

FOOD, FARMING AND HEALTH IN THE CITY

DISSEMINATION OF PRELIMINARY RESULTS AND FOLLOW-UP INTERVIEWS

Following a successful quantitative data collection phase in 2015 on the topic "Urban Africa's Double Disease Burden and the Ameliorative Potential of Household Food Production" whose main aim was to understand people's diets, health and the food being produced, bought and sold, the Department of Geography, Geoinformatics and Climatic Sciences Makerere University together with the Department of Geography and Economic History, Umea, Sweden, held dissemination meetings to share preliminary results arising out of the survey with Mbale and Mbarara Municipality Officials as well as other stakeholders. Focus group discussions were also conducted with selected health workers and some of the respondents that participated in the survey. This exercise was conducted between 27th February and 10th March 2017.



FINDINGS SO FAR?



- City households are quite commonly doing some kind of farming or gardening (growing a few crops, or keeping a few chickens or animals)
- Feeling there is not enough food for the family is quite common
- Food transfers from family living in villages is common and important
- Diet diversity (the number of different kinds of food eaten) is quite low
- Families have more experience than expected of health problems related to diabetes (blood sugar), high blood pressure, and heart trouble
- Being highly overweight affects almost 3 out of 10 adults

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This project is funded by the Swedish Research Council for Environment, Agricultural Sciences and Spatial Planning (FORMAS) and is being implemented jointly by Makerere University, Uganda and Umeå University, Sweden

The partners

