

**REGIONAL CONSULTATION ON THE FOOD AND NUTRITIONAL
SITUATION IN THE SAHEL AND IN WEST AFRICA
LOME/TOGO,
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COUNTRY REPORT – GHANA 2009-2010

BY:

**SRID-MOFA
P.O. BOX M-37
ACCRA, GHANA**

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COUNTRY REPORT – GHANA

1.0 Overview of the Food and Nutritional Situation of the Country-2009/2010

- The general food situation in the country is satisfactory to good. There is abundant food on the market in both the northern and southern sectors of Ghana but the prices of food commodities still remain high.

SOUTHERN SECTOR

- The crop production performance for 2009/2010 was generally good although fell below expectation. The early drought in April/May in the southern sector, affected maize crop in some districts in the Ashanti and Eastern Regions. Crop performance in the Volta, Brong Ahafo and Central Regions were good to excellent in the major sectors due to favourable good rainfall and distribution.
- Crop performance in the minor season was only fair as there was delay in rains and hence low plantings especially of maize. Minor season output was hence below expectation.

NORTHERN SECTOR

- In the Northern Region, the area put to cultivation of maize, rice, millet, soyabean and cowpea increased significantly. The increase use of fertilizer as a result of subsidy provided by government, the implementation of the block farm activities and the good rainfall (in terms of intensity and distribution) led to good performance of the major cereals of maize, rice, millet, sorghum, soyabean and cowpea.
- Similarly, in the Upper West and Upper East Regions, the crop performance has been very good especially for maize, rice and millet. The drought at the end of June and first week of July affected plantings of groundnuts while there was a shift of cultivation of sorghum to maize by farmers who took advantage of the subsidy on fertilizer.

1.1 Local and External Trade

- Market prices of food commodities remain relatively high in the first and second quarters of the year 2009. Some food commodities prices declined in the third quarter of the year but majority of the food commodities prices remain stable and declined in the fourth quarter when the crops have been harvested.
- Despite the current satisfactory food situation, the country imported some cereals especially rice and wheat. About 320,000MT, 180,000MT and 12,000MT of rice, wheat and maize respectively were imported into the country in 2009/2010.
- Imports of starchy staples and leguminous products were minimal. Only 217 MT of cassava starch and about 1,500 MT of leguminous products were imported.
- The country continues to import both live animals, partially from neighbouring countries and livestock products from the European Union (EU) and neighbouring countries especially Burkina Faso, Niger, Republic of Togo and Cote d'Ivoire. Because of adequate rains there was enough pastures and water for livestock for 2009/2010 growing season.

1.2 Nutritional Situation

- Recent study by the WFP, the Comprehensive Food Security and Vulnerability Analysis (May 2009) indicates that about 5% of the population or 1.2million people have very limited access to sufficient and nutritious food for an active and healthy life. The food risk zone is largely concentrated in the poorest regions of the country which are also very prone to adverse weather conditions; such as floods and drought.

- Protein Energy Malnutrition (PEM) especially under-nutrition is the most widespread and serious nutritional disorder in Ghana : Children and women are the most affected and the malnutrition is manifested as mild to severe, stunting, wasting and underweight. According to officials of the Nutrition Division of the Ghana Health Services, malnutrition with its associated disorders may not be due to unavailability of food in the country but to bad eating habits of Ghanaians.

2.0 Final Results of the 2009-2010 Growing Season

Table 2.1 Agricultural Production (Cereal, Industrial or Cash Crops)

Commodity	Crop Production in 2008 (MT)	Crop Production in 2009 (MT)	% Change
CEREALS:			
Maize	1,470,100	1,619,590	10.1
Rice (Paddy)	301,920	391,440	29.6
Millet	193,800	245,550	26.7
Sorghum	331,000	350,550	5.9
STARCHY:			
Cassava	11,351,100	12,230,630	7.8
Yam	4,894,800	5,777,850	18.0
Plantain	3,337,700	3,562,500	6.7
Cocoyam	1,688,300	1,503,960	(10.9)
LEGUMES:			
Groundnuts	470,100	485,080	3.2
Cowpea	179,700	204,830	14.0
Soyabean	75,000	112,830	50.4
INDUSTRIAL CROPS:			
Cocoa	680,800	710,640	4.4
Oil Palm	1,896,760	1,897,920	6.1
Pineapple	400,000	350,000	(12.5)
Coffee	2,024	516	(74.5)
Rubber	14,132	17,516	23.9
Sheanut	NA	31,386	-

NA: Not Available

Table 2.2 Final Provisional Cereal Balance Sheet (2009/2010)

Type of Cereal	Gross Biological Production* (MT)	Available Total Domestic Production Available for Human Consumption* (MT)	Total Imports of Cereals (MT)	Total Exports of Cereals (MT)	Total Supply of Cereals (MT)	Per Capita Consumption (Kg/Annum)	Estimated Total National Consumption of Cereals ('000MT)	Net Deficit/ Surplus (MT)
Maize	1,620,000	1,134,000	34,000	150	1,167,850	43.8	1,052,100	115,750
Rice (Paddy)	391,000	340,200	-	-	-	-	-	-
Rice (Milled)	234,600	204,000	384,000	140	587,860	24.0	576,480	11,380
Millet	246,000	214,000	3,300	5	217,295	1.0	24,020	193,275
Sorghum	351,000	305,400	-	50	305,350	0.5	12,010	293,340
Wheat	-	-	330,000	-	330,000	13.0	312,300	17,700
Total	2,451,600	1,857,400	715,300	345	2,608,355		1,976,910	631,445

• Population (2009) = 24.02million

* Excludes Paddy Rice

Table 2.3 Final Provisional Food Balance Sheet (2009/2010)

Type of Commodity	Gross Biological Production (MT)	Available Total Domestic Production Available for Human Consumption (MT)	Total Imports of Cereals (MT)	Total Exports of Cereals (MT)	Total Supply of Cereals (MT)	Per Capita Consumption (Kg/Annum)	Estimated Net Consumption of Cereals ('000MT)	Net Deficit/ Surplus (MT)
CEREALS	2,451,600	1,857,400	715,300	345	2,608,355		1,976,910	631,445
Maize	1,620,000	1,134,000	34,000	150	1,167,850	43.8	1,052,100	115,750
Rice (Paddy)	391,000	340,200	-	-	-	-	-	-
Rice (Milled)	234,600	204,000	384,000	140	587,860	24.0	576,480	11,380
Millet	246,000	214,000	3,300	5	217,295	1.0	24,020	193,275
Sorghum	351,000	305,400	-	50	305,350	0.5	12,010	293,340
Wheat	-	-	330,000	-	330,000	13.0	312,300	17,700
STARCHY STAPLES	23,076,000	17,641,458	387	13,685	17,628,160		7,676,800	6,951,360
Cassava	12,231,000	8,561,700	387	-	8,562,087	152.9	3,673,000	4,889,087
Yam	5,778,000	4,622,400	-	13,642	4,608,758	41.9	1,006,000	602,758
Plantain	3,563,000	3,028,558	-	43	3,028,515	84.8	2,037,000	991,515
Cocoyam	1,504,000	1,428,800	-	-	1,428,800	40.0	960,800	468,000
LEGUMES:	803,000	706,800	3,588	72	710,316		456,000	254,316
Groundnuts	485,000	436,500	10	62	436,448	12.0	288,000	148,448
Cowpea	205,000	174,250	3,380	10	177,620	5.0	120,000	57,620
Soyabean	113,000	96,050	198	-	96,248	2.0	48,000	48,248

- Population (2009) = 24.02million

3.0 Situation of the Livestock, Water Points and Grazing Herds

The Situation of Livestock

There has not been current livestock survey in Ghana. Table 3.1 below show the population of livestock species recorded by the Veterinary Services Directorate of the Ministry of Food and Agriculture for 2008 and 2009.

Table 3.1: Estimated Livestock Numbers by Species

Type of Livestock	Year		
	2008	2009	% Change
Cattle	1,425,000	1,440,000	1.0
Goats	4,305,000	4,520,000	5.0
Sheep	3,471,000	3,507,000	3.0
Pigs	520,000	536,000	3.0
Poultry	39,816,000	43,400,000	9.0

Meat Availability

The total meat supply declined from 172,506MT in 2008 to 149,787MT in 2009. The domestic production showed significant increase from 49,241MT in 2008 to 54,271MT in 2009. Meat imports, however, declined from 123,265MT in 2008 to 95,516MT in 2009.

Table 3.2: Meat Availability in Ghana (2008/2009)

Year	Domestic Meat Production (MT)	Meat Imports (MT)	Total Meat Supply (MT)
2008	49,241	123,265	172,506
2009	54,271	95,516	149,787
% Change	10.2	(22.5)	(13.2)

Live Animal Imports

The country continues to import live animals from the Sahel regions of Burkina Faso, Niger and Mali. Cattle, sheep and goats are the main livestock species imported. Recorded live animal imports are indicated in table 3.3 below.

Table 3.3: Live Animal Imports

Year	Cattle	Sheep	Goats
2007	8,891	6,594	4,498
2008	1,081	1,401	1,514
2009	10,119	4,987	6,098

Stock Water Resources

To ease the water problems facing livestock production, particularly during the dry season, the Ministry of Food and Agriculture, under the Livestock Development Project, instituted the construction of watering facilities especially in the three (3) Northern Regions.

The total of 22 watering facilities will be completed and handed over to beneficiary communities by end of June 2010.

Table 3.4: Boreholes and Dugouts under Construction

Region	Districts	No. of Boreholes	No. of Dugouts
Upper West	Wa, Sissala, Jirapa-Lambussie	3	6
Upper East	Bolga, Bawku, Builsa	3	6
Northern	Tamale, Savelugu-Nanton, Gushiegu-Karaga, Saboba-Chereponi, East Mamprusi, Tolon-Kumbungu, East & West Gonja	16	32
Total		22	44

Grazing Lands

As a result of the early, adequate and well distributed rains, there has been enough pastures for livestock. The growth of the grasses and herbage was sustained throughout the year.

4.0 Analysis of the Evolution of Cereal and Cattle Prices and the Food Prospects

4.1 Evolution of Cereal Prices

Despite abundant food supply on the market, prices of food commodities remain high in the first and second quarters of the year 2009. Some food commodities prices declined in the third quarter of the year but majority of the food commodities prices remain stable and declined in the fourth quarter when the crops have been harvested.

Maize prices increased from GH¢60.00 in the first quarter to GH¢64.60 in the second quarter but declined to GH¢55.00 and GH¢46.00 in the third and fourth quarters respectively. Local rice price rose from about GH¢50.00 in the first and second quarters to GH¢54.00 in the third and fourth quarters. Millet and sorghum prices showed similar trend as shown in table 4.1 below.

Table 4.1: QUARTERLY AVERAGE MARKET PRICES (2008-2009)

COMMODITY	UNIT OF SALE	1ST QTR 2008	2ND QTR 2008	3RD QTR 2008	4TH QTR 2008	1ST QTR 2009	2nd QTR 2009	3RD QTR 2009	4TH QTR 2009	*1 ST QTR 2010
MAIZE	100KG	33.60	51.69	60.00	47.50	56.00	64.60	55.00	46.00	50.84
RICE-LOCAL	50KG	34.00	41.78	50.59	49.39	49.50	51.01	54.00	53.30	53.42
RICE IMPORTED	50KG	44.00	54.57	61.07	61.91	62.00	62.04	64.70	64.7	64.71
MILLET	93KG	47.60	56.41	68.75	72.78	70.90	73.01	78.00	78.60	78.32
SORGHUM	109KG	46.00	55.39	70.30	72.71	70.00	71.87	77.00	76.70	77.75
CASSAVA	91KG	15.40	17.22	16.45	17.03	18.20	19.48	21.70	21.90	22.92
YAM	100TUB	98.00	129.54	113.16	91.91	120.00	138.18	121.00	122.60	143.89
COCOYAM	91KG	33.20	33.58	37.06	37.43	36.30	37.60	41.40	41.00	43.77
PLANTAIN- APENTU	AV.BUNCH	3.30	5.71	4.84	3.51	4.10	5.41	6.14	5.50	5.89
PLANTAIN- APEM	AV.BUNCH	5.00	6.44	7.53	5.34	5.80	6.98	8.60	7.70	7.73
DRIED PEPPER	16KG	47.20	42.38	47.00	64.20	106.40	148.11	186.50	170.00	163.14
TOMATOES	52KG	40.30	63.05	56.85	49.29	86.80	121.63	101.40	61.90	66.20
FRESH PEPPER	20KG	39.00	31.70	25.39	29.36	55.20	79.35	87.10	70.60	75.11
COWPEA	109KG	66.60	87.85	119.14	99.22	103.00	111.65	106.50	103.30	105.85
GROUNDNUT	82KG	70.50	84.05	123.03	93.10	117.30	120.00	112.00	110.70	119.28
PALM FRUITS	MINI BAG	6.00	5.24	10.14	18.57	13.60	13.92	17.60	18.50	17.36

* Average JAN/FEB 2010

Source: SRID - MSU, MOFA

The starchy staple prices have remained stable in the third and fourth quarters despite the marginal price rises from the first to second quarters. Plantain showed significant decline from the third to the fourth quarter of 2009.

Vegetables of dried pepper, tomatoes and fresh pepper showed price increases from the first to the third quarters but declined significantly in the fourth quarter of the year.

The leguminous commodities of cowpea and groundnut showed initial price increase from the first to the second quarter but declined from the second quarter to the fourth quarter of the year.

4.2 Evolution of Cattle Prices

Cattle prices have varied considerably throughout the country. The cattle prices depend partly on the location of the markets, the seasonality; festival periods, the bargaining acumen of the customers, concentration of the cattle market etc.

Because large numbers of cattle are imported from Burkina Faso and Niger, the cattle prices have tended to be moderate in the Northern Savannah Regions but increases in the Transitional Zone Regions.

The high supply of cattle in the coastal savannah zone tends to depress the price as compared to the transitional and forest zones. Cattle prices have also tended to be high during festive seasons such as the Ramadan and the Christmas.

The average cattle prices recoded by ecological zones and markets for 2008 and 2009 are indicated in table 4.2 below.

Table 4.2: Live Cattle Prices in GH¢ by Agro-Ecological Zones (2008 and 2009)

Ecological Zone	Representative Market	Average Weight of Cattle	Year	
			2008	2009
Northern Savannah	Tamale	250kg	GH¢180 – 220	GH¢300 – 350
Transitional	Nkwanta, Ketu North	250kg	GH¢500 – 600	GH¢600 – 700
Forest	Ho	250kg	GH¢600 – 650	GH¢700 – 750
Coastal Savannah	Ashaiman	250kg	GH¢500 – 550	GH¢650 – 700

Note: GH¢1.00 = US\$1.45

4.3 Food Prospects

According to the Ghana Meteorological Agency, the country expects to have average to above average rainfall during year. The government also intends to continue with its fertilizer subsidy and the block farm programmes. In addition government will continue with the promotion of the use of agricultural machinery and irrigation facilities to support the production of food and non-traditional crops. Through these initiatives, government hopes to expand area under cultivation and increase productivity in all major food crops. It is therefore projected that food production will increase by about 10-15%.

5.0 Analysis of the Vulnerability and the Nutritional State

5.1 Food Risk Zone Identified

Recent study by the WFP, the Comprehensive Food Security and Vulnerability Analysis(CFSVA) (May 2009) indicates that about 5% of the population or 1.2million people have very limited access to sufficient and nutritious food for an active and healthy life.

The food risk zone is largely concentrated in the poorest regions of the country which are also very prone to adverse weather conditions; such as floods and drought. The study identifies the rural household of the Northern Savannah zone as food risk zone. Thirty four percent (34%) of the population in Upper West region is food insecure, followed by Upper East with 15% and Northern region with 10%. This is the equivalent of approximately 453,000 people. The lowest prevalence of food insecurity was found in Accra (2%) and the rural areas in Greater Accra (1%) and Western region (1%) (Table 5.1).

5.2 Vulnerable Population Identified

The Comprehensive Food Security and Vulnerability Study further identified about 2 million people as vulnerable to become food insecure.

In the rural areas of Upper West, Upper East and Northern regions 507,000 people were found to be vulnerable of becoming food insecure. Up to 1.5 million people vulnerable to food insecurity live in the rural and urban areas of the remaining seven regions, with the largest share in Brong Ahafo (11%), in Ashanti (10%), followed by 8% in Eastern and 7% in the Volta Region (see Table 5.1). People residing in rural areas are disproportionately worse affected than their counterparts in urban areas.

Table 5.1: Food Insecure and Vulnerable to Food Insecurity

Regions	Food Insecure		Vulnerable to food insecurity	
	No. of People	% Pop.	No. of People	% Pop.
Western Rural	12,000	1%	93,000	6%
Central Rural	39,000	3%	96,000	5%
Greater Accra Rural	7,000	1%	14,000	3%
Volta Rural	44,000	3%	88,000	7%
Eastern Rural	58,000	4%	116,000	8%
Ashanti Rural	162,000	7%	218,000	10%
Brong Ahafo Rural	47,000	3%	152,000	11%
Northern Rural	152,000	10%	275,000	17%
Upper East Rural	126,000	15%	163,000	20%
Upper West Rural	175,000	34%	69,000	13%
Urban (Accra)	69,000	2%	158,000	4%
Urban (Other)	297,000	4%	572,000	8%
Total	1,200,000	5%	2,007,000	9%

Source: CFSVA, May 2009

5.3 Nutritional Situation

Protein Energy Malnutrition (PEM) especially under-nutrition is the most widespread and serious nutritional disorder in Ghana : Children and women are the most affected and the malnutrition is manifested as mild to severe, stunting, wasting and underweight.

The problem of PEM is compounded by problems of micro nutrient deficiency disease and an increasing incidence of diet related non communicable disease.

Child Nutrition

Data from Comprehensive Food Security and Vulnerability Analysis (CFSVA) Ghana, May 2009 reveals the following nutritional rates:

- Overall, 7.1% of children were wasted (2% severely wasted) and 22.1% were stunted.
- About 12% of children were considered underweight. In terms of child nutrition by sex.
 - *Male children are shorter and generally more underweight on average than female children.
 - * Female children, however, appear slightly thinner than male children and have a higher rate of severe wasting.

The rate of chronic malnutrition (stunting) are more prevalent in rural areas than in urban areas while rate of acute malnutrition were similar in the rural and urban areas (Table 5.2).

In terms of agro-ecological zones; the savannah and forest zones have high percentage of children underweight and stunted as compared to the coastal zone. Severe acute malnutrition is highest in the savannah as compared to the coastal and forest zones.

According to officials of the Nutrition Division of the Ghana Health Services, malnutrition with its associated disorders may not be due to unavailability of food in the country but to bad eating habits of Ghanaians. The service in collaboration with the Directorate of Women in Agricultural Development (WIAD) of MOFA, UNICEF and other NGOs, are making efforts to educate households to change their eating habits.

Table 5.2: Malnutrition Rate of Children 0-59 Months of Age

Characteristics	Severe Acute Malnutrition	Stunting	Underweight
Sex			
Male	1.5	24.1	12.5
Female	2.5	20.1	10.7
Place of Residence			
Urban	2.5	14.6	8.6
Rural	1.7	26.5	13.3
Agro-Ecological Zone			
Coastal	1.5	13.6	7.4
Forest	1.9	26.3	12.6
Savannah	2.8	24.2	14.2
Regions			
Western	0.8	23.2	8.8
Central	1.3	21.9	14.9
Greater Accra	1.9	10.6	6.6
Volta	1.1	18.3	10.1
Eastern	1.7	18.6	7.7
Ashanti	1.8	27.6	13.8
Brong Ahafo	3.0	21.7	10.6
Northern	3.3	30.3	17.5
Upper East	3.1	26.8	15.8
Upper West	4.8	25.5	16.8
Total	2.0	22.1	11.6

Source: CFSVA, May 2009

Maternal Nutrition

Using the Body Mass Index (BMI) as a measure of Maternal underweight shows a low BMI among women 15-49 years of age. In general about 8.3% of women recorded low BMI of less than the normal BMI (18.5-24.99) (Table 5.3).

In particular, the CFSVA, May 2009 reported that:

- Rural women have almost three (3) times the prevalence of urban women (11.3 versus 4.6).
- The southern coastal areas of the country have the lowest prevalence of low BMI, the middle part and forest areas have a slightly higher prevalence and the northern part of the country have the higher prevalence.

- The highest prevalence (of about 12%) were recorded in the Northern, Volta and Upper East Regions. The Ashanti, Brong Ahafo and Western Regions showed low prevalence of BMI with Greater Accra having the lowest prevalence.

Table 5.3 below indicates the percentage of women with low BMI by place of residence, Agro-ecological zone and by regions.

Table 5.3: Percentage of Women with Low BMI

Characteristics	Prevalence of Women with Low BMI <18.5 (Women 15-49, non pregnant)
Place of Residence	
Urban	4,6
Rural	11,3
Agro Ecological Zone	
Coastal	6,1
Forest	8,2
Savannah	11,5
Regions	
Western	7,7
Central	8,9
Greater Accra	4,9
Volta	11,8
Eastern	10,1
Ashanti	6,2
Brong Ahafo	6,7
Northern	12,1
Upper East	12,0
Upper West	9,7
Total	8,3

Source: CVFSA, May 2009

7.0 Other Measures Taken by the State to Support the Most Vulnerable Strata

Other measures taken by the state to support the most vulnerable strata include:

(1) Initiating programmes to increase the productivity and production of food commodities especially in the food risk regions.

- Under the block farm programme, the youth in the communities are provided with agricultural inputs on credit basis after the initial ploughing of the land by the state.
- The government is also providing a 50% subsidy of the major fertilizer types to enable vulnerable farmers afford the purchase and use of fertilizers to increase productivity, production and income.
- Promote mechanization of agriculture from land preparation through to harvesting and processing by the use of appropriate and basic farm and post harvest machinery and equipment.
- Expand irrigation facilities (both formal and informal) and ensure efficient and optimal use of existing public irrigation facilities.
- Promote the production of vegetable in the dry season and to consume locally produced nutritionally balanced food.

(2) Livelihood Empowerment Against Poverty (LEAP)

LEAP is a safety net project in Ghana that targets extremely poor households in the country with a bi-monthly cash transfer of about GH¢200.00 per household.

The LEAP has a target to increase from 26,000 in 2008 to 164,370 beneficiaries by 2012. The beneficiaries include households with orphans and vulnerable children, persons with severe disabilities and the extremely poor above 65years.

In 2009, however, the LEAP Households covered a total of 17,752 households. Breakdown of LEAP households covered by regions are indicated in table 7.1 below.

Table 7.1: LEAP Households Covered in 2009

Region	Total Households Covered
Northern	1,637
Upper East	1,484
Upper West	1,518
Brong Ahafo	2,182
Ashanti	1,554
Central	2,164
Western	1,050
Volta	1,430
Greater Accra	2,243
Easter	2,490
Total	17,752

(3) The Ministry of Health is collaborating with the Directorate of Women in Agricultural Development (WIAD) of MOFA, UNICEF and other NGOs are educating households to change their eating habits and also prepare nutritious meals so as to reduce malnutrition.