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SIT Study Abroad

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The Impact of Brazil's Bolsa Familia Program on
Food Security in Santo Antônio de Jesus, Bahia

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SIT Study Abroad – Brazil: Public Health and Community Welfare

Fall 2009

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Abstract:

The purpose of this research project is to evaluate the impact that the Bolsa Família Program has on the level of food security within an impoverished community of Santo Antônio de Jesus. The issue of food security is important because a person's overall health worsens as a result of not having access to a healthy and well balanced diet. As a result of these negative health aspects, one's capacity to do work, learn, and take care of one's family are all affected. This relationship between nutrition and social situations is the focus of this study, which will be used to present the ways in which a proper diet can lead to a better quality of life. The research project will examine the following questions: What type of dietary trends does the community have? How was the situation of food security before the implementation of the Bolsa Família Program? What are the ways in which the Bolsa Família Program help establish a higher level of food security within the adolescent population?

This study's focus is on adolescents within the age range of 10 to 15 that attend school. The age group is important because these students are possible applicants for the Bolsa Família Program and fall within an age that is vulnerable to unhealthy eating practices. In addition to that, an adolescent of this age needs a nutritious diet to promote a healthy rate of mental and physical development. The results for this project were obtained by means of participant observations, a questionnaire with the students, and interviews with program coordinators and local community members. The combination of these methods of research have proved that the benefits from the Bolsa Família Program are being used in such a way that promotes both food security and adolescent development

Key Words: Bolsa Família Program, Food and Nutrition Security, Adolescents

Resumo:

O propósito desta pesquisa é analisar a situação da segurança alimentar e nutrição dentro de uma comunidade em Santo António de Jesus e avaliar o impacto que a estratégia do Programa Bolsa Família tem na comunidade. Abordar sobre insegurança alimentar é importante porque quando as pessoas não têm acesso a uma dieta balanceada e saudável, a saúde se piora, afetando a capacidade de trabalhar, estudar e apoiar a Família. A relação entre nutrição e as situações sócias é o alvo deste trabalho, tendo com objetivo mostrar como pode-se melhorar a qualidade de vida por meio da alimentação. Dentre as questões que serão abordadas incluem: Como é a qualidade da alimentação da população? Como foi a situação de segurança alimentar na comunidade antes da implementação do Programa Bolsa Família? Quais são as formas que o Programa Bolsa Família ajuda estabelecer um melhor nível da segurança alimentar para os adolescentes?

A pesquisa vai focar os adolescentes na faixa etária de 10 a 15 que freqüentam a escola. Esta faixa etária é importante devido a possibilidade de fazer parte tanto do Programa Bolsa Família como também é uma população vulnerável às práticas alimentares não saudáveis. Somado a isso, um adolescente dentro desta faixa etária precisa de uma alimentação devidamente balanceada para fomentar o crescimento físico e mental. A fim de obter os dados necessários para a pesquisa, questionários foram aplicados com os jovens, entrevistas com suas famílias e a administração do Programa Bolsa Família. A combinação destes métodos revela que os benefícios do Programa Bolsa Família melhoram a situação da segurança alimentar e fomentam o crescimento do adolescente.

Palavras-chave: Programa Bolsa Família, Segurança Alimentar e Nutrição, Adolescentes

Acknowledgements:

First and foremost, I would like to thank my family for not only providing me with the opportunity to participate in this study abroad experience but also for all of the support that they have given me. Their love and guidance throughout my academic career has encouraged me to pursue my interests and continually strive towards success. I would also like to thank the entire SIT staff for introducing me to Bahia and providing me with the knowledge that I would utilize throughout my research project. I would like to give a special thanks to Dr. Damiana Miranda for coordinating this program and to Professor Bira Silva for greatly improving my Portuguese speaking skills.

Throughout my research process, I was accompanied by a variety of people that assisted me in the preparation of my study and its implementation. In particular, I appreciate the support of my advisor, Cláudio Berhends, and the employees of the Secretaria de Ação Social. I would also like to thank those who introduced me to the *bairro* of Radio Club along with the local PETI and community members. My research project has been a fun and educational process, which can be accredited to joint cooperation of all of these people listed.

Introduction:

The subject of food security has received much attention in recent decades as the relationship between poverty and malnutrition becomes more apparent. International organizations, such as the United Nations, and global policy makers have taken on the responsibility to fight this global health concern. In terms of Brazil, the government has taken the issue into their own hands by implementing a hunger eradication strategy, *Fome Zero* or Zero Hunger. This innovative strategy, as implemented by President Luíz Inácio Lula da Silva in 2003, has promoted food and nutrition security through the coordination of a number of programs that provide the needy population with the means to obtain nutritious food in a sustainable manner. The main component of *Fome Zero* consists of a conditional cash transfer program, *Programa Bolsa Família* (PBF), which distributes monetary benefits to families that comply with specific income and human capital requirements.¹ The basis of this program is to provide a better quality of life for the children through education and healthy eating practices.

Despite the success of the Bolsa Familia Program, there have been some critiques on the use of cash transfers and the lack of monitoring the participants' economic status.² These opposing views reveal the problems associated with the management of a program that seeks to take on the overwhelming issue of national poverty. This study will analyze the Bolsa Familia Program through the specification of food security and its effects on adolescent development. The results of this research project will be collected by means of participant observations of the community, a questionnaire applied to students, and interviews with project coordinators and community members. As a result of these techniques, this study will evaluate the effectiveness of the Bolsa Familia Program and the personal opinions of the participants.

Significance of Research:

I. Rationale/Justification

This study is of great importance in today's society, especially in regards to the Northeast of Brazil, because the issue of food security has been recognized as a prominent health topic that is directly related to social issues at a grander scale. The area of food security is complex and interrelated with multiple aspects of society, such as social, political, and economic, which all play a role in providing access to a healthy and varied diet for some of the country's most vulnerable populations. The Northeast of Brazil is considered the poorest region within the country, making up 50% of the country's poor population, and therefore has the greatest need in terms of aid programs and research projects that search for ways to promote healthier living standards.³ This research project is important in the evaluation of the Bolsa Familia Program because of its focus on the recipients' thoughts about the program and the ways that it affects them. Through the inhabitants' personal insight, I will be able to obtain firsthand knowledge about their food security status and the improvements that have occurred for the wellbeing of their child.

A family's financial situation can have direct influences on an adolescent's development through the influences of the home environment, availability of food, and access to health care.⁴ The Bolsa Familia Program is playing a vital role in disrupting this cycle of poverty through the encouragement of child education and health, in addition to monetary support. These factors touch base on the importance of empowering the children with the tools necessary to improve their personal situation and break from this alarming cycle. By focusing on adolescents and including their opinions in the study, their awareness of food security will increase and as a result they will understand the importance of their dietary intake.

II. Personal Motives

I have been interested in the subject of Nutrition since my first year at the University of North Carolina at Chapel Hill. I feel that it is a very appealing topic because one is able to learn about what exactly one puts into their body when they eat different kinds of food. Each type of food affects the body in a different way, which can either have a positive or negative outcome. Another source of interest comes from the close relationship between nutrition and medical anthropology. When combined, these two areas of study can lead to advances in understanding the causes of food insecurity and ways in which the situation can be improved. I find this link between nutrition and anthropology to be one of the most intriguing aspects of health, and for that reason I am planning on getting a Masters in Public Health after I graduate.

The independent research aspect of SIT was what initially drew me to the program because I feel that this is a unique experience for an undergraduate student to have the opportunity to design their own research project. From this program, I will get experience in the field of research and this will help me determine if this is a line of work that I would be interested in pursuing after school. By the end of the 4 weeks of research, I expect myself to grow as a person mentally, in terms of clarity of what I want to do after I graduate next year, and academically as I complete my first experience of performing research and writing a research paper. My main motive behind this specific research project is to interact with people and learn through firsthand knowledge about conditional cash transfers and their impact on food security. This is a valuable experience, which cannot be replicated in any classroom.

Background Information:

I. Location of Study:

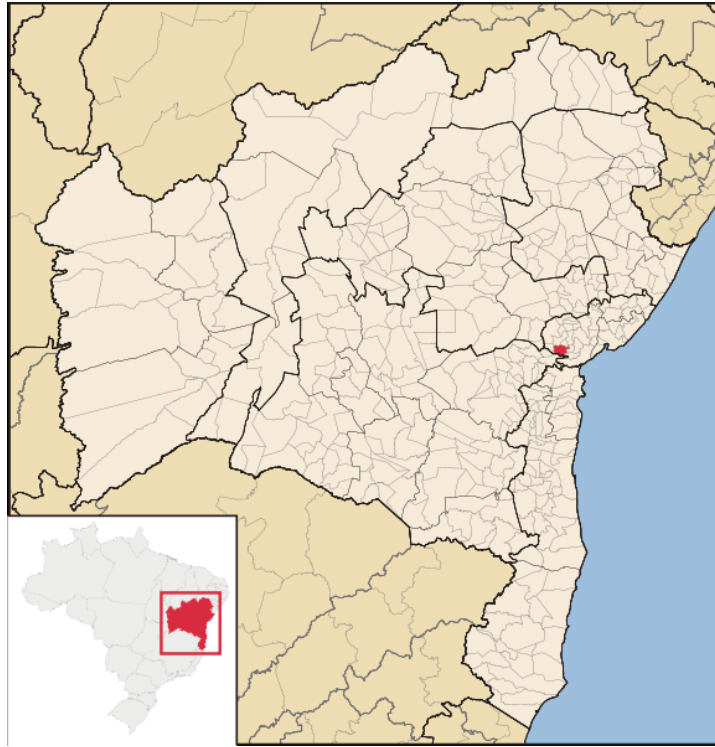


Image 1: A map illustrating the location of Santo Antônio de Jesus in Bahia, Brazil⁵

Santo Antônio de Jesus is a small town located in the Recôncavo region of Bahia. The town consists of 88,000 inhabitants and is one of the region's main economic centers due to its high density of clothing stores and large open-air market. Apart from the town center, Santo Antônio's atmosphere is very much that of a rural town, which can be noticed by the surrounding farmland and the occasional use of a horse as transportation on the city streets. The farms in this area of the region specialize in the production of citrus fruit.

The neighborhood of Radio Clube is the specific location that I will be conducting my research. It is situated in the town's periphery, where the urban center meets the continuous hills of farmland. The *bairro's* poor economic standing could be attributed to its isolation from the

town center and situation on a steep hill. The majority of the houses are made of brick and situated in close proximity to one another.

II. *Programa Bolsa Família:*

In a direct response to the United Nation's first Millennium Development Goal (MDG), which challenges the world to halve the proportion of people suffering from hunger and extreme poverty by 2015, Brazil and the administration of President Lula da Silva instituted the *Fome Zero* strategy.⁶ This strategy promotes food and nutrition security in the country's most vulnerable communities through a variety of programs that focus on "attacking the structural causes of poverty."⁷ The centerpiece of this strategy is the Bolsa Familia Program, which was formed in 2003 as a means of unifying the nation's preexisting conditional cash transfer (CCT) programs. The four programs that now fall under the BFP umbrella include the National School Allowance Program (*Bolsa Escola*), the National Food Allowance Program (*Bolsa Alimentação*), the National Program for Access to Food (*Programa do Cartão Alimentação*), and the Auxiliary Gas Program (*Auxilio Gas*).¹ The consolidation of these four CCT programs allowed for a more organized system that includes an established list of conditions needed to be met and also provides the recipients with one direct cash payment per month.

This transition from in-kind transfers, such as direct food aid, to conditional cash transfers has offered a new approach towards combating poverty that affects the family's immediate quality of life and its development for years to come. The financial benefits are transferred directly to the family, preferentially to the women, which allows them to decide on how the money will be best utilized. In order to receive this Bolsa Familia cash transfer, the families must fall below a certain monthly income level and comply with specific conditions related to health and education.

The Bolsa Familia Program originally covered families with children below the age of sixteen that had a school attendance rate of at least 85 percent and received all mandatory vaccines through the age of six. The program has since gone on to include adolescents aged 16 and 17 by offering them an additional benefit, BVJ, with the goal of preventing child labor and promoting education. This benefit for young adults consists of thirty-three *reais* per young adult and each family can receive a maximum of two BVJs. In terms of income, the program has divided the recipients into two different classes based on the amount of monthly earnings. The Basic Benefit of sixty-eight *reais* (R\$) goes towards families that receive no more than an average monthly income of seventy *reais* per family member. These families fall under the label of “extreme poverty” and receive this extra benefit as a means of addressing their dire circumstances. The second category is an additional payment, or Variable Benefit, of twenty-two *reais* that is provided for families with a monthly income of up to one hundred and forty *reais* per family member. In addition to obtaining a salary below this level of income, the family must consist of a child below the age of 16 that attends school. This additional benefit can be applied to a maximum of three children per family. The total price range of benefits begins at R\$ 22.00, which includes simply one additional payment, and goes up to R\$ 200.00, which covers the Basic Benefit, benefits for three children, and two young adults.^{8,9}

The table below illustrates the format in which the benefits are calculated for a family receiving the Basic Benefit. In order to calculate the amount of benefits for a family that falls outside of the Basic Benefit periphery, R\$ 70.00 to R\$ 140.00, one can simply subtract twenty-two *reais* from the total value.

Number of children and adolescents (0-15 years old)	Number of young adults (16-17 years old)	Type of Benefit	Value of Benefit
0	0	Basic	R\$ 68,00
1	0	Basic + 1 variable	R\$90,00
2	0	Basic + 2 variables	R\$ 112,00
3	0	Basic + 3 variables	R\$ 134,00
0	1	Basic + 1 BVJ	R\$ 101,00
1	1	Basic + 1 variable + 1 BVJ	R\$ 123,00
2	1	Basic + 2 variables + 1 BVJ	R\$ 145,00
3	1	Basic + 3 variables + 1 BVJ	R\$ 167,00
0	2	Basic + 2 BVJ	R\$ 134,00
1	2	Basic + 1 variable + 2 BVJ	R\$ 156,00
2	2	Basic + 2 variables + 2 BVJ	R\$ 178,00
3	2	Basic + 3 variables + 2 BVJ	R\$ 200,00

Table 1: Benefit description for families with a monthly income of up to seventy *reais* per person⁹

Despite being a relatively young program, Bolsa Familia has had much success in achieving its goal of breaking the inter-generational transmission of poverty by means of conditional cash transfers and educating the youth. The program achieved new heights in 2007 by becoming the world's largest CCT program. It accomplished this by reaching the target of

11.1 million families with a budget of just over US\$ 4.1 billion.² These figures illustrate that appropriate measures have been taken by the government and that Brazil's approach to development is a leading example for the rest of the world. The majority of this success can be attributed to the combination of cash and conditionality, which allows the BFP "to boost household consumption in the short-term while providing an incentive, and helping to offset the costs, for poor families to invest in long-term human capital development."¹⁰ The United Nations has reported that Brazil has successfully devoted its resources to improving many of the country's social and health problems and fulfilled its commitment to achieving the first MDG.¹¹

III. *Programa de Erradicação do Trabalho Infantil (PETI)*

In 1996, the federal government of Brazil implemented a conditional cash transfer program that worked towards reducing the nationwide problem of child labor. The Eradication of Child Labor Program, PETI, distributes monetary benefits to families that take their children out of the working environment and enroll them in an extended day program.¹² In this program, children and adolescents below the age of sixteen are provided with a location that promotes the development of the youth through help with school work, arts and crafts, play time, and nutritious snacks and lunch. This program acts a safe haven from the dangerous and degrading working conditions that present themselves in the community's surrounding area.¹³

There are three main ways in which a child can be brought into the PETI program, which consist of the family directly contacting the local PETI or PETI office, PETI officials contacting local schools and community members for possible cases of child labor, and finally the local Health and Social Action Agents can report cases of observed child labor. These children are working precociously as a result of their poor economic status and it is the job of community and PETI workers to promote this form of assistance to the family and child. In addition to the child

having a location to go to before or after school, the family is provided with a monthly allowance that can help take the place of the otherwise income that would be brought in by the child. Other forms of motivation for a child's participation include the mother knowing that her child will be safe and away from the street life throughout the day and that they will be receiving a nutritious and well balanced lunch.^{14, 15}

In December of 2005, PETI was incorporated into the Bolsa Familia Program with the hopes of unifying the conditional cash transfer programs and reaching out to a greater population. As a result of this merger, PETI has been able to promote its same message but at a larger scale with the incorporation of more schools and municipalities. An important aspect to this program is to incorporate the community through the staff and meetings with the children and their families. It is through these measures that the Ministry of Social Development and Combating Hunger (MDS) and local authorities can assure success within the program.¹⁵ Despite the many benefits that have come along with the BFP's inclusion of PETI, there have been some backlashes within the community. Many families fear that their BFP benefits will decrease if their child participates in PETI, and as a result some are taking their children out of the program.¹⁶ The people feel that their current amount of Bolsa Familia benefits would have a greater impact on the child than if these benefits diminished and the child participated in PETI. This being said, PETI has taken on the responsibility of fighting child labor in Brazil and succeeded. The percentage of child workers decreased by 39.1% between 1992 and 2003 and the number will surely decrease as more children are incorporated into the program with the help of the BFP.¹⁷

IV. Food Security:

According to the United States Department of Agriculture (USDA), household food security is defined as the access for all household members to a nutritionally adequate diet that is

acquired in a socially acceptable manner. This assures that the family is financially capable to support each family member's diet and that the diet is both substantial and includes various sources of nutrition.¹⁸ The issue of food insecurity arises once there is an obstruction in the family's ability to provide each member of the household with a sufficient amount of food throughout the day. These problems can arise from a variety of sources that include financial resource constraint, lack of access to nutritious foods, and a lack of proper health education. When speaking of policy design, there is distinction within the sources of food insecurity, which are classified as transitory food insecurity and chronic food insecurity. Transitory food security is described as the risks associated to the lack of access or availability of food as a result of an environmental condition such as drought or a region's off-season. On the other hand, chronic food insecurity is associated with poverty and the lack of ability to purchase an adequate diet.¹⁹ In terms of Brazil, chronic food insecurity is of greater concern and measures have been taken to combat this through the implementation of the Bolsa Familia Program.

The issue of food security has taken precedence in many of Brazil's recent policies as a result of a greater understanding of the ways in which it is associated with poverty. This has most noticeably taken the form of the *Fome Zero* strategy and the various conditional cash transfer programs. These monetary benefits work towards reducing the nation's problems of inequality and malnutrition by way of providing these low income families with a means in which they can improve their quality of life. The money acquired from the Bolsa Familia Program is intended for the family to spend it in such a way that has the greatest impact on the family's well being. This can range from addressing direct needs, such as purchasing food, to making investments that will further improve the family's economic standing. Each decision made by the family

plays a direct role in the level of food security, because as one's income grows, so does the opportunity to buy a greater amount of nutritionally adequate and safe foods.

Conditional cash programs, such as the BFP, help provide families with the means to fight poverty and food insecurity, but many policy makers believe that these CCTs have failed to reach their full potential. Research has shown that it is imperative to look beyond the poverty and malnutrition statistics because often it is difficult to determine a household or community's status through these figures.¹⁰ Food security is a measurement that illustrates the level of hunger and poverty, but the sources of these issues are what truly need to be investigated. Some of the factors that play a role in one's level of household food security include: financial income, geographic location, access to various nutritious foods, number of people living in the house.²⁰ The Bolsa Familia Program addresses this issue of household surveys through the incorporation of various health and social action agents that visit the houses and evaluate the situation of individual communities.

A main focus of the BFP is to assist in the development of child or adolescent's health and cognitive skills. In addition to the mandatory rate of school attendance and health checkups, this development is supported by the monetary benefits that are used to purchase the child's food. As studies have shown, there is an association between a child's level of food security and their overall mental and physical health. The roots of this correlation can be found through biological, environmental, and psychological mechanisms that affect the child.

Biologically, the level and quality of food intake affect the child's general growth pattern and performance in school. In terms of physical growth, a problem in the child's general weight and height progression are often related to micronutrient deficiencies.²¹ According to Dr. Cláudio Berhends, a nutritionist in Santo Antônio de Jesus, a child should eat five meals a day, which

includes the three main meals and two snacks. By doing this, the child will be able to receive a constant source of energy throughout the day and as result not overeat or undernourished themselves at any given point of the day. He also went on to state that a result of this eating pattern, a child will be more attentive in class and as a result perform better in school.

The ways in which a child's food security is affected by environmental and psychological mechanisms are often interrelated. One's home environment can either be a place of stability or disturbance depending on the family's general life circumstances, and this situation can have a direct impact on the child's mental health. Lawrence Aber's study on poverty and child health explains that "parents experiencing economic difficulties tend to have difficult relationships with their children." The factors of this type of home environment cause the parents to constantly deal with the stresses of financial insecurity, which can lead to problems with the marital relationship and not providing the child with a sufficient amount of care and attention.⁴

Limitations and Delimitations:

The allotted timeframe for this research project was four weeks, beginning on November 13th and ending on December 14th, which included the process of gathering data and writing the research paper. This limited amount of time resulted in the evaluation of specific subjects and topics that pertained directly to my study. As a result of these measures of exclusion, this data cannot be used as representation of Santo Antônio de Jesus, but rather of those living within the *bairro* of Radio Clube.

The main objectives of my research project were to investigate the ways in which the Bolsa Familia Program influences a family's level of food security along with the impacts that that the program has on the mental and physical development of adolescents. These

predetermined conditions of my study led to me deciding to work in the impoverished community of Radio Clube due to its large percentage of Bolsa Familia recipients. The intended age group of 10 to 15 year olds was decided as my focus group because their ages fall within the parameters of Bolsa Familia. It is for this reason that I decide on performing my questionnaires at Colégio Estadual Renato Machado, where there was a large quantity of adolescents that could possibly fit into my study.

Due to the time constraints on my project, I utilized the method of convenience sampling in both my questionnaire and field surveys. This allowed me to follow through with my specific plan of research and obtain relevant data in a timely manner. This form of sampling proved to be effective in obtaining specific data, because it ensured the participation of people receiving Bolsa Familia benefits and children within a specific age range. As a result of this form of non-probability sampling, the data is influenced by a selection bias that cannot be used as a proper representation of the town. Another form of limitation occurred through the interview questions, because I could have directly influenced the outcome of some answers as a result of my word choice. This form of bias arises from my preconceived notion of the subject matter and the answers that I am seeking. Even with these applied constraints, this study does provide important results that can be used to evaluate the ways in which the BFP is affecting this class of people.

Methodology:

The information gathered throughout this research process was collected by means of the triangulation strategy, which incorporated participant observation, questionnaires, and interviews. This mixture of quantitative and qualitative research allowed for a more in depth

investigation of the Bolsa Familia Program and its impact on the community's level of food security. These three techniques of collecting data were performed in various locations throughout Santo Antônio de Jesus, but all focused on the topics relevant to the neighborhood of Radio Clube. The combination of these research tools examined the question at hand in such a way that provided information from a variety of sources and viewpoints that resulted in a clearer understanding of the study.

I. Participant Observations

The information that I gathered throughout this aspect of the research program served as a basic introduction to the community and topics of concern. The knowledge that I gathered through participant observations was a result of my complete immersion into the community and willingness to be taught by each scenario that presented itself. The general organization of this section was to start out broad and gradually focus on a specific area of study as I learned more about the role of the Bolsa Familia Program and layout of the town.

During the first week of the research program, I worked with my advisor, Dr. Cláudio Berhends, as he visited his assigned health posts and attended to the patients requiring nutritional advice. Throughout these appointments, I would listen to the conversation and obtain information about local nutritional problems and the ways in which the patients are informed to better their health. With time, I was able to decide on the community that would serve as my basis for the research. It was here that I was able to interact with various establishments, such as PETI and the local health post, and have the opportunity to get to know the community of Radio Clube. Once the contacts were made within the *bairro*, I was able to gather my information together and prepare for the interviews and distribution of the questionnaires.

II. Questionnaires

The questionnaires were passed out to a classroom of 33 students at Colégio Estadual Renato Machado. This school was chosen based on its proximity to the health post of Raidio Clube and the high level of student participation in the Bolsa Familia Program. Maria São Pedra Andrade dos Santos, the school's assistant director of the afternoon term, assigned me a classroom in the sixth série, or seventh year of schooling. This class was chosen as a result of its time convenience and due to the fact that the majority of the students fell within my study's focus age range of 10 to 15 years old.

Once in the classroom, Cláudio and the students' instructor introduced me to the students and I explained my project and the importance of their participation. I orally asked for their consent and informed them that their personal information would not be used and that they were not obliged to answer every question, if they felt as if it was uncomfortable. Prior to this, the assistant director looked over the questions and gave me the approval to distribute the questionnaires to the students. As questions arose about further clarification of a question on the sheet, I would help answer them with the help of Cláudio and the instructor. After each student finished the questionnaire, they would exit the room in order to not distract the other students and ensure the validity of the questionnaire. Once all of the questionnaires had been completed, Cláudio and I thanked the participants for their contribution to my study and headed back to the health post. A copy of the questionnaire can be found in Appendix A.

III. Interviews

Throughout the research project, I used two different styles of interviews that differed in terms of formality and structure. The more formal interviews took place at the Secretary of Social Action, where I was able to ask questions to the coordinators of both the PETI and Bolsa Familia programs. The second set of interviews that I conducted took place in the community of

Radio Clube. It was there that I was able to talk to people at the health post and visit the homes of families that participate in the BFP. These interviews were more open-ended and structured in such a way that encouraged the family members to go into greater depth.

Prior to my meetings at the Secretary of Social Action, I prepared a list of questions for both coordinators that focused on the background of each program and the ways in which they are used to address the issue of food security. My first interview was with Simone Góes, who is the coordinator of the Eradication of Child Labor Program. This interview took place in her office and I was able to tape record the conversation. This was an important aspect of my research process because I was able to obtain first hand information on the impact that PETI has at a local level. The information that she provided was clear and effective in answering many questions that were region specific to Santo Antônio de Jesus. The second interview that I conducted was with the local coordinator of the Bolsa Familia Program, Lili Alexandre. It followed a similar format as the one with Simone Góes, but a little more comfortable since I had worked with her during the previous weeks. In addition to providing me with answers to my questions, she provided me with fact sheet that included statistics about the amount of people covered under Bolsa Familia in Santo Antônio. These two coordinators were chosen as the subjects of my interviews because they are the local representatives of their respective programs and as a result the most informed. Both Lili Alexandre and Simone Góes had made themselves accessible to me by offering their assistance if needed. The list of questions for both interviews can be found in Appendix B and C, respectively.

The final aspect of my research consisted of interviewing residents of Radio Clube that received benefits from the Bolsa Familia Program. Throughout this part of the study, I was greatly helped by the nurse and health agents of the Aurelino Pereira dos Reis Health Post in

Radio Clube. Upon my arrival to the post, the nurse, Simone, had already established sources for my interview. These people were waiting in line for a medical consultation and volunteered to talk to me and answer my questions. I conducted my interview inside of the health post to a group of four people, three women and one man. After these interviews were completed, I was shown around the *bairro* by Rejiane, a health agent. As we walked around, she would introduce me to families that were recipients of Bolsa Familia benefits and I would carry out my interview in the families' living room. The subjects of my interviews were chosen out of convenience under the criteria of living in Radio Clube and participating in PBF. By the end of the day I completed eight interviews that provided me with personal accounts of how the program has affected their lives and the overall well-being of their children. A copy of the questions is located in Appendix D.

Results:

The combination of the three research techniques produced a variety of data that led to the evaluation of the ways in which the Bolsa Familia Program affects the level of household food security. This section evaluates the corresponding data to each of the three methods of research: participant observation, questionnaire, and interviews.

I. Participant Observation

As a result of my time with Cláudio Berhends and visiting the different health posts, I was able to obtain a better understanding of the ways in which nutrition affects the people of Santo Antônio de Jesus. Three key topics that were observed included: Cláudio's role as a nutritionist, the understanding of local nutritional problems, and the source of these nutritional problems. Dr. Cláudio is employed by the Núcleo de Apoio à Saúde da Família (NASF), which is made up of

various health specialists that provide support to the primary level of health care through prevention practices and the promotion of health. He explained that the major nutritional problems of this town are a result of an excess of foods that have a high level of calories and minimum nutritional benefits. The most common issue being obesity, which he claims to be a result of a lack of financial ability to buy more nutritious foods and because of the region's customary diet of protein, carbohydrates, and fat.

II. Questionnaire

The objective of this aspect of the research was not to determine the amount of BPF participants, but rather to survey the student's opinion of food security and the ways in which it affects them. The word "food security" can be intimidating, especially to a group of ten to fifteen year olds, which is why the questionnaire is designed in such a way that evaluates food security through more basic language. The questions used were inspired by the USDA Food Insecurity Module and configured in such a way that would be relevant to the students and my study. Cláudio Berhends also helped with the questions by helping me decide which foods to include in the final question of the survey. The questionnaire was broken up into two different sections, which were titled "Household" and "Health". This provided results that described the issue of food security from both a social and health aspect.

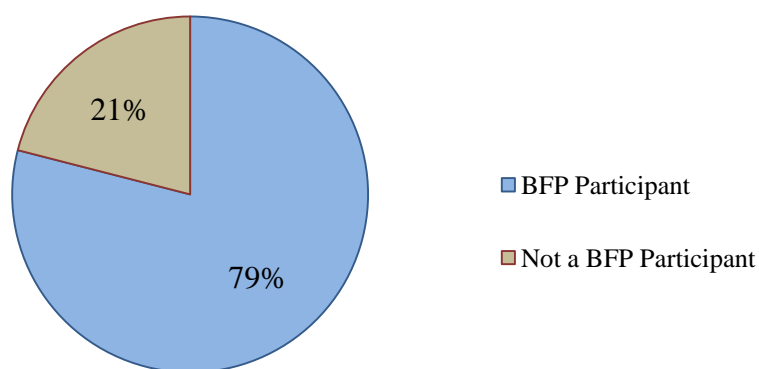
a. Household

Color	Number of Students	Percentage
Negro	16	48.5%
Pardo	11	33.3%
Branco	5	15.2%
Amarelo	1	3.0%
Vermelho	0	0.0%

Table 2: Class Demographics According to Color of Skin

The majority of the students that participated in the questionnaire classified themselves as Black and lived in the *bairro* of São Benedito. This is the *bairro* in which the school is located in and is a neighboring community to Radio Clube that experiences many of the same problems associated with poverty. The goal of the questionnaire section was to investigate the family dynamic of the students by asking questions about the members of their family and the environment that surrounds their mealtime. Three questions stick out in importance from this section, which focus on the parents' professions, the number of people that they eat with compared to the number living in the home, and if they receive benefits from the Bolsa Familia Program.

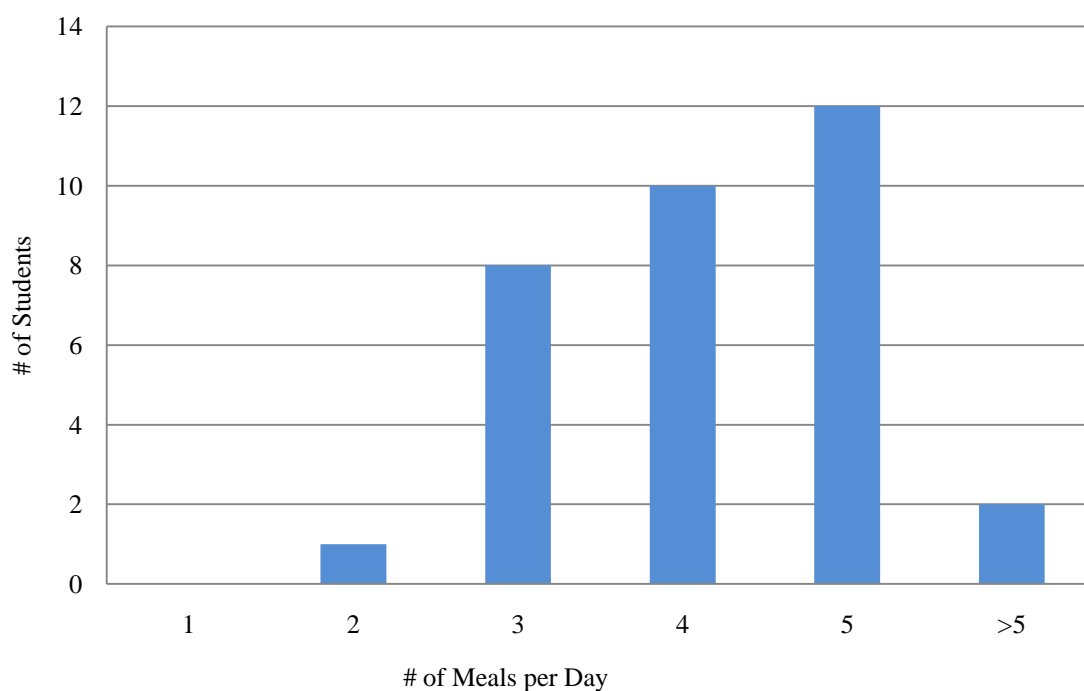
The following descriptions and graph illustrate significant statistics that were discovered as a result of the answers related to these topics. In addressing the matter of the parents' job situation, four out of the thirty-three students (12.12 %) stated that neither of their parents were currently working. Out of the entire classroom population, eight students lived in a household that was headed by a single mother, of which five are employed. In terms of the amount of people that the students eat their meals with at home, thirty out of the thirty-three students (90.91 %) eat their meals at home with at least all of the household's residents.



Graph 1: Percentage of students that participate in BFP

This graph depicts the difference between the amount of students that receive Bolsa Familia benefits and those who do not. The study resulted in depicting that there were twenty-six students participating in the Bolsa Familia Program out of the class of thirty-three, resulting in a 78.78 % participation rate. Of these twenty-six students, twenty said that there have been improvements in their diet as a result of participating in the program (83.33 %), four responded that there have been no changes (16.66 %), and two participants did not respond. The following question exposed that of these twenty-six students, twenty said that their families purchased material other than food with the PBF money (76.92 %), while six said that their families had not (23.08 %).

b. Health



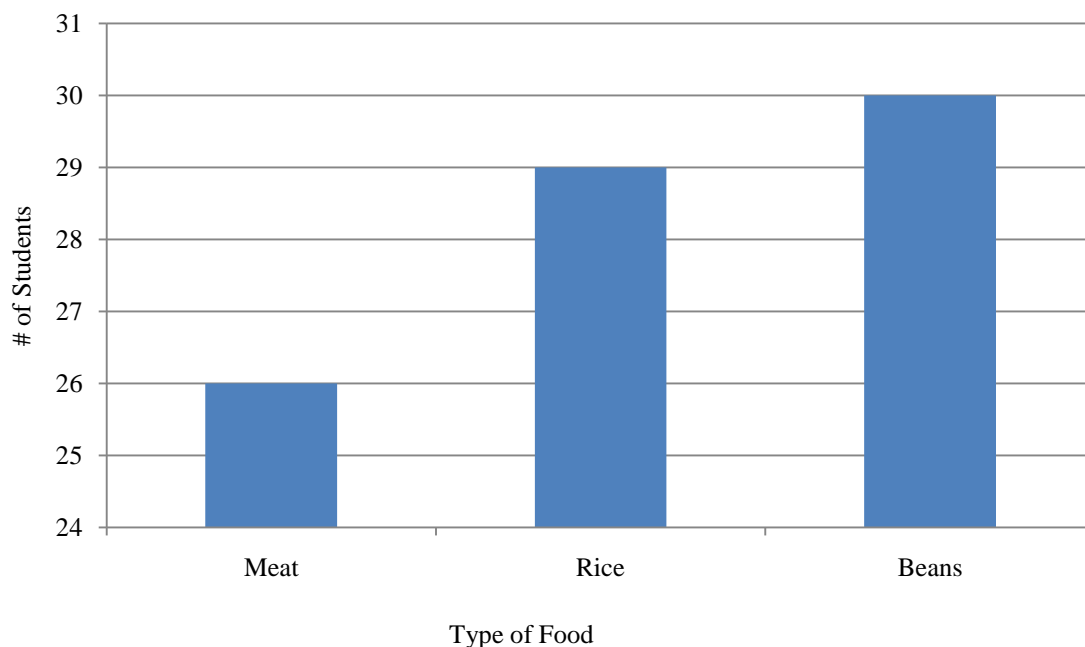
Graph 2: A chart representing the number of students vs. the number of meal that they eat per day

This graph illustrates that the majority of students in the class eat five meals a day (36 %), whereas very few eat more than that. In addition to providing information on the number of meals that the students eat, they were asked to answer questions on whether or not they felt as if their diets were substantial and healthy. The results for these to inquiries can be found in the table below.

	Yes (# of Students)	No (# of Students)	Percentage of Yes Answers
Do you think that you eat enough throughout the day?	30	3	90.9%
Do you think that you have a healthy diet?	28	5	69.7

Table 3: Percentage of students that think that they have an ample and healthy diet

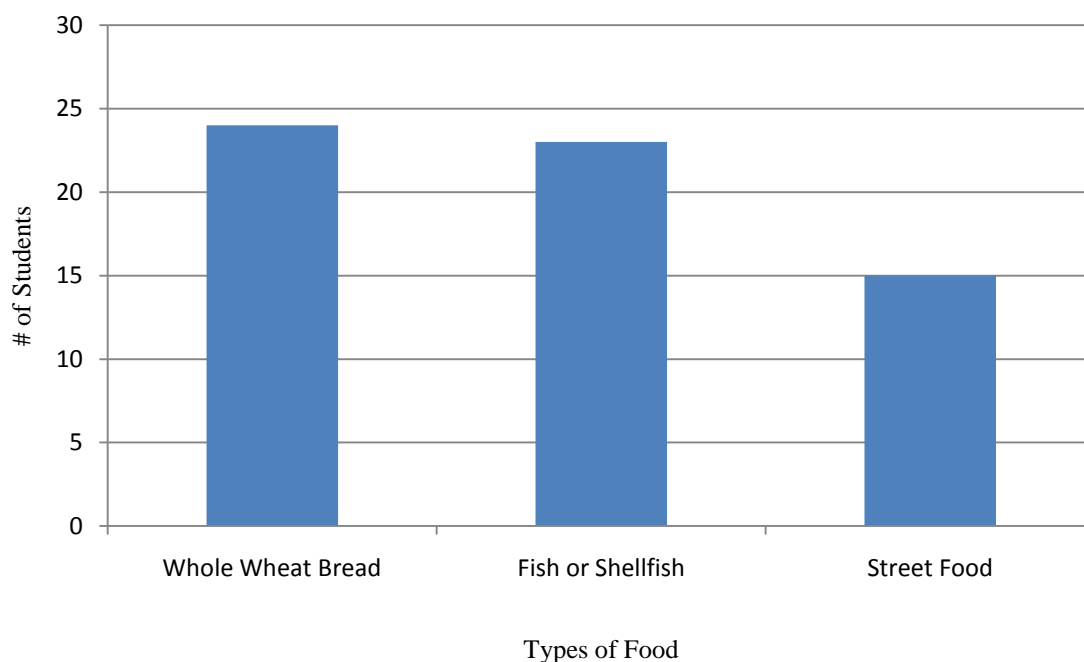
The final aspect of the questionnaire included an evaluation of which foods are most frequently found in the students' diet. The information from this section concluded that the items eaten with the most frequency were those related to the basic Bahian diet of rice, beans, and meat. The graph below represents the relationship between the three most consumed foods and the number of students that consume these foods with frequency greater than four times a week.



Graph 3: Representation of the number of students vs. the most popular foods consumed

In addition to these core foods, the results of the questionnaire illustrate that water and juice are essential aspects of the students' diet. Twenty-nine of the students stated that they consume water more than four times a week. While this is a very large representation of the class, nineteen of those twenty-two students drink water either only once a day (17 of the 19) or five to six days out of the week (2 of the 19). This lack of water poses a health problem, because as Cláudio Berhends stated, "a person should consume at least eight glasses of water a day in order to ensure a stable level of hydration and aid in the basic functioning of human cells" (Berhends, Cláudio, Personal Communication. November 20th). The students that are drinking less than this are not meeting this nutritional standard. On a positive note, twenty-three out of the thirty-three students, 69.7 %, stated that they consume fruit more than four times a week. These results clearly show that the main foods being consumed by the students are those that are most accessible and of lower cost.

On the other end of the spectrum, the foods that were least likely to appear in the students' diet included whole wheat bread, fish or shellfish, and street food such as pizza, hamburgers, and *pasteis*. The data presented below represents the number of students that stated that they eat these three specific types of food less than three times a week.



Graph 4: A representation of the number of students vs. the least popular foods consumed

This data illustrates that even though 84.8 % of the students state that they have a healthy diet (Question 2.5), many are leaving out specific types of food that could be healthier substitutes. A complete account of the students' responses for all of the questions can be found in Appendix E.

III. Interviews:

The formal interviews that I conducted with the coordinators of PETI and the Bolsa Familia Program provided me with the background knowledge that would serve as a basis for my community interviews. The main topics covered throughout these interviews with the families of

Radio Clube included the problems associated with poverty and the ways in which the program's monetary benefits have improved their quality of life.

In the first conversation, which took place at the health post, an elderly man explained the current job market and the ways in which it has affected him. He said that it is very difficult to get a job right now because of the minimal opportunities and the heavy competition because there are many people searching for an extra means of income. He feels that the government has recognized this problem and for that reason they are working so hard towards a greater implementation of the BFP (Interview #1). These people in which I interviewed are labeled as the poorest of the poor, and one cannot help but to think what it was like before they were receiving benefits.

In performing my third interview, the mother of the household explained to me her up-and-down history with Bolsa Familia. She went from not receiving to receiving R\$ 112, but then their benefits were diminished by R\$ 68 as a result of her husband's employment card being signed. Her experiences have shown her how big of a difference that money makes in the overall wellbeing of the family. She stated that during times of less income, the effects are not represented on her children in the form of cutting back on the quality or quantity of meals, but rather the burden is placed on herself and her husband. Life was more secure with the larger sum of money because she was able to set this aside for specific needs associated to the wellness of her children, such as clothes and school materials. Like before, she is experiencing new financial problems and is forced to take the money out of their family's savings in order to support their children (Interview #3).

As the coordinator of the Bolsa Familia Program, Lili Alexandre, said, "The purpose of the monetary benefits is to promote the overall wellbeing of the entire family's situation. Once the

money is in the hands of the mother, it is up to her to decide on how to best use those benefits.”⁸

The majority of the mothers agreed that the extra money makes everything easier and acts as a supplement to their already existing form of income. In most households, the quality of diet for the child did not change but it was the mother and father’s health that were being directly affected. Now with the money, they are able to save up and live with a peace of mind knowing that more will come each month.

While walking around the community with Rejiane, it was rare to pass a house that did not have a television and antenna. This made me think whether there could have been a better way of spending their money if they are suffering from financial instability. This same feeling was solicited as I walked into the house of my last interview and saw a motorcycle and television set in the living room. I asked Lili about what I presumed to be a problem and she informed me on the ways in which goods, such as motorcycles and food carts, can be used to increase a family’s income and level of food security. Actions in which a family is able to save money and purchase a good to further improve their economic status are promoted by the BFP. In the case of the motorcycle, people commonly use them around Santo Antônio de Jesus in the form of a taxi (moto-taxis). This self-employed business operation guarantees the person a steady form of income in which they receive all of the profits.

Throughout my findings, I was constantly told that the benefits have helped towards the child’s diet because more nutritious foods have been included into their new eating habits. In terms of child development, many mothers could not tell a difference, but they explained that the greatest difference in the quality of life was with the adults and not the children. This data suggests that the benefits from the BFP assist the families by providing them with additional cash that can be used in whichever way seems to address the most prominent issue of their lives.

Conclusion:

As a result of the combined methods of research, the data suggests that the benefits from the Bolsa Familia Program are being used in such a way that promotes both food security and adolescent development. This claim is mostly supported by the analyses of the questionnaire and interview responses. It is through these two means that one is able to fully understand that both the parents and children feel as if the issue of food security is of importance. This was revealed through the words of the mothers when they informed me that their child's level of food intake always took precedence, even when there was barely enough money. The cash benefits of the program have helped to further improve the quality of food for the families along with allowing them to save money in order to ensure financial security. These two measures hit at the heart of food security, which is obtained by the parents having the financial capability to provide their family with a substantial and healthy source of food. This action of saving money also provides the family with a peaceful state of mind, knowing that there are backup resources if something were to go wrong.

This sense of home stability, as a result of obtaining food security, assists the adolescent in continuing with a proper rate of development. As a result of the assistance brought about by an increase in family income, the child is likely to experience less stress at home and experience a higher availability of food. These two factors are the foundations in which a clear head and a healthy body are built.

The Bolsa Familia Program values the importance of children by providing them and their families with the means to uphold a healthier lifestyle and work towards breaking free from the current cycle of poverty. This study confirms that the Bolsa Familia conditional cash transfers do play a large role in improving the level of food security of its recipients. Through

the successful implementation of this program, Brazil has shown other nations that hunger and poverty eradication is possible in a sustained manner. The Bolsa Familia Program continues to increase its impact throughout Brazil and the world as it inspires and assists in the implementation of similar CCT programs on a global scale.

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Appendices:

Appendix A

Principal Investigador: Felipe Dest

Projeto: “Uma Avaliação do Programa Bolsa Família e o Impacto sobre a Segurança Alimentar em Santo Antônio de Jesus”

SIT – Salvador, Brasil

Questionário

Data: _____

Nome: _____

Idade: _____

Sexo: M / F

Cor:

branco

negro

amarelo

pardo

vermelha

Bairro: _____

Endereço: _____

1. Domicílio

1.1 Com quem você mora?

Pai

Mãe

Avô

Avó

Irmãos (#____)

Outro (#____)

1.2 Seu pai ou sua mãe trabalha? Onde?

Sim

Pai _____

Mãe _____

Não

1.3 Quais são as refeições que você faz na sua casa?

Café da manhã

Lanche da manhã

Almoço

Lanche da tarde

Jantar

1.4 Com quem você realiza as refeições em casa?

Pai

Mãe

Avô

Avó

Irmãos (#____)

Outro (#____)

1.5 Onde você realiza a refeição principal?

- Casa
- Escola
- PETI
- Outro _____

1.6 Sua Família participa no programa de Bolsa Família?

- Sim
 - Houve melhoras na alimentação?
 - Sim
 - Não
 - Você já comprou algo diferente de alimentos com esse dinheiro?
 - Sim
 - Não
- Não

1.7 Você participe do programa do PETI?

- Sim
- Não

2. Saúde

2.1 Quantas refeições você faz por dia?

- 1
- 2
- 3
- 4
- 5
- >5

2.2 Você acorda com fome?

- Sim
 - Com que frequência? _____
- Não

2.3 Você vai dormir com fome?

- Sim
 - Com que frequência? _____
- Não

2.4 Você acha que come suficiente pelo dia?

- Sim
- Não

2.5 Você acha que tem uma alimentação saudável?

- Sim
- Não

2.6 Você perdeu aula alguma vez este ano por estar doente?

- Sim
 - Qual foi a doença? _____
- Não

2.7 Com que frequência você consome os seguintes alimentos? Marca o alimento com o número apropriado.

[1] – Mais de uma vez ao dia

[2] – Todos os dias

[3] – 5-6 dias pela semana

[4] – 3-4 dias pela semana

[5] – 1-2 dias pela semana

[6] – Pelo menos uma vez pelo mes

[7] – Quase nunca ou nunca

Pão doce (milho ou leite)

Pão com sal (francês)

Pão integral

Biscoito

Bolo

Bombons

Fruta

Legumes e salada

Peixe e mariscos

Frango

Carne

Arroz

Massas (macarrão)

Feijão

Comida frita (frango, carne, peixe, acarajé, etc.)

Lanches (pizza, hambúrguer, pastel, coxinha, etc.)

Suco

Refrigerantes

Agua

Leite

Café

Farinha de mandioca

3. Seria possível fazer um próximo contacto?

Sim

Não

Appendix B

PETI Interview Guide with Simone Góes

1. Você pode explicar a incorporação do PETI com Bolsa Família e a importância de isso?
2. Como é que um jovem entra ao PETI?
3. Durante minha pesquisa eu falei com uma mãe que não entrou a seu filho ao PETI por medo de perder os benefícios do PBF. Isso é verdade? Acontece muito?
4. Qual é a importância de melhorar o nível de segurança alimentar dentro do PETI?
5. Como tinha melhorado o problema de trabalho infantil dentro de Santo Antônio de Jesus?
Como acha que o programa pode melhorar?

Appendix C

Bolsa Familia Interview with Lili Alexandre

1. Quais são as condicionalidades que uma pessoa tem que cumprir para ser parte do Programa Bolsa Família? Quais são os benefícios?
2. O foco do Programa Bolsa Família é mais para melhorar a qualidade da vida para o jovem ou a família toda?
3. Qual é o percentagem das pessoas dentro de Santo Antônio de Jesus que participam no PBF? Qual é o salário mínimo do Brasil?
4. Como é o processo desde quando uma pessoa pede para ser parte do programa e quando recebem os benefícios?
5. Quais são umas críticas do Programa Bolsa Família?

Appendix D

Interview Questions for Radio Clube Residents

1. Quantas pessoas moram com você? Quantos filhos?
2. Por quanto tempo você está recebendo os benefícios do PFB?
3. Como é que os benefícios do PFB ajudaram a sua família?
4. O que você usou os benefícios para comprar?
5. Como foi antes quando vocês não receberam os benefícios do PFB?
6. Como é que o programa ajudou a seu filho?
7. Você acha que sua família se alimenta bem? Onde você compra sua comida?

Appendix E

Results of Questionnaire

	A	B	C	D	E
1	Student #	Idade	Sexo	Cor	Bairro
2	1	14	F	Parda	São Benedito
3	2	13	F	Negra	Praça Padre Mateus
4	3	17	F	Parda	São Benedito
5	4	13	F	Negra	São Benedito
6	5		F	Negra	São Benedito
7	6	14	F	Parda	São Benedito
8	7	14	F	Negra	São Benedito
9	8	15	F	Negra	São Benedito
10	9	13	F	Negra	São Benedito
11	10	13	F	Branca	São Benedito
12	11	15	M	Pardo	São Benedito
13	12	12	M	Pardo	São Benedito
14	13	12	F	Parda	São Paulo
15	14	13	M	Branco	São Benedito
16	15	13	F	Parda	Urbis III
17	16	12	F	Parda	Santa Terezinha
18	17	12	M	Pardo	São Benedito
19	18	15	F	Negra	São Benedito
20	19	12	F	Negra	São Benedito
21	20	15	M	Negro	Urbis III
22	21	12	M	Amarelo	São Benedito
23	22	15	F	Negra	Santa Terezinha
24	23	16	M	Negro	Radio Clube
25	24	17	M	Negro	Santa Terezinha
26	25	14	M	Negro	São Paulo
27	26	13	F	Parda	São Benedito
28	27	14	M	Negro	São Benedito
29	28	14	M	Pardo	São Benedito
30	29	14	F	Branca	São Benedito
31	30	14	F	Branca	São Benedito
32	31	14	M	Negro	São Benedito
33	32	12	F	Branca	Santa Madalena
34	33	16	M	Negro	São Benedito

	F	G	H	I	J
1	1.1	1.2	Pai	Mãe	1.3
2	Mãe, Avó , Irmão	Sim	X		C-LM-A-LT-J
3	Pai, Mãe, Avó	Sim	X		C-LT
4	Pai, Mãe	Sim	X		C
5	Mãe	Sim		X	A
6	Pai, Mãe	Sim	X	X	C
7	Pai, Mãe, Irmãos (2)	Sim	X	X	C-A-LT-J
8	Mãe	Sim		X	C-A-J
9	Mãe	Não			C-A-LT-J
10	Pai, Irmão	Sim	X	X	C-A-LT-J
11	Pai, Mãe, Irmão	Sim	X		C-LM-A-LT-J
12	Pai, Mãe, Irmão	Não			C-A-J
13	Pai, Mãe, Irmão, Outro	Sim	X		C-A-LT-J
14	Pai, Mãe, Irmão	Sim	X		C-A-LT-J
15	Pai, Mãe, Irmãos (2), Outros (2)	Sim	X	X	C-A-LT-J
16	Mãe, Irmão	Sim	X	X	C-LM-A-LT-J
17	Pai, Mãe, Irmão	Sim	X		C-LM-A-LT-J
18	Pai, Avó , Irmão	Sim	X		C-LM-A-LT-J
19	Mãe	Não			C-A-J
20	Mãe, Irmãos (3)	Sim	X	X	C-LM-A-LT-J
21	Pai, Mãe, Irmãos (2)	Sim	X		C-A-LT-J
22	Pai, Mãe	Sim		X	C-LM-A-LT
23	Mãe	Sim		X	C-LM-A-LT-J
24	Pai, Mãe, Irmão	Sim	X	X	C-A
25	Pai, Mãe, Irmãos (7)	Sim	X		C-A-J
26	Pai, Mãe	Sim	X	X	C-A-LT-J
27	Pai, Mãe, Irmão	Sim	X	X	C-A-LT-J
28	Pai, Mãe, Irmão	Sim	X		C-A-J
29	Pai, Mãe	Sim	X	X	C-A
30	Mãe	Não			C-A-J
31	Mãe, Irmãos (3), Outros (2)	Sim	X	X	C-LM-A-LT-J
32	Pai, Mãe, Irmãos (3)	Sim	X	X	C-LM-A-LT-J
33	Pai, Mãe, Irmãos (4)	Sim	X	X	C-A-LT-J
34	Pai, Mãe, Avó, Irmãos (2)	Sim	X	X	C-A-J

	K	L	M	N
1	1.4	1.5	1.6	Better Eating Habits
2	Mãe, Avó , Irmão	Casa	Sim	
3	Pai, Mãe, Avó	Casa	Sim	Sim
4	Pai, Mãe, Irmão	Casa	Sim	Sim
5	Mãe	Casa	Sim	Sim
6	Pai, Mãe, Irmão	Casa	Sim	Sim
7	Pai, Mãe, Irmãos (2)	Casa	Sim	Sim
8	Mãe, Irmão	Casa	Sim	Sim
9	Mãe	Casa	Não	
10	Pai, Irmão	Casa	Sim	Sim
11	Irmão	Casa	Sim	Não
12	Pai, Mãe, Irmão	Casa	Não	
13	Pai, Mãe, Irmão, Outro	Casa	Sim	Sim
14	Pai, Mãe, Irmão	Casa	Sim	Sim
15	Pai, Mãe, Irmão(1), Outros (2)	Casa	Não	
16	Mãe, Irmão	Casa	Sim	Não
17	Pai, Mãe, Irmão	Casa	Não	
18	Pai, Avó , Irmão	Casa	Sim	Sim
19	Pai, Mãe, Irmão	Escola	Sim	Sim
20	Mãe, Irmãos (3)	Casa	Sim	Sim
21	Pai, Mãe, Irmãos (2)	Casa	Não	
22	Pai, Mãe, Irmão	Casa	Sim	
23	Mãe	Casa	Não	
24	Pai, Mãe, Irmão	Casa	Sim	Não
25	Pai, Mãe, Irmãos (7)	Casa	Sim	Sim
26	Pai, Mãe	Casa	Sim	Não
27	Pai, Mãe, Irmão	Casa	Não	
28	Pai, Mãe, Irmão	Casa	Sim	Sim
29	Pai, Mãe, Irmão	Casa	Sim	Sim
30	Mãe	Casa	Sim	Sim
31	Mãe, Irmãos (3), Outros (2)	Casa	Sim	Sim
32	Pai, Irmãos (3)	Casa	Sim	Sim
33	Pai, Mãe, Irmãos (4)	Casa	Sim	Sim
34	Pai, Mãe, Avó, Irmãos (2)	Casa	Sim	Sim

	O	P	Q	R	S	T	U
1	Purchase Non-food products	1.7	2.1	2.2	2.3	2.4	2.5
2	Sim	Não	>5	Não	Não	Sim	Sim
3	Não	Não	5	Não	Não	Sim	Sim
4	Sim	Não	4	Não	Não	Sim	Sim
5	Sim	Sim	5	Sim	Não	Sim	Não
6	Sim	Sim	5	Sim	Não	Sim	Não
7	Sim	Não	4	Sim	Sim	Não	Sim
8	Não	Não	3	Sim	Não	Sim	Sim
9		Não	>5	Não	Não	Sim	Sim
10	Sim	Sim	4	Não	Não	Sim	Sim
11	Não	Não	5	Sim	Não	Sim	Sim
12		Não	3	Não	Não	Sim	Sim
13	Sim	Não	4	Sim	Não	Sim	Sim
14	Sim	Não	4	Sim	Não	Sim	Sim
15		Não	4	Sim	Não	Sim	Sim
16	Sim	Não	4	Sim	Não	Sim	Sim
17		Não	5	Não	Não	Sim	Sim
18	Sim	Não	5	Não	Não	Sim	Sim
19	Sim	Não	3	Sim	Sim	Não	Não
20	Sim	Não	5	Sim	Não	Sim	Sim
21		Não	5	Sim	Sim	Sim	Sim
22	Sim	Não	2	Sim	Não	Sim	Sim
23		Não	5	Sim	Não	Sim	Sim
24	Sim	Não	3	Não	Não	Sim	Sim
25	Sim	Não	4	Sim	Não	Sim	Sim
26	Não	Não	4	Sim	Não	Não	Sim
27		Não	4	Sim	Não	Sim	Sim
28	Sim	Não	3	Não	Não	Sim	Sim
29	Sim	Não	3	Sim	Não	Sim	Não
30	Sim	Não	3	Sim	Não	Sim	Não
31	Não	Não	5	Sim	Não	Sim	Sim
32	Sim	Não	5	Não	Não	Sim	Sim
33	Sim	Não	5	Sim	Não	Sim	Sim
34	Não	Não	3	Sim	Não	Sim	Sim

	V	W
1	2.6	Doença
2	Sim	febre e vomito
3	Não	
4	Não	
5	Sim	garganta
6	Sim	tosiendo
7	Sim	febre e diarreia
8	Sim	gripe
9	Sim	
10	Não	
11	Não	
12	Não	
13	Sim	gripe
14	Sim	gripe e extrair um doente
15	Sim	gripe
16	Sim	dor de dente
17	Sim	dor de cabeça
18	Sim	febre
19	Sim	dor de barriga
20	Sim	gripe
21	Sim	dor de cabeça
22	Não	
23	Sim	gripe
24	Sim	febre
25	Sim	febre e dor de cabeça
26	Não	
27	Não	
28	Não	
29	Sim	gripe
30	Sim	
31	Sim	gripe
32	Sim	gripe
33	Sim	
34	Não	

	A	B	C	D	E	F	G	H
1	Student #	Pão doce	Pão com sal	Pão integral	Biscoito	Bolo	Bombons	Fruta
2	1	3	3	7	3	2	2	2
3	2	3	1	1	1	1	1	1
4	3	2	2	7	2	4	6	2
5	4	7	7	7	2	6	2	2
6	5	2	7	4	2	3	3	3
7	6	2	2	7	2	2	2	2
8	7	2	2	7	2	4	4	2
9	8	7	2	2	1	5	1	6
10	9	7	2	6	2	2	6	2
11	10	2	2	7	7	6	3	2
12	11	2	1	4	5	6	1	1
13	12	1	2	7	4	6	1	4
14	13	1	7	7	2	1	2	2
15	14	7	2	7	5	5	5	7
16	15	2	2	7	2	2	5	4
17	16	7	7	7	1	1	1	1
18	17	2	2	2	4	5	6	3
19	18	7	2	7	7	7	7	7
20	19	7	2	7	2	3	7	2
21	20	1	2	2	2	2	2	3
22	21	2	7	7	5	4	6	7
23	22	2	2	7	3	3	3	4
24	23	5	5	7	5	6	6	1
25	24	7	7	7	1	1	1	1
26	25	2	7	7	6	6	1	1
27	26	2	2	7	2	5	2	2
28	27							
29	28				2			2
30	29	5	5	5	5	5	3	3
31	30	2	2	7	5	1	2	3
32	31	4	4	7	1	5	1	3
33	32	7	1	7	5			
34	33	3	2	1	2	5	1	5

	I	J	K	L	M	N	O	P
1	Legumes e Salada	Peixe	Frango	Carne	Arroz	Massas	Feijão	Comida Frita
2	2	7	2	2	2	2	2	2
3	1	5	1	1	1	1	1	1
4	2	7	2	2	3	2	2	3
5	7	2	2	2	2	2	2	2
6	5	4	2	2	2	2	2	2
7	3	5	5	5	2	2	2	2
8	2	5	5	4	2	2	2	2
9	7	7	4	1	1	6	5	6
10	2	7	3	5	2	2	2	2
11	2	4	5	2	1	1	1	1
12	2	6	2	2	2	2	2	2
13	5	2	4	5	5	5	2	1
14	2	5	3	2	2	2	2	2
15	5	6	5	4	2	5	3	5
16	4	7	2	2	2	2	2	2
17	1	3	3	1	1	1	1	1
18	2	5	4	3	2	2	1	3
19	7	7	7	2	2	7	2	7
20	5	7	3	2	2	3	3	6
21	7	6	1	1	1	2	2	2
22	5	7	1	1	1	1	1	3
23	5	3	3	2	2	3	3	2
24	5	1		2			2	
25	1	5	1	1	1	1	1	1
26	3	6	4	2	2	4	1	1
27	4	7	5	2	2	2	2	2
28								
29	2		2	2	2	2	2	2
30	5	5	4	3	3	4	3	5
31	7	5	2	2	2	4	2	2
32	5	5	1	2	2	3	1	1
33								
34	2	6	2	2	2	2	2	3

	Q	R	S	T	U	V	W
1	Lanche	Suco	Refrigerante	Agua	Leite	Café	Farinha de Mandioca
2	2	2	4	1	2	5	2
3	7	1	1	1	1	1	1
4	3	2	5	2	2	2	2
5	6	2	5	2	2	5	2
6	3	2	2	2	5	7	4
7	5	3	3	1	2	7	7
8	4	2	2	2	2	2	2
9	1	7	7	2	7	2	1
10	2	2	5	2	5	2	7
11	1	1	5	1	1	1	1
12	5	1	3	1	1	1	7
13	3	2	1	4	2	4	3
14	5	2	2	2	2	2	7
15	5	5	5	2	5	5	2
16	4	2	2	2	6	2	2
17	1	1	1	1	2	2	7
18	6	2	5	1	1	4	4
19	7	2	3	2	7	2	2
20	6	2	3	2	7	2	5
21	5	1	1	2	7	2	7
22	2	5	1	2	7	2	5
23	5	3	4	2	2	2	2
24							
25	7	1	1	1	7	1	7
26	7	2	1	1	2	2	2
27	4	2	5	2	2	5	2
28							
29	2	2	2	2	2	2	
30	5	3	3	3	3	3	3
31	2	2	1	2	7	7	7
32	5	1	4	1	3	5	1
33							
34	3	4	2	3	2	2	2

Appendix F

Projeto: “Uma Avaliação do Programa Bolsa Família e o Impacto sobre a Segurança Alimentar em Santo Antônio de Jesus”

Termo de Consentimento

Eu, _____ aceito participar do estudo “Uma Avaliação do Programa Bolsa Família e o Impacto sobre a Segurança Alimentar em Santo Antônio de Jesus” realizado por Mario Felipe Dest e estou ciente que a minha participação é inteiramente voluntária. Por outro lado, estou sabendo que não serei identificado(a) em nenhum relatório ou publicação que possa resultar desse estudo e que toda informação pessoal obtida através dessa pesquisa permanecerá confidencial e em conformidade com o código de ética médico

Local: _____ Data: _____ de _____ de 2009

Assinatura: _____

Appendix G

ISP Reflection

This ISP process provided me with a unique experience that exposed me to the Brazilian culture and governmental policies that directly impact the lives of the country's impoverished people. This type of research project could not be replicated in the United States, or anywhere outside of Brazil for that matter. This project was very region specific due to fact that the Bolsa Familia Program is Brazil's conditional cash transfer program and it addresses the issues of food security, poverty, and child labor in such a way that identifies with the people and situations of this country. In terms of my contacts, they could not be replicated in the USA because the system of healthcare is different there and lacks many of the institutions that played a vital role in my research. The use of community health posts do not exist along with use of community agents to make personal visits to each house and check on the family's health and general wellbeing. I could have completed the literature review section and other descriptions in the United States with the use of secondary sources, but the focus of these sections would be different from what I currently have. This is true because as I interacted with people in Santo Antônio de Jesus, my thoughts became clearer and I obtained a better understanding of the most important issues and their relationship to my study. This ISP process has greatly modified my learning style because this is the first time that I have written a paper of this magnitude and complexity. Throughout the course of research, I have learned about the importance of organization and that even the smallest details or interactions can have a large impact on the learning process. This program has taught me the importance of being confident in ones work and that it is truly important to enjoy ones work and field of study.

My final monograph consists of mostly primary data, which was supported by facts discovered in the reading of secondary sources. In writing my paper, I decided to focus on a few major themes and I included the data that related to those themes. The information that I excluded from the monograph was not because it was less important, but rather it did not fall into the flow of my paper.

The drop-offs and field exercises were by far my favorite aspect of the program and through them I learned a lot about the people, culture, and problems faced throughout Bahia. These experiences helped my ISP process by teaching me how to respond to entering into a new location and culture. I also improved my observation skills through these trips because of their short time periods. I was able to incorporate these skills into my ISP process and make the most out of my experience. A PHMFSS assignment that helped prepare me for my ISP was the mapping exercise of Nazaré, because it taught me to observe my surroundings because one can determine a lot about a location by noticing things like the condition of roads, infrastructure, types of stores, etc.

The principle problem that I encountered throughout my ISP process was the issue of time management. We are only allotted four weeks to collect data and write the monograph. I was able to deal with this problem by organizing my thoughts and making to-do lists. Another thing that helped with this was talking with my advisor, Cláudio Berhends. He helped me very much throughout this entire ISP process because I feel as if he truly understood what the focus of my study was and he helped in narrowing down the focus area. He was with me throughout the entire process and was easy to contact if I had any questions or problems.

I used a combination of participant observations, questionnaires, and interviews to collect my data. I decided on these three because I felt as if it would provide me with a complete

understanding of the topic. I would be able to take down my personal thoughts, those of the students under constraints, and then of the people through conversation and specific questions. My focus was clear and the topic did not change throughout the process, but it did modify in order to make the research clearer. This was achieved through the help of the Bolsa Familia staff, who provided me with information and introduced me to the PETI program. Cláudio helped me decide on Radio Clube as the location of my research due to its economic standing and location.

Throughout my ISP process, I learned about a different way of life that is found in the inland region of Bahia. The people there were very friendly and welcoming of me and my research project. This project offered me the opportunity to trade experiences and knowledge, which in return provided me an understanding of their dietary habits, forms of occupation, and general way of life. I feel that the Village Study had an effect on my adjustment to the local culture because I stayed in the town once it was done. This did not provide me with a concrete beginning to the ISP process or the initial days of introduction. This was positive in the fact that I had already met my advisor and people I was working with, but it also made me feel as if I not fully integrated into the culture. This is because I had already been known as the being part of the “gringo” group and it was difficult to meet people my age in this small quiet town.

I would recommend a future student to be more prepared in the initial stages of the process because that will help them organize their thoughts and leave them with a clear understanding of their goals. I would definitely undertake this project again; it was a great experience in terms of academics and personal growth. I have learned a lot and would enjoy pursuing further analyses about this topic, especially if it meant a return trip to Bahia.