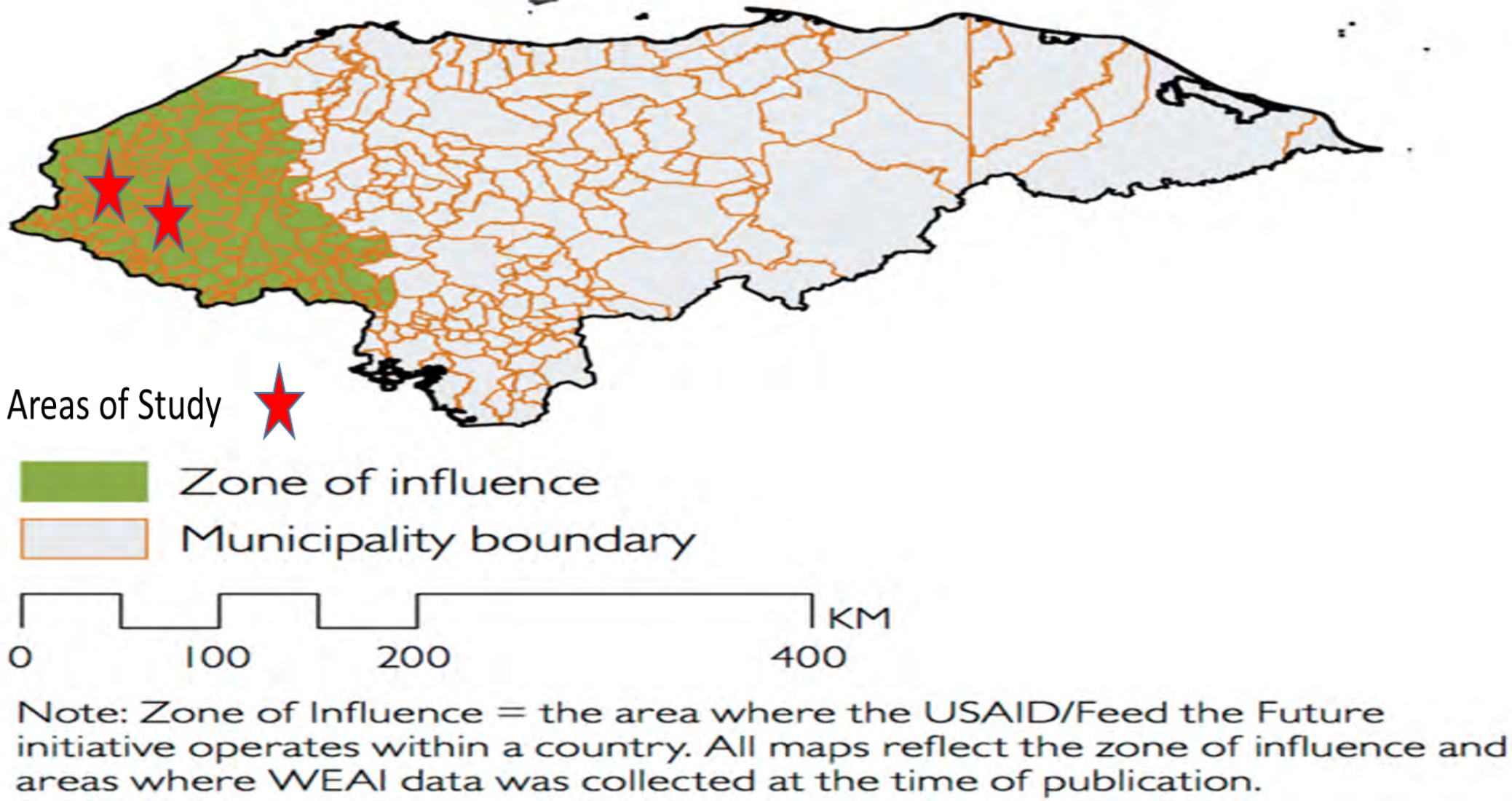


### INTRODUCTION

In Honduran families, men and women each make food decisions that ultimately affect everyone in the household. Understanding men’s roles and influence is critical to offering additional workshops that could improve nutrition for all family members.

There has been much attention focused on agricultural training with an intent to address hunger. However, improvement in household nutrition takes much more than teaching improved agricultural techniques. Such trainings may prove successful in producing higher crop yields and a marginal increase in family income, but there has been no evidence to show a correlation of increase in family nutrition.<sup>1</sup>

### FEED THE FUTURE ZONE MAP HONDURAS <sup>2</sup>



### METHODOLOGY

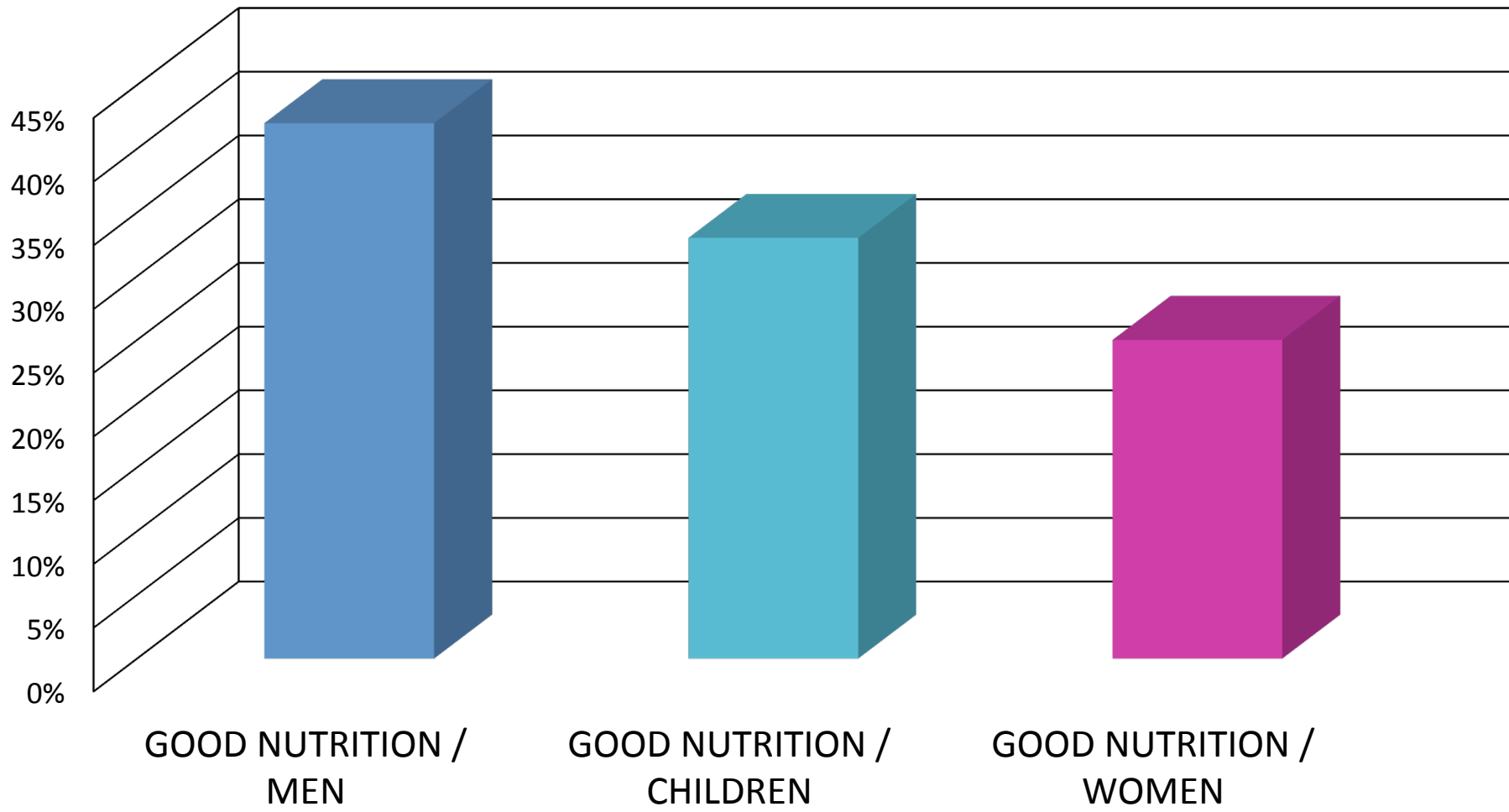
#### Surveys

- 192 surveys conducted for men and women in two distinct regions of the Zone of Influence.
- 75 surveyed in Lempira, 117 surveyed in Copan
- Participants surveyed in Spanish; questions focused on diet, nutrition, gender and roles in the household

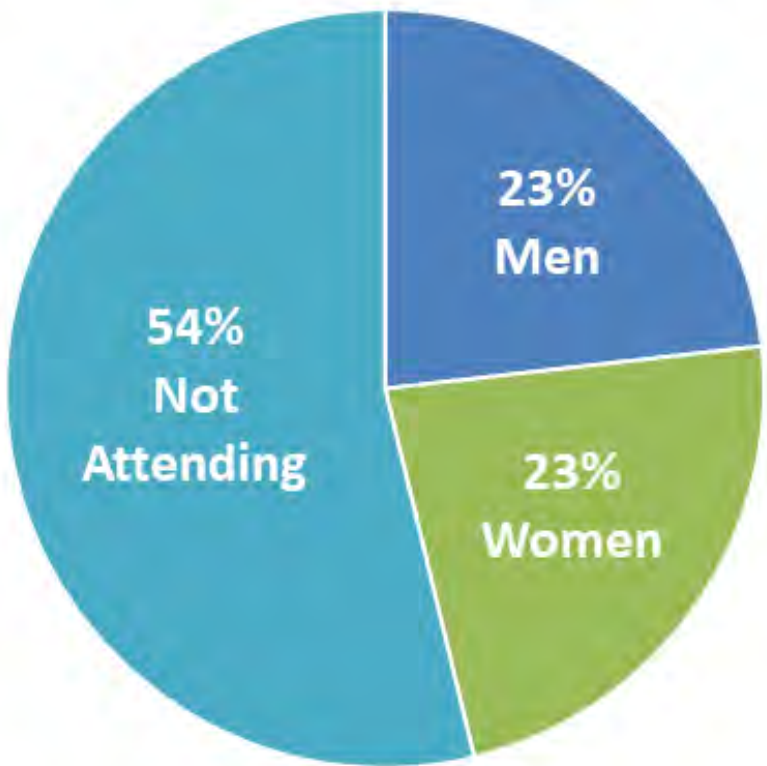
#### Focus Groups

- Eight focus groups held: four, male & four, female.
- Held on separate days in four distinct communities
- Investigated community responses in comparison to household response data

### ALL RESPONDENTS’ PERCEPTION OF NUTRITIONAL DISTRIBUTION



#### Nutrition Workshop Attendance



Typical Honduran Meal: Eggs, Cheese, Beans, Plantains and Tortillas

### RESULTS

Data, shown in graphs reveal:

- Men (54%) have a larger role than women (23%) in the decision of which crops to plant for household consumption.
- Equal participation for nutritional workshop, with 23% men, 23% women
- Perception of men and women agree: Men receive the best nutrition, children rank second and women rank lowest

### CONCLUSION

While males typically don’t prepare meals, they effectively make the decision of what gets to the table months in advance. In deciding what crops to plant for consumption, men are ultimately influencing nutritional outcomes for the family. This research concluded with a recommendation to USAID to teach men nutrition in conjunction with agriculture workshops, so they might incorporate better nutritional strategies for field and table.

### SOURCES CITED

- 1.) Suzanna Smith and Kamal Bhattacharyya. *Men’s Perceptions of Their Roles and Involvement in Household Decisions around Food in Rural Bangladesh*. USAID: Feed the Future 2016.
- 2.) USAID. “Feed the Future Honduras.” (Accessed August 10, 2017). [www.feedthefuture.gov/country/Honduras](http://www.feedthefuture.gov/country/Honduras).

### ACKNOWLEDGEMENTS

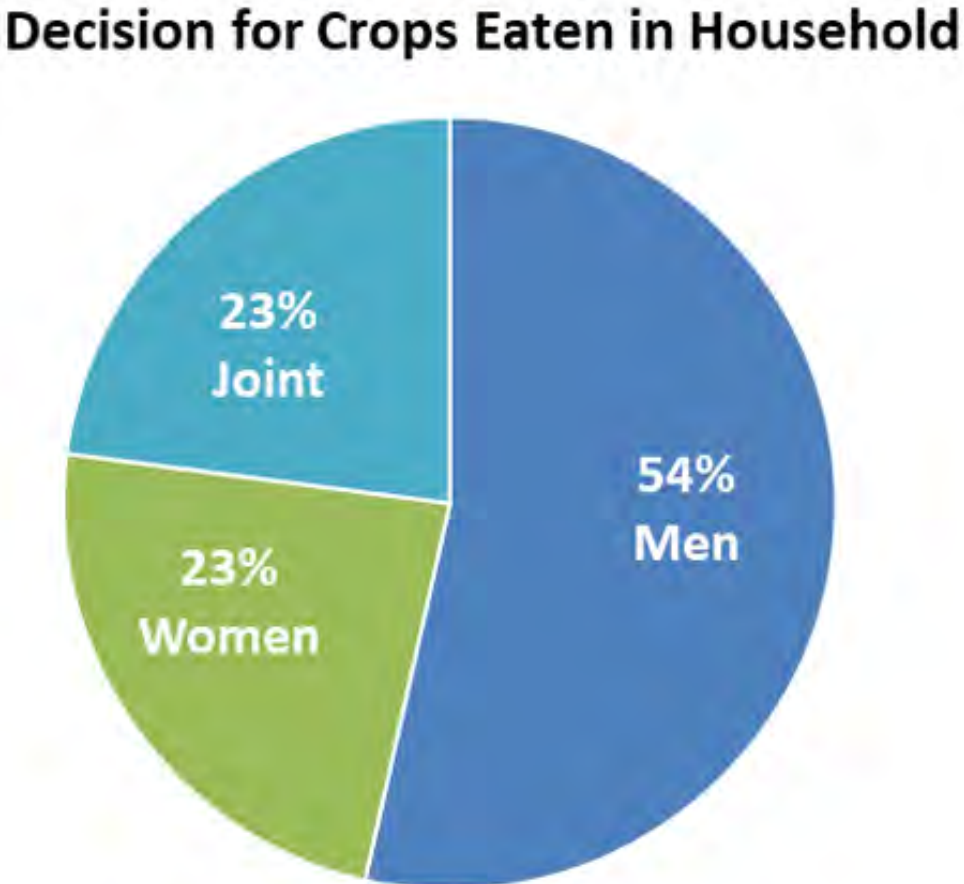
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Surveying Households in a Rural Community of the Copan Region



Conducting Household Survey



Hosting a nutritional training for USAID Field agents