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**EFFECTS OF ECONOMIC STATUS ON FOOD SECURITY OF URBAN AREAS: A CASE STUDY OF ASANSOL CITY, WEST BENGAL.**

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**ABSTRACT**

Sustainable food security involves strengthening the livelihood security of all members within a household by ensuring both physical and economic access to balanced diet. India's biggest challenge still remains ensuring food and nutritional security to its masses. A country can be said to have achieved complete food and nutrition security if each and every person in that country is able to consume 'an adequate and balance diet' on a regular basis. In India, availability of food remains the focus to the family as food consumes the bulk of the family income in majority of the houses. Nationwide, 44.4 percent of income in urban areas is used for the purchase of food. Nature of food consumption is directly related to occupation and income of the family members. On the basis of above issue our present work is emphasis on effects of economic status on food security of urban area and selected study area is Asansol Municipal Corporation(AMC) at West Bardhaman District of West Bengal State. Through this paper we try to establish a fact that how food security is controlled by income and occupational status of urban people

**Keywords:** food security, nutritional security, family income, economic status, occupation

**INTRODUCTION**

India's biggest challenge still remains ensuring food and nutritional security to its masses. It is the right of every person to have regular access to sufficient, nutritionally adequate and culturally acceptable food for healthy life. A country can be said to have achieved complete food and nutrition security if each and every person in that country is able to consume "an adequate and balanced diet" on a regular basis. In India availability of food remains the focus to the family as food consumes the bulk of the family income in majority of the houses. Nature of food consumption is directly related to occupation and income of the family members. my present work is emphasis on effects of economic status on food security of urban areas and selected areas is Asansol Municipal Corporation, West Bengal.

## **OBJECTIVES**

The main objectives are:-

1. To study the relationship between family size and food security.
2. To observe the effect of income on food security.
3. To identify the impact of nature of occupation on food security.

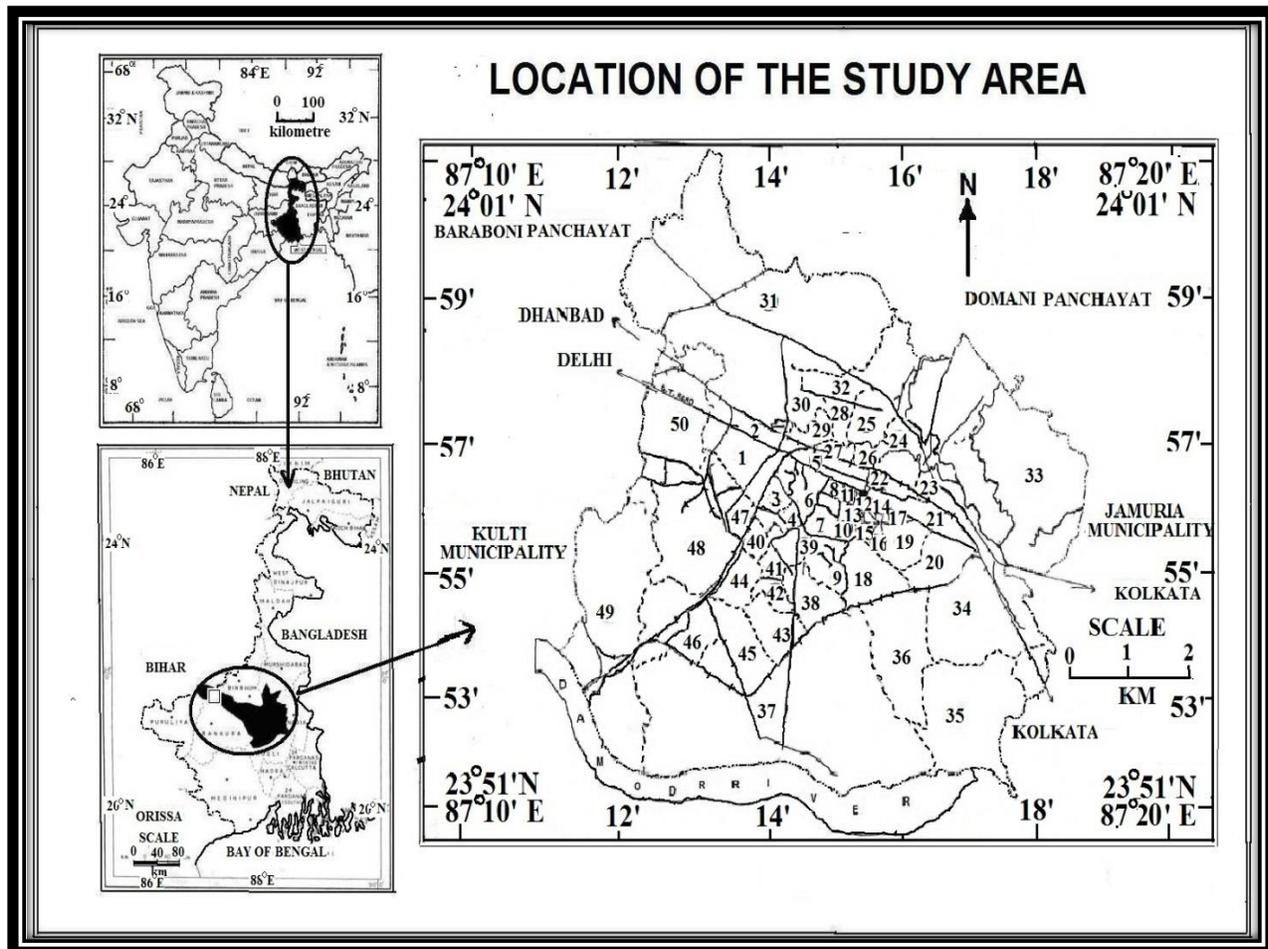
## **METHODOLOGY**

The methodology followed during the present work is based on primary by field survey and the secondary data, drawn from the census and Asansol Durgapur Development Authority. The field survey and collection of data was conducted during 2015-16 and the total family size is 250. The information collected from the field through structured questionnaire surveys filled in directly on the basis of reply obtained from the urban citizens. Sources of secondary information are meager because of the scanty information available from official records.

After the completion of collection of different data including primary and secondary, the computation, collection and interpretation were done.

## **GROGRAPHICAL LOCATION**

Asansol city is a hub of industries, wholesale trade, commerce and mining. It ranks 29<sup>th</sup> in India and second largest in West Bengal, after Kolkata. Geographically this city lies between latitude 23°40'48'' to 23°40'68'' north and longitude 86°58'48'' to 86°58'98'' east in West Bardhaman district. Regionally it situated in the Damodar River Valley. The city has evolved and expanded over time to a current population of one million. The Asansol Municipality Corporation (AMC) comprising of 50 wards has evolved and expanded over time to a current population of 4, 75,439 residing in 127.87 Sq.km area, with a density of 3718 persons per sq.km.



### PARAMETERS OF ECONOMIC STATUS

According to objectives of the study we select two economic parameters i.e. occupation and income to show the relationship between economic status and food security among city dwellers. This is most important because food purchasing capacity is fully depends on this factors. There seem to have a positive relationship. But in reality there has many limitation to make this relationship positively.

### IMPACT OF FAMILY SIZE ON FOOD SECURITY

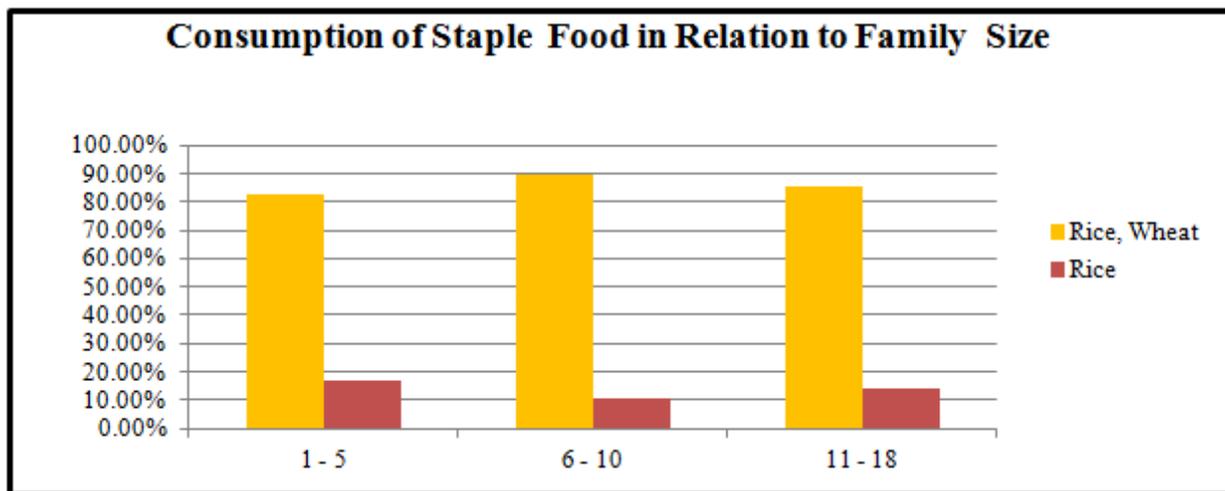
The main source of staple food is rice and wheat for all types of family groups. Few families is only depends on rice. So there is a huge demand of rice and wheat both as a main source of energy. Vegetables are the vital source of vitamin. This consumption is quite moderate type. Most of the families take less than 1 kg vegetables per day. There has a chance in deficiency of vitamin (chart 01 & Table 01). There has a disparity between the family size and their intake of

vegetables per day. In that case most of the urban dwellers cannot able to maintain their proper healthy diet because they have not any knowledge about the important of the nutrition.

**Table-01**

<b>Distribution of Consumption of Vegetables According to Different Family Groups</b>			
<b>Family Group</b>	<b>250 - 500 gm</b>	<b>500gm - 1 kg</b>	<b>1 - 3 kg</b>
1 - 5	11.80%	0.00%	40.30%
6 - 10	0%	29.80%	53%
11 - 18	0%	0%	100%

**Chart -01**



Milk is an important source of protein. About half of the total families in all groups can not able to purchase milk. Apart from the amount of milk consumption is also very low in proportion to total family members. This leads to malnutrition among the city dwellers. Fruits are another Part of nutrition. Almost 70% families cannot able to consume fruits. About 10% families in all groups take fruits less than 500gm/per day which is remarkable low. We see there is a less demand for fruits with decreasing family size. This is due to lack of awareness about the important of fruits as a source of vitamin (Chart 02,03 & Table 02).

Chart- 02

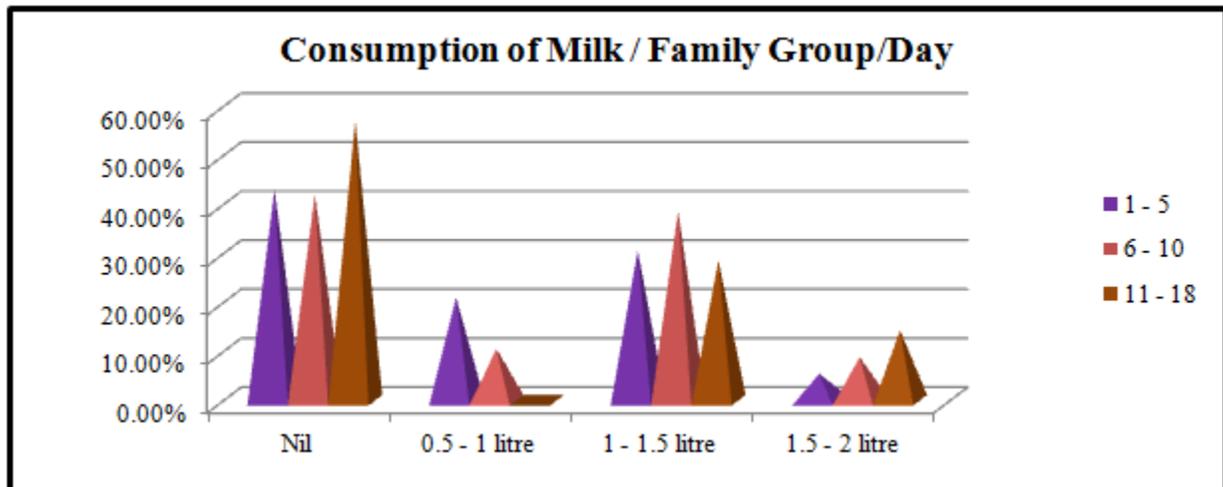
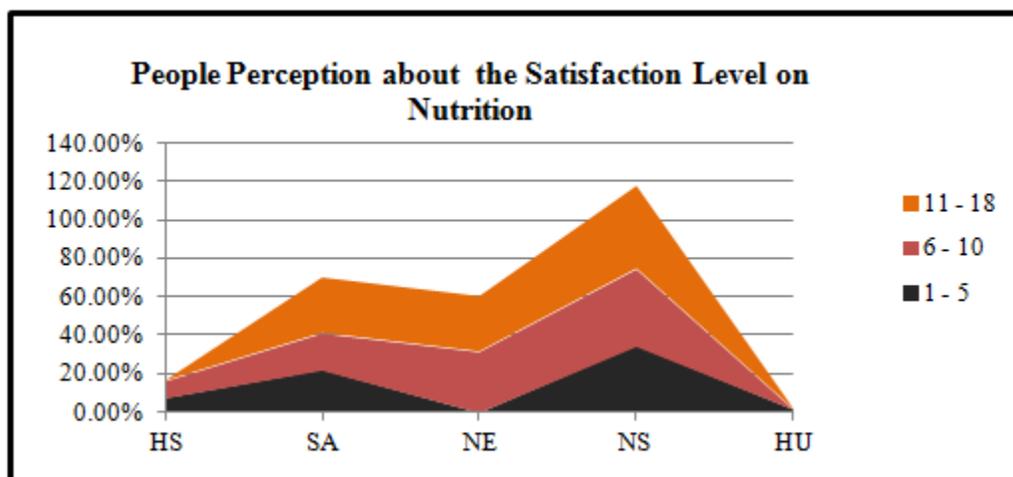


Table-02

Distribution of Consumption of fruits According to Different Family Groups				
Family Group	Nil	0 - 250 gm	251 - 500 gm	501gm - 2 kg
1 - 5	70.40%	8.00%	3.20%	18.30%
6 - 10	67%	8.80%	4%	21%
11 - 18	0%	0%	100%	0%

Chart-03



### IMPACT OF FAMILY INCOME ON FOOD SECURITY

Families with different income groups solely depend on rice and wheat both as a staple food. But demand of rice is quite higher than wheat. Families with different incomes takes average amount of vegetables which varies between 500 gm to 1 kg per day. Families with more income do not willing raise their amount of vegetables consumption.

More than 50% families in all groups' monthly expenditure for foods is less than Rs- 5000. They maintain a monthly budget and usually not willing to exceed this boundary, this hampers the improvement of nutritional status and health status both of people. According to people perception about nutrition, maximum percentage varies between neutral to not satisfied level. Few smaller family groups' responds as satisfied with normal diet but there has a question whether they are satisfied from the point of nutritious level or food security (Chart-04,05&06).

Chart-04

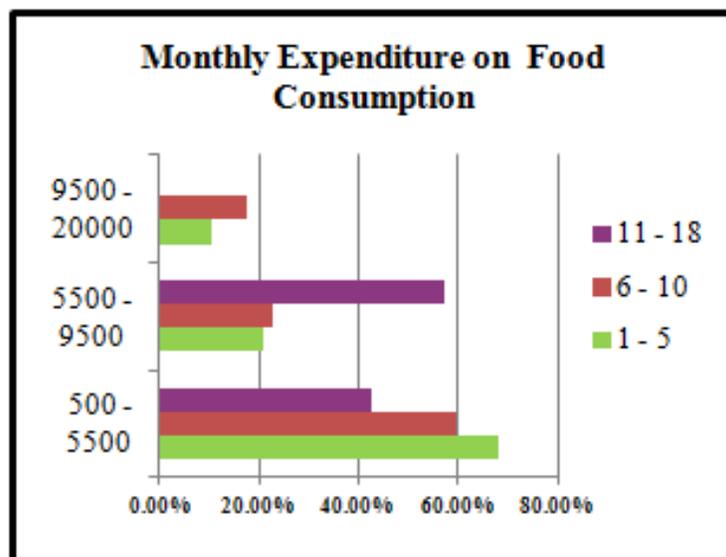


Chart-05

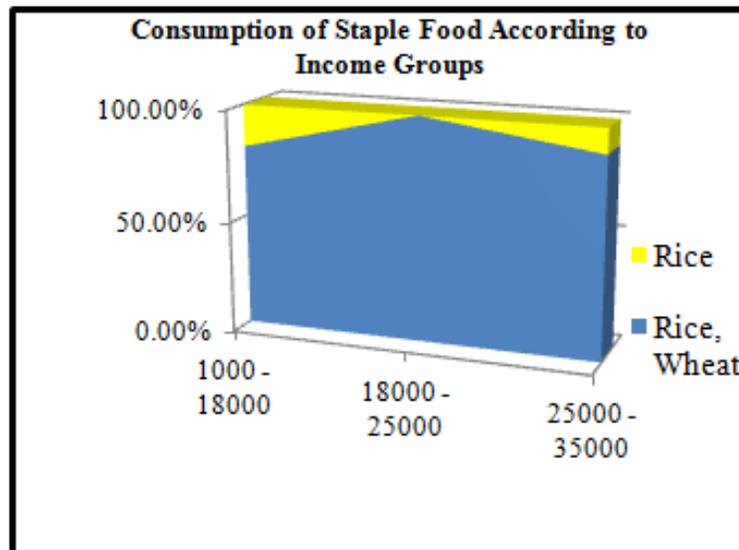
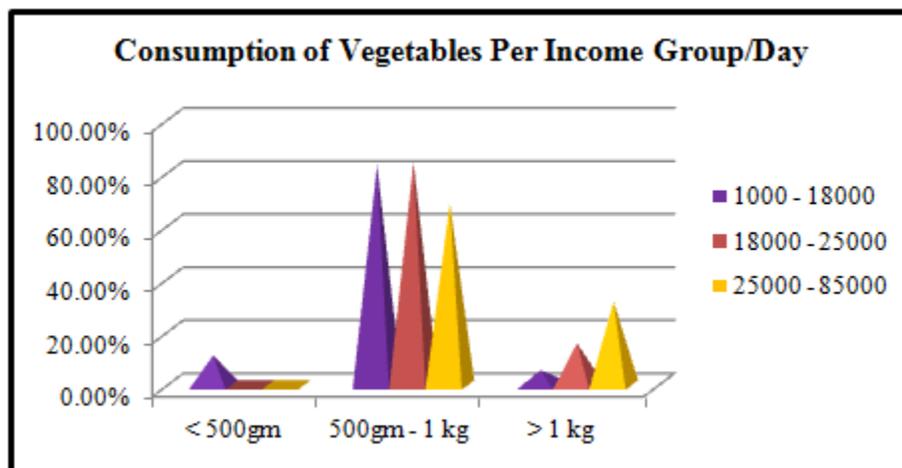


Chart-06

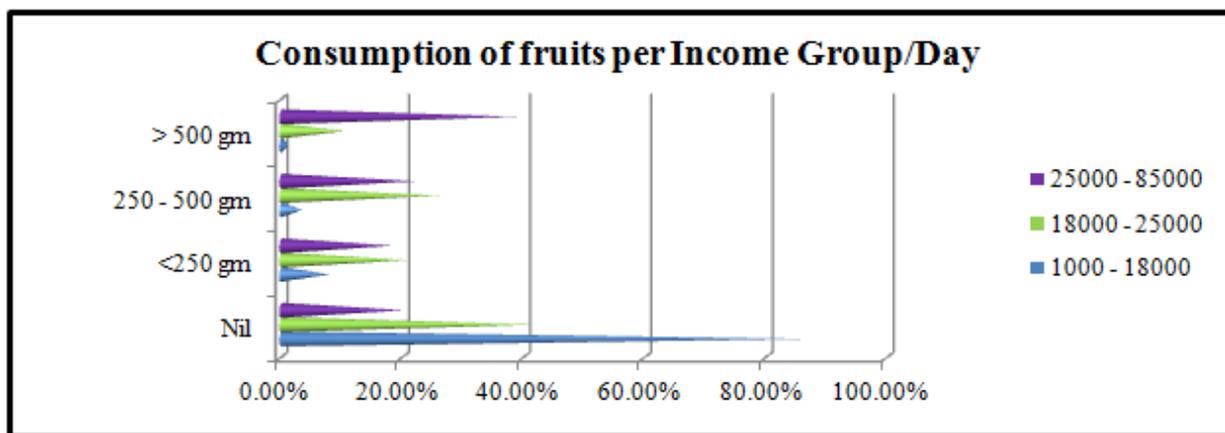


About half of the total families in lower income groups can not able to purchase milk. Apart from the amount of milk consumption is also very low in proportion to all income groups. Families with higher income group consume little amount milk instead of higher purchasing capacity. Almost 70% families with lower income groups cannot able to consume fruits. About 39% higher income families take fruits greater than 500gm per day. There has a low demand for fruits with decreasing income (Table 03 & Chart 07).

**Table-03**

<b>Distribution of Consumption of milk According to Income Group</b>				
<b>Income Group</b>	<b>Nil</b>	<b>0.5 - 1 litre</b>	<b>1 - 1.5 litre</b>	<b>1.5 - 2 litre</b>
1000 - 18000	57.00%	41.80%	0.50%	0.50%
18000 - 25000	5%	73.70%	21%	0.80%
25000 - 35000	7%	76%	7%	9.20%

**Chart-07**

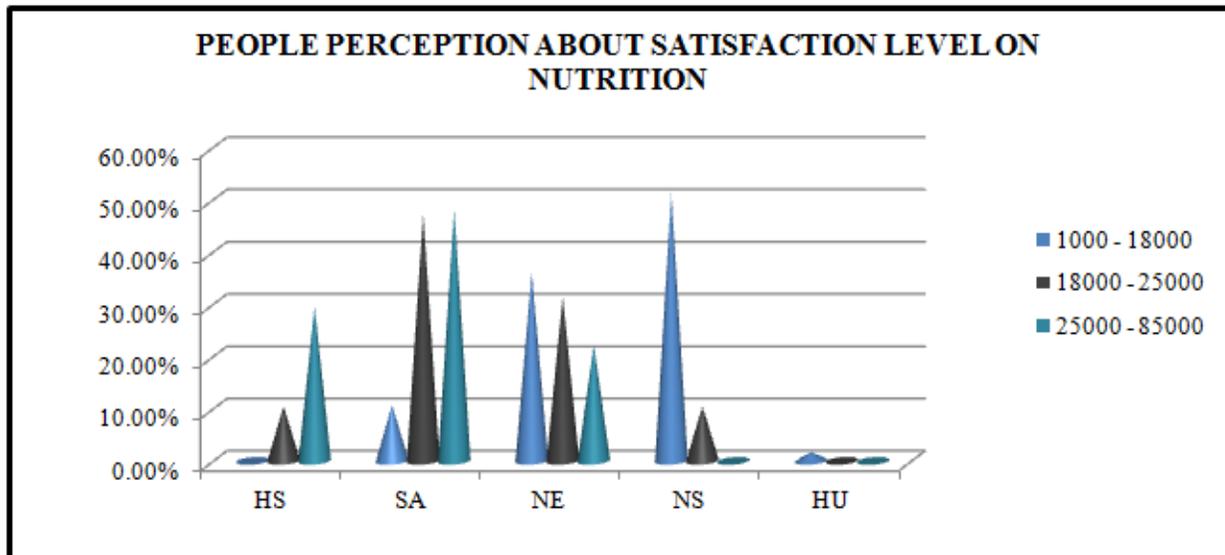


About 50% families in all income groups' monthly expenditure for foods is less than Rs- 5500. They maintain a monthly budget and usually not willing to exceed this boundary. There has a negative relationship between income and expenditure on food. According to people perception about nutrition, maximum percentage varies between neutral to not satisfied level. About 50% people with lower income come under not satisfaction nutritional level (Table 04 & Chart 08).

**Table-04**

<b>Distribution of Expenditure on Food According to Income Group</b>			
<b>Income Group</b>	<b>500 - 5500</b>	<b>5501 - 10500</b>	<b>10501 - 20000</b>
1000 - 18000	94.91%	4.20%	0.89%
18000 - 25000	47%	48.25%	5%
25000 - 35000	46%	48%	6%

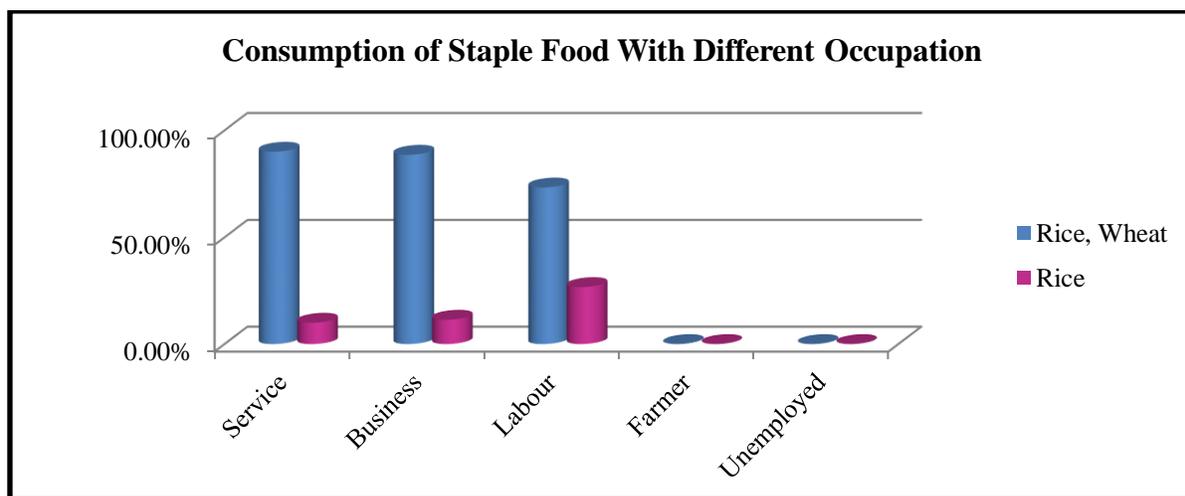
Chart-08



**IMPACT OF NATURE OF OCCUPATION ON FOOD SECURITY:**

Families with different occupation solely depend on rice and wheat both as a staple food. But labourers are more depends on rice as a source of energy. Families with different occupation usually take average amount of vegetables which varies between 500 gm to 1 kg per day. Families with different occupation cannot able to consume more than 1 kg vegetables per day except service group (Chart 09 & table 05).

Chart-09



**Table-05**

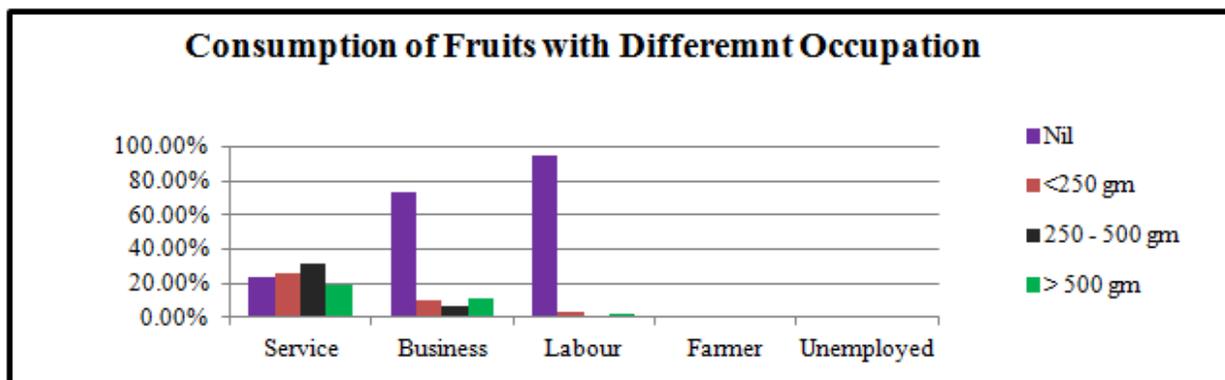
<b>Distribution of Consumption of Vegetables According to Occupation</b>			
<b>Occupation</b>	<b>0 - 500gm</b>	<b>500gm - 1 kg</b>	<b>&gt; 1 kg</b>
Service	2.50%	75.00%	22.50%
Business	11%	78.90%	11%
Labour	12%	83%	5%
Farmer	100%	0%	0%
Unemployed	100%	0%	0%

About 78% families in labour group cannot able to purchase milk. More than 50% families in service groups can able to consume more than 1 litre per day. Almost 95% of labourer & 73% of business groups cannot able to consume fruits (Table 06 & Chart 10).

**Table-06**

<b>Distribution of Consumption of milk According to Occupation</b>				
<b>Occupation</b>	<b>Nil</b>	<b>0.5 - 1 litre</b>	<b>1 - 1.5 litre</b>	<b>1.5 - 2 litre</b>
Service	15.00%	27.50%	46.25%	11.25%
Business	47%	14.00%	34%	5.30%
Labour	78%	73%	8%	0.00%
Farmer	100%	0%	0%	0%
Unemployed	100%	0%	0%	0%

**Chart-10**

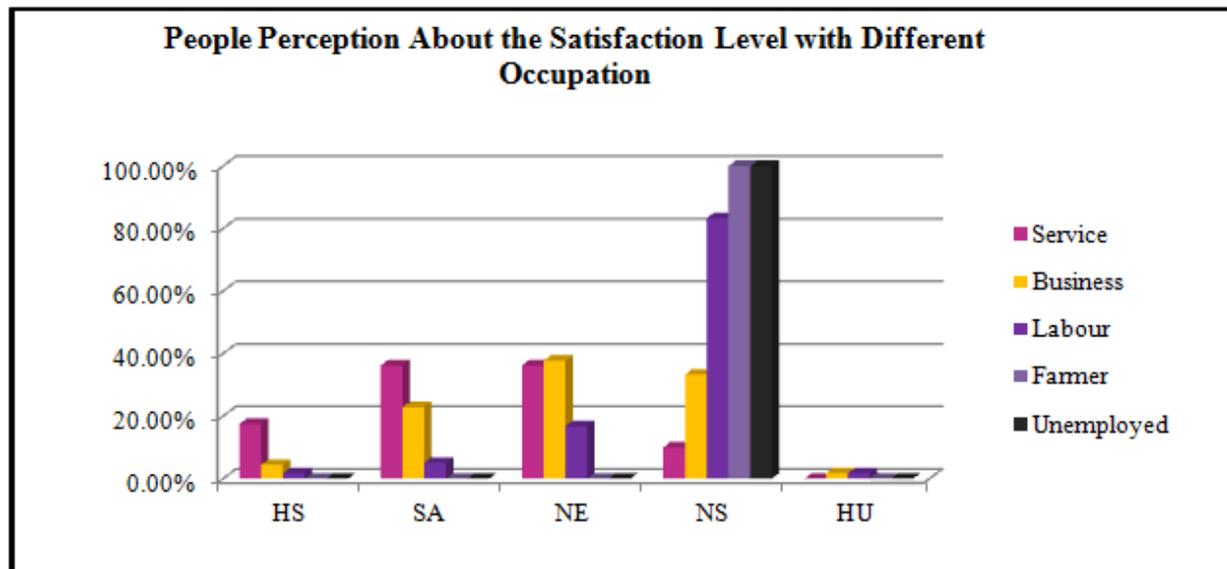


Large proportion of families in different occupation groups' spends for food less than Rs- 5000 except service category. More than 80% families of laborer, farmer and unemployed group are not satisfied with their nutrition level (Table 07 & Chart 11).

**Table-07**

<b>Distribution of Expenditure on Food According to Occupation</b>			
<b>Occupation</b>	<b>500 - 5000</b>	<b>5000 - 9500</b>	<b>9500 - 20000</b>
Service	32.50%	38.70%	28.70%
Business	71%	21.90%	7%
Labour	95%	5%	0%
Farmer	100%	0%	0%
Unemployed	100%	0%	0%

**Chart-11**



**MAJOR FINDINGS**

- People has little knowledge about the consumption of food in proper amount and quality in relation to family size. It leads to hunger and malnutrition among the dwellers.
- People are not aware about the important of vitamin and protein. They more depended on staple food for the source of energy. It creates low demand for vegetables, milk, fruits.

- Dwellers are not interested to increase their purchasing capacity for nutritious food with their increasing income. They are not wanted to pay the large portion of their income for their health which depends on proper diet.
- People having low income are more vulnerable from the point of food security.
- Occupational status plays a crucial role in the selection of food quality . Families depends on service are more secure than the non –service occupation like, laborer, farmer.

## **CONCLUSION**

In the present environment, food security system is one of the most significant aspects in human development. There is a close linkage existing between economic development and food security of a society. People can get more Nourishing food only on the basis of their income and their awareness about health. People must have enough purchasing capacity with the individual or household to demand adequate level of food.

## **FUTURE SCOPE**

This study will helpful to analyze to predict the future of nutritional status of urban people. A healthy diet can leads to healthy lifestyle and it is very important for a strong society. The above analyze is very fruitful to identify the vulnerable group of people who can't able to take proper diet. It has to be reduce their problems and their needs supply of some basic nutritional foods at low cost to them. There must be a strategy to minimize the food scarcity among city dwellers.

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