



Food Security Strategies in Vulnerable Communities: A Mixed Methods Inquiry in Cameroon

Mireille Madinga¹, Eddy Ngondiep^{2,3}, Victor Nkengfack³, Alain Tchoundjeu^{4,5}

¹ University of Ngaoundere

² Department of Research, University of Dschang

³ University of Buea

⁴ Department of Advanced Studies, University of Buea

⁵ Catholic University of Central Africa (UCAC)

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Correspondence: mmadinga@hotmail.com

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Author notes

Mireille Madinga is affiliated with University of Ngaoundere and focuses on Arts & Humanities research in Africa. Eddy Ngondiep is affiliated with Department of Research, University of Dschang and focuses on Arts & Humanities research in Africa.

Victor Nkengfack is affiliated with University of Buea and focuses on Arts & Humanities research in Africa. Alain Tchoundjeu is affiliated with Department of Advanced Studies, University of Buea and focuses on Arts & Humanities research in Africa.

Abstract

Food crises frequently affect vulnerable communities in Cameroon, highlighting the need for comprehensive strategies to enhance food security. The study utilised both qualitative interviews ($n=50$) \wedge quantitative surveys ($n=200$) conducted \in rural \wedge peri-urban areas of Cameroon during the period \in M... . Data were analysed using thematic analysis for qualitative data and descriptive statistics for quantitative data. A notable theme emerged regarding community-led initiatives, with over 60% of respondents reporting successful outcomes from such efforts in addressing food insecurity. The study underscores the efficacy of community-based strategies in augmenting food security among vulnerable populations. Future research should explore scalability and replication of these interventions. Government agencies are encouraged to integrate community-led initiatives into national food security policies, fostering sustainable solutions for future crises.

Keywords: *Cameroon, Geographic Focus, Mixed Methods, Vulnerable Communities, Anthropology, Qualitative Research, Participatory Action Research*

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