

# Determinants and Constraints of Household Level Animal Source Foods Consumption in Rural Communities in Ethiopia

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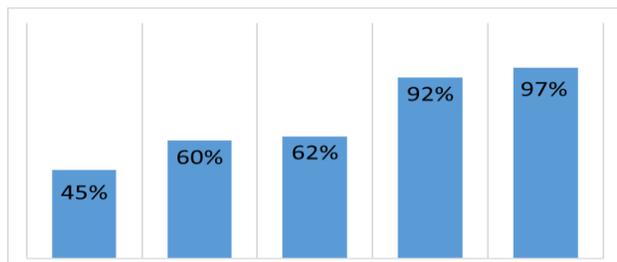
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**Objective:** This study aimed to assess animal source foods (ASFs) consumption frequency, and identify determinants and constraints of ASFs consumption frequency among rural households in Ethiopia.

**Materials and Methods:** A cross-sectional study was conducted in 422 rural households from districts in Sidama and Oromia, Ethiopia. ASFs consumption frequency was assessed using food frequency screener over a month period. Twelve agreement-disagreement statements with five level likert scale response options were applied to identify constraints of ASFs consumption. Ordinal logistic regression analysis was used to identify determinants of ASFs consumption frequency.

**Results:** Milk was consumed by a quarter (26%) of the households 1-2 times per-week. One out of five households consumed eggs 1-2 times per-week (20%) and 1-2 times per-month (19%). Meat was consumed by 26% and poultry by 6% of the households 1-2 times in a month. Fish was consumed by 2.6% of households in a month.



**Figure 1;** Proportions of Households Never Consumed ASFs in a Month Period, 2021,

- Unavailability, unaffordability, limited consumption tradition of ASFs, and income generation priority from livestock rearing were constraints identified.
- Food insecurity, livestock ownership, income, family size and women's education were associated ( $p < 0.05$ ) with ASFs consumption frequency.

**Conclusions:** ASFs were not regularly consumed by households in the studied rural districts of Ethiopia. Poor sociodemographic and economic conditions, and ASFs unavailability and unaffordability hampered ASFs' consumption frequency. Thus, nutrition policy and programs should focus on nutrition sensitive agricultural extension, livelihood improvement and women empowerment interventions integrated with nutrition education to improve ASFs consumption.

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