



World Food Programme

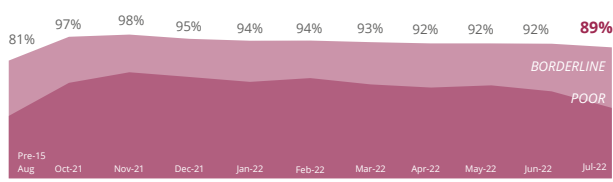
SAVING LIVES  
CHANGING LIVES

# AFGHANISTAN

## Afghanistan Food Security Update

### Round 11: July 2022

Hunger levels have remained at alarming levels.

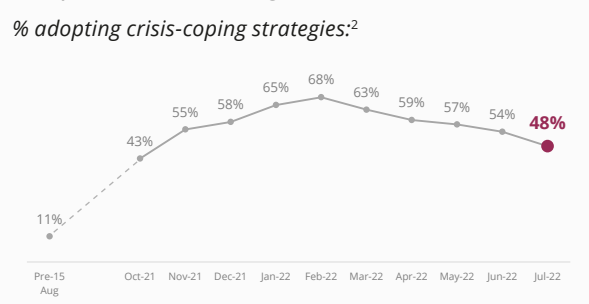


The data presented here are collected via mobile surveys.

**Afghanistan continues to face alarming levels of hunger.** Month after month, some nine in ten households continue to face insufficient food consumption. The repercussions of the global food crisis are threatening to wreak further havoc on food security.

**Already pushed to their limit, families are spending nearly all of their income on food.** Amid persistent high food prices, average expenditure on food increased to 91 percent in July — a figure which has continually increased since January (80 percent).<sup>1</sup> This leaves little left for other essential goods. While households across all divides are affected, female-headed households are especially vulnerable and are spending 95 percent of income on food, compared to 91 percent in male-headed households.

People are still taking drastic measures.



**With incomes remaining in a precarious state, food could be pushed even further out of reach.** Some six in ten households saw their incomes drop in July. This is similar to June, but a deterioration compared to four in ten households in April. Accordingly, more and more people have reported job losses and food prices as their top concerns in recent months.

**This comes amid the escalating global food crisis and high prices** for key commodities and fuel.<sup>3</sup> While humanitarian food assistance has helped to stave off an even worse food security situation, this assistance is under threat; high prices and resource constraints are forcing many organizations to suspend programming for millions of people across Afghanistan.<sup>4</sup>

Nearly all of people's income is spent on food



**Nearly half of the population is turning to drastic measures to put food on the table.** Gradual improvements have been observed in the last five months; the proportion of the population relying on crisis coping strategies<sup>2</sup> has since dropped from 68 percent in February to 48 percent in July this year. However, these levels remain over four times worse than pre-15 August, and remain among the most severe globally.

## FURTHER FINDINGS

**Markets are becoming increasingly inaccessible amid record-high fuel prices.** About one third of households (31 percent) faced challenges accessing markets in the last 14 days, which is the highest rate recorded in the past year. Most respondents cited the far distance to the market as the reason, while others cited travel restrictions. At the end of July, diesel prices were 107 percent higher compared to the same time last year.<sup>4</sup>

**Female household heads are twice as likely than males to sacrifice their own meals so that their family can eat.**

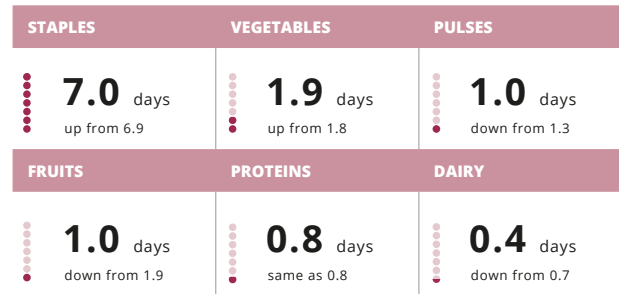
**Female-headed households are suffering disproportionate levels of hunger,**<sup>5</sup> with 96 percent facing insufficient food consumption amid restrictions on women and girls. Far more of these households are also turning to drastic measures compared to male-headed households (15 percentage points more). When it comes to sacrificing food consumption for the family, eight in ten female-headed households are reducing their number of meals consumed in a day, compared to four in ten male-headed households.

**Economic and food concerns remain the biggest worries.** Job losses are the top concern for half of the population (50 percent), followed by food shortages (19 percent) and increases in food prices (14 percent).

**Households with person/s with disabilities remain disproportionately impacted,** with 58 percent still turning to drastic measures to put food on the table.<sup>2</sup> While this has improved in recent months, it remains higher than for other households (45 percent).

**Hunger continues cutting across urban-rural divides,** with both groups equally affected at around 90 percent facing insufficient food consumption.

**Diets have shrunk since pre-15 August.<sup>6</sup> In seven days, the average household now consumes:**



### Sample population at a glance:<sup>7</sup>



Male-headed households: 96 percent  
Female-headed households: 4 percent



Average household size:<sup>8</sup>  
10.6 members



Urban households: 55 percent  
Rural households: 45 percent



Households reporting having a member/s with disability: 20 percent



Level of education of the head of the household:

- Lower education: 46 percent
- Primary education: 15 percent
- Secondary or higher education: 36 percent
- Islamic school education: 2 percent

*This factsheet updates Afghanistan's food security situation based on 11 rounds of data collected via telephone surveys across 34 provinces between 19 July 2021 and 31 July 2022. Since 21 August 2021, panel surveys are conducted for 80 percent of respondents in each round. Results are weighted to ensure socio-demographic representativity. The questionnaire was updated on January 3 to include questions on food expenditure, income sources, income changes, and remittances.*

ROUND 1	ROUND 2	ROUND 3	ROUND 4	ROUND 5	ROUND 6	ROUND 7	ROUND 8	ROUND 9	ROUND 10	ROUND 11
19 Jul - 15 Aug (2021)	21 Aug - 22 Oct (2021)	23 Oct - 21 Nov (2021)	22 Nov - 31 Dec (2021)	3 Jan - 2 Feb (2022)	3 Feb - 4 Mar (2022)	5 Mar - 3 Apr (2022)	4 Apr - 3 May (2022)	4 May - 5 June (2022)	6 June - 2 July (2022)	3 July - 31 July (2022)

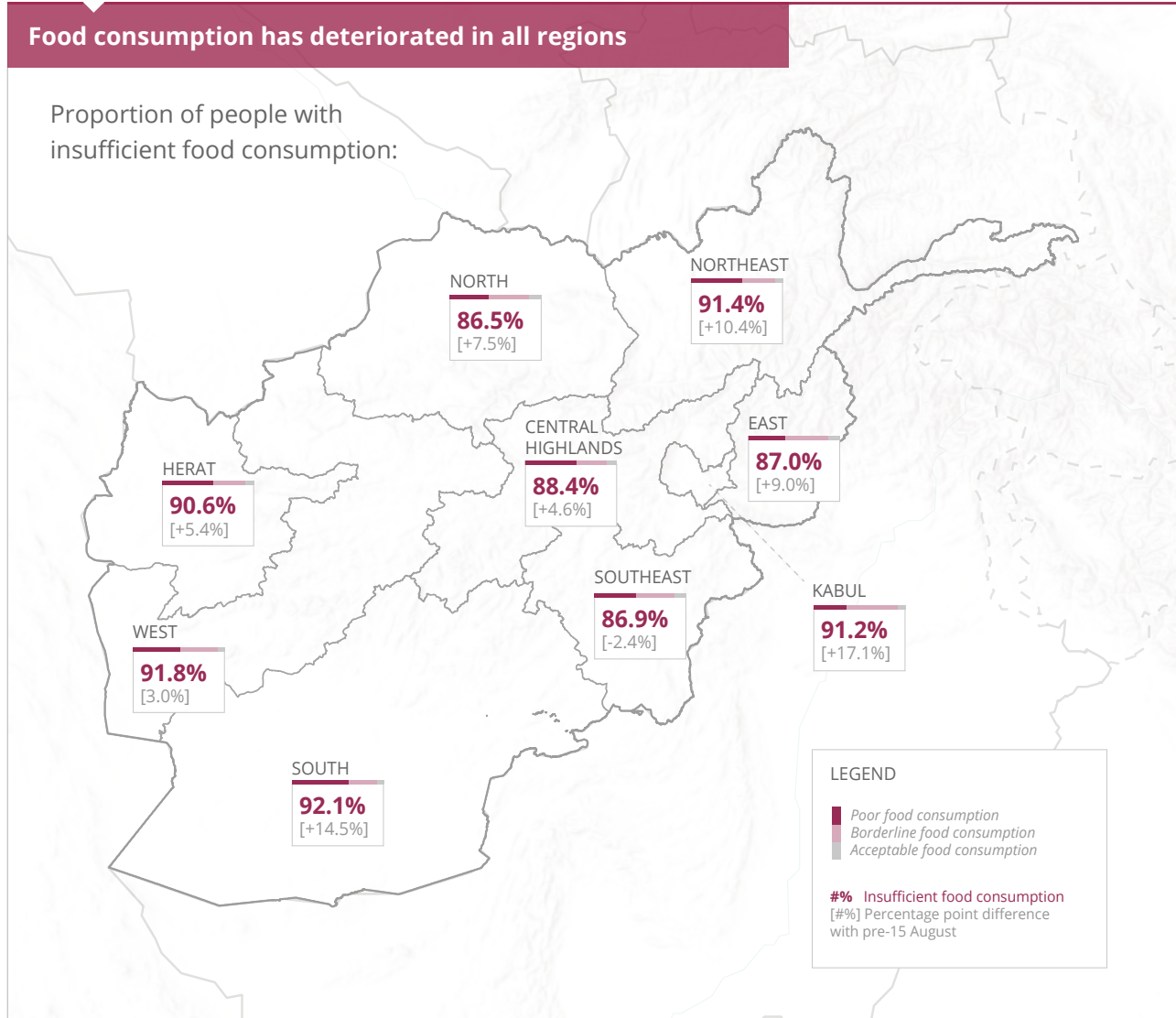
**WFP Response:** WFP is working to meet the food and nutrition needs of more than **23 million people** in 2022. To meet the task at hand, WFP still requires US\$ 960 million for the next six months. Learn more at this [scale-up factsheet](#) and the [latest updates](#).

# FOOD CONSUMPTION AND COPING STRATEGIES, AFGHANISTAN

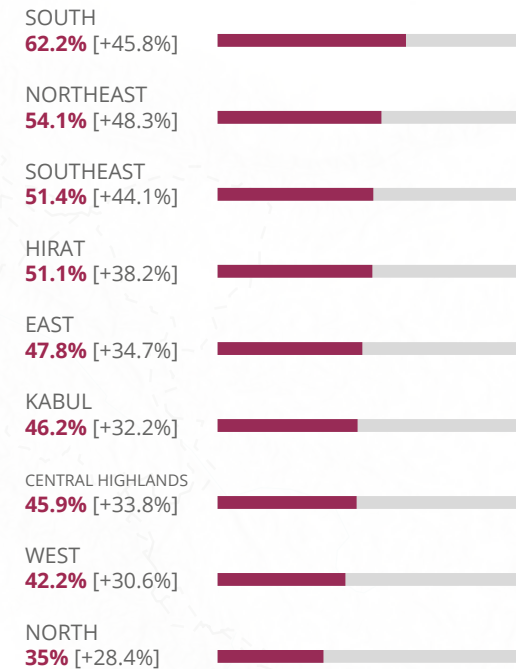
Round 11: July 2022

## Food consumption has deteriorated in all regions

Proportion of people with insufficient food consumption:



Proportion of people employing crisis coping strategies:



The increase in brackets refers to the percentage point increase from pre-15 August 2021.

### LEGEND

■ Poor food consumption  
■ Borderline food consumption  
■ Acceptable food consumption

**#%** Insufficient food consumption  
**[#%]** Percentage point difference with pre-15 August

1. This question on food expenditure was only introduced in January 2022  
 2. This refers to WFP's reduced Coping Strategies Index (rCSI) methodology; a high rCSI score classifies a household as using crisis-coping strategies.  
 3. WFP [Weekly Market Price Bulletin](#), 26 July 2022  
 4. WFP [Situation Report](#), 2 August 2022  
 5. The findings for female-headed households are indicative due to a small sample size.  
 6. Comparisons of diets are between the first round of surveys (19 July to 15 August 2022) and the eleventh round (3 to 31 July 2022).

7. The sample population refers to the eleventh round of surveys (3 to 31 July 2022).  
 8. Average household size refers to the average number of people permanently (at least six months) living in each household.  
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 The designations employed and the presentation of material in the map(s) do not imply the expression of any opinion whatsoever of WFP concerning the legal or constitutional status of any country, territory or sea area, or concerning the delimitation of frontiers.  
 Comparison points for pre-15 August have been adjusted slightly from earlier rounds due to revised weights for new questions.