**THE IMPACT OF RISING FOOD PRICES ON NUTRITIONAL HEALTH OF ANGOLANS**

Since 2019, global food prices have surged by nearly 52%, according to the FAO, driven by factors such as the COVID-19 pandemic in 2020 and supply chain disruptions exacerbated by the war in Ukraine. These rising costs have significantly affected household budgets, particularly in low-income countries like those in Sub-Saharan Africa, where a large portion of household income is spent on food. For many, this sharp rise in food prices has reduced access to sufficient and nutritious meals, intensifying food insecurity.

In Sub-Saharan Africa, the impact is even more pronounced due to the dual burden of low-income levels and the prevalence of smallholder farmers who are often net buyers of staple foods. As staple foods become less affordable, large segments of the population face heightened risks of malnutrition and hunger in a region where one in four people already struggle with food insecurity.

These dynamics are particularly evident in Angola, where the rising cost of a healthy diet, dependency on food imports, and increasing prevalence of undernourishment highlight the urgent need for action to address the intersection of food prices and public health.

**Summary of Insights**

1. Health Risks and Nutrition Challenges: Angola faces a significantly higher health risk index (HRI) (26.72) compared to Algeria (1.39), largely due to challenges in accessing affordable nutritious foods. The index is a numerical value from 1 to 100 where higher numbers indicate higher risk.

2. Workforce Distribution: While 28.69% of Angola's workforce is employed in agriculture, indicating potential for local food production, over half (51.61%) are in services, which may reflect a lesser focus on agricultural development.

3. Life Expectancy and Health Impacts: The average life expectancy in Angola is 61 years, significantly impacted by undernutrition and inadequate access to balanced diets.

4. High Cost of Healthy Diets: The average daily cost of a healthy diet in Angola ($4.52) is substantially higher than in Algeria, compounded by an annual increase of 16%, more than double Algeria’s 7%. This trend places a healthy diet out of reach for many Angolans.

5. Dependency on Imports: Milk and dairy products, largely imported, contribute the most to Angola’s average daily cost of a healthy diet, making the country vulnerable to international market fluctuations.

6. Undernourishment Trends: The percentage of undernourished individuals in Angola has risen sharply from 14.7% in 2017 to 21.6% in 2021, contrasting with Algeria’s slight improvement during the same period.

7. Crash in cost of imported foods: It appears it is getting cheaper to access imported foods as the average daily cost per person has declined by 121% from $9.47 in 2017 to $4.30 in 2020.

**Recommendations to Angola's Ministry of Agriculture and Forestry**

1. Boost Local Food Production:

- Increase investment in local dairy and livestock farming to reduce dependency on imports and stabilize prices of milk and dairy products.

- Diversify crop production to include more nutrient-rich foods such as fruits, vegetables, and legumes, ensuring availability and affordability of a balanced diet.

2. Agricultural Workforce Development:

- Strengthen support for the agricultural sector, including training programs, access to modern farming tools, and subsidies for farmers to encourage increased and efficient food production.

- Implement policies to incentivize youth participation in agriculture, reducing reliance on service-based employment.

3. Food Price Stabilization Measures:

- Establish a food price monitoring and regulation framework to prevent excessive price increases for essential nutritious foods.

- Negotiate trade agreements or subsidies to mitigate the impact of import costs on local food prices, particularly for milk and dairy products.

4. Nutritional Awareness Campaigns:

- Launch nationwide programs to educate citizens on affordable sources of balanced nutrition, emphasizing locally available alternatives to expensive imported products.

- Collaborate with health organizations to promote dietary diversity and its health benefits.

5. Policy and Funding Initiatives:

- Advocate for international aid or partnerships to support food security programs, targeting undernourished populations.

- Allocate a larger portion of the national budget to agriculture and food security initiatives.

7. Long-Term Strategic Planning:

- Develop a national strategy to achieve self-sufficiency in key food groups, including milk, dairy, and protein-rich crops, by setting achievable production goals for the next decade.

- Collaborate with regional neighbors to share best practices in agricultural productivity and food security policies, leveraging Algeria’s successes in reducing undernourishment.