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A Comparison of Urban and Rural Food Consumption in Selected Regions of Tanzania

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A Comparison of Urban and Rural Food Consumption in Selected Regions of Tanzania

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OBJECTIVES

- We analyze dietary differences between rural and urban households in selected regions of Tanzania.
- The selected regions analyzed were chosen to represent the diversity of Tanzania's agricultural production and food consumption patterns. They are:
 - Ansha, Dodoma, Iringa, Lindi, Mbeya, Mtwara, Mwanza, and Dar es Salaam
 - The primary objective is to be able to identify regions and income groups that are potentially vulnerable to food insecurity.
 - The findings of this study could inform policy related to improving access to food, food marketing, and nutritional education.

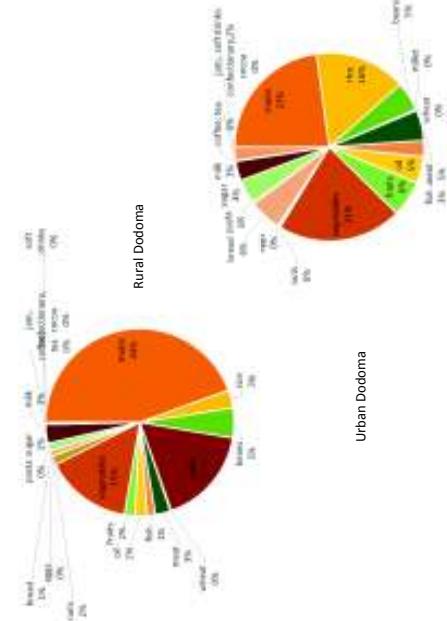
METHODS

- Data are from the 2010/2011 Tanzanian Household Budget Survey (HBS) of 21 regions
 - Sample size was 10,186 rural and urban households
 - 28-day food diary contained
 - All food products consumed by each household each day.
 - The quantity of each food product consumed, along with the unit of measurement
 - This resulted in a sample of 1,736,572 observations
 - The variables were used to calculate the total amount of different food items consumed (gm) by each household over the 28-day period
- The food items are
 - Maize, rice, millet, wheat, bread, pasta, beans, cooking bananas, raw bananas, citrus fruits, other fruits, fruit juice, potatoes, sweet potatoes, fresh cassava, dry cassava, green vegetables, tomatoes, onions, poultry, beef and goat, other meat, fish, dried fish, oil, sugar, milk, eggs, ground nuts, other nuts, coconuts, jam and confectionary, coffee and tea, and soft drinks
- The total quantity of each food was divided by the total number of Adult Equivalents (AE) in each household to obtain estimated average daily food consumption by an AE.
- The AE scales are based on estimated calorific needs by age and sex
- Calorie shares for urban and rural households in each region were used to construct representative food baskets providing an average of 2100 calories/day
- The nutritional content of the representative food baskets were calculated using data from the Tanzanian Food Composition Tables
 - These tables provide quantities of 49 macro- and micro-nutrients per 100 gm for a wide range of food items
 - The estimated nutritional content were compared with average minimum daily requirements for adult men and women to examine deficiency

THE FOOD BASKET APPROACH

- In this research, we focus on measuring access (ability to purchase food)
 - Even if food availability may not be an issue, households may be food insecure if access is limited due to unaffordability
 - Access is measured as the ratio of the total cost of a representative food basket to per capita income
 - Certain population groups, based on income or location, are especially vulnerable
- The Food Basket Approach
 - Establish a representative food basket
 - Estimate the cost of the representative food basket
 - Representative reflects the range of food eaten in a particular country
 - However, it is not necessarily nutritional basket nor does it reflect different food baskets across income groups
 - Compare per capita income with cost of food basket
- Data Needs
 - Per capita consumption of basic food items common in the Tanzanian diet
 - Prices, preferably retail
 - Per capita income

FOOD CONSUMPTION



ADVANTAGES & LIMITATIONS

- Advantages
 - Food basket cost can be calculated by country or region
 - Food basket cost can be calculated over time to measure food security trends
 - It can be used to measure the impact of policies, programs, or sudden price spikes
 - Consumption levels are held constant across time, implying no substitution
 - Per capita GDP is often used as a proxy for income, which does not accurately represent actual household income
 - Household-level data collection is usually costly
- Limitations
 - Consumption levels are held constant across time, implying no substitution
 - Per capita GDP is often used as a proxy for income, which does not accurately represent actual household income
 - Household-level data collection is usually costly

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- Office of the Chief Government Statistician (OCS), 2012. *Household Budget Survey*, 2009/10.
- Tanzania Food Composition Tables. November 2008. Compiled by Muhimbili University of Health and Allied Sciences (MUHAS), Dar es Salaam; Tanzania Food and Nutrition Centre (TFNC), Dar es Salaam; and the Harvard School of Public Health (HSPH), Boston, MA.
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