

## PILOT STUDY: QUANTITATIVE ASSESSMENT OF HOUSEHOLD COPING STRATEGIES IN RESPONSE TO FOOD INSECURITY IN URBAN COASTAL VILLAGES OF SRI LANKA

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**Abstract:** The aim of this study is to investigate Coping strategies used by food insecure households in urban coastal villages in Moratuwa municipality, in Colombo district, Western province in Sri Lanka. The study employed cross sectional survey to gather data on household demographics, food-related coping strategies and non-food-related coping strategies from 46 households. The Coping Strategies Index (CSI) score was calculated for each household to quantify the severity of food insecurity. The study investigates the links between commonly utilized coping techniques as well. Data analysis shows that the most commonly used strategies include relying on less desired and less expensive food, purchasing on credit, and lowering meal quantities. The Coping Strategies Index (CSI) score revealed substantial levels of food insecurity among tested households. The questionnaire's reliability analysis revealed high internal consistency, with Cronbach's Alpha scores ranging from 0.68 to 0.85 across parts. Correlation study found moderately favorable associations between several coping strategies, such as reducing meal size and number of meals per day. However, regression analysis did not reveal robust linkages for strategies. These findings underline the complexity of food insecurity in urban coastal areas, where households employ several interconnected strategies to cope with limited resources. Future studies should examine other factors that impact coping practices, such as social capital and community support networks, to create more effective interventions.

**Keywords:** Food Insecurity, Coping Strategies Index (CSI), Coastal Households, Sri Lanka