



**AFGHANISTAN**

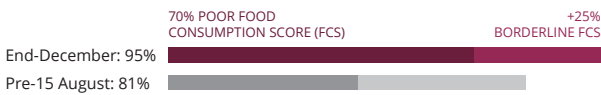
**World Food Programme**

SAVING LIVES  
CHANGING LIVES

# Food Security Update

## 7 January 2022

### The food security situation remains alarming.

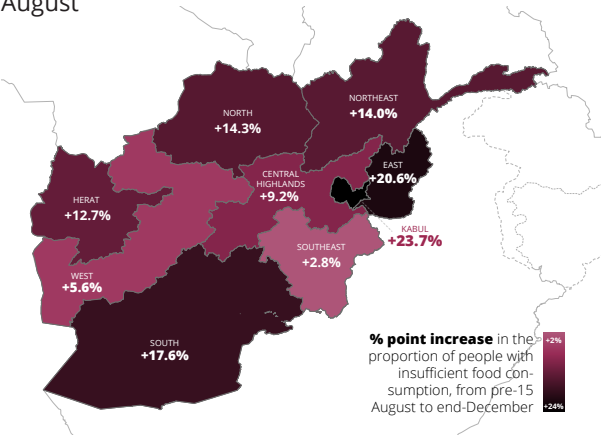


In the past month, even more people have turned to drastic measures to feed their families.<sup>1</sup> Over half of the population (57 percent) are resorting to crisis coping strategies – an increase from the previous month, and a five-fold increase from before 15 August.

The past month also saw rising numbers of people who did not have enough to eat at least once in the past fortnight. Over seven in ten families (72 percent) reported this, which is an increase from the previous month, and an increase from four in ten prior to 15 August. Most families (92 percent) attributed this to a lack of money.

As of end-December, 95 percent of the population have insufficient food consumption. While this represents a marginal improvement from the previous month, the situation remains far worse than before 15 August. The improvement is partly driven by increased consumption of dairy, protein and pulses, but there is variation across the country; in some provinces like Herat, food consumption has continued to deteriorate.

Food security has deteriorated in **all regions** since 15 August

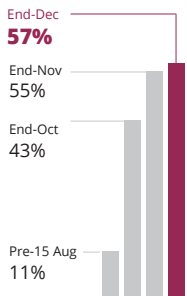


### Families are barely coping

At least once a week, out of every ten households:

- 9/10** are consuming less expensive food
- 8/10** are limiting portion sizes
- 8/10** are borrowing food

% adopting crisis-coping strategies



## FURTHER FINDINGS

**Parents are increasingly restricting consumption to feed their children;** in the past month, this was the coping strategy which saw the steepest increase.

**Hunger continues cutting across socioeconomic divides** and families of all education levels are badly impacted, as in the previous month. However, the past month saw the largest increase in reliance on crisis coping strategies for families with primary-educated households heads.

### More parents are sacrificing their own meals so children can eat

**Demand for health services is mounting, but only half of people have access.** In December, 72 percent of households reported requiring access to health services in the last two weeks, a drastic increase from the 55 percent in November. But access to healthcare remains consistently low, with around half the families facing access challenges. This is mostly due to a lack of money (78 percent), or long distances to hospitals (20 percent).

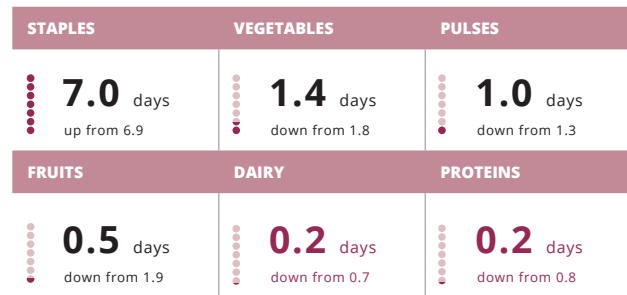
**Diets remain poor,** though there was no significant change in the past month. The average household consumed animal protein and dairy a little less than once a week prior to 15 August, but now they would be lucky to access these food groups even once a month.

**Market access remains high, with only a very slight deterioration in the past month.** In December, 2 percent of families reported challenges in accessing markets, up from 1 percent in November. This is still an improvement compared to the 19 percent who faced access challenges before 15 August. Markets remain predominantly the place where people source their food.

### Concerns are shifting towards livelihoods

**disruptions.** While worries about job losses remain the top concern (six in ten families), followed by food shortages, anxiety about disruptions in livelihood sources is on the rise, now affecting one in ten families. This was most pronounced in the South. Concerns about food shortages have also risen (to 16 percent).

### Diets are shrinking.<sup>2</sup> In seven days, the average household now consumes:



### Sample population at a glance:<sup>3</sup>



Male-headed households: 98 percent  
Female-headed households: 2 percent



Average household size:  
10.3 members



Urban households: 54 percent  
Rural households: 46 percent



Level of education of the head of the household:

- Lower education: 42 percent
- Primary education: 20 percent
- Secondary education: 11 percent
- Post-secondary education: 27 percent

*This factsheet updates Afghanistan's food security situation based on four rounds of data collected via telephone surveys across 34 provinces between 19 July and 21 December. The first round is from 19 July to 15 August; the second round is from 21 August to 22 October; the third round is from 23 October to 21 November; and the fourth round is from 22 November to 21 December. Since 21 August, panel surveys are conducted for 80 percent of respondents in each round. Results are weighted to ensure socio-demographic representativity.*



## WFP Response

WFP aims to meet the food and nutrition needs of more than **23 million people** in 2022.<sup>4</sup>

To meet the task at hand, WFP requires US\$ 220 million per month.

Learn more [here](#).

1. Changes over the last month refer to comparisons between the third round of surveys (23 October to 21 November) and the fourth round of surveys (22 November to 21 December).

2. Comparisons of diets are between the first round of surveys (19 July to 15 August) and the fourth round of surveys (22 November to 21 December).

3. The sample population refers to the fourth round of surveys (22 November to 21 December).

4. Planning figures for 2022 are being revised due to an ongoing planning exercise; they are subject to change and pending approval

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