maungani village. Data was collected using self-designed questionnaires. The anthropometric measurements were also taken. The study revealed that majority of females (69%) did not have tertiary education and 62% were single headed household mothers. About 57% of the participants spend more than R500 while 12% spend less than R500 on food per month. Above two thirds (68%) of the households had high prevalence of food insecurity, 20% were at risk of being food insecure and only 12% were food secured. Almost quarter (23.3%) of children had a normal weight-for-age, 33.3% were mild underweight, 28.3% were stunted, 11.7% were mild wasted while 5% were overweight. These findings show that in developing countries there is low literacy rate among women and that could have been the cause of high prevalence of food insecurity in households.