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FOOD INSECURE POPULATION IN THE EAST AND CENTRAL AFRICA REGION

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Abstract: *This paper presents the situation of food insecurity in the East and Central Africa region using the Integrated Food Security Phase Classification (IPC). Lack of availability to the types and quantities of food required for each family member to enjoy an active and healthy lifestyle is known as food insecurity. Someone who has ran out of food and gone for a day or more without eating is considered to be severely food insecure. In other words, it's probable that they've experienced hunger.*

• Introduction

One of the biggest issues facing humanity is the issue of food insecurity. According to a conservative estimate from the UN Food and Agriculture Organization, 868 million people globally endured serious chronic undernourishment in 2012, while two billion people experienced micronutrient deficiencies. According to Nature (2010) and the IMF (2012), Sub-Saharan Africa has the highest levels of macro- and micronutrient malnutrition and falls behind other areas in the fight against hunger.

• Material and method

The paper presents a research based on external data, pertaining to food insecure population in the East and Central Africa region, in March 2023.

The Integrated Food Security Phase Classification (IPC) is a tool used to improve analysis and decision-making related to food security.



• Results and discussions

Presenting the food insecure population in the East and Central Africa region, a fact to mention is that DR Congo has the most stressed population (IPC Phase 2), population in crisis (IPC Phase 3) and population in emergency (IPC Phase 4). The population in catastrophe (IPC Phase 5) has the highest value in Somalia. Regarding the stressed population (IPC Phase 2), the number of people is varying from 414.747 to 47.192.223. The country with the least amount of stressed population is Djibouti while DR Congo is the one with the largest amount.

Conclusions

Addressing food insecurity challenges in East and Central Africa, specifically in countries like the Democratic Republic of Congo (DRC) and Somalia, requires a comprehensive approach involving various measures, like social protection and safety nets and conflict resolution and peacebuilding.