



# FOOD RELATED PRACTICES AMONG WOMEN-HEADED HOUSEHOLD IN URBAN COASTAL AREAS: A SURVEY OF 4P's WOMEN ON FOOD SECURITY IN ILOILO CITY, PHILIPPINES

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# RATIONALE

**FOOD SECURITY** is a situation that exists when all people, at all times, have physical, social, and economic access to **sufficient, safe, and nutritious food** that meets dietary needs and food preference for a good and active healthy life. (FAO, 2002; 1996)

# RATIONALE

It is well recognized that household ***food insecurity*** is one among of the underlying ***causes of malnutrition***.

Most major food and nutrition crises do not occur because of lack of food, but rather because of people are too poor to obtain enough food.

***Insufficient financial resources*** is one of the factors contributing to the food insecurity of the most vulnerable populations. (ACF International)

# ***Why women on the Urban Coastal Areas?***

## **CEDAW ARTICLE 11 – Right to Work**

The right to decent work and wages is fundamental for the realization of the Right To Food and Nutrition (RTFN) and forms an inseparable and inherent part of human dignity. **Women in the Philippines play an important role in ensuring food for their families.**

# ***Why women on the Urban Coastal Areas?***

The ***Pantawid Pamilyang Pilipino Program (4P's)*** is a human development measure of the Philippine National Government that provides ***conditional cash grants*** to the poorest of the poor, to ***improve the health, nutrition*** and the ***education*** of the children aged 0-18. It is patterned after the ***Conditional Cash Transfer (CCT)*** scheme in Latin American and African Countries which have lifted millions of people around the world from poverty.

<http://www.gov.ph/programs/conditional-cash-transfer/>



# LOCALE

## SOUTH EAST ASIA

BRUNEI

CAMBODIA

INDONESIA

LAOS

MALAYSIA

BURMA

PHILIPPINES

SINGAPORE

THAILAND

VIETNAM



SOURCE: <http://www.zonu.com/fullsize-en/2009-09-17-597/Southeast-Asia-Political-Map-2003.html>



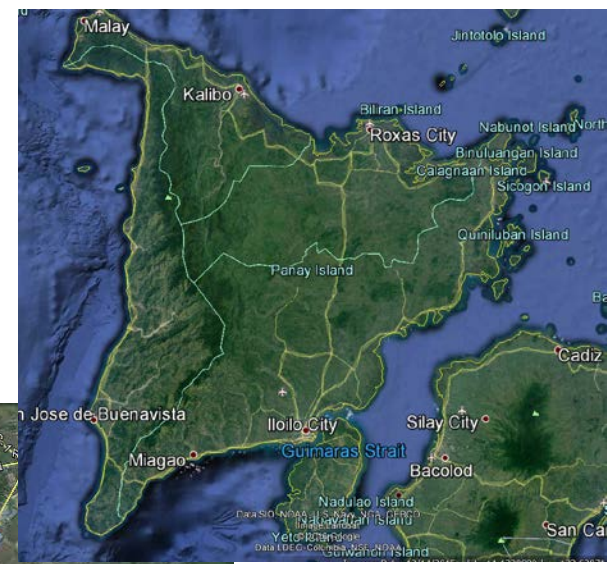
SOURCE: Google Earth 7.1.5.1557 © 2015

## PANAY ISLAND



SOURCE: <http://thephilippines.ph/philippine-regions/regions-in-the-philippines/>





SOURCE: Google Earth 7.1.5.1557 © 2015

## PANAY ISLAND

LOCALE OF THE STUDY: WITHIN AREVALO DISTRICT OF ILOILO WITH 6 BARANGAYS WE FOCUS ONLY ON THE THREE COASTAL BARANGAYS.



## AREVALO DISTRICT



No. of Coastal brgys.: 3

Total 4Ps (Conditional Cash Transfer) HH  
population : 948 HH

Panay Gulf



# PHILIPPINE DISASTER RISK MAP

**Legend**

- OCHA office or presence
- Country capital
- Major town or city
- International boundary
- Region Boundary
- Holocene volcano

**Tsunami Hazards**

- Storm surge
- Tsunami
- Tsunami and Storm surge

**Earthquake Intensity**  
**Modified Mercalli Scale**

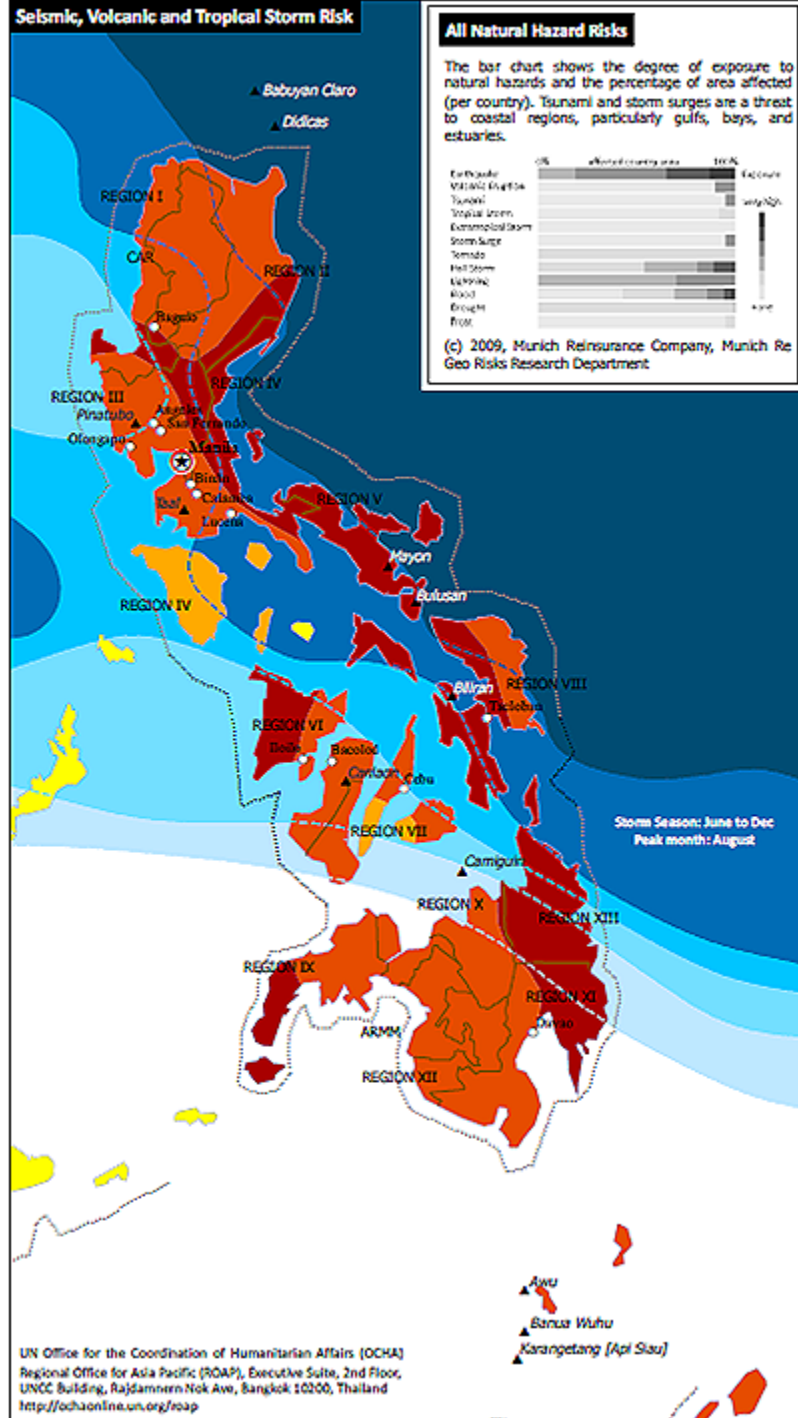
- Degree I-V
- Degree VI
- Degree VII
- Degree VIII
- Degree IX-XII

**Tropical Storm Intensity**  
**Saffir-Simpson Scale**

- One: 118-153 kmh
- Two: 154-177 kmh
- Three: 178-209 kmh
- Four: 210-249 kmh
- Five: 250+ kmh

Earthquake intensity zones indicate where there is a 20% probability that degrees of intensity shown on the map will be exceeded in 50 years.

Tropical storm intensity zones indicate where there is a 10% probability of a storm of this intensity striking in the next 10 years.



# METHODOLOGY

## Descriptive/Qualitative Case Study Design

- Low cost to implement
- Convenience on Data Gathering and Analysis
- Little observers Subjectivity



METHODS	PURPOSE	PARTICIPANTS/ DOCUMENTS
Survey	To Determine their Access/Ownership to Physical Assets and Security on Food and Water	30 Women HH
FGD	To Validate Data Gathered	5 Women HH
Review of Related Documents	To supplement additional data	Iloilo City CLUP Journals AFMA
PARTICIPANTS OBSERVATION	To observe the Cultural Practices of WHH	



**Focused Group Discussion**



# CHARACTERISTICS OF 4P,S OF THREE COASTAL BARANGAYS

CHARACTERISTICS	f	%
		n=30
AGE		
16-20	1	3%
21-25	2	7%
26-31	5	17%
32-36	6	20%
37-UP	16	53%
TOTAL	30	100%

- \* Average age: 37 years old
- \* Household size : Five (5)
- \* No. of children : Three (3)
- \* Educational attainment: High School Level
- \* Tenure Status of Property: Informal Settlers
- \* Employment Status: Not permanently employed
- \* Accessibility to Assets: Limited
- \* Ownership to Land: None
- \* Economic Condition: Below poverty threshold

# USUAL MAIN SOURCE OF INCOME (WOMEN)

SOURCES OF INCOME	F	%
FOOD VENDING	6	20.00%
FISH VENDING	3	10.00%
LAUNDRYWOMAN	3	10.00%
SARI-SARI STORE OWNER	1	3.33%
MASSAGE THERAPIST	1	3.33%
MANICURIST	1	3.33%
GOV'T EMPLOYEE (JOBHIRE)	1	3.33%
NONE (HOUSEWIFE)	14	46.67%
TOTAL	30	100.00%



Food Vending



Fish Vending



Laundry Woman



Sari-sari store owner



Manicurist

# REGULAR INCOME SOURCES OF OTHER HH MEMBERS (MEN AND ADULT MEMBERS)

HH MEMBER	SOURCE OF INCOME
Husband	Pedicab/Jeepney Driver, Carpenter
Son	Helper
Daughter	Salesgirl, Housemaid
Other (Relative)	Houseboy, Mobile Food Vending



Jeepney Driver



Pedicab Driver



Carpenter



Mobile Food Vending



Salesgirl



Helper



# REPORTED FOOD EATEN DAILY

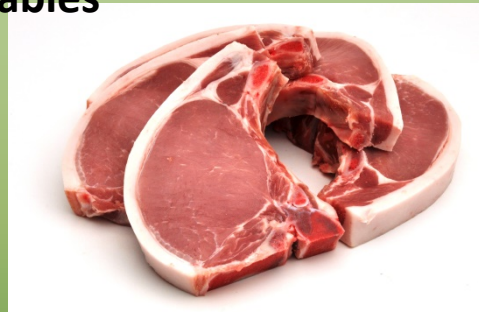
TYPE OF FOOD EATEN DAILY
Vegetables
Fish
Pork
Beef
Rice
Fruits
Eggs
Canned Goods
Noodles



Vegetables



Fish



Pork



Eggs



Rice



Canned Goods



Fruits



Noodles



Chicken

# FOOD ITEMS STORED

## FOOD ITEMS STORED

Dried Fish "Uga"

Meat (Pork and Beef)

Eggs

Canned Foods

Noodles

Bottled Water



Dried Fish



Meat (pork and beef)



Eggs



Canned Foods



Bottled Water



Noodles



# PROBLEMS AND ISSUES OF 4Ps: ACCESS TO AND OWNERSHIP OF ASSETS

ASSETS	OWNERSHIP		
	YES	NO	TOTAL
Land	2	28	30
House	26	4	30
Home Garden	8	22	30
Water for Domestic Consumption	21	9	30
Fuel wood for Cooking	25	5	30
Communal Garden	12	18	30
Credit or Loan	11	19	30
Contact with Officers of livelihood and health	1	29	30
Philhealth	24	6	30
SSS/GSIS	3	27	30



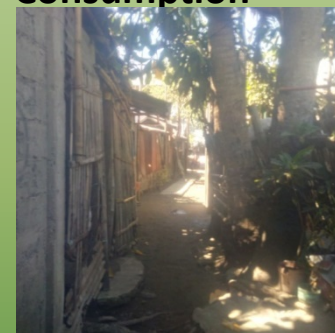
**Land and House Ownership**



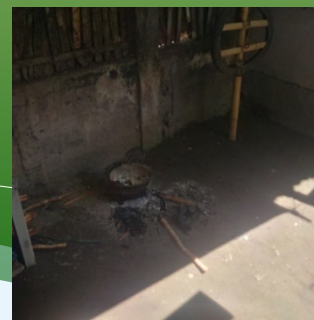
**Water for Domestic Consumption**



**Accessibility**



**Space for Home Garden**



**Limited Space**



**Fuel wood for cooking**



# ISSUES IN ACCESSING HEALTHY FOOD

ISSUES	F
No space to grow food crops	22
Too Expensive	19
Too much time to prepare food	14
Little Knowledge of preparation	10
Limited selection nearby	5
Limited knowledge of how to make food taste good	3



No space to grow own food crops



Limited knowledge of preparation



Too expensive



Limited knowledge of how to make food taste good



Too much time to prepare food



Limited selection nearby

# CONCLUSION

1. Women-Headed Households on the Three Coastal Barangays **lack access to physical assets such as land** in order for them to grow crops and vegetables that can be a source of foods for their household members.
2. The role of Women as **producers** and **providers** of food should be promoted and therefore the importance of gender to household food security emphasized.
3. Women Headed-Households are **often deprived of their legal entitlements and excluded from legal support** which could ensure many of their rights including rights to land.

*“True food security is the historical normalcy of packing it in during the abundant times, building that in-house larder, and resting easy knowing that our little ones are not dependent on next week's farmers' market or the electronic cashiers at the supermarket. ”*

Joel Salatin, Folks, This ain't normal: A Farmer's advise for Happier Hens,  
Healthier People and a Better World



***THANK YOU!!***