AN ASSESSMENT OF THE IMPACT OF FOOD SECURITY ON RURAL-URBAN MIGRATION: A CASE STUDY OF MATHARE SLUMS IN NAIROBI COUNTY AND KIANDUTU IN KIAMBU COUNTY

BY

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DECLARATION

I undersigned, declare that this is my original work and has not been submitted to any other college or university other than United States International University – Africa for academic credit.

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Abstract
Migration in Kenya occurs whenever people seek business opportunities and education in higher learning institutions from other parts of the country. It is typical for Kenyans to migrate from rural homes to urban locations to seize employment opportunities as well. An analysis of literature that investigates migration in Kenya will illustrate that people migrate to urban areas due to food scarcity in rural locations. Residents of arid and semi-arid parts of the country depend on pastoralism and trade to obtain food. However, some droughts are so severe that people migrate to find food and income opportunities. The research will illustrate that lack of food security propels migration to urban areas. Aside from that, the study intends to demonstrate the dangers of excess migration to urban locations such as lack of development, loneliness, homesickness, congestion in cities, and low wages. Moreover, this study aims to propose political, individual, and economic remedies to the prevailing migration rates in the country. A study of migrants and literature on the topic reveals that rural-urban migration heightens in locations where food is scarce. Resultantly, the people fill cities and create congestion; therefore, the local and national leaders ought to resolve the situation through radical action and policy-implementation to increase food security, minimize rural-urban migration, and decongest cities while encouraging rural residents to grow their local economies.

Key terms: Food security, rural-urban migration, policies
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DEDICATION

I would like to dedicate this to the people of the Republic of Kenya who have inspired me to do better for them and for our future generation.
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1 CHAPTER ONE: INTRODUCTION

It is important to understand the relationship between human survival and food security. Governments and international organizations such as the United Nations (UN) are concerned with any factor that threatens human survival including warfare, political instability, and food security; hence, the top agendas for such bodies include improvement of security of human survival.

According to the United Nations Development Programme (UNDP) website, the top goals for the organization include the elimination of poverty and hunger, which all contribute to human survival (United Nations Development Programme, 2019). In this regard, it is essential to examine and understand food security parameters and efforts that leaders make to ensure the survival of their people.

The National Government of Kenya is determined to eliminate poverty and create sustainable development in the country through the President of Kenya’s “Big Four Agenda” (Office of the President, Government of Kenya, 2019). According the Big Four Agenda website, the top agendas for the state include enhancing manufacturing, food security, universal health care, and affordable housing (Office of the President, Government of Kenya, 2019). An analysis of food security in Kenya will illustrate the level of insecurity and what actions people, as well as the Kenyan Government, take to combat food scarcity. One of the individual actions that people take is to move to better locations such as urban areas. A report prepared by the Kenya Agricultural Research Institute (KARI) states that since 2008, Kenya faced high levels of food insecurity due to population increase and political instability (Kenya Agricultural Research Institute, 2012). Therefore, Kenyans respond by moving to other locations to seek alternative sources of income (Kenya Agricultural Research Institute, 2012).
The Kenyan Government is responsible for its people; therefore, its ministries and officers propose income, supply, and agriculture-related policies to deal with the situation. Notably, these measures are inadequate since people still lack food, primarily, in rural areas. In this regard, an analysis of rural-urban migration should recommend ways to curb food insecurity in rural areas.

1.1 Background to the Study

Migration due to food security is an international concern. In a study on the link between food insecurity and emigration, World Food Program (WFP) established that over 84% of illegal emigrants from El Salvador, Guatemala and Honduras migrated to seek employment. So dire is the situation, that the Food and Agriculture Organization’s (FAO) theme on the World Food Day in 2017 was “Change the future of migration; invest in food security and migration” (Food and Agriculture Organization, 2017) Indeed, FAO confirms that hunger, poverty, and an increase in extreme weather events linked to climate change are important factors contributing to the migration challenge. (Food and Agriculture Organization, 2017)

In Africa, factors such as corruption, poor weather patterns, ignorance, and conflict cause food scarcity (Porkka, Gerten, Schapoff, Siebert, and Kummu, 2016). This issue is a threat to human survival; therefore, scholars ought to formulate ways to combat the matter. One way to achieve this is through researching prior studies and the current status of food insecurity in Kenya and its effects on rural-urban migration. Second, researchers should propose policies that heighten food supply, production, and accessibility. The matter is essential because the lack of food causes malnutrition, avoidable illnesses, weakness, and in severe cases, death (Dera and Woodham, 2016).
Kenya’s staple food is maize; households however also rely on wheat, potatoes, beans, millet, sorghum, fish and livestock farming to supplement food requirements. It is however reported that about 51% of Kenyans experience scarcity of food. (Kenya Agricultural Research Institute, 2012) The WFP refers to Kenya as a food deficit country that meets its needs through both formal and informal food imports (World Food Programme, 2016). It is estimated that the government of Kenya feeds about one million people annually in arid and semi-arid areas. Compared to the population of Kenyans who are food insecure, this number is negligible. This fact, compounded by unpredictable weather patterns, rising food prices, corruption scandals in the agricultural value chain, leaves millions of Kenyans struggling for a livelihood. In 2007 for instance, the State Department of Agriculture estimated a drop in maize production by about 25% due to poor performance of the long rains and the fall of army worms. (Kenya Food Security Network, 2007).

It is estimated that the national average of food insecure households in Kenya is 12%. This translates to over 4 million people (World Food Programme, 2016). Demographics however differ in different counties with Turkana County being the most food insecure at 19% food insecurity with a further 24% on the borderline (World Food Programme, 2016). Samburu, Tana River, Baringo, West Pokot, Busia and Siaya counties are also considered food insecure counties.

People who reside in rural places need food for their families; therefore, they farm or obtain informal jobs for money. In other cases, uneducated people are unable to secure employment due to a lack of technical skills (Porkka, Gerten, Schapoff, Siebert, and Kummu, 2016). Kenyan farmers in the rural areas predominantly practice subsistence farming and are often subject to food insecurity (Masita, 2012). With continued low performance in agriculture,
households are likely to migrate to urban centers which are considered more food secure to obtain informal jobs in offices and factories.

Food insecurity is therefore a major contributor to rural-urban migration in Kenya. Kenya’s urban population has been growing at a rate of five percent annually over the last ten years; a third of Kenya’s population lives in urban areas. It is projected that by 2033, over 50% of the population will be residing in urban areas (World Food Programme, 2016). The rural-urban migration puts extreme pressure on resources in urban centers. Urban household end up struggling with the high cost of city living and are often unable to afford sufficient food to meet their minimum nutritional requirements. Research has shown that there is food insecurity even in urban centers; in Nairobi, about 100,000 households have poor or borderline consumption. According to the WFP, the urban poor frequently have a less diverse range of coping strategies to employ in the face of food insecurity than do households in rural areas since they do not have access to land and intergenerational support networks tend to be weaker (World Food Programme, 2016).

1.2 Statement of the Problem

Rural-urban migration can be caused by many factors, one of which is food insecurity (Kenya Agricultural Research Institute, 2012). People believe that when they move to urban locations, they obtain employment opportunities and steady sources of income. In brief, rural-urban migrants gain a means to afford food and fend for their families.

Many studies have been done on the causes and effects of rural-urban migration. Unfortunately, the high population in towns strain local governments due to congestion. The migration to urban areas causes sprouting of slums because few people can afford to rent or
buy decent houses (Govil, Chaudhary, and Kedia, 2017). The unhygienic, crowded living environments with poor access to public services worsen the effects of urban informal dwellers’ food insecurity (World Food Programme, 2016). Further, overcrowding in the informal sectors creates artificial demand of food items, straining their supply and ultimately leading to high prices of basic food commodities. At the same time, a reduced population in rural areas facilitates underdevelopment in parts of the country. With the majority of young energetic people moving to urban areas and abandoning agriculture, food production in the rural areas dwindle. This scenario also puts a strain on general infrastructure, making it necessary to transport food to densely populated urban areas. This overall, affects the economic performance of the country which relies on agriculture for 45% of its revenue (Kenya Agricultural Research Institute, 2012).

Despite these negative consequences of rural urban migration, populations continue to migrate to cities and towns in search of better means of survival. These populations often end up in slums and engage in informal jobs and businesses. In this regard, it is of essence to investigate whether rural-urban migration reduces food insecurity.

1.3 Objectives of the Study

- To determine the correlation between food insecurity and rural-urban migration;
- To assess the intensity of rural urban migration as a result of food insecurity in Kenya;
- To assess possible remedies in enhancing food security as a response to rural-urban migration in Kenya.

1.4 Research Questions

- What is the correlation between food insecurity and rural-urban migration in Kenya?
1.5 Validation of the Study

The study is relevant due to the high congestion levels in cities and low development in rural areas. Kenya consists of numerous counties, yet few of these seem developed and populated. People who reside in major towns hail from rural areas but prefer the towns due to their urbanized nature. Therefore, investigating whether food security is a factor that promotes migration is important; a scholar interested in food security prediction should consider factors that deem rural areas unattractive to residents that move to cities. Though some parts of the country practice farming for commercial purposes, others are unable to do the same due to financial constraints and competition from large-scale farmers (Mwambi, Oduol, Mshenga, and Saidi, 2016). Consequently, it is essential to investigate the role of food security in minimization of rural-urban migration.

1.6 The Scope of the Study

The study focused on food security and its impacts on rural-urban migration. An analysis of congestion and migration rates showed that food security inspires people to migrate to urban areas. The scope of this study was limited to households living in Mathare in Nairobi County and Kiandutu in Kiambu County. The two locations were selected merely for proximity purposes. It is however believed that the results of this study can be applied in similar populations of people.
2 CHAPTER TWO: LITERATURE REVIEW

2.1 Introduction

This chapter discusses the available literature on food security and its constituents. Scholars conduct research using information from their pioneers. Chris Hart, a research methods specialist, believes that literature review eliminates shallowness from studies (Hart, 1998). Hart adds that scholars should provide a review of the literature they use in studies to identify key methods or research that are relevant in the studies. The scholar provides a review of literature on the topic of food security, history of food security in Kenya, the push and pull factors that cause rural-urban migration, roles of the State in ensuring food security, and the policies that govern food security in Kenya. The chapter further provides an analysis of the theoretical framework that informed the study. The Neo-Malthusian theory and the Hierarchy of Needs theory are discussed.

2.1.1 What is Food Security?

Food security is “a situation in which all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food which meets their dietary needs and food preferences for an active and healthy life” (World Food Programme, 2017). It refers to the ability to access nutritious food. Parameters for this discipline include the nutritional value of food, accessibility, and quantity. This notion implies that food security occurs if a population can access enough and nutritious meals. In this regard, the discipline includes the value of food to the partakers and potential harm associated with a lack of certain nutrients, as well as harmful types of foods. According to Riches, food security is affected by politics; therefore, the phrase is associated with international relations and security (Riches, 1997). Further, food security is affected by conflict and weather conditions (World Food Programme, 2017).
another study, scholars state that food security is related to women's responsibilities in their homes as women play critical roles in individual homes to provide food security for their children (Nguyen, Ali, Duong, Hajeebhoy, Rawat, and Menon, 2018). Cliché as the research sounds it proves that families play vital roles to provide food security in individual homes. Male and female providers ensure people in different homes have food security. The 2016 Kenya Comprehensive Food Security and Vulnerability Survey (CFSVA) by WFP reported that households headed by women were poorer, less educated and thus these households were considerably more food insecure. (World Food Programme, 2016). Other factors closely associated with food insecurity are climate change, technology and innovation, topography and land use, conflict and international trade. All these factors relate to international relations.

Scholars examine the issues of food security and migration as separate entities. Connolly-Boutin and Smit scrutinizes food insecurity in Africa and define it as lack of food accessibility (Connolly-Boutin and Smit, 2016). The two writers add that food insecurity is evident in Sub-Saharan Africa due to the climatic conditions or the arid area (Connolly-Boutin and Smit, 2016). The notion implies that food insecurity is a state of affairs where people are unable to grow food. Sonnino provides a new aspect to the issue of food insecurity and argues that food insecurity expresses itself in two ways - as national insufficiency and lack of self-reliance (Sonnino, 2016). The writer illustrates that food security occurs whenever a nation is independent and productive. The absence of these two elements implies that a country or an individual exhibits food insecurity. Kenya as a country suffers from food security at both levels; the inability of the state to produce or have enough reserves and the inability of individual households to access enough nutritious food.
Other elements of food security include accessibility to food, ability to grow food, and the quality of agricultural products (Sonnino, 2016). Sonnino (2016) adds that food insecurity is expressed through quantity and quality of food; this research focuses on the quantity of food in rural areas whereby the lack of it prompts people to migrate to urban areas. The research however goes a step further to examine the effect of this migration on the food security of the migrant households.

Theories that support the argument include Maslow’s Hierarchy of Needs and Neo-Malthusian. The former argues that people have priorities including self-actualization, self-esteem, love, safety, and physiological requirements (Johnson III, 2016). He adds that each of the needs is satisfied by levels and one must be fulfilled for the individual to move to the next level (Johnson III, 2016). Johnson adds to the study and argues that migration and hierarchy of needs are related. People want to fulfill their needs; therefore, they move to urban areas to obtain income opportunities (Johnson III, 2016). The writer proves that migration and food security are related.

2.1.2 The History of Food Security in Kenya

Since independence, Kenya has been struggling with poverty, disease and hunger. These three have a direct causal effect relationship with food security. Agriculture being the backbone of the economy, the government of Kenya has over the years struggled to intervene and reduce vulnerabilities to food insecurity. Some of the ways is through which the government has intervened include the purchase of maize directly from farmers by the National Cereals and Produce Board (NCPB) at prices that are higher than market prices to provide incentive to producers. This also works to ensure there is a Strategic Grain Reserve in the country. The
government has also been providing subsidies to farmers and millers with the hope of bringing down maize meal prices. Further, there have been attempts to provide a fund for the purchase of livestock during drought another attempt to reduce vulnerability has been the importation of tax free maize to substitute supply and the distribution of relief food during extreme droughts. The government has also initiated agricultural policy reforms

Mildred Arackha, a senior feature writer at the East African Standard, explains that in the 1960s, the Kenyan population was at a steady rise. She adds that inhabitants of Nairobi City experienced food insecurity due to low-income jobs. Few Kenyans had obtained education and women still served as housewives; which means that income earners in families were primarily men. After Kenya acquired independence, people were free to move around the country. In the 1990s, the population in Nairobi alone hit 3 million; the steady population growth implied that national food security was straining. Indicators of strenuous food security included reduced immunity levels, malnutrition, a high number of street children and increased crime rates (Arackha, 2001).

Moreover, in the 1990s, Kenyans experienced a series of natural disasters such as floods, which heightened food insecurity because crops were destroyed in silos and farms. The statistics illustrate that food insecurity in Kenya fluctuates. In the early 20th Century, energy supply from cereals was 55%, but it increased steadily until 1995 (Kenya National Bureau of Statistics, 2014). According to the Kenya National Bureau of Statistics (KNBS) Report, Kenya's food security was at its best in 1997. The report indicates that children obtained nutrient from locally grown cereals, roots, and tubers (Kenya National Bureau of Statistics, 2014). Unfortunately, current events such as global warming are changing the climate and weather patterns. The unpredictability of the weather affects the farmers' ability to plant crops and harvest
abundantly. The subsequent years' food security fluctuated between 55% -56%. In 2008, food insecurity heightened due to the post-election clashes, which disrupted the economy and farming activities.

In 2019, the greatest challenge in food security remains climate change, which unemployed people in urban areas still experience the same problem (Alemu and Mengistu, 2019). Professor Jane Kabubo-Mariara, who is an Economics Professor at the University of Nairobi, and Millicent Kabara, co-wrote an article on the impact of climate change on food security in Kenya. According to the article, they state that climate change threatens food security in Kenya due to unpredictable weather. Though the explanations behind food security change with years, the issue is still rampant in Kenya. (Kabubo-Mariara and Kabara, 2015)

2.1.3 Push and Pull Factors Determining Rural-Urban Migration in Kenya

Rural-urban migration occurs due to lack of jobs, conflict, famine, drought or family feuds (Gartaula and Niehof, 2018). Though most parts of Kenyan agriculturally potent locations are in rural areas, people in such places rarely practice commercial farming. The writers find that financial challenges in farming prevent small-scale farers from competing with their large-scale counterparts. Some families depend on their farms for food, which makes them financially stable. On the other hand, some people, especially women, lack the space and resources to practice farming in rural areas (Mwambi, Oduol, Mshenga, and Saidi, 2016). Such families reside in arid and semi-arid regions of the country whose weather does not support farming; therefore, people in such areas rely on government and international food aid to survive. The food aid is unreliable and the providers visit the areas in cases of severe famine only, while the families are limited to certain amounts of food.
The result of food scarcity is malnutrition and avoidable illnesses that prompt people to seek alternative sources of food. One of the ways people do so is through migration whereby individuals move to urban areas where job opportunities are more accessible than rural areas. According to Potts (2016), there is contrasting information about opportunities and attraction to urban areas in Zambia and Zimbabwe. The writer illustrates the relationship between opportunities for income generation and migration to urban areas. (Potts, 2016). She supports the notion that urban areas attract rural residents who lack basic needs.

Nguyen, Dzator, and Nadolny, (2015) research on the same matter and find that farmers in Kenya rely on food crops to obtain income. Unfortunately, the small scale farmers in Kenya face competition from their large scale counterparts and lose the main clients (Nguyen, Dzator, and Nadolny, 2015). Resultantly, the people move to urban areas to seek alternative sources of income.

Eshetu and Beshir (2017) add that migrants are young people who leave home to seek income opportunities from cities. Some migrants leave their homes to obtain education and later employment opportunities (Eshetu and Beshir, 2017). The scholars add that factors which facilitate migration include relatives in receiving areas, sources of employment, and education opportunities. In this regard, the writers suggest that policymakers should propel farming activities in rural areas to reduce rural-urban migration (Eshetu and Beshir, 2017).

2.1.4 Kenyan Policies on Food Security

The Kenyan Constitution, 2010 clarifies the measures to take and rights of its citizen regarding food security. Article 43 of the constitution accords every Kenyan the right to be free from hunger and have adequate food of acceptable quality (Constitution of Kenya, 2010). Further,
the Vision 2030, Kenya’s blueprint on development, in its second medium term plan elaborately provides for strategies in the agricultural sector to tackle food insecurity and ultimately improve the economy as well as the livelihoods of the people of Kenya. Kenya has enacted the National Food and Nutrition Policy, 2011 to address issues of food security. According to the National Food and Nutrition Policy (2011), the Kenyan Government has a responsibility to ensure all Kenyans have access to healthy and safe food (Government of Kenya, 2011). The document explains the steps that the government takes to secure food supply, access, and safety while it protects the farmers and the consumers. The issues addressed in the policy framework include:

- **Domestic production of food**

  The National Food and Nutrition Security Policy (2011) provide a framework for reducing food insecurity and malnutrition. The policy which aims at eradicating hunger expresses the need for domestic food production through public-private partnerships. Kenyans should focus on domestic food production to obtain food security, and the government is dedicated to facilitate the process.

- **Pricing**

  The Kenyan Government is meant to protect both the farmer and consumer through price control (National Food and Nutrition Security Policy, 2011). This has been done partly through the provision of subsidies in form of seed and fertilizer and subsidies to millers. It is also done through the direct purchase of grains from farmers through the NCPB.
• **Storage and processing**

The government ought to use research to analyze post-harvesting losses (National Food and Nutrition Security Policy, 2011). This process protects the farmer from losses and the consumer from toxic products. Through NCPB, the government has been able to facilitate post harvest storage and stabilize food prices.

• **Access to food**

The policy states that the Kenyan Government will ensure that its citizens can access adequate food. This is through the provision of loans to farmers, the increasing of the strategic grain reserves and duty free importation of maize.

• **Food safety**

The Government places regulations for farmers to follow and ensure the food produced and sold to people is safe to consume. At the same time, the Government ensures that defilers of food products face the consequences.

• **Emergency management**

The state ensures that citizens of Kenya can access food, and if not, the government has emergency response processes that supply remote areas with food through aid (National Food and Nutrition Security Policy, 2011).
• **Policy implementation**

The article indicates that the state is in charge of all the policies and implementations. After proposal of these policies, the state ensures that the relevant ministries realize their goals for food security (National Food and Nutrition Security Policy, 2011). Mainly, the policies vary with situation and food industries; importantly, they all illustrate the government’s efforts to ensure food security in the country.

Kenya is a democratic country whose regulations are created via debates in the Senate and Parliament. Regulations that farmers follow during pricing are decided through constitutional law and public opinion (Kamau, 2017).

Pinstrup-Andersen (2015) says that control of food prices is essential as he uses the 2009 economic crunch, which threatened global food security, to illustrate the essence of regulation. (Pinstrup-Andersen, 2015).

Currently, the President of Kenya, His Excellency Uhuru Kenyatta, appoints Cabinet Secretaries that are responsible for food security, such as the Cabinet Secretary for Agriculture (Government of Kenya, 2011). That does not limit the roles of other ministries, which include Devolution, The National Treasury and Planning, Health, Interior and Coordination of National Government. These ministries collaborate to undertake specific roles to increase food security in the country.

The policies surrounding food in Kenya elaborate the Government’s role in the maintenance of food security in the country. Evident issues covered in the policies include food quality, quantity supply, and access. The government appoints ministers other officials who regulate
pricing and supply of food within the country. The same national and devolved government officials protect food consumers from high prices, low quality, and poisonous products. According to the National Food and Nutrition Security Policy, 2011, the Kenyan Government protects its people from starvation as well as monitors the nutrition in public institutions such as hospitals and schools (Government of Kenya, 2011).

The National Food and Nutrition Security Policy, 2011 contends that Kenya has emergency response policies on food scarcity in parts of the country. Moreover, the text conveys that the Kenyan Government seeks to increase the quality and quantity of Kenyan food, which illustrates the efforts to curb food insecurity.

2.1.5 Food Insecurity and Rural-Urban Migration

In a study conducted by the WFP on the relationship between food insecurity and migration in the United States of America, it was established that there is a clear link between food insecurity and emigration. The study explored this link by interviewing apprehended illegal immigrants from El Salvador, Guatemala and Honduras. The study concluded that poverty and unemployment are the general causes of emigration, followed by reduced agricultural productivity, adverse climatic events such as droughts, pests that result in crop losses and the widespread occurrence of violence. The study showed that there was a direct link between emigration and food insecurity as most households that participated in the study experienced high rates of food insecurity. In a similar study conducted in 11 African countries, it was similarly established that there existed a correlation between food security and migration; the study results reported a consistent pattern of difference between urban migrant households and non-migrant households in relation to levels of food insecurity, sources of income, food procurement strategies, and participation in urban agriculture. (Crush, 2013).
Theory in this area further proves the correlation between these two variables; Uddin (2016) explores the following theory, Neo-Malthusian philosophy, which argues that population grows with food supply; as food supply increases, people increase in number (Uddin, 2016). At the same time, the theory states that population control is related to food supply. In this regard, the theory supports the notion that urban population grows due to high food security in the locations. The writer purports that population changes affect economic growth; similarly, this study observes that high population is an indication of economic development. In urban areas, people seek business opportunities, and obtain income that enables them to purchase items and promote local businesses (Uddin, 2016). Resultantly, the migration to urban areas increases population and economic development all at once; hence, the high population and development in urban areas.

The Marxist approach to this issue is different as Saito observes in his study (Saito, 2016). The writer states that capitalism controls population growth. In this regard, people are divided into classes by capitalism; therefore, some people fall into the last class category and are unable to sustain their lives (Saito, 2016). Saito argues that Marxism blames capitalism for population decline since the economic arrangement causes poverty (Saito, 2016). Though Marx seems to disagree with Malthusian, the scholar says that poverty bars population growth (Saito, 2016). The scholar illustrates that low food supply which occurs due to poverty has the ability to prevent population growth. Malthusian argues the same way as he says that high population is facilitated by steady food supply; in turn, people grow in number and develop their local economies (Uddin, 2016). The scholars agree that human beings’ population grows according to food supply.
2.1.6 Role of the State in Ensuring Food Security

The Constitution of Kenya (2010) accords Kenyans the right to adequate and quality food. This therefore means that food security is a responsibility of the state. This argument is supported by (Vyas, 2000) who states that banishing and ensuring food security is a primary responsibility of the state to its citizens. Further, as discussed earlier in the research, there are many other factors such as climate change, conflict and corruption that may cause food insecurity. In their contribution to the Journal of Peasant Studies, Nyantaki-Frimpong and Kerr examine the role of corruption in food insecurity. The writers find that the Ghanaian people migrate to other locations due to food insecurity. The scholars examine the ripple effect of corruption in the state and say that the corrupt individuals tamper with farers’ land and displace the poor people. As a result, the people migrate to other locations to obtain security (Nyantakyi-Frimpong & Kerr, 2017). The scholars prove that there exists a relationship between the people’s sense of security and the government. Similarly, the writers illustrate the relationship between food security and migration to other locations.

2.2 Empirical Literature

Studies have been conducted by different scholars on food security and on migration. These studies were very useful in giving this research a foundation. Most of the studies reviewed in this research however explored these two variables independently and their scope, methodologies and objectives differed considerably from the current study. This section analyses some of the empirical literature reviewed in this study.

In a study conducted by Masita (2012) on the determinants of household food security in rural areas of Kenya: a case of Busia County, it was established that most farming households in the
rural areas were food insecure because: they did not use fertilizer, thus had to less crop production; they were small scale farmers who had less than 2 hectares of land had a household size ranging between 4 to 6, thus had high consumption of food and had low crop yields per hectare (Masita, 2012). This study was useful in understanding the determinants of food security in the rural areas. It however did not explore the resultant effect (such as migration) on the affected households. The current study attempts to establish a co-relation between food security and rural urban migration.

In another study titled Determinants of Food Security: Evidence from Ethiopian Rural Household Survey (ERHS) using pooled cross-sectional study, it was established that the main determinants of food insecurity were agricultural shocks and climate change (Abegaz, 2017). This study was helpful in determining the determinants of food security. Unlike the current study however, the research dwelt on secondary data and did not analyze the causal effect interplay between food security and immigration. The current study relied highly on primary data to gather information although to a small extend also referred to secondary data for background information. These studies helped identify the glaring gap in literature; even though there seems to be an overt direct relationship between food security and rural-urban migration, scholarly literature on the two is missing. Further, the existing literature on these two areas has been done in different areas using different methodologies. This current study sought to fill this gap.
2.3 THEORETICAL FRAMEWORK

2.3.1 Introduction
This section discusses the existent literatures that cover the topic of food security. The theoretical framework is the segment that articulates the theoretical grounding to be used in the study. The Neo-Malthusian and Hierarchy of needs theories best suit the argument that people migrate to towns to fulfill the need for food security. The Neo-Malthusian theory illustrates the relationship between food security and sustainable development. In the same sense, the theory connects immigration and food security. This philosophy concurs with the argument that food security relies on social, political, and economic composure of people and their government; therefore, the Malthusian theory seems most suitable.

2.3.2 Neo-Malthusian Theory
Ran Abramitzky and Fabio Braggion describe the Neo-Malthusian theory as the theory that argues people’s population increased with increased food supply (Scanlan, 2001). The scholars provide a summary of Malthus’ legacy (Abramitzky & Braggion, 2003). The proponent of the theory composed an essay in 1798. In the essay, Malthus proposed that people should never receive money from the state (Abramitzky & Braggion, 2003). Malthus said that if people received money for free, they would think that they could afford to support large families and increase their reproduction (Scanlan, 2001). Resultantly, the rate of poverty would heighten because of the increased populations that do not match food supply. Hence, the Malthusian theory was conceived. The theory assumes that food and human passion play primary roles in reproduction and population growth (Scanlan, 2001). The advised against transfer of money from wealthy people to the poor.
The Neo-Malthusian theorists such as Wrigley agree with Malthusian’s sentiments and further develop the theory. Wrigley argued that Britain exhibited the elements of Malthusian economy structure (Abramitzky & Braggion, 2003). However, after the industrial revolution, prices, income, and population growth were related (Scanlan, 2001). Unlike Malthusian, the man changes his argument from income and population to population and food supply (Abramitzky & Braggion, 2003). The two scholars agree that human passion and fertility increases population growth; however, Wrigley, a Neo-Malthusian theorist, argues that passion, fertility, and food supply determine population growth. This theory is directly related to the study as it relates to food security and population growth. In this current study, the researcher will attempt to investigate the link between these two variables. The researcher will however de-link food security from population growth related to fertility and argue that food security in urban centers leads to population growth resulting from emigration.

2.3.3 Hierarchy of Needs Theory

Jabulani Jonas describes the hierarchy of needs theory as a philosophy which explains motivation. Jonas (2016) thinks that people should understand motivations behind human activities to heighten productivity. Maslow, the proponent of the theory provided this argument in 1943 (Jonas, 2016). Maslow believed that human beings had needs, which were arranged in a series of importance. The scholar adds that the needs are divided into five, namely, self-actualization, self-esteem, sense of belonging, safety, and physiological needs (Jonas, 2016).
Figure 2.1: Maslow’s Hierarchy of Needs

According to Maslow, the needs are universal and are hierarchical as in the figure above. The basic needs are at the base of the pyramid. The writer quotes a scholar who explains the theory further and says that dissatisfaction of one of the needs creates instability in a human being. Therefore, people ensure that they have these needs to attain composure and achieve their long-term life goals. Damij, Levnajić, Skrt, and Suklan (2015) believe that human beings’ actions are triggered by money, but in many cases, they seek to fulfill their hierarchies of needs. The writers explore Maslow’s theory and find that people value their physiological and psychological needs; therefore, they use their sources of income to fulfill their needs (Damij, Levnajic, Skrt, and Suklan, 2015). This theory is also very relevant to the current study as the study will endeavor to argue that migration to urban centers is triggered by the desire to need a basic need (food). Since food is a physiological need, the desire to meet it supersedes the
desire to belong to the community or to one’s rural home. Individuals therefore migrate to seek better access to food.

2.3.4 Theoretical Framework in Relation with Food Security and Rural-Urban Migration

Neo-Malthusian theory suits the study of migration and food security in Kenya. The proponent of the theory, Thomas Malthus, believed that increased food supply heightened population of a particular location (Uddin, 2016). Though Carl Marx disputes the theory by claiming that capitalism stifles population growth, his views still support the argument that food supply and population growth are related (Saito, 2016). Visibly, Malthus observed that population grows wherever people have steady supply of food. Similarly, this research argues that increased food supply maintains populations, but the lack of it prompts people to move to urban areas. Aside from the population theories and food security arguments, it is essential to use human behavior to understand the need to move from rural to urban areas whenever people experience food scarcity.

Johnson III, a psychology expert, examines the relationship between Maslow’s theory, Hierarchy of needs, and migration. The scholar argues that migration is an expression of a human need to satisfy something. The writer says that people are motivated whenever their actions aim to satisfy their needs; therefore they are unable to function until their basic needs are met (Johnson III, 2016). He adds that a human being’s ability to identify the items he or she needs heightens motivation to act.

Therefore, the hierarchy of needs theory proves that human beings have priorities and they fulfill their needs before they can feel comfortable enough to work or undertake daily activities.
This notion implies that when people migrate, they are searching for ways to fulfill their needs. The two theories, hierarchy of needs and Neo-Malthusian, support the argument that human beings seek to fulfill needs and wants; therefore, they would do anything to attain their professional or academic goals. In this case, migrants seek food security; therefore, they have the motivation to move from one town to another. The Neo-Malthusian theory supports the argument since it illustrates that people’s ability to access food determines the rate of population growth. Consequently, places where food is inaccessible decrease in population due to heightened immigration levels. In this regard, the study argues in favor of the neo-Malthusian theory which argues that food security is related to development. This notion is evident in urban areas where food security comes as a result of employment, which provides people with the chance to earn money and buy food. Accordingly, the study will base its arguments with the Neo-Malthusian theory which connects food security with population.

2.3.5 Summary of the Literature Review

The sources illustrate various opinions on food insecurity. The initial sources describe the phenomenon and articulate the different threats to food insecurity. The subsequent segment sources illustrate the urgency of food security as evident through the local and international efforts to secure food supply in the country. The scholars all agree that food insecurity prompts people to react. Moreover, the sources show that people migrate to seek food security due to the need to obtain comfort. The theorists agree with the notion as they use human motivation and security statuses. The last source states that people depend on their government to obtain sense of security as seen through the Ghanaian people. In this regard, the writers prove that the Kenyan government acts accordingly when it prioritizes food security as one of its four agendas.
3 CHAPTER THREE: RESEARCH METHODOLOGY

Because the study aimed to explore the relationship between migration and food security in the Kenya it was necessary to combine both qualitative and quantitative data. The objective of balancing both qualitative and quantitative data was to ensure that the possible limitations of one data type are improved by the strengths of another (McCusker & Gunaydin, 2015).

Secondly, given that the study sought an understanding of specifics of the relationship between the migration patterns alongside the governing insights, it combined both the qualitative and the quantitative approaches. The integration of the different ways of research is an acknowledged way of improving the quality of a study (McCusker & Gunaydin, 2015). The quantitative data gathered the empirical data whereas as the qualitative styles availed the insights, textual evidence, and images that are crucial for achieving the objectives of the study.

The methodology shall be achieved through parallel data gathering where qualitative data and quantitative data shall be gathered at the same time and later combined during the interpretation and the conclusion stages of the study. The combination of data is usually intended to provide a close assessment in which the collected data can be applied in consistency with the broad scope of the study (McCusker & Gunaydin, 2015). The nature of this study demanded a broad exploration and analysis of the governing factors and the examination of the empirical specifics of the study. Qualitative and qualitative studies have different types of strengths and weaknesses, which can compensate for each other leading to the richness in the details of the study (McCusker & Gunaydin, 2015). The study will also employ a naturalistic research design in which real-world situations are studied as they unfold naturally. This design is non-manipulative and non-controlling because the researcher remained open to the findings.
3.1 Target Population

The target population in this case refers to the people or communities of interest that the researcher had in gathering data for the study because they are possibly people who have migrated due to food insecurity, therefore they will play a vital role in drawing certain findings to the study. The study targeted individual households who have migrated to the area directly from the rural areas. Individuals who have migrated from other towns or estates within the counties/towns of study were not targeted. The researcher achieved this through a pre-screening question.

The researcher targeted 42 household from the two research sites. According to Mugenda and Mugenda (2013), for a descriptive study, 10% of the accessible population is enough for sampling (Mugenda and Mugenda, 2013). The researcher, due to time constrains, budgetary strains especially for security while accessing the research areas, was only able to access a population of 420 households. Simple random sampling technique was then used to select a sample of 42 (10% of 420) households. Samples were picked from every tenth household accessed. The sample size was divided as follows:

1. Mathare slums – the researcher sampled 20 respondents for the study as the slum is densely populated with communities from all over Kenya but predominantly Luos and Kikuyus which are the two major tribes in Kenya;

2. Thika town – the researcher also sampled 22 respondents for the study. Thika is ideal since it is a region that has got a blend of both rural and urban due to its proximity to the capital city;
3.2 The Collection of Data

3.2.1 Qualitative Data

The collection of qualitative data entailed the combination of various data collection methods that included interviews, document analysis, and observational methods.

3.2.1.1 Interviews

Interviews have a unique advantage as a data collection method because they allow for the attainment of highly personalized data and are also crucial for providing opportunities for probing in order to get underlying factors. In this study, interviews were directed at resourceful persons with privileged information regarding the relationship between scarcity in different parts of the country and the migrations to the urban parts of the country. One advantage of interviews is that it provided an opportunity to engage with people with firsthand information about the subject and provided opportunities to further probe the resource people on the specifics of the study.

3.2.1.2 Document Analysis

The study entailed an analysis of various documents for information that pertained to the specifics of the study. The need to review documentary evidence was premised on the objective of establishing the factors and relationships between migration and scarcity. Some of the documents that were analyzed in this research include newspaper reports on famine and government publications on the specific topics that cover the theme of famine. Leading newspapers have previously covered the subject of famine in various parts of the country including Turkana, Pokot, Samburu, and North Eastern parts of the country. Particular focus
shall be placed on the manner in which the communities in the Arid and Semi-Arid Areas (ASAL) responded to famine over the years. More information shall be obtained from previous Census Reports in order to establish the demographics of the country relative to scarcity. The presumption is that the population densities in different parts of the country are reflective of the migratory patterns and levels of scarcity and abundance in such areas.

3.2.1.3 Observational Methods

The study also focused on observational methods in order to determine the distribution of populations in the country as related to the levels of scarcity. The observational methods also entailed a close attention of the demographic distribution of different Kenyan communities within the city. Attempts were made to uncover the extent to which the migration of certain communities in the city might have been influenced by scarcity in their areas of origin. This included a study of the various factors that might have influenced the movement of communities in definite patterns. Observational methods are crucial for providing first-hand information on aspects of the subject that pertains to the study objectives. In this study, the observation focused on the two major issues of migrations and scarcity.

3.2.1.4 Open-Ended Surveys

Qualitative data was also collected through open-ended surveys, which gave the participants the freedom to explore their thoughts and opinions of the subject. The surveys engaged the participants on the study question and explore their various responses in order to establish certain specifics of the question. The information they provided patterned into certain themes that pertained to the objectives of the study. Open-ended surveys usually yield important
information on the subject because the opinions and perspectives of the participants usually carry important insights that contributed important insights to the research objective.

3.3 Quantitative Data

3.3.1 Questionnaires

This study used questionnaires to determine the relationship between migration patterns in the country and the problem of scarcity. Closed-ended questionnaires were administered to a sample group in order to obtain specific information relating to the study question. The respondents were required to provide their honest answers relating to the subject in order to obtain the necessary insights that are required for the study. The advantage of closed-ended questionnaires in a quantitative study is that they limit the respondents to the specifics of the question in a manner that enhances the process of analysis.

3.4 Data Analysis

The purpose of this section was to describe the manner in which the data obtained from the study was analyzed in an attempt to providing an understanding or interpretation of the research question. This study combined more qualitative than quantitative data collection. Therefore, the method of data analysis was more qualitative while the quantitative data collected was used in support of the qualitative data collected. Data was analyzed using tables, description, graphs, and percentages.

3.4.1 Qualitative Data Analysis

Qualitative data analysis began with the familiarization with the data. This process entailed the reading and re-reading of the data with the objective of familiarizing with the specifics and
establishing the aspects of data that have the necessary value. At this point any forms of data that was determined as lacking in meaning or value was avoided or eliminated in order to remain with the most valuable aspects of data. The approach of the analysis entailed a focus on the specific aspects of the data in terms of their relationship to the case. In this case, the data was categorized in terms of its relationship to the question that seeks to establish the relationship between rural-urban migration and food security in Kenya.

3.5 Categorization of Data

The analysis of the data also entailed the categorization in order to create a definite framework. The information obtained from the various sources shall be coded and indexed. The data obtained during the study was organized into themes or specific patterns that are consistent with the research question. Codes were assigned to the data to enable labeling, which is necessary for organization and retrieval. The framework that was developed by the coding was explanatory in aspect and provided useful leads to the study question.

3.6 Identification of Data and the Making of Connections

This process began with the identification of major themes. At this point, the researcher focused on the identification of the importance in the various themes identified within the text. The process entailed the acknowledgment of the importance of the various themes in terms of the manner in which they relate to the main theme as contained within the subject of the study.

3.7 Interpretation of Data

The process of data interpretation entails an analysis of the connections and relationships of themes with the overall idea of identifying those that entail a causal connection or some form
of relationship. Crucial at this point is the role of the researcher in attaching meaning and significance to the data.

3.8 Ethical Considerations

Criminal activities involving researchers and human subjects prompted scholars to propose guidelines that limit types of research and human participation in scholarly studies. Research involving human subjects should be wary of human rights. Scholars admit that consideration of ethical guidelines during research illustrates academic and professional integrity (Harriss & Atkinson, 2009). The ethical guidelines ensure that participants remain in the study at their free will and they understand the undertakings of the researcher. Researchers should ensure they practice beneficence and justice.

- The researcher maintained anonymity during analysis and interpretation of information. Data was reported in general terms without revealing the identity of the respondents.
- The scholar provided consent forms for the participants to sign; these forms provided information to the participants on details of the study such as the purpose and their roles as subjects. All respondents who participated in the study, did so voluntarily and signed a consent form without influence of coercive methods or force.
- The forms informed the participants of their freedom to withdraw from the study anytime and their liberty to decline to answer questions or participate in the study.
- Beforehand, the scholar informed the participants and obtained their consent before conduction of the research processes.
• The study facilitator informed all participants the details of this study to ensure they understood why they needed to answer questions or were under observation.

4 CHAPTER FOUR: FINDINGS AND ANALYSIS

4.1 Introduction
This chapter presents data collected from the two research sites namely Mathare Slums in Nairobi County and Kiandutu in Thika - Kiambu County. The chapter starts with a general introduction, followed by the presentation and analysis of the demographic data of the
respondents to the study. The chapter then presents the data thematically in line with the objectives of the study. Even though the data was collected from the two sites separately, it is put together and analyzed as well as inferences are made generally from the joined set of data since from the analysis, no major differences were noted between the Mathare Slums in Nairobi and Kiandutu in Kiambu. Analysis is made and presented using descriptions, figures, percentages, tables and charts for purposes of the ease of drawing of inferences and making conclusions. The last part of the chapter makes a general conclusion on the data analysis and introduces the next chapter.

4.2 Demographic data

4.2.1 Age

The sampled population included forty two (42) adult members of households living in the two slums. As explained earlier, forty-two households made up ten percent of the accessible population as discussed by Mugenda and Mugenda (2013). Twenty (20) households were sampled from Mathare Slums while twenty-two (22) households were sampled from Thika. The sample included people between the ages of 21 years (21 being the youngest respondent) and 57 years (57 was the oldest respondent). The study had a majority of respondents (13) between the ages of 20 to 29 years, there were ten respondents between the ages of 30-39 years, 9 were between the ages of 40 to 49 years and ten respondents were between the ages of 50 years to 59 years. The age composition of the respondents can be summarized in the table below:

<table>
<thead>
<tr>
<th>Years</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Table 4.1

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>20-29</td>
<td>13</td>
</tr>
<tr>
<td>30-39</td>
<td>10</td>
</tr>
<tr>
<td>40-49</td>
<td>9</td>
</tr>
<tr>
<td>50-59</td>
<td>10</td>
</tr>
<tr>
<td>Total</td>
<td>42</td>
</tr>
</tbody>
</table>

#### 4.2.2 Gender of respondents

The study sought to establish the effects of food security on rural urban migration; the study set out to analyze these effects through a gender lens, as such, the study set out to ensure
representation from both genders. The researcher therefore purposefully ensured that the sample population was stratified according to gender. There were twenty men and twenty two women sampled. The sampled respondents were however not necessarily heads of their respective households. This can be summarized as:

![Gender](image)

**Figure 4.1: Gender of respondents**

### 4.2.3 Original home

The study sought to establish the original home of the migrants with a view of establishing patterns, making inferences and recommendations and predicting future population movements. From the data collected however, there did not seem to be very clear migration
patterns as the sampled population seemed to have come from different regions in Kenya. The respondents stated their County of origin and the data is presented in the table below:

Table 4.2

<table>
<thead>
<tr>
<th>Home County</th>
<th>No. of respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kiambu</td>
<td>5</td>
</tr>
<tr>
<td>Kitui</td>
<td>4</td>
</tr>
<tr>
<td>Nandi</td>
<td>1</td>
</tr>
<tr>
<td>Bungoma</td>
<td>2</td>
</tr>
<tr>
<td>Machakos</td>
<td>6</td>
</tr>
<tr>
<td>Vihiga</td>
<td>1</td>
</tr>
<tr>
<td>Kisii</td>
<td>1</td>
</tr>
<tr>
<td>Kuria</td>
<td>1</td>
</tr>
<tr>
<td>Embu</td>
<td>1</td>
</tr>
<tr>
<td>Muranga</td>
<td>5</td>
</tr>
<tr>
<td>Nyeri</td>
<td>3</td>
</tr>
<tr>
<td>Kirinyaga</td>
<td>2</td>
</tr>
<tr>
<td>Meru</td>
<td>1</td>
</tr>
<tr>
<td>Tana River-Garsen</td>
<td>1</td>
</tr>
</tbody>
</table>
The information represented under this section was considered important as it helped eliminate the assumption that migrants come from counties that are considered food insecure. From the table above, counties such as Bungoma, Meru, Murang’a, Nandi and Kiambu, which are generally considered food secure also had migrants.

### 4.3 Food Security and Urban Migration

#### 4.3.1 Year of migration

The study sought to establish the year in which the respondents migrated from the rural area to the urban area. Respondents were asked to state the exact year in which they migrated to the urban center. The data was however categorized into ten year blocks for easy of classification and reporting. The results did not show any particular intensive migration period over the last thirty years as migration patterns were evenly spread across the period. 11 respondents migrated in the last ten years, 10 respondents migrated between 11 and 20 years ago, 13 respondents migrated between 21 and 30 years ago and 5 respondents migrated to the urban centers more than thirty years ago. This information can be summarized in the chart below:

<table>
<thead>
<tr>
<th>County</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wajir</td>
<td>4</td>
</tr>
<tr>
<td>Isiolo</td>
<td>3</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>42</strong></td>
</tr>
</tbody>
</table>
The data summarized in the table above was useful to this research as it helped dispense the assumption that specific periods especially with particular weather patterns such as drought, were responsible for immigration.

4.3.2 Sources of income

The study sought to understand the means of livelihood of the respondents prior to the migration. This question was necessary so as to establish a correlation between food security and migration. The study established that a majority of the respondents were involved in subsistence farming which involved both crop farming and animal husbandry, a good number of the respondents were casual laborers and small scale traders. Respondents were allowed to
mention up to three sources of income, the answers therefore may be higher than the total number of respondents. The information is presented in the chart below:

**Figure 4.3: Sources of Income**

### 4.3.3 Access to food

The study also sought to establish the food situation of the respondents’ households prior to migration to the urban area in order to make comparisons with current situation and establish a co-relation between the two main variables. The respondents were allowed to select one response that best described their food situation prior to migration. Interestingly, the study established that a majority of respondents identified the statement that said they did not have a
variety of food at home, followed by the statement that said, “I had enough food at home”. Only eight (8) of the forty two (42) respondents said they did not have enough food at home. 

The results are presented in the chart below:

![Access to food](image)

**Figure 4.4: Access to food**

Findings from this section and analyzed in the chart above point to the relationship between food security and migration. Majority of the respondents either did not have a variety of food or did not have enough food and thus were food insecure.
4.3.4 Food sources

Respondents were asked to state their sources of food prior to migration. A majority of the respondents, (34) said their main source of food was farming. Only four (4) said their main source of food was purchase, three (3) said they accessed food through donations and one (1) said that their main source of food was hunting and gathering. The information can be summarized as follows:

![Food sources](image)

**Figure 4.5: Food sources**

4.4 Intensity of Urban Migration as a Result of Food Security

The study further asked the respondents to select their main reasons for relocating. Different choices were given and the respondents were allowed to pick all that apply. The total responses
may therefore be higher than the total number of respondents. From the research, it was established that a majority of the respondents migrated so as to seek employment followed by those who migrated to seek better living conditions. The information is presented in the table below:

Table 4.3

<table>
<thead>
<tr>
<th>Reason for migration</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>I came to seek employment</td>
<td>21</td>
</tr>
<tr>
<td>I came to join my family</td>
<td>5</td>
</tr>
<tr>
<td>I came to attend college/school</td>
<td>1</td>
</tr>
<tr>
<td>I came to start a business</td>
<td>4</td>
</tr>
<tr>
<td>I came to seek better living conditions</td>
<td>18</td>
</tr>
<tr>
<td>I came because of drought</td>
<td>4</td>
</tr>
<tr>
<td>I came because of violence</td>
<td>3</td>
</tr>
<tr>
<td>I came because of famine</td>
<td>2</td>
</tr>
<tr>
<td>Other (specify)</td>
<td>0</td>
</tr>
<tr>
<td>Not responded</td>
<td>1</td>
</tr>
</tbody>
</table>
These findings clearly illustrate the relationship between food security and immigration. The two options that were most frequently identified as reasons for migration (employment and business) are both a response for individuals and households to be more food secure.
4.4.1 Impact of Migration on Food Security

The study sought to establish the impact of rural urban migration on the food security of the involved households. Respondents were asked to state whether the food situation had worsened, remained the same or improved. The result interestingly did not provide a clear change in the food situation in migrant households. Sixteen (16) respondents said the situation had improved, fifteen (15) respondents said the situation had worsened and eleven (11) respondents said the situation had remained just about the same. The results are presented as follows:

![Food situation chart]

**Figure 4.7: Food situation**

In the follow-up question to question 10 on the questionnaire, the sixteen (16) respondents who said that the situation had improved mainly cited an improvement in the variety of food. Six (6) respondents said the quantity had improved and four (4) respondents said that the quality
had improved. This finding pointed out to a vicious cycle of food insecurity. While food insecure households migrate to urban centers in search of food, social economic factors in the urban centers put a strain on food supplies leading to high prices and ultimately contributing to food insecurity. The figure below shows the vicious cycle:

![Vicious Cycle of Food Insecurity](image)

Source: Author

**Figure 4.8: Vicious cycle of food insecurity**

### 4.5 Solutions to Food Insecurity and Migration

The study sought to find possible mitigation of the rural urban migration as a result of food insecurity. The first question was to find out if the respondents intended to relocate back to their rural areas. The study established that 26 out of the 42 respondents (62%) would like to
go back to the rural homes. The remainder 16 (38%) did not wish to go back to their rural home. The data is represented in the chart below:

![Willingness to go back home chart]

**Figure 4.9: Willingness to go back home**

From the above question, respondents who said they were willing to go back home were asked to state if this willingness was related to food security. All 26 (100%) said there was a relationship between the decision to go back home and food security. When asked about measures they were going to take to ensure adequate supply of food to their household before or after going back home, respondents gave varied reasons. The table below outlines some of the responses given in the order of the frequency in which they were given:

**Table 4.4**

<table>
<thead>
<tr>
<th>Measures given by respondents to ensure food security</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td>Statements</td>
</tr>
<tr>
<td>---------------------------------------------------------------------------</td>
</tr>
<tr>
<td>I hope to make money and go back to invest in my land</td>
</tr>
<tr>
<td>I am working to make money to go and start a business</td>
</tr>
<tr>
<td>I am looking for money to buy more livestock before I go</td>
</tr>
<tr>
<td>I want to finish my studies then go and look for a job</td>
</tr>
<tr>
<td>I am looking for money so that I can buy my own land</td>
</tr>
<tr>
<td>I will do more crop farming</td>
</tr>
<tr>
<td>I will improve my livestock</td>
</tr>
<tr>
<td>I will work harder to avoid poverty</td>
</tr>
<tr>
<td>I will use better methods to store food</td>
</tr>
<tr>
<td>I will dig a borehole to have a constant supply of water for my farm and animals</td>
</tr>
<tr>
<td>I will hire land and plant more crops for sale</td>
</tr>
</tbody>
</table>

These findings again point to the viciousness of food insecurity in the immigrant households. Despite a majority of them moving to urban areas to seek better living conditions (employment and business) their situation either remained the same or worsened. They therefore hoped to migrate back to their rural areas.
The study then sought to identify the issues respondents foresaw to be major challenges in ensuring food security. The respondents were allowed to list up to three challenges. The total responses were therefore more than the number of respondents even though most of the challenges were mentioned several times. The table below gives a list of the challenges mentioned in the order of frequency:

**Table 4.5**

<table>
<thead>
<tr>
<th>Challenges to food security</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Lack of income</td>
</tr>
<tr>
<td>2. Expensive cost of food</td>
</tr>
<tr>
<td>3. Lack of water</td>
</tr>
<tr>
<td>4. Climate change</td>
</tr>
<tr>
<td>5. Low quality farm inputs/Agro-Vets sell poor quality materials</td>
</tr>
<tr>
<td>6. Poor roads</td>
</tr>
<tr>
<td>7. Famine/droughts</td>
</tr>
<tr>
<td>8. No land</td>
</tr>
<tr>
<td>9. Infertile land</td>
</tr>
<tr>
<td>10. Lack of food variety</td>
</tr>
<tr>
<td>11. Lack of modern farming skills</td>
</tr>
<tr>
<td>12. Slow business in rural areas</td>
</tr>
<tr>
<td>13. Tax on farm materials</td>
</tr>
<tr>
<td>14. Poor farm inputs from government</td>
</tr>
</tbody>
</table>
The study also sought to identify other socio-cultural aspects that threaten food security in Kenya. The respondents were asked to identify one statement from five that most contributed to food insecurity in households. Education, gender, religious affiliation and employment status were among the factors given. Employment status of the household head was the most frequently identified socio-cultural determinant of food security. A total of thirty eight (38) out of forty two (42) respondents picked this choice. The gender of the household head was identified by four (4) respondents, the education level of the household head was picked by three (3) respondents while religious affiliation was picked by none. Three (3) respondents picked two options bringing the total responses to this question to 45. The data can be represented as follows:

![Socio-economic contributors chart]

Finally, this section sought to establish what different players including government, community and CSOs can do to improve food security in the country. Respondents were allowed to list up to three responses under each category. The table below gives a summary of the responses received. The responses are listed in the order of frequency:
<table>
<thead>
<tr>
<th>Government</th>
<th>Community</th>
<th>CSOs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Educate farmers on new farming methods</td>
<td>Form welfare groups</td>
<td>Work with government to start projects</td>
</tr>
<tr>
<td>Provide job opportunities</td>
<td>Educate each other on modern farming methods</td>
<td>Educate farmers on new methods</td>
</tr>
<tr>
<td>Avail affordable loans and finances</td>
<td>Start water and irrigation projects</td>
<td>Provide relief food</td>
</tr>
<tr>
<td>Provide quality controls on farm inputs (fertilizer and seeds)</td>
<td>Use ICTs</td>
<td>Funding for water projects</td>
</tr>
<tr>
<td>Provide water</td>
<td>Plant trees</td>
<td>Provide drought resilient seeds</td>
</tr>
<tr>
<td>Provide drought resistance grains</td>
<td>Change from animal rearing to crop production</td>
<td>Advocate for peace</td>
</tr>
<tr>
<td>Set up irrigation for farmers</td>
<td>Education</td>
<td>Empower youth</td>
</tr>
<tr>
<td>Make good roads accessible to markets</td>
<td>Improve security</td>
<td>Provide good healthcare</td>
</tr>
<tr>
<td>Create industries to process foods (juice and milk processing)</td>
<td>Feed the vulnerable</td>
<td>Create employment</td>
</tr>
<tr>
<td>---</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>Improve education</td>
<td>Take loans for farming</td>
<td>Fight corruption</td>
</tr>
<tr>
<td>Provide security for livestock</td>
<td>Not waste food</td>
<td>Stop charcoal burning</td>
</tr>
<tr>
<td>Improve food storage and post harvesting management</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Instill business skills</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### 4.6 Conclusion

This chapter set out to present the study findings. The findings were organized in three main themes drawn from the study objectives. From the findings, it can be generally said that food insecurity is a major contributor to rural urban migration. The following chapter explores further these findings, draws conclusions and makes recommendations for further research.
5 CHAPTER FIVE: SUMMARY, CONCLUSION AND RECOMMENDATIONS

5.1 Introduction
This chapter discusses the findings of the study; the discussions are set out to answer the research questions. The chapter then presents the summary of the study and uses this summary to make inferences and conclusions. Further, the study gives recommendations derived from the findings and makes suggestions for further research related to the area of this study.

5.2 Discussions and summary of findings

5.2.1 What is the correlation between food insecurity and rural-urban migration in Kenya?

This study relied on different factors to try and establish a correlation between food security and rural urban migration. As a starting point the study analyzed the home county of the urban slum dwellers. The intention was to establish whether these migrants come from counties generally considered food insecure. Interestingly, only a few of the respondents come from counties that are considered food insecure. These were migrants from Wajir, Isiolo, Tana River and Kitui counties. However, there were a big number of respondents who generally come from food secure counties such as Meru, Nyeri, Bungoma, Nandi, Kisii, Vihiga, Murang’a and Embu. Even though this cannot be fully construed to mean a lack of co-relation between food security and migration, it points to the fact that not all rural-urban migration could be as a result of food insecurity. This seems to agree with assertions by Gartaula and Niehof (2018), that different factors necessitate rural urban migration. Importantly, it should be noted that food security in individual households differ even when these households come from counties that
may seem relatively food secure. This also agrees with the capitalist approach to live where the have-nots co-exist.

The second factor that was evaluated to try and establish a link between food security and migration was the year of migration. The researcher hoped to identify clear migration patterns with a view of relating these patterns to weather and climatic conditions that could have necessitated the migration. As reported in the findings in 4.3.1, the research did not draw clear migration patterns as the migration patterns were relatively consistent across years. Again, these should not be construed to mean a lack of correlation between food security and migration. Many migrants could have made the decision to migrate in particular seasons but taken longer to actually migrate due to prevailing situations. The study further implored this relationship by evaluating the sources of livelihood and the individual household’s access to food prior to migration. The findings reveal that most of the respondents were subsistent farmers or casual laborers. These findings agree with the findings of the World Food Programme on the link between immigration and food insecurity where a majority of illegal immigrants from Central America to North America were working in the agricultural sector before migrating (World Food Programme, 2017).

The findings further reveal that even though respondents had access to food, the food was not enough and not necessarily nutritious. Most of the respondents said they lacked a variety of food and as defined in this study, food security implies the ability to access enough and nutritious meals (Riches, 1997). Considering that the majority of the respondents relied on farming as their main source of food, coupled with the fact that there were a myriad of challenges listed in 4.5 as impediments to food security it will be safe later to conclude that the
The food situation in most households sampled was precarious. Challenges such as climate change, infertile land, poor farm inputs, lack of water and poor farming methods, directly affect access to food by poor farming households.

5.2.2 What is the intensity of rural urban migration as a result of food insecurity in Kenya?

When asked to state the reason for migration, two points stand out; the majority of the respondents migrated to seek employment or to seek better living conditions. Considering that majority had earlier stated that they were farmers, this finding directly points to poor living conditions prior to migration. Even though not directly stated, almost all the respondents can be said to have migrated to better their livelihoods. Other than the few who said they migrated to join family or attend school. The rest of the respondents’ migration is directly or otherwise related to food security. This finding confirms that migration patterns in Kenya are in sync with international trends considering findings from the WFP study where emigrants reported the lack of employment or economic hardship (65 percent), followed by low income and poor working conditions (19 percent) and violence and insecurity (9 percent) as the main reasons for migrating.

Unfortunately, from the findings of this study, it can be said that migration did not necessarily impact on the food situation in households. For a third of the population, they became more food secure after migrating to urban centers, another third remained almost the same while about a third regressed or became less food secure after migrating to urban centers. This situation presents a vicious cycle of some sort; families migrate to urban areas to improve their livelihoods and ultimately be food secure (by buying land, getting capital, digging boreholes among other solutions provided in 4.4 above). They settle in poor pre-urban centers and slums.
increasing the population as suggested by the Neo-Malthusian Theory. This puts a strain on food supplies infrastructure and general resources, increasing the cost of living. The families therefore become less food secure and begin to work towards going back to the rural homes, and the cycle continues.

5.2.3 What remedies can enhance food security and minimize rural-urban migration?

The study sought to explore remedies to food insecurity which hypothetically will resolve the problem of rural urban migration. To do this, the study sought to identify main challenges to food security. From the findings, it is clear that a more food secure household is unlikely to relocate to an urban center. Similarly, it was established that most households would go back to their rural homes if those rural homes are made more food secure. To address the rural urban migration therefore, the challenges stated in table 4.5 should be addressed. These challenges are:

- Lack of income
- Expensive cost of food
- Lack of water
- Climate change
- Low quality farm inputs/Agro vets sell poor quality materials
- Poor roads
- Famine /droughts
- No land
- Infertile land
- Lack of food variety
- Lack of modern farming skills
- Slow business in rural areas
- Tax on farm materials
- Poor farm inputs from government

From the findings, much can be done to improve food security in the country and hypothetically reduce rural urban migration. Table 4.6 clearly illustrates what the different actors can do to improve food security in households.

5.2.4 Summary

The study established that there was a co-relation between food security and rural-urban migration even though other factors such as education and family ties also necessitate population movement. The study further established that a majority of poor urban dwellers (those living in slums) have migrated as a result of food insecurity. This portion of the population is most likely at the base of Maslow’s hierarchy pyramid and is therefore food insecure. Finally, the study established that if Kenya was food secure and measures stated in Table 4.6 are taken as envisioned in the National Food and Nutrition Policy (2011), rural-urban migration will significantly decrease.

5.3 Conclusion

This study set out to investigate a correlation between food security and rural-urban migration, analyze the intensity of the rural-urban migration as a result of food security and evaluate possible solutions to food insecurity as a means of mitigating rural-urban migration. From the findings presented in Chapter Four and discussed in 5.1 above, this study can conclusively say that there exists a clear relationship between food security and rural-urban migration. Many people move to urban areas to seek better livelihoods and make their families more food secure.
Secondly, it can be inferred that although the motive for rural-urban migration is food security, this migration does not often translate to more food secure households. Other factors such as employment status, level of education and gender of the household head are likely to come into play and ultimately determine a change in the food security situation of a household. Finally, it can be concluded that with concerted efforts and synergy between key players (government, civil society organizations and communities) it is possible to make households more food secure and address the vicious cycle presented by rural urban migration on food security. The findings of this study neither agree with nor oppose the Neo-Malthusian theory earlier discussed in this paper. The findings however seem to agree with Maslow’s hierarchy of needs theory, since the findings suggest that rural-urban migration happens mostly so as to meet the needs of the migrants, which in this case are physiological.

5.4 Recommendations

From the findings of this study, the following recommendations can be made:

1. It is imperative that implementation of the Kenya National Food and Nutrition Policy (2011) takes central stage to ensure the constitutional provision of access to healthy and nutritious food;

2. Policy makers should evaluate pros and cons of bio-technology, ICT use in food production and come up with new ways of producing, preserving and adding value to food to ensure a food secure Kenya;

3. Kenya’s land policy should be evaluated with a view of preserving fertile agricultural land, providing measures to protect the ecosystem and ultimately slowing down the rate of climate change through carbon emission and plastic use.
5.5 Suggestions for Further Research

There are many aspects of this research that would have been of interest to the researcher, unfortunately, the researcher was limited in scope and could therefore not explore all aspects of the relationship between food security and rural urban migration. This research therefore suggests the following areas as plausible areas of further research.

- Effects of rural urban migration on food security in urban centers;
- How climate change has affected rural urban migration;
- The impact of rural urban migration on food pricing in urban areas;

References


**APPENDICES**

**QUESTIONNAIRE**
I am Amer Abdulhakim, a graduate student of the United States International University-Africa in the pursuing a Master of Arts in International Relations. As part of the course requirement, I am undertaking a research on the impact of food security on rural urban migration in Kenya.
Kindly help me collect data for this important study by filling in the attached questionnaire as honestly as possible. The information collected from you will be used for academic purpose only and your personal information will remain anonymous.

Thank you.

(Please fill in or tick where appropriate).

PART 1: Personal information

1. Name of the respondent............................... (Optional)
2. Age of respondent........................................
3. Gender

   [ ] Male

   [ ] Female
4. Where is your home area? .........................

PART II: FOOD INSECURITY AND RURAL-URBAN MIGRATION

5. When did you relocate from your rural area to the town? (Year)
   ..................................................

6. What were your sources of income at your rural home?

   ________________________________

   ________________________________
7. How would you describe the food situation at your rural home?
   [ ] We/I had enough food
   [ ] We/I manage to find daily food
   [ ] We/I sometimes lacked basic food
   [ ] We/I did not have food at home

8. What was your main source of food at home?
   [ ] Mainly farming
   [ ] Mainly purchase
   [ ] Donations from family and friends
   [ ] Hunting and gathering
   [ ] Any other (Please specify) ..........................................................

PART III: INTENSITY OF RURAL URBAN MIGRATION AS A RESULT OF FOOD INSECURITY

9. Which of the following reasons best describe your reasons for relocating? (Tick all that apply)

   I came to seek employment [ ]

   I came to join my family [ ]

   I came to attend college [ ]
I came to start a business  
I came to seek better living conditions  
I came because of drought  
I came because of violence  
I came because of famine  
Other (specify) ........................................

10. What is your current source of food?

[ ] Mainly farming  
[ ] Mainly purchase  
[ ] Donations from family and friends  
[ ] Hunting and gathering  
[ ] Any other (Please specify) ........................................

11. How has the food situation in your household changed as a result of migrating?

[ ] Declined  
[ ] About the same  
[ ] Improved  

12. If the food situation has improved, which of the following statements best describe the change?

[ ] We/I have access to more food  
[ ] We/I take more meals per day  
[ ] We/I can afford better quality meals
PART IV: POSSIBLE SOLUTIONS TO FOOD INSECURITY

13. Do you plan to go back and live in the rural areas?

[ ] Yes

[ ] No

14. If the answer to 13 above is yes, please explain what measures you will take to improve your food security

.......................................................... ..........................................................

.......................................................... ..........................................................

.......................................................... ..........................................................

.............

15. State below what challenges you face in accessing quality and adequate food

.......................................................... ..........................................................

.......................................................... ..........................................................

.......................................................... ..........................................................

.............

16. Which of the following factors most contribute to food insecurity in households?

[ ] Education level of household head

[ ] Gender of household head

[ ] Employment status household head

[ ] Religious affiliation of household head
[ ] Others (please specify) _______________________

17. What can government do to improve food security in your rural home area?

…………………………………………………………………………………………
…………………………………………………………………………………………
…………………………………………………………………………………………
…………………………………………………………………………………………
…………………………………………………………………………………………

18. What can your community do to improve food security in your rural home area?

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…………………………………………………………………………………………
…………………………………………………………………………………………
…………………………………………………………………………………………
…………………………………………………………………………………………

19. What can Civil Society Organizations do to improve food security in your rural home area?

…………………………………………………………………………………………
…………………………………………………………………………………………
…………………………………………………………………………………………
…………………………………………………………………………………………
…………………………………………………………………………………………

20. If you have any other suggestions on what can be done to improve the food security situation in your home area, please specify below.
Thank you for taking your time to fill the questionnaire.
INTRODUCTORY LETTER

TO WHOM IT MAY CONCERN

21st AUGUST 2019

Dear Sir/Madam,

REF: PERMISSION TO CONDUCT RESEARCH- BALALA, AMER ABDULHAKIM

STUDENT ID NO. 627460

The bearer of this letter is a student of United States International University-Africa (USIU-A) pursuing a master’s Degree in Business Administration.

As part of the program, the student is required to undertake a dissertation on “An Assessment of the Impact of Food Security on Rural-Urban Migration: A Case Study of Mathare Slums in Nairobi County and Kiandutu in Kiambu County” which requires him to collect data.

Please note that information provided will be treated with utmost confidentiality and will only be used for academic purposes.

Kindly assist the student get the appropriate data and should you have any queries contact the undersigned.

Yours Sincerely,

[Signature]

Prof. Amos Njuguna
Dean School of Graduate Studies, Research and Extension
Tel: 730 116 442
Email: amnjuguna@usi.ac.ke