



University of Venda

**HOUSEHOLD FOOD ACCESS AND NUTRITIONAL STATUS OF 2-5 YEARS OLD
CHILDREN RESIDING AT LAMBANI VILLAGE IN VHEMBE DISTRICT OF
LIMPOPO PROVINCE.**

BY

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**THE MINI-DISSERTATION IS SUBMITTED IN PARTIAL FULFILMENT OF THE
REQUIREMENTS FOR THE DEGREE OF BACHELOR OF SCIENCE IN NUTRITION
IN THE DEPARTMENT OF NUTRITION, SCHOOL OF HEALTH SCIENCES AT THE
UNIVERSITY OF VENDA.**

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UNIVERSITY OF VENDA

2014

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ABSTRACT

Aim: The aim of this study was to determine household food access and nutritional status of children aged 2-5 years old in Lambani village

Methods: Descriptive and correlational study designs were used. The research described household food access and nutritional status of 2-5 years old children and explored the relationship between household food access and nutritional status of 2-5 years old children.

Setting: The research study was conducted in a rural village of Lambani within Vhembe district of Limpopo province.

Subjects: Sixty (60) children aged 2-5 years old were conveniently sampled from six selected sections in Lambani village.

Results: Household food access has tremendous impact on the nutritional status of 2-5 years old children. The findings of this study provide evidence that household food insecurity affect the nutritional status of children negatively. This study also reveals that 56.7% of households were food insecure in comparison with merely 43.3% of households that were food secure. 28.3% of households from those that were food insecure were mild food secure. Economic factors, access to land for food production, household size and food distribution were amongst the factors that hinder children's access to food in the household therefore led to poor nutritional status of 2-5 years old children; i.e. undernutrition.

Conclusion:

There is a significant association between household food access and nutritional status of 2-5 years old children in Lambani village since undernutrition was found to occur mostly in severely food insecure households where children had no access to household food in comparison with food-secured households.

Key Words: Household, Food access, Nutritional status, children, Lambani