

# FACT SHEET

## HOUSEHOLD MAPPING ON FOOD, NUTRITION AND WASH PRACTICES: MAYUGE DISTRICT, EASTERN UGANDA

September 2021



### Socio-Demographics

Of the 166 households interviewed:

- 80% of household heads were male
- 62% of respondents were female, with 38% male.
- 48.2% of respondents were aged 45 or above
- 43% of respondents dropped out at primary school level
- The average number of people per household was 8
- 21.7% of households included differently-abled people
- 32% of households contained children.
- Most households have no income generating activities.

### Water, Sanitation, Hygiene

The majority of respondents drink water directly from the source, risking sickness.

- 25.3% of respondents find it very hard to access water.
- 97% of water sources are communally-owned.
- 92.7% store their water in jerry cans.
- 72% own ordinary lit latrines as toilets, and 5.4% use their neighbors, public toilets, or open disposal.
- 60% dispose waste in rubbish pits.
- 13.3% do not have a bathing space.
- 28.3% do not have a hand-washing facility.

### Food and Nutrition

- 1/2 get their food from a market, and 1/2 get it from a garden.
- 77.1% of respondents own land, and 48.2% of this land is owned by the household heads only.
- **Posho (maize)** is the most common source of food.
- 38.% of households contain breastfeeding babies
- Only 7.8% knew if they did or did not have malnutrition within their household.
- 33.7% of households have imbalanced diets

### Accessibility to Services

- 71.7% of respondents have no training in food, nutrition or WASH practices.
- Only a few households have access to financial services, and of those households 50% use VSLA/SACCO.
- 16.9% have accesses these financial services to start a new business.
- 33.1% find it very hard to access health services