



AFGHANISTAN

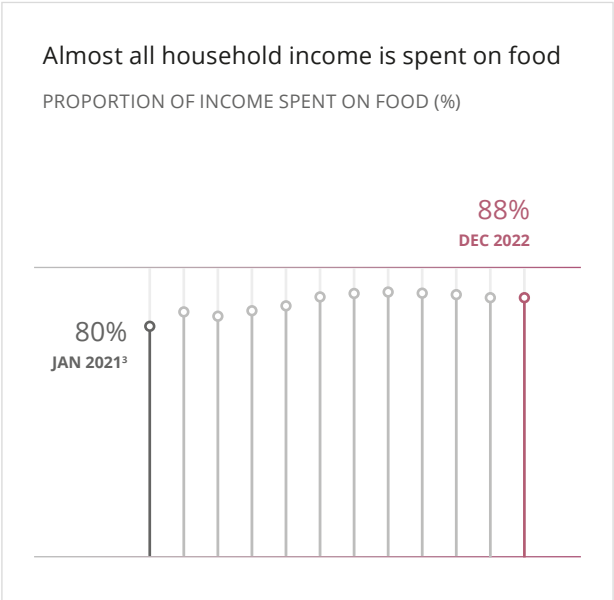
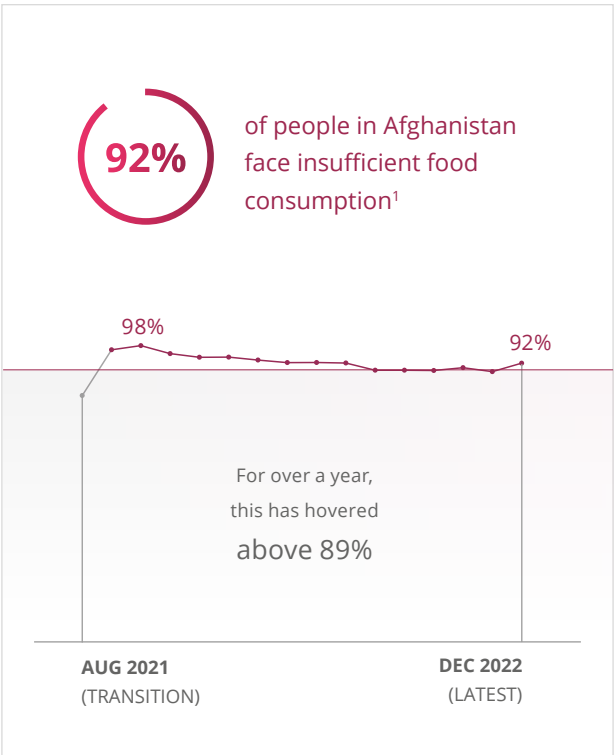


World Food Programme

SAVING LIVES
CHANGING LIVES

Afghanistan Food Security Update

December 2022



The data presented here are collected via mobile surveys.

Food consumption in Afghanistan has seen minimal improvement in over a year. Every month of continuous monitoring yields similar results, showing that nine in ten households are still not consuming enough food. While some of these households are at borderline consumption levels, over half the households have poor diets.

Household incomes continue to shrink. Since May 2022, half the population surveyed each month experience income decreases. These losses are widespread, with households of varying education levels and urban/rural settings all equally affected. In addition, about 8 percent of households receive no income at all.

Some households receive remittances, but it is not enough. Only 5 percent of households receive remittances, and for most of these households (59 percent), this money received makes up less than a quarter of their income.

Of what money they have, households spend most of it on food. From June to October, households have been spending over 90 percent of their income on food. While expenditure on food has decreased slightly in the last two months to 88 percent, this could be due in part to households purchasing less food to cope, or spending more on items like fuel and heating for the winter months.

One in two households are in crisis- coping mode in order to survive. In November and December, 53 percent of households were in this group; 81 percent of which had to use both coping strategies of borrowing food², and reducing adult meal portions so that others could eat.

Households with person/s with disabilities (PwDs) are also disproportionately impacted; 61 percent of these households are using crisis-coping strategies, compared to 50 percent of households without PwDs. Out of the five coping strategies asked about, households with PwDs mostly coped by choosing less preferred food (94 percent) and borrowing food² (78 percent).

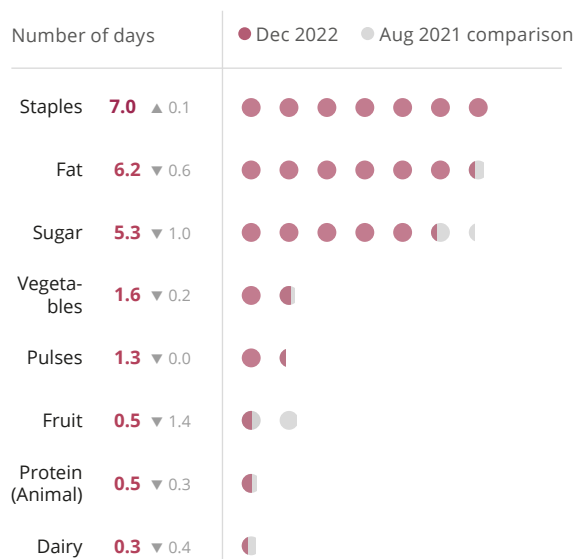
More people are requiring healthcare, but access is improving. In December, 87 percent of households reported needing healthcare, possibly due to the winter weather and lowered immunities. Nonetheless, more households have been able to access healthcare (50 percent) than those who could not (37 percent), continuing a trend observed for the past seven months. For those who were not able to access health centres or services, the main reason given was not having enough money to afford treatment.

Economic and food concerns remain the biggest worries. Four in ten households (44 percent) are worried about losing their jobs, followed by concerns on food shortages (34 percent), and increases in food prices (7 percent). Worries about food shortages have tripled since August 2021 (10 percent). These have been the top three concerns for nine months in a row.

Households receiving assistance fared slightly better on food consumption. In December, 19 percent of surveyed households reported receiving assistance — 53 percent of these households reported poor food consumption, compared to 58 percent of households that did not receive assistance.

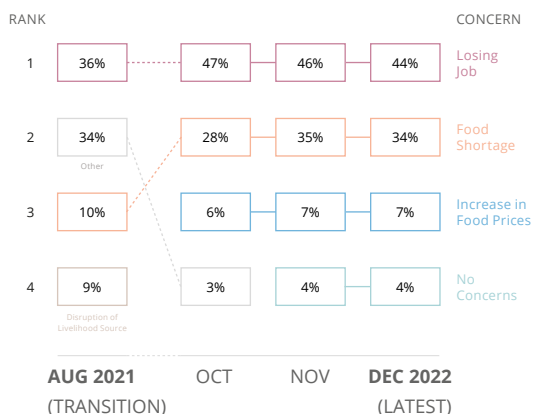
Diets have shrunk since pre-August 2021⁴

AVERAGE CONSUMPTION OF FOOD IN SEVEN DAYS



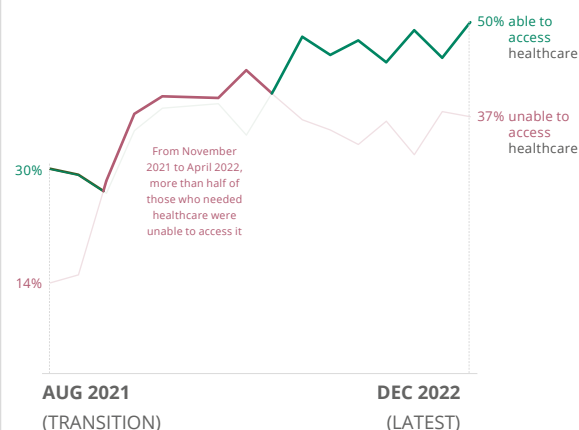
Top-most concerns have not changed

MAIN CONCERNS AMONG HOUSEHOLDS (%)



Accessibility to healthcare is increasing

PERCENT OF HOUSEHOLDS ACCESSING HEALTHCARE (%)



This factsheet updates Afghanistan's food security situation based on 15 rounds of data collected via telephone surveys across 34 provinces between 19 July 2021 and 23 December 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 3 January 2022 to include questions on food expenditure, income sources, income changes, and remittances. View previous rounds [here](#).

WFP Response: WFP is working to meet the food and nutrition needs of millions of people in Afghanistan. To meet the task at hand, WFP requires US\$ 1.46 billion to sustain operations through May 2023, with severe shortfalls beginning in January. Get the [latest updates](#).



1. This is based on the [Food Consumption Score \(FCS\)](#) indicator which is calculated according to the types of foods consumed during the previous seven days, the frequencies with which they are consumed and the relative nutritional weight of the different food groups. Insufficient food consumption refers to the households classified with Borderline or Poor food consumption.
2. Or borrowed money to buy food

3. This question on food expenditure was only introduced in January 2022
4. Comparisons of diets are between the round of surveys between 19 July to 15 August 2022 and the latest round (25 November to 23 December 2022).