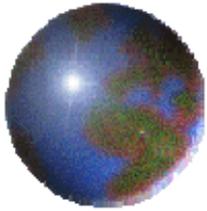


# *Sustainable Rural Livelihoods - Experience in Uganda*



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[www.soc.iastate.edu/staff/mazur.html](http://www.soc.iastate.edu/staff/mazur.html)

*and* Associate Director, CSRL

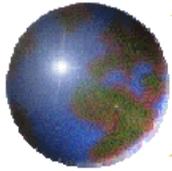
[www.srl.ag.iastate.edu](http://www.srl.ag.iastate.edu)

Iowa State University

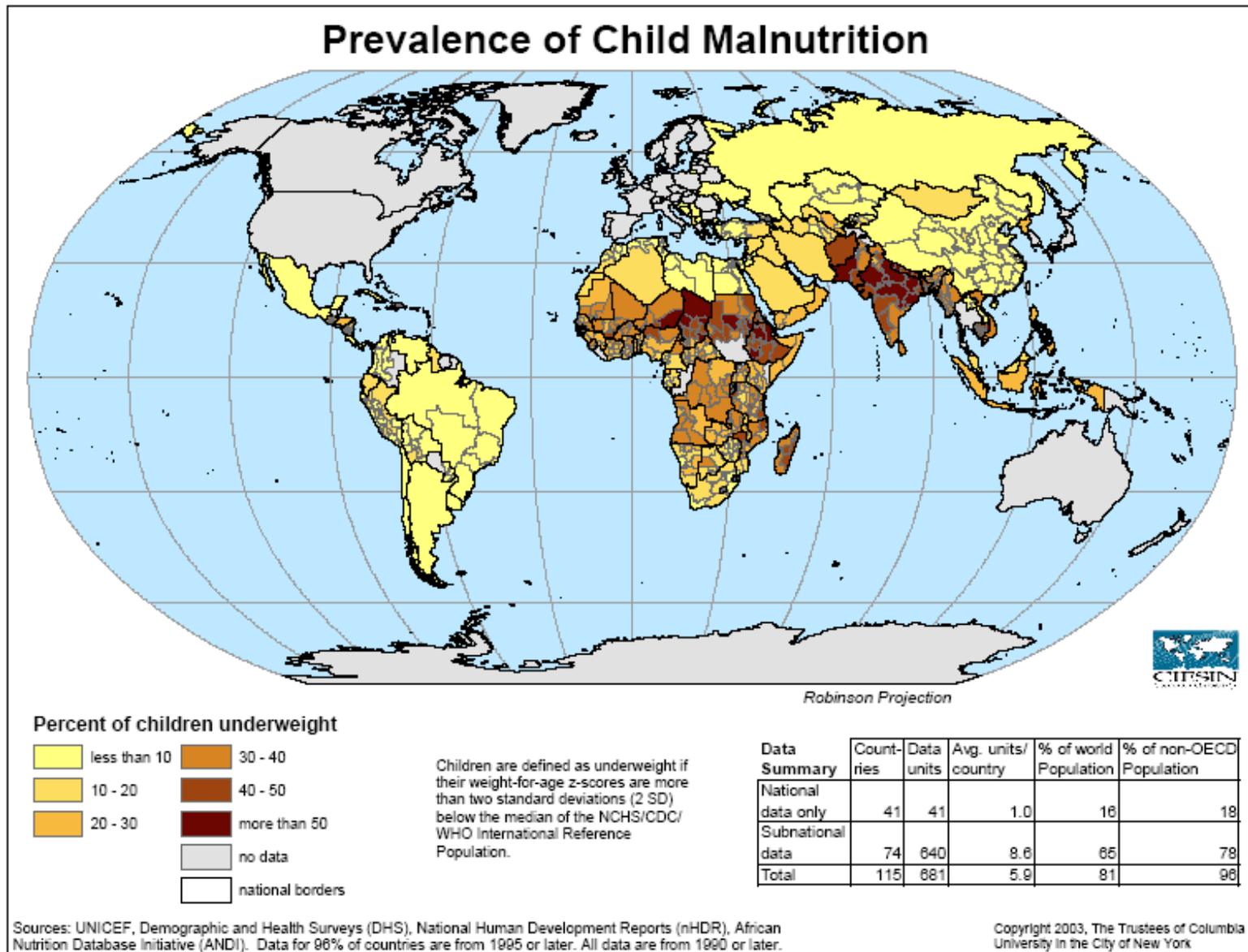
Feb. 8, 2010

T SC 220 - Global Sustainability





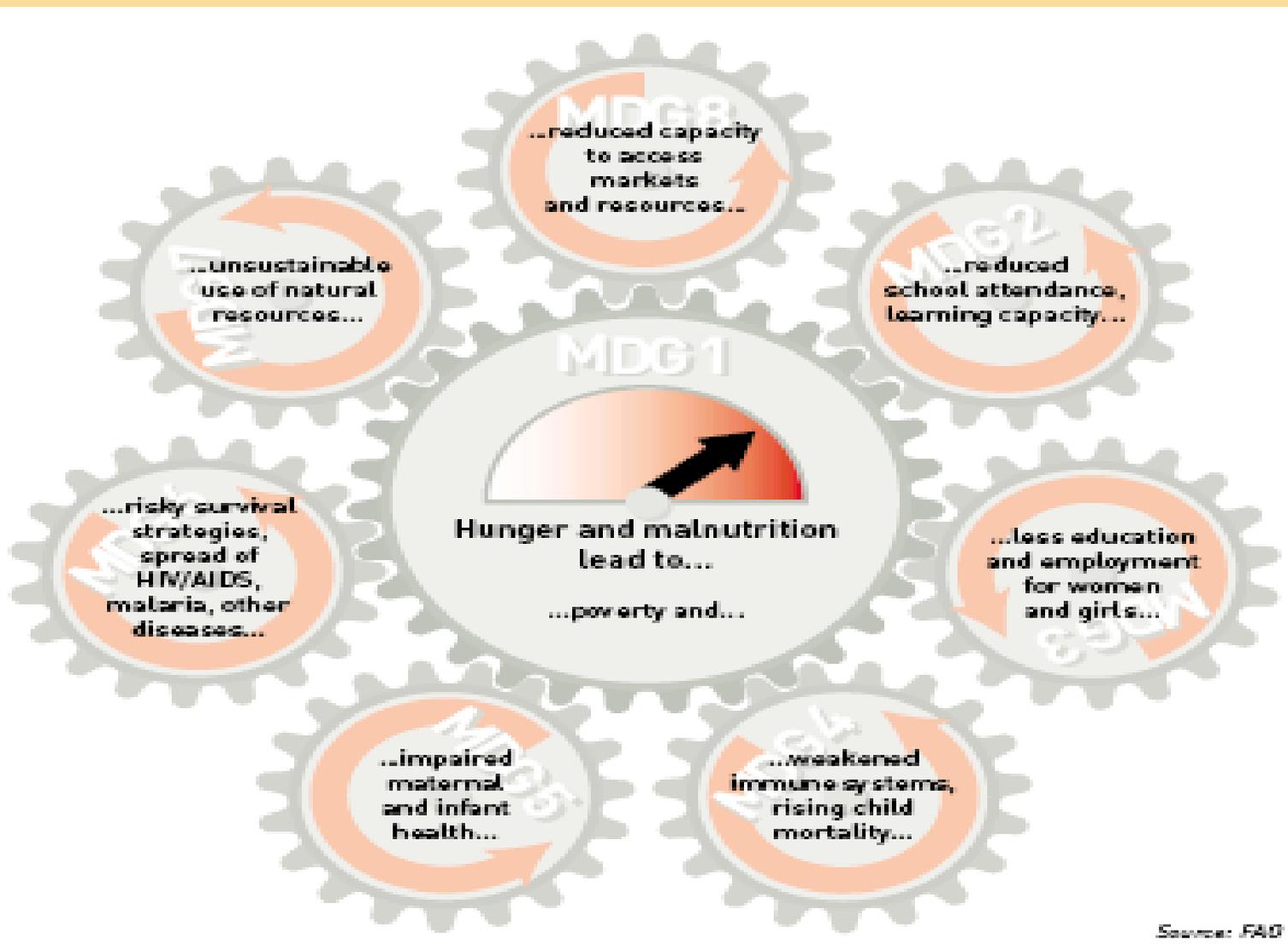
# Widespread Child Malnutrition

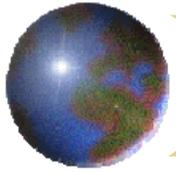




# Hunger Slows Progress towards MDGs

Running in reverse: persistent hunger slows progress towards other Millennium Development Goals

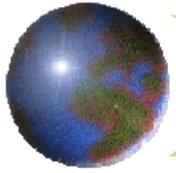




# *Sustainable Livelihood Goals*

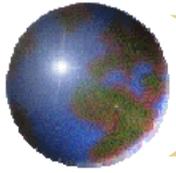
- ❖ Improved Local Food Security, Nutrition, & Health
- ❖ Increased Sources and Levels of Income
- ❖ Resilience to Stresses and Shocks
- ❖ Improved Household and Community Well Being
- ❖ Sustainable Management of Natural Resources





# *Livelihoods Framework Concepts*

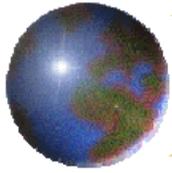
- *People's Objectives & Priorities* (livelihood outcomes)
- *Assets/Resources* (human, social, cultural, natural, physical, financial, political) and *Capabilities* to decide/act/implement
- *Strategies* for building and effectively using their assets to achieve positive desired outcomes
- *Diverse* activities and linkages are essential
- *Reduction of vulnerability* and *increased resilience* through individual and collective action
- Important *roles of government* (laws, policies, support) and *private sector* in shaping what is possible



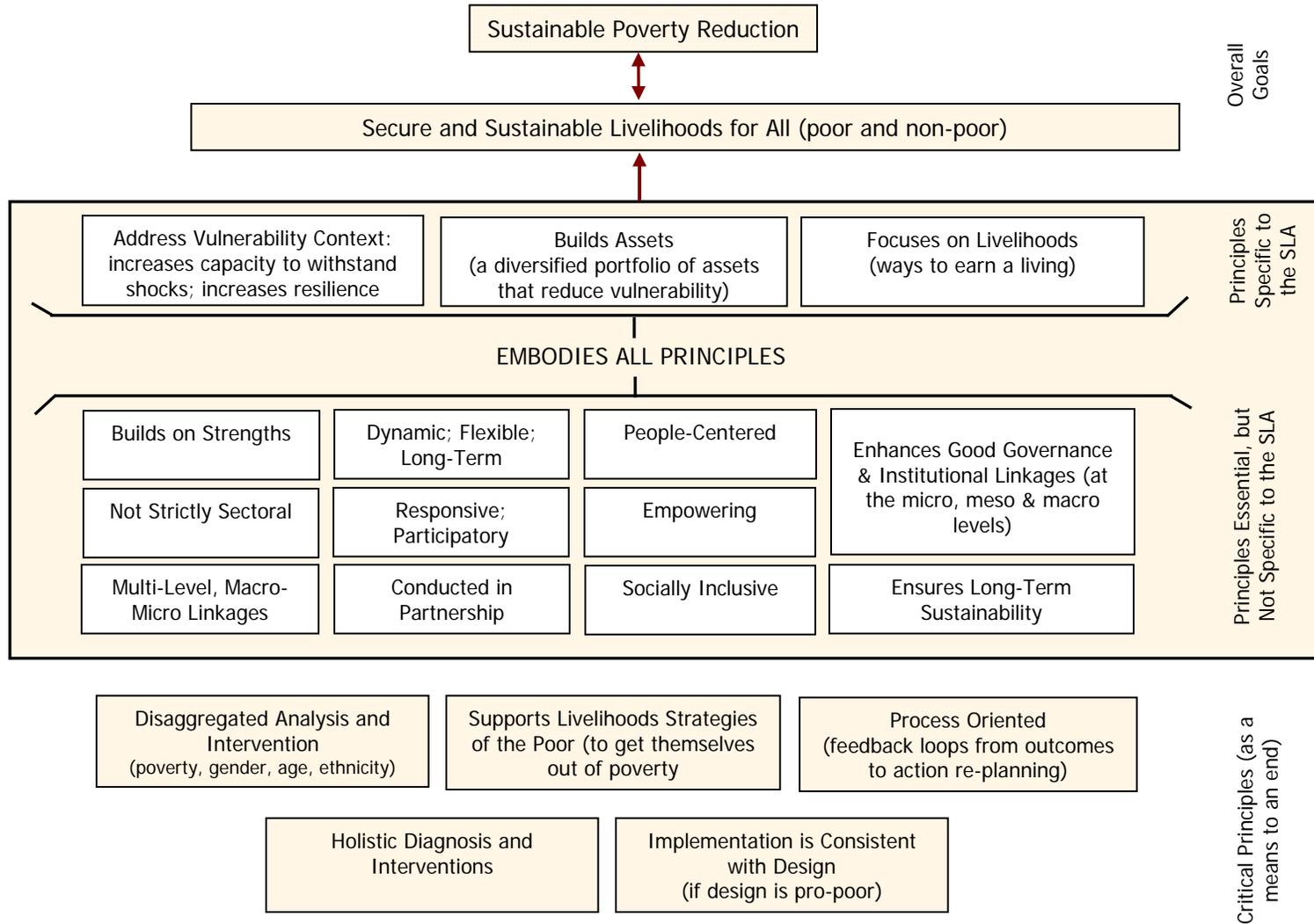
## *Sustainable Livelihoods Principles*

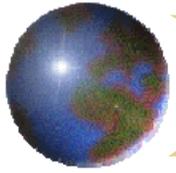
Core to livelihoods approaches are principles for best practice in any development intervention:

- People-centered
- Participatory and responsive
- Multi-level
- Conducted in partnership
- Sustainable
- Dynamic



# Sustainable Livelihoods in Context





# *Indicators of Positive Impacts*

## ● **Poverty Reduction**

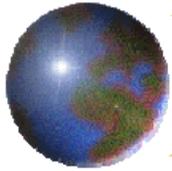
- ❑ *Income sources diversified, levels increased, inequities decreased*
- ❑ *Improved household food security*
- ❑ *Improved basic needs (shelter, health, nutrition)*
- ❑ *Increased access to public goods and services*
- ❑ *Improved human rights*

## ● **Enhanced Resilience and Diminished Vulnerability**

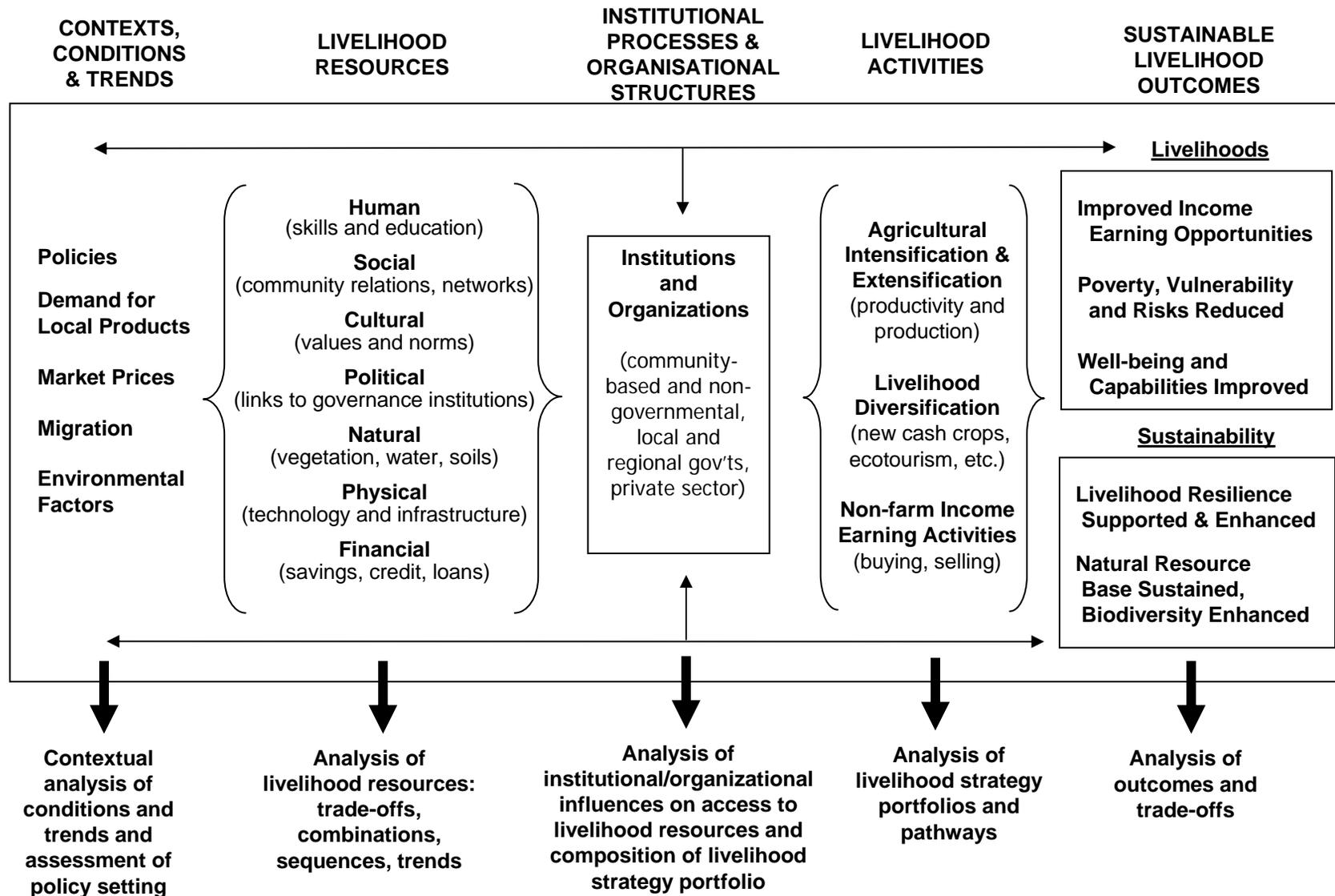
- ❑ *A reduction in frequency/severity of shocks*
- ❑ *Increased capacity to cope with/adapt to natural or economic shocks*
- ❑ *Increased capacity to cope with/adapt to seasonality*

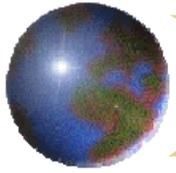
## ● **Long Term Sustainability**

- ❑ *Sustained post-project poverty reduction*
- ❑ *Increased environmental sustainability*
- ❑ *Sustained post-project institutional changes*
- ❑ *Addressed inequities faced by socially excluded/disadvantaged groups*



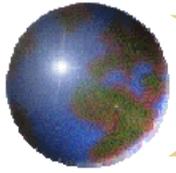
# Sustainable Livelihoods Framework





## *Sustainable Livelihoods Approaches*

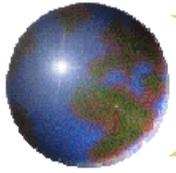
- People are the center of analysis and action
- Building on strengths, not overly focused on 'problems'
- Holistic perspective, with explicit interactions and dynamic linkages among different elements, actors and levels
- Facilitates multi-disciplinary & multi-institutional partnerships
- Effective tool for facilitating analysis, identifying possible 'ways forward', program design and implementation
- 'Entry points' based on aspirations and opportunities at different levels
- Analyze and act on institutional and policy issues
- Partnerships and multi-level macro-micro linkages - from the community, to district, to national level (sustainability)



# *Participatory Methods*

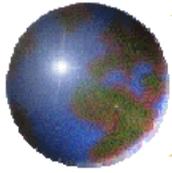
- Understanding community history, prior development experiences, vulnerability context (including season dimensions), resources-capitals, recent initiatives
- Identifying priorities for change
- Program design
- Implementation
- Monitoring and modifications
- Evaluation
- Sharing 'lessons learned'





## *Challenges in Collaborative Work*

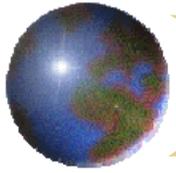
- Principal *challenges* in multidisciplinary and multi-institutional collaborative projects:
  - ❑ *Participation of local people/institutions* is essential in *all project phases*, not only implementation
  - ❑ *Indigenous/local knowledge and skills* are as important as exogenous technical knowledge/skills
  - ❑ Sustainability, much more than simply leaving instructions at the time of 'handover,' involves *strengthening local capabilities to adapt/innovate*
  - ❑ Empowerment for sustainable development is a political process involving increasing local *conscientization, learning,* and *control,* not merely getting technologies and prices 'right'
  - ❑ Key indicator is *locally initiated collective action*



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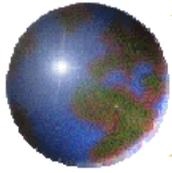
# Questions and Discussion for Part 1

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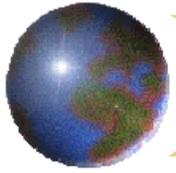
## CSRL's Goals

1. *Establish and maintain effective partnerships* with developing country organizations and leaders to train and support farmers and rural community institutions
2. Through our developing country partners, *train and support farmers to improve food security, incomes, natural resource management, nutrition, and health*
3. Through our developing country partners, *strengthen capabilities and assets of rural people and their institutions* to improve their livelihoods and abilities to respond to challenges and emerging opportunities
4. *Facilitate discovery and application of science-based and indigenous knowledge* through contributions by faculty members, staff and students from ISU, our developing country counterparts and community partners



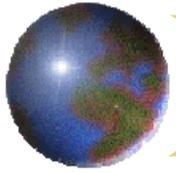
# *CSRL Activities in Uganda*





# *Poverty & Malnutrition in Uganda*

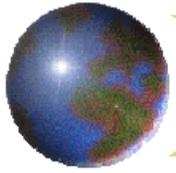
- Human Development Index (HDI) 2003 value = 0.49 (0.51 today)  
(scale: 0.28 = lowest, 0.94 = highest)
- HDI rank is 157 (scale: 175 = lowest, 1 = highest)
- Infant Mortality Rate = 80 per 1000 live births
- 8% of adults age 15-49 years are living with HIV/AIDS  
(reduced by 50% from early 1990s)
- 40% of children under 5 years of age are stunted (low height-for-age)
- 82% of population live on less than \$1/day & 96% on less than \$2/day
- Human Poverty Index value = 37% (scale: 0 = lowest, 100 = highest)



## *Long-term Partnerships*

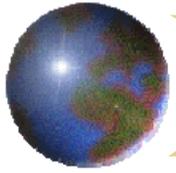
- Volunteer Efforts for Development Concerns (VEDCO), indigenous non-governmental organization (1986+)
  - Community-based rural development support in Kamuli district (150 km NE of Kampala)
  - food security and income generation
- Makerere University, Kampala (1922+)
  - State-of-the-Art Reviews of Innovations
  - Agriculture, Health, Social Science, Business
  - Participatory Monitoring and Evaluation
  - Training students at ISU (Ph.D. degrees)





## *Rural Livelihoods Support*

- CSRL and VEDCO are working in 60 villages:
  - 62 farmer groups - including 9 groups of disadvantaged people (HIV/AIDS affected, disabled) and youth
  - 1,117 group members (> 50% women), representing 800 households (2,200 HHs in 2010)
- Trained and support volunteer Rural Development Extensionists, RDEs (n = 42)
- Trained and support volunteer Community Nutrition and Health Workers, CNHWs (n=27)

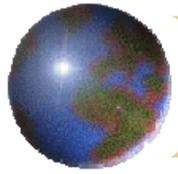


# *Rural Development Support Activities*

## ☀ Food Security Capacity Building

- ❑ Farmer-to-farmer training and extension
- ❑ Establishment of multiplication gardens and nurseries
- ❑ Diversification of markets for surplus food
- ❑ Integrate nutrition and health with agriculture
- ❑ Strengthening farmer groups and organizations
- ❑ Natural resource management (integrated crop and livestock systems, soil improvement, water conservation)



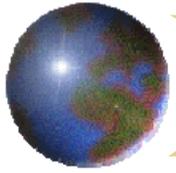


# *Rural Development Support Activities*

## ✿ Agriculture and Marketing

- ❑ Link farmers to markets and other service providers
- ❑ Training in enterprise development, management, marketing, negotiation skills
- ❑ Establish community based resource centers to increase access to crop and market information
- ❑ Customized financial services for agro-producers and processors through microfinance institutions



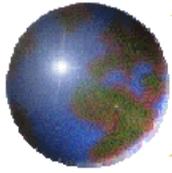


# *Rural Development Support*

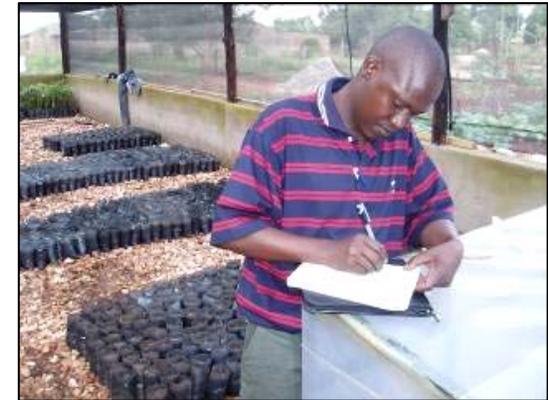
## ❁ Improving Diet, Nutrition, Health

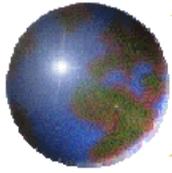
- ❁ Nutrition and Health Education
- ❁ School & Community Gardens
- ❁ Post Harvest Handling
- ❁ Value Added Processing
- ❁ Livestock (goats, pigs, chickens)



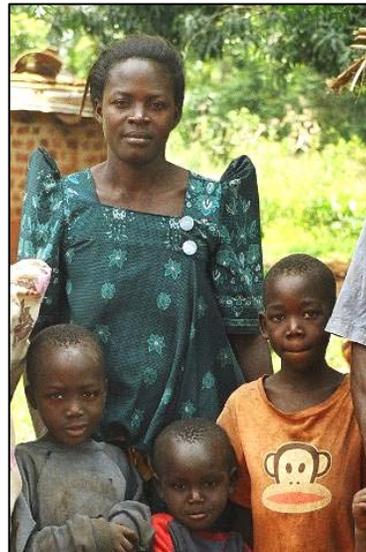


# *Strengthen Capability of Volunteer Extensionists*

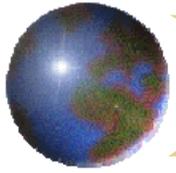




# *Community Nutrition and Health Worker*



- 27 volunteer Community Nutrition & Health Workers (CNHW)
- Trained in diet, nutrition, health education and monitoring
- CNHWs train farmer groups and community members
- Increased variety of crops grown and increased productivity
- Reduced illness among the community's children
- Improved school attendance



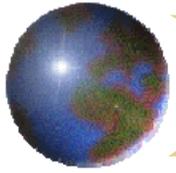
# Uganda Program Progress

## ● Food Security

- ❏ Farmers increased acreage cultivated by 25%, from 2.4 acres to 3.2 acres
- ❏ Cultivation of main crops promoted up significantly - maize, cassava, bananas, grain amaranth, sweet potatoes and groundnuts
- ❏ By mid-2007, 77% of participating farm families are food secure, up from 40% in 2006 and only 9% in 2005

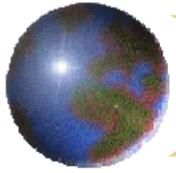
## ● Nutrition Security

- ❏ 75% of households are consuming: energy: maize, cassava, sweet potato, banana; protein: beans, groundnuts, milk, fish, beef, grain amaranth; vegetables and fruits
- ❏ 90% of households have at least two meals per day and consume more than 15 different foods in a typical month



# *Uganda Program Progress*

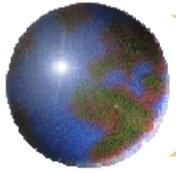
- Income Security (diverse set of indicators)
  - Positive changes were noted for livestock rearing, and many families were beginning to market excess crops to generate and sustain income.
  
- Women involved and supported
  - Farmer group members and leaders
  - Trainees/trainers – RDEs and CNHWs
  
- Sustainability of household farming and marketing activities, farm groups, associations (within 5 years)



# *Changes in Assets and Capabilities*

## ✚ **Social capital**

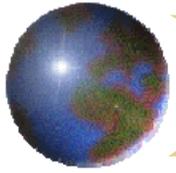
- ✚ farm group and association strengthening (and consolidating)
- ✚ training-of-trainers dissemination
- ✚ working with gov't agencies
- ✚ demanding assistance from service providers
- ✚ linking farmers to market agents/buyers
- ✚ experience with MOUs and contracts
- ✚ innovation processes supported
- ✚ links to (and technical assistance from) several universities: ISU, Makerere, Ghana, McGill)



# *Changes in Assets and Capabilities*

## ❖ **Human capital**

- ❖ appreciation of Indigenous Knowledge
- ❖ Education/Training
- ❖ Leadership Skills
- ❖ School Garden & Agricultural programs
- ❖ Youth groups
- ❖ Nutrition and Health
- ❖ increased Status/Respect for their knowledge
- ❖ special programs: HIV/AIDS-affected and disabled
- ❖ Innovation processes supported
- ❖ NGO Staff Development



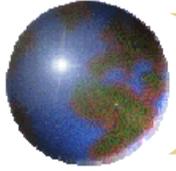
# *Changes in Assets and Capabilities*

## ✿ **Physical/built capital**

- ▣ planting materials
- ▣ nursery/multiplication beds
- ▣ toolkits
- ▣ new brick houses (not project funded)
- ▣ water pump (boreholes)

## ✿ **Natural capital**

- ▣ natural resource management: soil and water conservation, agroforestry, LEISA
- ▣ increased soil fertility
- ▣ increased land productivity



# *Changes in Assets and Capabilities*

## ● **Cultural capital**

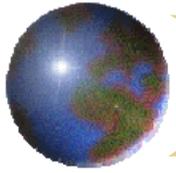
- Reliance on local ways of meeting, training, working
- Rebuilding-reuniting broken marriages

## ● **Financial capital**

- Income to pay school fees (invest in the future)
- Invest in small businesses (e.g., livestock)
- Cost-sharing inputs

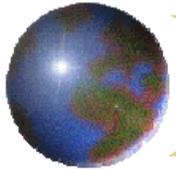
## ● **Political capital**

- Working with local gov't leaders
- Ability to elect new leaders
- Trainees elected in local gov't and agency positions
- Advocacy-lobbying



## *Current Initiatives – Applied Research*

- ✿ Engaging faculty and students at ISU and Makerere University in applied research
  - ✿ New crops w/ high nutritional and economic value
  - ✿ Animal production, health and marketing systems
  - ✿ Diet, nutrition and health improvements
  - ✿ Natural resource management / agroforestry
  - ✿ Collaborative improvement/design/application of technologies (engineering and social aspects)
  - ✿ Value added processing and marketing
  - ✿ School and community gardens project

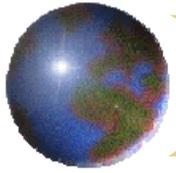


# *Interdisciplinary Collaboration*

## ❖ Multidisciplinary teams

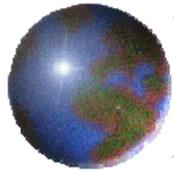
- ❑ Agricultural & Biosystems Engineering
- ❑ Agricultural Extension & Education
- ❑ Agronomy (Plant & Soil Sciences)
- ❑ Animal Science
- ❑ Anthropology
- ❑ Civil, Construction & Environmental Engineering
- ❑ Communications
- ❑ Economics
- ❑ Horticulture
- ❑ Natural Resource Ecology & Management
- ❑ Nutrition, Food Science and Technology
- ❑ Sociology





## *Increasing Sustainability*

- Ensuring the 'model' is effective through continued monitoring, evaluation and modification (as appropriate)
- Efficient use of program resources
- Strengthening capabilities of partner organizations, local and national
- Strengthening in-country partnerships



# *Ultimate Development Beneficiaries*

