



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

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# Core Message

The preliminary findings in this report indicate that there is still a wide knowledge gap (ignorance), poverty, unemployment, low education levels, limited access to water sources in some areas, and limited access to health services. Traditional beliefs and Covid-19 both have effects on food, nutrition and WASH conceptualizations amongst all households in villages of Mayuge district which calls for a clear and inclusive approach to narrow this gap in order to achieve the aim of **“getting to zero undernutrition and zero people without access to basic water, sanitation and hygiene (WASH)”** in Uganda.

Jockas Matte

Executive Director | Wilmat Development Foundation

# Project Objectives

## **General objective**

Household mapping of model homes with good Food, Nutrition and WASH practices from 5 villages of Mayuge district.

## **Specific objectives**

- Assess the household's capacity, knowledge and practices on Food, Nutrition and WASH practices.
- Select model households with Good Food, Nutrition and WASH Practices in Mayuge district.
- Assess the household's hindrances to access good food nutrition and WASH practices at the grassroot.
- Assess the key factors that influence the community's Food, Nutrition and WASH practices.

# Selection Criteria and Assessment



*The following include the main activities carried out in favour of the project:*

- CLD member induction
- Staff Induction
- Village selection
- Household Mapping and Scorecard Development
- Field Staff and Local Leaders Induction
- District leaders engagement
- Police engagement
- Household leaders/ respondents
- Assessment
- Report Writing and Publication

# Core Findings:

**Socio-Demographics, Food, WASH and Accessibility to Services**

# Socio-Demographics

Of the 166 households interviewed:

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

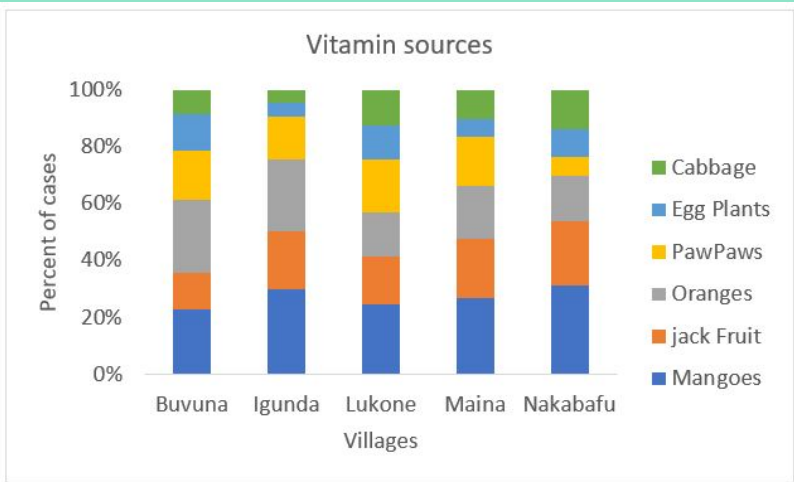


# Food and Nutrition

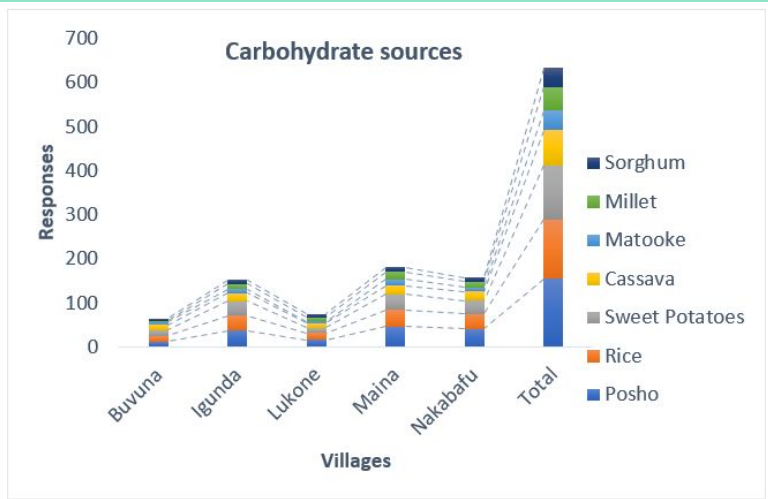
- 1/2 get their food from a **market**, and 1/2 get it from a **garden**.
- **77.1%** of respondents own land, and **48.2%** of this land is owned by the household heads only.
- **Posho (maize)** is the most common source of food.
- **38.%** of households contain breastfeeding babies.
- Only **7.8%**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



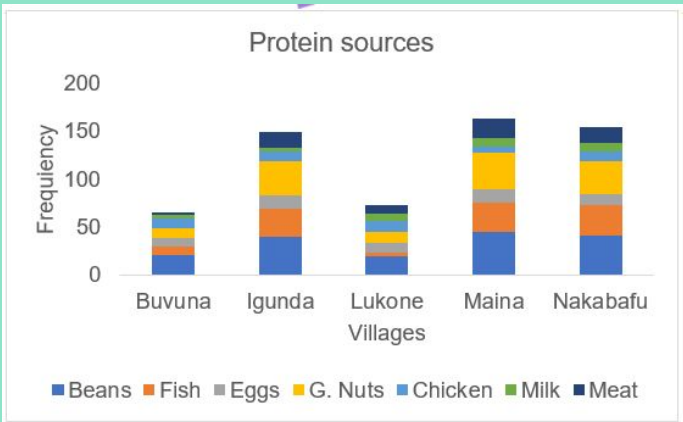
92% of Ugandans interviewed were not sure if they had ever had cases of malnutrition in their households



**Figure 11: Vitamin Sources**



**Figure 10: Carbohydrate sources**



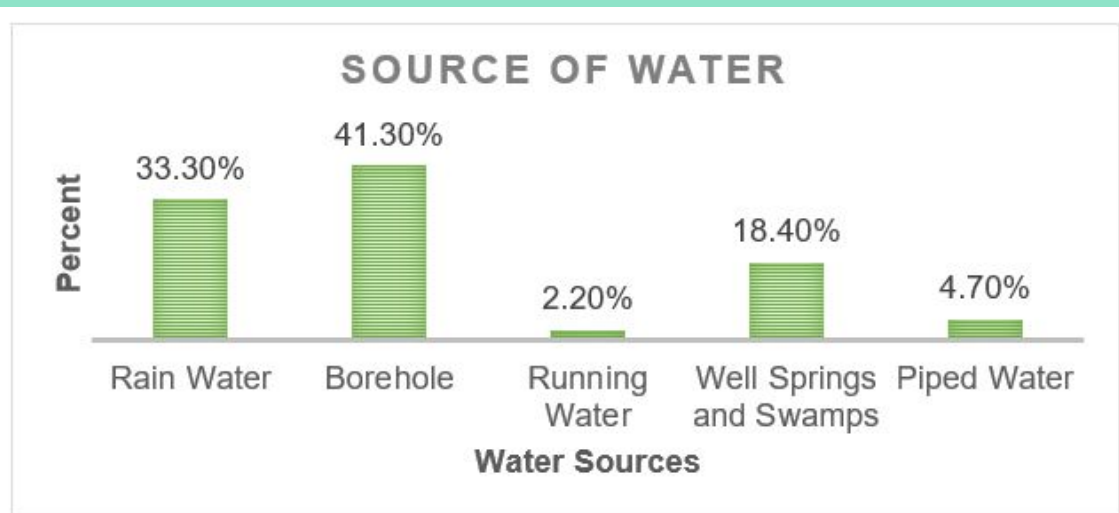
**Figure 9: Protein sources within the communities.**

# Wash, Sanitation and 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 pit 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.





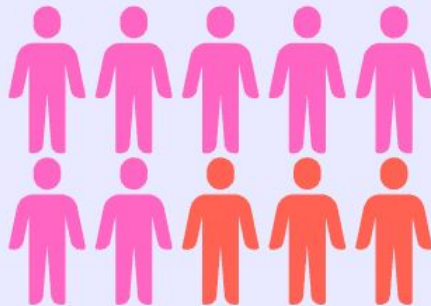
*Figure 15: Water sources*

**Table 7: Type of Drinking Water used within the communities**

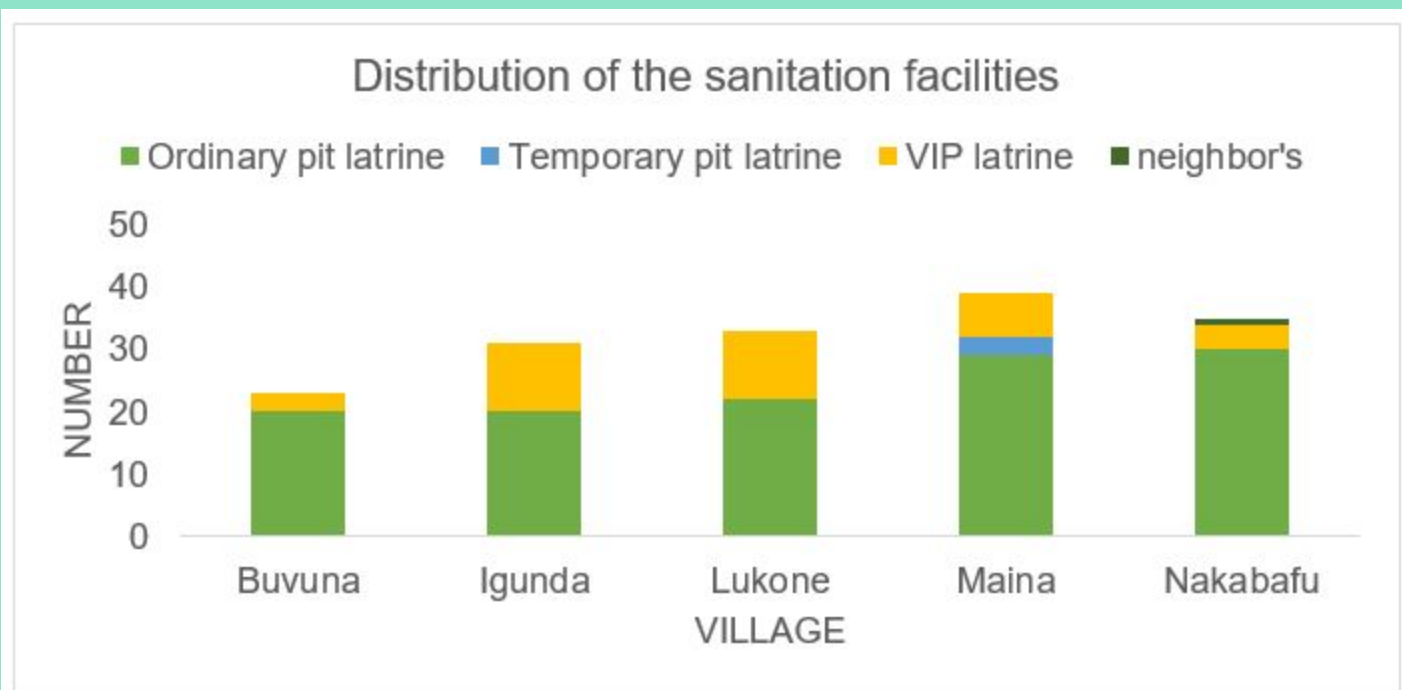
Type of Drinking Water	Frequency	Percent (%)
Boiled	27	16.2
Filtered	11	6.7
Treated (Chlorine)	8	4.8
Un-boiled	120	72.3

# 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 accessed these financial services to start a new business.
- **33.1%** find it very hard to access health services.



Seven out of ten households can pay for schooling as a benefit from accessing financial services



***Figure 18: Access and distribution of the sanitation facilities***

## Local Voices

*“Due to the COVID-19 pandemic, many people in my neighborhood have no access to a hand washing facilities. This need cannot be under looked as many people visit washrooms but later go away without washing their hands yet there are germs that cause **intestinal complications** that affect many people unknowingly.*

*There is still **need for timely sensitization** in my community in line with WASH practices as the time is not yet too late. Even with this support by various players, a **lot more is needed for the many households to cope** with the new trend of constant lockdowns and covid-19 control.”*

Bogere Vincent, Resident, Nakabafu Village, Mayuge Town council, Mayuge District.

# Challenges and Recommendations

# Challenges Faced

1. The increasing level of **hybrid dynamism**, such as COVID-19, amplifying issues
2. Weaknesses in linking **local contexts and National policies** (and vice versa)
3. Strict measurements put in place by government to curb the spread of the **COVID-19**
4. **Poverty** correlating with little or no access to financial services, good food, and nutrition and wash practices
5. **Lack of motivation** to work
6. Prolonged **drought** has affected the agricultural productivity
7. **Low literacy levels** and awareness of issues
8. **Access to water** sources affecting hygiene and sanitation
9. Difficulty implementing Government initiatives due to **corruption** making these funds inaccessible to the target groups
10. **Limited financial resource** allocation to the budget
11. **Late release of funds** by the funders
12. Varying **question interpretation** of the research questionnaire by the respondents
13. **Time** dedicated to learning was **limited**

# Recommendations for the Project

Following the assessments by WDF, towards Nutrition and WASH activities, Nutrition and WASH systems, mechanisms now need to strengthen themselves in the following ways:

- **Conduct a knowledge audit:** what is known, what is not known, and what can never be known
- Consider the concept of ‘**Hybrid Nutrition and WASH related dynamics**’
- Focus on strengths to increase access to safe drinking, improved sanitation/hygiene practices, access to nutritious foods and seek **enhanced capacity in important areas of weakness**.
- Determine what value-added Nutrition and WASH programs can provide to inform **decision makers**.
- Provide an **analysis of the personal, institutional, and political dynamics behind decision-making**.
- Assess how **narratives** are constructed to influence the crafting of **respondent responses**

The relevance of both Nutrition and WASH programs hinges on their ability to identify and seize windows of opportunity for community flourishing.

*This fundamental blind spot and weakness must now be addressed.*

# Conclusions

- The main conclusion drawn is that despite **significant progress since the 1990s**, there are a **still number of deficits** in Food, Nutrition and WASH programs in Uganda.
- There is **some level of understanding** of Food, Nutrition and WASH Practices, however, the level of **adoption of these are still constrained** by a number of factors that **can be improved through community empowerment programs** such as training and poverty alleviation programs.

*This report has determined that Food, Nutrition and WASH programs are still important in ensuring societal tranquility by charting and exploring debates and challenges.*



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