



WFP Ukraine

Food Security Update

June 2016

Single mother with her two children in Zhovanka, Donetsk region (c) WFP/Tatiana Stoliarenko



World Food Programme

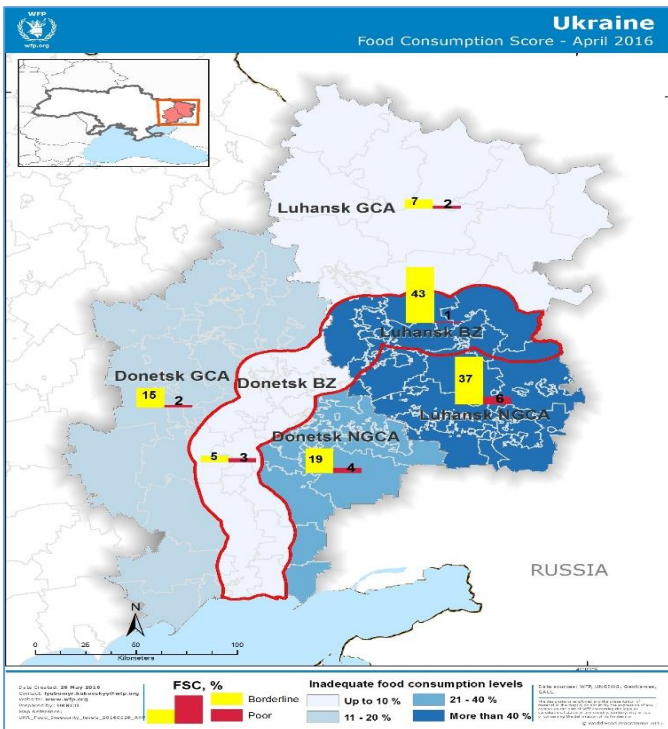
Abbreviations and Acronyms

BZ	Buffer Zone
CATI	Computer-assisted Telephone Interviewing
CPI	Consumer Price Index
DL GCA	Donetsk and Luhansk oblasts Government Controlled Areas
DKZ GCA	Dnipropetrovsk, Kharkiv and Zaporizhia oblasts
FCG	Food Consumption Group
FCS	Food Consumption Score
FCS-N	Food Consumption Score Nutritional Quality Analysis
FSA	Food Security Assessment
GCA	Government Controlled Areas
IDP	Internally Displaced Person
KIIS	Kiev International Institute of Sociology
MSNA	Multi-Sector Needs Assessment
NGCA	Non-Government Controlled Area
NGO	Nongovernmental Organization
PPS	Probability Proportional to Size
rCSI	Reduced Coping Strategy Index
RDD	Random Digit Dialling
UN	United Nations
UNHCR	Office of the United Nations High Commissioner for Refugees
OCHA	United Nations Office for the Coordination of Humanitarian Affairs
WFP	World Food Programme

Summary

- Around 19% of all interviewed households in April – May 2016 were found to be food insecure. The estimated figure of people affected amounts to 1.1 million of which 160,000 IDPs in GCA.
- Luhansk NGCA (34.4%) and Luhansk BZ (18.2%) remain the most affected areas followed by Donetsk NGCA (18%) and Donetsk GCA (14.8%).
- Low food consumption levels are more critical among female headed households especially those residing in NGCA. Elderly people are also among those with the poorest food consumption levels.
- The main income source for almost 56% of the households are social benefits in the form of pensions, unemployment benefits, social payments to children and mother as well as IDPs.
- Around 25% of interviewed households stated they owe some degree of debt. This is a negative developments with regard to coping strategies applied by households.
- Most often households (46%) reduce health expenditures. Spent savings, selling of assets and buying food on credit are among the most frequently used coping strategies.
- Markets remain the main sources of food followed by own households agricultural production. The latest faces serious issues such as very expensive inputs as seeds and fertilizers as well as damaged water supply infrastructure.

Food Consumption – Map 1



Map 1 represents household's food consumption levels. The darker the blue the more inadequate the food consumption levels¹. From the all approximately 1600 households interviewed 24% were found to have inadequate food consumption levels. Among them 20.7% were found with borderline and 3.3% with poor food consumption scores (the FCS is represented as the yellow/borderline and red/poor bars in Map 1).

The highest levels of inadequate food consumption were observed in Luhansk Buffer Zone (BZ) and Luhansk NGCA where respectively 44.8% and 43.1% were found to have inadequate food consumption levels. Luhansk NGCA has also the highest level of poor food consumption score (5.6%).

A possible explanation to this worrisome development could be the lack of humanitarian assistance to these areas. This is quite visible in Luhansk NGCA with little or no humanitarian assistance in the later part of first half of 2016.

¹ Inadequate food consumption levels in this report are regarded as the sum of poor and borderline food consumption score (FCS) among the interviewed households in Eastern Ukraine. The FCS is one of the core food security indicators.

Inadequate food consumption levels were also found in Donetsk NGCA where around 22% of the interviewed households were found with inadequate food consumption levels. Comparatively to Luhansk NGCA the levels of lower inadequate food consumption could be associated to the somewhat easier accessibility of the humanitarian assistance in Donetsk NGCA. Between December 2015 – April 2016 WFP and its partners distributed more than 3000 metric tons of food assistance in Donetsk NGCA.

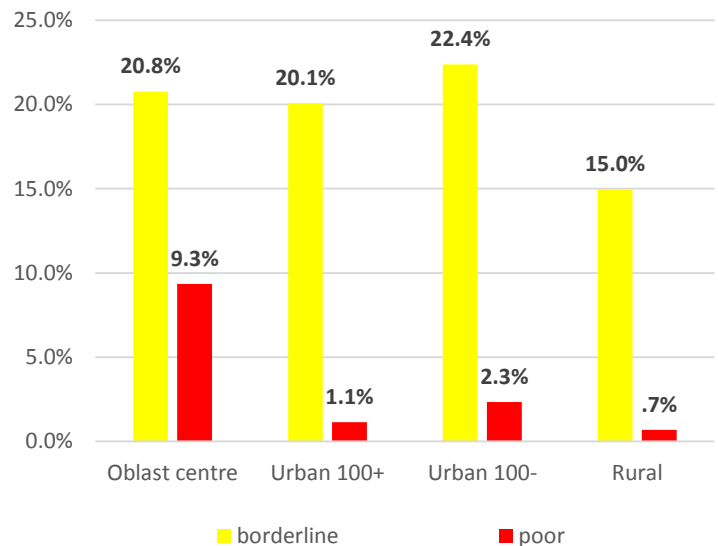
15% of the interviewed IDP households also were found with inadequate food consumption levels and appeared to be the third most affected subgroup by share of people in this category. This could be associated with significant humanitarian aid and social benefits IDPs have access to in GCA compared to households in NGCA. Around a third of the interviewed IDPs stated that they had received food assistance in the last 30 days.

Households residing in the two oblast centres seem to be among the most affected by inadequate food consumption levels (**Graph 1**). Around 10% of the households there were found with poor and 20% with borderline food consumption scores.

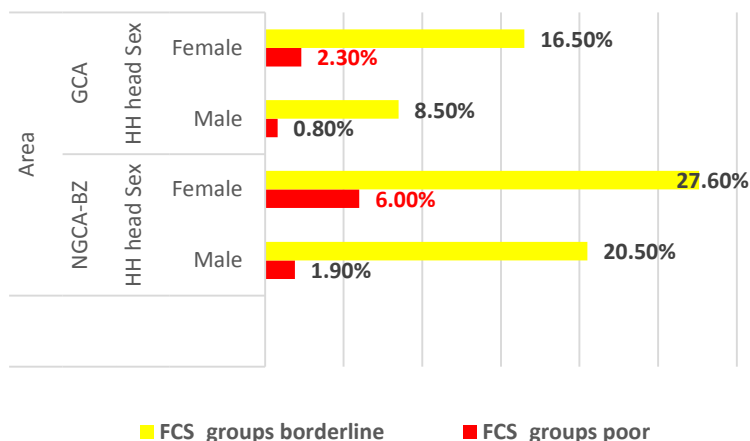
Rural areas seem to have better food consumption levels. Data collected show² this could be attributed mainly to the increased household level food production and higher access to land.

Food consumption levels analysed from a gender perspective show female headed households are more affected by inadequate food consumption levels than male headed households. Around 30% of women were found to have poor (5%) and borderline (25%) FCS compared to only 1.5% with poor and 16% with borderline FCS for male headed households.

Graph 1: Households with inadequate food consumption by type of settlement



Graph 2: Women headed households with inadequate food consumption by geographical area



The gender differences are starker if results are analysed at GCA, BZ and NGCA level (**Graph 2**).

Women headed households particularly in NGCA and BZ suffer to a greater extent the poor (6%) and borderline (28%) inadequate food consumption levels.

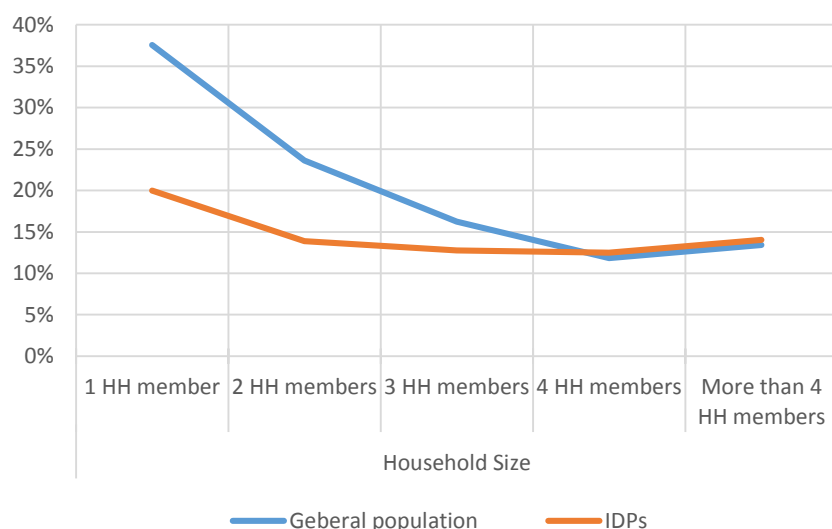
Albeit lighter the gender differences influencing the food consumption levels can be observed also among the IDP population in GCA. Around 17% of women IDP headed households were found to have inadequate food consumption levels compared to 13% among male IDP headed households.

WFP is targeting this particular vulnerability through the prioritization of women headed households in its food assistance delivery.

In fact women make for 60% (or put the nominal number of women here) of all beneficiaries since the begging of the emergency operation (EMOP) in 2014.

² This particular finding is further discussed in the Food Sources section of this report.

Graph 3: Household size food consumption patterns



Analysis of the data show that people living alone more often were found to have inadequate food consumption levels (**Graph 3**). This pattern seems to equally affected households across GCA, BZ and NGCA as well as among IDP population. It appears that bigger household's size increases the possibility for better consumption levels.

Further analysis of this particular finding show that marital status plays also an important role toward better food consumption levels. 85% of married households stated they have at least two or more income sources.

On the other hand the situation is direr with regard to single women headed

households, divorced and widows. Self-assessment on household income levels show that people living alone feel more financially insecure. Almost 90% of people in this category stated they do not have, or that they barely have money for buying food and most of their basic needs.

Elderly people living alone or in couple are also among the most affected.

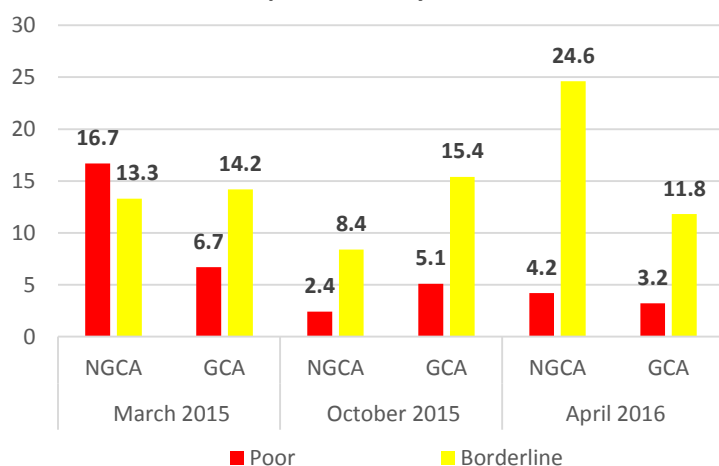
Table 1: Food consumption levels by age and gender				FCS Groups		
				poor	borderline	acceptable
HHH_Age_group	Up to 40	HH head Sex	Male	0.60%	12.50%	86.90%
			Female	2.60%	13.60%	83.80%
	40-60	HH head Sex	Male	1.50%	13.30%	85.20%
			Female	2.10%	26.10%	71.80%
	More than 60	HH head Sex	Male	2.10%	23.00%	74.90%
			Female	7.40%	25.70%	66.90%

Households with children seem to enjoy more adequate food consumption levels. 10% were found with inadequate food consumption levels compared to 30% of households without. However further analysis of households with children reveals that in order to maintain these relatively adequate levels of food consumption the majority of the parents/caretakers (more than 65%) are spending more than 50% of their budget on food purchases. Another aggravating factor is that particularly in households with children debt levels are more significant than households without children. In fact 33% of households with children were found to have debt against 21% for households without children.

Ultimately negative food coping strategies are identified as more frequent among households with children. Parents/caretakers prioritize both frequency and meals portion size to children skipping and reducing theirs. Debt levels are higher for this particular category of households.

Higher levels of education are associated with more adequate food consumption levels. In fact 85% of people with a university degree were found to have acceptable consumption levels against 75% and 74% respectively for those with a secondary school and primary school degree.

Graph 4: FCS in dynamics



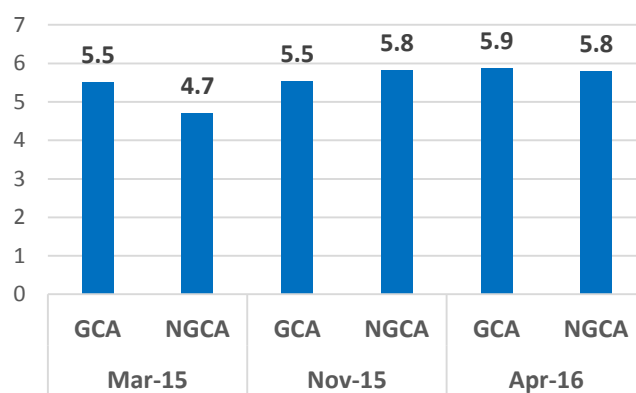
Poor food consumption levels have been decreasing significantly since March 2015 (Multi Sectoral Needs Assessment) findings (**Graph 4**). This holds true particularly for NGCA areas where poor food consumption levels were particularly higher compared to GCA. Poor food consumption levels have been kept stable partially attributable to significant amount of food and humanitarian assistance provided to those most in need. On the other hand borderline food consumption levels seem to have increased. This is partially due to the fact that those with poor food consumption level (red axis) have been “graduated” to better/borderline food consumption levels (yellow axis).

Graph 5 represents the Diet Diversity Score (DDS). The indicator calculates the frequency and range of food items and groups consumed during a one week recall.

Albeit slightly DDS has also been improving since March 2015 in both GCA and NGCA areas.

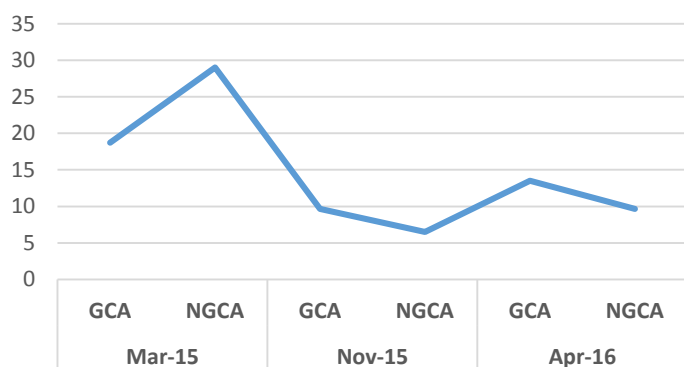
It is worth noting however that the latest Food Security Assessment Report from November 2015 highlights that households with poor and borderline FCS consume much less of almost all food groups compared to households having acceptable levels of FCS in both GCA and NGCA. These households’ diet consists of mainly bread and cereals. On average, these products are consumed almost every day.

Graph 5: DDS in dynamics



Consumption of sugar is also very high. On the other hand, fresh produce such as meat and milk products, eggs and fruits are consumed less than once a week in both areas especially for those with poor FCS. Consumption of oils is also very low in the poor consumption group. Vegetables are also consumed but with low frequency among people with poor and borderline FCS. Particularly for those with poor FCS, this means an average of only two days per week³. Similar findings are observed and confirmed through data collected in May 2016. More detailed information could be also found in WFP’s Market Updates⁴.

Graph 6: rCSI in dynamics



Graph 6 represent the reduced Coping Strategies Index (rCSI). This is another key indicators for measuring food security at household level.

In order to cope with scarcity of food or money to buy food households adopt these negative coping strategies such as skipping meals, reducing portion size, prioritizing children etc.

The graph shows a decrease in the application of such negative food consumption strategies in both GCA and NGCA from March 2014 to April 2016.

³ WFP Food Security Assessment Report, November 2015

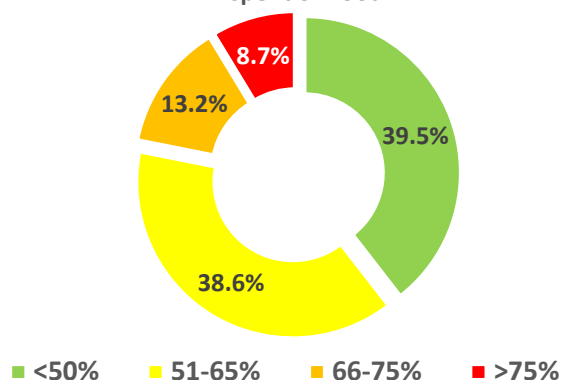
http://documents.wfp.org/stellent/groups/public/documents/ena/wfp281920.pdf?_ga=1.146926647.1825597134.1465476070

⁴ http://vam.wfp.org/CountryPage_overview.aspx?iso3=UKR

Financial accessibility to food

The financial accessibility to food is presented in this report as the percentage of total monthly (last 30 days recall) expenditure spent on food. Additional complementary analysis is also provided with regard to household sources of income and debt.

Graph 7: Household percentage of expenditure spent on food



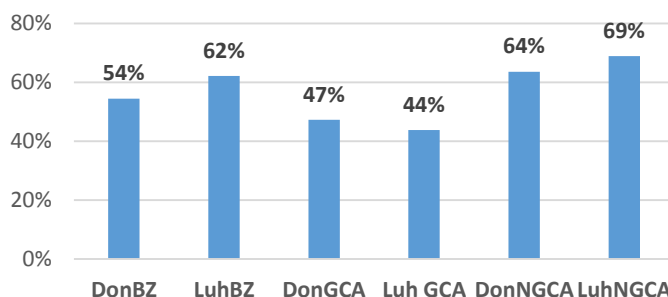
More than 60% of the households interviewed spend monthly more than 50% of their overall expenditure on food (**Graph 7**).

Moreover out of the total number of households around 9% spend monthly more than 75% of their overall expenditure on food.

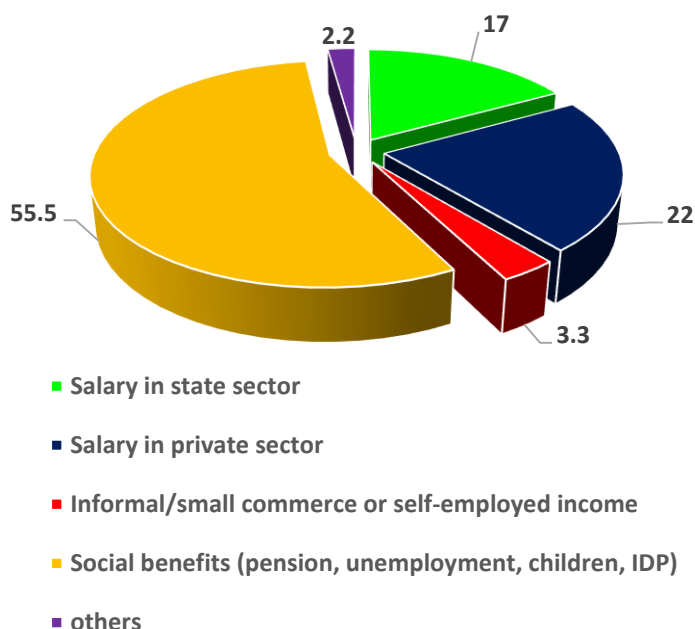
A combination of high food prices and food inflation as well as low wages and social benefits affect the household's financial accessibility to food. Higher share of household expenditure on food is considered a food security vulnerability indicator.

Households in NGCA were found more affected and spending larger percentage of their monthly expenditure on food (**Graph 8**). This is mainly due to higher prices in NGCA. The latest [WFP Market Update](#) covering the period February – March 2016 estimates the food basket to cost around 21% more in NGCA compared to GCA. Households in the BZ seem the second more affected. This could be due to a combination of higher food prices as well of significant lack of jobs. Households in GCA spent on average less on food due to higher expenditures other than food such as rent, utilities, etc.

Graph 8: Percentage of households spending more than 50% of their budget on food



Graph 9: Main sources of income for HHs, %



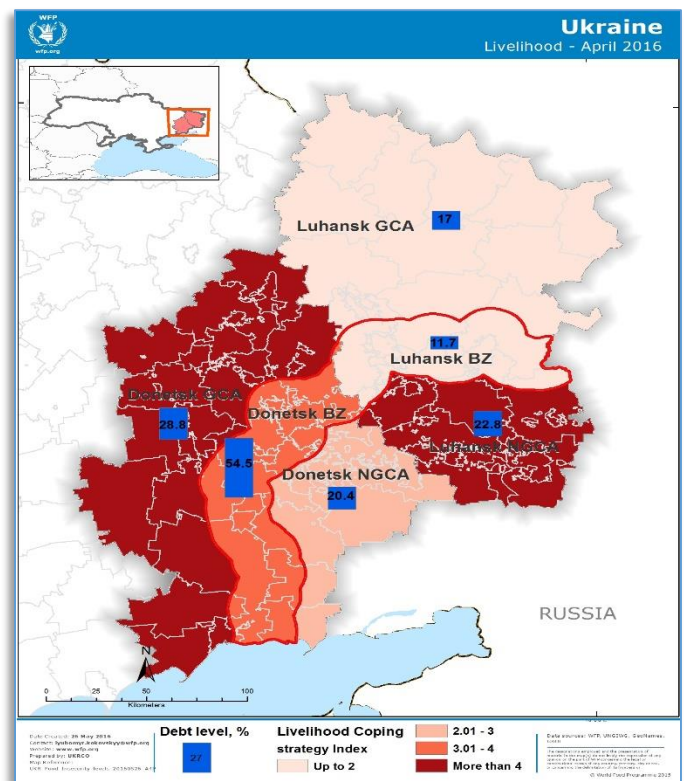
Analysis at settlement type level show share of expenditure on food is higher in the two oblast centres of Luhansk and Donetsk cities compared to rural areas with almost 70% of households in oblast centres spending more than 50% of their monthly expenditure on food.

Graph 9 shows the main income sources in both GCA and NGCA. Looking at the breakdown it is worth noting that the main income source for almost 56% of the households are social benefits in the form of pensions, unemployment benefits, social payments to children and mother as well as IDPs.

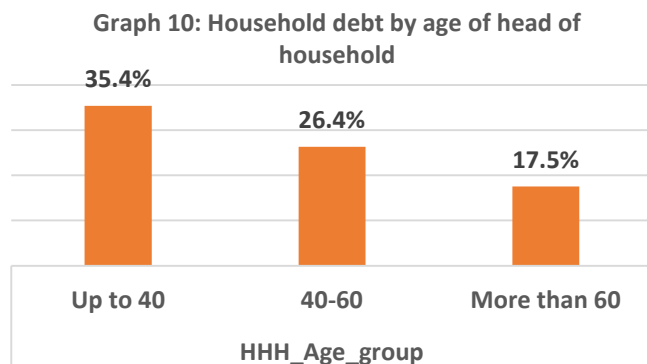
The dependency on social benefits is higher in Luhansk BZ (68%) and Donetsk (60%) as well as IDP population in GCA (66%).

On average 60% of the HHs stated they have no second income source. This particularly for the population in the BZ means high dependency on social benefits.

Rural areas and urban areas with a population less than 100k people are amongst the most affected by debt levels. Households in these type of settlements were found to own debt 34% and 32% respectively.



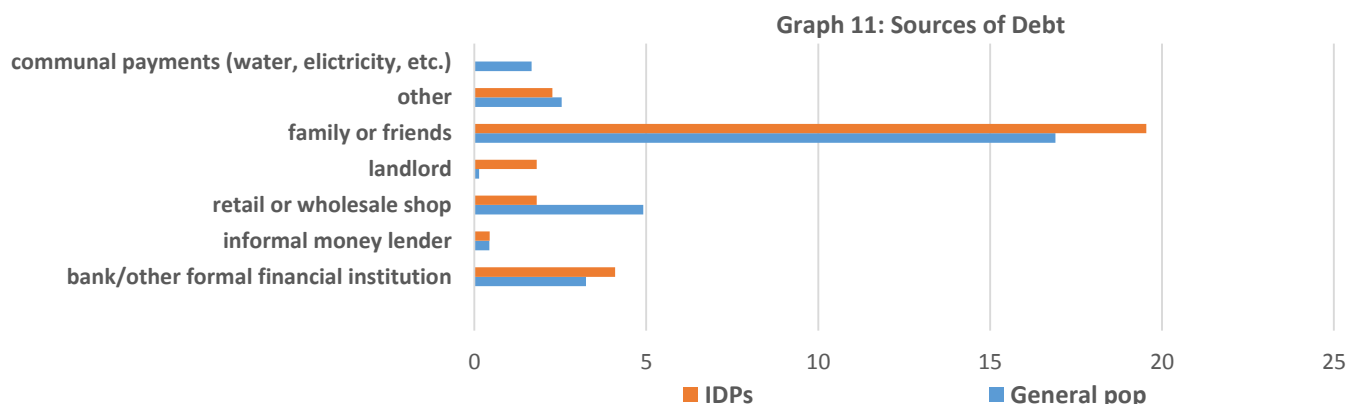
Finally the most significant patterns of debt were observed among younger heads of households (**Graph 10**). Most often these are young couples with children. For those with children under 5 debt levels are slightly higher. Analysis of the data seem not to indicate to any gender patterns in debt ownership. Both men and women seem equally affected by also the same levels of debt ownership.



23% of men headed households stated they own some degree of debt against 25% of women headed households.

IDPs also stated debt levels to their landlords and towards communal services payments such as water, electricity and heating.

Among the main sources of debt (**Graph 11**) households could identify were family and friends and to a lesser degree bank and other formal financial institutions. Owning debt to retail or wholesale shops was more common among households living in rural and smaller urban areas.

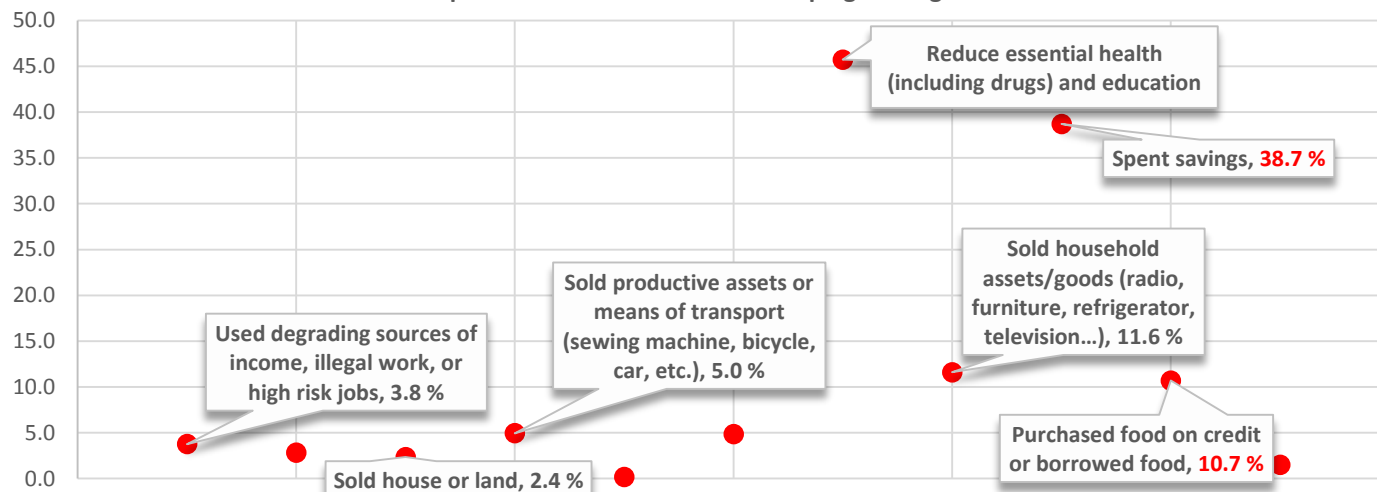


Livelihood Coping Strategies -

Graph 12 represents the main coping strategies used more frequently among the interviewed households. Only one third of the interviewed households stated they did not apply any negative coping strategies.

Almost half of the respondents stated that had reduced essential health and education expenditures. Focus group discussions reveal medicines have become particularly expensive to vulnerable households.

Graph 12: Households Livelihood Coping Strategies

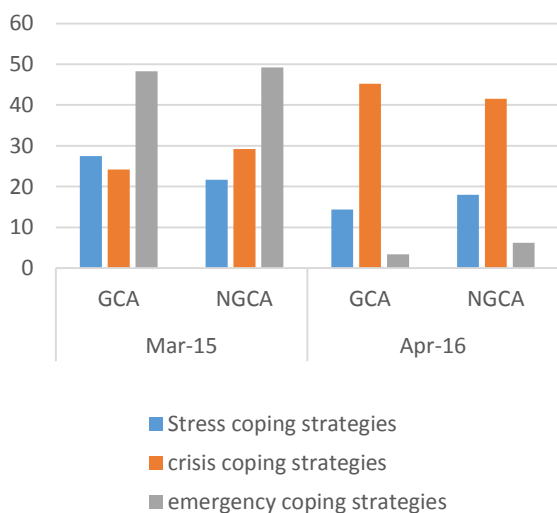


Around 40% of the households stated they had spent savings. Together with selling of assets these have been among the most frequently used strategies in the past year (2015). Presence of debt as previously mentioned represents a negative new development. Around 11% of the households borrowed food on credit. This strategy has been identified as more often applied in rural and small urban areas.

3.8% of households stated they used high risky jobs and using degrading sources of income. Focus group discussions reveal that application of this emergency type of coping strategy could be higher then what households have stated during the households interviews. Some of the main applied strategies in this group are illegal mining and petty theft.

Information gathered through focus group discussions show enrolment in local militia seems quite wide spread among young and middle aged males.

Graph 13: LCS in dynamics



One of the most negative coping strategies among IDP households was multiple displacement. 67% of the interviewed IDPs stated they had to move more than once from their places of origin.

Graph 13 represents the Livelihood Coping Strategy index. WFP classifies this indicator into three groups depending on the severity of the strategy applied by households in a recall period of one month/last 30 days.

Worth noting is the fact that emergency coping strategies regarded as amongst the most negative ones have significantly experienced a decreased since March 2015 in both GCA and NGCA.

Crisis coping strategies on the other hand remain wide spread and have also increased in application in April 2016.

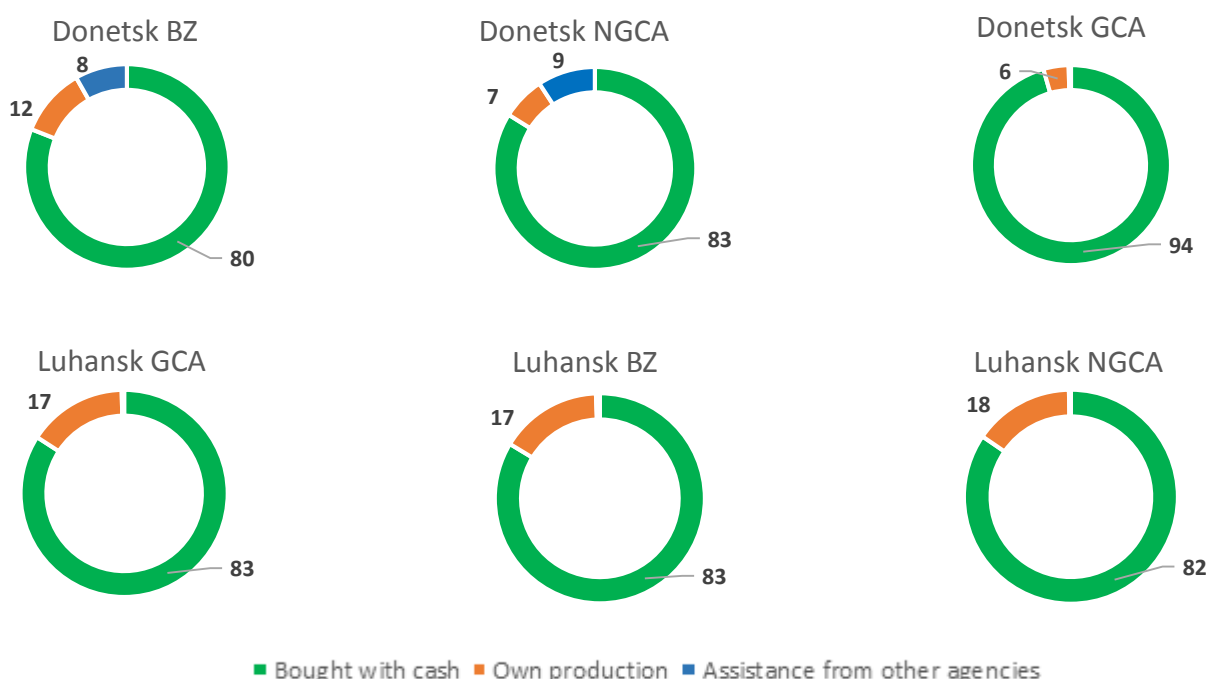
Food Sources

Markets remain the main source of food for households (**Table 2**). Almost all households in the more industrialized urban settlements of Donetsk GCA seem relying on markets for their food purchases. As highlighted in other sections, humanitarian aid has been a greater source of food for households in Donetsk BZ and Donetsk NGCA. These are similar trends among IDP households.

In Luhansk oblast own production has been the second largest household source of food. This could be explained as households in largely rural northern Luhansk have greater access to land. Rural areas represent indeed the largest share of household's own agricultural production.

Agricultural own production is also quite fairly spread in Donetsk BZ. Previous Food Security Assessment reports and Market Updates have highlighted the fact that households are increasingly more engaged in agricultural activities. During summer season this activity becomes both a source of food and an income generating activity.

Table 2: Main food Sources



Roots and tubers, vegetables, eggs, meat and fish as well as pulses, seeds and nuts are among the food groups most commonly produced at household level. Cereals and grains, oil and fats (excluding pork fat/*Saló*) as well as pulses are often received in the form of food assistance. Milk, dairy products, fruits and spices (including sugar, salt and tea) are more frequently purchased in the market.

Some of the main challenges towards increased own production are prices of seeds and fertilizers as well as lack or challenging access to water.

Markets

Albeit the challenging situation especially in NGCA markets remain resilient. Both Luhansk and Donetsk NGCAs experienced lower prices in the last quarter of 2015. Prices have kept relatively stable in NGCA throughout 2016. In GCA and at national level increases of price has been experienced throughout all 2015. A slight decrease was reported in the first quarter of 2016.

Graph 14 below indicates a decreasing value of the food basket in Ukraine for the two consecutive months of February and March 2016. This decrease is unusual, when compared to the last couple of years, when prices fell during summer months.

The value of the food basket at national level reached 666.4 UAH in March 2016, 4% less compared to January 2016 value. On the other hand, the value of food basket is still 56% higher compared to March 2014 when the conflict started.

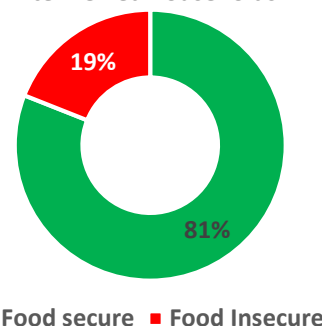
Table 3 above indicates availability of food items in NGCA in June 2015 - March 2016. Widely available food commodities includes staples such as rice, pasta, rye and wheat bread, buckwheat as well as dairies such as milk, butter and eggs. There is also good availability of sunflower oil, sugar and boiled sausages in both Donetsk and Luhansk NGCA. Beef is sparsely available during all periods. There is limited availability of pork and pork fat on the market. No significant differences in the food availability in Donetsk and Luhansk NGCA were identified.

Food Security Levels

The food security levels for the purpose of this report is calculated using the Consolidated Approach for Reporting Indicators of Food Security (or CARI). For more information on CARI please see Annex II - CARI factsheet or visit <https://resources.vam.wfp.org/CARI>

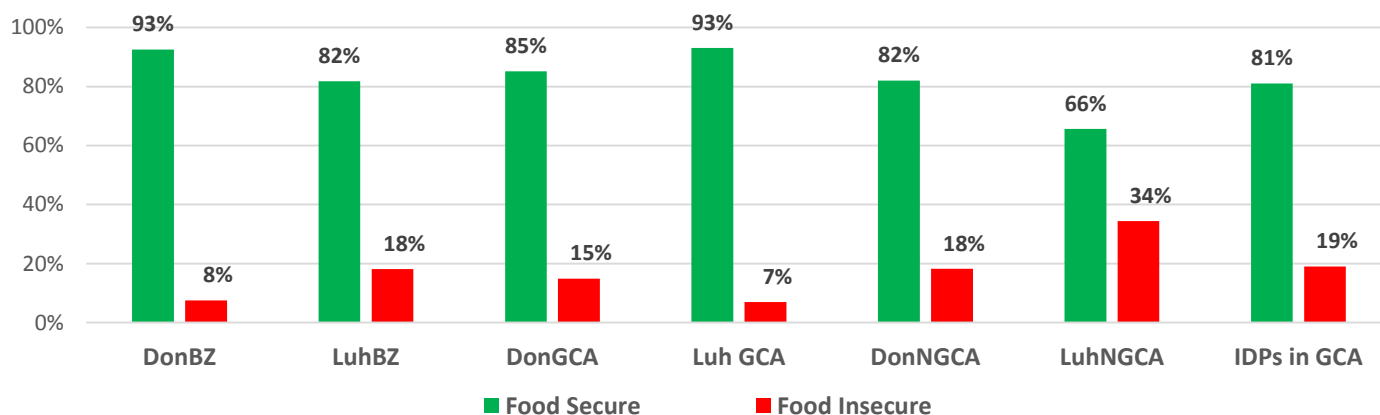
Graph 15 represents the food security levels among all the interviewed households in Eastern Ukraine. 19% of the population in the oblasts of Donetsk and Luhansk remain food insecure and will need further food assistance during 2016 and beyond.

Graph 15: Food Security levels among interviewed households



Estimated number of food insecure people reached around 1.1 million in May 2016 including around 160.000 IDPs. This is a 27% decrease compared to November 2015 figures of food insecure people. As stated in the latest report factors affecting the improvement may be partially attributed to the humanitarian assistance provided by various agencies including WFP and the relatively calmer security situation, among other factors.

Graph 16: Food security levels by areas monitored



Graph 16 represents the food security/insecurity levels in the areas observed. As also stated in the last November 2015 food security report Luhansk NGCA including its BZ remain the areas most affected by food insecurity. Challenging access to humanitarian assistance could be one of the main reasons for the situation there. IDPs are the second largest group monitored affected by food insecurity levels. Social benefits were found to be the main income group for households across all areas monitored.

Dependency on social benefits was particularly significant among households in the BZ especially Donetsk BZ.

Around 25% of all households interviewed stated they owe some degree of debt. This is a new negative development. Most of the debt is acquired through family and friends. Informal debt is also owed to shops and retailers mainly to purchase food on credit. Few stated formal debt to banks and other financial institutions.

The most vulnerable continue to be the elderly living alone and those in couple. Single living households are generally more at risk of food insecurity than larger families. Particularly dire is the situation for single, divorced and separated women head of households with children.

Annex I – The Assessment Methodology

The present food security monitoring data collection exercise was carried out by Kiev International Institute of Sociology (KIIS) during March-April, 2016 in Donetsk and Luhansk oblasts. The target population of the survey were households residing in Ukrainian Government Controlled Areas (GCA), Non-Government Areas (NGCA), and Buffer Zone (BZ).

Stratified and multistage sample design with mixed-mode approach was developed. The sample of the study is representative for households living in the three different areas of eastern Ukraine (BZ, GCA, and NGCA) of Donetsk and Luhansk oblasts. General population was stratified by oblast, type of settlement and three types of areas mentioned above (GCA, NGCA, and BZ). Two types of interview were applied in this assessment. A majority of households were surveyed through face-to-face interview methods. Remote data collection through the Computer Assisted Telephone Interview (CATI) was conducted in 10 cities of Donetsk oblast and 4 cities of Luhansk oblast with an appropriate landline phone coverage.

The realized sample for this survey includes 1384 HHs in Donetsk and Luhansk Oblasts:

- 201 households from BZ, 101 HHs of them in Donetsk oblast and 100 HHs in Luhansk oblast;
- 519 HHs from GCA, 310 HHs of them in Donetsk oblast and 209 HHs in Luhansk oblast;
- 664 HHs from NGCA, 410 HHs in Donetsk oblast and 254 HHs in Luhansk oblast.

Data collection fieldwork stage lasted from March 30 till April 13, 2016 and 39 interviewers participated in it. 1391 HHs were interviewed during the field stage. The survey was carried out in 92 settlements, where 8 of them is Donetsk BZ, 8 – Luhansk BZ, 18 – Donetsk GCA, 13 – Luhansk GCA, 25 – Donetsk NGCA, 20 – Luhansk NGCA. The most conversant with HH budget, purchases and feeding member was interviewed in every selected HH.

The final data file consists of 1384 HH interviews. In accordance with our estimation sampling error does not exceed 5% (actual sample error should be higher due to design effect and limitations characteristic for surveyed target population) for oblast and type of area and 3.5% for oblast at whole.

Limitations and Assumptions

Due to the limited sample size ($n = 1384$) the statistical error for the whole sample is 2%, for the oblast – 3.5% and for the individual subgroups can reach 10% (actual sample error should be higher due to design effect and limitations characteristic for surveyed target audience). Therefore we should note that figures presented in this report, rather indicative than exact and the report on the whole intends to provide general framework for understanding the profiles of food-insecure and vulnerable households.

Additionally to above mentioned sample, 220 telephone interviews with IDPs from Donetsk and Luhansk GCA were conducted within the fieldwork dates of the assessment.

Focus Group Discussions

A qualitative research study of population residing in GCA, NGCA and BZ was also conducted. This component utilized the method of focus groups discussions (FGD). The field work of the study took place on April 2 – April 9, 2016. Average duration of the FGD was about 110 (from 78 to 148) minutes. Key FGDs included those conducted with only female heads of household respondents, unemployed men between 30 – 45 years old, IDPs and mixed groups. The preliminary results of this data collection exercise were further discussed with the community through some additional 4 FGDs.

Valuable inputs were received by FGD participants before and after the data collection exercise. They are included in the body of this report.

Annex II - CARI factsheet

Consolidated Approach for Reporting Indicators of Food Security (CARI)

An approach addressing the multiple dimensions of food security with transparent indicators which are consistent with internationally accepted food security concepts.

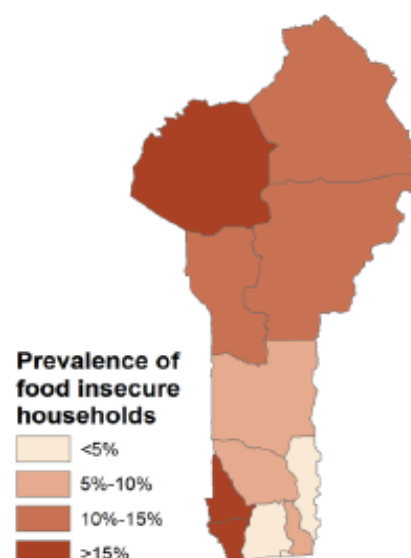
The **CARI** is a method used for analysing and reporting the level of food insecurity within a population. When CARI is employed, each surveyed household is classified into one of four **food security categories** (see table below). This classification is based on the household's **current status** of food security (using food consumption indicators) and their **coping capacity** (using indicators measuring economic vulnerability and asset depletion).

Food secure	Able to meet essential food and non-food needs without engaging in atypical coping strategies	Food secure
Marginally food secure	Has minimally adequate food consumption without engaging in irreversible coping strategies; unable to afford some essential non-food expenditures	
Moderately food insecure	Has significant food consumption gaps, OR marginally able to meet minimum food needs only with irreversible coping strategies	Food insecure
Severely food insecure	Has extreme food consumption gaps, OR has extreme loss of livelihood assets will lead to food consumption gaps, or worse	

CARI results are presented within the **CARI food security console** (below). The console provides a clear snapshot of the recorded prevalence of each *available* CARI food security indicator. It also supports the combining of the available food security indicators in a **systematic** and **transparent** way to establish the population's overall food security outcome, the **Food Security Index (FSI)**.

Example CARI console and food insecurity map (Benin CFSVA, 2013):

Domain and household indicators		Food secure (1)	Marginally food secure (2)	Moderately food insecure (3)	Severely food insecure (4)
Current Status	Food Consumption (FC) (Food consumption group)	77%	—	18%	5%
Coping Capacity	Economic Vulnerability (EV) (Food exp. share)	60%	27%	8%	5%
	Asset Depletion (AD) (Livelihood coping strategy categories)	68%	21%	7%	4%
Food Security Index shares*		55%	34%	11%	<1%
National prevalence of food insecure households				11%	



*FSI shares represent the proportion of households in each of the four food security categories. Each household's FSI classification is determined by an algorithm which considers the scores (1 to 4) it registered for each indicator. Within both dimensions (i.e. Coping Capacity and Current Status) the 4-point scale outcomes for the available indicators are averaged. In turn, a simple average is taken of the two dimension scores; this determines the household's final CARI score (which will fall between 1 and 4). In the example console above, this process is represented by: $(FC + (EV+AD)/2) / 2$.

Contacts

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