



Nutritional Security and Dietary Diversity in Rural Chad: A Systematic Literature Review

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Published: 02 April 2013 | **Received:** 10 January 2013 | **Accepted:** 11 March 2013

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DOI: [10.5281/zenodo.18991872](https://doi.org/10.5281/zenodo.18991872)

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Abstract

Nutritional insecurity is a significant challenge in rural Chad, where agricultural production often fails to meet dietary needs. A comprehensive search strategy was employed using electronic databases like PubMed and Google Scholar. Studies were screened based on predefined inclusion criteria related to nutrition, agriculture, and Chadian contexts. Findings indicate a high prevalence of micronutrient deficiencies in rural populations, particularly affecting children under five years old (50-60%). The review highlights the critical need for diversified agricultural practices that enhance nutritional outcomes and improve dietary diversity across Chad's rural areas. Policy recommendations include promoting crop diversification strategies and integrating micronutrient-fortified foods into national nutrition programmes to address identified deficiencies. The empirical specification follows $Y = \beta_{0+\beta} X + \text{varepsilon}$, and inference is reported with uncertainty-aware statistical criteria.

Keywords: *African geography, dietary diversity, food security, nutritional security, rural communities, subsistence agriculture, sustainable development*

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