

## From Field to Table: Men's Participation in Nutritional Decision-Making in Agrarian Households in Honduras

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*Breton Homewood, University of Florida*

### ABSTRACT

This paper examines men's willingness to participate in trainings related to gender roles and nutrition and how likely they are to apply this knowledge. The United States Agency for International Development (USAID) seeks data for its mission in Honduras to improve strategies that will increase men's participation in nutrition-related trainings and applying what they learn in the household. The investigation began with an understanding of current conditions in agrarian, western Honduras and analysis of previous literature related to the topic. The team developed a questionnaire for households in two regions, traveling to communities where they surveyed women and men and held focus groups separately for men and women. We asked respondents about nutrition, roles in the household, and agricultural practices.

The study revealed three overall findings related nutrition and training participation.

- 1) Men have a direct influence on family nutrition through crop choices made many months earlier.
- 2) Men reported concerns for meeting family nutritional needs.
- 3) Men indicated an interest in attending all workshops, including those that might be intended for women, such as nutrition training.

### BACKGROUND

#### Feed the Future and INGENAES

This research took place as part of USAID's Integrating Gender and Nutrition within Agriculture Extension Services (INGENAES) program, which is part of the greater Feed the Future initiative. The Feed the Future initiative was launched by the United States Department of State in 2010 and focuses on food security in South Asia, Africa, the Caribbean Islands, and Central America.<sup>1</sup> Feed the Future is assisting 12 countries with direct investment and policy reform, as studies show that for every one percent of agricultural income increase we see, the number of people in extreme poverty decreases by 0.6 to 1.8 percent.<sup>2</sup>

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<sup>1</sup> USAID. *Feed the Future: The U.S. Government's Global Hunger and Food Security Initiative*. (Accessed March 8, 2018.) <https://feedthefuture.gov/countries>

<sup>2</sup> USAID. *Feed The Future: Approach*. (Accessed March 7, 2018.) <https://feedthefuture.gov/approach/Inclusive--Agriculture--Sector--Growth>

INGENAES is USAID’s direct response to a request for assistance in implementing projects in the sectors of gender, nutrition, and agriculture within target Feed the Future countries, including Honduras, which is the focus of this study.<sup>4</sup> INGENAES collaborates on research, funding, and training with institutions within the Feed the Future Zone of Influence (ZOI).<sup>5</sup> INGENAES designated Honduras as a target country because of multifaceted issues affecting the rural-agrarian life of its citizens, who are disproportionately exposed to livelihood insecurity. As recently as 2015, USAID reported that a decline of the country’s overall GDP was attributed to significant violence and crime.<sup>6</sup> Honduras has traditionally been heavily reliant economically on the agriculture sector, but currently its agricultural sector contributes just 13.5 percent of its total GDP.<sup>7</sup> Today agriculture represents about 53 percent of total exports from Honduras.<sup>8</sup> One in five Hondurans suffer from extreme poverty, a per day dollar amount defined to be around \$1.90.<sup>9</sup> Many of those living in extreme poverty are those who are dependent on agriculture for their livelihood.

## Honduras

Honduras is a Central American country with four distinct zones: western mountains, central hills and plains, tropical north coast, and the eastern rainforest. Most Hondurans live in the mountainous interior of the country, which contains 80 percent of the land-area. This research took place in the departments of Copán and Lempira, which includes Honduras’ largest indigenous population, the Lenca. These regions lack the volcanic soils that generally contribute to soil nutrients found in the neighboring countries of Guatemala and El Salvador. Many people in



Zone of Influence Map: Honduras<sup>3</sup>

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<sup>3</sup> Ibid.

<sup>4</sup> USAID. *INGENAES: Integrating Gender and Nutrition within Agricultural Extension Services*. (Accessed March 7<sup>th</sup>, 2018.) <https://agrilinks.org/activities/ingenaes-integrating-gender-and-nutrition-within-agricultural-extension-services>

<sup>5</sup> Ibid.

<sup>6</sup> Rebecca J. Williams, *The Gift of More Time: The Influence of Eco-Stove Improved Cookstoves on Women's Time Poverty and Agency in Indigenous Lenca Communities in Intibucá, Honduras*. University of Florida 2016. Pp 19-29

<sup>7</sup> The Central Intelligence Agency. *World Factbook: Honduras*. (Accessed March 7, 2018.) <https://www.cia.gov/library/publications/the-world-factbook/geos/ho.html>

<sup>8</sup> Food and Agriculture Organization of the United Nations. *FAO UN Country Profile: Honduras*. (Accessed October 15, 2017.) [http://www.fao.org/nr/water/aquastat/countries\\_regions/HND/](http://www.fao.org/nr/water/aquastat/countries_regions/HND/)

<sup>9</sup> The World Bank. *The World Bank in Honduras: Overview*. (Accessed March 7, 2018.) [www.worldbank.org/en/country/honduras/overview#1](http://www.worldbank.org/en/country/honduras/overview#1)

these departments rely heavily on agricultural production to meet their livelihood needs, which ultimately affects how well they can feed their family.<sup>7</sup>

Partially due to the implementation of the Central American Free Trade Agreement (CAFTA) in 2007-2008, Honduras has seen a steady decrease in production of its staple foods such as maize, beans, and rice.<sup>10</sup> The

expanded importation of these crops since 2008 has reduced the total area planted, which has impacted rural livelihoods and exacerbated issues of malnutrition.<sup>12</sup>

The research for this study occurred in the western region of Honduras, where economic and rural activity is centered on agriculture. Livestock, coffee, maize, and tobacco are among the chief exports from this region.<sup>13</sup> Despite the declining importance of the Honduran agricultural sector for GDP, many of the people living in the countryside still rely on agriculture as a means of income generation to feed their families.

Two-thirds of rural households in Honduras own less than seven hectares of land, and these households represent some of the poorest populations in the country.<sup>14</sup> Infrastructure development in Honduras, such as roads, bridges, and ports are concentrated along the coastal and flat areas of the country, leaving the mountainous region with poor access to urban areas. The lack of internal infrastructure leaves many rural subsistence farmers with limited access to education, clean water and markets.<sup>15</sup>



Map of Honduras with Regions of Study<sup>11</sup>

<sup>10</sup> Boyer, Jefferson. Food Security, Food Sovereignty, and Local Challenges for Transnational Agrarian Movements: The Honduras Case. *The Journal of Peasant Studies* 37:2 (2010) 321.

<sup>11</sup> United Nations. *Honduras Country Map*. (Accessed October 25, 2017). <http://www.un.org/Depts/Cartographic/map/profile/honduras.pdf>

<sup>12</sup> Ibid.

<sup>13</sup> Ibid.

<sup>14</sup> Sally Humphries, et al. Opening Cracks for the Transgression of Social Boundaries: An Evaluation of Gender Impacts of Farmer Research Teams in Honduras. *World Development*, Vol. 40, Issue 10, October 2012. Pp 2078-2095.

<sup>15</sup> Ibid.

Though they are adapting to reduced agriculture markets and limited access to resources and roads, rural farmers benefit from improved farming practices. Prior research in the town of Gracias, Lempira, indicates that approximately 35 percent of rural coffee producers receive technical trainings of some kind.<sup>16</sup> Workshops that subsistence farmers participate in come in the form of trainings from organizations such as Heifer International, Instituto Hondureño del Cafe (IHCAFE), and USAID.

## PURPOSE OF STUDY

This research was undertaken to improve strategies for increasing men's participation in nutrition-related interventions in the departments of Copán and Lempira. We developed two research goals. The first goal examines men's participation and influence on family nutrition. The second goal examines men's willingness to participate in nutrition trainings.

Our research methods included a quantitative survey and qualitative focus groups, to understand underlying conditions, attitudes and roles related to household responsibilities. We compared men's attitudes and responses to those of women to examine similarities and differences, while looking for potential barriers and opportunities for future workshops and trainings.

The objectives of this study were to:

### Goal I: Men's participation and influence on family nutrition

- Objective 1: Understand men's influence on household decisions, particularly regarding food distribution, crop production, and items purchased for household consumption.
- Objective 2: Determine how men who attend workshops perceive the information and skills they gain, and how they might better utilize this knowledge within the household to improve nutrition.

### Goal II: Men's interest and willingness to participate in workshops related to family nutrition

- Objective 3: Determine who in the household is invited to and attends training relating to agriculture and nutrition.

## LITERATURE REVIEW

There is little literature looking at men's participation in nutrition training in Latin America. However, when studying households in Bangladesh, researchers demonstrated the importance of including men as a target audience for nutrition-related interventions. "Households are complex and dynamic systems, involving gender and generational roles influenced by tradition, culture, circumstances, and historical changes."<sup>17</sup> There has been much attention focused on agricultural training with an intent to address hunger. However, improvement in household

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<sup>16</sup>Hallie Eakin, Catherine Tucker, and Edwin Castellanos. *Responding to the Coffee Crisis: A Pilot Study of Farmers' Adaptations in Mexico, Guatemala and Honduras*. The Geographical Journal, Vol. 172, No. 2, June 2006. P 161.

<sup>17</sup> Suzanna Smith and Kamal Bhattacharyya. *Men's Perceptions of Their Roles and Involvement in Household Decisions around Food in Rural Bangladesh*. USAID: Feed the Future 2016. (Accessed December 27, 2017)  
[http://ingenaes.illinois.edu/wp-content/uploads/ING-Case-Study-2016\\_09-Mens-Participation-Bangladesh-2016\\_09\\_29.pdf](http://ingenaes.illinois.edu/wp-content/uploads/ING-Case-Study-2016_09-Mens-Participation-Bangladesh-2016_09_29.pdf)

nutrition requires more than teaching improved agricultural techniques. Agriculture training may prove successful in producing higher crop yields and a marginal increase in family income, but there has been no evidence to show a corresponding that this increase in family nutrition.<sup>18</sup> Men directly and indirectly make food decisions that ultimately affect everyone in the household. Understanding men's roles and the ways they influence multiple aspects of food decision making is an important component to offering additional workshops that could improve nutrition for all family members.<sup>19</sup>

A study in Burkina Faso indicates that decisions related to household nutrition, such as what types of foods are produced to sell and what should be eaten, may be determined by the person who makes decisions related to assets. The researchers examined food decisions and nutrition in terms of assets, which included field crops grown by men and home gardens and small farm animals managed by women. Model farms managed by and for women in the village were established to increase women's asset allocations as a means for improving family nutrition.<sup>20</sup> The study concluded that strategies such as this may lead to positive long-term outcomes in maternal and child health and nutrition.

These sources guided our investigation and methodology in conducting our study for INGENAES in Honduras. Prior research showing that work is divided by gender, informs our approach to gaining better understanding of household nutrition. We chose rural households within the Zones of Influence to find out how much impact, if any, men's influence has on family nutrition.

## METHODS

This study utilized a mixed-methods approach using quantitative surveys and qualitative focus groups. A total of 192 surveys was administered, and eight focus groups were conducted. Focus group questions and the survey instrument are in Appendices A and B.

The study was carried out in two municipalities in western Honduras: Santa Rosa de Copán, in the department of Copán, and Gracias, in the department of Lempira. The purpose of using two regions for the study was to obtain a better understanding of unique needs and perceptions of rural communities that make up the broader western Honduras population.

The minimum sample size for this study was 162 households for a confidence interval of 93 percent.<sup>21</sup> In total, we administered 192 surveys to ensure the data were well within the statistical range of reliability. The focus groups were designed to clarify or refute data obtained via the surveys. Focus groups consisted of six participants, a translator, and a host.

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<sup>18</sup> Ibid

<sup>19</sup> Ibid.

<sup>20</sup> Van Den Bold, Mara et al. Can Integrated Agriculture-Nutrition Programmes Change Gender Norms on Land and Asset Ownership? Evidence from Burkina Faso. *The Journal of Development Studies* 51:9 (2015) pp. 1155-1174.

<sup>21</sup> Glenn D. Israel, Institute of Food and Agricultural Sciences (IFAS), University of Florida, Gainesville, FL 32611. (Accessed May 4, 2017)

<https://www.psychosphere.com/Determining%20sample%20size%20by%20Glen%20Israel.pdf>

Data were collected over a two-month timeframe (May-June 2017). The population targeted for the surveys were men and women over 18 years of age, who are reliant on subsistence agriculture. The communities selected were located within a three-hour drive of Santa Rosa de Copán or Gracias.

## Sampling

In Santa Rosa de Copán, a total of 117 surveys were administered across four communities. A total of 75 surveys were administered in four communities surrounding Gracias, Lempira. Communities were selected based on distance in travel time via truck, with one hour being the closest range, and two hours' drive being the furthest.

Focus groups, roughly an hour long, were administered in two of the four study communities near Copán. The research team ran simultaneous focus groups – one for men and another for women – in each of the two communities. We intentionally separated men and women while conducting the focus groups to ensure that both perspectives were represented. We took a convenience sample from the communities we surveyed, choosing participants who demonstrated interest in providing additional comments.

## Limitations

Due to safety and security concerns within Honduras, we were required to have a community guide facilitate our access to the households in the research communities. Observing these safety considerations, a convenience sample was taken rather than a true random sample. Community guides were relied on to gain access to specific houses surveyed. In the more remote region of Lempira, we encountered road issues due to the rainy season that limited our collection to 75 surveys as compared to 117 surveys in Copán.

## RESULTS

As we examined men's participation in nutritional decision-making, we considered their willingness to participate in trainings related to gender roles and nutrition. We wanted to know if trainings were useful and whether or not attendees applied what they had learned to their households. As indicated previously, we focused on these goals and objectives to better understand men's perceptions and influence within the household.

Goal I) Men's participation and influence on family nutrition:

- Objective 1: Understand men's influence on household decisions, particularly regarding food distribution, crop production, and items purchased for household consumption.
- Objective 2: Determine how men who attend workshops perceive the information and skills they gain, and how they might better utilize this knowledge within the household to improve nutrition.

Goal II) Men's interest and willingness to participate in workshops related to family nutrition.

- Objective 3: Determine who in the household is invited to and attends training relating to agriculture and nutrition.

### Goal I. Men's Participation and Influence on Family Nutrition

Our surveys focused on decision-making related to food production, consumption and distribution, which impacts members of the household who have varying nutritional needs.

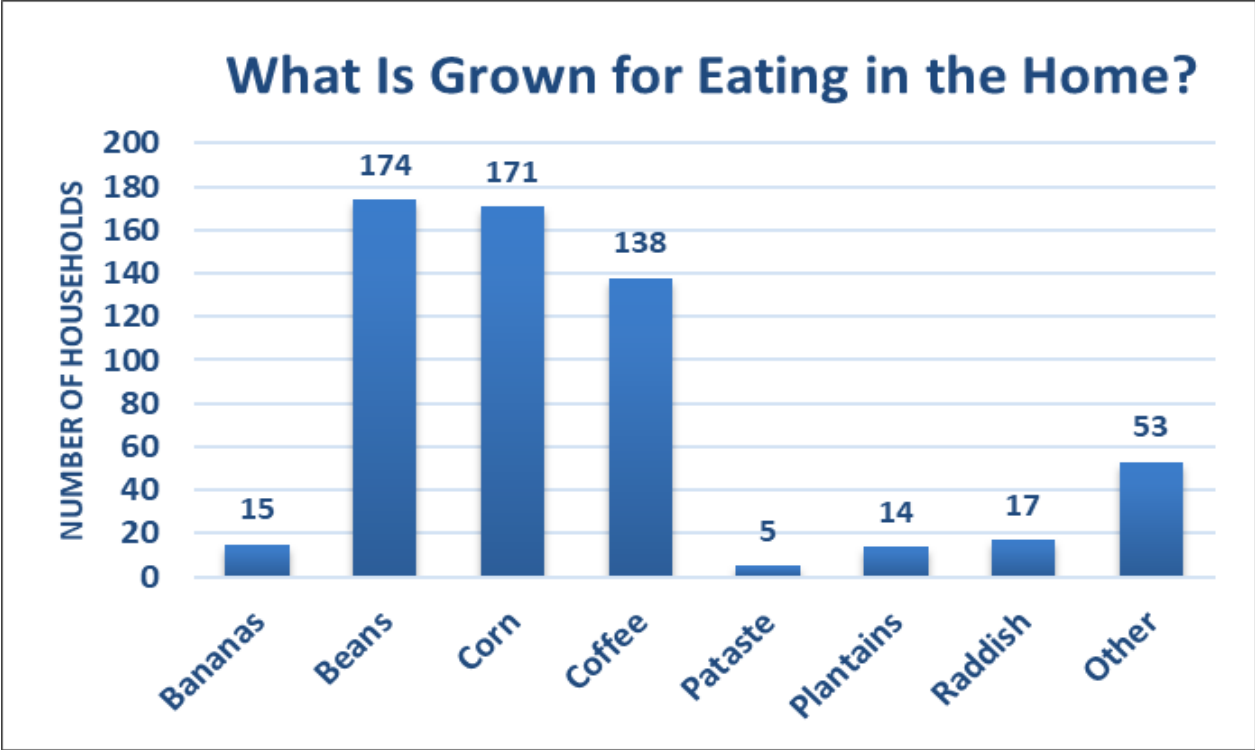


Figure 1. Foods Grown for Family Consumption

We asked respondents for a breakdown of foods they produced on their land for household consumption and who made the decision to produce these specific foods (Figure 1). Respondents focused mostly on the production and consumption of coffee, corn, and beans. Other answers also included foods such as oranges, and specific varieties of beans or bananas.

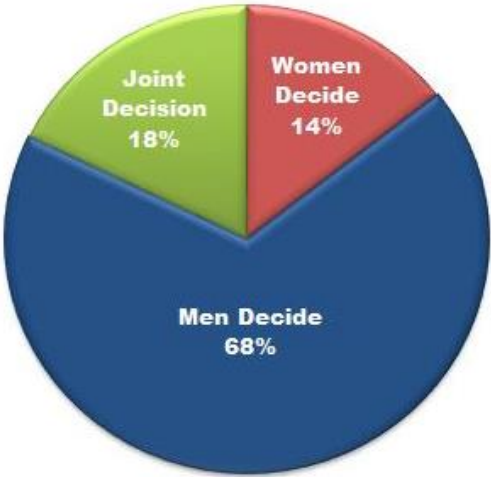


Figure 2. Decision-making on Crops Grown for Market

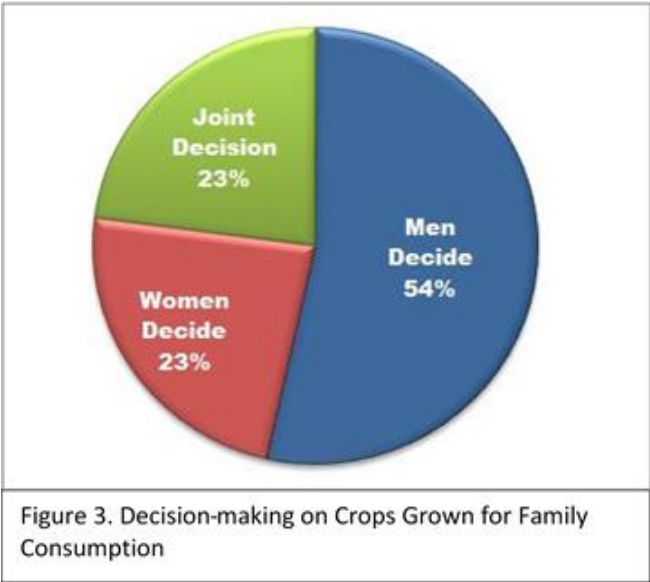


Figure 3. Decision-making on Crops Grown for Family Consumption

Our surveys showed that men overwhelmingly made decisions about what to grow as income producing crops. When factoring shared decision making, more than 70 percent of men are the primary or joint decision makers. (Figure 2) This initial economic decision plays a role into which crops are planted for family consumption and resulting nutritional impact for the family.

More than twice as many men as women, decide which foods to plant for family consumption. (Figure 3) This appears to be an extension of their role as farmers who spend their days in the fields, while women primarily manage the household and care for children.

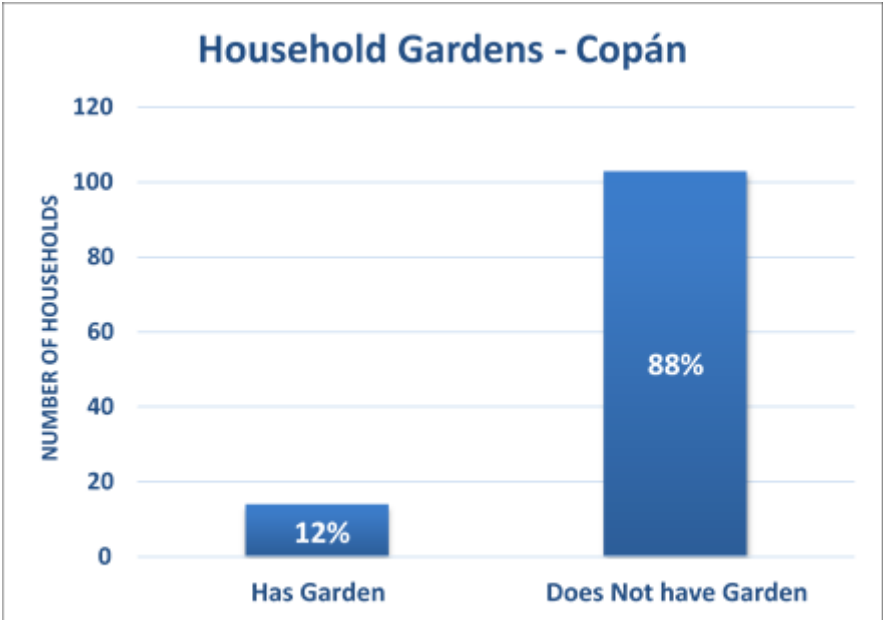


Figure 4a. Household Gardens in Copán

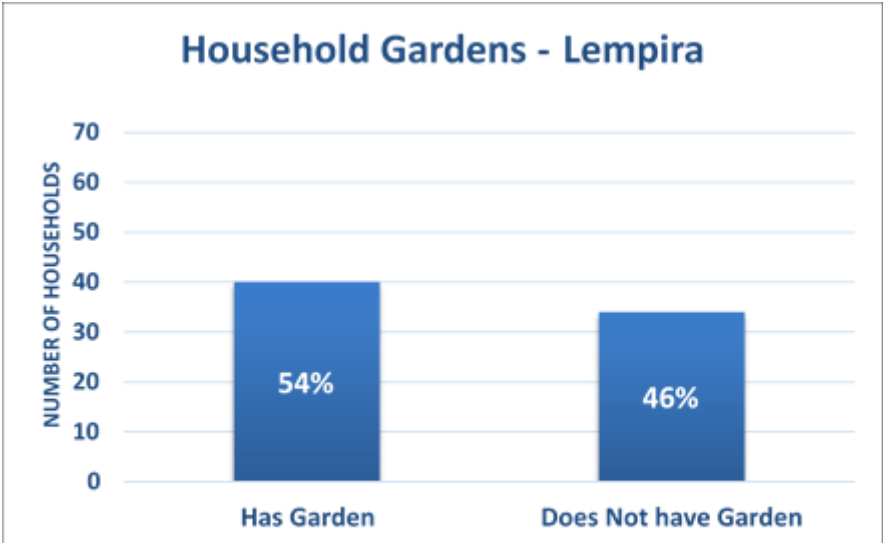


Figure 4b. Household Gardens in Lempira

Since household nutrition is the primary focus of our study, we asked respondents if they maintained a household vegetable garden. (Figures 4a, 4b). In addition to traditional crops grown for family consumption, such as maize



and beans, these gardens provide a variety of fresh vegetables. Gardens help limit expenses on purchased food, while increasing household nutrient intake and dietary diversity. Of the houses surveyed in the Copán and Lempira departments, 28 percent had gardens to support home food production. In the more remote Lenca region of Lempira, households were more likely to have a garden, possibly because they have fewer passable roads and less access to markets.

Our survey asked several questions related to the overall distribution of nutrition within the community, including respondents' perception of the nutritional standings of their neighbors. These questions, meant to be less personal, were added to compare objective answers in contrast to the more personal questions asked about the respondent's own family nutrition.

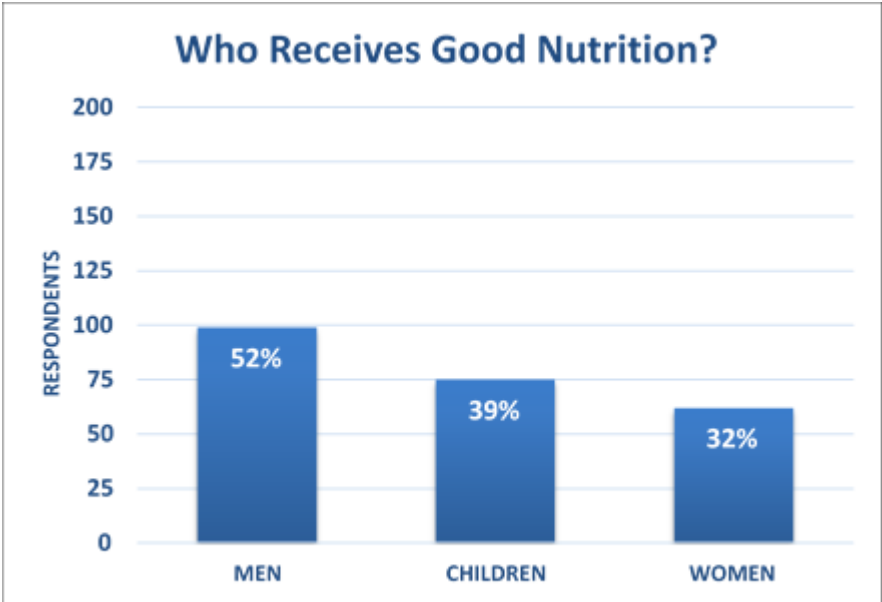


Figure 5. Perception of Family Nutritional Distribution

Respondents frequently said that pregnant and nursing women receive less vegetables and less quantity of food compared to men. Additionally, 52 percent of respondents agreed that men receive adequate nutrition, compared to 39 percent of children and only 32 percent of women (Figure 5).

These responses reflect an awareness of nutritional needs within the family and community. This awareness is an opportunity for workshops to continue the conversation with strategies for addressing nutritional requirements of men, women and children.

When asked why participants reported that their neighbors didn't receive adequate nutrition, the predominant response was due to "being poor." In Copán, many respondents informed us that when children received adequate nutrition, it was because a food program at local schools ensured that children ate at least one good meal per day. This also may indicate why slightly more perceived that children received more adequate nutrition as compared to women.

Regarding what food to buy for the home, women led with 44 percent making the decision alone (Figure 6). However, this was strongly influenced by male preferences. Nearly 56 percent of the net decisions are influenced by men when considering joint decision making. These data relate to the data

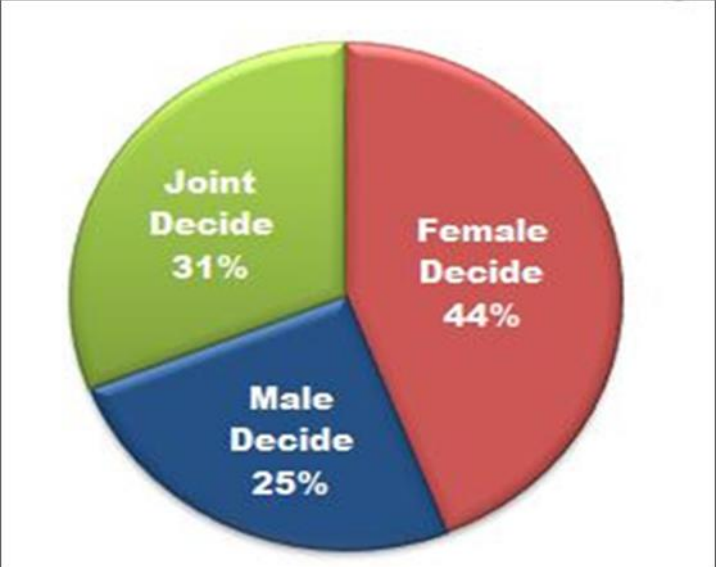


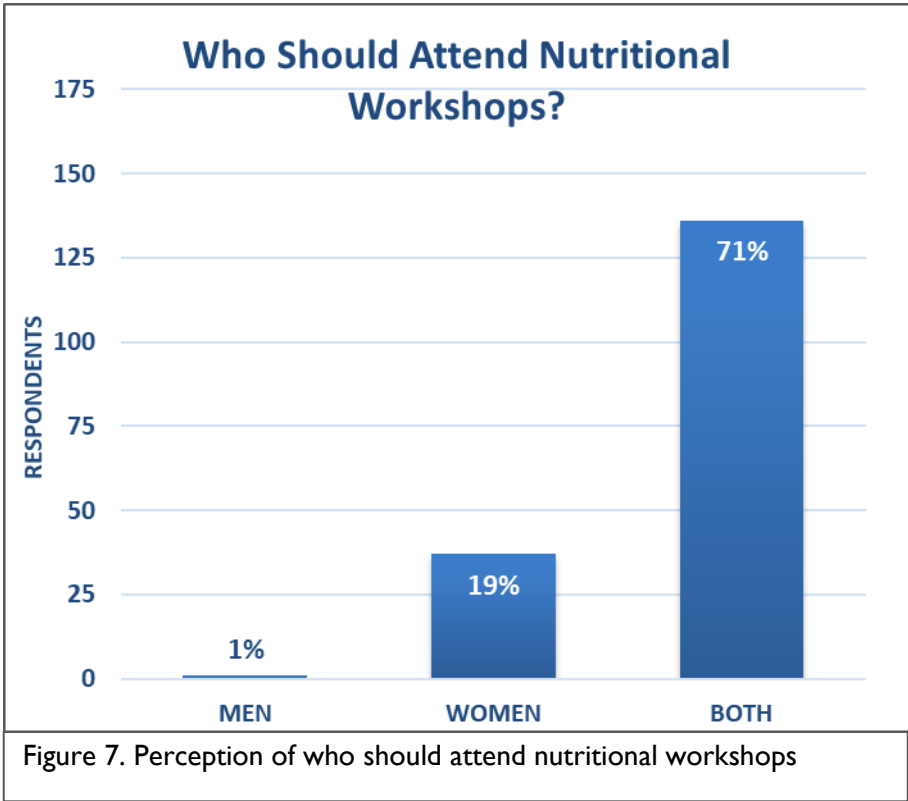
Figure 6. Decision for Foods Purchased for Household

discussed earlier in Figure 2, regarding men’s influence over which crops are grown for family consumption. Again, it shows a pervasive influence on the decisions that are impacting a life cycle of family nutrition.

**Goal II. Men’s interest and willingness to participate in workshops related to family nutrition**

Participants were asked to define nutrition. This approach encouraged them to think about nutrition while respecting cultural norms about what constitutes “good nutrition.” Answers ranged from “having consistent meals,” to “vegetables without much oil and fats.” There were also some outliers who answered that good nutrition was defined as eating a lot of cooked meats, but the majority of responses were concerning the quantity of food and the inclusion of vegetables.

While men and women attended nutritional workshops in equal numbers, both perceived that the nutritional trainings were intended for women or for both men and women. Nearly 20 percent perceived that nutritional workshops were intended for women, while almost no one indicated that nutritional workshops were intended solely for men (Figure 7).



Based on the participants’ definitions of nutrition, the survey transitioned to questions about nutritional workshop attendance. We asked if they ever participated in a nutrition workshop (Figures 8, 9), and if so, which organization provided the training.

Although 23 percent of men and women equally responded they had attended this type of workshop, men typically indicated participation in agricultural workshops such as those offered by organizations like Heifer International or Oxfam International. These workshops offer animal production training as a means of providing protein sources that improve family nutrition. However, some men

also reported attending workshops offered by others, such as Comisión de Accion Social Menonita (CASM), a social development organization that offers family nutrition workshops to men and women.

Women also reported attending nutritional workshops offered by CASM, as well as trainings typically held in schools, which focused on cooking and choosing healthy foods for family meals.

### Men Attending Nutritional Workshops



Figure 8. Men reported attendance in nutritional workshops

### Women Attending Nutritional Workshops

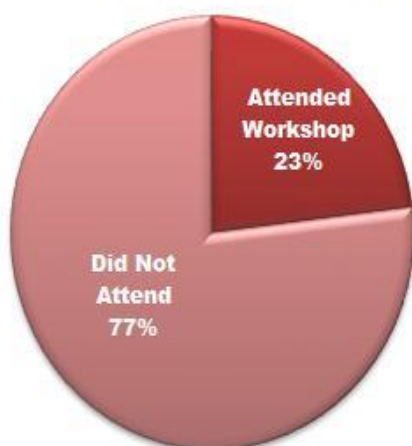


Figure 9. Women reported attendance in nutritional workshops

When asked how likely it was for men to attend workshops or trainings of all types, answers generally reflected that the demands of work and travel distance makes it difficult to attend training as often as they wished. When asked about the likelihood of women attending workshops, responses cited the time burdens of child care and household responsibilities as barriers.

Those who reported attending any type of workshop, were asked additional informal questions about their opinion of the training and how likely they were to use what they had learned. More than 95 percent of those who responded, agreed in general that the trainings were helpful overall and that they use what they have learned when applicable. Only a few offered more specific comments that a training was particularly relevant to their needs, for example, growing vegetables or animal nutrition.

In earlier survey questions, when asked to list foods typically consumed daily, respondents included healthy foods such as vegetables, soups, fresh fruit, meat, beans and soy. These comments were consistent with answers given later when asked what they had learned about nutrition from workshop trainings. Generally, participants responded that workshops taught them the importance of eating more vegetables, soups and fruit to improve nutrition.

## CONCLUSION

Both regions of Honduras were similar overall in their experiences and perceptions of training and nutrition. Given the distance and relative scarcity of markets in rural Lempira, household gardens are a critical component for nutrition and food security. The communities in Lempira, distant from urban centers and having poor road systems, responded with 54 percent having a home garden. The communities in Copán, by contrast, with better access to infrastructure such as electricity, water, and markets, responded with only 14 percent having gardens.

As previously stated, our research focused on two broad goals. Goal 1 examined men's participation and influence on family nutrition. Our objectives were to understand 1) men's influence on food purchases and distribution, and crop production related nutrition; and 2) how likely men were to apply training to family nutrition. Goal 2 examined men's interest and willingness to participate in workshops related to family nutrition. Our

objective was to determine who in the household is invited to and attends training relating to agriculture and nutrition.

Results indicate that:

- 1) Men have a direct influence on family nutrition at the dinner table, through crop choices made many months earlier.

Men had strong participation in decision-making in nearly all aspects of the household. They directly impact family nutrition through crops they plant months before food decisions are made for family meals. They also make or contribute to decisions made when their families purchase food and make the majority of decisions about which crops are produced to eat and sell. These decisions, which have a direct economic and nutritional impact on their families, illustrate a need for trainings for men and women that incorporate a larger view of family nutritional needs.

- 2) Men reported concerns for meeting family nutritional needs

In the communities that we surveyed, men felt that there was inequitable distribution of nutrition more heavily favored toward themselves and children. Women, especially those who are pregnant and nursing, were perceived by men and women to be the most vulnerable in the community for access to healthy foods. Both men and women perceived that children ranked second, after men in the family's nutritional distribution.

It should be noted that while published research demonstrates a lack of nutrition within the Honduran communities surveyed, the Hondurans may not perceive themselves as being malnourished. When asked to define good nutrition, men and women alike listed a mixture of fruits, vegetables, protein and grains as the healthiest diet for good nutrition. Many surveyed participants indicated that just eating more food was tied to better nutrition. They also cited poverty as the most common reason why some in their community may not have a healthy diet. Respondents were more likely to address nutrition and malnutrition in context of their community or neighbors rather than answering personally about their own families. Framing this question more broadly as a community concern, may facilitate more open discussion that will provide better data on what families need to address to improve nutrition, which will lead to more targeted workshops.

3. Men showed a willingness to attend any workshop, including nutritional-based classes.

Focus group discussions revealed that the majority felt that men generally benefited from workshops and applied skills learned to their work. This desire for inclusion by men gives us some insight into future possibilities for development practices in rural Honduras. Focus group discussions indicated a perception that workshops might include new or improved practices or may offer resources. Further investigation may be warranted to find out if gender identity plays a role in men's decisions to attend workshops, perhaps they feel a competitive need to attend community workshops and not miss out on perceived opportunities that their neighbors may gain.

Both regions of Honduras were similar overall in their experiences and perceptions. Given the distance and relative scarcity of markets in Lempira, household gardens are a critical component in food security. Lempira communities were much further away from cities, and had much poorer roads, making home gardens a more important source of nutrition. Women contribute significantly to food security in rural areas, working up to 12 hours per day on household gardening and tending animals.<sup>22</sup>

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<sup>22</sup> Ibid.

## RECOMMENDATIONS

1. Based on our findings, there are opportunities to include nutrition trainings for men in other workshops they attend. For example, agricultural workshops that focus on improving farming techniques and increasing cash crop production yields might be expanded to use these same principles in crops that are grown for household consumption. A discussion about nutritional requirements for hard-working men and women and growing children can prompt men to think about family nutrition in choosing household crops and meals.
2. Agricultural workshops that also sustain family nutrition would benefit these communities. Teaching intercropping may offer a beneficial way to bring additional food varieties to the household, such as the use of nitrogen-fixing crops like leguminous beans. While improving soils for family cash crops, it also serves as a protein food source for family consumption. Because of the hilly topography in these regions, farmers also would benefit from agroforestry workshops that discuss how to reduce soil erosion.
3. As evidenced by the Burkina Faso study, other workshops might show men ways to improve nutrition by enlisting and empowering women in their households to receive training or instruction materials about backyard gardens and small animal production — two nutrition-producing practices that are likely delegated to women in Honduras due to their proximities to the household. Additionally, as observed through our surveys and focus groups, Hondurans' perception of malnutrition may differ from outside views. Workshops should consider approaching nutrition as a community concern as well as a more personal family concern for those attending the training.
4. An emphasis on access should be considered when planning trainings. Smaller group workshops held within individual communities would be optimal for the best attendance. Most rural Hondurans do not have personal vehicles, and if trainings are hosted in a neighboring town, many will not attend due to transportation issues or other logistical hardships. This is especially an issue for women, as extended distance travel can be time intensive and dangerous. Some communities are so remote that the nearest trainings are many hours away by walking. Planning these workshops should consider logistical issues such as average distance of traveler, time of day and promotion of workshops in communities.
5. Trainings should reflect culturally appropriate norms regarding the population age and demographics of western Honduras. For example, a large percentage of the people we surveyed could not read or write. However, many of the youth are literate and can assist their families if included in training as a target audience. The trainings should incorporate materials with illustration aids to reinforce messages.
6. Most people in Honduras now have access to cellular phones. This technology potentially could be used to support trainings. International groups could use text messaging to promote workshops opportunities and send reminders. Additional messages could inform on planting seasons, intercropping ideas, and nutritional reminders. The youth of Honduras have an advantage with cellphone technologies, as they have increasingly more access to social media such as Facebook and WhatsApp. These sites can be leveraged to illustrate better practices via photos, video, and group chats. However, focus group discussions raised concerns regarding cell phones and television. They see this as an emerging issue because many communities have had electricity for less than 10 years. Parents voiced concern that television and videos shared on cell phones reinforce negative gender stereotypes and highlight sexuality and violence. The children in rural Honduras today are the first generation to be exposed to the outside world through

communications technology. Parents voiced concern that it is distracting children from participating in farming and studying in school.

7. Finally, attendees should walk away from trainings feeling it was worth their time. Women who attend trainings should be encouraged to bring their children since childcare is a significant barrier to participation. They should be given food to take home to their households since so much of their time burden revolves around meal preparation and childcare. Men also should be compensated for their time and travel efforts such as a small tree they can bring to their farms, or food to bring home to their families.

## Appendix A

### Blank Survey Copy / English

#### PART 1 – ICE BREAKER AND INTRODUCTORY QUESTIONS

SURVEYOR NAME: \_\_\_\_\_

DATE/TIME OF SURVEY: \_\_\_\_\_

Survey Number: \_\_\_\_\_

SURVEYORS: Simply Ask Below Questions. Fill in Responses	
1. What is an exciting development happening in the community?	RESPONSE:

#### PART 2 – Household Food Consumption, Responsibilities and Decision-Making

Surveyor Statement: “Now I’m going to ask you some questions about food you eat in your home, and the roles behind food preparation”			
SURVEYORS: CIRCLE THE ANSWER GIVEN, FOR FOODS CIRCLE ALL THAT APPLY			
2. What crops do you grow to eat?	Bananas	Garlic	Potatoes
	Beans	Lettuce	Radishes
	Carrots	Onion	Rice
	Corn	Chayote	Spinach
	Coffee	Plantains	Other: _____

<p><b>3.</b> What crops do you grow to sell?</p>	<p>Bananas Beans Carrots Corn Coffee</p>	<p>Garlic Lettuce Onion Chayote Plantains</p>	<p>Potatoes Radishes Rice Spinach Other: _____</p>
<p><b>4.</b> Who decides what crops you will grow to eat?</p>	<p>Self.....1 Spouse.....2 Other female HH member...3 Other male HH member.....4</p>	<p>Other female NON-HH member.....5 Other male NON-HH member.....6 Joint females + self.....7 Joint females – self.....8</p>	<p>Joint mixed sex + self.....9 Joint mixed sex – self.....10 Other: _____</p>
<p><b>5.</b> Who decides what crops you will grow to sell?</p>	<p>Self.....1 Spouse.....2 Other female HH member...3 Other male HH member.....4</p>	<p>Other female NON-HH member.....5 Other male NON-HH member.....6 Joint females + self.....7 Joint females – self.....8</p>	<p>Joint mixed sex + self.....9 Joint mixed sex – self.....10 Other: _____</p>
<p><b>6.</b> What animal-based foods do you produce for yourself?</p>	<p>Cheese Chicken Cow Eggs</p>	<p>Fish Goat Milk</p>	<p>Sour Cream Pork Other: _____</p>



<p><b>7.</b> Who decides what animals you will raise to eat?</p>	<p>Self.....1          Spouse .....2          Other female HH member.....3          Other male HH member.....4</p>	<p>Other female NON-HH member.....5          Other male NON-HH member.....6          Joint females + self.....7          Joint females – self .....8</p>	<p>Joint mixed sex + self.....9          Joint mixed sex – self.....10          Other: _____</p>
<p><b>8.</b> What foods from animals do you produce to sell?</p>	<p>Cheese          Chicken          Cow          Eggs</p>	<p>Fish          Goat          Milk</p>	<p>Sour Cream          Pork          Other: _____</p>
<p><b>9.</b> Who decides what animals you will raise to sell?</p>	<p>Self.....1          Spouse.....2          Other female HH member...3          Other male HH member.....4</p>	<p>Other female NON-HH member.....5          Other male NON-HH member.....6          Joint females + self.....7          Joint females – self .....8</p>	<p>Joint mixed sex + self.....9          Joint mixed sex – self.....10          Other: _____</p>
<p><b>10.</b> What foods do you purchase?</p>	<p>Sugar          Bread          Churros          Coffee          Consume</p>	<p>Eggs          Sweets          Meat: _____          Rice</p>	<p>Soda          Tortillas (corn)          Tortillas (flour)          Other: _____</p>
<p><b>11.</b> Who decides what foods you will purchase?</p>	<p>Self.....1</p>	<p>Other male HH member.....4</p>	<p>Joint mixed sex + self.....9</p>

	Spouse.....2 Other female HH member.....3	Other female NON-HH member.....5 Other male NON-HH member.....6 Joint females + self.....7 Joint females – self .....8	Joint mixed sex – self.....10 Other: _____
<b>12.</b> Who cooks in the Household?	Self.....1 Spouse.....2 Other female HH member.....3	Other male HH member.....4 Other female NON-HH member.....5 Other male NON-HH member.....6 Joint females + self.....7	Joint females – self .....8 Joint mixed sex + self.....9 Joint mixed sex – self.....10 Other: _____
<b>13.</b> What kind of stove do you cook with?	Open fire.....1 3-stone fire.....2 Traditional brick-oven.....3	Traditional Clay-Stove .....5 Improved Clay Stove.....6	Gas Oven/ Electric oven.....7 Other.....8
<b>14.</b> Do you have a house garden?	Yes.....1 No.....2	If Yes, who takes care of it?	
<b>15.</b> Do you eat breakfast on a normal day?	Yes.....1 No.....2	If yes, what do you eat for breakfast on a normal day?	Beans Coffee Eggs Rice Tortillas

			Milk	Other: _____ _____
<b>16.</b> Do you eat lunch on a normal day?	Yes.....1 No.....2	If yes, what do you eat for lunch on a normal day?	Beans Coffee Eggs Milk	Rice Tortillas Other: _____ _____
<b>17.</b> Do you eat dinner on a normal day?	Yes.....1 No.....2	If yes, what do you eat for dinner on a normal day?	Beans Coffee Eggs Milk	Rice Tortillas Other: _____ _____
<b>18.</b> Do you eat snacks on a normal day?	Yes.....1 No.....2	If yes, what do you eat for snacks on a normal day?	Beans Coffee Chips Eggs Milk	Rice Tortillas Soda Sweets (Dulces) Other: _____ —
<b>19.</b> Who decides what foods you will eat during a normal day?	Self.....1 Spouse.....2 Other female HH member.....3 Other male HH member.....4 Other female NON-HH member.....5	Other male NON-HH member.....6 Joint females + self.....7 Joint females – self.....8		Joint mixed sex + self.....9 Joint mixed sex – self.....10 Other: _____ —

**PART 3 – Perceptions of Household Nutrition and Trainings**

Surveyor Statement: “Now I am going to ask you some questions about nutrition.”			
SURVEYORS: FILL OUT THE FOLLOWING OPEN-ENDED QUESTION IN AS MUCH DETAIL AS POSSIBLE			
<b>20.</b> What does “nutrition” mean to you?	Response:		
<b>21.</b> Have you ever participated in nutrition trainings?	Yes.....1 No.....2	[If yes:] With what organizations?	
<b>22.</b> In your opinion, are nutrition trainings typically intended for men or for women?	Men.....1 Women...2 Both.....3		
<b>23.</b> Have others in your household participated in nutrition training?	Yes.....1 No.....2		
<b>24.</b> How much of your knowledge about nutrition has come from trainings?	N/A.....1 None.....2 Very little.....3	Some.....4 Very much.....5 All.....6	
<b>25.</b> If you have participated in a nutritional training, do you feel like you have learned anything from these nutritional trainings?	N/A Yes.....1 No.....2	Things Learned if Participated:	

26. Have you ever participated in agriculture trainings?	Yes.....1 No.....2	[If yes:] With what organizations?	
27. If you have participated in an agricultural training, who was invited to it?	Men.....1 Women....2	Other if not gender-specific:	
28. In your opinion, are agriculture trainings typically intended for men or women?	Men.....1 Women...2 Both.....3		
29. Have others in your household participated in agriculture training?	Yes.....1 No.....2	[If yes:] Who else has participated?	
30. What did you learn from the Agriculture trainings if you participated in them?	N/A....1 Response:		
<p>Surveyor Statement: "Now I am going to ask you some questions about foods you eat in your home."</p> <p>SURVEYORS: FILL OUT THE FOLLOWING OPEN-ENDED QUESTION IN AS MUCH DETAIL AS POSSIBLE</p>			
31. How likely is it for a man to cook meals in the house?	Likely.....1 Not Likely.....2 <b>How likely for women?</b>		
32. Based on your definition of "nutrition," how much do you think about nutrition while cooking food?	Response:		

<b>33.</b> Based on your definition of “nutrition” do you feel that the men in the house receive adequate nutrition?	Yes.....1 No.....2	[If no:] Why?	
<b>34.</b> Based on your definition of “nutrition” do you feel that the pregnant/nursing women in the house receive adequate nutrition?	Yes.....1 No.....2 N/A.....3 (No pregnant/nursing women)	[If no:] Why?	
<b>35.</b> Based on your definition of “nutrition” do you feel that the children in the house receive adequate nutrition?	Yes.....1 No.....2 N/A.....3 (No children in house)	[If no:] Why?	
<b>Surveyor Statement:</b> “Now I am going to ask you some questions about workshops/trainings that have happened in the past in your community.” SURVEYORS: FILL OUT THE FOLLOWING OPEN-ENDED QUESTION IN AS MUCH DETAIL AS POSSIBLE			
<b>36.</b> How Likely are you to attend a workshop or training?	Likely.....1 Not Likely.....2 community? <p style="text-align: right;">If likely, what workshops would you like to see in your</p>		
<b>37.</b> Are there workshops/trainings you have missed out on going to?	Yes.....1 No.....2	[If yes:] Why?	
<b>38.</b> How likely is it for women to participate in workshops or trainings?	Likely.....1 Not Likely.....2	[If not:] Why?	
<b>39.</b> How likely is it for men to participate in workshops or trainings?	Likely.....1 Not Likely.....2	[If not:] Why?	

<b>40.</b> When workshops happen in the community, do they invite only men, or only women?	Yes.....1 No.....2	Why do you think that is?	
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**PART 4 – Open-Ended Questions**

Surveyor statement: “Thank you for getting this far, we are now at the last part of the survey. I’m going to ask you some follow up questions now about household roles, food, and nutrition.”

<p><b>SURVEYORS: RECORD THE RESPONSE OF THE PARTICIPANT IN AS MUCH DETAIL AS POSSIBLE. ONLY ASK AS MANY FOLLOW UPS AS NEEDED.</b></p>
<p><b>41.</b> I noticed that you said that [men/women] are responsible for _____ in the household, but that [men/women] are likely to participate as well. When are [men/women] likely to help?</p>
<p><b>42.</b> I noticed that you said that [men/women] are responsible for _____ in the household, but that [men/women] are likely to participate as well. When are [men/women] likely to help?</p>
<p><b>43.</b> I noticed that you said that [men/women] are responsible for _____ in the household, but that [men/women] are likely to participate as well. When are [men/women] likely to help?</p>
<p><b>44.</b> I noticed that you said that [men/women] are responsible for _____ in the household, but that [men/women] are likely to participate as well. When are [men/women] likely to help?</p>
<p><b>45.</b> You mentioned that you have participated in (nutrition/gender/agriculture) training. What did you think about the training?</p> <p>Did you use the information?</p> <p>Have you used any of the information at home?</p>

**46.** Is there anything you would like us to know, or to add to the study? Is there anything you wish to discuss?

**PART 5 – Demographic Information**

Demographic	SURVEYORS: CIRCLE OR WRITE IN THE INFORMATION. FOR THESE ITEMS USE PERSONAL OBSERVATION.					
<b>47.</b> Department	Copán      Lempira					
<b>48.</b> Village Name	Community 1	Community 2	Community 3	Community 4	Community 5	Community 6
<b>49.</b> Age of participant		<b>50.</b> Number of People in household		<b>51.</b> Ages of People in household		
<b>52.</b> Access to water	Red municipal.....1 Red community – the house... 2	Red community – outside of the house.....3 Hand well.....4		River, ravine.....5 Rain water.....6		Other.....7
<b>53.</b> Sanitation system	Pour-flush in house.....1 Pour-flush latrine.....2	Pit Latrine.....3 River, stream.....4		None.....5		Other.....7
<b>54.</b> Roof type	Cement.....1 Wood.....2	Tile.....3 Zinc.....4		Bamboo.....5 Straw.....6		Other.....7
<b>55.</b> Type of Flooring	Wood.....1	Tile.....3		Cement.....5 Dirt.....6		Other.....7



	Vinyl/asphalt..... ...2			
<b>56. Type of Walls</b>	Brick or cement.....1 Rocks with cement.....2	Adobe .....3 Rocks with mud....4 Mud with wooden poles.....5	Wood.....6 Zinc.....7	Other.....8
<b>57. Educational level</b>	None.....1 .....1 Elementary (unfinished) ..2 Elementary (finished).....3	Middle School (unfinished).....4 Middle School (finished).....5 High school (unfinished).....6 High school (finished).....7	More than high school.....10 Adult literacy program (finished)...11 Adult literacy program (unfinished)..12	Other.....13
<b>58. Marital Status</b>	1=Married 2= Civil Union	3=Widow/er 4=Divorced	5=Separated 6=Single	Other.....7
<b>59. Was interview alone or with others present?</b>	Alone.....1 .....1 With adult females present.....2 With adult males present .....3	With adult mixed sex present .....4 With children present .....5 With adult mixed sex and children present.....6	Other.....7	

## Appendix B

### Focus Group Questions English

Overarching question for presenter:

How does masculinity affect the willingness of males to participate in gender and nutrition training and apply knowledge in the household?

Focus Group Questions criteria:

\*One male and one female focus group conducted per community

\*Participants must be over the age of 18

\*Participants must give consent via written form and orally recorded on our digital recording device.

INSTRUCTIONS: Ask numbered questions. To keep progression of focus group topic ask subtopics “A.),” “B.),” “C.),” “etc.”

1.) If you have/had children, what would you like to see in their futures?

A.) If you don't have children, what would you like other's children to learn about?

B.) What differences do you think this upcoming generation of kids have that your generation doesn't have?

C.) {ASK MALE GROUP} Do the male children in your community do the same work, play, and tasks you did as a child?

D.) {ASK FEMALE GROUP} Do the female children in your community do the same work, play, and tasks you did as a child?

2.) What do you think is the biggest challenge your community faces in terms of agriculture production?

A.) Does this challenge hurt the variety of food your family receives?

B.) Do these challenges impact your diet, variety and/or the amount of food you have?

3.) How have men's traditional roles played into your work in both home and in the field?

A.) Traditional roles, like what men do day-to-day versus what women do day-to-day

B.) Likewise how have women's traditional roles?

C.) Do men's or women's traditional roles contribute to the way agriculture work happens?

D.) Do men's or women's traditional roles interrupt the way agriculture work happens?

4.) I hear about the word “Machismo” all the time. As a person from the culture and context of the United States, I would like to know better what this is defined to be in your opinions?

A.) What are your thoughts about the role of Machismo in the house-setting if you perceive it to exist?

B.) What are your thoughts about Machismo outside of the house-setting, in places such as work, or perhaps travel if you perceive it to exist?

5.) If you or your family have participated in Agriculture/nutrition workshops and trainings, have the said trainings and Agricultural Extension workshops helped you and your family?

A.) If so can you elaborate how?

B.) If so, could you tell us about a particular event that stood out in your mind from a training?

C.) If not, why not?

D.) If not, can you tell us about how you feel these trainings and workshops fail you?

E.) What would you change in these workshops?

6.) Do men generally participate in the agriculture workshops?

A.) Are men invited by whomever is giving the workshop/talk?

B.) Do men use any of the practices they learn from the workshops at home or work?

C.) Do women use any of the practices they learn from the workshops at home or work?

7.) Finally, now that we are at the end of this discussion, what do you think overall?

A.) Is there anything else you wish we talked about more?

B.) Is there anything else you think we should know or you would like to add to this conversation?



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