

Impact of Food Insecurities and Peace building with Public Health Implications

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Abstract

The study assess the food crisis in Vwang District, Jos South LGA, Plateau State, to see why people are hungry, how it's affecting their lives, and the real impact it has on community peace. We spoke to 390 people mostly men (72.6%), and the majority were employed (51.3%) and married (73.1%). Despite having jobs and families, the situation is desperate: a shocking 76.9% faced food shortages in the last three months, and a devastating 89.7% confirmed that someone in their family had gone to bed hungry. This isn't just an occasional problem; a massive 90.3% of households actually went for one to three days without food recently. Every single person (100%) agreed that this hunger is actively harming their health. The main culprits are economic: high food prices (34.1%) were the biggest factor, with unemployment (28.7%) and low income (22.8%) close behind, while climate-related issues (14.4%) also played a significant role. To survive, people are forced to make painful sacrifices, mainly reducing meal sizes (58.7%) or skipping meals entirely (31.0%), since very few could rely on borrowing food or getting help from NGOs (both 5.1%). The core takeaway is that food insecurity in Vwang is an urgent threat to health, economic stability, and social harmony.

Keywords

Food Insecurity, Household Wellbeing, Coping Strategies, Peacebuilding, Vwang District

1. Introduction

The issues of food insecurity have become more prominent/challenge in low middle income countries across the continent which has become a serious concern and also has health implications socio-economic solidity and peacebuilding. Vwang District of Jos South LGA of Plateau State, serves as the major urban area of concern and some of the peri-urban settlement around it in plateau state, the incidence of food insecurity is increasing due to the speedy growth of population, high rate of unemployment, poverty, conflict and climate-related disturbances to the productivity of agriculture. The incompetence of individual/household to have access abundant, harmless, nourishing, food challenges the health and happiness of persons and subsidizes to communal insecurity particularly in frugally susceptible societies [1].

According to the food and agricultural organization (FAO), demarcated food insecurity as when individuals/persons does not have steady admittance to abundance of food for a fit and energetic lifespan [2]. Many household/individuals in Vwang District of Jos South LGA of Plateau State animate lower the poverty line, with no chances of employment and incomplete revenue. This hinders their capability to obtain nourishment or involved in nourishment manufacturing. They problematic increase has aggravate the regular interruptions of nourishing resources restraint and pitiable substructure, the low nutrient foods that individuals/persons are been sendoff with are unequal mealtimes. Investigation has reveals that this lingering absence of nourishment admittance has lead to starvation underdeveloped growth in little kids actually augmented susceptibility to communicable disease [3].

They multilayered of nourishment anxiety has health effect on individuals/household, they immune system deteriorate due to pitiable nourishment respiratory infections, diarrheal diseases and malaria are the major growing vulnerability to disease. In females and little kids the effect is even more prominent. Starving childbearing of antenatal females are in more danger of worries. According to [4], starving little kids grieve from pitiable reasoning growth and late school performances. In Vwang District of Jos South LGA of Plateau State, congested living conditions, poor sanitation and partial admittance to quality healthcare added multiple encounters. The merging of food insecurity and pitiable health weakens human capital advancement and place pressure on already overstrained they services of public health.

There is these communal unity that is been built by food insecurity beyond health and historic criticism and demotion with fiscal stressed in communities and peacebuilding Vwang District of Jos South LGA of Plateau State, many places likes Bokkos, Bassa and Mangu have actually faced/knowledgeable sporadic ethno-religious fight fired by supply war mostly over land and income chances. Insufficient food can worsen current pressures specifically when certain people

observed to have better admittance to food aids, farmland and government support [5]. Crimes, theft, or even ferocity happens among desperate and hungry household/persons who actually fought to secure food and survival. Thus food insecurity is not only a charitable problem but also a possible driver of insecurity.

The labor of peacebuilding in Vwang District of Jos South LGA of Plateau State and similar context required a multidimensional method which includes addressing food security as a root causes of susceptibility. Equitable distribution, youth employment, micro financing, urban farming prepared packages that endorsed food security.

2. Statement of the Problem

Food insecurity has become the major challenges in Nigeria and the countries that has come across it most especially in low income urban and peri-urban populace similar to the people in Vwang District of Jos South LGA of Plateau State Metropolis of Jos South Local Government Area of Plateau State. The problem of food insecurity has been a major concern in our country Nigeria even before now which is been link with the dispute of Agricultural productivity to a wider calamity that overlap with public health, socio-economic inequality and community peace. According to [1], economic and social factors, affordable, safe, and healthful food due to a mixture of universal and the fundamental problematic deceit in the incapability of household to steadily have access to those things.

Some part of Plateau state including the Vwang District of Jos South LGA of Plateau State have knowledge of food insecurity due to land degradation, pitiable city development climate variability, and war over agricultural land. These prevailing problems have long delayed the ability of residential ménages to involve in existence of agri-business or preserve steady admittance to food market. Ethno religious crisis that have befall occasionally in the district have also led to translation obliteration of farmhouse and disturbance of food supply chains, generating a delicate foundation for food security [5].

In Vwang District of Jos South LGA of Plateau State, Rising inflation, high unemployment, and poverty continue to deepen food insecurity in current background. The covid-19 pandemic, though largely passive, bare the susceptibility of food schemes and income- generating activities, forceful many ménages into famine. The present charge of main foods has augmented outside spread of many daily wage famine. 60% of Nigeria have knowledge on this food insecurity with city slums and low income areas been the most affected.

Insufficient diet in these societies has led to a rise in undernourishment particularly among kids and antenatal women and a overall failure in the health status of the people [3].

Looking to the future, if food insecurity remains unaddressed, it threatens to exacerbate social unrest and undermine peacebuilding efforts in Vwang District of Jos South LGA of Plateau State and surrounding areas. The increasing competition over scarce food and land resources could ignite new cycles of conflict, especially between different ethnic or religious groups. Additionally, the continued exposure of children and youth to hunger may result in long-term developmental deficits, affecting educational outcomes, economic productivity, and community stability. Hunger and deprivation also make communities more susceptible to exploitation by violent groups or criminal networks, further threatening local peace.

3. Material and Method

Research Design

Cutting-edge opinion of the essential for an inclusive and however humble investigation effort, the investigation approved a descriptive investigations techniques. A descriptive investigations techniques is commonly used where the theme problem of the learning such as the one selected in this investigations exertion necessitate a detailed descriptive of occasion variables singularity and noticeable feature. The approved questionnaire structure for this learning in order to refuge of the people.

3.1 Study Setting

The vwang district of Jos South Local Government Area of Plateau state was the place where this research was carried out. The district has protruding administratives and cultural region inside the Jos South Local Government area of Plateau state Nigeria. The state is been cited in the north geopolitical central region, Vwang is illustrious by it diverse communities, rich cultural heritage, and geography environment. The location of Vwang district situated at about 9.68572° north latitude and 8.73985° east Longitude, with a height of about 1,301 meters (4,268ft) above sea level. This high topography adds to it temperate weather and scenic landscapes distinctive of Jos plateau region. While the total people of Vwang District is about 458,100 by 2022. There several villages under Vwang District of Plateau state Nigera which include: Barikin, Turu, Changwi Tawo, Chugwi, Dagai, Dagghet, Danchugwi, Dandyes, Fwil Vwang Kogot, Gott, Hwen, Kaduna Vom, Kogom, Lo Ngeng, Lo-Kun, Rawuk, Tunu Gozok, Tura Chwe, Turu Gweh, Turu Lah These communities contribute to the district's cultural diversity and social fabric.

Vwang District is a home for Mupun people but dominate by Birom people and this district is a center for cultural event that celebrated mupun heritage including festivals that showcase traditional music, dance and attire they temperature of the area is relatives cool due to annual rainfall ranges between 1,347.5 mm and 1,460 mm. Vegetation in Vwang

District is characterized by grassland and guinea savannah trees, with species such as olive, acacia, eucalyptus, and cactus. The fertile soil supports the cultivation of crops like Irish potatoes, maize, acha, millet, and sweet potatoes.

Healthcare in Vwang is supported by facilities like the Vom Christian Hospital, a tertiary healthcare center located within the district. The hospital offers various medical services, including medical, surgical, pediatric, obstetrics, and gynecology services.

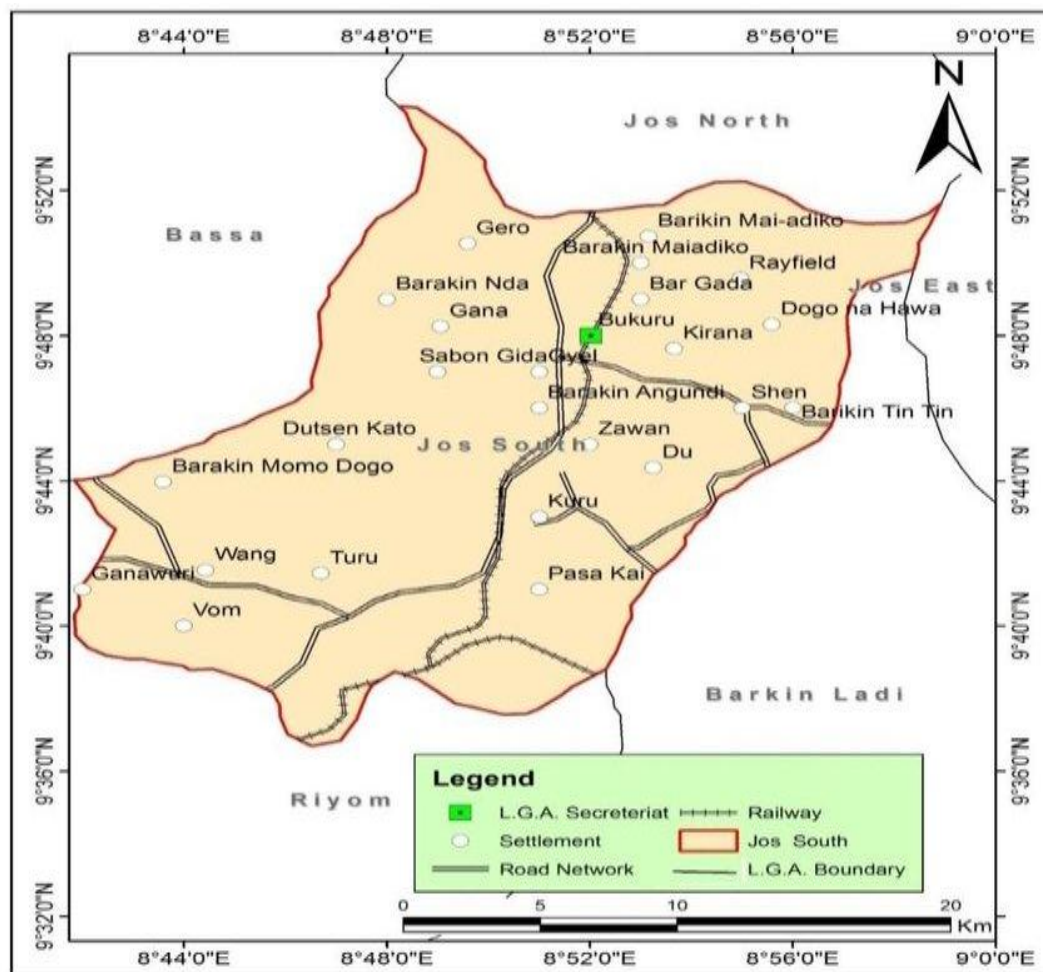


Figure 1. Jos South Local Government Area (L.G.A.) in Plateau State, Nigeria.

3.2 Study Population

In these study population the investigator used Vwang District of Jos South Local Government area of Plateau state, as shown in the map of Figure 1.

Sampling Size and Sampling Techniques

A total of 399 respondents, include residents, business owners, and local government officials are selected for the study. The sample size will determined using the Taro Yamane formula:

$$N = N$$

$$1 + N e^2$$

Where;

n = sample sizes

N = population sizes (458,100 people)

e = margin of error (0.05)

$$n = 458,100 = 458,100 = 458,100 = 399$$

$$1 + 458,100 (0.05)^2 = 1 + 458,100 (0.0025) = 1145.2525$$

The sampling technique involves a stratified random sampling method, where resident, business owners, local government officials and community members serve as strata. A proportionate random sampling method was used within each stratum to ensure fair representation of participants from different areas

3.2.1 Instruments Design

The researcher will make used of questionnaire to obtaining the needed information.

Questionnaire

Through the help of these instruments it will possible for the researcher to get the necessary information from the respondents.

3.2.2 Method of Validating Instrument

The instrument was validated by the head of department environmental health. The correction and input was cooperation in the final draft of the questionnaire

3.2.3 Method of Data Collection

The data was collected through the help of a structure questionnaires that was designed by the researcher during the research work.

3.2.4 Method of Data Analysis

The primary data collected was subjected to descriptive statistical tools for analysis such as frequency distribution table, percentages and charts.

3.3 Limitation of the Study

Financial constraint: The scope of the research required extensive data collection, including visits to various communities within the district, interviews, and the procurement of relevant materials. However, the limited budget available significantly restricted the ability to reach all intended areas. Transportation costs, especially in a geographically spread-out of Jos South, were substantial, and due to funding limitations, some communities could not be fully covered. Additionally, costs related to printing, communication, and logistics also posed a challenge.

Time constraint also served as a notable limitation. The time frame allocated for this study was not sufficient to carry out an exhaustive and in-depth investigation of all the communities within the district. Fieldwork and data analysis are time-intensive, and the pressure to meet deadlines meant that some data had to be summarized rather than explored in more detail. This time pressure also limited the number of follow-up interviews or validation exercises that could have been conducted to ensure the accuracy of the findings.

Language and communication barriers were also encountered, especially in communities where local dialects dominate communication. In some instances, interpreters were needed, which may have influenced how questions were translated and responses interpreted, potentially affecting the authenticity of the information collected.

4. Result and Discussion

Data Presentation

This chapter present and analyze the data collected from the field survey. A total of 399 questionnaires were administered to the respondents out of which 390 were successfully retrieved while 4 questionnaires were not properly filled and 5 were not retrieved. This gives a response rate of 97.7% which formed the basis for data analysis in this chapter. From the final analysis the researcher uses 390 successful retrieve questionnaire for the analysis.

Table 1. Sociodemographic characteristics of the respondents.

Sex	Frequency	Percentage
Male	283	72.6
Females	107	27.4
Total	390	100

Source field: 2024

Table 1 shows 283 respondents that represent (72.6%) were male and 107 respondent represent (27.4%) are females.

Table 2. Employment status of the respondent.

Employment Status	Frequency	Percentage
Self-Employed	120	30.8
Employed	200	51.3
Unemployed	70	17.9
Total	390	100

Source field: 2024

Table 2 reveals that 120 respondent represent (30.8%) of them were self-employed, while 200 respondent represent (51.3%) were employed, and only 70 respondent represent (17.9%) were unemployed. This means that a majority of the respondents were self-employed, making life easier for them.

Table 3. Aged distribution.

Age Distribution	Frequency	Percentage
16-25	79	20.5
26-35	98	25.1
36-45	114	29.2
46 and above	99	25.4
Total	390	100

Source field: 2024

Table 3 reveals that 79 respondent represent (20.5%) were in between they aged of 16-25, 98 respondent represent (25.1%) were in between the ages of 26-35 while 114 respondent represent (29.2 %) were between the ages of 36-45 and 46 and above had 99 respondent which represent (25.4%)

Table 4. Marital status.

Marital Status	Frequency	Percentage
Single	100	25.6
Married	285	73.1
Divorce	5	1.3
Total	390	100

Source field: 2024

Table 4 reveals that 100 respondent represent (25.6%) of them were singles, while 285 respondent represent (73.1%) were married, and only 5 respondents represent (1.3%) were Divorce. This means that a majority of the respondents were married.

Table 5. Educational qualification.

Educational Qualification	Frequency	Percentage
SSCE	56	14.4
National Diploma	88	22.6
NCE	65	16.7
Degree	181	46.4
Total	390	100

Source field: 2024

Table 5 shows that 56 respondent represent (14.4%) were SSCE, while 88 respondent represent (22.6%) were National Diploma while 65 respondent represent (16.7 %) are NCE and 181 respondent represent (46.4%) were Degree.

Table 6. Occupations.

Occupations	Frequency	Percentage
Student	75	19.2
Farmer	95	24.4
Trader	121	31.0
Civil servant	99	25.4
Total	390	100

Source field: 2024

Table 6 reveals that 75 respondents (19.2 %) were Student, while 95 respondent represent (24.4 %) were Farmers while 121 respondent represent (31.0%) were Traders and 99 respondent represent (25.4%) were Civil Servant.

Table 7. Experienced a shortage of food in your household in the past three months.

Options	Frequency	Percentage
Yes	300	76.9
No	90	23.1
Total	390	100

Source filed: 2025

From table 7, we can see that 300 respondents represent (76.9%) indicate yes that they experienced a shortage of food in your household in the past three months while 90 respondent representing (23.1%) indicate No from the above state.

Table 8. Family member gone to bed due to lack of food.

Options	Frequency	Percentage
Yes	350	89.7
No	40	10.3
Total	390	100

Source filed: 2025

From table 8, 350 respondent represent (89.7%) indicate yes that they family member gone to bed due to lack of food while 40 respondent representing (10.3%) indicate No from the above state.

Table 9. Believe that food insecurity affects their health or that of their family.

Options	Frequency	Percentage
Yes	390	100.0
No	0	0.0
Total	390	100

Source filed: 2025

From table 9, it shows that 390 respondent represent (100.0%) indicate yes that they believe that food insecurity affects their health or that of their family while 0 respondent representing (0.0%) indicate No from the above state.

Table 10. Causes of food insecurity in household.

Options	Frequency	Percentage
Low income	89	22.8
Unemployment	112	28.7
Climate issue	56	14.4
High food price	133	34.1
Total	390	100

Source filed: 2025

The data in Table 10 shows that the causes of Food Insecurity in Households highlights the major factors contributing to food insecurity among respondents. The table reveals that the most common cause of food insecurity is high food prices, cited by 133 respondents (34.1%), indicating that the rising cost of food significantly limits household access to sufficient and nutritious meals. This finding suggests that many households struggle to afford basic food items due to inflation and market price fluctuations.

The second most reported cause is unemployment, accounting for 112 respondents (28.7%), which implies that lack of stable income or job opportunities prevents many households from purchasing adequate food supplies. Low income follows closely, with 89 respondents (22.8%), showing that even among the employed population, wages may be insufficient to meet food needs, reflecting widespread economic vulnerability. Lastly, climate issues such as drought, floods, and irregular rainfall patterns were mentioned by 56 respondents (14.4%), suggesting that environmental factors also play a role in reducing food production and availability.

Table 11. Ways to cope with food shortage.

Options	Frequency	Percentage
Reduce meal size	229	58.7
Skip meal	121	31.0
Borrow or beg for food	20	5.1
Seek help from NGOs	20	5.1
Total	390	100

Source filed: 2025

The data presented in Table 11 indicates the ways to Cope with Food Shortage shows the various coping strategies adopted by households when faced with food insecurity. The findings indicate that the most common coping strategy among respondents is reducing meal size, reported by 229 respondents (58.7%). This suggests that many households attempt to stretch their limited food supply by consuming smaller portions, which may have nutritional implications, especially for vulnerable groups such as children and the elderly.

The second most common strategy is skipping meals, reported by 121 respondents (31.0%), indicating that a significant proportion of households endure periods without eating in order to conserve available food. This reflects the severity of food scarcity and its direct impact on dietary adequacy and overall health.

A smaller number of respondents, 20 (5.1%), cope by borrowing or begging for food, showing reliance on social networks or community support during critical shortages. Similarly, another 20 respondents (5.1%) seek assistance from NGOs, suggesting that external aid and humanitarian organizations play a limited but important role in mitigating hunger for some households.

Table 12. Days that they household go without eating.

Options	Frequency	Percentage
None	34	8.7
1-3 days	352	90.3
4- 7 days	30	7.7
More than 7 days	9	2.3
Total	390	100

Source filed: 2025

The data presented in Table 12 shows the Days that the Household Go Without Eating provides insight into the severity and frequency of food deprivation among the surveyed households. The results reveal that the majority of respondents (352 respondents, representing 90.3%) reported going 1 to 3 days without eating, indicating that short-term food shortages are highly prevalent and that many households experience intermittent hunger due to insufficient food supply or financial constraints. A smaller proportion, 30 respondents (7.7%), stated that their households go 4 to 7 days without eating, reflecting more severe food insecurity where families face prolonged hunger periods within a week. Furthermore, 9 respondents (2.3%) reported going more than 7 days without eating, which is a critical indicator of extreme hunger and vulnerability that poses serious risks to health and survival. Only 34 respondents (8.7%) indicated that their households never go without eating, suggesting that a very small fraction of the population enjoys stable food access.

Table 13. People in the household that are mostly affected by food insecurity.

Options	Frequency	Percentage
Children	221	56.7
Women	91	23.3
Elderly	65	16.7
All equally	2	0.5
Total	390	100

Source filed: 2025

The data in Table 13: People in the Household that are Mostly Affected by Food Insecurity provides information on the household members who suffer the most from inadequate food access. The findings indicate that children are the most affected group, as reported by 221 respondents (56.7%). This suggests that children are highly vulnerable to the negative impacts of food insecurity, including malnutrition, stunted growth, weakened immunity, and poor school performance due to hunger and insufficient nutrient intake. Women are the second most affected group, accounting for 91 respondents (23.3%), reflecting gender disparities in food distribution and access within households. This could be due to sociocultural factors that prioritize feeding men or children first, leaving women with less food, or due to their roles as caregivers who often sacrifice their share to ensure others eat. Elderly individuals were identified by 65 respondents (16.7%) as being mostly affected, indicating that aging members of the household may also face food deprivation, possibly due to reduced mobility, lack of income, or neglect during meal distribution. A minimal 0.5% (2 respondents) indicated that all household members are equally affected, suggesting that in a few cases, food insecurity impacts everyone in the home without discrimination.

Table 14. Health effects you've experienced due to lack of adequate food.

Options	Frequency	Percentage
Weight loss	250	64.1
Weakness/fatigue	100	25.6
Illness	40	10.3
None	0	0.0
Total	390	100

Source filed: 2025

The data in Table 14 reveals the Health Effects Experienced Due to Lack of Adequate Food highlights the major health consequences of food insecurity among respondents. The results show that the most commonly reported health effect is weight loss, experienced by 250 respondents (64.1%). This indicates that a significant number of individuals suffer from inadequate calorie and nutrient intake, leading to noticeable physical deterioration and potential under-nutrition. Persistent weight loss can weaken the immune system, increase susceptibility to infections, and impair overall physical functioning. The second most reported effect is weakness or fatigue, identified by 100 respondents (25.6%). This suggests that many individuals experience reduced energy levels and physical strength, which may hinder their daily productivity and ability to work or study effectively. Chronic fatigue resulting from poor nutrition can also contribute to psychological stress and general ill-health. Additionally, 40 respondents (10.3%) reported experiencing illness as a consequence of inadequate food. This implies that prolonged hunger and nutrient deficiencies can lead to various health complications, such as anemia, weakened immunity, and increased vulnerability to diseases. Interestingly, no respondent (0.0%) indicated experiencing no health effects, which demonstrates that all respondents were negatively impacted in one way or another by food insufficiency.

Table 15. Household receiving support from any of the following during food shortages.

Options	Frequency	Percentage
Government	89	22.8
NGOs	112	28.7
Community/organization	56	14.4
No support	133	34.1
Total	390	100

Source filed: 2025

The data in Table 15: Household Receiving Support from Any of the Following During Food Shortages provides insight into the sources of assistance available to households facing food insecurity. The findings indicate that the largest proportion of respondents (133 respondents, representing 34.1%) reported receiving no support during periods of food shortage. This highlights a serious gap in social safety nets and suggests that many households are left to cope with hunger and deprivation without any form of institutional or community assistance.

Among those who received help, 112 respondents (28.7%) indicated that they received support from non-governmental organizations (NGOs). This suggests that NGOs play a vital role in providing food relief and humanitarian aid to vulnerable populations, likely through food distribution programs or nutrition support initiatives. Government assistance was reported by 89 respondents (22.8%), showing that although the government contributes to food security interventions, its reach and impact remain limited compared to the overall need. This could reflect inadequate implementation of welfare programs, bureaucratic delays, or insufficient targeting of the most affected households.

Additionally, 56 respondents (14.4%) reported receiving support from the community or local organizations, indicating that informal community-based solidarity networks still play a role in mitigating hunger, though their capacity may be limited by local resources.

Table 16. Main Sources of food.

Options	Frequency	Percentage
Farming	201	51.5
Buying from the market	100	25.6
Food aids	80	20.5
Others	9	2.3
Total	390	100

Source filed: 2025

The data presented in Table 16: Main Sources of Food highlights the primary means through which households obtain their food. The findings reveal that farming is the dominant source, reported by 201 respondents (51.5%), indicating that more than half of the households depend on agricultural production for their food supply. This suggests that subsistence or small-scale farming remains a major livelihood activity and a key strategy for ensuring food availability, particularly in rural or semi-rural communities. However, it also implies that these households may be vulnerable to environmental changes such as drought, poor soil fertility, and climate variability, which can affect their food production and security.

The second most common source of food is buying from the market, reported by 100 respondents (25.6%), showing that a significant proportion of households rely on purchased food to meet their daily needs. This reliance on market food sources may make them more vulnerable to price fluctuations and inflation, particularly when income levels are low or unstable.

Food aid accounts for 80 respondents (20.5%), suggesting that some households depend on external assistance, possibly from government programs, NGOs, or community-based initiatives, to supplement their food supply during times of scarcity or crisis. This reflects the presence of food insecurity among certain populations that require ongoing support to meet their nutritional needs.

A small number of respondents, 9 (2.3%), indicated other sources, which could include gifts from relatives, bartering, or community sharing mechanisms.

Table 17. Think food insecurity is contributing to conflict in your community.

Options	Frequency	Percentage
Yes, very much	211	54.1
To some extent	170	43.6
Rarely	9	2.3
Not at all	0	0.0
Total	390	100

Source filed: 2025

The data presented in Table 17: Think Food Insecurity is Contributing to Conflict in Your Community illustrates respondents' perceptions of the relationship between food insecurity and community conflict. The results reveal that a majority, 211 respondents (54.1%), believe that food insecurity contributes very much to conflict in their community. This indicates a strong perceived link between the lack of adequate food and the emergence of social tension, disputes, or violence, possibly arising from competition over scarce food resources, theft, or resentment among community members with unequal access to food.

Another 170 respondents (43.6%) stated that food insecurity contributes to conflict to some extent, suggesting that while food scarcity may not always be the direct cause, it still plays a significant role in fueling disagreements, mistrust, or strained relationships within households and communities. This perception aligns with the understanding that hunger

and deprivation can exacerbate frustration and social unrest, especially in economically vulnerable or agriculturally dependent areas.

A smaller proportion, 9 respondents (2.3%), indicated that food insecurity rarely contributes to conflict, showing that only a few people perceive minimal or occasional links between hunger and disputes. Notably, none of the respondents (0.0%) reported that food insecurity does not contribute at all to conflict, implying that virtually all respondents recognize at least some connection between food shortages and community instability.

Table 18. Food insecurity can affect peacebuilding effort in a community.

Options	Frequency	Percentage
Strongly agreed	221	56.7
Agreed	121	31.0
Disagreed	40	10.3
Strongly disagreed	8	2.1
Total	390	100

Source filed: 2025

From table 18, it shows that 221 respondent representing (56.7%) signifying strongly agreed that they think food insecurity can affect peacebuilding efforts in their community while 121 respondent representing (31.0%) signifying agreed that they think food insecurity can affect peacebuilding efforts in their community while 40 respondent representing (10.3%) signifying disagreed that they think food insecurity can affect peacebuilding efforts in their community and 8 respondent representing (2.1%) signifying strongly disagreed that they think food insecurity can affect peacebuilding efforts in their community.

Table 19. Major conflicts you've witnessed related to food insecurity.

Options	Frequency	Percentage
Theft	112	28.7
Domestic violent	189	48.5
Land dispute	89	22.8
None	0	0.0
Total	390	100

Source filed: 2025

From table 19, these shows that 112 respondent representing (28.7%) signifying that theft is the major conflict they have witnessed related to food insecurity while 189 respondent representing (48.5%) signifying that domestic violent is the major conflict they have witnessed related to food insecurity while 89 respondent representing (22.8%) signifying that land dispute is the major conflict they have witnessed related to food insecurity.

Table 20. Groups involves in resolving food related conflict and the reasons the respondents pick certain group.

Options	Frequency	Percentage
Community leaders	104	26.7
Religious leaders	87	22.3
Government officials	190	48.7
NGOs	9	2.3
Total	390	100

Source filed: 2025

From table 20, it shows that 104 respondent representing (26.7%) signifying that community leaders are responsible in resolving food related conflict reasons because they have powers to sanction any individual who steal in someone farmland while 87 respondent representing (22.3%) signifying that religious leaders are responsible in solving food related conflict reasons because can assist the less privilege with food that will reduces the conflict in a community while 190 respondent representing (48.7%) signifying that government officials are responsible in solving food related conflict reasons because they can assist the less privilege that cannot afford fertilizer during raining seasoning for farming and 9 respondent representing (2.3%) signifying that NGOs are responsible for solving food related conflict because they are capable of doing that.

5. Discussion of Findings

Looking at the demographics, we found that men made up the vast majority of our respondents 283 (72.6%) compared to 107 (27.4%) women. This suggests men are heavily involved in key household decisions, especially those tied to farming or food. It lines up with what others have found, who noted that in many Nigerian communities, men often lead in food production and earning, while women handle the cooking and household nutrition [6].

The employment picture showed that a good portion of people were working: 51.3% were formally employed and 30.8% were self-employed, leaving only 17.9% unemployed. This suggests most respondents had some way to earn an income, which should help with buying food. However, having a job doesn't always equal food security, especially when you factor in low wages and unstable earnings in the informal economy.

In terms of age, the most active, working-age groups dominated: the largest chunk was between 36-45 years (29.2%), closely followed by the 26-35 year-olds (25.1%). This means we were talking to people who are in their prime earning years and should be able to contribute significantly to food production and economic stability. The high number of married respondents (73.1%) also points to a family-focused population, which naturally increases the demand for food and the responsibility to provide it. [7] have observed similar trends, noting that larger families often face greater food insecurity when money is tight.

Finally, the group was quite educated, with a huge number 46.4% holding a degree and another 22.6% with a diploma. This educational background could certainly help with better nutrition and food management awareness. Still, [8] remind us that education can only go so far when people are still struggling with economic and environmental hurdles. Most respondents worked as traders (31.0%) or civil servants (25.4%), highlighting a mix of formal and informal work keeping households afloat.

The findings on food access and stability were frankly shocking. A staggering 76.9% had faced food shortages in the last three months, and an even more alarming 89.7% reported a family member going to bed hungry. Every single respondent (100%) believed that food insecurity was negatively affecting their health. These numbers clearly demonstrate a community living with severe food vulnerability, aligning with the [9] report that economic woes, low yields, and climate change are pushing over 60% of Sub-Saharan African households into moderate or severe food insecurity.

The major culprits identified were high food prices (34.1%), unemployment (28.7%), and low income (22.8%). Climate issues (14.4%) also played a significant role. This confirms what Okorie et al. (2022) have stressed: food insecurity in Nigeria is a brutal combination of economic hardship and environmental challenges. Inflation and a changing climate are making food unaffordable and hard to get, directly hitting household nutrition.

To deal with these shortages, most households are resorting to heartbreaking measures that compromise their health. The top coping strategy was reducing meal size (58.7%), followed by skipping meals entirely (31.0%). This confirms that families are making harmful dietary adjustments just to get by. As [10] have also seen, poor households often handle hunger by cutting down on how often or how much they eat, which eventually leads to malnutrition and a weakened immune system.

The health implications were clear and worrying: 64.1% reported weight loss and 25.6% felt constant weakness or fatigue. These findings echo the [11], which links chronic food shortages to undernutrition, anemia, and reduced physical strength. The fact that no one said they were unaffected highlights just how deeply hunger is impacting their wellbeing.

When it came to support systems, help was scarce. A large percentage-34.1%-received no assistance at all. NGOs (28.7%), the government (22.8%), and community groups (14.4%) all played limited roles. This points to a huge failure in institutional support and safety nets, regarding the struggles of welfare programs to reach those who need it most.

Farming (51.5%) is still the main source of food, showing a strong reliance on agriculture. However, climate volatility and difficulty getting farm supplies are putting this livelihood at risk, a concern also highlighted by the [12] about climate change driving down crop yields and causing food shortages across Africa.

We also found a strong link between food insecurity and community conflict. Over half of the respondents (54.1%) agreed that food insecurity contributes "very much" to conflict, and another 43.6% said it contributes "to some extent." This is consistent with the [13], which has reported that food scarcity often sparks theft, domestic violence, and land disputes, especially in farming communities. Furthermore, 56.7% strongly agreed that hunger undermines peacebuilding efforts, suggesting that the problem isn't just about nutrition-it actively tears apart community cohesion and trust.

Specific conflicts linked to food insecurity included domestic violence (48.5%), theft (28.7%), and land disputes (22.8%). People pointed to government officials (48.7%) and community leaders (26.7%) as the most important people for resolving these issues, emphasizing that good governance and local leadership are essential for calming the social chaos that hunger creates.

6. Conclusion

The study highlights that food insecurity in Vwang District of Jos South Local Government Area of Plateau State is not merely a matter of hunger but a multidimensional challenge with deep health, socio-economic, and peacebuilding implications. The findings reveal that rapid population growth, unemployment, poverty, conflict, and climate-related disruptions have collectively weakened the agricultural productivity and livelihood base of the people. Many households live below the poverty line, limiting their ability to purchase or produce sufficient and nutritious food. This condition has led to malnutrition, poor immune function, and increased vulnerability to communicable diseases, particularly among children and pregnant women. The situation is further worsened by poor sanitation, limited access to healthcare, and fragile public health infrastructure, which together diminish human capital and overall community resilience.

Moreover, the study underscores that food insecurity is intricately linked to social instability and conflict. In Vwang District and other parts of Plateau State, scarcity of food and unequal access to agricultural resources have fueled tension, theft, and ethno-religious conflict, threatening peace and security. As identified by international organizations such as the FAO and the International Crisis Group, hunger often acts as a trigger for violence, especially in regions already suffering from economic hardship and mistrust among communities. Therefore, addressing food insecurity in Vwang District is not only a humanitarian priority but also a crucial peacebuilding strategy.

To effectively tackle this crisis, a multidimensional and inclusive approach is needed—one that integrates sustainable agricultural practices, social protection programs, youth employment, equitable food distribution, and community engagement. The government, non-governmental organizations, and local leaders must collaborate to build a food-secure environment that supports both physical wellbeing and societal stability. Without decisive action, the persistence of hunger and poverty will continue to threaten not only health and nutrition but also peace and sustainable development in the district and beyond.

7. Recommendations

- i. The government and development partners should invest in climate-smart agriculture, improved irrigation systems, and modern farming techniques to boost local food production and reduce dependence on imported food.
- ii. Unemployment and poverty are major drivers of food insecurity in Vwang District.
- iii. There should be community-based nutrition education and supplementary feeding programs targeting pregnant women, nursing mothers, and children under five.
- iv. Food security initiatives should be integrated into peacebuilding frameworks by promoting equitable distribution of agricultural resources, fostering inter-community collaboration, and ensuring fair access to government support and humanitarian aid.
- v. The Plateau State government should strengthen the implementation of national food security policies and ensure better coordination between relevant ministries such as agriculture, health, and social welfare.

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