

ABSTRACT

Food security both at national and household level is the most essential basic need to ensure the standard of living of the people. The major three components of the food security are Availability, Accessibility and Utilization of foods. The full range of food insecurity and hunger can not be captured by any single indicator. There is no national indicator or instrument to assess the household food security in Sri Lanka. Food Security Core Module (FSCM) is the first official household measure of food insecurity and hunger in the united status since 1995. In this present study, main attention was given to assess the household food security status, dietary patterns and the socio economic status of the rural subsistence paddy farming sector in Sri Lanka. A cross sectional survey was conducted to collect information from 80 households in 20 Divisional Secretariat (DS) across 10 districts including 5 major provinces in Sri Lanka. A 24-hour dietary recall was performed from all household members to estimate household energy and nutrient intake. A comprehensive self administrated questionnaire including United States Core Food Security Model, socioeconomic and dietary information, anthropometric and biochemical measurements was used to determine the household food security level. Results showed that 68% percent of both males and the females received inadequate amounts of energy. Only 25% of the households fulfilled their energy requirements while only 45% of the households fulfilled their protein requirements at recommended levels. Of the households 75% percent food insecure while only 25% food insecure. From the food insecure fraction, 55% in food insecure without hunger group. Present study shows the significant association between the disposable income of the household and food security levels.