

UNIVERSITI TEKNOLOGI MARA

**MEASUREMENT OF NEEDS OF FOOD SECURITY
DURING FLOOD DISASTER
IN BERA, PAHANG, MALAYSIA**

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Thesis submitted in fulfillment
of the requirements for the degree of

**Bachelor (Hons.) of
Nutrition and Dietetics
Faculty of Health Sciences**

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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 indicated or acknowledged as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Under Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

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ABSTRACT

Food security exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life. It comprises of food availability, food access, food utilization, and food stability. This paper studies the flood situation in Bera district area, by assessing the intensity of flood damages and its impacts on food security, which comes out with the measurement of needs of food security during flood. A cross sectional study was performed on 100 samples of population living in the affected area by using questionnaires adapted from Cambodia Post-Flood Relief and Recovery Survey 2012 and District and Community Questionnaire. These samples were selected randomly regardless of gender and age category. The results of this study were analyzed by using SPSS version 21.0. This study suggested that household composition and family income are linked to the household food security in terms of food consumption. There is a significant effect on the number of meals and quantity of the food consumed which shows less than usual, especially among the low-income family and in family with more household composition. Therefore, further studies on measurement of needs of food security during disaster is required, to find out a better coping strategies of food insecurity faced by the disaster victims.

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CHAPTER ONE

INTRODUCTION

1.1 RESEARCH BACKGROUND

Flood is one of the common natural disasters which causing significant physical damage or destruction, loss of life and sometimes permanent changes to the natural environment. Excessive rainfall which lead to the overflow of water from the river, rising above the normal level and covering the land surrounding it, is troublesome for the population living in the affected area. In December 2014, above average rainfall resulted in severe flooding along the Sungai Pahang basins area, affecting 8 of Pahang's 11 districts, including Bera. The floods were reportedly the second worst Bera had experienced in more than four decades.

This research intended to measure the needs of food security during flood and to relate it with the most appropriate emergency preparedness in terms of assistance from the government. This is due to the fact that the climatic change or natural disaster such as flood can lead to a state of food insecurity since it can threatens the food availability, food access, food utilization, and also food stability.

The first key dimension of food security which is food availability refer to the availability of sufficient quantities of food with appropriate quality. Whereas, food access is defined as adequate resources to acquire the appropriate foods for a nutritious diet whereby the individuals or organization with the authority, legal, political, economic and social arrangements in the community serve its role. Food utilization is the utilization of food through adequate diet, clean water, sanitation and also health care that leads to the state of nutritional well-being, hence all physiological needs are met. This key dimension emphasizes on the importance of non-food inputs in food security. The fourth key dimension of food security is the food stability. It is described as the ability of access to