Impact of Cash Transfer on Food Security: A Review

Fatemeh Mohammadi-Nasrabadi*

1- Dept.of Food and Nutrition Policy and Planning Research, National Nutrition and Food Technology Research Institute, Faculty of Nutrition Sciences and Food Technology, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

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A B S T R A C T

Cash transfer (CTs) is an increasingly popular social protection mechanism used by many developing countries to improve the food security and nutritional status of lower socio-economic groups.

This paper is a review of the literature regarding the impact of CT programs on the food security of recipient households in the developing countries, including Iran. We looked for all original studies, performed in the developing countries and published in any language, containing at least one outcome related to food and nutritional security of the beneficiary population using Pub Med, Iran Medex, SID (Scientific Information Database), ISI (Information Sciences Institute) database, INP (Iran’s Nutrition Publication) Abstracts, IRANDOC and Magiran. Searches used the following terms or keywords: “household food security”, “household food insecurity” and “cash transfer” on any publication published within 1990-2015.

A total of 12 studies evaluating the influence of CT programs on the recipients’ food and nutrition security were identified. CT programs have the potential to deliver a range of benefits not only through reducing extreme poverty but also by providing effective support for broader human development objectives, including better nutrition, as well as health and education outputs and outcomes. The extent to which programs can have these different impacts will depend critically on the availability of complementary services, the local context, and the specifics of program design, including the transfer value. However, findings in Iran suggest that the replacement of staple food subsidies by CT has led to a significant increase in household food insecurity (especially marginal or mild food insecurity).

Keywords: Household food security, Cash transfer, Developing countries

Introduction

“Social protection” encompasses a broad set of public and private systems for protecting people against risks to their livelihoods and keeping them from falling into (or deeper into) poverty. Engender long-term, sustainable development processes in the hope of providing opportunities for people to move out of poverty and achieving higher standards of living can be achieved through interventions that invest in assets, including the health, nutrition and education of children and adults, and improved social status and rights. In addition, social protection can be seen as contributing to growth through investments in human capital, development of infrastructure, strengthening of markets, and maintenance of political stability (1).

Cash transfers (CTs) are increasingly popular social protection mechanisms used by many developing countries to improve the food security and nutritional status of lower socio-economic groups. These programs aim not only to alleviate current poverty through income transfers but also to reduce future poverty by encouraging investment(s) in human capital, education, health and nutrition. The overall objective of the program can, therefore, be seen as

*Address for correspondence: Fatemeh Mohammadi-Nasrabadi, Research Assistant, Dept.of Food and Nutrition Policy and Planning Research, National Nutrition and Food Technology Research Institute, Faculty of Nutrition Sciences and Food Technology, Shahid Beheshti University of Medical Sciences, Tehran, Iran. E-mail address: f_mohammadi_2001@yahoo.com
preventing the intergenerational transmission of poverty. In practice, two major types of cash transfer programs have been implemented: First, unconditional CT (UCT) that has been used mostly in the sub-Saharan Africa and also recently in Iran. In these programs, CTs are given to poor and vulnerable people with no restrictions on how the cash is spent, and no requirements beyond meeting the eligibility criteria (for example, being poor, orphan, or over 60 years of age). The primary objective is to protect current consumption or food security. By contrast, the second type, conditional cash transfers (CCTs) are delivered only on condition that recipients meet certain requirements; for instance, their children should be enrolled in school, and they must be immunized. CCTs have dominantly been used throughout the Latin American countries. Research to date has been more successful in showing short-term impacts on human capital; however, there is not much data available on achievement of the broader goal. A review conducted by the World Health Organization (WHO) on several CCT programs provided strong evidence of a positive impact on the use of health services, nutritional status and health outcomes, which are assessed by anthropometric measurements and self-reported episodes of illness, respectively. It is hard to attribute these positive effects to the cash incentives specifically because other components may also contribute (2). However, evidence from UCT of several countries has confirmed that recipients invest some of their cash transfers in education and health anyway (3). Interest in and the scope of CCT programs have grown enormously in the last 10 years (4).

Materials and Methods

A review of the literature was performed centered on the guiding question: “Are CT programs capable of affecting the food security of the recipient households?” Concerning the inclusion criteria, we looked for original studies, performed in the developing countries and published in any language, containing at least one outcome related to food and nutritional security of the beneficiary population using Pub Med, Iran Medex, SID (Scientific Information Database), ISI (Information Sciences Institute) database, INP (Iran’s Nutrition Publication) Abstracts, IRANDOC and Magiran. Both clinical (random or otherwise) and observational (cross-sectional, longitudinal, with and without control group) studies published within 1990-2015 were included.

Searches used the following terms or keywords: “household food security”, “household food insecurity” and “cash transfer”. Additional studies (grey literature) were identified by searching the reference lists of identified articles. The abstracts of all identified studies were read to exclude those that were irrelevant. The full texts of the remaining articles were read to determine whether they met the inclusion criteria. Those publications that did not contain the required data for the review were omitted. The following information was extracted from the remaining 12 relevant studies: author(s), year of publication, place, coverage and participants, measuring outcome(s), main conclusion and methodological limitations.

Results

Based on the findings of the reviewed papers, one of the strongest and most consistent findings regarding the impact of CT programs is their contribution to reducing hunger and food insecurity. Regardless of the form of transfer, households receiving transfers average significantly higher spending on and consumption of food (5). Table 1 presents a summary of the studies on cash transfer impacts on various aspects of food security.

The impact of CTs on hunger has been most pronounced in low-income countries (LICs) where poverty is generally more severe. In these settings, households receiving additional income are particularly likely to prioritize spending on improving the quantity and/or quality of food consumed. For example, in Ethiopia, the Productive Safety Nets Program (PSNB) has improved food security in 7.8 million people who were previously dependent on emergency relief. The program operates in 300 rural districts facing chronic food shortage and provides food or cash for work as well as UCTs or food aid to those unable to participate in public works. Three-quarters of the participants consumed higher quantity and quality of food compared to the previous year, and 60 percent had avoided selling off their productive assets to buy food (6). Households receiving cash had better dietary diversity than those receiving food, suggesting that CTs may be more effective (7, 8).
### Table 1. Description of the studies evaluating the influence of cash transfer programs on the recipients’ food and nutrition security (1990-2015)

<table>
<thead>
<tr>
<th>Author(s) / year</th>
<th>Study design</th>
<th>Setting/ Program</th>
<th>Subjects/Sampling</th>
<th>Measurement Tool(s) of Outcome (FI)</th>
<th>Main conclusions</th>
<th>Methodological limitations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baye et al. (2014) and Giligan et al. (2008)(8)</td>
<td>Cross-sectional survey of 195 PSNP beneficiary households</td>
<td>Ethiopia/ PSNP</td>
<td>8.3 million chronically food insecure households in 319 district with predictable cash and/or food transfers during lean months</td>
<td>Shortfall in caloric availability, Daily per capita caloric acquisition</td>
<td>Prevalence and severity of the chronic food insecurity experienced by poor households reduced</td>
<td>Data were collected more than one year after the program began</td>
</tr>
<tr>
<td>Seidenfeld et al. (2014)</td>
<td>Randomised controlled trial</td>
<td>Zambia/ Child Grant Programme</td>
<td>2,021 households (1,203 control/ randomly selected)</td>
<td>FANTA food insecurity score</td>
<td>Cash transfers improve household consumption, food consumption, diet diversity and food security</td>
<td>The increase in agricultural production did not lead to an increase in consumption of goods produced on farm.</td>
</tr>
<tr>
<td>Harvey et al., MacAslan, and Schofield (2011)</td>
<td>Simple random sample of 170 enrolled voucher recipients</td>
<td>Nairobi, Kenya/ Safety Net Program</td>
<td>5,000 households (2,000 in Korogocho and 3,000 in Mukuru)</td>
<td>HFIAS and HFIAS</td>
<td>Statistically significant decrease of 23.7 percentage in severe food insecurity</td>
<td>The low coverage rate compared to the levels of extreme poverty.</td>
</tr>
<tr>
<td>Ministry of Gender, Children and Social Protection, 2013 (34)</td>
<td>Cross-sectional study</td>
<td>Ghana/ Livelihood Empowerment Against Poverty (LEAP)</td>
<td>71,000 households in all 10 regions</td>
<td>Food insecurity has significantly reduced (by 25 percentage points) especially for those headed by women</td>
<td>A tremendous gain in food security-A study on the importance on food security and mild or moderate or severe FI (EBIA)</td>
<td>Data constraints limit the possibility of understanding the time use implications</td>
</tr>
<tr>
<td>Dewler et al. (2015), (35)</td>
<td>Cross-sectional study</td>
<td>Lesotho/ Child Grant Programme (CGP)</td>
<td>299 households and 1,571 individuals</td>
<td>Increased food purchases, especially for the unconstrained</td>
<td>Data were collected more than one year after the program began</td>
<td></td>
</tr>
<tr>
<td>Baired et al. (2011)</td>
<td>Longitudinal, randomized community control study of the pilot SCTs in Mhunu</td>
<td>Malawi Social Cash Transfer (SCT)</td>
<td>About 1,000 households in 29 villages</td>
<td>A structured quantitative questionnaire</td>
<td>A tremendous gain in food security within intervention households.</td>
<td>Data constraints limit the possibility of understanding the time use implications</td>
</tr>
<tr>
<td>Roman et al., 2010 (37)</td>
<td>Five sets of household surveys</td>
<td>Zimbabwe Harmonized Social Cash Transfer (HSCST)</td>
<td>Average of 29,300 beneficiaries in almost 6,000 households</td>
<td></td>
<td>ZECT had an important effect on households’ monthly livelihoods.</td>
<td>Data constraints limit the possibility of understanding the time use implications</td>
</tr>
<tr>
<td>Segal-Corrêa et al., 2004 (38)</td>
<td>Cross-sectional Study</td>
<td>Brazil (secondary data from PNAD)</td>
<td>36,037 Brazilian households with per capita income below R$ 260.00</td>
<td>Food security or mild and Moderate or severe FI (EBIA)</td>
<td>Increasing the value of the cash transfer by R$ 10.00 increases the family’s chance of food security by 8% after adjusting for socio-demographic variables.</td>
<td>Cross-sectional study means causal relationship between the dependent variable (food insecurity) and the independent variables cannot be proved.</td>
</tr>
<tr>
<td>Vanita et al., 2008(39)</td>
<td>Population based cross-sectional study</td>
<td>Paraiba in 2005, School grant, Gas tickets,Food grant, Family grant</td>
<td>4,531 families</td>
<td>Families food insecurity, mild and Moderate or severe FI (EBIA)</td>
<td>Comparing families with per capita income &lt; R$250.00, a lower prevalence of severe FI in families registered in the CTP (reduction of 4.8%), after adjusting for income.</td>
<td>Cross-sectional study means causal relationship between the dependent variable (food insecurity) and the independent variables cannot be proved.</td>
</tr>
<tr>
<td>Dias et al., 2009 (40)</td>
<td>Population based cross-sectional study/ PBF: municipal program Cesta Cheia, Familia Feliz</td>
<td>172 families receiving</td>
<td>Programas Boleia Familia y Cesta Cheia, Familia Feliz</td>
<td>Food security, mild and moderate or severe FI (EBIA)</td>
<td>28.0% were found to have food security and 12.0% to have severe food insecurity (p &lt; 0.01).</td>
<td>Cross-sectional study means causal relationship between the dependent variable (food insecurity) and the independent variables cannot be proved.</td>
</tr>
<tr>
<td>Macee-Taylor et al., 2009 (20)</td>
<td>The panel study</td>
<td>Jharkhand (cash-loan programme)</td>
<td>Random sample of 95 households and 92 control</td>
<td>Food expenditure and consumption</td>
<td>Intervention households spent more on food and consumed more protein-rich food</td>
<td>Cross-sectional study means causal relationship between the dependent variable (food insecurity) and the independent variables cannot be proved.</td>
</tr>
<tr>
<td>Mohammadi et al., 2015(31)</td>
<td>Longitudinal study</td>
<td>All recruited Iranians</td>
<td></td>
<td>HFIAS</td>
<td>Mild food insecurity has increased from 19.3% to 28.4%</td>
<td>Cross-sectional study means causal relationship between the dependent variable (food insecurity) and the independent variables cannot be proved.</td>
</tr>
</tbody>
</table>

**Abbreviations:**
- FI: Food insecurity
- CCTP: Conditional Cash Transfer Programs
- EBITA: Brazilian Scale of Food Insecurity
- PNAD: National Household Survey
- PBF: Family grant program
- FANTA: Food and Nutrition Technical Assistance Project
The Child Grant Program (CGP) is one of the Government of Zambia’s largest social protection programs. The program provides a monthly cash payment of 60 kwacha (US$12) to very poor households with children under five years old. A randomized controlled trial of 2,515 households was implemented to investigate the impact of the program. CT had resulted in the overall improvement in the consumption, food consumption, diet diversity, and food security of the households (9, 10).

In Nairobi’s informal settlements, Oxfam and Concern Worldwide (OCW) developed a joint CT programs to address improving food and livelihood security of the most food-insecure households in Kenya by increasing their immediate access to food and developing longer-term initiatives to improve their access to food and income security (11, 12). During the baseline assessment, almost all the interviewed households (97.4%, N=156) were classified as severely food insecure according to the Household Food Insecurity and Access Scale (HFIAS). By the end of the program, a statistically significant decrease of 23.7 percentage was observed. The mean HFIAS score at end-line was 13.2±4.8 compared to 18.8±3 (the highest possible score of 24 represents total food insecurity)(13).

Also an evaluation of Malawi’s CT program showed that around 75 percent of the transfer had been spent on groceries (14).

A positive association between Brazilian CCT programs and improvement in the recipients’ diet and nutrition have also been reported (15). CCTP have made a positive contribution, especially in tackling social inequalities, decreasing levels of malnutrition, and reducing infant mortality in Brazilian municipalities (16).

Whilst there are variations across programs; on average, roughly half the value of transfers is expected to be spent on food, one third on household expenses, and the rest on health, education and savings or investment. A synthesis of findings from surveys in sub-Saharan Africa found that in six out of the seven programs reviewed, the primary use of CTs was to purchase food (17). This increase in expenditure and food availability can translate into improvements in nutritional indicators, particularly for vulnerable groups. In South Africa, econometric analysis of anthropometric survey data estimates that a boy receiving the Child Support Grant in early childhood (specifically for two thirds or more of the first three years of life) obtains an increase in height-for-age at age 3 which can be expected to result in an average of 3.5 cm gain in height as an adult (18).

In Nicaragua, after two years, malnutrition in children in the households receiving CTs from the RPS (conditional cash transfer (CCT) program) reduced 1.7 times greater than the national trend (19). Also in Lesotho, 48 percent of the old age pensioners reported that they never went hungry after the introduction of the old age pension, compared to the 19 percent before (14).

In Bangladesh’s Chars Livelihood Program (CLP), nutritional surveys in 2009 found that children of earlier recruits into the cash and asset transfer program were, on average, less stunted and underweight than the later recruits (5). A cash for work program with no complementary nutrition program showed a significant impact on growth after an average of just 10 weeks among women (mid upper arm circumference 2.3 mm larger and body weight 0.88 kg higher than in the control group) and children (0.12 mm and 0.17 kg weight for age). Intervention households spent more on food and consumed more protein-rich food at the end of the study (20).

Most studies quantifying the impact of CTs on nutrition, hunger or food security identify a positive impact though a wide range of methodologies are used, making it difficult to generalize about the size of impact. A detailed review of the links between transfers and improved child nutrition by Save the Children (SCF) has identified how CTs can address the causes of malnutrition (in particular the economic determinants of chronic malnutrition) at immediate, intermediate and structural levels (21). The 2009 SCF report found that the size of gains in child nutrition arising from transfer programs depend on three key design features: the duration over which the transfer is received, the age of recipient (given the importance of the window between 0–24 months of age), and the size of transfer. Conditionality may also be a factor as whether complementary services are offered alongside (e.g. nutritional supplements). For example, a UCT program in Mozambique showed little or no
In the study conducted by National Nutrition and Food Technology Research Institute (NNFTRI) and Academy of Medical Sciences (AMS), aimed at evaluation of subsidy targeting program through CT on the food security and expenditure of urban population in Tehran by using a mixed method, the population included households from six districts with different socio-economic status in the city of Tehran. Data gathered in both periods, 2009 (before) and 2012 (after) implementation of the policy, included: a) Demographics and household expenditure; b) Food security by previously validated Household Food Insecurity Access Scale (HFIAS)(30); and c) Dietary intake by three consecutive 24-hour recalls. In addition, data on household coping strategies were collected through 7 focus group discussions with women from different districts. The discussions were audio taped and transcribed.

The frequency of food secure households has declined from 56.4% to 43.5%, mild food insecurity has increased from 19.3% to 28.4%, moderate food insecurity has risen from 13.3% to 15.5%, and severe food insecurity has grown from 11% to 12.5% in the second measurement. Consumption survey showed significant decrease in consumption of fruits, meat and dairy groups after changing commodity subsidy program to CT in the households residing in Tehran (p<0.05)(31). Most of the women studied reported strategies like loaning or borrowing from family and friends and spend the savings to compare the increased food and other prices such as transporting and fuel. In the face of initial manifest goals of the subsidy-targeting program through CT to reduce social inequalities and poverty at multiple levels, this program has, in practice, increased the relative deprivation and social gaps in the residents of Iranian metropolises like Tehran (32).

Although CT appears to enjoy many advantages over in-kind transfers, the recent evidence shows that CTs might be inappropriate in weak economies, and most CT programs have been unable to raise payment rates in line with price inflation (Table 2 and Figure 1)(33).
Table 2. Cash versus food transfers: advantages and disadvantages (33)

<table>
<thead>
<tr>
<th></th>
<th>Food</th>
<th>Cash</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Advantages</strong></td>
<td>• Donor food surpluses are available</td>
<td>• More cost-efficient than food</td>
</tr>
<tr>
<td></td>
<td>• Immediately increases food availability</td>
<td>• Beneficiaries choose what to spend on</td>
</tr>
<tr>
<td></td>
<td>• Directly addresses nutritional deficits</td>
<td>• Encourages production</td>
</tr>
<tr>
<td></td>
<td>• Can be self-targeting</td>
<td>• Stimulates the market</td>
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<tr>
<td></td>
<td>• Useage favors women, children, older persons</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Lower security risk</td>
<td></td>
</tr>
<tr>
<td><strong>Disadvantages</strong></td>
<td>• High transport and storage costs</td>
<td>• Limited donor resources are available</td>
</tr>
<tr>
<td></td>
<td>• Losses from spoilage and theft</td>
<td>• Losses from inflation</td>
</tr>
<tr>
<td></td>
<td>• Less easily exchanged than cash</td>
<td>• Can be used for real-food consumption</td>
</tr>
<tr>
<td></td>
<td>• Might discourage local production</td>
<td>• More difficult to target</td>
</tr>
<tr>
<td></td>
<td>• Competes with local markets and trade</td>
<td>• Usage favours men</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Heightened security risk</td>
</tr>
</tbody>
</table>

Figure 1. Causal pathways by which cash transfers can improve household welfare (5).

Conclusion

In sum, CT programs have the potential to result in a range of benefits, from reducing extreme poverty to effective support for broader human development objectives, including better nutrition, as well as health and education outputs and outcomes. The extent to which programs deliver these different impacts will depend critically on the availability of complementary services, the local context, and the specifics of program design, including the transfer value. There is some, more limited, evidence that well-designed CT programs can contribute to women’s empowerment, local economic activity, strengthening the ‘contract’ between the citizens and the state, and supporting climate change adaptation. This is principally a result of needing to focus more in these areas in program monitoring and evaluation, rather than a failure to find results in these areas in existing evaluations.

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