


Spring 2013

# Economic Empowerment and Gender-Based Violence: A Practicum Study of Action Against Hunger in Post-Conflict Northern Uganda

Laura Simmons-Stern  
*SIT Study Abroad*

Follow this and additional works at: [https://digitalcollections.sit.edu/isp\\_collection](https://digitalcollections.sit.edu/isp_collection)


 Part of the [Family, Life Course, and Society Commons](#), [Gender and Sexuality Commons](#), [Inequality and Stratification Commons](#), [Other Feminist, Gender, and Sexuality Studies Commons](#), [Women's Studies Commons](#), and the [Work, Economy and Organizations Commons](#)

---

## Recommended Citation

Simmons-Stern, Laura, "Economic Empowerment and Gender-Based Violence: A Practicum Study of Action Against Hunger in Post-Conflict Northern Uganda" (2013). *Independent Study Project (ISP) Collection*. 1519.  
[https://digitalcollections.sit.edu/isp\\_collection/1519](https://digitalcollections.sit.edu/isp_collection/1519)

This Unpublished Paper is brought to you for free and open access by the SIT Study Abroad at SIT Digital Collections. It has been accepted for inclusion in Independent Study Project (ISP) Collection by an authorized administrator of SIT Digital Collections. For more information, please contact [digitalcollections@sit.edu](mailto:digitalcollections@sit.edu).



# Economic Empowerment and Gender-Based Violence: A Practicum Study of Action Against Hunger in Post-Conflict Northern Uganda

Laura Simmons-Stern

Project Advisor: Hailu Teka  
Academic Director: Charlotte Mafumbo

School For International Training  
Gulu, Uganda  
Spring 2013

## Table of Contents

<b>ACKNOWLEDGEMENTS</b> .....	<b>3</b>
<b>ABSTRACT</b> .....	<b>4</b>
<b>ABBREVIATIONS</b> .....	<b>5</b>
<b>INTRODUCTION</b> .....	<b>6</b>
<b>BACKGROUND OF ISSUES</b> .....	<b>8</b>
FOOD SECURITY.....	<b>8</b>
GENDER-BASED VIOLENCE.....	<b>10</b>
NORTHERN UGANDA CONTEXT.....	<b>13</b>
<b>RATIONALE</b> .....	<b>16</b>
STATEMENT OF OBJECTIVES.....	<b>18</b>
<b>METHODOLOGY</b> .....	<b>18</b>
FORMAL AND INFORMAL INTERVIEWS.....	<b>18</b>
PARTICIPANT OBSERVATION.....	<b>19</b>
SECONDARY SOURCES.....	<b>20</b>
METHODOLOGY CHALLENGES.....	<b>21</b>
BIASES.....	<b>22</b>
<b>BACKGROUND OF ACF</b> .....	<b>22</b>
MISSION AND OBJECTIVES.....	<b>23</b>
ACF PROJECT OF FOCUS.....	<b>24</b>
<b>ANALYSIS AND DISCUSSION</b> .....	<b>24</b>
CASH TRANSFER ANALYSIS.....	<b>26</b>
<b>CONCLUSION</b> .....	<b>30</b>
RECOMMENDATIONS.....	<b>34</b>
<b>APPENDIX</b> .....	<b>38</b>
FORMAL INTERVIEW QUESTIONS.....	<b>38</b>
MAPS.....	<b>39</b>
CHARTS.....	<b>43</b>
IMAGES.....	<b>44</b>
<b>BIBLIOGRAPHY</b> .....	<b>47</b>

## **ACKNOWLEDGEMENTS**

I would like to thank Charlotte Mafumbo for her guidance and flexibility throughout the practicum. This report would not have been possible without the unfailing help and support of the entire wonderful staff at Action Against Hunger, Gulu office, and the collaboration of the communities with which they work. I would also like to extend a special thank you to Hailu Teka for his continuous support.

## **ABSTRACT**

This project is an exploration with Action Against Hunger (ACF) on gender-based violence and economic empowerment of women in northern Uganda. The two-decade long civil war in northern Uganda has dramatically affected the lives and livelihoods of the population, creating the situation of a basic need for livelihood enhancement. The program that is analyzed utilizes cash transfers for the most vulnerable populations in thirteen sub-counties in the region in order to address the issues of both gender-based violence and lack of reliable economic production. This project realizes the realities of the relationship between gender-based violence and livelihood enhancement and aims to combat the underlying causes.

The intentions of this practicum were to develop an understanding of the work that ACF conducts and the underlying causes of the main issues facing the population in the region. During this practicum period, activities, workshops, meetings and daily workings of the organization were observed. Numerous secondary sources were researched and interviews were carried out amongst both the ACF staff and the beneficiaries of the program. While six weeks is too short of a time to undertake a full, comprehensive understanding and analysis of the success of such a program, it was found according to the practicum, that this program is of great importance and has had meaningful successes; the context of northern Uganda is unique and any program that looks to address the issues facing the communities must also take a unique approach that addresses the underlying issues in order to create sustainable and effective change, which ACF has done.

In the following and concluding year of the “Combating Gender-based Violence and Enhancing Economic Empowerment of women in Northern Uganda through cash transfers” project there are ways in which it can improve in order to best help the communities it works in. This practicum revealed the challenges that the organization faces, and the views of the beneficiaries on such a project.

## **ABBREVIATIONS**

ACF – Action Contre La Faim (Action Against Hunger)

CBO – Community based organizations

CRESO - Community Rural Empowerment and Support Organization

CBI – Cash-based Initiative

CT – Cash-transfer

GBV – Gender-based violence

HAP – Household Appraisal Plan

IGA – Income Generating Activities

SPM - Selective Planning and Management

LEARN - Livelihood and Economic Recovery in Northern Uganda

LRA - Lord's Resistance Army

NGO – Non-Governmental Organization

RNE – Royal Norwegian Embassy

VSLA - Village Savings and Loan Association

## INTRODUCTION

The intent of this practicum period was to analyze the issues of food security and gender inequalities facing communities in the Acholiland region through the work of Action Against Hunger, as well as to develop an understanding of the work that ACF conducts and the underlying causes of the main issues facing the population. The location of this study includes Gulu, Otuke, and Nwoya sub-counties. The researcher collaborated with Action Against Hunger as the Food Security Intern for a five-week period, from the beginning of April to mid-May, with a week of research in preparation beforehand.

Today, the world's wealthiest 17 percent consume 80 percent of the world's resources.<sup>1</sup>This consumption is a direct result of the development of countries; therefore it is inherently an unsustainable use for these resources as more development occurs.If all developing countries achieved a level of development that allowed them to have this same access, there would need to be more than five planet Earth's in order for the consumption to be sustainable.<sup>2</sup>One example is of the United State's expenditure of a quarter of the world's fossil fuel resources with less than five percent of its population.<sup>3</sup>Furthermore, the total ecological footprint, ("land to supply resources and absorb waste") of the average person is 2.3 hectares whereas the planet can only sustain 1.9 hectares per person. Yet this data becomes of more importance when broken down; the average American uses about 9.7 hectares compared to only 0.47 hectares of an average Mozambican for example.<sup>4</sup>

This growing gap between developed and undeveloped countries in terms of resources is pertinent to every aspect of human life, in particular, food access. For instance, 52 years ago, in the industrial world, the average person would consume over ten percent more calories than the average person does in the developing world today,

---

<sup>1</sup> "Social & Economic Injustice." *Biodegradable & Compostable Products: World Centric*. N.p., n.d. Web. 26 Mar. 2013. <<http://worldcentric.org/conscious-living/social-and-economic-injustice>>.

<sup>2</sup> "Ecological Footprint." *Quiz by Center for Sustainable Economy*. N.p., n.d. Web. 26 Mar. 2013. <<http://myfootprint.org/>>.

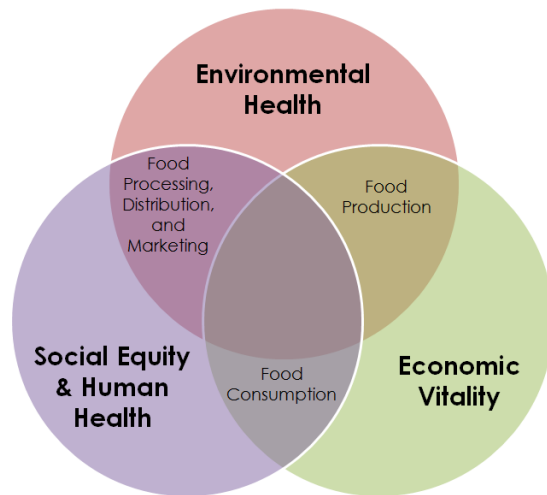
<sup>3</sup> "The State of Consumption Today." *Worldwatch Institute*. N.p., 25 Mar. 2013. Web. 26 Mar. 2013. <<http://www.worldwatch.org/node/810>>.

<sup>4</sup> Ibid.

leading to 825 million people being undernourished today.<sup>5</sup>Not only is this figure disproportionate between developed and developing countries, but it also specifically effects children, as over six million children “under the age of five die every year from hunger related causes.”<sup>6</sup>

The issue of having development wherein there is a realistically sustainable trajectory is essential for the survival of not only our planet but also our species. Sustainable development was first defined in 1987 as “development that meets the needs of the present without compromising the ability of future generations to meet their own needs” by the World Commission on Environment and Development’s report, “Our Common Future”.<sup>7</sup>It is vital that sustainable development is on the forefront of all development projects and governmental plans. With a rapid population growth in developing countries it is even more essential to properly manage resources that are necessarily consumed, such as agriculture production and food security.

The following chart best describes the interconnected relationships between food insecurity, environmental health and social equity, which are all dependent on development, and is essential to understand when looking into possible solutions.



8

**Chart 1.** A demonstration of the interconnectedness of economic vitality, environmental health, and the wellness of individuals, in relation to food security.

<sup>5</sup> Idib.

<sup>6</sup> "Social & Economic Injustice." *Biodegradable & Compostable Products: World Centric*. N.p., n.d. Web. 26 Mar. 2013. <<http://worldcentric.org/conscious-living/social-and-economic-injustice>>.

<sup>7</sup> "What Is Sustainable Development." *DEPweb*. N.p., 2001. Web. 26 Mar. 2013. <<http://www.worldbank.org/depweb/english/sd.html>>.

<sup>8</sup> "Food System Diagram." N.p. Web. <[http://www.foodsecuritynews.com/images/Food\\_System\\_Diagram.png](http://www.foodsecuritynews.com/images/Food_System_Diagram.png)>.



Throughout this practicum the interrelated aspects of sustainable development will be addressed and examined individually and jointly. Those who are most vulnerable to food insecurity by all three pillars are also those who mainly use the least resources. It has been found that the most effective means of combating many underlying issues of development, especially food insecurity and lack of economic equality is through the use of cash transfers. Throughout this paper, these issues will be addressed under the lens of the work of Action Against Hunger in Gulu, Uganda.

## **BACKGROUND OF ISSUES**

### **FOOD SECURITY**

As demonstrated in the chart above, food security is largely contingent on the quality of the environment, social equity as well as the vitality of the economy. Food security is defined by the FAO as existing when, “all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life.”<sup>9</sup>The concept of food security can further be understood within the three components of availability, access and utilization. Availability is related to the “quantity, quality and seasonality of the food supply.”<sup>10</sup>In addition to the presence of proper agriculture, livestock, fisheries and trade, there must also be a “well-functioning market.”<sup>11</sup> Access on the other hand, is related to the household’s capacity of procurement of these foodstuffs at a sufficient level “to satisfy the nutritional needs of all its members,”<sup>12</sup> typically in reference to economic means or income in order to buy food.<sup>13</sup> Last, utilization refers to the way in which the household uses the food such as storage, preparation, household distribution and individual’s ability to absorb and metabolize nutrients, which can be affected by disease

---

<sup>9</sup> *The State of Food Insecurity in the World*. Rep. N.p.: FAO Executive Report, 2012. Print.

<sup>10</sup> *Food Security and Livelihoods Assessments*. N.p.: ACF International Technical Department of Food Security and Livelihoods, 2010. Print. 76.

<sup>11</sup> Ibid.

<sup>12</sup> Ibid.

<sup>13</sup> Ibid.

and malnutrition.<sup>14</sup>

Consequently, the main causes of food insecurity are availability and/or access. If the problem lies with availability that is an issue of supply failure, whereas if it lies with access, then there is a demand failure; specifically under demand failure, households may be unable to “afford goods because of a loss in income and/or wealth, in which case a CBI [cash-based intervention] can be a relevant option.”<sup>15</sup>

In the UN’s Special Rapporteur on the Right to Food in 2002, the term, “Right to Adequate Food” was defined as the following:

“To have regular, permanent and unrestricted access, either directly or by means of financial purchases, to quantitatively and qualitatively adequate and sufficient food corresponding to the cultural traditions of people to which the consumer belongs, and which ensures a physical and mental individual and collective fulfilling and dignified life free of fear.

The right to adequate food is realized when every man, woman and child, alone or in community with others, has the physical and economic access at all times to adequate food or means for its procurement.”<sup>16</sup>

Related, malnutrition is a leading cause of death, particularly among children. Furthermore, 98 percent of malnourished people live in developing countries.<sup>17</sup> In Uganda, the levels of malnutrition are increasing, with approximately “30 percent child stunting, 5 percent wasting and 16.7 percent retardation.”<sup>18</sup> As of 2011, Uganda has a Global Hunger Index (GHI) score of 16.7, ranking it at 42 out of 81

---

<sup>14</sup> Ibid.

<sup>15</sup> Crozet, Emilie. *Implementing Cash-based Interventions – ACF Food Security Guideline*. Publication. N.p.: ACF International Network, n.d. Print.

<sup>16</sup> *Policy Paper: Food Security & Livelihood Teams*. Tech. N.p.: ACF International Network, 2008. Print.

<sup>17</sup> “World Food Programme Fighting Hunger Worldwide.” *Hunger Stats*. N.p., n.d. Web. 01 May 2013. <<http://www.wfp.org/hunger/stats>>.

<sup>18</sup> “Gulu District Information Portal.” *Gulu District*. N.p., 2013. Web. 28 Apr. 2013. <<http://www.gulu.go.ug/>>.

countries.<sup>19</sup> Furthermore, malnutrition accounts for 40 percent of all child deaths in Uganda,<sup>20</sup> and the prevalence of childhood anemia exceeds 70%.<sup>21</sup> Food security is essential for development as community members must be able to sustain themselves and their families in an effective way in order to then participate in society. When there is constant or situational food insecurity there is a decline of livelihood status and increased negative impact on women's wellbeing. "A livelihood comprises the capabilities, comprised of assets (including both material and social resources) and activities used by a household for means of living" (Chambers and Conway, 1992).<sup>22</sup>

### GENDER-BASED VIOLENCE

Women are faced with countless challenges in developing countries that greatly hinder their ability to have equal standing in society with men. They are prevented from participating in activities related to community development by forces such as "refusal by husbands, discrimination, subordinate roles, weak leaders, lack of mobilization, [and] lack of time."<sup>23</sup> Additionally, the economic opportunities afforded to women are hindered by such forces as, "societal roles and responsibilities, low social status, lack of ownership and access to productive assets, low participation in decision making and high workload."<sup>24</sup> In addition to these obstructions, women are responsible for household activities including, "agriculture, household food preparation, fetching water, gathering wood, grinding grains, transporting and marketing family crops, child and family care, washing... and supporting persons who are ill."<sup>25</sup> In fact it is estimated that women living

---

<sup>19</sup> Global Hunger. "Global Hunger Index." Ed. Nina Wünsche, Klaus Von Grebmer, & Olive Towey. *October* 12.2 (2010): 1-6.

<sup>20</sup> "World Food Insecurity and Malnutrition: Scope, Trends, Causes and Consequences." Food and Agriculture Organization (n.d.): n. pag. Web. <<ftp://ftp.fao.org/docrep/fao/010/ai799e/ai799e02.pdf>>.

<sup>21</sup> "World Food Programme Fighting Hunger Worldwide." *Hunger Stats*. N.p., n.d. Web. 01 May 2013. <<http://www.wfp.org/hunger/stats>>.

<sup>22</sup> *Policy Paper: Food Security & Livelihood Teams*. Tech. N.p.: ACF International Network, 2008. Print.

<sup>23</sup> "Gulu District Information Portal." *Gulu District*. N.p., 2013. Web. 28 Apr. 2013. <<http://www.gulu.go.ug/>>.

<sup>24</sup> Ibid.

<sup>25</sup> *I Can't Afford Justice: Violence Against Women in Uganda Continues Unchecked and Unpunished*. N.p.: Amnesty International, 2010. Print.

in rural Africa work up to 16-18 hours per day.<sup>26</sup>This leaves women little time or opportunity to contribute economically. The lack of women's land-ownership ability is also a major cause of the challenges above.

These grave inequalities are not only preventing women from realizing their potential, but also are consequently impeding on the development of their households, communities and even countries; according to the World Bank, the lack of education and employment for women has retarded the GDP for Sub-Saharan Africa by 0.8 percent of annual per capita growth, which otherwise would have doubled the region's economic growth.<sup>27</sup> Further, in Uganda, if gender inequality was eliminated, there would be an estimated gain of up to 2 percentage points of GDP growth a year.<sup>28</sup>This is essential to consider when attempting to meet the 2004 Poverty Eradication Action Plan growth target of 7 percent.<sup>29</sup> According to a 2004 report by the Government of Uganda, there is a "clear and uncontested understanding that removing constraints caused by HIV/AIDS, the environment and above all gender inequalities is key to achieving Uganda's poverty eradication goals."<sup>30</sup> Furthermore, according to the FAO, "If women farmers had the same access to resources as men, the number of hungry in the world could be reduce by up to 150 million."<sup>31</sup>

This inequality is a major contributor to gender-based violence as economic fragility and societal roles of women enhance inter-spousal conflict. For instance, according to the Poverty and Social Impact Assessment, "both incentive and intrahousehold distributional issues center on the monopolization of major income streams by men."<sup>32</sup> In Uganda, the presence of the bride price allows for the perception that women are "bought" which pervades into the ideology that the "buyers" control all

---

<sup>26</sup> Ibid.

<sup>27</sup> Ellis, Amanda. *Gender and Growth Assessment for Uganda : Unleashing the Power of Women*. Publication. N.p.: World Bank, n.d. Print. 34.

<sup>28</sup> "World Bank Group." N.p., n.d. Web. 05 May 2013. <<http://www-wds.worldbank.org/>>.

<sup>29</sup> Ellis, Amanda. *Gender and Growth Assessment for Uganda : Unleashing the Power of Women*. Publication. N.p.: World Bank, n.d. Print. 35.

<sup>30</sup> Ibid.

<sup>31</sup> *The State of Food and Agriculture 2010-2011*. Publication. Rome: Food and Agriculture Organization of the United Nations, 2011. Print

<sup>32</sup> Ibid.

financial and social resources (including the wife).<sup>33</sup> Because women are subsequently dependent on men for economic support, there is a situational consequence of opportunities for violence.

The UN Committee on the Elimination of Discrimination against Women (CEDAW) defines gender-based violence as, “violence directed against a woman because she is a woman or which affects a woman disproportionately. It includes physical, mental or sexual harm or suffering, threats of such acts, coercion and other deprivations of liberty.”<sup>34</sup> The Ugandan Constitution states, “women shall be accorded full and equal dignity of the person with men” (Article 33(1)). And yet despite this, the CEDAW has “expressed concern at the slowness of the law reform process,”<sup>35</sup> and Amnesty International also expressed concern that “existing legal framework does not adequately ensure access to justice for victims of violence against women.”<sup>36</sup>

While there is the National Gender Policy (NGP) and National Action Plan for Women (NAPW) in Uganda, these policies have limited capacity for implementation on the ground; local governments are “poorly equipped, understaffed and often not sufficiently prepared to work at community level;” they are also not reaching the more remote villages (UNFPA). Inequalities related to access and control of household resources both reduce their independence economically and increase their “vulnerability to violence.”<sup>37</sup>

It is important to note that GBV is highly related to economic stability and food security. For instance, it is reported that the incidences of GBV are highest during the “harvest season as couples fight over how to spend the income and men have more access to cash to use for alcohol.”<sup>38</sup> Similarly, “during land clearing, planting and weeding,

---

<sup>33</sup> *I Can't Afford Justice: Violence Against Women in Uganda Continues Unchecked and Unpunished*. N.p.: Amnesty International, 2010. Print.

<sup>34</sup> *I Can't Afford Justice: Violence Against Women in Uganda Continues Unchecked and Unpunished*. N.p.: Amnesty International, 2010. Print. 26.

<sup>35</sup> *Ibid.*

<sup>36</sup> *Ibid.*

<sup>37</sup> *Proposal from ACF to the Royal Norwegian Embassy*. N.p.: ACF International Network, n.d. Print. 4.

<sup>38</sup> Angeles, Maria. *External Evaluation Combating Gender-Based Violence and Enhancing Economic Empowerment of Women in Northern Uganda through Cash Transfers*. Publication. N.p.: Royal Norwegian Embassy, 2012. Print. 14

couples are ‘too tired to fight.’”<sup>39</sup>The following chart demonstrates these differentiations in Uganda.

‘Opening’ the land	Women and Men
Weeding	Women (depending on the crop, such as cassava, men can also weed)
Harvesting	Ground nuts – Women and Men Sim sim at different stages: cutting by women, stockpiling by men Transporting by women and men, if with bikes, usually by men

<sup>40</sup> **Chart 2.** A brief representation of the relationship between agricultural activities and gender roles.

Having a clear understanding of this relationship in a culture allows for the effective means of combating GBV. According to a 2009 World Bank publication, “The Costs of Violence”, there are many direct and indirect costs to society from GBV. For instance, direct costs include, “treatment and support for abused women, and bringing perpetrators to trial” while indirect costs include, “days of work lost (by both the abused and the abuser)” and the “emotional cost in human pain and suffering by the victims, and impacts on other family members, especially children.”<sup>41</sup> The problem tree in the appendix demonstrates the underlying issues and relationships between food insecurity, GBV and economic insecurity (See Appendix H).

#### NORTHERN UGANDA CONTEXT

The situation in Uganda is an interesting dichotomy of natural food wealth and high levels of malnutrition. There are increasing levels of drought in many areas, including northern Uganda, which is consequently hindering the productivity of the two crop seasons. This issue of drought is related to climate change as the increase of high-pressure systems keeps air from rising and water vapor from condensing;<sup>42</sup> however, drought is also caused by deforestation, which is related to an increase in population and mismanagement of resources.

<sup>39</sup> Ibid.

<sup>40</sup> Ibid.

<sup>41</sup> World Bank, “The Costs of Violence”, Washington, DC: 2009.

<sup>42</sup> "Causes of Droughts." *ThinkQuest*. Oracle Foundation, 2000. Web. 26 Mar. 2013.

<<http://library.thinkquest.org/C003603/english/droughts/causesofdroughts.shtml>.

Another issue in Uganda is an increase in poor crop yields as there is an unsustainable crop production leaving soil extremely unfertile. The more the population increases, the more crops will have to be produced, and the more degraded the soil will become; as the soil becomes degraded, the less it will be able to yield for the farmers, leading not only to increased malnutrition, but poverty, seeing as a large population in Uganda is reliant on their crop yields to pay for school fees, electricity, etc. It is believed that 70-97 percent of households will be adversely affected by climate change in Uganda;<sup>43</sup> one strategy that was found by a study published in the *African Crop Science Journal* is to focus efforts on crop productivity.<sup>44</sup>

One must always consider the unique characteristics and history of the location being analyzed in order to present a multi-lateral, complete view of the specific situation facing that region. If this is not done then any solutions that are implemented will not be as effective as they would be in another area or may not be effective at all. The context of the Acholiland region is imperative to understand when looking at the issues of food security, economic empowerment and gender-based violence.

In 1987, the Lord's Resistance Army (LRA) began fighting against the Ugandan government in northern Uganda. For over twenty years of civil war the LRA displaced over 1.5 million people, abducted more than 20,000 children and killed thousands.<sup>45</sup> In 2005, the LRA withdrew from Uganda, after over 90 percent of the population of northern Uganda were living in IDP camps where conditions were horrendous, children were not educated, and families lost their livelihoods, becoming dependant on foreign aid, sometimes referred to as foreign dependency syndrome.<sup>46</sup>

Of the many consequences and effects of this displacement, include limited access to land, a generational lack of education, economic instability, lack of access to some

---

<sup>43</sup> Bagamba, F., and B. Bashaasha. "Assessing Climate Change Impacts and Adaptation Strategies for Smallholder Agricultural Systems in Uganda." *African Crop Science Journal* (n.d.): n. pag. Print.

<sup>44</sup> Ibid.

<sup>45</sup> Dagne, Ted. *Uganda: Current Conditions and the Crisis in North Uganda*. Rep. N.p.: Congressional Research Service Report, 2011. Print.

<sup>46</sup> Pham, Phuong, and Patrick Vinck. *Transitioning to Peace A Population-based Survey on Attitudes About Social Reconstruction and Justice in Northern Uganda*. Publication. California: Human Rights Center, Berkeley School of Law, 2010. Print. 7.

natural resources, and underemployment.<sup>47</sup> The insurgency is considered to be the major cause and aggravation of poverty in the region.<sup>48</sup> Increasing income-generating activities (IGAs) is an essential and effective means to combat this situation. “According to USAID officials in Uganda, the restoration of normal farming practices is essential to the recovery process.”<sup>49</sup>

The current situation in northern Uganda can be described as one of the presence of a fundamental shift in mentality, priorities, and view of the future. In one study, it was found that “priorities have shifted from peace and security (in 2007) towards sustenance and fulfillment of basic needs, such as food (28%), agriculture (including access to land and inputs such as seeds or fertilizers - 19%).”<sup>50</sup> This information is necessary to take into account, as NGOs must begin to shift their approaches from one of emergency to sustainable development. It was also found that the “majority of respondents felt local authorities were neither helping families in need (72%), nor helping build infrastructure (70%)”<sup>51</sup> which established a need for improvement in these areas. Northern Uganda also faces the highest rates of poverty in all of Uganda, which greatly affects every issue at hand (See appendix E).

It now becomes of great importance to address issues such as GBV and inequalities that affect the productiveness of a society. In a survey conducted by the Uganda Demographic and Health, it was found that “more than one in three women and girls aged 15-49 had experienced sexual violence during their lifetime.”<sup>52</sup> In northern Uganda, this problem is exacerbated by the lack of police stations and officers.<sup>53</sup>

Northern Uganda has wet and dry seasons with fertile soils. This provides the opportunity for agricultural growth in the area. Food insecurity is therefore comprised primarily of lack of access due to the insurgency and can therefore be addressed with the help of programs and NGOs. Yet environmental factors must also be taken into account,

---

<sup>47</sup> Ibid.

<sup>48</sup> Ibid.

<sup>49</sup> Dagne, Ted. *Uganda: Current Conditions and the Crisis in North Uganda*. Rep. N.p.: Congressional Research Service Report, 2011. Print. 12.

<sup>50</sup> Ibid.

<sup>51</sup> Ibid.

<sup>52</sup> *I Can't Afford Justice: Violence Against Women in Uganda Continues Unchecked and Unpunished*. N.p.: Amnesty International, 2010. Print. 106

<sup>53</sup> Ibid.



as an agriculturally prominent society is always dependant on these factors. For instance, in 2007, Uganda was facing severe food insecurity due to dry weather and drought by La Niña.<sup>54</sup> A changing climate will only exacerbate these negative impacts on the ones who are most dependent on its stability.

## **RATIONALE**

After visiting the Mwanamugimu Nutrition Unit of the Mulago Hospital Department of Pediatrics and Child Health, the researcher became very interested in the dichotomy of a food-wealthy country and a high prevalence of malnutrition. This is where the interest in underlying issues of hunger and food insecurity came about.

Gulu's unique and humanitarian crisis of the past years makes it an interesting case study for food security. As people leave the IDP camps to return home there is a unique case that is hindering the natural enhancement of livelihoods, as the entire economic system and daily life has to be recreated. In Uganda, 60 percent of the population is poor and 30 percent are considered very poor.<sup>55</sup> In addition, the poverty level in northern Uganda is the highest in the country due not only to the insurgency but also to "the extreme variability of rainfall and soil fertility" which makes the region "particularly vulnerable to food insecurity."<sup>56</sup> This has a direct correlation on food security, GBV and IGA opportunities (See Appendix C).

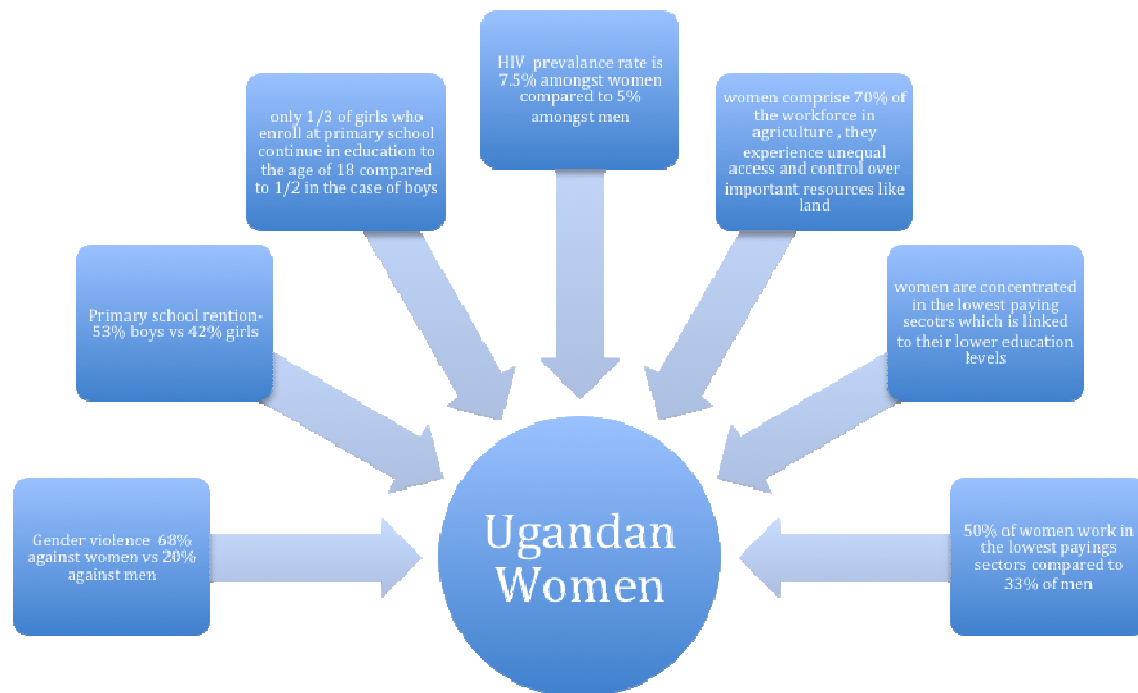
The following image demonstrates the numerous interrelated issues facing women, indicating that programs attempting to enhance the welfare of women must address multiple issues, as well as the fundamental need for change in this arena.

---

<sup>54</sup> "The Hunger Site." *The Hunger Site*. N.p., 11 May 2011. Web. 15 May 2013. <<http://thehungersite.greatergood.com/>>.

<sup>55</sup> "Poverty in Uganda." *Poverty in Uganda*. N.p., n.d. Web. 06 May 2013. <<http://finance.mapsofworld.com/economy/uganda/poverty.html>>.

<sup>56</sup> Ibid.



57

**Chart 3.** Depiction of the main challenges facing women in Uganda.

The work that ACF does directly relates the numerous connections between agriculture, education, and social implications effecting women and children that had been previously understood on a localized level. Income Generating Activities that are promoted through this program are of vital importance to the Acholiland region due to the regeneration of the social structure in the community. There is a gap in work that connects the growing trend of cash grants and gender-based violence and by examining the work that ACF is doing would allow for greater awareness of these important relationships and the best ways to go about addressing the issues.

<sup>57</sup> "Uganda at 50: The Condition of Ugandan Women." N.p., n.d. Web. 2013.  
 <<http://ethnicsupplies.org/poverty-in-africa/african-affairs/african-women/uganda-at-50-the-condition-of-ugandan-women>>.

## OBJECTIVES

The objectives of this practicum are:

1. To investigate the interconnected relationship of food insecurity, gender-based violence and income-generating activities in post-war northern Uganda.
2. To examine the efforts that ACF has taken to address the issues of economic fragility and gender-based violence.
3. To understand the specific challenges facing the program of focus for this paper.

## METHODOLOGY

This independent study project was carried out as a practicum-based study, conducted at Action Against Hunger (ACF) in Gulu, Uganda, from April 8-May 10, 2013. And research was conducted from April 1-7, 2013. Fieldwork was carried out during the organization's site visits. This practicum was carried out through an internship with ACF. The supervisor for this Food Security Internship was Hailu Teka, who is the Food Security and Livelihoods Program Manager for the Lira and Gulu offices. The methods used during this practicum were both qualitative and quantitative. The data entry was conducted through the HAP and FUM sheets, which were conducted and written by ACF staff interviewing each beneficiary. This data was entered and analyzed by SphynxSurvey Software on Dell Computers through a database. At the time of the practicum, analysis of the second phase of the program was yet to be conducted.

## FORMAL AND INFORMAL INTERVIEWS

Interviewing was used in order to best cover more information in a short amount of time, which is essential for the short six-week timeframe for the practicum. In order to collect a well-rounded basis of information regarding multiple aspects of the project, staff members from different departments were interviewed; one has been working directly with beneficiaries and has much experience and knowledge on the details of the program, and one deals directly with all of the data that is collected and conducts the analysis.

On April 29<sup>th</sup>, 2013, Jimmy Latigo, the Food Security & Livelihoods Assistant Program Manager was interviewed. This was a key informant interview conducted for

exploration and orientation of the program. On May 2, 2013, three interviews were carried out. One interview was with Monica Achora who has been working with ACF for five years and has been conducting data entry and analysis for this project. Jimmy Latigo was interviewed for a second time in order to expand on issues that were brought up in the first interview. And a member of a VSLA group was interviewed regarding the found benefits of VSLA.

These interviews were supplemented with multiple informal interviews and conversations throughout the practicum. The interviews provided key information on first-hand accounts of the program, including challenges faced, logistical clarification, and opinions on the program as a whole.

#### PARTICIPANT OBSERVATION

Throughout the practicum, the methodology of participation within the community was essential; it was important to always work with the people and communities in order to best understand what is most important to them and how to most effectively implement a project or research. The tools I used during observation were largely utilization of checklists, taking detailed notes, and taking pictures of key activities, aspects of the program, and people.

Observation was the most highly utilized in order to record behavior, location and provide triangulation, which promotes reliability and validity of the results. Throughout the practicum period analytical observation was used both in the field and in the office. The internship consisted of working from 8:30am to 5pm every day with the addition of working late when in the field.

Throughout the practicum, meetings were attended; On April 12, 2013, there was a coordination meeting in the Gulu office with ten members of the organization. This meeting was extremely useful to attend in that it provided detailed analysis of the current status and challenges facing the project and what would be done to address them.

On April 23, 2013, there was a Nwoya District Budget Conference in Nwoya, Uganda with approximately 40 members. This meeting was of great importance as it provided an insight into the work of other NGOs in the district. It also was a great opportunity for other organizations to critique, analyze and make suggestions for our

program after a presentation was conducted. Being able to hear the projects and challenges of many other organizations allowed for a more comprehensive understanding of the overlying issues effecting similar NGOs. It was also important to be able to compare the work of our project to others.

On April 24, 2013, there was an Activity Progress Report Rollout Workshop in the Gulu office. At this workshop, the ACF Kampala country office had members attend, as well as teams from Otuke and Gulu districts. There were approximately 15 members, many being program managers. This meeting allowed for first-hand experience in the organizing making concrete change and improvements on what had been suggested the previous year; they were harmonizing reporting parameters and ensuring cohesive data reporting.

On May 2, 2013, there was an Action Audit meeting in Amuru district, Atiakcounty. There were 25 attendees, seven being men, and not including three babies and two representatives from the Ugandan Communication Commission. This meeting occurred as the end of the first VSLA cycle for that county, where their savings were dispersed.

In addition, there were numerous meetings with Hailu Teka and other ACF staff members. Whether in the office or in the field, observation was used to develop a greater understanding of the issues at hand. Of great importance was the data entry conducted as Food Security Intern. The Household Action Plan (HAP) forms were entered into Sphynx software on Dell Computers. Participating in the data entry provided an inside look into the individual outcome or proposed outcome of the cash transfers to the beneficiaries. It allowed for insight on the general trends of the utilization of the grants by households of different regions and what was considered most important for the money to be spent on. It also provided a look into the general prices for different commodities.

## SECONDARY SOURCES

Throughout the practicum period the researcher had access to countless documents such as manuals and reports from ACF. These were extremely helpful and of great importance in obtaining a deeper understanding of the work of the organization and particularly on the program that was the focus of the practicum. The documents also

allowed for an understanding of the background and previous results of the first phase of the program.

In order to triangulate the documents regarding ACF and its projects that were created by the organization, secondary sources including government publications and previous published research were utilized. These sources allowed for a broader understanding of the issues of GBV and economic insecurity as well as outside informative opinions and critiques of the techniques being used by the ACF program in Gulu.

### METHODOLOGY CHALLENGES

There were numerous challenges associated with the research and work during this practicum period that may have affected the quality of the outcome. For example, the HAP data was extensive in that the inclusion of the Otuke region for phase two doubled the amount of data that had to be entered, cleaned and analyzed yet there were not enough funds to hire additional staff. Consequently, the results of the second phase were being delayed, preventing the researcher from having access to this key information during the practicum period. This limitation was addressed by the use of results from the previous phase.

The lack of power in Gulu made many challenges for the overall work in the office, as it became impossible to enter data as the computers would turn off, and the wireless Internet would turn off as well so other work could not be completed as well. In order to limit the amount of time lost, the researcher would access locations with generators so as to have power for as much time as possible.

Additionally, the practicum took place while the program was still being implemented so it became difficult to determine the full extent of the long-term outcomes and achievements. Only being able to go to the field and speak to the beneficiaries when it was scheduled for ACF also limited the desired access to community members and research during the short duration of this practicum.

In addition, the lack of time and short-term period does not allow for proper analysis to be conducted and hampers the ability to look at outcomes on a multi-lateral timeframe. In order to combat this challenge, effort was made to conduct high quantities

of documents, both primary and secondary, in order to gain a deeper understanding of the program on such a level. Time was also of issue in the field, when meetings with beneficiaries ran long and there was consequently no time to conduct independent research such as interviews or surveys that were planned before hand. However, by recognizing this limitation early, it was possible to conduct short interviews during breaks during meetings for example.

The language barrier also hindered the flexibility of communication with beneficiaries, limited the amount of information that could be obtained. For instance, when at meetings in the field there were opportunities to conduct interviews but they were unable to be carried out due to a lack of available translator.

## BIASES

Biases must be taken into consideration as well. The lack of time during the practicum hindered the comprehensive ability to understand and uncover all challenges or successes of the program and should not be taken as such. In the research, some of the sources had been created and provided by ACF. But this was extensively supplemented by external sources and evaluations. Additionally, when interviewing staff members it may be possible that some answers were influenced by their relationship with the program. It is also possible that the Hawthorne effect occurred when observing in the field, as the presence of a visitor in meetings drew attention and may have changed the way people acted or how they phrased their dialogues. However, taking these potential biases into consideration, all information was triangulated through speaking to and consulting multiple sources.

In addition, for the HAP data entry, there was no option provided on the survey of one reason for buying seeds being for planting purposes, which may have skewed the accuracy of the data as many forms left that question blank. Also the staff often had written contradicting spellings of the names of beneficiaries and villages, which made it more difficult to synchronize the results of the data. Also, during the internship, a basic lack of language and cultural knowledge may have decreased the accuracy in name entry, as staff handwriting sometimes is difficult to read. However all of these issues were to be corrected during the data cleaning and analysis period through the software program.

## ETHICAL CONSIDERATIONS

Throughout this practicum, from the six weeks beginning on April 1, 2013, the researcher will adhere to the ethical standards of the Uganda National Council for Science and Technology (NCST). In any and all information that is collected and utilized during this practicum period, all persons and informants participated voluntarily. The researcher will follow the three principles of research ethics; that of respect of persons, beneficence, and justice whereby there is a presence of autonomy, self-determination, and ensuring social well being. The cultural context of consent will also be taken into account and examined.

## BACKGROUND OF ACF

### MISSION AND OBJECTIVES

Action Against Hunger (ACF) is a non-governmental, non-profit, non-religious organization that is a part of the Action Contre la Faim International Network that has projects in over 40 countries. Its mission is “to save lives by eliminating hunger through the prevention, detection and treatment of malnutrition, especially during and after the emergency situations of conflict, war and natural disaster.”<sup>58</sup> ACF addressed the underlying causes and the effects of malnutrition by integrating numerous programs in areas that include, food security, water and sanitation, health and advocacy and nutrition.

### ACF PROJECT OF FOCUS

ACF has been in Northern Uganda since 1994, and has worked with the “most vulnerable households throughout the insurgency.”<sup>59</sup> ACF has 54 farmer group partnerships in Northern Uganda.

With the returning and resettlement of the IDPs in northern Uganda in 2006, the Royal Norwegian Embassy began to investigate the practicability of implementing cash transfers and it was concluded that “cash based programming in the socio-political and economic environment in Northern Uganda was both possible and could play a useful

---

<sup>58</sup> *A World Without Hunger*. N.p.: ACF International Network, Print.

<sup>59</sup> *Proposal from ACF to the Royal Norwegian Embassy*. N.p.: ACF International Network, n.d. Print. 3.



role in the recovery process.”<sup>60</sup> Consequently, in 2009 and 2010 the Livelihoods and Economic Recovery in Northern Uganda (LEARN) was initiated.<sup>61</sup> This program was implemented as a two part, two-year program to determine the most “efficient and effective approach to overcome the transient shock of IDPs and ACF was one of three organizations to implement a cash transfer program.”<sup>62</sup> This was an unconditional cash transfer program designed to strengthen food security as well as “support returnee livelihoods.”<sup>63</sup> After the two years it demonstrated the usefulness of cash and transfer of cash over in-kind contributions.<sup>64</sup>

Following the results of LEARN 1 and 2, in 2011 ACF started another program that would use cash transfers to enhance women’s empowerment and strengthen livelihoods.<sup>65</sup> This program is titled, “Combating Gender-Based Violence and Enhancing Economic Empowerment of Women in Northern Uganda Through Cash Transfers” and is funded by the Royal Norwegian Embassy.

This project works in Northern Uganda, specifically, the Lango sub-region including the Otuke District sub-counties of Okwang, Adwari, Orum, Ogor an Olilim, and the Acholi sub-region including the Amuru District sub-counties of Alero, Anaka, Koch-Goma, and Purongo, making a total of thirteen sub-counties.<sup>66</sup>

The project aims to “strengthen livelihoods and food security for women” in these regions through “direct cash transfers, linked to raising awareness on gender equalities and GBV with communities.”<sup>67</sup> Its purpose is to help reduce incidence of GBV and to

---

<sup>60</sup> Ibid.

<sup>61</sup> Ibid.

<sup>62</sup> Kruse, Stein-Erik, and Omeno Suji. *Review of Livelihoods and Economic Recovery in Northern Uganda (LEARN)*. Publication. Norway: Nordic Consulting Group, 2009. Print.

<sup>63</sup> Angeles, Maria. *External Evaluation Combating Gender-Based Violence and Enhancing Economic Empowerment of Women in Northern Uganda through Cash Transfers*. Publication. N.p.: Royal Norwegian Embassy, 2012. Print.

<sup>64</sup> Kruse, Stein-Erik, and Omeno Suji. *Review of Livelihoods and Economic Recovery in Northern Uganda (LEARN)*. Publication. Norway: Nordic Consulting Group, 2009. Print.

<sup>65</sup> Angeles, Maria. *External Evaluation Combating Gender-Based Violence and Enhancing Economic Empowerment of Women in Northern Uganda through Cash Transfers*. Publication. N.p.: Royal Norwegian Embassy, 2012. Print.

<sup>66</sup> *Proposal from ACF to the Royal Norwegian Embassy*. N.p.: ACF International Network, n.d. Print. 1.

<sup>67</sup> *Proposal from ACF to the Royal Norwegian Embassy*. N.p.: ACF International Network, n.d. Print. 4.

strengthen the livelihoods of women through “ensuring an increase in household assets and income diversification.”<sup>68</sup>

This is a three-year program that started in July 2011 and will end in June 2014. Each year, or phase, 4,570 participants will be beneficiaries of a direct cash transfer of 170 USD per participants. This specific amount was determined through the external evaluation for the LEARN projects which indicated that it would be “sufficient to reach the objectives stated.”<sup>69</sup> Every phase, the program works with different communities so as to reach as many people as possible.

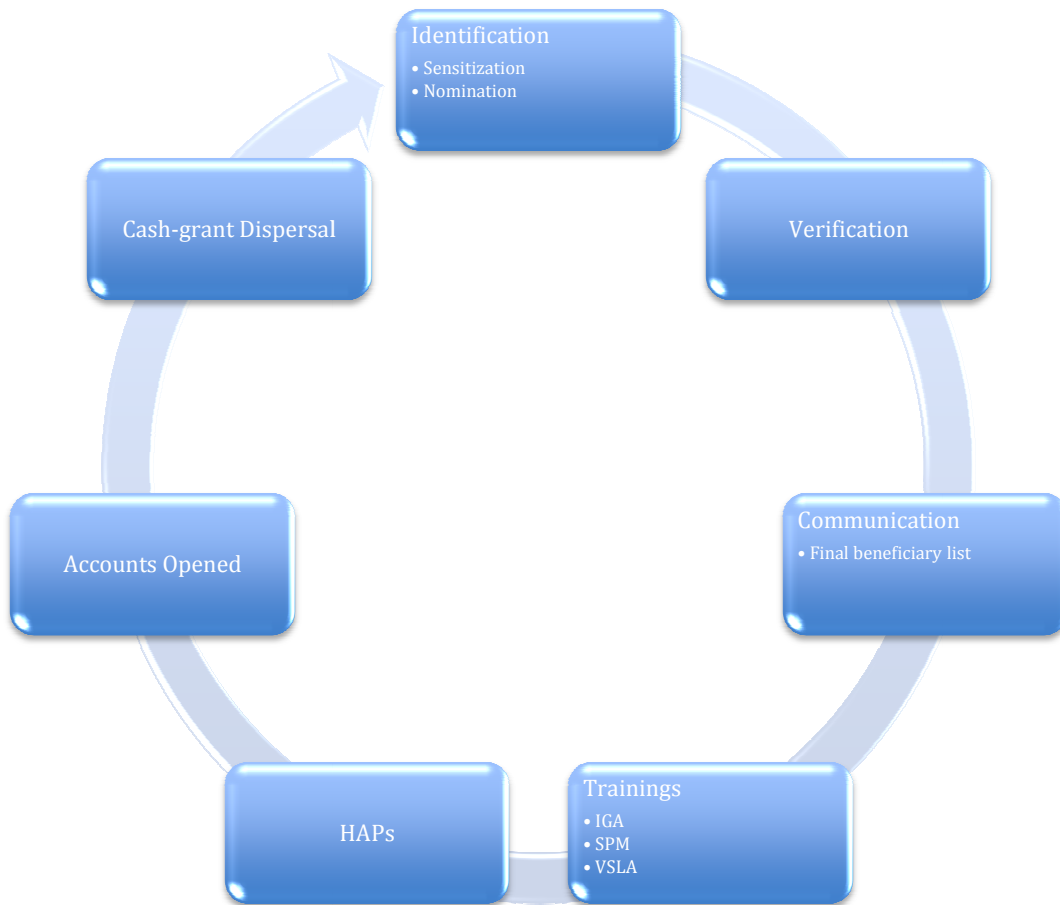
## **ANALYSIS AND DISCUSSION**

A more in depth look at the “Combating Gender-Based Violence and Enhancing Economic Empowerment of Women in Northern Uganda Through Cash Transfers” program that was conducted during the practicum will provide greater insight into the challenges faced and successes had by the program. To begin, the following image demonstrates the cycle of one phase of the program.

---

<sup>68</sup> Ibid.

<sup>69</sup> *Proposal from ACF to the Royal Norwegian Embassy*. N.p.: ACF International Network, n.d. Print. Annex 1.



*Courtesy of the researcher*

**Image 2.** Depiction of one phase of the Combating Gender-Based Violence and Enhancing Economic Empowerment of Women in Northern Uganda Through Cash Transfers program in one sub-county.

The system of working with different communities at every phase creates an understanding of a one-time cash grant, which will prevent dependency on the organization and promote self-sufficiency through the results of the grants. This program is twofold; it runs programs addressing GBV and ones that address cash transfer. The GBV trainings are run by CBOs, CRESO and IGET. These CBOs target the same villages where the CTs are taking place. The cash transfer aspect of the program relates to the economic empowerment and livelihood enhancement. Under this aspect there are numerous trainings, longevity support through VSLAs, as well as HAP, and FUM monitoring.<sup>70</sup>

<sup>70</sup> Angeles, Maria. *External Evaluation Combating Gender-Based Violence and*

A Village Savings and Loan Association (VSLA) is a self-selected group of people who agree to pool their money together into a fund from which members can access small welfare loans.<sup>71</sup> The savings and loan profits are distributed on about a one-year cycle and loans may only be given out once every four weeks. For security and transparency purposes, all transactions are carried out with a secured cash-box. Furthermore, a member of the group is only any to borrow an amount that is less than three times their total share holding.<sup>72</sup>

The Household Action Plan (HAP) is a tool used by ACF in order to determine what the beneficiaries plan on spending the grant on. This form not only allows for greater transparency of the program, but also allows for proper discussion within the household of finance management. Consequently there is less likelihood that there will be discrepancies and violence between spouses or family members. As demonstrated in the chart of the results from the previous phase which is to follow, and by the data entry conducted in this practicum it has been found that on average, the most common planned usages of the grants are: crop production, traction (ie. oxen, ploughs), livestock, immediate needs (food, school fees), and IGAs (sewing machine, bicycle). (See Appendix G for form).

## CASH TRANSFER ANALYSIS

In order to properly examine the effectiveness and efficiency of this program it is first important to have an understanding of the debate between cash-transfers and in-kind assistance, as well as between conditional and unconditional cash-transfers. Doing so

In general CT programs are beneficial in that, “inciting beneficiaries to open savings accounts, the development of a saving culture is also encouraged. This then provides the opportunity for community members to access credit in the future.”<sup>73</sup>

---

*Enhancing Economic Empowerment of Women in Northern Uganda through Cash Transfers*. Publication. N.p.: Royal Norwegian Embassy, 2012. Print. 6.

<sup>71</sup> Kruse, Stein-Erik, and Omeno Suji. *Review of Livelihoods and Economic Recovery in Northern Uganda (LEARN)*. Publication. Norway: Nordic Consulting Group, 2009. Print.

<sup>72</sup> Allen, Hugh, and Mark Staehle. *VSLA Field Officer Guide*. Publication. N.p.: Access Africa, 2009. Print. Ser. 1.01.

<sup>73</sup> Kruse, Stein-Erik, and Omeno Suji. *Review of Livelihoods and Economic Recovery in Northern Uganda (LEARN)*. Publication. Norway: Nordic Consulting Group, 2009. Print.

Additionally, there is a presence of dignity for the beneficiaries who are able to “make decisions about their own welfare.”<sup>74</sup>CTs also create a “multiplier effect” that can help stimulate the local market and economy. They also provide a flexibility that may be more efficient and appropriate than in-kind. Lastly, CTs avoid the high cost and inefficiency of transporting large quantities of in-kind packages.<sup>75</sup>However, as opposed to in-kind goods, cash may be used in an unproductive manner for the household and must therefore be carefully monitored.

It has also been found that unconditional cash transfers for extremely vulnerable individuals linked to income generating activities.<sup>76</sup>A result of the LEARN program was that there was a demonstrated need for CT as opposed to in-kind contributions. CTs were found to be especially effective in northern Uganda because the local markets were functional and “relatively safe” and that they “should be used in the future as the default option unless items that people need are not on the market or security risks are deemed unacceptable.”<sup>77</sup>CTs are different from micro-finance in two major ways; one, is that the grants are not expected to be repaid, and two, that the grants are “not expected to continue in the long term.”<sup>78</sup>

Unconditional grants are understood to not be appropriate for “more long term development except for extremely vulnerable individuals.”<sup>79</sup>Yet according to the World Bank, “most CTs in Sub-Saharan Africa can be classified as transfers given to specific vulnerable groups, rather than poverty-targeted social assistance.”<sup>80</sup>The UCTs under the ACF program are targeted solely to vulnerable peoples.

Also, under situations where the household exhibits “optimal” behavior, then using a CCT may not only distract the household from their optimal behavior, but also may exclude those “who cannot comply and may in fact be most in need of the cash

---

<sup>74</sup> Ibid.

<sup>75</sup> Ibid.

<sup>76</sup> Kruse, Stein-Erik, and Omeno Suji. *Review of Livelihoods and Economic Recovery in Northern Uganda (LEARN)*. Publication. Norway: Nordic Consulting Group, 2009. Print. 7

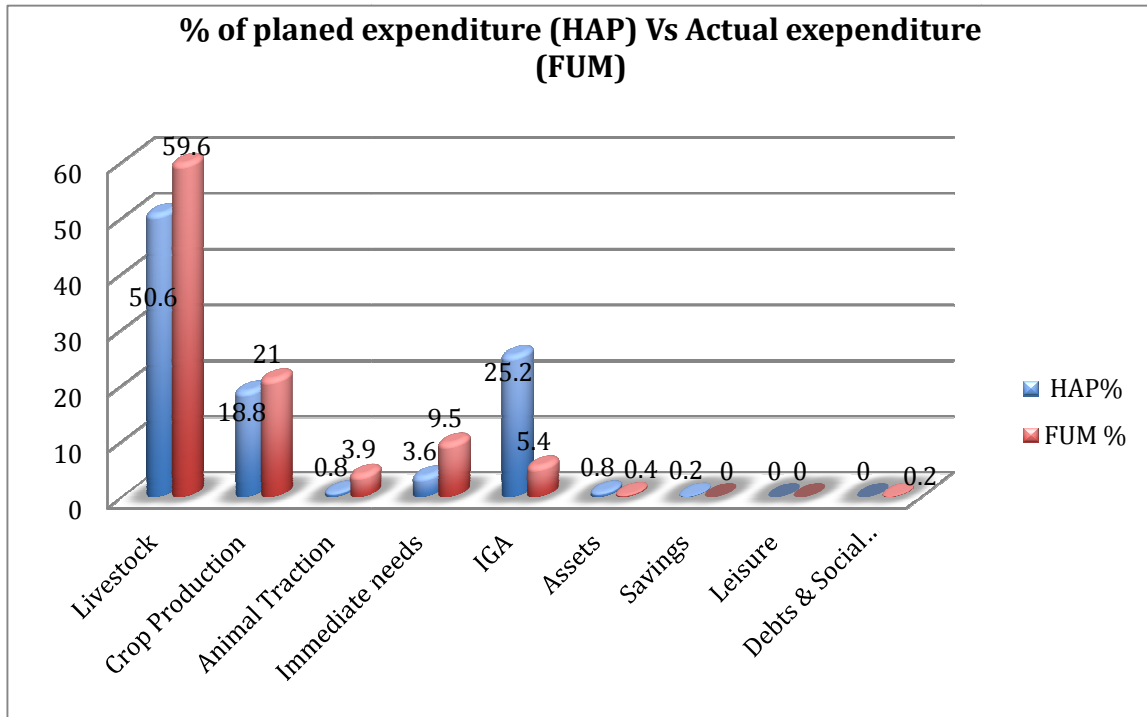
<sup>77</sup> Kruse, Stein-Erik, and Omeno Suji. *Review of Livelihoods and Economic Recovery in Northern Uganda (LEARN)*. Publication. Norway: Nordic Consulting Group, 2009. Print. 25

<sup>78</sup> Ibid.

<sup>79</sup> Ibid.

<sup>80</sup> "World Bank Group." N.p., n.d. Web. 05 May 2013. <<http://www-wds.worldbank.org/>>.

transfer.”<sup>81</sup> Lastly, it is important to recognize that oftentimes, the problem lies with a “loss of income” not food.<sup>82</sup> In the case of northern Uganda, this last point is most critical.



<sup>83</sup> **Chart 4.** A representation of the results from the HAP and FUM for the first phase of the program as reported in the Household Action Plan and Fund Utilization Monitoring Report for Phase 1 Cash Transfer. This serves as a comparison of what beneficiaries planned to spend the grant on and what it was actually spent on.

From the final report from the first phase of the program, it was found that more money was spent on livestock and less on IGAs than was planned. From these results, it was recommended that there should be more sensitization “to encourage beneficiaries to start IGAs and also to join VSLAs” (8). The current trend for this phase however looks positive for more grant money being spent on IGAs. It was also recommended that there

<sup>81</sup> Baird, Sarah, Francisco Ferreira, Berk Özler, and Michael Woollock. *Relative Effectiveness and Cost-effectiveness of Conditional and Unconditional Cash Transfers for Schooling Outcomes in Developing Countries: A Systematic Review*. Rep. N.p.: Campbell Collaboration, 2012. Print.

<sup>82</sup> Crozet, Emilie. *Implementing Cash-based Interventions – ACF Food Security Guideline*. Publication. N.p.: ACF International Network, n.d. Print.

<sup>83</sup> *Household Action Plan and Fund Utilization Monitoring Report for Phase 1 Cash Transfer*. Rep. N.p.: ACF International Network, n.d. Print.

should be a program designed to improve the “production and productivity of livestock resources”. Also, due to the prevalence of money spent on crop production and livestock, there should be more training around these areas. The Fund Utilization Monitoring (FUM) was conducted after the beneficiaries spent the grant and was used to determine how accurate their predictions of utilization were.<sup>84</sup>

A baseline survey was conducted at the start of this program that demonstrates not only the demographics of the targeting populations but also the extent of the vulnerabilities and underlying issues of poverty effecting the communities that could be addressed by the program. For instance, the number of people in one household, on average, was found to be 6.46; this number is higher than the national average of 6 people in one household at the time.<sup>85</sup> Additionally, the households were consuming roots, tuber, and vegetables as their main source of nutrients while only 1.7 percent of households were consuming meat, only 0.4 percent were consuming eggs, and zero Households reported drinking milk.<sup>86</sup> Consequently, foods rich in protein were and other important nutrients were not part of the average household’s diet. This data shows how an increase in livestock for the households would dramatically increase the nutritional status of the communities.

The baseline survey also indicated that the large majority of community members had either never attended school or only went to primary school. A lack of education has many impacts on the individual and on the productiveness and poverty level of the community. The trainings and guidance that the communities are receiving from this program are therefore extremely important to the overall level of knowledge that the community members have. However there is still a lack of literacy education being done by the program.

In terms of the issues that the program directly addresses, the survey also showed that 50.9 percent of the community that partook in the survey did not have any form of

---

<sup>84</sup> Ibid.

<sup>85</sup> *Baseline Survey Report for Combating Gender-based Violence and Enhancing Economic Empowerment of Women in Northern Uganda through Cash Transfers Project (Acholi Sub-region)*. Rep. Gulu: ACF International Network, 2012. Print. 16.

<sup>86</sup> Ibid.

savings.<sup>87</sup> These findings demonstrate the great need in the community to have a savings program implemented. Additionally, it showed great need of programs to address GBV in that 77.4 percent people identified as GBV victims in the household. Based on the results from the baseline survey, this program addresses prominent issues in the communities.

From the interviews conducted during this practicum the objective of understanding the challenges facing the program was accomplished. The extensive research, interviews and participant observation provided an understanding of the issues of economic fragility in the region, a detailed description of the efforts that have been taken to address this issue, and provided insight into the complex interconnectedness of food insecurity, GBV and IGAs.

Challenges from the first phase of the program were raised during a coordination meeting of the Gulu office. Some of these problems that were faced include, incidence of impersonation attempts to gain access to the grants which were unsuccessful, forgery, a delay in VSLA tool kit distribution to beneficiaries. In addition, there were two cases of natural death of two of the beneficiaries. At the current stage of the second phase of the program, where cash grants have been given out and trainings have been in progress, there have been fewer incidences related to distribution.

## CONCLUSION

*Objective 1.* To investigate the interconnected relationship of food insecurity, gender-based violence and income-generating activities in post-war northern Uganda.

This objective was accomplished through document research, interviews both with ACF staff and community members, and observation. This relationship was established previously in the paper and was used as a basis for the importance of the implementation of the program of focus.

*Objective 2.* To examine the efforts that ACF has taken to address the issues of economic fragility and gender-based violence.

This objective was accomplished through the practicum methods of document research, interviews and participant observation of the “Combating Gender-Based

---

<sup>87</sup> Ibid.



Violence and Enhancing Economic Empowerment of Women in Northern Uganda Through Cash Transfers” program. When examining these efforts many challenges also arose and will therefore be presented as one entity.

*Objective 3.* To understand the specific challenges facing the program of focus for this paper.

The work that Action Against Hunger is doing in northern Uganda is not only of great importance, but has been shown thus far to have had a positive and effective impact on the targeted communities.

<b>Phase 1 Recommendations</b>	<b>Phase 2 Achievements (May 10, 2013)</b>
Add GBV to training manuals	Not incorporated
Link agricultural cycles with GBV	Not incorporated
Greater involvement with GBV partner	In progress
Strengthen program overlapping	In progress
Ensure data synchronization	Incorporated
Structure communication between sites	Incorporated
Differentiate vulnerabilities	Incorporated
Increase monitoring	In progress
Link extremely vulnerable to other agencies	Not incorporated
Hire national program manager for GBV	Not incorporated
Increase monitoring of partner activities	In progress
Schedule trainings for accessible times	In progress
Add pictorial representations in manuals	Not incorporated
Explore adult education methods	In progress
Cluster parishes for efficiency	Incorporated
Provide VSLA kits	Incorporated
Collaborate with woman’s literacy agency	In progress
Plan exit strategy for women’s groups at start of year	In progress
Ensure alignment with DDP and PRDP	In progress
Engage in annual community feedback workshop	Incorporated

**Chart 5.** A compilation of the recommendations made by the External Evaluation of Phase 1 of the program compared against the achievements made by the end of the practicum period as interpreted through interviews and document research.

In regards to adding GBV to the ACF training manuals, it should be noted that while ACF has not incorporated it into their manuals, that the CBOs that they partner

with use their own GBV manuals for trainings. Ideally ACF would be able to do so as well but with a lack of funds, having outside manuals is the next best solution.

While agricultural cycle calendars are used by ACF there is still a lack of connecting this with incidences of GBV. Next, ACF is working on having different partners attend the various trainings to ensure better cohesion and understanding between the groups.

Data was synchronized with the hiring of a Food Security and Livelihoods Program Manager for the Lira and Gulu offices as well as for a restructuring of the Activity Progress Report and trainings on its use.

The differentiation of vulnerabilities was addressed by the change in beneficiary requirements; in the last phase there was no limit on how old the elderly could be after the age of 60 in order to be considered for the program. However in the second phase it was decided that there must be an emphasis on being a productive part of the community, which was then limited to ages 50-60 years old. This was done because the intent of the cash grants is to promote more productive communities, which was not being accomplished under the original requirements.

The monitoring was able to be increased with the hiring of new field monitoring staff in April 2013; however there is only joint monitoring with the Local Councils (LCs) in three counties because they have asked for compensation which is not in the budget; at the end of Phase 1 there was a possibility that there would not be funding to provide for the VSLA kits, but this was able to be continued. The VSLA provides longevity and sustainability for the program after it concludes in July 2014. It allows community members, with a majority presence of women, to have long-term access to a saving and loan operation, which ultimately provides for long-term economic empowerment.

The creation of women's groups also greatly enhances the goal of women's empowerment and in combating GBV. In relation to creating an exit strategy for the women's groups, ACF is planning to have two trainings in May for the LCs, police and district officials of the districts on GBV, and women's land and property rights. This is to enhance sustainability of the program's goals to combat GBV and enhance economic empowerment, as the issue of women's rights is at the forefront of economic insecurity.

There were not enough funds to hire a national program manager for GBV or to increase the pictorial representations in the ACF manuals. However ACF has demonstrated acknowledgement of and effort to address illiteracy amongst their beneficiaries as that has a direct effect on the effectiveness of their trainings. The annual community feedback workshop is not solely between the ACF staff and the community, but is carried out with stakeholders and others.

The UCT system allows for the beneficiaries to gain access to money while at the same time increases their ability to create good credit, and to have long-term use of their bank account. In fact, from the Second Round Post Distribution Report, 80.9 percent of the respondents were “interested in using their bank accounts even after when ACF stops its cash transfer exercise.”<sup>88</sup>

By switching to new sub-counties every phase it allows for maximum exposure and for the most people to be reached. And with the inclusion of clustering the parishes and implementing a synchronized data system with a manager for both Lira and Gulu districts, there is an increased likelihood of sustained monitoring for the past beneficiaries. Also, the Activity Progress Reports that are conducted monthly by ACF were reanalyzed for this phase, and many changes are being made to enhance the accuracy of the data for the program. Such changes include ensuring uniform units of measurement for reports of quantity of foods bought and distance of roads for example.

Informal observation by the data analyst and the researcher, that will be confirmed with the HAP analysis at the end of the phase include the following; trends were noticed between groupings of HAP forms and one possible reason for this is that if people were surveyed together they might have copied each other’s ideas on what to spend the money on. This may provide an answer to one reason why the HAP results differed from the FUM results from the previous phase, as shown by Chart 4. Other trends that were observed were agriculture trends; for instance, in the Acholi sub-region beneficiaries bought mostly goats for livestock while in the Lango sub-region they spent it on cattle and traction the most. This may be because of the availability in the region as well as what is provided the cheapest there.

---

<sup>88</sup> *Second Round Post Distribution Monitoring Report*. Rep. N.p.: ACF International Network, 2012. Print.

One difference between the use of the grants in the two regions was that in Otuke, approximately three-quarters of the beneficiaries, when buying livestock, also spent money on fees for certificates, transportation, ropes, veterinary services, housing etc. to care for the animals. This may be because service providers are not as present in those areas. In addition, it was noted that in the first phase there was more of a presence of grant usage for immediate needs, while for this phase there appear to be more usage on IGAs such as livestock, which just a general small usage for immediate needs.

In terms of the success of the program thus far on its goal of empowering women, from the last phase, women “reported feeling increased respect from their family and community because animal ownership is highly regarded” especially in regions like Otuke.<sup>89</sup> However more research should be conducted as to concretely conclude how beneficial this program has been as well as to show how strongly linked CBIs are with combating GBV.

Overall, the program has shown tremendous successes and should be continued in fervor for the next year. The numerous changes that have been made from the first phase demonstrate the organization’s fluidity and consequential ability to continue enhancing the program.

## RECOMMENDATIONS

When carrying out interventions that are aimed at strengthening food security and livelihoods, issues such as family planning should also be addressed. Not only does family planning give woman more control and empowerment over her life, but also decrease potential for economic stress, which is a cause of household violence.

It may be beneficial to conduct independent feedback workshops with the communities so as to gain less biased opinions and recommendations directly from the beneficiaries. Greater emphasis on the implementation and effectiveness of the women’s groups would allow for a better rounded approach to the underlying issues of GBV and economic empowerment; clear communication with these groups such as an exit strategy

---

<sup>89</sup> Angeles, Maria. *External Evaluation Combating Gender-Based Violence and Enhancing Economic Empowerment of Women in Northern Uganda through Cash Transfers*. Publication. N.p.: Royal Norwegian Embassy, 2012. Print.

would also ensure the longevity of the program. As was mentioned in the Activity Progress Report Rollout Workshop, price boards should be put in the local markets. This would not only ensure cohesive data for ACF monitoring of market prices, but would also allow for community members to have a clear understanding themselves.

After analyzing the results of this research it is evident that the successes of the program are directly reliant on the availability of appropriate funding. Therefore, looking into supplementary options such as fundraising through CBOs so that at least their trainings are more self-sufficient would be beneficial for the overall effectiveness of the program.

This program should do more to address GBV and to draw a clear connection for the communities between GBV and the CT program. This may be accomplished in a variety of ways. The idea of thinking outside the box to supplement the backbone of this program was demonstrated by the planning of a day of football matches and should be extensively elaborated upon. There is great potential to not only increase the impact the program has on the lives of the current beneficiaries but also on others that were not chosen as beneficiaries and could last as independent community events in the future. Awareness-raising is an essential first step in combating an issue such as GBV and engaging the community in an activity such as a football match combined with speeches etc. allows for triangulation of the information that may be better received by members who are illiterate.

When planning the budget for the next phase, including a budget for activities such as this could potentially launch the program into one that has a sustained effect on the lives of the community beyond the CTs and training programs. One example of such an idea is to have the women's groups create songs or skits demonstrating GBV and what the women as well as men can do in the community, such as going to the trainings or getting referrals to other organizations. This is similar to the work that is part of TASO, and is common in many organizations. These groups are largely used to focus on HIV/AIDS prevention, malaria prevention. This could even be expanded to other training programs such as to teach about the importance of saving. The implementation of music, drama or dance groups in the community would also address the issue of illiteracy as another means of transferring the information. Local artists could also be used to create

depictions of GBV. This would create an IGA and promote awareness of the issue in one step. To combine the two ideas, ACF could collaborate with CBOs to hold performances with music, drama and dance to help educate the community. This would have an added benefit of using local groups that would be better received by the community.

Related, ACF should greatly strengthen their collaboration with other organizations in the area. Such organizations include ACORD, EngenderHealth, Men to Men, etc. This increased collaboration would allow for a beneficial sharing of ideas and possibly resources. For instance, one concept that ACF could look into is that of Small Men Action Groups (SMAG); in Kanungu, SMAGs are used as mediators and local courts, which is a cheaper option than going to court as done by the Uganda Women's Network.<sup>90</sup> Groups such as this tend to show success because men are more likely to listen to other men, and further, must play an active part in combating GBV. Additionally, in order to obtain the most success, it is important to utilize a variety of sources, as this has been proven to "significantly influence perception and affect behavior."<sup>91</sup>

Effort should be made to add GBV to the training manuals and to agricultural cycles. Due to the specified nature of the program, ACF should use collaboration to connect the extremely vulnerable and victims of GBV to other organizations or agencies in order to provide a more holistic approach. While it may not be feasible to hire a national GBV specialist for ACF it is important that GBV training is increased for ACF staff in order to ensure proper understanding of the issues in which the program seeks to address. If there is not enough money in the budget for the next phase for manuals to include more pictorials then effort should be taken to implement supplementary activities that would be beneficial to those who are illiterate. If the organization takes into account this report as a supplement to the final report that will be conducted for the program for changes for the next phase, the program will have even more success and be able to ensure sustainability.

---

<sup>90</sup> *Stopping Gender Based Violence with Budgets*. Rep. N.p.: Uganda Women's Network, 2011. Print.

<sup>91</sup> Ellis, Amanda. *Gender and Growth Assessment for Uganda : Unleashing the Power of Women*. Publication. N.p.: World Bank, n.d. Print. 34.

## **APPENDIX**

### **FORMAL INTERVIEW QUESTIONS**

#### **Interview with Jimmy Latigo: April 29, 2013 29/4/13**

How long have you worked with ACF?

How has ACF addressed the recommendation of restructuring monitoring information and data?

How has ACF addressed the recommendation of assessing vulnerability with capacity?

Was ACF able to keep the VSLA kits for this phase and what is the benefit of using them?

How has ACF addressed the recommendation of adding pictorial representations to the manuals?

Do the beneficiaries understand this phase that there is only one cash transfer?

How do you make sure that people are attending the GBV partner trainings?

What do you think about the lack of GBV in training manuals from ACF?

What relationship have you found between agriculture and GBV?

How has ACF addressed the recommendation of ensuring the GBV CBO partners are conversant with the livelihood program?

How has ACF addressed the recommendation of having more monitoring of CBO activities?

#### **Interview with Monica Achora: May 2, 2013**

How long have you worked with ACF?

What challenges have you faced in the data entry?

What changes have been made since the first phase in relation to data?

Have you noticed any trends in the data for this phase thus far?

What motivates you to stay in this job?

Why did you choose to work with ACF?

What problems have you encountered with Sphynx?

MAPS

A.

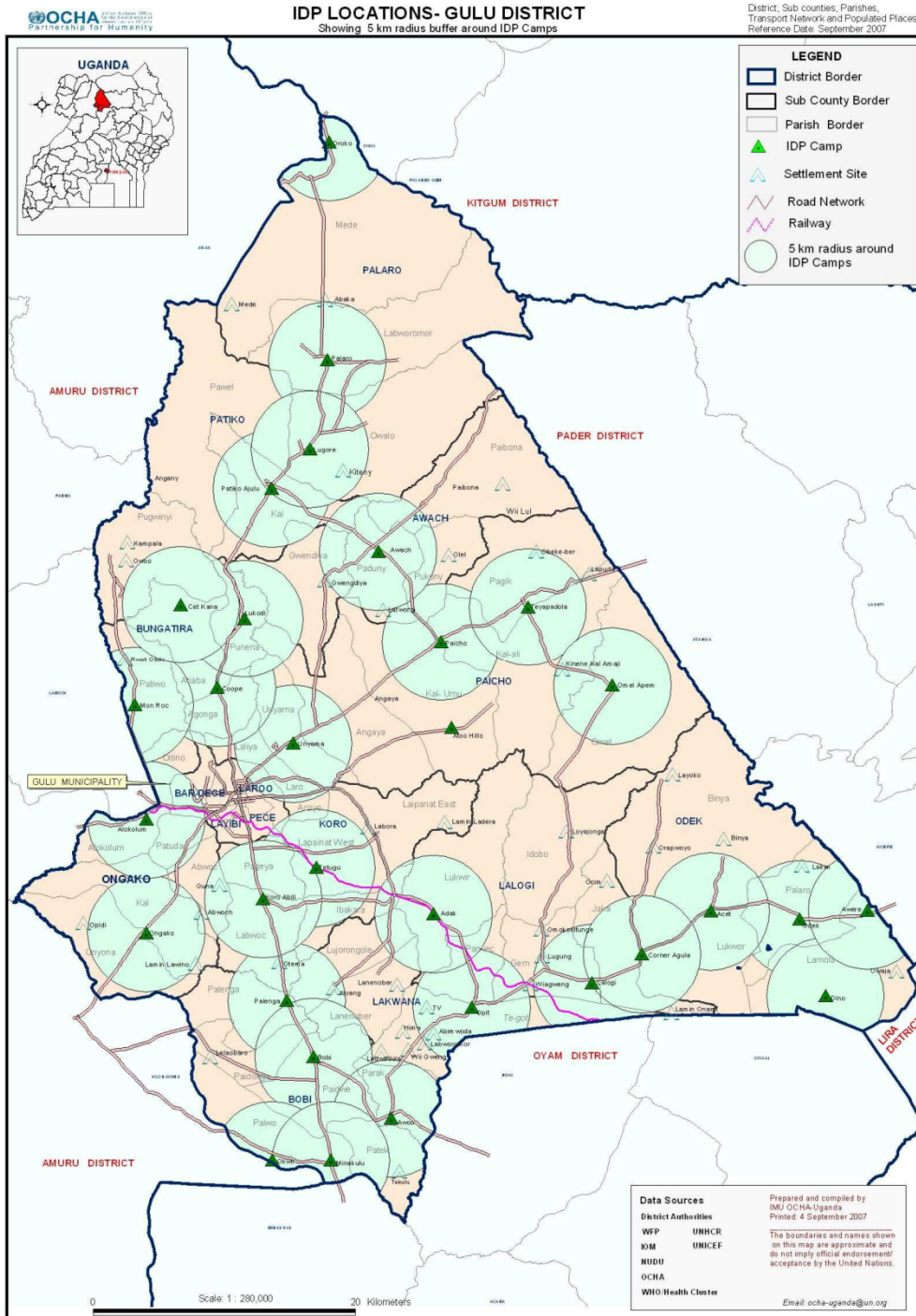


**Map 1.** The region of Acholiland in northern Uganda.

"Acholiland Map." *Children of the Earth*. N.p., n.d. Web. 2013.  
<<http://scrapbook.coeworld.org/1/chapters/LPIImages/Acholi.gif>>.



B.

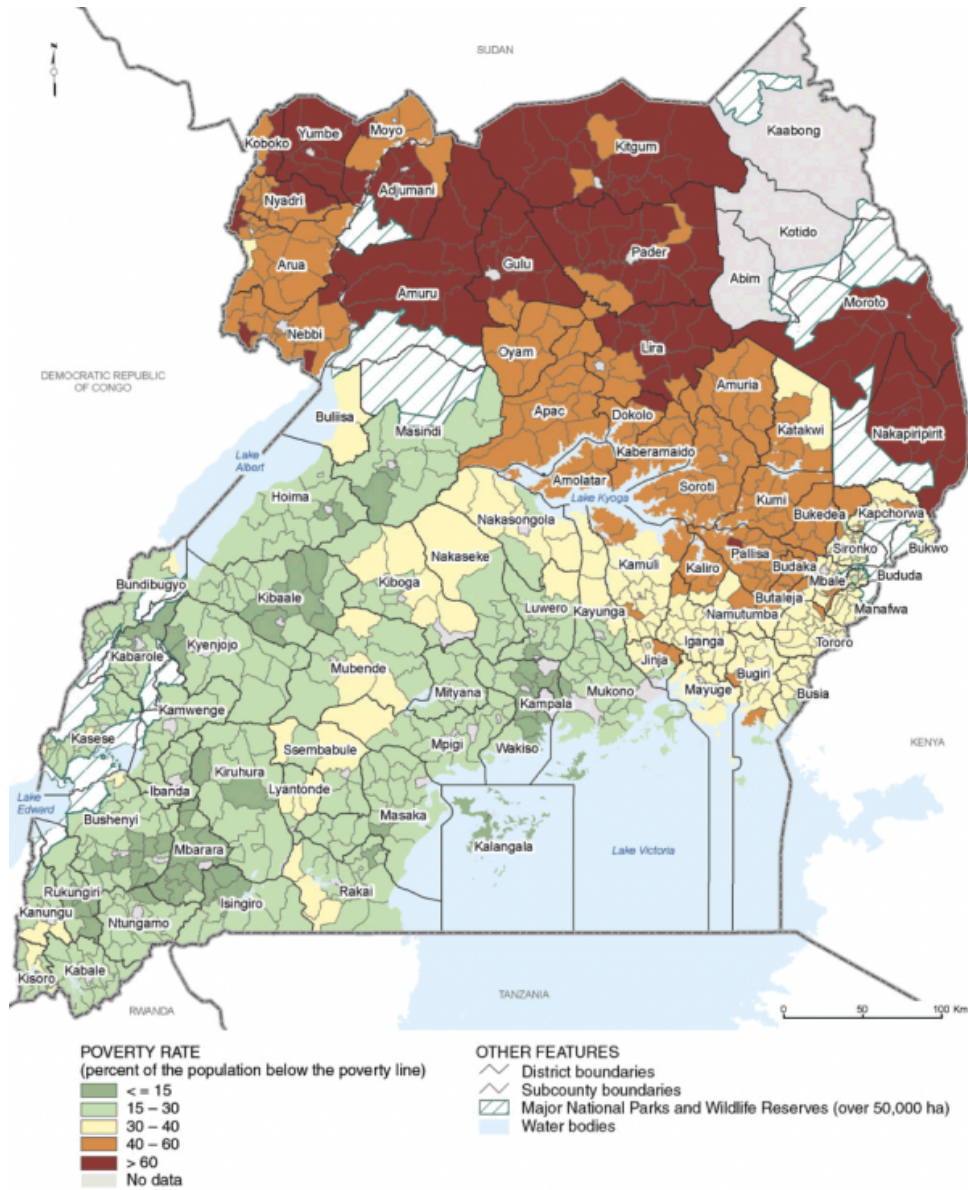


**Map 2.** The locations of all LDP camps in Gulu District.

*IDP Map.* N.p., n.d. Web. 2013.

<[http://www.ugandaclusters.org/dwnlds/0901MapCenter/Thematic/gulu\\_idp%20camps\\_5km%20radius.jpg](http://www.ugandaclusters.org/dwnlds/0901MapCenter/Thematic/gulu_idp%20camps_5km%20radius.jpg)>.

C.



**Map 3.** The poverty rates in Uganda.

*Uganda Map.* N.p., n.d. Web. 2013.

<<http://www.wri.org/files/wri/images/map1.preview.png>>.

D.



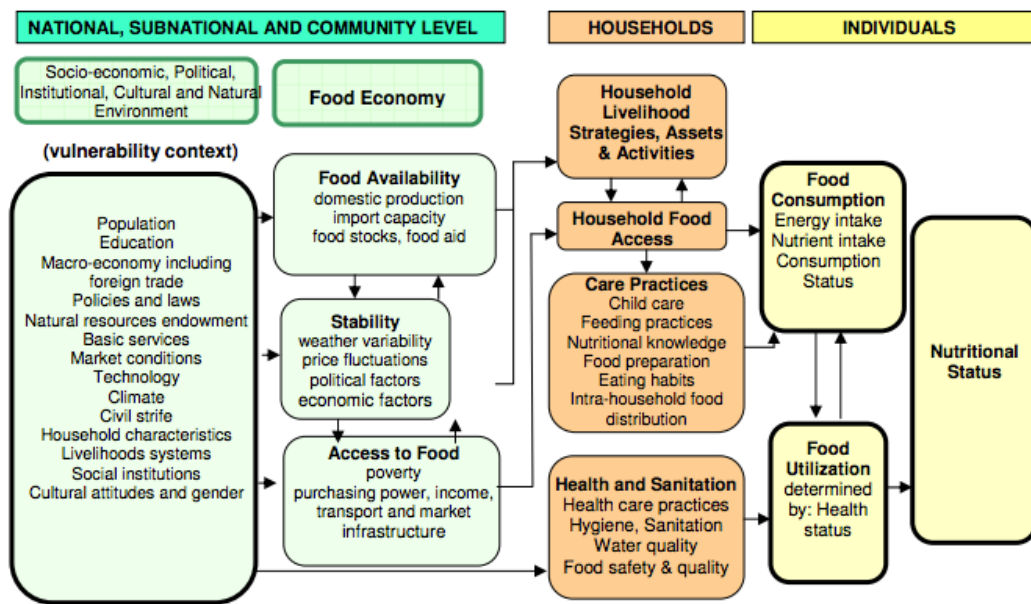
**Map 4.** The regions in northern Uganda that were effected by the two decade civil war.

*Uganda Peace Foundation Initiative.*N.p., n.d. Web.2013.  
<<http://www.ugandapeacefoundation.org/>>.

CHARTS

E.

*FAO/FIVIMS Framework: linkages between the overall development context, the food economy, households and individual measures of wellbeing*



Source: FAO (2000).

**Chart 6.** A demonstration of the interconnected relationship between vulnerable populations, food security, and the wellness of individuals.

IMAGES

F.

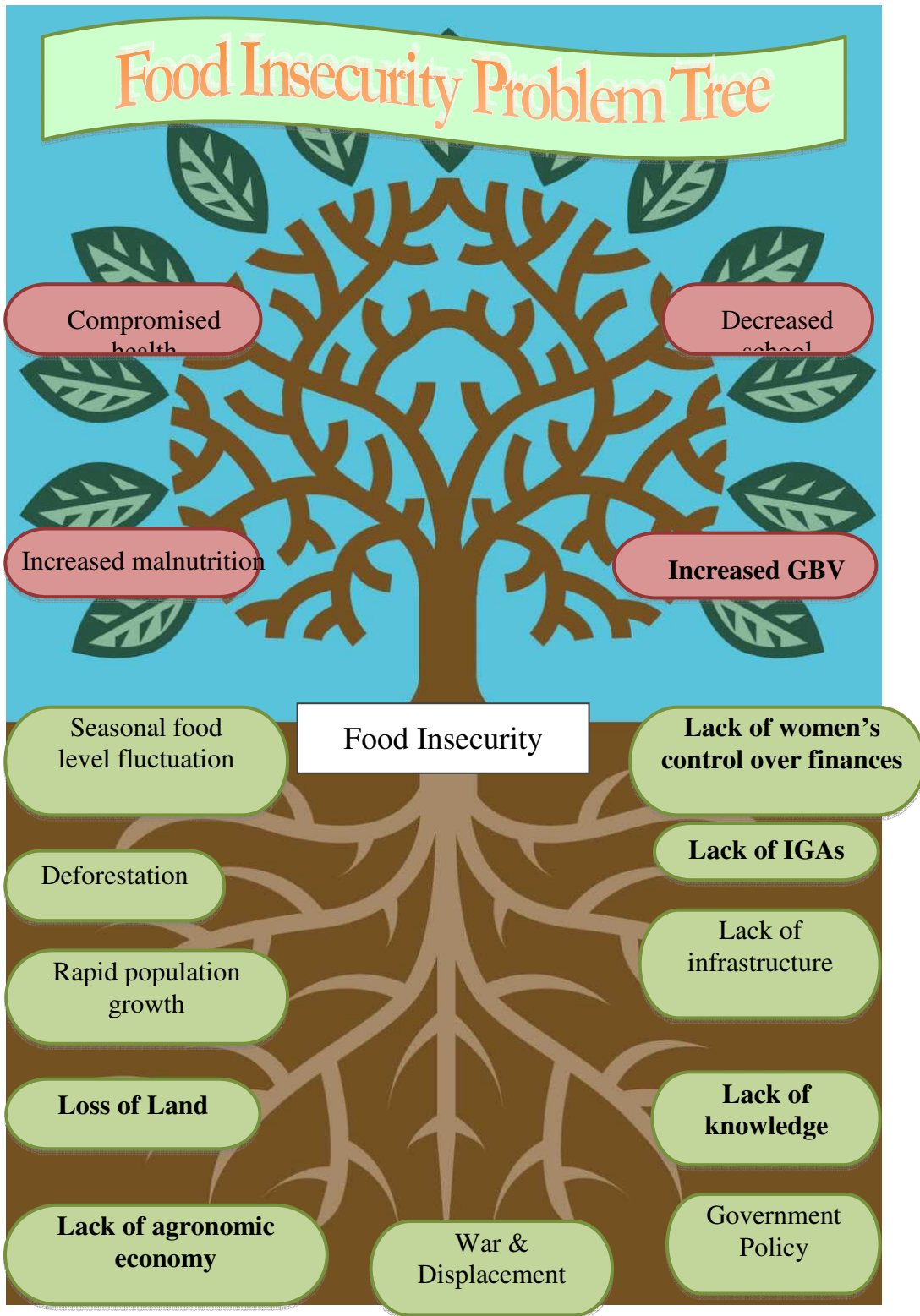


*(Courtesy of the researcher)*

**Image 3.** Counting of total savings from a VSLA Action Audit meeting on May 2, 2013.



H.



*(Courtesy of the researcher)*

**Image 5.** Visual display of the underlying causes and the effects of food insecurity.

## BIBLIOGRAPHY

*A World Without Hunger*. N.p.: ACF International Network, Print.

"Acholi Land Map." *Children of the Earth*. N.p., n.d. Web. 2013.  
<<http://scrapbook.coeworld.org/1/chapters/LPIImages/Acholi.gif>>.

Allen, Hugh, and Mark Staehle. *VSLA Field Officer Guide*. Publication. N.d.: Access Africa, 2009. Print. Ser. 1.01.

Angeles, Maria. *External Evaluation Combating Gender-Based Violence and Enhancing Economic Empowerment of Women in Northern Uganda through Cash Transfers*. Publication. N.p.: Royal Norwegian Embassy, 2012. Print.

Baird, Sarah, Fransisco Ferreira, BerkÖzler, and Michael Woollock. *Relative Effectiveness and Cost-effectiveness of Conditional and Unconditional Cash Transfers for Schooling Outcomes in Developing Countries: A Systematic Review*. Rep. N.p.: Campbell Collaboration, 2012. Print.

Bagamba, F., and B. Bashaasha. "Assessing Climate Change Impacts and Adaptation Strategies for Smallholder Agricultural Systems in Uganda." *African Crop Science Journal* (n.d.): n. pag. Print.

*Baseline Survey Report for Combating Gender-based Violence and Enhancing Economic Empowerment of Women in Northern Uganda through Cash Transfers Project (Acholi Sub-region)*. Rep. Gulu: ACF International Network, 2012. Print.

"Causes of Droughts." *ThinkQuest*. Oracle Foundation, 2000. Web. 26 Mar. 2013.  
<<http://library.thinkquest.org/C003603/english/droughts/causesofdroughts.shtml>>.

Crozet, Emilie. *Implementing Cash-based Interventions – ACF Food Security Guideline*. Publication. N.p.: ACF International Network, n.d. Print.

Dagne, Ted. *Uganda: Current Conditions and the Crisis in North Uganda*. Rep. N.p.: Congressional Research Service Report, 2011. Print.

Das, Jishnu, Quy-Ton Do, and BerkÖzler. *Reassessing Conditional Cash Transfer*.

"Ecological Footprint." *Quiz by Center for Sustainable Economy*. N.p., n.d. Web. 26 Mar. 2013. <<http://myfootprint.org/>>.

Ellis, Amanda. *Gender and Growth Assessment for Uganda : Unleashing the Power of Women*. Publication. N.p.: World Bank, n.d. Print.

*Food Security and Livelihoods Assessments*. N.p.: ACF International Technical



- Department of Food Security and Livelihoods, 2010. Print.
- Global Hunger. "Global Hunger Index." Ed. Nina Wünsche, Klaus Von Grebmer, & Olive Towey. *October* 12.2 (2010) : 1-6.
- "Gulu District Information Portal." *Gulu District*. N.p., 2013. Web. 28 Apr. 2013. <<http://www.gulu.go.ug/>>.
- Household Action Plan and Fund Utilization Monitoring Report for Phase 1 Cash Transfer*. Rep. N.p.: ACF International Network, n.d. Print.
- 'I Can't Afford Justice: Violence Against Women in Uganda Continues Unchecked and Unpunished*. N.p.: Amnesty International, 2010. Print.
- IDP Map*. N.p., n.d. Web. 2013. <[http://www.ugandaclusters.org/dwnlds/0901MapCenter/Thematic/gulu\\_idp%20camps\\_5km%20radius.jpg](http://www.ugandaclusters.org/dwnlds/0901MapCenter/Thematic/gulu_idp%20camps_5km%20radius.jpg)>.
- Kruse, Stein-Erik, and OmenoSuji. *Review of Livelihoods and Economic Recovery in Northern Uganda (LEARN)*. Publication. Norway: Nordic Consulting Group, 2009. Print.
- "Social & Economic Injustice." *Biodegradable & Compostable Products: World Centric*. N.p., n.d. Web. 26 Mar. 2013. <<http://worldcentric.org/conscious-living/social-and-economic-injustice>>.
- "The State of Consumption Today." *Worldwatch Institute*. N.p., 25 Mar. 2013. Web. 26 Mar. 2013. <<http://www.worldwatch.org/node/810>>.
- The State of Food and Agriculture 2010-2011*. Publication. Rome: Food and Agriculture Organization of the United Nations, 2011. Print
- The State of Food Insecurity in the World*. Rep. N.p.: FAO Executive Report, 2012. Print.
- Pham, Phuong, and Patrick Vinck. *Transitioning to Peace A Population-based Survey on Attitudes About Social Reconstruction and Justice in Northern Uganda*. Publication. California: Human Rights Center, Berkeley School of Law, 2010. Print.
- Policy Paper: Food Security & Livelihood Teams*. Tech. N.p.: ACF International Network, 2008. Print.
- Proposal from ACF to the Royal Norwegian Embassy*. N.p.: ACF International Network, n.d. Print.

- Potts, David, Ryan Patrick, and Anna Toner. *Development Planning and Poverty Reduction*. N.p.: Palgrave Macmillan, n.d. Print.
- "Protecting and Promoting Good Nutrition in Crisis and Recovery." *FAO Corporate Document Repository*. N.p., n.d. Web. 2013.  
<<http://www.fao.org/docrep/008/y5815e/y5815e07.htm>>
- Second Round Post Distribution Monitoring Report*. Rep. N.p.: ACF International Network, 2012. Print.
- "Uganda at 50: The Condition of Ugandan Women." N.p., n.d. Web. 2013.  
<<http://ethnicsupplies.org/poverty-in-africa/african-affairs/african-women/uganda-at-50-the-condition-of-ugandan-women>>.
- Uganda Map*. N.p., n.d. Web. 2013.  
<<http://www.wri.org/files/wri/images/map1.preview.png>>.
- Uganda Peace Foundation Initiative*. N.p., n.d. Web. 2013. <<http://www.ugandapeacefoundation.org/>>.
- World Bank, *The Costs of Violence*, Washington, DC: 2009.
- "World Bank Group." N.p., n.d. Web. 05 May 2013. <<http://www-wds.worldbank.org/>>.
- "What Is Sustainable Development." *DEPweb*. N.p., 2001. Web. 26 Mar. 2013.  
<<http://www.worldbank.org/depweb/english/sd.html>>.
- "World Food Insecurity and Malnutrition: Scope, Trends, Causes and Consequences." Food and Agriculture Organization (n.d.): n. pag. Web.  
<<ftp://ftp.fao.org/docrep/fao/010/ai799e/ai799e02.pdf>>.
- "World Food Programme Fighting Hunger Worldwide." *Hunger Stats*. N.p., n.d. Web. 01 May 2013. <<http://www.wfp.org/hunger/stats>>.
- "Poverty in Uganda." *Poverty in Uganda*. N.p., n.d. Web. 06 May 2013.  
<<http://finance.mapsofworld.com/economy/uganda/poverty.html>>.
- "Rural Poverty Portal." *Rural Poverty Portal*. N.p., n.d. Web. 06 May 2013.  
<<http://www.ruralpovertyportal.org/country/home/tags/uganda>>.
- Stopping Gender Based Violence with Budgets*. Rep. N.p.: Uganda Women's Network, 2011. Print.