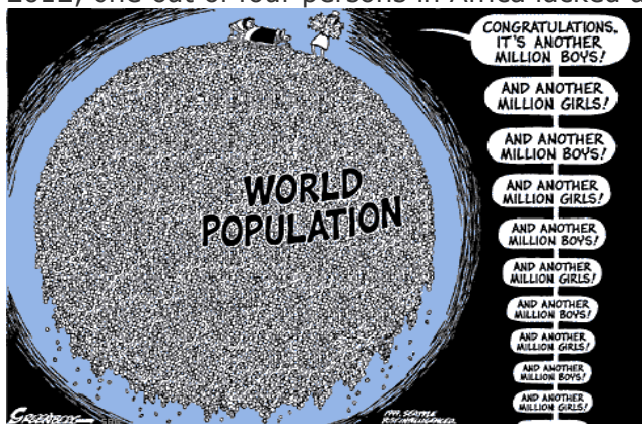


# *Food Security Revisited*

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Food security is the availability of adequate food access for persons to enable them to be physically healthy. States are secure when they have adequacy in sources of food as well as food. The issue of food security is among the first goals in the millennium development goals. The main aim is to eradicate poverty as well as hunger. In the millennium development goals, the first goal is to halve the number of under nourished people. In African states mainly, the major cause of hunger is population. There has been a major increase in population in most African states mainly because of lack of education on family planning methods. For example, women in Africa have an average of 5.1 children currently which is fortunately a decline from 6.7 children in the year 1970. However, this is far from the desired target of the number of children a woman should have, which are 2.5. As per 2012, one out of four persons in Africa lacked adequate food.



One of the main goals in African states should be to enhance the education of family planning methods to the men and women. Families, especially in the rural areas have no access to good medical facilities to even provide them with family planning tools, others have no idea that family planning exists. Some are just too adamant on the beliefs that children are a source of wealth while the unfortunate thing is this source of wealth ends up diminishing over the years since the parents are unable to give them good nutrition. Sometime time back, in Kenya, the media were able to highlight a certain family of twelve children that lived in the Mathare slums. These children were malnourished since their parents could not afford a balanced diet, they were also illiterate because despite of free education in Kenya, their parents could not afford to buy their stationery or uniforms.

On the second millennium development goal which is achieving universal primary education could be a good initiative to curb food insecurity. Most girls especially in Africa were not very educated though fortunately that is beginning to change. However, in the rural areas girls still remain uneducated. This creates a lot of naivety as well as idleness, these girls will conceive at an early age without the knowledge of family planning and will continue to conceive even as they grow older, these is due to early marriages.



Environmental sustainability also contributes greatly to food security. The thirst by Africans to stop relying on the west and the east has led to the rise of industrialization in Africa. Many industries have come up so as to produce domestic goods, for

example, in Kenya, specifically in Athi River, there is existence of so many industries that pollute the air. This poses a great threat to the ozone layer. Once the ozone layer is depleted, then, there is a change of weather patterns, there is either too much rain which leads to flooding or extreme famine. I believe this could be controlled by the issuing of restrictions, for example, the governments could come up with a way of greatly penalizing industries that greatly pollute the environment, maybe by issuing warrants of arrests or placing a permanent fine.



Africa has really depreciated in trying to conserve their environment which would be a good area for food to thrive. Poverty has led to things like deforestation. For example, in West Africa only 22.8% of its moist forests have been left. In Nigeria, desertification is at its

highest rate, which is twice the world's. This leaves the water catchment areas totally destabilized and hence lack of rain as well as water to even irrigate. Ethiopia as well has had her share of bad weather, which is unfortunate. 98% of Ethiopia's forest disappeared within a period of fifty years. This caused food insecurity since their food production decreased and

thus they had to rely on imports. Soil is an important aspect of food and if not well taken care of, then it could be a source of misfortune. Soil depletion along the river Nile and orange has led to poor crops. This was caused by the low use of manures. Over cultivation also spoils the soil and these reduces the amount of food in a state.

African states should device way to solve their greatest challenge of food security so as to reduce the rates of death and over reliance.

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