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## **Rapid Food Security and Nutrition Assessment among Internally Displaced Households in Katsina, Sokoto and Zamfara States of Nigeria**



**September, 2019**

# **Rapid Food Security and Nutrition Assessment in Katsina, Sokoto and Zamfara States**

Data collected in August/September 2019

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## ACRONYMS AND ABBREVIATION

<b>CDGP</b>	Child Development Grant Programme
<b>CH</b>	Cadre Harmonisé
<b>Cm</b>	Centimeters
<b>DTM</b>	Displacement Tracking Matrix
<b>EFSA</b>	Emergency Food Security Assessment
<b>FAO</b>	Food and Agriculture Organization
<b>FCS</b>	Food Consumption Score
<b>FEWSNET</b>	Famine Early Warning Systems Network
<b>FGD</b>	Focus Group Discussion
<b>FMARD</b>	Federal Ministry of Agriculture and Rural Development
<b>GAM</b>	Global Acute Malnutrition
<b>HoH</b>	Head of Household
<b>IDPs</b>	Internally Displaced Persons
<b>IOM</b>	International Organization on Migration
<b>IYCF</b>	Improved Infant and Young Child Feeding
<b>KII</b>	Key Informant Interviews
<b>LGA</b>	Local Government Area
<b>MAM</b>	Moderate Acute Malnutrition
<b>MICS</b>	Multiple Indicator Cluster Survey
<b>MSF</b>	Médecins Sans Frontières
<b>MSH</b>	Management Sciences for Health
<b>MUAC</b>	Mid Upper Arm Circumference
<b>NBS</b>	National Bureau of Statistics
<b>NG</b>	Nigeria
<b>NGN</b>	Nigerian Naira
<b>NNHS</b>	National Nutrition and Health Survey
<b>NPoPC</b>	National Population Commission
<b>NSAGs</b>	Non State Armed Groups
<b>OTP</b>	Outpatient Therapeutic Programme
<b>PCU</b>	Project Coordinating Unit
<b>RUSF</b>	Ready-to-Use Supplementary Food
<b>RUTF</b>	Ready-to-Use Therapeutic Food
<b>SAM</b>	Severe Acute Malnutrition
<b>SBCC</b>	Social and Behaviour Change Communication
<b>SMEB</b>	Survival Minimum Expenditure Basket
<b>TOT</b>	Term of Trade
<b>UNDSS</b>	United Nations Department of Safety and Security
<b>UNICEF</b>	United Nations Children's Fund
<b>USD</b>	United States Dollar
<b>VAM</b>	Vulnerability Analysis and Mapping
<b>WASH</b>	Water, Sanitation and Hygiene
<b>WFP</b>	World Food Programme
<b>WINNN</b>	Working on Improving Nutrition in Northern Nigeria

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## EXECUTIVE SUMMARY

### Background

Nigeria is confronted by multiple security challenges, notably the resilient insurgency induced by Non State Armed Groups (NSAGs) in the northeast and more recently, the rising conflict between herders and farmers in northwest states like Zamfara, Sokoto and Katsina, which is already spiraling into different types of violence, ranging from extortion, kidnapping, indiscriminate killings, sexual violence, burning of villages and looting. According to IOM's Displacement Tracking Matrix (DTM), there are over 160,000 internally displaced persons (IDPs) in the northwest states of Zamfara, Sokoto and Katsina.

### Objectives

A rapid assessment was jointly conducted by World Food Programme (WFP), the National Bureau of Statistics (NBS) and Federal and State Ministries of Agriculture and Rural Development through the Project Coordinating Unit (PCU-FMARD), in order to assess the impact of the conflict in Zamfara, Sokoto and Katsina states on household food security, nutrition and market functionality in the worst affected areas.

### Key Findings

#### *Food Security and Nutrition Outcomes*

- 🔊 More than two in every IDP households did not have sufficient food intake during the week of the assessment with prevalence rates of 82.6 percent, 78.6 percent and 73.1 percent in Katsina, Sokoto and Zamfara states respectively, which shows concerning food consumption gaps in the three states;
- 🔊 Prior to displacement, majority of IDP households were into subsistence farming and as such, they predominantly relied on own-produced cereals for consumption. However, because of the displacement IDP households predominantly rely on markets to meet their food needs due to lack of access to their farmlands;
- 🔊 Prevalence of global acute malnutrition among children 6 – 59 months by MUAC and/or oedema amongst the assessed displaced population in the three states was very high - 19 percent in Katsina, 18.4 percent in Sokoto, and 31.1 percent in Zamfara - and requires further investigation and urgent attention to avert increased risks of morbidity and mortality;

#### *Drivers of Malnutrition and Food Security*

- 🔊 Malnutrition in the host community has been a long-standing issue in northwest Nigeria despite high levels of agricultural activities, e.g. crop cultivation and livestock rearing, and the region is viewed as the country's hub for meat and cereal production, which shows that malnutrition is largely underscored by socio-economic and cultural issues as much as inadequate food utilization;



- ④ Displaced households have extremely limited livelihood opportunities in their current places of residence as majority lack access to farmland and continue to engage in agricultural casual labor and menial jobs to earn some income to meet their basic needs;
- ④ The major constraints for involvement in the ongoing planting season were lack of access to farmland, late arrival of IDPs in host communities as planting season already commenced before arrival and lack of seeds and agricultural inputs for those that have access to farmland;
- ④ Nonetheless, some displaced households are gradually returning back to their places of origin either to '*fully resettle*' or '*partially to cultivate*' and return to the hosting areas;
- ④ Some displaced households send their children to beg for food in communities or along busy roads whereas, others with adolescent or teenage children send them to major cities to undertake unskilled manual labor and menial jobs as part of efforts to boost their income and purchasing power;
- ④ Analysis on the Survival Minimum Expenditure Basket (SMEB) shows that the wages from casual labor cannot cover the daily food requirements, which suggests existence of gaps and unmet food needs across displaced households;
- ④ Term of Trade between wages from casual labor and cereals was not favorable as the prices of cereals (*e.g millet*) were more expensive compared to daily wage from casual labor, which indicates economic constraints for food access among market reliant displaced households, due to their weak purchasing power;
- ④ Household's weak purchasing power underscored the pervasive usage of negative food and livelihood based coping strategies observed among displaced households in order to meet their food needs;
- ④ The prevailing limited income-earning opportunities, coupled with already depleted assets among affected displaced households, will gradually hamper food access due to continued depreciation of their purchasing power and will invariably deepen their vulnerability even further;
- ④ Government services have limited capacity to fully respond to the needs of the affected populations, both host and displaced as development partners are regarded as the major supporters for nutrition programming in the three states

## Recommendations

Considering the very high levels of acute malnutrition and food insecurity observed across Sokoto, Zamfara and Katsina States, the following recommendations are proposed:

### *Short-term: (Three to Six months)*

- ④ Concerted efforts by government, humanitarian and development partners to provide immediate response to the needs of the affected population with food and nutrition assistance ;
- ④ Advocacy to Government to strengthen efforts to restore peace and security in most affected areas to enable returns and resettlement among IDPs interested in going back to their places of origin;
- ④ Advocacy to states government, local government authorities and community leaders to allocate or lease farmland to IDPs in order for them to cultivate in their current places of displacement on the short-term;
- ④ Advocate for the scale-up of access to malnutrition prevention (IYCF) and treatment services (OTP/SC) for both the host and displaced communities;
- ④ Advocate for a community-led door-to-door hygiene promotion exercise to educate IDP and non-IDP households on optimal sanitary practices, use of mosquito nets, water treatment, and risks of open defecation;
- ④ Advocate for state government and community leaders to improve shelter for IDPs. This will help organize response in the interim, before the affected communities get rebuilt and displaced population return to their place of origin; and
- ④ Support further investigation of the nutrition situation through a SMART nutrition survey that includes IDP and host communities, and assesses all child and maternal nutrition parameters, including child morbidity and mortality.

### *Longer term: (Six Months and beyond)*

- ④ Advocate for livelihood responses to include nutrition-sensitive components, such as social and behavior change communication activities, which could help address IYCF and nutrition behavioral antecedents like sociocultural beliefs, attitudes and nutritional practices and taboos;
- ④ Advocate for responses that will help address the (malnutrition) root cause of poverty, such as:
  - livelihood assistance for households with girl children enrolled in schools;

- skill development for processing of diverse and nutritious foods for household consumption, and income generating opportunities to support access to basic social services, e.g. health care and education.
  - Innovative/improved storage capacity and linkage to markets to prevent post-harvest losses, and increase access to food and household income.
- 📌 Advocate with Government and donors to maintain investments in nutrition programming to sustain gains made by previous investments, like WINN and CDGP that aimed to holistically address malnutrition levels.

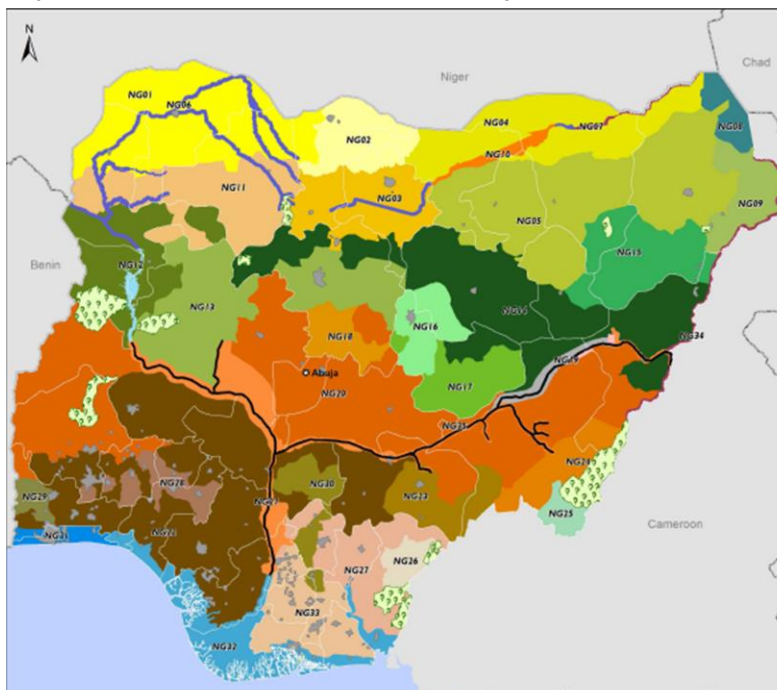
## 1.0 INTRODUCTION

### 1.1 Context

Nigeria is confronted by multiple security challenges, notably the resilient insurgency induced by Non State Armed Groups (NSAGs) in the northeast and more recently, the rising conflict between herders and farmers in northwest states like Zamfara, Sokoto and Katsina, which is already spiraling into different types of violence, ranging from extortion, kidnapping, indiscriminate killings, sexual violence, burning of villages and looting<sup>1</sup>.

Sokoto, Zamfara and Katsina states cuts across livelihood zones NG 01, NG11, NG 12 and NG 14, which are classically known for the production of cereals (millet, sorghum, rice etc.) and cash crops (groundnuts, cowpeas, soya beans, bambara nuts, sesame, onions etc.) due to the moderately fertile sandy and loamy soil in the region. Majority of households in the region are into farming and cultivation is predominantly rain-fed across the three states. Moreover, there is a significant involvement in off-season, irrigated farming

*Map 1 FEWSNET's Livelihood Zones in Sokoto, Zamfara and Katsina States*



in Sokoto and fringes of Zamfara due to the presence of irrigation schemes in Bakolori Dam and Goronyo Dam, which have their tributaries from Sokoto and Rima rivers. Herd-ownership, particularly cattle, is more commonplace among wealthier households, whereas poorer households own smaller ruminants like goats and sheep. The main income source for wealthier households is sales of both cash and surplus food crops, as well as livestock whereas, poorer households engage in farming on a smaller scale and agricultural casual labor and fishing as a secondary means of income. There are a variety of mineral resources including gold and granite, particularly in Zamfara<sup>2</sup>.

In the last few years, the recurrent conflict between herders (primarily Fulani) and farmers have witnessed a steady deterioration in the northwest and northcentral regions of Nigeria and this precarious situation is fueled by the drought in the Sahel, which continues to push herders further to the South to compete for limited grazing and farmland areas and this is

<sup>1</sup> IOM's North Central and North West Zones Displacement Report 1, August 2019

<sup>2</sup> FEWSNET, Revised Livelihood Zone Map and Descriptions for Nigeria, September 2018.

compounded by the growing farmer population. According to IOM's Displacement Tracking Matrix (DTM), there are over 160,000 internally displaced persons (IDPs) in the northwest states of Zamfara, Sokoto and Katsina<sup>3</sup>.

The vast majority of communities affected by the violence are farmers who have left their villages following an attack, or due to fear of attack. The conflict between farmers and herders, continues to restrict livelihood activities and negatively affect food availability in the most affected areas. The increasing fragility of the situation in the region, and potential for lucrative criminal activities within a context of relative impunity, have attracted armed or criminal groups from other parts of Nigeria as well as neighboring countries<sup>4</sup>.

There has been multiple and widespread displacement of a highly vulnerable population due to a significant increase of violence. According to a recent UNICEF assessment, the total number of internally displaced persons in the two states is estimated at 70,000 and 85,000 people (approximately 50,000 to 60,000 in Zamfara and approximately 20,000 to 25,000 in Sokoto), which is slightly higher than the IOM estimate of July 2019<sup>5</sup>. According to the UNICEF report the urgent needs of the communities are food security and livelihood, education, nutrition, health and WASH (for IDPs in schools/unfinished building).

Moreover, the northwest Nigeria states of Katsina, Sokoto and Zamfara have consistently demonstrated a poor nutrition situation. The prevalence of global acute malnutrition (weight-for-height z-scores) in the three states has ranged from 15 to 17 percent (MICS 2017) to 12 to 21 percent (NNHS 2018) in children 6 to 59 months.<sup>6,7</sup> In general, child malnutrition prevalence (wasting, stunting and underweight) are higher than in the South and North Central geopolitical zones of the country.

## 1.2 Humanitarian Partners Response

Based on secondary data review and interview with key informants in the three states, only few actors are responding to the evolving needs, albeit, UNICEF and MSF who are responding to the health and nutrition needs, but require additional resources to meet immediate and medium-term humanitarian needs.

## 1.3 Justification

A rapid assessment was conducted to assess the impact of the conflict in Zamfara, Sokoto and Katsina states on household food security, nutrition and market functionality. The findings from this assessment will be vital for government policies and programmes and for the broader humanitarian response, as it will help to define the type and scale of intervention in order to efficiently utilize humanitarian resources.

<sup>3</sup> IOM's North Central and North West Zones Displacement Report 1, August 2019

<sup>4</sup> UNICEF Sokoto & Zamfara rapid humanitarian assessment 2019

<sup>5</sup> UNICEF Sokoto & Zamfara rapid humanitarian assessment 2019

<sup>6</sup> NBS, NPHCDA, NACA & UNICEF (2017) Multiple Indicator Cluster Survey (MICS) 5, Nigeria 2016-17.

<sup>7</sup> NBS, NPopC & UNICEF. (2018) Nigeria National Nutrition and Health Survey (NNHS) 2018.

## 2.0 OBJECTIVES AND METHODOLOGY

### 2.1 Objectives

The overall objectives of this assessment were to:

- I. determine the extent and impact of the conflict and displacement on food security of households and to inform government and humanitarian partners on the status of the situation;
- II. determine the geographic areas affected and groups within the population that were severely or less severely affected in Zamfara, Sokoto and Katsina States;
- III. determine food availability i.e. present stock levels; crop prospects; and markets functionality and evolution of food prices in Zamfara, Sokoto and Katsina States;
- IV. determine the prevalence of acute malnutrition among children 6 to 59 months in internally displaced families using mid-upper arm circumference and assessment of bilateral (nutritional) oedema.
- V. assess the access of internally displaced households to safe water, toilet facilities and basic health care services; and
- VI. provide recommendations for the targeting of the most vulnerable groups with the most appropriate intervention (i.e. food or livelihood) in order to stall food insecurity and initiate self-reliance for longer-term food security.

### 2.2 Methodology

#### 2.2.1 Sampling

The rapid assessment was a mixed method study, which leveraged a combination of household survey, focus group discussions (FGDs) and key informant interviews (KIs) in the most affected areas of Zamfara, Sokoto and Katsina States. IOM's Displacement Tracking Matrix (DTM) for the northwest<sup>8</sup> was used for the identification and the following LGAs of Sokoto (*Rabah, Isa, Sabon Birni and Goronyo*), Zamfara (*Anka, Birin Magaji, Tsafe, Gusau, Kaura Namoda, Maradun, Maru, Shinkafi and Zurmi*) and Katsina (*Kankara and Batsari*), which were consequently prioritized for coverage in the assessment. A total of 19 wards were covered from these LGAs in Sokoto (four), Zamfara (15) and Katsina (2). The selection of these wards took the number of IDPs and year of arrival (i.e. 2017, 2018 & 2019) into account which informed the decision of the assessment team to cover more wards in Zamfara, which had more IDPs since 2017.

A total of 1,719 randomly selected IDP households were interviewed by trained enumerators across the most affected LGAs in Zamfara, Sokoto and Katsina states. These selected households responded to questions regarding their food consumption, coping strategies deployed to manage food shortage and the situation of their livelihood in their place of abode. Focus group discussions (FGDs) were also conducted with a cohort IDPs and host communities within the surveyed areas to gain deeper insights into their food security situation and potential abnormal coping strategies deployed confronted with food shortage.

<sup>8</sup> IOM's North Central and North West Zones Displacement Report 1, August 2019



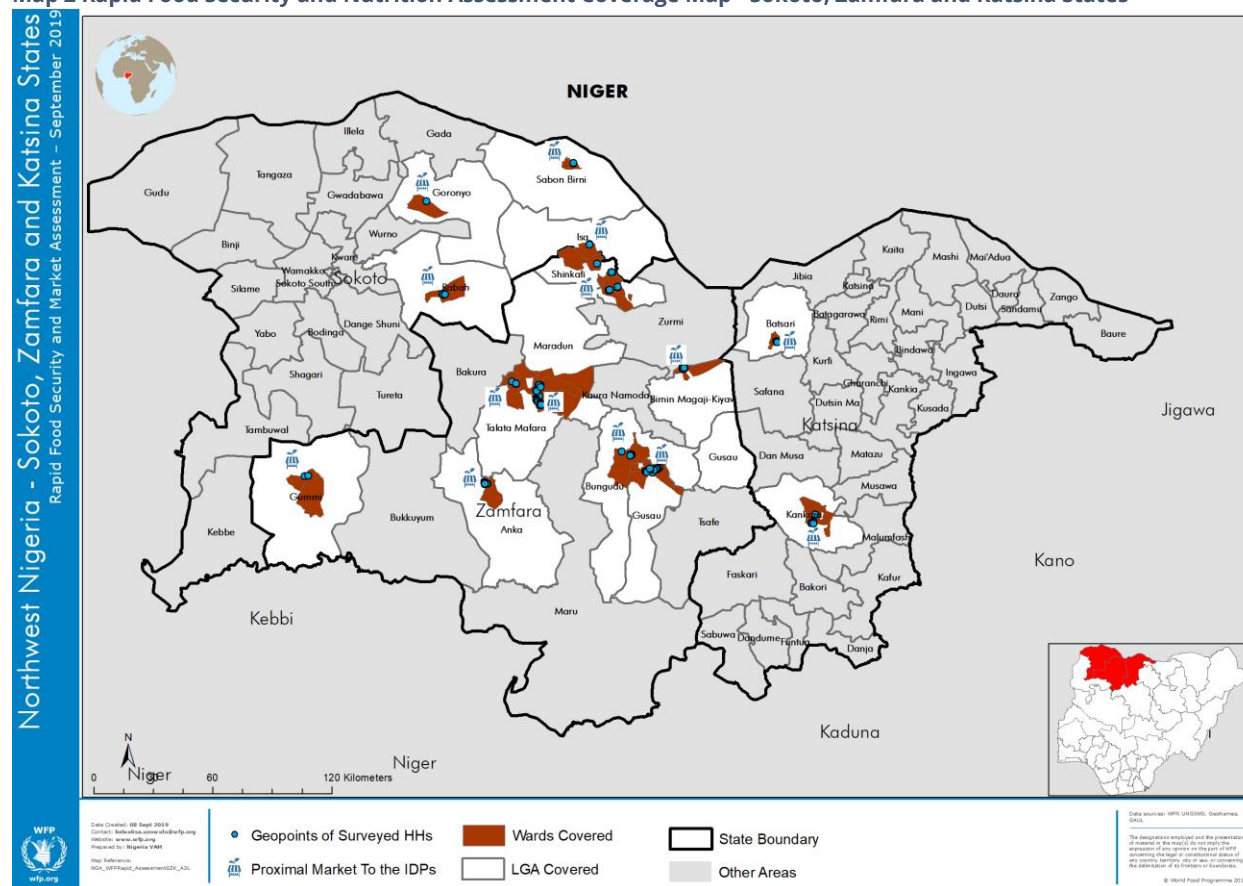
Market interviews were conducted primarily to market chiefs during which availability and prices of most consumed food commodities were collected.

A total of 2,532 children 6 to 59 months in internally displaced households were screened using mid-upper arm circumference (MUAC) measurements and assessed for bilateral (nutritional) oedema. Height or length measurement in centimeters (cm) was used to determine the age of children without a birth certificate or whose caregiver did not know the birth date. Children whose age was unknown and measured less than 65 cm or greater than 110 cm, were not included in the rapid nutrition assessment.

**Table 1 Rapid Assessment Coverage**

	# of LGAs	# of Wards	# of IDP Households	# of children screened (MUAC)
Zamfara	8	15	978	1,750
Sokoto	4	4	505	593
Katsina	2	2	236	189
<b>Total</b>	<b>14</b>	<b>19</b>	<b>1,719</b>	<b>2,532</b>

**Map 2 Rapid Food Security and Nutrition Assessment Coverage Map - Sokoto, Zamfara and Katsina States**





### **2.2.4 Data Collection**

A rapid training was conducted for a total of 53 enumerators across the three states on the 29th of August, 2019. The training served as a one-day refresher for 12 National Bureau of Statistics (NBS) nutrition enumerators who had previous experience with the collection of anthropometric measurements in children, i.e. height, length, weight and MUAC. The training was closely followed by four days of data collection between the 30th of August and 2nd of September 2019.

### **2.3 Partnership and Coordination**

The rapid assessment followed a participatory and consultative approach involving Government, UN organisations (UNICEF, UNDSS, FAO), donors, NGOs, FEWSNET and community representatives in order to encourage productive partnerships (i.e. for data collection, analysis, reporting), build synergies and avoid duplication in assessment. The development of survey tools (open-ended or closed-end questionnaires), identification of participants and determining sampling frame was carried out in consultation with local experts under the leadership of the WFP, the NBS, the Project Coordinating Unit of the Federal Ministry of Agriculture (PCU-FMARD) and Zamfara, Sokoto and Katsina State Primary Health Care Development Agencies, with close support from UNDSS, UNICEF, IOM, Management Sciences for Health (MSH) and the Cadre Harmonisé (CH) state cells.

Partners supported the rapid assessment activities including participation in technical discussions, training of enumerators on anthropometric measurement and data collection, as well as supervision of the data collection processes to ensure data quality.

### **2.4 Study Limitations**

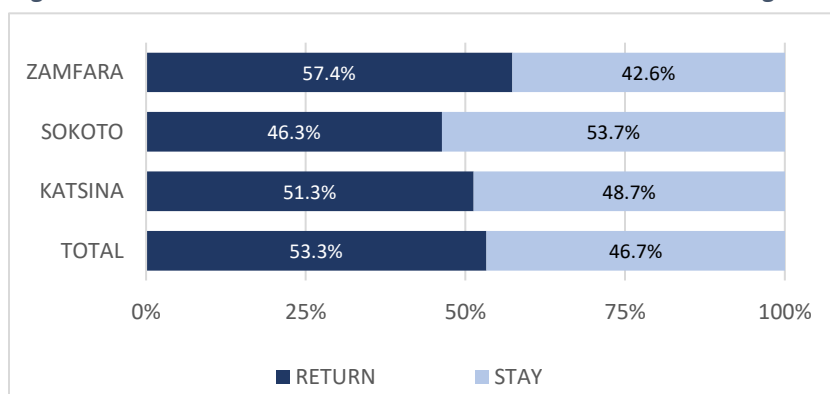
Given the urgency to carry out the rapid assessment, the sampling for the assessment followed a purposive sampling approach and hence, might not be representative of the displaced population. Additionally, security constraint restricted the coverage of the assessment to safe, accessible communities hosting a large number of IDPs. While some KIIs and FGDs were conducted with host community members, this did not follow a quantitative approach; hence, accounts from these interviews are not representative of the situation of the host communities, which made it impossible to compare the food security and nutrition situation of IDPs and host communities.

Limited time was available for training of the nutrition enumerators in the data collection and anthropometric and oedema measurements, including the undertaking of standardization tests to determine the level of precision and accuracy of the enumerators; thus, the nutrition findings should be interpreted with caution. Moreover, the assessment of bilateral (nutritional) oedema requires experienced and technical skills that may result in incorrect classification of children particularly if lacking sufficient supervision. Finally, the nutrition findings are only representative of children in displaced households in the assessed areas due to their purposeful selection.



previously troubled areas due to the ongoing amnesty programme for bandits in Zamfara<sup>9</sup> was reported to underscore the reason for gradual returns of IDPs to their places of origin, albeit, fears of attack remain persistent as such people “*sleep with one eyes closed*” based on the account of some of the IDPs interviewed. There are ongoing efforts to replicate similar initiatives in Sokoto and Katsina States.

Figure 3 Intention of IDP Households to STAY or RETURN to Place of Origin



### 3.3 Average Size of Household and Gender of Head of Household

Displaced households across the three states have a fairly large number of members as the overall average size of households stood at 10 members, which was fairly higher in Sokoto (11 members) compared to an average of ten and nine members in Zamfara and Katsina respectively. The large household size seen across the three states has implication for resource allocation, particularly the poor and extremely vulnerable households with fewer or no assets.

In all, 21.3 percent of all the assessed households were female headed, with more of those situated in Sokoto (28.5 percent) compared to Zamfara (18.7 percent) and Katsina (16.5 percent) States.

<sup>9</sup> <https://punchng.com/zamfara-gov-to-grant-100-bandits-amnesty/>

## 4.0 RESULTS

### 4.1 Food Consumption and Food Sources

#### 4.1.1 Food Consumption

Household food consumption is measured through the Food Consumption Score (FCS), an indicator that measures the dietary diversity and the micro and macro nutrient value of the food consumed by interviewed households over the seven-day period preceding the survey.

Overall, over 70 percent of IDP households across the three states had insufficient food intake (*poor + borderline food consumption*) which was slightly more pronounced in Katsina (82.6 percent) and Sokoto (78.6 percent) compared to Zamfara (73.1 percent), which remains worrisome across the three states as this translates to over two in every three IDP households. A previous representative Emergency Food Security Assessment (EFSA)

conducted in September 2017 in Sokoto and Katsina found lower rates of households with poor food intake of about 5 percent at the time, which suggests a deterioration in the food security situation and concerning food consumption gaps among IDP households.

Moreover, consumption of cereals, which are key staples in the northwest, was quite limited and consumed only for five out of seven days across the three states and particularly low in Zamfara, where cereals were only consumed for four out of seven days on the average compared to six days in Sokoto and Katsina States. Diets of IDP households mainly consist of millet, rice, sorghum or maize complemented by green vegetables, when available. Findings from the assessment further suggest that unmet food needs exist in about 50 percent of households across the three states. About half of the entire households surveyed received food assistance from either government or other sources during the 30 days that preceded the assessment, albeit irregularly, and more of such households are situated in Katsina (72.5 percent) compared to Sokoto (50.3 percent) and Zamfara (42.9 percent). Generally, insufficient food intake was more common amongst households that did not receive food assistance compared to counterparts. The poor food consumption patterns observed in Zamfara, Katsina and Sokoto depicts the fragile state of the food security situation in the states, which is characterized by loss of access to the main source of livelihood - farming. The expected loss of the 2019 September/October harvest will further exacerbate the vulnerability of many displaced households and in the absence of regular external intervention.

*“Poor and borderline food consumption rife (over 70 percent) across the three states*

Figure 4 Food Consumption Group by State

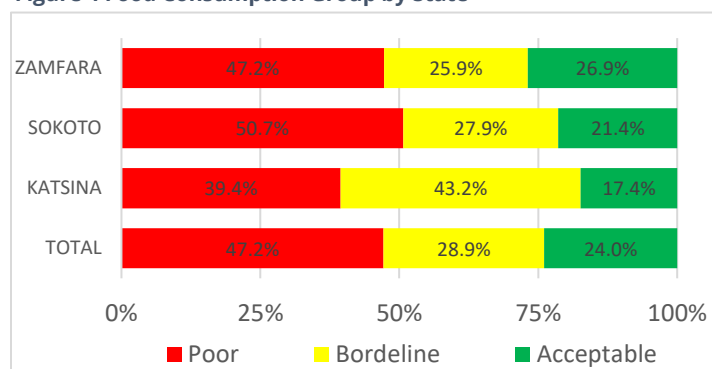
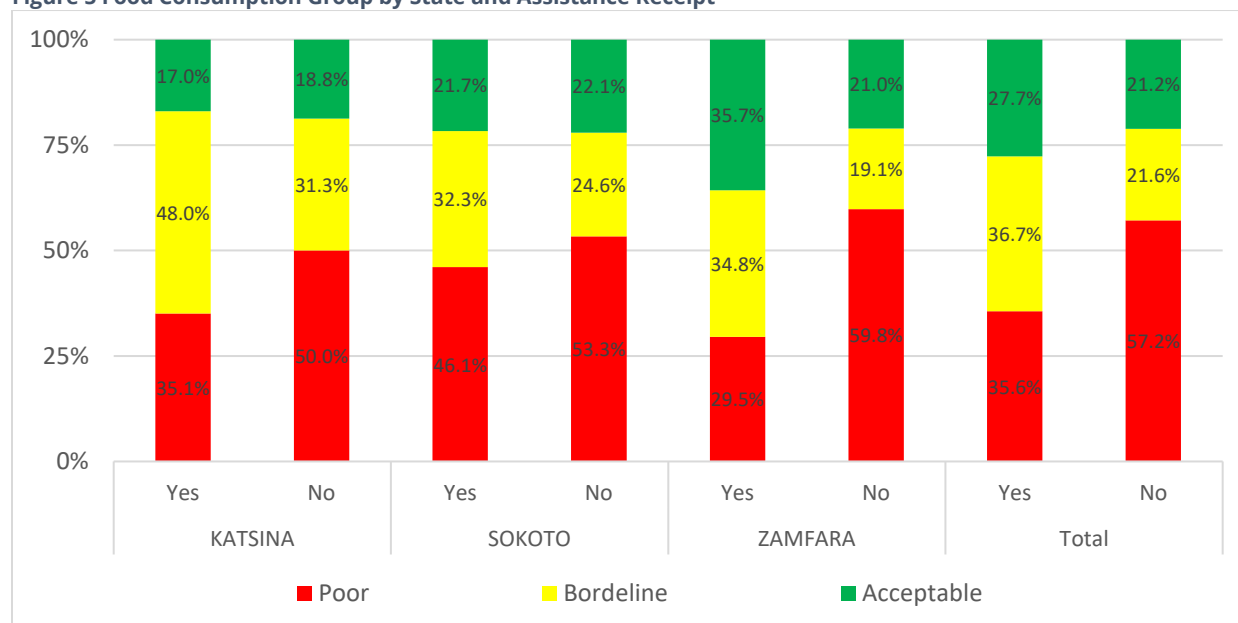


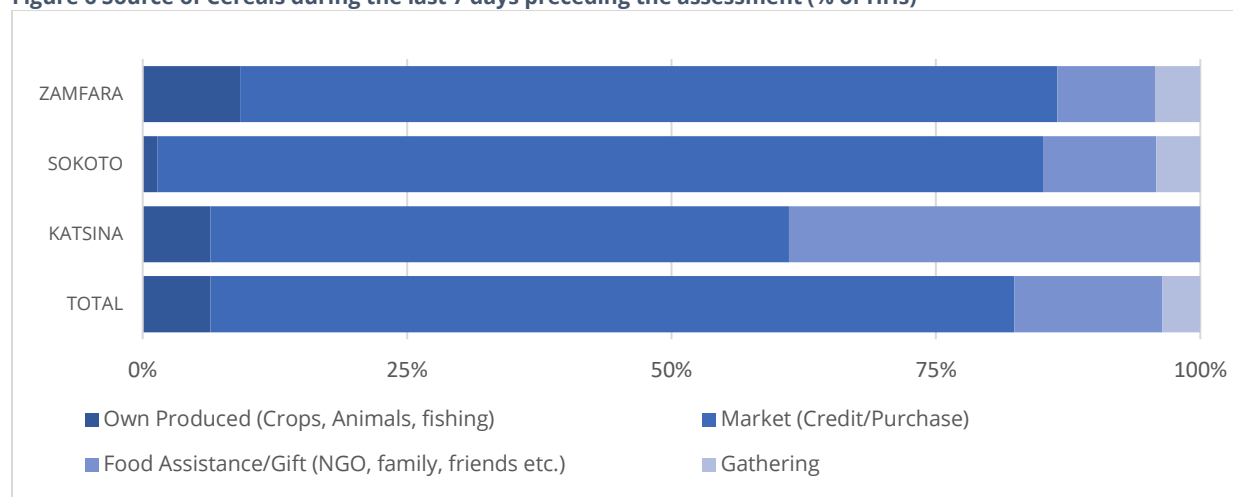
Figure 5 Food Consumption Group by State and Assistance Receipt



#### 4.1.2 Source of Cereals Consumed

Majority of the IDP households were into subsistence farming prior to displacement and as such, they predominantly relied on own-produced cereals for consumption. However, the displacement, coupled with the consequential destruction of properties including farmland, have forced households to rely on market to meet their food needs. Cash or credit purchase of cereals remained the predominant means of access for these previously own-produced staples in 76 percent of households, with more of such households situated in Sokoto (83.7 percent) and Zamfara (77.3 percent) compared to 54.7 percent in Katsina State. In contrast, there were more displaced households that accessed their cereals through food assistance in Katsina (38.9 percent) compared to Sokoto (10.7 percent) and Zamfara (9.2 percent). While food stocks are readily available in markets due to sales of surplus food crops from wealthier commercial farmers, displaced households are faced with limited livelihood opportunities in their current places of abode, which weakens their income generation capability and purchasing power, and threatens their ability to sustain food access on the medium and long term. About four percent of displaced households access their cereals through wild-foraging, which is quite worrisome considering the associated protection risk.

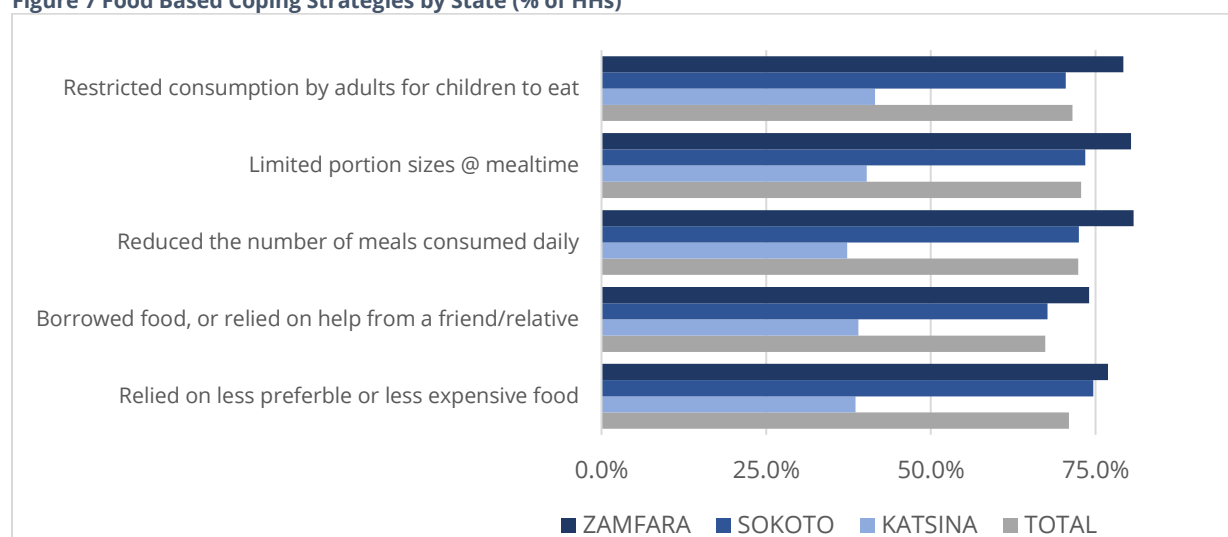
*“Markets remain the main source of staples for IDP households, who were previously reliant on own produced staples pre-displacement”*

**Figure 6 Source of Cereals during the last 7 days preceding the assessment (% of HHs)**

#### 4.2 Adoption of Negative Food and Livelihood Based Coping Strategies

When households are exposed to shock or threat in the phase of food shortage, they often deploy food or livelihood based coping strategies to mitigate the impact of such shock in order to ensure that their basic food needs are met. A high and recurrent usage of one or a combination of such strategies depicts extreme scarcity of food or money required to buy food in such households and deepens vulnerability to food insecurity on the long-run.

Overall, there was a general use of one or more food based coping strategies in over 70 percent of households assessed and most of these households were in Zamfara (86.7 percent) and Sokoto (80.2 percent) compared to Katsina (43.6 percent). Findings from FGDs further confirmed that the majority of displaced households often reduce their ration size or skip meals (i.e. eat one or twice a day) in order to cope with food shortage stemming from limited livelihood opportunities and income. The pervasive use of food based coping strategies such as reduction in number of meals and portion size has implication for nutrition, if protracted and unabated, particularly in Zamfara and Sokoto States.

**Figure 7 Food Based Coping Strategies by State (% of HHs)**

The Livelihood Coping Strategies indicator measures the livelihood stress and asset depletion during the 30 days prior to survey<sup>10</sup>. Households are classified into four categories, following the severity of the behaviors adopted vis-à-vis the family assets (stress, crisis or emergency coping strategies, or no strategies at all) with the most affected households adopting crisis and emergency coping strategies. The overall reliance on livelihood coping strategies was very high across the three states (over 90 percent) with Zamfara (94.4 percent) and Sokoto (90.5 percent) having a higher proportion of households adopting one or more of these asset depleting coping strategies compared to 78.0 percent in Katsina State. Almost two in every two households adopted emergency coping strategies such as sale of productive last female animals or begged to meet their food needs during 30 days that preceded the assessment. The high reliance on emergency coping strategies is particularly worrisome due to their negative impact on the future productivity of affected households and consequential irreversible nature owing to depleted assets, which deepens vulnerability to food insecurity in the face of future shocks.

Figure 8 Adoption of Livelihood Coping Strategies

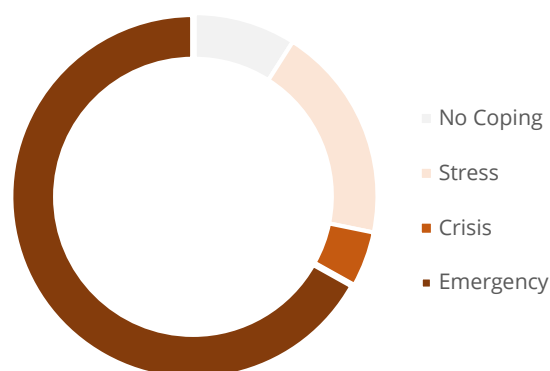
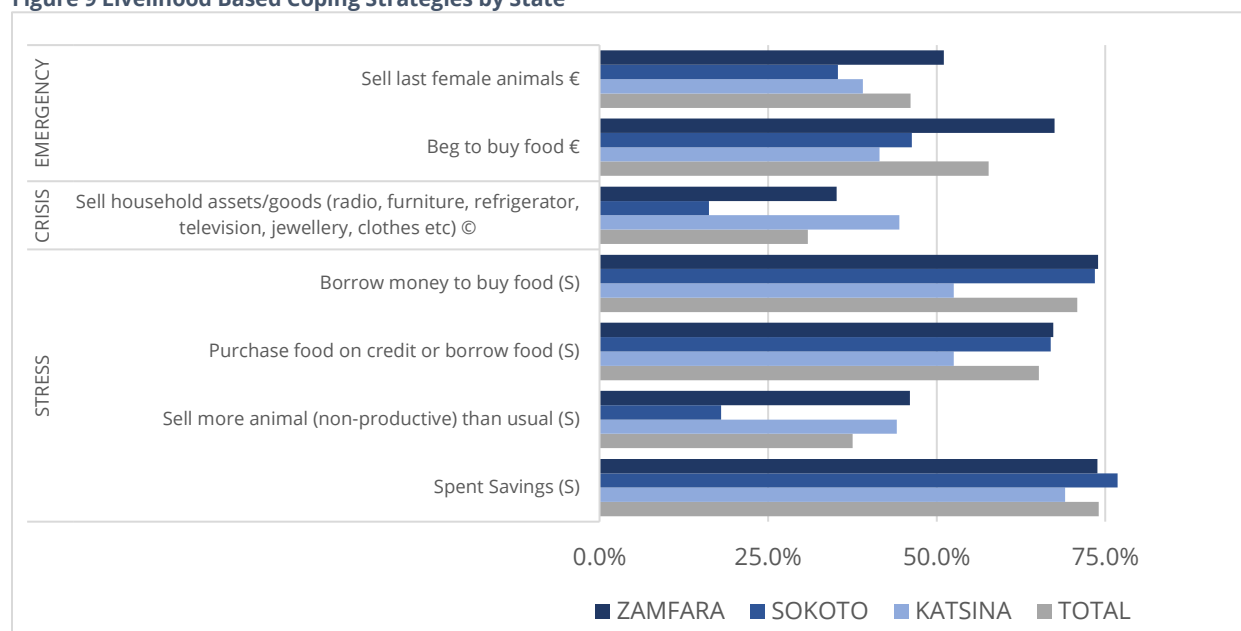


Figure 9 Livelihood Based Coping Strategies by State



<sup>10</sup> More information on the Livelihood Coping Strategies can be found here:  
[https://resources.vam.wfp.org/sites/default/files/CARI%20Guidance 2nd%20ed.pdf](https://resources.vam.wfp.org/sites/default/files/CARI%20Guidance%202nd%20ed.pdf)



### 4.3 Livelihood and Income Activities

Based on findings from FGDs, farming and livestock rearing (cattle, donkeys, goat and sheep) were the predominant livelihoods of majority of the households prior to their displacement. A few households engaged in trading activities as a secondary means of income. The widely cultivated crops were cereals and legumes (millet, sorghum, beans and rice) and vegetables (potatoes, cassava pepper and tomatoes). Other crops cultivated by IDPs in their place of origin were water melon and sugar cane. Majority of the women were engaged in food processing, particularly responsible for milling, sorting and cleaning of grains along the agricultural value chain, groundnut oil processing, production and sale of fermented milk and millet - “Fura”, tailoring and petty trade.

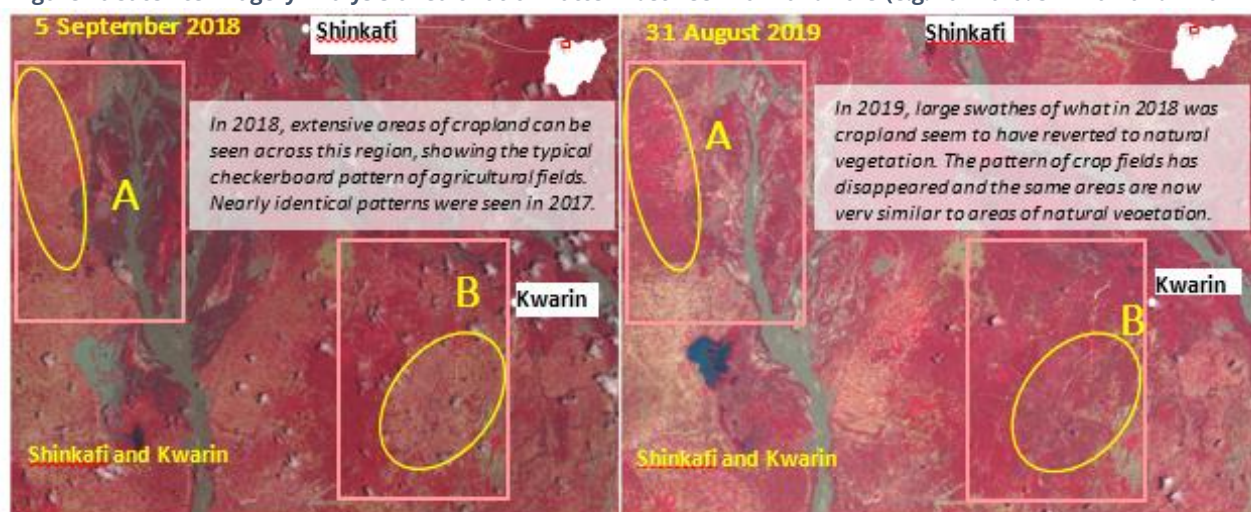
However, livelihoods of displaced households remain negatively impacted by the banditry as about one in every five households have extremely limited livelihood opportunities with no major means of income and a slightly higher proportion of such households were situated in Sokoto (26.2 percent) compared to Zamfara (18.4 percent) and Katsina (17.8 percent). For households involved in some livelihood activity, only about 22 percent were able to cultivate during the ongoing planting season, albeit on small plots of farmland (*between 0.5 to 2 hectares*), which were leased from host communities based on crop sharing agreements or rental rates of about NGN3,000 (USD 8) to NGN10,000 (USD 25) naira per hectare. In places where the situation is conducive enough, IDPs return to their farmland in the place of origin on a daily basis to cultivate and monitor the development of their crops, with the hope of having harvest at the end of the planting cycle (*June to October*), in spite of the imminent risk of banditry, destruction and crop looting. The major encumbrances for involvement in the ongoing planting season were lack of access to farmland, late arrival of IDPs in host communities as planting season already commenced before arrival and lack of seeds and agricultural inputs for those that have access to farmland.

*“Complete loss of livelihoods and asset heightens the risk of food insecurity and deepens vulnerability of displaced households in the face of persistent shocks”*

Satellite imagery analysis<sup>11</sup> on areas of origin of IDPs confirmed likely abandonment of agricultural land with the concomitant loss of crop production across the areas of study. Some of these assessed areas that in 2018 clearly exhibited typical patterns of active cropland in 2018 showed patterns of typical natural vegetation in 2019. This confirms that majority of IDPs have not participated in one or two planting seasons, depending on their period of displacement.

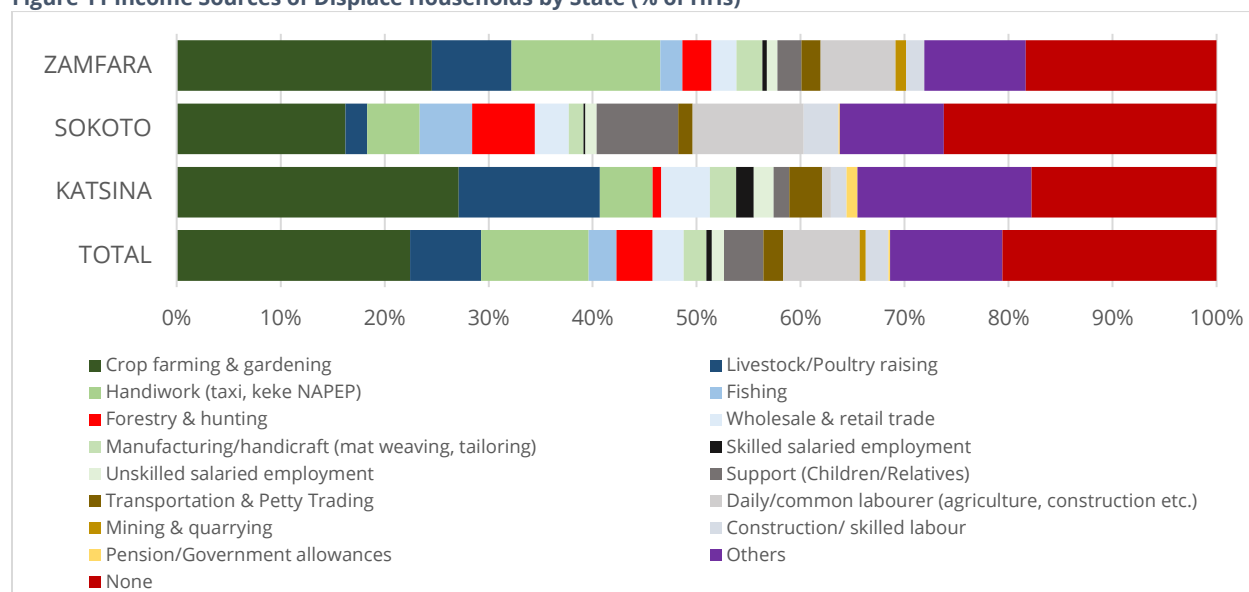
<sup>11</sup> Satellite images from Sentinel-2 were used to detect indirect signs of inter-communal conflict due to persistent cloudiness and the wide extent of the area of interest. The detection has been made visually on recent cloud free imagery from Sentinel-2. The assessment team compared vegetation cover patterns between 2018 and 2019 at approximate the same date, for cropland and natural vegetation.

Figure 10 Satellite Imagery Analysis of Cultivation Pattern between 2017 and 2019 (e.g. Zamfara: Shinkafi and Kwarin)



About 10 percent of displaced households engage in agricultural casual labour for host community counterparts for either cash or in-kind (cereals) payment in order to cater for their food and non-food needs, predominant reliance on which was more pronounced in Sokoto (10.7 percent) and Zamfara (7.2 percent) compared to only 0.8 percent of households in Katsina, given the ongoing assistance in the state (*about 73 percent of households received assistance*). The average daily wage for agricultural casual labour was about NGN500 (USD 1.30) across the three states. Some displaced households send their children to beg for food in communities or along busy roads whereas, others with adolescent or teenage children send them to major cities to undertake unskilled manual labour and menial jobs as part of efforts to boost their income and purchasing power. Moreover, over five percent of displaced households in Sokoto were involved in fishing, which is often characterized as a secondary livelihood activity for poorer households in the state.

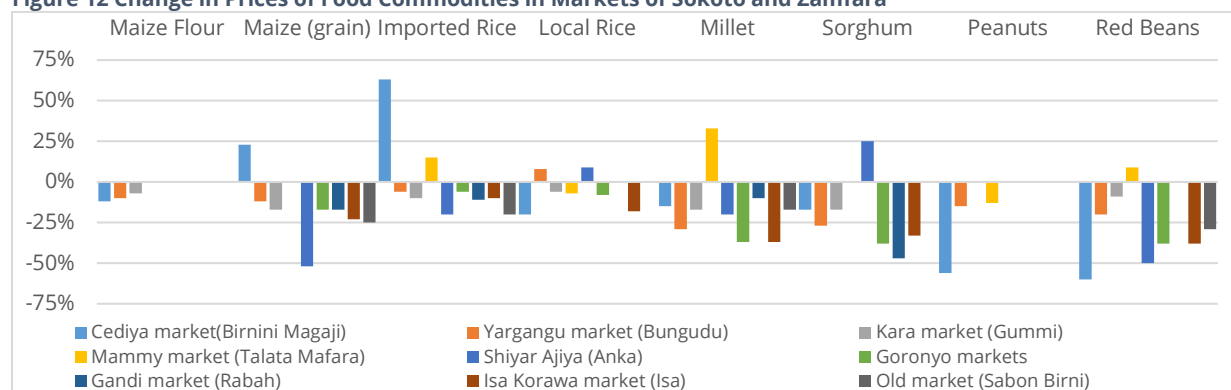
Figure 11 Income Sources of Displaced Households by State (% of HHs)



#### 4.4 Market Condition

Across most of the monitored markets, the price of key staples such as maize, millet, sorghum, red beans and peanuts was observed to have decreased in September 2019 when compared to the same period in September 2018. For example, in a major market for Birnin Magaji, Bungudu and Gummi LGA's in Zamfara, there were observed decreases in the prices for maize flour (-7 to -12 percent), maize grain (-12 to -17 percent) sorghum (-17 to 27 percent), millet (-15 to -29 percent), peanuts (-15 to -56 percent), and red beans (-9 to -60 percent). These decreases can be attributed to favorable supply from the harvest owing to the bumper harvest from the last planting season as millet is largely cultivated across the three states.

**Figure 12 Change in Prices of Food Commodities in Markets of Sokoto and Zamfara**



##### 4.4.1 Survival Minimum Expenditure Basket for an Average Households Size of 10

The Survival Minimum Expenditure Basket (SMEB) was calculated at 2,100 kcal/per person for an average household size of ten, which is equivalent to 30 days food ration. This could inform the transfer value for cash based interventions due to the availability and optimal functional of markets and lack of access constraints in the assessment states. The cost of SMEB ranged from NGN28,110 (USD 78) in Birnin Magaji to NGN33,585 (USD 93) in Talata Mafara LGAs, both in Zamfara State.

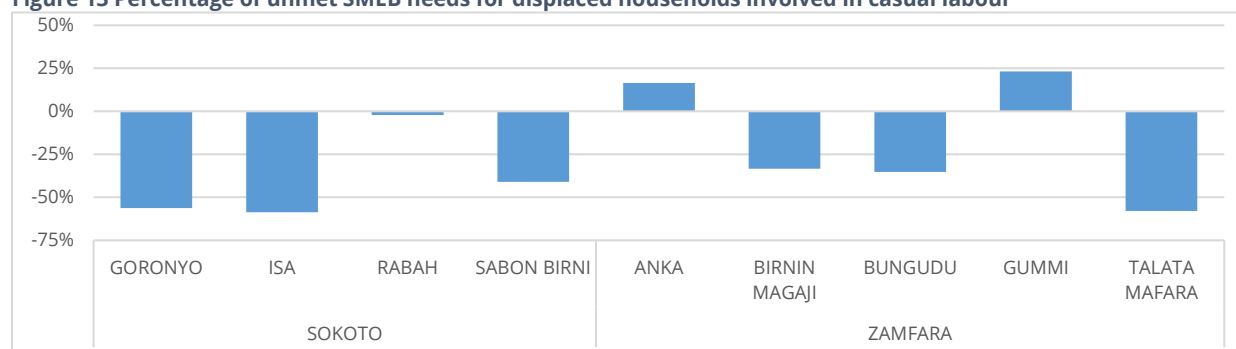
**Table 2 Example of SMEB Computation based on 2,100 kcal/per person, Bugundu LGA, Zamfara**

HOUSEHOLD SIZE			10				
Food Item	gms/pp/day	Kc/pp/day	gms/HH/day	gms/HH/month	kg/HH/month	Price/kg- NGN (MPM)	Price/HH/month (NGN)
Rice	150	540	1500	45,000	45.00	340	15,300
Millet	0		0	0	0.00		0
Maize	250	913	2500	75,000	75.00	88	6,600
Beans	75	255	750	22,500	22.50	220	4,950
Palm oil	10	88	100	3,000	3.00	225	675
Groundnut	15	85	150	4,500	4.50	220	990
Sugar	10	39	100	3,000	3.00	100	300
G/nut oil/Veg Oil	20	177	200	6,000	6.00	270	1,620
Salt	5	0	50	1,500	1.50	112	168
Onion	8	3	80	2,400	2.40	100	240
<b>Total</b>		<b>2,100</b>					<b>NGN 30,843.00</b>

**Table 3 Survival Minimum Expenditure Basket (SMEB) in LGAs of Sokoto and Zamfara States**

State	LGA	Cost of the SMEB September 2019 (NGN)
<b>Sokoto</b>	Goronyo	31,194
	Rabah	30,640
	Isah	33,060
	Sabon Birni	31,754
<b>Zamfara</b>	Bungudu	30,843
	Birnin Magaji	28,110
	Gummi	28,395
	Talata Mafara	33,585
	Anka	28,620

Additional analysis was undertaken on the SMEB using wages from daily common labour, in order to assess if wages from this livelihood can indeed, cater for the basic food needs of each member of the IDP households, in order to use as a proxy measure to estimate the percentage of the unmet food needs in the SMEB. Except for Anka and Gummi in Zamfara, unmet food need exists across the various locations assessed which ranged from about 2 percent in Rabah to 59 percent in Isa LGAs, both in Sokoto State. These findings further explains the high rates of households with inadequate diets (greater than 70 percent), which depicts the fragile state of the food security situation the assessment locations.

**Figure 13 Percentage of unmet SMEB needs for displaced households involved in casual labour****Table 4 Daily Wage per Household per Member, Daily SMEB per Person & % of Unmet SMEB**

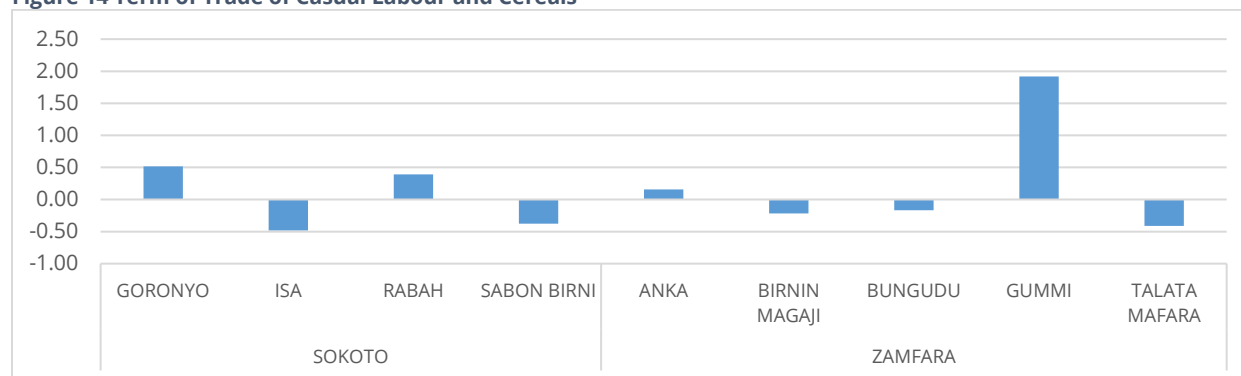
State	LGA	Daily Wage Amount (NGN)	Average # of People working for cash	Average HH size	Wage per HH member per day (NGN)	MEB per Person per day (NGN)	% of Unmet SMEB
<b>Sokoto</b>	Goronyo	500	1	11	45	103.98	-56%
	Isa	500	1	11	45	110.20	-59%
	Rabah	600	2	9	100	102.13	-2%
	Sabon Birni	500	1	8	63	105.85	-41%
<b>Zamfara</b>	Anka	500	2	9	111	95.40	16%
	Birnin Magaji	500	1	8	63	93.70	-33%
	Bungudu	400	2	12	67	102.81	-35%
	Gummi	700	1	6	117	94.65	23%
	Talata Mafara	400	1	9	47	111.95	-58%

#### 4.4.2 Terms of Trade

Terms of trade (TOT) is the rate at which one good or service can be exchanged for another and is typically expressed as a ratio or relative prices. It is an indicator used to measure the purchasing power of households. Food security analysts often use it to assess current food access or make projections about future purchasing power. Looking separately at wages, income, assets and prices of staple foods is important, but making comparisons provides a more specific meaning and is thus a more useful measure for food security and early warning.

A key staple in the states (millet) was used a proxy measure to compute the TOT to assess the purchasing of cereals among labor dependent displaced households. Overall, the TOT across most of the LGAs was not favorable as the prices of millet were more expensive compared to daily wage from casual labor, which indicates economic constraints for food access among market reliant displaced households, due to their weak purchasing power. Even in locations such as Goronyo and Rabah where the TOT appears to be favorable, the analysis assumes that displaced households solely consume cereals and as such, does not take the need to purchase non-food items into account, which would potentially compete with food needs and weaken purchasing power of households. If unabated, the prevailing limited income-earning opportunities, coupled with already depleted assets among affected displaced households, will gradually hamper food access due to continued depreciation of their purchasing power and deepen their vulnerability.

Figure 14 Term of Trade of Casual Labour and Cereals



#### 4.5 Nutrition Overview

##### 4.5.1 Anthropometric

Mid-upper arm circumference measurements that are equal to, or less than, 115 mm and/or presence of bilateral (nutritional) oedema in children 6 to 59 months are defined as severe acute malnutrition (SAM), and MUAC measurements of 115 mm to 125 mm are defined as moderate acute malnutrition (MAM). Measurements of equal to, or less than, 125 mm are defined as global acute malnutrition (GAM) by MUAC.

The prevalence of GAM by MUAC and/or bilateral oedema was 19 percent in Katsina, 18.4 percent in Sokoto, and 31.1 percent in Zamfara. The prevalence of SAM and MAM were, respectively, 10.6 and 8.5 percent in Katsina, 5.7 and 12.6 percent in Sokoto, and 16.6 and

14.6 percent in Zamfara. The prevalence of acute malnutrition by MUAC and/or presence of bilateral (nutritional) oedema, as well as the numbers of children, are shown in Table 5.

**Table 5 Prevalence of acute malnutrition by MUAC and/or presence of bilateral oedema in children 6 to 59 months, by state**

State	Acute malnutrition by MUAC and/or bilateral oedema in children 6-59 months			
	<i>n</i>	GAM % (MUAC ≤125 mm and/or oedema)	SAM % (MUAC ≤115 mm and/or oedema)	MAM % (MUAC >115 mm to ≤ 125 mm)
Katsina	189	19.0 (36)	10.6 (20)	8.5 (16)
Sokoto	593	18.4 (109)	5.7 (34)	12.6 (75)
Zamfara	1750	31.1 (545)	16.6 (290)	14.6 (255)
Total	2532			

Nutritional oedema is a swelling caused by the accumulation of fluid in the body tissues particularly both feet, legs, hands, arms and face. Children with SAM who have oedema have an increased risk of mortality compared to children with severe acute malnutrition but without oedema. Slightly less than half of SAM children (45.1 percent) were with bilateral or nutritional oedema (see, Table 6).

**Table 6 Number of assessed children with bilateral (nutritional) oedema.**

	With oedema	With no oedema	Total # of Children aged 6 - 59 months with SAM
# of SAM children with bilateral oedema	155	189	344

#### 4.5.2 Nutrition Services

Focus group discussions and key informant interviews were carried out with relevant nutrition stakeholders within the displaced communities, including mothers, fathers, health workers, community leaders, local government, and state nutrition officers.

Overall, there is limited access to nutrition services for the host (and displaced) communities across all assessed locations in the three states. A recent four to six-month pipeline rupture of ready-to-use therapeutic food (RUTF), used for SAM treatment, in Zamfara and Sokoto states has resulted in SAM children not being admitted for treatment. Acute malnutrition cases that are not identified and treated in a timely manner may result in cases of complicated SAM, with increased risks of mortality. When the RUTF was no longer available, mothers or caregivers of SAM children received only nutrition and infant and young child feeding (IYCF) counselling.

The existing stabilization centres are overstretched. Acute malnutrition cases that are not identified and treated in a timely manner will usually result in cases of complicated SAM, with increased risks of mortality. This overstressing has negatively impacted the malnutrition



treatment programme supported by MSF in Anka LGA, Zamfara State. During the assessment period, the MSF in-patient care for SAM children with complications had admitted about 200 children into a facility with a bed capacity for 120 children. According to MSF staff, some 70 to 80 percent of these children were admitted with marasmus-kwashiorkor (wasting and bilateral oedema). While some admitted SAM children are internally displaced, the majority of admissions came from different host communities in Anka LGA, as well as Sokoto State.

Community and facility-based IYCF activities in Zamfara State are weakened due to insufficient funding. These malnutrition prevention activities were previously supported by UNICEF and Save the Children in seven LGAs, under the DFID-funded WINNN project (Working to Improve Nutrition in Northern Nigeria), which ended in December 2017. The Child Development Grant Project or CDGP, implemented by Save the Children, which provided support for maternal and child nutrition during the first 1000 days 'window of opportunity', ended in April 2019.

Progress made by Government on its funding of nutrition activities in Zamfara State has also experienced set-backs. Since the beginning of 2019, the Ministry of Local Government and Chieftaincy Affairs has not released any funds for nutrition activities in Zamfara State. In 2018, approximately one hundred thousand Naira was released on monthly basis for nutrition services.

Focus group discussions with displaced men and women revealed that malaria, diarrhoeal illnesses, acute respiratory tract infections, and malnutrition affected their children the most. Although seasonality was attributed to the high number of SAM admissions in the MSF facility, chronic social issues that contribute to high poverty rates continue to expose the most vulnerable children and women to the effects of recurring illnesses.

### **4.5.3 Water, Sanitation and Hygiene**

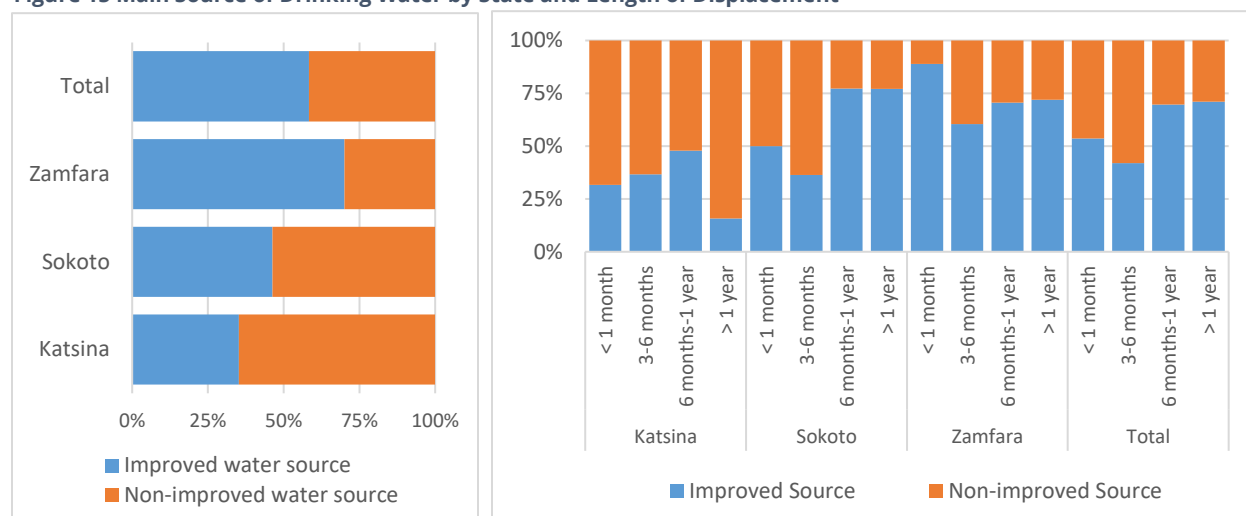
#### **4.5.3.1 Source of Drinking Water**

Access to clean water, adequate sanitation and good hygiene practices are imperative to maintaining optimal health and preventing the contraction and spread of a myriad of diseases. Inadequate WASH services aggravate the incidence and severity of childhood illnesses, including diarrhoeal and respiratory tract infection, and can worsen the health outcomes from malaria, and cholera, and directly or indirectly impact the nutrition situation. Most IDPs in Katsina (64.8 percent) and Sokoto (53.7 percent) states did not have access to improved water sources for drinking and other household needs. In Zamfara State, a higher number of IDP households (70.1 percent) had access to improved drinking water source (see, Table). The variation in access to water could be due to the duration of displacement, as well as living conditions of the IDPs. While most IDPs in Katsina and Sokoto states reside in school buildings, uncompleted buildings, or community public spaces with limited access to existing community water facilities, most IDPs in Zamfara State (who have been displaced for more than 6 months) are now living with relatives or friends within the host communities, with access to the existing community water facilities including piped water. There is need to



address the humanitarian needs of IDPs living in school buildings, and uncompleted buildings with limited access to WASH facilities, and other social amenities, as they are yet to be incorporated into the wider host communities.

**Figure 15 Main Source of Drinking Water by State and Length of Displacement**



#### 4.5.3.2 Toilet Facility

Toilet use is essential to the survival and development of all children, as exposure to human waste causes diseases such as diarrhoea. Diarrhoea and other sanitation related diseases can prevent children from being able to absorb the nutrients in their food, leading to undernutrition. Most IDPs in Katsina (55.9 percent) and Zamfara (62.8 percent) did not have access to improved toilet facilities, whilst 31 percent of assessed IDPs in Zamfara State reported no access to any form of toilet facility (see, Table 7). Physical observation in some of the Maradun LGA communities in Zamfara State and Sabon Birni in Sokoto State confirmed a high rate of open defecation, including among IDPs.

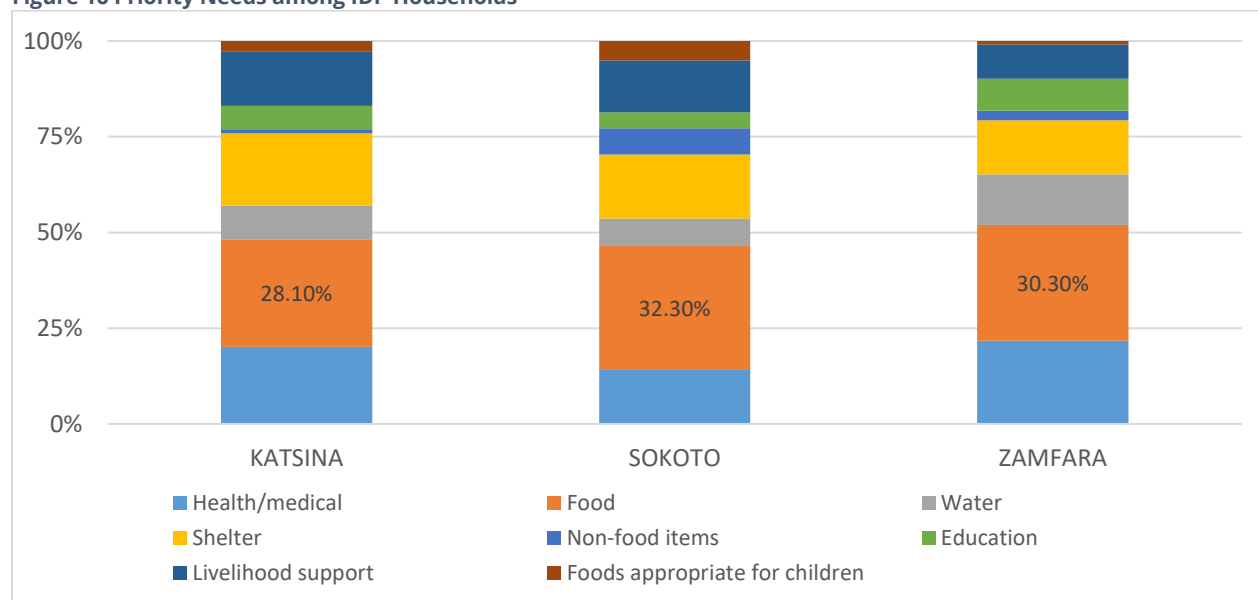
**Table 7 Type of Toilet Facility Used by IDP Households**

		Type of HH toilet facility			
		Improved facility (%) <i>(flush/pour, flush to piped sewer system, flush/pour flush to septic tank, flush/pour flush)</i>	Non-improved facility (%) <i>(flush/pour not to sewer/septic tank/pit latrine, pit latrine without slab/open pit)</i>	No facility (%) <i>(bush/dirt/field)</i>	Unable to state (%)
	Katsina	41.9	55.9	2.1	0
	Sokoto	10.3	62.8	26.9	0
	Zamfara	31.4	36.2	31.1	1.3

#### 4.6 Household Priorities and Assistance Receipt

Food, medical and health services and shelter were the three main priority needs. In Sokoto and Katsina, livelihood support was a prominent need, whereas IDP households in Zamfara indicated the need for support with water (>10 percent).

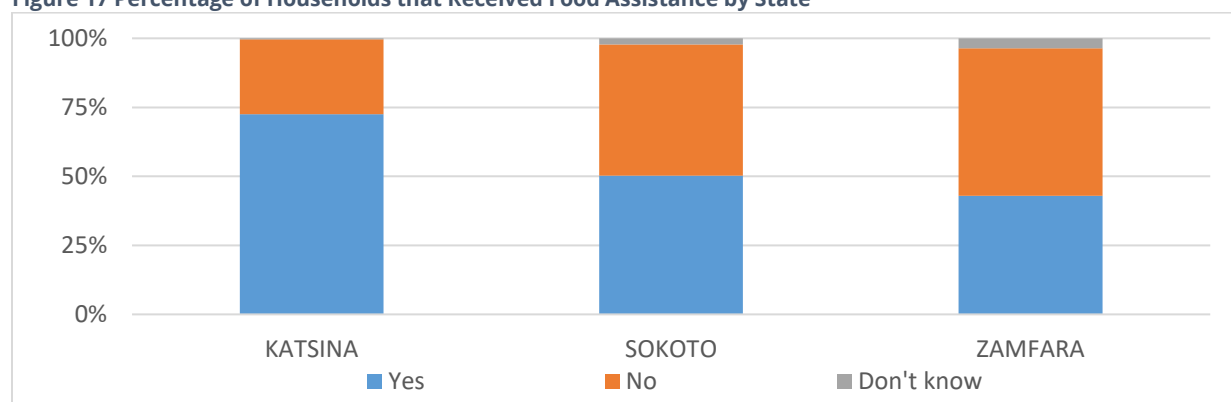
Figure 16 Priority Needs among IDP Households



Overall, 49.2 percent of households across the three states and majority of such households were situated in Katsina (72.5 percent) compared to Sokoto (50.3 percent) and Zamfara (42.9 percent). However, findings from FGDs indicated that the assistance received was not provided in a consistent and systematic manner, which heightens fear of hunger among displaced households due to food assistance uncertainties.

*"Over 40% of households have received assistance, however, it is fragmented and inconsistent"*

Figure 17 Percentage of Households that Received Food Assistance by State



## 6.0 CONCLUSION

The banditry in the Northwest, which is characterized by displacement and loss of livelihoods including access to farmlands, continue to impinge of the food security of displaced households, and as well, aggravate the fragile nutrition situation particularly in the worst affected areas. Findings from the assessment indicated that banditry, kidnapping, killings, cattle rustling and insecurity led to the displacement of majority of IDPs from their places of origin. The intensification of the activities of the bandits led to complete loss of assets such as cattle and livelihoods including farmlands in the place of origin of most the IDPs. Satellite imagery analysis on areas of origin of IDPs confirmed likely abandonment of agricultural land with the concomitant loss of crop production across the areas of study.

More than two in every IDP households did not have sufficient food intake during the week of the assessment with prevalence rates of 82.6 percent, 78.6 percent and 73.1 percent in Katsina, Sokoto and Zamfara states, respectively, which shows concerning food consumption gaps in the three states. Furthermore, consumption of cereals, which are key staples in the northwest, was quite limited and consumed only for five out of seven days across the three states. Prior to displacement, majority of IDP households were into subsistence and as such, they predominantly relied on own-produced cereals for consumption. However, IDP households predominantly rely on markets to meet their food needs due to lack of access to their farmlands.

The prevalence of child acute malnutrition by MUAC and/or oedema amongst the assessed displaced population in the three states was very high<sup>12</sup>, and requires urgent attention to avert increased risks of morbidity and mortality. The nutrition situation is further impacted by the current crisis of insecurity that has resulted in widespread displacement, limited access to basic services like shelter and WASH and increased vulnerability of children and women. Malnutrition is linked to household food insecurity, care for women and children, health and WASH, in addition to social deficiencies and poverty, as explained by the UNICEF Conceptual Framework<sup>13</sup>.

Malnutrition in the host community has been a long-standing issue in Northwest Nigeria despite high levels of agricultural activities, e.g. crop cultivation and livestock rearing. Moreover, the region is viewed as the country's hub for meat and cereal production, i.e. millet, sorghum, ground nut, maize, and soya beans. Most community members have access to farmland, and participate in farming as a means of livelihood. Given the strong agricultural aspect of the states' population's livelihoods, strengthened nutrition-sensitive livelihood support could provide a means to address the underlying causes of malnutrition. The prevailing nutrition situation in the Northwest appears to be largely underscored by sociocultural issues as much as inadequate food utilization.

<sup>12</sup> UNICEF and WHO Technical Expert Advisory Group on Nutrition Monitoring (TEAM) (2018): very low = GAM <2.5%; low = GAM 2.5 - <5%; medium = GAM 5 - <10%; high = GAM 10 - <15%; very high = GAM ≥15%

<sup>13</sup> UNICEF Conceptual Framework, <https://www.unicef.org/nutrition/training/2.5/4.html>

However, displaced households have extremely limited livelihood opportunities in their current places of abode as majority lack access to farmland and continue to engage in agricultural casual labor and menial jobs to earn some income to meet their basic needs. Some displaced households send their children to beg for food in communities or along busy roads whereas, others with adolescent or teenage children send them to major cities to undertake unskilled manual labour and menial jobs as part of efforts to boost their income and purchasing power. Nonetheless, some displaced households are gradually returning back to their places of origin either to 'fully resettle' or 'partially to cultivate' and return to the assessment areas.

Further analysis on the Survival Minimum Expenditure Basket (SMEB) shows that the wages from casual labor cannot cover the daily requirements for the SMEB, which suggests existence of gaps and unmet food needs across displaced households. Moreover, analysis on the Term of Trade between wages from casual labor and cereals was not favorable as the prices of cereals (*e.g millet*) were more expensive compared to daily wage from casual labor, which indicates economic constraints for food access among market reliant displaced households, due to their weak purchasing power. This underscores the pervasive usage of negative food and livelihood based coping strategies observed among displaced households in order to meet to their food needs.

The precarious food security and nutrition situation observed amongst the displaced population requires tailored-systematic intervention to address immediate food and nutritional gaps in the short-term, and tackle long-standing socio-cultural drivers in the longer term. However, government services appears lacking with limited capacity to respond to the needs of the affected populations, both host and displaced, and development partners are regarded as the major supporters for nutrition programing in the three states.

## 7.0 RECOMMENDATIONS

Considering the pronounced levels of food insecurity and malnutrition in Sokoto, Zamfara and Katsina states, the following recommendations are proposed:

### 7.1 Short-term: (Three to Six months)

- ④ Concerted efforts by government, humanitarian and development partners to provide immediate life-saving response to the needs of the affected population with food and nutrition;
- ④ Advocacy to Government to strengthen efforts to restore peace and security in most affected areas to enable returns and resettlement among IDPs interested in going back to their places of origin;
- ④ Advocacy to government, local government authorities and community leaders to allocate or lease farmland to IDPs in order for them to cultivate in their current places of displacement on the short-term;
- ④ Advocate for the scale-up of access to malnutrition prevention (IYCF) and treatment services (OTP/SC) for both the host and displaced communities;
- ④ Advocate for a community-led door-to-door hygiene promotion exercise to educate IDP and non-IDP households on optimal sanitary practices, use of mosquito nets, water treatment, and risks of open defecation;
- ④ Advocate for state government and community leaders to improve shelter for IDPs. This will help organize response in the interim, before the affected communities get rebuilt and displaced population return to their place of origin; and
- ④ Support further investigation of the nutrition situation through a SMART nutrition survey that includes both IDP and host communities, and assesses all child and maternal nutrition parameters, including morbidity and mortality.

### 7.2 Longer term: (> Six Months)

- ④ Advocate for livelihood responses to include nutrition-sensitive components, such as social and behavior change communication activities, which could help address IYCF and nutrition behavioral antecedents like sociocultural beliefs, attitudes and nutritional practices and taboos;
- ④ Advocate for responses that will help address the (malnutrition) root cause of poverty, such as:
  - livelihood assistance for households with girl children enrolled in schools;

- skill development for processing of diverse and nutritious foods for household consumption, and income generating opportunities to support access to basic social services, e.g. health care and education.
  - Innovative/improved storage capacity and linkage to markets to prevent post-harvest losses, and increase access to food and household income.
- 📌 Advocate with Government and donors to maintain investments in nutrition programming to sustain gains made by previous investments, like WINN and CDGP that aimed to holistically address malnutrition levels.

