



## **TITLE: At Diner Table Socioeconomic Position is a Key Factor for Food Insecurity in Maputo City, Mozambique**

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### **ABSTRACT**

Food insecurity (FI) is a global concern and is one of the major causes of malnutrition in low and middle-income countries. The burden of FI in Mozambique and how various factors contribute to FI are not well known. This study aimed to estimate the prevalence of FI and identify its associated factors in southern Mozambique. Data from 1842 household heads residing in Maputo City were collected using a cross-sectional design. Food insecurity was measured using a modified version of the US Department of Agriculture Household Food Security scale, and its association with socio-demographic factors was assessed through multiple regressions. Altogether, 79% of the households were found to be food insecure. Of these food-insecure households, 16.6% were suffering from mild FI, 28.1% moderate and 34.4% severe FI. The study showed that low-income households, those with less educated heads, and those engaged in informal labor were significantly more prone to FI. Similarly, factors such as dietary diversity and the number of meals per day were also considerable predictors of FI among households. These results suggest the need to promote decent work and job creation, which requires joint efforts not only from government and the private sector, but also from international institutions. Furthermore, these key drivers of FI should be seriously considered in the development of public health policies and programs designed to alleviate household FI and malnutrition in Mozambique.

### **BIOGRAPHY**

I'm a biologist and I hold an MSc in Biotechnology from Eduardo Mondlane University, Mozambique. In the meantime, I'm a PhD student in Health Sciences at Mid Sweden University, and my research is about socioeconomic position and food insecurity, and how they contribute to negative health outcomes in Mozambique. Besides my study area, I'm interested in Food Science and Technology, Molecular Biology and Biochemistry, Omics and Bioinformatics. So far, I have six articles published in peer-reviewed journals and I have been participating in various scientific conferences. Outside academia, I'm very much interested in Yoga and Meditation, and how these practices impact one's well-being, genetics, and spiritual growth.

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