



**Assessment of  
Food Security and Vulnerability  
of HIV-Affected Households  
in Selected Regions Of Ghana**

**JANUARY 2019**



**The Ghana AIDS  
Commission (GAC)**





Under the Office of the President

ASSESSMENT OF  
FOOD SECURITY AND  
VULNERABILITY  
OF HIV-AFFECTED  
HOUSEHOLDS  
IN SELECTED REGIONS OF GHANA

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# Foreword

This study assessed food insecurity and vulnerability status of HIV affected and infected households to inform the Ghana AIDS Commission and the World Food Programme about the food security situation of Persons Living With HIV in Ghana. The data collected and analyzed suggest that food insecurity is a problem for thousands of HIV affected and infected households. The report also reveals that various coping strategies were developed by food-insecure HIV affected households and these strategies range from food rationing to harvesting immature crops and/or begging for food or money.

As the need for optimal nutrition in effective HIV treatment success is undisputed, addressing the dehumanizing food consumption coping strategies documented in this study will contribute immensely to the realization of the global targets of 90-90-90. Risks posed by these negative coping strategies may be reduced through appropriate safety nets and also prioritizing female-headed households.

To ensure sustainability of interventions to mitigate the negative effects of food insecurity of HIV infected and affected households, the Ghana AIDS Commission and the World Food Programme together with their partners must undertake periodic food security and vulnerability profiling of Persons Living With HIV

households in order to inform both policy and programmatic decisions aimed at improving food and nutrition as well as health outcomes of persons infected and affected by HIV.

The World Food Programme must continue to offer nationally-tailored technical assistance and capacity development to build government's capacity in all fields, particularly private-sector capacity and willingness to produce and market affordable and safe fortified nutritious foods because the Programme believes food security and nutrition policies must be rooted in strong governance, responsive institutions and an enabling environment. The Programme should build awareness and demand for nutritious foods through social and behaviour change communication; strengthen market-based approaches to enhancing nutrition among populations with low purchasing power; and ensure that social protection programmes respond to the nutritional needs of the most vulnerable such as Persons Living with HIV.

The Ghana AIDS Commission's role of coordinating activities of various stakeholders engaged in the prevention of HIV and support for Persons Living with HIV needs to be continued and strengthened. The Commission overwhelmingly agrees that nutrition and food security are critical to mitigating the socio-economic impact on those infected and affected by HIV.



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