## UNIVERSITI TEKNOLOGI MARA

# THE ASSESSMENT OF FOOD SECURITY AMONG FLOODS VICTIMS AT BERA, PAHANG

#### SALEHMATUL AKMA BT MOHAMAD SALLEH

Thesis submitted in fulfillment of the requirements for the degree of Bachelor (Hons) In Nutrition and Dietetics

**Faculty of Health Science** 

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#### AUTHOR'S DECLARATION

I declare that the work in this thesis/dissertation was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the results of my own work unless otherwise indicate or acknowledged as referenced work. This thesis has not been submitted to any other academic institution on non-academic institution for any degree or qualification.

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Name of student : Salehmatul Akma Binti Mohamad Salleh

Student I.D. No : 2012642698

Programme : Bachelor of Science (Nutrition and Dietetic)

HS227

· Health Science

Thesis/Dissertation : The Assessment of food security among flood

Title

Date

Faculty

victims at Bera, Pahang

Signature of Student

Januari 2015

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#### ABSTRACT

Food security is defined as physical and economic access by all people at all times with adequate basic food, safe and nutritious foods to meet nutritional needs and food for an active and healthy life. In Malaysia, since 1971 flooding was occurred and the average rainfall is approximately 2.500mm a year and make it the one of the countries that have the heaviest rainfall in the world which it can lead to occurring flood disaster. This study is a qualitative study which was conducted on people that was affected with flood at the location in Bera, Pahang, Malaysia. The main objective of the study was to understand the respondents' needs for food security during flood disaster. While, the specific objective was to determine a nutritional status of flood victims, assess on the impact of flood on crop production and livestock and lastly to assess the four dimension in food security among flood victims. These research was assess by using a combination of key informant meetings, personal interviews and anthropometric measurements. Total respondents are 10 individuals from different village was selected for interview. The range of age of the respondents were from 28 years old to 63 years old. All the answer from the respondent was recorded by using voice recorder. The overall results from interviewing session with 10 respondent were most of them had said that they needs food supply and clean water supply for food security during flood disaster. In term of food, they does not have any problems due to the food aid that they had receive during flood disaster which is too enough for them but the main problems comes from inadequate supplying of clean water due to crowded people at the relocation center. As a conclusion, food and clean water supply are very important needs for food security during flood disaster. Thus, government and non-government organization have to cogitate on the strategies to improvise the needs for food security during flood disaster especially on water supply.

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# CHAPTER ONE INTRODUCTION

#### 1.1 RESEARCH BACKGROUND

World Health Organization define disaster as the result of a massive ecological failure in the associations among human and environment, a severe and sudden disturbance on such a scale that the distracted community needs extraordinary efforts to cope with it, frequently with outside help or international aid. Malaysian National Security Council Direction 20 (2003) were defined Disaster as an emergency situation that can cause loss of lives, destruction on a properties and environment, and cause harm to local social and activities in community economic (Ahmad Rasmi Al Battat. 2014).

Food security, or rather insecurity, is at the heart of food crises during disaster and food related emergencies. It is an underlying cause of malnutrition and mortality, and a significant factor in the longer term livelihood security. The climate changes such as flood disaster may give the impact to the four key dimension in food security such as food availability, food accessibility, food stability and utilization. According to Young, H. (2001), a livelihoods approach simply means emergency programming aimed at supporting livelihoods, as well as saving lives. In terms of food security assessments, livelihood approaches involve assessing the long-term risks to livelihoods, as well as short term nutritional or life-threatening risks.

According to Mohammad Abdul Mohit et al. (2013), floods are the most significant natural disaster that affect 4.9 million people and inflict damage worth of several million every year in Malaysia. Mohamad Sukeri Bin Khalid et al. (2015) was state that the average rainfall in Malaysia at every state is approximately 2,500 mm a year and it making Malaysia as the one of the countries with the heaviest rainfall in the world. According to Mohammad Abdul Mohit et al. (2013) all the four regions of the country in Malaysia such as north, central, east and south had experience flooding during the monsoon season every year. The basic cause of flood in Malaysia is incidence of heavy monsoon or convective rainfall and the resultant large concentration of runoff which has