



# Nutritional Security and Dietary Diversity Evolution in Rural Nigerian Communities,

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## Abstract

This study examines the evolution of nutritional security and dietary diversity in rural Nigerian communities over a decade, focusing on agricultural practices. A longitudinal study design was employed to collect data through surveys conducted annually from to . The analysis utilised regression models to assess trends in dietary diversity and nutritional security indicators. Dietary diversity increased by 35% over the decade, with a significant decrease in malnutrition prevalence (confidence interval: -10% to -20%). The study highlights the need for sustained agricultural interventions to enhance dietary diversity and improve nutritional security. Investment should be directed towards promoting diversified crop cultivation and enhancing access to nutritious foods. 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, Farming Systems, Longitudinal Study, Nutritional Security, Rural Communities, Sustainable Agriculture*

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