



Nutritional Security and Dietary Diversity in Rural African Communities of Zambia: A Comparative Study

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Abstract

Nutritional security is a critical concern in rural African communities, particularly those in Zambia, where dietary diversity and its impact on health outcomes are under scrutiny. Data was collected through structured interviews, food frequency questionnaires, and household surveys conducted in two selected villages over a six-month period. Statistical analysis employed regression models to analyse the relationships between dietary diversity and nutritional status. In Village A, there is a significant positive correlation ($p < .05$) between higher consumption of animal-source foods (ASFs) and improved body mass index (BMI), indicating that ASFs play a crucial role in enhancing nutritional security. In contrast, Village B showed no such correlation. The study concludes that dietary diversity is essential for improving nutritional outcomes in rural Zambia. The findings suggest specific interventions focused on increasing access to ASFs as a means of addressing malnutrition. Policy recommendations include promoting community-based nutrition education programmes and enhancing availability of animal-source foods through local livestock support initiatives. The empirical specification follows $Y = \beta_{0+\beta} p X + \text{varepsilon}$, and inference is reported with uncertainty-aware statistical criteria.

Keywords: *African, Geographic, Diversity, Security, Nutrition, Anthropology, Methodology*

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