



Household Food and Nutrition Security in Nigeria

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Abstract

Achieving food and nutrition security entails ensuring secure access to food alongside a hygienic environment, adequate healthcare services, and informed caregiving, thereby enabling individuals to lead healthy and productive lives. An individual's ability to realize their full personal and economic potential hinges significantly on their level of food and nutrition security. Moreover, the availability of nutrition resources and the degree to which an individual has access to such resources are a function of how society is organized in terms of economic structure, political and ideological expectations, and its institutions. Nigeria grapples with numerous hurdles in attaining food and nutrition security, including widespread poverty, heightened levels of food insecurity, limited access to clean water and sanitation, inadequate healthcare provisions, and suboptimal dietary habits. Among these challenges, poverty stands out as a critical impediment. The World Bank reports that approximately 40% of Nigerians live below the poverty line, rendering many unable to afford a balanced diet. Additionally, restricted access to clean water and sanitation significantly impacts nutrition security, as it contributes to the proliferation of waterborne illnesses and malnutrition, particularly among children. Insecurity also poses a significant barrier to food production in Nigeria's primary agricultural zones.

This article provides a thorough examination of the complexities surrounding food and nutrition security in Nigeria, offering practical solutions to address these pressing issues.

Keywords: Household Food Security; Nutrition Security; Nigeria

Introduction

Food and nutrition security remain Africa's most fundamental challenges for human welfare and economic growth. Far too many people on the continent are unable to acquire and effectively utilize at all times the food they need for a healthy life. According to Pieters, et al. food and nutrition security is achieved when all people, at all times, have physical and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life" Because of low food availability and profound poverty, an estimated 200

million people on the continent are undernourished, and their numbers have increased by almost 20 per cent since the early 1990s. The result is that more than a third of African children are stunted in their growth and must face a range of physical and cognitive challenges not faced by their better-fed peers.

However, according to the FAO definition, food security exists when the entire population can have at all times access to safe, sufficient and nutritious food to respond to their dietary needs and requirements. It tends to focus on food availability, safety and accessibility at individual, household, national, and global level. Also, a household is food secure if

it can reliably gain access to food in sufficient quantity and quality for all household members to enjoy a healthy and active life. It is possible, however, for individuals in food-secure households to have deficient or unbalanced diets.

In addition, nutrition security is achieved when secure access to food is coupled with a sanitary environment, adequate health services, and knowledgeable care to ensure a healthy and active life for all household members. The ability of an individual to fully reach his or her personal and economic potential, however defined, must depend to a large degree on his or her level of nutrition security. Moreover, the availability of nutrition resources and the degree to which an individual has access to such resources are a function of how society is organized in terms of economic structure, political and ideological expectations, and its institutions.

Moving forward, an attempt is made to review literature directly and indirectly related to household food and nutrition security in Nigeria. The following themes below will be discussed.

- Nutrition Security in Nigeria
- Food Security in Nigeria
- Household Food Security
- Factors influencing household food and nutrition insecurity in Nigeria
- Ways to address household food and nutrition insecurity in Nigeria

Nutrition Security in Nigeria

Nutrition security is achieved when there is access to food coupled with a good sanitary environment, adequate health services, and knowledgeable care to ensure a healthy life for all population. Nutrition security is as concerned with the utilization of the food obtained by a household as it is with access to this food. Health is a major determinant of food and nutrition security as it affects one's ability to (i) engage in productive activities to obtain food and (ii) absorb and utilize the nutrients incorporated in this food. Moreover, the reduction of morbidity and mortality is one of the main goals of improving food and nutrition security. Nigeria faces several challenges in achieving nutrition security, including poverty, high levels of food insecurity, limited access to clean water and sanitation, inadequate healthcare services, and poor dietary practices. One of the most significant challenges to nutrition security in Nigeria is poverty. According to the World Bank, about 40% of Nigerians live below the poverty line, and many cannot afford a nutritious diet. This situation is particularly acute in rural areas, where poverty rates are higher and access to nutritious foods is limited. In addition, Nigeria have high levels of food insecurity, with an estimated 18 million people lacking access to sufficient food.

In addition, the country faces a high burden of malnutrition, with 37% of children under the age of five stunted, 18% wasted, and 29% underweight. Many factors contribute to the poor nutrition security which is obtainable in Nigeria. Access to clean water and sanitation which is a major determinant of nutrition security is limited in Nigeria. Unsafe water and poor sanitation contribute to the spread of waterborne diseases and can lead to malnutrition, particularly in children. According to UNICEF, only 11% of rural Nigerians have access to basic sanitation facilities. Inadequate healthcare services also contribute to malnutrition and consequently poor nutrition security. Many Nigerians lack access to essential health services, including maternal and child healthcare, and treatment for malnutrition. According to the World Health Organization, Nigeria has one of the highest rates of maternal mortality in the world, and malnutrition is a leading cause of child mortality in the country. Poor dietary practices is also widespread. Many Nigerians consume a diet that is high in carbohydrates and low in protein, vitamins, and minerals. This can lead to malnutrition, particularly among vulnerable groups such as children and pregnant and lactating women.

According to a study by the World Food Programme (WFP), the prevalence of undernourishment in Nigeria was 19.3% between 2016 and 2018. Undernourishment is defined as the percentage of the population whose dietary energy intake is insufficient to meet their minimum energy requirements. This indicates that almost one in five Nigerians did not have access to sufficient food to meet their basic needs during this period. Another study by the United Nations Children's Fund (UNICEF) found that 37% of Nigerian children under the age of five suffered from stunted growth due to malnutrition. Stunting is a long-term consequence of chronic malnutrition, which can lead to impaired physical and cognitive development. The same study found that 7.2 million children in Nigeria suffer from wasting, which is the result of acute malnutrition and can lead to life-threatening complications.

Food Security in Nigeria

One of the most challenging issues in the world today is how to provide sufficient food to more than seven billion people around the globe. A household is food secure if it can reliably gain access to food in sufficient quantity and quality for all household members to enjoy a healthy and active life. The Food and Agriculture Organization (2020) estimates that the number of hungry people continue to rise steadily since 2014 and projected to increase to 41.4 (9.8 percent) million where Africa will have 51.5% (33.2 million) share, the highest number of undernourished people globally by 2030. However, considering the number of people in food crises around the

world, the 2020 Global Report on Food Crisis reported that about 135 million people in 55 countries and territories are suffering from acute food insecurity while 73 million of this figure are from 36 countries in Africa [1]. Moreover, food security is currently both a fundamental objective and an expected outcome of development policies in Nigeria, as the country currently faces a challenge in meeting the basic food needs of its population. The majority of Nigerians depend largely on subsistence agriculture, which is hardly sufficient to meet the food needs of the population. However, notwithstanding the many policies, programs, and investments by various local and international agencies operating in the country, food security and the nutrition situation are worsening.

Ayinde IA, et al. [1] stated in his study that, it is a fact widely acclaimed that no country can achieve economic development without agricultural development. This is achieved through achieving food security and sustainability in the provision of abundance crop and livestock (food accessibility, food affordability, food utilization and food quality), to meet local consumption, raw materials for the processing industries, national reserves and export [1]. For Nigeria to develop, food security growth must be sustained. An increase in production activities in the industrial, mining, metallurgy sub-sector, especially if it promotes export (like the case of Nigeria been a net exporter of urea) must, without doubt, put food on the table of average Nigeria. No economy can thrive sustainably without improving the human capital component of the economy [1].

According to Ayinde IA, et al. [1], Nigeria's ranking in Global Food Security Index (GFSI) has continued to increase since 2013 (ranked 86 among 107 countries with 33/100 score) and reached a disturbing rank of 94 (with 48.4/100 score) among 113 countries behind Ethiopia, Niger and Cameroon in 2019 GFSI overall ranking table (the closer to 100 score the better). In May 2018, Nigeria overtook India to become the world poverty capital with the highest number of population living in extreme poverty reached 86.9 million. It is quite alarming that the poverty situation in Nigeria is increasing [1]. On the 6th of May 2020, 102.4 million Nigerians live in extreme poverty implying that an additional 15.5 million Nigerians have plunged into poverty in 24 months. The precarious state of acute food insecurity in Nigeria is occasioned by chronic and hidden hunger, extreme poverty, corruption, conflict events (insurgency in the North East) and unfavourable climate change. In the 2019 Global Hunger Index (GHI) score, Nigeria has a GHI score of 27.9, which falls in the serious category. Data has reflected that Nigeria is not yet on track in attaining the SDG 2 target of ending all forms of hunger, achieve food security and improved nutrition, and promote sustainable agriculture by 2030 [1]. Proportion of undernourished increased from 9.3% in 2000 to 13.4% while a slight decrease was reported in stunting from 39.7%

in 2000 to 37% in 2019. Meanwhile, the only indicator that showed remarkable progress was the child mortality rate, which declined from 18.6% in 2000 to 10% in 2019. Nigeria also had a rather low Africa's Sustainable Development Goals Index (SDGI) rank and score (ranked 43rd among 52 countries in Africa with 47.03/100 score) slightly behind Sudan (ranked 42nd with 47.38/100 score) and Comoros (ranked 41st with 47.5/100 score) in Africa (SDG Centre for Africa and Sustainable Development Solutions Network).

Even though, International Fund for Agricultural Development (IFAD) rated Nigeria the highest producer of cassava, yam and cowpea globally in 2012 and currently the highest producer of cassava and yam globally, the country still persistently remained food insecure and heavily import-dependent. Nigeria is blessed with abundant land suitable for agriculture (75 percent) but unfortunately; only 40 percent is used for agricultural purposes [1]. A vast majority of the rural household population still engages in subsistence farming which can barely feed their immediate families. Lack of infrastructural facilities such as good roads has heightened rural poverty disconnecting rural farmers from needed inputs and markets for their produce. According to FEWS NET, Chronic and seasonal food insecurity persist in every part of Nigeria, escalated by frequent high food prices, impact of conflict related to insurgency (especially in the Northeast), armed banditry, communal, pastoralist/farmer crisis, kidnapping, cattle rustling, and climate change. Among the six geopolitical zones in Nigeria, Northeast, North-Central and South-South are the three zones mostly affected by conflict events which are terrorism in the Northeast (73%), land or resource access in the North-Central (55%) and cultism/criminality in the South-South (36%).

According to the International Office of Migration (IOM) assessment in October 2018, over 1.8 million persons were displaced across Borno, Yobe and Adamawa states with Borno state remaining the epicentre of Boko Haram conflict hosting over 1.4 million Internally Displaced Persons (IDPs) (FEWS NET). Global Rights (an international non-governmental organisation) report revealed that 3,188 persons, including 2,707 civilians and 481 security operatives, were reportedly killed in 2019 (FEWS NET). IOM-DTM assessment, conducted between August and October 2019, reported that over 2 million people were displaced in Adamawa, Bauchi, Borno, Gombe, Taraba and Yobe states in the northeast while in January 2020, ACLED reported 507 fatalities throughout Nigeria (FEWS NET). Agriculture, a major source of livelihood for people in these areas, and other income generating activities were disrupted leading to reduced household income and limited access to food (USAID). This percentage decreased between May and September and increased again between October and December. Greater than 65% of households had very little to eat in the month of

July. Apart from January and December, less than 20% of the households had enough to eat and in storage.

Household Food Security

Food security is a major determinant of nutrition security for individual and households. This is achieved when people have physical, social and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life (Food and Agriculture Organization). Household food security is defined as the access to food that is adequate in terms of quality, quantity, safety and cultural acceptability for all household members. At the household, adequate food is defined quantitatively and qualitatively. Quantitative food is the amount of food received and qualitative food is the variety, safety and culturally acceptable food. Each household must have the knowledge and the ability to produce or have resources to purchase the food that it needs on a sustainable basis.

Household food insecurity is caused by several factors. Rapid population growth affects food production. Food production from the same plot of land that a household owns may not be sufficient at the household level with increased number of family members. Purchasing food for a large number of family members is likewise difficult. High rates of population increase and poverty also play a role in an already difficult environment of fragile ecosystems, where producing enough food for the population may be challenging. The causes of household food insecurity are natural and man-made calamities/ disasters. Drought, flood, pandemic and conflict, pandemic and conflict like civil wars are the primary causes of increased problems of food production, distribution, and access (FAO). All these factors contribute to household food insecurity in Nigeria.

Limitation of rainfall imposes certain constraints on enhancing food security. Drought raises the likelihood of food insecurity in dry areas. Many people in rural areas are still subsistence farmers due to a lack of agricultural intensification and low agricultural yield. As a result, the enormous amount of food at low prices required for urban economic growth is not available. Because the majority of the population relies only on agriculture for their consumption and income, the agricultural sector's earnings are highly variable. When there is varied rainfall, relying just on rainwater for farming may not be sufficient to produce a sufficient food supply. Poor soil fertility and decreased productivity leads to food supply shortages and affects both food availability, and food accessibility. Illiteracy or low level of education may lead to poor income or earning capacity and hence low purchasing power due to unemployment. Limited employment also leads to poor purchasing power of households. Poor health

and sanitation may lead to morbidity, mortality and reduced productivity due to various illness. Chronic malnutrition also reduces people's wellbeing lowering their intellectual and physical productivity. Low productivity causes low income earning capacity and thus a reduced purchasing power.

A study conducted in Nigeria by Obayelu which assessed the food insecurity in urban slums found that food insecurity was found to be prevalent among respondents, with about 81% being food insecure. The largest proportion of the mildly food insecure (37%) household heads were less than 30 years old, while the largest proportion of moderately food insecure (45%) and severely food insecure (38%) household heads were within the age cohort of 31 to 40 years. Less than half of the mildly food insecure household heads had secondary school education while about three quarters of the moderately food insecure households had primary school education.

Approximately one out of every food secure, mildly food insecure and moderately food insecure households (50, 54 and 57%, respectively) had five to nine members, while about 62% of the severely food insecure households had the same household size. A half (50%) of the food secure household had access to water closet toilet facility, while pit latrine, use of bucket and open defecation were prominent among the mildly food insecure, moderately food insecure, and severely food insecure households, respectively. Food insecurity status was explained by educational status of household head, household size, per capita income and duration of stay in the slum. In another study conducted by the World Food Programme (WFP), Nigeria was found to be one of the countries in Sub-Saharan Africa with the highest levels of food insecurity, with an estimated 19.4 million people experiencing severe food insecurity in 2020 (WFP). This food insecurity is particularly worrisome among mothers of children under-five who are responsible for ensuring their children's health and well-being.

One study conducted in Northern Nigeria found that the majority of households surveyed experienced food insecurity, with over 80% of households reporting that they did not have access to enough food for their families. Another study in a rural area of Nigeria found that 37.5% of households experienced food insecurity, with the majority of households relying on only one source of income, which was often insufficient to meet their basic needs. Additionally, a study conducted in Lagos State, Nigeria, found that food insecurity was associated with poor dietary diversity among mothers and their children under-five. This lack of dietary diversity can lead to under-nutrition and stunted growth among children, which can have long-term negative impacts on their physical and cognitive development.

Other studies have highlighted the importance of education and income in improving household food security. For example, a study in Southwest Nigeria found that maternal education was positively associated with household food security. Similarly, a study in Northern Nigeria found that households with higher income were less likely to experience food insecurity.

Factors Contributing to Household Food and Nutrition Insecurity in Nigeria

Several factors contribute to the poor state of nutrition security in Nigeria. These include poverty, limited access to safe and nutritious food, inadequate health services, and poor sanitation and hygiene practices [2]. Additionally, the COVID-19 pandemic has had a significant impact on food security in Nigeria, with disruptions to food supply chains and increased food prices exacerbating existing vulnerabilities (FAO). Another significant factor that contributes to nutrition insecurity in Nigeria is conflict and displacement. In the northeastern part of the country, where the Boko Haram insurgency has been ongoing since 2009, more than two million people have been displaced from their homes, and many face severe food shortages and malnutrition. In addition, climate change and environmental degradation have led to lower agricultural productivity and reduced access to safe water and sanitation, further exacerbating malnutrition. Food insecurity is also one of the major drivers of nutrition insecurity in Nigeria. According to a study by Ogundele, et al. more than 50% of households in Nigeria is food insecure, and this has significant implications for the nutritional status of children and others. Food insecurity leads to reduced

dietary diversity and inadequate intake of essential nutrients, resulting in malnutrition. Poor infant and young child feeding practices are also significant drivers of malnutrition in Nigeria. A study by Chukwuka, et al. found that only 39% of mothers in Nigeria practiced exclusive breastfeeding for the first six months of their children's lives, while only 50% of children aged 6-23 months met the minimum acceptable diet criteria.

Poor sanitation and hygiene practices also contribute to malnutrition in Nigeria. A study by Ogunrinde, et al. found that poor sanitation and hygiene practices were associated with stunting among children under five years old in Nigeria. Alabi, et al. in their study assessed the factors associated with under-nutrition among children in Nigeria. The study found that factors such as low maternal education, poor sanitation, and lack of access to healthcare were associated with under-nutrition among children.

Ways to Address Household Food and Nutrition Insecurity in Nigeria

Household food and nutrition insecurity remains a critical issue in Nigeria, affecting millions of individuals and families. This problem is exacerbated by a rapidly growing population, climate change, economic disparities, and a myriad of other factors. To effectively tackle this pressing issue, it is essential to adopt a multifaceted approach that takes into account several variables and a range of strategies. A comprehensive examination of these strategies is detailed as follows.

Strategies	Authors
Enhancing Agriculture and Food Production	Nwozor A, et al. [3]
Supporting Smallholder Farmers	Mgbenka RN, et al. [4], Chiaka JC, et al. [5]
Establishing Social Safety Nets	Devereux S [6]
Improving Food Distribution and Storage	Adeyeye SAO[7]
Promoting Education and Awareness	Ahmed FF, et al. [8]
Policy Reforms	Bakare LA, et al. [9]
Encouraging Sustainable Agriculture Practices	Ayinde IA, et al. [1]
Promoting Diverse Crop Cultivation	Is A, et al. [10]
Empowering Women in Agriculture	Uduji JI, et al. [11], Malapit HJL, et al. [12]
Investing in Rural Infrastructure	Daud SA, et al. [13], Ugwoke B, et al. [14]
Reducing Post-Harvest Losses	Abbas AM, et al. [15]
Fostering Climate-Resilient Agriculture	Mereu V, et al. [16]
Reducing Food Imports	Metu AG, et al. [17]

Table1: Strategies to address food and nutrition insecurity in Nigeria.

The foundation of food security lies in agriculture and food production, as highlighted by Nwozor A, et al. [3], modernizing agricultural practices is crucial in ensuring food security in Nigeria. This involves the adoption of mechanization, improved seed varieties, and sustainable farming methods. These measures can significantly boost productivity, increase crop yields, and ultimately result in higher food availability and reduced prices Olaoye OA [18].

Supporting smallholder farmers through training and access to resources can empower them to contribute more effectively to food production Stewart R, et al. [19]. Smallholder farmers form the backbone of agriculture in Nigeria, contributing significantly to food production Chiaka JC, et al. [5]. Authors like Mgbenka RN, et al. [4] emphasize the importance of supporting these farmers to enhance food security, stating that these farmers often face challenges related to access to credit, technical knowledge, and modern farming techniques. By addressing these issues and providing training and resources, Nigeria can harness the untapped potential of small-scale agriculture. Initiatives to support smallholders may include microcredit schemes, agricultural extension services, and the provision of high-quality seeds and fertilizers. By empowering smallholder farmers, Nigeria can substantially increase agricultural productivity.

Furthermore, social safety nets, such as conditional cash transfer programs, school feeding initiatives, and targeted food subsidies, play a vital role in alleviating immediate food insecurity, as advocated by Devereux S [6]. These programs provide financial and food assistance to vulnerable populations, ensuring they have access to essential nutrition Beegle K, et al. [20]. By targeting the most at-risk individuals and communities, social safety nets mitigate the immediate suffering caused by food insecurity and create a safety net for those in need.

Also, addressing food and nutrition insecurity in Nigeria necessitates the need for efficient food distribution and storage systems as they are critical components [7]. Adeyeye SAO [7] further points out the importance of infrastructure improvements for food transportation and storage. This involves creating better road networks, cold storage facilities, and efficient supply chain management. By reducing post-harvest losses and ensuring that food reaches consumers efficiently, these improvements can stabilize food prices, making it more affordable and accessible to the population. Moreover, education and awareness programs, as expressed by McKenzie JF, et al. [21], also provide individuals with the knowledge and skills necessary to make informed decisions about their diets and health. Nutrition education in schools and communities is essential to empower people to make healthier food choices [22]. These programs not only create a long-term solution by breaking the cycle of food insecurity

but also contribute to improving overall health and well-being [8]. Raising awareness about the importance of good nutrition can have a positive impact on dietary habits.

Moving forward, Bakare LA, et al. [9] highlight the necessity of comprehensive policy reforms to address food and nutrition insecurity at its root in Nigeria. Such reforms may include changes in land tenure systems, trade policies, and substantial investments in rural development. Reforming land tenure systems to reduce fragmentation can make it easier for smallholder farmers to access and utilize arable land more effectively. Trade policies must be revised to protect local farmers from unfair competition and promote domestic food production. Furthermore, policy changes can create an enabling environment for sustainable food production and distribution.

Sustainability is key to long-term food security in Nigeria, as identified by Ayinde IA, et al. [1]. Sustainable agricultural practices prioritize environmental conservation and soil health. These methods, such as agroforestry, crop rotation, and organic farming, not only increase yields but also enhance resilience to climate change [23]. By adopting sustainable practices, farmers can mitigate the adverse effects of climate change, reduce the need for chemical inputs, and contribute to environmental preservation.

Nigeria's vast agroecological diversity provides a rich foundation for promoting diverse crop cultivation [24]. Encouraging the growth of a variety of crops, including indigenous and traditional ones, is crucial [10]. This approach has several advantages. Firstly, it mitigates the risk of crop failure due to climate change and pests. Different crops have different climate requirements, so diversifying the crop base can help ensure that at least some crops will thrive despite unpredictable weather patterns. Additionally, a diverse range of crops can provide a wider array of nutrients, contributing to better overall nutrition for the population [25]. This strategy can also help preserve traditional farming practices and the cultural significance of indigenous crops.

Additionally, women play a pivotal role in Nigerian agriculture, they are often the primary cultivators and are responsible for processing and marketing agricultural products [26]. Uduji JI, et al. [11] stressed the importance of empowering women in agriculture for sustainability. This empowerment can be achieved through training, access to resources, and promoting their equal participation in decision-making processes. When women have access to resources, education, and training, they can significantly enhance food production [27]. Empowering women in agriculture not only improves family nutrition but also contributes to women's economic empowerment and overall development [12].

Inadequate rural infrastructure hampers efficient food distribution in Nigeria [28]. Daud SA, et al. [13] argue for substantial investments in rural infrastructure, including rural roads, storage facilities, and electricity supply in rural Nigerian communities. Improved rural infrastructure is critical for several reasons, it enables farmers to get their produce to markets quickly, reducing spoilage and post-harvest losses. Access to electricity can facilitate food processing and preservation, extending the shelf life of agricultural products [14]. Additionally, Akinpelu AA [2] emphasized that well-maintained rural roads make it easier for farmers to access markets and consumers to access fresh produce. Investments in rural infrastructure not only improve food availability but also stimulate economic growth in rural areas.

Further, Nigeria faces significant post-harvest losses due to inadequate storage and processing facilities [15]. Reducing post-harvest losses is essential for increasing food availability, modern storage facilities, such as silos and refrigeration, can extend the shelf life of perishable goods and minimize losses. Investing in food processing industries, like fruit canning or grain milling, adds value to raw agricultural products, reduces waste, and also creates employment opportunities [29]. Also, minimizing post-harvest losses not only increases food availability but also reduces the strain on prices and resource use Kiaya V [30]. Nigeria is also susceptible to the adverse effects of climate change, including erratic rainfall and increased temperatures [31]. Mereu V, et al. [16] indicated that promoting climate-resilient agriculture practices can help farmers adapt to changing environmental conditions. Climate-resilient practices may include drought-resistant crop varieties, water-saving irrigation methods, and sustainable land management. These practices enable farmers to cope with changing weather patterns and reduce the risk of crop failure. Climate-resilient agriculture ensures that food production remains steady and reliable, promoting food security [32].

Consequently, Nigeria heavily relies on food imports to meet its consumption demands [33]. The need for policies that promote local food production and reduce dependence on imports has been advocated by Metu AG, et al. [17], to achieve this, Nigeria can prioritize self-sufficiency in key food commodities, and supporting local farmers through access to resources and training can help increase domestic food production.

Conclusion

Household food and nutrition security in Nigeria, Africa's most populous nation remains a pressing concern. This paper has attempted to provide an overview of the situation of nutrition security in Nigeria, identifying that about 40% of the population lives below the poverty line and cannot afford

a daily balanced diet. The country is also burdened with a high level of under-five malnutrition ranging at 37%. A major predisposing factor to this is the state of food security in Nigeria, which was identified to be insufficient. The impacts of rainfall, droughts, and economic conditions on household food security are also enormous, along with the rise in insecurity in many regions of the country. This paper also presented various strategies that could be employed to address household food and nutrition insecurity in Nigeria. Finally, to achieve household food and nutrition security in Nigeria, a collaborative approach has to be taken, the government, private organizations, multi and bilateral organizations, stakeholders, and concerned individuals have to work together to address the pressing concern. Further, a bottom-up approach is also another means by which the pressing concerns of the Nigerian populace could be adequately addressed and ensure a sense of involvement of the population in combating household food and nutrition security in Nigeria.

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