

Nutritional Status of Female Farmers on Agricultural Intensification in Selected Communities of Gombe State, Nigeria

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ABSTRACT The study determined female farmers' nutritional status in selected communities in Gombe State, Nigeria with respect to energy, protein, calcium; iron, thiamine and vitamin C. Using relevant indices such as investment capital, land, income and nutritional status farmers were in poor rating. Also, farmers identified inadequate access to credit and extension as constraints. Farmers consumed energy, calcium, iron and thiamine far below the recommended daily allowance (RDA) or recommended nutrient intake (RNI), derived from bread/ cereals; legumes/ nuts; roots/tubers; vegetables /products; meat/fish/eggs; dairy products; fruits; sweets and sugars. Age, income, education, and parity showed significant influence on nutrient intake. In view of the malnutrition status of female farmers as evident in the study, it is recommended that sound approaches to meet the nation's goal of raising the productivity of small –scale farmers need to address factors leading to malnutrition with attendant consequences for decline in productivity and low nutritional status. This will have far reaching implications for the nations march towards food security on sustainable basis.