

# HOUSEHOLD MAPPING ON FOOD SECURITY, NUTRITION AND WASH PRACTICES BUGWERI DISTRICT, EASTERN UGANDA

## Volume II

May 2022

PREPARED BY  
THE WILMAT  
DEVELOPMENT  
FOUNDATION



# Table of Contents

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<b>ACRONYMS</b>	<i>i</i>
<b>LIST OF TABLES AND FIGURES</b>	<i>ii</i>
<b>EXECUTIVE SUMMARY</b>	<i>iii</i>
<b>EDITORS MESSAGE</b>	<i>iv</i>
<b>ACKNOWLEDGEMENT</b>	<i>v</i>
<b>DISCLAIMER</b>	<i>vi</i>
<b>ORGANIZATIONAL BACKGROUND</b>	<i>vii</i>
<b>CHAPTER ONE: INTRODUCTION</b>	<b>1</b>
<b>1.1 Background</b>	<b>1</b>
<b>1.2 Contextual Analysis</b>	<b>1</b>
<b>1.3 Survey Justification</b>	<b>2</b>
<b>1.4 Objectives of the Assessment</b>	<b>2</b>
1.4.1 General objective	<b>2</b>
1.4.2 Specific objectives	<b>2</b>
1.4.3 Scope of the assessment	<b>2</b>
<b>CHAPTER 2: SELECTION CRITERIA AND ASSESSMENT</b>	<b>3</b>
<b>2.1 Introduction</b>	<b>3</b>
<b>CHAPTER 3.0 PRESENTATION AND DISCUSSION OF RESULTS</b>	<b>5</b>
<b>3.1 Introduction</b>	<b>5</b>
<b>3.2 SOCIO-DEMOGRAPHIC INFORMATION</b>	<b>5</b>
3.2.1 Consent to participate in the survey	<b>5</b>
3.2.2 Gender and age of the respondents	<b>5</b>
3.2.3 Marital status	<b>6</b>
3.2.4 Education level	<b>6</b>
3.2.5 Household size	<b>6</b>
3.2.6 Status of household leadership	<b>6</b>
3.2.7 Main occupation/Economic activity	<b>7</b>
3.2.8 Household engagement in self-help groups (Savings Scheme)	<b>7</b>
3.2.9 Motivation for involvement in self-help groups	<b>7</b>
3.2.10 School-going children in household	<b>7</b>
3.2.11 Status of breastfeeding	<b>8</b>
3.2.12 Family setup	<b>8</b>
3.2.13 Differently-abled persons in household	<b>8</b>
<b>3.3 FOOD &amp; NUTRITION PRACTICES</b>	<b>9</b>
3.3.1 Sources of food	<b>9</b>
3.3.2 Land ownership at household level	<b>9</b>
3.3.3 Decision making on agricultural practices at household level	<b>9</b>
3.3.4 Commonly grown crops	<b>9</b>
3.3.5 Type of food storage facility	<b>10</b>
<b>3.4 DIETARY AND NUTRITION TABLE</b>	<b>10</b>
3.4.1 Household daily meals	<b>10</b>
3.4.2 Protein foods	<b>11</b>
3.4.3 Carbohydrate foods	<b>11</b>
3.4.4 Fats	<b>12</b>
3.4.5 Vitamins	<b>12</b>
3.4.6 Mineral Sources	<b>13</b>
3.4.7 Awareness about malnutrition in households	<b>13</b>
3.4.8 Causes of malnutrition in households	<b>13</b>
3.4.9 Responses to Malnutrition	<b>13</b>

# Table of Contents

---

<b>3.5 WASH PRACTICES</b>	<b>14</b>
3.5.1 Sources of water	14
3.5.2 Access to water and ownership	14
3.5.3 Water storage facilities	15
3.5.4 Types of drinking water	15
<b>3.6 SANITATION AND HYGIENE PRACTICES</b>	<b>15</b>
3.6.1 Access to a sanitation facility/toilet	15
3.6.2 Presence of a handwashing facility	15
3.6.3 Availability of kitchens/meal preparation facilities	16
3.6.4 Household waste disposal	16
3.6.5 Presence of utensil stand	16
3.6.6 Bathing place	16
3.6.7 Type of bathing place	17
<b>CHAPTER 4: COMMUNITY VOICES ON STUNTING ISSUES</b>	<b>18</b>
<b>4.1 Communication from the Local Communities</b>	<b>18</b>
<b>IMAGES FROM THE FIELD</b>	<b>19</b>
<b>CHAPTER 5: CHALLENGES AND RECOMMENDATIONS</b>	<b>21</b>
<b>5.1 Challenges Faced</b>	<b>21</b>
5.1.1 Household Level	21
5.1.2 Community Level	21
5.1.3 Institutional Level	21
<b>5.2 Key Observations</b>	<b>21</b>
<b>5.3 Recommendations</b>	<b>22</b>
5.3.1 Household Level	22
5.3.2 Community Leaders	22
5.3.3 District Leadership	22
5.3.4 Local Council	22
5.3.5 Partners	22
5.3.6 Donors	22
5.3.7 Government Level	22
<b>5.4 Results from the score card</b>	<b>23</b>
<b>CHAPTER 6: CONCLUSION</b>	<b>23</b>
<b>ANNEX</b>	<b>24</b>
<b>CONTACT</b>	<b>26</b>

# Acronyms

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<b>CLD</b>	<b><i>Community-Led Development</i></b>
<b>CU5</b>	<b><i>Children Under Five</i></b>
<b>HH</b>	<b><i>Household</i></b>
<b>IYFC</b>	<b><i>Infant and Young Feeding Children</i></b>
<b>LG</b>	<b><i>Local Government</i></b>
<b>MCLD</b>	<b><i>Movement for Community-Led Development</i></b>
<b>MOU</b>	<b><i>Memorandum of Understanding</i></b>
<b>R2G</b>	<b><i>Right2Grow</i></b>
<b>SDG</b>	<b><i>Sustainable Development Goals</i></b>
<b>TOT</b>	<b><i>Training of Trainers</i></b>
<b>UNICEF</b>	<b><i>United Nations Children's Fund</i></b>
<b>WDF</b>	<b><i>Wimat Development Foundation</i></b>
<b>WASH</b>	<b><i>Water Sanitation &amp; Hygiene L.C</i></b>
<b>WHO</b>	<b><i>World Health Organisation</i></b>

# List of Tables and Figures

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<i>Table 1: Consent to the Survey</i>	<b>5</b>
<i>Table 2: Gender and Age distribution</i>	<b>5</b>
<i>Table 3: Marital Status</i>	<b>6</b>
<i>Table 4: Education Level</i>	<b>6</b>
<i>Table 5: Reason for Engagement in Self-Help Groups</i>	<b>7</b>
<i>Table 6: Reason for Engagement in Self-Help Groups</i>	<b>7</b>
<i>Table 7: Differently Abled Household members</i>	<b>8</b>
<i>Table 8: Sources of Food</i>	<b>9</b>
<i>Table 9: Food Storage Structures</i>	<b>10</b>
<i>Table 10: Awareness about Malnutrition</i>	<b>13</b>
<i>Table 11: Household Perceived Response to Malnutrition</i>	<b>13</b>
<i>Table 12: Common Water Storage</i>	<b>15</b>
<i>Figure 1: Household Size</i>	<b>6</b>
<i>Figure 2: Economic Activities</i>	<b>7</b>
<i>Figure 3: Savings/Financial Inclusion</i>	<b>7</b>
<i>Figure 4: Household School-Going Household Children</i>	<b>8</b>
<i>Figure 5: Status of BreastFeeding</i>	<b>8</b>
<i>Figure 6: Family Set Up</i>	<b>8</b>
<i>Figure 7: Land Ownership</i>	<b>9</b>
<i>Figure 8: Decision Making at Household Level</i>	<b>9</b>
<i>Figure 9: Commonly Grown Crops</i>	<b>10</b>
<i>Figure 10: Household Daily Meals</i>	<b>10</b>
<i>Figure 11: Protein Sources Within the Communities.</i>	<b>11</b>
<i>Figure 12: Carbohydrate Sources</i>	<b>11</b>
<i>Figure 13: Fat Sources</i>	<b>11</b>
<i>Figure 14: Vitamin Sources</i>	<b>12</b>
<i>Figure 15: Mineral Sources</i>	<b>12</b>
<i>Figure 16: Malnutrition Causes</i>	<b>13</b>
<i>Figure 17: Water Sources</i>	<b>14</b>
<i>Figure 18: Ease of Access to the Water Source</i>	<b>14</b>
<i>Figure 19: Water Source Ownership</i>	<b>14</b>
<i>Figure 20: Common Types of Drinking Water</i>	<b>15</b>
<i>Figure 21: Access and Distribution of the Sanitation Facilities.</i>	<b>15</b>
<i>Figure 22: Availability of Hand Washing Facilities</i>	<b>16</b>
<i>Figure 23: Availability of Kitchens</i>	<b>16</b>
<i>Figure 24: Waste Disposal</i>	<b>16</b>
<i>Figure 25: Availability Utensil Stand</i>	<b>16</b>
<i>Figure 26: Bathing Places</i>	<b>17</b>
<i>Figure 27: Types of Bathing Places Owned</i>	<b>17</b>

# Executive Summary

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Despite the many efforts by various stakeholders, undernutrition still remains a global public health threat that requires keen intervention strategies from various stakeholders, both national and international. According to reports published by Action Against Hunger, UNICEF, among other agencies, undernutrition affects millions of children and contributes to an estimate of 3.1 million child deaths each year which is a third of all deaths of children across the globe.

The findings in this report indicate that the urgent need of improving nutrition cannot be achieved without integrating the need for better water, sanitation, and hygiene. Improving these necessities serve as practical solutions which complement the ever-changing policies and programs that serve as important foundational documents for understanding the evidence, interventions, and approaches for joint WASH and Nutrition actions by all stakeholders at large. This practical report production by the WDF complements other initial publications by providing more detailed frontline findings on household mapping in line with food security, nutrition, and WASH practices in communities of Bugweri District, Eastern Uganda with focus on the sub counties of Ibulanku and Igombe respectively.

Of the various sampled households in the seven villages that the WDF worked with during this exercise in Bugweri District, many expressed their greatest fears that WASH and nutrition practices in many households are at stake, hence the need for a more comprehensive and multisector approach to enhance household performance.

Lastly, this report also addresses the need to achieve global goals with focus on Goals 2, 3 and 6 by 2030



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## Editors Message

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This report compiles a variety of different data gathered from seven different villages of Bugweri District in Eastern Uganda. What it highlights is that malnutrition is a crisis that needs to be challenged on multiple fronts. Malnutrition cannot be combated without first tackling other issues such as a lack of access to clean water or poor sanitation and hygiene. As an intern of the WDF and the Maisha Nzuri Program, I have contributed to the foundation's efforts in developing methods of combating malnutrition. In acting as an editor for the organization, I am honored to have the opportunity to continue working with the WDF and its efforts to combat malnutrition in Uganda and across the globe.

I would like to take a moment to thank the Wilmat Development Foundation for providing me with this opportunity. I would also like to extend my gratitude to the rest of the WDF staff, Volunteers as well as to the donors who help make the organization's work possible. I hope to continue working with the WDF and assist in its efforts to combat malnutrition.



**Bentley Rieber**  
*Editor*

# Acknowledgement

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The implementation of the household mapping exercise on food security, nutrition and WASH practices was commissioned by the **Wimat Development Foundation** under the Right2Grow program, a 5-year project aimed at enhancing the nutrition and WASH practices of citizens in 10 strategic districts of Uganda and beyond with the support from the Movement for Community-Led Development (MCLD) and the Hunger Project Uganda (THP-U).

We appreciate all the efforts that were put in to have an inclusive report on food security, nutrition, and WASH practices of households in the Bugweri District of eastern Uganda, particularly in the sub-counties of Igombe and Ibulanku. Much appreciation also goes to the various household heads in the seven sampled villages that the WDF worked with during its various visits. Truly the honest feedback provided and enthusiasm exhibited was very helpful in ensuring the continuity and completion of this exercise.

Much appreciation goes to the Bugweri district officials and local council leadership for the exhibited technical and moral support as well as guidance during this exercise until its completion. In addition, we thank all the partner CBOs, CSOs and Partners that WDF worked with, including the MCLD chapter members, The Hunger Project Uganda, Multipurpose Training Centre, Hands of Hope, Lords Mercy Foundation, Youth-In Act Uganda, and Hope for Change, and Women Initiative Leadership for the endless support towards this activity.

We further extend our gratitude towards all WDF field Staff, Volunteers, and Interns that worked tirelessly to ensure that this exercise comes to life until completion, your efforts cannot be taken for granted and are appreciated.

We appreciate all for the contributions made towards the successful completion of the household mapping exercise on food security, nutrition, and WASH Practices. Together, we can **“Get to Zero Undernutrition and Zero People Without Access to Basic Water, Sanitation and Hygiene (WASH)”**.

***#Asante***

***#ZeroUndernutrition***

***#WillingnessMatters***

## Disclaimer

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The opinions expressed herein are solely views of the people who participated in the household mapping exercise on food security, nutrition and WASH practices and findings presented herein were made after an inclusive engagement of household respondents in the sampled villages of Ibulanku and Igombe sub-counties in the Bugweri District of Eastern Uganda. Therefore, the views expressed herein do not in any way pre-judge any future decisions to be taken by stakeholders or development partners or policy makers in favor of grassroots development or community led development programs or service delivery but rather used as a guide in directing community engagement.

# Organizational Summary

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Wimat Development Foundation (WDF) is a National Non-Government Organization [NGO Reg No. 6188 | NGO Permit No: 7577] acting for social cohesion and local development that primarily focuses on women and youth empowerment in Uganda and Africa at large.

With the need to visualize the willingness of grassroots communities, beneficiaries are aligned towards the adoption of positive socio-economic changes based on social equity and inclusiveness of all persons.

For seven years now, the organization has impacted over 10,000 beneficiaries in various communities in Uganda and across the globe through livelihood and advocacy programs.

## **OUR VISION:**

To build resilient and self-reliant communities for sustainable livelihoods.

## **OUR MISSION:**

Fostering Community Cooperation and Independence of Underserved Women and Youths Through Promotion of Socio-Economic Approaches for Improved and Sustainable Livelihoods.

## **WHERE WE WORK**

Fostering community cooperation and independence of underserved women and youths through promotion of socio-economic approaches for improved and sustainable livelihoods.

## **OUR STRATEGIC OBJECTIVES**

- To promote skills that enhance social-entrepreneurship and financial independence of underserved women and youth.
- To empower the underserved women and youths with knowledge and resources that help them engage in community development, advocacy, and good governance.
- To increase agricultural productivity to enhance food security and incomes of underserved women and youth.
- To develop effective capacity building and management through skills and knowledge development, information management and networking.

# Organizational Summary

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## OUR CORE VALUES

Our journey in making is built on the following core values that guide our humble steps in empowering underserved People:

- **INTEGRITY:** We promote a culture of openness and transparency in our program execution.
- **TEAM WORK:** We believe in strong relationships and incorporate effective combined efforts in building better communities.
- **PEOPLE PARTICIPATION:** We ensure active, productive, and equal participation at all levels of program execution.
- **RESULT ORIENTED:** We strive for a lasting impact by creating a climate of continuous flexibility, improvement, open to challenges and new ideas.
- **HUMANITY:** We focus on human safety, improvement, and wellbeing through addressing all vulnerability challenges wherever found.

## OUR TARGET POPULATION

- Women (Differently Abled Women, Mothers, Widows)
- Young Mothers (Teenage Mothers and Single mothers)
- Men (Differently Abled Men, Widowers)
- Youth (Adolescent Girls and Boys)



**WILMAT DEVELOPMENT FOUNDATION**  
*Willingness Matters*

# Chapter One: Introduction

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This section presents an overview of the entire program and expected results. This activity was aimed at addressing the problem of lacking food nutrition and WASH in Bugweri, Eastern Uganda. Therefore, this chapter consists of the contextual analysis, survey justification, objectives, and scope of the assessment.

## 1.2 CONTEXTUAL ANALYSIS

This activity was implemented by WDF under the commission of MCLD Uganda Chapter in response to the Right2Grow call to action that is aimed at 'getting to zero undernutrition and zero people without access to basic water, sanitation and hygiene in Uganda' and Africa at large.

Right2Grow project's ultimate goal is for every child to be able to reach their full potential through ensuring that all children under 5 are well nourished (aligned to SDG 2.2) and there is access to WASH services. R2G is primarily an advocacy project and aims to strengthen communities, civil society, government and development partners to support and/or advocate for an enabling environment to tackle stunting reduction for children under 5 in Uganda.

Despite undernutrition remaining a significant public health threat that requires both WASH and nutrition interventions, community-driven engagements cannot be left out of the thinktank in ending malnutrition at its roots. The effects of malnutrition are globally recognized as being devastating and far reaching. Malnutrition is widespread across Uganda as 29 percent of children under the age of 5 years are stunted and 53 percent are

anemic and unlikely to reach their full mental and physical potential. As per World Health Organization's new prevalence threshold for stunting, the region had a high burden of stunting, and a low burden of wasting and overweight. According to the IIED Report 2020, COVID-19 is forcing families to either reduce the number of meals they eat a day or to reduce the amount of food they buy and eat, thus calling for strict measures to ensure easy access to good food, nutrition and WASH services in Uganda. The burden varies by region and progress has been hampered by several factors including poverty, agriculture policies focused on staple foods, poor supply chain, market infrastructure for nutritious and fresh foods, low school attainment and high youth unemployment, and unaffordability of nutritious food.

Addressing malnutrition in a sustainable manner in Uganda needs to take a lifecycle approach with a special focus on children under 5 years of age, adolescent girls, and pregnant and lactating women.

At the heart of the Right2Grow program is the implementation of a multi-sectoral approach to completely end malnutrition, food insecurity, and poor WASH. In this regard, the program seeks to ensure that the national government of Uganda and decentralized entities adopt a multi-sectoral approach to undernutrition and integrate food, nutrition, and WASH in policies as well as action plans, and budget allocations. In addition, we advocate for governments, CSOs, and investors to break down policy and funding silos related to food, nutrition and WASH. To achieve this, the program will ensure that CSOs and CBOs have the legitimacy &

capacity to voice the concerns of the marginalized and disempowered and convene to influence local and central government planning and budgeting processes to prioritize food, nutrition, and WASH.

Therefore, the increasing concerns over Food and WASH supply as well as accessibility in this situation calls for the need to get to zero under nutrition and zero people without access to WASH in Uganda.

### **1.3 SURVEY JUSTIFICATION**

After analyzing the root causes of our inability to get these numbers to zero by the Right2Grow, only a world full of great intentions, expertise and wealth is viewed, but this does not live up to its promises. At the same time, seeing strong women, men and children in affected communities ready to voice their needs, and ready to contribute their own part of the solution. The Right2Grow project is bridging the gap between these powerful women, men and children and the often-powerless leaders, experts and technocrats.

This assessment is a basis of what Wilmat Development Foundation is using to justify the validity of food, nutrition and WASH practices in Bugweri district, Eastern Uganda.

## **1.4 OBJECTIVES OF THE ASSESSMENT**

### **1.4.1 The General Objective**

Household mapping of model homes with good food, nutrition, and WASH practices from the seven participating villages of Bugweri District, Eastern Uganda.

### **1.4.2 Specific Objectives**

- I)** To assess the Household's capacity, knowledge, and practices on Food security, Nutrition and WASH practices.
- II)** To select model households with good food, nutrition, and WASH practices in Bugweri District.
- III)** To examine the household's participation in community-led self-help groups.
- IV)** To analyze the key factors that influence the community's food, nutrition and WASH practices.

### **1.4.3 Scope of the Assessment**

This assessment was made by Wilmat Development Foundation as commissioned by the Movement for Community-led Development Uganda chapter in Bugweri District, Eastern Uganda. The assessment was aimed at understanding the patterns of household food security, nutrition, and WASH practices with the preference of identifying model households from every village engaged. The activity also engaged seven villages: Igombe, Bulyansime, Mpiita, Walanga, Ibulanku, Mulanga, and Buniantole, all in the sub counties of Igombe and Ibulanku. This exercise began in April 2022 and was concluded in May 2022.

# CHAPTER 2: SELECTION CRITERIA AND ASSESSMENT

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## 2.1 INTRODUCTION

This section presents the criteria followed while carrying out the assessment in the selected villages of Bugweri District, Eastern Uganda in line with the Right2Grow program expectations.

- **WDF & CLD Member Induction:**

The process of implementing the R2G project activities by WDF commenced upon official signing of a binding MOU with the Movement for Community Led Development Uganda Chapter as a way to ensure compliance and quality assurance prior to implementation. The WDF conducted a one-day capacity building training that was held at the WDF head office as well as later induction at the Bugweri District areas (sub counties of Igombe and Ibulanku) of operation in line with the approach to yield results and ensure equal participation of other CBOs involved. This activity was assigned to the WDF after a series of review and satisfactory submission of the required documents and reports on the same activity as conducted in Mayuge District, Eastern Uganda in 2021. This was done as a way to ensure proper planning and delivery of the approved activities in line with the funds received.

- **Village Selection:**

To ensure timely and accessibility to the communities, seven villages were selected during the induction to ease the process of implementation as a cluster in Bugweri district. The villages selected included: Igombe, Bulyansime, Mpiita, Walanga, Ibulanku, Mulanga, and Buniantole, all in the subcounties of Igombe and Ibulanku.

- **Household Assessment and Scorecard Tool Development:**

To ensure effectiveness and efficiency, WDF staff championed this process of developing a guiding household assessment tool and scorecard as a way to ensure proper selection and collection of vivid information from household heads and ranking them as per the responses received at the end of the assessment exercise.

The household mapping tool was deployed through a mobile app (Online and Offline supported) and scorecards were consultatively developed, assessed, tested, amended, proven, and later executed to ensure quality data collection at the end of the mapping exercise. This process was collectively performed along with chapter members and internal M & E support teams at the WDF with community champions at the grassroots.

- **Field staff and Local Leaders Induction:**

The development of the household assessment tool was complimented through conducting capacity building training of field staff on how to deliver the expected results and ensure the quality of data collected without considering individual thoughts but rather those of the beneficiaries interviewed during the various household visits in the sub-counties of Ibulanku and Igombe respectively. This lasted for two days with five field staff and ten local leaders as a way to understand the expected results of the Right2Grow program activities in the selected villages in Bugweri District.

- **District Leaders**

As a way to ensure smooth implementation of the Right2Grow program activities, the district leadership, especially the Deputy CAO and the Community Development Office, were engaged and introduced to the program activities and projected results of the engagements in the selected sub-counties of Igombe and Ibulanku in Bugweri District, Eastern Uganda.

Delivery of support documents and introductory letters were submitted to various authorities to ensure success of the activities under the Right2Grow program.

- **Household Respondents Orientation and Feedbacking:**

To ensure high qualitative feedback collection and proper interpretation of the household assessment forms (mobile online-offline data collection form), household leaders (respondents) were oriented during the various HH visits as a way to ensure that the purpose of the visit was not misunderstood. The activity involved a total of 208 households with 100 percent acceptance for feedback during the various household visits in a period of ten days by WDF Field staff, and volunteers with the guidance of the local council leadership.

Upon completion of the household Mapping exercise with reference to understanding the household's capacities on food security, nutrition, and WASH practices, the data collected was captured, recorded as raw data (online-offline supportive mobile data collection app) and later analyzed for evaluation on the performance of households in the selected villages of Igombe and Ibulanku Sub-counties.

- **Report Development, Production and Publication:**

A comprehensive report was developed followed up with evidence-based data collected and carefully analyzed and assessed for the rightful end users. The data analyzed will be utilized as a guide to follow-up activities and workshops as information on the performance of households has already been collected for sharing, planning, and sensitization of local communities in line with food security, nutrition and WASH practices.

# CHAPTER 3: PRESENTATION AND DISCUSSION OF RESULTS

## 3.1 INTRODUCTION

This chapter presents and provides an interpretation of findings from the Right2Grow activities carried out in the 7 piloted villages in two sub-counties of Ibulanku and Igombe. It is also a consent table for all the correspondents that took part in the study. It is divided into sections as seen below.

## 3.2 SOCIO-DEMOGRAPHIC INFORMATION

### 3.2.1 Consent to Participate in the Survey

To ensure transparency and acceptance of the household survey and honest feedback, this section was added to ensure that respondent's consent to the survey with a yes or no for the field staff visits. The survey targeted 208 correspondents and all of the approached respondents agreed to the interview, largely due to the level of engagement carried out before the interview and also the need for the engagement exhibited by the respondents.

**Table 1: Consent to the Survey**

		Frequency	Percent
<b>Consent</b>	<b>Yes</b>	208	100
	<b>No</b>	0	0.0
	<b>Total</b>	208	100.0

### 3.2.2 Gender and Age of the Respondents

For gender equality, the HH mapping exercise involved both genders, male and female. A slight majority of the correspondents were

female, representing 53 per cent of the total of correspondents and males accounted for 47 per cent of the correspondents. This gender representation is typical of the national representation as described in the UBOs report 2020 which indicates a greater ratio of females to males. Since the mapping exercise targeted mainly household heads, the majority of respondents' age category was between 45 and above. The detailed gender and age representation of the mapped households is presented in table 2 below.

**Table 2: Gender and Age Distribution**

Age Category	Gender		Total
	Female	Male	
18 – 25 years	6	5	11
26 – 35 years	17	21	38
36 – 44	44	30	74
45 and above	45	31	78
<b>Total</b>	<b>112</b>	<b>96</b>	<b>208</b>



### 3.2.3 Marital Status

The vast majority are married (165). However, a greater number of the married respondents (39) were located in Buniantole village in Ibulanku sub-county. Widows (14) in both sub-counties are double the number of widowers (7). Further detailed village segregated marital status is presented in the table below

**Table 3: Marital Status**

Sub-county	Villages	Single	Married	Marital Status			Total
				Widow	Widower	Divorced	
Igombe	Igombe	7	34	4	2	1	48
	Bulyansiime	1	12	2	0	1	16
	Mpiita	3	21	1	0	3	28
	Walanga	0	16	0	1	0	17
Ibulanku	Ibulanku	0	15	1	1	0	17
	Mulanga	4	28	5	3	0	40
	Buniantole	0	39	1	2	0	42
	<b>Total</b>	<b>18</b>	<b>165</b>	<b>14</b>	<b>9</b>	<b>3</b>	<b>208</b>

### 3.2.3 Education Level

The literacy levels in Bugweri district are very low, with most people (61.5 per cent) being primary school dropouts who attended very few classes due to poverty, teenage pregnancies, and poor quality of education. Ordinary level graduates take up the second position, accounting for 31.7 per cent while the vocational/certificate and advanced level graduates being the least among the communities with 3.8 per cent and 2.4 per cent respectively. The details of the Education level attained by the respondents are presented in Table 4 below.

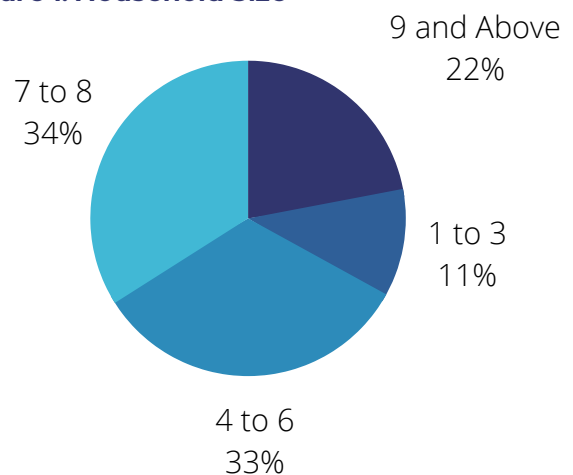
**Table 4: Education Level**

Level of education	Frequency	Percentage
Primary	128	61.5
Ordinary level	66	31.7
A' level	5	2.4
Vocational	8	3.8
Degree	1	0.5

### 3.2.4 Household Size

Most households range between 7 to 8 people including the husband, spouse and children. The majority live with extended family with an average number of 8 people per Household

**Figure 1: Household Size**



### 3.2.6 Status of Household Leadership

Most of the households' heads are monogamous as represented with 76.4 per cent of the total mapped households. Household heads who are male are the biggest

population. However, female and child headed households are also prevalent within the communities. Refer to table 5 for details.

**Table 5: Household Leadership**

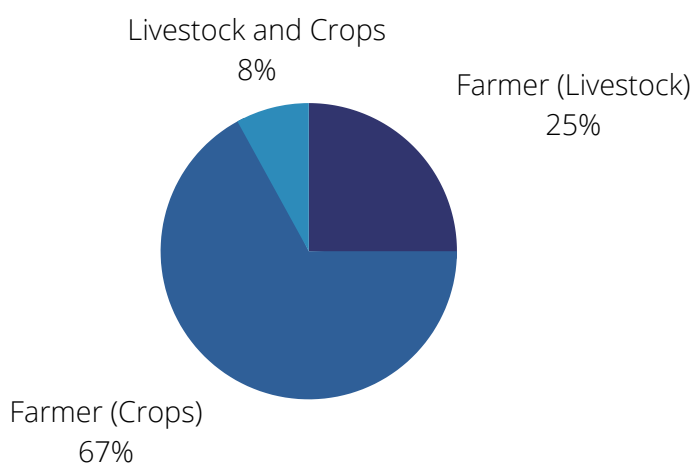
Status of leadership	Frequency	Percentage
Male headed with a wife	159	76.4
Male headed with wives	18	8.7
Male headed divorced, single, widower	6	2.9
Female headed, married	5	2.4
Female headed, divorced, single, widow	18	8.7
Child headed	2	1.0

### 3.2.7 Main Occupation/ Economic activity

Most households have no income generating activities. The few that practice farming do it for purposes of subsistence.

The majority of households (67 per cent) carry out crop farming while the livestock farmers constituted 25 per cent. Mixed farming is an area for improvement as it can boost both food security and income generation.

**Figure 2: Economic Activities**

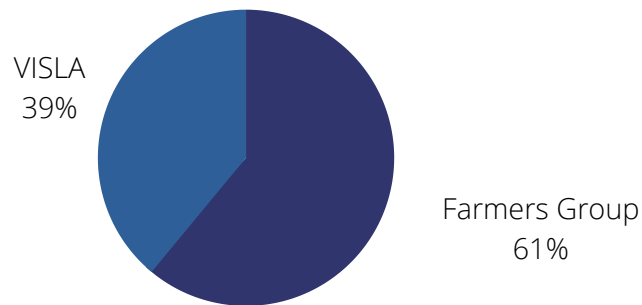


### 3.2.8 Household Engagement in Self-Help Groups (Savings Scheme)

Most of the community households (61 per cent) are engaged in some form of savings (VSLA) groups while 39 per cent are engaged in farmers groups. Of these, 61 per cent are

involved in Farmers groups.

**Figure 3: Savings/Financial inclusion**



### 3.2.9 Motivation for Involvement in Self-Help Groups

The biggest number of respondents involved in self- help groups were motivated to join by their need to improve household incomes. The details of the other motivation for engagement in self-help schemes are described in the table.

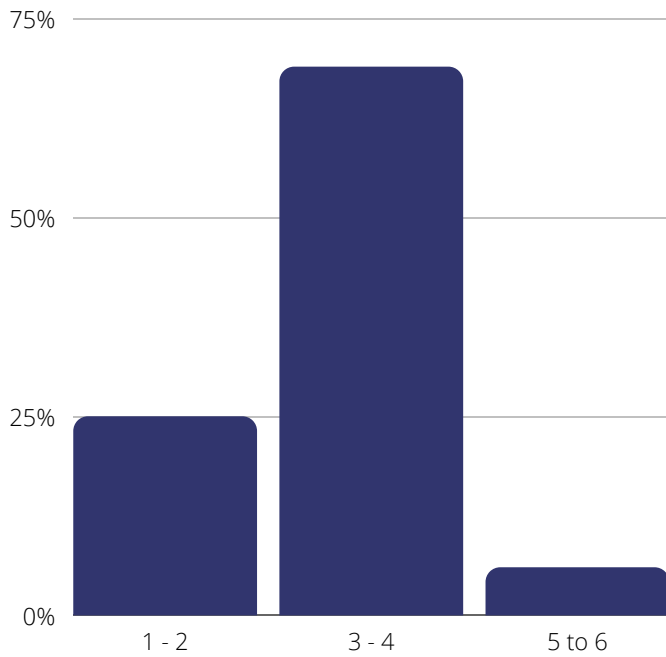
**Table 6: Reason for Engagement in Self-Help Groups**

Reason for involvement	Frequency	% of cases
Improving household income	54	94.7
Saving	40	70
Basic needs	18	31.5
Low interest loans	48	84
Business start	30	52.6
Land purchase	10	17.5

### 3.2.10 School-Going Household Children

Most of the Household Respondents (208) in the surveyed sub-counties reported having school-going children. This represents a 96 percent of the respondents. Most of the households (69 per cent) reported between 3-4 children that are school-going.

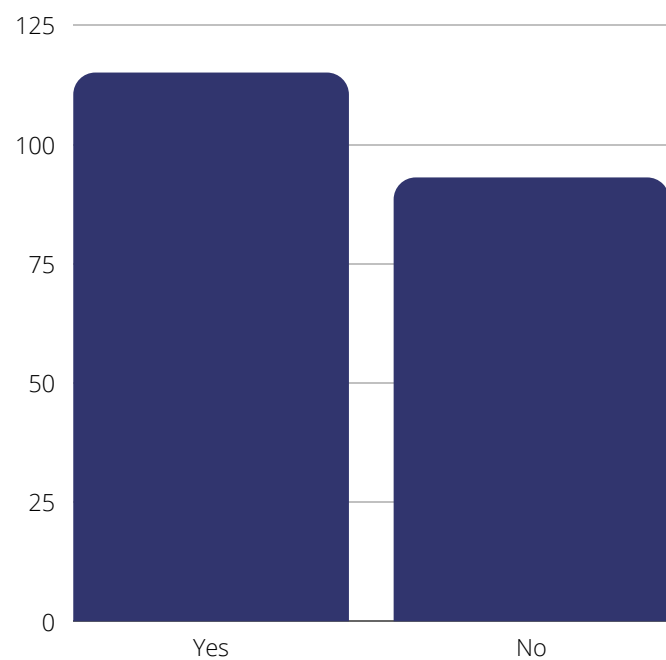
**Figure 4: Number of School-Going Children in Household**



### 3.2.11 Status of breastfeeding

Most of the surveyed households (55 per cent) have breastfeeding mothers. The number of breastfeeding mothers was an average of one per household

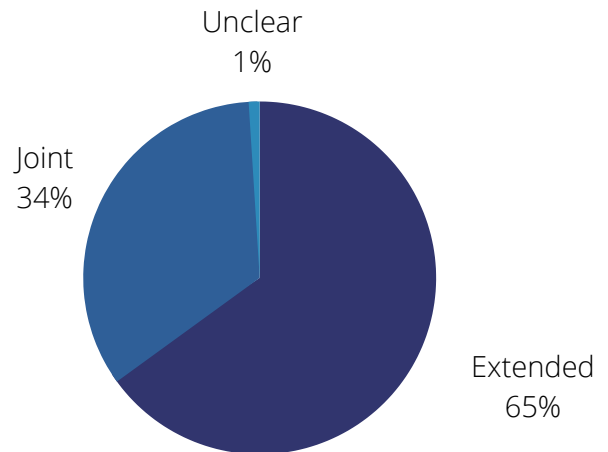
**Figure 5: Status of Breast-feeding**



### 3.2.12 Family Setup

Most households were extended, an implication that most of them were living with relatives in addition to the biological families.

**Figure 6: Family Set Up**



### 3.2.13 Differently-Abled Household persons

Out of the 208 respondents interviewed, 65 (31.2 per cent) reported having a differently-abled household individual.

The majority of these were physically disabled while others had speech and hearing impairments. The details are presented in the table below.

**Table 7: Differently-Abled Household Members**

Type	Frequency	Percentage (%)
Physical	54	83.1
Deaf	5	7.7
Hearing	3	4.6
Speech	3	4.6

### 3.3 FOOD & NUTRITION PRACTICES

#### 3.3.1 Common Sources of Food

The most common sources of food are markets and gardens. The households that get their foods from markets were 49.6 per cent, similar to those that obtain their food from gardens while those that get some of their food (wild foods) from bushes and forests were only 0.6 per cent.

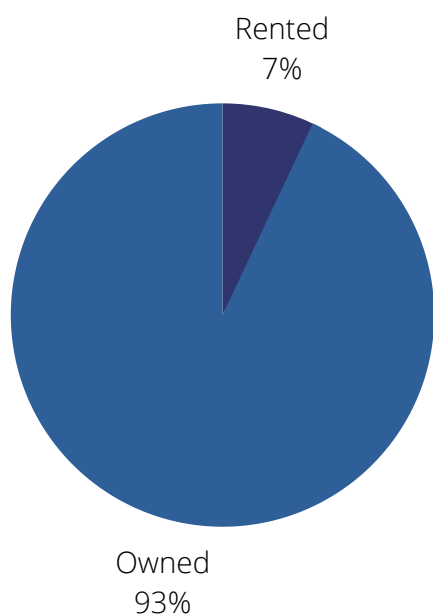
**Table 8: Sources of Food**

Source	Frequency	Percentage
Garden	202	96.1
Shop	108	52.0
Market	28	13.4

#### 3.3.2 Land Ownership at Household Level

The majority of households own land that is primarily used for agriculture. There were 190 (93 per cent) households that own/rent land and there were 15 that do not own land (7 per cent).

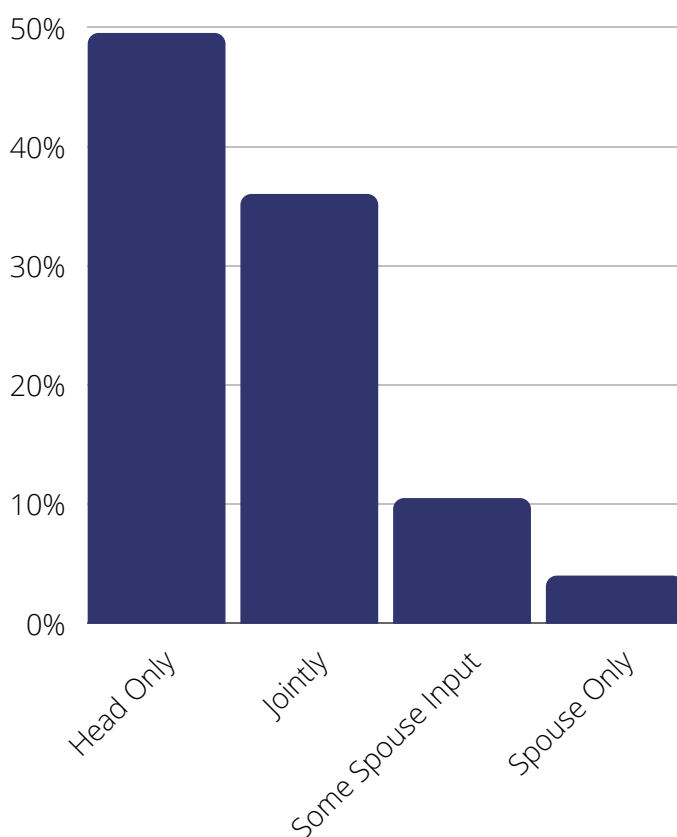
**Figure 7: Land Ownership**



#### 3.3.3 Decision Making on Agricultural Practices at Household Level

Decisions on agricultural practices are in the hands of the household head, with only a few households making joint decisions. In line with household decision making, the survey discovered that 49.5 per cent of decisions are made by household heads only. 36 per cent of the decisions are made jointly, 10.5 per cent of the decisions are made by household heads with input from the family members, and 4.4 per cent of the decisions are made by spouse only.

**Figure 8: Decision making at Household Level**

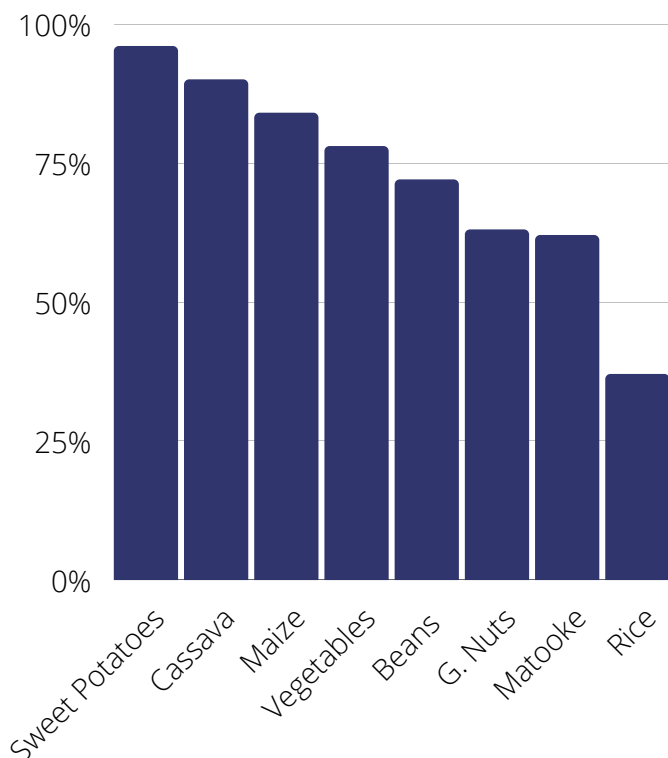


#### 3.3.4 Commonly grown crops

Sweet potatoes, being the staple food in Eastern Region, is the most commonly grown crop by the majority of the households. Green vegetables are also commonly grown to make sauces. Rice is the least commonly reported crop by households, though its cultivation is

typical on uniquely swampy lands that are not very common. Details are presented below.

**Figure 9: Commonly Grown Crops**



### 3.3.5 Type of Food Storage Facility

The survey discovered that 147 (70.6 per cent) of the correspondents owned a storage facility while 29.4 per cent did not own one.

Of those that owned one, the majority of respondents (72.9 per cent), households owned temporary storage facilities, 16.3 per cent owned permanent storage facilities detached from the main house while 10.8 per cent owned traditional granaries. Most of these are prone to food wastage through bad weather and vermin losses.

**Table 9: Food Storage Structures**

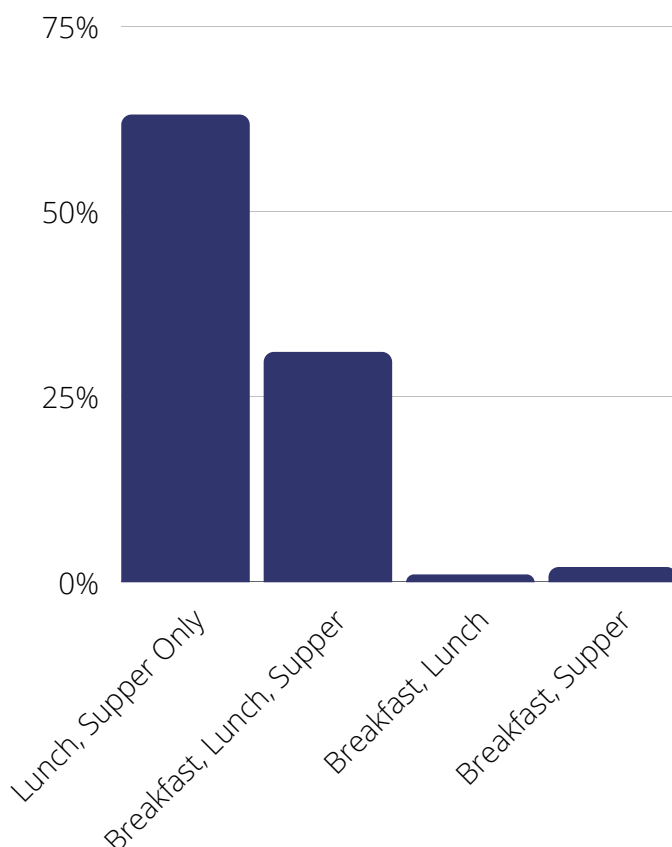
Food Storage Type	Frequency (N=127)	Percent (%)
Granary	16	10.8
Permanent Storage	24	16.3
Temporary Storage	106	72.9

## 3.4 DIET AND NUTRITION TABLE

### 3.4.1 Household Daily Meals

Majority of the households (63.6 per cent) have only two meals daily, usually lunch and supper.

**Figure 10: Household Daily Meals**

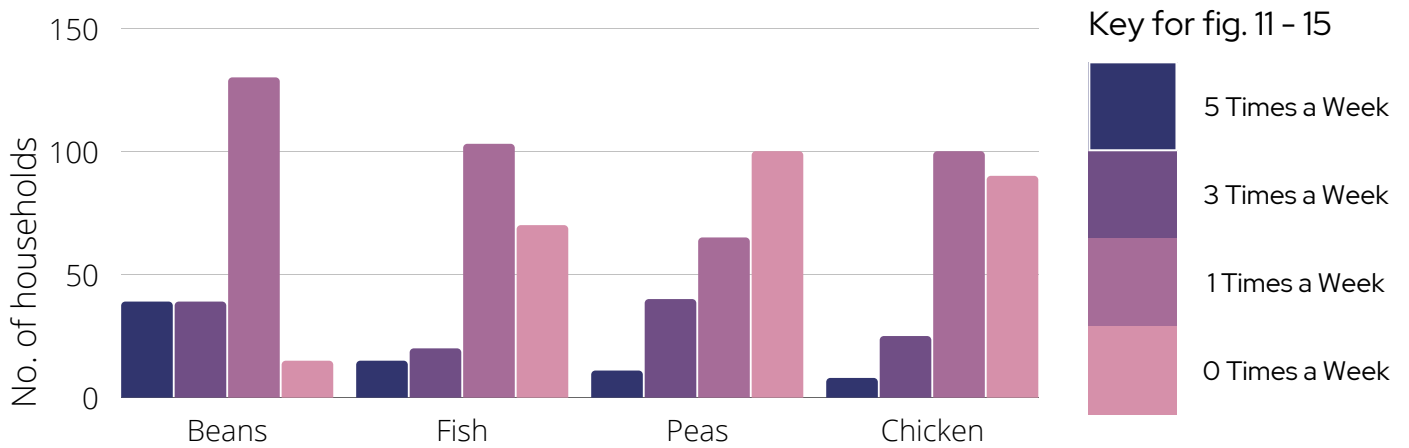


### 3.4.2 Protein Foods

With reference to the foods that households feed on, there is relative knowledge about the sources of the proteins.

The major food source consumed by the communities across all of the villages is beans. These are consumed as either sauce or supplements for breakfast and lunch meals. See the chart on the following page for protein sources within the communities consumed within a week.

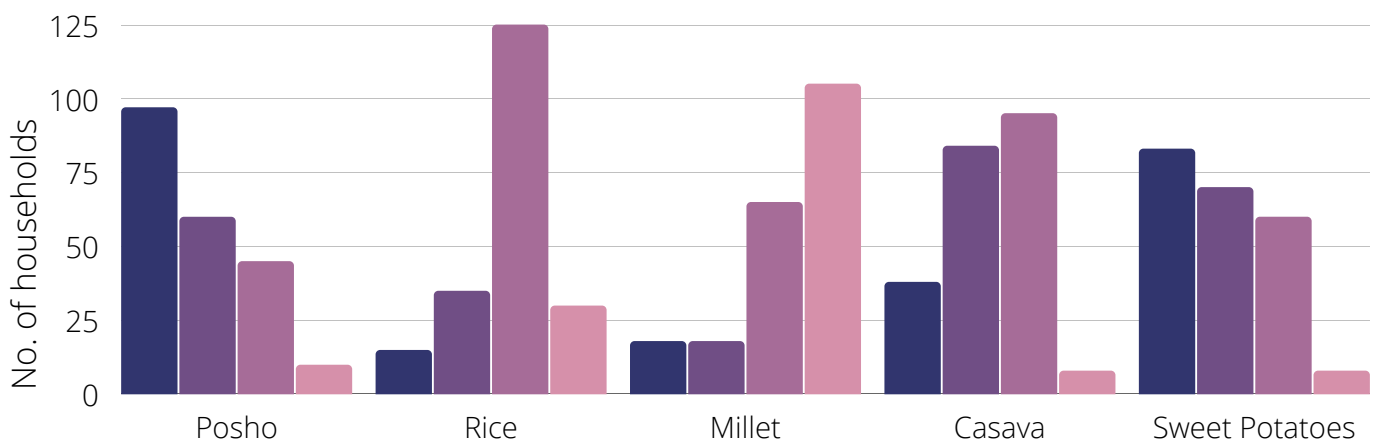
**Figure 11: Protein Sources Within the Communities**



### 3.4.2 Carbohydrate Foods

Among the cereals, posho (maize) was reported as one of the most common food types that serves as a source of carbohydrates to the communities. These are readily available during harvesting seasons as they are locally cultivated by the communities.

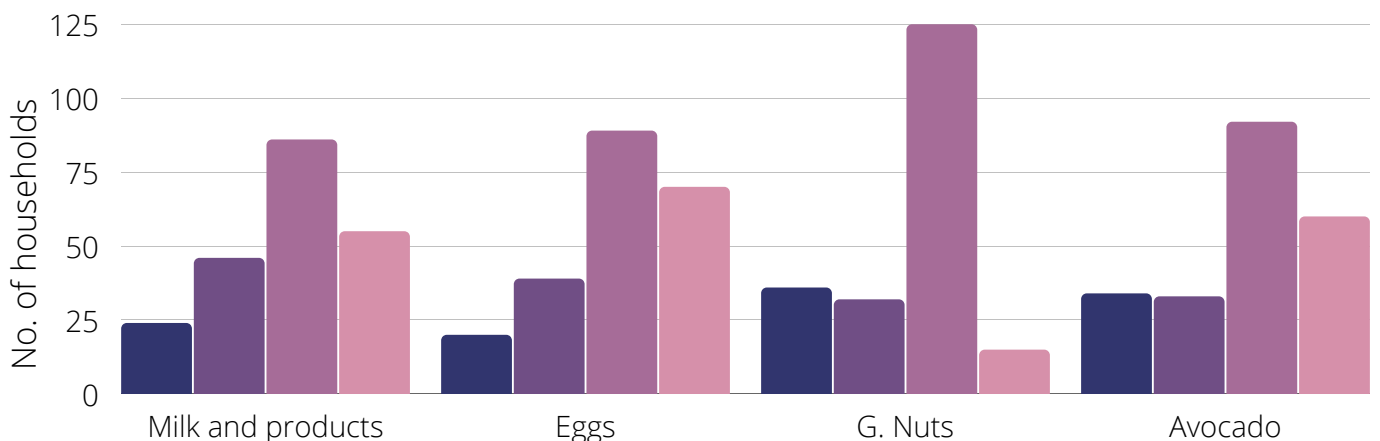
**Figure 12: Carbohydrate Sources**



### 3.4.3 Fats

Below are common fatty foods consumed by households in the sampled Bugweri District, Eastern Uganda. For all the villages, nuts are the most common source of fats consumed.

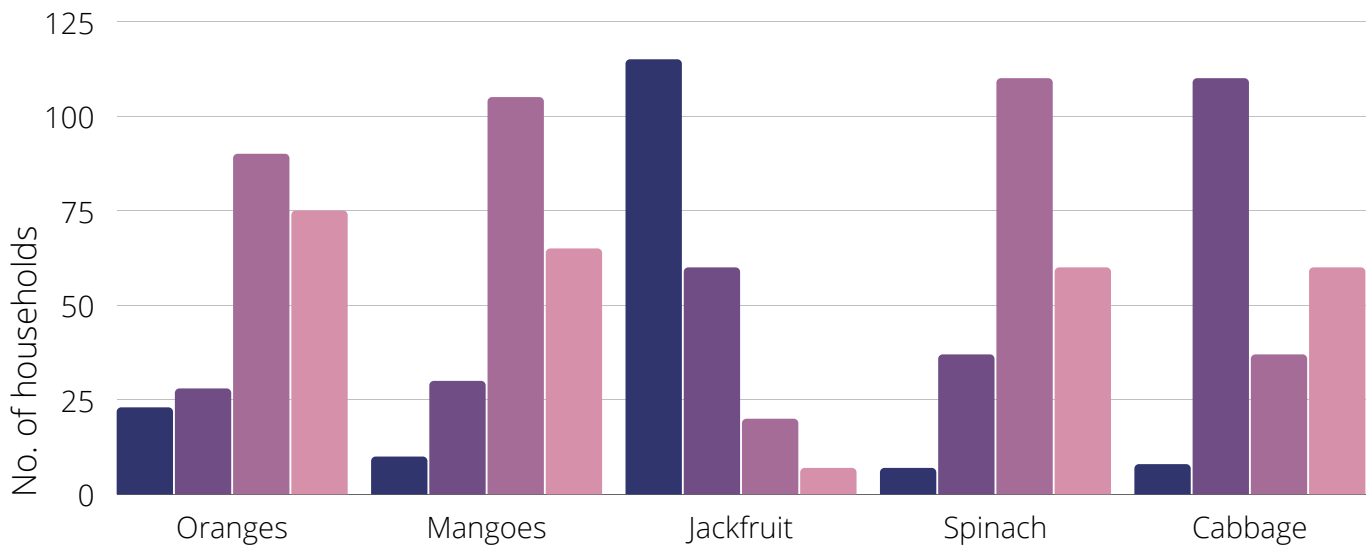
**Figure 13: Fat Sources**



### 3.4.4 Vitamins

Listed below are common vitamin-rich foods consumed by households in the sampled Bugweri District, Eastern Uganda. For all the Villages, Mangoes and jack Fruits are the most common source of vitamins consumed by the local communities. It should however be noted that the availability of many of these fruits is greatly affected by seasonality, implying that during some periods of the year, their availability is not guaranteed, hence the need for exploiting other sources.

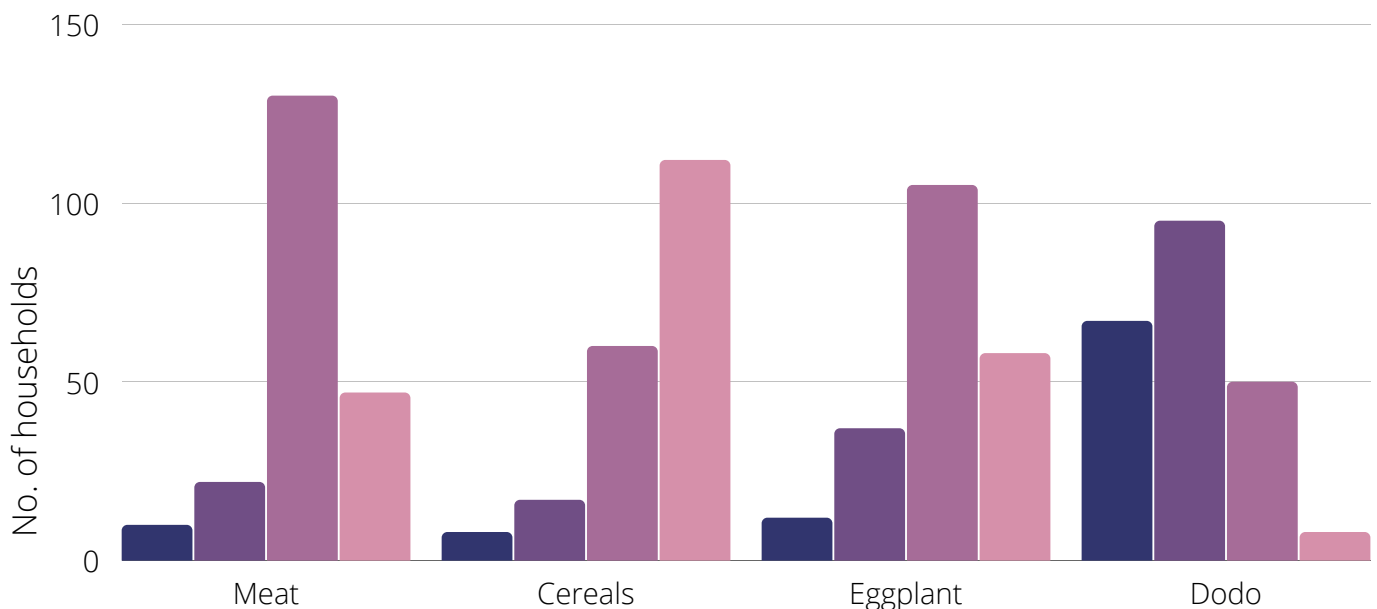
**Figure 14: Vitamin Sources**



### 3.4.5 Minerals Sources

Among the mineral supplements, meat is the least consumed on account that this is costly and expensive for the average household. Dodo on the other hand is the most consumed owing to the fact that it is readily grown for home consumption. These are readily available during harvesting seasons as they are locally cultivated by the communities.

**Figure 15: Mineral Sources**



### 3.4.6 Awareness About Malnutrition in Households

While the causes of malnutrition could be underlying, such as poverty or a lack of diversity of foods grown. Other causes include but are not limited to poor eating habits, physical and mental health, difficulties in obtaining food, and poor/loss of appetite.

The most known malnutrition cases are kwashiorkor, marasmus, severe acute malnutrition, rickets, and anemia. In addition, diarrhea-causing diseases like pneumonia and sickle cell anemia are contributors to malnutrition. However, many households in Bugweri are unaware of the topic of malnutrition.

In the mapped villages, people are not aware of malnutrition. The vast majority of those surveyed were not sure of whether they have ever had any cases of malnutrition in their households and 53.8% had moderate knowledge. Further details are provided in the table below.

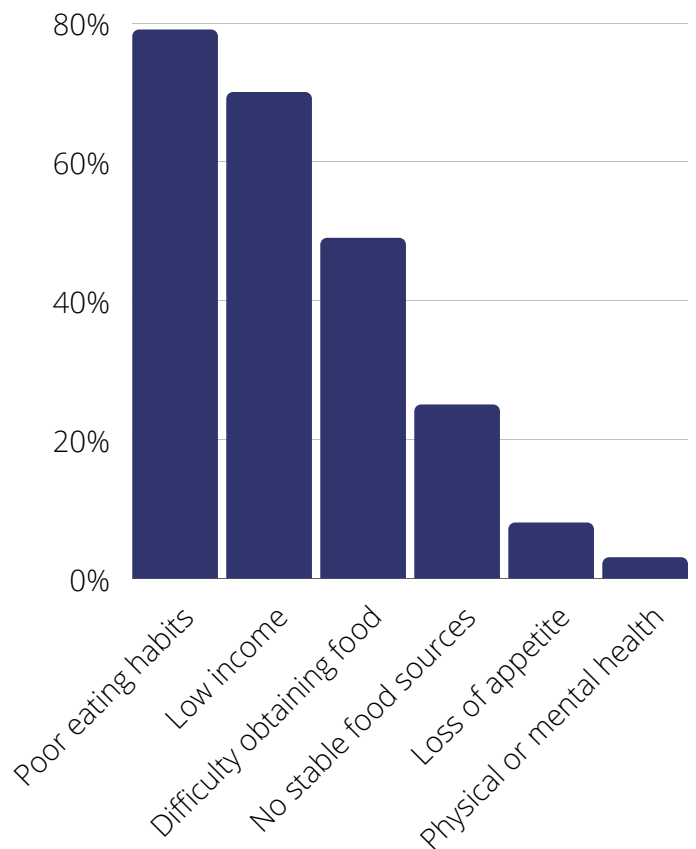
**Table 10: Awareness About Malnutrition**

Knowledge levels	Frequency	Percentage
Moderate	114	54.8
Little	61	29.3
Highly knowledgeable	11	6.2
Not at all	19	11

### 3.4.7 Causes of Malnutrition in the Household

The drivers of malnutrition also include poor eating habits by the majority of households. Other underlying causes include low income by the households.

**Figure 16: Malnutrition Causes**



### 3.4.8 Responses to Malnutrition

Most households understand that the ultimate solution to malnutrition is improvement in their diets. This was evidenced by the striking 88.9 per cent of responses mentioning improved diets ahead of the treatment

**Table 11: Household Perceived Response to Malnutrition**

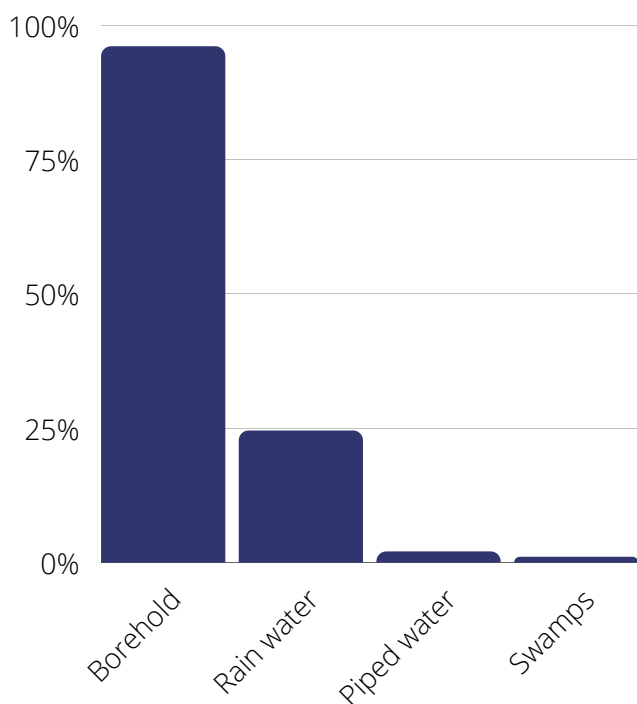
Response	Frequency	Percentage
Improve feeding habits	185	88.9
Hospital treatment	151	72
Home treatment	19	9
Herbalist	2	0.9

### 3.5 WASH PRACTICES

#### 3.5.1 Sources of Water

Common sources of water are boreholes, rain water, and swamps, with very few having piped water. According to the survey, most respondents (98 per cent) obtain their water from the available boreholes, 24.5 per cent of the correspondents get their water from rain, and a few households obtain water from swamps and piped water systems. Additionally, over 96 per cent of these water sources are communally owned sources.

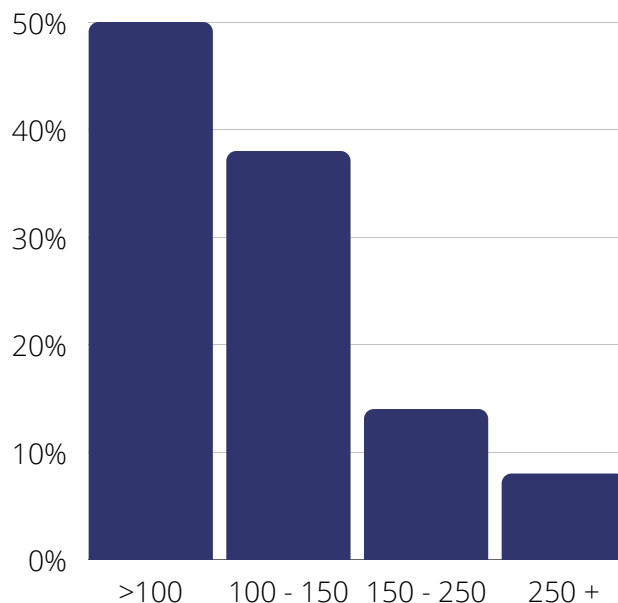
**Figure 17: Water Sources**



#### 3.5.2 Access to Water Source and Ownership

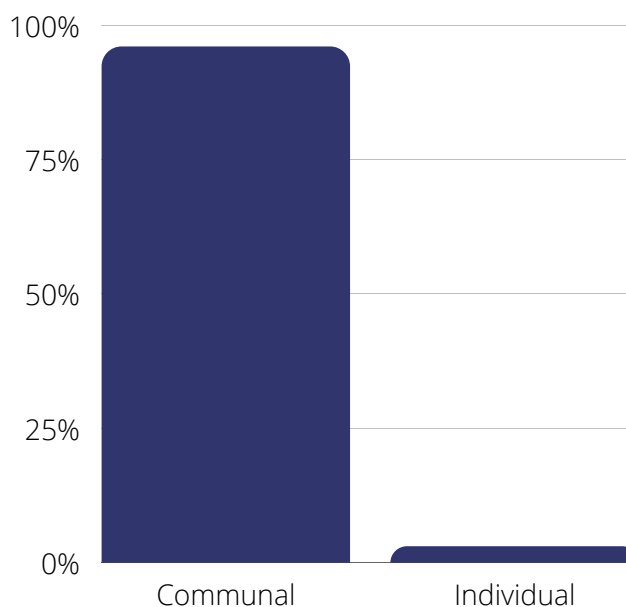
Many people have to walk very long distances to and from wells in order to access water. The majority of respondents obtain water from more than 100 meters from the households while others have to walk between 100-150 meters.

**Figure 18: Ease of Access to the Water Source**



While water sources are supposed to be communally owned and accessed by everyone, this is not necessarily true for Bugweri district. The survey discovered that 96 per cent of the sources are communally owned and 3 per cent are owned and controlled by individuals. This allows access to everyone.

**Figure 19: Water Source Ownership**



### 3.5.3 Water Storage Facilities

Water is stored predominantly in pots and jerry cans and Tanks. 32.9 per cent of the correspondents store their water in tanks, 96 per cent store their water in jerry cans, while 25.5 per cent accounts for people who store their water in pots.

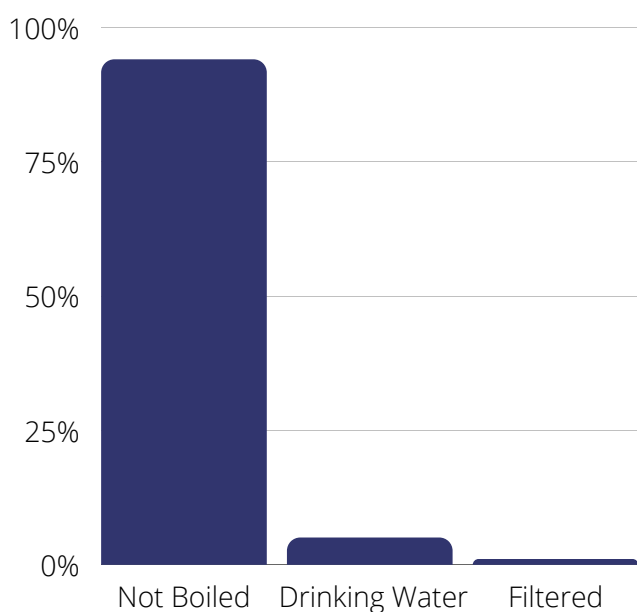
**Table 12: Common Water Storage**

Water storage	Frequency	Percent (%)
Jerrycan	200	96
Pots	53	25.5
Tank	68	32.9
Pots	4	2
Sauce Pans	15	7.2

### 3.5.4 Type of Drinking Water

Majority of the households do not boil drinking water as evidenced from figure below. Most of this water is obtained from boreholes that are manually dug wells.

**Figure 20: Common Types of Drinking Water**

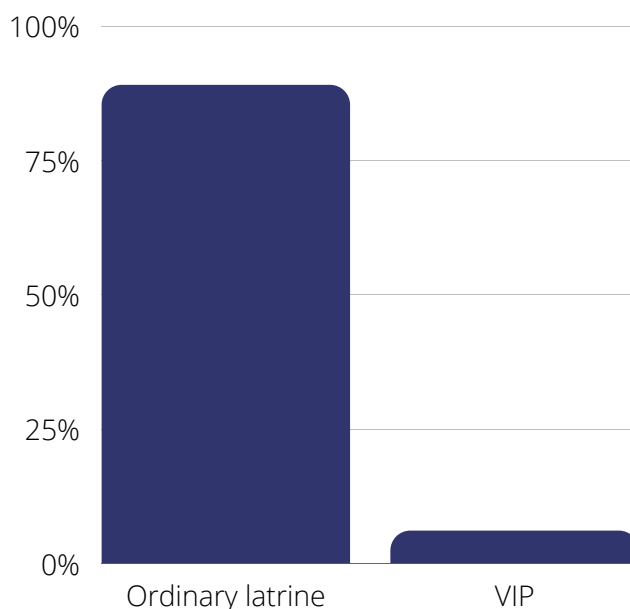


## 3.6 SANITATION AND HYGIENE PRACTICES

### 3.6.1 Access to a Sanitation Facility/Toilet

Access to a toilet or latrine is still a challenge to some households. While others share with the neighbor's, the type of these toilets and latrines was further studied. The most dominant sanitation facility is ordinary pit latrines (89.4 per cent) that are evenly distributed throughout the villages. Only 6 per cent have access to VIP latrines.

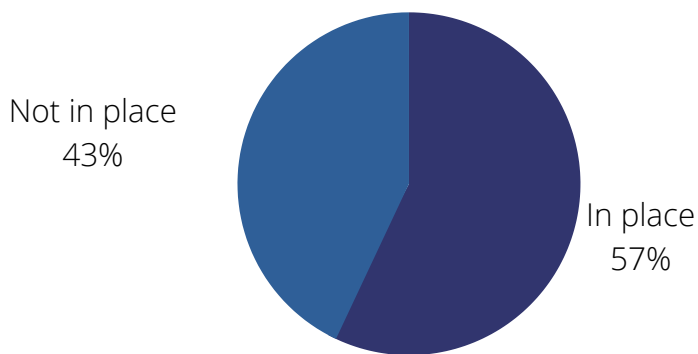
**Figure 21: Access and distribution of the sanitation facilities.**



### 3.6.2 Presence of a Hand Washing Facility

Hand washing facilities are key to ensuring hygiene and sanitation in the household. They are also standard operating procedures to follow during the COVID-19 pandemic. It was hence discovered that 43 per cent of the mapped Households do not have hand washing facilities in their homes.

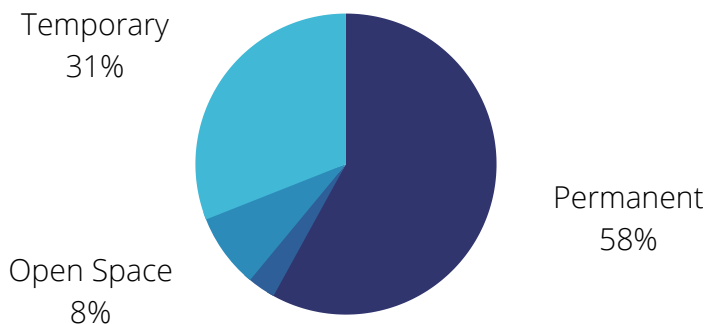
**Figure 22: Availability of Hand Washing Facilities**



### 3.6.3 Availability of Kitchens/ Meal Preparation Facilities

Quite a number of households have dedicated places for meal preparation. 55.7 per cent of the households have dedicated kitchens for food preparation, 29 per cent use temporary spaces while 7 per cent use open spaces.

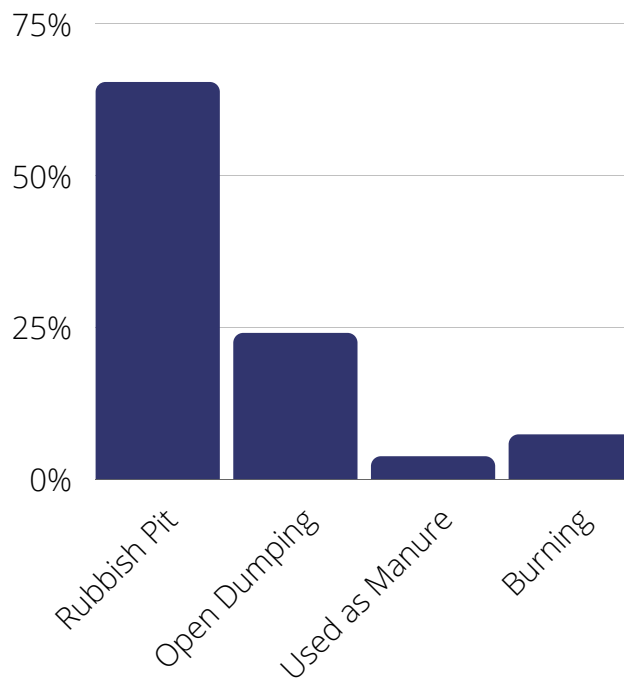
**Figure 23: Availability of Kitchens**



### 3.6.4 Household Waste Disposal

There are a number of ways in which the people of the Bugweri district dispose of their house wastes. These include gardens, rubbish pits, burning, among others. There are different avenues in which households dispose of their wastes. They include open dumping which accounts for 24 per cent, rubbish pits account for 65.3 per cent, and others which include manure in gardens and open dumping and burning

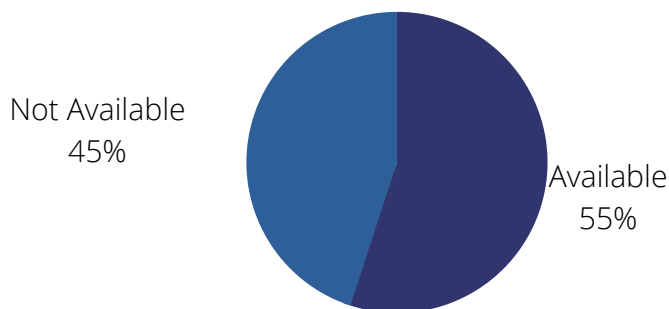
**Figure 24: Waste Disposal**



### 3.6.5 Presence of a Utensil Stand

Only a few households in Bugweri district own a utensil stand to allow them to dry their utensils after washing them. 55 per cent have a utensil stand while 45 per cent do not have one.

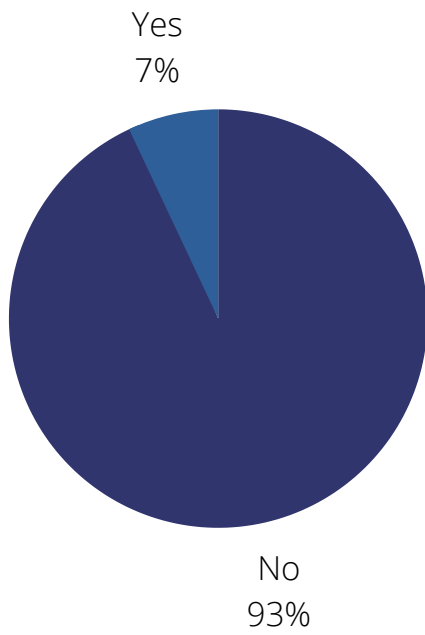
**Figure 25: Availability Utensil Stand**



### 3.6.6 Bathing Place

Some Households did not report having a place for bathing in their homes. For those that reported so, they are predominantly temporary bathing places. Over 93 per cent of the households mapped did not have a bathing place established for their homes.

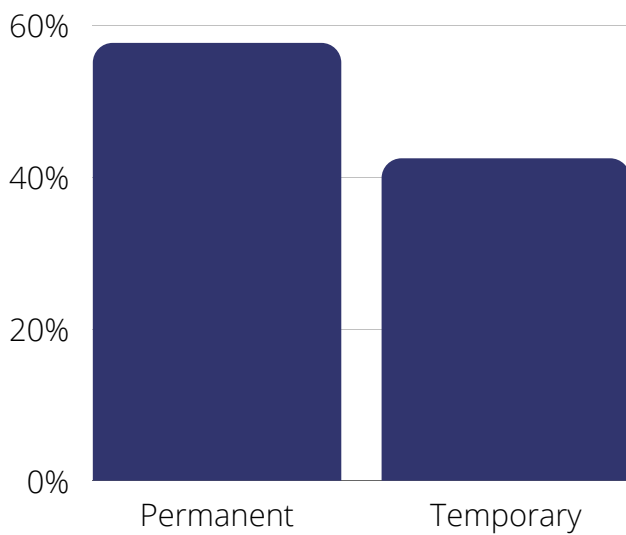
**Figure 26: Bathing Places**



### 3.6.7 Type of Bathing Place

Most (57.8 per cent) of the households own a permanent bathing place, 42.4 per cent own temporary bathrooms.

**Figure 27: Types of Bathing Places Owned**



# CHAPTER 4: COMMUNITY VOICES ON STUNTING ISSUES

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## 4.1 COMMUNICATION FROM THE LOCAL COMMUNITIES

There was a general request from household members to be trained and educated on food, nutrition, and WASH practices in order to enhance their knowledge in these areas.

Most of the household members that did not belong to any self-help groups reported a desire to join one of these groups. This was due to the fact that most of the respondents did not belong to any farmers groups or VSLA.

# Images from the Field





# CHAPTER 5: CHALLENGES, OBSERVATIONS, RECOMMENDATIONS AND CONCLUSION

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## 5.1 CHALLENGES

This section contains challenges identified at different levels of interaction as observed during the implementation of the household assessment exercise in Bugweri District, Eastern Uganda.

- 1.Scattered populated households.
- 2.Disrupted by heavy downpour of rain at peak hours of the exercise.
- 3.Resistance from some households towards the assessment.
- 4.Language barrier as most community members were not educated so finding a common language for the community and our staff was a challenge.
- 5.Long distance from one household to another affected the number of interviews to be conducted in a given day.
- 6.Fear from the community to express themselves, making it take more time to explain the purpose of the study.
- 7.Limited financial resource allocation.
- 8.Time dedicated to learning was limited because the program was scheduled for a short period of time.

## 5.2 KEY OBSERVATIONS

1. There are very few people having piped water as most of them use wells and springs.
2. Access to a toilet or latrine is still a challenge to the vast majority.
3. Poverty with low-income levels and little or no access to financial services, good food, nutrition, and wash practices are challenges to most families which affect their overall health.
4. Prolonged drought has affected agricultural productivity.
5. A lack of food storage facilities and food insecurity are both challenges in the communities studied.
6. The literacy levels and awareness in these communities still poses a significant challenge.

## **5.3 RECOMMENDATIONS**

### **5.3.1 Household Level**

- There is a need for urgent sensitization and awareness on food security, nutrition and WASH practices.
- Building of hygiene and sanitation facilities, especially latrines, in homes.

### **5.3.2 Community Leaders**

- Encourage households to establish proper water supply interventions and management systems.
- Encourage households to establish backyard vegetable gardens for a healthier diet.

### **5.3.3 District Leadership**

- There is a need to increase awareness of government initiatives on wealth and job creation in rural areas to ensure that they benefit the targeted groups.
- Create the necessary database and reporting mechanism for government intervention beneficiaries so as to keep track of these targeted groups.

### **5.3.4 NGOs and CBOs**

- Increase awareness of the benefits of improved hygiene and sanitation practices such as use of latrines and hand washing in homes.
- Carry out capacity building in terms of resources/resource allocation and technical knowledge to build single household hygiene and sanitation facilities.
- While in most cases women are the main actors in taking care of the usual household chores, their involvement in planning and management of hygiene and sanitation have been limited, thus there is a need to empower and encourage more participation of women.

### **5.3.5 Partners and Donors**

- Carry out capacity building in terms of resources/resource allocation and technical knowledge to build single household hygiene and sanitation facilities.
- Empower more participation of women in hygiene and sanitation through providing more financial support to projects that uplift women.

### **5.3.7 Government Level**

There is need for government action, particularly through local governments, to include sensitization and capacity building among youth and communities

## 5.4 RESULTS FROM THE SCORE CARD

Only 3 (1.4%) households from Mulanga and Ibulanku had a score greater than or equal to 50 per cent and out of the total number of household respondents (208) had a score equal to or greater than 50 per cent, which represents the average score. These have been selected as the model households with the best performance pertaining to food, nutrition and WASH practices within their respective villages.

<b>Village</b>	<b>Above average score (Number)</b>
Ibulanku	2
Mulanga	1
<b>Total</b>	<b>3</b>

## 5.5 CONCLUSION

In Conclusion, undernutrition still needs to be addressed through joint action, collaboration, and engagement of a range of stakeholders as stipulated in SDG 17 which defines explicit targets and indicators to revitalize and enhance partnerships, “bringing together governments, civil society, the private sector, knowledge institutes, the United Nations system and other actors” in an effort to mobilize all available resources until 2030. Therefore, although CSOs have labored to perform key roles like mobilizing communities and amplifying the voices of the marginalized groups, the actual advocacy efforts have not been effective because sufficient progress towards decreased undernutrition hasn’t yet been realized.

## **Data Collection Form**

The following questions were used on the survey to support this report. Find the full questionnaire, as seen by the respondents, at [HOUSEHOLD MAPPING ON FOOD, NUTRITION AND WASH PRACTICES IN BUGWERI DISTRICT SURVEY - 2022](#)

### **Section A: Respondent Location and Particulars**

- Name of the Respondent
- Gender
- Telephone Number
- District
- Subcounty
- Parish
- Village
- Age
- Marital Status
- Highest level of Education Attained

### **Section B: Household Social and Economic Demographics**

- Respondents Position or Leadership Role in the Household
- Status of the Household Leadership
- Main Occupation/Economic Activity of the Household Head
- Are you Engaged in any Self-Help Group
- Household Engagement in Self-Help Group
- Purpose of Engaging in Self-Help Group
- Family Set-up/Type
- Household Size
- Any School going Children?
- How many?
- Level of Education of the Children
- Any Breast Feeding Mother (s) in the Household?
- How Many are Breast feeding?
- Any Differently abled Person (PWD)?
- Type of Disability
- Feeding habits of Differently Abled Person (PWD)

### **Section C: Knowledge On Food, Sanitation, Hygiene and Malnutrition by the Respondent**

- Common Source of Food Commonly Accessed by the Household
- Agricultural Land Ownership by the Household
- Purpose of agricultural practices of the household
- Decision making regarding Agricultural practices
- Food Crops Commonly Grown by the Household
- Common Livestock reared by the Household
- Common Poultry reared by the Households
- Food Storage Ownership by the Household
- Type of food storage owned by the Household
- Any Knowledge or Training attended on Nutrition Practices
- Respondent's or Household Knowledge on Nutrition Practices
- Meals of the Household Members Per Day
- How Many Times a Week Does your Household Consume:
- Protein Sources
- Fat Sources
- Carbohydrate Sources
- Vitamin Sources
- Mineral Sources
- Rate your Overall Feeding Practices

## **Data Collection Form**

The following questions were used on the survey to support this report. Find the full questionnaire, as seen by the respondents, at [HOUSEHOLD MAPPING ON FOOD, NUTRITION AND WASH PRACTICES IN BUGWERI DISTRICT SURVEY - 2022](#)

### **Section C Continued:**

- Any training on Malnutrition in the Community or Household
- Household or Respondent's Knowledge on Malnutrition
- Any Cases of Malnutrition in the Household or Community?
- Causes of Malnutrition in the Household or Community?
- Response to Malnutrition in the Household or Community
- Common Source of Water accessed by the Household
- Water Source Ownership or Control
- Distance of water source from Household
- Status of Water Source
- Knowledge on Water Source Protection
- Common Water Storage Facility used by the Household
- Common type of Drinking Water by the Household
- Any Sanitation Training attended by the Household?
- Respondents Knowledge on Proper Sanitation and Hygiene practices
- Access or Ownership of Toilet or Latrine by the Household
- Type of Toilet or Latrine owned by the household
- Where do your household members dispose off human waste?
- Status of the Toilet or Latrine accessed by the Household
- Respondents knowledge on proper Hygiene practices
- Access to Hand Washing Facility
- Type of Hand Washing Facility
- Kitchen Ownership by the Household
- Type of Kitchen Owned
- Household ownership of dedicated Plate/Utensil stand
- Type of Utensil Stand
- How does your Household Store Utensils?
- Bathing Place ownership by the Household
- Type of Bathing Place
- Where does your Household access the Bathing place?
- Household Kitchen Waste Disposal
- Mode/Type of Kitchen Waste disposal

# Contact

## LEARN MORE ABOUT HOUSEHOLD MAPPING ON FOOD, NUTRITION AND WASH

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