

La Escala Latinoamericana y del Caribe sobre Seguridad Alimentaria (ELCSA): Una herramienta confiable para medir la carencia por acceso a la alimentación

The Latin American and Caribbean Food Security Scale (ELCSA): a reliable tool to measure lack access to food

A Escala América Latina e Caribe Segurança Alimentar (ELCSA): Uma ferramenta confiável para medir a falta de acesso a alimentos

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Resumen

Descubrir la metodología y herramientas apropiadas para medir la pobreza de manera certera ha sido un objetivo dinámico y perfectible de los investigadores interesados. El cambio conceptual de la medición de la pobreza en México -que ha pasado de ser una consideración unidimensional a una multidimensional basada en derechos sociales universales-, ha dado como resultado que el Consejo Nacional de Evaluación de la Política de Desarrollo Social (CONEVAL) desarrolle toda una metodología de la medición multidimensional de la pobreza, con la que se cuantifica la carencia social de acceso a la alimentación. La medición de esta carencia representa retos específicos ya que su relación con la Inseguridad Alimentaria es manifiesta, y las escalas de seguridad alimentaria basadas

en experiencias vividas por los integrantes de un hogar, aparecidas a finales de la década de los años ochenta del siglo pasado en Estados Unidos, han demostrado que miden lo que pretenden. La ELCSA es el resultado de múltiples experiencias anteriores con escalas de medición de inseguridad alimentaria en el hogar, validadas tanto en Estados Unidos como Brasil, Colombia, México y otros países de América Latina y el Caribe. México ha adoptado la ELCSA como un instrumento para medir el acceso a la alimentación, uno de los indicadores de carencia social en su metodología para la medición multidimensional de la pobreza.

Palabras clave: Escala Latinoamericana y del Caribe sobre Seguridad Alimentaria, carencia por acceso a la alimentación, medición multidimensional de la pobreza.

Abstract

Discover the methodology and appropriate tools for measuring poverty in certain way has been a dynamic and perfectible goal of interested researchers. The conceptual change of the measurement of poverty in Mexico - that has gone from being a one-dimensional consideration to a multidimensional universal social rights-based -, has resulted in the National Council for the Evaluation of Social Development Policy (CONEVAL) to develop a whole methodology of the multidimensional poverty measurement, which is quantified social lack of access to food. The measurement of this lack represents specific challenges as their relationship with Food Insecurity is evident, and food security scales based on experiences of the members of a household, appeared at the end of the Decade of the eighties of the last century in the United States, have shown that they measure what they claim to. The ELCSA is the result of multiple previous experiences with scales of measurement of household Food Insecurity, validated in United States such as Brazil, Colombia, Mexico and other countries of Latin America and the Caribbean. Mexico has adopted the ELCSA as an instrument to measure the access to food, one of the indicators of social deficiency in its methodology for the multidimensional poverty measurement.

Key words: Latin American and Caribbean Food Security Scale, lack access to food, multidimensional poverty measurement.

Resumo

Descubra a metodologia e ferramentas adequadas para medir a pobreza maneira exata tem sido uma meta dinâmica e perfectível dos pesquisadores envolvidos. A mudança conceitual na medição da pobreza no México, que tem crescido a partir de uma análise unidimensional a um dos direitos sociais universais multidimensionais baseada, resultou no Conselho Nacional de Avaliação da Política de Desenvolvimento Social (CONEVAL) desenvolve toda uma metodologia de medição da pobreza multidimensional, com o qual a falta social do acesso à alimentação é quantificada. Medir essa lacuna representa desafios específicos e sua relação com a insegurança alimentar é manifesto, e escalas de segurança alimentar baseado experimentado por membros de uma experiências domésticas, surgiu no final da década dos anos oitenta do século passado Estados Unidos, mostraram que medida o que eles pretendem. O ELCSA é o resultado de muitas experiências anteriores com escalas de medição insegurança alimentar em casa, validado tanto os EUA eo Brasil, Colômbia, México e outros países da América Latina e do Caribe. México adotou a ELCSA como um instrumento para medir o acesso à alimentação, um dos indicadores de privação social em sua metodologia para medir a pobreza multidimensional.

Palavras-chave: América Latina e Caribe Scale segurança alimentar, a falta de acesso a alimentos, medição multidimensional da pobreza.

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Introduction

The National Council for the Evaluation of Social Development Policy (CONEVAL) has a structurally sensible slogan whose content is irrefutable: "what is measured can be improved".

The objective dimension of any phenomenon increases the chances of your understanding and, therefore, of decision-making appropriate, preventive or corrective to ensure its extinction, its decrease or its increase, accordingly.

Food Security is a universal, formalized when the United Nations recognised in 1948 was a formal right of humanity, in the Universal Declaration of Human Rights. Movements and

actions that this statement only found echo sporadically in extreme situations that were experienced in some regions of our planet. Pressure, primarily from Non-Governmental Organizations (NGOs), led to the United Nations Organization for Agriculture and Food (FAO) to convene the World Food Summit held in the year of 1996, where the most important definition on Food Security was made: "all people have physical and economic access to sufficient safe and nutritious food to meet their dietary needs and food preferences throughout, in order to live active and healthy" (FAO, 1996).

The interest of this work lies in the proposal of a reliable tool that will measure the counterpart of Food Security, for which Food Insecurity is defined as the availability of limited or uncertain of purchasing foods in socially acceptable ways. It is well known that, even in developed countries, there are vulnerable groups that suffer from Food Insecurity, and there are also entire countries or majority groups in which persists with high prevalence. However, there is no certainty of the exact number of households who suffer from this phenomenon, as neither the degree of severity of Food Insecurity they face. This circumstance, especially the taking of awareness of the importance of properly combating this phenomenon, led to the search for a method which scientifically measured, in order to more precisely identify risk and vulnerable groups to tackle the problem more effectively.

When we talk about Food Insecurity problem is not dimensioned objectively since it seems more conceptual than real; however, if we associate it with poverty and extreme poverty, then is anchored better: talk about people who do not have what to eat, of men, women and children who are hungry and who do not have enough food at home. Hunger is the most open manifestation of Food Insecurity, the more exclusive experience of society. More than 800 million human beings are in this situation (Simoes, 2001, p. 933); in Mexico, about 25% of the population does not have sufficient access to food (CONEVAL, 2012, p. 49). These alarming figures driving the search for methods and effective and reliable tools that objectively measure Food Insecurity in particular sectors or groups in order to design selective programs that fight it.

Approach

There are three important issues to consider: the lack of access to food, the measurement of this lack, and the Latin American and Caribbean Scale of Food Security.

The first issue is intimately related to Food Security and, in turn, to poverty, to such a degree that a sequential relationship can be established: the greater poverty corresponds to lower Food Security and if we close this relationship we would say that extreme poverty originates the hungry. This concept is usually relegated because of its crudity, but still represents the most visible, most empirical sign of Food Insecurity at its best.

The reason for the concept of lack of access to food goes back to 2001 when the Secretariat of Social Development (SEDESOL) brought together a group of experts who formed the Technical Committee for Measuring Poverty (CTMP), which, based on the National Household Income and Expenditure Survey of 2000 (ENIGH, 2000) determined the existence of three levels of poverty: wealth poverty, poverty of capacities and food poverty. This methodology was based on household income, hence a one-dimensional model of poverty measurement.

On January 20, 2004, the General Law for Social Development (LGDS) was enacted, article 6 of which mentions rights for social development, one of which is food.

Social policy senses the need to devise institutional mechanisms for the evaluation and monitoring of social development policies. For this reason, the National Council for the Evaluation of Social Development Policy (CONEVAL) was established. Compliance with article 36 of the LGDS, which determines that this council should issue the guidelines and criteria for the definition, identification and measurement of poverty, considering a certain number of indicators in addition to income.

Thus, the methodology for the multidimensional measurement of poverty in Mexico was developed by CONEVAL based on the LGDS, the proposals of specialists and the scientific and technical knowledge on this subject (CONEVAL, 2014). One of the determinant indicators of the multidimensional nature of poverty is access to food, however, this concept is the one that presents the most conceptual, technical and methodological difficulties for its measurement, which is why various international organizations and institutions develop the concept of Food safety. As discussed above, according to FAO (2006), food security includes access to enough food at all times to lead

an active and healthy life. This concept of Food Security is extremely linked to the one of access to the food, reason why it is considered that if the first one is measured of proper way will also be measuring properly the indicator of deficiency to the feeding.

Measuring Food Safety

We start from the premise that by measuring Food Security we are measuring the lack of access to food; Reviewing the public and private efforts that have been made to design methods and tools that truthfully measure Food Security, it is discovered that five methods are most used to assess the magnitude of Food Insecurity.

FAO Methodology. A method that measures the four dimensions of food security: availability, access, stability and utilization, each with its own indicators, is faithful to the definition that this organism uses. FAO's methodology has been the subject of wide-ranging discussions, since it relies on estimating insufficient food energy intake for more than a year, but can not record fluctuations in this energy intake within the same year. On the other hand, it is laborious, since the sum of the indicators of the food security belonging to the 4 dimensions is 31, all of which must make estimates (FAO, FIDA, PMA, 2015).

This method also requires specialists to carry out the frequency distribution of food consumption (expressed as dietary energy), which determines the limiting point of insufficient intake (FAO, 2002).

In summary, this method is based on the comparison of the usual food consumption, expressed in terms of food energy (Kilocalorías = Kcal), with minimum energy needs (FAO, 2008).

Use of household expenditure surveys to assess food insecurity. This methodology has an important quality, since it allows to obtain varied information on supply, access and diversity of food, however, this method can still be considered one-dimensional. On the other hand, the questionnaire that is applied is too extensive and detailed, and has the drawback that the costs of collection and computation in time, financial resources and technical knowledge are very high (FAO, 2002). Finally, it is thought that the estimates obtained may become biased due to various systematic errors related to sampling. One of

the main problems attributed to the work with these surveys is that the results are not comparable across countries (FAO, 2002, p.19).

Methods of survey on individual food intake. The main limitation attributed to this method is the reporting of values lower than the real ones, that is, when it comes to this type of surveys, a high degree of collaboration with the subject surveyed should be achieved, in addition to the tendency towards "Victimization". Other limitations of the method are logistics and cost. Therefore, it is concluded that this method is very useful for the validation of other more convenient methods that evaluate food safety.

Measurement of nutritional status from data from anthropometric surveys. FAO should provide real figures on the status and extent of the nutritional problem to assist member countries to monitor and follow up on the programs they implement to address the problem of food insecurity. In the past, one of the most reliable methods of measuring nutritional status was anthropometric measurements, which examined thresholds based on the relationship between nutritional anthropometric indices and functional deficiencies, morbidity, and other data that have to do with the consequences Of food insufficiency. At present, this method has been widely questioned because it has been found to be plagued by difficulties related to data collection, which do not necessarily reflect the sufficiency of food or energy consumption because they are influenced by other environmental factors Intervene in anthropometric measurements.

In Mexico, anthropometric measures are used to measure nutritional status through the National Health and Nutrition Survey (ENSANUT). Their results, besides being officially presented, are used to analyze the variables that are handled (Shamah, Mundo, Rivera, 2014): "The magnitude of food insecurity in Mexico: its relationship with the state of nutrition and socioeconomic factors".

ENSANUT obtains nutritional status based on measurements of weight and height or length in children under 5 years. It goes without saying that this method requires specialized personnel to obtain reliable data, otherwise its truthfulness would be in doubt. Another important element is that there are no anthropometric data on adults.

Qualitative Measures of Food Insecurity and Hunger. At present, the measurement of (In) Food Security is a necessity that is imposed as a condition for the effective fight against poverty; This type of measurement is based on Scales, or as is customary in the United States, Modules.

These measurements have a good scientific basis and, once the work of the methodology and application of the measurement is completed, they can be realized and analyzed quickly. Perhaps one of the most important qualities of these measurements is that the information obtained also provides a concept of Food Security that is easy to understand by policy makers. The importance of qualitative measurements is that they incorporate as essential elements the way in which the most affected people perceive Food Insecurity and hunger, and therefore, these qualitative methods are more direct measurements of Food Insecurity.

If one reflects on this method of measurement it can be observed that there is a different optic of establishing or defining the population that is in a state of Food Insecurity, because although the source of information is the same, it is somehow the researcher who According to their interpretations defines who or who are in food insecurity, however, in this type of measurements are the person or family, without any interpretive filter of the analyst, who affirm: "I am in food insecurity, I am hungry" . These measures provide important insights into how families experience hunger and food insecurity.

One of the discussions at the International Scientific Symposium on Measuring Food Insecurity was that qualitative measurements should not be termed as such because they also collect quantitative information and their results are quantified in a statistically rigorous way. On the other hand, names such as "direct measurements", "experience-based measurements" or "through experience" of Food Insecurity and Hunger (FAO, 2002) were proposed. This international symposium recognized that this type of measurement, using modules or scales, is based on a methodology that has very positive aspects in terms of validity, relevance and utility.

The Latin American and Caribbean Food Security Scale (ELCSA) belongs to this type of measurement. This paper aims to contribute knowledge about the origin, development and application in Mexico of the ELCSA.

Latin American and Caribbean Food Security Scale

The importance of measuring food security in these countries with an instrument whose methodology of application is simple and inexpensive, is that almost all the countries of these regions are developing or can still be considered underdeveloped, characteristics that make them places where there are still families who can be considered peasants and somehow live in the countryside, although in reality the fact is that 84% of family farms cover less than two hectares and occupy only 12% of the agricultural area, which means that most family farmers are poor and are being affected by food insecurity (FAO, 2014).

The Latin American and Caribbean countries that are in this situation require methods to measure food insecurity and hunger from three important qualities: a) they do not require large amounts of budget, b) their application and obtaining of results is agile, what may be critical for appropriate policy makers; (c) generate effective program and project outputs to target specific objectives and even measure their impact over time.

The ultimate aim pursued is the effective fight against poverty and, above all, against its most dramatic effect: hunger. In the search for variables associated with Food Insecurity, it is always found that the main determinant of food insecurity in the household is poverty (Latham, 2002).

What is the ELCSA?

The ELCSA is a direct measurement tool based on households' food insecurity experience (FAO, 2012). This tool has shown over time that it measures what it wants to measure, which has earned it the acceptance and recognition of international organizations, whose concern is precisely to measure food insecurity. FAO has given its recognition and support because this tool has achieved a direct measurement that helps to understand the phenomenon of food insecurity, not as an inference or deduction but through a confrontation of the experiential experiences that the members of the household have had in the most extreme expression of poverty: hunger. The efficacy and veracity of the ELCSA is beyond doubt, providing a dimension of hunger that is lived in households and, consequently, a real measure of food insecurity.

The ELCSA is not a fashionable tool, its scientific value has been sufficiently proven through the multiple validations that have been submitted by researchers from various Latin

American countries. For the different governments in the region, which are even adopting the ELCSA to implement it at the national level, it has also been important as their results allow them to make preventive or corrective decisions regarding Food Insecurity. This can be diagnosed through the ELCSA itself and, therefore, implement appropriately targeted development programs to subsequently assess the impact of the programs.

Another important feature of ELCSA is that it does not generally or confusedly address the problem of food insecurity but allows it to be dimensioned at three levels of insecurity or in a state of food security: Food Security, Mild Food Insecurity, Moderate Food Insecurity, And Severe Food Insecurity. The countries involved in the Latin American and Caribbean region are adopting ELCSA as it reliably enables them to periodically measure their real food insecurity situation, not only with a number but also in all its crudeness. Discover situations, concerns and perceptions about lack of food not as a concept or a statistical element but as a daily experience painful and desperate.

Background of the ELCSA

The specific attempt to measure food insecurity through the existence of household hunger dates back to 1984 when a government agency in the United States reported the existence of groups of people suffering from hunger, however, there was insufficient information on Characteristics of these groups, nor with a quantification that would somehow dimension the problem (FAO, Ohio State University, 2012).

Specifically, food safety measurement scales, as they are known today, had their origin in a report for national monitoring in nutrition and related research (National Nutrition Monitoring and Related Research Act). The main objective of this report is to seek the standardization of instruments to measure food insecurity, so that the country has reliable and non-dispersed measures that allow the measurement and monitoring of the problem (Hamilton et al., 1997, pp. 1-13). Two sources of food safety measurement scales emerged from the report: the Community Childhood Hunger Identification Project (CCHIP) and the Radimer / Cornell Scale (Radimer, Olson, Greene , Campbell, Habicht, 1992). These two instruments are used to structure the first formally systematized scale to measure food insecurity in the United States: Household Food Security Supplemental Module (HFSSM).

With this instrument, an annual report on the situation of food insecurity in that country has been made since 1995 (Hamilton et al., 1997).

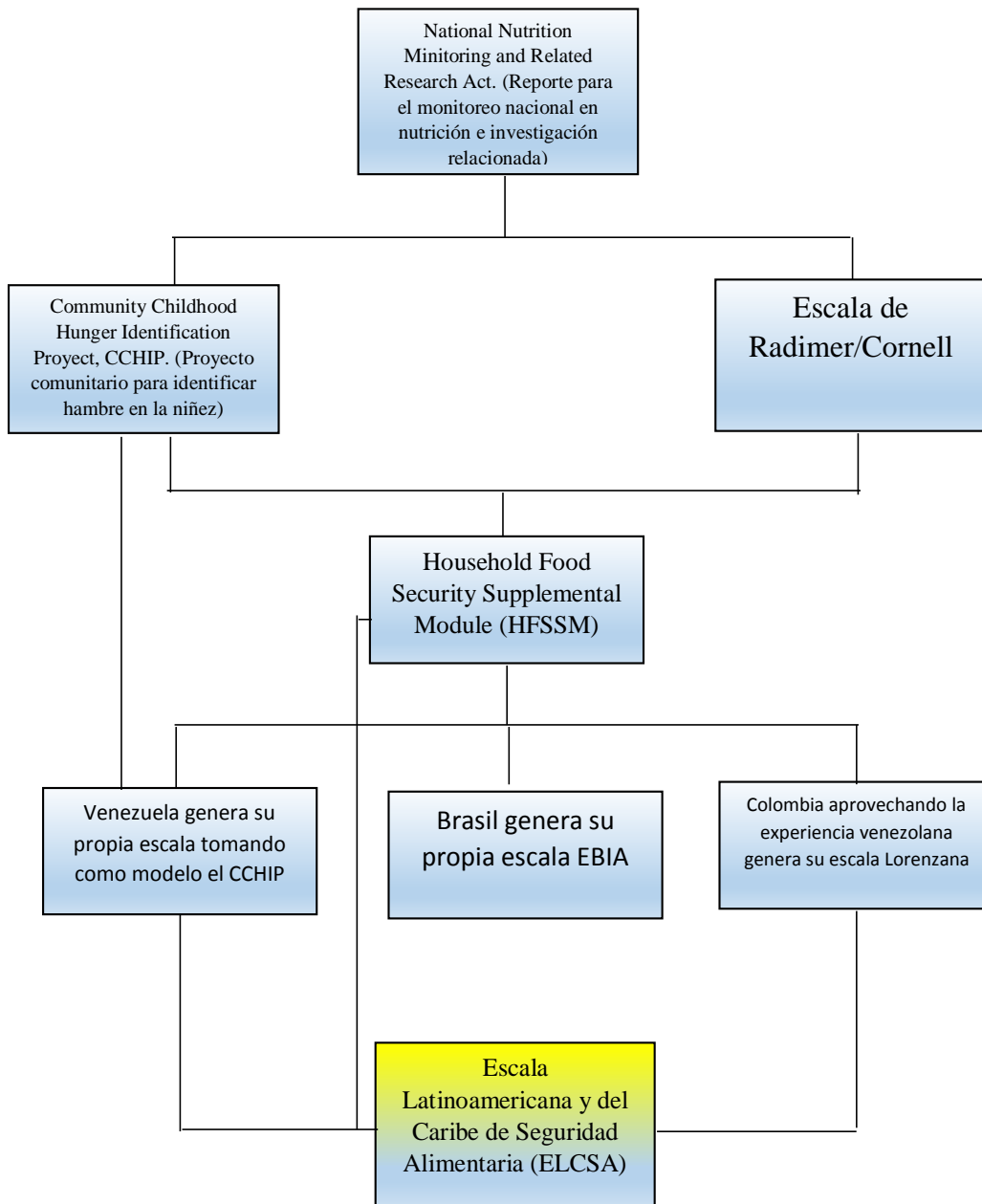
The influence of HFSSM as an appropriate tool to measure food insecurity was large, and, along with other scales based on it, was adapted to other countries as it was a simple and economical instrument.

The countries that first adapted their scales, taking advantage of the experience of the United States, were the South Americans, for example, Brazil, which generated its own scale (EBIA) based on the HFSSM. Other countries, such as Ecuador, did not create their own scale, but adopted HFSSM and submitted to validation processes or studies (Hackett, Melgar, Álvarez, 2007); Mexico (Melgar et al., 2005); Bolivia (Melgar, 2006); Argentina (Fiszbein, 2003). Even in Canada, an equivalent version of HFSSM is used to assess and monitor food insecurity (Health Canada, 2004).

On the other hand, the Massachusetts-born CCHIP (project-proposal) index has also been taken as the basis for generating other scales in South American countries such as Venezuela, where a self-scale scale inspired by the CCHIP was created to conduct food insecurity studies in households Periurban (Lorenzana, Mercado, 2002). Taking advantage of the Venezuelan experience, Colombia also created its scale (Alvarez, Estrada, Melgar, 2006) to measure domestic food insecurity.

Scholars in this area have strived to avoid diversification and to find homogeneity based on experiences derived from the CCHIP index in Venezuela and Colombia, as well as from Radimer / Cornell, HFSSM and the Brazilian Scale (EBIA). The need for a unifying instrument generated a natural evolutionary process of intercommunication with Latin American researchers, whose common efforts and interests in the search for the exchange of experiences with the purpose of promoting the development of a single scale for the measurement of food (In) In Latin American and Caribbean households, resulted in the Latin American and Caribbean Food Security Scale (ELCSA), whose immediate bases are the Colombian Lorenzana Scale, the Brazilian Scale EBIA and the elements of the HFSSM itself.

Figure 1. ELCSA Evolution



Source: elaboración propia

The ELCSA and its development

Since its inception, the ELCSA has been positioning itself as the most adequate option to measure food insecurity in the countries of Latin America and the Caribbean, especially since the agility in its handling and early results allows its application in order to Diagnose the situation of a locality, region or country where poverty reduction programs will be implemented and, later, through the ELCSA itself, objectively measure the operation of these programs.

Perhaps the most important challenge is that the experts were able to exploit the intrinsic qualities of the Scale and obtained consensus that harmonize the ELCSA methodology as a valid measure of the level of food insecurity in the household.

The first consensus version of the ELCSA is the result of the First Latin American and Caribbean Conference on Measuring Food Insecurity (CLACMESA I) held in Antioquia, Colombia in 2007 (Pérez, Álvarez, Segall, Melgar, Nord, 2007 , Pp. 76-164) with the participation of eleven countries. From this first conference, the development of the use and strengthening of the ELCSA has been spectacular. This first consensus version was applied for the first time in Haiti in 2007 and considered of great importance because it represented a test of fire due to the conditions of extreme poverty (Pérez, 2009).

Shortly thereafter, the ELCSA began to be applied in local studies, such as state and national surveys. At the national level, the ELCSA was applied in Colombia in the 2008 National Living Conditions Survey (ENCOVI).

The results, obtained by the ELCSA after CLACMESA I, confirmed the validity of the ELCSA, so that the Second Latin American and Caribbean Conference on the Measurement of Food Insecurity (CLACMESA II) was held, in order to present and discuss The results obtained. This conference was held at the University of Campinas (UNICAMP), Brazil in 2009.

The most important contribution of this conference was the decision to begin the process of harmonization of the ELCSA in national surveys of the region, for which it was proposed the organization of the first harmonization workshop, whose objective is to have a tool to make measurements Comparisons between the countries with the highest affinity, although previous applications with somewhat different versions of the ELCSA had already shown comparability among the countries where the instrument was applied (Melgar, 2010).

The regional harmonization workshop of the ELCSA was held in 2010 at the Institute of Public Health in Cuernavaca, Mexico; The workshop was sponsored by FAO (FAO, INSP, 2010) and represented by Mexico, Guatemala, Nicaragua, Honduras, El Salvador and Peru. The most outstanding result of this workshop was the harmonized version of the ELCSA. As a result of this workshop, it was incorporated into the 2011 National Living Conditions Survey in Nicaragua.

A second regional workshop was held in July 2011 in Bogota, Colombia, attended by representatives of Bolivia, Ecuador, Paraguay, Peru and Colombia (FAO, 2011). This workshop discussed the harmonized version of the ELCSA of the Cuernavaca workshop, and also unified criteria for submitting the ELCSA to internal and external validation processes.

Other workshops of national scope were organized in Bolivia and Paraguay. Currently, ELCSA has been incorporated into the evaluation of the Zero Malnutrition Program implemented by the Bolivian government, while in Ecuador this scale was incorporated as part of the INTI (Integral Territorial Nutrition Intervention) program.

The ELCSA in Mexico

The use of scales to measure food insecurity in Mexico goes back to the beginning of this century; An adaptation of the HFSSM was used in the Sierra de Manantlán, Jalisco, a version that was successfully validated. This study was part of the project PLAN (Local Planning of Agriculture and Nature).

In May 2004, Parás and Pérez reported using a version of the HFSSM (based on the one used in Brazil), which was applied to a sample of Mexico City as part of a public opinion poll called "El Thermometer Capitalino "(Parás, Pérez, 2004). A report that appeared in the University of Valle de Atemaxac in 2007 mentions the application of a version of this scale to older adults in association with type 2 diabetes mellitus, hypertension and osteoarthritis (Dávila, Torres, Márquez, 2007).

We also reported a study carried out in 2002, published in 2006, which used a version of the Radimir / Cornell scale applied to poor elders in Mexico City (Rivera, Guerrero, 2006). There are other studies carried out in Mexico City and Querétaro, in which adapted versions were applied, mainly of HFSSM. This summary shows that Mexico, before the

ELCSA, was already aware of the efficacy and usefulness of qualitative studies to quantify food insecurity through scales.

These experiences have aroused the interest of scholars and researchers from the public and private sectors to promote and assist the First Latin American and Caribbean Conference on Measuring Food Insecurity (CLACMESA I), held in Antioquia, Colombia, where Mexicans were Protagonists.

The consensus version of the ELCSA, the result of this first conference, was immediately used in the state of Guanajuato in a sample of 1199 interviewees, which in 2008 was applied in an opinion poll "Barometer of the Americas" Public Opinion Project Latin American (LAPOP) with a sample of 1511 households (Parás, Pérez, 2008). This survey was applied at the national level and its results were published and disseminated widely to such an extent that they contributed to the debate on the issue of food insecurity and influenced the National Council for the Evaluation of Social Development Policy (CONEVAL) to adopt the ELCSA As an instrument to measure one of the most important indicators of the multidimensional measurement of poverty adopted by SEDESOL in 2008. In that year, the National Survey of Household Income and Expenditure (ENIGH, 2008) incorporated a simplified version Of the ELCSA in its questionnaire, known as the Mexican Food Safety Scale (EMSA). However, for the years 2010, 2012 and 2014, the ENIGH abandoned this scale and adopted the ELCSA in its version emanated from CLACMESA I, later harmonized in the workshop held in Cuernavaca. Another study that the ELCSA adopted to integrate it into its surveys in Mexico is the National Health and Nutrition Survey (ESANUT), which is also raised every two years.

The mechanism by which CONEVAL measures the indicator of lack of access to food, one of the factors that integrate multidimensional poverty, is through the results of the ELCSA that describe the situation of Food Security by identifying three levels of Food Insecurity in Homes (IAH). In order to construct these three levels of IAH, the ELCSA has 15 items (In Mexico, CONEVAL decided to raise one more question to the ELCSA (question 9), which now consists of 16 questions (see annex), with dichotomous answers - No, there are 8 (in Mexico 9) questions addressed to adults in the household and 7 involving children under 18 years of age, therefore, in households where there are children under 18 respondents

answered 16 questions. The questions answered affirmatively, the cut-off points to identify AHI levels are shown in Table 1.

Chart 1. Cutting points for the classification of (food) food security.

Tipo de Hogar	Clasificación de la (in)seguridad alimentaria			
	Seguridad	Inseguridad leve	Inseguridad moderada	Inseguridad severa
Hogares integrados solamente por personas adultas	0	1 a 3	4 a 6	7 a 8
Hogares integrados por personas adultas y menores de 18 años	0	1 a 5	6 a 10	11 a 15

Source: FAO, 2012, p. 68

To calculate the lack of access to food, CONEVAL takes the results of Moderate Food Insecurity and Severe Food Insecurity; These two levels of food insecurity in households make up the lack of access to food.

Conclusion

The ELCSA is a tool of low cost, quick application and easy interpretation; It has also proved to be highly valid and reliable in the various fields of application, from the local level to the national level, in government surveys, academic studies and public opinion surveys. This scale has great potential to continue contributing to the better understanding of the distribution, causes and consequences of Food Insecurity.

In Mexico, the ELCSA version of CLACMESA I, which has already been harmonized, has been applied to know the existing association of Food Insecurity with socioeconomic variables of well-identified population groups.

In Mexico, although this tool is applied in two periodic surveys (ENIGH and ENSANUT), and that the interest to know it is increasing, it is still in the germinal stage. The purpose of the present study is to increase interest in it.

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Anexo 1. ELCSA

1. En los últimos tres meses, por falta de dinero o recursos ¿alguna vez usted se preocupó de que la comida se acabara?

SÍ	<input type="checkbox"/>
NO	<input type="checkbox"/>

2. En los últimos tres meses, por falta de dinero o recursos ¿alguna vez usted o su familia se quedaron sin comida?

SÍ	<input type="checkbox"/>
NO	<input type="checkbox"/>

3. En los últimos tres meses, ¿alguna vez se quedaron sin dinero o recursos para obtener una alimentación sana y variada?

SÍ	<input type="checkbox"/>
NO	<input type="checkbox"/>

4. En los últimos tres meses por falta de dinero o recursos, ¿alguna vez usted o algún adulto en su hogar tuvo una alimentación basada en muy poca variedad de alimentos?

SÍ	<input type="checkbox"/>
NO	<input type="checkbox"/>

5. En los últimos tres meses por falta de dinero o recursos, ¿alguna vez usted o algún adulto en su hogar dejó de desayunar, comer o cenar?

SÍ	<input type="checkbox"/>
NO	<input type="checkbox"/>

6. En los últimos tres meses por falta de dinero o recursos, ¿alguna vez usted o algún adulto en su hogar comió menos de lo que usted piensa debía comer?

SÍ	<input type="checkbox"/>
NO	<input type="checkbox"/>

7. En los últimos tres meses por falta de dinero o recursos, ¿alguna vez usted o algún adulto

en su hogar sintió hambre pero no comió?

SÍ	<input type="checkbox"/>
NO	<input type="checkbox"/>

8. En los últimos tres meses por falta de dinero o recursos, ¿alguna vez usted o algún adulto en su hogar sólo comió una vez al día o dejó de comer todo un día?

SÍ	<input type="checkbox"/>
NO	<input type="checkbox"/>

9. En los últimos tres meses por falta de dinero o recursos, ¿alguna vez tuvieron que hacer algo que hubieran preferido no hacer para conseguir comida, tal como mendigar (pedir limosna) o mandar a los niños a trabajar?

SÍ	<input type="checkbox"/>
NO	<input type="checkbox"/>

Si en el hogar hay menores de 18 años

10. En los últimos tres meses por falta de dinero o recursos, ¿alguna vez usted o algún menor de 18 años en su hogar dejó de tener una alimentación sana y variada?

SÍ	<input type="checkbox"/>
NO	<input type="checkbox"/>

11. En los últimos tres meses por falta de dinero o recursos, ¿alguna vez usted o algún menor de 18 años en su hogar tuvo una alimentación basada en muy poca variedad de alimentos?

SÍ	<input type="checkbox"/>
NO	<input type="checkbox"/>

12. En los últimos tres meses por falta de dinero o recursos, ¿alguna vez usted o algún menor de 18 años en su hogar comió menos de lo que debía?

SÍ	<input type="checkbox"/>
NO	<input type="checkbox"/>

13. En los últimos tres meses por falta de dinero o recursos, ¿alguna vez tuvieron que

disminuir la cantidad servida en las comidas a algún menor de 18 años en el hogar?

SÍ	<input type="checkbox"/>
NO	<input type="checkbox"/>

14. En los últimos tres meses por falta de dinero o recursos, ¿alguna vez usted o algún menor de 18 años en su hogar sintió hambre pero no comió?

SÍ	<input type="checkbox"/>
NO	<input type="checkbox"/>

15. En los últimos tres meses por falta de dinero o recursos, ¿alguna vez usted o algún menor de 18 años en su hogar se acostó con hambre?

SÍ	<input type="checkbox"/>
NO	<input type="checkbox"/>

16. En los últimos tres meses por falta de dinero o recursos, ¿alguna vez usted o algún menor de 18 años en su hogar comió una vez al día o dejó de comer todo un día?

SÍ	<input type="checkbox"/>
NO	<input type="checkbox"/>

Fuente: ENIGH, 2014.