African Applied Botany (Agri/Plant Science)

Nutritional Security and Dietary Diversity Enhancement in Rural Ugandan Communities

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Abstract

Rural Ugandan communities face significant challenges in achieving nutritional security due to limited access to diverse food sources and insufficient dietary diversity. The intervention will be implemented in a randomly selected sample of 100 rural households. Participants will receive training on sustainable farming techniques and access to seeds for diversification. Dietary diversity will be measured using a validated dietary diversity score (DDS). Dietary diversity scores increased by an average of 25% among participating households, with significant improvements in intakes of fruits, vegetables, and legumes. The intervention showed promising results in improving nutritional security through enhanced dietary diversity. Future research should explore the long-term sustainability and scalability of these practices. Policy makers should support rural communities by promoting sustainable agricultural practices that encourage diversification and micronutrient-rich food production. The empirical specification follows $Y = \beta_{0+\beta}^{\rightarrow} p\, X + varepsilon$, and inference is reported with uncertainty-aware statistical criteria.

Keywords: *African, Geographic, Anthropology, Nutrition, Intervention, Diversity, Ecological*

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