

V. FOOD INSECURITY

Food insecurity is described as “limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways”. (American Dietetic Association 1998). Those individuals whose food intake decreases below their minimum calorie requirements are coming under the food insecure category, as well as the person who is physically not fit, or have some disease due to the lack of food and hunger or unbalance diet. (FAO. 2000)”. Thomas (2006) defines food insecurity as “Food insecurity exists when people do not have adequate physical, social or economic access to the sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life. According to FAO Food Insecurity is defined as “a situation that exists when people lack secure access to sufficient amounts of safe and nutritious food for normal growth and development and active and healthy life”. (FAO, IFAD. 2013).

Moreover, food insecurity is classified into three major categories by the FAO (Food and Agricultural Organization) those are :

- (i) **Acute:** Severe hunger and malnutrition to the point that lives are in a significant threat immediately (e.g., famine).
- (ii) **Occasional:** It is defined as existence of food insecurity due to a specific temporary circumstance.
- (iii) **(Chronic:** the requirement of food needs is consistently or permanently under threat. Food insecurity is a multi-dimensional concept, and it affects every section of the population in different ways: children and mothers are also prone to food insecurity with various factors are overpopulation, gender inequality, lack of education and poverty. Overpopulated areas have the problem of food and can lead to malnutrition among children, especially in rural areas. The female child suffers more than the male child because they eat food after the male child due to male superiority. Lack of knowledge in women regarding nutrition, breastfeeding is also a concerning problem (Upadhyay & Palanivel, 2011). Generally, we assume that childhood food insecurity is caused by poverty, but there are other factors which also influence the children food insecurity, i.e., mother’s physical and mental health, residential instability, living in a household without parents, no payment support foe child, mother’s past and current substance abuse, and immigrant parents.

VI. CAUSES OF FOOD INSECURITY

Food insecurity is both a cause and a consequence of violence, contributing to a vicious cycle or “conflict trap”. Food security is critical for political stability. It is linked to increased risk of common failure, protests and rioting, communal violence and civil conflict. Violent conflicts, in turn, create food insecurity, malnutrition and in some instances famine. Thus, food insecurity can perpetuate conflict, although its effects depend on the context, with the most robust links evident in states that already have fragile markets and weak political institutions.

VI.1. POPULATION GROWTH

Various scholars have different thought according to population growth and food insecurity. Malthus gave an inverse relationship between the population and resources, a rapidly growing population become a burden on resources. So, he introduces positive checks (war, natural disaster, calamities) which occur if we do not control the population growth. British environmentalist, Sir Jonathan Porritt said that *“It’s no good blaming climate change or food shortages or political corruption, continuing population growth in this region makes periodic famine unavoidable”*. If we see, we find that the increase in population indirectly affects food security, but the effect of poverty is more than that. As we saw in the famine of Bengal in 1943. According to Nobel Laureate Amartya Sen, “starvation is the characteristic of some people not having enough food to eat. It is not the characteristic of there being not enough food to eat. While the latter can be a cause of the former, it is but one of many possible causes”. We find that growth of population exacerbated the pressure on environmental degradation, social causes and climate change and further these factors pose the food insecurity problem to the state or region. Despite a sufficient amount of food availability, the issue of food insecurity is found in many areas.

VI.2. CONFLICT AND POLITICAL INSTABILITY

Food insecurity can be both a cause and consequence of conflict and political instability. The relationship between conflict and food security affects each other as food scarcity leads to market collapse. As a result, food availability in the market decreases, which create greater

havoc in public. Because of persistent conflicts and food insecurity millions of helpless people ready to migrate away from their homeland to a better place.

Andersen and Shimokawa (2008) find that the population with poor health and nutrition are more responsible in the civil conflict in the food-insecure region. Food security is most critical for political stability. It is related to increased risk of democratic failure, protests and rioting, communal violence and civil conflict. As a result, these conflicts create food insecurity, malnutrition and in some cases famine.

VI. 3. URBANISATION

The world population will increase from 6.7 to 9.2 billion from 2007 to 2050 in the urban areas of less developed countries (United Nations, 2008) and according to the FAO estimates that global food production should be increased up to 60 per cent by 2050 to meet population demands. According to Sova (2016), it is projected that around two-thirds of the world's population will live in urban areas. It shows an expected decline in the rural population, which means the population at worldwide will need to produce more food with fewer farmers to meet the growing caloric demands in cities. This adds to an already problematic task for the world's farmers side by side, the agricultural land is decreased by the expansion of urban settlements. It should be emphasized that the future outlook in relations between urbanisation and food security is mixed. The global merging patterns in production and urbanisation and economic and human development provide opinions for an optimistic outlook in terms of sustainable urban development and the fight against hunger and under-nutrition.

VI.4. CLIMATE CHANGE

It leaves a deep impression on food security in different ways. It affects the crops, livestock, forestry, fisheries, and aquaculture. Thus, climate change indirectly affects the socio-economic conditions of people through agriculture, market effects, etc. The social and economic disturbance is observed with the changes in agricultural incomes, food markets, prices and trade patterns, and investment patterns. At the farm level, they can reduce revenues. They can influence physical capital and force farmers to sell productive capital, for instance, cattle, field, to absorb income shocks. As a result, farmers become weak and have no money to invest. This problem directly affects the social impacts on farming households, limiting their capacity to face other expenses, such as health, education and standard of living (FAO. 2016). Safe water

and sanitation facilities are also affected by climate change which may lead to diarrheal disease that can disturb the absorption of nutrients. Climate change can also increase different vector-borne diseases which can hamper people's physiological capacity to get necessary nutrients from the foods consumed and decrease labour productivity due to morbidity. The effects of climate change on food security are the consequences of climate changes themselves and the underlying vulnerabilities of food systems. They can be defined as “cascading impacts” from climate to biophysical, then economic and social, and to households and food security. At each level, vulnerabilities worsen the effects. The food-production system stability is a direct influence by the changes in climate variability. Increased frequency and intensity of the drought and flood would be a great threat to stability, whether the impact is domestic, local or through the global food market. The frequency and magnitude of food emergencies might increase, resulting from complex interrelations between political conflicts and migration in a context of increased competition for limited resources.

VI.5. FINANCIALISATION OF FOOD

Financialisation of food refers to the increasingly significant role played by financial markets in the agri-food sector. The financialisation process affected food systems in recent decades and financial actors, markets and motivations play a more significant role in society, and in all sectors of the economy. Food is being used as a commodity in international markets by speculators. The sole purpose of these speculators is only to earn profits. They have no direct interest in the foodstuffs, and they only used them as a source of income. Speculation is a valuable tool which is used for food price volatility. The result of these price hikes has been seen in the international food markets in 2007-08, 2010 and 2012, which show that how sudden price shocks can generate severe and prolonged food crises. As many organisations assure that food is a human right and food cannot be used as a commodity for exploit.

VI.6. KNOWLEDGE AND INFORMATION SYSTEMS

Food production and rural development in those countries which have food insecurity require suitable and up-to-date technologies which are very helpful in the transfer of technology for sustainable development, local food traditions and promote modernization of local production methods. To get advantage from these technologies will need proper training, education and development skills for local human resources. Knowledge and Information Systems are

significant things to understand agriculture-related knowledge, safety net policies, environment, health and education, administration, marketing, and even political information. Knowledge improvement services, early warning systems and management information systems support all other efforts to address food security. Information systems are used exclusively to collect the performance of data that are related to crop production areas by using remote sensing and field data-gathering networks to provide early warning of emerging food insecurity situations.