



Nutritional Security and Dietary Diversity Assessment Through Quantitative In-depth Surveys in Nigerian Rural Communities

Chidera Okechukwu¹, Nnanyere Ubaka^{1,2}

¹ University of Ibadan

² Nigerian Institute of Advanced Legal Studies (NIALS)

Published: 06 February 2002 | **Received:** 25 October 2001 | **Accepted:** 08 December 2001

Correspondence: cokechukwu@aol.com

DOI: [10.5281/zenodo.18747616](https://doi.org/10.5281/zenodo.18747616)

Author notes

Chidera Okechukwu is affiliated with University of Ibadan and focuses on Agriculture research in Africa.

Nnanyere Ubaka is affiliated with University of Ibadan and focuses on Agriculture research in Africa.

Abstract

Recent studies have highlighted the critical need for improved nutritional security and dietary diversity in rural African communities, particularly in Nigeria where traditional farming practices are prevalent. A mixed-methods approach was employed, combining quantitative surveys with qualitative interviews. Quantitative data were collected using structured questionnaires that capture demographic information, dietary habits, and nutritional status. Qualitative insights were gathered through focus group discussions to explore deeper contextual factors influencing dietary choices. The findings indicate a significant preference for locally sourced foods over imported goods, particularly in the staple food category (e.g., maize, rice). A quarter of respondents reported consuming less than three types of fruits and vegetables per week, suggesting limited variety in their diet. This study provides valuable insights into the dietary habits and nutritional needs of Nigerian rural communities. The mixed-methods approach allowed for a nuanced understanding of both quantitative data and community perspectives. Policy recommendations include enhancing access to diverse food sources and promoting agricultural interventions that support sustainable local food production systems. Nutritional Security, Dietary Diversity, Rural Communities, Nigeria, Quantitative Surveys The empirical specification follows $Y = \beta_{0+\beta}^{\rightarrow} p X + \text{varepsilon}$, and inference is reported with uncertainty-aware statistical criteria.

Keywords: *African geography, dietary diversity, nutritional security, qualitative methods, rural studies, socioeconomic factors, traditional agriculture*

ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

Email: info@parj.africa

Request your copy of the full paper today!

SUBMIT YOUR RESEARCH

Are you a researcher in Africa? We welcome your submissions!

Join our community of African scholars and share your groundbreaking work.

Submit at: app.parj.africa



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge