



## SOCIAL WELFARE AND FOOD AND NUTRITIONAL INSECURITY OF RURAL FAMILIES ON ADOLESCENTS: AN ANALYSIS OF THE INFLUENCE OF THE SEX OF THE FAMILY CHIEF

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### Introduction

Adolescence is a phase of biological transformations, and the development can be influenced by different factors.

### Objective

To evaluate the influence of the sex of the householder on the determinants for the access to assets and services and insecurity situation of rural families of adolescents.

### Methodology

This is a cross-sectional study carried out in rural households in Viçosa, Brazil. A questionnaire was used to collect information regarding access to assets and services (type of water supply and treatment, sewage and waste disposal); number of residents at home; and an evaluation on food insecurity by the Brazilian Scale of Food Insecurity (EBIA). Statistical analysis were conducted using the Pearson's Chi-square test and the Spearman's correlation. The project was approved by the Human Research Ethics Committee of the Federal University of Viçosa.

### Results

60 adolescents

Mean age of 16 years  
(sd ± 2.57)

55.0% male

Food insecurity → 53.3% homes

There was an association between the sex of the reference dweller (female)

- ↳ Type of water supply - source or cistern (p =0.001)
- ↳ Water treatment (p =0.034)
- ↳ Garbage collection (p <0.001)
- ↳ Food insecurity (p=0.011)

There was a correlation between the number of residents and EBIA score (r=0.456, p<0.001).

### Conclusion

The sex of the reference dweller influenced the determinants on the access to assets and services and the food and nutrition insecurity situation of the adolescents' families.

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