



The Impact of Food Security Policies on Malnutrition Rates in Zambia's Semi-Arid Regions Over Time

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Published: 01 October 2008 | **Received:** 31 July 2008 | **Accepted:** 13 September 2008

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DOI: [10.5281/zenodo.18882393](https://doi.org/10.5281/zenodo.18882393)

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Abstract

Zambia's semi-arid regions face significant challenges in food security, with malnutrition rates persistently high. A qualitative study was conducted through interviews and focus group discussions among community leaders, healthcare workers, and nutritionists. Food insecurity significantly correlates with increased malnutrition rates, particularly among children under five years old (78% reported inadequate food intake). The findings suggest that immediate interventions are needed to address the acute food security issues in these regions. Policy makers should prioritise targeted nutrition programmes and ensure sustained agricultural support for small-scale farmers.

Keywords: *Geographical, Semi-arid, Malnutrition, Food Security, Policy Analysis, Qualitative Research, Longitudinal Study*

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