



COPING STRATEGIES

In order to deal with the absence of food and/or the resources to buy it, households adopt several coping strategies. The following section tackled a broad set of coping strategies, which are studied using two dimensions including food-based and livelihood-based coping strategies. In fact, food-based coping strategies allow for an enhanced understanding of the food consumption behaviors of a household lacking food, by studying the frequency and severity of changes it undergoes. Additionally, livelihood-based coping strategies is a proxy of a household's coping capacity in the medium and long run by understanding how challenging its situation is, and whether it will be able to mitigate future shocks.

KEY FINDINGS

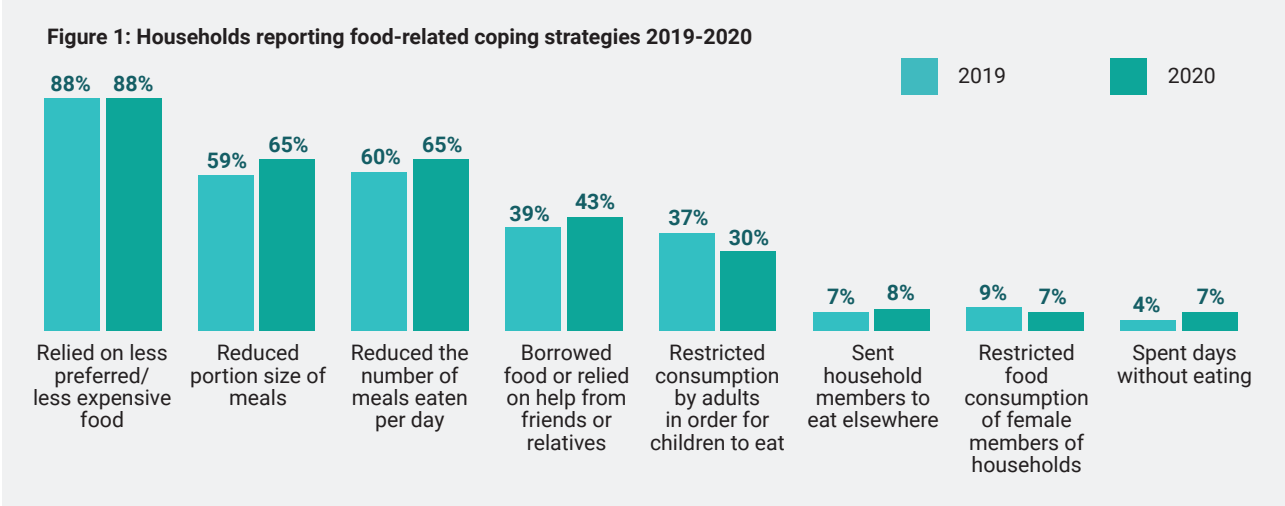
- For food-related coping strategies, there has been an increase of 4% in the percentage of households borrowing food or relying on help from friends between 2019 and 2020. Sixty-five percent of households reduced the number of meals consumed per day in 2020, up from 60% in 2019, while the percentage of households reducing the portion size increased by nearly 6% between 2019 and 2020. Seven percent of households spent days without eating, a significant increase compared to 2019 (4%).
- Only 4% of Syrian refugees' households were not adopting livelihood-related coping strategies. Thirty-eight point four per cent of households were applying more stress-based coping strategies, an increase of 8% compared to 2019.

FOOD-RELATED COPING STRATEGIES

There have been various strategies used by households in order to cope with the lack of food. Some strategies were food-related, while others were livelihood-related. The food-related strategies included in the analysis were relying on less preferred or less expensive food, on reducing the portion size of meals and the number of meals eaten per day, on

borrowing food or relying on help from friends or relatives, on restricting food consumption by adults in order for children to eat and by female heads of households, on spending days without eating, and on sending household members to eat somewhere else. The first five strategies were used to calculate the reduced Coping Strategy Index (rCSI).

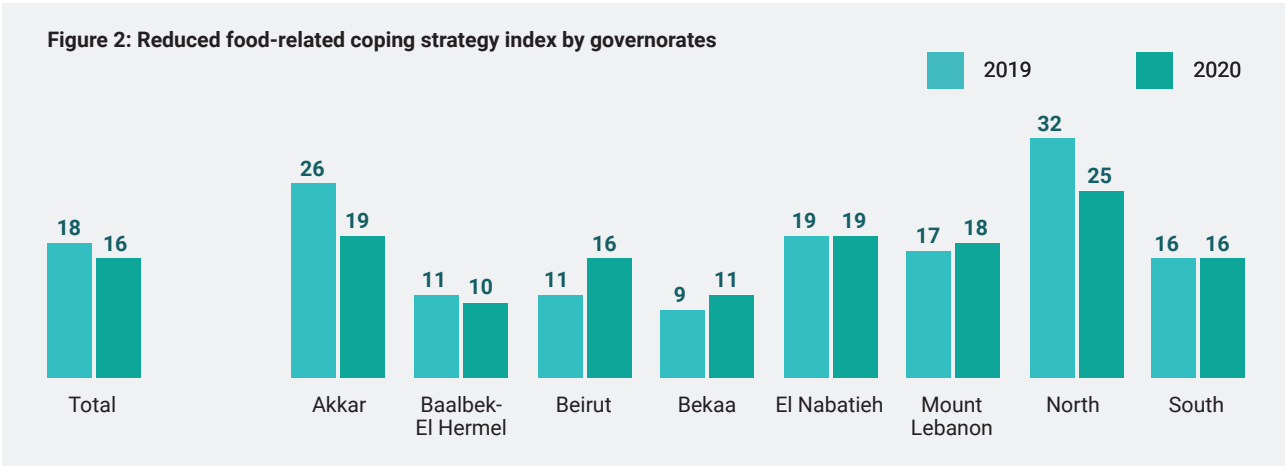
Figure 1: Households reporting food-related coping strategies 2019-2020



A higher rCSI indicates that Syrian refugee households adopted more strategies to deal with the lack of or access to food in the past week. A high rCSI score also implies that households have adopted severe strategies more frequently. A decrease in the reduced Coping Strategy

Index was reported in the North and Akkar governorates in 2020 compared to 2019 (25 vs. 32 in the North, and 19 vs. 26 in Akkar). In the other governorates, the rCSI has approximately remained the same, except in Beirut where it increased by 5 (from 11 in 2019 to 16 in 2020).

Figure 2: Reduced food-related coping strategy index by governorates



LIVELIHOOD-BASED COPING STRATEGIES

Only 4% of Syrian refugees were not adopting livelihood-based coping strategies.

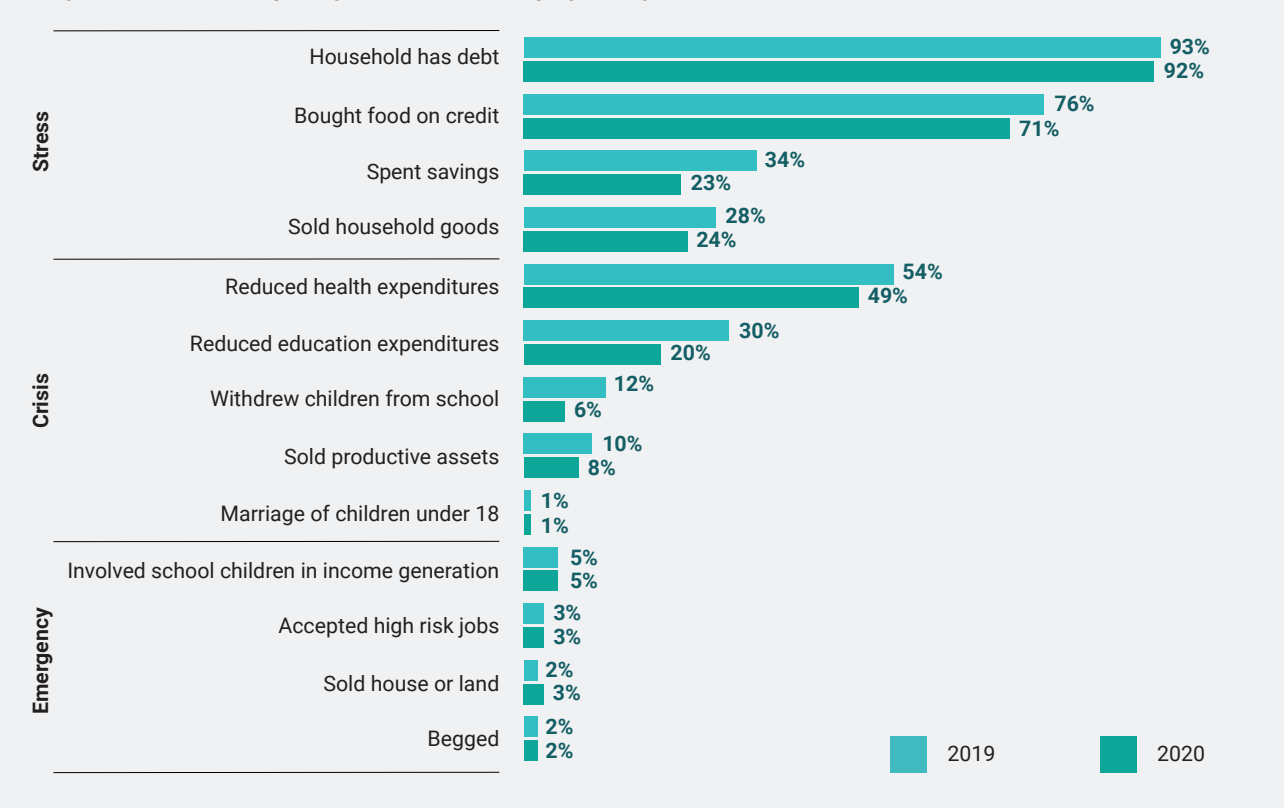
In order to further assess the coping capacity of a certain household, livelihood-based coping strategies are utilized, which are also known as asset depleting coping strategies. The latter influences a household's coping capacity in the long run. For example, a household whose members were forced to beg or accept high risk, illegal, and socially

degrading jobs (emergency coping strategies) will have a much less coping capacity to upcoming disturbances than a household that had to buy food on credit in comparison (stress coping strategies). The figure below shows that, in comparison to 2019, households in 2020 adopted similar levels of emergency coping strategies and lower levels of crisis coping strategies. Moreover, the percentage of households who withdrew their children from school

decreased to half its previous value (6% in 2020 vs. 12% in 2019); this decrease might be a result of the COVID-19 pandemic lockdown as well as a timing difference, since the 2020 data was collected in August 2020 while the 2019

data was collected in May during the 2019 school year. The Same trend was observed in the share of households reducing education expenditures by 1.5 times (30% in 2019 vs. 20% in 2020).

Figure 3: Households reporting livelihood-based coping strategies



At a governorate level, households in Bekaa and South reduced health expenditures the most at 73% and 71% respectively. The Bekaa governorate witnessed a noticeable reduction in food expenditures (96%).

At a district level throughout Lebanon, the two districts with the highest percentages of emergency coping strategies were Saida (36% in 2020 vs.19% in 2019) and Hasbayya (33% in 2020 vs. 9% in 2019), followed by Baabda (13% in 2020 vs. 7% in 2019). The two districts adopting the highest percentages of crisis coping strategies were West Bekaa (75% in 2020 vs. 66% in 2019) and Zgharta (73% in 2020 vs. 67% in 2019). Additionally, the district adopting stress coping strategies the most continued to be Beirut (57% in 2020 vs. 55% in 2019). Compared to 2019, Akkar was adopting more crisis coping strategies (53% in 2020 vs. 45% in 2019). Similarly, Bcharre was adopting more crisis coping strategies (65% in 2020 vs. 56% in 2019).

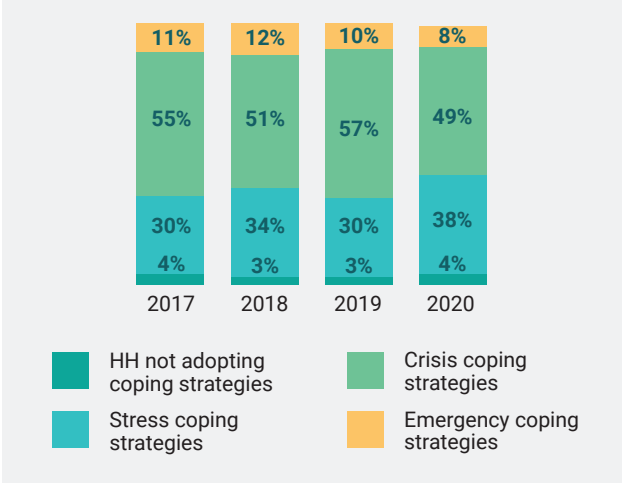
Additionally, households living in non-permanent shelters were adopting more crisis coping strategies (59.2%) compared to those with non-residential (49.3%) and residential shelters (46.2%).

Moreover, households living below the SMEB (LBP 308,722) were adopting more crisis coping strategies than less economically vulnerable households that were living above the SMEB. For instance, 51% of households below SMEB were adopting crisis coping strategies, as opposed

to 36% only of households spending between SMEB and MEB (LBP 308,722- LBP 350,200).

The percentage of households adopting stress coping strategies was the highest in 2020, over the past three years, at 38% with an increase of 8% compared to 2019. Forty-nine percent of households were using crisis coping strategies compared to 57% in 2019, and 8% were using emergencies coping strategies in 2020 compared to 10% in 2019.

Figure 4: Livelihood-based coping strategies 2017-2020



The highest percentage of households using emergency coping strategies was in the South (19% in 2019 vs. 22% in 2020); this included begging (11.4%), selling house or land in Syria (11.1%), accepting high risk, illegal, socially degrading jobs (7%), and involving school children in income generation (7%). The highest percentage of households adopting crisis strategies to cope with the lack of food or lack of money to buy food continued to be in Bekaa

(71%). These crisis strategies included reducing health expenditures at 73%, reducing education expenditures (17.4%) and withdrawing children from school (9%).

Forty-seven percent of households living in Beirut governorate were adopting stress coping strategies; out of these, 61% were buying food on credit and 12% were selling household goods.

Figure 5: Livelihood-based coping strategies by governorate

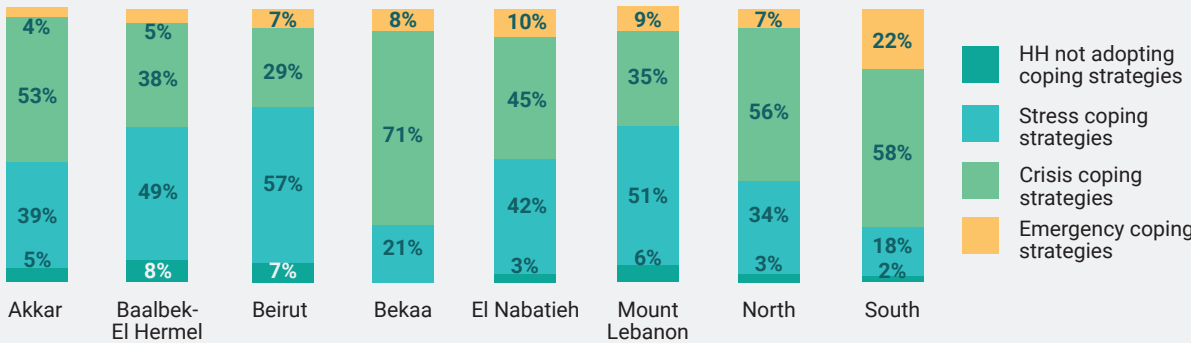
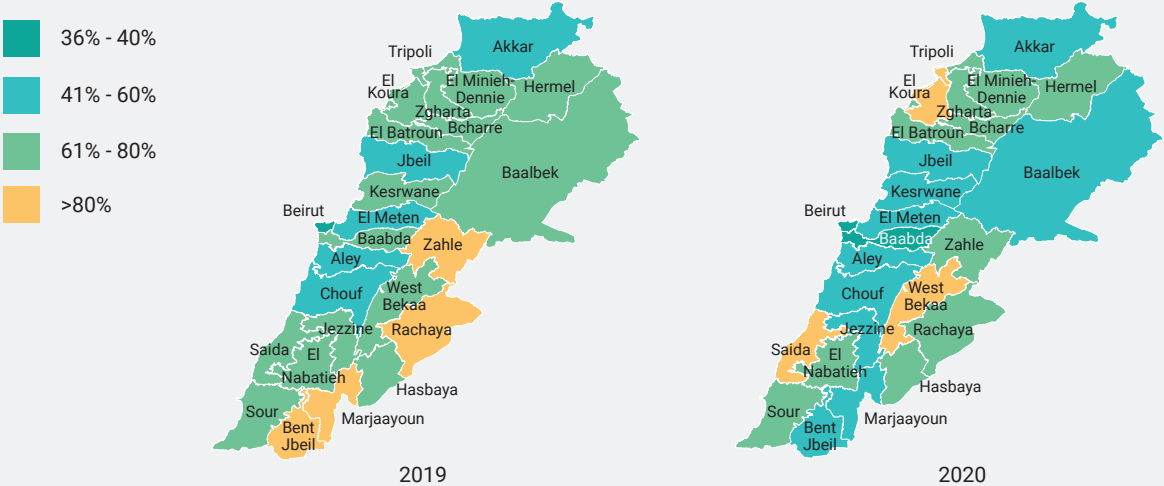


Figure 6: Percentage of households adopting crisis and emergency coping strategies by district (2019-2020)



Annex 14: Food related coping strategies in the last 7 days

	Restricted Food Consumption of Female members of Households	Relied on Less Preferred/Less Expensive Food	Borrowed Food or Relied on Help from Friends or Relatives	Reduced the Number of Meals Eaten per Day	Reduced portion size of meals	Spent Days without Eating	Restricted Consumption by Adults in order of Children Can Eat	Sent Household Members to Eat Elsewhere
Total	7.1%	88.3%	42.8%	64.9%	64.6%	6.9%	29.9%	7.8%
Governorate								
Akkar	0.6%	86.0%	19.3%	72.1%	40.0%	1.2%	29.8%	1.4%
Baalbek-El Hermel	7.9%	91.2%	53.4%	51.5%	47.1%	1.6%	15.1%	9.2%
Beirut	2.1%	79.8%	33.6%	68.8%	66.1%	4.6%	24.8%	3.1%
Bekaa	16.9%	90.5%	48.9%	52.4%	57.1%	2.4%	20.1%	16.4%
El Nabatieh	6.7%	89.7%	41.7%	63.4%	66.3%	12.9%	40.6%	5.1%
Mount Lebanon	3.2%	84.2%	43.1%	66.1%	73.7%	7.5%	30.6%	3.7%
North	5.9%	90.8%	35.2%	78.1%	79.8%	8.6%	49.1%	7.0%
South	7.0%	95.9%	58.6%	80.5%	77.3%	27.1%	35.7%	11.0%
MEB/SMEB categories								
>=125% MEB (>=)	2.3%	86.5%	41.7%	66.5%	67.0%	9.4%	11.2%	4.8%
MEB- 125% MEB (LBP 350,200-437,750)	8.1%	82.4%	35.4%	56.6%	60.7%	7.3%	20.5%	7.8%
SMEB-MEB (LBP 308,722-350,200)	6.3%	85.9%	35.3%	66.7%	68.9%	3.7%	20.9%	5.4%
< SMEB (LBP 308,722)	7.4%	88.7%	42.9%	64.9%	64.4%	6.6%	31.7%	8.0%
Food Security Classification								
Food secure	1.1%	48.0%	7.8%	19.1%	15.9%	.2%	2.6%	.0%
Mild food insecurity	2.9%	86.5%	39.2%	59.3%	58.1%	3.9%	26.1%	3.3%
Moderate food insecurity	11.8%	93.3%	48.6%	72.9%	74.0%	8.9%	35.3%	11.9%
Severe food insecurity	5.8%	95.1%	52.2%	87.7%	86.4%	19.0%	36.8%	16.7%
Gender of Head of Household								
Female	9.4%	91.8%	50.3%	62.7%	63.9%	8.6%	26.1%	9.3%
Male	6.6%	87.5%	41.0%	65.4%	64.8%	6.4%	30.7%	7.4%
Shelter type								
Residential	5.3%	87.7%	40.8%	66.7%	67.4%	7.2%	30.5%	5.8%
Non-residential	5.2%	93.4%	46.2%	73.9%	72.5%	9.6%	36.7%	7.8%
Non-permanent	13.8%	87.2%	47.2%	54.1%	51.4%	4.1%	24.0%	14.1%

Annex 15: Average number of days food related coping strategies were applied

Average number of days food related coping strategies were applied in the past 7 days								
	Less Expensive Food	Borrowed Food	Reduced Meals	Reduced Portions	Spent Days without Food	Restricted Consumption by Adults	Sent HH members eat Elsewhere	Restricted Food Consumption of Female HH Members
Total	4.4	1.4	2.9	2.9	.1	1.2	.2	.2
Governorate								
Akkar	5.6	.6	4.4	2.2	.0	2.0	.1	.0
Baalbek-El Hermel	3.9	1.3	1.4	1.4	.0	.3	.2	.2
Beirut	4.3	1.2	3.2	3.0	.1	.9	.1	.1
Bekaa	3.7	1.4	1.6	2.0	0.1	.4	.3	.4
El Nabatieh	4.6	1.5	2.7	2.9	.3	2.0	.1	.3
Mount Lebanon	4.3	1.6	3.0	3.5	.2	1.1	.1	.1
North	5.2	1.3	4.4	4.5	.2	2.7	.2	.1
South	4.2	1.4	3.2	3.0	.4	0.8	.2	.1
MEB/SMEB categories								
>=125% MEB (>=)	4.2	1.6	2.9	3.1	.1	.3	.1	.0
MEB- 125% MEB (LBP 350,200-437,750)	3.5	1.1	2.4	2.4	.2	1.0	.3	.4
SMEB-MEB (LBP 308,722-350,200)	4.3	1.1	3.3	3.4	.1	0.9	.1	.1
< SMEB (LBP 308,722)	4.4	1.3	2.8	2.9	.1	1.3	.2	.2
Food Security Classification								
Food secure	2.5	.4	.9	1.0	.0	.1	.0	.0
Mild food insecurity	4.3	1.4	2.7	2.6	.1	1.2	.1	.1
Moderate food insecurity	4.5	1.4	3.1	3.2	.2	1.3	.2	.3
Severe food insecurity	5.7	2.0	4.3	4.3	.3	1.4	.5	.2
Gender of Head of Household								
Female	4.3	1.6	2.7	2.7	.1	0.9	.2	.2
Male	4.4	1.3	2.9	2.9	.1	1.3	.1	.2
Shelter type								
Residential	4.5	1.4	3.1	3.1	.2	1.3	.1	.1
Non-residential	4.7	1.3	3.3	3.2	.2	1.5	.2	.1
Non-permanent	3.9	1.3	2.0	2.1	.1	0.8	.2	.3

Annex 16: Livelihood-related coping strategies in the last 30 days

	Sold Household Goods (radio, furniture, television, jewelry etc..)	Sold Productive assets or means of transport (sewing machine, wheelbarrow, bicycle, car, livestock..)	Reduced essential non-food: Education	Reduced essential non-food expenditures: Health	Spent savings	Bought food on credit or borrowed money to purchase food	Sold house or land	Withdrawn children from school	Begged	Marriage of children under 18
Total	24.0%	7.8%	19.9%	48.6%	22.6%	70.7%	2.6%	6.1%	2.3%	1.3%
Governorate										
Akkar	31.6%	9.9%	16.0%	45.0%	15.6%	56.7%	0.6%	3.9%	0.6%	0.4%
Baalbek-El Hermel	16.5%	4.1%	5.9%	36.9%	15.8%	81.1%	0.4%	2.9%	0.3%	.3%
Beirut	11.9%	4.0%	11.6%	26.9%	9.2%	60.6%	2.8%	6.4%	1.2%	0.9%
Bekaa	28.2%	4.8%	17.4%	72.6%	32.7%	92.9%	3.6%	8.8%	.4%	.2%
El Nabatieh	21.6%	8.6%	35.7%	48.2%	17.8%	70.0%	2.2%	3.6%	1.7%	2.2%
Mount Lebanon	20.9%	6.4%	11.6%	32.1%	13.0%	61.8%	2.1%	5.3%	2.8%	2.5%
North	24.3%	11.5%	41.2%	53.1%	29.5%	57.9%	1.1%	7.9%	2.3%	0.2%
South	31.6%	18.7%	41.1%	70.8%	47.2%	75.8%	11.1%	7.3%	11.4%	4.0%
MEB/SMEB categories										
>=125% MEB (>=)	24.3%	8.7%	11.0%	34.2%	16.3%	54.9%	3.5%	6.0%	6.1%	3.5%
MEB- 125% MEB (LBP 350,200-437,750)	24.0%	8.1%	10.1%	36.3%	21.5%	63.3%	4.7%	1.2%	2.1%	1.5%
SMEB-MEB (LBP 308,722-350,200)	24.2%	6.2%	13.2%	39.8%	28.1%	72.0%	5.1%	4.5%	1.8%	1.7%
< SMEB (LBP 308,722)	24.1%	7.7%	21.0%	49.9%	22.5%	72.0%	2.4%	6.4%	2.1%	1.1%
Food Security Classification										
Food secure	5.9%	0.0%	0.0%	0.0%	3.8%	25.2%	0.0%	0.0%	0.0%	0.0%
Mild food insecurity	24.3%	5.7%	13.2%	36.9%	20.7%	68.4%	1.4%	4.5%	0.6%	0.9%
Moderate food insecurity	24.4%	9.5%	26.8%	63.2%	25.1%	76.0%	3.8%	8.4%	3.5%	1.8%
Severe food insecurity	31.9%	15.1%	39.6%	69.9%	30.9%	85.3%	3.3%	5.9%	7.2%	0.8%
Gender of Head of Household										
Female	23.8%	8.2%	21.3%	56.9%	23.4%	72.7%	4.1%	7.5%	2.2%	1.2%
Male	24.0%	7.7%	19.6%	46.7%	22.4%	70.2%	2.2%	5.8%	2.3%	1.3%
Shelter type										
Residential	22.9%	7.2%	19.3%	44.7%	20.9%	67.4%	2.0%	4.6%	1.7%	1.0%
Non-residential	30.2%	14.9%	23.8%	46.8%	26.1%	67.2%	6.0%	10.2%	7.3%	3.9%
Non-permanent	23.9%	5.5%	19.7%	61.8%	25.7%	83.0%	2.4%	8.5%	10%	.5%

Annex 16: Livelihood-related coping strategies in the last 30 days - continued

	Accepted High Risk, Illegal, Socially Degrading Activities	Had School Children (6 -15 years old) Involved in Income Generation	Reduce expense on food	Moved to a cheaper rental place/live on the street	During the last 30 days, household members 18 years and over accepting high risk, dangerous, or exploitative work	During the last 30 days, household members under the age of 18 accepting high risk, dangerous, or exploitative work	Adult work elsewhere	Child work elsewhere	Other forms of exploitation	Sent household member sought work elsewhere (regardless of the usual seasonal migration)
Total	2.6%	4.6%	77.5%	8.8%	1.7%	1.7%	1.9%	1.7%	2.6%	2.7%
Governorate										
Akkar	1.4%	2.1%	80.3%	5.3%	1.0%	0.6%	0.6%	0.6%	1.0%	1.0%
Baalbek-El Hermel	1.2%	3.1%	85.7%	2.2%	0.6%	0.6%	0.9%	0.6%	1.2%	1.5%
Beirut	2.4%	4.6%	62.4%	6.7%	1.8%	1.5%	2.1%	1.8%	1.2%	2.8%
Bekaa	0.8%	3.8%	95.9%	9.7%	0.2%	0.8%	0.8%	0.6%	2.2%	1.2%
El Nabatieh	3.4%	6.5%	78.8%	5.5%	2.8%	2.2%	1.6%	1.5%	2.4%	2.3%
Mount Lebanon	4.0%	6.0%	63.3%	11.2%	2.7%	2.9%	3.5%	3.3%	2.5%	4.9%
North	1.6%	3.9%	69.3%	8.1%	1.2%	0.6%	0.6%	0.4%	5.9%	0.7%
South	7.0%	6.9%	87.9%	15.1%	4.4%	5.0%	5.0%	3.9%	2.4%	5.7%
MEB/SMEB categories										
>=125% MEB (>=)	3.4%	3.5%	72.7%	8.2%	3.4%	3.1%	3.3%	2.9%	3.2%	3.3%
MEB- 125% MEB (LBP 350,200-437,750)	4.5%	1.5%	67.9%	10.1%	3.7%	1.2%	2.5%	1.3%	2.0%	3.3%
SMEB-MEB (LBP 308,722-350,200)	0.2%	5.2%	72.8%	5.6%	0.2%	0.0%	0.0%	3.9%	1.4%	3.9%
< SMEB (LBP 308,722)	2.6%	4.7%	78.3%	8.6%	1.6%	1.8%	1.9%	1.6%	2.6%	2.6%
Food Security Classification										
Food secure	0.0%	0.0%	29.8%	2.4%	0.0%	0.0%	0.0%	2.6%	0.0%	2.6%
Mild food insecurity	1.4%	3.3%	76.3%	6.6%	1.0%	0.8%	1.4%	0.9%	1.5%	1.7%
Moderate food insecurity	3.9%	5.9%	82.3%	10.5%	2.4%	2.8%	2.4%	2.4%	4.0%	3.4%
Severe food insecurity	3.4%	8.8%	88.6%	21.0%	2.0%	1.8%	4.3%	1.2%	1.1%	4.6%
Gender of Head of Household										
Female	3.4%	7.5%	79.0%	12.3%	1.3%	2.7%	1.7%	2.4%	2.8%	3.5%
Male	2.4%	3.9%	77.1%	8.0%	1.7%	1.5%	2.0%	1.5%	2.5%	2.5%
Shelter type										
Residential	2.4%	4.0%	73.9%	9.3%	1.5%	1.4%	1.4%	1.5%	1.9%	2.2%
Non-residential	5.2%	6.8%	78.7%	12.2%	4.0%	4.8%	7.2%	3.9%	5.0%	7.2%
Non-permanent	1.8%	5.3%	87.9%	5.2%	0.8%	1.2%	0.7%	1.1%	3.5%	1.6%

Annex 17: Summary of asset depletion coping strategies

Summary of asset depletion coping strategies				
	HH not adopting coping strategies	Stress coping strategies	Crisis coping strategies	Emergencies coping strategies
Total	3.9%	38.4%	49.3%	8.4%
Governorate				
Akkar	4.5%	38.6%	53.2%	3.7%
Baalbek-El Hermel	7.5%	49.4%	38.1%	5.0%
Beirut	6.7%	57.5%	28.7%	7.0%
Bekaa	.5%	20.9%	70.8%	7.8%
El Nabatieh	2.6%	42.5%	44.5%	10.4%
Mount Lebanon	5.6%	51.1%	34.8%	8.6%
North	2.9%	33.9%	56.0%	7.2%
South	1.7%	18.0%	57.9%	22.4%
MEB/SMEB categories				
>=125% MEB (>=)	9.2%	48.8%	35.3%	6.7%
MEB- 125% MEB (LBP 350,200-437,750)	3.9%	50.9%	34.7%	10.5%
SMEB-MEB (LBP 308,722-350,200)	3.9%	49.6%	35.7%	10.8%
< SMEB (LBP 308,722)	3.4%	37.3%	50.9%	8.3%
Food Security Classification				
Food secure	44.7%	55.3%	0.0%	0.0%
Mild food insecurity	3.6%	51.7%	39.0%	5.7%
Moderate food insecurity	.6%	25.2%	63.2%	10.9%
Severe food insecurity	0.0%	17.8%	64.3%	17.9%
Gender of Head of Household				
Female	4.7%	27.3%	54.6%	13.4%
Male	3.7%	41.0%	48.1%	7.2%
Shelter type				
Residential	4.1%	42.1%	46.2%	7.6%
Non-residential	3.5%	35.0%	49.3%	12.2%
Non-permanent	3.3%	28.7%	59.2%	8.7%