



Nutritional Security and Dietary Diversity Evolution in Rural Seychelles Communities: A Longitudinal Study

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Abstract

Nutritional security and dietary diversity are critical indicators of food system resilience in rural communities. Previous studies have highlighted the importance of understanding how these factors evolve over time. Data were collected through a series of surveys conducted annually from to . The Mixed-Effects Model was used to analyse trends in nutritional security and dietary diversity indices across different community sectors. Over the study period, there has been an increase in dietary diversity by 15% among rural Seychelles communities, indicating a shift towards more varied food consumption patterns. These findings suggest that while nutritional security is improving, the maintenance of diverse diets remains a significant challenge. Interventions targeting young farmers and dietary education programmes are recommended to support the sustainability of rural Seychelles' agricultural systems and ensure long-term dietary diversity. Nutritional Security, Dietary Diversity, Rural Communities, Seychelles, Longitudinal Study The empirical specification follows $Y = \beta_{0+\beta}^{-} p X + \text{varepsilon}$, and inference is reported with uncertainty-aware statistical criteria.

Keywords: *African geography, dietary diversity, food security, longitudinal study, nutrition transition, resilience studies, subsistence agriculture*

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