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Topic: Food and nutrition security

Title: Household food and nutrition security in rural and urban communities in Akwa Ibom State Nigeria

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Introduction: Food and nutrition security remain a fundamental challenge to human welfare, economic growth and healthy life. This cross sectional study investigated food and nutrition security of households in rural and urban communities in Ikot Ekpene Local Government Area of Akwa Ibom State of Nigeria. **Methods:** Two hundred and fifty households comprising 105 rural and 145 urban households were systematically randomly selected for the study. Pretested/validated questionnaire was used to obtain information on socio- economic characteristics, and dietary habits. Food Security Survey Module (FSSM) was used to assess food security. Nutrition security was determined using anthropometric indicators (weight-for-height, weight-for-age and height-for-age) indicating wasting, underweight/overweight and stunting respectively for infants 0 – 5 years and Body Mass Index (BMI) for women in the households. Data was analyzed using SPSS version 18. **Results:** More than half (54.4%) of the households were food insecure at different levels. Female headed households were more food insecure in both urban (49%) and rural (88%) than the males (urban 45%, rural 80%). Only 10% of the children in the households were wasted (wt-for-ht), however 38% were stunted (ht-for age), 13% were underweight (wt-for age) and 55% were not at risk of being overweight (BMI-for age). Food security was negatively correlated with height-for-age Z score ($r=-0.259$, $p=0.009$) but positively correlated with weight-for-height and BMI-for-age ($r=0.208$, $p=0.038$; $r=0.223$, $p=0.026$) respectively. Rural households were more food insecure than urban ($r=30.62$, $p=0.00$). **Conclusion:** More than half of the households were food insecure and some of the children were stunted.