



MIDLINE EVALUATION OF PROSPER II (Supporting Cocoa Farming Communities)

FINAL REPORT

DELIVERABLE 2

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ACRONYMS AND ABBREVIATIONS

CARE	Cooperative for Assistance and Relief Everywhere
FIES	Food insecurity Experience Scale
FGDs	Focus Group Discussions
HDDS	Household Dietary Diversity Score
IGAs	Income Generating Activities
PROSPER	Promoting Sustainable and Food Secure Communities
VSLA	Village Savings and Loans Association
WDDS	Women's Dietary Diversity Scores

Introduction

The midline assessment was commissioned by CARE International in Ghana to assess progress against expected outputs and outcomes relative to the implementation and operational use of PROSPER II project activities and technical solutions, as well as the project's contribution toward the intended impacts. The specific objectives of this study are to assess changes in the level of economic empowerment of women, the level of economic poverty reduction, food and nutrition security, the extent of financial inclusion of women, community governance processes, and uncover gender practices within project communities.

Methodology

A sequential explanatory mixed-method technique was adopted for the survey. This method was adopted because it allowed quantitative data to be gathered in the first phase, followed by qualitative data to provide an insightful explanation of interesting quantitative trends and outliers. A total of 400 households were surveyed. The sample size was determined to provide statistically representative results for household and individual level indicators at the project level. In addition, the qualitative studies used focus group discussions (FGDs) and interview guides to offer complementary information on the factors affecting the change in the PROSPER II project indicators.

Key Findings

- The proportion of households living below the poverty line significantly reduced from 30.0 percent at baseline to 22.1 percent at midline. The qualitative findings revealed that project activities such as training direct beneficiaries on other income generating activities have to some extent, contributed to reducing poverty levels among beneficiaries.
- On food security, the proportion of households who ran out of food because of lack of money or other resources reduced from 71.3 percent to 45.8 percent from baseline to midline.
- The proportion of households who are unable to eat healthy and nutritious food because of a lack of money or other resources decreased from 87.0 percent to 62.5 percent.
- The proportion of households going without food for an entire day due to a lack of money or other resources decreased significantly from 38.0 percent to 14.3 percent.
- On the severity of food insecurity, a substantial decrease was recorded in the proportion of households who are moderately and severely food insecure from 85.4 percent to 72.1 percent, while a significant improvement was recorded in the share of households who are food secure from 9.8 percent to 18.5 percent.
- The findings indicate an increase in household dietary diversity from a baseline score of 4.9 to 5.8 at midline
- The findings further show an increase in the percentage of households that eat at least 5 out of the 10 food groups from 57.0 percentage to 77.8 percentage.
- The proportion of women (15-49) of reproductive age who consume a minimum adequate diet (at least 5 of the 10 food groups) saw a rise of 13.5 percent between baseline and midline.
- In addition, the mean dietary diversity score of women (15-49) appreciated from 5.0 to 5.8. Similarly, the mean dietary score of children increased from 4.1 to 4.6.
- Regarding women empowerment, the WEAI has improved from 0.59 to 0.78. While the empowerment index of men has also improved from 0.70 to 0.77.

- About 96.9 percent of women achieved gender parity at midline, signifying tremendous improvement from a baseline value of 28.6 percent. The gender parity index has risen from 0.81 at baseline to 1.00 at midline.
- In terms of financial inclusion, the study found that the proportion of women that save with financial institutions has increased significantly by 40.2 percent, while that of men has increased by 18.3 percent.
- The proportion of women with control over their income witnessed significant improvement from 32.8 percent to 94.5 percent. However, men who have control over their income declined from 61.7 percent to 46.7 percent.
- Findings from the qualitative survey revealed that most women have full control of their income and can use it for whatever they need, even if their spouse disagrees. Though some women revealed that they have full control because they have no spouses, some explained that they work hard for their income and therefore have the right to decide how to spend it.

1. INTRODUCTION

1.1 PROJECT BACKGROUND

Cargill and CARE share a commitment to promoting opportunity and creating lasting change for families living in extreme poverty. The fourth phase of the global partnership, PROSPER II (Supporting Cocoa Farming Communities), commenced in September 2019 as a 3-year intervention to August 2022. The project seeks to improve the food and nutrition security and economic empowerment of 11,700 cocoa farmers in the Western North Region. CARE is working with 156 cocoa-growing communities in the Western North region Sefwi-Wiawso, Amenfi, Asawinso, Anhwiaso, Awaso, Essam, Asempaneye and Debiso A and B. With focus aligned with Cargill's core pillars of addressing farmers' livelihoods, food and nutrition security and the UN Sustainable Development Goals 2 (Zero Hunger), 4 (Quality Education) and 5 (Gender Equality), PROSPER II aligns with CARE's global framework "She Feeds the World". The PROSPER project seeks to address the economic, social and environmental challenges that underline food and nutrition insecurity.

Targets of the project



11,700 cocoa farmers



156 communities across 9 cocoa districts (Sefwi-Wiawso, Amenfi, Asawinso, Anhwiaso, Awaso, Essam, Asempaneye and Debiso A and B)

The midline assessment was commissioned by CARE to assess progress against expected outputs and outcomes relative to the implementation and operational use of PROSPER II project activities and technical solutions, as well as the project contribution toward the intended impacts. The specific objectives of this midline assessment are to:

- i. Assess changes in the level of economic empowerment of women through agricultural and non-agricultural livelihood options.
- ii. Assess changes in the level of economic poverty reduction.
- iii. Assess the dietary diversity of project participants (women of reproductive age, children under age 5, and school-aged) as an indicator of nutritional status.
- iv. Measure the extent of financial inclusion of women in cocoa-farming households.
- v. Measure improvements in community governance processes.

- vi. Uncover improved gender practices among project participants and within project communities.
- vii. Uncover and document "significant changes stories" among beneficiaries

1.2 PROJECT GOAL AND OBJECTIVES

Cargill and CARE are working together to meet one global goal: *Gender Equitable Food Security & Resilience to Climate Change*. In the PROSPER II project, CARE seeks to adopt a community-driven approach to achieve the following objectives:

1. Empowering women through agricultural and non-agricultural livelihood options
2. Strengthening women's financial inclusion in cocoa-farming households, including women's access and control over productive resources.
3. Improving nutrition
4. Strengthening community governance

1.3 STRUCTURE OF THE MIDLINE REPORT

Besides Chapter 1, which focuses on the background of the study, the rest of this report is structured as follows: Chapter 2 presents an overview of the methodology deployed for the Midline assessment; Chapter 3 discusses the findings of the midline survey, while chapter 4 summarises and concludes the midline study, addressing all impact and output metrics. Finally, Chapter 5 presents the recommendations and lessons learnt for consideration for the project's final implementation phase.



2. MIDLINE APPROACH

A similar assessment approach was adopted to ensure that the midline assessment could be compared with the baseline data. Thus, a mixed-method approach was utilised as it allowed us to develop and gather robust and locally-informed data by combining the strengths and yields of diverse sources of data. Situated within a community-driven approach, a sequential explanatory mixed-method technique was adopted for data collection and analysis. This method was adopted because it allowed quantitative data to be gathered in the first phase, followed by qualitative data to provide an insightful explanation of interesting quantitative trends and outliers.

A representative sample from the list of direct beneficiaries in the target districts using the random sampling technique. At the district level, direct beneficiaries were randomly selected based on their sex categorisation. A total of 400 households were surveyed. The sample size was determined to provide statistically representative results for household and individual level indicators at the project level. In addition, the qualitative studies used focus group discussion and interview guides to offer complementary information on the factors affecting the achievement and/or non-achievement of PROSPER II indicators.

Data collection for the PROSPER II midline assessment took place between February 25 and March 12, 2022, across the 9 cocoa districts, namely, Sefwi-Wiawso, Amenfi, Asawinso, Anhwiaso, Awaso, Essam, Asempaneye and Debiso A and Debiso B. Using SurveyCTO software on tablets, survey questionnaires were administered to 400 beneficiary farmers in their households.

The analysis of data was informed by the demands of the specific survey questions and the indicators as defined in the PROSPER II project logical framework. Quantitative data analysis was done using STATA version 16 software. Although the data collection software (SurveyCTO) had in-built control checks that blocked wrong entries to reduce errors and enhance data quality during data entry, the keyed data were concatenated and exported to STATA for further cleaning. The quantitative data were organized using graphs and other descriptive statistics, including cross-tabulations to analyse trends within and between the various sub-groups or user categories.

In the case of a qualitative survey, field notes were gathered from FGD with male and female direct beneficiaries and interviews with district assembly officers (i.e., district planning officers, district nutrition officers, community development officers, crops and animal officers, and gender desk officers), and key PROSPER II project officers. The qualitative data was organized by looking for shared and divergent opinions within each category. The information collected was then analysed in relation to the specific survey questions. Thematic analysis was employed to make meaning from the qualitative data, and the data was reorganized according to the identified themes and integrated into the relevant section of the evaluation report.

3. KEY RESULTS

This chapter is organized around the key indicators of the project and areas of an expected change in the project log frame. The key areas of change in the PROSPER II project are (i) Access to Financial Services and Literacy; (ii) improving nutrition in cocoa-producing communities; (iii) women's empowerment; and (iv) strengthening community governance and influencing policy and practices through strategic partnerships and advocacy. The chapter starts with information on the socio-demographic and economic characteristics of households.

3.1 SOCIO-DEMOGRAPHIC AND ECONOMIC CHARACTERISTICS OF HOUSEHOLDS

The PROSPER II framework shows that changes in population characteristics can practically affect all components of social and economic life, from the regional perspective, down to the district level, community level and ultimately to the household and individual level. The system of interactions in the PROSPER II framework provides the context for examining changes in socio-economic and demographic characteristics and variables.

This section presents the descriptive characteristics of beneficiary farmers and their households sampled for the survey. This includes age and sex structure, marital status, educational level, household size, and asset ownership of households. The section also describes the socio-economic characteristics of households, including occupational distribution of household heads, agricultural production (i.e., crops and livestock) and households' economic poverty reduction.

3.1.1 SEX AND AGE DISTRIBUTION OF SURVEYED BENEFICIARY HOUSEHOLDS

Table 3.1 shows the sex distribution of surveyed beneficiary households. The table shows that 2,351 household members were surveyed at the midline. Of this number, women represent 51.0 percent while their male counterparts represent 49.0 percent, a figure consistent with national population distribution. The table shows no significant variation in the sex distribution of surveyed households between baseline and midline. Across districts, Anhiawso recorded a higher proportion of women (54.9%) distributed in households than men (45.1%) at the midline.

		Sample population	Men	Women
Anhiawso	Baseline	352	50.3	49.7
	Midline	184	45.1	54.9
Asawinso	Baseline	456	50.7	49.3
	Midline	184	48.4	51.6
Awaso	Baseline	346	50.0	50.0
	Midline	198	52.0	48.0
Asempaneye	Baseline	418	51.7	48.3

Table 3.1 Sex distribution of surveyed beneficiary households				
		Sample population	Men	Women
Debiso A	Midline	313	48.2	51.8
	Baseline	321	50.8	49.2
Debiso B	Midline	413	49.4	50.6
	Baseline	368	49.5	50.5
Essam	Midline	275	48.0	52.0
	Baseline	356	49.4	50.6
Wiawso	Midline	198	48.5	51.5
	Baseline	345	48.4	51.6
Amenfi	Midline	307	51.8	48.2
	Baseline	-	-	-
Overall	Midline	2,962	48.4	51.6
	Baseline	2,351	50.1	49.9
			49.0	51.0

Table 3.2 shows that more male household heads (68.0%) than females (32.0%) are domiciled in households across the nine cocoa districts. This result is consistent with national trends¹, which reflect the domination of male heads of households in Ghana. The survey recorded similar results across districts except for Asawinso and Essam, which have a higher proportion of female-headed households than their male counterparts. Input from the qualitative study suggested that the relatively higher female household headship was recorded in Essam and Asawinso as a result of separation/divorce, death of a spouse and unmarried women. In some cases, the spouses of women are sick/disabled and incapacitated, and their wives have assumed the role of head of household thereof. During an introduction part of an FGD in Essam, a participant stated, "...the little I will say about myself is that I'm a widow and I have lived in the community for 20 years."

Table 3.2 Sex of head of household (%)		
	Male	Female
Anhwiaso	77.4	22.6
Asawinso	32.3	67.7
Awaso	83.3	16.7
Asempaneye	76.5	23.5
Debiso A	75.4	24.6
Debiso B	71.2	28.9
Essam	41.0	59.0
Wiawso	64.0	36.0
Amenfi	78.7	21.3
Overall	68.0	32.0

¹ GLSS 7 Main Report 2019

Table 3.3 shows the age distribution of surveyed beneficiaries. The table shows that majority of surveyed beneficiaries (96.1) are aged 25 and above. About 3.9% of beneficiaries surveyed are under 25 years. A similar trend is observed across districts (see Table 3.3).

Table 3.3 Age distribution of respondents					
	18-24yrs	25-34yrs	35-44yrs	45-54yrs	55yrs+
Anhwiaso	4.8	14.3	23.8	33.3	23.8
Asawinso	20.0	40.0	40.0	0.0	0.0
Awaso	0.0	26.1	30.4	26.1	17.4
Asemaneye	3.2	16.1	54.8	22.6	3.2
Debiso A	6.4	29.8	14.9	23.4	25.5
Debiso B	0.0	33.3	39.4	15.2	12.1
Essam	4.0	24.0	28.0	24.0	20.0
Wiawso	5.7	11.4	25.7	37.1	20.0
Amenfi	2.9	22.9	31.4	40.0	2.9
Overall	3.9	23.1	30.6	27.1	15.3

3.1.2 MARITAL STATUS OF RESPONDENTS

Table 3.4 presents the marital status of household heads surveyed. The table shows that the vast majority (71.5%) of household heads are married. This is followed by household heads who are widowed (9.0%), divorced (8.0%) and cohabiting (5.8%). Across districts, Awaso (83.3%) recorded the highest proportion of married household heads, while Debiso A (63.8%) recorded the lowest.

Table 3.4 Marital status of respondents					
	Married	Single	Widow/ Widower	Cohabiting	Divorced
Anhwiaso	71.0	3.2	16.1	0.0	9.7
Asawinso	80.7	3.2	9.7	0.0	6.5
Awaso	83.3	0.0	3.3	3.3	10.0
Asemaneye	80.4	2.0	7.8	5.9	3.9
Debiso A	63.8	5.8	13.0	7.3	10.1
Debiso B	67.3	7.7	7.7	9.6	7.7
Essam	66.7	15.4	12.8	0.0	5.1
Wiawso	74.0	6.0	8.0	0.0	12.0
Amenfi	66.0	6.4	2.1	19.2	6.4
Overall	71.5	5.8	9.0	5.8	8.0

3.1.3 EDUCATION ATTAINMENT OF RESPONDENTS

Education provides one with the requisite knowledge and skills that can lead to a better quality of life. It is a critical factor that contributes to the socioeconomic development of a society. Results in Table 3.5 below show that about 87.5% of respondents have experienced some form of education, whereas 12.8% have never attended school. The results indicate that the highest education level attained by respondents is primary education² (63.6%), with those with secondary and tertiary education accounting for 11.5% and 5.1%, respectively. Across districts, Asemaneye has the highest proportion of respondents with basic education, while those in Awaso (26.7%) recorded the highest proportion with no formal education.

Table 3.5 Educational attainments of respondents

	No formal education	Non-formal education	Nursery /Kinder garten	Primary	Middle School/ JSS/JHS	SSS/Voc'l/ Tech school	Post-secondary certificate/ diploma	Bachelor degree	Post graduate
Anhwiaso	12.9	6.5	0.0	22.6	45.2	6.5	0.0	6.5	0.0
Asawinso	3.2	19.4	3.2	9.7	54.8	9.7	0.0	0.0	0.0
Awaso	26.7	0.0	0.0	16.7	36.7	13.3	3.3	3.3	0.0
Asemaneye	0.0	5.9	5.9	13.7	60.8	11.8	2.0	0.0	0.0
Debiso A	14.5	8.7	1.5	14.5	47.8	5.8	5.8	1.5	0.0
Debiso B	15.4	3.9	1.9	23.1	26.9	19.2	7.7	0.0	1.9
Essam	15.4	23.1	0.0	12.8	33.3	15.4	0.0	0.0	0.0
Wiawso	12.0	2.0	0.0	16.0	52.0	12.0	0.0	6.0	0.0
Amenfi	17.0	0.0	2.1	8.5	57.5	10.6	4.3	0.0	0.0
Overall	12.8	7.3	1.8	15.3	46.5	11.5	3.0	1.8	0.3

3.1.4 HOUSEHOLD SIZE

In traditional Ghanaian society, the household head plays an essential role in the allocation and control of economic resources. Thus, the head of household is primarily responsible for the economic well-being of the household by providing for the subsistence needs of household members. Head of households in Ghana are generally the eldest male; women generally become head of households in the absence of their husbands. Female household heads are mostly single, widowed or divorced. It is assumed that women relative to men are disadvantaged in accessing society's economic resources and opportunities. The size of households is a key factor which can affect the welfare of a household.

Data presented in Table 3.6 below shows that the household size fairly remained the same over the baseline and midline periods, with the majority of households surveyed having household sizes ranging from 4 to 6. The table also shows that the proportion of surveyed participants with a size of 1 to 3 members has significantly increased from a baseline figure of 4.5% to a midline figure of 16.3%. In contrast, households with a size of 10 plus members have significantly reduced from 19.0% to 9.0%. Across districts, a similar trend is observed (see Table 3.5).

² Basic education refers to Nursery/kindergarten to Middle school/JSS/JHS

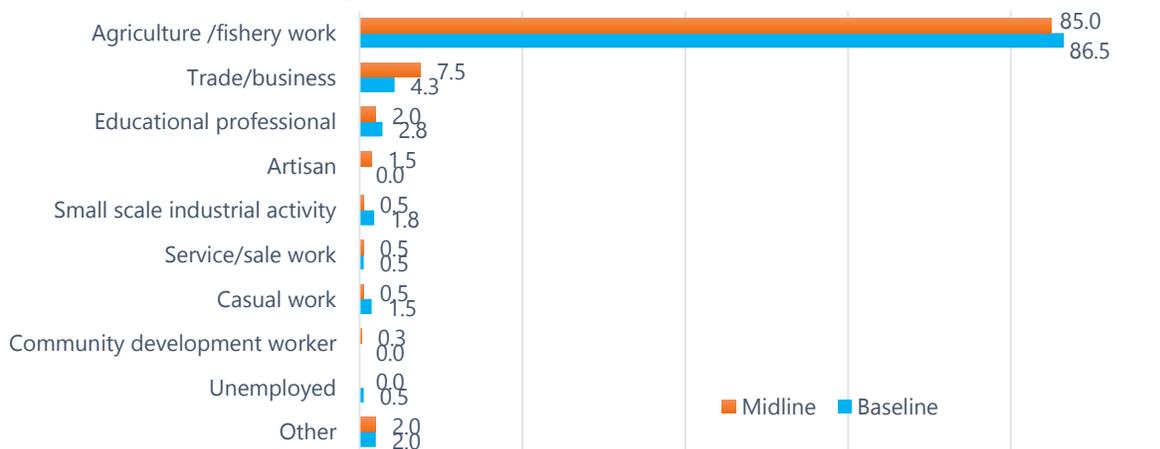
Table 3.6 Distribution of household sizes of Respondents

			1 to 3	4 to 6	7 to 9	10 plus
						
Anhwiaso	Baseline		6.0	44.0	28.0	22.0
	Midline		12.9	48.4	25.8	12.9
Asawinso	Baseline		10.0	28.0	22.0	40.0
	Midline		22.6	38.7	29.0	9.7
Awaso	Baseline		6.0	40.0	44.0	10.0
	Midline		6.7	40.0	36.7	16.7
Asempaneye	Baseline		4.0	34.0	38.0	24.0
	Midline		9.8	56.9	21.6	11.8
Debiso A	Baseline		4.0	54.0	30.0	12.0
	Midline		17.4	47.8	24.6	10.1
Debiso B	Baseline		2.0	44.0	32.0	22.0
	Midline		26.9	42.3	28.9	1.9
Essam	Baseline		0.0	46.0	42.0	12.0
	Midline		18.0	61.5	15.4	5.1
Wiawso	Baseline		4.0	62.0	24.0	10.0
	Midline		14.0	42.0	32.0	12.0
Amenfi	Baseline		-	-	-	-
	Midline		14.9	44.7	36.2	4.3
Overall	Baseline		4.5	44.0	32.5	19.0
	Midline		16.3	47.3	27.5	9.0

3.1.5 OCCUPATION OF DIRECT BENEFICIARIES

Most respondents identified their occupation as agriculture (cocoa farming) with no significant difference at baseline (86.5%) and midline (85.0%). While there was a 3.2 percentage point increase in the proportion of household heads engaged in trading/business from baseline to midline, unemployment is non-existent among household heads, with a decline from 0.5 percent at baseline to 0.0% at the midline.

Figure 3.1 Occupational distribution of respondents



3.1.6 FOOD CROPS PRODUCTION

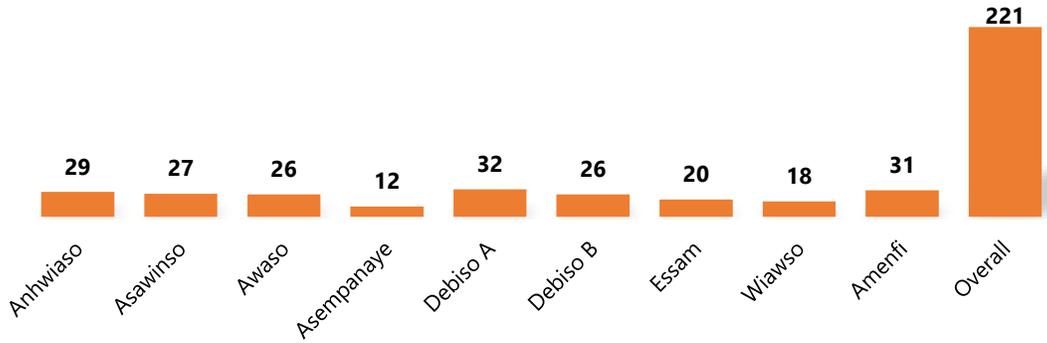
The survey investigated the types of food crops produced by households, with more than four-fifth of households engaged in agriculture. Table 3.6 shows that the proportion of households producing roots and tubers remained dominant, with no significant difference between baseline (87.3%) and midline (82.5%). The table also shows an increase in households producing cereals and legumes by 8.5 and 5.2 percentage points, respectively. However, the proportion of households producing vegetables and fruits has significantly decreased by 27.3 and 7.0 percentage points, respectively. Information obtained from FGDs revealed that the dry season significantly affected vegetable production. One participant explained that *“the harmattan season affects most of the food crops, especially vegetables. Also, their perishable nature makes them difficult to store up for use in the dry season. This is the challenge we often face.”* Another FGD participant indicated that *“we face a lack of quality seedlings to plant vegetables like garden eggs, pepper, etc. When you nurse the seed, it does not germinate properly, making it difficult for us.”* Across districts, Anhwiaso and Asawinso recorded a significant improvement in the proportion of households producing roots and tubers, cereals, legumes, vegetables, and fruits. On the other hand, Awaso, Asempaneye, Debiso A, Debiso B and Wiawso recorded a significant decline in the proportion of households cultivating vegetables and fruits.

		Roots and tubers	Cereals	Legumes	Vegetables	Fruits
Anhwiaso	Baseline	60.0	24.0	16.0	46.0	8.0
	Midline	96.8	83.9	32.3	93.6	83.9
Asawinso	Baseline	92.0	60.0	2.0	72.0	40.0
	Midline	100.0	93.6	45.2	96.8	90.3
Awaso	Baseline	94.0	68.0	0.0	74.0	50.0
	Midline	93.3	10.0	16.7	86.7	10.0
Asempaneye	Baseline	90.0	34.0	22.0	60.0	28.0
	Midline	90.2	80.4	9.8	23.5	13.7
Debiso A	Baseline	94.0	70.0	6.0	76.0	78.0
	Midline	69.6	60.9	8.7	49.3	26.1
Debiso B	Baseline	80.0	54.0	4.0	60.0	50.0
	Midline	73.1	36.5	17.3	51.9	15.4
Essam	Baseline	98.0	32.0	4.0	92.0	0.0
	Midline	56.4	46.2	15.4	56.4	30.8
Wiawso	Baseline	90.0	50.0	40.0	80.0	22.0
	Midline	92.0	92.0	22.0	36.0	4.0
Amenfi	Baseline	-	-	-	-	-
	Midline	87.2	12.8	4.3	66.0	12.8
Overall	Baseline	87.3	49.0	11.8	70.0	34.5
	Midline	82.5	57.5	17.0	57.3	27.5

The midline survey further sought to ascertain the number of households consuming vegetables from household production. Out of the 400 beneficiary households surveyed, 221 beneficiary households consume

vegetables from household production. Input from the qualitative survey indicates that despite beneficiary households possessing good knowledge of the benefits of consuming vegetables, the rate of consumption has declined because of low vegetable production from the dry season. Also, it was suggested that due to the dry season, prices of fruits and vegetables on the market have increased, and as a result, beneficiary households find it difficult to buy them for consumption due to their low-income levels. Across districts, Debiso A (32) recorded the highest number of households that consume vegetables from household production, followed by Amenfi (31) and Anhwiaso (29). Asempaneye (12) recorded the least number of households that consume vegetables from their household production (see Figure 3.2).

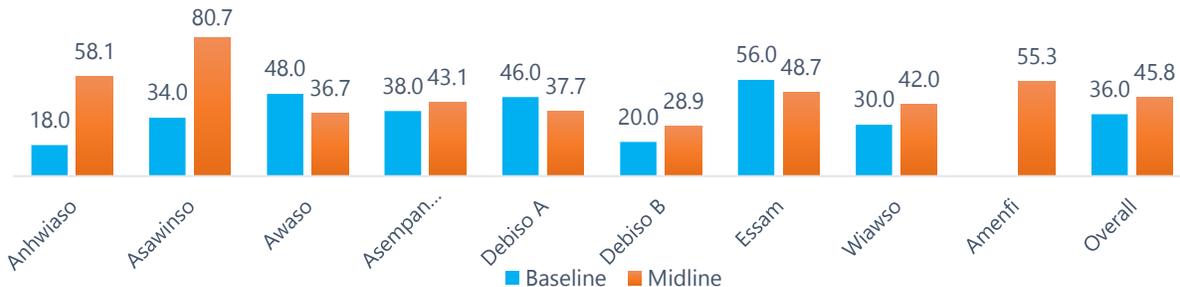
Figure 3.2 Number of households consuming vegetables from household production



3.1.7 LIVESTOCK AND POULTRY PRODUCTION

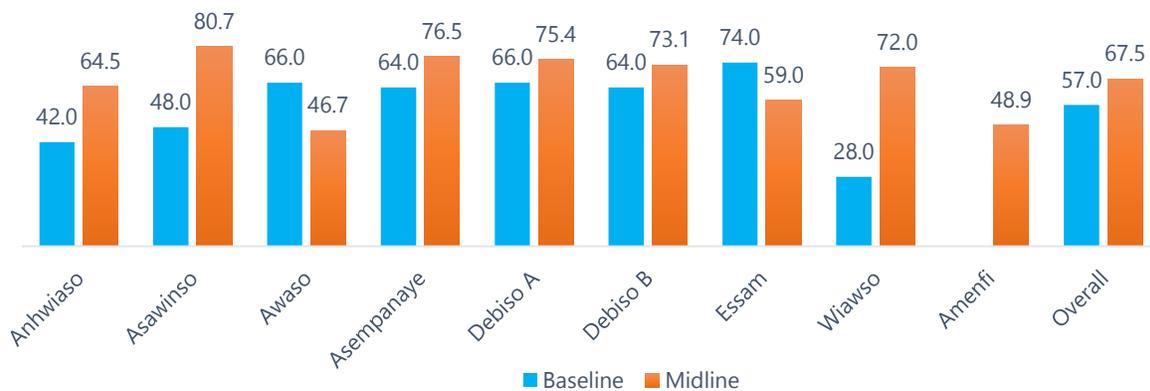
The study sought to investigate livestock and poultry production in the project districts as part of the economic features of households. According to data in Figure 3.3, the proportion of households who rear livestock recorded a 9.8% upward adjustment between baseline (36.0 percent) and midline (45.8%). Results from the qualitative study appeared to suggest that beneficiary households have increased livestock production and consumption because of their improved knowledge of consuming nutritious or balanced meals. For instance, an FGD participant revealed that *"Now, I eat dark green leafy vegetables like cocoyam leaves, cassava leaves, ... and protein source foods like dry fish and dry meat."* Another participant stated that *"...I have a garden at home and rear animals in the house; if I don't have money to buy meat/fish from the market, I have fowls, goats, sheep and other animals at home..."* Across districts, while Essam (56.0 percent) had the largest proportion of livestock rearing at baseline, Asawinso (80.7 percent) had a much more significant proportion at midline, with Anhwiaso (18.0 percent) having the lowest rates.

Figure 3.3 Percentage of households that rear livestock



As shown in Figure 3.4, more than half of surveyed households reported being involved in poultry rearing, with an increase of 10.5 percentage points between baseline and midline. Consistent with the qualitative findings on increased livestock production, beneficiary households have increased poultry production and consumption largely because of their enhanced understanding of the benefits of consuming balanced meals. During an FGD, a participant revealed that *"CARE international has really taught us a lot..., I remember people used to tell me that [consuming] chicken is bad for my health, but through CARE's training, I have realized that it is a nutritious meat, so, in my house we rear them."* Another FGD participant stated that *"...my wife and I engage in the production of fowls and eggs"*. The high production and consumption of livestock and poultry in the project regions could have an improved nutritional impact on the households' protein intake. Across districts, while Asawinso (80.7%) recorded the highest proportion of households rearing poultry at midline, Awaso (46.7%) recorded the lowest. The results further indicate that significant increments in the proportion of households that rear poultry was registered in Wiawso (44.0 percentage points), Asawinso (32.7 percentage points), Anhwiaso (22.5 percentage points) and Asempanaye (12.5 percentage points). In contrast, significant decline results were recorded in Awaso (19.3 percentage points) and Essam (15 percentage points) (see Figure 3.4).

Figure 3.4 Percentage of households that rear poultry



3.2 ECONOMIC POVERTY REDUCTION

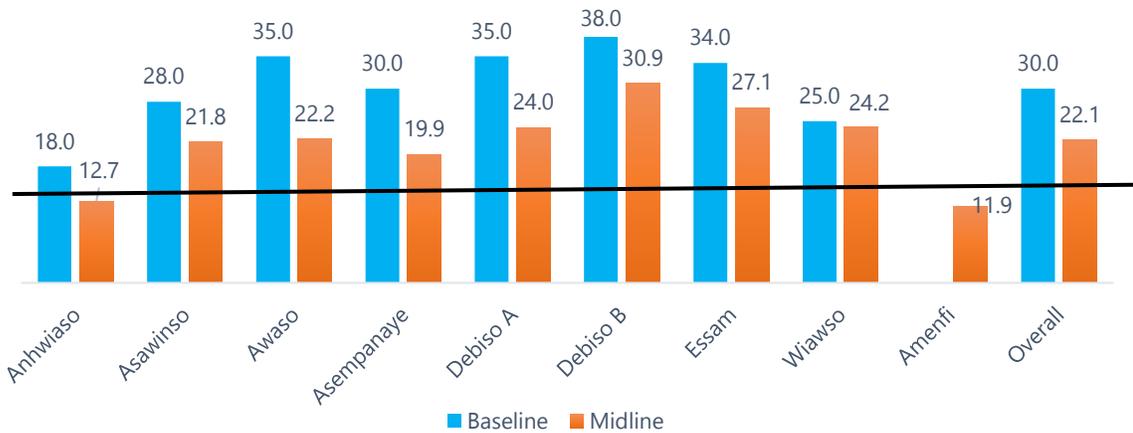
3.2.1 INCIDENCE OF POVERTY

One of the essential indicators of the PROSPER II project is to determine the proportion of the population in project areas living below the national poverty line. The Poverty Probability Index (PPI) was computed based on households' characteristics and asset ownership to ascertain the likelihood of a household living below the poverty line. Data in Figure 3.5 shows a significant reduction in the proportion of households living below the poverty line from 30.0 percent at baseline to 22.1 percent at the midline. Comparatively, this poverty rate (22.1%) is higher than the regional (14.4%) and national mean (14.9%) poverty rates³. At the district level, the data shows a general decline in the proportion of households living below the national poverty line. The survey sought to deduce from the qualitative data to provide insights into the incidence of poverty. Findings

³ Ghana 2016 PPI, IPA

from the qualitative survey suggest that project beneficiaries are engaged in various IGAs such as livestock and poultry production, petty trading, food vending, mobile money operations, etc. These IGAs serve as an extra source of income aside from their main agricultural income source. Perhaps, the proportion of households living below the national poverty line has reduced because of beneficiaries' multiple income sources. According to an FGD participant, *"Men have poultry and animal farm and women, some are traders. Some women are traders, so they support the household with that."*

Figure 3.5 Percentage of households below the national poverty line



$p > 0.05$

3.3 IMPROVING NUTRITION

3.3.1 FOOD SECURITY

Food and nutrition security improvements are critical to achieving the overarching long-term Cargill and CARE impact target of *"Increased Gender Equitable Food Security & Climate Change Resilience."*

The prevalence of moderate-to-severe food insecurity in the population, as measured by the food insecurity experience scale (FIES) on eight domains, was the major indicator used to measure food insecurity levels. A natural break classification method was employed to group the domains into mild, moderate, and severe food insecurity. The order of severity of the domains is arranged as follows; Over the two rounds of surveys, we examined the prevalence rates of food insecurity assessed over a 12-month recall period.

Mild food insecurity	<ul style="list-style-type: none"> • Unable to eat healthy and nutritious food • Ate only a few kinds of foods • Worried about not having enough food to eat • Ate less food than they thought they should • Skipped meal
Moderate food insecurity	<ul style="list-style-type: none"> • Hungry but did not eat • ran out of food
Severe food insecurity	<ul style="list-style-type: none"> • Went without eating for a whole day

The order of severity of the domains is arranged as follows; Over the two rounds of surveys, we examined the prevalence rates of food insecurity assessed over a 12-month recall period.

As displayed in Table 3.7, the prevalence of food insecurity has declined significantly. In particular, the proportion of households who ran out of food because of a lack of money or other resources reduced from 71.3 percent at baseline to 45.8 percent at the midline. Also, the proportion of households who are unable to eat healthy and nutritious food because of a lack of money or other resources fell from a baseline figure of

87.0 percent to a midline figure of 62.5 percent. In addition, the proportion of households going without food for an entire day due to a lack of money or other resources decreased significantly from 38.0 at baseline to 14.3 at the midline. A similar pattern was observed across districts.

Table 3.7 The severity of the eight items that constitute the food insecurity experience scale



		Worried about not having enough food to eat because of lack of money or other resources	Unable to eat healthy and nutritious food because of lack of money or other resources	Ate only a few kinds of foods because of a lack of money or other resources	Skipped a meal because of lack of money or other resources	Ate less than you thought you should because of a lack of money or other resources	Households ran out of food because of a lack of money or other resources	Hungry but did not eat because of lack of money or other resources	Went without eating for a whole day because of a lack of money or other resources
Anhwiaso	Baseline	68.0	82.0	68.0	68.0	70.0	50.0	50.0	6.0
	Midline	67.7	22.6	54.8	77.4	58.1	6.5	3.2	0.0
Asawinso	Baseline	86.0	90.0	84.0	78.0	84.0	76.0	74.0	8.0
	Midline	90.3	90.3	93.6	100.0	100.0	80.7	74.2	12.9
Awaso	Baseline	88.0	90.0	84.0	78.0	84.0	76.0	74.0	8.0
	Midline	93.3	86.7	90.0	70.0	73.3	53.3	73.3	6.7
Asempaneyee	Baseline	92.0	94.0	92.0	88.0	88.0	52.0	78.0	56.0
	Midline	80.4	62.8	74.5	70.6	78.4	58.8	70.6	2.0
Debiso A	Baseline	92.0	92.0	92.0	90.0	92.0	88.0	90.0	78.0
	Midline	62.3	50.7	53.6	46.4	55.1	44.9	53.6	11.6
Debiso B	Baseline	86.0	84.0	86.0	76.0	84.0	74.0	46.0	42.0
	Midline	82.7	71.2	75.0	63.5	75.0	38.5	69.2	7.7
Essam	Baseline	94.0	96.0	98.0	98.0	98.0	90.0	92.0	42.0
	Midline	69.2	66.7	66.7	61.5	66.7	64.1	56.4	53.9
Wiawso	Baseline	68.0	70.0	68.0	64.0	62.0	54.0	62.0	34.0
	Midline	80.0	66.0	60.0	66.0	64.0	54.0	60.0	20.0
Amenfi	Baseline	-	-	-	-	-	-	-	-
	Midline	66.0	55.3	57.5	14.9	46.8	14.9	8.5	14.9
Overall	Baseline	84.3	87.0	85.0	82.3	83.8	71.3	72.0	38.0
	Midline	75.5	62.5	67.5	60.3	67.0	45.8	52.8	14.3

Table 3.8 illustrates the severity of food insecurity among the population in the nine project districts. Consistent with the baseline approach, the Food Insecurity Experience Scale (FIES) was defined using the positive responses from the domains of food insecurity as developed by FAO⁴. Overall, the table shows an improvement in the proportion of households that are food secure from a baseline rate of 9.8 percent to 18.5 percent at the midline. The table also shows a decline in the proportion of households that are moderately and severely food insecure by 9.9 and 3.5 percentage points, respectively. Across districts, the proportion of households who are moderately or severely food insecure is highest in Asawinso (96.8%), followed by Awaso

⁴ Ballard et al., 2013 & Cafiero et al

(86.7%) and Asempaneye (84.4%). Amenfi recorded the least (57.4%) proportion of households who are moderately or severely food insecure.

Table 3.8 Severity of food insecurity among the population



		Food secure	Mildly food insecure	Moderately food insecure	Severely food insecure
Anhwiaso	Baseline	16.0	12.0	66.0	6.0
	Midline	19.4	22.6	54.8	3.2
Asawinso	Baseline	2.0	2.0	58.0	38.0
	Midline	0.0	3.2	25.8	71.0
Awaso	Baseline	8.0	6.0	78.0	8.0
	Midline	3.3	10.0	36.7	50.0
Asempaneye	Baseline	4.0	4.0	36.0	56.0
	Midline	7.8	7.8	47.1	37.3
Debiso A	Baseline	8.0	2.0	12.0	78.0
	Midline	29.0	13.0	29.0	29.0
Debiso B	Baseline	12.0	10.0	36.0	42.0
	Midline	15.4	1.9	59.6	23.1
Essam	Baseline	2.0	0.0	56.0	42.0
	Midline	25.6	7.7	12.8	53.9
Wiawso	Baseline	26.0	2.0	40.0	32.0
	Midline	20.0	10.0	26.0	44.0
Amenfi	Baseline	-	-	-	-
	Midline	31.9	10.6	46.8	10.6
Overall	Baseline	9.8	4.8	47.7	37.7
	Midline	18.5	9.5	37.8	34.3

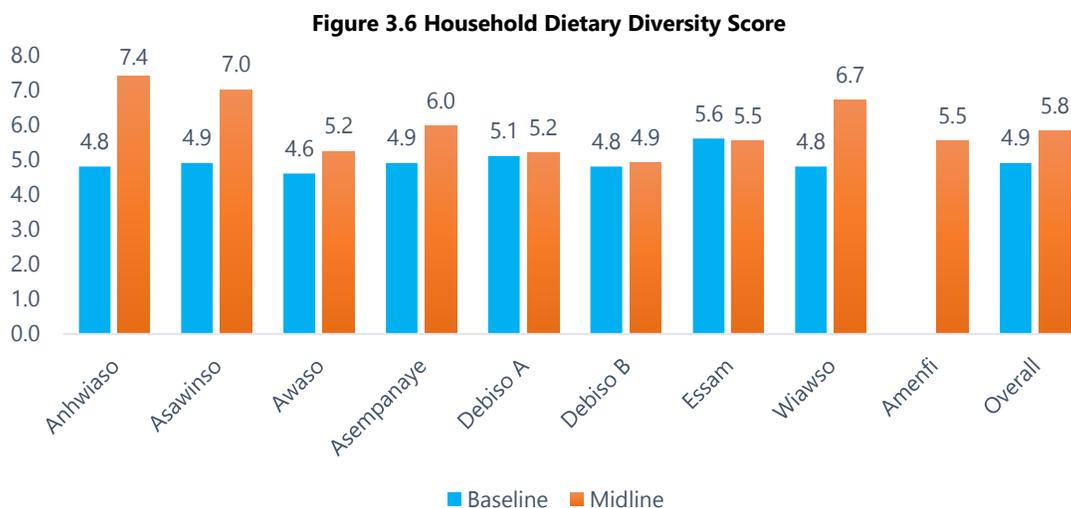
3.3.2 HOUSEHOLD DIETARY DIVERSITY

One of the thematic areas of focus for the PROSPER II project is improved nutrition for project households through increased access to micronutrient-rich food and increased knowledge of the importance of diversified diets and best nutrition practices. In assessing the household dietary diversity score (HDDS), household heads were asked whether, during the past 24 hours prior to the survey; their households had consumed foods from the ten defined food groups⁵. The responses produce a score between 0 and 10, where 0 means that no food was consumed over the period and ten means that all the food groups were present in households' meals within the last 24 hours.

Data presented in Figure 3.6 shows a 0.9 percentage point increment in the HDDS attained by project households between baseline and midline. Across districts, significant improvements in HDDS were recorded

⁵ The 10 defined food groups are; (1) grains, roots, and tubers, (2) pulses, (3) nuts, (4) dairy (5) meat, poultry, and fish, (6) eggs, (7) dark green leafy vegetables, (8) other vitamin A-rich fruits and vegetables, (9) other vegetables and (10) other fruits.

in Anhwiaso (4.8 to 7.4), Asawinso (4.9 to 7.0), Wiawso (4.8 to 6.7), and Asempaneye (4.9 to 6.0). At midline, Anhwiaso (7.4) recorded the highest HDDS, whereas Debiso B recorded the least (4.9). Except for Debiso B, the average HDDs of all districts are above the minimum adequate dietary diversity score.



NB: The black line represents the minimum adequate dietary diversity score

Table 3.9 presents results on households' consumption of 10 quality and micronutrient-rich defined food groups. From the results, the majority of households consume foods made from grains/roots/tubers (99%), followed by other vegetables such as okra, tomatoes, cucumber etc. (95.8%), and meat/poultry/fish (91.8%). Between baseline and midline, the survey recorded a significant increase in the proportion of households who consumed eggs (23.8 percentage points), nuts/seeds (21 percentage points), pulse and dairy (17 percentage points), and dark green leafy vegetables (11.3 percentage points).

Table 3.9 Households' consumption of 10 quality and micronutrient-rich defined food groups

		Grains, roots, and tubers	Pulses (beans, peas, and lentils)	Nuts and seeds	Dairy	Meat, poultry, and fish	Eggs	Dark green leafy vegetables	Other vitamins A-rich fruits & vegetables	Other vegetables	Other fruits
Anhwiaso	Baseline	100.0	20.0	18.0	12.0	84.0	22.0	20.0	54.0	100.0	16.0
	Midline	100.0	64.5	93.6	67.7	96.8	71.0	61.3	61.3	100.0	22.6
Asawinso	Baseline	100.0	12.0	40.0	18.0	82.0	22.0	38.0	76.0	98.0	6.0
	Midline	100.0	38.7	80.7	38.7	90.3	77.4	67.7	74.2	100.0	32.3
Awaso	Baseline	100.0	14.0	44.0	8.0	94.0	12.0	36.0	56.0	100.0	0.0
	Midline	100.0	26.7	46.7	33.3	80.0	46.7	33.3	50.0	100.0	6.7
Asempaneye	Baseline	100.0	14.0	48.0	18.0	92.0	34.0	26.0	50.0	98.0	12.0
	Midline	98.0	39.2	51.0	39.2	94.1	64.7	62.8	54.9	92.2	0.0
Debiso A	Baseline	100.0	18.0	24.0	16.0	92.0	26.0	54.0	84.0	100.0	0.0
	Midline	98.6	34.8	53.6	11.6	98.6	42.0	40.6	40.6	98.6	0.0



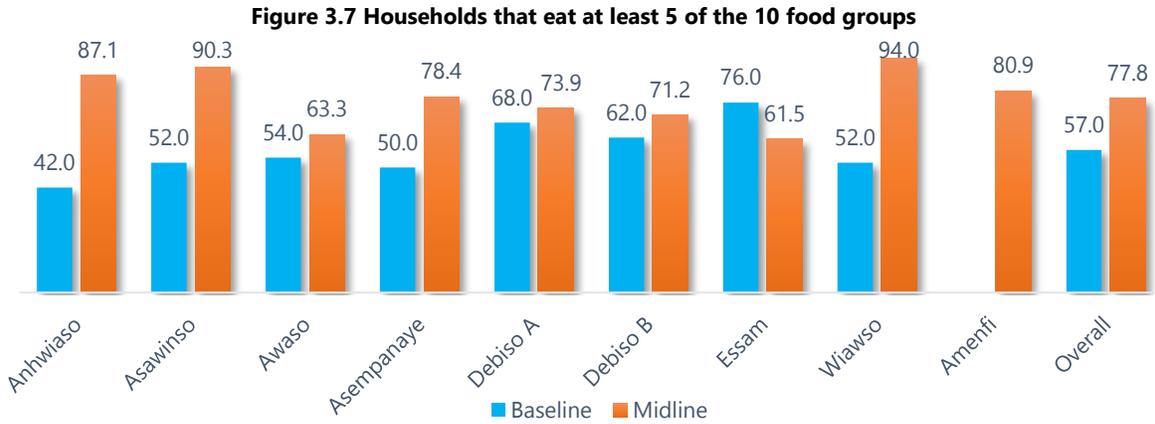
		Grains, roots, and tubers	Pulses (beans, peas, and lentils)	Nuts and seeds	Dairy	Meat, poultry, and fish	Eggs	Dark green leafy vegetables	Other vitamins A-rich fruits & vegetables	Other vegetables	Other fruits
Debiso B	Baseline	90.0	28.0	42.0	10.0	86.0	28.0	42.0	58.0	98.0	
	Midline	100.0	15.4	48.1	11.5	92.3	25.0	38.5	63.5	96.2	0.0
Essam	Baseline	100.0	26.0	28.0	16.0	86.0	50.0	88.0	68.0	98.0	2.0
	Midline	97.4	64.1	51.3	33.3	69.2	56.4	46.2	46.2	76.9	12.8
Wiawso	Baseline	98.0	22.0	50.0	16.0	86.0	24.0	40.0	38.0	94.0	16.0
	Midline	100.0	30.0	56.0	44.0	98.0	62.0	98.0	76.0	100.0	6.0
Amenfi	Baseline	-	-	-	-	-	-	-	-	-	-
	Midline	97.9	25.5	66.0	25.5	95.7	31.9	42.6	59.6	97.9	10.6
Overall	Baseline	99.0	19.0	37.0	14.0	88.0	27.0	43.0	61.0	98.0	7.0
	Midline	99.0	36.0	58.8	31.0	91.8	50.8	54.3	57.5	95.8	8.0

Qualitative data from focus group discussions suggested that PROSPER II have contributed to improving the households' consumption of diverse foods and micronutrient-rich food with project communities. The qualitative data revealed that project beneficiaries had been exposed to a series of training sessions on food and nutrition and the importance of consuming a balance in a household. Below are some qualitative verbatims:

- *"The program has educated us on how to prepare and eat healthy, balanced meals". – Female FGD, Odo Na Eye VSLA, Abrewakrom community, Debiso B district*
- *"... they (CARE) have supported this community through education on food and nutrition and how to eat the 4- STAR diet. And they also taught us to eat more vegetables." – Female FGD, Yonko Do VSLA, Abesinsuom community, Anhwiaso district*
- *"They taught us how to use the 4-STAR diet every day, which is the balanced diet that includes foods from the four major food groups like fruits and vegetables, protein, legumes and seed." - Female FGD, Yonko Do VSLA, Abesinsuom community, Anhwiaso district*
- *"... they took us through practical cooking on how to prepare a nutritious stew with cocoyam leaves, palm oil, bean, eggs, dry fish etc. and advised us to take more fruits after a meal." Female FGD, Yonko Do VSLA, Abesinsuom community, Anhwiaso district*
- *"Yes, they taught us to avoid fresh meat but rather eat dry meat." - Female FGD, Boafo VSLA, Larwehkrom community, Amenfi district*
- *"They taught us how to eat healthy and healthy foods. Foodstuffs such as cassava, plantain, and maize give energy, vegetables such as beans, garden eggs give blood, etc., if you add them to your meal, you grow healthy." - Female FGD, Boafo VSLA, Larwehkrom community, Amenfi district*
- *"CARE taught us how to cook and eat healthily. Also, when we eat, we should add more vegetables in our meals. Vegetables such as "kontomire", beans and cabbage are good for the body." Female FGD, Adom VSLA, Ntakam community, Awaso district*

Figure 3.7 illustrates the minimum adequate diet of the surveyed households and the proportion of households that had eaten at least 5 out of the 10 defined food groups within a 24-hour period. At midline, there is a rise from 57 to 77.8 percent in households that eat at least 5 of the 10 food groups. Although,

generally, there are improvements in the proportion of households that meet the minimum adequate diet across districts, the proportion of households in Essam that meet the minimum adequate diet has declined from 76 to 61.5 percent at midline.



The survey further sought to ascertain the changes in the nutrition of household meals over the past year. As depicted in Table 3.10, there is a rise in the proportion of household heads who have experienced an increase in the nutrition of their meals from 30.0 percent at baseline to 37.8 at midline. Consequently, the proportion of household heads who have not experienced any change in the nutrition of their household meals has declined from 44.8 at baseline to 36.8 percent at midline.

Table 3.10 Perception of household heads on changes in the nutrition of their meals over the past year

		Increase in nutrition of meal	Decrease in nutrition of meal	No change in nutrition of meal
Anhwiaso	Baseline	16.0	44.0	40.0
	Midline	80.7	12.9	6.5
Asawinso	Baseline	40.0	10.0	50.0
	Midline	3.2	96.8	0.0
Awaso	Baseline	16.0	34.0	50.0
	Midline	46.7	26.7	26.7
Asempanaye	Baseline	38.0	32.0	30.0
	Midline	19.6	17.7	62.8
Debiso A	Baseline	28.0	52.0	20.0
	Midline	34.8	18.8	46.4
Debiso B	Baseline	22.0	16.0	62.0
	Midline	51.9	15.4	32.7
Essam	Baseline	58.0	0.0	42.0
	Midline	12.8	7.7	79.5
Wiawso	Baseline	22.0	14.0	64.0
	Midline	38.0	48.0	14.0
Amenfi	Baseline	-	-	-
	Midline	55.3	6.4	38.3
Overall	Baseline	30.0	25.3	44.8
	Midline	37.8	25.5	36.8

Input from the qualitative survey confirmed that household members had improved the nutrition of their meals. When FGD participants were asked whether the nutrition of their household meals has changed over the past 12 months, the majority responded in the affirmative. However, some respondents revealed that they face financial problems due to increased consumption of fruits and vegetables in their meals. Below are some qualitative verbatims gathered during FGDs:

-
- *"Yes, please. My focus now is eating more green vegetables because they are a great source of energy and vitality." – Female FGD, Odo Na Eye VSLA, Abrewakrom community, Debiso B district*
 - *"Yes, there've been changes. We used to be sick most often, but since we learned about the four food groups and started applying them in our way of eating, we are always healthy and don't fall sick again." – Male FGD, Christ Nti VSLA, Kwamekrom community, Anhwiaso district*
 - *"Yes, there has been a slight increase in our diet intake because of the CARE and Cargill training on food and nutrition as to when and what to eat." – Male FGD, Adwuma Pa VSLA, Kwamebikrom community, Debiso A district.*
 - *"... there has been a change. Now, we eat good food because of CARE and Cargill's training on food and nutrition." – Male FGD, Adwuma Pa VSLA, Kwamebikrom community, Debiso A district.*
 - *"I have learned to eat nutritious food through the help of CARE and Cargill. I now eat more fruits after a meal like a pear, banana, watermelon, carrot, etc." – Male FGD, Hope VSLA, Mfantseman community, Asempaneye district*
 - *"My household and I have been eating food made from cereals, roots and tubers like bread, yam, porridge, rice, and cocoyam in addition to vegetables and fruits like garden eggs, cucumber, unripe pawpaw, banana, tomatoes, etc." – Male FGD, Nyamemere VSLA, Larwehkrom community, Amenfi district.*
 - *"My household has been eating dry meat, dry fish, eggs, dark green leafy vegetables, nuts and seeds." – Male FGD, Nkabom VSLA, Larwehkrom community, Amenfi district.*
 - *"My household has been eating plantain, tubers, dairy, eggs and pulses like pea and beans." – Male FGD, Nhyira VSLA, Larwehkrom community, Amenfi district.*
 - *"Yes, it has helped my child and me, my child was not eating but ever since they taught us the four-star diets and I started using it, my child is now eating well." – Male FGD, Unity VSLA, Mfantseman community, Asempaneye district.*
 - *"Previously, I often fell sick - almost every three weeks, I had to visit the hospital. But after I started doing (4-star diets) what I learnt from the training, I am now healthy and hardly visit the hospital." – Female FGD, Boafo VSLA, Larwehkrom community, Amenfi district.*
 - *"Yes, I now eat vegetables free from chemicals. I make sure I have protein and vitamins in my diet." – Male FGD, Nyame Ne Boafo VSLA, Nambro community, Awaso district.*
 - *I have put an end to eating fresh meat. I now use dried meat and fish for my soup and stew. I eat more fruits such as mangoes, orange, pawpaw and pineapple before I go to bed.", – Male FGD, Asong Taba VSLA, Sefwi Camp community, Asawinso district.*
 - *"The Harmattan season affects most of the food crops. Also, their perishable nature makes them difficult to store up for use in the dry season. This is the challenge we often face." – Female FGD, Odo Na Eye VSLA, Abrewakrom community, Debiso B district*
 - *"There has been an increase in household expenditure, especially during the dry season - we have low yields on our vegetation, so, it's difficult getting nutritious foods unless you buy them from the market." – Female FGD, Yonko Do VSLA, Abesinsuom community, Anhwiaso district*
 - *"The challenge we face has to do with money to buy all four food groups. We are struggling with money." – Female FGD, Adom VSLA, Larwehkrom community, Amenfi district*
 - *"The challenge that we face is lack of quality seedlings to plant vegetables like garden eggs, pepper, etc. When you nurse the seed, it does not germinate properly. You must go and look for an alternative even if*

you don't get one. Making it difficult for us." – Female FGD, Boafo VSLA, Larwehkrom community, Amenfi district

- *"The challenge I face is that it costs a lot if you need to buy the fruits from the market, especially if you don't have them on your farm. It's too expensive." – Female FGD, King Jesus VSLA, Ntakam community, Awaso district*
- *"My children did not like the changes I made with the new style of food I have been cooking." – Female FGD, God is King VSLA, Ntakam community, Awaso district*
- *"There have been some changes, and it has to do with the situation of COVID-19. When covid-19 emerged, we had little access to all these vegetables necessary for our wellbeing. There were food shortages which created hardships to the point that CARE international had come in to provide some of us with soap and other needs, so it affected my health and my diet negatively." – Female FGD, Nyameye VSLA, Mfantseman community, Asempaneye district*
- *"Getting access to a fresh supply of the leafy vegetables during the dry season is a challenge." – Female FGD, Odo VSLA, Attakro-Adiepenna community, Essam district*
- *"I face challenges with my children on the new cooking methods I have been using, and this will take a while for them to get used to it." – Female FGD, Nyamebekyere VSLA, Attakro-Adiepenna community, Essam district*

3.3.3 MINIMUM DIETARY DIVERSITY OF WOMEN

Table 3.11 shows the results of women (15-49 years) who consume ten quality and micronutrient-rich food groups in project households. The table shows that majority of women (15-49 years) consume grains/roots/tubers (99.3%), followed closely by other vegetables (96.3%) and meat/poultry/fish (90.8%). Information gathered from the qualitative survey suggested that women consume foods such as tubers, vegetables, cereals and other green vegetables. According to a female FGD participant, *"...I consume different nutritious types of food because we have been taught to know that strength [good health] does not only come from taking fish but also from all other vegetables we take at home. So even when I am preparing food, and I have no money for fish, I opt for eggs."* Another participant also stated that *"I eat food made of cereals, vegetables, tubers, grains such as banku with okro stew, fufu with light soup, rice with cabbage stew, plantain with green leafy vegetables."* While the survey recorded an increase in the proportion of women's consumption of eggs, pulse, nuts/seeds, dairy, and dark green leafy vegetables, there is a drop in the proportion of women who consumed other Vitamin A-rich fruits and vegetables.

Table 3.11 Women (15-49 years) consumption of 10 quality and micronutrient-rich defined food groups

		Grains, roots and tubers	Pulses (beans, peas and lentils)	Nuts and seeds	Dairy	Meat, poultry and fish	Eggs	Dark green leafy vegetables	Other vitamin A-rich fruits and vegetables	Other vegetables	Other fruits
Anhwiaso	Baseline	98.0	12.0	15.0	20.0	95.0	24.0	27.0	73.0	100.0	7.0
	Midline	100.0	60.0	90.0	65.0	95.0	65.0	55.0	85.0	100.0	10.0
Asawinso	Baseline	100.0	10.0	36.0	14.0	86.0	24.0	43.0	71.0	95.0	0.0



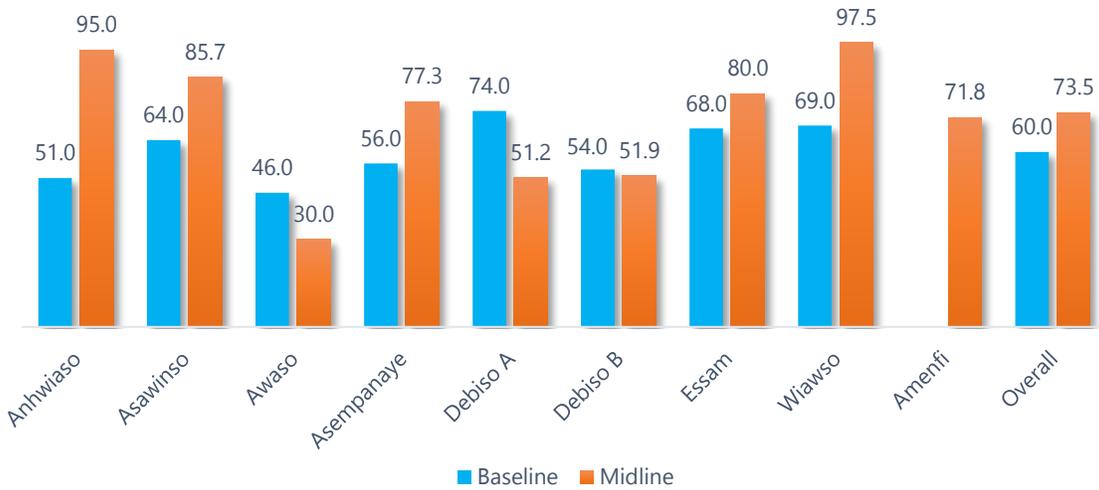
		Grains, roots and tubers	Pulses (beans, peas and lentils)	Nuts and seeds	Dairy	Meat, poultry and fish	Eggs	Dark green leafy vegetables	Other vitamin A-rich fruits and vegetables	Other vegetables	Other fruits
Awaso	Midline	100.0	57.1	81.0	57.1	95.2	81.0	66.7	81.0	100.0	33.3
	Baseline	100.0	13.0	46.0	10.0	96.0	21.0	19.0	54.0	100.0	2.0
Asempaneye	Midline	100.0	10.0	50.0	0.0	80.0	20.0	30.0	20.0	80.0	0.0
	Baseline	100.0	11.0	49.0	20.0	93.0	33.0	36.0	53.0	98.0	2.0
Debiso A	Midline	97.7	40.9	50.0	36.4	93.2	65.9	50.0	50.0	90.9	0.0
	Baseline	98.0	29.0	14.0	4.0	96.0	27.0	53.0	82.0	100.0	0.0
Debiso B	Midline	100.0	24.4	43.9	7.3	95.1	41.5	39.0	34.2	100.0	0.0
	Baseline	96.0	18.0	32.0	8.0	82.0	16.0	38.0	72.0	98.0	0.0
Essam	Midline	100.0	14.8	44.4	7.4	92.6	33.3	29.6	44.4	96.3	0.0
	Baseline	97.0	24.0	11.0	8.0	92.0	40.0	84.0	61.0	97.0	8.0
Wiawso	Midline	96.7	63.3	56.7	40.0	60.0	70.0	70.0	43.3	93.3	16.7
	Baseline	96.0	39.0	62.0	20.0	87.0	40.0	49.0	62.0	93.0	24.0
Amenfi	Midline	100.0	27.5	50.0	32.5	97.5	52.5	100.0	67.5	97.5	7.5
	Baseline	-	-	-	-	-	-	-	-	-	-
Overall	Midline	100.0	23.1	74.4	25.6	97.4	33.3	38.5	56.4	100.0	5.1
	Baseline	98.0	19.0	34.0	13.0	91.0	28.0	43.0	66.0	98.0	5.0
	Midline	99.3	35.3	58.1	29.8	90.8	52.2	55.2	53.7	96.3	7.0

p > 0.05

According to the Foods and Agriculture Organisation of the United Nations, women who consumed at least 5 of the 10 possible food groups over a 24-hour recall period are considered to have minimal adequate diet diversity⁶. Figure 3 indicates that 7 out of every 10 women (15 to 49 years) consumed at least 5 of the 10 food groups compared to the baseline of 6 out of 10 women. Generally, there is an improvement over the baseline in the proportion of women who meet the minimum adequate diet across districts except in Awaso, Debiso A, and Debiso B, where there is rather a reduction in the proportion of women who meet the minimal adequate diet.

⁶ FAO & FHI, 2016

Figure 3.8 Women 15-49 years who eat at least 5 of the 10 food groups (minimum adequate diet)

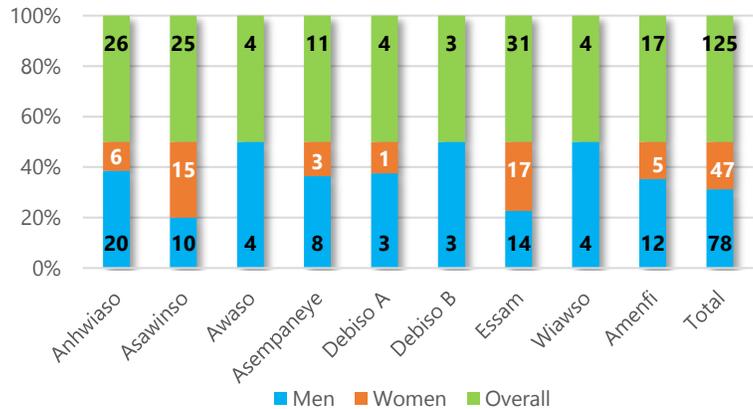


3.3.4 WOMEN OF REPRODUCTIVE AGE AND PARTICIPATING MEN WHO CORRECTLY CITE 5 OUT OF 10 DEFINED FOOD GROUPS

The midline survey sought to determine the number of women of reproductive age (15-49) and participating men who can correctly cite 5 out of 10 defined food groups.

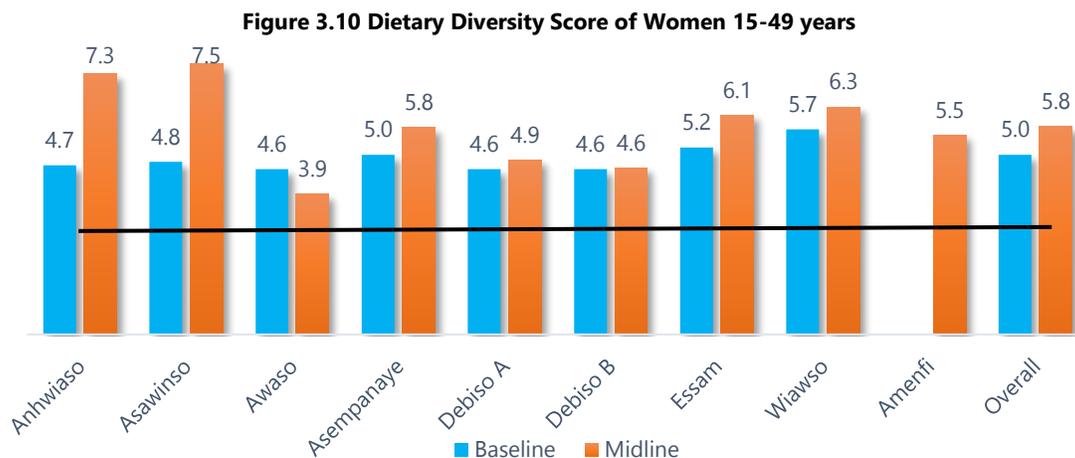
Figure 3.9 shows that a total of 125 women of reproductive age (15-49) and participating men correctly cited 5 out of 10 defined food groups. This is made up of 47 women of reproductive age and 78 participating men who can correctly cite 5 out of 10 defined food groups. Across districts, Essam (31) recorded the highest number of women of reproductive age and participating men who could correctly cite 5 out of 10 defined food groups. This is followed closely by Anhwiaso (26), and Asawinso (25), while Debiso B (3) recorded the least.

Figure 3.9 Number of women of reproductive age and participating men who can correctly cite 5 out of 10 defined food groups.



NB: This indicator was not measured at baseline

The results in Figure 3.10 below suggest an 0.8-point increase in the dietary diversity score of women aged 15 to 49 years. Asawinso records the highest (7.5 food groups) average number of food groups consumed by women 24 hours prior to the survey, and Awaso records the least (3.9 food groups). By and large, there is an improvement over the baseline dietary diversity scores of women (15 to 49 years) across districts except in Awaso – where there is a decline and Debiso B – where there is no change. Again, all districts except Awaso, Debiso A and B met the minimum adequate diet for women.



NB: The black line represents the minimum adequate dietary diversity score

3.3.5 DIETARY DIVERSITY SCORE FOR CHILDREN OF SCHOOL GOING AGE

This section covers the 7 micronutrient food groups consumed by children of school-going age in the past 24 hours prior to the survey visit. Thus, it provides details of the dietary diversity scores of children of school-going age who consume a minimum acceptable diet.

As shown in Table 3.12, a vast majority of children consumed grains, roots and tubers (98.8%), followed by fresh foods (89.9%) and other fruits and vegetables (86.2%). The table also shows a significant increase in the proportion of children who consumed eggs (24.8 percentage points), legumes and nuts (16.8 percentage points) and dairy products (13.1 percentage points). However, there is a decline in the proportion of children who consumed vitamin A-rich fruits and vegetables by 9.1 percentage points between baseline and midline.

Table 3.12 Proportion of children that consumed each of the 7 micronutrient food groups

		Grains, roots and tubers	Legumes and nuts	Dairy products	Fresh foods	Eggs	Vitamin A-rich fruits and vegetables	Other fruits and vegetables
Anhwiaso	Baseline	97.0	10.0	14.0	90.0	17.0	66.0	83.0
	Midline	100.0	68.2	50.0	100.0	40.9	77.3	95.5
Asawinso	Baseline	100.0	26.0	14.0	86.0	20.0	63.0	83.0
	Midline	100.0	66.7	66.7	100.0	58.3	75.0	100.0
Awaso	Baseline	100.0	20.0	5.0	95.0	15.0	50.0	93.0
	Midline	100.0	33.3	0.0	50.0	83.3	50.0	66.7
Asempanaye	Baseline	100.0	62.0	24.0	91.0	27.0	47.0	91.0
	Midline	100.0	43.2	32.4	97.3	64.9	43.2	67.6
Debiso A	Baseline	98.0	24.0	17.0	98.0	22.0	85.0	90.0
	Midline	97.9	46.8	19.2	91.5	40.4	40.4	80.9

Table 3.12 Proportion of children that consumed each of the 7 micronutrient food groups								
		Grains, roots and tubers	Legumes and nuts	Dairy products	Fresh foods	Eggs	Vitamin A-rich fruits and vegetables	Other fruits and vegetables
Debiso B	Baseline	93.0	38.0	11.0	84.0	11.0	78.0	96.0
	Midline	94.3	42.9	8.6	97.1	17.1	60.0	100.0
Essam	Baseline	100.0	24.0	2.0	88.0	51.0	68.0	68.0
	Midline	100.0	42.1	36.8	31.6	84.2	42.1	89.5
Wiawso	Baseline	91.0	42.0	30.0	91.0	39.0	56.0	64.0
	Midline	100.0	39.0	24.4	97.6	61.0	73.2	80.5
Amenfi	Baseline	-	-	-	-	-	-	-
	Midline	100.0	57.1	25.0	92.9	42.9	53.6	100.0
Overall	Baseline	97.0	31.0	14.0	90.0	25.0	65.0	84.0
	Midline	98.8	47.8	27.1	89.9	49.8	55.9	86.2

Results in Figure 3.11 below show an increase in the proportion of children who consumed at least 4 out of the 7 micronutrient food groups in a day from a baseline value of 70.0 percent to 77.7 percent. Although the increment is evident in most districts, the proportion of children who consumed at least 4 of the 7 micronutrients significantly declined in Debiso A (by 19.9 percentage points) and Essam (by 9.8 percentage points).

Figure 3.11 Percentage of children who consume at least 4 of the 7 micronutrient food groups in a day

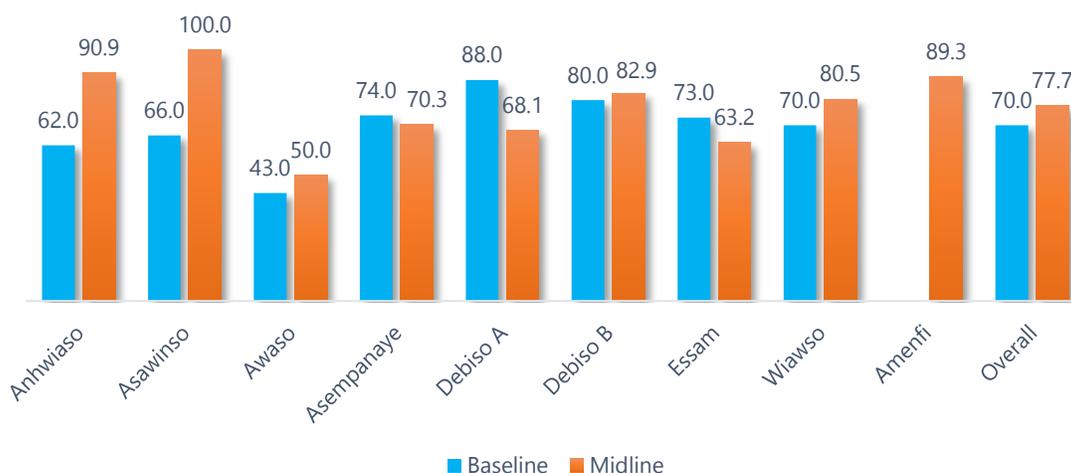
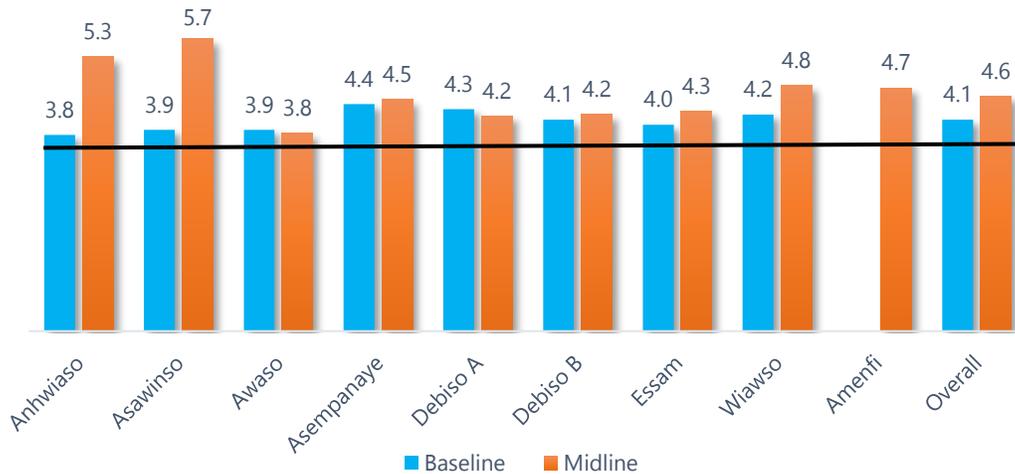


Figure 3.12 indicates a marginal increase in the mean dietary diversity score for children from a baseline value of 4.1 to a midline value of 4.6. Across districts, some improvements in mean dietary diversity score for children were recorded for all districts except for Awaso and Debiso A (see Figure 3.12).

Figure 3.12 Mean Dietary Diversity score for children (6-17 years)

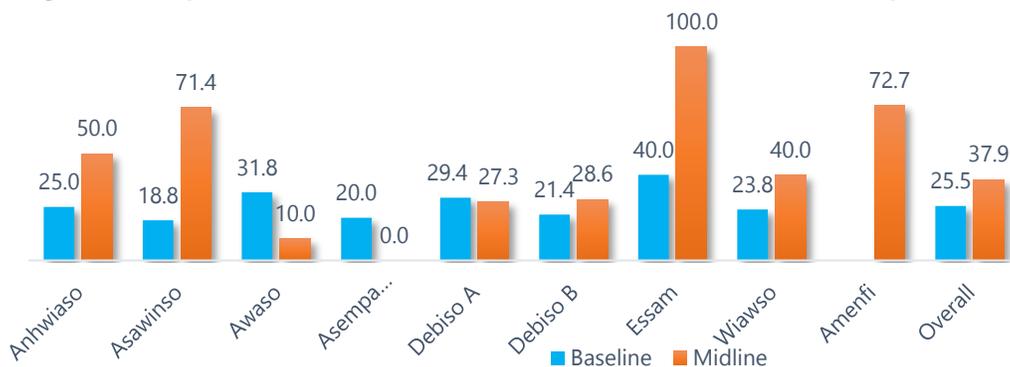


NB: The black line represents the minimum adequate dietary diversity score for children

3.3.6 MINIMUM ACCEPTABLE DIET OF CHILDREN 6-23 MONTHS

Figure 3.13 displays data on the proportion of children (6-23 months) who consumed a minimum acceptable diet. The data shows that there has been a 12.4 percent increase in the proportion of children (6-23 months) who consumed a minimum acceptable diet. The proportion of children who meet the minimum acceptable diet at midline is 24.9 percentage points higher than the national average (13.0%)⁷. Across districts, Essam, Amenfi and Asawinso record the highest proportion of children who consumed a minimum acceptable diet, whereas no child (6-23 months) in Asempanaye ye consumed a minimum acceptable diet. Although there seems to be a general improvement over the baseline, Awaso records a drop in the proportion of children 6-23 months who consumed a minimum acceptable diet from 31.8 to 10 percent at midline.

Figure 3.13 Proportion of children (6-23 months) who consumed a minimum acceptable diet



⁷ Ghana DHS 2014

3.4 EMPOWERING WOMEN THROUGH AGRICULTURAL AND NON-AGRICULTURAL LIVELIHOOD OPTIONS

3.4.1 EMPOWERMENT IN AGRICULTURE INDEX

The Women's Empowerment in Agriculture Index (WEAI) is constructed from 5 domains of empowerment (5DEs), namely, decision-making over *production*, access to and decision-making over productive *resources*, control over the use of *income*, *leadership* in the community, and *time* use. The 5DEs scores range from 0 (being disempowered) to 1 (being empowered).

Tables 3.13a and 3.13b below present the empowerment scores for both women and men in project areas. Overall, the WEAI has improved from a baseline value of 0.59 to a midline value of 0.78. Across the 5DEs, women have experienced significant improvements, particularly in control over the use of income (by 0.67 points) and leadership in the community (by 0.4 points). The midline survey results also show that women are equally empowered as men in access to and decision over resources (0.73) and in leadership in the community (1). However, women (0.36) are less empowered as compared to men (0.5) in time use.

Table 3.13a Weighted mean empowerment scores of women

							
		Overall empowerment index	Decision making power over production	Access to and decision over resources	Control over use of income	Leadership in community	Time-use
Anhwiaso	Baseline	0.54	0.64	0.67	0.19	0.64	0.29
	Midline	0.83	0.90	0.93	1.00	1.00	0.33
Asawinso	Baseline	0.50	0.51	0.54	0.23	0.58	0.36
	Midline	0.85	0.94	1.00	0.93	1.00	0.40
Awaso	Baseline	0.64	0.78	0.74	0.31	0.65	0.37
	Midline	0.82	1.00	0.70	1.00	1.00	0.40
Asempaneye	Baseline	0.53	0.70	0.44	0.29	0.47	0.38
	Midline	0.80	0.81	0.88	1.00	1.00	0.33
Debiso A	Baseline	0.49	0.65	0.53	0.21	0.57	0.37
	Midline	0.72	0.69	0.65	0.91	1.00	0.35
Debiso B	Baseline	0.54	0.41	0.53	0.46	0.64	0.53
	Midline	0.74	0.84	0.57	0.93	1.00	0.33
Essam	Baseline	0.52	0.65	0.55	0.31	0.63	0.35
	Midline	0.80	0.85	0.70	1.00	1.00	0.45
Wiawso	Baseline	0.55	0.53	0.62	0.32	0.61	0.52
	Midline	0.70	0.69	0.61	0.94	1.00	0.26
Amenfi	Baseline	-	-	-	-	-	-
	Midline	0.76	0.87	0.60	0.95	1.00	0.40
Overall	Baseline	0.59	0.70	0.58	0.29	0.60	0.40

Table 3.13a Weighted mean empowerment scores of women

		Overall empowerment index	Decision making power over production	Access to and decision over resources	Control over use of income	Leadership in community	Time-use
	Midline	0.78	0.83	0.73	0.96	1.00	0.36

Table 3.13b Weighted mean empowerment scores of men

		Overall empowerment index	Decision making power over production	Access to and decision over resources	Control over use of income	Leadership in community	Time-use
	Anhwiaso	Baseline	0.74	0.83	0.79	0.73	0.64
Midline		0.87	0.99	0.94	0.81	1.00	0.60
Asawinso	Baseline	0.63	0.69	0.55	0.69	0.58	0.61
	Midline	0.89	1.00	0.90	1.00	1.00	0.53
Awaso	Baseline	0.77	0.91	0.83	0.77	0.77	0.59
	Midline	0.72	0.87	0.64	0.66	1.00	0.49
Asempaneye	Baseline	0.69	0.89	0.54	0.78	0.55	0.61
	Midline	0.75	0.97	0.82	0.53	1.00	0.42
Debiso A	Baseline	0.69	0.75	0.74	0.75	0.63	0.60
	Midline	0.77	0.83	0.76	0.77	1.00	0.51
Debiso B	Baseline	0.68	0.87	0.55	0.78	0.75	0.48
	Midline	0.73	0.85	0.65	0.72	1.00	0.47
Essam	Baseline	0.73	0.69	0.58	0.93	0.82	0.65
	Midline	0.81	0.87	0.72	0.88	1.00	0.62
Wiawso	Baseline	0.65	0.69	0.75	0.76	0.67	0.47
	Midline	0.76	0.79	0.64	0.89	1.00	0.47
Amenfi	Baseline	-	-	-	-	-	-
	Midline	0.74	0.95	0.66	0.59	1.00	0.54
Overall	Baseline	0.70	0.79	0.67	0.77	0.68	0.59
	Midline	0.77	0.89	0.73	0.73	1.00	0.50

Table 3.14 shows the percentage distribution of empowerment scores between women and men. Women and men whose empowerment scores were equal to or greater than 0.80 were considered empowered. To this end, about 44.5 percent of women and 40.4 percent of men were empowered, representing significant improvements from a baseline value of 5.0 percent and 18.0 percent, respectively. More than half (53.1%) of women surveyed attained an empowerment score between 0.61 and 0.80, signifying an improvement from the baseline period (40.9%).

		Men	Women
0 to 0.20	Baseline	0.0	2.0
	Midline	0.0	0.0
0.21 to 0.40	Baseline	2.5	11.0
	Midline	0.0	0.0
0.41 to 0.60	Baseline	19.0	32.8
	Midline	4.4	2.3
0.61 to 0.80	Baseline	59.6	40.9
	Midline	55.2	53.1
0.81 to 1.0	Baseline	18.0	5.0
	Midline	40.4	44.5

Table 3.15 presents the gender parity scores of women in project areas. The table shows an increase in the gender parity index from 0.81 at baseline to 1.0 at midline. The results also indicate a substantial improvement in the proportion of women that have achieved gender parity⁸ from a baseline value of 28.6 percent to a midline value of 96.9 percent. Consequently, the proportion of women that did not achieve gender parity fell from a baseline figure of 71.4 percent to 3.1 percent at midline. At the district level, all (100.0%) women surveyed in Anhwiaso, Awaso, Asempaneye, Debiso A & B, Essam and Amenfi achieved gender parity. The least proportion of women who achieved gender parity was recorded in Wiawso (83.3%). In terms of the average empowerment gap (IGPI), the survey results indicate a decline from 0.27 at baseline to 0.10 at midline. Asawinso and Wiawso recorded the highest (0.13) empowerment gap, while Essam recorded the least (0.06).

		Percent of women that did not achieve gender parity, HGPI	Percent of women that achieved gender parity, HWGP (= 1- HGPI)	Empowerment gap (IGPI)	Gender Parity Index [1- (HGPI* IGPI)]
Anhwiaso	Baseline	84.0	16.0	0.32	0.74
	Midline	0.0	100.0	0.11	1.00
Asawinso	Baseline	74.0	26.0	0.30	0.78
	Midline	4.8	95.2	0.13	0.99
Awaso	Baseline	63.3	36.7	0.31	0.80
	Midline	0.0	100.0	0.07	1.00
Asempaneye	Baseline	78.0	22.0	0.32	0.75
	Midline	0.0	100.0	0.10	1.00
Debiso A	Baseline	74.0	26.0	0.30	0.78
	Midline	0.0	100.0	0.11	1.00
Debiso B	Baseline	62.0	38.0	0.15	0.91
	Midline	0.0	100.0	0.12	1.00
Essam	Baseline	80.0	20.0	0.19	0.85

⁸ A woman enjoys gender parity if she is empowered or if her empowerment score is equal to or greater than the empowerment score of the primary male in the household (Alkire & Vaz, 2012).

		Percent of women that did not achieve gender parity, HGPI	Percent of women that achieved gender parity, HWGP (= 1- HGPI)	Empowerment gap (IGPI)	Gender Parity Index [1- (HGPI* IGPI)]
Wiwaso	Midline	0.0	100.0	0.06	1.00
	Baseline	56.0	44.0	0.21	0.89
Amenfi	Midline	16.7	83.3	0.13	0.98
	Baseline	-	-	-	-
Overall	Baseline	71.4	28.6	0.27	0.81
	Midline	3.1	96.9	0.10	1.00

3.5 STRENGTHENING WOMEN'S FINANCIAL INCLUSION IN COCOA-FARMING HOUSEHOLDS, INCLUDING WOMEN'S ACCESS AND CONTROL OVER PRODUCTIVE RESOURCES.

3.5.1 ACCESS TO FINANCIAL SERVICES

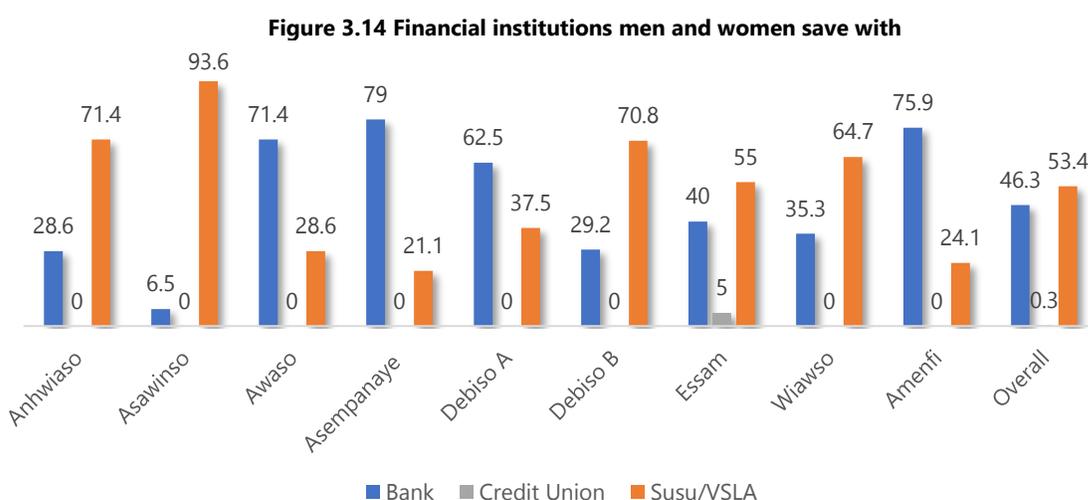
In constructing a proxy to measure the number and percentage of women who are active users of financial services, the midline survey, like the baseline, measured the proportion of women who save with either formal or informal financial institutions/associations. Thus, from Table 3.16, 7 out of every 10 men or women save with financial institutions, representing an increase over the baseline in the proportion of men and women who save with financial institutions/associations. The results show a decline in the proportion of women in Essam who save with financial institutions from 42 to 40 percent and men from 80 to 50 percent. A detailed look at the findings reveals that Asempaneye recorded the least proportion of men and women who save with financial institutions/associations both in the baseline and midline.

Table 3.16 Percentages of men and women who save with financial institutions

		Men	Women
Anhwiaso	Baseline	46.0	26.0
	Midline	87.5	90.5
Asawinso	Baseline	44.0	26.0
	Midline	100.0	100.0
Awaso	Baseline	61.2	40.8
	Midline	64.0	68.2
Asempaneye	Baseline	36.0	14.0
	Midline	35.9	19.4
Debiso A	Baseline	42.0	36.0
	Midline	92.3	89.1
Debiso B	Baseline	58.0	32.0
	Midline	89.2	93.9
Essam	Baseline	80.0	42.0
	Midline	50.0	40.0

		Men	Women
Wiawso	Baseline	72.0	62.0
	Midline	75.0	73.3
Amenfi	Baseline	-	-
	Midline	67.6	82.9
Overall	Baseline	54.9	32.8
	Midline	73.2	73.0

Figure 3.14 shows that more than half (53.4%) of men and women in project households save with Susu/VSLA, followed by Banks (46.3%), whereas 0.3 percent save with Credit Unions. Across districts, the majority of men and women in Awaso (71.4%), Asempaneye (79%), Debiso A (62.5%), and Amenfi (75.9%) save with Banks.



3.5.2 CONTROL OVER INCOME

The survey sought to measure the proportion of women who have control over their income and to determine the change between baseline and midline. Results in Table 3.17 shows a significant increase in the proportion of women who have control over their income from a baseline value of 32.8 percent to 94.5 percent at midline. Conversely, the results indicate a significant decrease in the proportion of men who have control over their income from 61.7 percent to 46.7 percent. Across districts, a similar trend is observed in Awaso, Asempaneye, Debiso A & B, and Essam.

Table 3.17 Percentage of men and women who have control over their income

		Men	Women
Anhwiaso	Baseline	58.0	20.0

		Men	Women
Asawinso	Midline	62.5	100.0
	Baseline	54.0	24.0
Awaso	Midline	100.0	90.5
	Baseline	57.1	42.9
Asemaneye	Midline	32.0	100.0
	Baseline	58.0	30.0
Debiso A	Midline	7.7	100.0
	Baseline	56.0	24.0
Debiso B	Midline	55.8	94.1
	Baseline	60.0	44.0
Essam	Midline	48.7	93.3
	Baseline	88.0	28.0
Wiwawso	Midline	75.0	100.0
	Baseline	62.0	50.0
Amenfi	Midline	78.1	88.9
	Baseline	-	-
Overall	Baseline	61.7	32.8
	Midline	46.7	94.5

Findings from FGD with women revealed that most women have full control of their income and can use it for whatever they need, even if their spouse disagrees. Most women explained that they work hard for their income and therefore have the right to decide how to spend it. Some women also indicated that they decide how to spend their income independently because they have no spouse. Nonetheless, some women stated that they do not have total control over their income because they regard their spouses as the head of the family, so they decide together with their spouses or obtain permission before spending. Below are some quotations from focus group discussion with beneficiaries:

- *Yes, women have control over their own income because they worked for it and should be able to use it for whatever suits them.*
- *No, for men, because they must take care of their responsibilities first.*
- *Yes, for women, because they earned it rightfully and should have total control over what they decide to use the money for.*
- *Yes, I have full control over my income, but I sometimes do consult my husband*
- *Just as men have control over their income because they worked for it, so do I have control over mine.*
- *My husband and I plan on what to do with our income, but we can sometimes go our separate ways in deciding what to do with our income because of each work for his or her income.*
- *Yes, I worked for my money, so I can decide to use it on whatever I like, even if my husband disagrees.*
- *Yes, I worked for it, and I know how to use it wisely.*
- *Yes, I have full control because I worked for the money, and no one can tell me what to do with it.*
- *Women have full control of their income because they earned it, and the men don't query them on what they used their monies for.*

- *No, because if you are a married woman and it even your income and your husband says he won't allow you to use it to do whatever you like, and you insist, and any problem comes up, you can't take it to your husband because you didn't take his advice. That's why I said no.*
- *No, because the man is the father or head of the family, so if he doesn't allow you to use the income, you don't have to use it even though it's your income. He takes care of the home and you, the woman, so you don't have any authority to do otherwise.*
- *No, men have rights or control over all things in the household, including their spouse's income. Women can't use their income to do anything they like unless their husbands permit them.*
- *Women don't because men are the head of the family, and they have the final say over financial issues.*
- *I don't have full control of my income because I always engage my husband in my financial decision, and I heed what he says.*

3.5.3 PARTICIPATION IN HOUSEHOLD FINANCIAL DECISION-MAKING

Table 3.18 shows data on the proportion of men and women who partake in household financial decision-making. Data from the table indicate that at least 9 out of 10 men and women participate in household financial decision-making with no significant variation between baseline and midline. Across districts, Asemaneye, Anhwiaso, and Debiso A recorded significant improvements for women who participated in household financial decision-making.

Table 3.18 Percentage of men and women who participate in household financial decision-making			Men	Women
Anhwiaso	Baseline		100.0	86.0
	Midline		95.8	100.0
Asawinso	Baseline		100.0	96.0
	Midline		90.0	100.0
Awaso	Baseline		98.0	98.0
	Midline		96.0	100.0
Asemaneye	Baseline		100.0	82.0
	Midline		100.0	100.0
Debiso A	Baseline		96.0	82.0
	Midline		100.0	93.5
Debiso B	Baseline		96.0	96.0
	Midline		100.0	84.9
Essam	Baseline		98.0	94.0
	Midline		100.0	100.0
Wiawso	Baseline		98.0	90.0
	Midline		100.0	86.7

		Men	Women
Amenfi	Baseline	-	-
	Midline	97.3	97.1
Overall	Baseline	98.2	91.0
	Midline	98.5	94.5

3.5.4 INCOME GENERATING ACTIVITIES

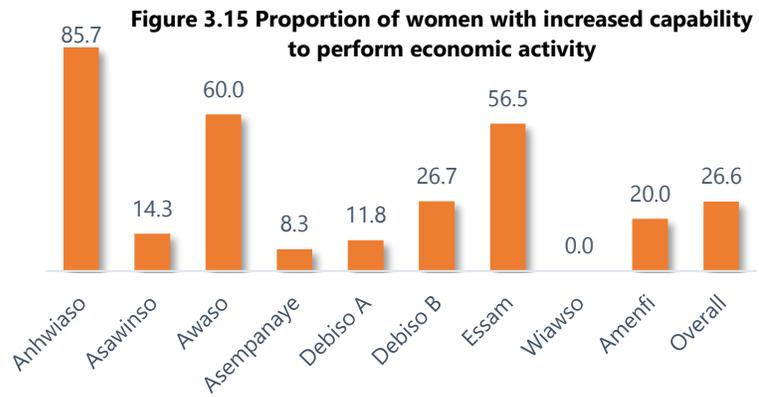
The survey asked women in project communities whether their monthly earnings from income generating activities (IGAs) have increased over the past year. Out of the 128 women surveyed, 33 women, representing 25.8 percent, indicated that their income has increased due to earnings from IGAs. This result reflects a 15.0 percentage point increment from a baseline figure of 10.8 percent (see Table 3.19). Across districts, the results show that Anhwiaso (85.7%) recorded the largest proportion of women whose earnings from IGAs have increased, whereas Awaso (0.0%) recorded the lowest. Findings from female FGDs revealed that some female beneficiaries (not excluding men) engage in IGAs. Although most participants acknowledge that being engaged in IGAs and having multiple income sources is helpful, their income has not necessarily increased. This is vividly explained by a participant when she stated, *“I’m a single mother, and I’m a food vendor and own a provision store as well. I will say that my income has not increased because the little income I generate from the provision store is used to take of my family’s expenses. The economy is tight, so people don’t patronise goods frequently. Sometimes, I even struggle to save because the little money I get, I try to put it back into the business.”* Another FGD participant revealed that *“...Most of us are into selling soap, pastries and body cream to give us extra income aside from farming. I think since those of us are selling these products are many, the patronage is divided among us, so our income is small.”*

Table 3.19 Number and percentage of women in communities who report increased income due to income generating activities (IGA)

		Number of women surveyed	Number of women reporting an increase in IGA	% of women reporting an increase in IGA
Anhwiaso	Midline	7	6	6 (85.7%)
Asawinso	Midline	21	1	1 (4.8%)
Awaso	Midline	5	0	0 (0.0%)
Asempaneye	Midline	12	1	1 (8.3%)
Debiso A	Midline	17	3	3 (17.7%)
Debiso B	Midline	15	1	1 (6.7)
Essam	Midline	23	11	47.8
Wiawso	Midline	18	7	38.9
Amenfi	Midline	10	3	30.0
Overall	Baseline	-	-	10.8
	Midline	128	33	25.8

3.5.5 CAPACITY TO PERFORM ECONOMIC ACTIVITIES

Figure 3.15 presents information on women in project households' capacity to perform economic activities. The figure shows that 26.6 percent of women reported having increased capacity to perform an economic activity at midline. This result indicates a 12.8 percent point increase from a baseline figure of 3.8 percent. Across districts, Anhwiaso (85.7%) recorded the highest

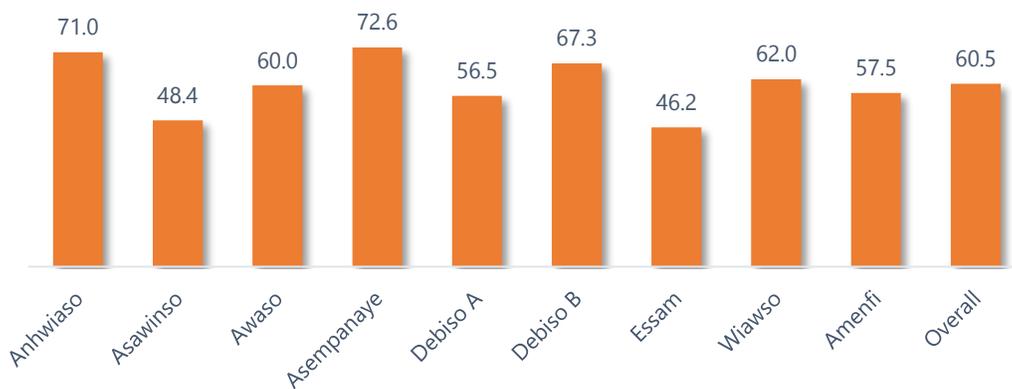


proportion of women with increased capacity to perform an economic activity, followed by Awaso (60.0%) and Essam (56.5%). Wiawso (0.0%) recorded the least proportion of women with increased capacity to perform an economic activity. Findings from the qualitative survey suggested that female beneficiaries in project communities received capacity building from CARE on other income generating activities. Many FGD participants affirmed this assertion. One female FGD participant stated that *"...we are engaged in other businesses because they (CARE/CARGILL) came and taught us handyworks like pastry, body cream, and soap-making, so without farming, we can engage in them to make money. Some men also earn income through making soap and cream [pomade] for sale."*

3.4.6 WOMEN HOLDING LEADERSHIP POSITIONS

The survey sought to investigate the proportion of women who hold leadership positions in the community, community groups or associations. Figure 3.16 indicates that 60.5 percent of women in project households hold leadership positions in community groups or associations. Across districts, Asempanaye (72.6%) recorded the highest proportion of women occupying groups, followed by Anhwiaso (71.0%), Debiso B (67.3%) and Awaso (60.0%). The least proportion of women occupying groups was recorded in Essam (46.2%).

Figure 3.16 Proportion of women holding leadership positions in community groups or associations.



Information gathered from the qualitative survey revealed mixed results on women's capacity to hold leadership positions in community groups or associations. While some FGD participants claimed women have leadership qualities and represent the affairs of women in groups, others revealed that only a few women

occupy leadership positions in groups or associations because they lack confidence and education. Here are some verbatims:

-
- *"Yes. The men are rather reluctant and create chances for the women to occupy those positions." – Female FGD, Odo Neye VSLA, Abrewakrom community, Debiso B district*
 - *"Yes, we have some women who occupy leadership positions like the women's organizer at the community level because of women's ability to work hard." Female FGD, Maranatha VSLA, Abesinsuom community, Anhwiaso district*
 - *"Yes, our active participation in community discussions and programs and even on the political ground have earned some women positions at the community level." Female FGD, Brennyekwa VSLA, Kwamebikrom community, Debiso A district*
 - *"Yes, we have women who are leaders. If there is no woman in the community committee, who can represent the views of the women? - Female FGD, Susubiribi VSLA, Kofikrom community, Wiawso district*
 - *"We even have queen mothers who when there is an issue that requires women's attention, assists in organizing these women." - Female FGD, Hope VSLA, Mfantseman community, Asempaneye district*
 - *"We have female leaders here. For instance, the queen-mother when it comes to decision-making in this community." – Female FGD, Boafo VSLA, Larwehkrom community, Amenfi district*
 - *"Yes, we have women occupying leadership positions in this community. For example, we have women in the school management committee." – Female FGD, Boafo VSLA, Larwehkrom community, Amenfi district*
 - *"No, we don't because the women mostly do not avail themselves for community meetings, and most of the women in the community are less educated and do not contest for leadership positions." Female FGD, Nyamebikyere VSLA, Attakro-Adiepenna community, Essam district*
 - *"Very small because our confidence is very down due to lack of education." - Female FGD, Adom VSLA, Ntakam community, Awaso*
 - *"Because we have a low level of education." - Female FGD, Adom VSLA, Ntakam community, Awaso district*
 - *"Yes, we do have positions, but it is very few as compared to the men because we have a low level of education" Female FGD, God is King VSLA, Ntakam community, Awaso district*
 - *"No, because of their level of confidence and level of education ". Female FGD, Yonko Do VSLA, Abesinsuom community, Anhwiaso district*
-

3.5 STRENGTHENING COMMUNITY GOVERNANCE

One of the areas of change for the PROSPER II project is strengthening community governance and influencing policy and practices through strategic partnerships and advocacy. The concept usually refers to community participation, engagement and decision-making in public matters and is related to terms such as local governance, social governance, network governance and participatory governance (Totikidis et al., 2005). The qualitative survey engaged district assembly officials such as the district director of agriculture, development planning officers, crops and animal officers, nutrition officers and gender desk officers to assess this area of change.

3.5.1 COLLABORATION BETWEEN DISTRICT ASSEMBLIES AND COMMUNITIES IN THE IMPLEMENTATION OF PROJECTS

As part of the assessment, the qualitative survey inquired from District Assembly officers whether District Assemblies collaborate with communities in the implementation of developmental projects. All district

assembly officers interviewed revealed that their respective assemblies collaborate with communities regularly. Some revealed that the assemblies collaborate with communities to develop community action plans (CAPS) by conducting a needs assessment with communities when drafting the Medium-Term Development plan. It was revealed that district assemblies always collaborate with communities before and during the implementation of several developmental projects such as water and educational projects, Child Welfare Clinic (CWC), child labour awareness project, Girls' Folic Acid in-school and out-of-school project, Bekwai market, CHPS compounds, food demonstration project (by World Vision), HIV/AIDS-related Projects, Community Nutrition Activities as well as CARE's PROSPER II project. It was explained that the collaboration with communities is done by holding public forums for open discussions and working closely with the traditional leaders and community volunteers.

Below are some qualitative verbatims from key informant interviews with district assembly officials:

- *"The Assembly always collaborate with communities before any project is undertaken. Some of these projects include the Bekwai market, CHPS compounds, a science laboratory facility for Bekwai SHS, a dining hall for Bibiani SHS, a Police station for Bekwai District Command, and Bibiani market. We also benefit from GETFUND projects. Again, we partner with some NGOs and mining companies to undertake water and educational projects in the communities. The initial stage of project implementation is centred on needs assessment with the beneficiary communities before they are aligned with government policies and availability of funds. We hold public forums for open discussions and work closely with the traditional leaders and community volunteers."*
- *We have the Kitchen Garden by CARE in collaboration with our District Health Officers. There is also a child labour awareness project in all the communities. We explain and educate them about the importance of the project and how it will be beneficial to the community and its members. Once they buy the idea, they willingly collaborate with us.*
- *We conduct a needs assessment with the community members, and we organize town hall meetings and stakeholder engagements. We also provide the community members with reports through their leaders and community representatives. Every year, we tap our project plans from the Medium-Term Plan, which includes a forecast of projects for every community depending on the outcome of the needs assessment and approval from the National Development Project Committee.*
- *Yes, there are such projects and routine work that the Assembly, District Health Directorate and communities collaborate to do. They include the Child Welfare Clinic (CWC), Girls Folic Acid in-school and out-of-school project, CHPS compounds and others. We mostly use the Community Information Centers (CIC) and the religious centres to communicate with community members. We also reach out to the opinion leaders and visit the communities individually to engage them.*
- *We have various projects; training farmers on good agriculture procedures and, again, the CARE Prosper II project. The department of agriculture is already in the communities, and we work hand-in-hand with the community members, so we have a strong collaboration bond.*
- *Usually, we collaborate with the communities to draw the Community Action Plans (CAPS).*
- *The District Health Directorate, together with World Vision, collaborated with some selected communities to embark on the Food Demonstration Project. The HIV/AIDS Project is also done in collaboration with the Assembly and the communities. The Community Nutrition Activities is another collaborative project. There is a collaboration with CARE Project too.*

- *In our Medium-Term Plan, which is designed together with the communities by means of conducting a needs assessment, we prioritize the needs of each community and carry out projects accordingly. For now, most of these projects are centred around sanitation and education. For example, a school block unit has been constructed at Amafie, and other places also have KVIPs built for them according to the needs of each community.*

One of the outcome indicators of the strengthening community governance focus area is the number of communities collaborating with District Assemblies in the implementation of at least one community project. Input from the qualitative survey suggested that several communities have implemented at least one project in collaboration with District Assemblies. Some of such communities include Aboduabo and Akaso, who have constructed a CHPS compound, while Lineso has established a Village Savings and Loans Scheme (all in the Bibiani-Ahwiaso-Bekwai district). Datano community in the Sefwi Wiawso district is said to have a clinic constructed by CARE in collaboration with the District Assembly. Other communities, such as Fordjourkrom in Amenfi West district and Afofiekrom in Juaboso district, are said to have also implemented at least one project in collaboration with the District Assembly. Below are some inputs from the qualitative survey:

- *“Almost all the communities have projects implemented with the Assembly. The CHPS compounds in Aboduabo and Akaso are a few examples.”*
- *“Lineso is one community that has an established Village Savings and Loans handled by an officer of the Assembly. We also engage the communities in nutrition and dietary education.”*
- *“World Vision collaborated with the Assembly to put up a three-unit classroom block in one of the communities.”*
- *“...the Water, Sanitation and Hygiene (WASH) technical program is one of the programmes that has been taken seriously, and it is very effective in the communities.”*
- *“The NGO “Friends of the Nation” are implementing projects in two of the communities in collaboration with the Assembly. CARE is also implementing its project in Fordjourkrom.”*
- *“Yes, there is. There is the livelihood empowerment programme championed by CARE and Mondelez Cocoa project by World Vision. All these are done in collaboration with the Assembly and community members.”*
- *“Afofiekrom is the community that was selected for the CARE Project. The project has been implemented as planned.”*
- *“Datano community had a clinic established by CARE in collaboration with the Assembly.”*

3.5.2 DISTRICT ASSEMBLIES’ INVOLVEMENT IN THE CARE PROSPER II PROJECT

The qualitative survey sought to determine the extent to which District Assemblies are involved in CARE’s PROSPER II project. The qualitative results indicate that District Assemblies are very involved in the PROSPER II project. This was affirmed by all the district officers engaged through KII. A majority of respondents explained that the District Assemblies have been involved in the project and have provided support from the initiation stage to date. During the planning stage, the management of the various District Assemblies assigned key district officers to be involved in the implementation of the PROSPERS II project. For instance, district officials were involved in training beneficiaries on IGAs. It was also revealed that the District Assemblies

played key roles in conducting a needs assessment in the districts as well as developing the action plan. Here are some qualitative insights from key informant interviews with District Assembly officers:

- *“CARE contacts the Municipal Coordinating Director, who assigns officers from the Assembly to work with them directly on the projects. The nature of the project determines the officers to be involved, but at least two officers from the development planning department and community planning department are always in the group because the project is centred on gender and development. At the initiation stage, I was involved in the planning face of the project in the community.”*
- *“The Assembly supports by selecting officers to monitor the project from start to finish by providing officers with vehicles and sometimes fuel to attend meetings and visit project sites to monitor if everything is done in accordance with the set targets.”*
- *“The Assembly is involved in drawing the action plan for the project. The Assembly and CARE are collaborating well on the project. I have been involved from the start to present and was actively involved in drawing the action plan.”*
- *“The Assembly is really involved in the project. The Planning officer is the one in charge of the project on behalf of the Assembly. I am part of the training team and relay information when it comes to the nutrition aspect of the project.”*
- *“The Assembly was part of the stakeholder meetings together with staff members of CARE. I assisted with drawing the action plan for the project. The duties assigned to my department include the animal and crop officers, the Women in Agriculture Development (WIAD) officer and myself. We organised some training programmes.”*
- *“The Assembly is involved right from the initial stage of the project. Consent is given, and some officers work together with the staff of CARE to realize the project. I participated in the stakeholder meeting and other meetings organised for the PROSPER II project.”*
- *“The Assembly was involved in drafting the indication materials that are currently in use. I was one of the facilitators for the training of the community workers in nutrition.”*
- *“The Assembly was informed about the project from the MCE, MDE, to traditional and opinion leaders. We met to discuss the project, and CARE officers informed us of their intentions. The Assembly organizes the needs assessment on behalf of CARE. I encourage the community members, especially the women, to speak up, get involved and contribute to the project idea.”*

3.5.3 NEW OR AMENDED POLICIES AND LEGISLATION THAT IS RESPONSIVE TO THE RIGHTS, NEEDS, AND DEMANDS OF PEOPLE OF ALL GENDERS

Another outcome indicator of strengthening community governance is to determine whether there are any new or amended policies, legislation, public programs, and/or budgets responsive to the rights, needs, and demands of people of all genders. According to the District Assembly officials interviewed, the tenets of planning in District Assemblies require them to concentrate on the needs and rights of community members and therefore align their developmental activities with the Sustainable Development Goals and focus on gender, children and the vulnerable in society. It was revealed that one District Assembly had reviewed its by-laws, and it has enacted new regulations and policies to protect the women in the community to reduce domestic and gender-based violence in the district.

Some district officials also stated that they incorporate new or amended policies into their Medium-Term Plans for the district. In support of this, one District Assembly officer explained that the Assembly has had to make some amendments to the Girl Iron Folic Acid Project and have redirected that some of the drugs which are nearing expiration should be supplied to the maternity centre to prevent the drugs from expiring. Other new or amended policies introduced which are responsive to the needs of people of all genders are the One District One Warehouse policy and Planting for Food, Export, Development, the Awareness Programme for Non-Communicable Diseases, and the Nutrition Friendly School Initiative in the Juaboso district, and the Planting for Food and Jobs policy in the Amenfi West district. Below are some qualitative verbatims:

- *“Per the tenets of planning, the planning framework and alignment with the SDGs, all the planning departments are to focus more on gender, children and vulnerable. In filing our reports, the NDPC template requires that we also report on projects targeted at gender empowerment, child labour elimination and other issues.”*
- *“The Assembly works according to the Medium-Term Plans prepared for the period. Any new or amended policy is infused into these plans for that term or the next term of drawing the Assembly’s plan.”*
- *“Here, we have the One District One Warehouse policy and Planting for Food, Export and Development.”*
- *“The Girl Iron Folic Acid project has been introduced to deal with anaemia-related issues in communities in this district. The drugs are many, and as the expiry date is drawing closer, there has been an amendment to supply some of the drugs to maternity centres.”*
- *“We are implementing the Planting for Food and Jobs policy in the district.”*
- *“So far, there are a lot of social policies and interventions in place, but I do not recall any amendments to them. It was the Livelihood Empowerment Against Poverty (LEAP) that should have increased its membership, but that LEAP amendment has not yet been implemented.”*
- *“The Nutrition Friendly School Initiative has been implemented in schools to encourage pupils and students to engage in healthy nutrition practices.”*
- *“We have also crafted an awareness programme for non-communicable diseases such as hypertension, obesity and others.”*
- *“The Assembly has reviewed its by-laws, and it has enacted new laws to protect the females in the community to reduce GBV and domestic violence. Again, education and sensitization are going on in the communities to get them involved in building the community to a preferred standard.”*

CONCLUSIONS AND RECOMMENDATIONS

4.1 CONCLUSIONS

This study provides an analysis of the progress made so far on the PROSPER II project intervention of improving the food and nutrition security and economic empowerment of cocoa farmers in the Western North Region. The project outcomes that form the basis of the assessment include food security, nutrition and dietary diversity, poverty reduction, and women empowerment and community governance.

Project Impact

The project has made significant strides towards its overarching goal of improving food & nutrition security and the social-economic empowerment of women in the nine cocoa districts. An assessment of the impact indicators demonstrates a general improvement over the baseline situation. Specifically: (i) There is a reduction in the prevalence of moderate or severe food insecurity, with a 13.3 percentage points drop; (ii) On average, households consume at least 5.8 defined food groups compared to the baseline of 4.9 food groups daily, thereby increasing the share of households that eat at least 5 of the ten food groups; (iii) the proportion of households likely to be poor has reduced with the population living below the national poverty line declining from 30.0 percent to 22.1 percent. These findings suggest that the PROSPER II project is well on course to meet its goals. The qualitative findings revealed that project activities, such as training direct beneficiaries on additional livelihood support aside from farming, have to some extent, contributed to reducing the proportion of beneficiary households living below the national poverty line.

Improving Nutrition in Cocoa Producing Communities

The findings show significant progress in 4 of the five outcome indicators that assess the change in nutrition in project districts. Particularly, the proportion of households who reported a change in nutrition behaviour has increased significantly. The share of women (15-49 years) who consume at least 5 out of 10 defined food groups (MDDW) has increased. Also, the percentage of children (6-23 months) who receive a minimum acceptable diet (MAD) and the percentage of children of school-going age who met the minimum dietary diversity have both improved significantly. The survey findings also revealed substantial improvement in the proportion of households who consume vegetables from their household production. The qualitative findings revealed that the PROSPER II project activities have sensitised and exposed direct beneficiaries to training on improving household nutrition and the benefits of consuming a 4-Star (balanced) diet.

Women Empowerment

The survey found an improvement in WEAI. This is evident in each of the five domains of the WEAI except for time-use. The findings also revealed an increase in the proportion of women with increased capability to perform an economic activity and those who reported increased income due to IGAs. A significant improvement was found in the proportion of women who have control over their income as well as participation in household financial decision-making. Although not measured at baseline, the study reveals that 6 out of every ten women were holding leadership positions in community groups or associations.

Access to Financial Services

The findings revealed that the PROSPER II intervention had made significant progress regarding access to financial services and financial literacy. The survey found a vast improvement in the proportion of women (40.2% increase) and men (18.3% increase) who save with financial institutions at the midline. Findings from the qualitative survey indicated that beneficiaries' (men and women) involvement in VSLAs has improved access to financial services and financial literacy.

Strengthening Community Governance

The survey found that District Assemblies collaborate with communities regularly in the implementation of developmental projects. The results of the survey revealed that District Assemblies usually collaborate with communities before and during the implementation of developmental projects. It was found that collaboration with communities is also done by district assemblies when they conduct a needs assessment to develop Community Action Plans (CAPS) during the drafting of the Medium-Term Development plan. Needs assessment is done by District Assemblies to identify the priority needs in the community before developing action plans to execute them. Findings from the qualitative survey showed that District Assemblies have effectively collaborated with communities on CARE's PROSPER II project. The survey found that management of the various District Assemblies provided key support by assigning district officials to be directly involved in the implementation of the PROSPER II project. In addition, the survey found that District Assemblies concentrate on the needs and rights of community members and align their developmental activities with the Sustainable Development Goals as well as key areas such as gender, children and the vulnerable in society. The findings revealed that Sefwi Wiawso District Assembly has reviewed its by-laws and has passed new policies to protect the women in the community to reduce domestic and gender-based violence in the district.

4.2 RECOMMENDATIONS

The survey engaged CARE project officers and asked them to make recommendations and suggestions that can guarantee greater success in future projects of similar nature. After careful analysis of the qualitative data gathered, the survey makes the following recommendations for consideration:

1. Some funds should be allocated to address vital community needs. Thus, CARE can consider providing infrastructural support such as the provision of water (e.g., borehole), refurbishment/construction of depleted classroom blocks, and provision of learning and health facilities.
2. In future projects, consider training beneficiaries on a variety of income-generating activities: The survey results suggest that many beneficiaries trade in similar product lines within their communities, hence leading to low patronage and a subsequently lower rate of increased income. Thus, although most surveyed women engaged in other IGAs, few proportions of women reported increased income. As a result, CARE should consider diversifying the training on income-generating activities (IGAs) so that beneficiaries are trained on a wide range of economic activities to prevent many beneficiaries from engaging in the same type of IGA.

3. Future projects implemented in cocoa-growing communities could include capacity building in financial management for farmers. This training component is crucial and can contribute to reducing poverty levels among beneficiaries. It is also believed that training farmers in financial management skills may arouse and sustain their interest and influence active participation throughout the implementation period of the project and beyond.
4. CARE should consider involving or collaborating with agric-businesses and companies working with farmers in the same community.
5. In future, the selection of communities for project intervention should not be predetermined. Instead of providing CARE with a list of target communities for a developmental intervention, Cargill should consider providing CARE with a range of potential target communities to be considered for intervention and give CARE the opportunity/responsibility to conduct a needs assessment on each of the potential target communities before final selection is made. By this, it is believed that the project design and activities can be tailored to meet the dire needs of selected communities.

ANNEX 1: SUMMARY OF PROJECT INDICATORS

PROSPER II PROGRAM GOAL: Improve Food & Nutrition Security and Economic Empowerment of Women in Cocoa Farming		
IMPACT: Improved food security and nutrition and social-economic empowerment of 11,700 people		
IMPACT INDICATORS	BASELINE VALUES	Prosper II Midline (JMK)
Prevalence of population with moderate or severe food insecurity, based on the Food Insecurity Experience Scale (FIES)	85.4%	72.1%
Mean Household dietary diversity	4.9	5.8
a. Average household dietary diversity score (HDDS)		
b. % of households that eat at least 5 of the 10 food groups	57.0%	77.8%
Proportion of the population living below the national poverty line	30.0%	22.1%
AREA OF CHANGE 1: ACCESS TO FINANCIAL SERVICES AND FINANCIAL LITERACY		
OUTCOME INDICATORS	BASELINE VALUES	
# and % of women who are active users of financial services	32.8%	73.0%
AREA OF CHANGE 2: IMPROVING NUTRITION IN COCOA-PRODUCING COMMUNITIES		
% of women (15-49 years) who consume at least 5 out of 10 defined food groups (MDDW)	60.0%	73.5%
# and % of households who report a change in nutrition behaviour	30.0%	63.2%
# of households consuming vegetables from household production	69.8%	96.5%
# of children 6–23 months of age who receive a minimum acceptable diet (MAD)	25.5%	37.9
Mean dietary diversity score for children of school-going age	70.0%	77.7%
OUTPUT INDICATORS		
# of women of reproductive age and participating men who can correctly cite 5 out of 10 defined food groups.	-	125 (31.3%)
AREA OF CHANGE 3: WOMEN'S EMPOWERMENT		
OUTCOME INDICATORS		
Women's empowerment index (women's 5 domains of empowerment score)	0.59	0.78
% of women with increased capability to perform economic activity	3.8%	26.6%
# and % of women in communities who report increased income as a result of Income Generating Activities (IGA)	0%	33 (25.8%) (Please note that the reference period is 1 year)
# and/or % of women in communities who report an increased control of income	32.8%	94.5

PROSPER II PROGRAM GOAL: Improve Food & Nutrition Security and Economic Empowerment of Women in Cocoa Farming		
% of women farmers who (report they) are able to equally participate in household financial decision-making.	91.0%	94.5%
% of women holding leadership positions in community groups or associations	-	60.5%
% of people (women and men) who have meaningfully participated in formal and informal decision-making spaces.	-	

Annex 2. Sex distribution of surveyed households				
		Sample population	Men	Women
<i>Anhwiaso</i>	Baseline	352	50.3	49.7
	Midline	184	45.1	54.9
Asawinso	Baseline	456	50.7	49.3
	Midline	184	48.4	51.6
Awaso	Baseline	346	50.0	50.0
	Midline	198	52.0	48.0
Asempaneye	Baseline	418	51.7	48.3
	Midline	313	48.2	51.8
Debiso A	Baseline	321	50.8	49.2
	Midline	413	49.4	50.6
Debiso B	Baseline	368	49.5	50.5
	Midline	275	48.0	52.0
Essam	Baseline	356	49.4	50.6
	Midline	198	48.5	51.5
Wiawso	Baseline	345	48.4	51.6
	Midline	307	51.8	48.2
Amenfi	Baseline	-	-	-
	Midline	279	48.4	51.6
All household members	Baseline	2,962	50.1	49.9
	Midline	2,351	49.0	51.0

ANNEX 3: MIDLINE SURVEY QUESTIONNAIRE



PROSPER II
BENEFICIARY SURVEY

ANNEX 4: MIDLINE QUALITATIVE TOOLS



KII GUIDE FOR
PROSPER II PROJECT



KII GUIDE FOR
DISTRICT ASSEMBLY C



FGD GUIDE FOR
BENEFICIARIES.docx