



**MARKET  
DEVELOPMENT  
IN THE NIGER DELTA**

**DFID** Department for  
International  
Development

Funding for this programme  
is provided by the United Kingdom's  
Department for International  
Development (DFID)



■ Monograph Series Vol. 4

# ASSESSMENT OF DIETARY DIVERSITY AND INTRA-HOUSEHOLD GENDER RELATIONS IN THE NIGER DELTA



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February 2014

## ABBREVIATIONS

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DAI	Development Alternatives Incorporated
DFID	Department for International Development
FAO	Food and Agriculture Organization
FGD	Focus group discussion
GTG	Gender Talk Group
HH	Household
HHH	Household Head
HDDS	Household Dietary Diversity Score
PPI	Poverty Probability Index
KII	Key Informants Interview
MADE	Market Development Programme in the Niger Delta
MDD-W	Minimum Dietary Diversity –Women
UNICEF	United Nations International Children Education Fund
USAID	United States Agency for International Development
WDDS	Women’s Dietary Diversity Score
WHO	World Health Organization



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## **ACKNOWLEDGEMENT**

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The MADE team would like to appreciate all the individuals who contributed in one way or the other to the successful completion of this survey. We thank specially our colleagues Lillian Oyama (the Gender Specialist) and Sylvanus Abua (the Monitoring, Evaluation and Learning Manager) who worked directly with the consultant to provide very useful advice and support during all phases of this survey. We also thank other colleagues who supported the review process and participated in the validation of findings.

We acknowledge the commitment of our consultant, Chief Bassey Archibong who worked tirelessly to ensure completion of this study. We also thank the team of enumerators including Blessing Ikeh, Susanne Ogbezuode, Bassey Idongesit, Maureen Aggie Alor, Ejiroghene Rose Agbigbe, Emmanuel Ibor, Funke Oke, Denis Ikpali, Oni Segun Yemi, without whom we would not have been able to garner community support for interviews and focus group activities.

Our profound gratitude is to the survey respondents as well as participants in the focus group discussion for providing quick and thorough responses to our assessment team. It is hoped that the recommendations from this report will be useful for programming that meets the needs of beneficiaries in the Niger Delta.

**Olatunde Oderinde**  
**(Team Leader)**



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## EXECUTIVE SUMMARY

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The MADE II project commissioned an assessment of i) Household Dietary Diversity and ii) Intra-household Gender Relations in the Niger Delta. This document presents the study report, which includes a review of related literature, the key methodology, findings, and proposed recommendations from the field study.

### Objectives

The team designed the fieldwork to achieve the following goals:

- i. To learn about the different diets and nutrition sources for people in Niger Delta communities and to better understand what options people within the area have to improve their nutrition.
- ii. To gain an understanding of whether participation in the programme and outputs attributable to the interventions are leading to meaningful changes in intra-household gender relations and other positive changes in the lives of women.

### Methodology and Tools

The assessment team led by a consultant adopted a mixed methods approach and conducted the assessment in five States (Cross River, Edo, Imo, Ondo, Rivers), which were sampled from the nine Niger Delta States using clustering of states by agro-ecology and ethnic affinity. The assessment team collected quantitative data from household surveys, the quantitative data were gathered using questions preset kobotool app set up on android mobile phones.

Qualitative methods were used to answer questions on household gender relations. It employed open-ended key informant interview (KII) questions and focus groups discussion guide. The team conducted nine(9) focus group discussions (FGDs) in the selected States and fifty (50) semi-structured KIIs with women..

The assessment team employed the poverty probability index (PPI) tool to gain an understanding of the poverty status of the MADE programme participants and adapted the Food and Agriculture Organization of the United Nations (FAO) dietary diversity questionnaire for a household survey. Checklist of topics for key informant interviews (KIIs) and focus group discussion (FGD) guides were developed to guide discussion with study participants (all women and a mixed group of men and women).

Women's dietary consumption was assessed through a qualitative 24-h recall. Food items were categorized into a list of 10 food groups (1) grains, white roots and tubers, and plantains; (2) pulses (beans, peas, and lentils); (3) nuts and seeds; (4) dairy; (5) meat, poultry, and fish; (6) eggs; (7) dark green leafy vegetables; (8) other vitamin A-rich fruits and vegetables; (9) other vegetables; and (10) other fruits. The Minimum Dietary Diversity – Women (MDD-W) is a dichotomous variable that equals 1 if the women consumed at least 5 different food groups during the past 24-h and 0 otherwise. Women who achieve minimum diet diversity (consuming foods from 5 or more food groups) are expected to have a greater



likelihood of meeting their micronutrient needs compared with women who consume foods from fewer food groups.

### **Sample size**

The sample size for the survey was calculated using Raosoft<sup>1</sup>, a web-based sample size calculator. To get a representative sample of beneficiaries, the sampling was done by state and type of support provided. The total sample size for the direct beneficiaries at the state level was derived using a 10 % margin of error and a 90 % confidence level. The margin of error was chosen because the assessment was largely about people's behaviour, 10 percent error margin is within acceptable limit for social research. Only MADE beneficiaries formed the sampling frame of the beneficiary group in the intervention states. A sample of 340 MADE beneficiaries were selected as respondents for the survey, 327 of those selected responded to the questions. This sample was distributed by state through a multi-stage random sampling of beneficiaries.

### **Key Findings and Recommendations**

Findings from the survey showed that:

- Many of the respondents across the five states live in houses with concrete, zinc, and iron sheet roofs, with Rivers State having 99% of the respondents in this category; The poverty likelihood for the 327 respondents is 60.7%. This implies that 60.7% of the households surveyed are likely to live below the poverty level.
- Over 80% of the respondents indicated that they consumed root and tuber foods; this pointed to the monotonous diet consumed by households and it follows the traditional food consumption habits of many states in the Niger Delta.
- The consumption of dark green leafy vegetables (such as fluted pumpkin, Amaranthus and Water leaf) is high as 80% respondents across the five states studied reported this dietary pattern; A reflection that most food combination includes morsel and vegetable eaten with it.
- Households' intake of dairy and eggs and grains are significantly low – i.e. below 40 % in four states except for Rivers State. The low consumption of certain food groups is more state specific than a regional norm.
- Women's minimum dietary scores (MDD-W) followed the household consumption pattern. Grains, Eggs and Milk Dairy are not consumed by many respondents. The cause of none consumption was largely attributed to the fact that foods such as eggs do not “fill the

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<sup>1</sup> Raosoft is web-based sample size calculator **Raosoft** SurveyTools is a powerful collection of more than 15 utilities for database and file management of your survey data gathered with **Raosoft** online survey software.

belly”, they prefer tubers and root crops such as Cassava (foo-foo and Garri) and Yams which are more filling.

○ There is a strong correlation between the PPI and the HDD food scores in the households. The level of significance for the two-tailed test is 0.067, which is higher than the statistically required 0.05. This finding could imply among other reasons that the choice of food by respondents is influenced by their poverty levels across the five states. The study findings on intra household gender relations indicated:

○ That women are generally more constrained than men regarding access to productive resources such as land, credit or information even in households; the main reasons were that tradition vest land title on men, to access credit collateral if needed which many women do not have.

○ Inequalities still exist between women and men in households, because men have more access to material resources, finance and relevant information than women. These inequalities impact negatively on all members of the household;

○ Non-paid household responsibilities and work takes women’s time but also sap their physical and emotional energy; these leaves them with very little time to engage in income generating activities. This is instructive because understanding how women and men allocate their time in the family is crucial for creating gender sensitive interventions.

○ Women are more eager and willing seek and engage in enterprise opportunities to contribute to household food security; because women who have control of resources and assets are better placed and their voices are heard in the family;

○ Social factors such as belonging to community associations, and having minimum education, affect intra-household dynamics; Women attend and belong to associations, e.g. *Esusu* Saving, Gender Talk Groups, agriculture cooperative groups where they gather information which affects their capacity to negotiate and take certain decisions at home

○ Knowledge of enterprise exists among women in the households, also, the increased levels of income accruing to women through the MADE programme resulted in two noteworthy changes: 1) ability to invest more in food for their family, grow their business, and save for unexpected events and 2) empowerment within the household such that women are trusted to manage household assets and make critical decisions related to food security.


○ Women and men within the same households are often involved in the same enterprise but play specific gender roles within the enterprise. In most cases, women are not able to take on other more profitable roles due to systemic/traditional constraints.





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The study recommends an investment in using approaches and interventions that are gender transformative within local contexts. Recommendations are suggested to assist MADE II in the review of current and future interventions in the Niger Delta:

1. Intentional effort should be placed on the design and development of integrated household nutrition enhancement guide (including revising already existing behaviour change communication - BCC materials), which could be used as stand-alone training material in GTG or mainstreamed during delivery of other interventions;
  2. Homestead gardens including the keeping of poultry birds should be an integral part of future MADE activities, as meat eggs could make for a more nutritious and diversified diet when combined with vegetables which already widely eaten in the Niger Delta;
  3. Households particularly women should be trained, supported with improved seeds and encouraged to be deliberate in establishing and managing homestead farms for improved nutrition, diversifying diets, and, in some cases, selling produce for income;
  4. Gender Talk Group is a good platform for engagement on gender and it should be expanded to include more male champions, and in more states, and strengthened to deliver an integrated package of health, nutrition, peacebuilding and enterprise related messages. It should hold special sessions for men and target them with gender equity measures as well as appropriate messages;
  5. Gender discussions should not be limited to Gender Talk Groups, inclusive nutrition discussions should be programmed emphasizing an adequate combination of food classes in household meals because the production of certain food items in high quantities alone is not enough to meet household consumption of diverse foods;
  6. Activities seeking to address intra-household gender relations (time use for un paid work, in-balance in decision making power, limited access to key resources; land among others must intentionally request for women, and factor time allowance for women,
  7. MADE Programme should focus on women's knowledge and skills in other enterprises they could exploit within interventions, for example, micro franchising should go beyond production to include, areas such sales of feeds, birds in poultry, sales of inputs, small scale processing for the overall benefit of the intervention and beneficiary households;
  8. Gender transformation requires a change in behaviour and belief, MADE should consider a mentorship programme for women and organize exchange and learning visits between successful and less successful women owned businesses. It is also important to seek male gender champions in project communities and work with them to reach other men.
  9. MADE programmes are increasing women economic empowerment but it should demonstrate more gender, transformative models, for example in Aquaculture, service offering could include gender specific services, Opportunity should be created for more women to be involved in the poultry, aqua culture intervention in order to address systemic constraints involved with land ownership;
- 

**10.** Programming should focus on women’s knowledge and skills in other enterprises they could exploit, for the overall benefit of the household. For example, strategies could include scaling up Osusu savings and loan approaches, or restructuring market systems interventions to overcome the barriers to participation;

The study prompts us to note that while intervention can help increase dietary diversity outcomes in households, they only do so when they include intentional behavior change communication and interventions, design to improve household nutrition. From this knowledge, MADE II has an opportunity to contribute to the growing national drive for inclusive programming by integrating nutrition-sensitive approaches to interventions.



## SECTION 1. INTRODUCTION

### Background to MADE Programme



Market Development in the Niger Delta (MADE), funded by DFID, is a means of reducing poverty and conflict in the Niger Delta region through developing rural agricultural markets and other sectors that impact on poor people. It was contracted as design and implement a programme to Development Alternatives Incorporated (DAI) in 2013. The goal of the programme is to facilitate income increases for poor smallholder farmers and entrepreneurs in the target sectors. Phase I (September 2013 – February 2018) made significant progress and was able to surpass its target in achieving a 15% income increase for 150,000 people in the Niger Delta area.

Building on the success of MADE I, DFID approved a cost extension for an additional two years (March 2018 – February 2020) and has an additional target of 155,000 smallholder farmers and entrepreneurs with increased incomes. It is expected that 30,000 of those with increased incomes will be from Edo State and these will be poor low-skilled youths and women that are susceptible to human trafficking.

MADE II programme will focus on increasing its impact on the five states which cause the greatest challenge to stability in the Niger Delta, namely Delta, Bayelsa, Rivers, Akwa Ibom, and Edo State. It will also focus on generating alternative sources of income to deter youths from attempting a risky migration that may result in them becoming victims of human trafficking.

MADE developed the Gender Talk Group (GTG) in MADE I Year 2 which it put into application in the third year of the previous phase. The GTG provides a forum to promote practical ideas that contribute to increasing women's access to, and control over productive resources and benefits in the value chains. It also serves as a platform for sharing ideas to mitigating the risk of social exclusion of women as a result of their growing economic status.

## 1.1 Background to the Study

Whereas Nigeria's wide range of climate variations allows it to produce a variety of cash crops, the problem of poor household nutrition and malnutrition amongst children persists. The UNICEF Factsheet on nutrition indicates that "in Nigeria, 37% of children, or 6 million children, are stunted (chronically malnourished or low height for their age), more than half of them severely. In addition, 18% of children suffer from wasting (acutely malnourished or low weight for height), half of them severely. 29% of children are underweight (both acutely and chronically malnourished or low weight for their age), almost half of them severely"<sup>2</sup>. Mothers and caregiver's lack of nutritional knowledge about hygienic food preparation, food handling, storage, processing, preservation of food and equal distribution of nutrients to family members aggravate poor household nutrition and health outcomes.

MADE's on-going programme implementation is most likely leading to improved household nutrition from observed increased incomes, but this has remained an assumption. The programme considered it expedient to gather information from beneficiaries about their dietary diversity (i.e. range of nutritious foods and protein intake) to see how this may have been changing over time attributable to the MADE intervention.

The MADE report indicates that lead firms organized training and good agronomic practice (GAP) demonstrations reaching 46,703 farmers among which 21,966 were women, bringing the total to more than 60,000 across cocoa, rice, cassava, and palm oil sectors in GAP from inception

### QUICK FACTS

- 37% of children (6 million children) are stunted
- 18% of children suffer from wasting (acutely malnourished or low weight for height), half of them severely.
- 29% of children are underweight (both acutely and chronically malnourished or low weight for their age), almost half of them severely.

*Source: UNICEF Nigeria factsheets*

This nutrition baseline is a formative assessment, while an end line survey in November 2019 will provide a summative assessment of the extent to which the programme is improving household nutrition. The findings from the summative assessment will be compared against the baseline situation to determine the programme's impact on household nutrition.

## 1.2 Study Purpose:

The purpose of the assignment was two-fold:

<sup>2</sup> [https://www.unicef.org/nigeria/factsheets\\_NUTRITION\\_low.pdf](https://www.unicef.org/nigeria/factsheets_NUTRITION_low.pdf)

1. To learn about the different diets and nutrition sources for people in Niger Delta communities and to better understand what options people within the area have to improve their nutrition.
2. To gain an understanding of whether participation in the programme and outputs attributable to the interventions are leading to meaningful changes in intra-household gender relations and other positive changes in the lives of women.

## Objectives

The specific objectives of this assignment were to:

- a.) Ascertain households' socioeconomic status using poverty probability index;
- b.) Establish household dietary diversity by socioeconomic status and gender of household head;
- c.) Ascertain households' preferences for specific diets and how this correlates with socioeconomic status;
- d.) Compare dietary diversity before and after engagement with the MADE programme;
- e.) Assess intra-household gender relations among MADE programme beneficiaries in the Niger Delta;
- f.) Recommend how the programme can address identified nutritional deficiencies.

## 1. 3 Review of Relevant Literature

In order to discuss the poverty status of programme participants' dietary diversity, intra-household gender relations, literature relating to the subject were reviewed below

### 1.3.1 Poverty Probability Index



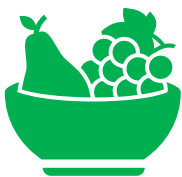
In 2005, Grameen Foundation commissioned the development of the Progress out of Poverty Index® (PPI®) with the support of the Consultative Group to Assist the Poor (CGAP) and Ford Foundation. Their goal was to create an easy-to-use poverty measurement tool for microfinance institutions, understanding that these institutions need reliable poverty data to manage their social performance. Once individual household poverty likelihoods have been calculated, organizations can average these poverty likelihoods for the group of clients surveyed to determine the poverty rate of their portfolio or the percentage of their clients who live below a specific poverty line. This is the organization's "poverty outreach."

The Poverty Probability Index (PPI) is used to determine poverty outreach. PPI is designed to be simple and data can be collected easily via pen and paper. Data can also be collected via numerous automated or mobile-based data collection tools that have

become available in recent years. Once a PPI survey has been completed for a household, the poverty likelihood of that household can be calculated by summing the score [between 0 and 100] and using the Look-Up Table to convert the score to a poverty likelihood [%] related to a poverty line [e.g., national poverty line or \$1.90/day].

Unlike other poverty measurement methods, the PPI was designed with the budgets and operations of real organizations in mind; its simplicity means that it requires fewer resources to use. The PPI is a set of 10 easy-to-answer questions that a household member can answer in 5 to 10 minutes. The questions are simple – “What material is your roof made out of? How many of your children are in school?” The scored answers provide the likelihood that the survey respondent’s household is living below the national poverty line and other internationally recognized poverty lines. The PPI is country-specific and there are currently scorecards for 60 countries. Indicators in the PPI for Nigeria are based on data from Nigeria’s 2012/13 General Household Panel Survey conducted by Nigeria’s National Bureau of Statistics. It is important to note that the 2012 PPI for Nigeria is not comparable to the 2003 PPI due to government changes in the definition of poverty. (Innovations for Poverty Action, 2015).

### 1.3.2 Dietary Diversity



Dietary Diversity has been measured in different ways - both research and programmatic contexts. However, only a few simple food group diversity indicators have been promoted for wide population-level use in resource-poor settings. These include the Household Dietary Diversity Score (HDDS), the MDD and the Women’s Dietary Diversity Score (WDDS). The HDDS is a proxy for household-level access to calories, which is one dimension of household food security.

Promotion of diverse diets is one of several approaches to improving micronutrient nutrition for women of reproductive age in the household; additional diet quality indicators would be needed in settings where other strategies, including fortification, bio-fortification and/or supplementation, are used. Furthermore, diet quality is multidimensional. In addition to micronutrient adequacy, high-quality diets are characterized by a balance in intake of protein, carbohydrates, and fat (Institute of Medicine, 2005) and moderation in the consumption of certain foods – those low in nutrient density and those associated with increased risks for chronic disease (George et al., 2014).

In measuring household diversity, a diet recall is required, a dietary recall is a method

“Promotion of diverse diets is one of several approaches to improving micronutrient nutrition for women of reproductive age in the household; additional diet quality indicators would be needed in settings where other strategies, including fortification, bio-fortification and/or supplementation, are used”.

of dietary assessment based on either a face-to-face interview or automated method conducted by trained personnel. During the interview, an individual is asked to recall their food and beverage consumption during the previous day. Earlier research resulted in a suggestion of several scores that reflected micronutrient

adequacy; however, no single score was proposed for global use (Arimond et al., 2010). One of these scores, a WDDS based on nine food groups, was described by FAO (2011) and selected for use by the U.S. Agency for International Development (USAID) Feed the Future and Food for Peace development food assistance programmes, and others. The multiple pass recall (MPR) approach, which consists of a free and uninterrupted recall of the food intake, is often followed by detailed questions such as asking about the exact quantities consumed and finally a review of things that were previously recalled (Food Standards Scotland, Newcastle University, 2012–2018).

In an Assessment of Dietary Diversity in Six Nigerian States, Sanusi A 2017 showed that the quality of diets was directly related to dietary diversity and inversely related to malnutrition in terms of faltered growth in children, nutrient deficiencies and the risk of chronic diseases.

### 1.3.3 Intra-household Gender Relations



Gender refers to the many socially or culturally constructed characteristics, qualities, behaviours, and roles, which different societies ascribe to females and males (Oakley 1972). Gender is a broad analytic concept, which highlights women's roles and responsibilities in relation to those of men. Unlike sex, which is biological (male and female), gender refers to cultural and psychological attributes of men and women in relation to their economic contributions, expectations, roles, and characteristics of its members as made evident in the approval process of social inclusion, Nwadiaro (2011).

Gender is probably the most widely discussed aspect of intra-household differences- this makes households very important as decision-making units. Decisions within households affect resource allocation, food security and general wellbeing of the members of such households. A household is a group of individuals living together, typically sharing meals or a food budget.

One of the models in intra household gender relations is the bargaining model. This model has two main assumptions first, the outcome of intra-household resource allocation varies based on individual household members' bargaining power; and second, individual household members have distinct preferences and tastes and these cannot necessarily be aggregated into a single welfare or utility function (Alderman et al., 1995; Katz, 1997). The model assumes that the household members participate in the decision-making and that members are able to bargain and, the difference between women and men are mainly based on their bargaining power and/or willingness to bargain for their own interests, rather than who makes the decision (Handa, 1994). In this model, the process of decision-making is more democratic as compared to the unitary model where power is centred on household heads. However power within the bargaining model process tends to favour those who have a better fallback position when the arrangement does not work.

Values and relations are being broken, tested, contested, and renegotiated in silence, pain, and violence. What is striking is that despite widespread changes in gender roles, traditional gender norms have shown remarkable tenacity, leaving families struggling to meet the often-contradictory demands. This notion is supported by earlier studies which describes the household as a more complex and dynamic social entity which may change its composition and goals over time as family members and dependents of

The household<sup>1</sup> is an institution that is strained and in flux. Vast economic, social, and political restructuring has not —with few exceptions— translated into increased economic opportunities for the poor. Under increasing economic pressure, men in many parts of the world have lost their traditional occupations and jobs, and women have been forced to take on additional income earning tasks while continuing their domestic tasks. These changes have touched core values about gender identity, gender power, and gender relations within poor households, and anxiety about what is a “good woman” or a “good man” seems pervasive.



varying age groups and sexes engage in various activities to meet the specific responsibilities assigned to each (Jiggins, Samanta, Olawoye, 1985).

Studies have also shown that for a long time, the economic analysis did not sufficiently address intra-household decision-making and the impact of individual preferences on household decision-making. However, overwhelming empirical evidence and theoretical work showed that individual-specific preferences matter, for instance, World Bank studies noted <sup>3</sup> that taking on additional income earning roles has not necessarily led to the social empowerment of women or greater equity and peace in the household. “The impact of employment on women appears to be ambiguous, with some women succeeding in gaining control over the affairs of the household, some women being able to establish their own male-free households, and some women continuing to subsidize men”.

Furthermore, other evidence demonstrated that men and women’s preferences systematically differ. Individual specific preferences also have implications for the welfare of other household members, which, at least in economics, did not become apparent until new analytical techniques were developed, Holger Seebens (2010). Explaining individual preferences Holger noted that the classic economic approach starts with the assumption that household decision-making is characterized by either a single decision-maker, who dictatorially makes all decisions, or a household decision, which implies that all household members share the same preferences, views or values such that it makes no difference who in the household eventually takes decisions. In essence, this approach treats households as a single unit and individuals within the household are analytically neglected.

The implication of the intra-household resource allocation literature is that household members do not pool income but finance their personal demands from their individual accounts. Duflo and Udry (2004) argue that household spending on different goods is made from individual specific ‘mental accounts’, that is, women tend to spend on their children, while men favour spending on goods like alcohol and tobacco.

The availability of productive resources, in terms of adequacy and quality, is essential to the attainment of production goals, including increased yield and income. Gender inequalities have been reported in the access to and control of agricultural resources.

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<sup>3</sup> World Bank study – Chapter 5 (Gender anxiety)  
<https://siteresources.worldbank.org/INTPOVERTY/Resources/335642.../ch5.pdf>

These inequalities, emanating from culturally constructed relationships between women and men, moderate the distribution of agricultural resources, causing disparities in development outcomes (Koyenikan and Ikharea, 2014).

Holger Seebens (2010) opined that three general problems should be considered before formulating female empowerment focused policies: namely (1) women empowerment has not always led to the expected results of greater welfare for other household members. (2) Policy measures targeted at women empowerment have not always brought about real empowerment and rather induced negative effects for women (3) the studies documenting gains from women empowerment and losses from inefficient resource allocation need to be interpreted within context.

The six gender domains relevant to intra-household gender relations, as described by USAID, 2011, 2013 include:

**Access to & control over resources** including human capital assets (e.g., education, information), financial assets (income, credit, insurance), natural assets (e.g., land), and social assets (e.g., social networks, time). *“Access”* implies ownership or being able to use an asset, even if you do not own it; *“Control”* means having the right or authority to use the asset any way one chooses or decides. This domain examines gender access &/or control necessary to be a productive member in the household or society. It includes access to resources, income, services, employment, information, and benefits.

**Knowledge, beliefs, and perceptions (cultural context):** This domain explores gender norms and beliefs, both of which are influenced by perceptions of gender identity and shape how females and males respond to and participate in activities. This domain refers to the types of knowledge possessed by women and men; the beliefs that shape gender identities and

“The availability of productive resources, in terms of adequacy and quality, is essential to the attainment of production goals, including increased yield and income.

Gender inequalities have been reported in the access to and control of agricultural resources. These inequalities, emanating from culturally constructed relationships between women and men, moderate the distribution of agricultural resources, causing disparities in development outcomes.

Three general problems should be considered before formulating female empowerment focused policies: namely (1) women empowerment has not always led to the expected results of greater welfare for other household members. (2) Policy measures targeted at women empowerment have not always brought about real empowerment and rather induced negative effects for women (3) the studies documenting gains from women empowerment and losses from inefficient resource allocation need to be interpreted within context”.

behavior; and the different perceptions that people have about gender issues.

**Participation and leadership:** This domain explores differences in actions e.g. participation in social networks (cooperatives, associations). It equally looks at leadership roles or positions held by women and men in such associations, which could affect their behaviour within the household.

**Gender roles, responsibilities and time-use:** This domain addresses gender differences in roles/ responsibilities in household domestic and economic activities, the availability and allocation of time and the locations in which time is spent. It addresses time used for both paid and unpaid work (including in the home) and community service; and how time is spent during the day (week, month, or year, and in different seasons). This domain examines how men and women within the household spend their time and what implications their time commitments have on their availability for economic activities.

**Legal rights and status:** This domain examines norms that define what is culturally appropriate for women and men in terms of participation, and gender roles or responsibilities. In this study, community norms were examined as they relate to women and men's participation in domestic and agricultural activities.

**Power (decision-making patterns):** This domain examines the capacity of adults to make households and individual decisions regarding the use of income, assets and other household resources, as well as decisions that impact household livelihoods.

## SECTION 2. METHODOLOGY

This baseline assessment used a mixed methods approach to collect, analyze, and triangulate quantitative and qualitative data to answer the survey questions. Related literature was reviewed.

**Literature Review:** Literature included other reports, assessments, and studies on gender and gender relations in the household. Some of the reviewed literature is not exactly in the Niger Delta however; they presented a basis for relationships and provide logical strength to support found in the geographic area under study and conclusions in this study.

The assessment methodology had the following characteristics:

- a.) Clustering of states in the Niger Delta by agro-ecology and ethnic affinity to select the five sample states
- b.) Beneficiary based household survey in the project operational areas. The data collection sample was derived from the dataset of project beneficiaries from 2013 to 2018.
- c.) The survey data collection was carried out between March 6 and March 19, 2019.

### 2.1 Survey Measurement Units and Respondents



The measurement entities and respondents of the survey varied according to the question type and which information was collected. For question on dietary diversity, the measurement units and respondents were households and knowledgeable household members (male and female). For key informant interviews of gender relations, females were targeted while for focus group discussions, target groups consisting of females and one mixed group of male and female were units for information gathering.

### 2.2 Sampling Procedure and Sample Size



The description of sample design, sample universe, planned level of statistical precision and power, sample size calculation; sampling frame used and respondent selection procedures were provided.

The consultant constructed the sample frame for the dietary survey from a MADE dataset that listed 10,000 HH beneficiaries in the Niger Delta states.

The sample size for the survey was calculated using Raosoft, a web-based sample size calculator. To get a representative sample of beneficiaries, the sampling was done by State and type of support provided. The total sample for the direct beneficiaries at the

state level was derived using a 10 % margin of error and a 90 % confidence level. Only MADE beneficiaries formed the sampling frame of the beneficiary group in the intervention states.

From a universe of 10,000 beneficiaries, a sample of 340 respondents was drawn from the list. This sample was distributed by state through a multi-stage random sampling of beneficiaries. The following stages were used for sampling: State, Local Government Areas (LGAs), sex, and household.

A buffer list, containing 100 randomly selected HHs across the States, LGAs, and communities - that is 20 per State was generated and reserved for replacement should any or a combination of the following situations arise:

- An enumerator was unable to reach a respondent for the interview;
- Identified respondent was not willing to provide information in the interview; and/or
- Identified respondent relocated from the community for unknown reasons.

The impact of the MADE project on diets will be assessed later in the project life to determine if there are changes among beneficiaries groups, compared to data gathered from these baseline values.

In order to gather information on intra-household gender relations, the following six gender domains were explored: access to and control over resources, knowledge, and beliefs, participation, Roles and Responsibilities, and time use, Legal rights and status, Power decision making.

## 2.3 Data Collection Instruments and Procedures



The questionnaire included two components - poverty probability index questions and standard FAO diet diversity question guide. The team also gathered secondary data and background information to provide context and support where possible. They included secondary sources from other similar projects in Nigeria and elsewhere, which were operating at or near the same geographic areas as the project. An example is a 2017 study by SPRING Project: Assessing Drivers of Malnutrition in Nigeria - A report on findings from Kebbi, Niger, Benue, and Cross Rivers States to inform food security investments.

The qualitative data supported answering questions on household gender relations. It used open-ended key informant interview (KII) questions and focus groups discussion guide. The team conducted nine focus group discussions (FGDs) in the selected States. In addition to the FGDs, the team conducted 50 semi-structured KIIs with women.

**Focus Groups Discussions (FGDs):** In order to facilitate discussion around intra-household gender relations, FGDs were conducted in the five States to capture the essence of the study. Two FGDs were held in each location - both types of FGDs were limited to 8-10 participants segregated by gender. The FGDs took approximately an hour to administer.

**Key Informant Interview (KII):** KIIs were held with selected beneficiaries to deepen understanding of household dynamics in the selected states. The table below shows the number of KIIs conducted. A summary of the number of households surveyed, KIIs, FGDs, conducted by each state team is included in Table 2 below.

Table 1. Use of Data Collection Instruments

Data Collection Methods	CRS	Edo	Imo	Ondo	Rivers	Total
Household Surveys	69	68	57	68	68	330
Key Informant Interviews	10	10	10	10	10	50
Focus Group Discussions	2	2	2	2	1	10
Total	81	80	69	80	79	390

Training and orientation for enumerators took place in one day, 4<sup>th</sup> March 2019. This training included an orientation on the use of the Kobo toolbox - a mobile App to administer the questionnaire in the field.

The enumerators comprised of 10 graduates from different field of studies, out of the 10 enumerators 6 were females while 4 were males. 2 enumerators were assigned to each state for data collection

The use of kobo also ensured that data from the field was immediately fed to the MADE database. Recruitment of the fieldworkers followed a rigorous phone interview with shortlisted candidates who among other criteria had experience in conducting baseline surveys and have local knowledge.

Field Data Collection using tools that considered the following questions:

- *Demographic Data of Beneficiaries* - age, educational level, length of stay in locality, membership to worker associations. Household data including size (no. Of children and relations living in the household) and gender of the household head;
- What constitutes the household diet?
- How diverse is the household diet?
- To what extent is the household self-sufficient in terms of nutrient sufficient meals for women in households?
- What classes of food do household members, particularly women and children, consume?
- What dietary deficiencies exist and how could the programme interventions address such deficiencies?

**Dietary Assessment:** 24-hour dietary recall was conducted to obtain information on “subjects” food intake. Trained interviewers administered questionnaires at the home of the “subjects”. Respondents were asked to recall all foods eaten and beverages taken in the previous twenty-four hours prior to the interview.

**24-hour reference period:** FAO uses a reference period of the previous 24 hours. Using one 24-hour recall period does not provide an indication of an individual’s habitual diet,

but it does provide an assessment of the diet at the population level and can be useful to monitor progress or target interventions (Savvy et al., 2005). There are various other valid timeframes for recall, such as the previous 3 or 7 days, and in the case of some foods, the previous month. The recall period of 24 hours was chosen by FAO as it is less subject to recall error, less cumbersome for the respondent and also conforms to the recall time period used in many dietary diversity studies (Kennedy et al., 2007; Ruel et al., 2004; Steyn et al., 2006; Savy et al., 2005; Arimond et al., 2010). Moreover, the analysis of dietary diversity data based on a 24-hour recall period is easier than with longer recall periods.

**Dietary Diversity:** The respondent was the person who was responsible for meal preparation for the household the previous day. The respondent was asked about all foods eaten by any member of the household inside the home during the previous day and night. A scale of 10 food groups was used in assessing the dietary diversity of subjects. Using information collected from the 24-hour dietary recall, the dietary diversity scores for individuals were derived using the FAO guidelines for measuring household and individual dietary diversity (FAO, 2007). The dietary diversity was assessed based on the number of food groups consumed over the immediate past 24 hours.

Women's dietary consumption was assessed through a qualitative 24-h recall. Food items were categorized into a list of 10 food groups (1) grains, white roots and tubers, and plantains; (2) pulses (beans, peas, and lentils); (3) nuts and seeds; (4) dairy; (5) meat, poultry, and fish; (6) eggs; (7) dark green leafy vegetables; (8) other vitamin A-rich fruits and vegetables; (9) other vegetables; and (10) other fruits. The Minimum Dietary Diversity –Women (MDD-W) is a dichotomous variable that equals 1 if the women consumed at least 5 different food groups during the past 24-h and 0 otherwise. Women who achieve minimum diet diversity (consuming foods from 5 or more food groups) are expected to have a greater likelihood of meeting their micronutrient needs compared with women who consume foods from fewer food groups. Using a dichotomous indicator with an established cut-off value makes it possible to calculate the prevalence of women who achieve minimum dietary diversity, which has important operational implications. However, in this study, we also used the number of food groups consumed as a continuous variable.

## 2.4 Analytical Framework



In order to analyse HDDS and MDD-W diverse figures of food clusters are often used. This is because the scores are employed for different purposes. The HDDS is based on the food groups proposed by FANTA (Swindale and Bilinsky, 2006). There is no international consensus on which food groups to include in the scores. It should be noted that the single 24-hour recall is not considered to be representative of the habitual diet of an individual (“A comparison of four dietary assessment methods in materially deprived households in England”, Holmes et al, 2008). In order to establish and assess a typical diet, repeated 24-hour recalls should be used.



The HDDS in this study is meant to provide an indication of household economic access to food, thus items that require household resources to obtain, such as condiments, sugar, and sugary foods, and beverages, are included in the score. Individual scores are meant to reflect the nutritional quality of the diet. Since there are no established cut-off points in terms of the number of food groups to indicate adequate dietary diversity for the HDDS, looking at the percentage of households consuming individual food groups is another important analytical and monitoring strategy.

The WDDS reflects the probability of micronutrient adequacy of the diet and therefore, food groups included in the score are tailored towards this purpose.

It is important to note that, the dietary diversity score does not indicate the quantity of food consumed. Twelve food groups were proposed for the HDDS, while 10 food groups were used for the WDDS. The food groups used to calculate HDDS and WDDS are listed in Table 3 and Table 4. For both scores, some food groups in the questionnaire are aggregated.

The analysis of intrahousehold gender relations followed transcription of field notes from key informant interviews, focus group discussions, determination of patterns across and within States. Specific observations in the field which could provide insight to the assessment were also documented.

## 2.4 Limitations



The study had some limitations, prominent ones are listed below:

- The study period coincided with the Nigeria National and State elections. This affected the flow of data collection as the schedule for field work had to be changed a number of times to accommodate the shift in the election time-table.
- Due to insecurity, the team in Rivers State could not complete data collection within the specified time.
- The survey teams purposively visited communities and respondent where MADE II beneficiaries in the Niger Delta are located.
- Findings are not generalizable for other agro-ecological, or geopolitical zones in Nigeria.
- The dietary diversity survey did not establish household diversity patterns, because to establish pattern will require surveying households at different times over at least one production year. The 24-hour recall was used as a reference period; a longer recall period is prone to error and cumbersome for the respondents.
- In order to answer gender relations questions, a convenience sampling method was used to recruit respondents for KIIs. All the key informants being participants of at least one MADE intervention. Gender relations questions were qualitative in nature. It is thus misleading to make assumptions about the particular patterns in gender relationships to be found in any one household on the basis of data from elsewhere. Even within one country, sweeping generalizations are not advisable.



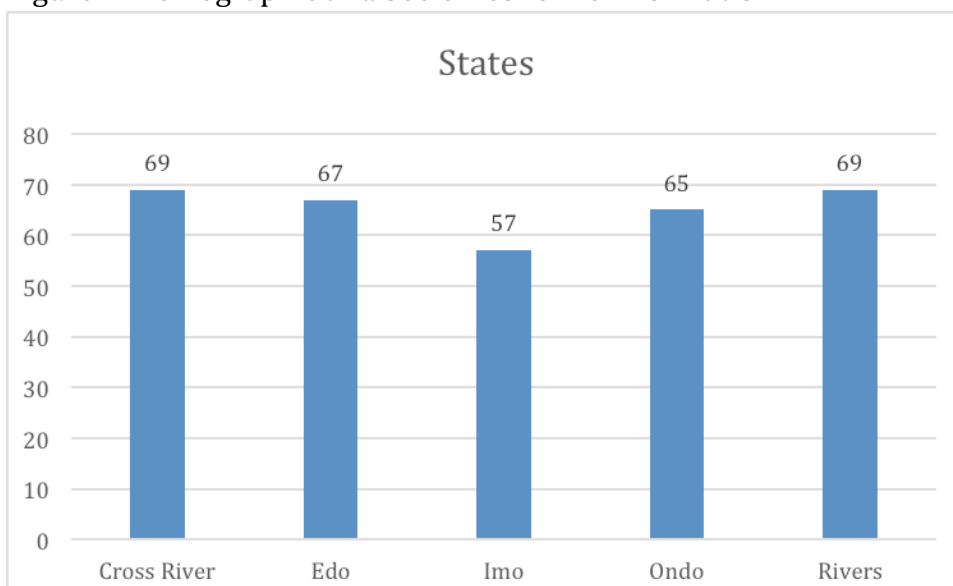
This study revealed differences in gender relationships even in ethnically similar communities. Therefore, to triangulate KII information, focus group discussions were also conducted in the respective LGAs. The study's usefulness lies in the fact that it provides valuable information and insights into gender relationships in the household and its impact on women's full participation in market development programmes.

## SECTION 3. FIELD FINDINGS – DEMOGRAPHICS, POVERTY INDEX DIETARY DIVERSITY AND INTRA-HOUSEHOLD GENDER RELATIONS

This section provides key findings on demography and poverty index, dietary diversity and intra household gender relations.

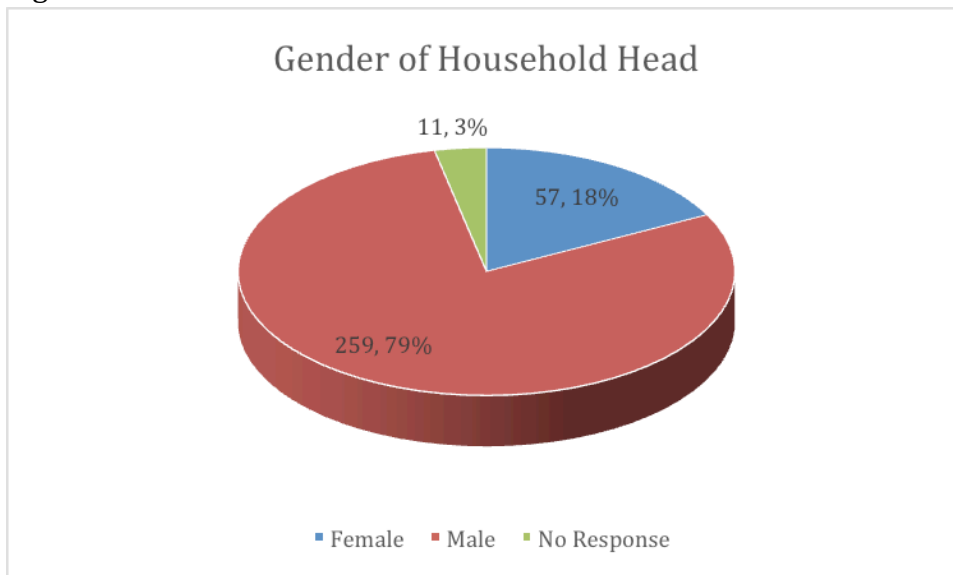
### 3.1. Demographic Information and Poverty Index

Figure 1: Demographic and Socio-Economic Information



There were 327 respondents interviewed across five states during this survey. The chart above showed the spread of respondents in the states where the survey was conducted. Cross-River and Rivers had 69 respondents each, Edo had 67, Ondo had 65 and Imo, 57 respondents and Imo, 57.

Figure 2. Gender of Household



The study showed that men predominantly head households. Out of 327 respondents interviewed, 259 (79%) were male-headed households and women headed 57 (18%) of the households.

The respondents from Edo have the highest household size on average. Although the chart above shows the overall spread of the household sizes by states, the average household size in Edo is 9, Cross River, Rivers, and Ondo have an average of 8 persons per household. Respondents in Imo have the lowest average household size of 6. In terms of frequency, more households have a household size of six (63 households) and four (56 households) across the five states where the survey was conducted. The size of the household may // the type and quantity of food consumed by members of the household.

### Ethnic Group Distribution in the States



The objective of this sub-section considers ethnic groups within each of the states. While the only ethnic group of respondents interviewed in Imo state is Ibo, some other states have a reasonable spread of ethnic groups within their states. In Edo state, 85% of the respondents are; *Bini*, they were a few *Ibos*, *Urhobos*, and *Yoruba* among the respondents who were possibly born in Edo or had migrated at some time. The *Ekois* are the most dominant ethnic group among the respondents in Cross River with 51% of them interviewed in the survey. The *Bette* people concentrated in Obudu LGA of the state follow them. Ondo had *Yoruba* spread across the LGAs where the survey was conducted with a few others who are *Igbira*, *Ighalla*, and *Igbo* residents in the state. There are about 46% *Ikwerre* respondents in Rivers state, 17% *Ogonis* and 19% *Etches*. The spread of the ethnic groups in each state of the survey is attached in the annex.

### 3.2 Household and Productive Assets



This section considers only the ownership of the assets and not the value. Inferences can be drawn about the respondents' socio-economic status based on the assets owned. This information is disaggregated by states to a glimpse of the socio-economic dynamics in the Niger Delta region. When all the variables are considered under this section, Cross River and Edo generally scored very low on most of the poverty indices. The questions asked in this section can safely be used to measure poverty or purchasing power of the households across the five States.

**Table 2. Numbers of rooms per household**

How many separate rooms do members of the household occupy (do not count bathrooms, toilets, storerooms, or garage)?					
States	One	Two	Three	Four	Five or more
Cross River	14	48	14	12	12
Edo	12	40	37	3	6
Imo	4	35	33	14	11

Ondo	8	40	23	17	12
Rivers	20	26	29	12	13

**Table 3. House ownership of Television set**

Does the household own a TV set?		
	Yes	No
Cross River	33	67
Edo	40	55
Imo	81	16
Ondo	71	29
Rivers	77	16

A very significant majority of beneficiaries in Imo, Ondo, and the Rivers States reported that their households own at least a TV set while a high percentage in Cross River (67 %) and Edo (55 %) reported that they do not have any TV set in the household. Access to television is one of the popular channels of information and education about a wide spectrum of subjects including nutrition. The medium can be leveraged in Imo, Ondo, and Rivers to promote nutrition education among the people.

**Table 4. Household Ownership of Motorbike or Car**

Does the household own a motorbike or a car or other vehicle?			
	None	Only Motorcycle	Car
Cross River	67	32	1
Edo	37	49	7
Imo	51	23	21
Ondo	57	31	12
Rivers	41	49	4

This particular table shows the extent of the beneficiaries. While it was not clear if the ownership of cars or motorcycles was for social use or easier access to the farm, one can still conclude safely that ownership is a strong indication of financial capacity and capability. Sixty-seven percent of Cross River beneficiaries on the program reported that their households had no motorcycle or a car. 49% of the respondents in both Edo and River states mentioned that they own motorcycles while 21 % of car ownership in Ondo is the highest across the five States.

**Table 5. Household members practicing any agricultural activity**

Does any member of this household practice any agricultural activity such as crop, livestock, or fish farming, or own land that is not cultivated? If so, does the household own any sprayers, wheelbarrows, or sickles?			
	Farms or has uncultivated land, but no sprayers, wheelbarrows, or sickle	Farms or has uncultivated land, and has sprayers, wheelbarrows, or sickles,	Does not farm nor has uncultivated land
Cross River	91	9	0

Edo	54	43	0
Imo	51	46	0
Ondo	45	55	0
Rivers	80	20	0

The majority of the beneficiaries in Ondo have both land for farming and some basic farm implements. Farmland ownership is a major indicator of productive assets. Although the survey did not ask a question about the value of the assets, it is believed that ownership of land for farming significantly reduces the cost of production for an average farmer. In addition to this age long, productive asset is the ownership of basic farm tools and inputs. It was observed from the table above that 91 % of the beneficiaries in Cross River, although have access to land under cultivation but lacked some farm implements and inputs. MADE beneficiaries in Edo and Imo have some fair balance between owning farmland and implements to support their farming activities.

**3.3 The poverty probability index** was determined by the poverty likelihood of the households. The average household poverty likelihood was calculated by weighting the combined scores of poverty likelihood values against the total number of households. The poverty likelihood for the 327 respondents is 60.7%. This implies that 60.7% of the households surveyed are likely to live below the poverty level. The disaggregation of the PPI per state is seen in the table below.

**Table 6 - PPI per state**

S/N	State	Poverty Likelihood/Poverty rate (%)
1	Cross River	52.65
2	Edo	54.02
3	Imo	65.67
4	Ondo	65.67
5	Rivers	59.95

Running a Pearson correlation analysis on SPSS, it was revealed that there is a strong correlation between the PPI and the HDD food scores in the households. The level of significance for the two-tailed test is 0.067, which is higher than the statistically required 0.05. This finding implies that the choice of food by respondents is influenced by their poverty levels across the five States as shown in dietary scores table below. The same result was found when a correlation analysis was done between the PPI and MDD-W. The level of significance, in this case, was 0.16. This shows that resource availability at the household level impacts on the capacity of the women to make informed food choices. The dietary diversity scores are described in the section below.

### 3.4 Dietary Diversity Scores



The Dietary diversity report in this section presents a simple count of food groups that individuals consumed over a 24-hour reference period, considering a longer period would mean multiple passes of 24 hour recalls within a week or month to establish a habitual diet.

It is worth noting that baseline data collection took place in the month of March, the beginning of planting season in most of the location, therefore it is likely that our results, shown in Table 3, captured above average percentage of the population eating more of certain food, and may not represent the year-round situation.

The household survey provided the data to compute HDDS and MDD-W depicted below, the survey did not code information on knowledge and awareness, so awareness and knowledge of certain food only infer from non coded responses and quotes by respondents.

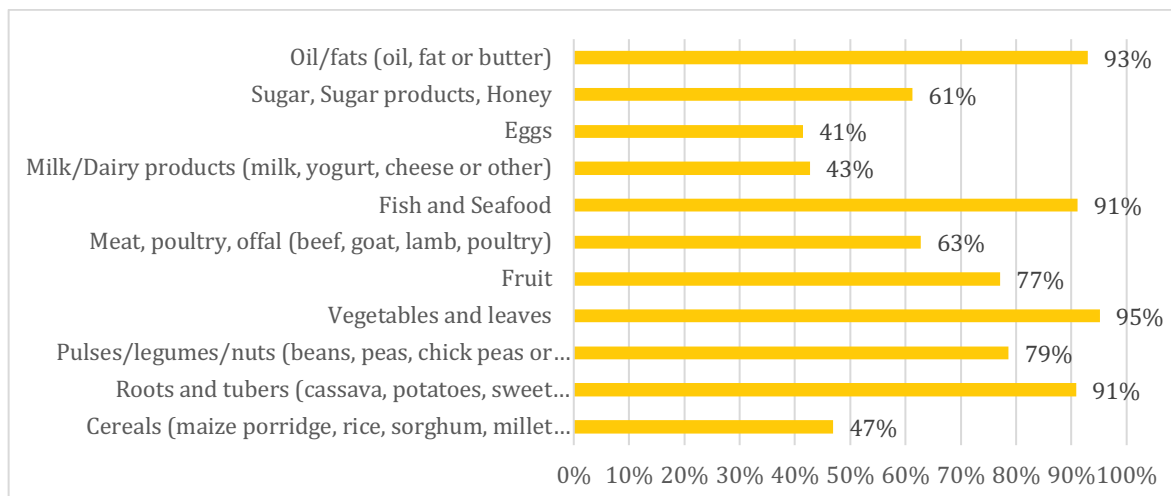
**Table 7. HDDS and MDD-W by state**

	CRS	Edo	Imo	Ondo	Rivers
Household dietary diversity score	7.6	6.5	8.0	6.9	10.9
Minimum dietary diversity- Women (%)	100	75	93	97	96

The MDD-W scores in the table above are expressed in percentages. It indicates the number of women who consumed at least five food groups in the five states.

Amongst the purposes that HDDS serves, one of the main uses is that it gives insight into calorie consumption at the household level, indicating household food security.

**Figure 3. HHDS – Five States**



The difference between the lowest average score in Edo and the highest in Rivers is way more than one food group. This shows that the households in Edo State have lower food

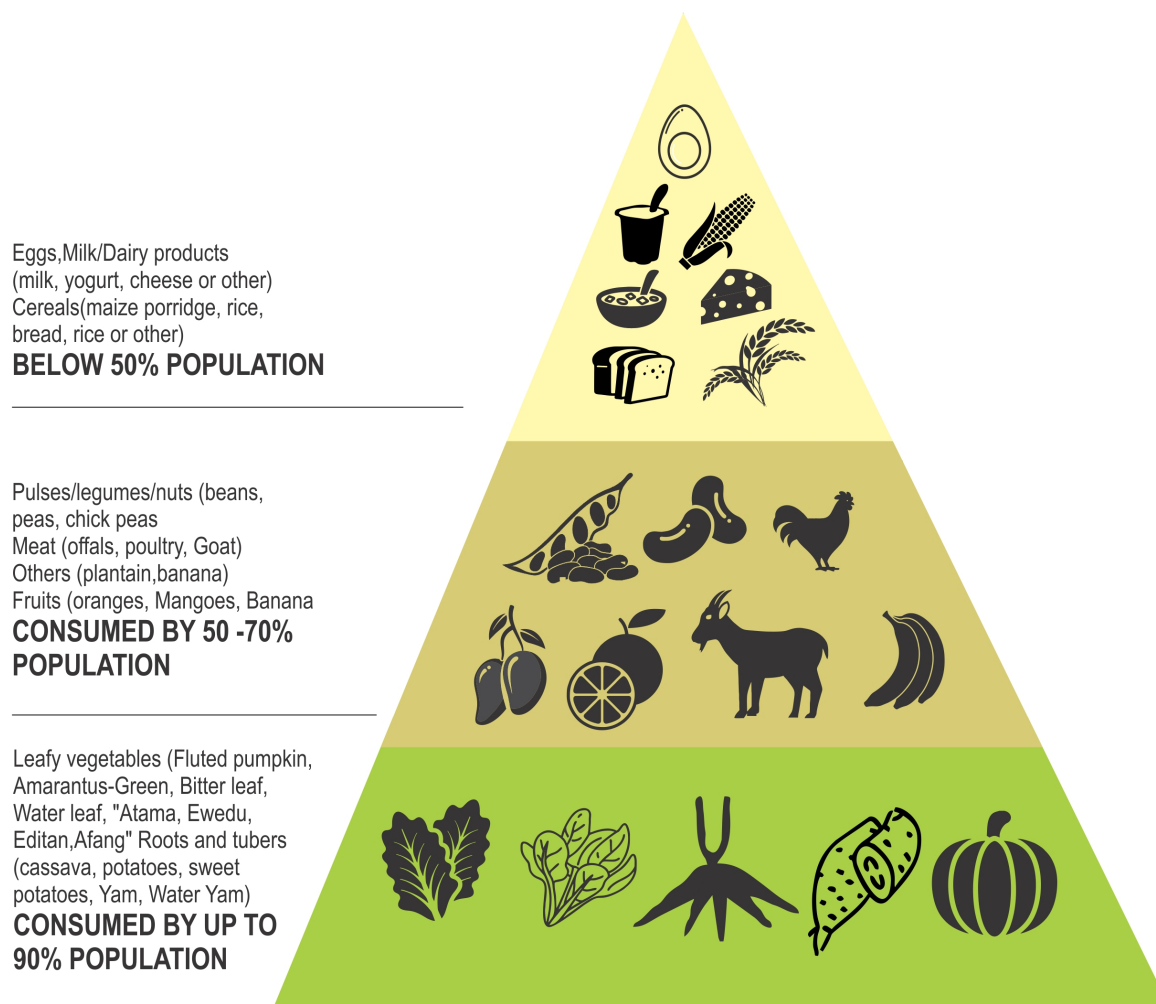
security. The table below shows that household consumption of certain food groups is high across most categories. The consumption of cereals, eggs, and dairy is generally low across the states except for Rivers where the respondents scored very high across the food groups.

**Table 8. Household Consumption of HDDS Standard Groups by State (percentage of households)**

Food Groups	HDDS Standard Groups	CRS	Edo	Imo	Ondo	Rivers	Niger Delta
1	Cereals (maize porridge, rice, bread, rice or other)	45	30	27	30	99	46
2	Roots and tubers (cassava, potatoes, sweet potatoes, Yam, Water Yam)	100	82	73	97	100	90
3	Pulses/legumes/nuts (beans, peas, chick peas or other)	52	76	71	97	97	79
4	Vegetables and leaves	99	79	100	100	100	96
5	Fruit	71	73	77	67	99	77
6	Meat, poultry, offal (beef, goat, lamb, poultry)	55	63	54	42	99	63
7	Fish and Seafood	99	82	95	83	99	91
8	Milk/Dairy products (milk, yogurt, cheese or other)	42	24	30	18	96	42
9	Eggs	48	21	30	11	94	41
10	Sugar, Sugar products, Honey	57	33	70	52	97	62
11	Oil/fats (oil, fat or butter)	97	87	84	97	100	93
12	Condiments (spices, tea, coffee) or other miscellaneous food	0	0	0	0	0	0

There is a high intake of certain food groups particularly roots and tubers in Cross River and Rivers, vegetables in Imo, Ondo and Rivers. As noted by one of the respondents in Biase, Cross River State noted - "in the village, we eat what we have because most of the things we know are not available in the village" examples provided, milk, sea foods, condiments, and spices.





**Figure 4- Food Pyramid of food consumed in the Niger Delta**

It is important to know that food groups are predominantly consumed at different levels of the food pyramid. The pattern in the pyramid depicts the dietary pattern of consumption in the Niger Delta. More carbohydrate type food is eaten by many with Eggs, Milk is eaten sparingly. Milk is not a traditional food in the Niger Delta, increased consumption could lead to an increase in household expenditure so families typically apply opportunity cost to food that involves milk and other dairy products. This pattern is explained further in the table below

Table 9 below provides the Niger Delta region wide information on the foods that are eaten with the lowest dietary diversity. Dietary patterns are analyzed in this study by looking at the food groups consumed by at least 50% of households in each quartile.

**Table 9: Regional Intake of food groups in Niger Delta**

Food Groups	Lowest per centage of respondent consuming food from these groups (Less than 50%_	Medium (50 -70% of respondents consuming food from these groups)	High above 71% of respondents consuming food from these groups
	Cereals (maize, rice, bread others) Milk Eggs	Roots Pulse (beans, peas or others) Meats Vegetables Oils	Cereals Roots and tubers Fruits, Vegetables, Meats Fish, Oils/fats

**Table 10. Women's Consumption of MDD-W Standard Groups by State (percentage of women)**

Food Groups	MDD-W Standard Groups	CRS	Edo	Imo	Ondo	Rivers	Niger Delta
1	Grains, Cereals white roots and plantains	38	51	41	15	94	48
2	Pulses/legumes/nuts (beans, peas, chick peas or other)	88	36	34	80	94	66
3	Nuts and seeds	88	42	36	61	88	63
4	Dairy (milk)	43	21	39	12	90	41
5	Meat, poultry, fish	97	84	95	89	93	92
6	Eggs	32	16	25	8	91	34
7	Dark leafy green vegetables	93	54	66	58	91	72
8	Other Vitamin A Rich fruits and vegetables	91	81	84	98	93	89
9	Other vegetables	81	66	80	94	94	83
10	Other fruits	49	70	61	58	91	66

A higher MDD-W is directly proportional to a higher percentage of women who are likely to have adequate micronutrient intakes. The table above showed that, in the five states where the survey was conducted, a very high number of women satisfied the MDD. This is a strong indicator of an adequate intake of micronutrients.

Table 5 above also shows that household consumption of certain nutrient dense food by women in the Niger Delta is low across most of the states, but consumption of dairy and eggs, and grains were significantly low (12% in Ondo). The consumption of dark green leafy vegetables is high across the five states of the survey, The reason for this is high

vegetable consumption is linked to the fact that many household interviews have backyard farms where vegetables are cultivated for consumption and sales

### 3.5 Intra-Household



#### Gender Relations

This section presents finding from key informants' interviews and focus group discussions. The findings are presented as patterns, which emerged from key informant interviews and focus groups discussions.

- "Men have an advantage over the women in the home because they have access and control over all agriculturally related activities to which we women can not easily benefit (female group, Rivers)  
 - "We have access to some things but men control the money, sometimes even our money." (Female group, Ondo).  
 - "The man is the head" so women need permission that is our tradition", (male Edo,).

#### Domain 1: Access And Control Over Productive Resources

Many participants in the focus group discussions across the five states agreed that women have some access to resources in the household but that they do not have equal control over the income of the household even though they are contributors to the household income. However, they attested that they have some level of control when it comes to using the household income especially when it comes to feeding and the children's needs. This level of control increases as the women bear some responsibilities in generating income to support the home. For women who do not support in generating income, the husband or the man heading the household makes the sole decision and the woman has no say.

There are instances where men, even family members actually work against women who have money from gaining control of other resources. According to one participant in Imo State, "my sister wanted to buy a piece of land and she wanted to use my father's name but he refused, she wanted to use the husband's name and she was advised against it. The reason is that if the person should die, she will be denied access to the land or property even if the kinsmen are aware of the truth. The decision by my father caused a serious division in the family". The import of this as explained by women in Edo is that assets controlled by women have been used as their bargaining power. In *Ekosedin* Edo State participants agreed that women have assets such as land or livestock, and these assets, they opined are particularly important because these assets may also be used as insurance, women would keep these assets in case they leave the household.

#### Domain 2: Knowledge Belief And Perception

This section examines women's and men's knowledge as it relates to changes in the community, which would affect intra-household gender relations and women's

economic achievement. When asked if any major changes in gender relations within the household have taken place over the past ten years? Many key informants agreed that there have been slight changes. For instance, in Ondo State participants reported that there is an improvement in intra-household relationship between men and women. In *Owena* community Edo State, for instance, men now allow their wives to own part of the farms and can cultivate crops of their choice. There are some instances where husbands lease out the land to their wives for a fee or share profit after harvest.

All the key informants in *Yakurr Cross River State* agreed that there have been external changes but many households have stuck to roles passed down by their fathers. A particular example that participants provided is that land is passed down through male lineage and except a woman makes her money she cannot own a portion of land. However, this is not the case in *Buya* in Cross River where participants were emphatic on their response that in terms of household relations, they have not noticed any significant change. The group in *Buya* noted that spousal conflicts were rampant and many of the conflicts were related to the allocation of money for activities within the home. All five key informants interviewed in *Buya* community corroborated this assertion. To a large extent, intra-household gender roles have not changed in many of the families interviewed, and that men strive to live out these traditional roles of minimal involvement in household activities/roles that do not bring economic benefit.

The situation was different in the *Nonwa-Tai* community Rivers State as findings from this assessment revealed that, there have been changes with regards to farming activities particularly in the area of spraying services. The group interviewed reiterated that the men have always been responsible for the first stage of land cultivation which is usually very strenuous for women, as such the weeding was left as one of the roles of the women. But with the introduction of the access to sprayer services intervention by MADE, the men have replaced the women in this regard as the chemicals do not interact well with the women's body chemistry and is detrimental to women's reproductive health. This they observed also freed women time for other household activities.

### **Domain 3: Practices And Participation (Participation In Associations)**

Participation of men and women in associations and how these affect intra- household gender relations varied across the states. Responding to this question, the female participants in Rivers State attested that in their culture, men have exclusive rights to traditional associations. Decisions taken at these traditional meetings are binding, and often affect relationships within the household in this community.

Many women interviewed agreed that they belong to common interest groups, social and faith based organisations and believe that information gathered from these meetings help in managing their households effectively. Some of the associations include Osusu – Thrift cooperatives, church groups, community women group eg Ekeledi and Obim in Ugep Cross River State. Women in Imo, Ondo and Rivers mentioned

that they have participated in MADE project Gender Talk Group (GTG) discussions during sessions range from conflict management to health issues and Enterprise development/ motivating women's involvement in agribusinesses.

Some spouses do not support their wives attending these meetings, for instance, a key informant in Imo State noted that her husband sees her attending church meetings as a waste of time, which she should have used to do other activities in the home. It has brought conflict a few times, but she noted that she would not stop because it does not stop her business besides she learns and draws divine strength from the meetings. Her husband does not complain or reject when she brings gifts from church meetings.

#### **Domain 4: Roles/Responsibilities And Time-Use:**

Female participants in the FGDs listed a few responsibilities performed by men and women at home. However, the groups largely responded to only responsibilities for their own sex. The response of the female groups revealed that women are the ones running home activities and this trend cuts across all the states that were assessed. Some of the activities are not paid for, these un-paid household responsibilities and work; not only takes women time but also drain physical and emotional energy. Women still find ways to manage between household work and farm or business. According to Francesca, Edo State “ during this period the women become more time conscious. They ensure that they are awake at the early hours of the day to attend to the household needs and prepare for the work on the farm. They also ensure to leave the farm early to see the activities at home before the arrival of their husband.”

The above is instructive because understanding how women and men allocate their time in the family is crucial for creating gender sensitive interventions. It should be noted that in many cases of measuring time use, the time a person spends on different activities does not indicate the intensity of that work, in the Niger Delta energy spent as much time is a valuable resource for the women in the household.

When men in the Imo communities were asked how women contribute to the household they reported: caring for the household or children, preparing food, working on the farm, or small income generating activities. These responsibilities are not paid for though they take a greater percentage of women's time. The men occasionally assist especially when the woman is sick or heavily pregnant and close to the period of delivery. When asked about the responsibilities of men, the women reported that the responsibility of the men was solely to fend for the home while some women also support the family financially by doing small business (petty trading) alongside taking care of the farm for the family.

In Rivers State, female participants noted that the difference in women's and men's levels of participation in domestic activities according to the women, lies mostly on who goes out to “hustle” and bring money for the family and who would tend the family and farm. Though it is not a custom of the *Olobo* community for the men alone to be the ones

who provide financially for the family, either the men or women can do this responsibility with support from the other partner.

Many households in the Niger Delta depend on farming and agro related enterprises to run the household economy. Findings from the studies showed a difference in levels of participation of women and men in farm activities. These were attributed to various reasons. For instance, activities that require physical strength are assumed to be men's activities. The women go to the farm more than the men. This they explained by noting that men feature first in a chain of farming activities by doing more of the tasks that require strenuous physical energy then the women (in company of the children, hired labour and in some cases the men again) feature for the planting, hand weeding and tending of the farms.

In all the focus groups discussion the participants agreed that doing household chores not only takes their time but also is energy draining, and often affects their output in business.

Table 11. Reason for women participating in farming activities

<b>Key Informants ranking of reasons for the low participation of women in farming activities</b>	<b>N =50</b>	<b>%</b>
- Women do not have enough resource (money) to buy or lease land, input, hire labour,	45	90
- Lack of Time by women	39	78
- Men can work longer hours than women because they are stronger than women	18	36
- Men more skilled	34	68
- Traditionally some farm activities are done by men certain activities as not suitable for women,	30	60
- Lack of adequate training for women in good agricultural practices	36	72

## **Domain 5: Legal Rights And Status**

Intra household resource allocation operates at different levels in these different states, in all the states tradition/culture and education differences have a stronger impact on husband and wife's assets. Key productive assets such as land ownership are still vested patrilineally, and traditional laws support this. A few women in Ondo and Cross River noted that they have been able to buy farmland on their own to cultivate Cocoa in Ondo and Cassava in Cross River State.

Variations across communities and ethnic groups may be larger than the variations in the asset position of men and women within those groups. Thus, legal reforms that affect

property rights across groups may have a larger impact on intra-household allocation than redistribution within each group.

## Domain 6: Decision Making Patterns/Agricultural Income, Expenditure

Men do more of the motorcycle transportation business, masons, skilled services, farming, business, and civil service, etc., whereas the women do more of farming, petty trading, and artisan services, etc.

The type of service being delivered and not necessarily the sex of the person delivering the services determine the income generated from these jobs and services.

- “ The participation of women in the MADE SSPE intervention has not only helped women increase income, processing of oil palm has become more easy and faster, there is less dependence on the man and more peace and harmony and less conflict in the home” women FGD Imo

There was a general agreement by all key informants that women who have control of resources and assets are better placed for their voices to be heard in the family; they contribute in taking decisions affecting their households.

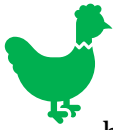
Women in Cross River and Ondo agreed that for women to be a critical stakeholder in the home with regards to decision-making in the use of resources and income generated, such women would have to be contributors to the income generated. In support of the assertion, Many key informants agreed that their continued participation in the MADE programme will lead to an improved income which will add value to their lives and cater to their personal needs and their children’s. E.g. the payment of their children’s tuition fees, clothing, feeding, etc.

The above also informs the women decision to want to engage in other enterprises aside from their farming like petty trading etc. Similarly women group in *Umuabali*, Imo State confirmed that women have access to the family income and are able to take certain decision (eg purchase of children clothes, shoes, medication) because they are majorly the contributors financially, their income comes from diverse sources such as the sale of bread fruit, tomatoes, pepper, onions, “abacha”-sliced tapioca.

The women in *Biase*, Cross River State attested that the ego of the man would come into play if the woman begins to earn her income or even earn more than the man in the house. They said this is why the women sometimes pretend that they do not have money to avoid conflict in the home.



## Priority needs, assets, and coping strategies



The popular household needs of the women as highlighted in the course of the discussion bordered around access to finance, access to better or improved inputs for their farming enterprise, increased inclusion in beneficial activities and interventions brought to the community which in many cases the men usually overwhelm them in enjoying such benefits. Then they went further to enumerate the needs of the men as far as they are aware to be the need for financial assistance to better their farming needs and improve their means of livelihood.

In *Tai* Rivers State all the key informants were in agreement that the most needed intervention that would bring about the desired changes in access to and control over resources at the household level or the societal level is for women to have access to entrepreneurial skills and access to finance and credit support.

The strategies for coping with the present situation in the community were listed as follows: Osusu (thrift mechanism) as a means of saving and collecting for future use in the home, search for grant opportunities, accessing other markets in neighboring communities where they can sell their produce. And this they said was peculiar to both sexes.



## SECTION 4. SUMMARY OF FINDINGS, CONCLUSION, AND RECOMMENDATION

This section summarises findings from the dietary diversity survey and intra-households' gender relations. It also suggests some recommendations to improve future programming.

Findings from the survey showed that:

- Many of the respondents across the five states live in houses with concrete, zinc, and iron sheet roofs, with Rivers State having 99% of the respondents in this category; The poverty likelihood for the 327 respondents is 60.7%. This implies that 60.7% of the households surveyed are likely to live below the poverty level.
- Over 80% of the respondents indicated that they consumed root and tuber foods; this pointed to the monotonous diet consumed by households and it follows the traditional food consumption habits of many states in the Niger Delta.
- The consumption of dark green leafy vegetables (such as fluted pumpkin, Amaranthus and Water leaf) is high as 80% respondents across the five states studied reported this dietary pattern; A reflection that most food combination includes morsel and vegetable eaten with it.
- Households' intake of dairy and eggs and grains are significantly low – i.e. below 40 % in four states except for Rivers State. The low consumption of certain food groups is more state specific than a regional norm.
- Women's minimum dietary scores (MDD-W) followed the household consumption pattern. Grains, Eggs and Milk Dairy are not consumed by many respondents. The cause of none consumption was largely attributed to the fact that foods such as eggs do not “fill the belly”, they prefer tubers and root crops such as Cassava (foo-foo and Garri) and Yams which are more filling.
- There is a strong correlation between the PPI and the HDD food scores in the households. The level of significance for the two-tailed test is 0.067, which is higher than the statistically required 0.05. This finding could imply among other reasons that the choice of food by respondents is influenced by their poverty levels across the five states

### **The study findings on intra household gender relations indicated:**

- That women are generally more constrained than men regarding access to productive resources such as land, credit or information even in households; the main reasons were that tradition vest land title on men, to access credit collateral if needed which many women do not have.

- Inequalities still exist between women and men in households, because men have more access to material resources, finance and relevant information than women. These inequalities impact negatively on all members of the household;
- Non-paid household responsibilities and work takes women's time but also sap their physical and emotional energy; these leaves them with very little time to engage in income generating activities. This is instructive because understanding how women and men allocate their time in the family is crucial for creating gender sensitive interventions.
- Women are more eager and willing seek and engage in enterprise opportunities to contribute to household food security; because women who have control of resources and assets are better placed and their voices are heard in the family;
- Social factors such as belonging to community associations, and having minimum education, affect intra-household dynamics; Women attend and belong to associations, e.g. *Esusu* Saving, Gender Talk Groups, agriculture cooperative groups where they gather information which affects their capacity to negotiate and take certain decisions at home
- Knowledge of enterprise exists among women in the households, also, the increased levels of income accruing to women through the MADE programme resulted in two noteworthy changes: 1) ability to invest more in food for their family, grow their business, and save for unexpected events and 2) empowerment within the household such that women are trusted to manage household assets and make critical decisions related to food security.
- Women and men within the same households are often involved in the same enterprise but play specific gender roles within the enterprise. In most cases, women are not able to take on other more profitable roles due to systemic/traditional constraints.

## CONCLUSION:

The study has shown that the production of certain crops in high quantities does not translate to diversity in diets. Therefore, deliberate effort should be placed on nutrition education among project beneficiaries on the need for the right combination of food classes in household meals.

The study prompts the programme to note that while intervention can help increase diet diversity outcomes in households, they only do so when they include, intentional behavior change communication and interventions designed to improve household nutrition. Change in nutrition behaviour requires more than an increase in income: Behavior change is related to individuals' values and the beliefs or cultural norms of their community. Activities that aim to demonstrate a change in nutrition related behavior must address these beliefs and be linked to what the individual or community perceives as beneficial. Raising income alone does not guarantee that people will decide to change diet

From this knowledge, MADE II has an opportunity to increase its contribution to the growing national drive for inclusive programming by integrating nutrition-sensitive approaches to interventions. Because of the wide cultural diversity in Niger Delta, Nigeria, it is important that programming targeted at improved household nutrition includes flexibility to adapt specific messages for the local context. It must be implemented at scale, targeting the whole household: mothers, children, fathers, and other influential individuals.

While the MADE programme has enhanced the capacity of women to engage in profitable enterprises, there are still gender inequalities in the household division of domestic labor. For example, house chores and care for members of the household, with unpaid domestic work being a predominantly female responsibility. The time spent by women to carry out these chores does not give sufficient time for women to engage in other enterprises or leisure. Many of these household activities are energy sapping which is often overlooked or not measured by studies.

A key concern about women empowerment is the response of the women's social environment to efforts geared towards empowering women in the household. Men tend to resist systemic changes, as they fear a loss of their authority and this affects how they related in the household. In some instances, empowerment may be considered as a break with traditional norms and may thus be sanctioned, often interpreted to mean that empowering women implies a disempowerment of men. Therefore it is important for the MADE programme to seek male gender champions in communities and work with them to reach other men. It should seek for avenue to continually promote and mainstream gender messages through its intervention packages if this is not already being done.

## RECOMMENDATIONS

The study recommends an investment in using approaches and interventions that are gender transformative within local contexts, where such interventions are already implemented as in the case of Gender Talk Group (GTG); this could be scaled up and/or scaled out to other communities.

The study prompts us to note that while intervention can help increase dietary diversity outcomes in households, they only do so when they include intentional behavior change communication and interventions designed to improve household nutrition.

The recommendations below are suggested to assist MADE II in the review of current and future interventions in the Niger Delta:

1. Intentional effort should be placed on the design and development of integrated household nutrition enhancement guide (including revising already existing behaviour change communication - BCC materials), which could be used as stand-alone training material in GTG or mainstreamed during delivery of other interventions;
2. Homestead gardens including the keeping of poultry birds should be an integral part of future MADE activities, as meat eggs could make for a more nutritious and diversified diet when combined with vegetables which already widely eaten in the Niger Delta;
3. Households particularly women should be trained, supported with improved seeds and encouraged to be deliberate in establishing and managing homestead farms for improved nutrition, diversifying diets, and, in some cases, selling produce for income;
4. Gender Talk Group is a good platform for engagement on gender and it should be expanded to include more male champions, and in more states, and strengthened to deliver an integrated package of health, nutrition, peacebuilding and enterprise related messages. It should hold special sessions for men and target them with gender equity measures as well as appropriate messages;
5. Gender discussions should not be limited to Gender Talk Groups, inclusive nutrition discussions should be programmed emphasizing an adequate combination of food classes in household meals because the production of certain food items in high quantities alone is not enough to meet household consumption of diverse foods;
6. Activities seeking to address intra-household gender relations (time use for un paid work, in-balance in decision making power, limited access to key resources; land among others must intentionally request for women, and factor time allowance for women,
7. MADE Programme should focus on women's knowledge and skills in other enterprises they could exploit within interventions, for example, micro franchising should go beyond production to include, areas such sales of feeds,

birds in poultry, sales of inputs, small scale processing for the overall benefit of the intervention and beneficiary households;

8. Gender transformation requires a change in behaviour and belief, MADE should consider a mentorship programme for women and organize exchange and learning visits between successful and less successful women owned businesses. It is also important to seek male gender champions in project communities and work with them to reach other men.
9. MADE programmes are increasing women economic empowerment but it should demonstrate more gender, transformative models, for example in Aquaculture, service offering could include gender specific services, Opportunity should be created for more women to be involved in the poultry, aqua culture intervention in order to address systemic constraints involved with land ownership;
10. Programming should focus on women's knowledge and skills in other enterprises they could exploit, for the overall benefit of the household. For example, strategies could include scaling up Osusu savings and loan approaches, or restructuring market systems interventions to overcome the barriers to participation;

The study prompts us to note that while intervention can help increase dietary diversity outcomes in households, they only do so when they include intentional behavior change communication and interventions, design to improve household nutrition. From this knowledge, MADE II has an opportunity to contribute to the growing national drive for inclusive programming by integrating nutrition-sensitive approaches to interventions.

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## ANNEX 1. Intra Household Gender Analysis- Focus Group Discussion Guide-

*The guide is discussing questions on the six gender domains- (access and control, Knowledge and beliefs, practice and participation, Time use, roles/responsibilities, legal rights and status, decision-making pattern (agriculture, income, expenditure), Production and enterprise*

About 8–12 individuals per focus group. In some states, this will be 1

<b>Enumerator name:</b>	
<b>Location (village–LGA–state):</b>	
<b>Enum.code (initials + no.):</b>	
<b>Date:</b>	
<b># of participants:</b>	
<b>Sex of group:</b>	
<b>Age range:</b>	15–25 <input type="checkbox"/>
	26–35 <input type="checkbox"/>
	36–45 <input type="checkbox"/>
<b>(Tick all that apply)</b>	46–55 <input type="checkbox"/>
	55+ <input type="checkbox"/>

### DOMAIN 1: ACCESS & CONTROL OVER PRODUCTIVE RESOURCES

[*Note: “access” implies you either own **or** can get to use, even if you do not own; “Control” means you have the right or authority to use the asset any way you decide]*

1. In this community what resources and benefits do women have access to and control over which men do not? **List them**
2. What resources and benefits do men have access to and control over which women do not? List them
3. Do women and men have equal access and control over resources or do one group have an advantage over the other? Which group? Why?
4. How could we address these gender inequities through our project planning process?

Do men and women in this community have equal access to (i.e. equally able to either own or get) the following resources:			
	Resources	Response [Yes/no/not sure]; If 'No', who has greater access]	Comments (ask what is responsible for the differential access?) i.e. Why does particular sex have <u>greater</u> or <u>lesser</u> access?
<b>1.</b>	Farmland		
<b>2.</b>	Credit from formal sources (microfinance banks, cooperatives, etc)		
<b>3.</b>	Farm inputs e.g. improved seeds, fertilizers		
<b>4.</b>	Agricultural related training/ information		
<b>5.</b>	Others specify:		

[**RESOURCE CONTROL**] - Who makes the final decision as to how these resources are gotten and used?

	Resources	Response [Men/ Women/ Both]	Comments [If it is Men only or Women only, probe for Why]
<b>6.</b>	Farmland		
<b>7.</b>	Credit from formal sources (microfinance banks, cooperatives, etc)		
<b>8.</b>	Crops to grow		
<b>9.</b>	Farm inputs e.g. improved seeds, fertilizers		
<b>10</b>	Agricultural related training/ information		

## **DOMAIN 2: KNOWLEDGE, BELIEFS, AND PERCEPTIONS (CULTURAL CONTEXT):**



## Instructions

Lead participants to discuss the changes that have occurred with respect to the roles of men and women in the last ten years. Then, they should identify the factors that have brought about or influenced these changes.

Causes	Changes

## DOMAIN 3: PRACTICES AND PARTICIPATION (participation in associations):

### Participation in Social networks

- 3.1.1.** What type of social organizations (community and farmer organizations) do women and men tend to participate in? [*Probe: Why the differences?*]
- 3.1.2.** Who usually holds the leadership position in associations of both women and men? [*probe: Why?; what type of positions do women usually hold & Why?*]
- 3.1.3.** Who tends to participate more actively in community organizations? Women or Men? [*Probe: Why or why not?*]
- 3.1.4.** Why do you think **Women** and **Men** participate in community associations? [*Probe: note the difference between both*]
- 3.1.5.** What are the barriers to participation in community associations for **men**? What about for **women**? [*Probe: where there are differences, why such differences?*]
- 3.1.6.** If there are barriers to **Women (Men)** participation, how can these be resolved? [*probe: note for Men & Women*]

## DOMAIN 4: ROLES/RESPONSIBILITIES AND TIME USE:

- 3.1.7.** What are the responsibilities of **men** & **women** at home?
- 3.1.8.** What are the roles or responsibilities of **men** and **women** at home?
- 3.1.9.** Why the differences in Women and Men level of participation in farm activities?
- 3.1.10.** Why the differences in Women and Men level of participation in domestic activities?

- 3.1.11.** Why do men support OR not support their wives in domestic/housework?  
[Probe Men, and Women response]

## **TIME ALLOCATION**

- 4.1.** Can you describe the seasonal farm activities of **women** and **men**?  
**4.2.** Can you describe the typical work day of **women** and **men**?

## **DOMAIN 5: LEGAL RIGHTS AND STATUS:**

- 5.1.** Do women and men have equal rights to inheritance – both by law and by custom? [Probe: *If not, why?*]  
**5.2.** Are women and men equally permitted to own properties e.g. land, car, equipment, etc.)? [Probe: *If not, why?*]  
**5.3.** Are women and men paid equally for farm service (e.g. clearing, harvesting) rendered? [Probe: *If not, why?*]  
**5.4.** Does community custom/tradition prevent or limit women's participation in development activities or programmes, particularly if initiated by people from outside the community? If Yes, what tradition?  
**5.5.** Does community custom/tradition in any way forbid or discourage women from carrying out certain activities on the farm? [If Yes, *Which and Why?*]; *what of if the woman is single/widowed?*  
**5.6.** Does community custom/tradition in any way forbid men/husbands to assist women/wives in certain domestic activities (household work)? [If Yes, *which and why?*]  
**5.7.** Can you please tell me if there is any aspect of the community traditions that protect the welfare/right of (i) Women/wife OR (ii) Men/husband?

## **DOMAIN 6: DECISION-MAKING PATTERN [AGRICULTURE, INCOME, EXPENDITURE]**

- 6.1** In your community, what are the main income generating activities of - Men? Women? [Probe: *why are there differences?*]  
**6.2** Are there differences in income associated with these activities of men and women? [If yes, *why?*]; [Probe: *ask for examples*]  
**6.3** What are the main crops in the targeted zone? [Probe: *list, based on "male" versus "female" crops?*]  
**6.4** Who makes the final investment decisions in the household i.e. what crops/business to do? [women, men, both/jointly] Why?

## **DECISION MAKING**

		RESPONSE (tick the one applicable)	Comments: Probe: If either Men only or
--	--	------------------------------------	--

		Men only	Women only	Both men & women	women only, ask for any particular reason why?
6.5	Visits to health centres				
6.6	Children education (school to attend)				
6.7	Food to eat				
6.8	Visits to health centres (for child/self)				
6.9	Crops/livestock to grow/rear on farm				
6.10	Business to do by the woman				
6.11	Amount of loan to borrow				
6.12	What to use the loan for				
6.13	Amount of money to save				
6.14	Use of family income (derived from joint economic activities of the husband & wife)				
6.15	Use of woman's income i.e. derived from activities of the woman alone				
6.16	Sales of output/produce even from enterprise solely owned by a woman				

6.17 Would there be a change in who makes the investment and expenditure decisions in the household if the woman earns her own money or becomes the breadwinner? [*Why or why not?*]

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## BARRIERS/CHALLENGES

### Participation Challenges

- What are the likely problems that may arise in the home due to participation in community organizations for Women? Or Men?
- What are the likely problems that may arise in their farming/other work due to participation in community organizations for Women? Or Men?
- Will women's expanded knowledge of and access to farm inputs and services likely to cause domestic problems i.e. quarrel at home with husband? [*If 'Yes', What type and Why?*]
- Will women's increased earnings, as a result of participation in community organizations like cooperatives, likely to cause conflicts at home? [*If Yes, What type of conflicts? And Why?*]

## PRIORITY NEEDS, ASSETS & COPING STRATEGIES

- What are the major household needs of women? And men?; Why are their needs different from each other?
- Considering the present situation, what strategies do women & men employ to improve their lives or cope? [*probe: ask them to List*]
- What are the major needs that will improve the livelihood of women? And men?
- What assets (resources e.g. improved seeds, fertilizer, land, ADP,) or opportunities (social, economic, infrastructure, credit organizations/cooperatives, NGOs ) are available in the community that Women and Men can take advantage of to improve their livelihood?

## ANNEX 2. Schedule For Enumerators

S/N	Location	Name	Number Of Questionnaire Completed	Number of KII	Numb. FGD
1.	Edo	Ejiroghene Rose Agbigbe	34	5	2
2.	Edo	Maureen Aggie Alor	34	5	
3.	Rivers	Bassey Idongesit	34 Development of Kobotool questionnaire	5	1
4.	Rivers	Susanne Ogbezuode	34	5	
5.	Imo	Ijeoma Nworie	34	5	2
6	Imo	Blessing Ikeh MRM	26 Development of Kobotool questionnaire	5	
7.	Cross River	Emmanuel Ibor	35	5	3
8.	Cross River	Denis Ikpali	34	5	
9.	Ondo	Funke Oke	34	5	3
10	Ondo	Oni Segun Yemi	34	5	
<b>1</b>	<b>TOTAL</b>				<b>11</b>