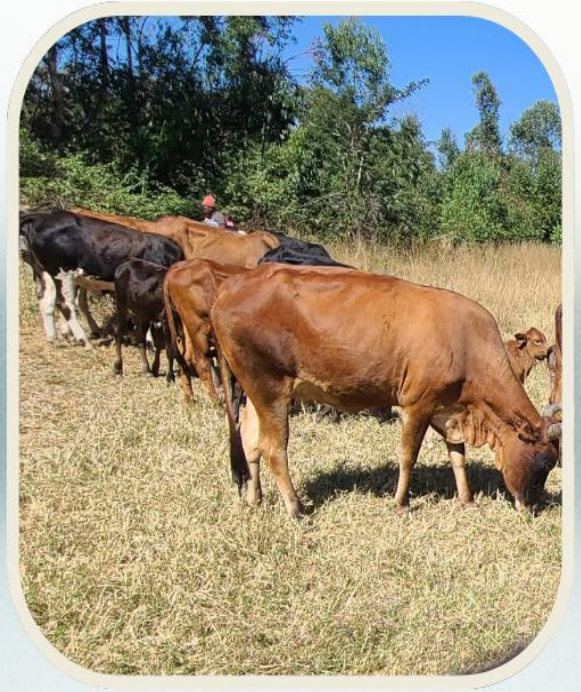
Zimbabwe Livelihoods Assessment Committee (ZimLAC)

2025 Rural Livelihoods Assessment



Mashonaland East Province Report

Foreword

Under the leadership of FNC, the Zimbabwe Livelihoods Assessment Committee (ZimLAC) remains committed to providing timely and reliable information on the food and nutrition security situation to inform the development of robust food and nutrition response programmes, policies and strategies. The 2025 Rural Livelihoods Assessment underpins the value of precision sustainable livelihoods planning to provide spatially resolved data to guide efficient targeting of interventions to those populations with the greatest need, to reduce social development disparities and accelerate progress. The results will enable quantification of inequalities and identification of successes and failures of programmes and policies at local level.

The 25th Rural Livelihoods Assessment Report provides updates on pertinent rural household livelihoods issues which include demographics, housing, education, health, nutrition, WASH, energy, social protection, food consumption patterns, food and income sources, income levels, expenditure patterns, debts, coping strategies, shocks and food security. The report will assist the country to evaluate its performance against set targets and aspirations; monitoring the continuing implementation of the National Development Strategic policies, Agriculture related policies, Social Assistance and Social Protection related policies, the Food Nutrition Security Policy, as well as the country's progress against regional and global commitments. The assessment is one of the documents that will be useful in providing baseline data critical for the development of the National Development Strategy 2 (NDS 2).

Our sincere gratitude goes to the Government of Zimbabwe and its Development Partners for the financial and technical support which enabled us to undertake the survey in a timely manner. These resources also went a long way in facilitating the collection of data to enable the representation of key indicators at district level.

We remain indebted to the food and nutrition security structures at both provincial and district levels for their support. We appreciate the rural communities of Zimbabwe, the local authorities as well as Traditional Leaders for cooperating and supporting this assessment. We submit this report to you for your use and reference in your invaluable work towards addressing priority issues keeping many of our rural households vulnerable to food and nutrition insecurity.

George D. Kembo (Dr.)

DIRECTOR GENERAL/ ZIMLAC CHAIRPERSON

Table of Contents

Acknowledgements

The technical and financial support received from the following is greatly appreciated:

- Office of the President and Cabinet
- Food and Nutrition Council
- Ministry of Finance, Economic Development and Investment Promotion
- Ministry of Lands, Agriculture, Fisheries, Water and Rural Development
- Ministry of Public Service, Labour and Social Welfare
- Ministry of Health and Child Care
- Ministry of Local Government and Public Works
- Ministry of Women Affairs, Community, Small and Medium Enterprise Development
- Rural District Councils (RDCs)
- ZIMSTAT
- United Nations Children's Fund (UNICEF)
- START NETWORK
- United Nations World Food Programme (WFP)
- United Nations Development Programme
- United Nations Food and Agriculture Organisation (FAO)
- World Vision
- Marondera University of Agricultural Sciences and Technology
- Mavambo Trust

Introduction and Background

Introduction

- ZimLAC plays a significant role in operationalising Commitment Six, of the Food and Nutrition Security Policy (GoZ, 2012), in which the "Government of Zimbabwe is committed to ensuring a national integrated food and nutrition security information system that provides timely and reliable information on the food and nutrition security situation and the effectiveness of programmes and informs decision-making".
- The information system is critical in informing decision making as it provides evidence for timely response by Government.
- ZimLAC livelihood assessments' results continue to be an important tool for informing and guiding policies and programmes that respond to the prevailing food and nutrition security situation with 12 urban and 25 rural livelihoods updates having been produced to date.

Zimbabwe Livelihoods Assessment Committee (ZimLAC)

ZimLAC is a consortium of Government, Development Partners, UN, NGOs, Technical Agencies and the Academia which was established in 2002 and is led and regulated by Government. It is chaired by FNC, a Department in the Office of the President and Cabinet whose mandate is to promote a multi-sectoral response to food insecurity and nutrition problems in a manner that ensures that every Zimbabwean is free from hunger and all forms of malnutrition.

ZimLAC supports Government, particularly FNC in:

- Convening and coordinating national food and nutrition security issues in Zimbabwe.
- Charting a practical way forward for fulfilling legal and existing policy commitments in food and nutrition security.
- Advising Government on the strategic direction in food and nutrition security.
- Undertaking a "watchdog role" and facilitating action to ensure sector commitments in food and nutrition are kept on track through a number of core functions such as:
    - Undertaking food and nutrition assessments, analysis and research;
    - Promoting multi-sectoral and innovative approaches for addressing food and nutrition insecurity, and;
    - Supporting and building national capacity for food and nutrition security, including at sub-national levels.

Assessment Rationale

The assessment results will be used to guide the following:

- Evidence based planning and programming for targeted interventions.
- Development of interventions that address immediate to long term needs as well as building resilient livelihoods.
- Early warning for early action.
- Monitoring and reporting progress towards commitments within the guiding frameworks of existing national and international food and nutrition policies and strategies such as the National Development Strategy 1, the Food and Nutrition Security Policy, Sustainable Development Goals and the Zero Hunger strategy.
- Providing baseline data for NDS 2

Purpose

The overall purpose of the assessment was to provide an annual update on livelihoods in Zimbabwe's rural areas to inform policy formulation and programming appropriate interventions.

Objectives

The specific objectives of the assessment were:

1. To estimate the rural population that is likely to be food insecure in the 2025/2026 consumption year, their geographic distribution and the severity of their food insecurity.
2. To assess the nutrition status of the rural population.
3. To describe the socio-economic profiles of rural households in terms of such characteristics as their demographics, access to basic services (education, health, water, sanitation and hygiene), assets, agriculture, incomes and expenditure patterns, food consumption patterns and consumption coping strategies.
4. To assess the resilience of rural livelihoods by examining how households and communities adapt to economic, environmental and social shocks.
5. To determine the coverage of humanitarian and developmental interventions.
6. To identify development priorities for communities.

Contextual Analysis

- The 2024-25 production season generally experienced a delayed start. A normal to below normal rainfall pattern was experienced from October to November 2024, influenced by a weak La Niña. However, a transition into a stronger La Niña phase in the second half of the season resulted in more favourable rainfall, providing optimal conditions for planting and growth of crops.
- According to the Ministry of Lands, Agriculture, Fisheries, Water and Rural Development's Crops, Livestock and Fisheries Assessment Report (CLAFA – 2), most Pfumvudza crops were planted during November 2024 (40%) and December 2024 (41%), with a smaller portion of crops planted later in January 2025 (19%).
- There was a 290% increase in food crop production compared to last season. The season also experienced an increased production of sorghum and pearl millet due to improved agroecological tailoring of crops. Maize production was estimated at 2,293,556 MT while Traditional Grain production was estimated to be 634,650 MT. Total cereal production was expected to be 2,928,206 MT.
- Yield levels from Pfumvudza/Intwasa in maize for the 2024/25 season were slightly higher than those from conventional farming.
- Tobacco production was expected to increase by 15%, Cotton by 52% and Sunflower by 303%.

Contextual Analysis

- According to the International Monetary Fund (IMF) staff team that conducted the 2025 Article IV Consultation;
- Zimbabwe is experiencing a degree of macroeconomic stability despite lingering policy challenges. During the first half of 2025, better climate conditions and historically high gold prices have boosted agricultural and mining activity, strengthening the current account and contributing to the recovery, with growth projected at 6 percent in 2025.
- On April 5, 2024, the Reserve Bank of Zimbabwe introduced a new currency called Zimbabwe Gold (ZiG; code: ZWG). which is backed by a composite basket of foreign currency and precious metals (mainly gold) held by the RBZ. This structured currency was designed to foster simplicity, certainty and predictability in monetary and financial affairs. The RBZ aimed to consolidate the currency's stability, maintain low inflation and ensure a stable exchange rate.
- Following the introduction of the new Currency, Banks were required to convert existing Zimbabwe dollar balances into ZWG.
- The monetary policy formulation and implementation pursued by the Reserve Bank since 5 April 2024 created relative price, currency and financial stability in the economy. This stability is evidenced by:
    - ZWG month on month inflation which stabilised to 0.5% in February 2025 and -0.1% in March 2025.
    - Greater exchange rate stability, with foreign exchange parallel market premiums below 20%, resulting in price and currency stability.
    - Increased foreign currency inflows.
    - Increased availability of foreign currency and;
    - Sustained financial sector stability and soundness.

Government Mitigatory Measures

The following people-centered measures were implemented to ensure food and nutrition security for all:

- **Food Mitigation:** Government targeted 6 million people in rural areas with a package comprised of pulses, oils and cereal.

- **Presidential Borehole Drilling Scheme:** In order to alleviate water scarcity challenges and climate change, Government is implementing the Presidential Borehole Drilling Scheme. The scheme aims to increase access to safe drinking water.

- **Strengthening of Multi-Sectoral Structures** in order to operationalise a cohesive response to the food and nutrition challenges.

- **Easing of restrictions on maize grain trade (Statutory Instrument 56 of 2023)** thus increasing maize grain flows and improving availability.

- **Emergency Road Rehabilitation Programme** – the Government of Zimbabwe through Statutory Instrument 47 of 2021 declared all roads to be a state of national disaster on 9 February 2021. The second Emergency Road Rehabilitation Programme (ERRP II) was launched and the objectives of the programme are to improve the road network, which was extensively damaged during the rainy season and to harness the potential of the transport system in promoting economic growth.

Government Mitigatory Measures

The Government of Zimbabwe and the RBZ implemented a range of policy measures:

- **Monetary Policy Rate:** Set at 35% in September 2024 to curb inflationary pressures.
- **Money Supply Control:** Established strict controls to prevent excess liquidity from undermining the new currency.
- **Export Retention Thresholds:** Reduced from 75% to 70% in February 2025 to enhance foreign exchange liquidity in the formal market.
- **IMF Agreement Delay:** Postponed an IMF staff-level agreement to allow reforms to consolidate before committing to new external programmes.
- **Public Spending Control:** Maintained tight control over public spending and subsidies.
- **ZWG Adoption:** Promoted broader use of ZWG across public services and transactions, with over 90% adoption reported by mid-2024. Mandated the use of point-of-sale (POS) systems by all businesses for transactions in both ZWG and USD, making this a pre-condition for business licensing.
- **Interest Rates:** Upwardly reviewed minimum deposit interest rates, with ZWG savings deposits at 5%, time deposits at 7.5%, and USD savings deposits at 2.5%, time deposits at 4%.
- **Targeted Finance Facility:** Introduced a facility extended to wholesalers and retailers.
- **Reporting Currency:** Mandated the use of ZWG as the reporting currency for all entities with immediate effect.

Government Mitigatory Measures

- The 2024 mid-term budget review presented on July 25, 2024 focused on consolidating economic transformation and addressing challenges like the impact of the El Nino-induced drought on agricultural output. While economic growth was projected at 2% for 2024, down from the initial 3.5% projection, measures were being implemented to maintain economic stability and achieve fiscal consolidation.

- The Reserve Bank noted that most banks had stopped charging monthly bank maintenance or service charges for individual bank accounts with a conservative daily balance of USD 100 and below or its equivalent in ZWG for a period of up to 30 days. The exemption for monthly bank maintenance or service charges for accounts with a conservative daily balance of USD 100 or below was extended to Micro, Small and Medium Enterprises (MSMEs) with effect from 1 September 2024.

- To further promote the use of electronic means of payment, the Reserve Bank with effect from 1 September 2024 exempted electronic transactions of less than USD 10 or the ZWG equivalent from bank charges. This measure was aimed at removing the cost of using electronic means of payments by according such transactions a near-cash characteristic, consistent with the Reserve Bank's drive towards digital cash.

- The Reserve Bank reiterated that the country was in a multicurrency environment and all domestic transactions must be settled in either ZWG or foreign currency, except in cases where there were explicit exemptions to sell in US dollars. In this context, all economic agents were expected to adhere to the multicurrency system in place.

- On September 27 2024, the Reserve Bank of Zimbabwe slashed the value of the ZWG by 43%, taking it from 13.56 ZWG to the US dollar at its launch to ZWG 24.4 to the dollar.

- The Reserve Bank made efforts to ensure that the Monetary Policy stance remained supportive of the envisaged growth of 6% in 2025.

Government Mitigatory Measures

- The Government, through a high-level task force on business malpractices launched this multi-agency initiative in 2024 to clamp down on unethical business practices and smuggling. The task force was led by the Ministry of Industry and Commerce and involved collaboration between the Zimbabwe Revenue Authority (ZIMRA), the Zimbabwe Republic Police (ZRP), the Reserve Bank of Zimbabwe, the Consumer Protection Commission and other law-enforcement agencies.

- In addition to reducing smuggling, the operation aimed to regularise imports, ensuring that all importers paid the appropriate duties and taxes. This move was intended to protect consumers from harmful products such as hazardous foodstuffs and cosmetics, while also safeguarding businesses from unfair competition stemming from counterfeit or substandard goods. It further supported legitimate traders by addressing issues such as counterfeiting and intellectual property violations.

Assessment Methodology

Methodology – Assessment Design

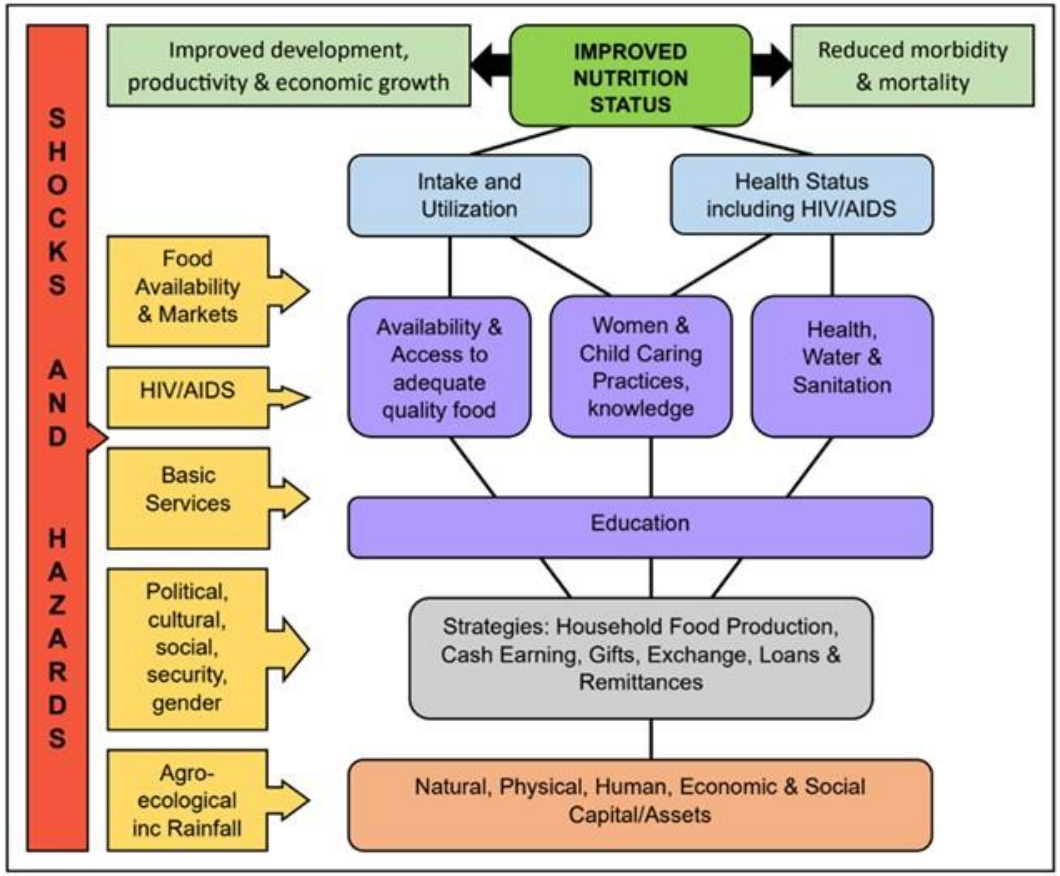


Figure 1: Food and Nutrition Conceptual Framework

The assessment was a cross-sectional study whose design was guided and informed by the Food and Nutrition Security Conceptual Framework (Figure 1), which Zimbabwe adopted in the FNSP (GoZ, 2012), and the conceptual framework on food security dimensions propounded by Jones et al. (2013).

The assessment was also guided and informed by the resilience framework (Figure 2) so as to influence the early recovery of households affected by various shocks.

The assessment looked at food availability and access as pillars that have confounding effects on food security as defined in the FNSP (GoZ, 2012).

Accordingly, the assessment measured the amount of energy available to a household from all its potential sources hence the **primary sampling unit** for the assessment was the household.

The frameworks also place nutrition as an outcome of multi sectoral drivers at various levels and its role in driving the economic development.

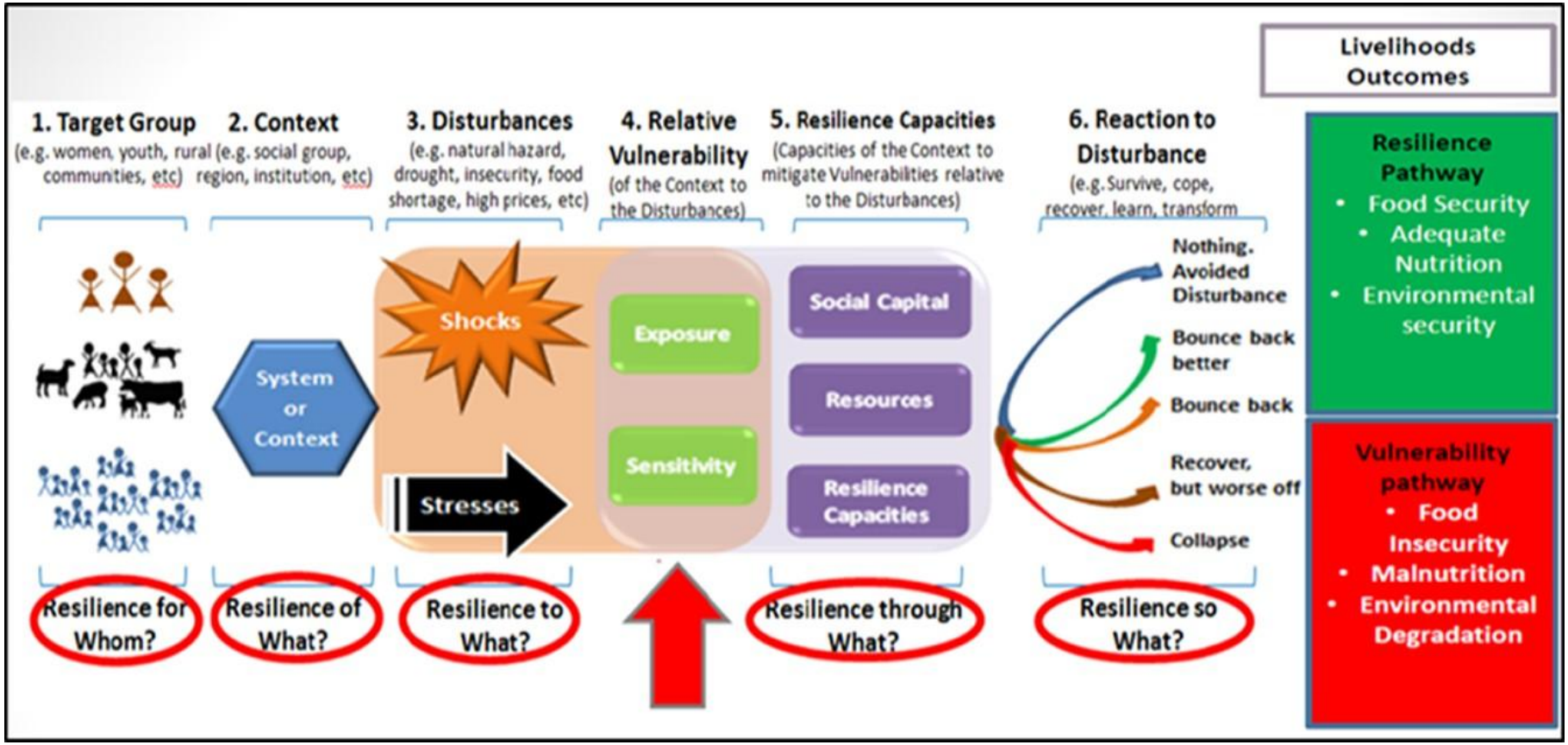
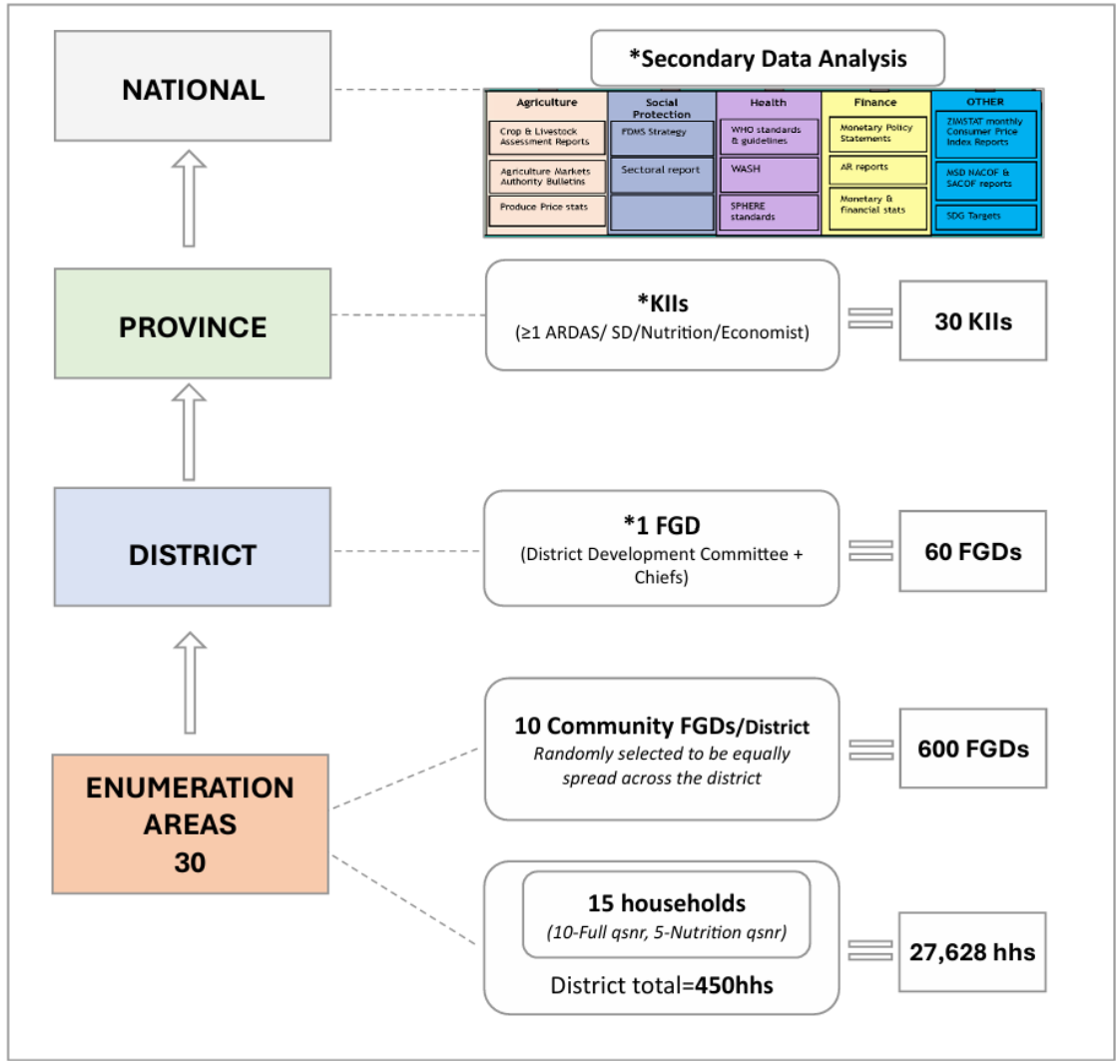


Figure 2: Zimbabwe Resilience Framework (UNDP Zimbabwe, 2015)

Methodology – Assessment Process

- ZimLAC, through multi-stakeholder consultations, developed an appropriate assessment design concept note and data collection tools informed by the assessment objectives.
- The primary data collection tools used in the assessment were the android–based structured household questionnaire and the community Focus Group Discussion (FGD) guide.
- ZimLAC national supervisors (including Academia, Provincial Agritex Extension Officers, Provincial Nutritionists and Provincial Coordinators) and enumerators were recruited from Government, United Nations, Technical partners and Non-Governmental Organisations. These underwent training in all aspects of the assessment. Training for enumerators was done at district level.
- The Ministry of Local Government coordinated the recruitment of district level enumerators and mobilisation of provincial supervision and district enumeration vehicles. Four enumerators (including 1 anthropometrist) were selected from each district for data collection.
- Primary data collection took place from 21 May to 11 June 2025. Various secondary data sources and field observations were used to contextualise the analysis and reporting.

Methodology – Assessment Process



Methodology- Sampling and Sample Size

- Household food insecurity prevalence was used as the key indicator to determine the sample to ensure 95% confidence level of statistical representativeness at district, provincial and national level.
- The survey collected data from 270 randomly selected Enumeration Areas (EAs).
- A two staged cluster sampling was used and comprised of:
  - Sampling of 30 clusters per each of the 9 rural districts, denoted as EAs in this assessment, from the Zimbabwe Statistics Agency (ZIMSTAT) 2022 master sampling frame using the Probability Proportional to Population Size (PPS) (PPS) methodology.
  - The second stage involved the systematic random sampling of 10 households per EA (village).
- At least 300 households were sampled per district and a total of 2 699 households were interviewed.
- 87 community FGDs were held across all the districts.

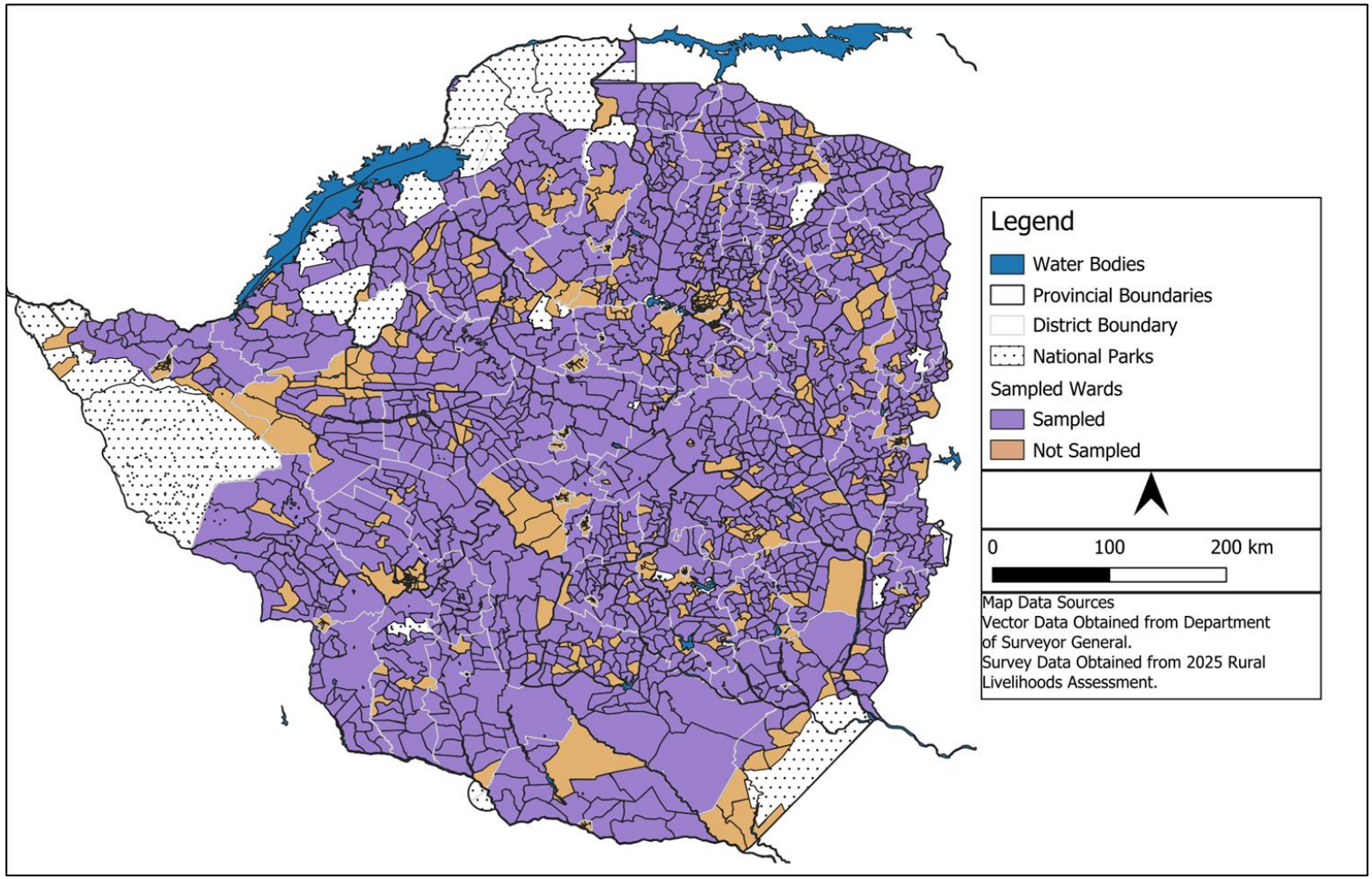
	Households
Chikomba	299
Goromonzi	298
Hwedza	302
Marondera	300
Mudzi	301
Murewa	304
Mutoko	299
Seke	297
UMP	299
Mash East	2699

Methodology- Sampling and Sample Size for Nutrition Outcomes

- All members in the households were considered for anthropometric measurements, while adults were considered for non-communicable disease risk factors and individual diets targeted at women and children under 5 years.
- At least 450 households were sampled per district and a total of 4171 households were interviewed.
- Anthropometric measurements were taken from 3823 Children aged 6-59 months, 454 Children aged 5-9 years, 550 Adolescents 10-19 years, and 2719 Adults aged 20 years and above.

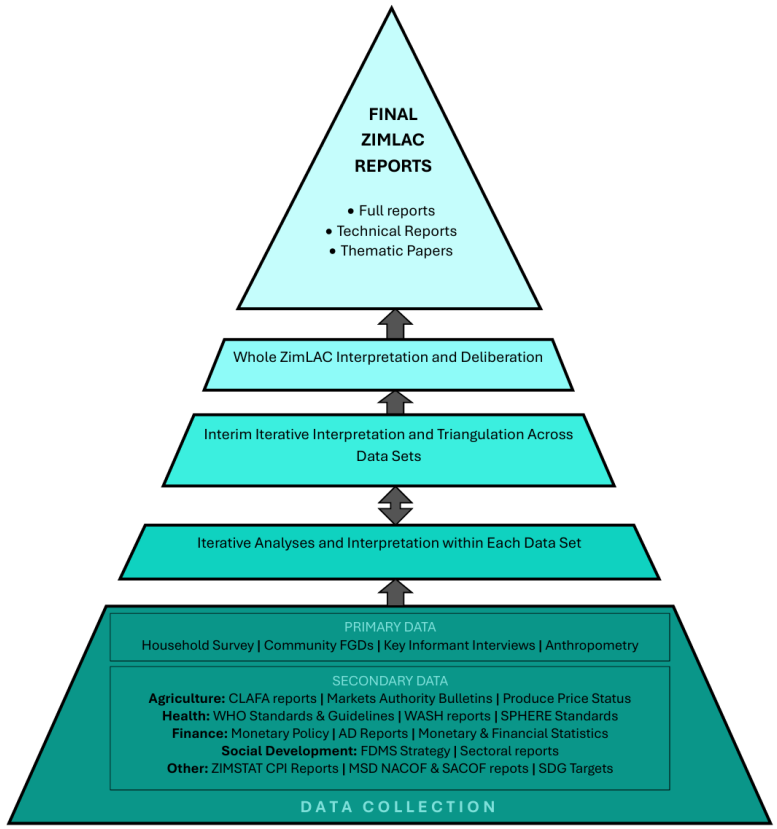
	Total
Chikomba	456
Goromonzi	456
Hwedza	460
Marondera	476
Mudzi	465
Murewa	460
Mutoko	450
Seke	499
UMP	449
Mash East	**4171**

Methodology – Sampled Wards



Data Preparation and Analysis

- Primary data was transcribed using CSEntry on android gadgets and using CSPro. It was consolidated and converted into SPSS, STATA and DBF datasets for:
  - Household structured interviews
  - Community Focus Group Discussions
- Data cleaning and analysis were done using SPSS, STATA, ENA, Microsoft Excel and GIS packages.
- Analyses of the different thematic areas covered by the assessment were informed and guided by relevant local and international frameworks, where they exist.
- Gender, as a cross cutting issue, was recognised throughout the analysis.



Technical Scope

The 2025 RLA collected and analysed information on the following thematic areas:

- Health
- WASH
- Nutrition
- Agriculture and other rural livelihoods activities
- Food security
- Shocks and stressors
- Social protection
- Youth
- Linkages amongst the key sectoral and thematic areas
- Cross-cutting issues such as gender

Demographic Description of the Sample

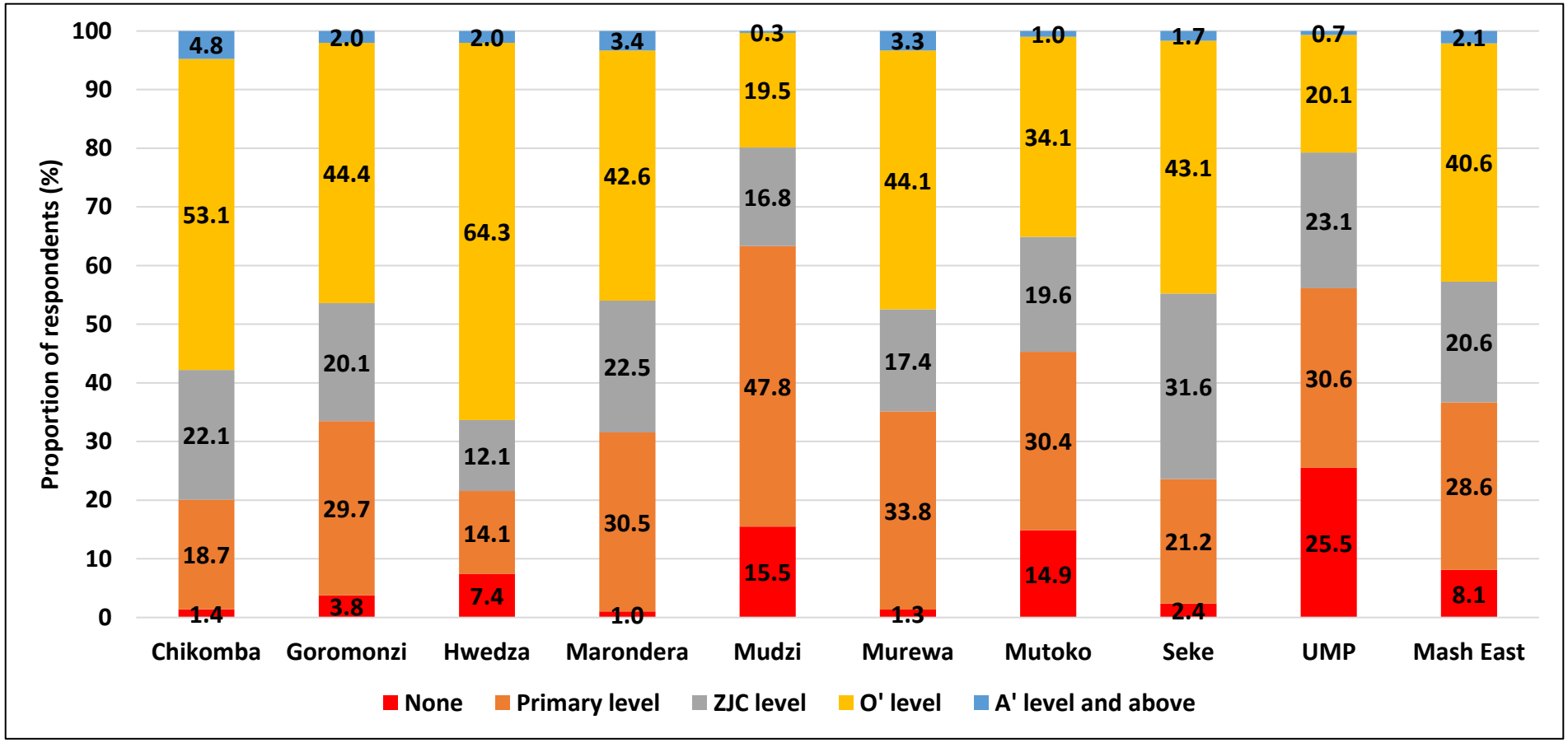
Household Characteristics

Characteristics of Respondents

Average Age of Respondents (Years)		Sex of Respondents	
		Male (%)	Female (%)
Chikomba	40	23.0	77.0
Goromonzi	39	19.4	80.6
Hwedza	43	14.8	85.2
Marondera	43	18.2	81.8
Mudzi	41	29.7	70.3
Murewa	45	15.0	85.0
Mutoko	47	27.6	72.4
Seke	38	37.5	62.5
UMP	44	22.9	77.1
Mash East	39	22.6	77.4

- The average age of the respondents was 39 years.
- About 77.4% of the respondents were female.

Characteristics of Respondents: Education Level Attained



- About 91.9% of respondents had attained at least primary school education. This provides a good basis on the engagement with the subject matter.

Household Members' Characteristics

Average Household Size		Sex (%)		Household members (%)						
		Male	Female	0 - 4 years	5 - 9 years	10 - 17 years	18 - 49 years	50 - 59 years	60 - 64 years	65+ years
Chikomba	3	44.4	55.6	32.0	6.8	9.0	39.5	5.8	1.5	5.4
Goromonzi	3	45.3	54.7	32.1	4.6	6.4	46.5	5.0	1.6	3.8
Hwedza	4	45.2	54.8	27.5	11.0	12.5	37.0	5.2	1.7	5.2
Marondera	4	49.0	51.0	22.6	10.4	15.8	39.5	5.4	1.4	4.9
Mudzi	4	47.4	52.6	29.9	7.6	13.5	38.3	5.5	1.6	3.7
Murewa	3	44.1	55.9	30.2	7.2	11.0	37.6	6.0	1.3	6.7
Mutoko	4	47.4	52.6	33.4	6.7	11.6	35.7	4.8	1.3	6.6
Seke	3	45.3	54.7	27.7	7.5	9.4	46.9	4.4	1.2	2.9
UMP	3	45.4	54.6	29.8	7.7	9.5	38.8	5.8	2.2	6.3
Mash East	3	46.1	53.9	29.2	7.8	11.2	39.9	5.3	1.5	5.0

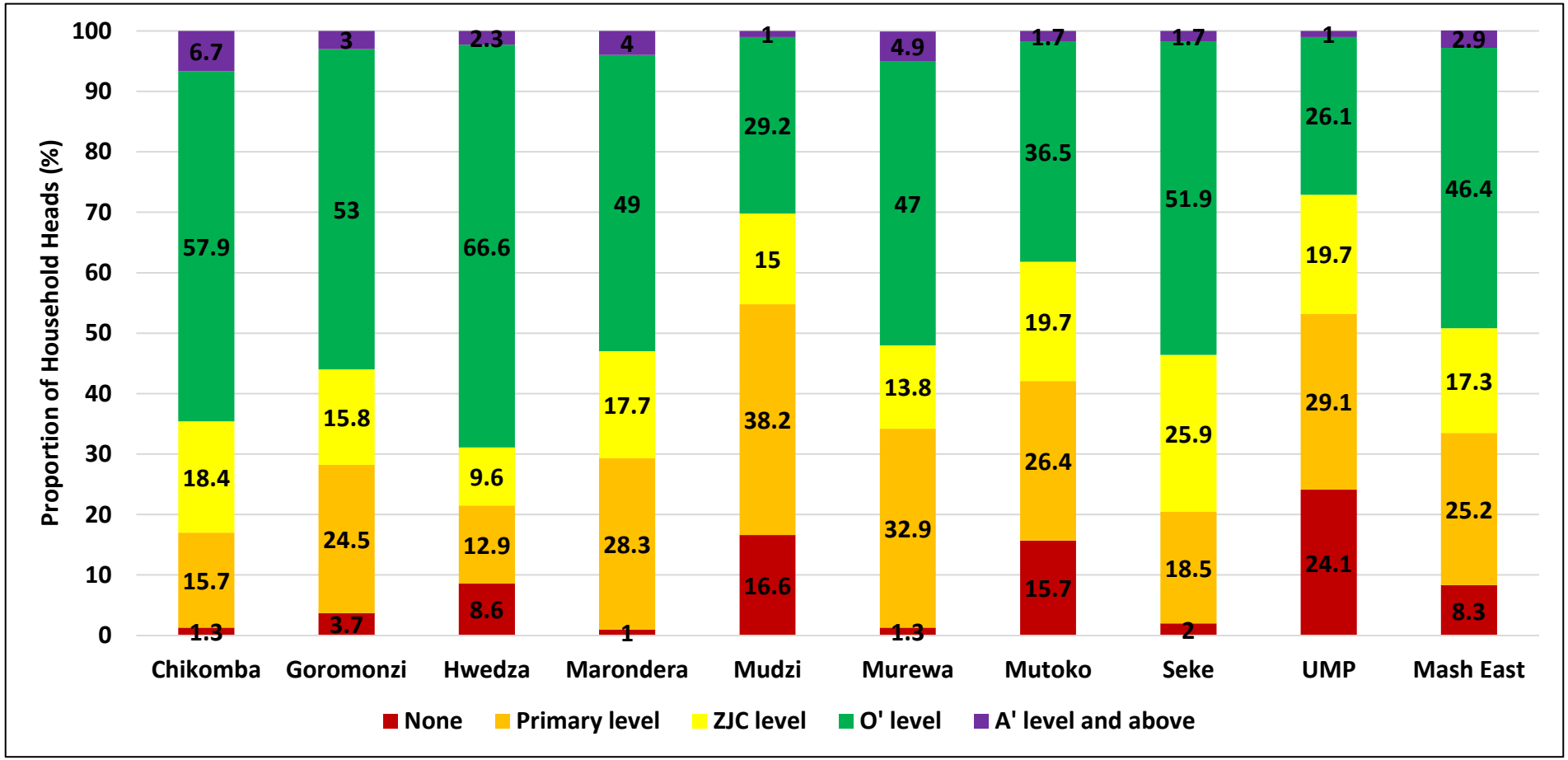
- The average household size was 3.
- Of the sampled population, 46.1% were male and 53.9% were female.

Characteristics of Household Head

District	Household Head Average Age (Years)	Sex (%)		Household Head by Category (%)	
		Male	Female	Elderly Headed (60 Years and Above)	Child Headed
Chikomba	40	63.2	36.8	16.1	1.0
Goromonzi	42	75.8	24.2	14.4	0.0
Hwedza	45	54.3	45.7	17.5	0.0
Marondera	45	68.3	31.7	17.0	0.3
Mudzi	43	58.1	41.9	15.9	0.3
Murewa	46	56.6	43.4	23.0	0.0
Mutoko	48	64.5	35.5	**27.1**	0.0
Seke	41	68.0	32.0	10.4	0.0
UMP	44	53.8	46.2	**22.7**	0.3
Mash East	44	62.5	37.5	18.3	0.2

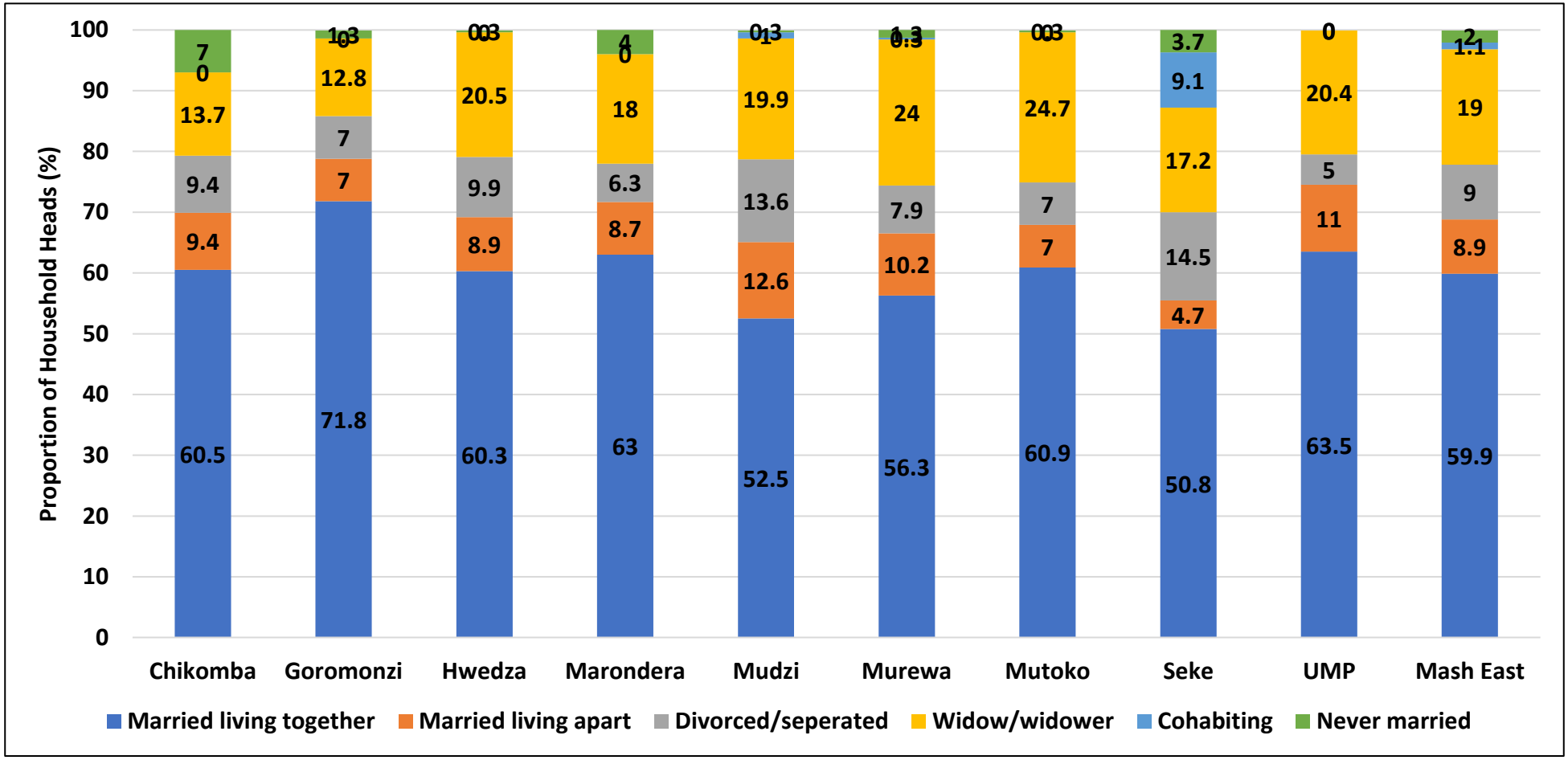
- The average age of household heads was 44 years, which is within the economic productive age group.
- Mutoko (27.1%) and UMP (22.7%) had the highest proportion of households which were headed by the elderly.

Characteristics of Household Head: Education Level Attained



- About 91.7% of the household heads had attained some form of education in Mashonaland East province.

Characteristics of Household Head: Marital Status



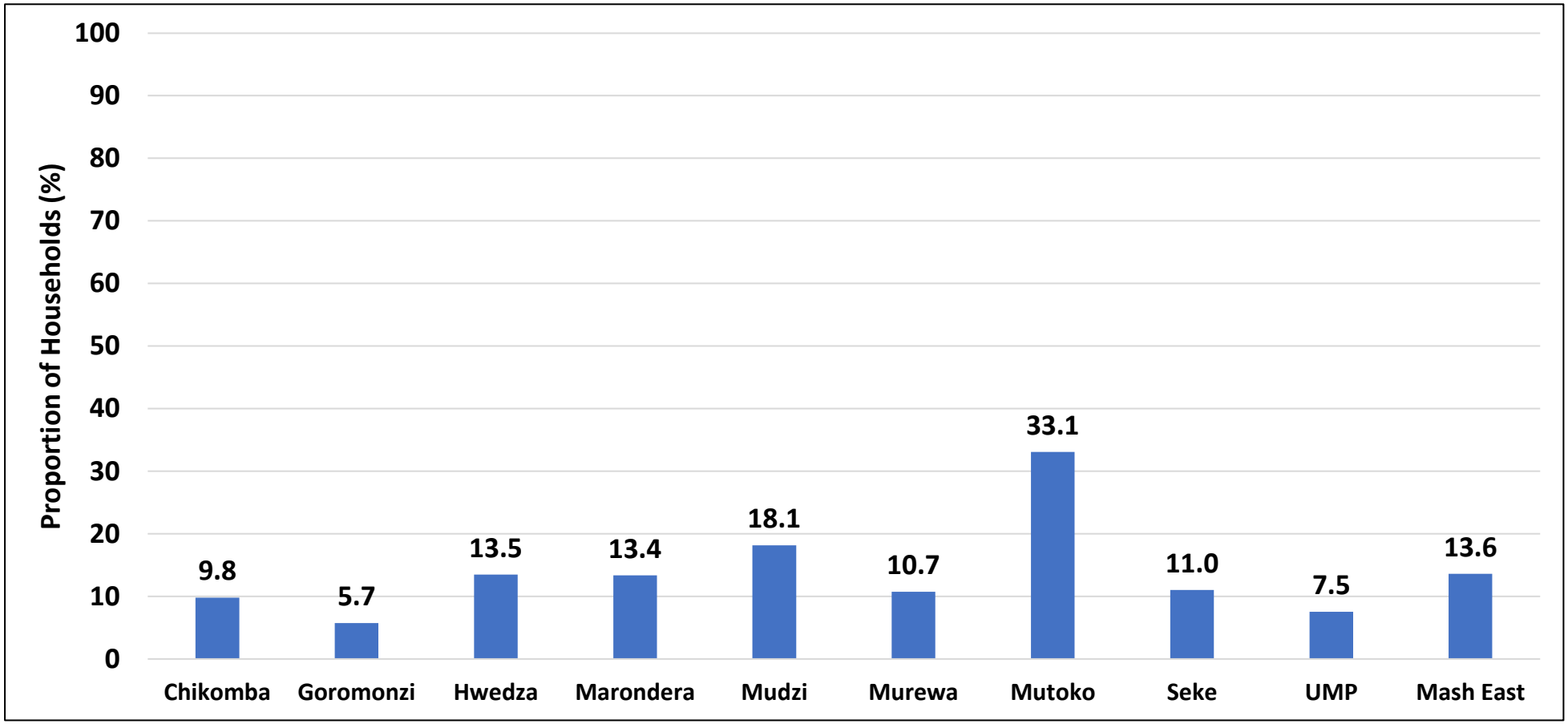
- The majority of household heads (59.9%) were married and living together.
- Mutoko (24.7%) and Murewa (24.0%) had the highest proportion of household heads who were widowed.

Characteristics of Household Head: Religion

District	Household Head Religion									
	Roman Catholic (%)	Protestant (%)	Pentecostal (%)	Apostolic Sect (%)	Zion (%)	Other Christian (%)	Islam (%)	Traditional (%)	Other religion (%)	No religion (%)
Goromonzi	10.1	0.7	14.1	51.0	0.0	9.4	0.3	7.4	0.0	7.0
Hwedza	9.6	0.3	9.6	54.0	2.6	7.0	0.0	0.0	1.7	15.2
Marondera	7.0	13.7	21.0	33.3	2.0	0.0	1.3	0.3	2.0	19.3
Mudzi	3.3	3.3	5.6	64.8	1.3	0.0	0.0	1.0	0.7	19.3
Murewa	4.9	3.3	19.1	46.1	0.7	5.9	1.0	0.0	7.6	10.5
Mutoko	17.1	13.0	6.7	45.5	2.0	0.0	0.3	0.0	0.3	15.1
Seke	8.8	10.8	10.4	30.0	1.3	13.5	0.0	0.0	1.7	23.2
UMP	2.0	7.7	4.7	57.2	0.0	0.0	0.3	14.4	1.0	12.7
Mash East	7.8	8.4	11.4	47.0	1.4	4.4	0.4	2.9	1.7	14.3

- The majority of household heads were from the Apostolic Sect (47.0%) while 14.3% of the household heads had no religion.

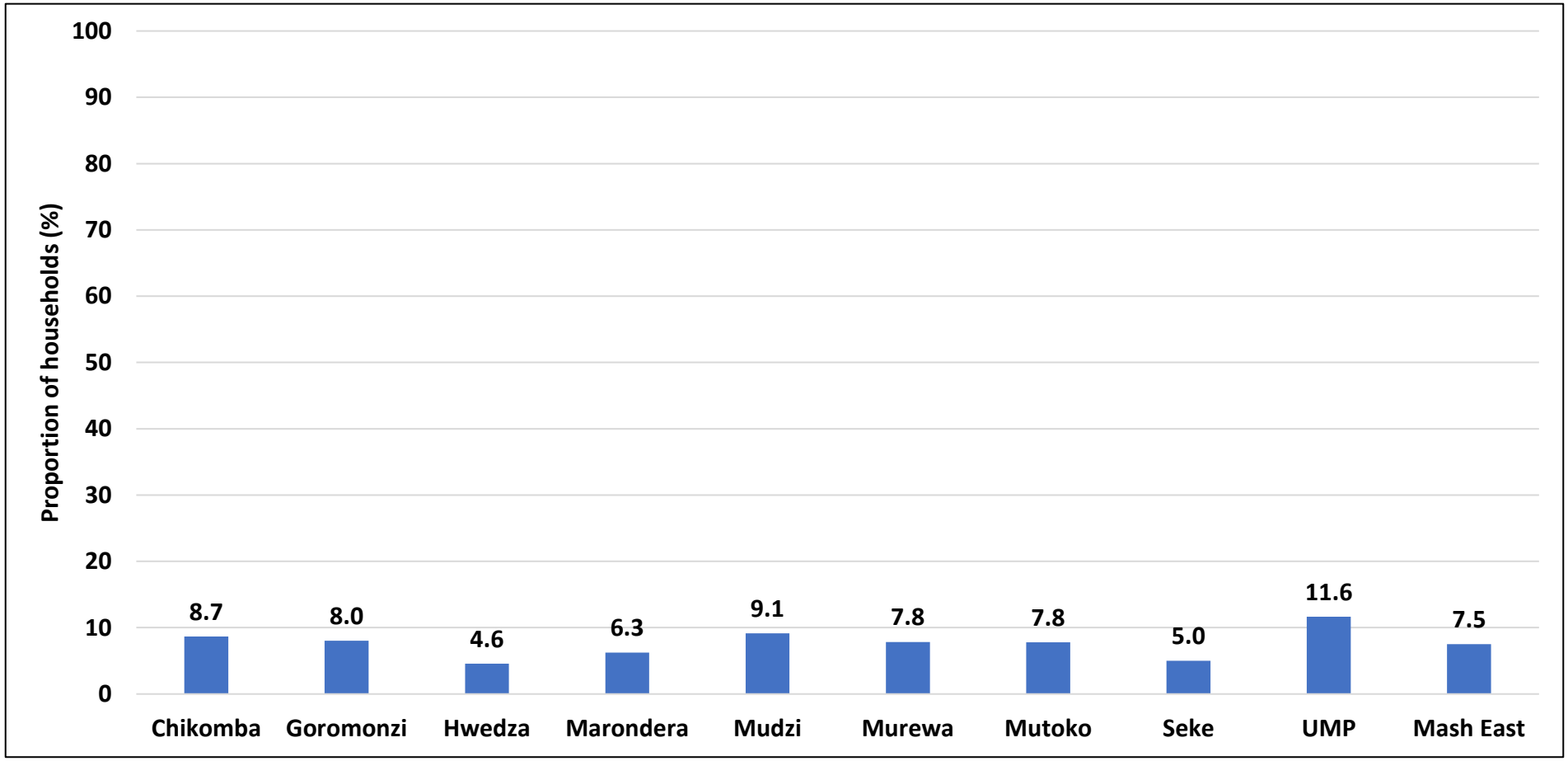
Orphaned Children



- About 13.6% of households in Mashonaland East had orphaned children. Mutoko (33.1%) had the highest proportion of households that had orphaned children.
- Presence of orphans increases the burden of responsibility on the households.

Chronic Conditions

Chronic Conditions



- The proportion of households with at least a member who had a chronic condition was 7.5%.

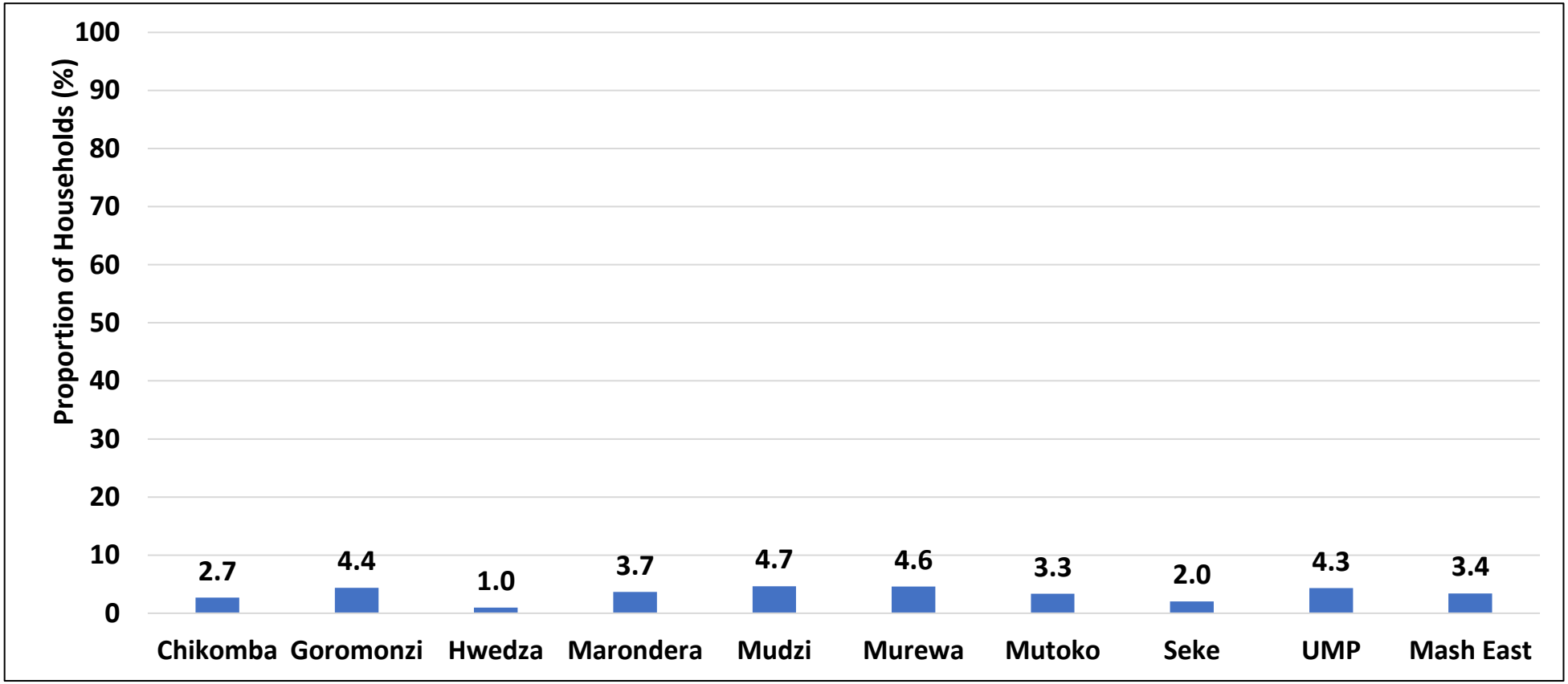
Chronic Conditions (7.5%)

District	Chronic condition							
	Hypertension, High blood pressure (%)	HIV infection/AIDS (%)	Diabetes, high blood sugar (%)	Asthma (%)	Heart disease (%)	Arthritis, chronic body pain (%)	Ulcer, chronic stomach pain (%)	Mental illness (%)
Chikomba	3.2	3.2	1.5	0.8	0.4	0.8	0.0	0.3
Goromonzi	3.7	1.9	1.0	0.7	0.5	0.5	0.0	0.2
Hwedza	1.6	1.2	1.2	0.3	0.3	0.0	0.2	0.0
Marondera	1.0	2.0	2.2	0.4	0.4	0.7	0.1	0.1
Mudzi	1.9	3.5	2.0	0.9	0.5	0.1	0.6	0.4
Murewa	2.7	1.5	1.8	0.7	0.4	0.2	0.8	0.0
Mutoko	4.7	1.1	0.7	0.4	0.1	0.1	0.0	0.2
Seke	2.4	1.3	1.0	0.0	0.0	0.1	0.1	0.2
UMP	4.1	3.0	1.6	2.1	0.8	0.0	0.8	0.1
Mash East	2.7	2.1	1.5	0.7	0.4	0.3	0.3	0.2

- The most reported chronic conditions were hypertension/high blood pressure (2.7%) and HIV/AIDS (2.1%).

Disability

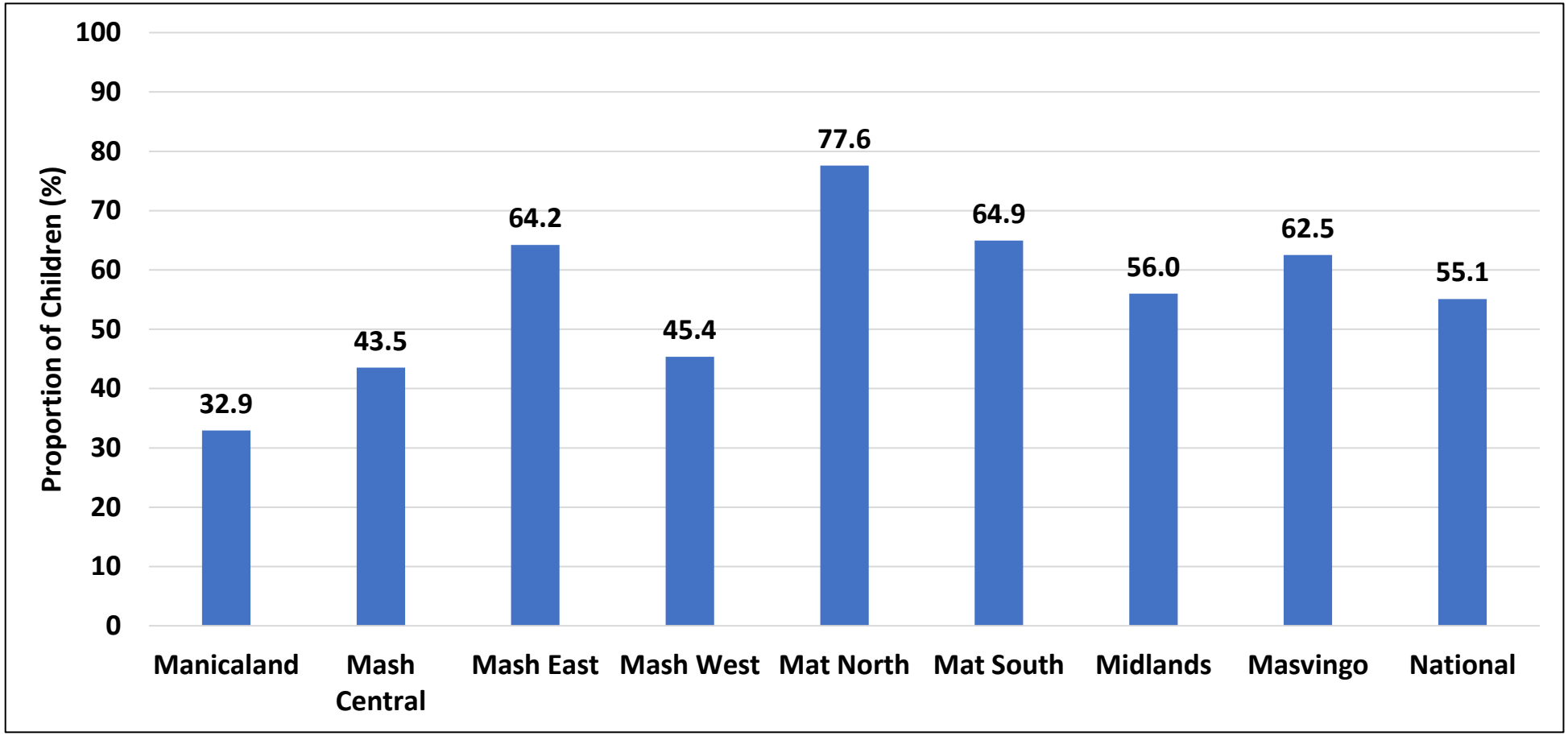
Disability Conditions



- The proportion of households with at least one person with any form of disability was 3.4%.
- Mudzi (4.7%) and Murewa (4.6%) had the highest proportion of households with at least one person with any form of disability.

Education

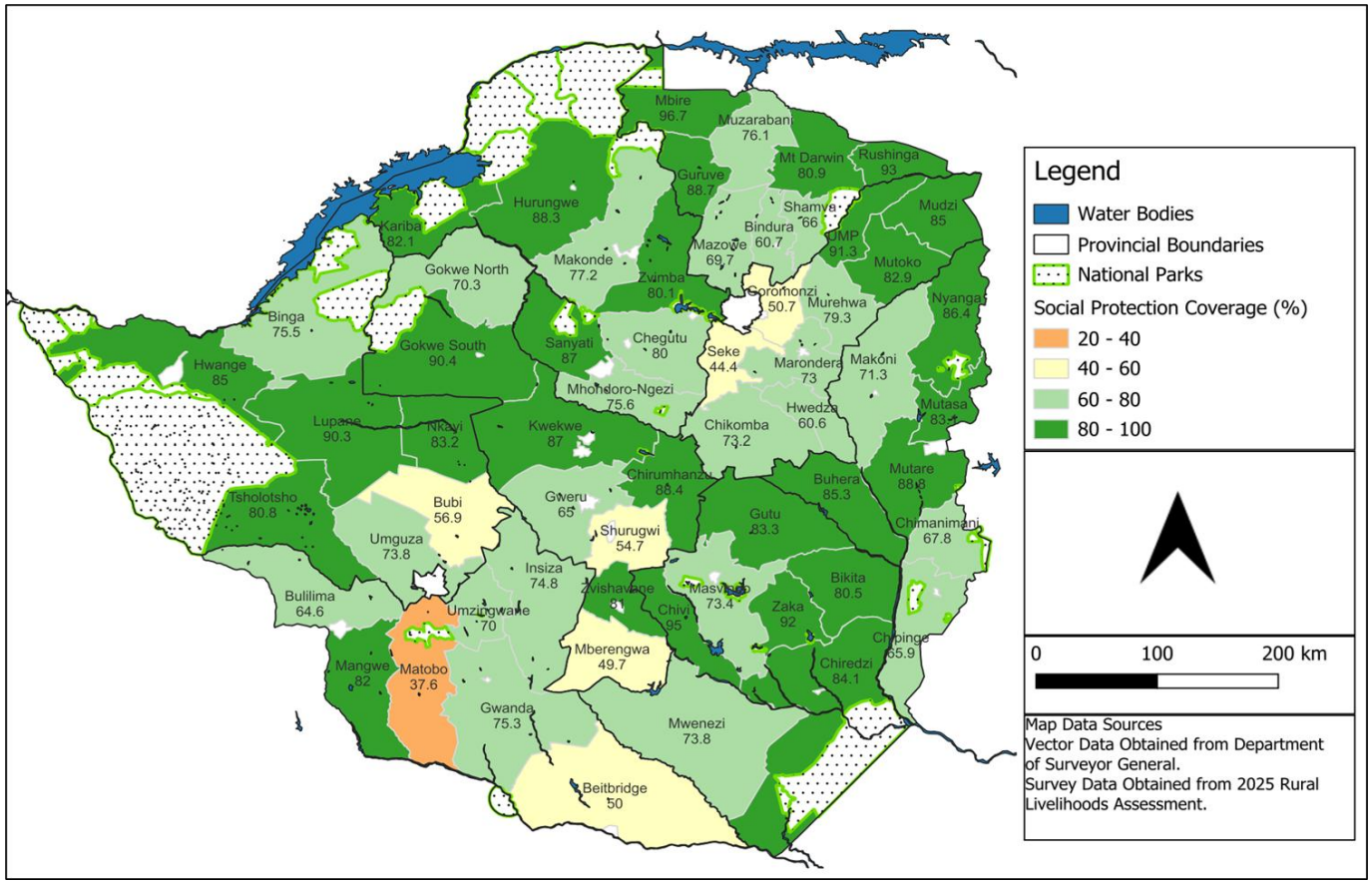
Children Receiving Hot Meals at School



- The proportion of the children in primary school who received a hot meal at school during the first term of 2025 was 64.2%.

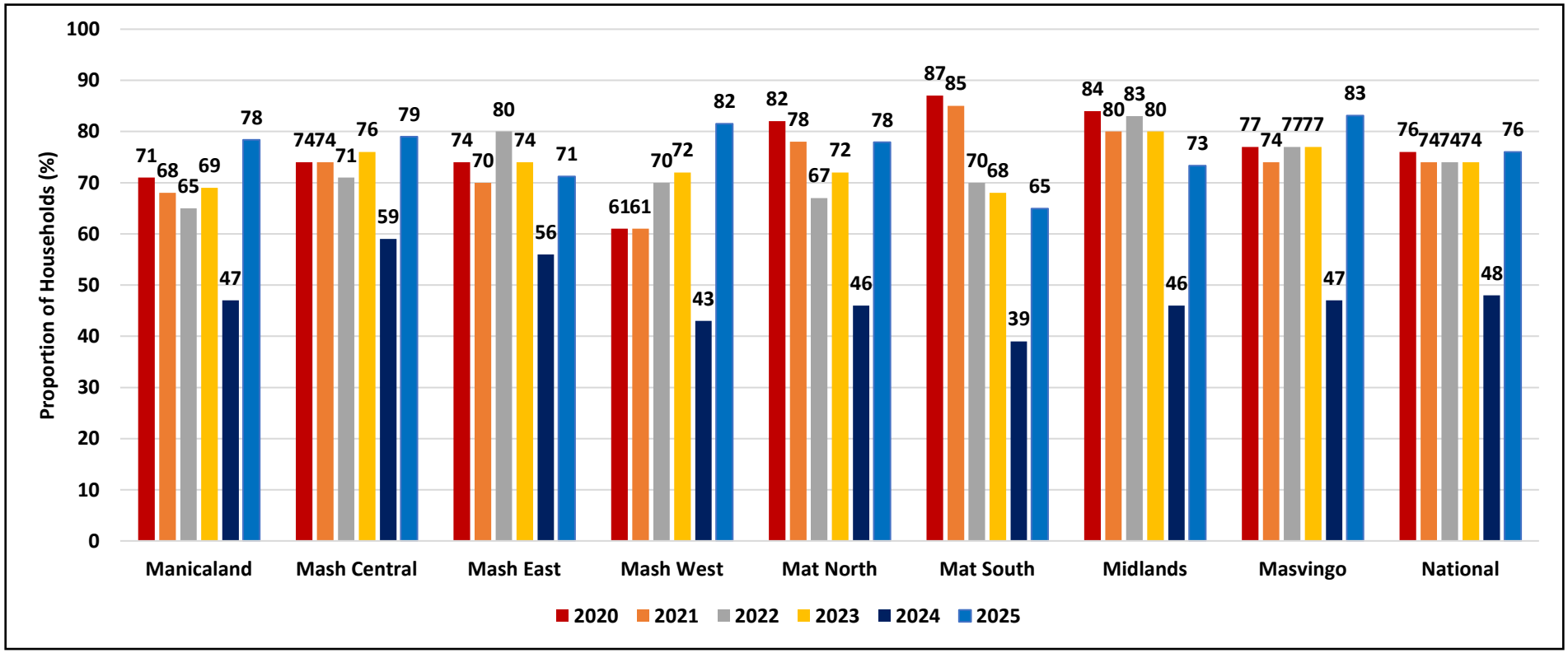
Social Protection

Households Which Received Any Form of Support



- UMP (91.3%) had the highest proportion of households which received any form of support and Seke (44.4%) had the lowest.

Households Which Received Any Form of Support



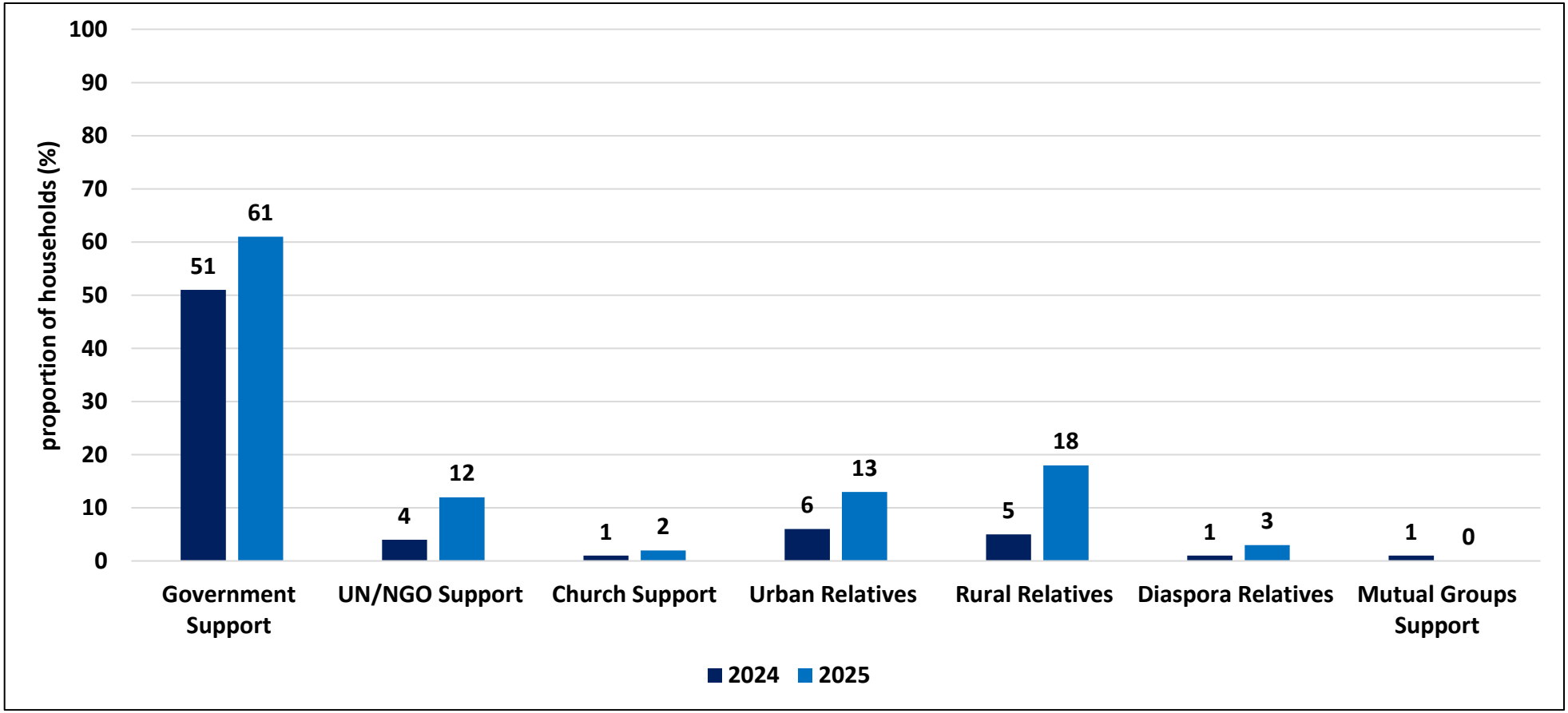
- Support increased from 56% in 2024 to 71% in 2025. This may be attributed to the need to respond to the El- Nino induced drought which was experienced in the 2023/2024 season.

Sources of Support

	Received any form of support (%)	Government Support (%)	Rural Relatives (%)	UN/NGO Support (%)	Urban Relatives (%)	Diaspora Relatives (%)	Church Support (%)	Mutual Groups Support (%)
Chikomba	73.2	68.2	3.3	28.8	2.0	1.3	1.0	0.3
Goromonzi	50.7	44.6	14.4	5.7	6.7	5.4	5.0	1.7
Hwedza	60.6	49.3	30.1	1.0	6.6	5.0	0.3	0.7
Marondera	73.0	65.0	19.3	1.0	17.0	4.3	3.3	0.0
Mudzi	85.0	72.4	34.2	9.0	8.0	1.7	1.7	0.3
Murewa	79.3	74.7	4.3	1.3	18.1	5.6	1.3	1.0
Mutoko	82.9	76.6	21.7	3.7	25.8	2.7	1.0	0.0
Seke	44.4	31.3	10.4	0.3	19.9	2.0	0.3	0.3
UMP	91.3	69.2	23.7	61.2	11.4	0.3	3.3	0.0
Mash East	71.2	61.3	18.0	12.4	12.8	3.1	1.9	0.5

- The majority of households reported to have received assistance from Government (61.3%), rural relatives (18%), urban relatives (12.8%) and UN/NGO Support (12.4%).
- Government is complimented for provision of crucial support towards building resilience and sustainable livelihoods.

Sources of Support



- In 2025, the proportion of households that received social assistance from the different sources increased compared to 2024.
- The proportion of households that received support from Government increased from 51% in 2024 to 61% in 2025.
- Support from relatives in rural and urban areas increased, an indication of increasing functionality of social capital.
- Support from UN/NGOs also increased from 4% in 2024 to 12% in 2025.

Forms of Support from Government

District	Type of Support										
	Food (%)	Cash transfers (%)	Vouchers (%)	Crop inputs (%)	Livestock support - large stock (pass on) (%)	Livestock support - large stock (non-pass on) (%)	Small livestock support (goats, chicken, fish, etc) (%)	Livestock support: Teak grease (%)	Other livestock support (%)	WASH inputs (%)	Weather and climate (%)
Chikomba	37.5	0.0	0.0	48.2	0.0	0.0	0.0	0.0	0.0	0.3	0.0
Goromonzi	41.6	0.7	0.0	16.4	0.0	0.3	0.0	0.0	0.3	0.3	0.0
Hwedza	45.0	1.0	3.0	26.5	0.0	0.0	0.0	0.0	4.3	1.0	0.0
Marondera	34.7	0.7	0.7	60.7	0.0	0.3	0.0	0.0	2.7	0.3	0.0
Mudzi	68.8	3.0	0.0	45.5	1.7	1.7	5.3	4.7	0.7	0.7	0.3
Murewa	53.3	1.6	1.3	66.8	0.0	0.3	0.0	0.3	1.0	0.3	3.0
Mutoko	59.5	1.7	0.7	68.6	0.0	2.3	0.0	0.0	5.7	3.0	0.0
Seke	23.6	1.0	0.0	26.3	0.0	0.0	0.0	0.0	0.3	0.0	0.0
UMP	41.5	0.0	0.3	55.9	0.0	0.3	0.0	0.0	0.7	0.0	0.0
Mash East	45.1	1.1	0.7	46.1	0.2	0.6	0.6	0.6	1.7	0.7	0.4

- The majority of households received Government support in the form of food (45.1%) and crop inputs 46.1%.

Forms of Support from UN/NGOs

District	Type of Support									
	Food (%)	Cash transfers (%)	Vouchers (%)	Crop inputs (%)	Livestock support - large stock (pass on) (%)	Livestock support - large stock (non-pass on) (%)	Small livestock support (goats, chicken, fish, etc) (%)	Livestock support: Teak grease (%)	Other livestock support (%)	WASH inputs (%)
Chikomba	28.1	0.0	0.0	0.7	0.0	0.0	0.0	0.0	0.0	0.0
Goromonzi	4.7	0.3	0.0	3.0	0.0	0.3	0.0	0.0	0.0	0.3
Hwedza	0.7	0.0	0.0	0.7	0.0	0.0	0.0	0.0	0.3	0.3
Marondera	0.3	0.7	0.0	0.7	0.0	0.0	0.0	0.0	0.0	0.0
Mudzi	2.3	5.3	1.7	0.3	0.3	0.0	0.3	0.3	0.3	0.0
Murewa	1.0	0.0	0.0	1.0	0.0	0.0	0.0	0.0	0.0	0.0
Mutoko	3.3	0.0	0.0	1.0	0.0	0.0	0.0	0.0	0.7	0.0
Seke	0.3	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0
UMP	60.9	0.0	0.0	0.7	0.0	0.0	0.0	0.0	0.3	0.0
Mash East	11.3	0.7	0.2	0.9	0.0	0.0	0.0	0.0	0.2	0.1

- About 11.3% of households received support from UN/NGOs in the form of food assistance, 0.9% in the form of crop inputs.

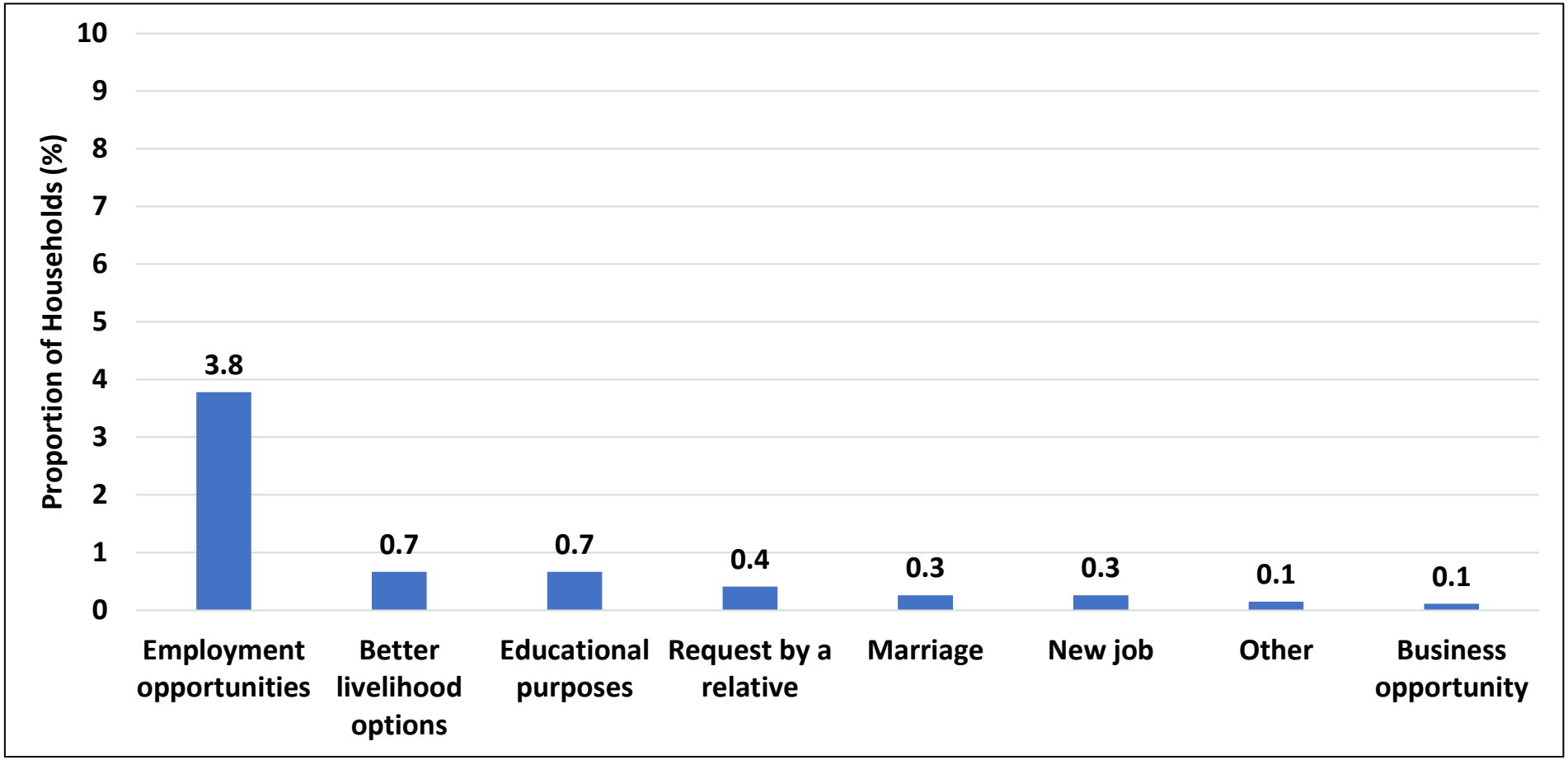
Migration

Types of Migration

	Migrated to Urban from Rural Areas (%)	Joined from other Rural Areas (%)	Joined from Urban Areas (%)	Joined from Outside Zimbabwe (%)	Migrated to Stay Outside Zimbabwe (%)
Chikomba	6.4	0.3	3.0	0.0	1.0
Goromonzi	2.0	0.0	1.0	0.3	0.7
Hwedza	2.0	0.3	0.3	0.0	0.3
Marondera	2.7	1.3	0.7	0.3	0.3
Mudzi	2.3	0.0	0.3	0.0	0.3
Murewa	14.2	0.7	4.0	1.0	1.3
Mutoko	9.4	0.3	4.3	0.0	1.3
Seke	5.4	1.0	2.7	0.3	3.4
UMP	8.0	1.7	2.0	0.3	0.7
Mash East	5.8	0.6	2.0	0.3	1.0

- The main type of migration reported was migrating from rural to urban areas (5.8%).
- Murewa (14.2%) had the highest proportion of households which had members who migrated to urban areas.

Reasons for Migrating to Urban Areas (5.8%)



- The main reason for rural to urban migration was reported to be employment opportunities (3.8%).

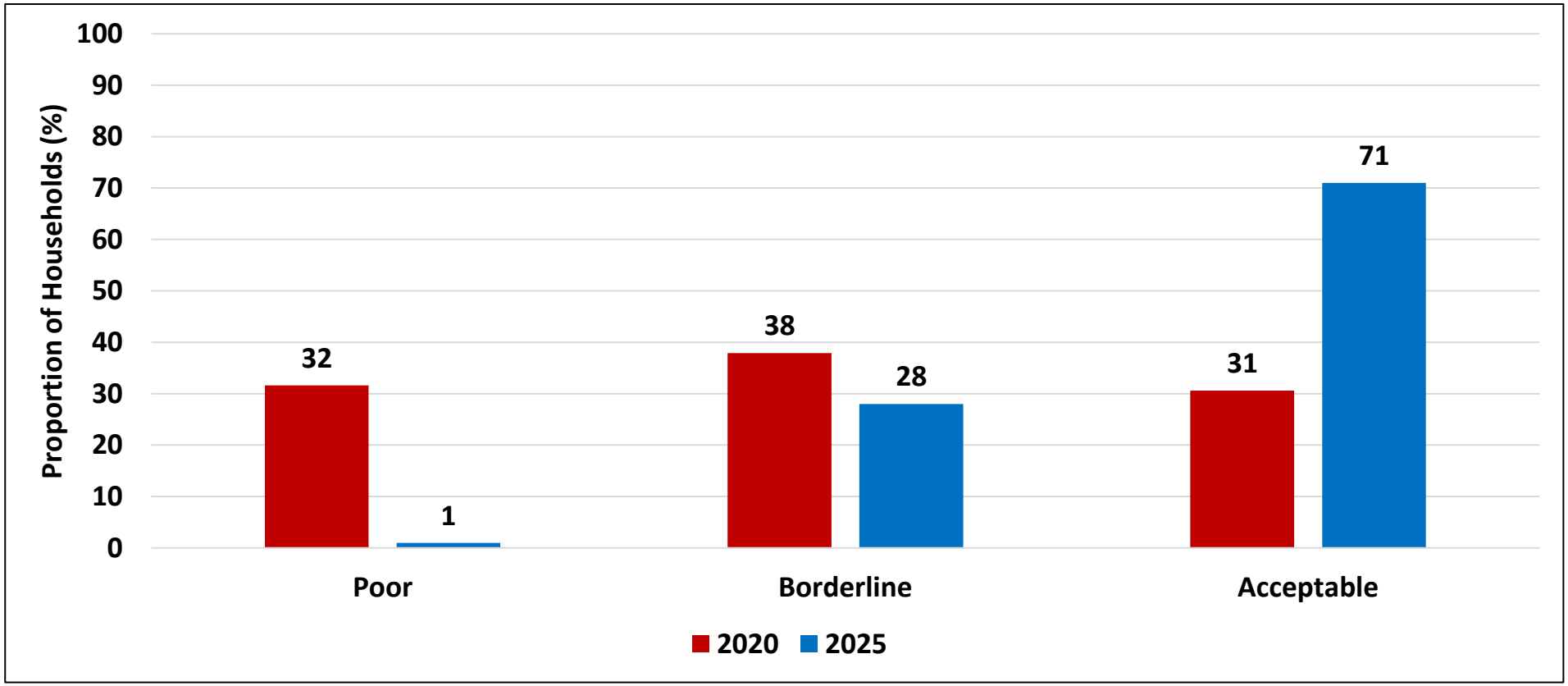
Household Consumption Patterns

Food Consumption Score (FCS)

Food Consumption Score

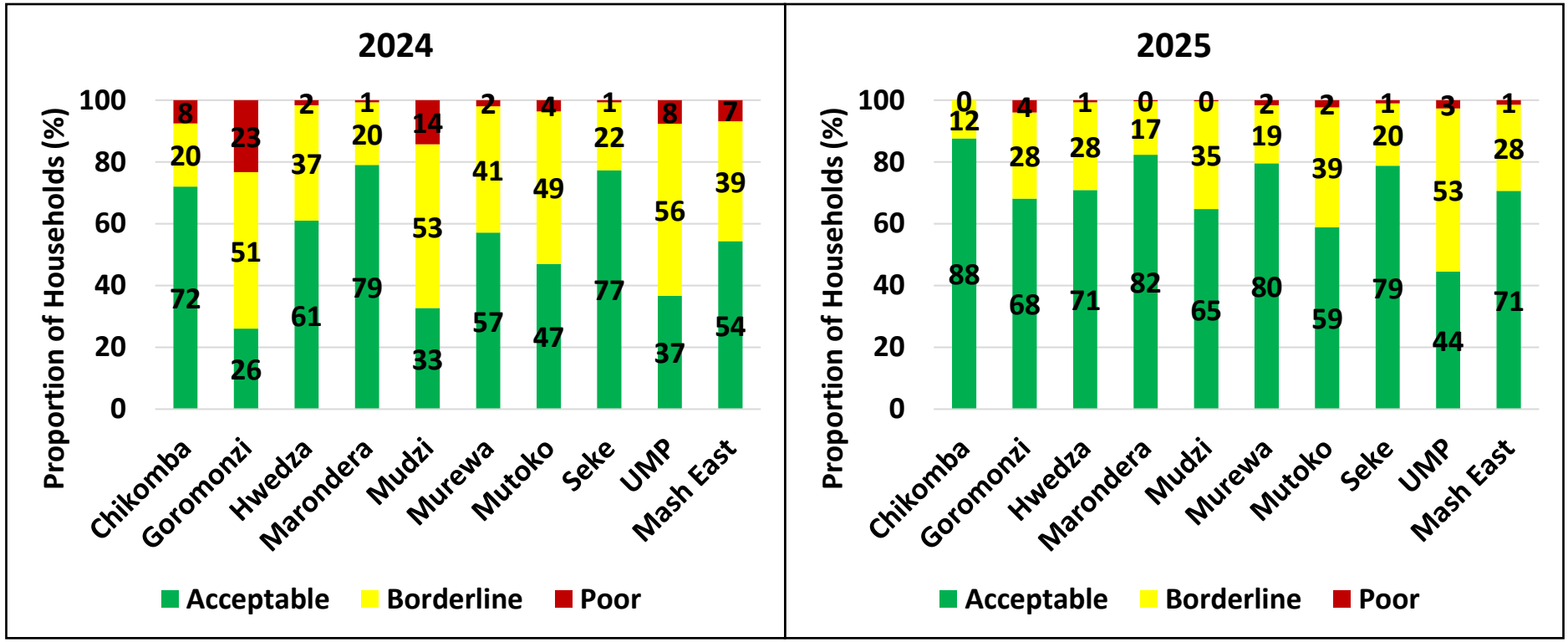
Food Consumption Score Groups	Score	Description
POOR	0-21	An expected consumption of staple 7 days, vegetables 5-6 days, sugar 3-4 days, oil/fat 1 day a week, while animal proteins are totally absent
BORDERLINE	21.5-35	An expected consumption of staple 7 days, vegetables 6-7 days, sugar 3-4 days, oil/fat 3 days, meat/fish/egg/pulses 1-2 days a week, while dairy products are totally absent
ACCEPTABLE	>35	As defined for the borderline group with more number of days a week eating meat, fish, egg, oil, and complemented by other foods such as pulses, fruits, milk

Food Consumption Patterns Trend



- There was a general increase in the proportion of households with acceptable food consumption from 2020 (31%) to 2025 (71%).
- The proportion of households which consumed poor diets decreased from 32% in 2024 to 1% in 2025.
- This reflects an improvement in the quality of diets consumed as evidenced by the consumption of a more diverse and nutritious food groups.

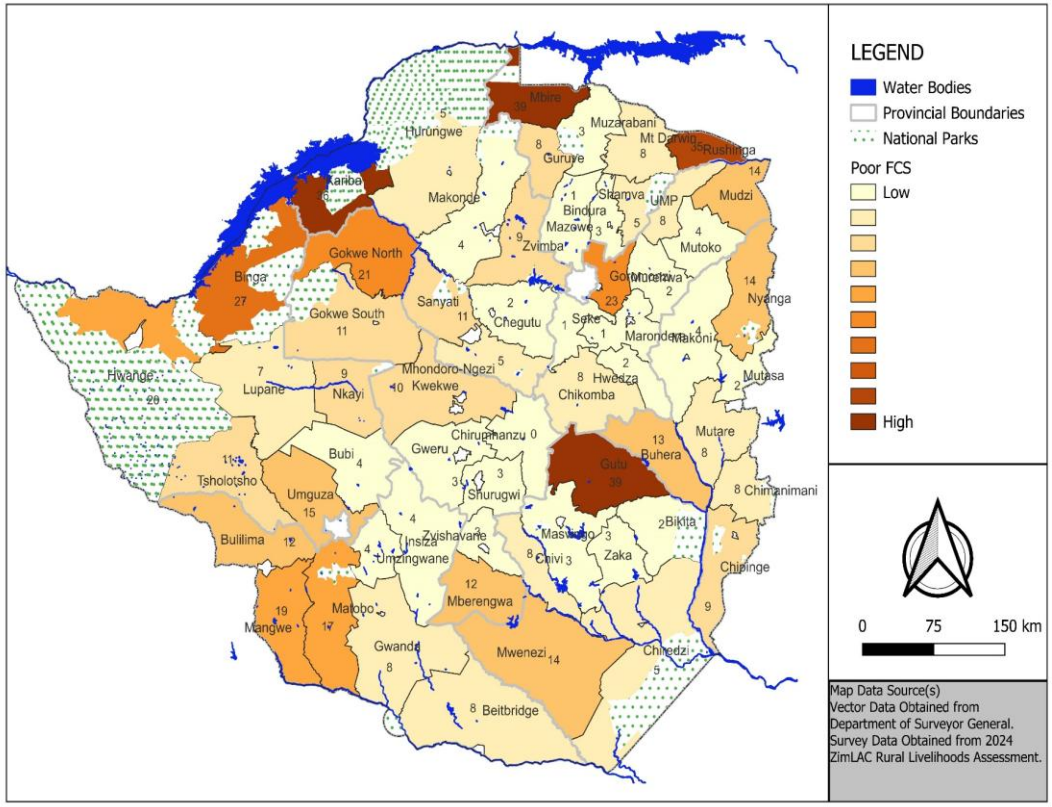
Food Consumption Patterns



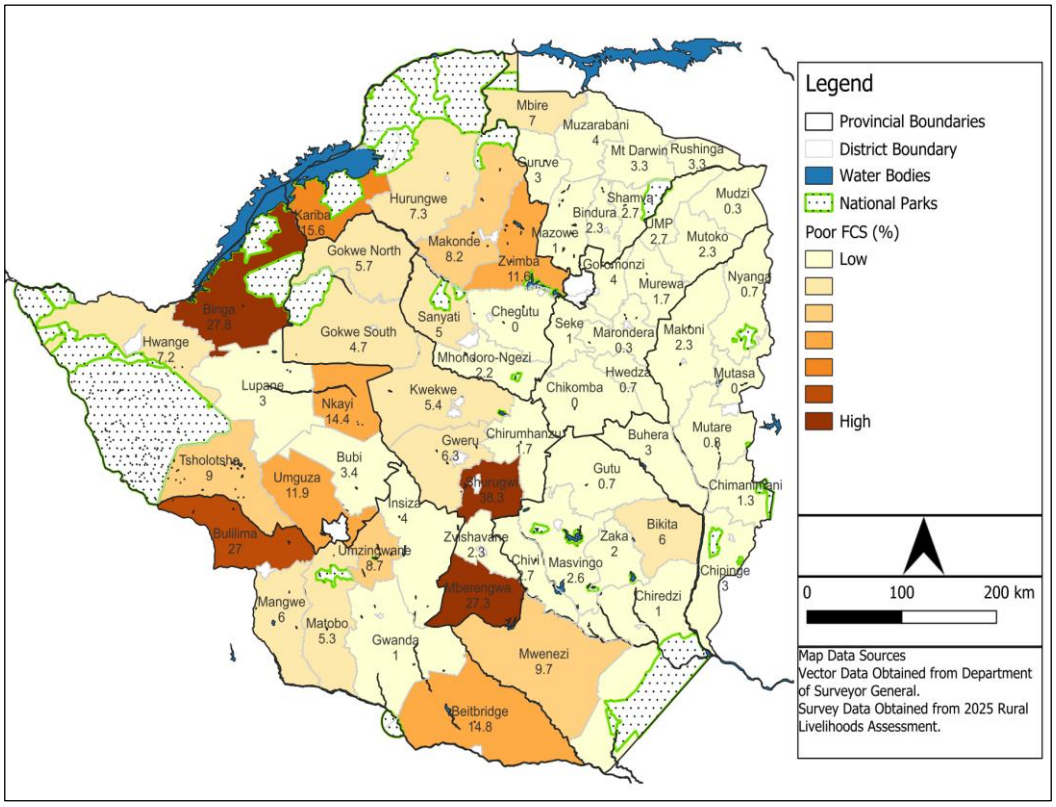
- Most of the households in Mashonaland East were consuming acceptable diets.
- Goromonzi (4%) had the highest proportion of households with poor consumption patterns although it is an improvement from 23% in 2024.

Poor Food Consumption Patterns by District

2024



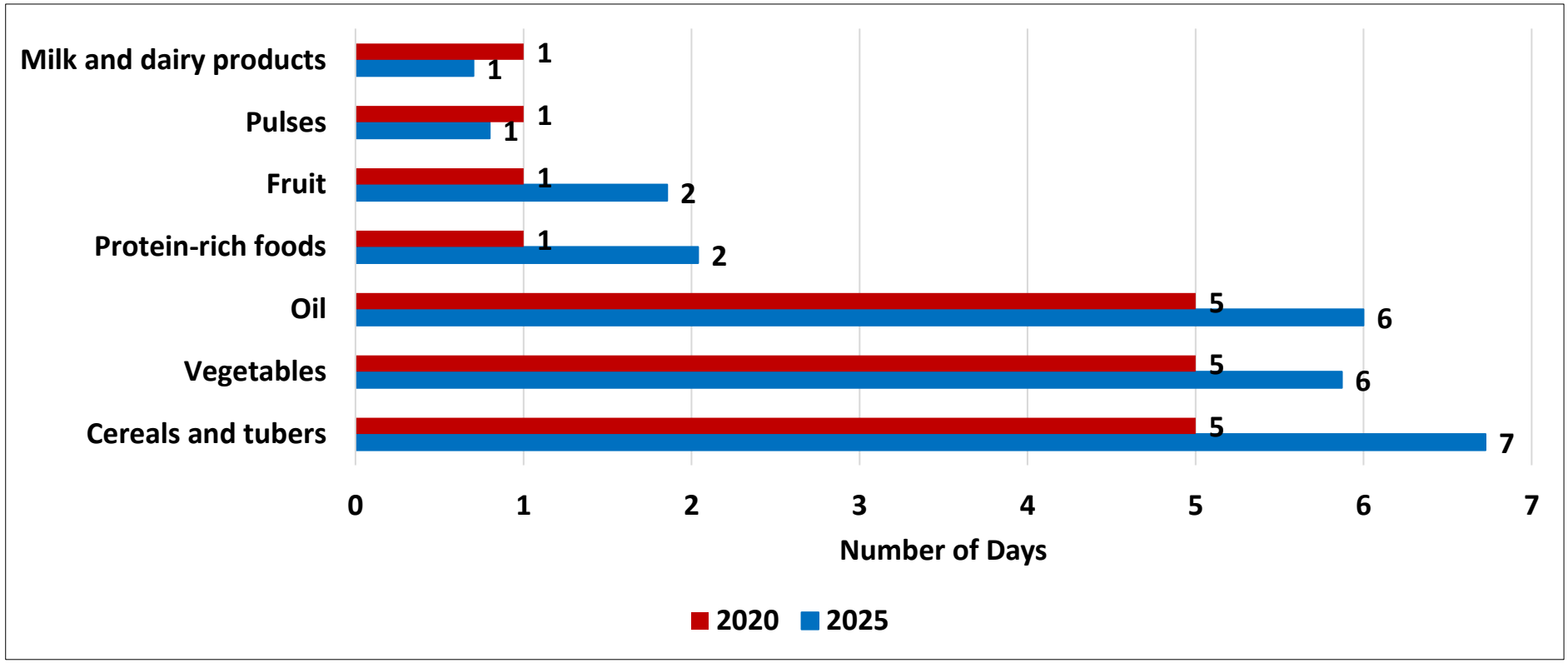
2025



- The proportion of households with poor food consumption decreased in most districts in 2025 when compared to 2024, an indication in the improvement of quality of diets.

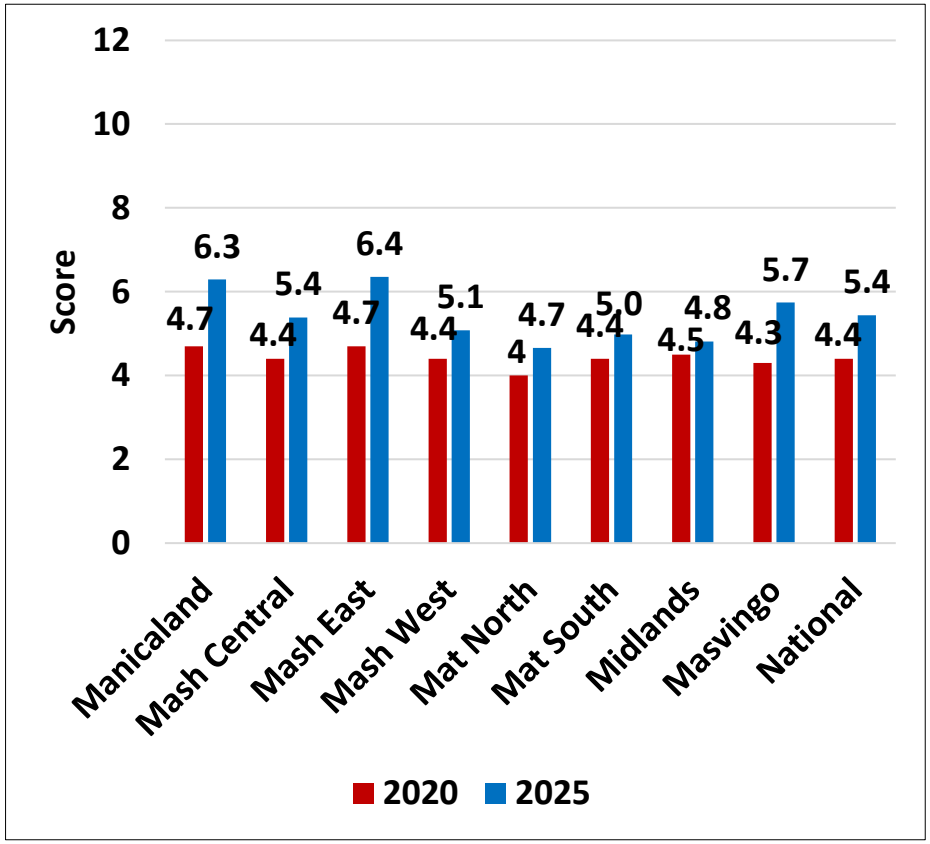
Household Dietary Diversity

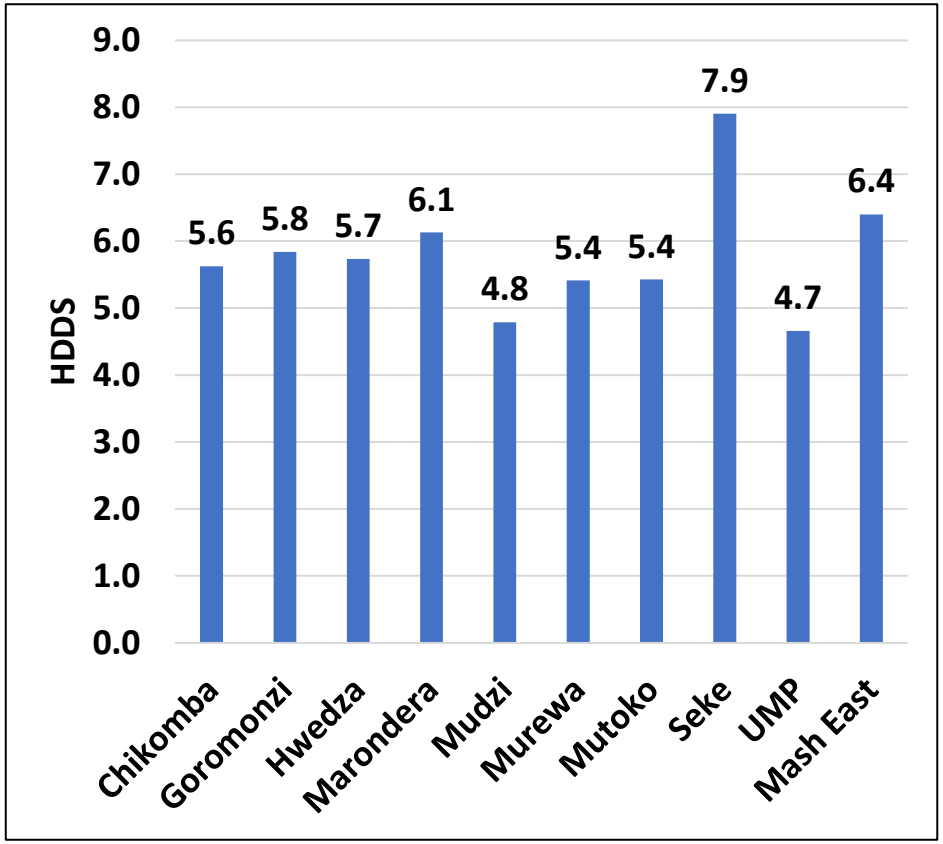
Average Number of Days Households Consumed Food from the Various Food Groups



- The most frequently consumed foods have remained cereals, vegetables and oil.
- Milk and dairy products and pulses were the least consumed food items.

Average Household Dietary Diversity Score



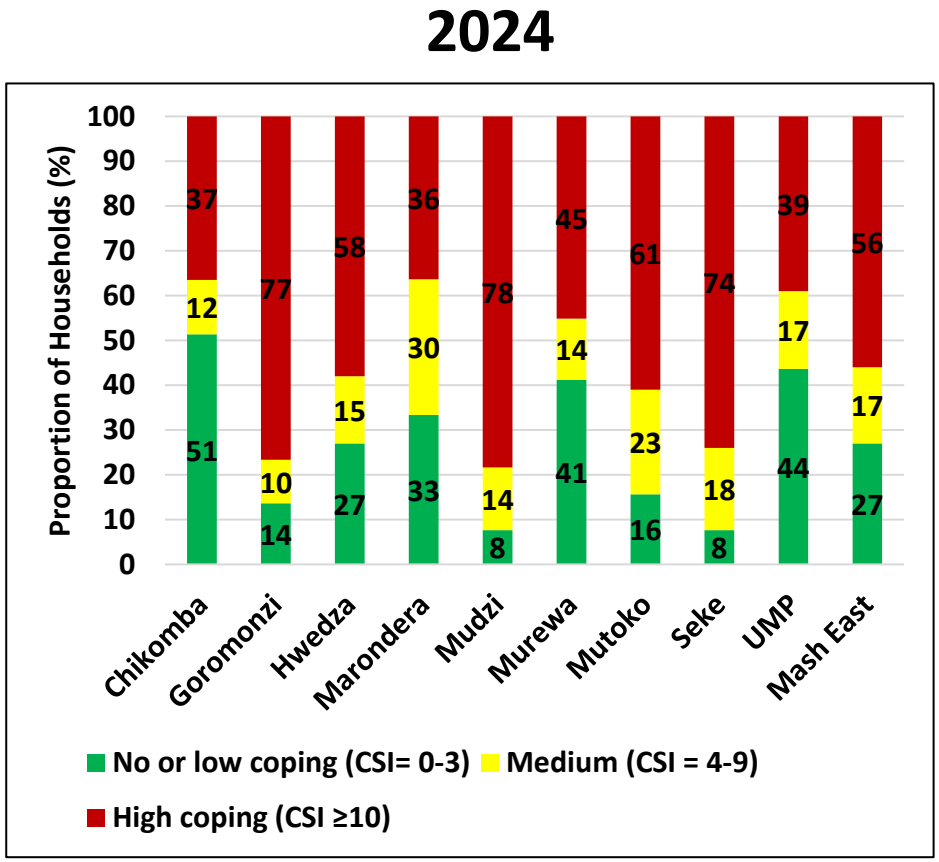


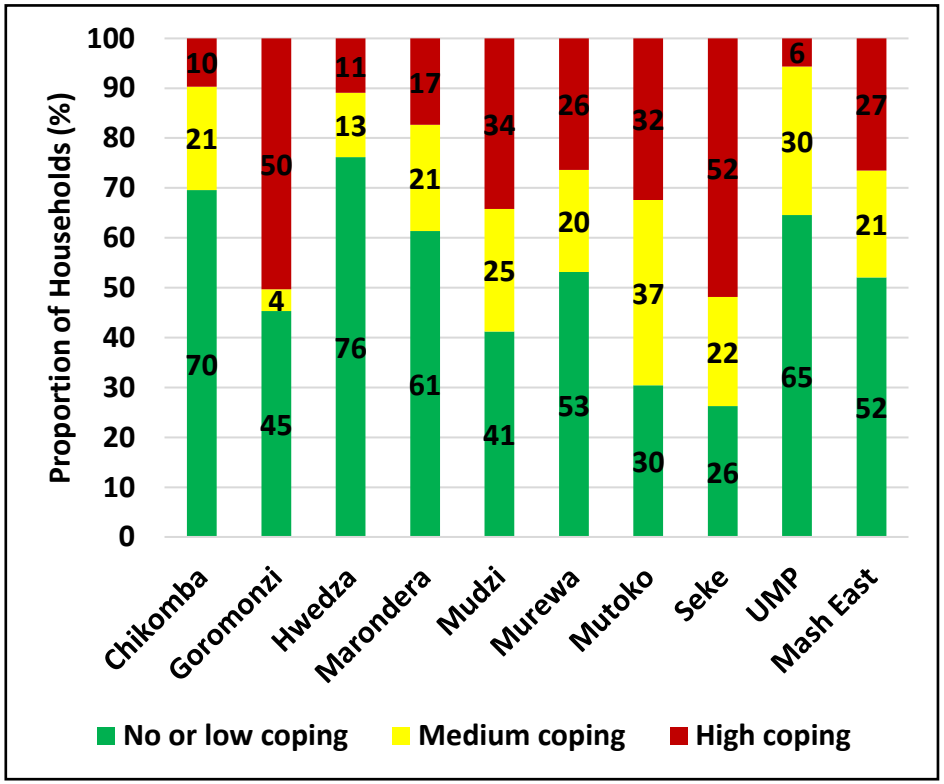
- There was an improvement in the dietary diversity score from 4.7 in 2020 to 6.4 in 2025.
- Seke (7.9) had the highest HDDS ,an indication of more diverse food groups.

Household Coping

Reduced Consumption Coping Strategy Index (rCSI)

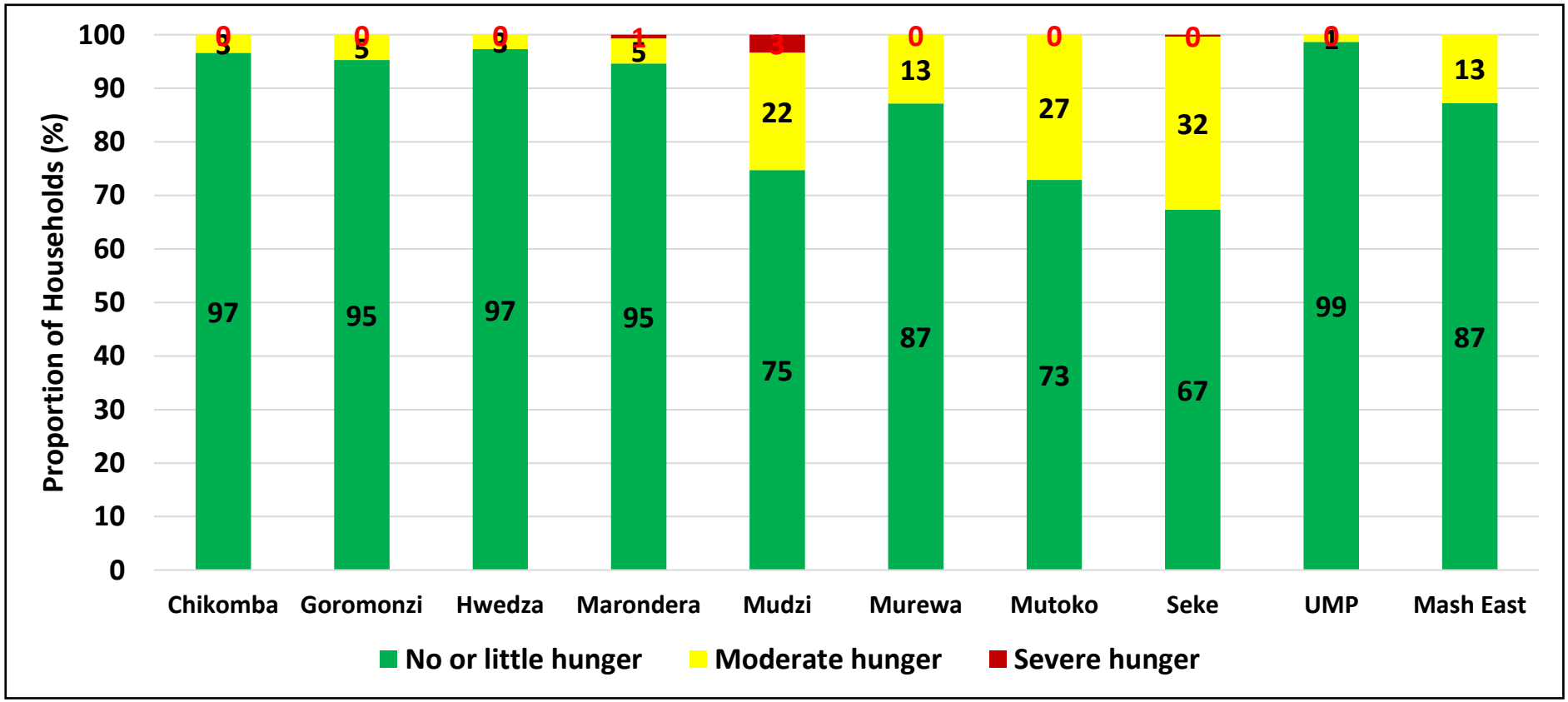
Reduced Consumption Coping Strategy Index





- High food consumption coping decreased from 56% in 2024 to 27% in 2025 in Mashonaland East.

Household Hunger Scale



- Majority of the households (87%) had no or little hunger. However attention should be given to Mudzi which had 3% of the households with severe hunger.

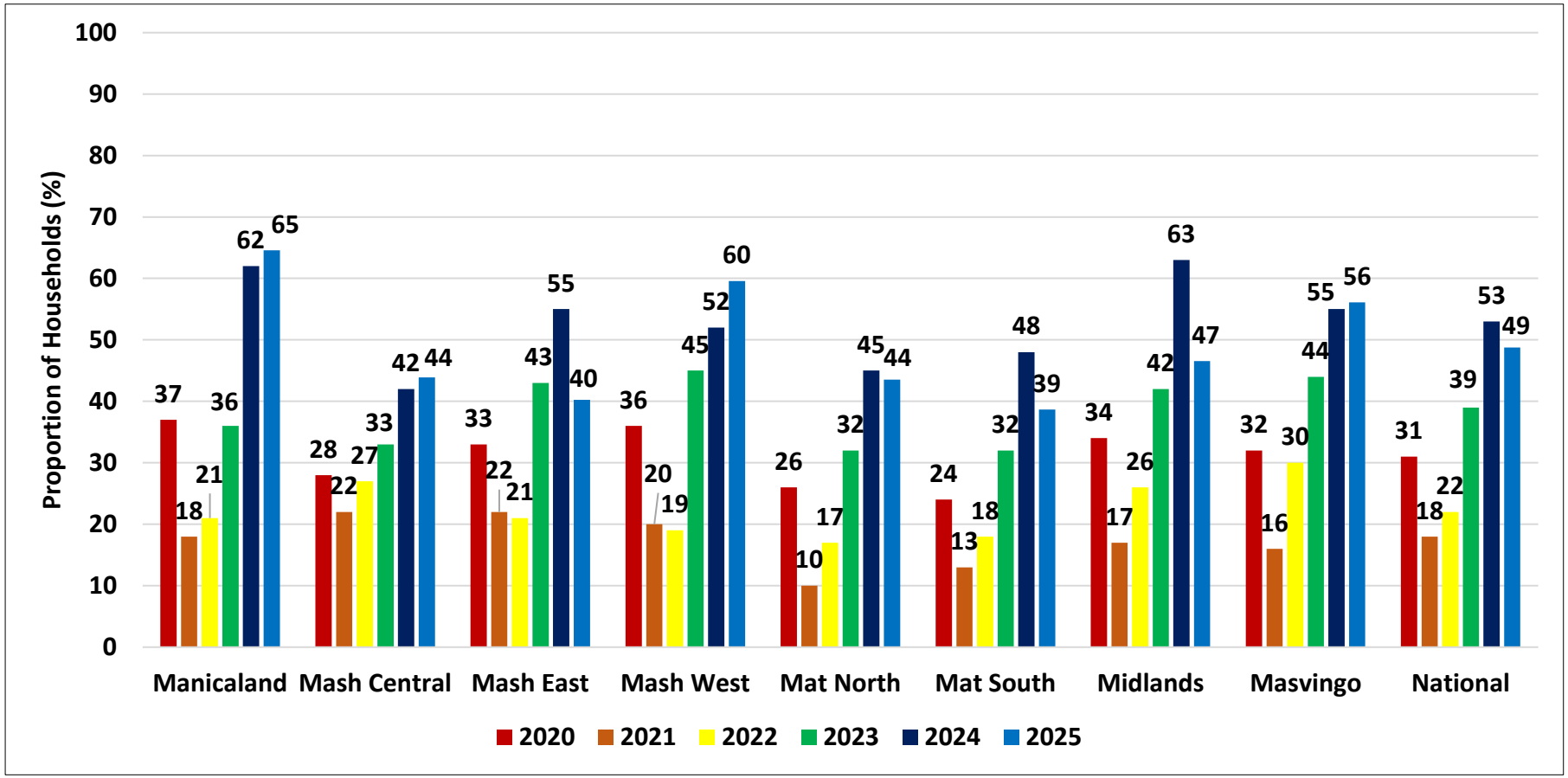
Livelihoods Based Coping Strategies

Livelihoods Coping Strategies

- Livelihood Coping Strategies are behaviors employed by households when faced with a crisis.
- The livelihood scoping strategies have been classified into three categories namely stress, crisis and emergency as indicated in the table.

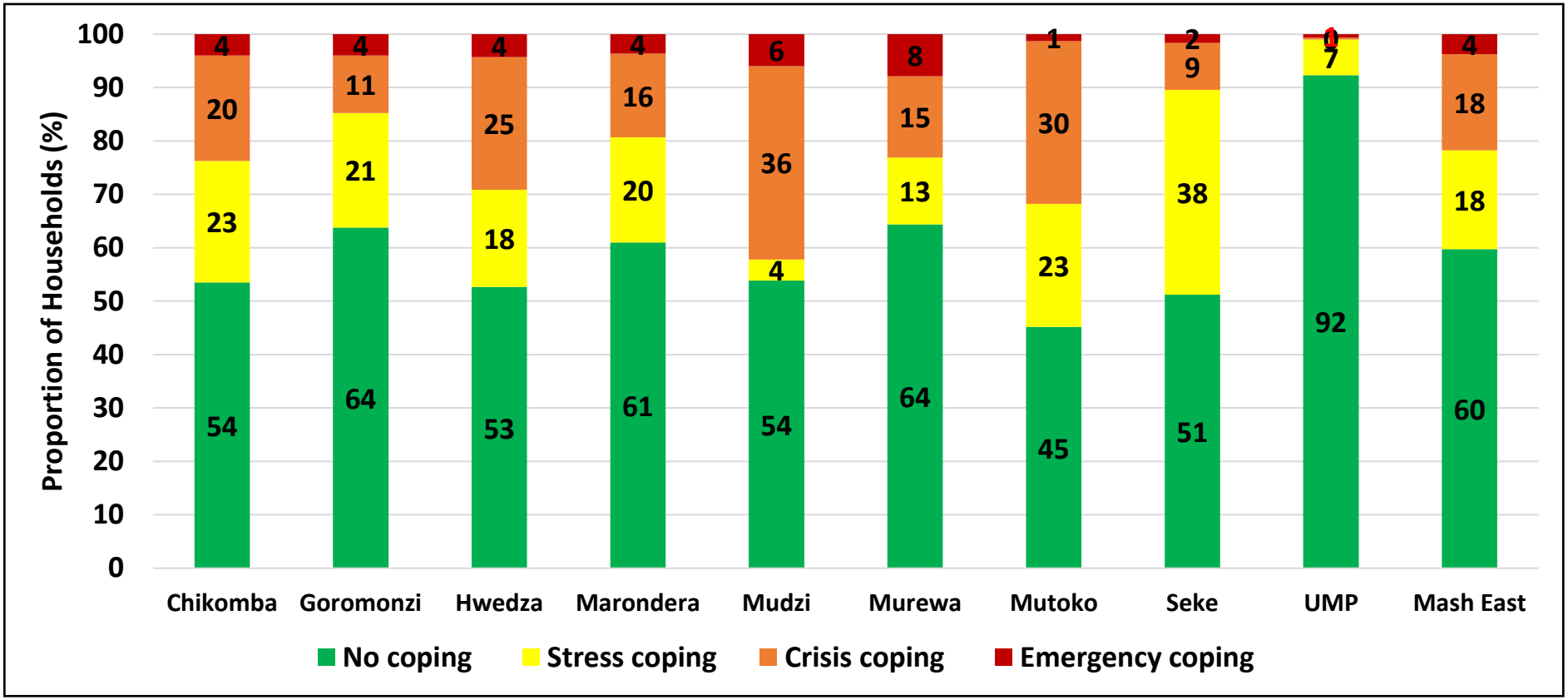
Category	Coping Strategy
Stress	• Sold household assets/goods (radio, furniture, television, jewellery etc.) • Sold more animals than usual • Spent savings • Borrowed money
Crisis	• Consumed seed stocks that were to be saved for the next season • Decreased expenditures on fertilizer, pesticide, fodder, animal feed, veterinary care, etc. • Harvest immature crops (e.g., green maize)
Emergency	• Mortgaged/sold the house where the household was permanently living or land • Begged (asked strangers for money/food) or scavenged • Sold last female (productive) animal

Households Engaging in any Form of Livelihood Coping Strategies



- The proportion of households engaging in any form of coping decreased from 55% in 2024 to 40% in 2025.

Households Maximum Livelihoods Coping Strategies



- The proportion of households engaging in emergency coping strategies was 4%.

Food Safety

Importance of Food Labelling

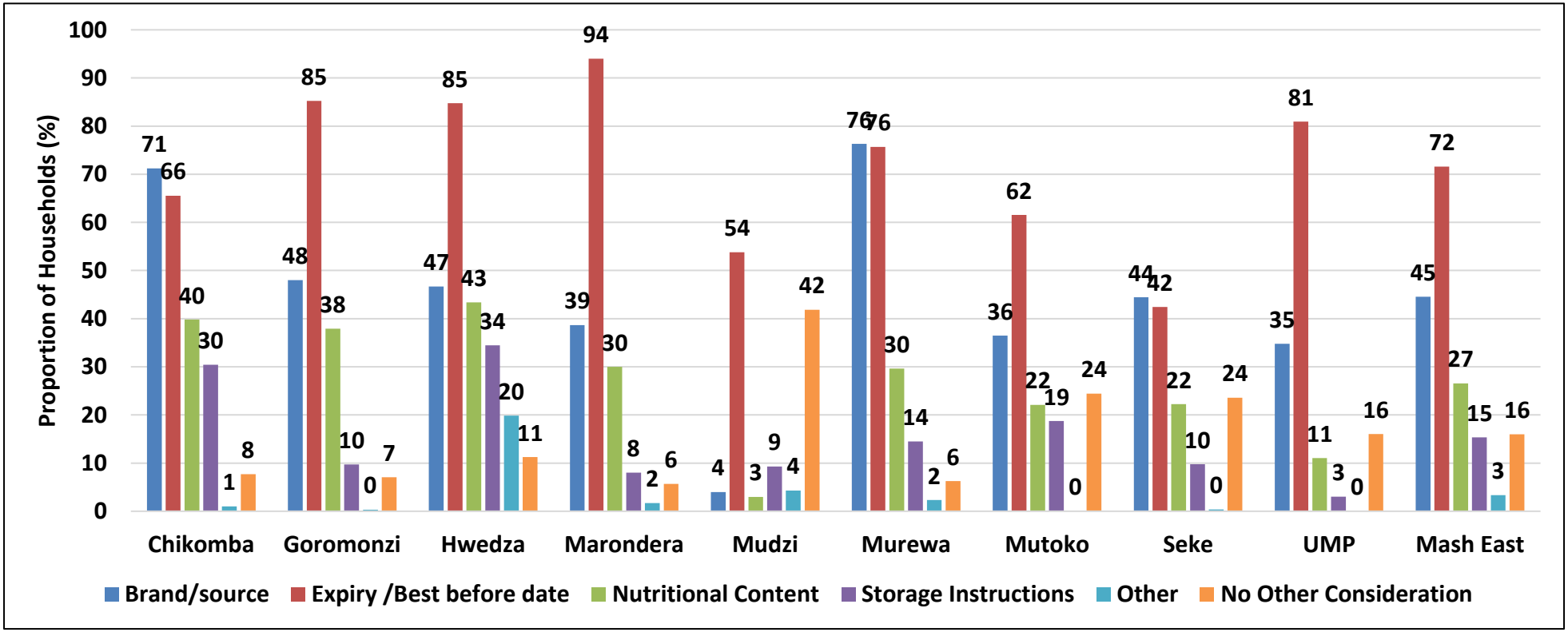
Importance of Food Labelling

- Provides essential nutritional information (e.g., energy, fat, sugar, salt) to help make healthier choices.
- Lists ingredients and allergens, protecting consumers with dietary restrictions or food allergies.
- Shows expiry and manufacturing dates, helping avoid consumption of unsafe or expired products.
- Displays origin and manufacturer details, supporting traceability and product accountability.
- Indicates certifications and standards compliance (e.g., fortification logo, organic, Halal), ensuring quality and regulatory adherence.

Why Consumers Should Read Food Labels

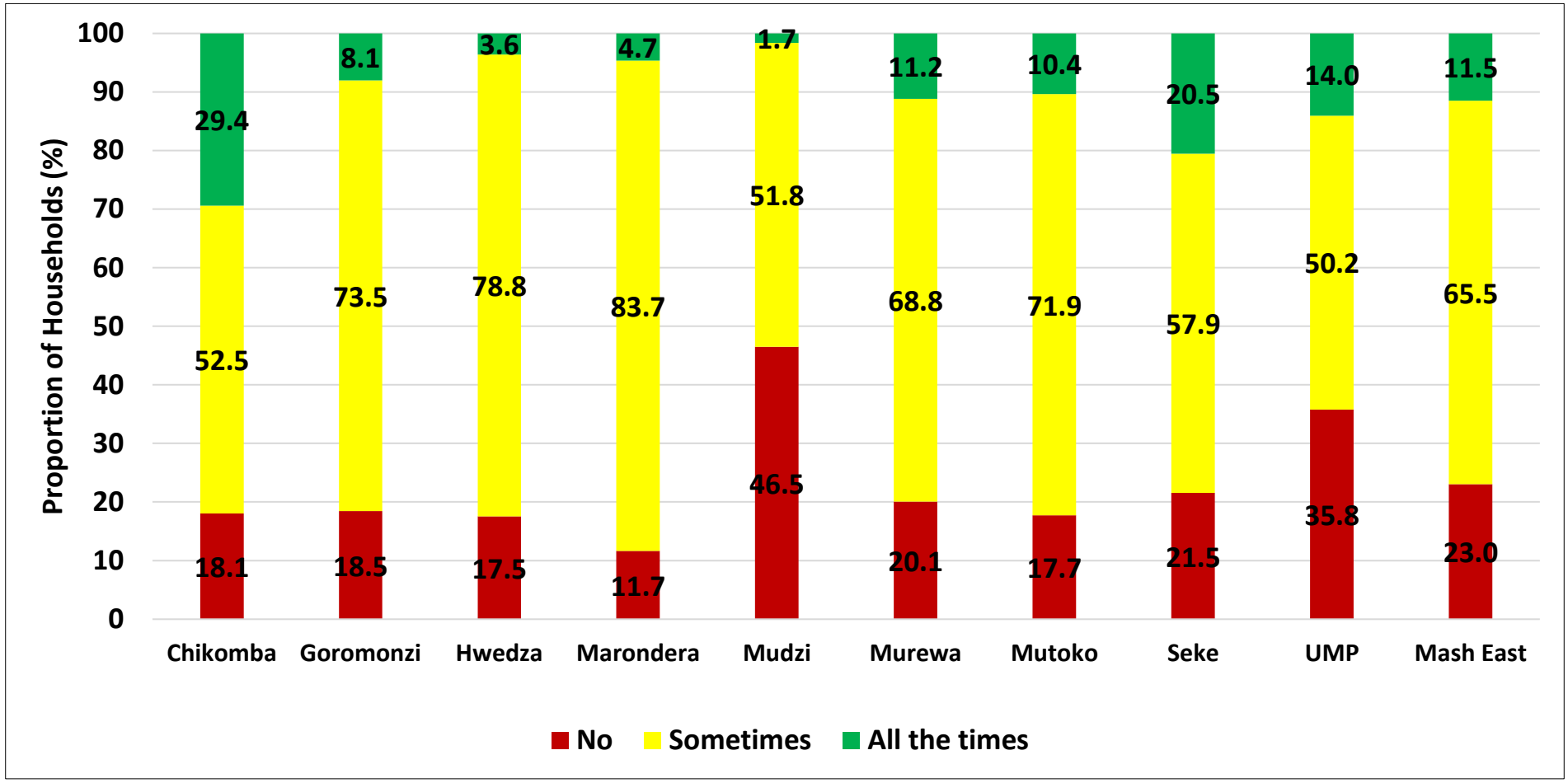
- Helps choose foods that align with health needs (e.g., diabetes, hypertension, child feeding).
- Avoids misleading claims (e.g., “sugar-free”, “natural”) by checking actual contents.
- Supports informed decisions on food value, cost-efficiency, and portion size.
- Protects against adverse reactions by identifying allergens (e.g., peanuts, gluten, sulphites).
- Empowers consumers to hold food producers accountable for food safety and nutrition quality.

Factors Considered by Households When Purchasing Food Items



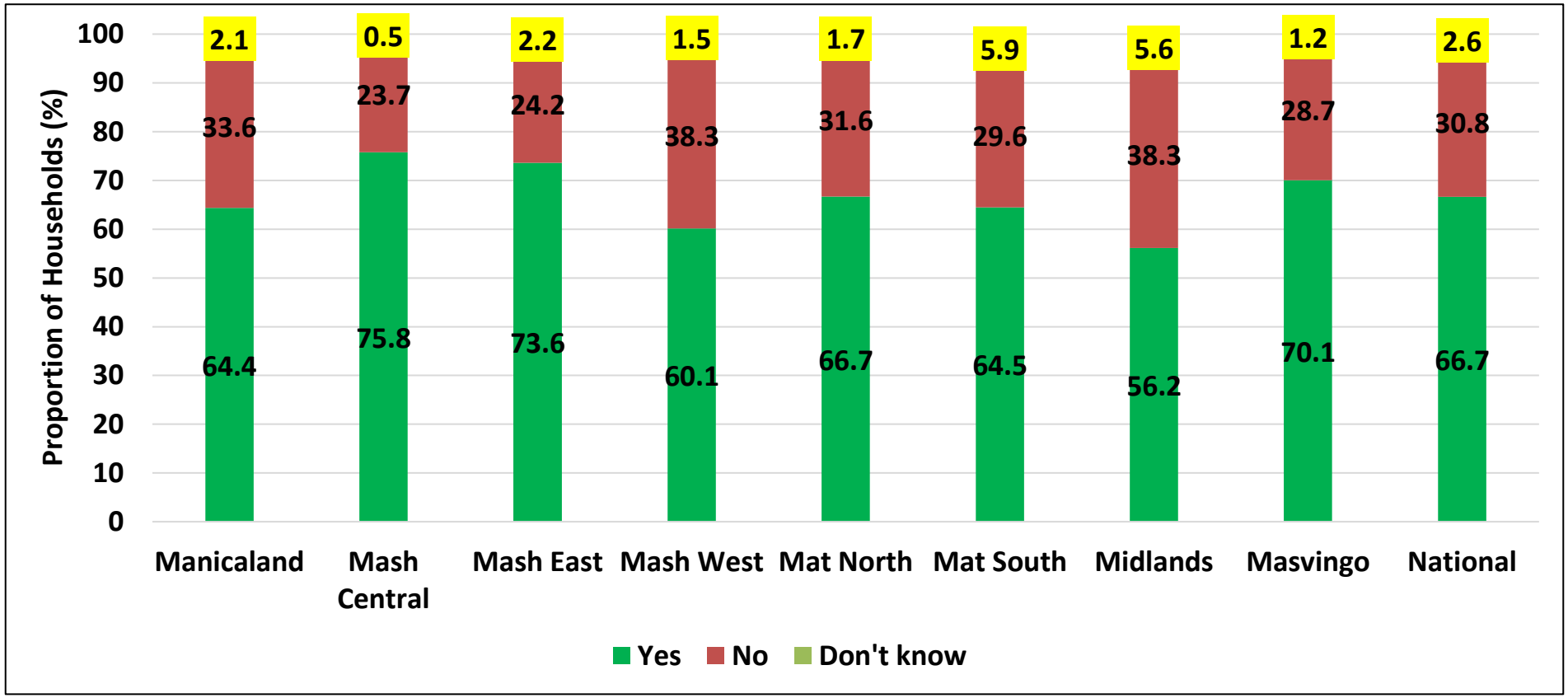
- Holding price constant, about 72% of the households reported that they considered expiry dates, brand (45%) and nutritional content (27%) when purchasing food items.

Households Which Read Food Labels Before Purchasing Food Items



- In Mashonaland East, most of the respondents (65.5%) reported that they sometimes read food labels when they purchase food, with Marondera (83.7%) reporting the highest.

Knowledge on Fruits and Vegetables Sprayed with Pesticides



- About 24.2% of the households reported that they had no knowledge about the pre-harvest interval to be observed after spraying fruits and vegetables with pesticides in Mashonaland East.

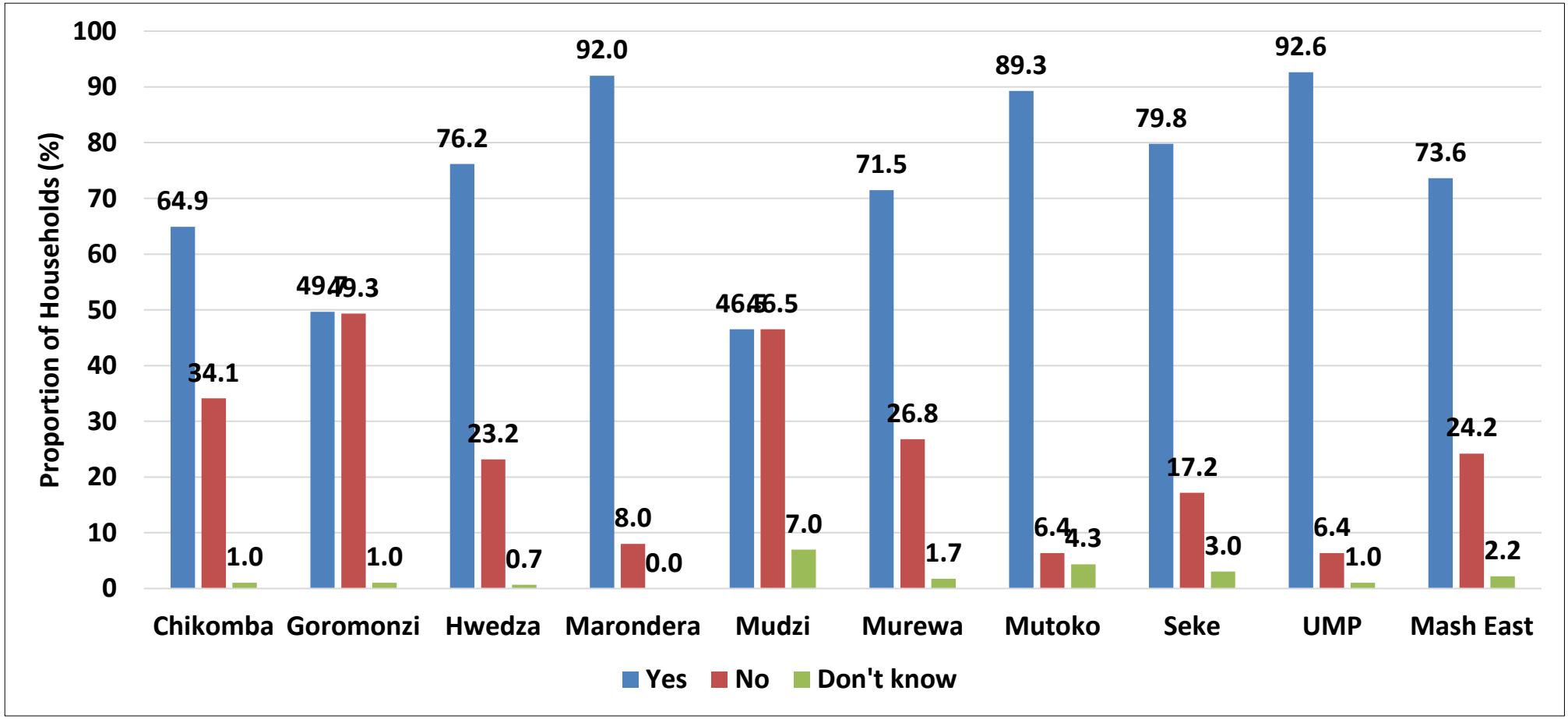
Importance of Observing Pre-Harvest Intervals (PHIs) on Pesticides

- The Pre-Harvest Interval (PHI) is the minimum number of days that must pass between the last pesticide application and the harvesting of fruits or vegetables. This allows pesticide residues to degrade to safe levels before the crop is consumed.

Importance of Observing PHI

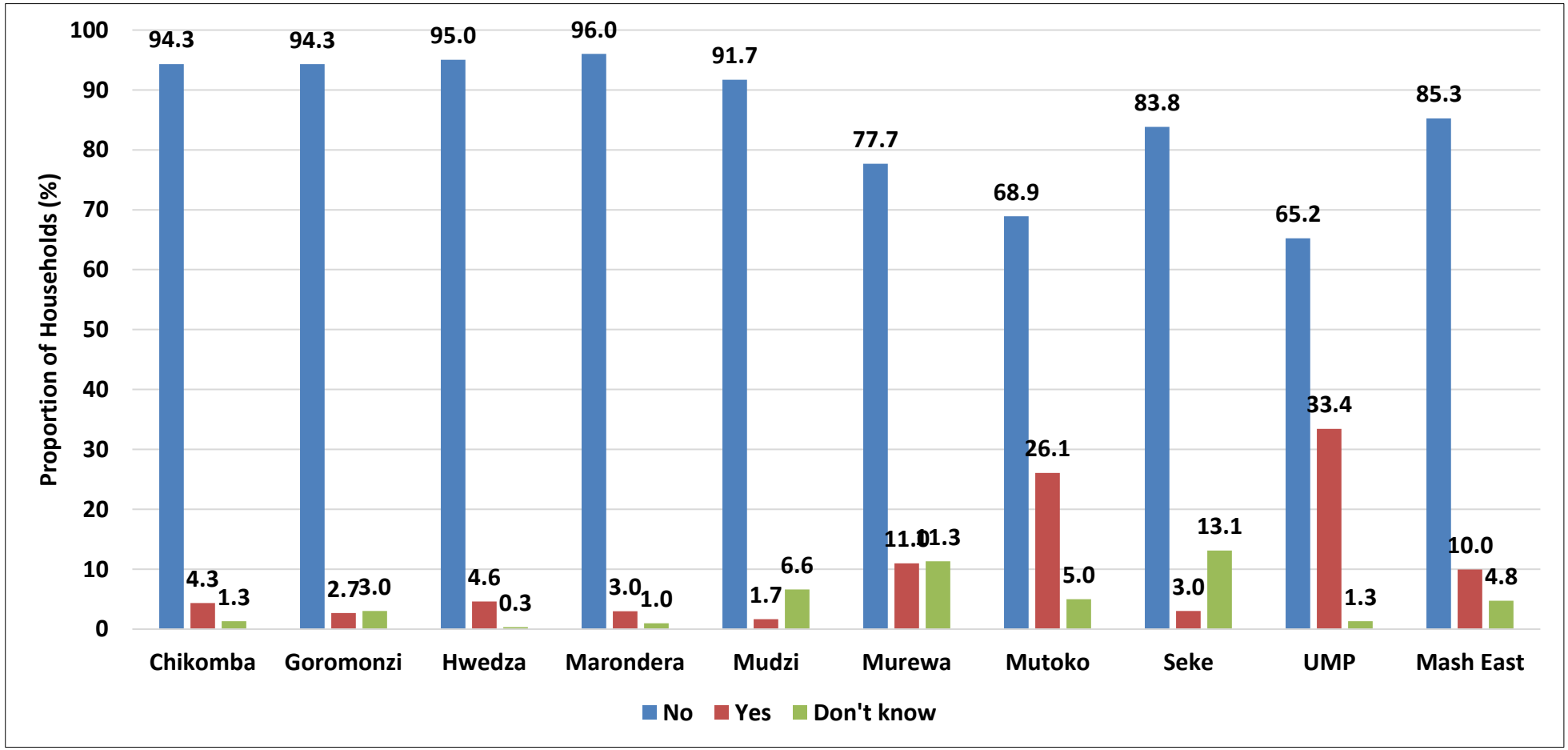
- Protects consumer health by preventing exposure to harmful pesticide residues that can cause acute poisoning, cancer or reproductive issues.
- Reduces residue levels to within acceptable safety limits set by regulatory authorities (e.g., WHO, FAO, Codex).
- Supports food safety and quality, ensuring that fruits and vegetables meet national standards and retain consumer trust.
- Preserves export markets by complying with international residue limits (Maximum Residue Limits – MRLs).
- Promotes responsible farming by reinforcing good agricultural practice.

Knowledge on Fruits and Vegetables Sprayed with Pesticides



- About 73.6% of the households had knowledge about the pre-harvest interval to be observed after spraying fruits and vegetables with pesticides.

Consumption of Vegetables or Fruits that were Sprayed with Pesticides



- About 10% of the households reported consuming vegetables or fruits before the recommended pre-harvest interval after pesticide application with Uzumba Maramba Pfungwe (33.4%), recording the highest proportion.

Importance of Observing Withdrawal Periods on Antibiotics in Livestock

- The withdrawal period is the minimum time that must pass between the last antibiotic treatment of an animal and the slaughter or harvesting of animal products (milk, eggs, meat) to ensure no harmful drug residues remain.

Importance of Observing Withdrawal Periods

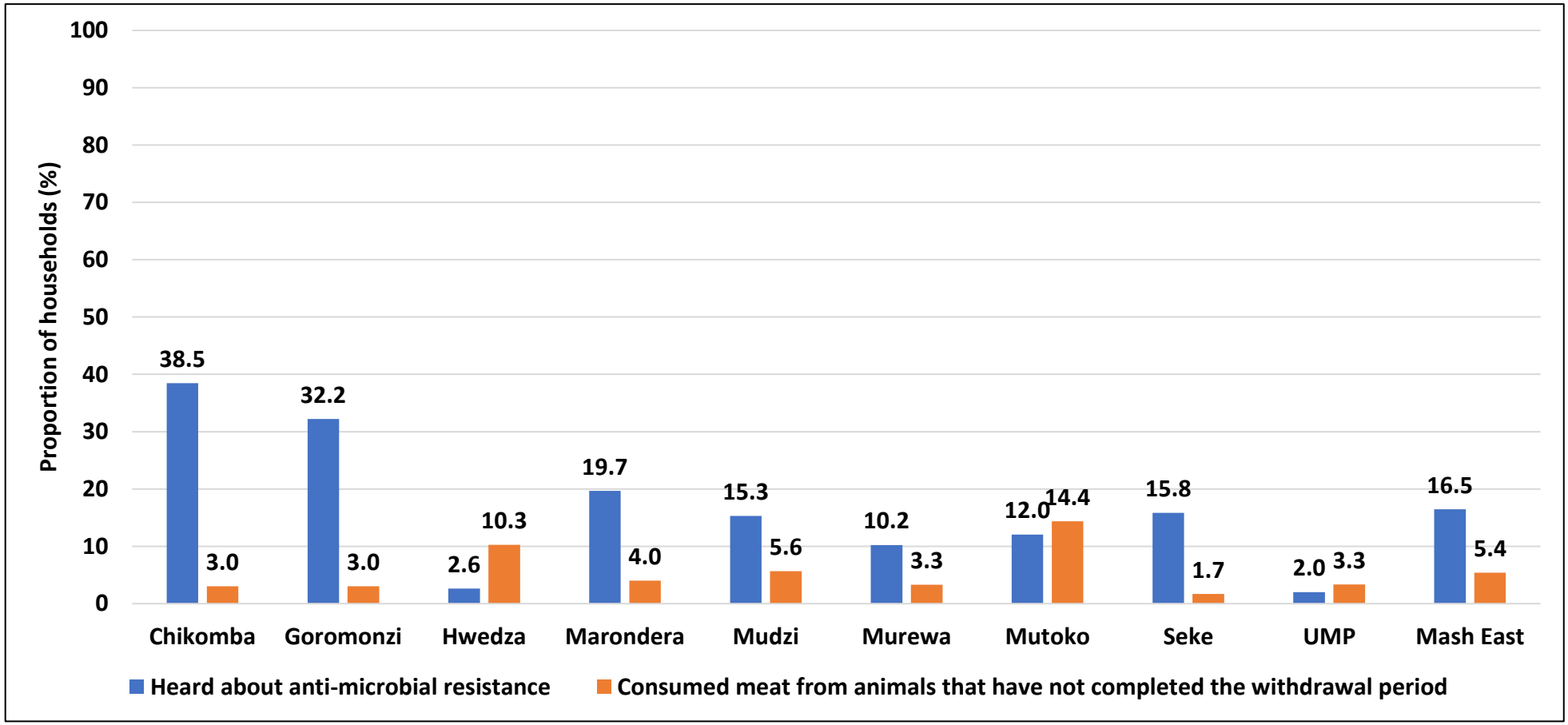
- Protects human health by preventing consumption of animal products with antibiotic residues that can cause allergic reactions or toxicity.
- Prevents antibiotic resistance, a major global threat where bacteria become resistant to treatment due to overexposure to antibiotics.
- Ensures compliance with food safety standards, helping farmers to meet national and international regulations (e.g., Codex, WHO).
- Preserves market access by ensuring products are safe for trade.
- Maintains consumer trust in animal-derived foods such as meat, milk and eggs.

Use of Antibiotics to Treat Livestock

Province	Use antibiotics to treat livestock (%)				Read instructions regarding withdrawal periods (%))			
	Rarely	Sometimes	Often	Always	Rarely	Sometimes	Often	Always
Chikomba	0.0	5.1	0.0	2.6	0.0	2.6	2.6	17.9
Goromonzi	2.6	1.3	0.0	0.0	1.3	1.3	0.0	0.0
Hwedza	0.0	1.1	0.0	0.0	0.0	1.1	0.0	0.0
Marondera	7.1	2.4	1.2	1.2	4.7	1.2	0.0	5.9
Mudzi	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Murewa	1.3	0.0	0.0	0.0	2.5	0.0	1.3	0.0
Mutoko	0.0	0.0	7.7	0.0	0.0	0.0	7.7	0.0
Seke	0.5	0.0	0.0	7.8	0.5	0.0	0.5	8.9
UMP	0.0	2.9	0.0	0.0	2.9	8.8	0.0	0.0
Mash East	1.6	1.0	0.3	2.2	1.3	1.0	0.5	3.7

- About 1.3% of the households indicated that they rarely read instructions on the withdrawal period when treating animals with anti-biotics.

Knowledge of Antimicrobial Resistance



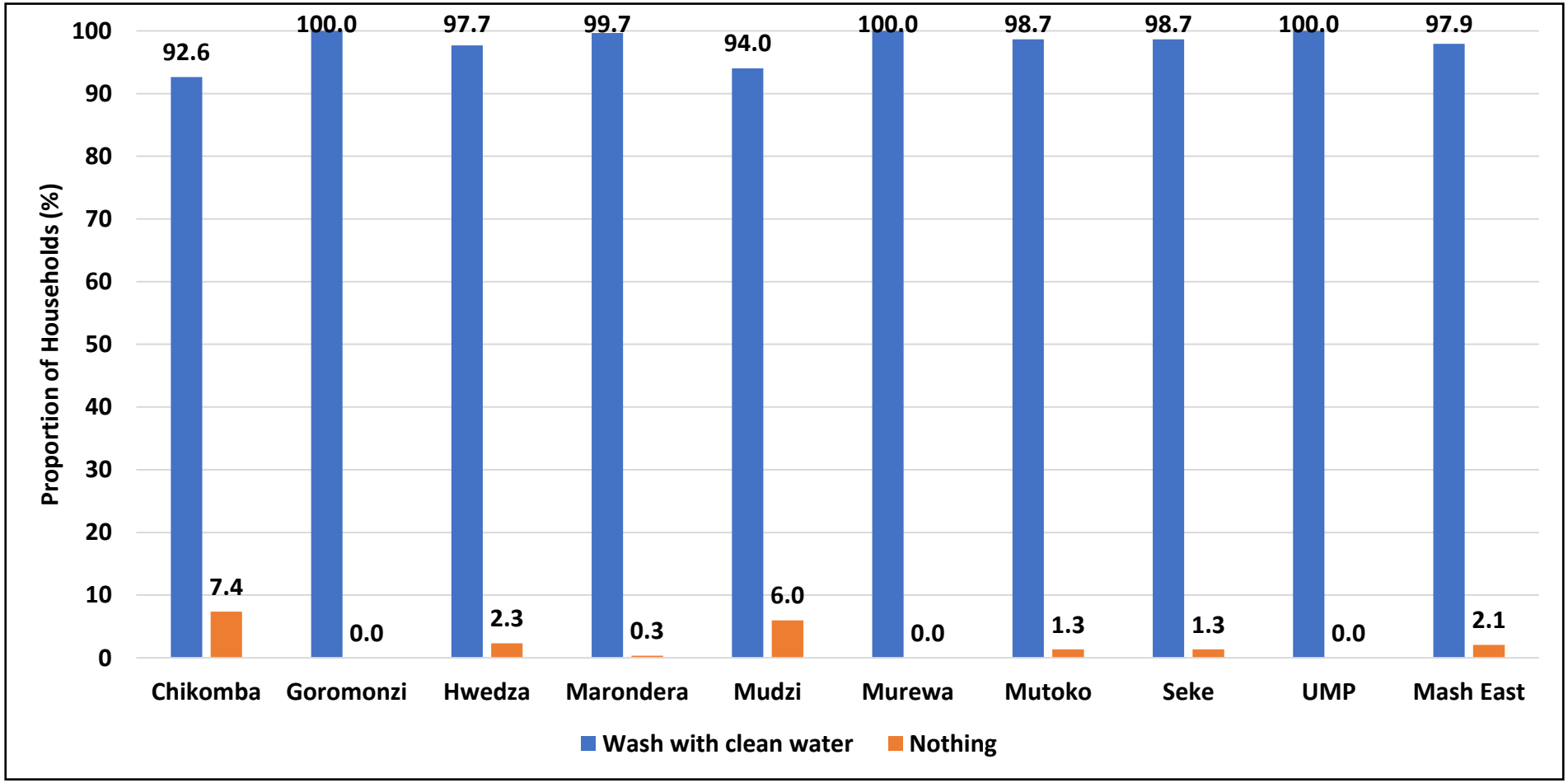
- In Mashonaland East, 16.5% of the households had heard about antimicrobial resistance.
- At least 5.4% reported having consumed meat from livestock that had not completed the withdrawal period.

WHO Five Keys to Safer Food

Ensuring food safety is key to preventing food borne illnesses which are contracted through consumption of unsafe foods:

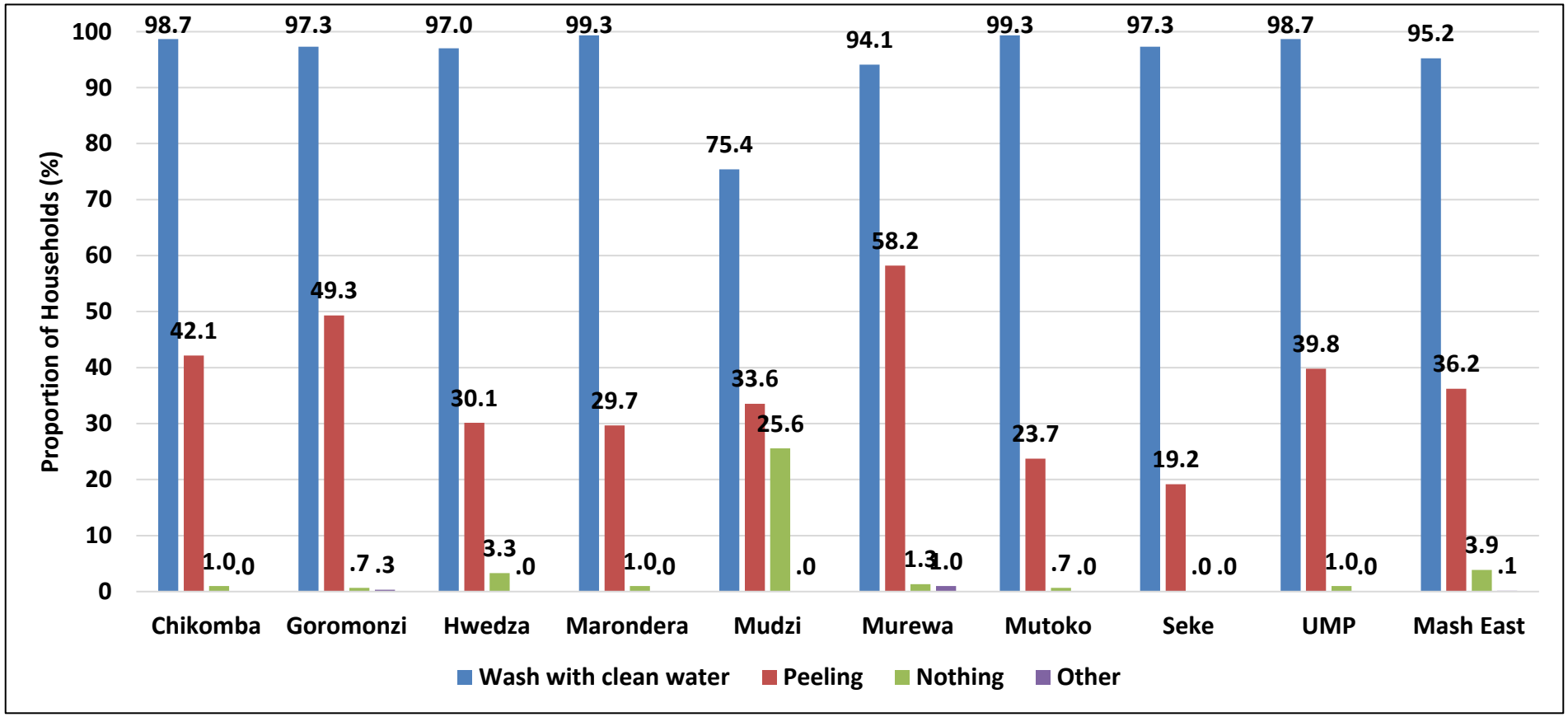
Five Keys	Key Steps
Keep clean	• **Wash hands before handling food** and often during food preparation • **Wash hands after going to the toilet** • Wash and sanitise all surfaces and equipment used for food preparation • Protect kitchen areas and food from insects, pests and other animals
Use safe water and raw materials	• **Use safe water** *households improved water source*) **or treat it to make it safe** *households treat water)* • Select fresh and wholesome foods • Choose foods processed for safety, such as pasteurised milk • Wash fruits and vegetables, especially if eaten raw • Do not use food beyond its expiry date
Separate raw and cooked	• Separate raw meat, poultry and seafood from other foods • Use separate equipment and utensils such as knives and cutting boards for handling raw foods • Store food in containers to avoid contact between raw and prepared foods
Cook thoroughly	• Cook food thoroughly, especially meat, poultry, eggs and fish • Bring foods like soups and stews to boiling to make sure that they have reached 70°C • Reheat cooked food thoroughly
Keep food at safe temperatures	• Do not leave cooked food at room temperature for more than 2 hours • Refrigerate promptly all cooked and perishable food (preferably below 5°C) • Keep cooked food piping hot (more than 60°C) prior to serving • Do not store food too long even in the refrigerator • Do not thaw frozen food at room temperature

Safe Ways of Handling Meat and Fish



- Most of the households (97.9%) washed meat and fish with clean water before cooking.
- Chikomba (7.4%) recorded the highest proportion of households which did nothing.

Safe Ways of Handling Fruits and Vegetables



- Most households in Mashonaland East (95.2%) washed fruits and vegetables with clean water before eating.

Safety of Food During Storage, Cooking and Serving

District	Use clean and fresh utensils (%)	Keep food at correct temperatures (%)	Keep food closed or covered (%)	Separate raw and cooked food (%)	Cook food completely and not leave any part raw (%)	Other (%)
Chikomba	92.0	16.7	72.9	45.5	59.5	0.3
Goromonzi	96.0	46.6	72.1	49.3	36.2	0.7
Hwedza	92.4	44.0	64.9	60.6	18.5	0.7
Marondera	82.0	48.3	68.7	50.7	41.3	0.0
Mudzi	85.4	59.1	76.1	57.8	33.9	.3
Murewa	67.4	49.0	78.0	47.7	39.8	9.2
Mutoko	90.6	41.1	49.5	49.5	51.2	0.0
Seke	75.8	15.5	55.9	27.6	35.7	0.3
UMP	52.2	50.8	77.9	58.9	29.4	0.0
Mash East	81.5	41.3	68.5	49.8	38.4	1.3

- At least 81.5% of households used clean and fresh utensils and 68.5% kept food covered during storage, cooking and serving.

Most Common Food Items Purchased from Vendors

District	Cereal (rice, mealie meal, traditional grains) (%)	Biscuits, sweets and snacks (%)	Drinks (%)	Fruits and vegetables (%)	Meat and meat products (%)	Dairy products (%)	Other (%)
Chikomba	46.5	37.5	27.4	80.6	47.8	31.8	3.0
Goromonzi	1.7	18.5	22.1	86.2	26.8	12.1	0.7
Hwedza	42.4	29.1	19.2	65.9	19.2	5.6	24.5
Marondera	10.3	33.0	22.7	69.7	23.3	21.3	11.3
Mudzi	48.2	7.0	4.0	64.1	18.6	2.0	15.0
Murewa	23.4	14.1	13.8	62.8	23.7	17.1	14.8
Mutoko	35.5	11.0	16.7	27.1	9.0	22.1	0.3
Seke	17.8	63.3	64.0	77.1	27.6	11.8	0.0
UMP	0.7	0.7	1.0	90.0	1.3	0.3	0.0
Mash East	25.2	23.7	21.2	69.2	21.9	13.8	7.8

- The majority of the households (69.2%) reported that they purchased fruits and vegetables from vendors.
- About 21.9% of the households reported that they bought meat and meat products from vendors. This predisposes them to food borne illnesses.

Water, Sanitation and Hygiene

Ladder for Drinking Water Services

Service Level	Definition
Safely Managed	Drinking water from an improved water source that is located on premises, available when needed and free from faecal and priority chemical contamination.
Basic Drinking Water	Basic drinking water services are defined as drinking water from an improved source, provided collection time is not more than 30 minutes for a roundtrip including queuing.
Limited Drinking Water Services	Limited water services are defined as drinking water from an improved source, where collection time exceeds 30 minutes for a roundtrip including queuing.
Unimproved Water Sources	Drinking water from an unprotected dug well or unprotected spring.
Surface Water Sources	Drinking water directly from a river, dam, lake, pond, stream, canal or irrigation channel.

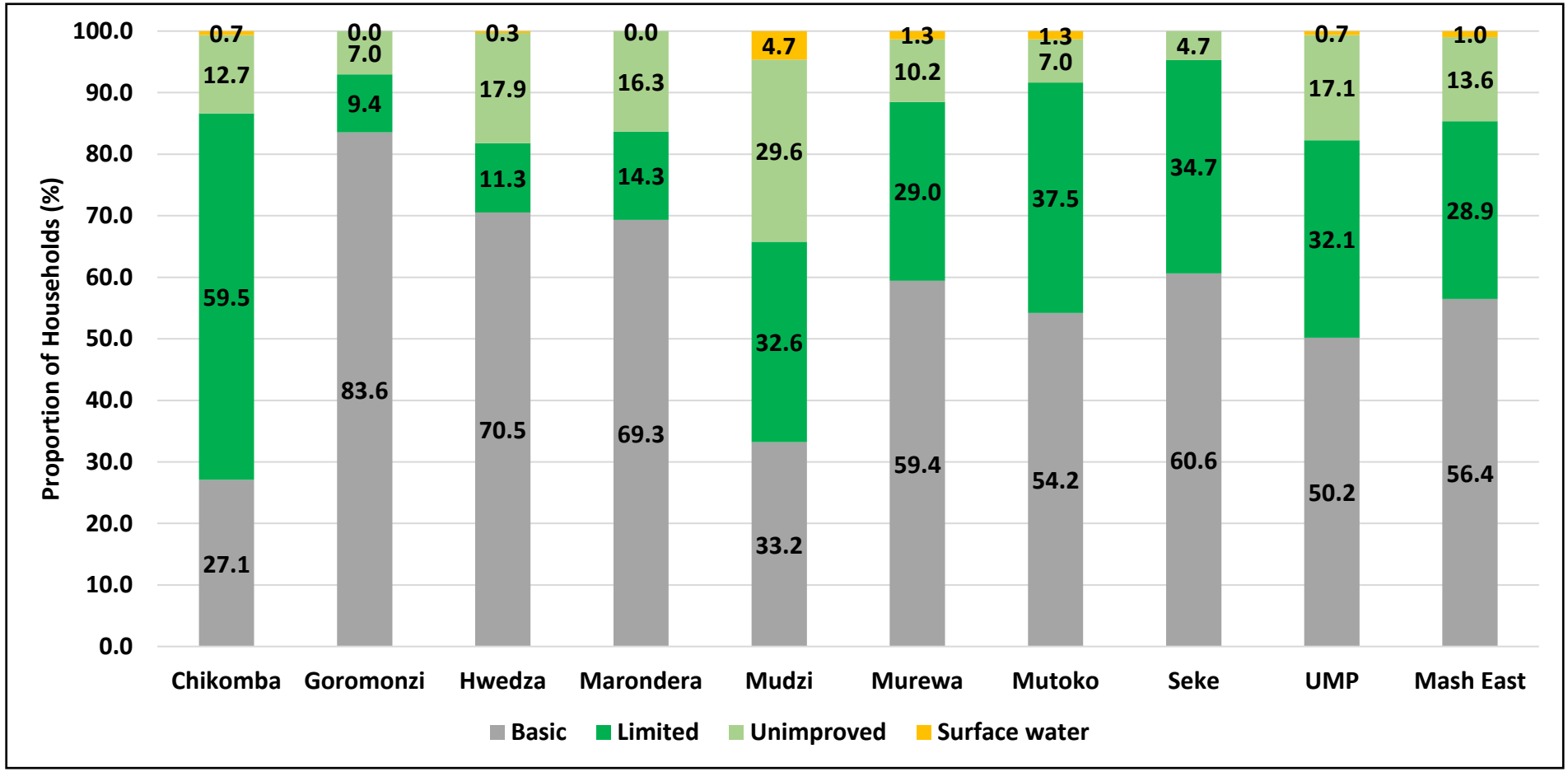
Note :
"Improved" drinking water sources are further defined by the quality of the water they produce, and are protected from faecal contamination by the nature of their construction or through an intervention to protect from outside contamination. Such sources include: piped water into dwelling, plot, or yard; public tap/standpipe; tube well/borehole; protected dug well; protected spring; or rainwater collection. This category now includes packaged and delivered water, considering that both can potentially deliver safe water.

Main Source of Drinking Water

District	Piped into dwelling (%)	Piped into yard or plot (%)	Piped into public tap or standpipe (%)	Piped into neighbour (%)	Borehole/ Tube well (%)	Protected well (%)	Unprotected well (%)	Protected spring (%)	Unprotected spring (%)	Surface water (%)
Chikomba	2.0	0.3	3.0	0.7	21.1	57.5	8.4	2.0	4.3	0.7
Goromonzi	0.3	1.3	15.8	1.0	18.8	54.7	5.7	1.0	1.3	0.0
Hwedza	0.3	5.0	10.9	0.3	19.5	45.4	14.2	0.3	3.6	0.3
Marondera	3.0	4.3	14.3	0.0	21.3	38.7	15.7	2.0	0.7	0.0
Mudzi	0.0	2.0	14.3	2.0	40.9	6.3	29.6	0.3	0.0	4.7
Murewa	1.7	3.0	3.3	0.7	16.5	61.7	9.2	1.7	0.7	1.3
Mutoko	0.3	1.0	2.0	0.0	43.5	44.8	7.0	0.0	0.0	1.3
Seke	4.4	2.7	18.9	0.3	20.9	47.8	4.7	0.0	0.0	0.0
UMP	0.0	0.3	8.0	2.0	40.5	31.4	16.7	0.0	0.0	0.7
Mash East	1.3	2.2	10.0	0.8	27.0	43.1	12.4	0.8	1.2	1.0

- The majority of households were drinking water from protected well (43.1%).
- Attention should be given to households which were drinking water from unprotected wells (12.4%), unprotected springs (1.2%) and surface water (1.0%).

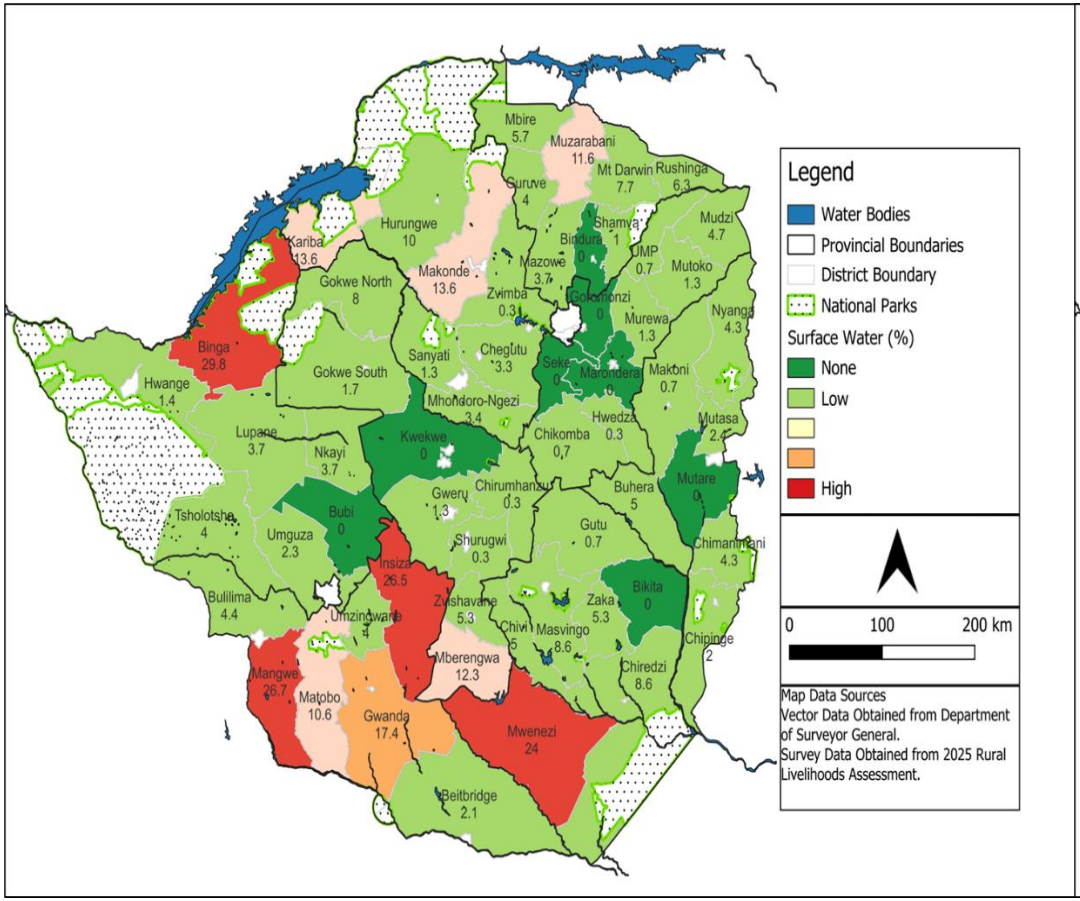
Main Drinking Water Services



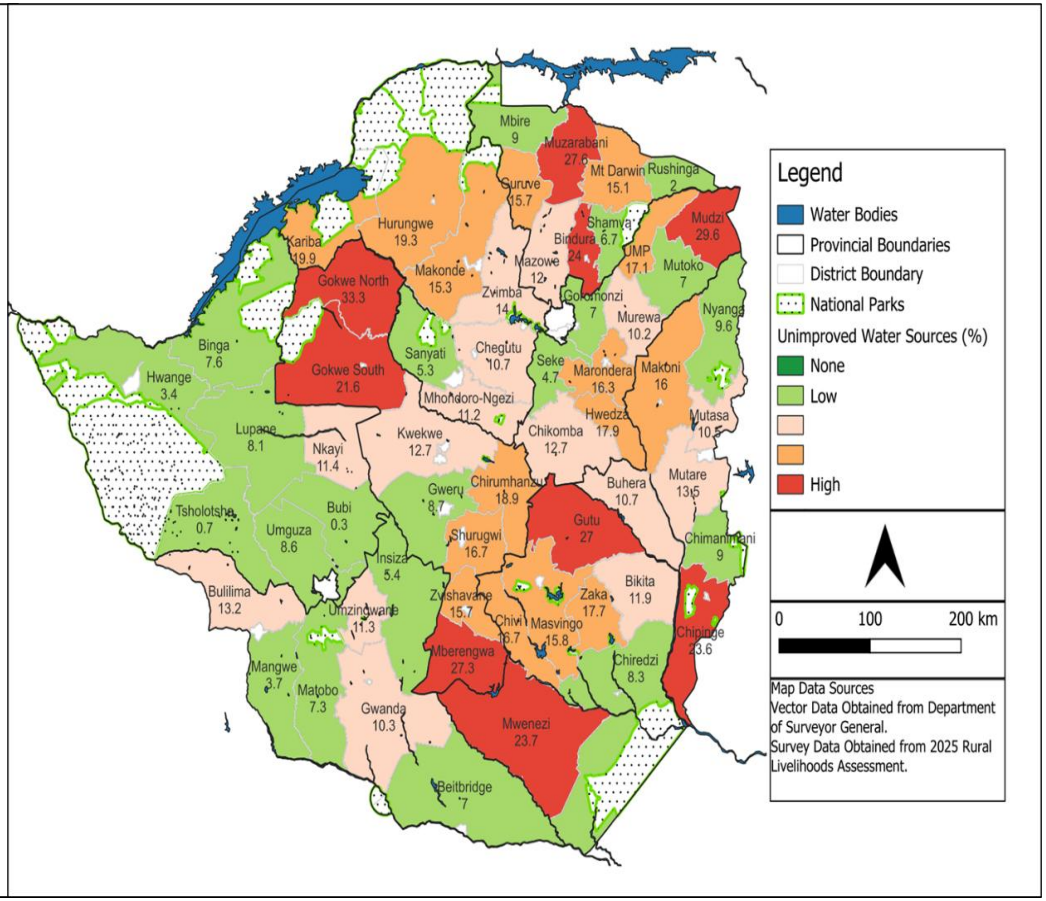
- Goromonzi (83.6%) had the highest proportion of households accessing basic drinking water services.
- About 4.7% of the households in Mudzi were accessing drinking water from surface sources (dams, rivers, canals).

Water Services

Households Drinking Surface Water

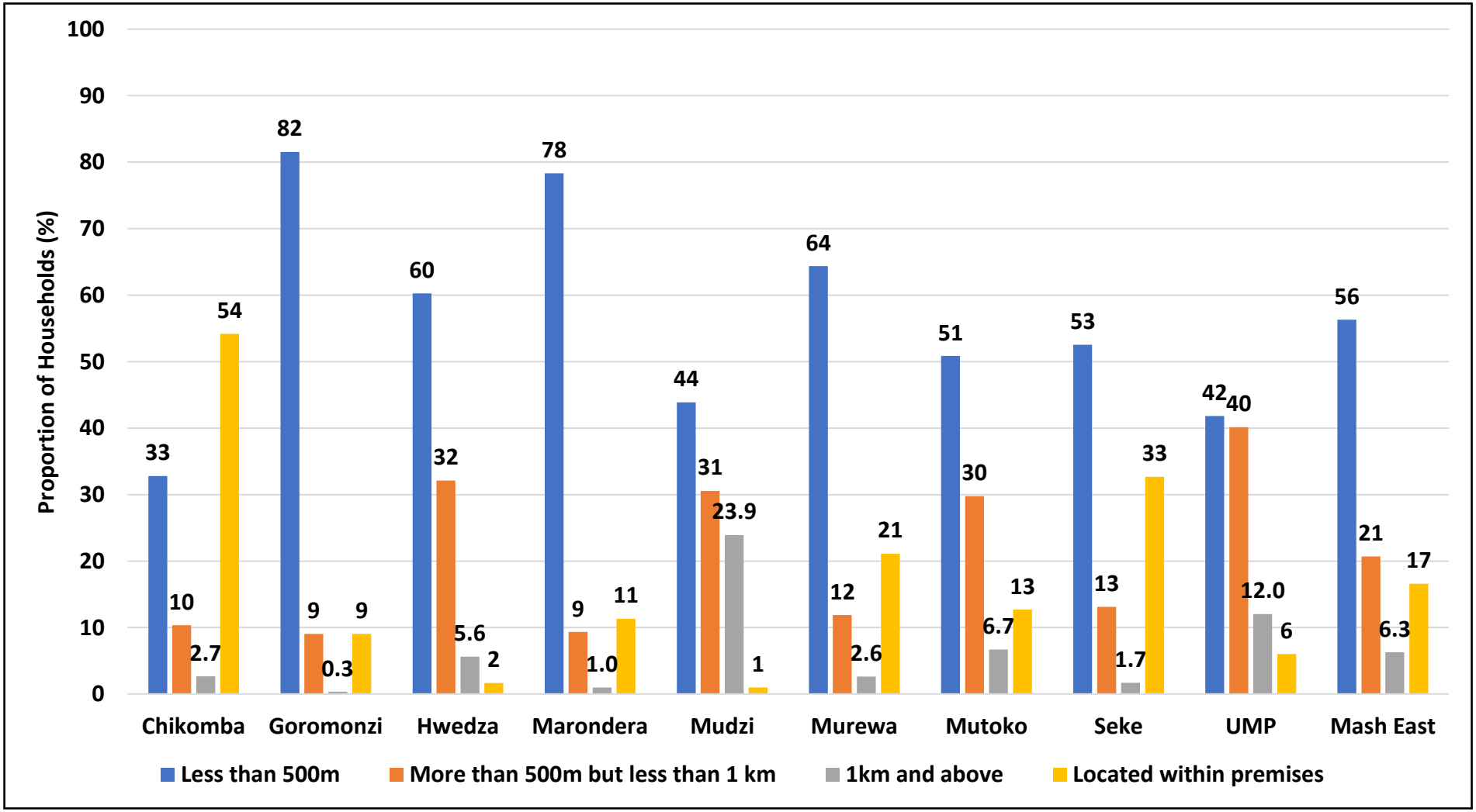


Households Using Unimproved Water



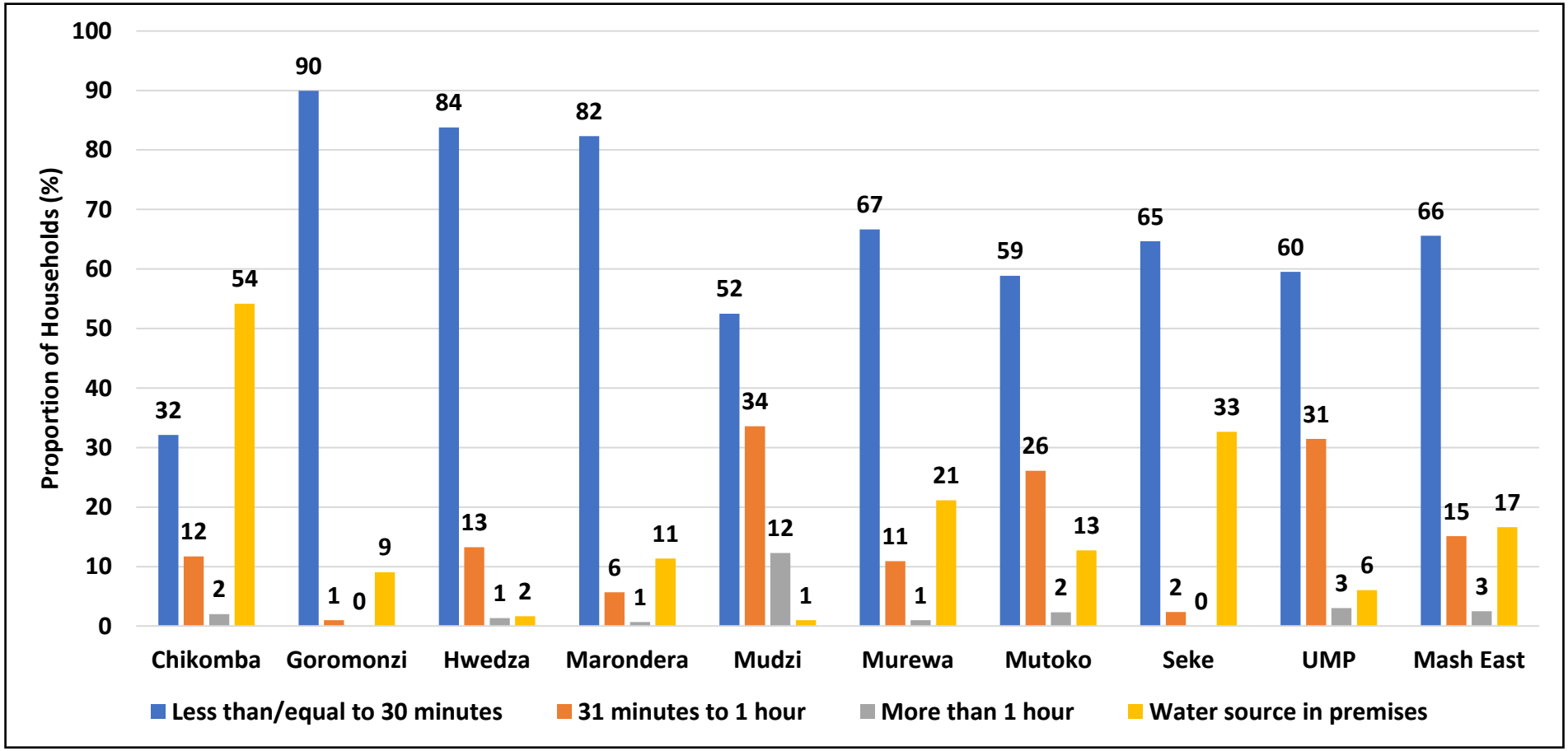
- Mudzi (4.7%) had the highest proportion of households which were drinking surface water.
- Mudzi (29.6%) had the highest proportion of households using unimproved water services.

Distance Travelled to Main Water Source



- About 56% of the households accessed water less than 500m from their homes.

Time Taken to and from Main Drinking Water Source



- The proportion of households spending thirty minutes or less for a round trip to collect water from their main drinking water source was 66%.

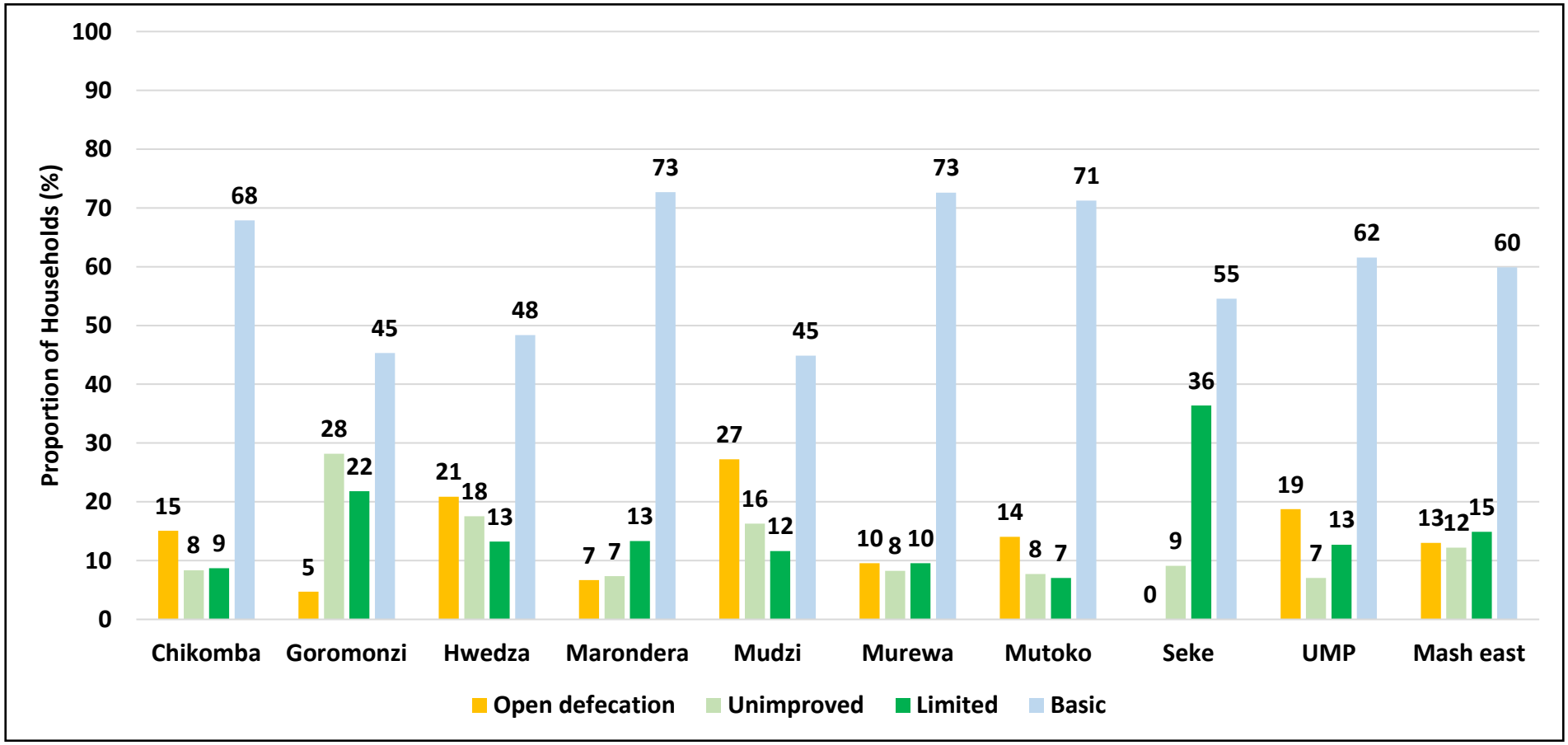
Sanitation

Ladder for Sanitation

Service level	Definition
Safely Managed	Use of improved facilities that are not shared with other households and where excreta are safely disposed of in situ or transported and treated offsite.
Basic Sanitation Facilities	Use of improved facilities which are not shared with other households.
Limited Sanitation Facilities	Use of improved facilities shared between two or more households.
Unimproved Sanitation Facilities	Facilities that do not ensure hygienic separation of human excreta from human contact. Unimproved facilities include pit latrines without a slab or platform, hanging latrines and bucket latrines.
Open Defecation	Disposal of human faeces in fields, forest, bushes, open bodies of water, beaches or other open spaces or with solid waste.

Note: Improved sanitation facilities: Facilities that ensure hygienic separation of human excreta from human contact. They include flush or pour flush toilet/latrine, Blair ventilated improved pit (BVIP), pit latrine with slab and upgradeable Blair latrine.

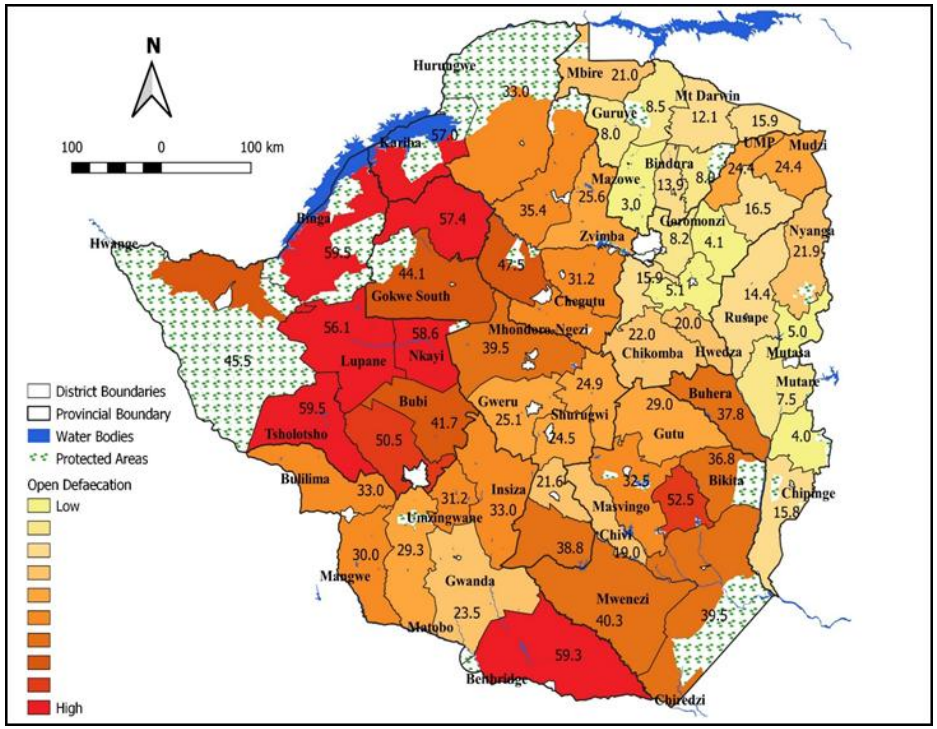
Household Sanitation Services



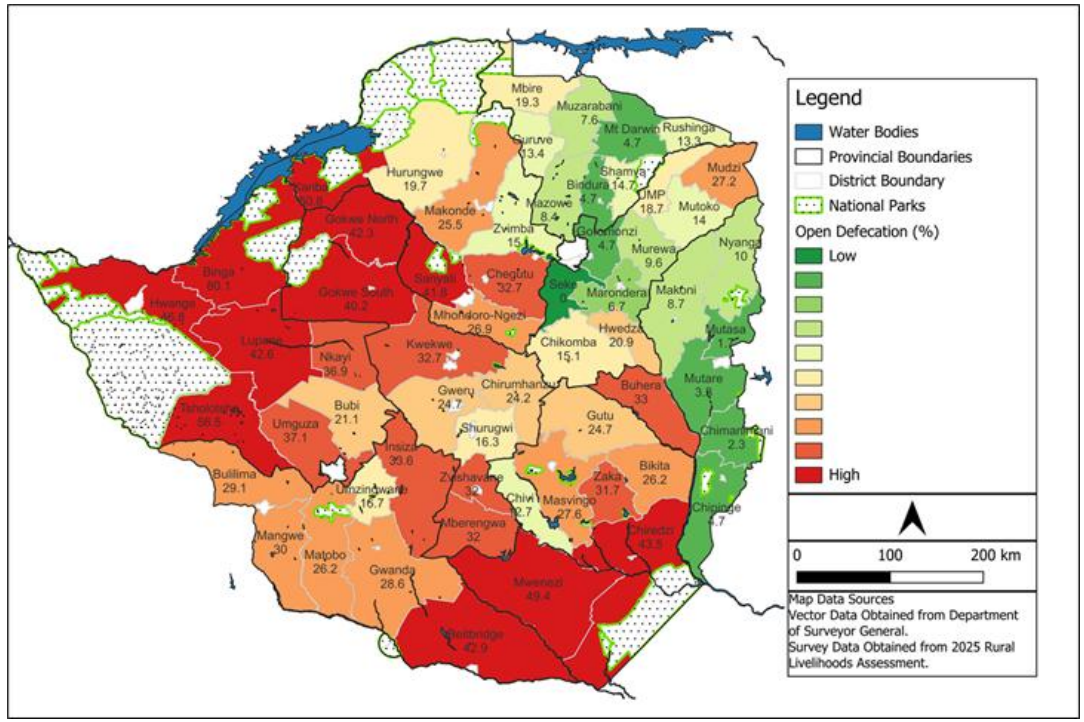
- The proportion of households that practised open defaecation was 13%.

Open Defecation By District

2020



2025



- In Mashonaland East, Mudzi (27%) reported the highest proportion of households practising open defaecation.

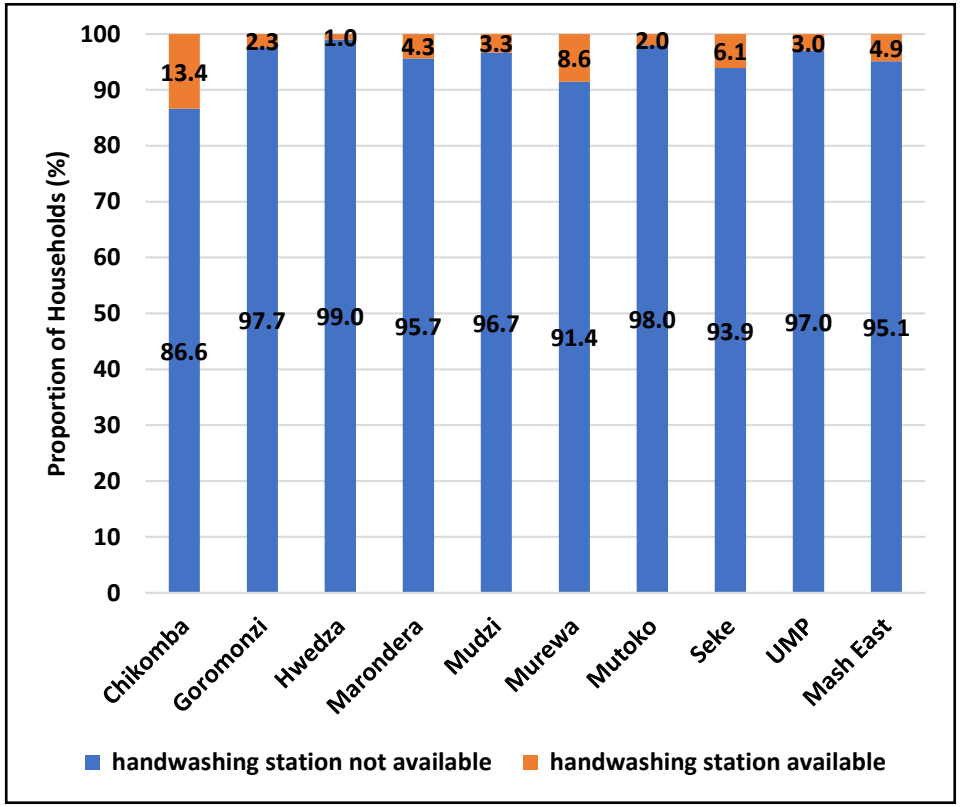
Ladder for Hygiene

Service level	Definition
Basic	Availability of a handwashing facility on premises with soap and water.
Limited	Availability of a handwashing facility on premises without soap and water.
No Facility	No hand washing facility on premises.

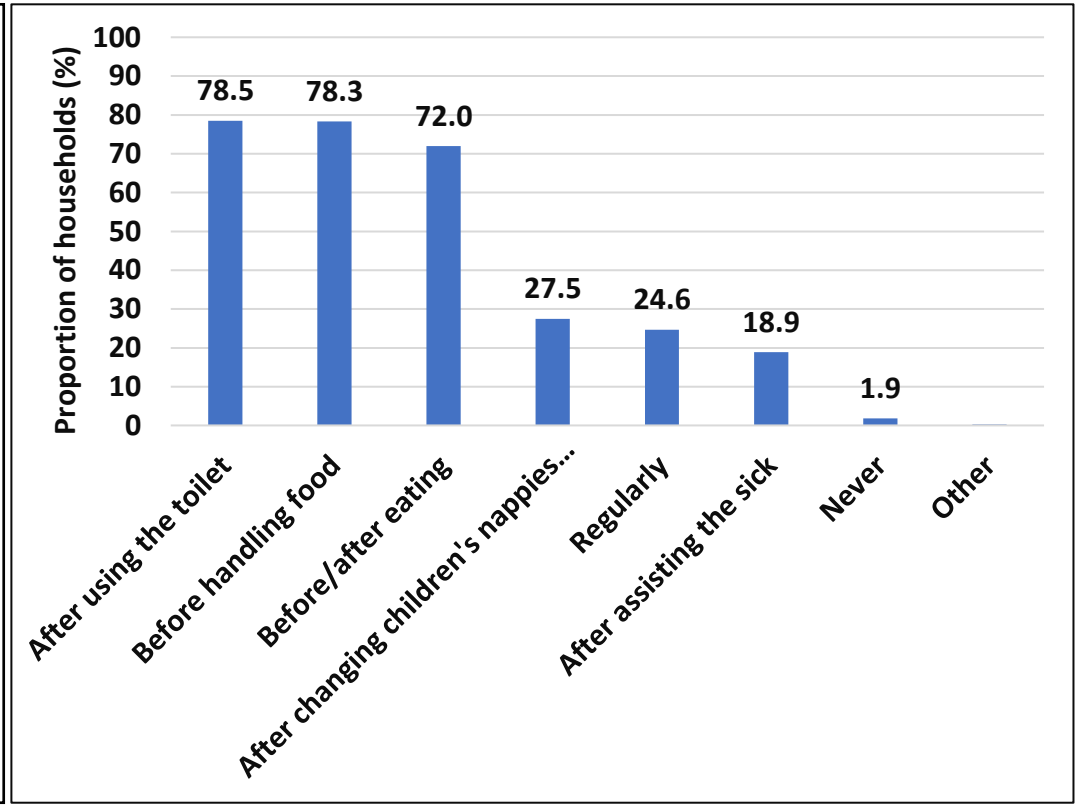
Note: handwashing facilities may be fixed or mobile and include a sink with tap water, buckets with taps, tippy taps, and jugs or basins designated for hand washing. Soap includes bar soap, liquid soap, powdered detergents and soapy water but does not include sand, soil, ash and other handwashing agents.

Handwashing

Handwashing facilities



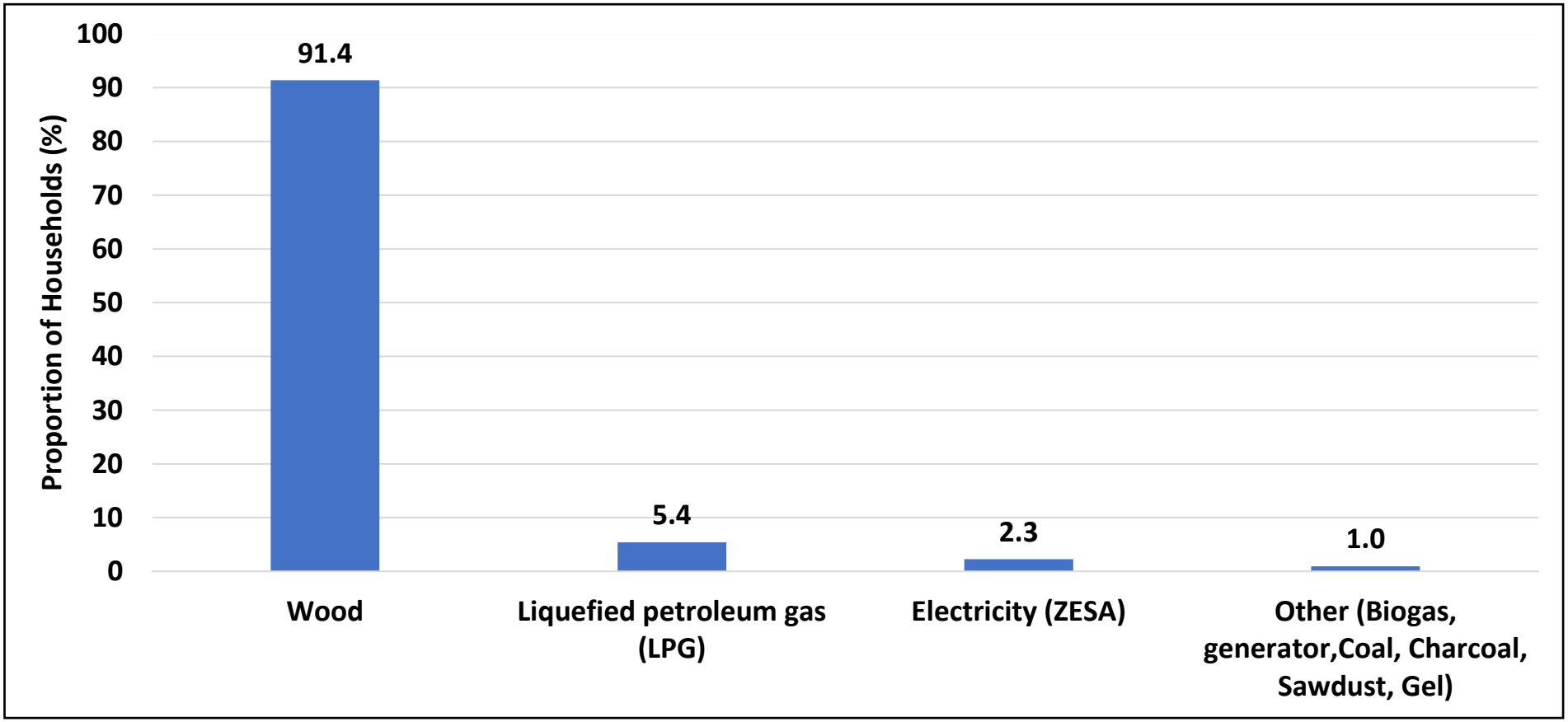
Handwashing at Critical Times



- The proportion of households without handwashing facilities was 4.9% in Mashonaland East.
- The majority of households reported that they washed their hands after using the toilet (78.5%) whilst 1.9% reported that they never washed their hands.

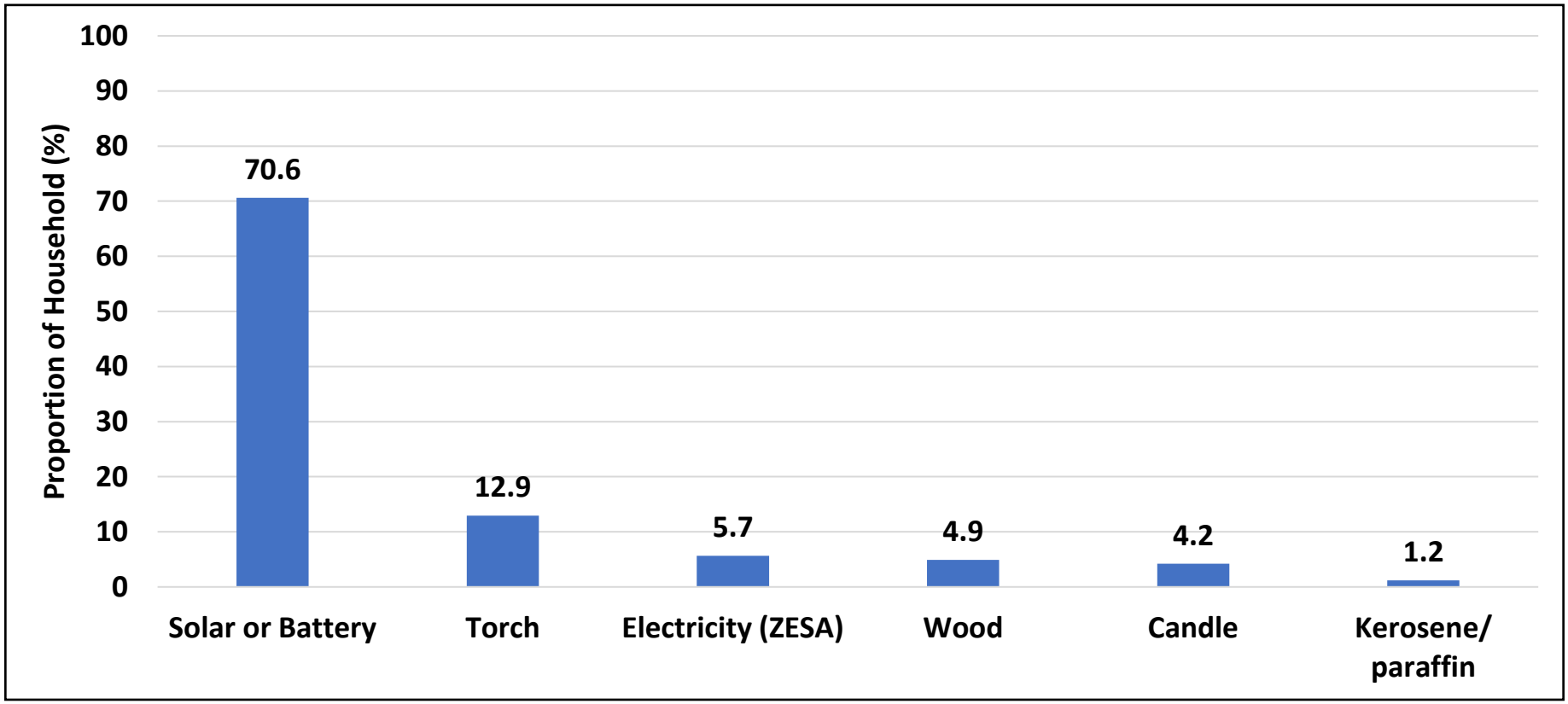
Energy

Type of Energy Used for Cooking



- Wood (91.4%) was the most reported type of energy used for cooking in Mashonaland East province.
- The unsustainable use of firewood may lead to high levels of deforestation.

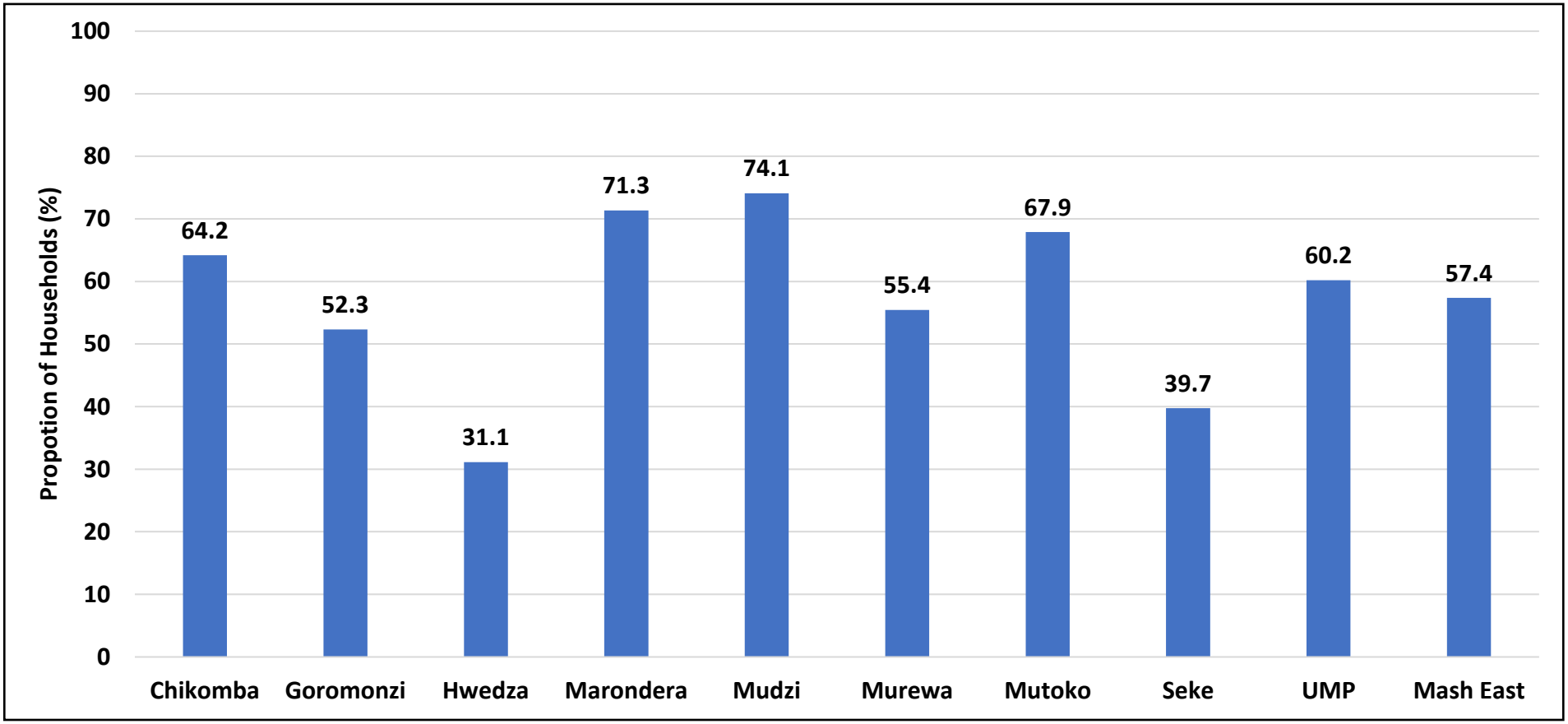
Type of Energy Used for Lighting



- Solar or battery (70.6%) was the most reported type of energy used for lighting in Mashonaland East province.

Climate Change

Household Knowledge on Climate Change



- Mudzi (74.1%) had the highest proportion of households with knowledge on climate change while Hwedza (31.1%) had the lowest.

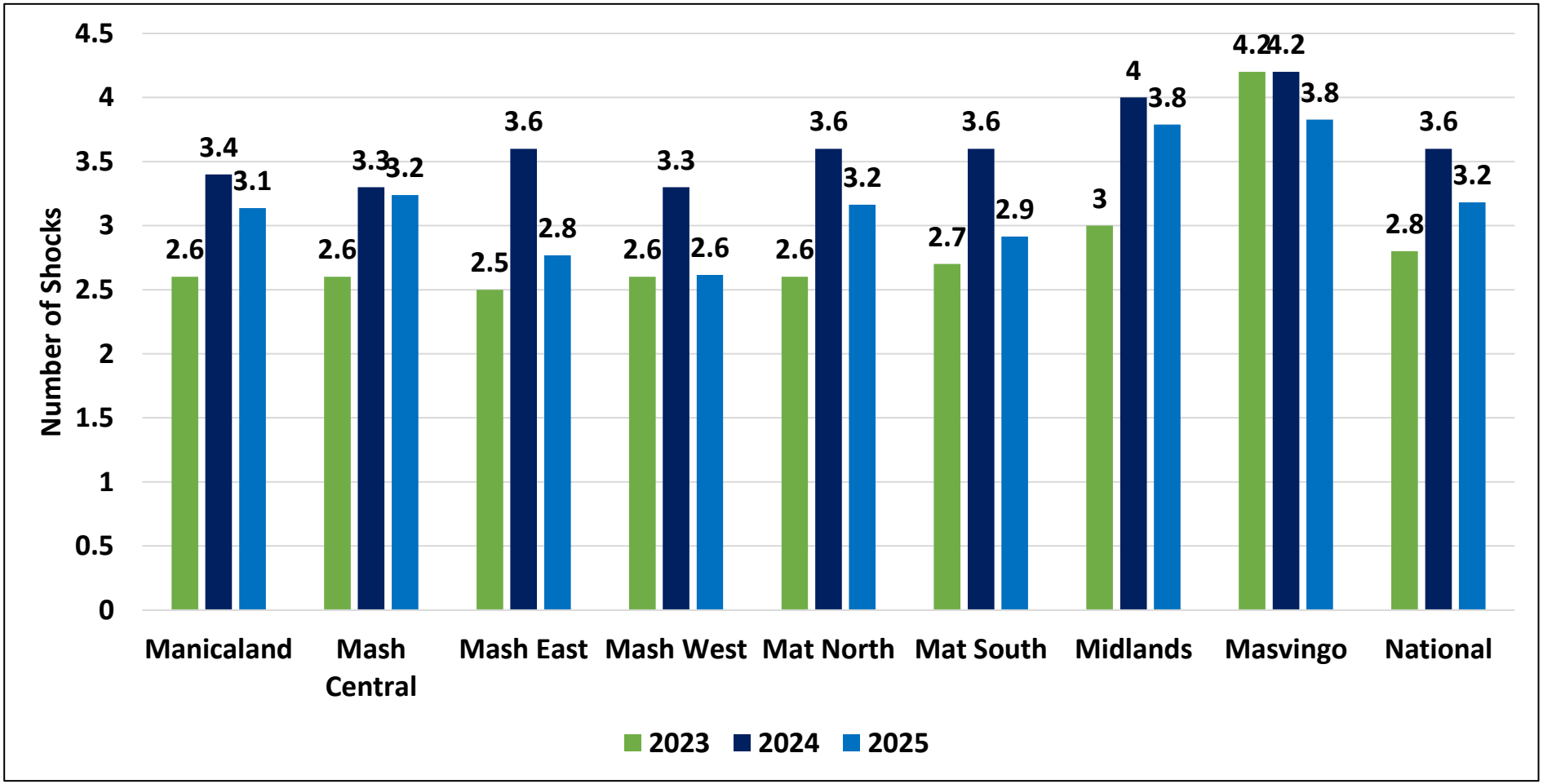
Perceived Effects of Climate Change on Households

District	Not enough food (%)	Increased droughts (%)	More health risks (%)	Extreme temperatures (%)	Severe storms (%)	Loss of species (%)	Poverty and displacement (%)
Chikomba	14.4	13.0	1.3	25.1	3.3	0	7.0
Goromonzi	16.1	21.5	7.0	6.7	0.3	0	0.7
Hwedza	12.3	12.6	3.0	2.0	0	0	1.3
Marondera	37.7	15.3	1.0	16.0	0.3	0	1.0
Mudzi	71.1	2.0	0.7	0	0	0	0.3
Murewa	19.7	22.4	1.0	6.3	4.6	0.7	0.7
Mutoko	34.8	26.1	1.0	4.0	0.7	0	1.3
Seke	6.4	10.1	3.4	17.5	1.0	0	1.3
UMP	33.8	15.7	8.4	1.7	0	0	0.7
Mash East	27.4	15.4	3.0	8.8	1.1	0.1	1.6

- Not enough food (27.4%) and increased droughts (15.4%) were the most reported perceived effects of climate change.

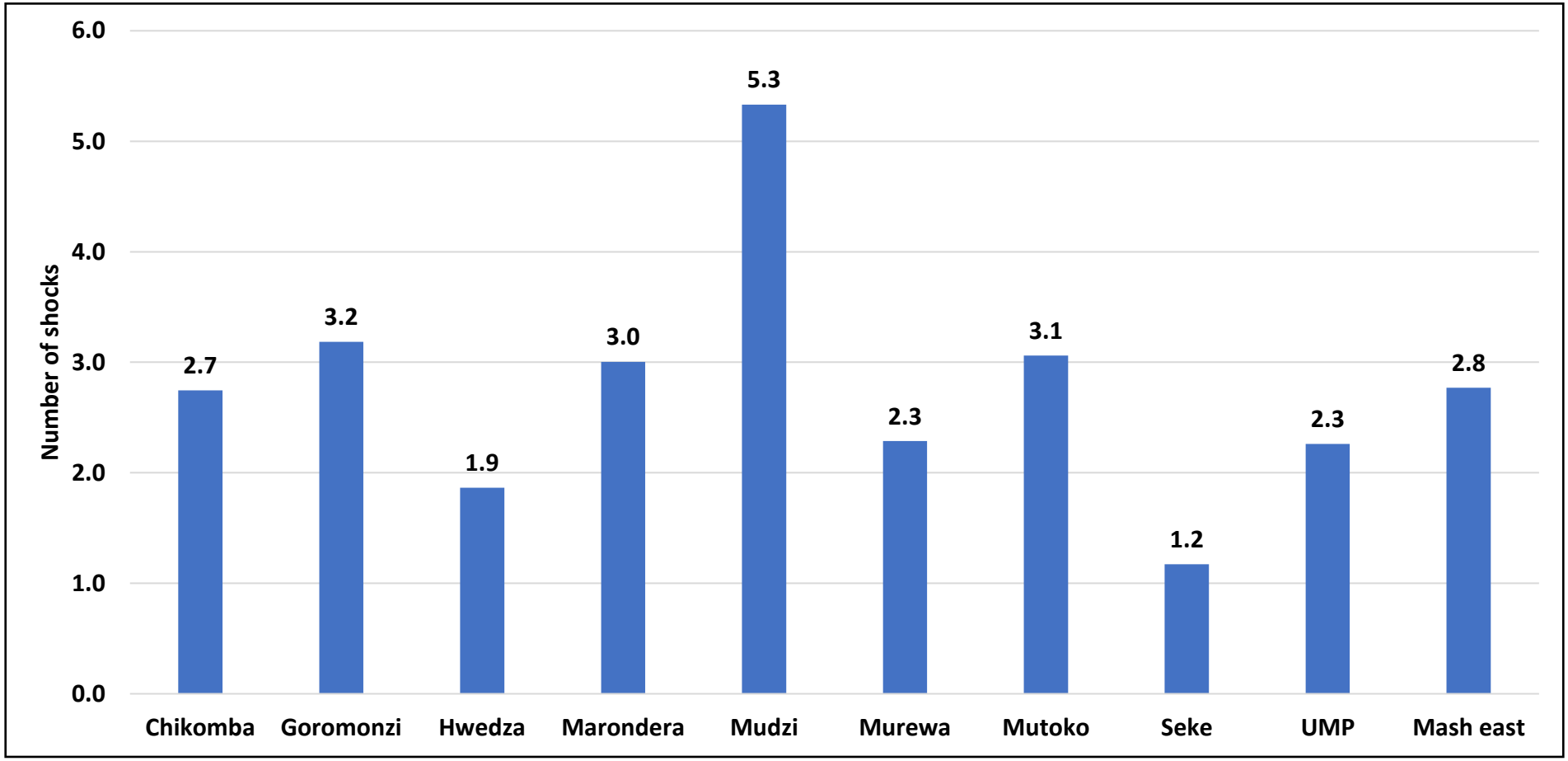
Shocks and Stressors

Number of Shocks and Stressors Experienced by Households



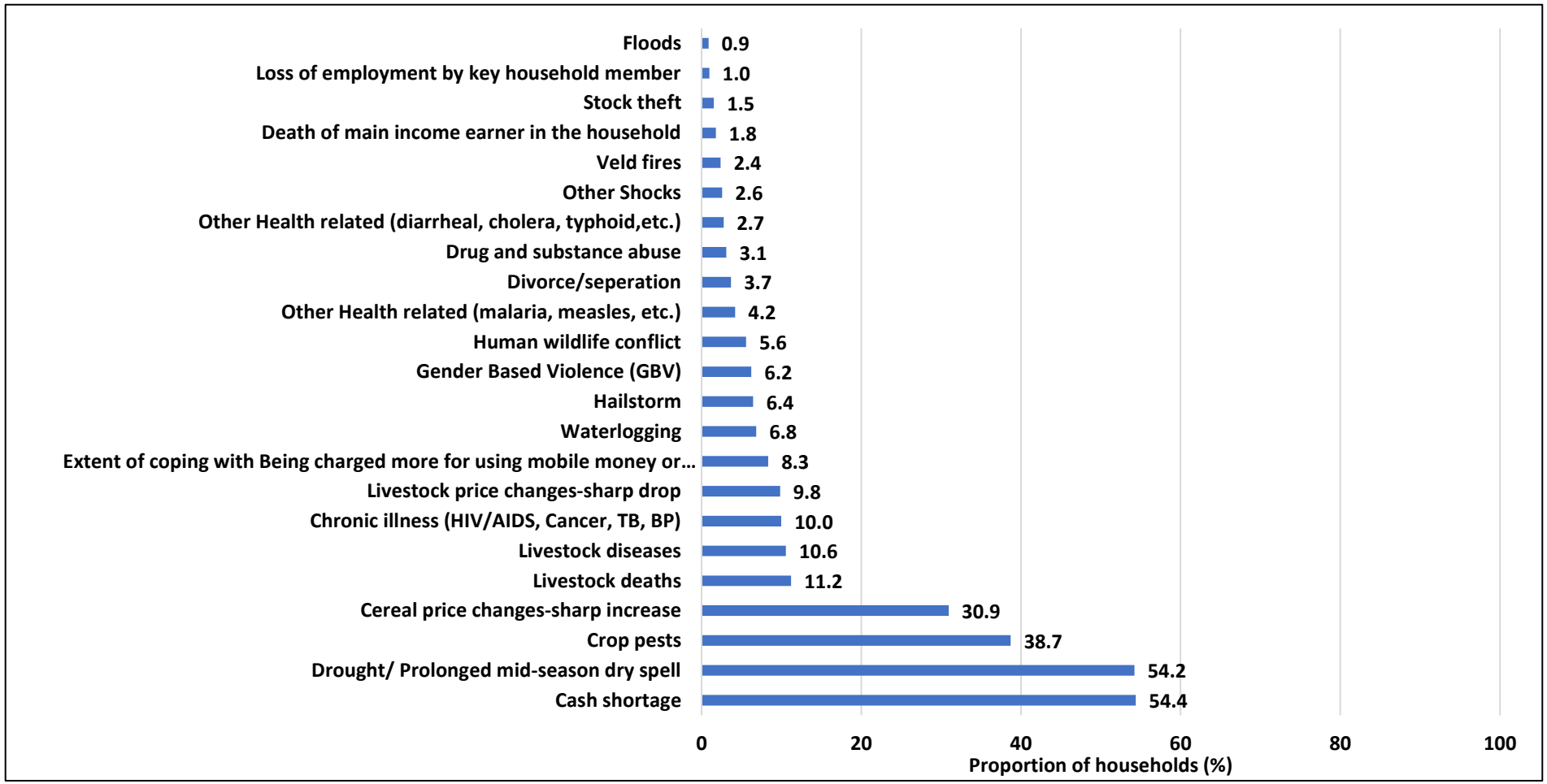
- The average number of shocks and stressors experienced by households decreased from 3.6 in 2024 to 3.2 in 2025.

Number of Shocks and Stressors Experienced by Households



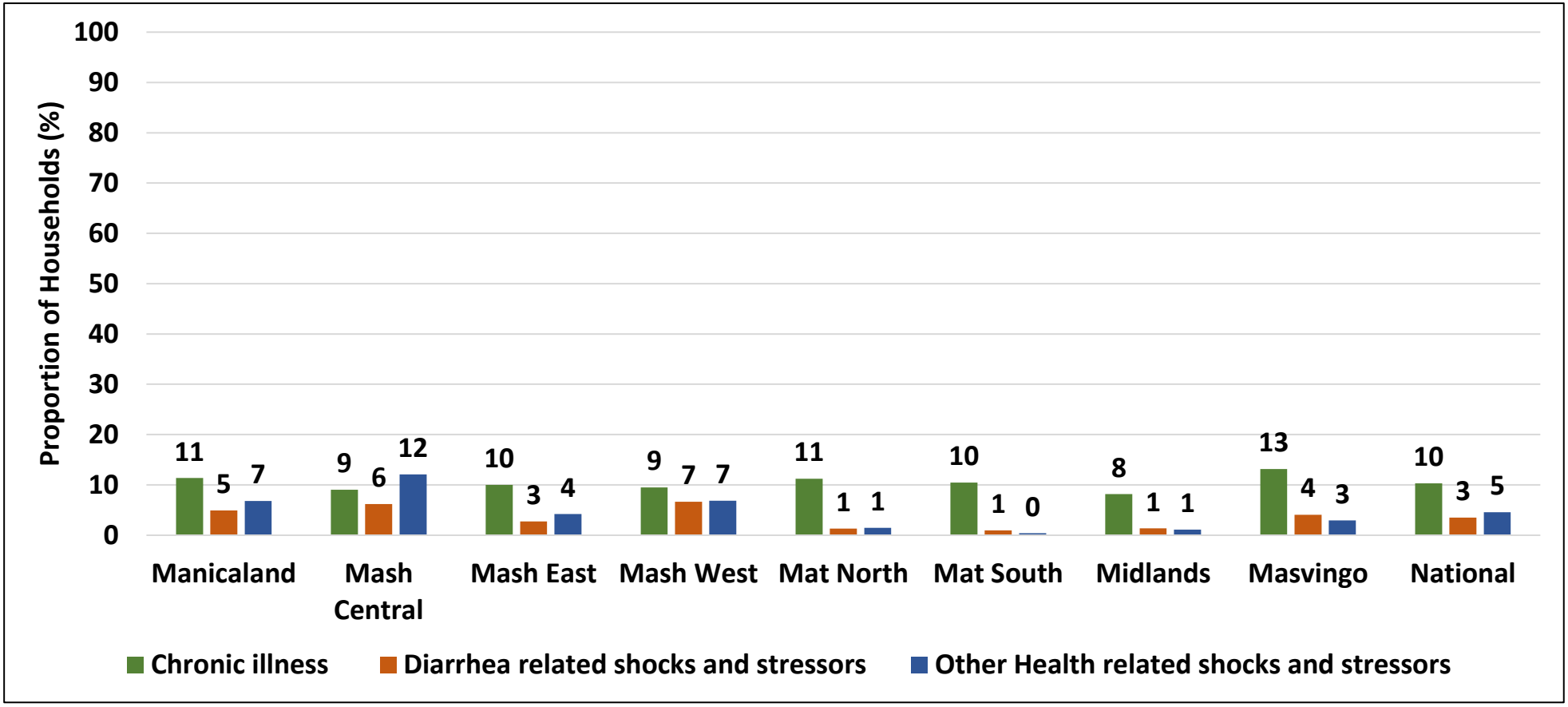
- Mudzi (5.3) experienced the highest average number of shocks and stressors in Mashonaland East province.

Households that Experienced Shocks and Stressors



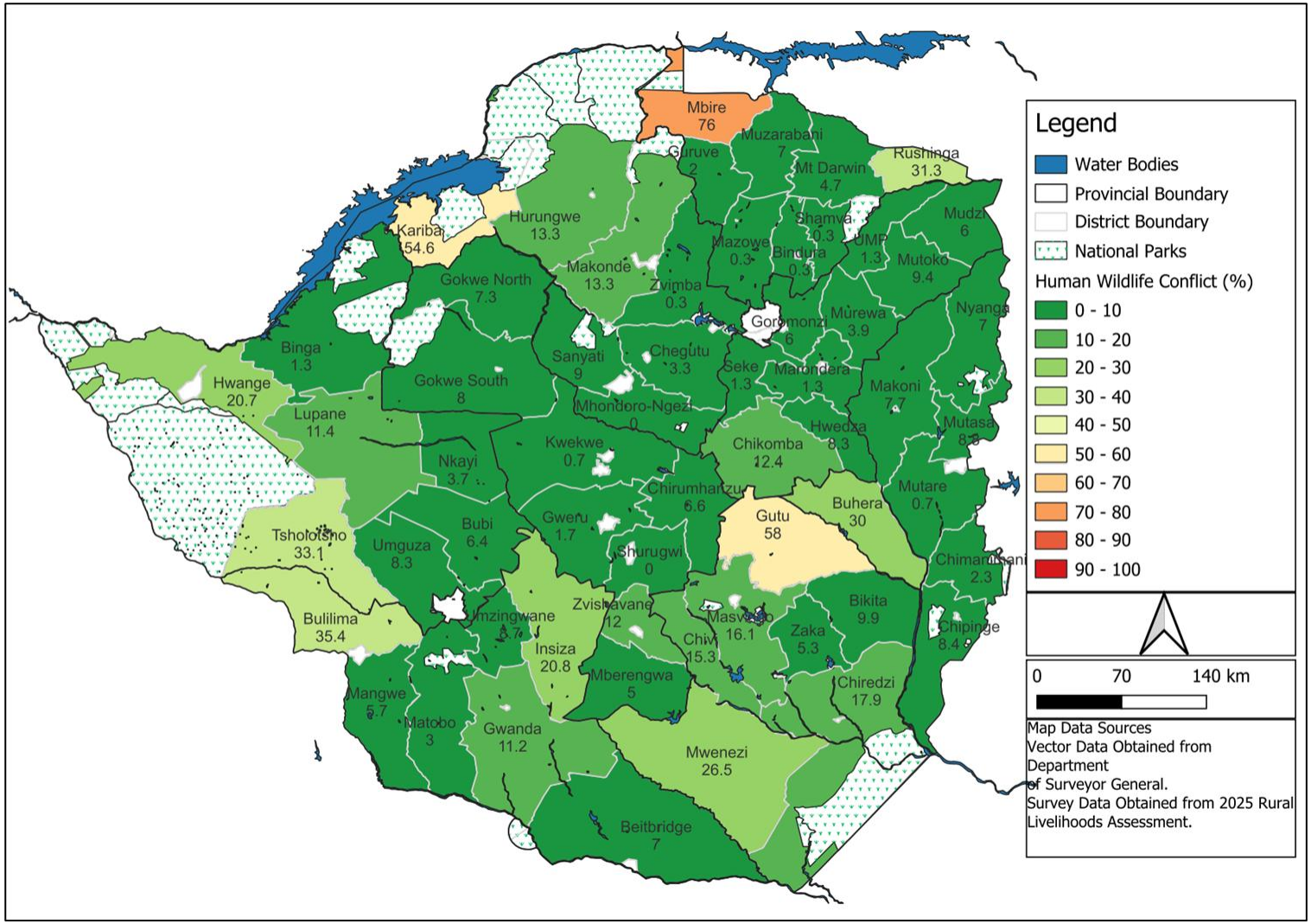
- Cash shortage (54.4%) and prolonged mid-season dry spells (54.2%) were the most prevalent shocks experienced by the households.

Health Related Shocks and Stressors



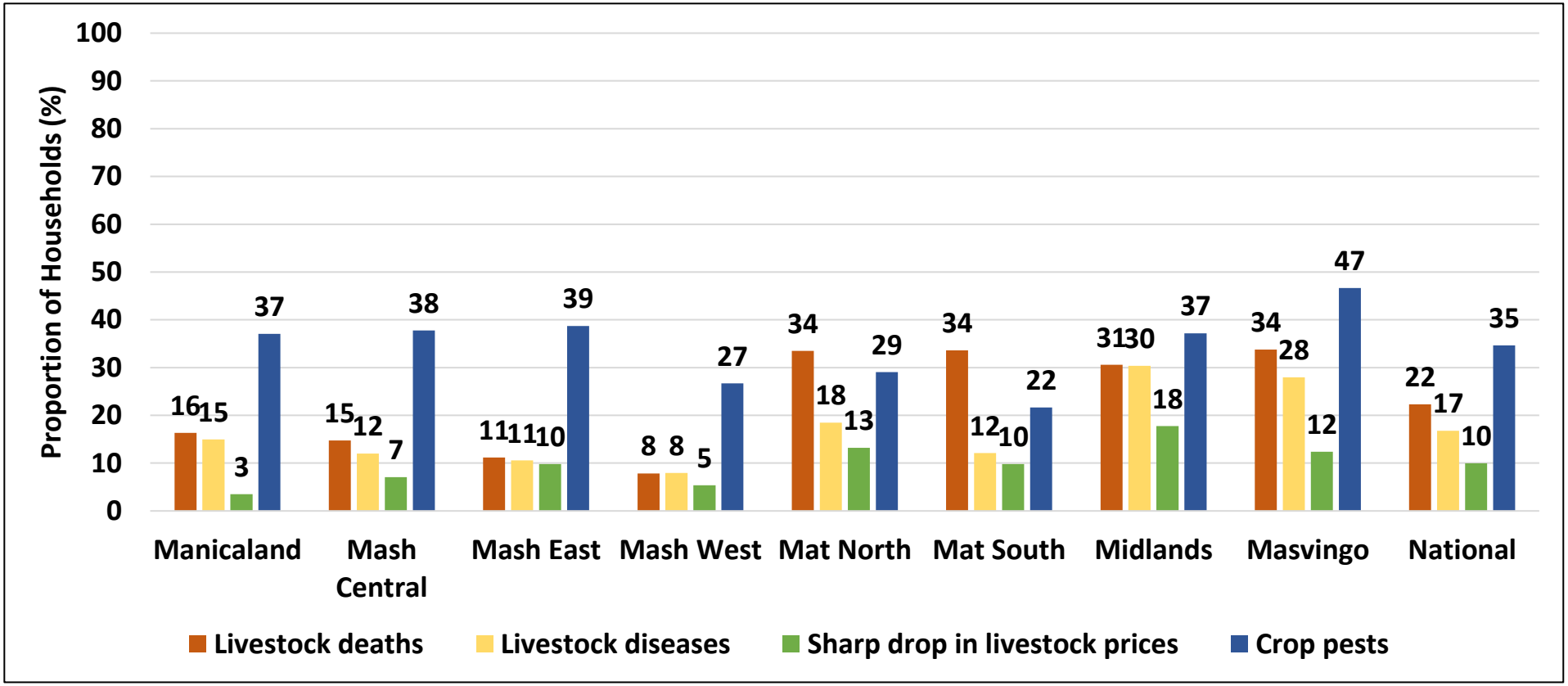
- Chronic illness was the most reported health shock and stressor (10%).

Human Wildlife Conflict



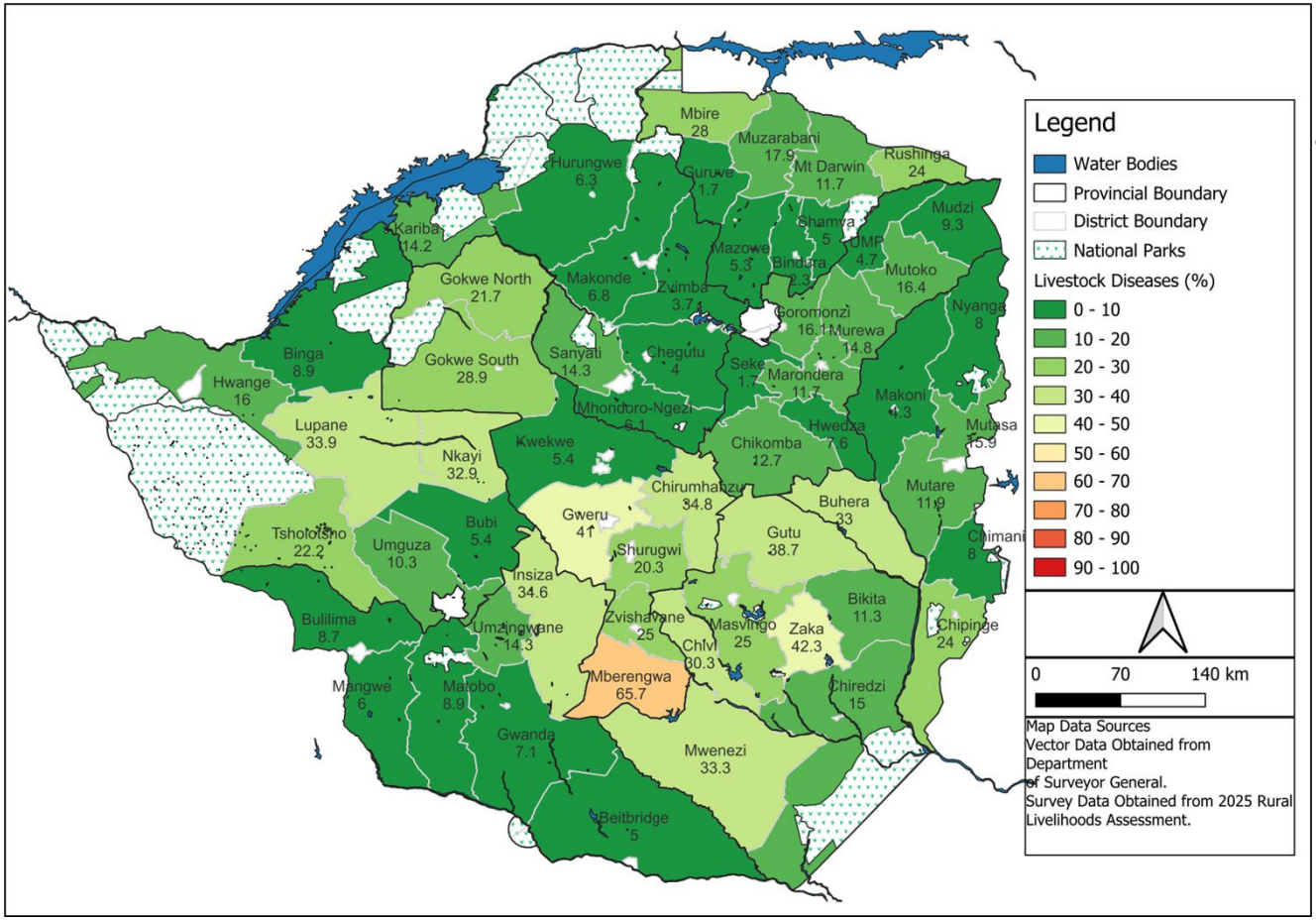
- Chikomba (12.4%) had the highest proportion of households reporting human wildlife conflict as a shock and stressor.

Agriculture Related Shocks and Stressors



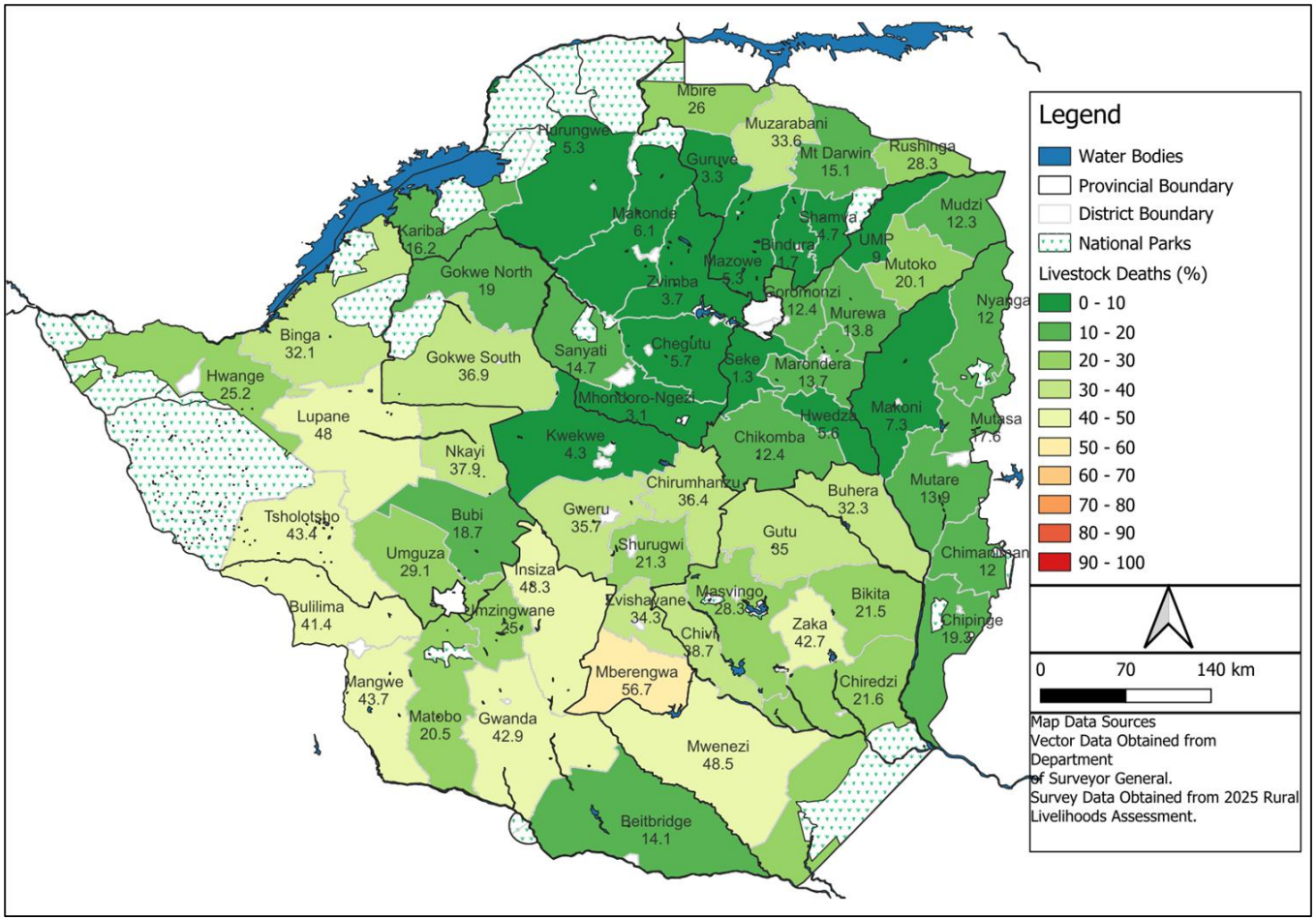
- Crop pests (39%) was the most reported agriculture related shock whilst sharp drop in livestock prices (10%) was the least reported in Mashonaland East.

Livestock Diseases



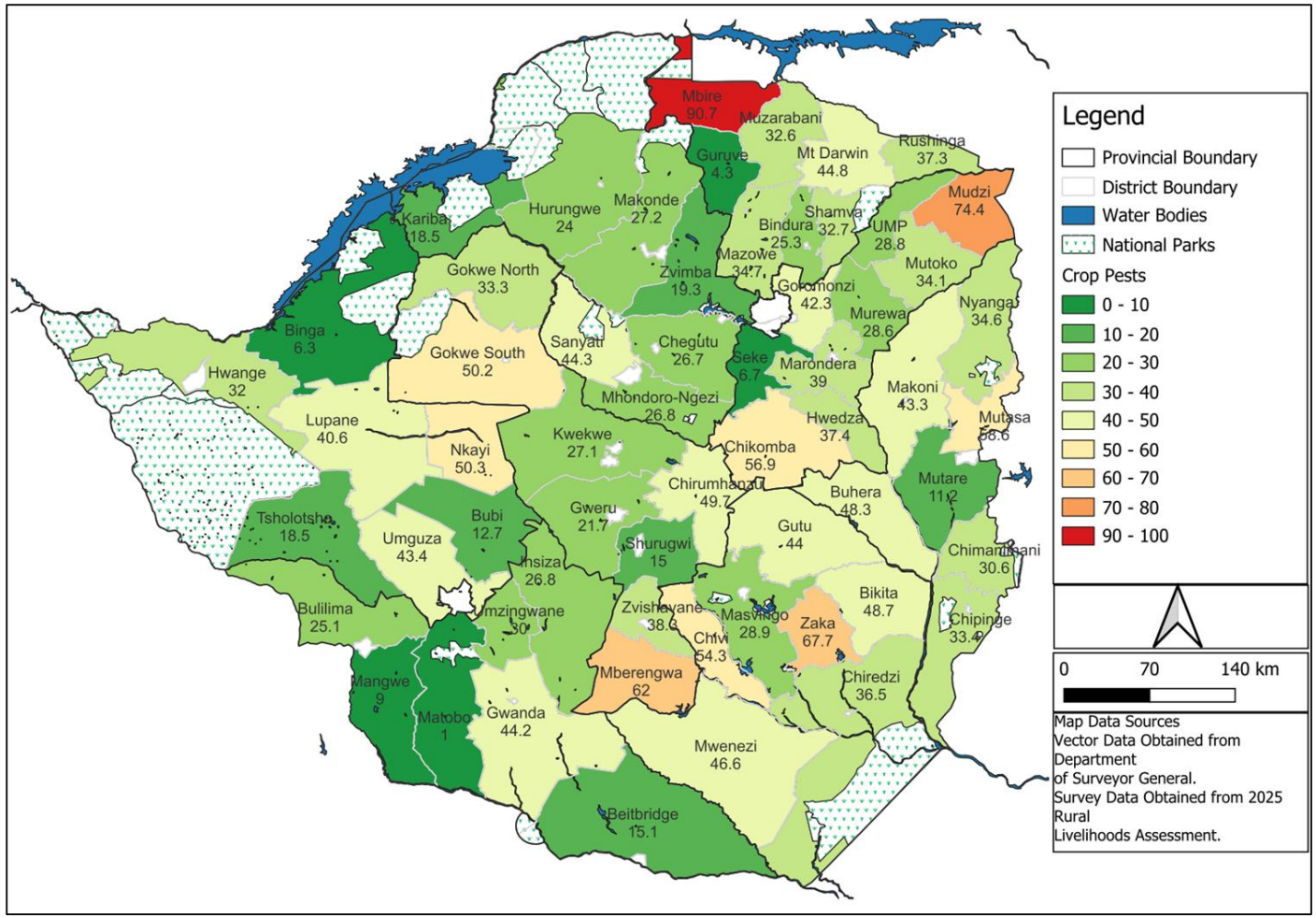
- Mutoko (16.4%) had the highest proportion of households reporting livestock diseases as a shock.

Livestock Deaths



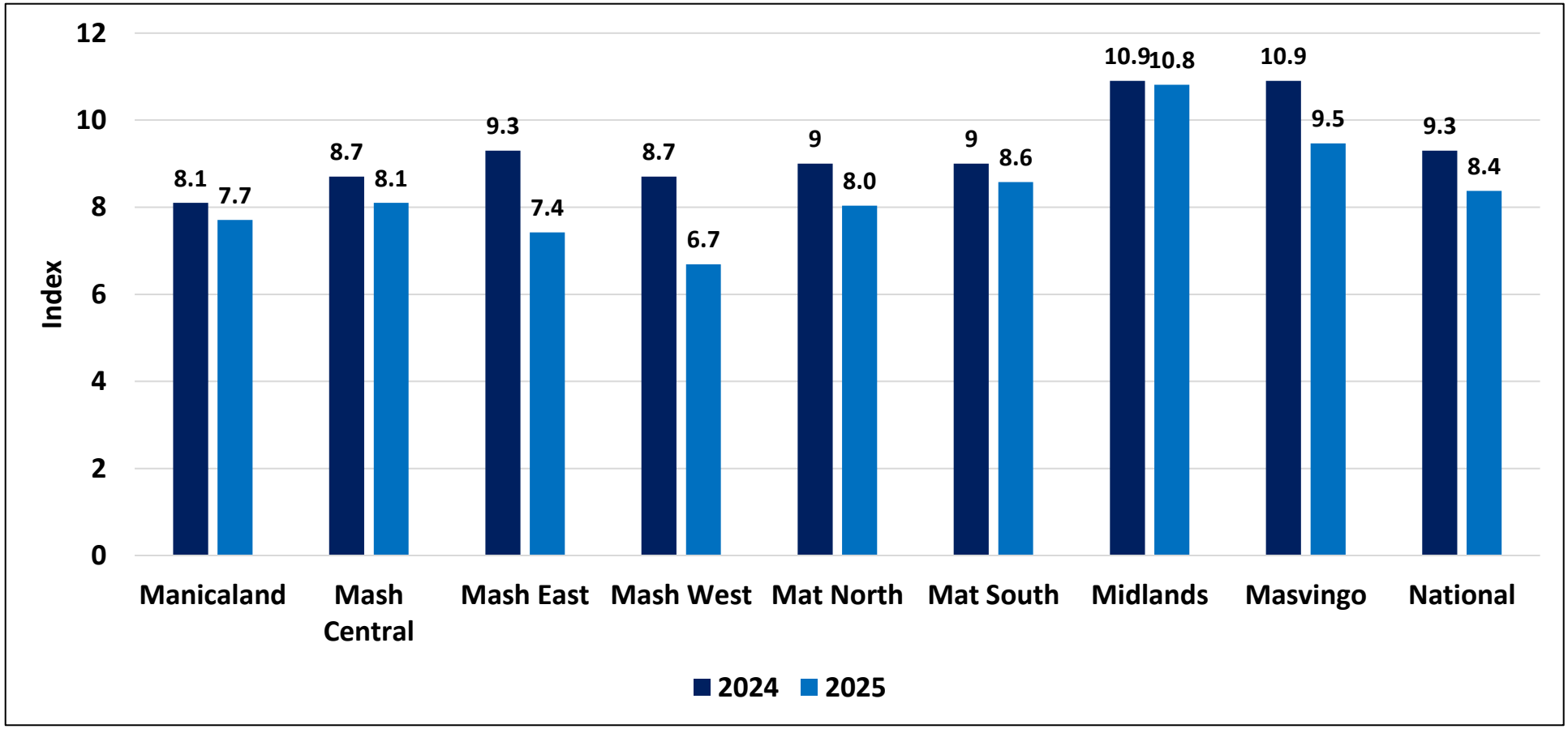
- Mutoko (20.1%) had the highest proportion of households reporting livestock deaths as a shock.

Crop Pests



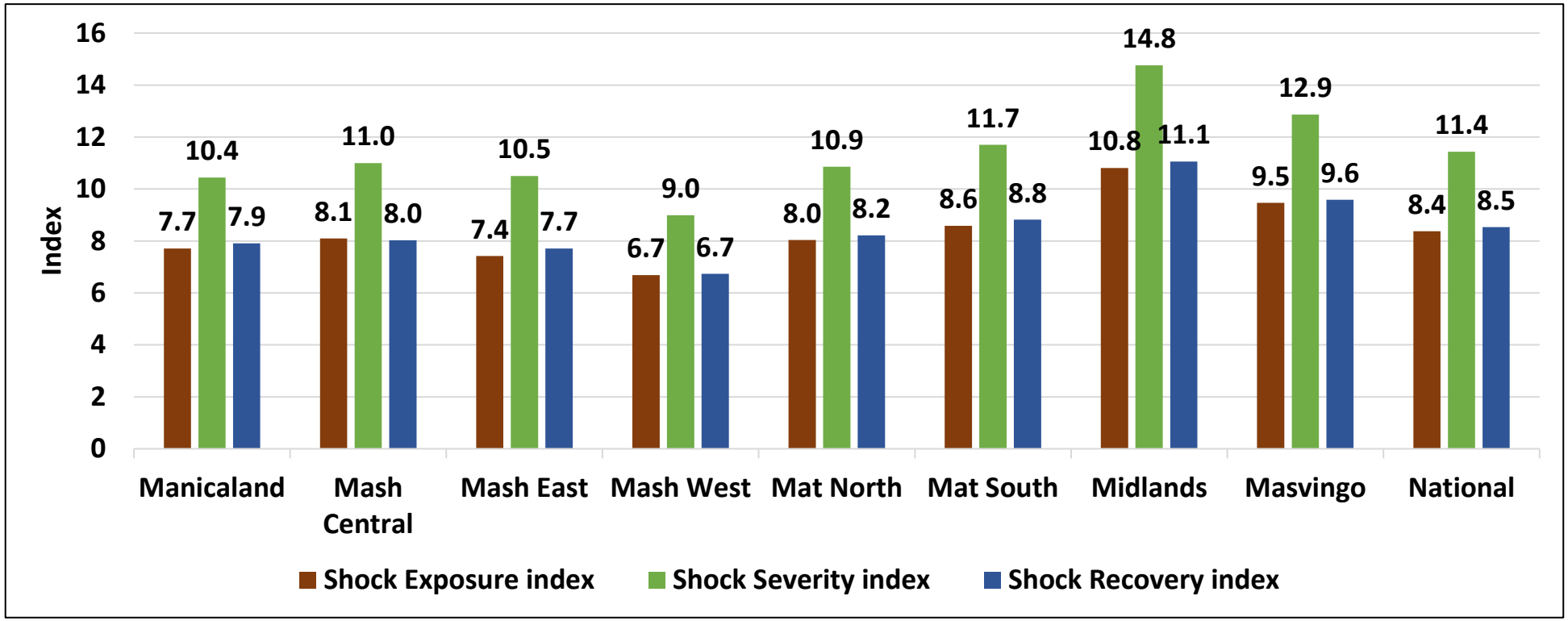
- Mudzi (74.4%) had the highest proportion of households reporting crop pests as a shock.

Average Shock Exposure Index



- Shock exposure index was calculated by multiplying the number of shocks experienced with the impact severity of the shock on the household.
- Shock exposure index decreased from 9.3 in 2024 to 7.4 in 2025 in Mashonaland East province.

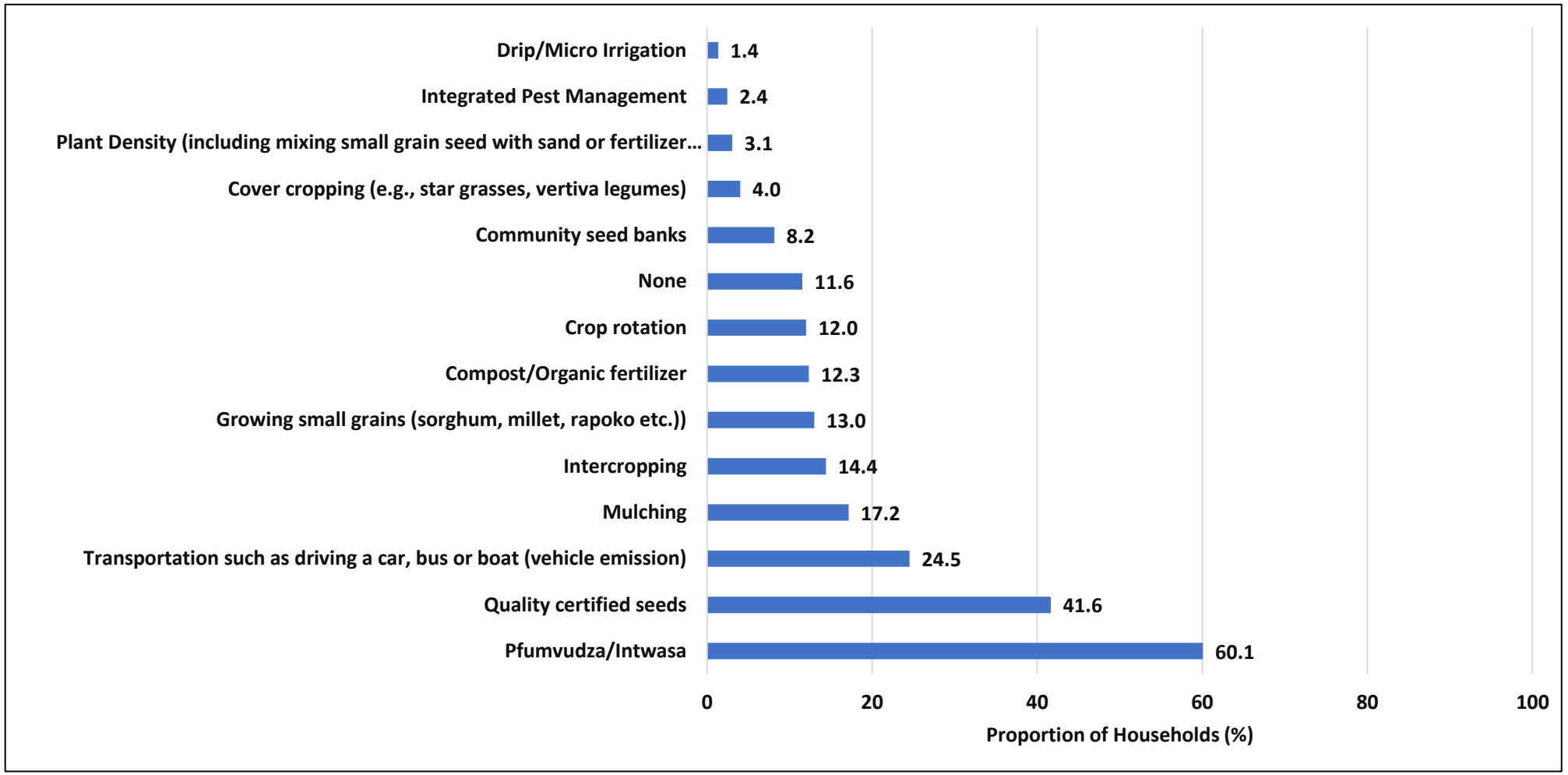
Comparison Between Shock Exposure and Ability to Cope Indices



- In Mashonaland East province, the average Shock Exposure Index was 7.4.
- Shock severity Index was 10.5.
- Average Shock Recovery Index was 7.7.
- The shock recovery index (7.7) was slightly higher than shock exposure index (7.4).

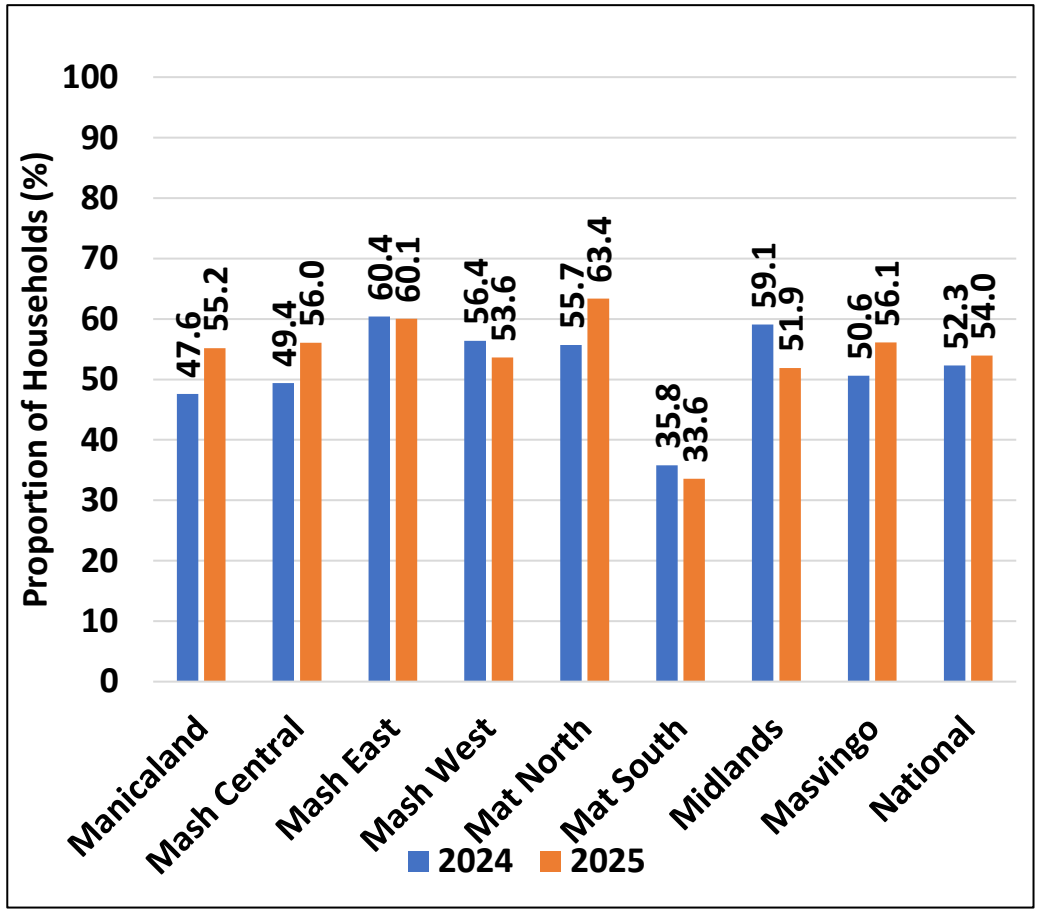
Agricultural Production Technologies

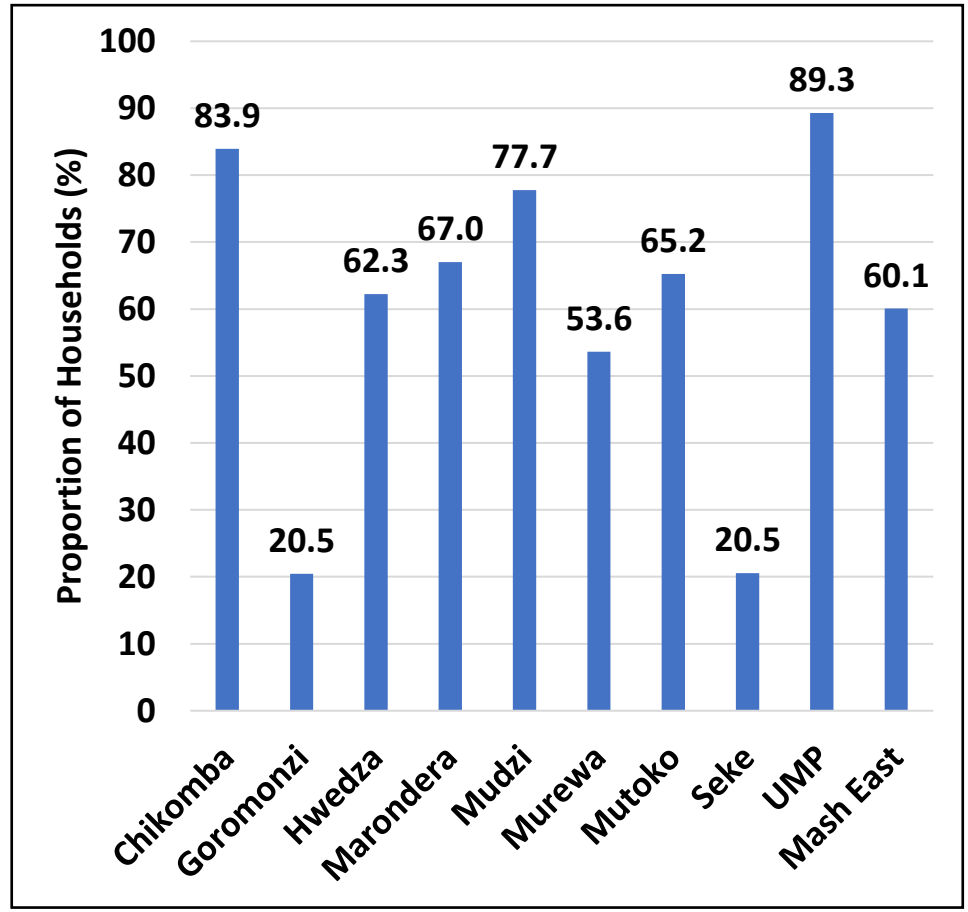
Climate Smart Technologies



- About 60.1% of households practised Pfumvudza/Intwasa in 2025.

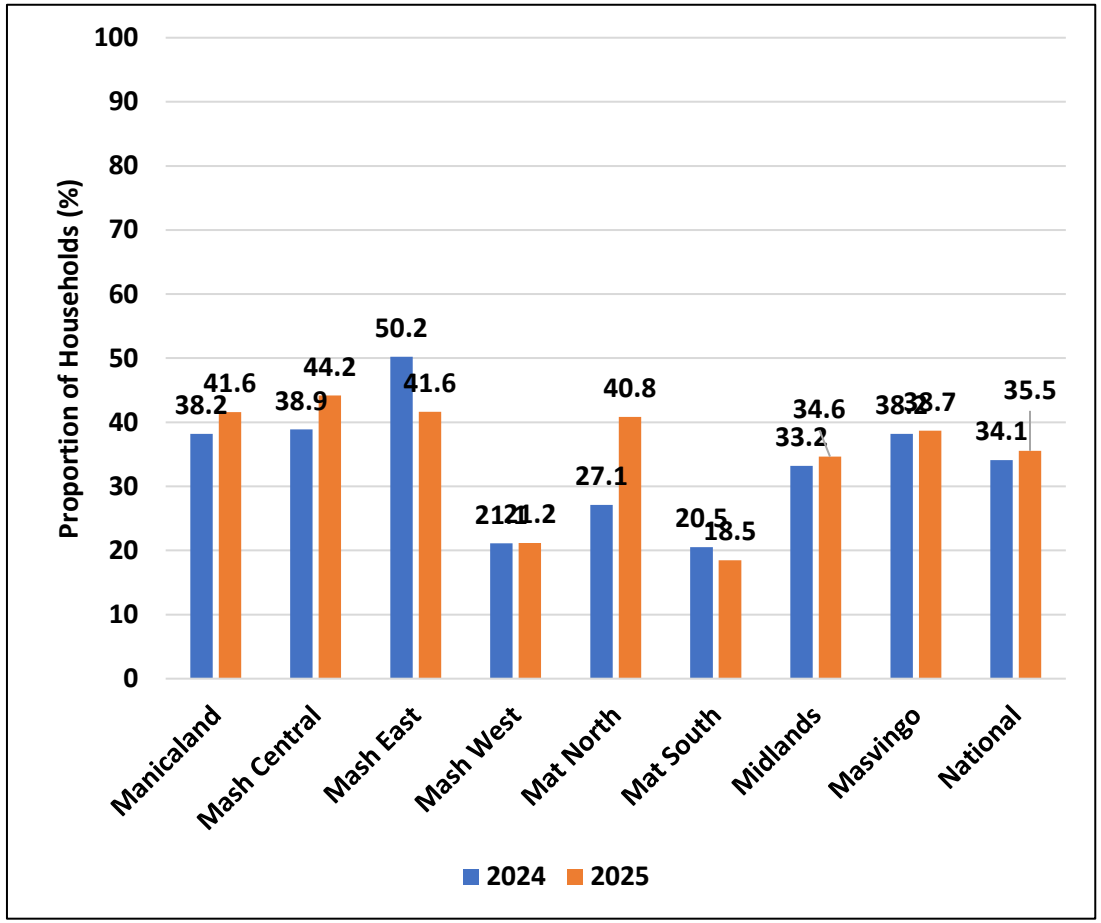
Pfumvudza/ Intwasa

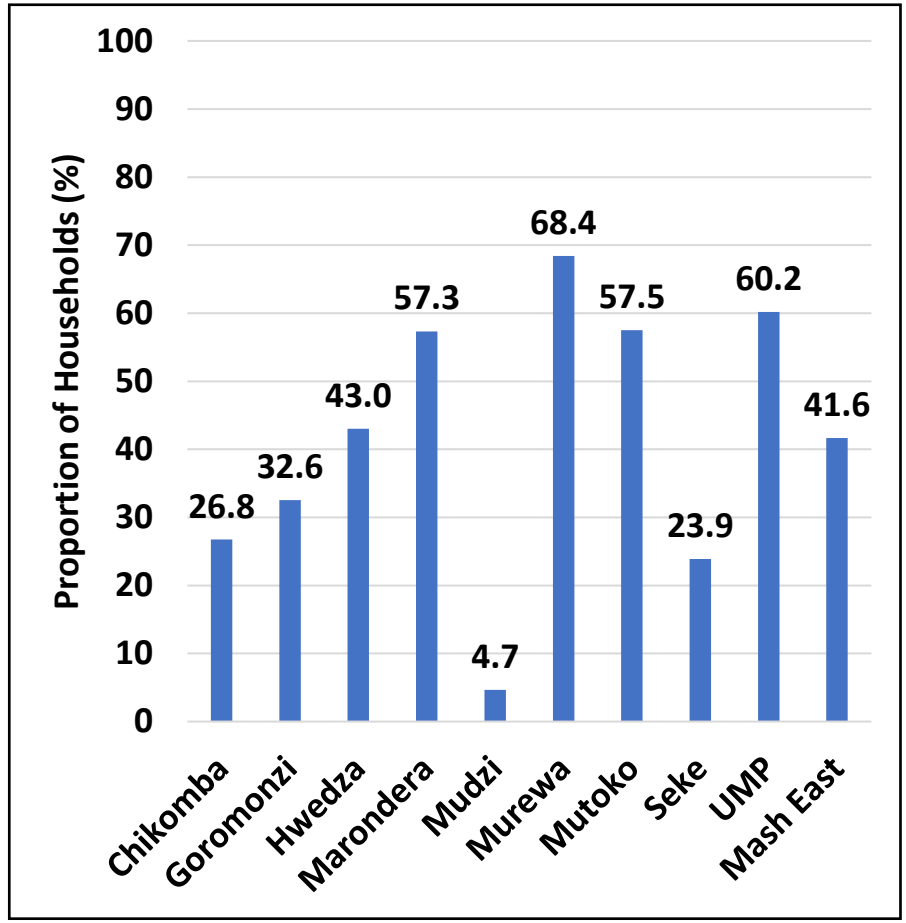




- In Mashonaland East, (60.1%) of households practised Pfumvudza/Intwasa.
- UMP (89.3%) had the highest proportion of households which practised Pfumvudza/Intwasa.

Use of Quality Certified Seed





- Certified seeds are crucial in crop production as they ensure high quality better yields and increased resistance to diseases and pests.
- Mashonaland East (41.6%) had the highest proportion of households which used quality certified seeds.
- Murewa (68.4%) had the highest proportion of households which used quality certified seeds.

Improved Marketing Practices

Province	Access Agriculture inputs through agro-dealers (%)	Receiving market information through collection centers (%)	Use of formal organised marketing systems (%)	Marketing produce through commodity associations (%)
Manicaland	30.7	10.7	3.3	1.7
Mash Central	41.9	12.8	7.1	3.3
Mash East	42.2	15.9	11.0	7.4
Mash West	19.7	5.3	3.5	2.4
Mat North	37.4	3.6	1.1	.9
Mat South	10.2	5.3	3.3	2.8
Midlands	34.0	9.5	6.3	3.6
Masvingo	28.0	11.8	4.2	3.3
National	**31.2**	**9.6**	**5.3**	**3.3**

- Mashonaland East had the highest proportion of households that used formal organised marketing systems as well as marketing produce through commodity associations.

Improved Marketing Practices

District	Access Agriculture inputs through agro-dealers (%)	Receiving market information through collection centers (%)	Use of formal organised marketing systems (%)	Marketing produces through commodity associations (%)
Chikomba	30.8	29.4	19.7	18.1
Goromonzi	29.5	26.2	17.4	0.7
Hwedza	42.7	8.9	4.3	0.3
Marondera	54.0	45.3	24.0	20.0
Mudzi	18.3	5.0	2.0	1.3
Murewa	44.7	7.2	6.3	4.6
Mutoko	81.3	19.4	22.7	20.7
Seke	12.5	1.0	1.0	1.3
UMP	66.2	0.3	1.7	0.0
Mash East	42.2	15.9	11.0	7.4

- Mutoko (81.3%) had the highest proportion of households accessing agriculture inputs through agro-dealers.

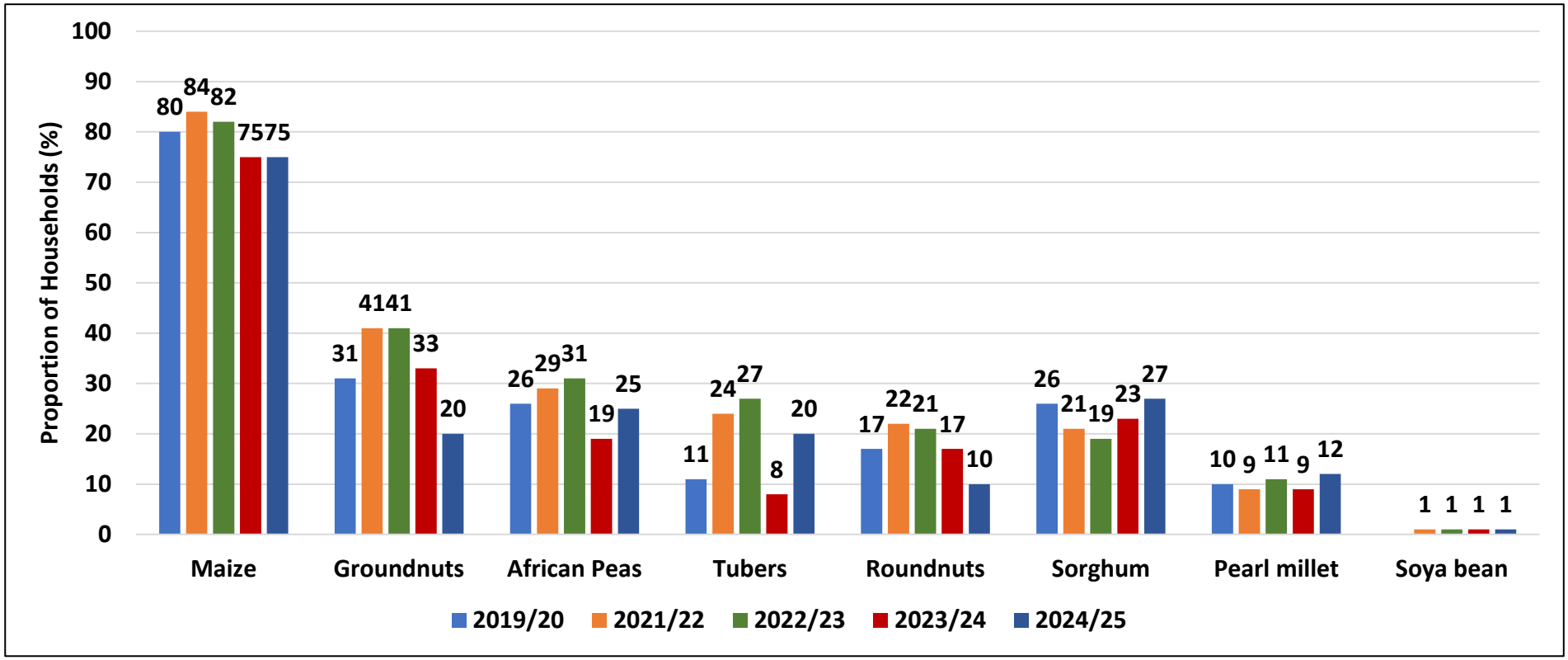
Value Addition

District	Improved quality control technologies (sorting, grading) (%)	Drying, packaging, storage (%)	Food processing (%)	Branding and labeling (%)
Chikomba	20.1	30.1	1.0	2.7
Goromonzi	24.2	34.6	16.4	2.0
Hwedza	11.6	24.8	16.6	0.7
Marondera	42.7	57.3	23.0	19.7
Mudzi	3.0	24.6	1.3	0.3
Murewa	21.4	29.3	15.8	1.3
Mutoko	51.2	30.1	30.1	7.4
Seke	5.7	13.1	0.7	0
UMP	39.5	42.8	5.4	0
Mash East	**24.3**	**31.9**	**12.3**	**3.8**

- In Mashonaland East, at least 31.9% of the households were drying, packaging and storing their produce.
- About 3.8% of the households branded and labeled products.
- Marondera (57.3%) reported the highest proportion of households that were drying, packaging and storing their produce.

Crop Production

Households which Grew Crops



- Nationally, the proportion of households that grew crop increased for African peas, tubers, pearl millet and sorghum.
- There was a decrease in the proportion of households which grew groundnuts and roundnuts.
- The proportion of households that grew maize remained the same (75%).

Proportion of Households that Grew Crops

District	Maize (%)	Sorghum (%)	Finger Millet (%)	Pearl Millet (%)	Tubers (%)	African peas (%)	Groundnut (%)	Roundnuts (%)	Sugar beans (%)	Soya beans (%)	Tobacco (%)
Chikomba	90.3	4.0	10.0	1.7	54.8	16.4	27.8	13.7	13.7	1.0	7.7
Goromonzi	63.8	0.3	2.0	0.0	24.2	2.0	6.4	2.0	4.4	0	0
Hwedza	88.7	2.3	4.0	1.0	37.4	26.8	27.2	11.9	19.9	1.0	**14.9**
Marondera	82.3	1.7	2.7	0.0	39.0	12.3	19.3	3.7	22.0	0.3	7.3
Mudzi	60.8	64.1	1.3	27.9	7.0	**60.8**	18.3	2.3	1.3	0.0	0.0
Murewa	90.8	5.3	9.5	1.0	41.4	15.5	37.8	8.6	11.2	1.6	**17.1**
Mutoko	**94.6**	32.1	3.3	6.0	32.4	35.8	33.4	2.0	6.0	0	14.0
Seke	52.9	0.0	1.0	0.0	38.4	10.8	11.4	4.4	6.7	0	0.3
UMP	**92.3**	34.1	7.4	12.4	18.4	**50.8**	25.8	4.0	8.0	0	0
Mash East	79.7	16.0	4.6	5.6	32.6	25.7	23.1	5.9	10.4	0.4	6.9

- In Mashonaland East, maize grain (79.7%) was the mostly common grown crop.
- Mutoko (94.6%) and UMP (92.3%) had the highest proportion of households which grew maize.

Cereals from Casual Labour and Remittances

	Cereals from Casual Labour (kgs)		Cereals from Remittances (kgs)	
	2024	2025	2024	2025
Manicaland	16.8	21.3	0.4	8.3
Mash Central	6.7	35.6	0	6.6
Mash East	6.7	17.9	0	5.8
Mash West	9.0	18.1	0.3	6.7
Mat North	2.0	19.2	0.6	8.7
Mat South	1.1	6.3	0.4	2.8
Midlands	2.1	21.1	0	10.6
Masvingo	16.4	39.1	0.9	20.7
National	6.8	22.4	0.2	8.7

- Generally, there was an increase in the amount of cereals accessed by households from casual labour and remittances compared to the previous consumption year.
- On average, households in Mashonaland East reported to have accessed 17.9 kgs of maize from casual labour and 5.8 kgs from remittances in the previous consumption year.

Cereal Stocks as at 1 April 2025

	Maize (kgs)		Sorghum (kgs)		Finger Millet (kgs)		Pearl Millet (kgs)	
	2024	2025	2024	2025	2024	2025	2024	2025
Manicaland	20.6	44.2	0	6.0	0	0.6	0	2.5
Mash Central	6.2	41.8	0	21.2	0	0.0	0	0.8
Mash East	18.4	83.5	0	5.5	0	0.5	0	1.5
Mash West	3.2	61.4	0	15.7	0	0.0	0	0.3
Mat North	0.2	32.7	0	15.2	0	0.2	0	12.8
Mat South	0.8	38.0	0	5.6	0	0.1	0	4.5
Midlands	10.7	98.0	0	7.4	0	0.9	0	1.5
Masvingo	11.5	60.2	0	13.4	0	2.0	0	11.1
National	8.3	58.8	0	11.2	0	0.6	0	4.2

- On average, households had 83.5kgs of maize in stock on the 1st of April 2025, an increase from 18.4kgs reported in 2024.

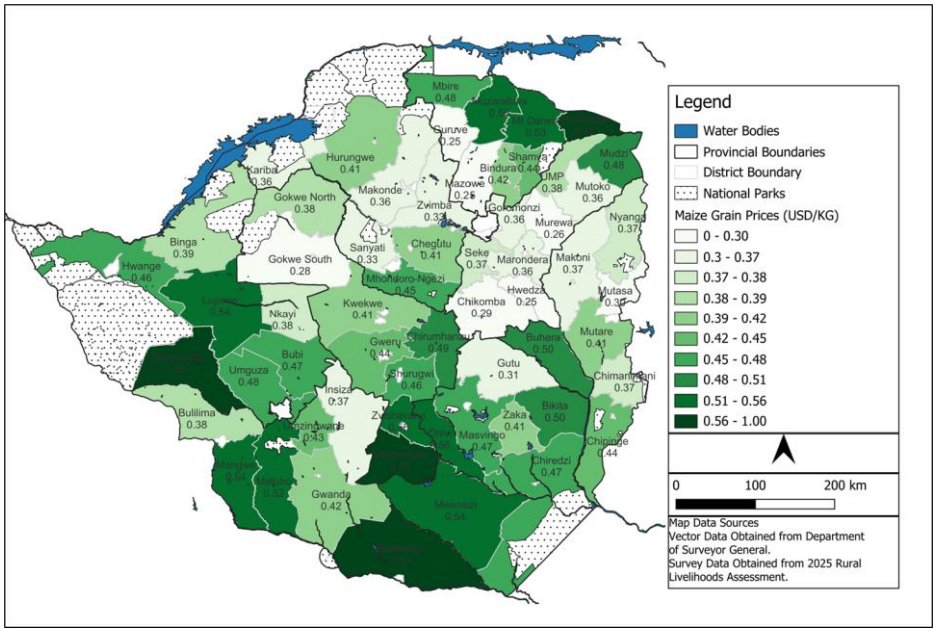
Season Harvest

	Maize (kgs)		Sorghum (kgs)		Finger Millet (kgs)		Pearl Millet (kgs)		Total (kgs)	
	2024	**2025**	**2024**	**2025**	**2024**	**2025**	**2024**	**2025**	**2024**	**2025**
Manicaland	105	316.7	6	37.5	3	6.6	1	18.7	115	379.4
Mash Central	107	326.8	10	128.1	0	0.3	0	9.0	117	464.2
Mash East	88	436.2	2	21.7	0	5.8	1	6.5	91	470.2
Mash West	50	389.0	4	57.6	0	0.4	0	0.6	54	447.6
Mat North	30	168.7	39	152.0	30	0.6	0	135.9	99	457.2
Mat South	26	118.6	19	29.3	8	0.9	0	17.8	53	166.7
Midlands	136	360.9	9	40.8	0	3.4	0	3.6	145	408.7
Masvingo	61	229.1	28	71.5	16	11.3	2	56.6	108	368.4
National	77	**299.9**	**14**	**66.4**	**7**	**3.7**	**1**	**29.5**	**99**	**399.4**

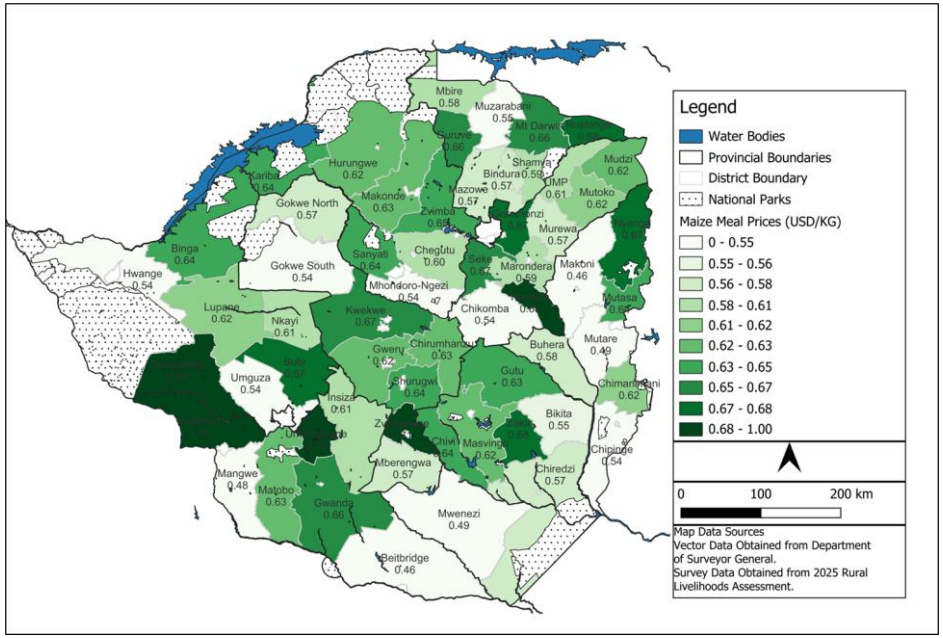
- There was an increase in the amount of cereals harvested by households across all provinces. This may be attributed to a favourable rainfall season.
- Mashonaland East (436.2kgs) had the highest average harvest for maize.

Maize Grain and Maize Meal Prices

Maize Grain



Maize Meal



- In Mashonaland East, maize grain prices ranged from USD0.25 to USD0.48.
- Maize grain prices were high in Mudzi (USD 0.48).
- Maize meal prices ranged from USD0.54 (Chikomba) to USD0.68 (Hwedza).

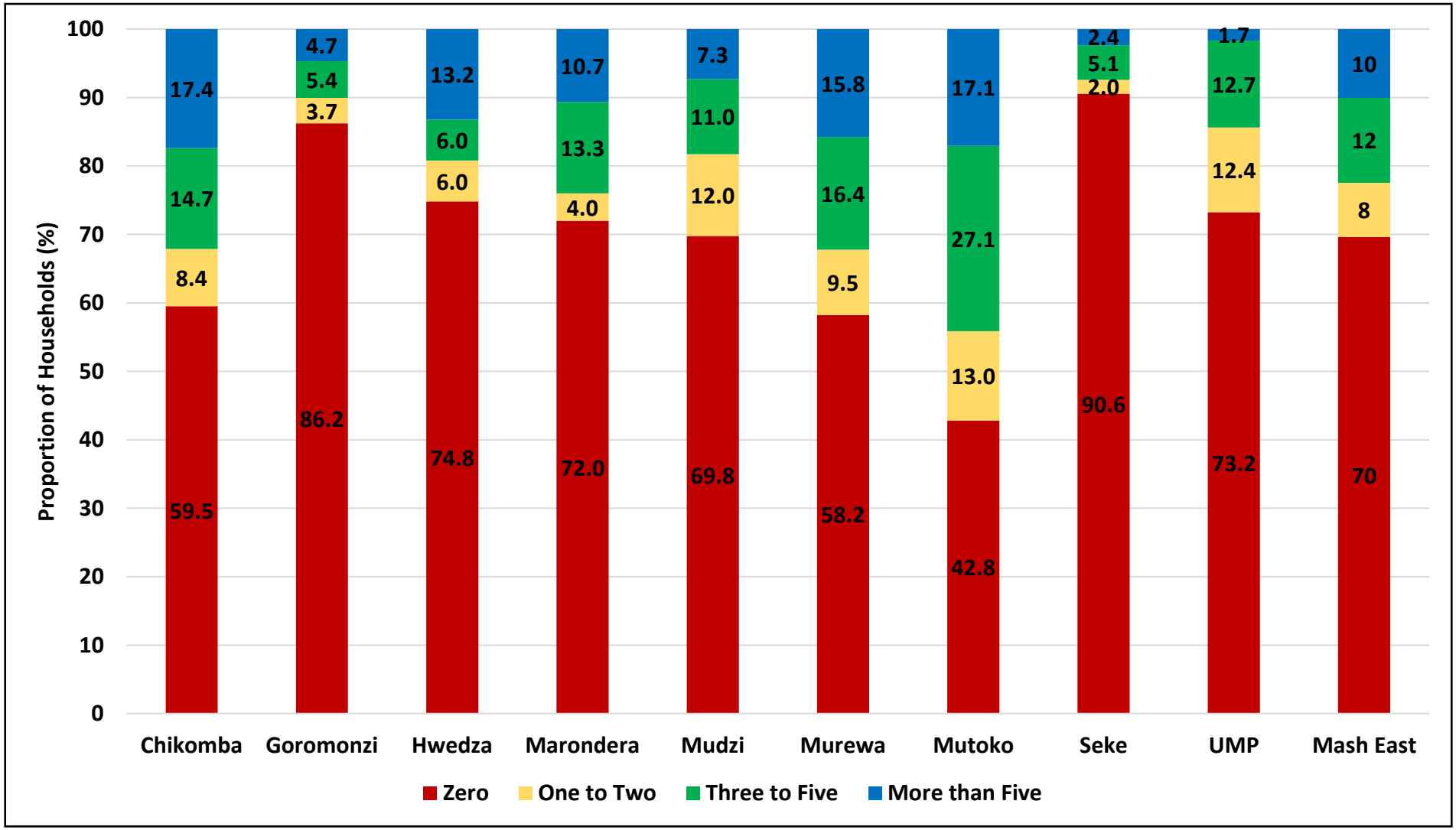
Livestock Production

Households which Owned Livestock

District	Cattle (%)	Donkey (%)	Sheep (%)	Goats (%)	Pigs (%)	Poultry (%)	Rabbits (%)
Mbire	43.7	1.7	3.7	60.0	2.7	58.3	0.0
Chikomba	40.5	3.7	2.7	52.8	0.7	75.9	1.3
Goromonzi	13.8	0.3	0.0	15.1	0.3	34.6	3.0
Hwedza	25.2	0.7	0.7	35.1	0.7	41.4	0.7
Marondera	28.0	0.0	0.7	32.7	2.0	60.3	3.0
Mudzi	30.2	2.3	1.0	34.6	2.0	44.5	0.0
Murewa	41.8	0.0	1.6	36.2	1.0	57.6	2.3
Mutoko	57.2	0.3	6.4	64.2	2.0	76.9	0.0
Seke	9.4	0.7	0.0	11.4	0.3	30.0	0.7
UMP	26.8	1.0	1.0	55.9	0.7	69.9	0.3
Mash East	30.3	1.0	1.6	37.6	1.1	54.6	1.3

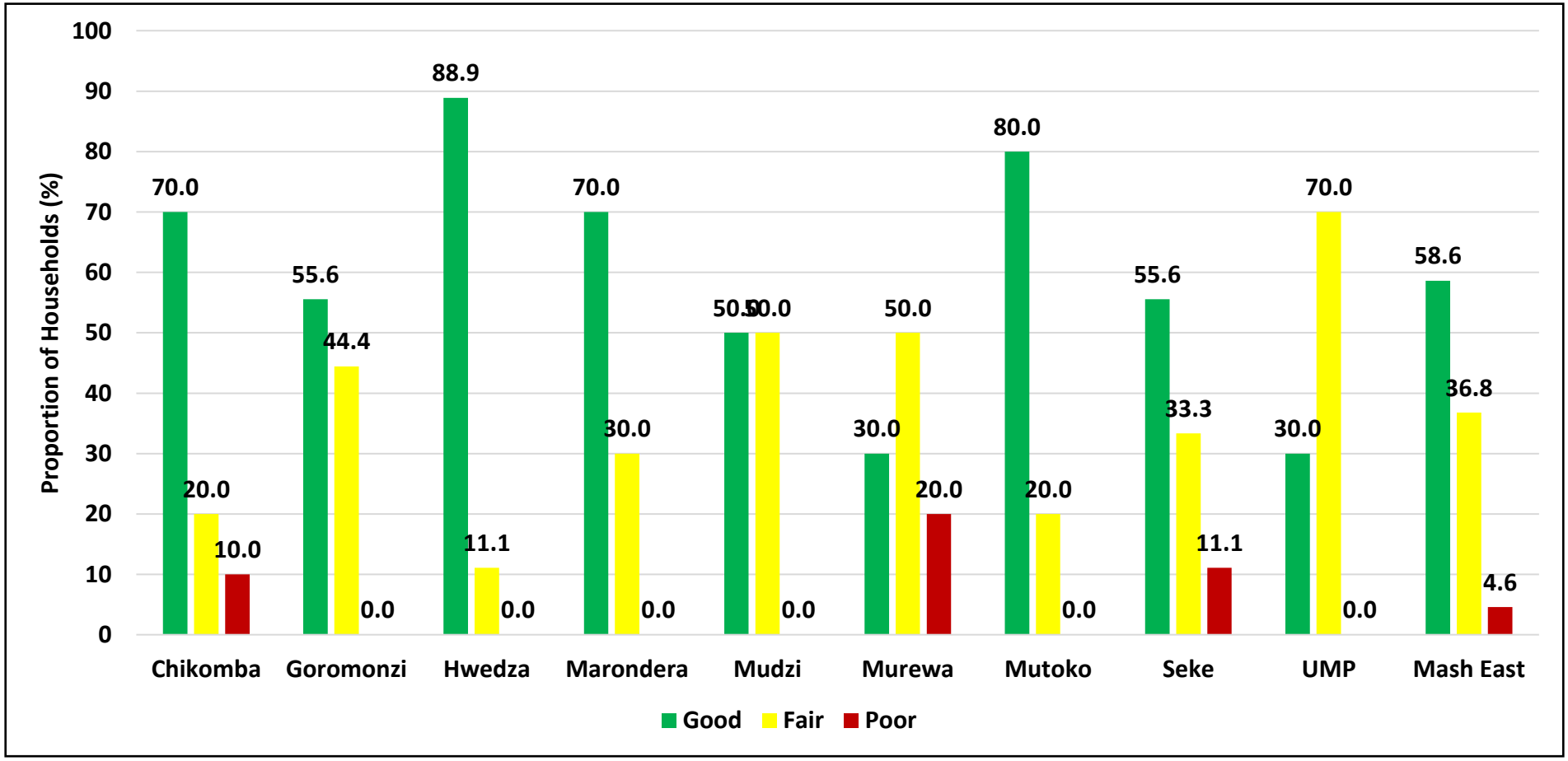
- In Mashonaland East, 30.3% of households owned cattle.

Cattle Ownership



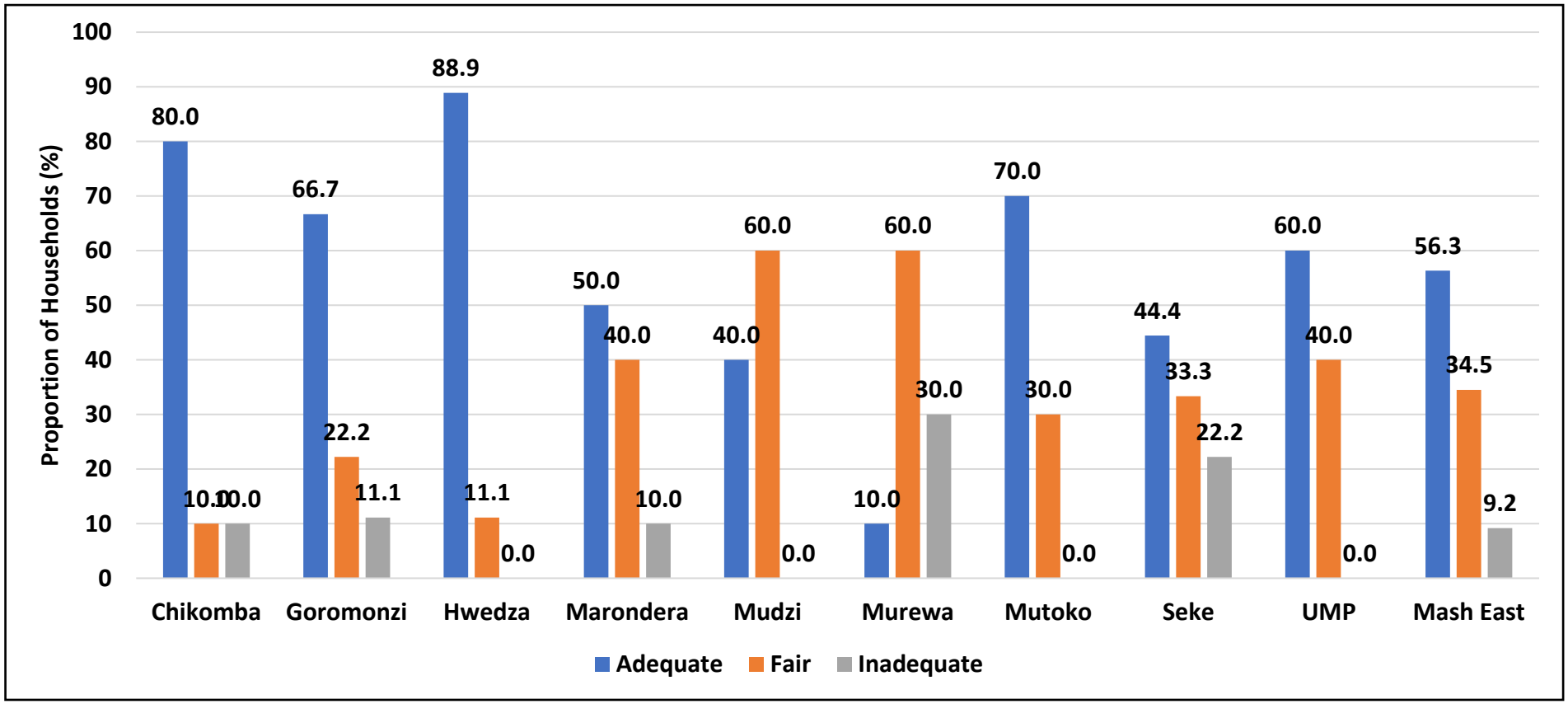
- Seke (90.6%) had the highest proportion of households which did not own any cattle.

Livestock Condition



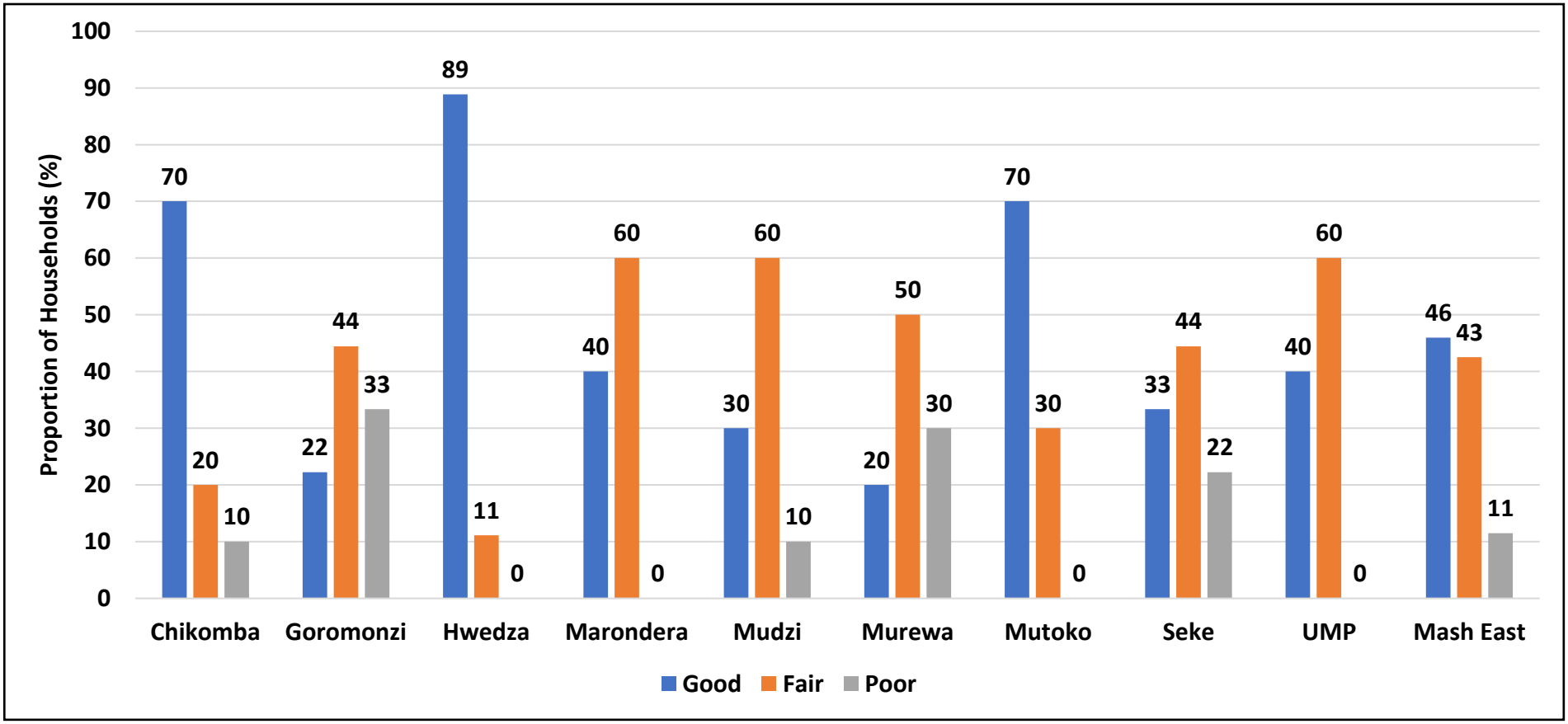
- About 4.6% of the communities indicated that their livestock were in a poor condition with Murewa (20%) recording the highest.

Pasture Availability



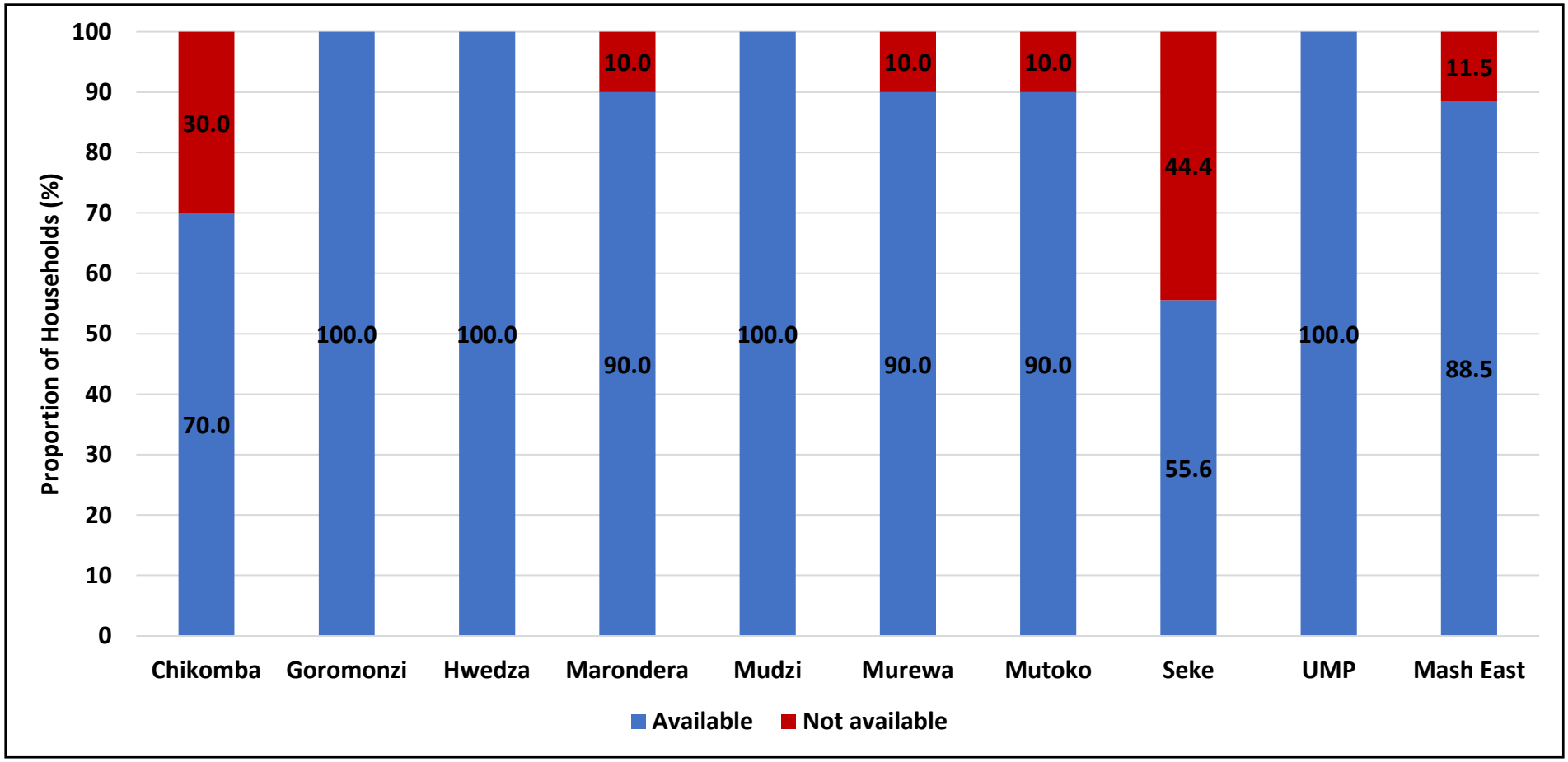
- Most communities indicated adequate pasture availability (56.3%) at the time of the assessment.

Pasture Quality



- Hwedza indicated the highest proportion of households with good pasture quality (89%) the time of the assessment.

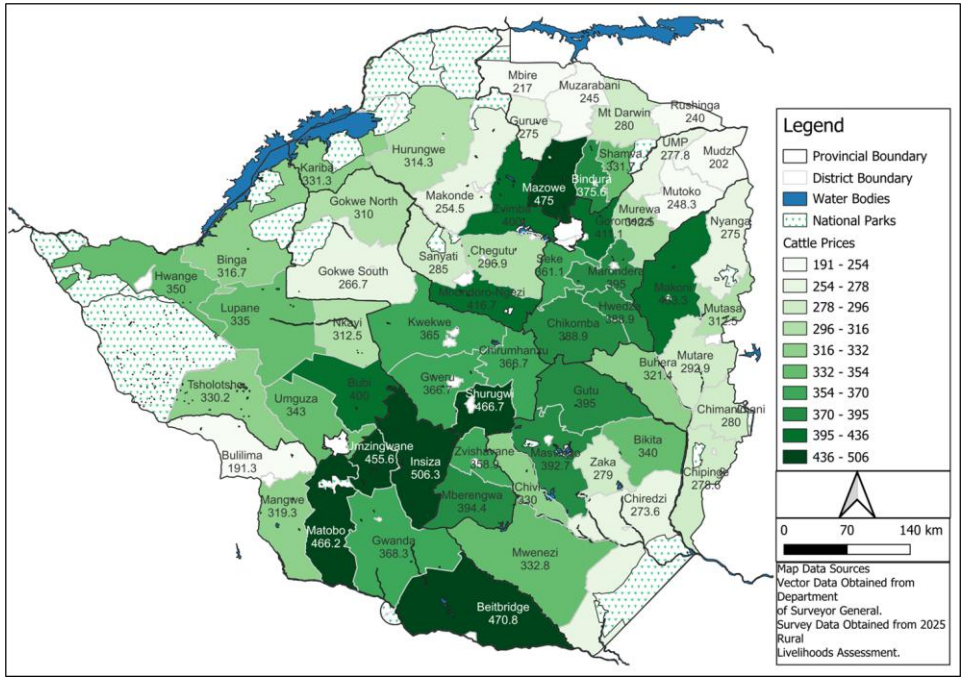
Water Availability for Livestock



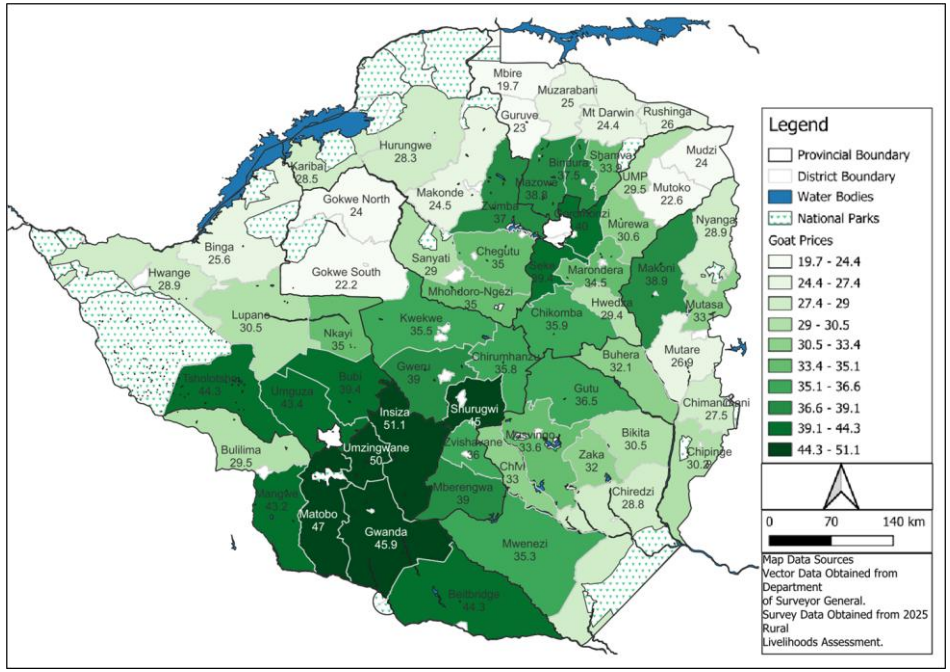
- Goromonzi, Hwedza, Mudzi and UMP reported 100% water availability for their livestock.

Livestock Prices

Cattle Prices



Goat prices



- The highest prices for cattle were reported in Goromonzi (USD411.10).

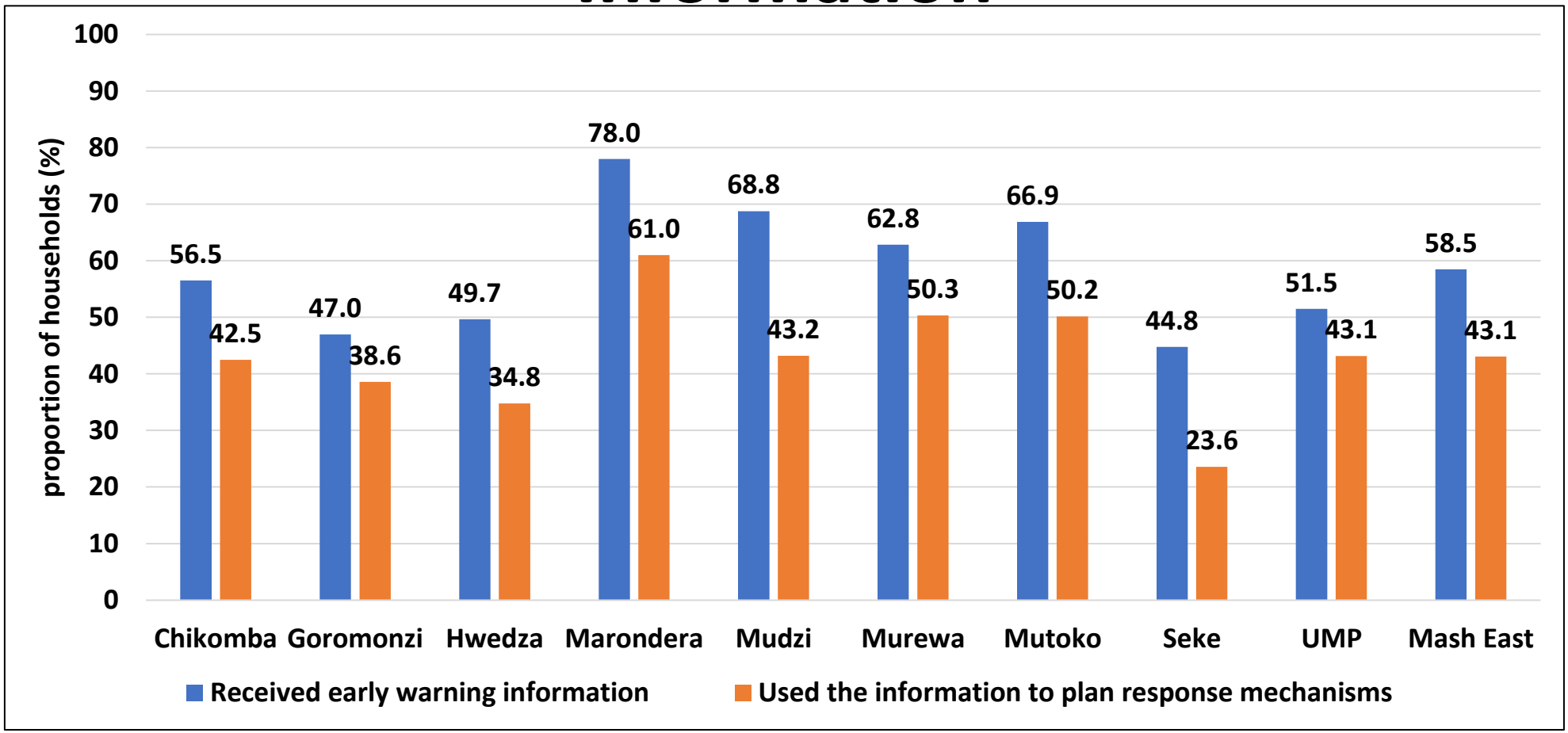
Access to Information and Critical Services

Access to Extension Services

	Received Extension support (%)	Training-cropping advice (%)	Training - Livestock services (%)	Training-Weather and climate advice (%)	Extension Visit (%)	Other training (%)
Chikomba	31.1	14.7	12.7	16.7	13.4	0.3
Goromonzi	43.0	31.2	10.1	4.4	23.5	1.3
Hwedza	61.3	40.4	29.1	24.2	31.5	14.2
Marondera	71.0	56.3	30.7	10.3	43.3	6.3
Mudzi	60.1	57.8	40.2	45.8	23.6	0.7
Murewa	48.5	42.4	20.7	15.8	34.2	7.2
Mutoko	70.6	63.9	17.7	20.4	8.7	0.3
Seke	25.0	11.4	3.7	5.1	20.2	0.3
UMP	**82.0**	81.9	30.4	28.8	36.5	1.0
Mash East	54.7	44.5	21.7	19.1	26.1	3.6

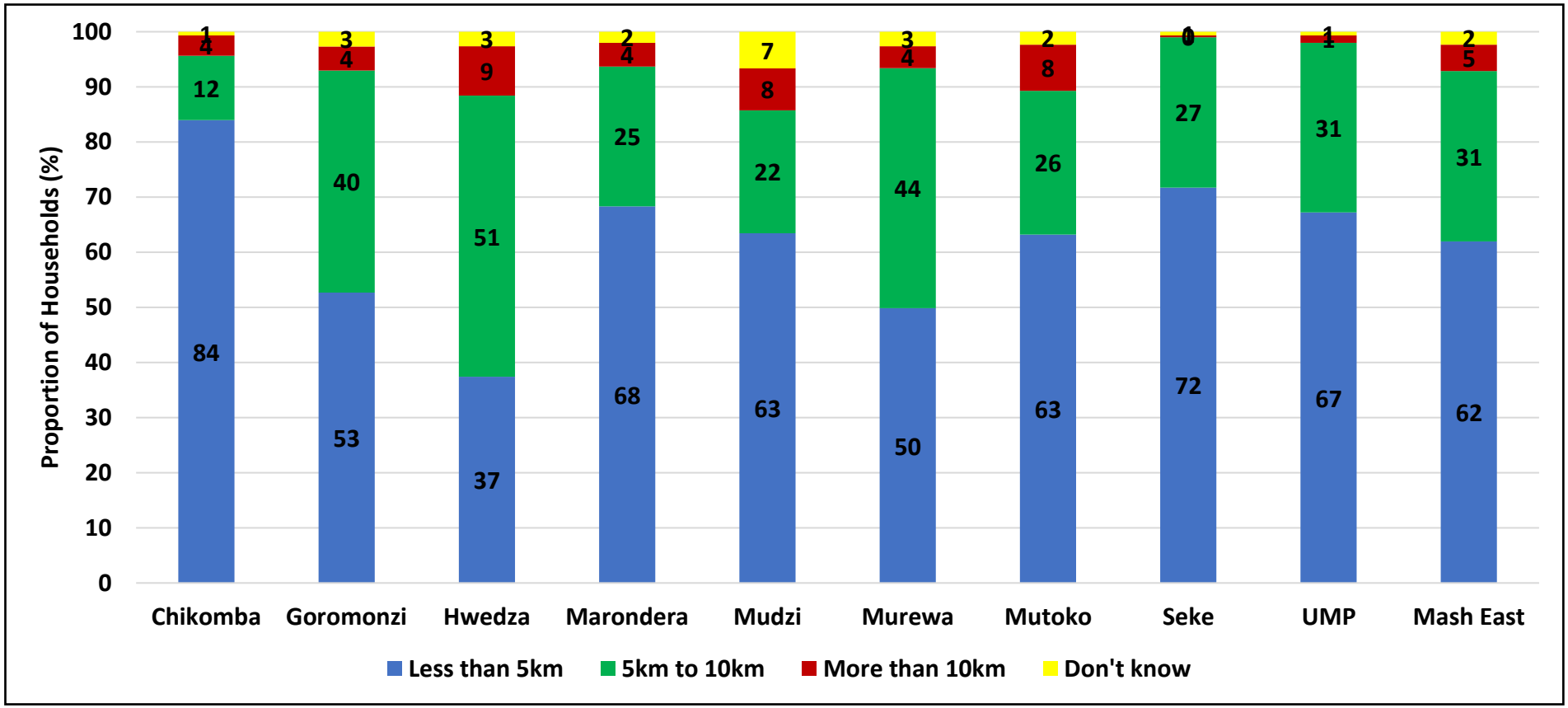
- About 54.7% of the households received extension support in Mashonaland East province.
- The majority of the households (44.5%) had received extension support in form of training in cropping and 26.1% in extension visits.
- Uzumba Maramba Pfungwe reported the highest proportion of households which received extension support.

Access and Use of Early Warning Information



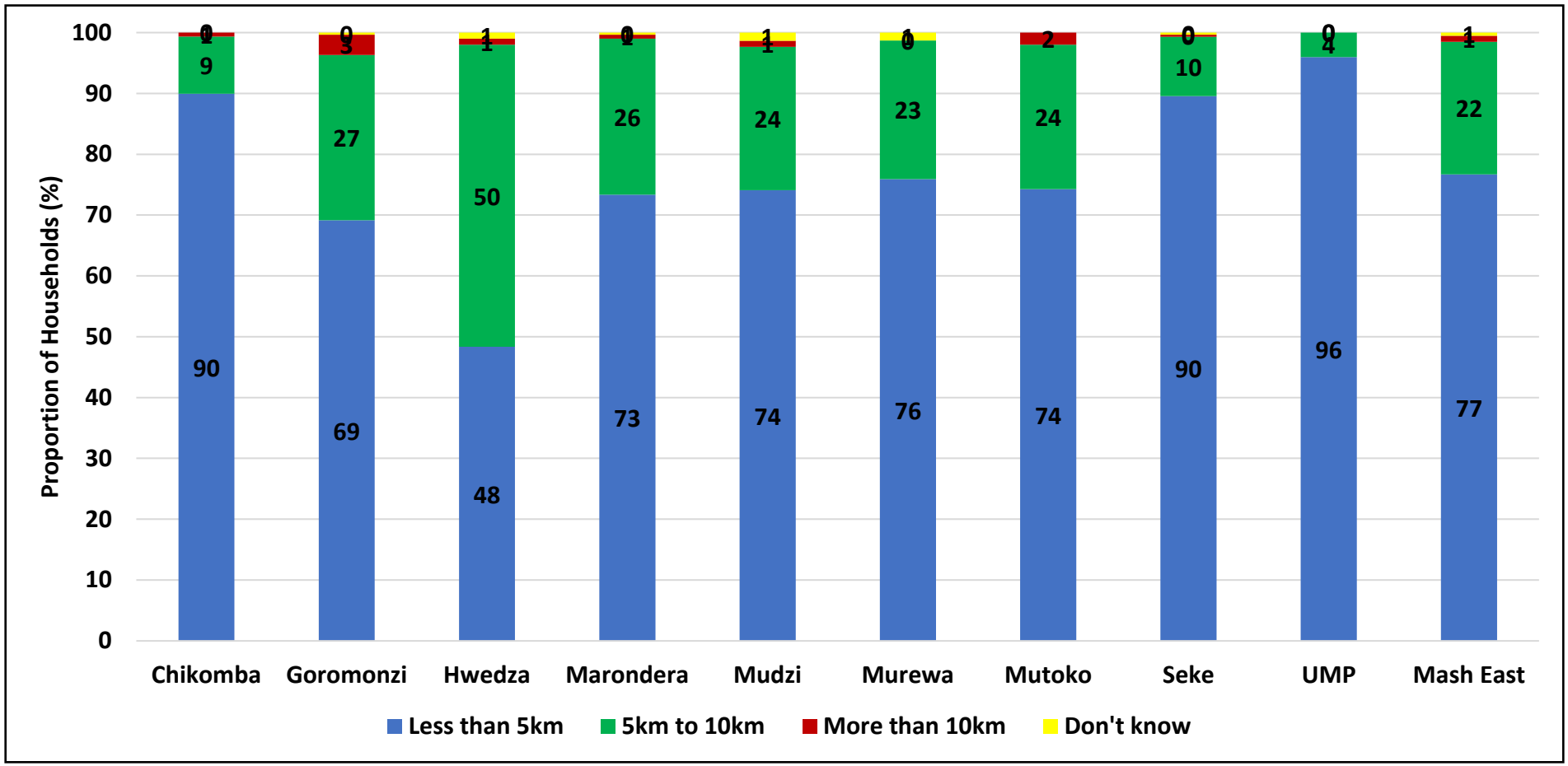
- About 58.5% of households in Mashonaland East received early warning information such as weather, climate-related, seasonal performance and likely impact on food and nutrition.

Distance to Nearest Health Facility/Clinic



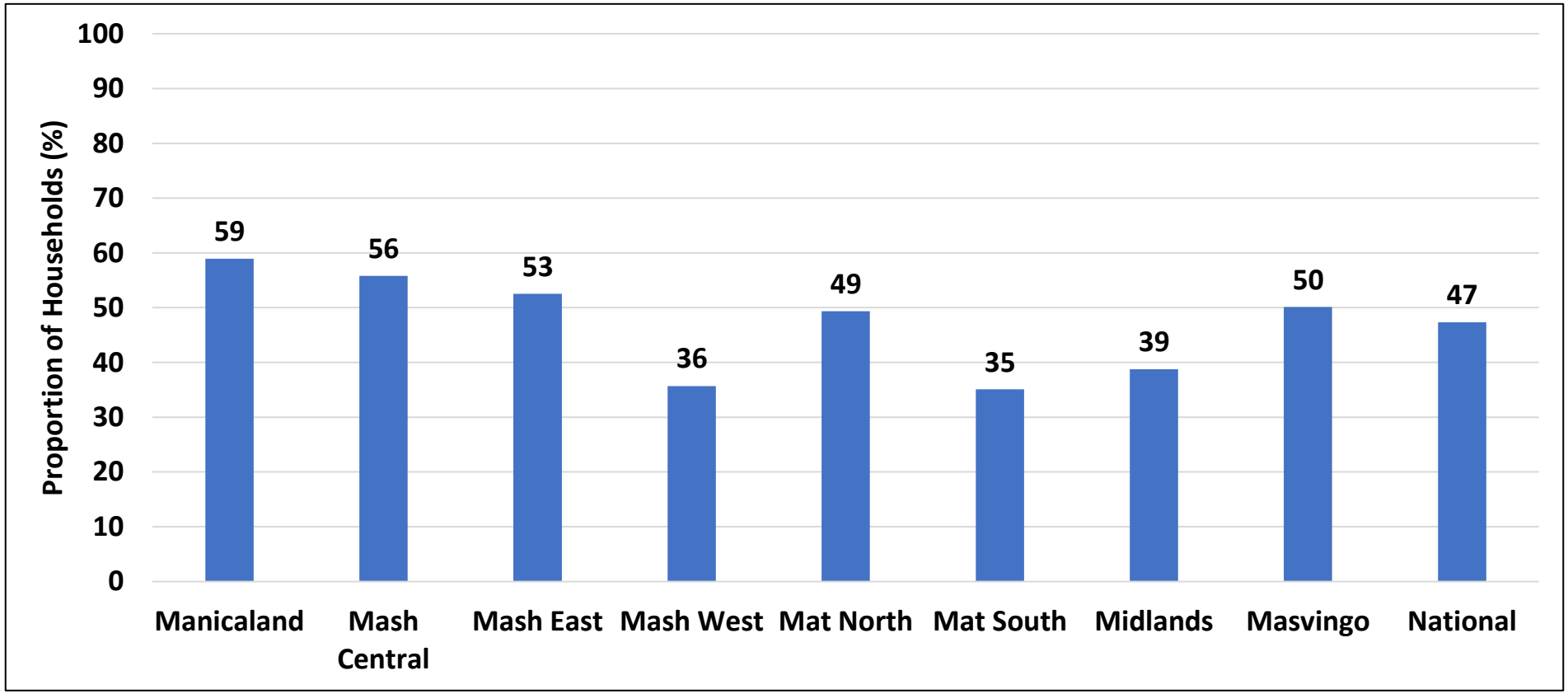
- The majority of the households (62%) had their nearest health facility within a 5 km radius, which is the recommended distance for health facilities.
- However, about 5% of households were travelling more than 10km to access a health facility.

Distance to Nearest Primary School



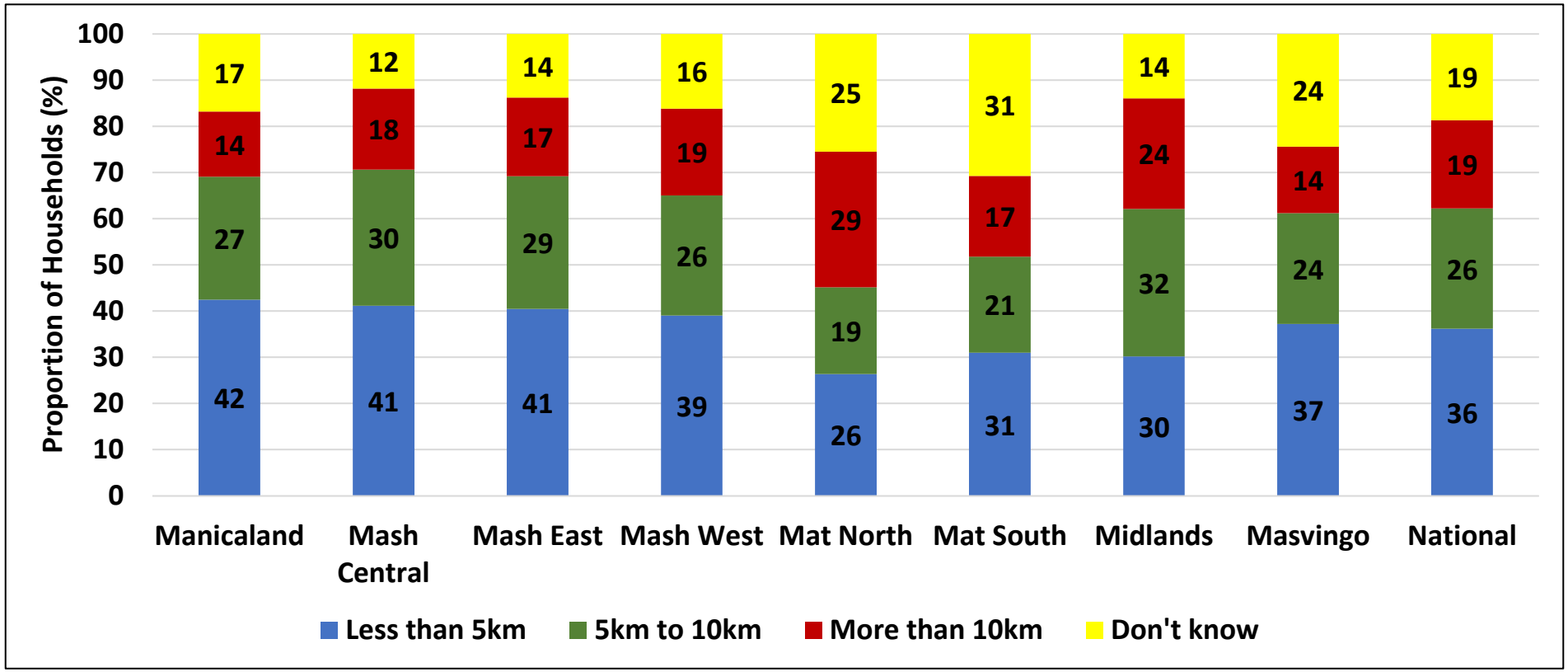
- Approximately 77% of the households reported accessing the nearest primary school within a radius of less than 5km.

Access to Information on Services Available for Victims of Physical and Sexual Abuse



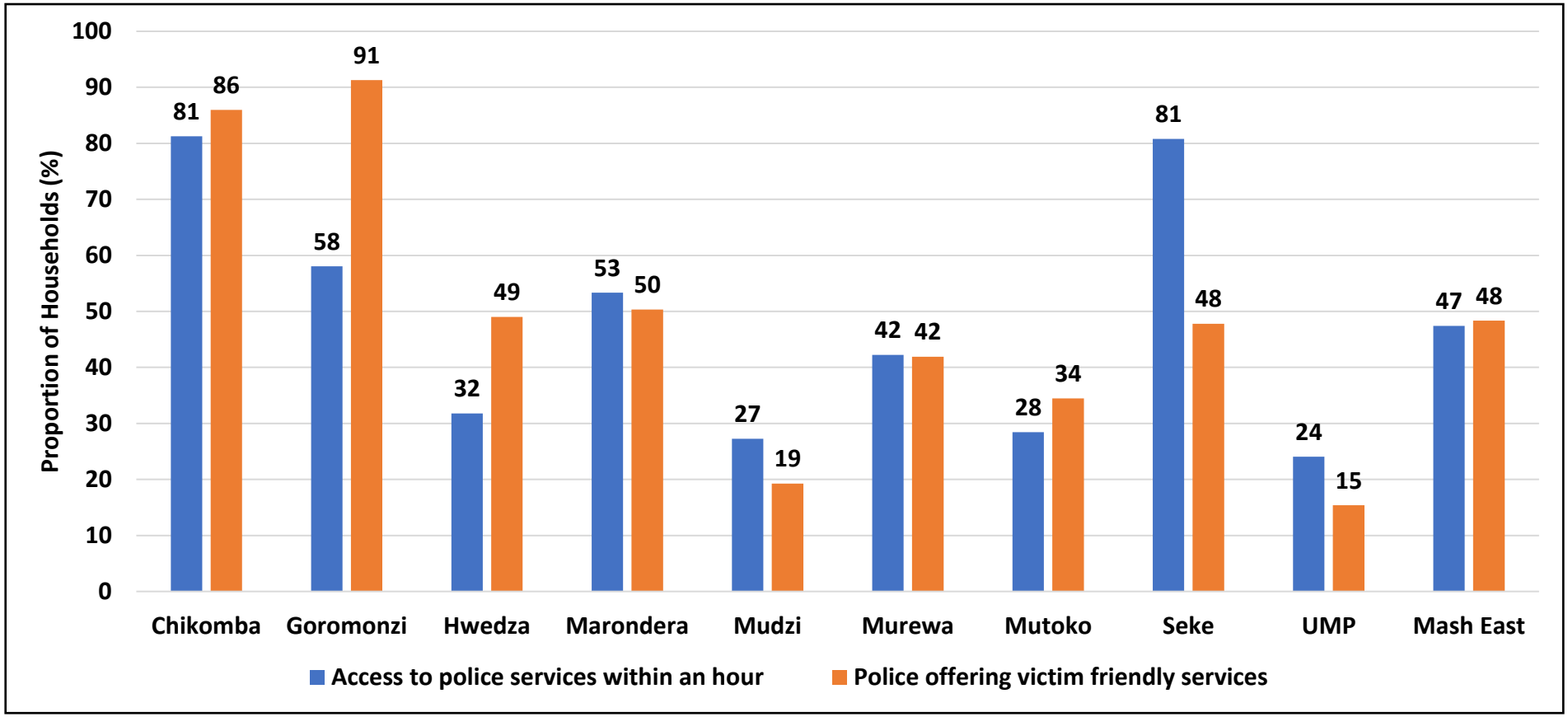
- About 53% of the households had access to information on services available for victims of physical and sexual abuse.

Distance to Facilities Providing Services for Physical and Sexual Abuse



- About 41% of the households could access a facility providing services for physical and sexual violence within a 5km radius.

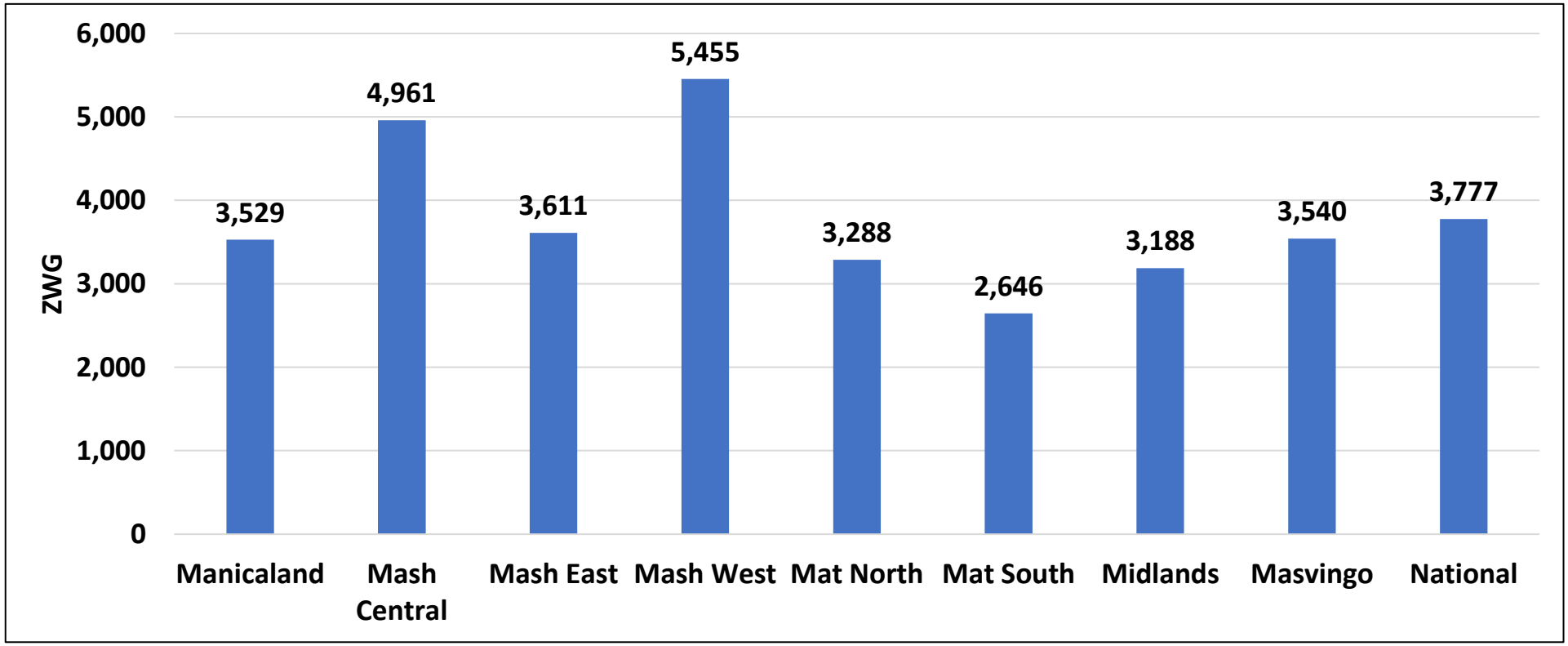
Access to Police Services



- Seke and Chikomba reported that 81% of their households had access to police services within one hour and Goromonzi reported 91% of their households had police offering victim friendly services.

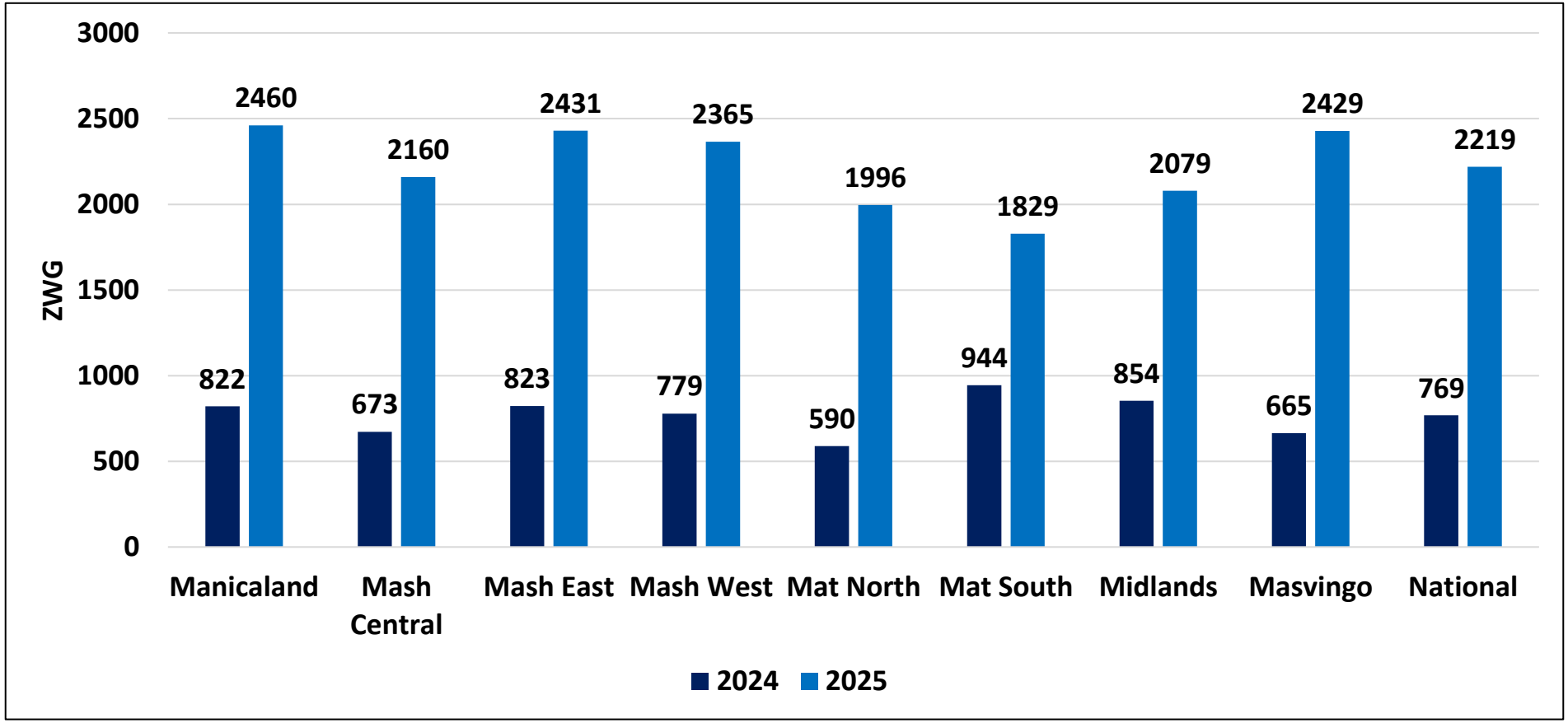
Income and Expenditure

Average Household Monthly Income (ZWG) For April 2025



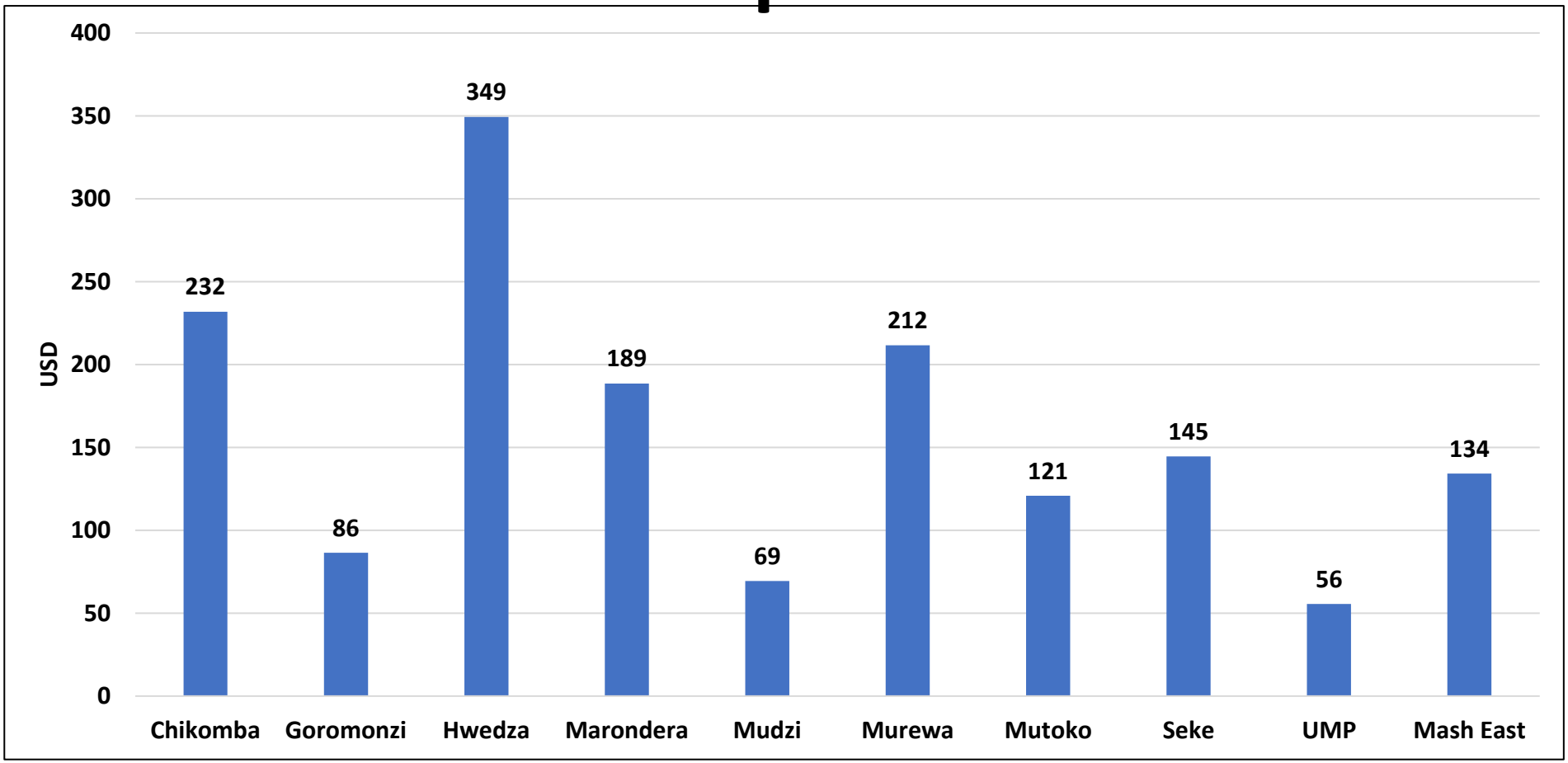
- In Mashonaland east, the average monthly income for the Month of April 2025 was ZWG 3,611

Average Household Monthly Expenditure (ZWG) for April 2025



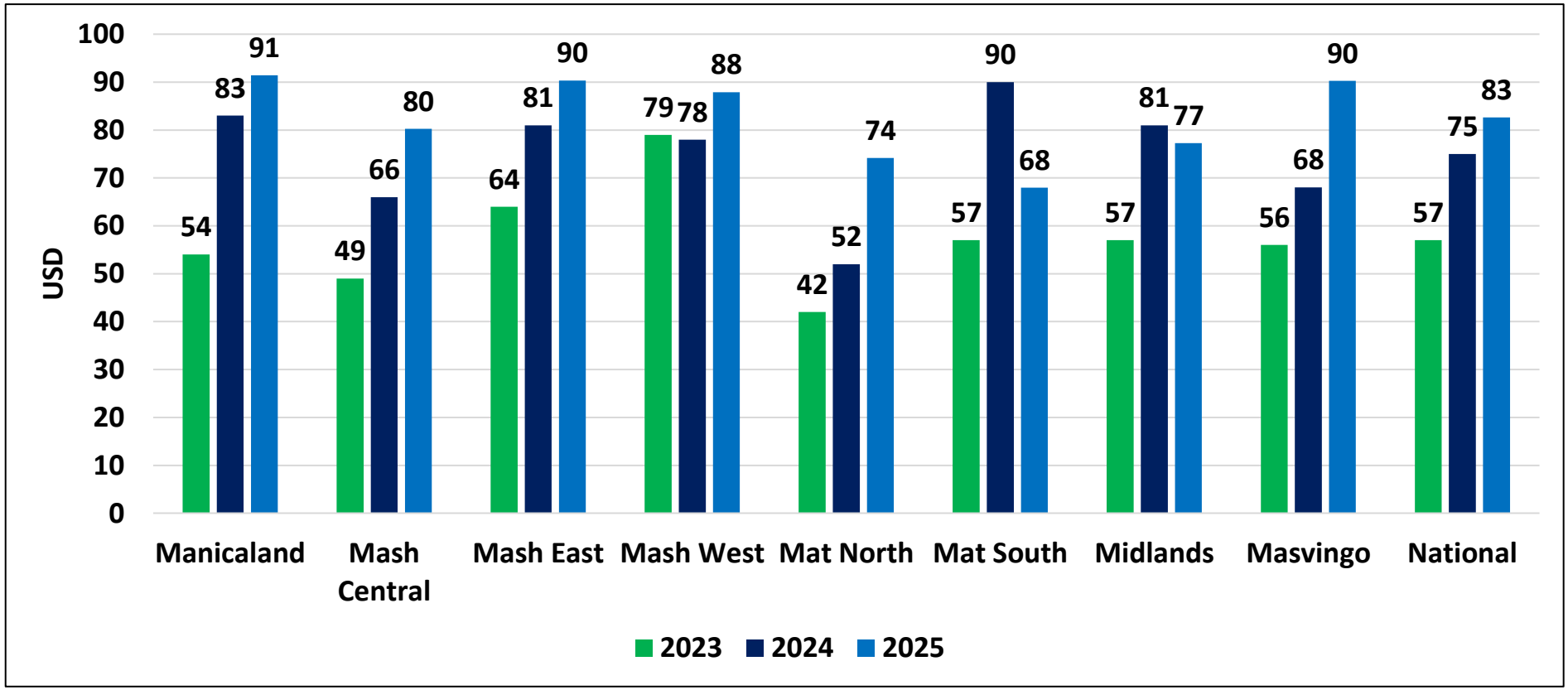
- The average household monthly expenditure was ZWG 2431 in April 2025, an increase from ZWG 823 in April 2024.

Average Household Monthly Income (USD) for April 2025



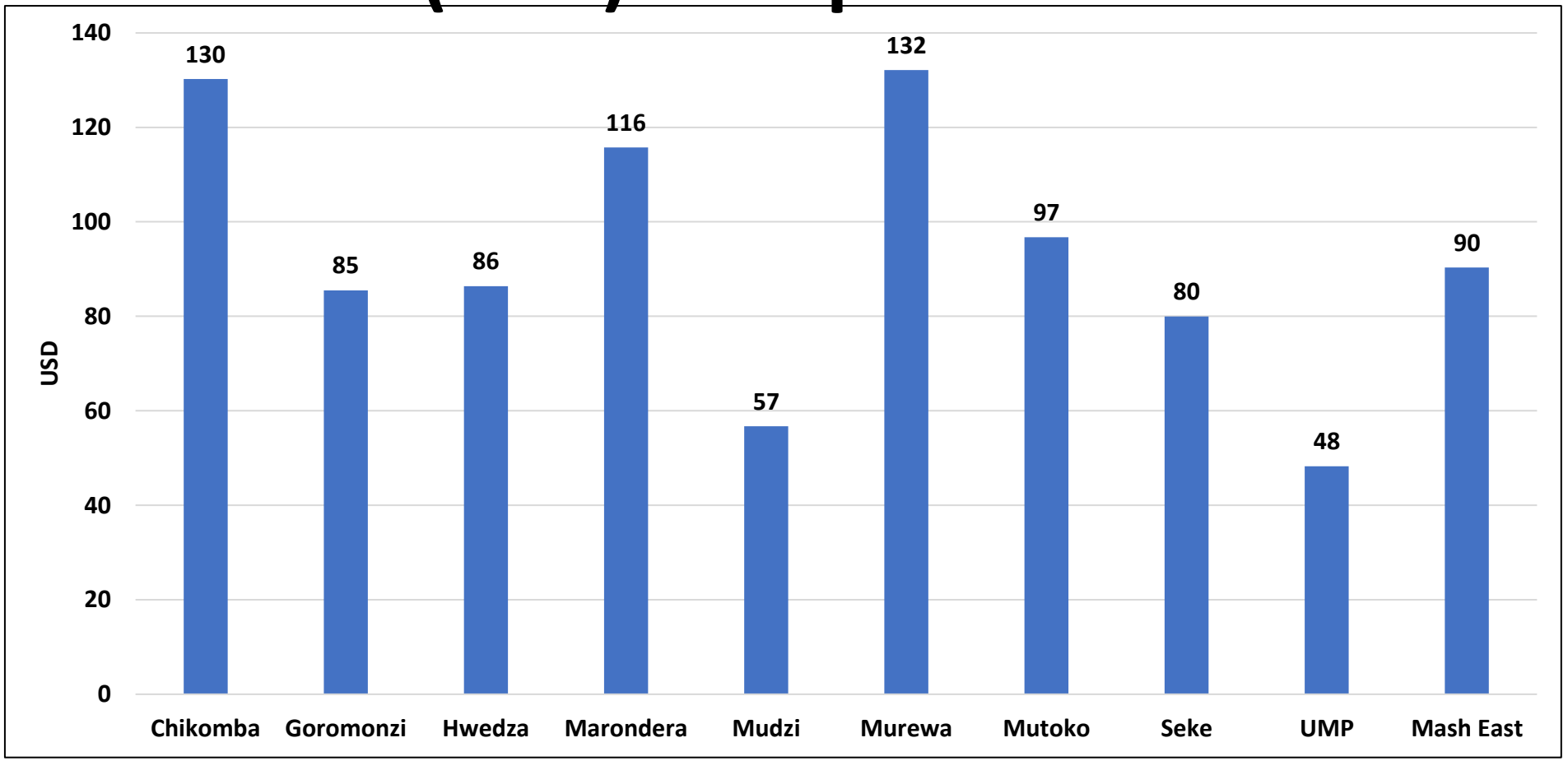
- The average household monthly income was USD134 and was highest in Hwedza (USD349).

Average Household Monthly Expenditure (USD) for April 2025



- The average household monthly expenditure for the month of April 2025 was USD90, an increase from USD 81 in 2024.

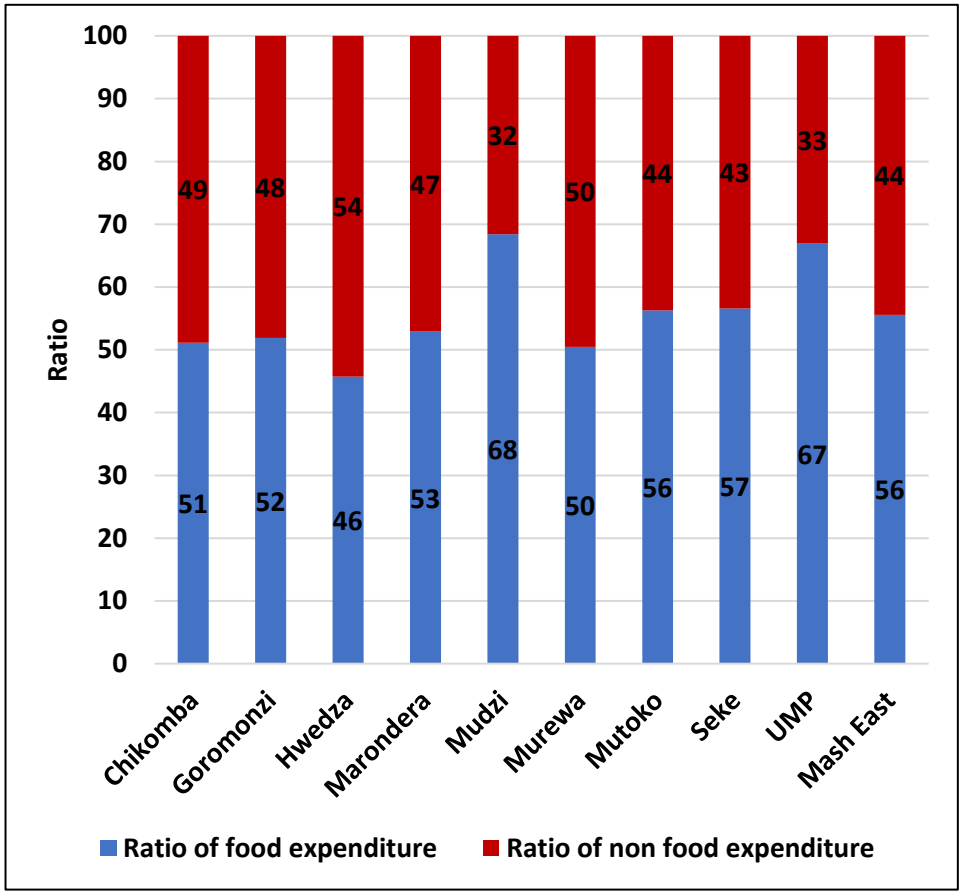
Average Household Monthly Expenditure (USD) for April 2025



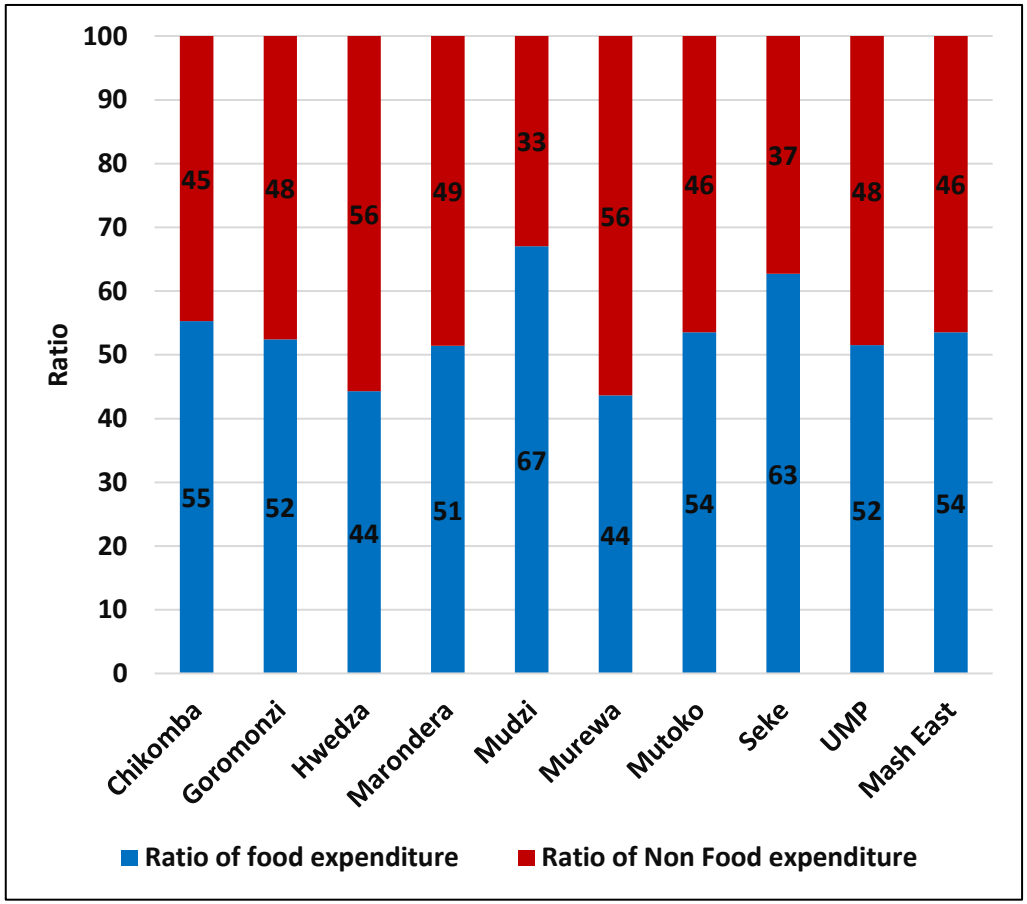
- The average household monthly income was USD90 and was highest in Murewa with USD132.

Food and Non-Food Expenditure Ratio

2024



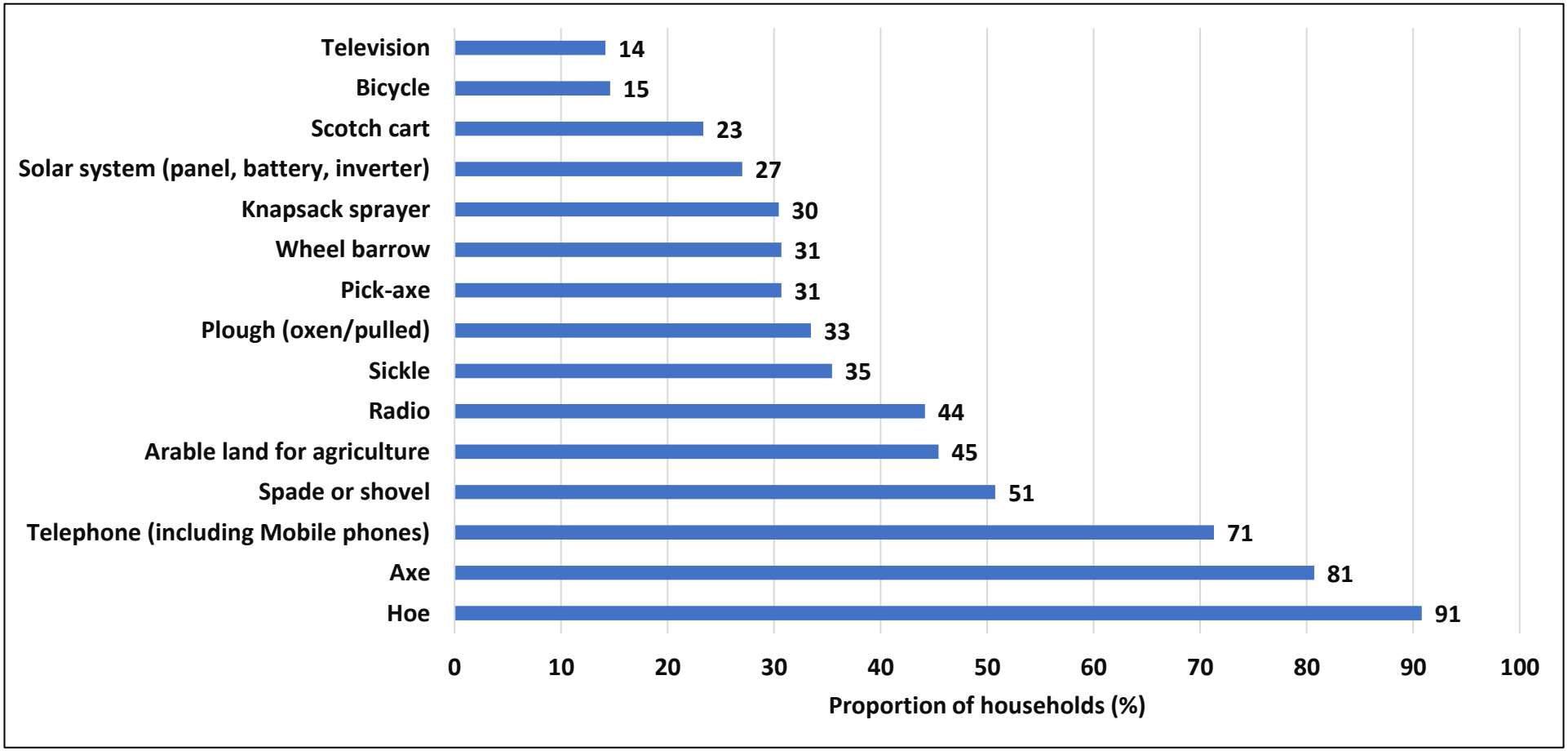
2025



- In Mashonaland East, the food expenditure ratio decreased from 56 in 2024 to 54 in 2025.

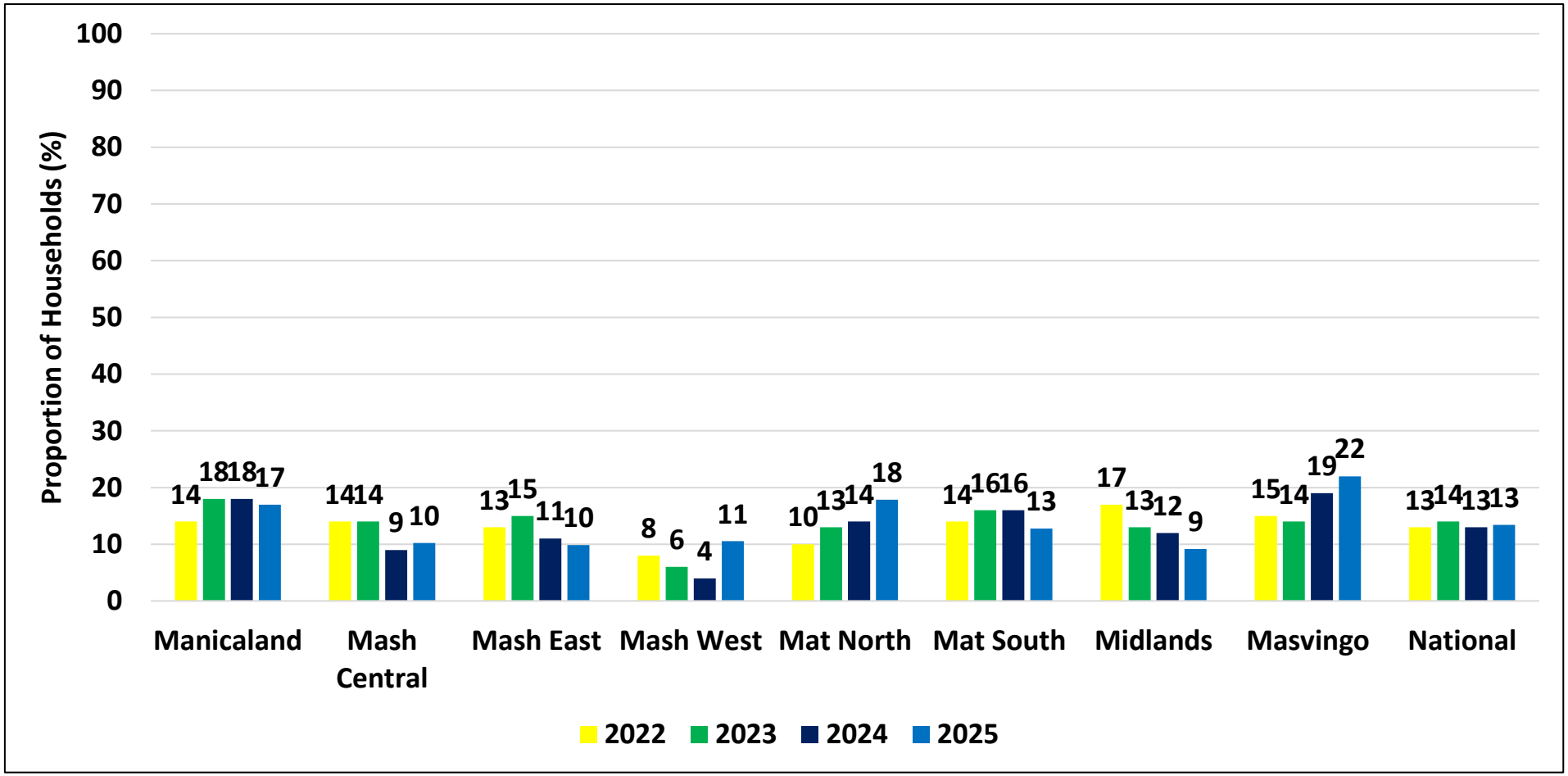
Assets, Loans and Remittances

Assets



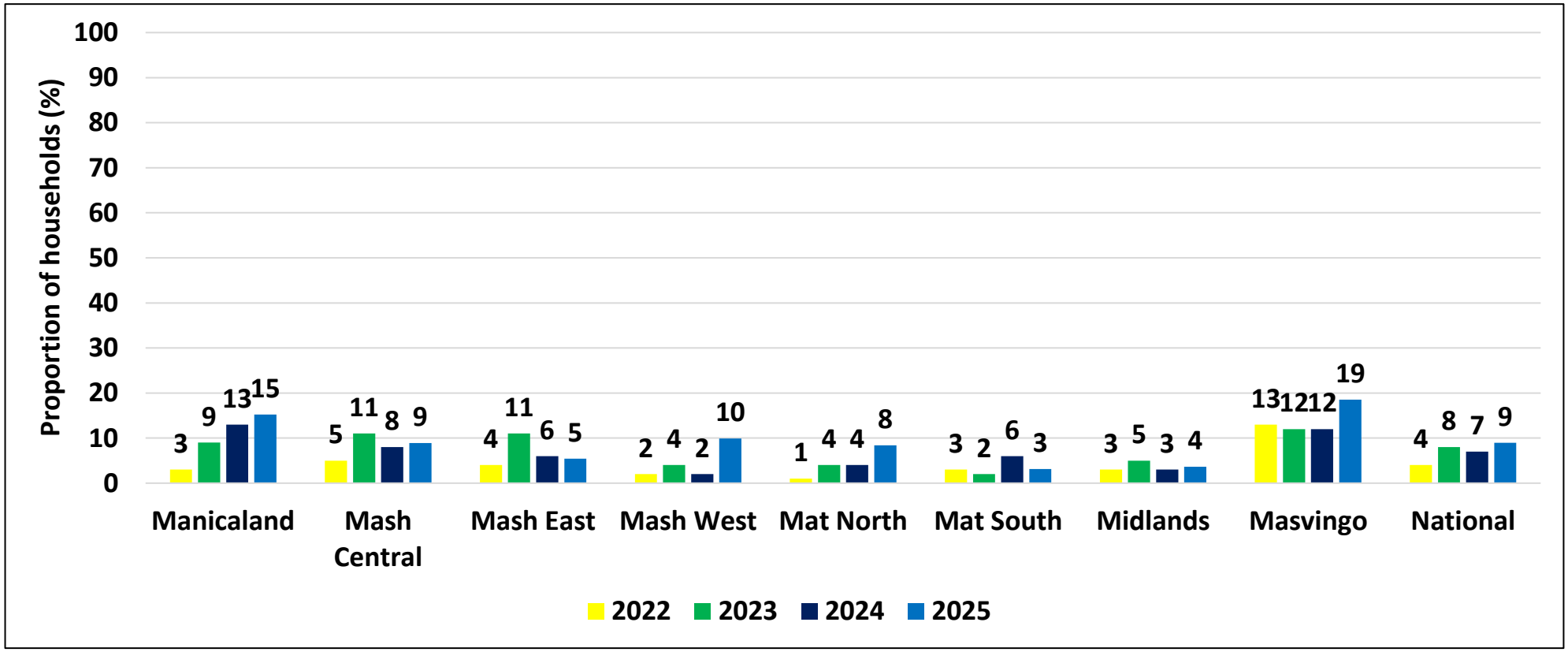
- The most commonly owned assets by households were hoes (91%), axes (81%) and telephones (71%).

Households Participating in ISALS/Mukando/Ukuqogelela



- Nationally, there was no significant change in the proportion of households participating in ISALS/Mukando/Ukuqogelela.
- About 10% of the households in Mashonaland East were participating in ISALS/Mukando/Ukuqogelela.

Households that Accessed Loans



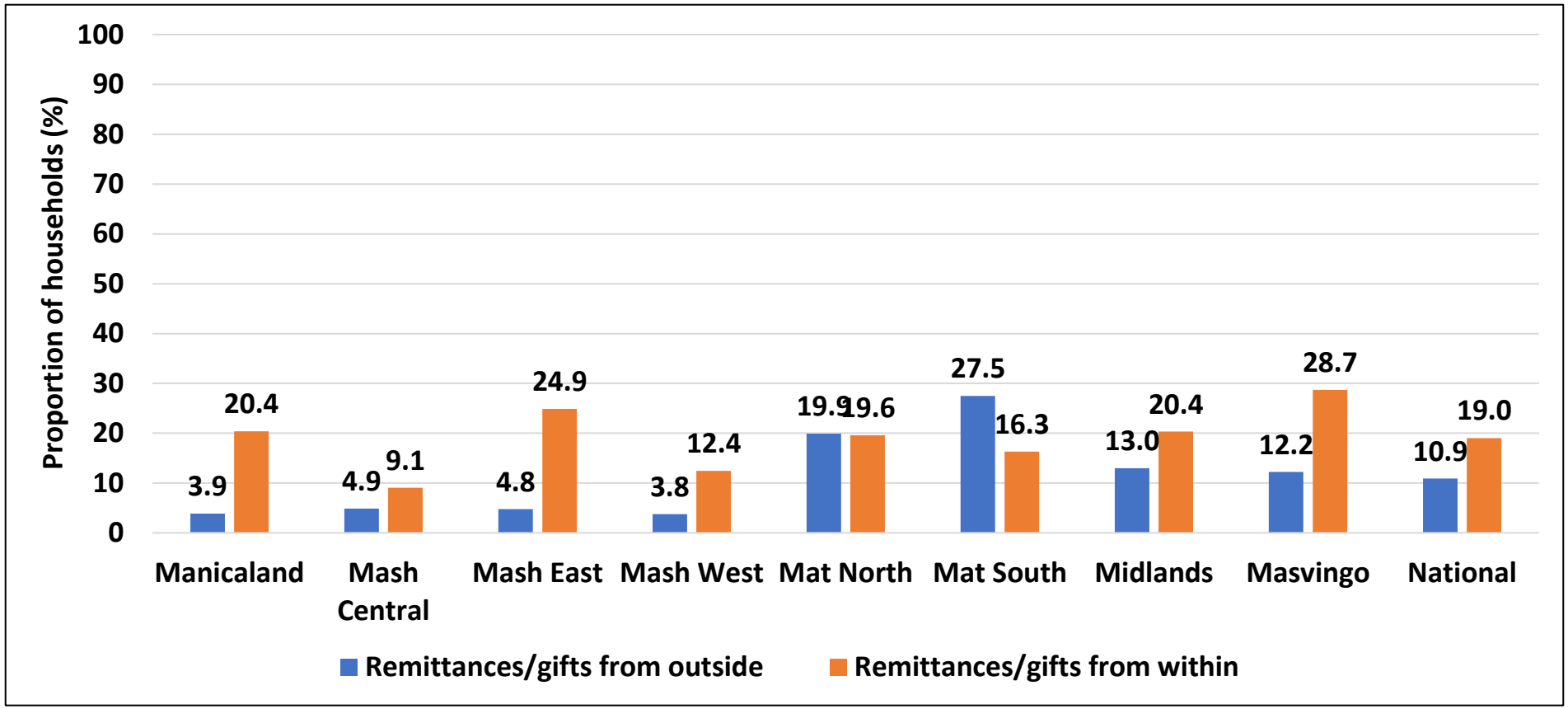
- In Mashonaland East, the proportion of households that accessed loans was 5% in 2025, an increase from 4% in 2022.

Sources of Loans

Province	Friend/relative (%)	Money lender (%)	Banks (%)	Micro finance institutions (%)	Other Financial Services (%)	ISAL/Mukando/Ukuqogelela (%)	Farmer's organization (%)	Local trader/ shopkeeper (%)	Other (%)
Manicaland	3.9	0.5	0.3	0.4	0.0	9.8	0.1	0.1	0.1
Mash Central	1.9	0.5	0.3	0.1	0.0	5.3	1.0	0.1	0.2
Mash East	**2.1**	**0.1**	**0.2**	**0.1**	**0.0**	**2.6**	**0.4**	**0.0**	**0.1**
Mash West	3.1	0.5	0.5	0.6	0.4	3.0	1.0	0.1	1.3
Mat North	1.1	0.3	0.2	0.2	0.1	6.4	0.1	0.0	0.0
Mat South	0.0	0.3	0.2	0.2	0.2	2.2	0.1	0.1	0.1
Midlands	0.3	0.1	0.2	0.2	0.0	2.8	0.0	0.1	0.0
Masvingo	5.3	0.7	0.8	0.5	0.1	12.1	0.3	0.3	0.0
National	**2.2**	**0.4**	**0.3**	**0.3**	**0.1**	**5.4**	**0.4**	**0.1**	**0.2**

- The main source of loans for the households was ISAL/Mukando/Ukuqogelela (2.6%).

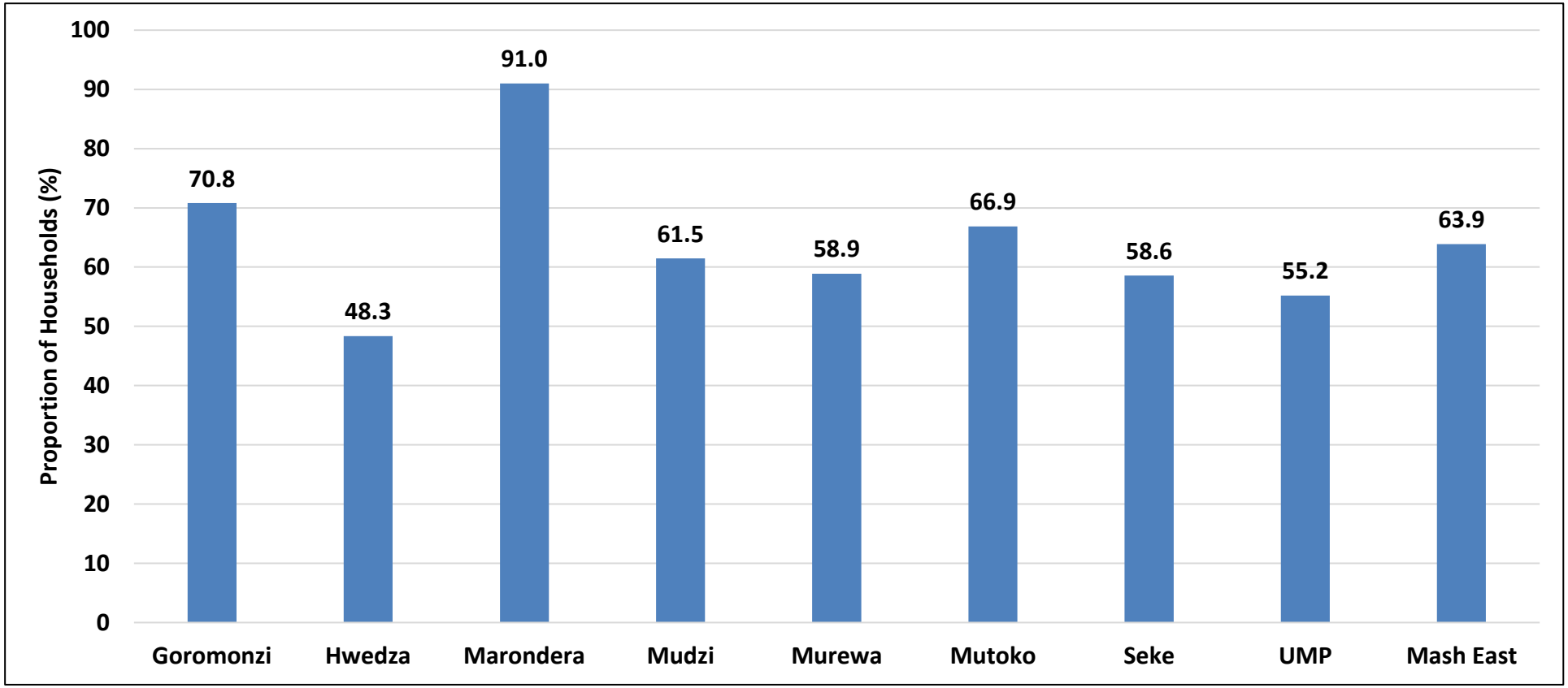
Households which Received Remittances/Gifts



- Remittances/gifts received were mainly from within the country (24.9%).

Nutrition

Households that Received Information on Health and Nutrition



- Access to nutrition and health information empowers communities and influences consumer behavioural changes.
- Marondera (91%) reported to have received information about health and nutrition.

Actions Done After Receiving Health and Nutrition Information

District	Changed the foods eaten (%)	Healthy eating (%)	Changed eating portions (%)	Undertaking physical activities (%)	Changed agricultural practices (%)
Chikomba	12.4	22.4	14.4	11.0	5.0
Goromonzi	37.2	48.0	32.6	15.8	0.7
Hwedza	27.8	29.8	29.8	20.9	**30.5**
Marondera	35.0	61.0	19.7	18.7	20.0
Mudzi	44.5	19.9	3.0	.3	3.7
Murewa	38.5	41.1	9.2	4.6	11.5
Mutoko	3.7	30.1	6.0	9.4	22.4
Seke	22.9	11.4	12.8	9.8	8.4
UMP	36.5	27.1	1.3	4.3	2.0

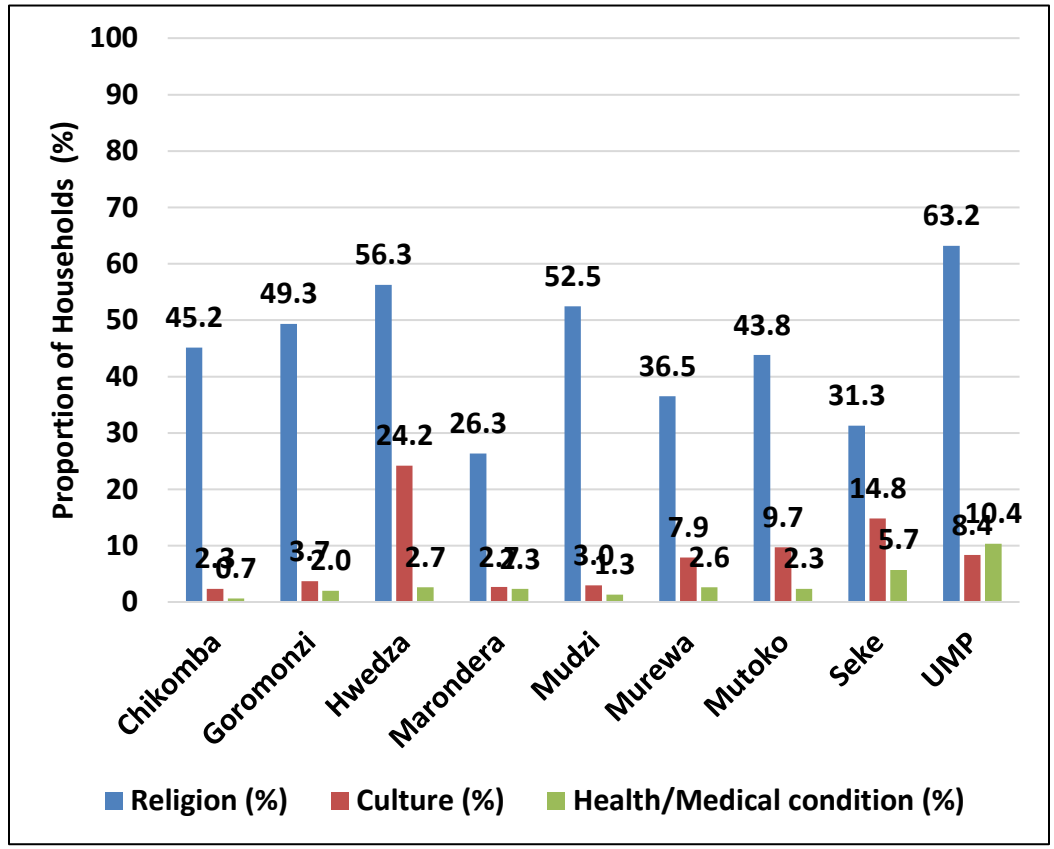
- After receiving the health and nutrition information, most households resorted to change the food they usually eat (36.5%) and healthy eating (27.1%).
- About 30.5% of the households in Hwedza reported to have changed agricultural practices after receiving health and nutrition information.

Food Dietary Taboos

Household Food Taboos

	Certain meat and meat products not consumed (%)	Certain fruits not consumed (%)	Traditional cereals not consumed (%)	Certain insects not consumed (%)	Age and gender restrictions on consumption of particular foods (%)	No taboos or restrictions (%)
Chikomba	46.5	0	0	0	0	53.2
Goromonzi	61.7	12.4	7.7	1.7	0	36.9
Hwedza	57.0	6.0	2.3	2.3	1.3	67.2
Marondera	31.0	0.3	0	0	0	69.7
Mudzi	53.5	0.3	0	0	0.3	46.2
Murewa	41.1	4.3	0.3	2.0	0	62.5
Mutoko	52.5	0	0	20.4	0.3	45.8
Seke	30.6	5.4	16.2	12.5	4.7	66.7
UMP	72.9	0	0.3	4.7	4.0	23.7

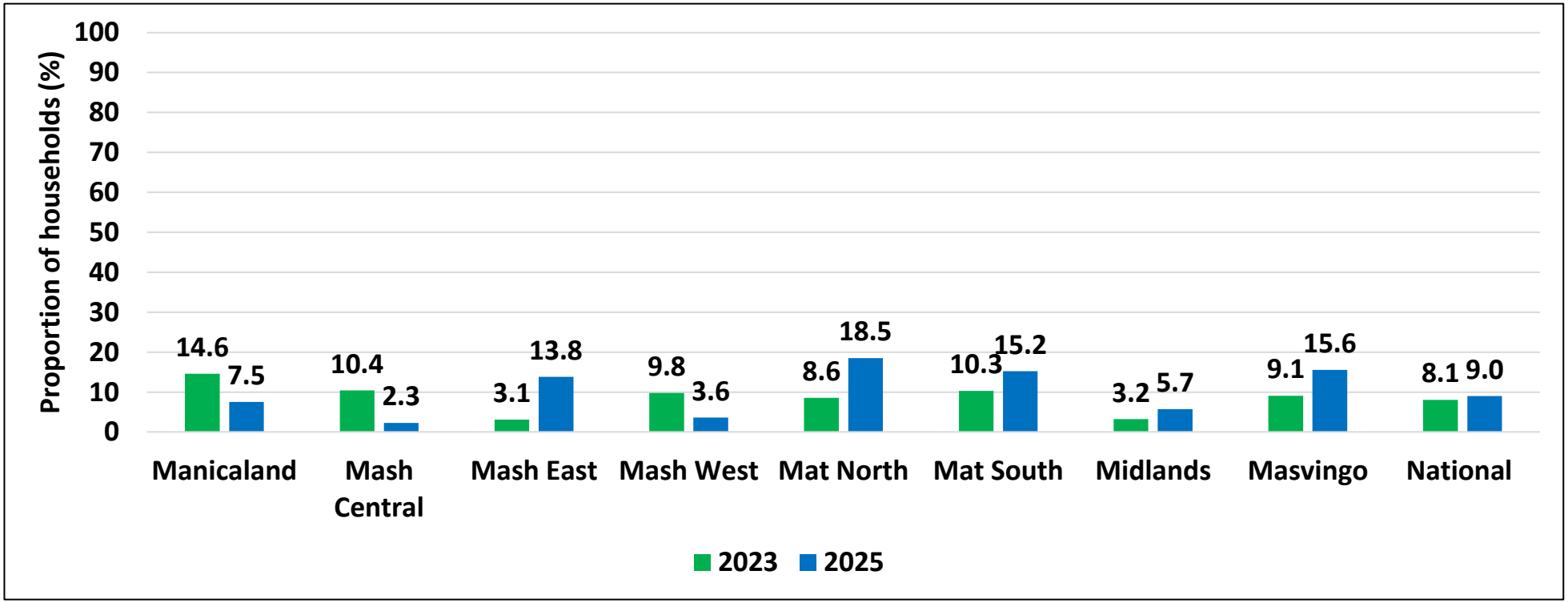
Reasons for Taboos



- Taboos on consumption of certain meat and meat products may have negative effect on individual dietary diversity options ultimately affecting the quality of diets.
- The mostly reported reason for taboos was religion, with Uzumba Maramba Pfungwe reporting the highest proportion (63.2%).

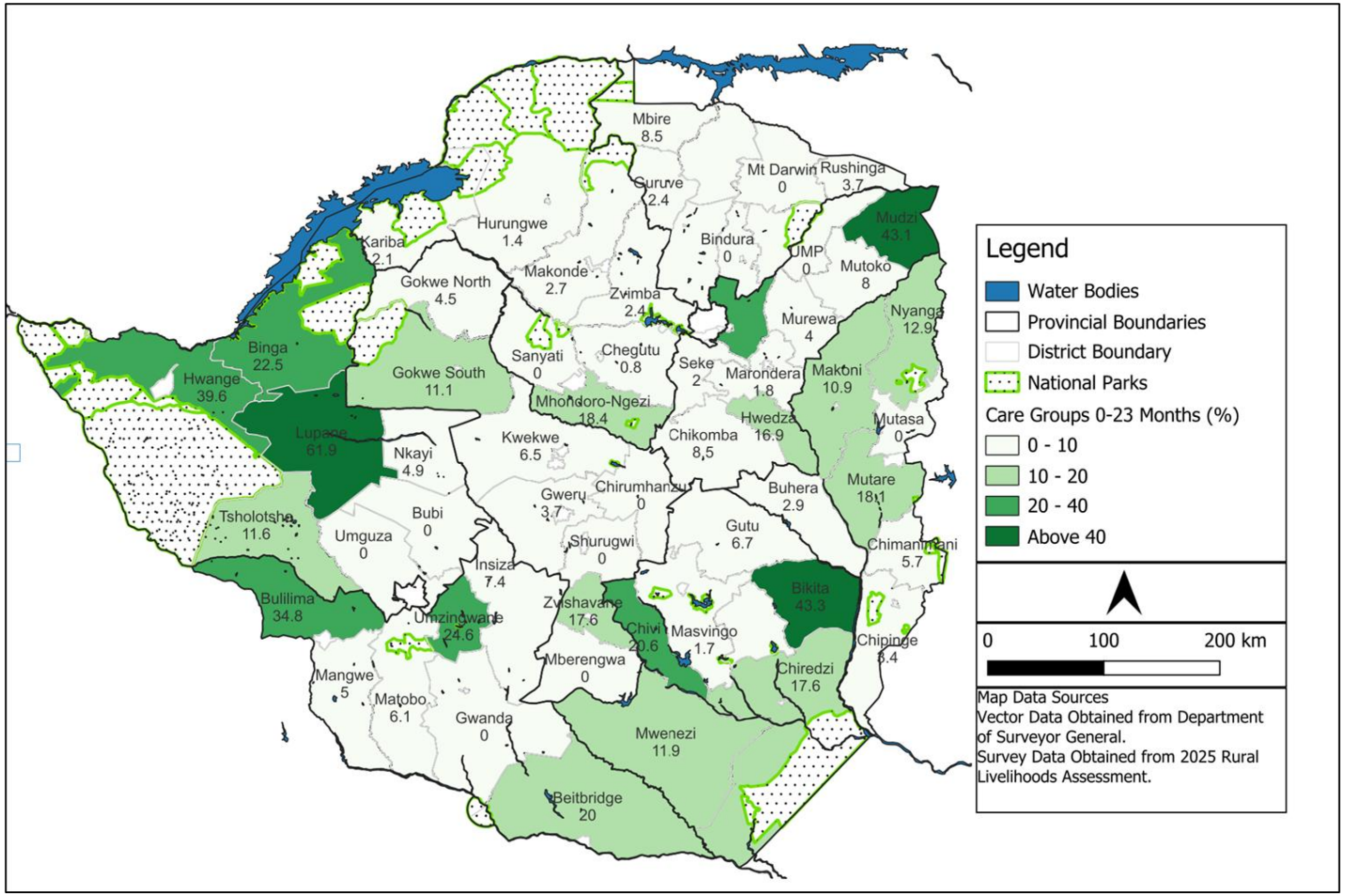
Care Groups

Membership of a Care Group or IYCF Support Groups (0-23 months)



- The care-group approach is a community-based strategy for promoting health and nutrition behavior change.
- The proportion of households that had a caregiver who was a member of a care group or Infant and Young Child Support group was 13.8%.

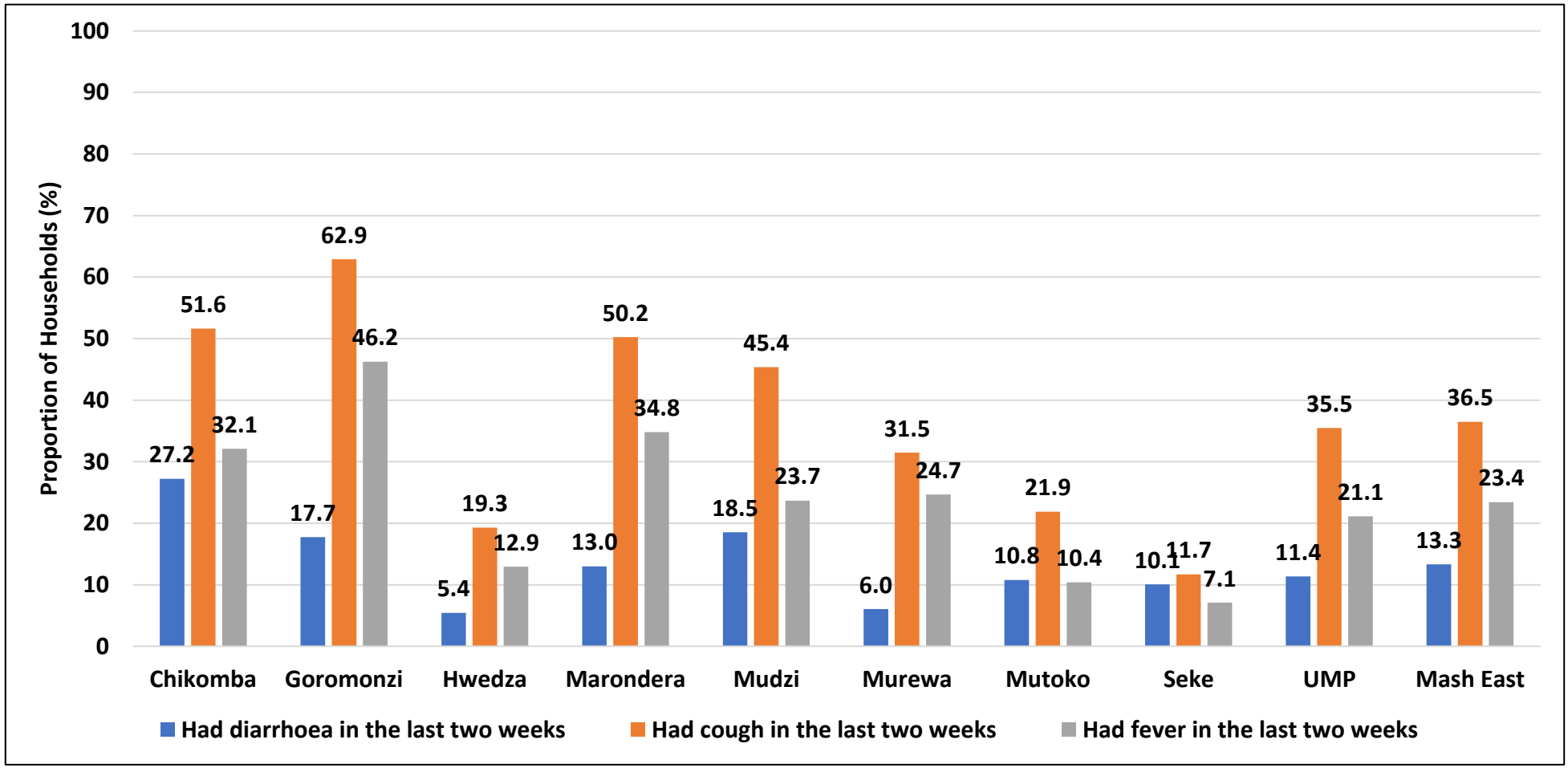
Membership of a Care Group or IYCF Support Groups (0-23 Months) by District



- Mudzi (43.1%) had highest proportion of households which had a caregiver who was a member of a care group or IYCF support group.

Child Health

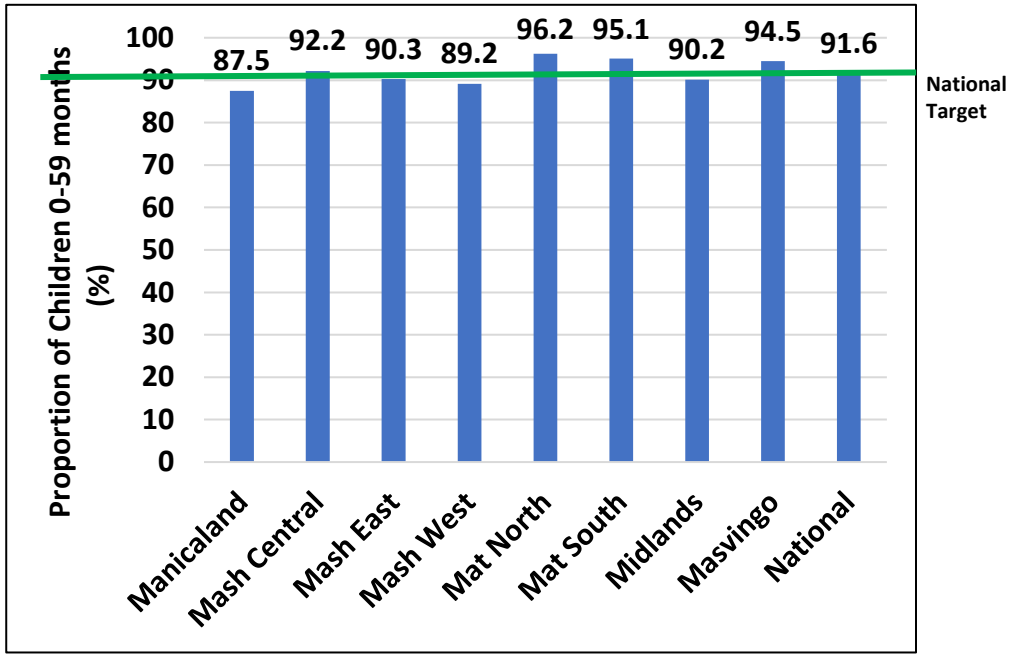
Child Illness 6-59 Months



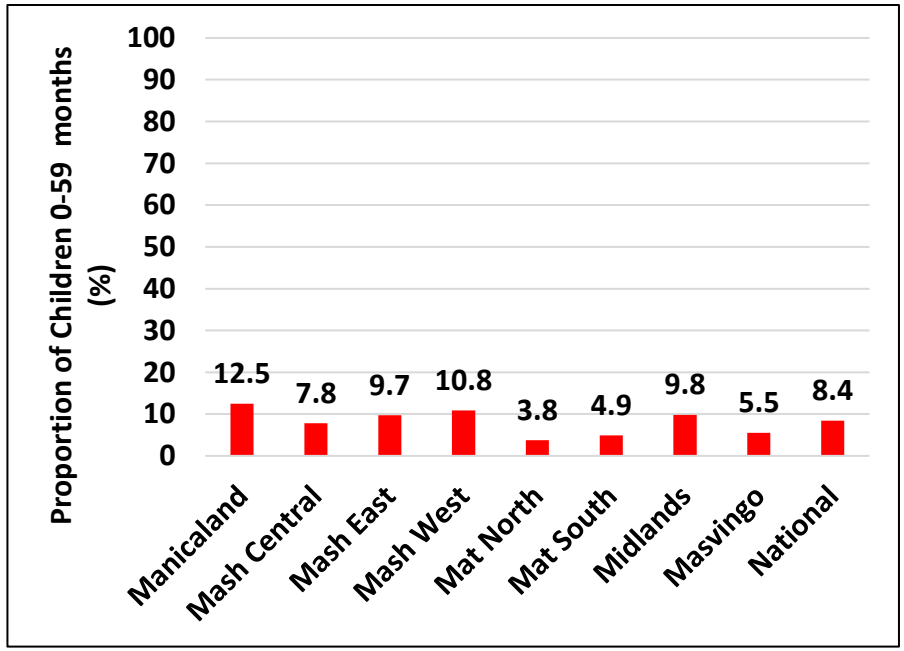
- Child illness is a negative contributor child nutrition status.
- The most common reported illness was cough (36.5%).

Vaccination Status of Children 0-59 Months

Received Vaccination since Birth

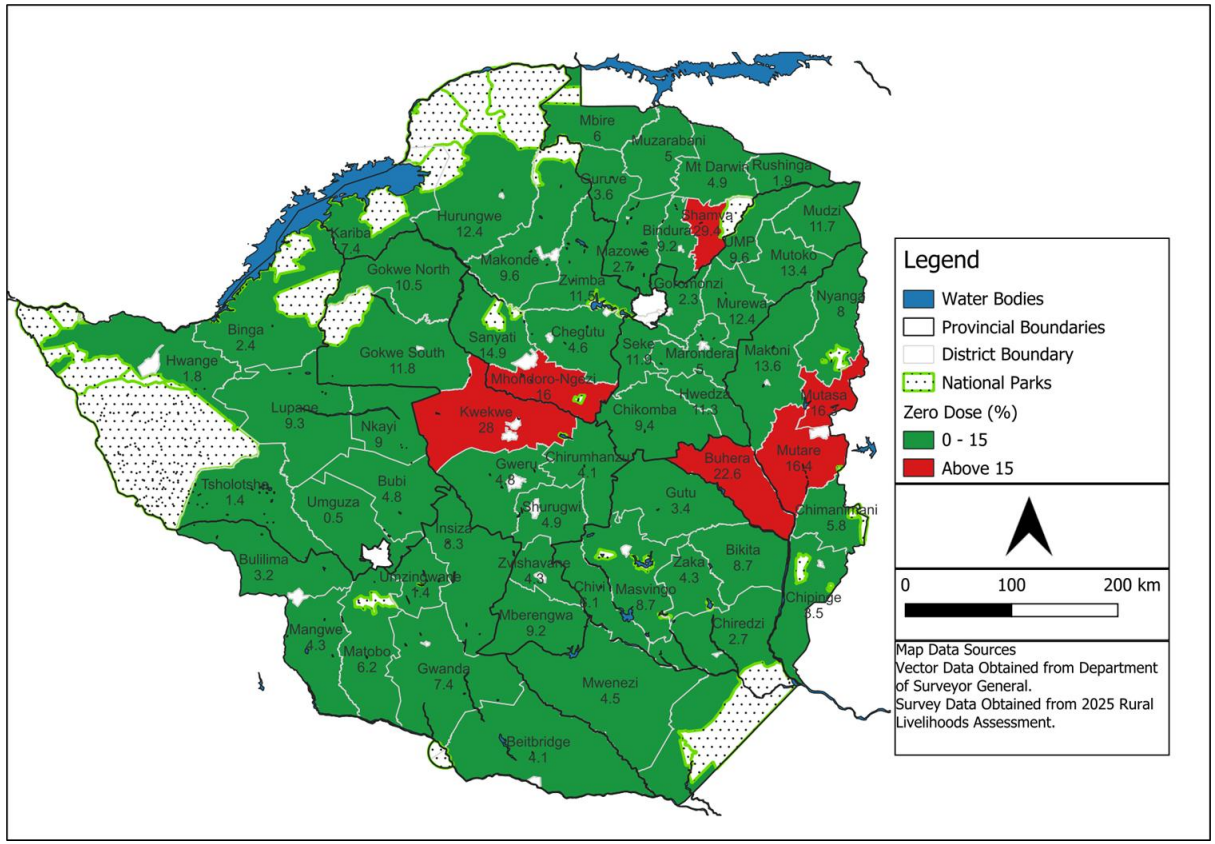


Zero-Dose Percentage



- Immunisation allows children everywhere to live lives free of many forms of disability and illness. Zero-dose refers to children who have not received any vaccinations.
- All provinces reported to have children who received any vaccination since birth above the national target.

Zero-Dose by District

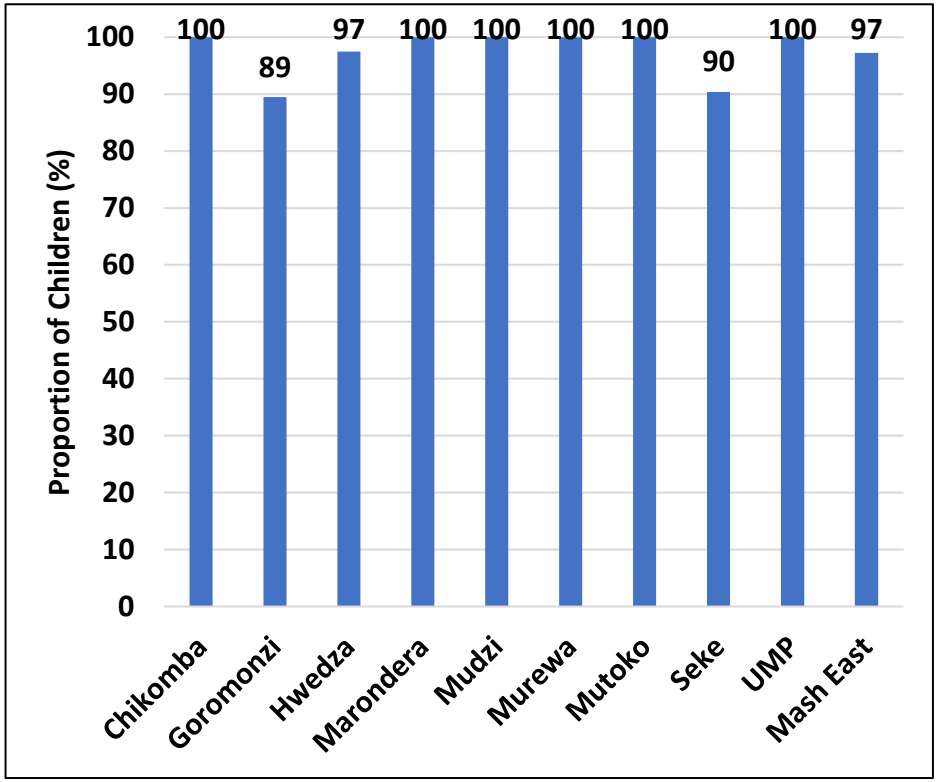


- All districts in Mashonaland East reported a zero-dose less than 15%. This was commendable.

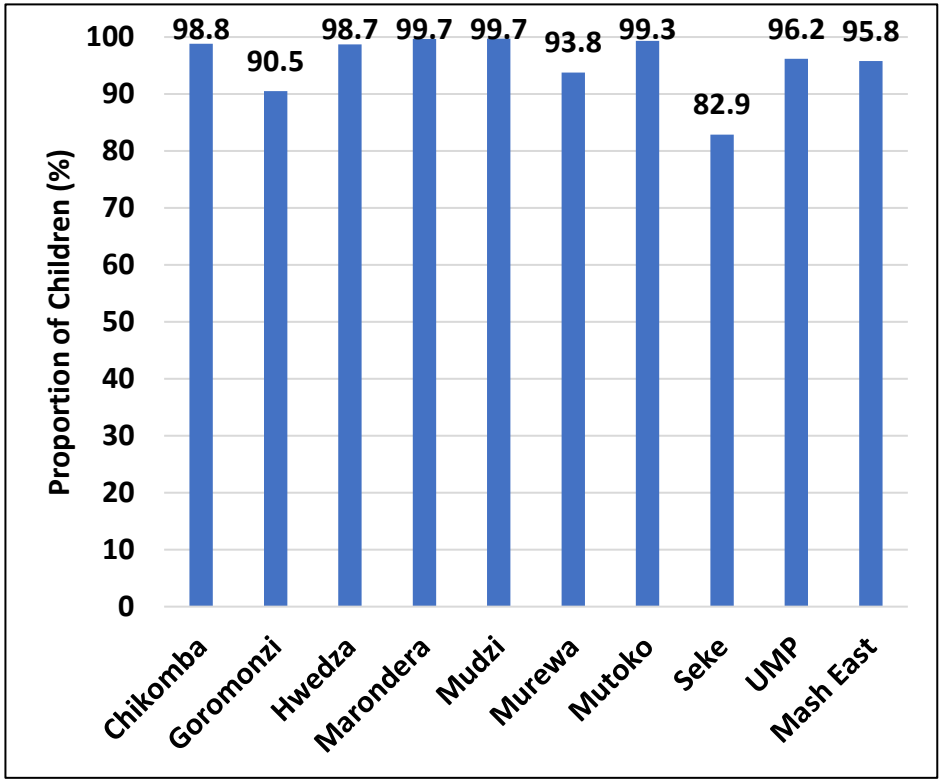
Vitamin A Supplementation

Vitamin A Supplementation

6-11 months



12-59 months



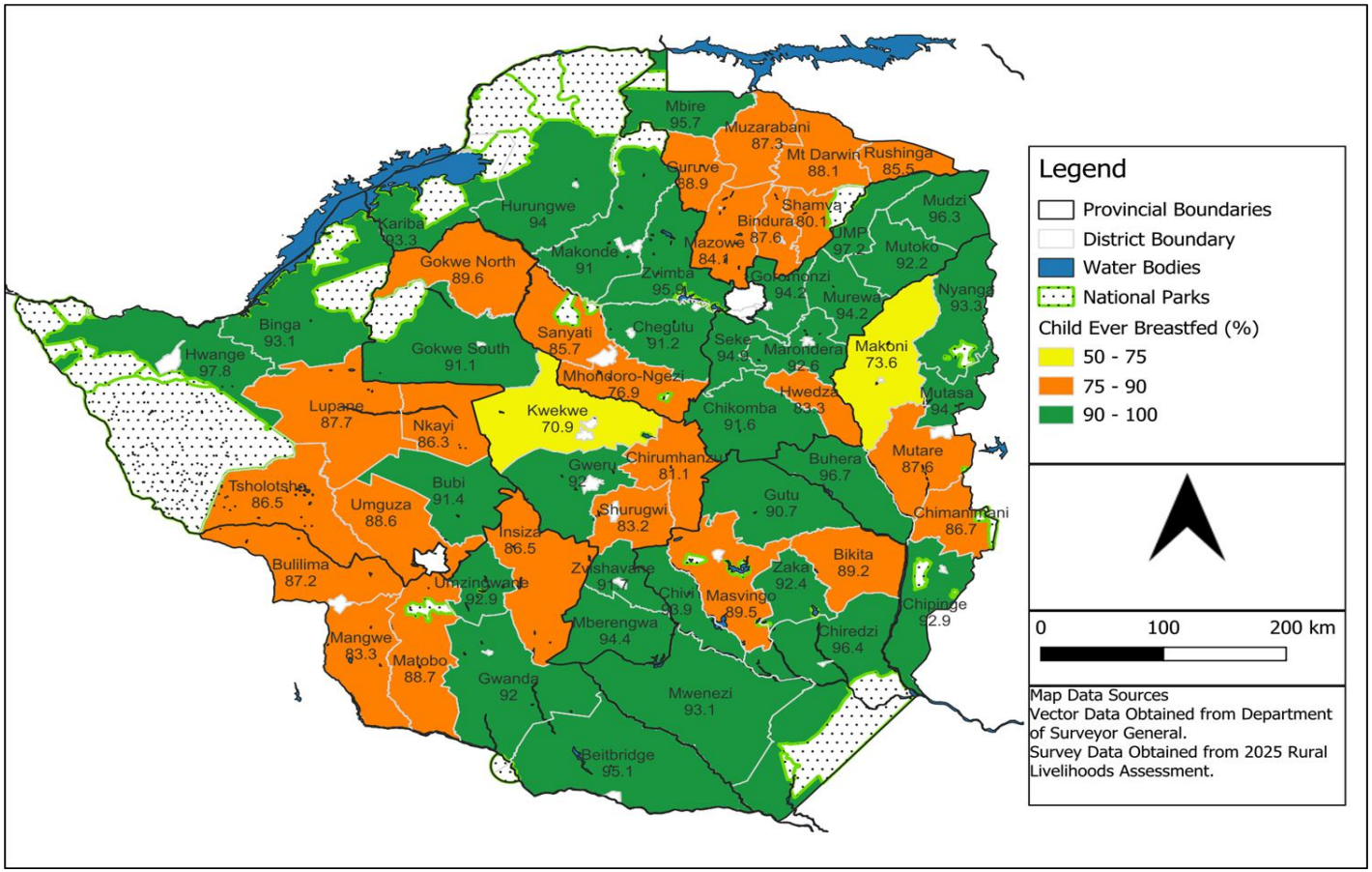
- Chikomba, Marondera, Mudzi, Murewa, Mutoko and Uzumba Maramba Pfungwe reported a 100% coverage for the children aged 6-11 months, which is commendable.
- Vitamin A is essential for the functioning of the immune system and the healthy growth and development of children.

Infant and Young Child Feeding

Infant and Young Child Feeding

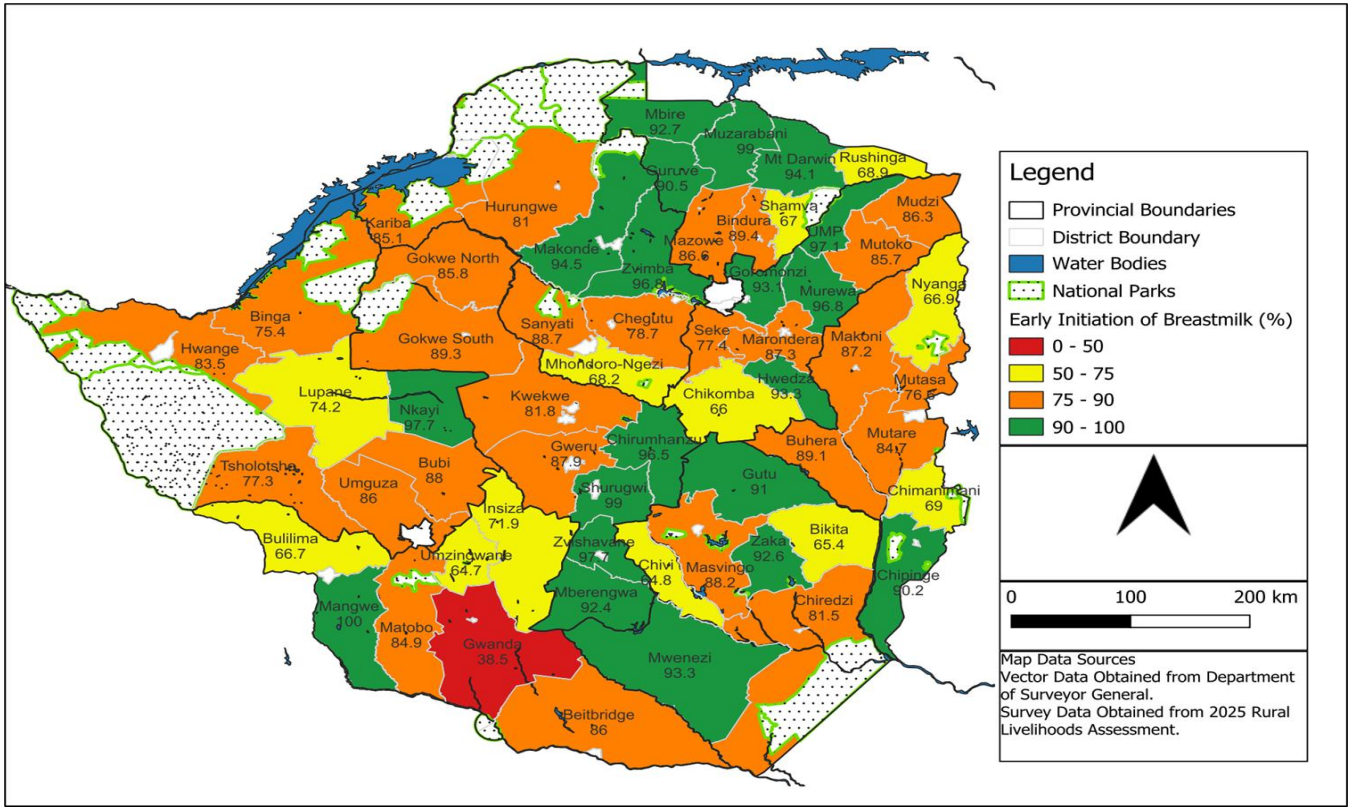
- Infant and young child feeding (IYCF) practices directly affect the health, development and nutritional status of children less than two years of age and ultimately, impact child survival. Improving IYCF practices in children 0–23 months of age is therefore critical to improved nutrition, health and development.
- The World Health Organisation (WHO) recommends breastfeeding practices that consist of early initiation of breastfeeding within one hour of birth, exclusive breastfeeding for six months, and continued breastfeeding with complementary feeding for at least two years.
    - Early initiation of breastfeeding, within one hour of birth, protects the newborn from acquiring infection; reduces newborn mortality and facilitates emotional bonding of the mother and the baby and has a positive impact on duration of exclusive breastfeeding.
    - Exclusive breastfeeding is a low cost, life-saving child survival intervention
    - WHO recommends that children aged 6–23 months be fed a variety of foods to ensure that nutrient needs are met. Food group diversity is associated with improved linear growth in young children. A diet lacking in diversity can increase the risk of micronutrient deficiencies, which may have a damaging effect on children's physical and cognitive development.
- Poor-quality diets are one of the greatest obstacles to children's survival, growth, development and learning. During the first two years of life, diets lacking in essential vitamins and minerals can irreversibly harm a child's rapidly growing body and brain and increase the risk of stunting, wasting and micronutrient deficiencies. Meanwhile, foods high in sugar, fat or salt can set children on the path to unhealthy food preferences, overweight and diet-related diseases.

Ever Breastfed by District



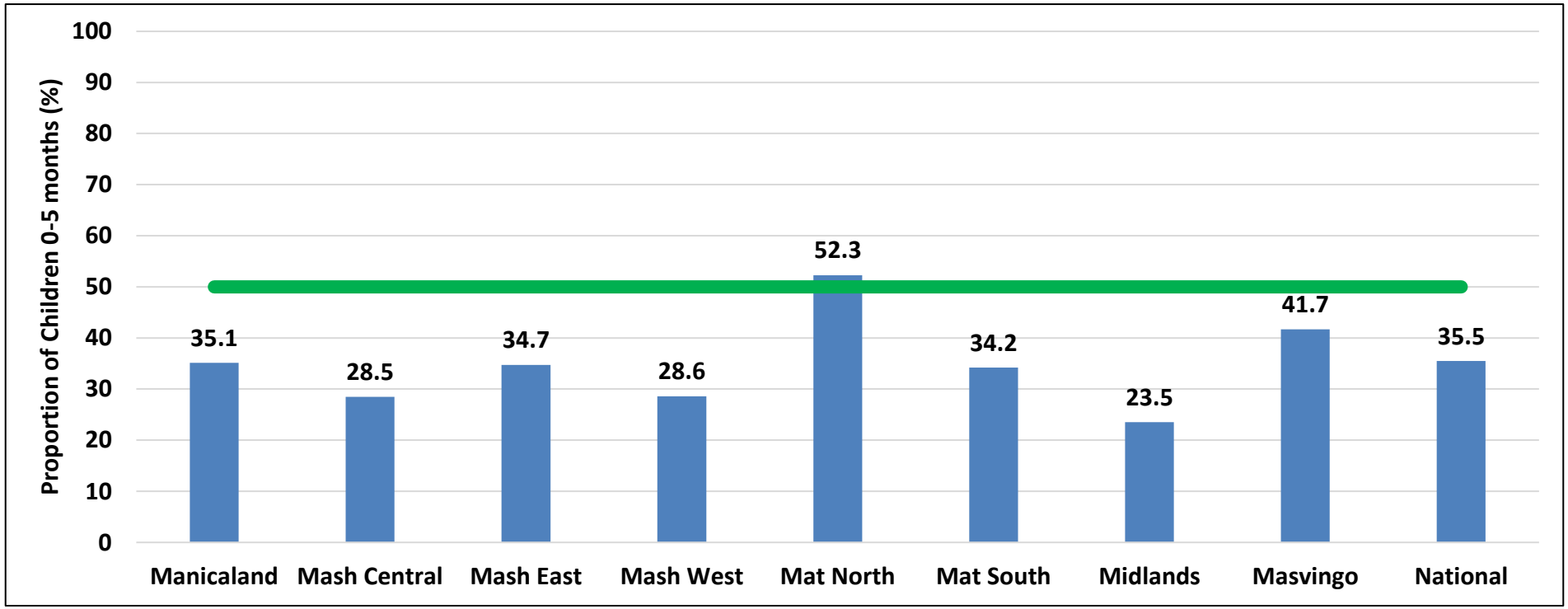
The map reveals considerable regional variation in children ever breastfed. UMP reported the highest rate for Mashonaland east (97.2%).

Early Initiation of Breastfeeding by District



- Chikomba (66%) reported the least coverage for early initiation of breastfeeding. The investments in health and nutrition (BFHI and care groups) could have contributed in the positive picture in most districts of the province.

Exclusive Breastfeeding 0 to 5 Months



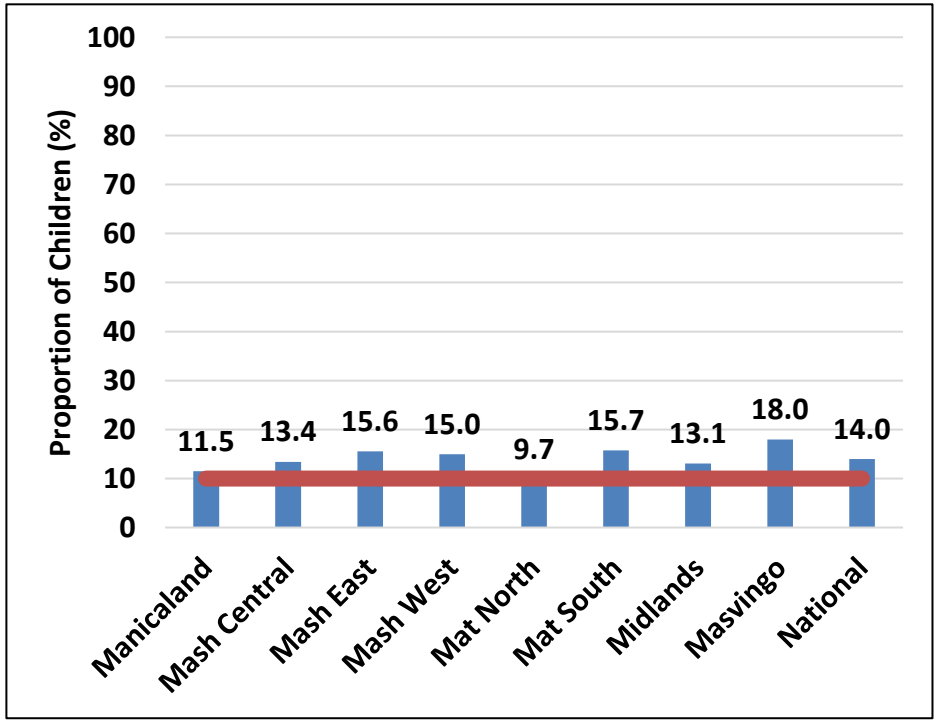
- Despite the global target of reaching 50% by 2025, the exclusive breastfeeding rate for Mashonaland East was at 34.7% for the 24 hours preceding the survey.

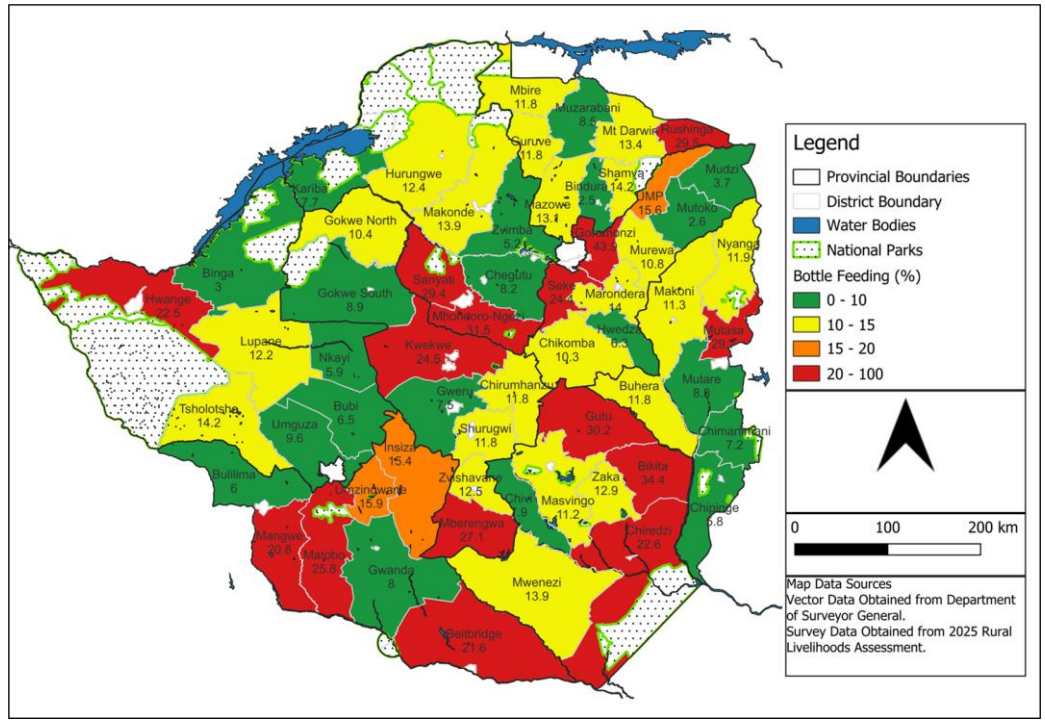
Foods Given to Children Less than 6 Months in Addition to Breastfeeding (%)

	Plain water **(%)**	Mahewu **(%)**	Clear Broth / Clear Soup **(%)**	Tea, Coffee, or Herbal Drinks **(%)**	Juice or juice drinks **(%)**	Milk (Tinned, Powdered, Fresh Animal Milk) **(%)**	Infant Formula **(%)**	Yoghurt Drinks **(%)**	Soft/cold drinks **(%)**	Chocolate Drinks **(%)**
Manicaland	45.0	13.2	6.2	2.3	0.8	2.3	3.9	0.0	0.0	0.0
Mash Central	56.4	16.1	9.0	9.0	3.8	3.8	1.9	3.2	1.3	1.3
Mash East	**51.9**	**15.1**	**16.2**	**6.0**	**7.6**	**2.2**	**1.1**	**2.7**	**2.2**	**2.2**
Mash West	56.0	13.6	8.7	4.3	3.3	1.6	3.3	0.0	2.2	0.0
Mat North	34.5	11.7	10.5	6.4	2.9	1.8	1.8	1.8	1.8	0.0
Mat South	44.4	12.2	10.0	1.1	2.2	3.3	3.3	5.6	2.2	0.0
Midlands	53.7	26.9	10.6	11.9	3.0	4.5	3.0	1.5	1.5	3.0
Masvingo	45.9	21.8	5.3	9.0	6.0	3.8	0.8	3.0	5.3	5.3
National	48.5	15.5	9.8	6.1	3.9	2.7	2.2	2.1	2.1	1.3

- In Mashonaland East, plain water (51.9%), mahewu (15.1%) and clear broth (16.2%) were the most common foods given to children less than 6 months during the 24 hours preceding the survey.

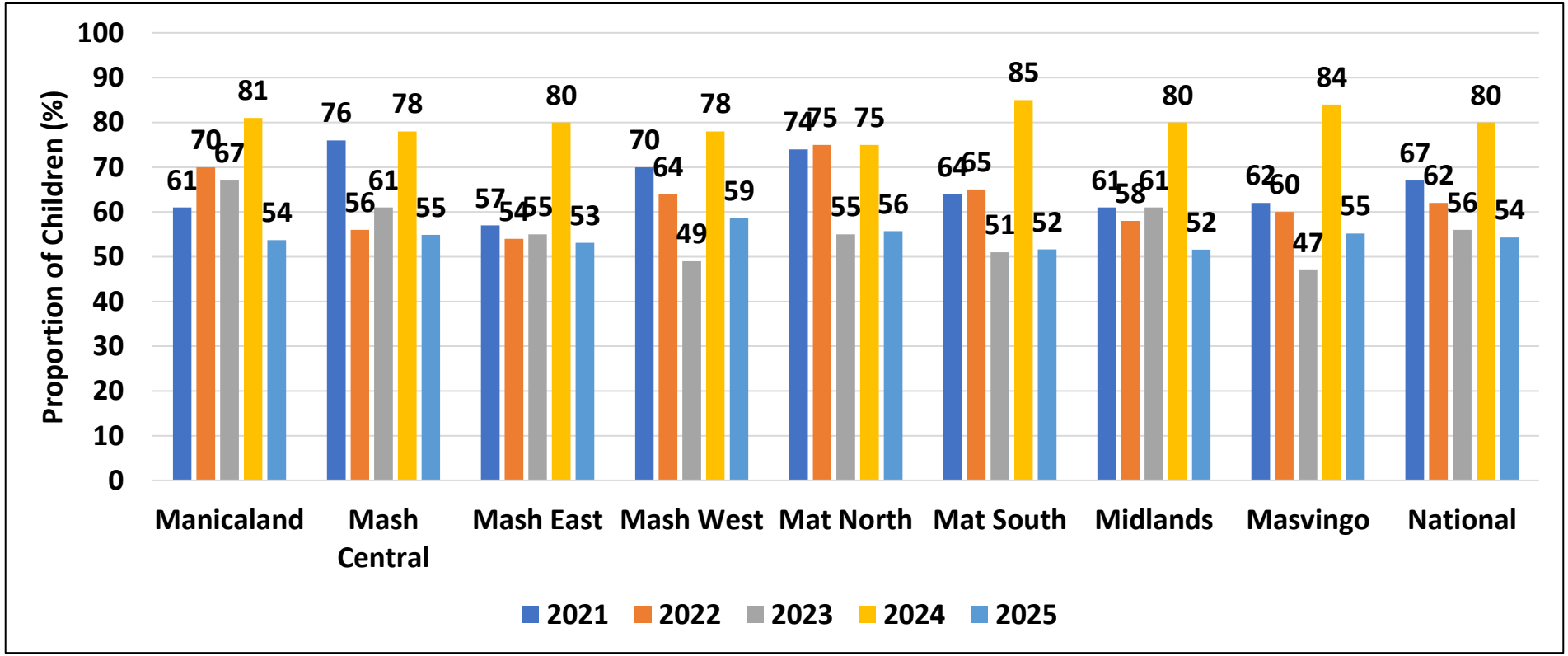
Bottle Feeding





- Feeding an infant from a bottle with an artificial teat may make it more difficult for the baby to learn to attach well at the breast and has been associated with earlier cessation of breastfeeding. Moreso, in unhygienic conditions and poor preparation of infant formula, it puts the infant at a great risk of illness, resulting in increased risk of mortality. The WHO recommends that bottle feeding should be below 10%.
- About 15.6% of children were bottle-fed above the 10% threshold and this poses risk of poor breastfeeding practices, diarrhoeal diseases and mortality to children.
- Further variation exists at district level as shown in the map where low bottle feeding rates were in Mutoko (2.6%) while high bottle feeding was in Goromonzi (43.9%).

Continued Breastfeeding by Year

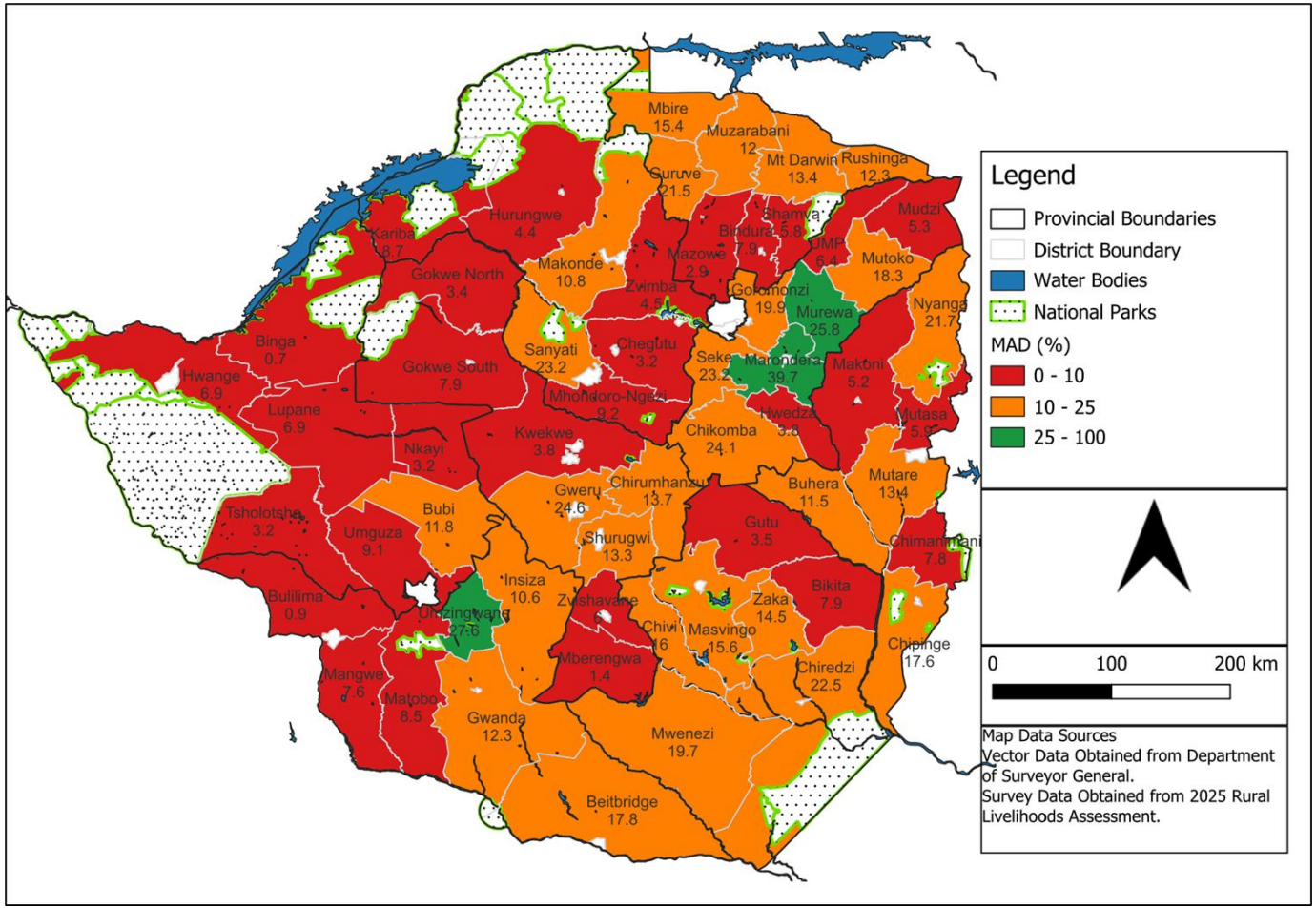


- Breast milk is a significant source of energy and nutrients in children. It provides one third of energy between 12 and 24 months.
- The proportion of children who continued breastfeeding beyond one year reduced from 80% in 2024 to 53% in 2025.

Complementary Feeding

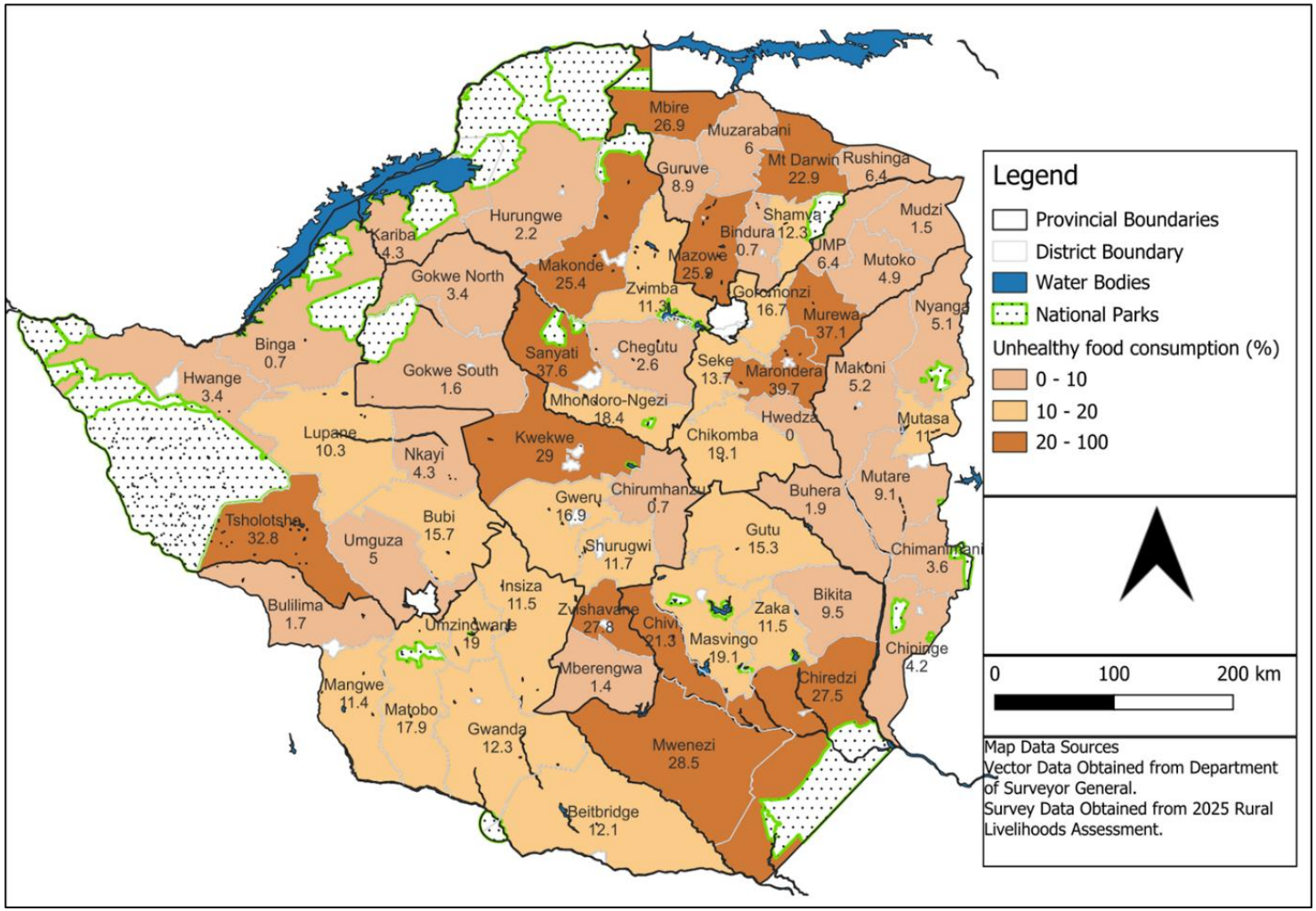
- Minimum Dietary Diversity (MDD) is a proxy indicator for adequate micronutrient density. Both breastfed and non-breastfed infants are expected to consume at least five of the seven food groups that are recommended by the World Health Organisation.
- Minimum Meal Frequency (MMF) is a proxy for a child's energy requirements and is the proportion of breastfed and non-breastfed children 6 to 23 months of age who receive solid, semi-solid, or soft-foods or milk feeds the minimum number of times or more.
- Minimum Acceptable Diet (MAD) is a composite indicator of minimum meal frequency and dietary diversity. It represents minimum standards of IYCF practices.

Minimum Acceptable Diet (MAD) Children 6-23 Months



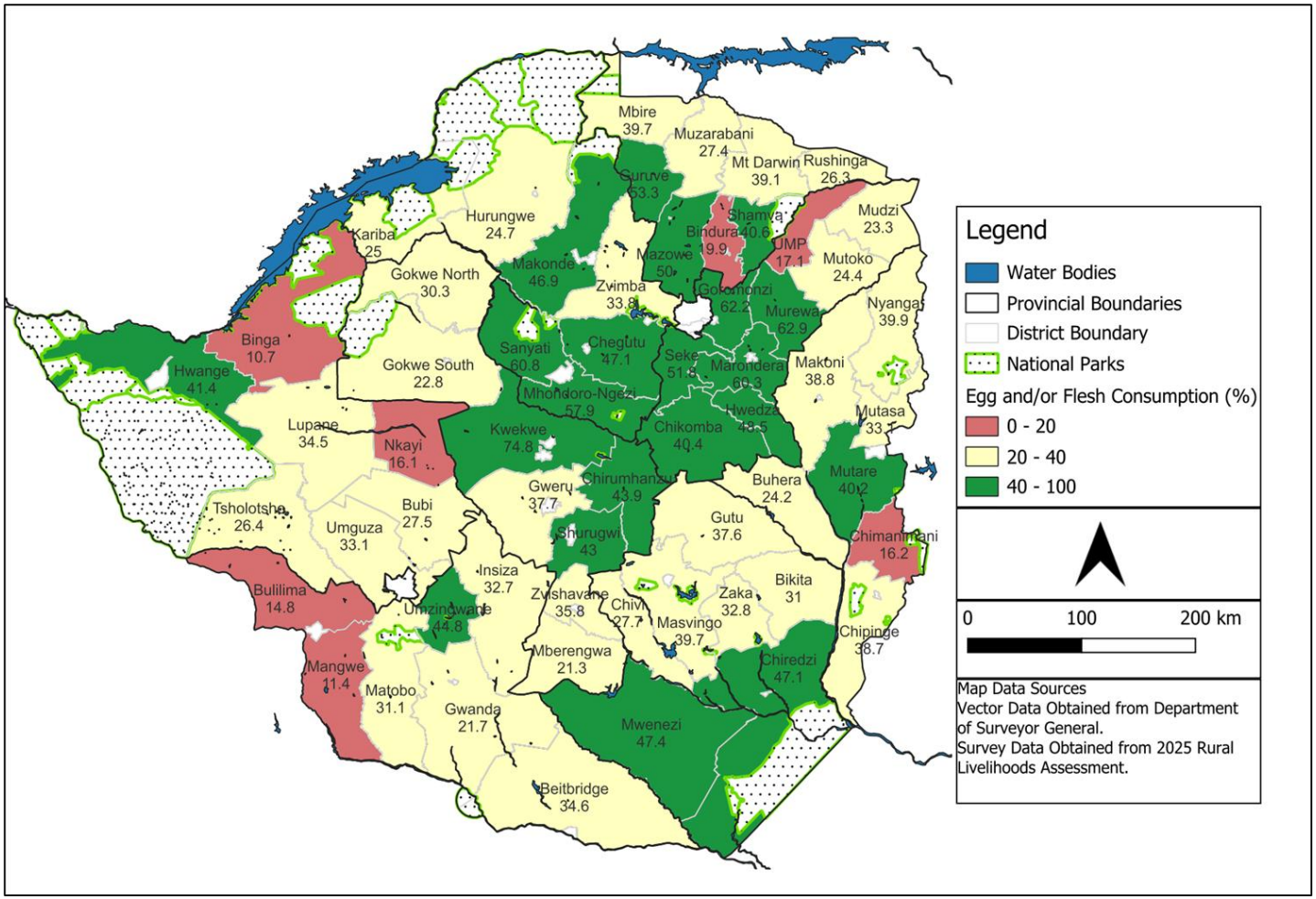
- Poor MAD was in Hwedza (3.8%), UMP (6.4%) and Mudzi (5.3%).

Unhealthy Food Consumption 6–23 Months



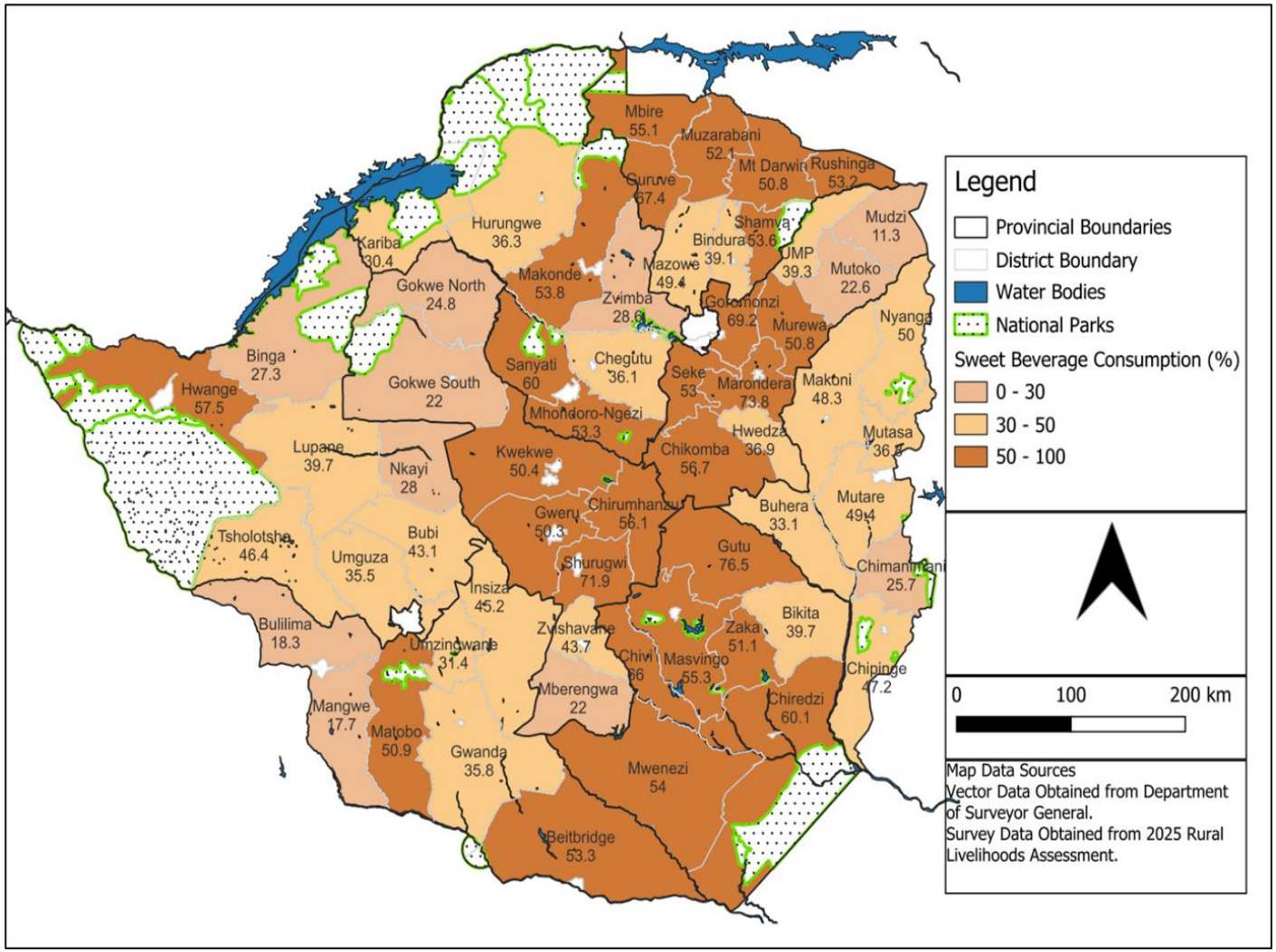
- Unhealthy food consumption was highest in Marondera (39.7%).

Egg and/or flesh food consumption 6–23 months



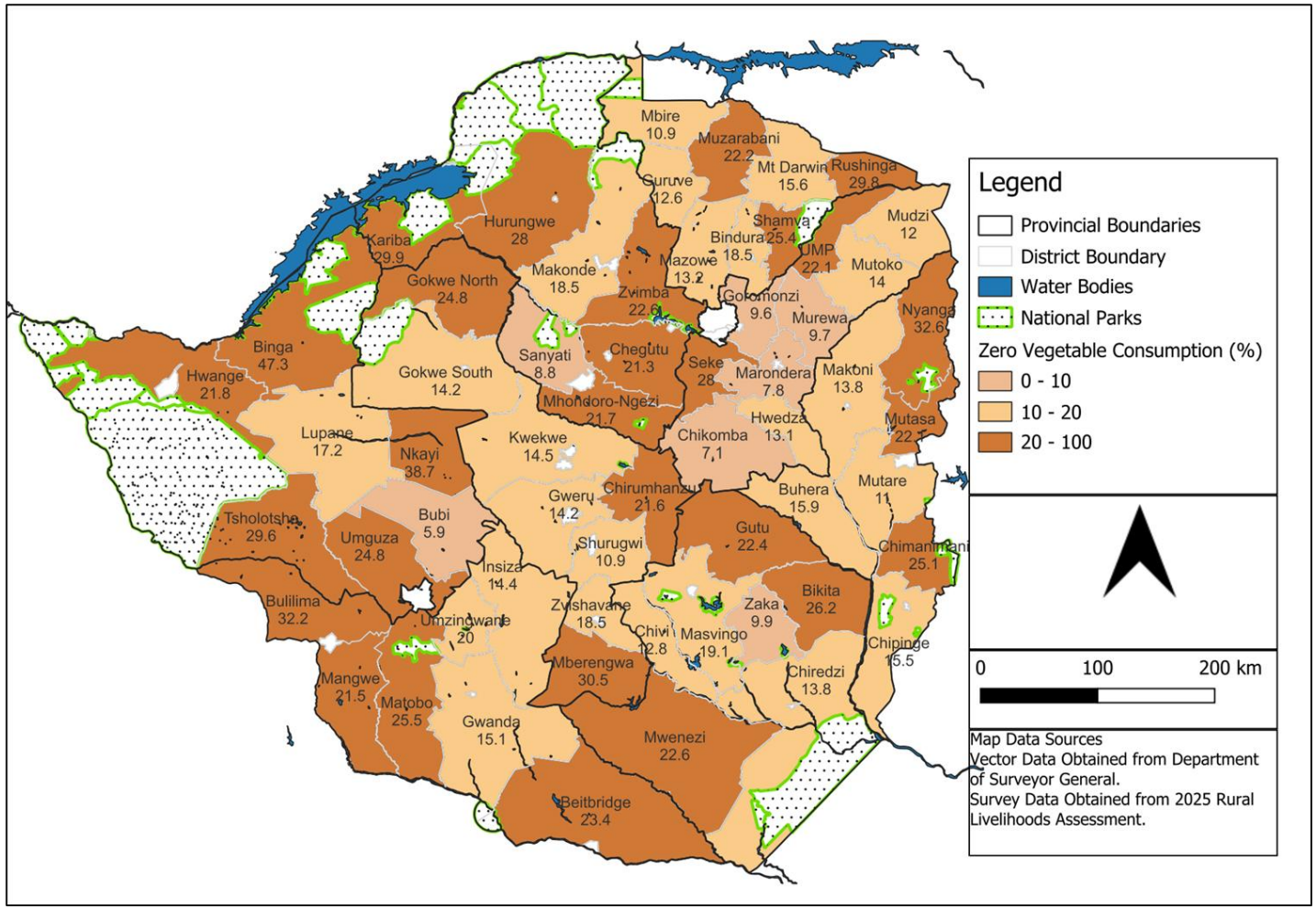
- Very low consumption of eggs and/ flesh was in UMP (17.1%).
- High consumption was in Murewa (62.9%) indicating better access to protein-rich foods.

Sweet Beverage Consumption 6–23 Months by District



- Marondera (73.8%) had the highest consumption of sweet beverages by children 6 to 23 months, posing nutritional and health risks for children in those areas.

Non- Vegetable or Fruit Consumption 6–23 Months



- Beyond the short-term effects of micronutrient deficiencies and diseases, insufficient fruit and vegetable intake raises the likelihood of developing non-communicable diseases.
- Non-vegetable/fruits consumption was high in Seke (28%) and UMP (22.1%).

Nutrition Status

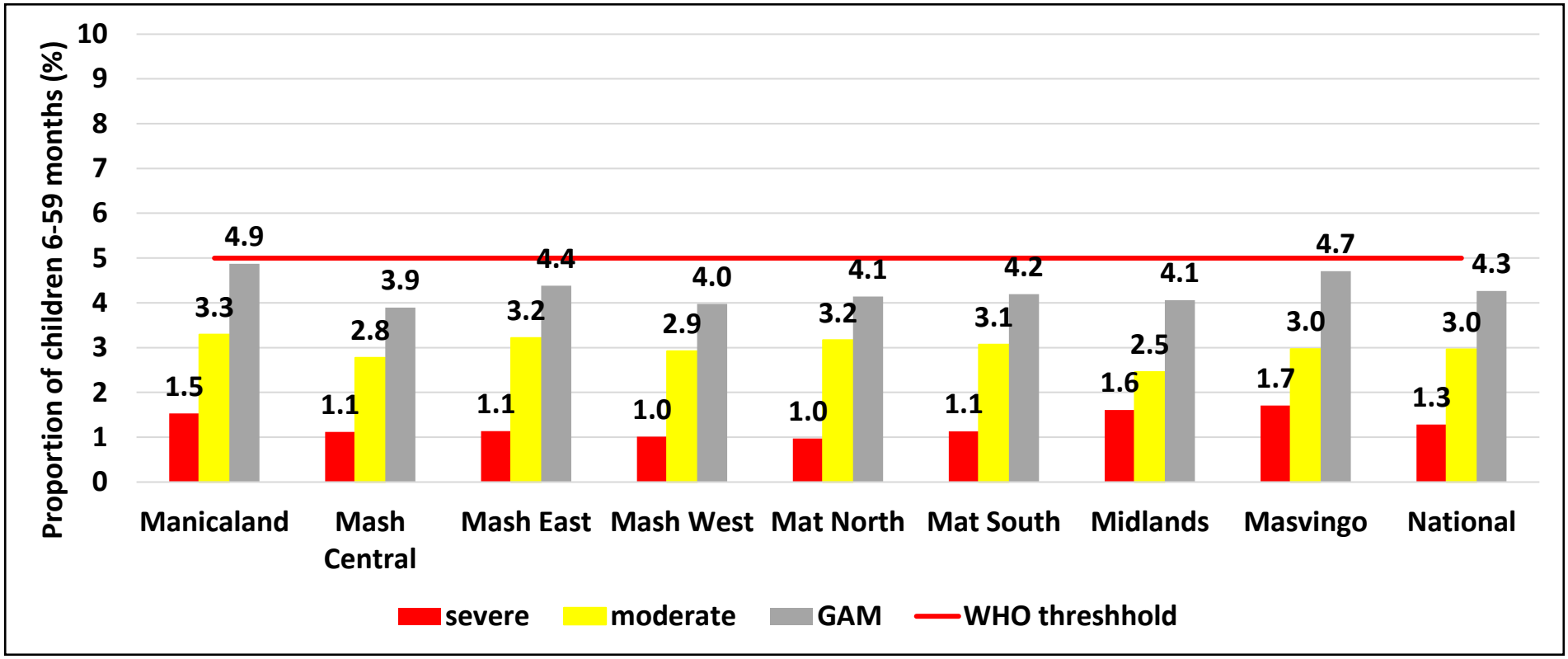
Child Nutrition Status

Child Stunting		The share of children under the age of five who are short for their age (having a low height-for-age), reflecting chronic undernutrition.
Child Wasting		The share of children under the age of five who are too thin for their height (low-weight-for-height), reflecting acute undernutrition.
Child Underweight		The share of the children under the age of the five who are too thin for their age (low weight-for-age).
Overweight /Obesity		The share of children under the age of five who are too heavy for their height (high weight-for-height).

Child Nutrition Status

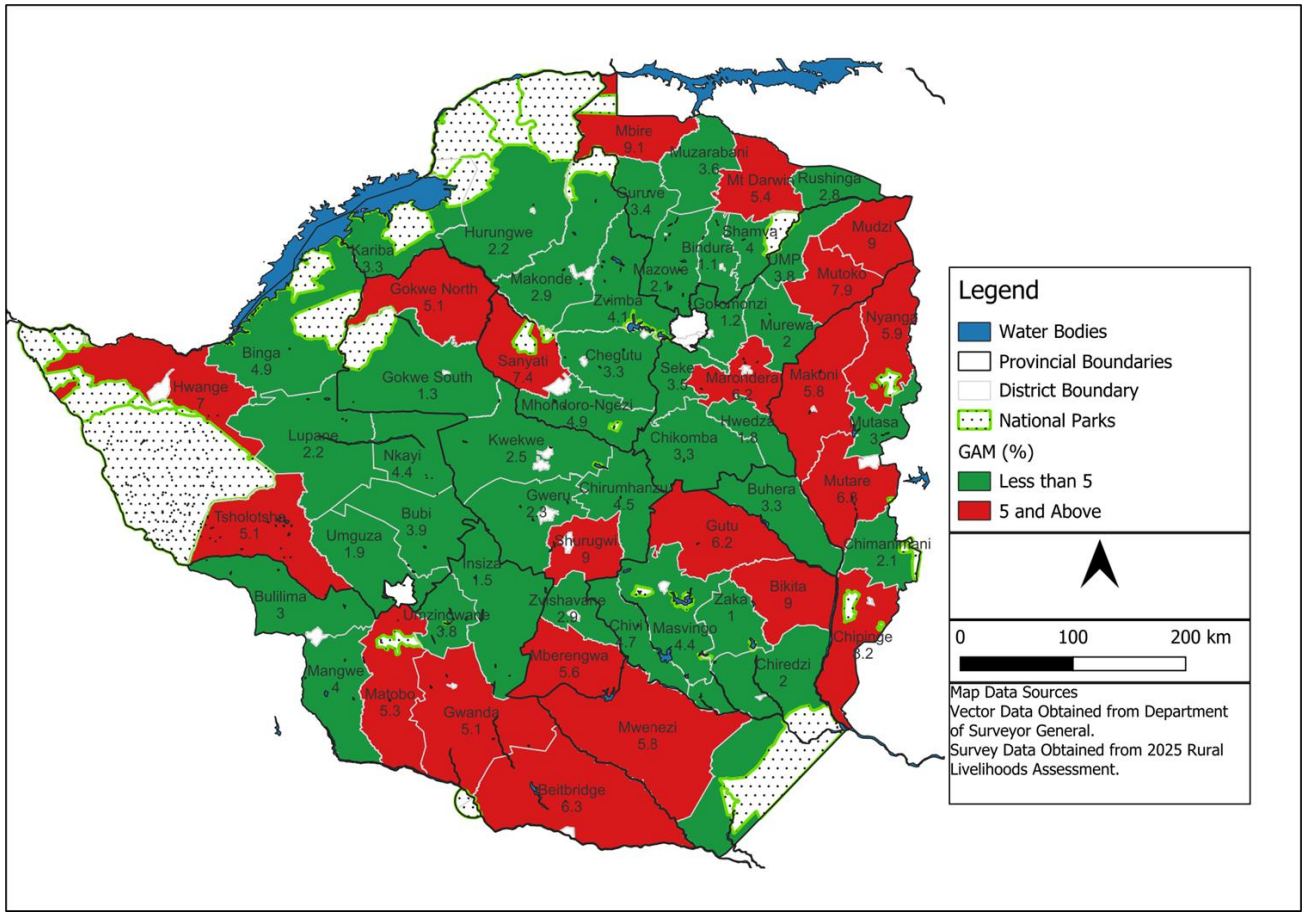
Indicator	Indicator definition (WHO standards, 2006)	National Target (%)	Prevalence cut-off values for public health significance
Stunting	Height/Length for age <–2 SD of the WHO Child Growth Standards median	17	<2.5%: Very Low 2.5-<10%: Low 10-<20%: Medium 20-<30%: High ≥30%: Very High (DeOniset al., 2019)
Global Acute Malnutrition	Weight for height <-2SD of the WHO Child Growth Standards median and/oedema	5	<5% Acceptable 5–9.9%: Poor 10–14.9%: Serious >15%: Critical
Severe Acute Malnutrition	Weight for height <–3 SD of the WHO Child Growth Standards median	2.5	0% = acceptable >0%: Unacceptable
Underweight	Weight for age <-2SD of the WHO Child Growth Standards median and/oedema	10	
Overweight	Weight for height >+2 SD of the WHO Child Growth Standards median	<3	<2.5%: very low 2.5 to <5%: low 5 to <10%: medium 10 to <15%: high ≥15%: very high
obesity	Weight for height >+3 SD of the WHO Child Growth Standards median		

Prevalence of Wasting for Children Aged 6-59 Months



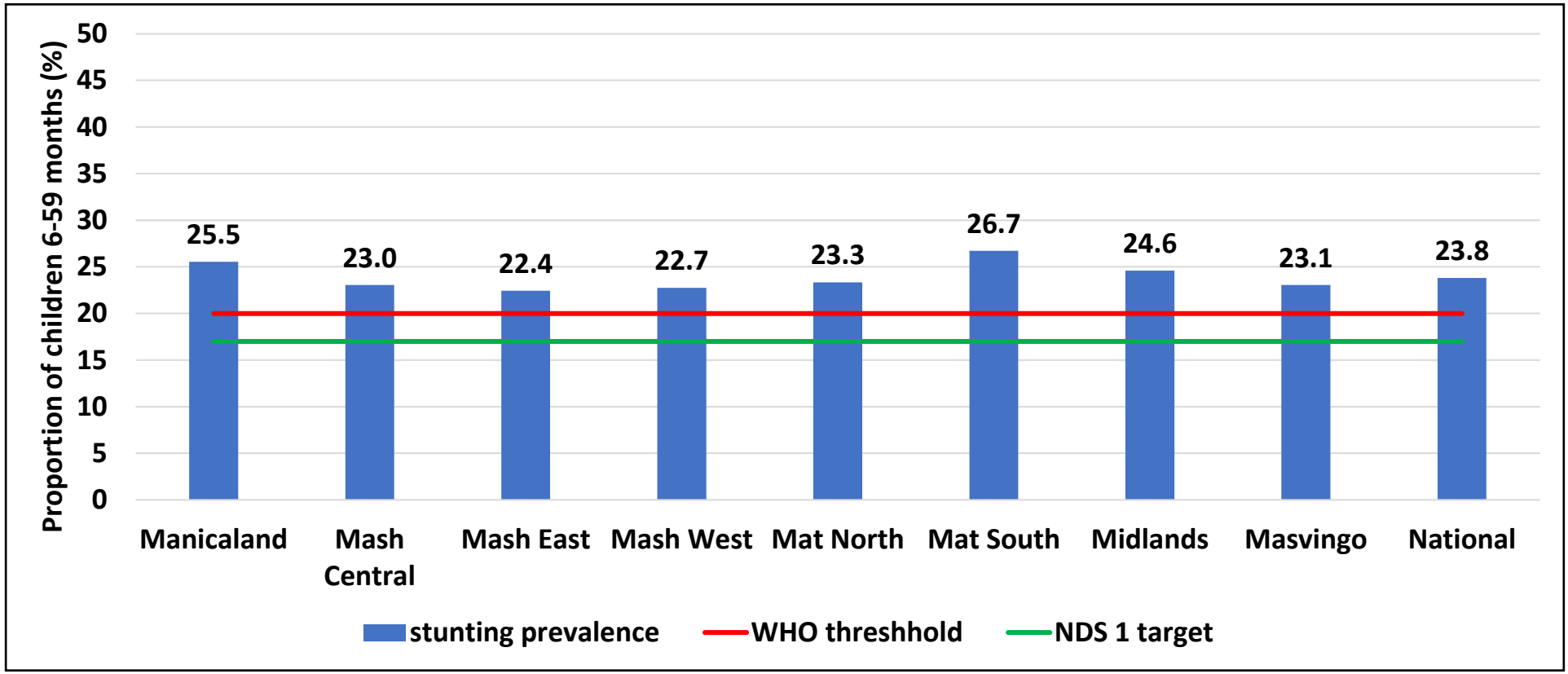
- The prevalence for SAM was 1.1%, which was in line with the national target for SAM of less than 2.5%.

Prevalence of Global Acute Malnutrition for Children Aged 6-59 Months by District



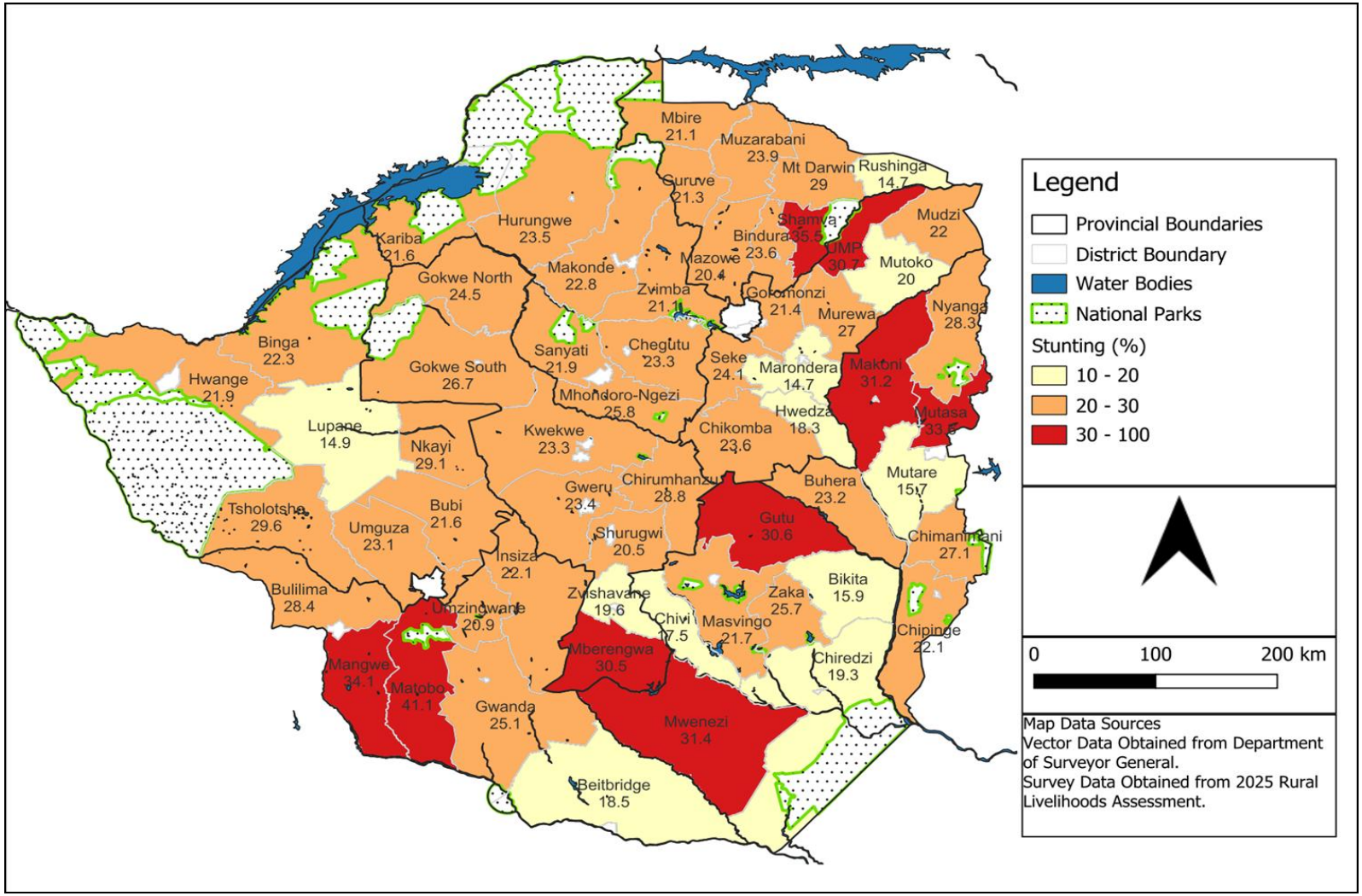
- Mudzi (9%), Mutoko (7.9%) and Marondera (6.2%) recorded the highest proportions of GAM which are above the WHO threshold of 5%.

Prevalence of Stunting for Children 6-59 Months by Province



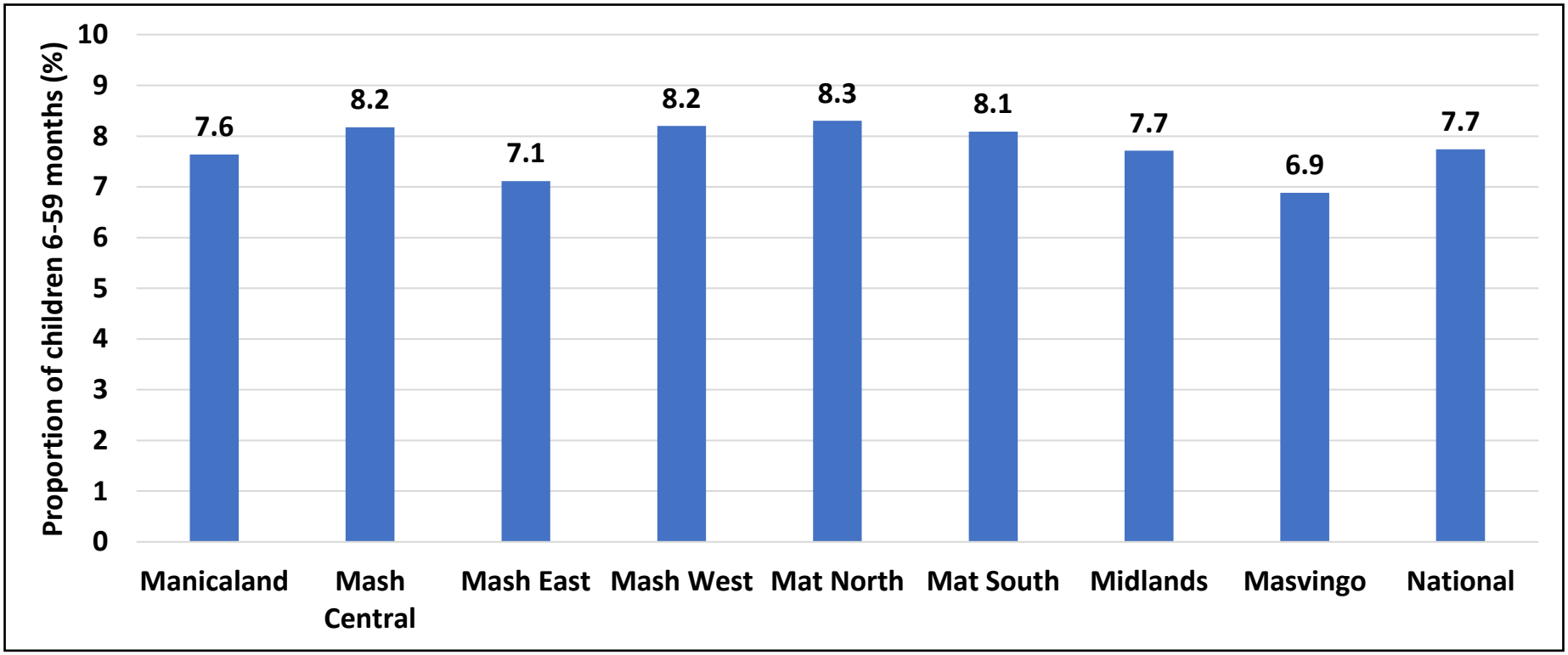
- The target of NDS1 is to reduce the national prevalence of under-five stunting from 23.5% to 17% by 2025.
- The Mashonaland East proportion of children 6-59 months who were stunted was 22.4%, which is still higher than the NDS1 target of less than 17% and above the WHO threshold of at least 20% classified as high (20-30%).

Prevalence of Stunting for Children 6-59 Months by District



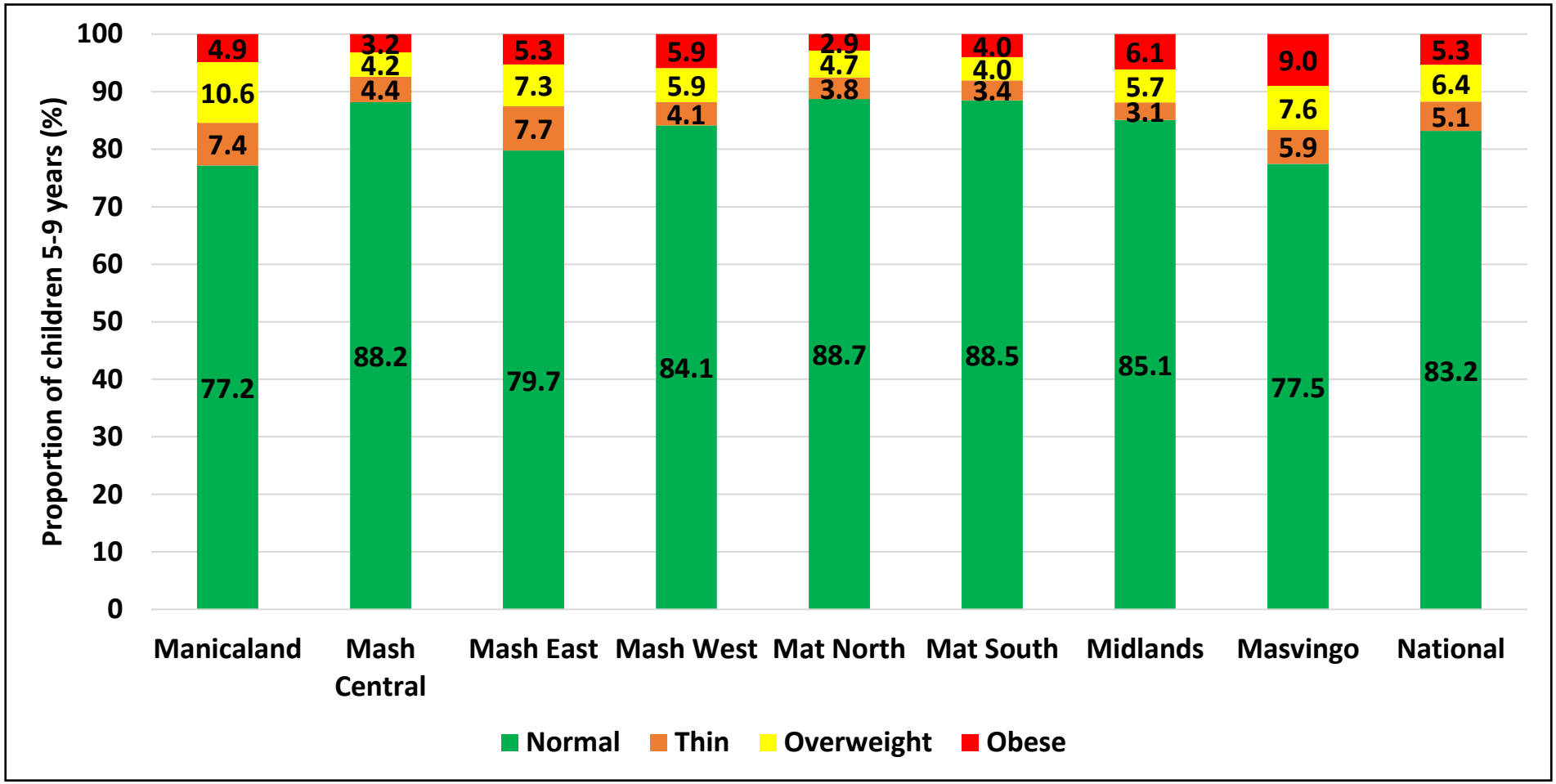
- Stunting levels were highest in UMP (30.7%).

Prevalence of Underweight in Children aged 6-59 Months



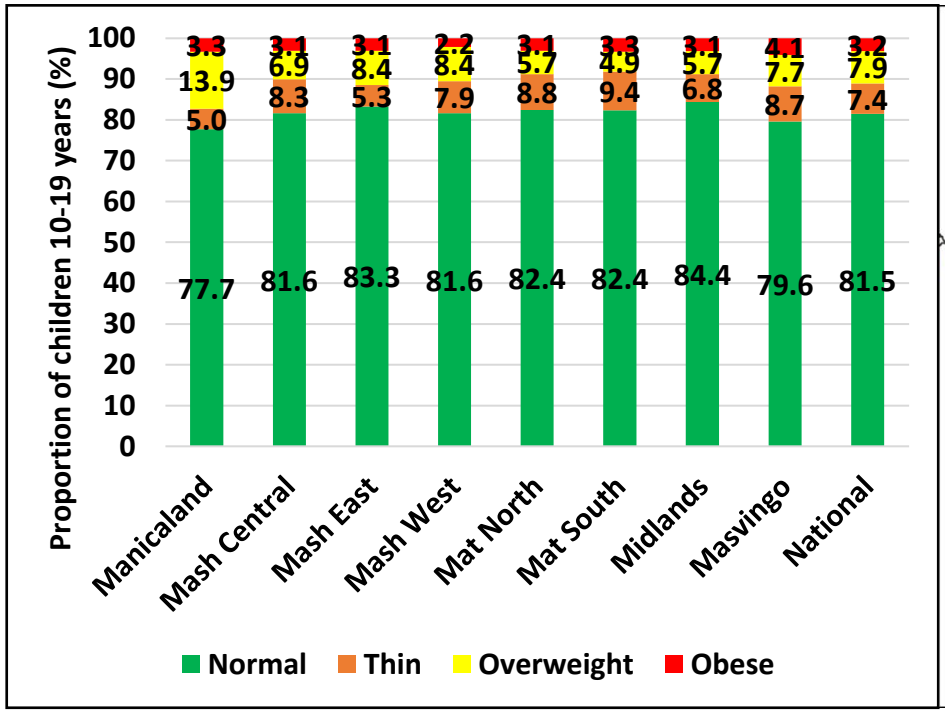
- The proportion of children 6-59 months who were underweight was 7.1%.

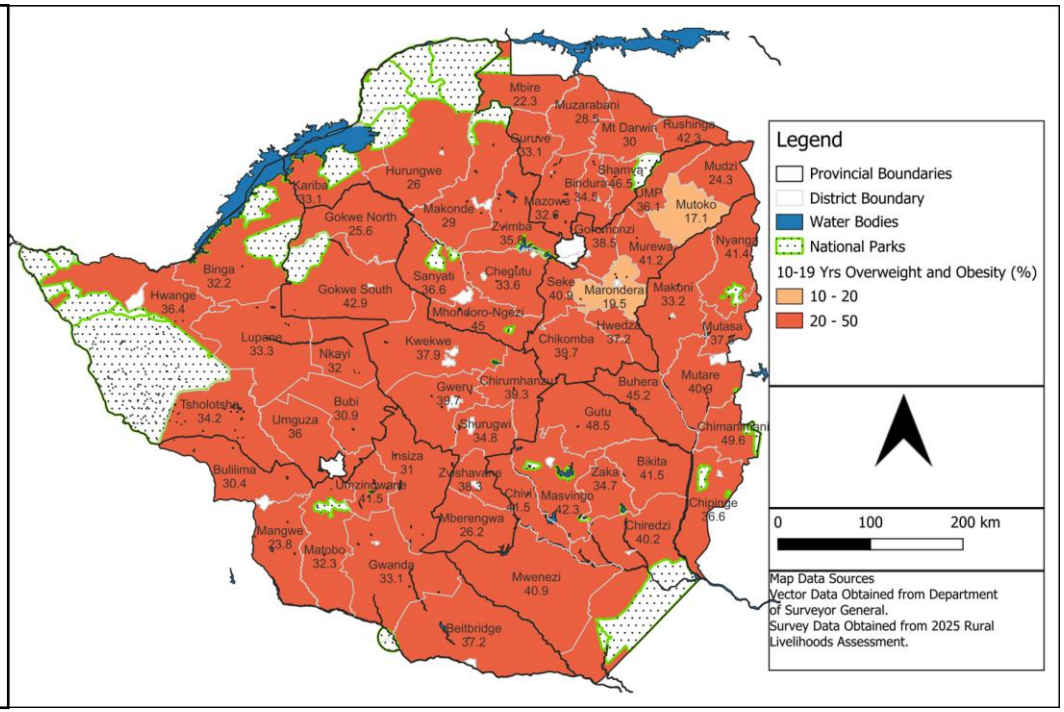
Nutrition Status of Children 5-9 Years



- In Mashonaland East, 5.3% of the children aged 5 to 9 years were obese and 7.3% were overweight whilst 79.7% had normal nutritional status.

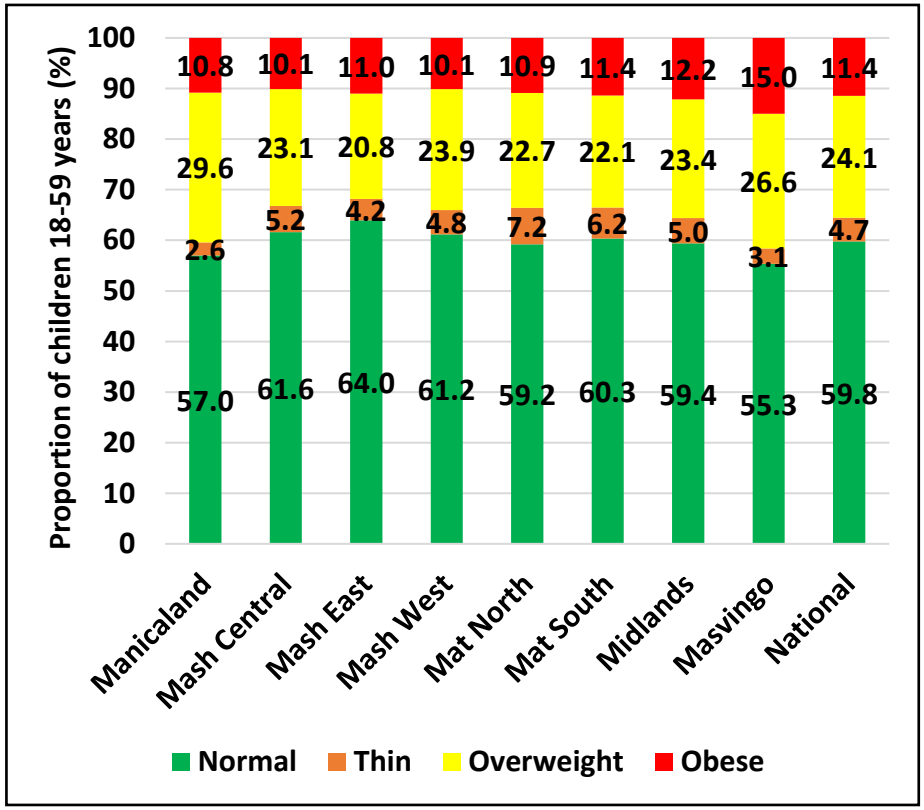
Nutrition Status of Adolescents 10-19 Years

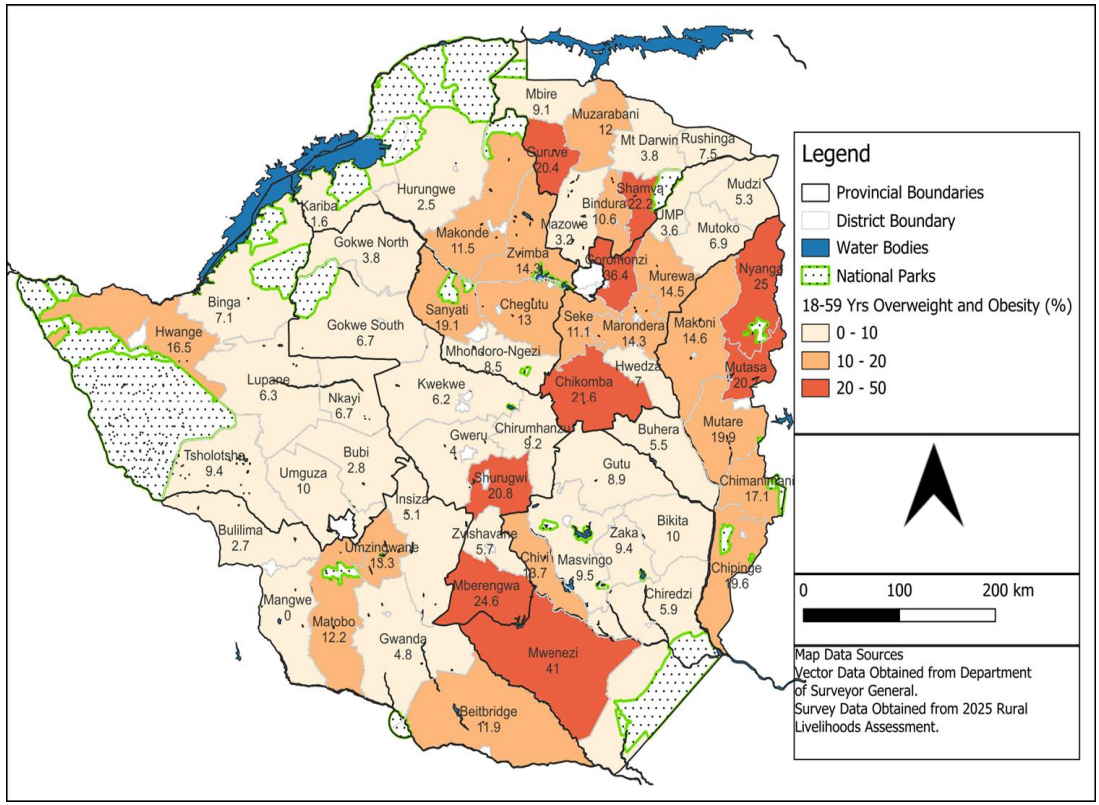




- At least 11.5% of the adolescents were overweight and obese.
- Most of the districts reported overweight and obesity levels in the range of 20-50% except Mutoko and Marondera.

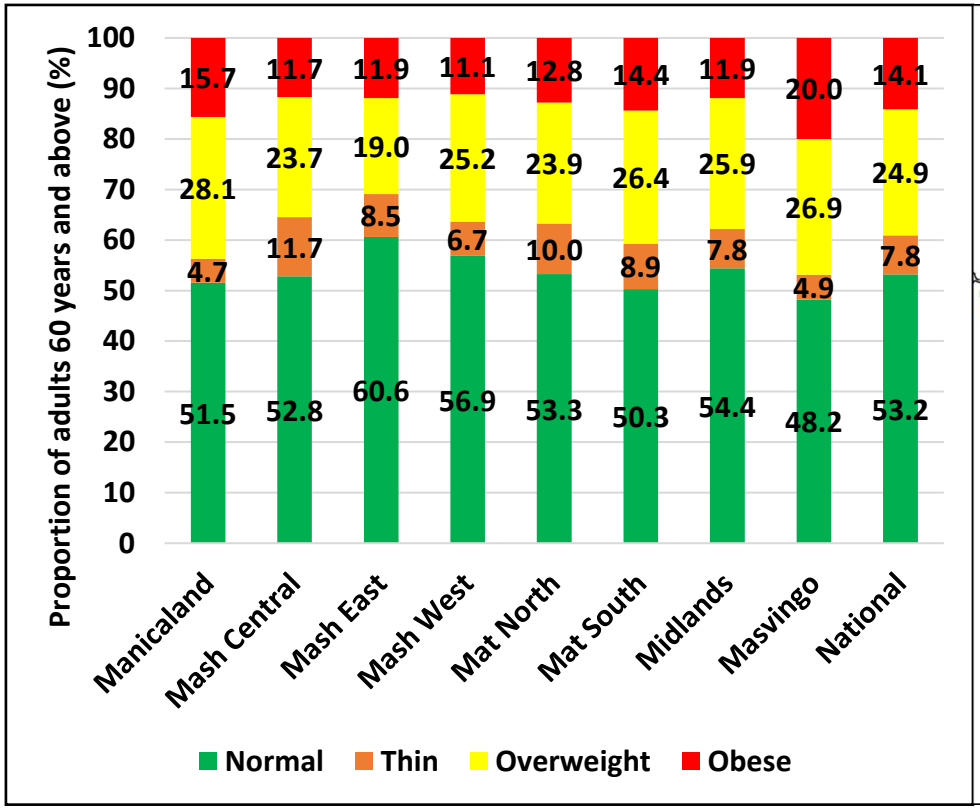
Nutrition Status for Adults 18-59 Years

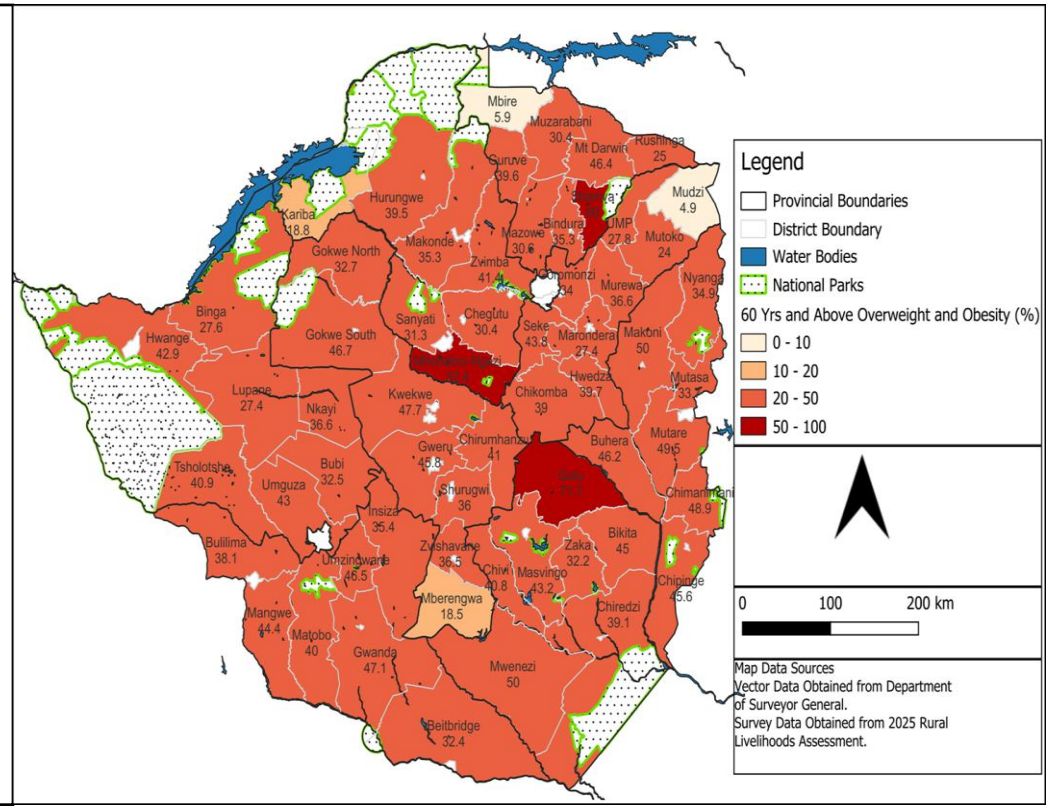




- Body mass index was used to classify adults aged 18 years and above. Having excess fat deposits in the body leads to to serious health consequences such as cardiovascular disease (mainly heart disease and stroke), type 2 diabetes, musculoskeletal disorders like osteoarthritis and some cancers (endometrial, breast and colon).
- In Mashonaland East, 31.8% of the adults aged 18-59years were overweight and obese.
- Goromonzi (36.4%) reported the highest levels of overweight and obesity followed by Chikomba (21.6%).

Nutrition Status for Adults 60 Years and above





- In Mashonaland East, 30.9% of adults above 60 years of age were overweight and obese.
- Mudzi (4.9%) reported the least levels of overweight and obesity in the 60+ years age group.

Food Security

Food Security Dimensions

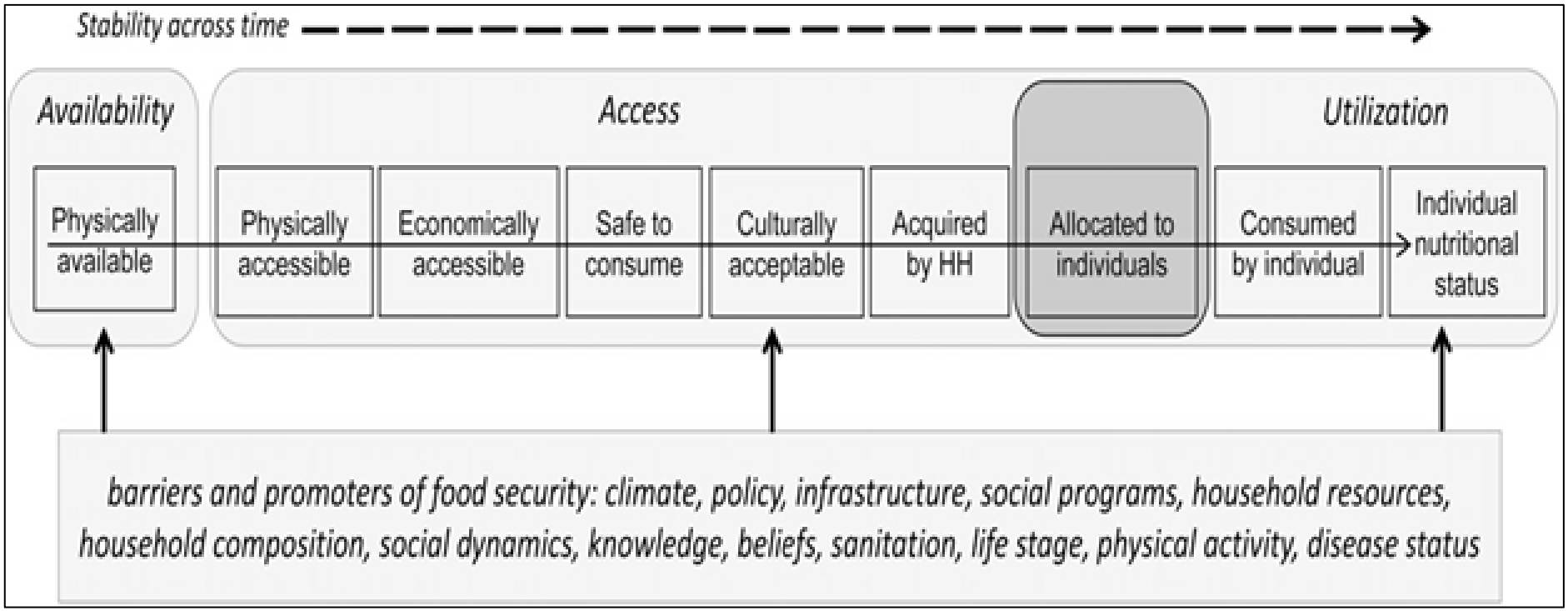


Figure 3: Dimensions of Food Security (Jones et al., 2013)

Food Security Analytical Framework

- Food security exists when all people at all times, have **physical, social and economic** access to food which is safe and consumed in sufficient quantity and quality to meet their dietary needs and food preferences and it is supported by an environment of adequate sanitation, health services and care allowing for a healthy and active life (Food and Nutrition Security Policy, 2012).
- The four dimensions of food security as given in Figure 3 are:
    - **Availability** of food
    - **Access to food**
    - The safe and healthy **utilisation** of food
    - The **stability** of food availability, access and utilisation

Food Security Analytical Framework

- Household cereal security was determined by measuring a household's potential access to enough cereal to give each member 2100 kilocalories per day in the consumption period 1 April 2024 to 31 March 2025.
- Each of the surveyed households' potential to acquire minimum expenditure food basket was computed by estimating the household's likely disposable income (both cash and non cash) in the 2024/25 consumption year from the following possible income sources;
    - Cereal stocks from the previous season;
    - Own food crop production from the 2023/24 agricultural season;
    - Potential income from own cash crop production;
    - Potential income from livestock ;
    - Potential income from casual labour and remittances; and
    - Income from other sources such as gifts, pensions, gardening, formal and informal employment.

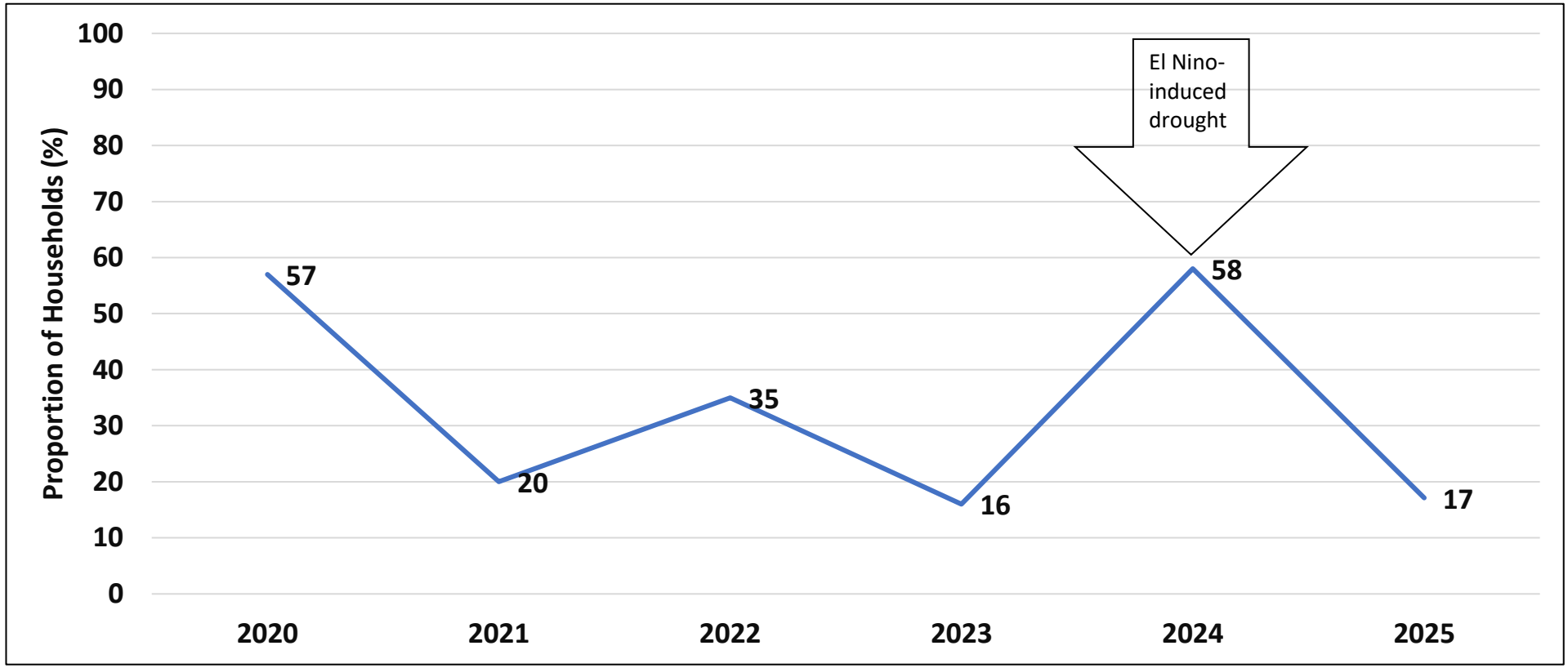
Food Security Analytical Framework

- The total energy that could be acquired by the household from the cheapest energy source using its potential disposable income was then computed and compared to the household's minimum energy requirement.
- When the potential energy that a household could acquire was greater than its minimum energy requirements, the household was deemed to be food secure. When the converse was true, the household was defined as food insecure.
- The severity of household food insecurity was computed by the margin with which its potential energy access was below its minimum energy requirements.

Food Security Status at Peak Hunger Period

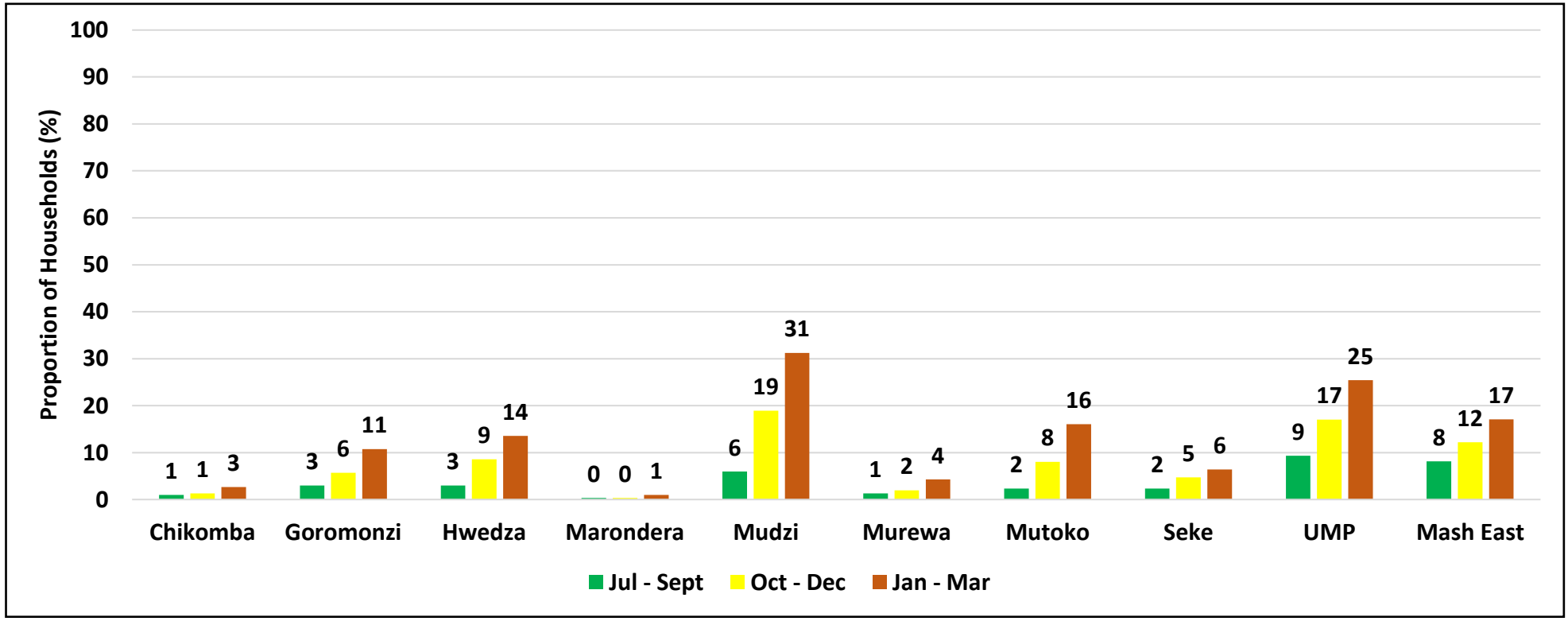
- During the peak hunger period (January to March 2026) it was estimated that approximately **17%** of the rural households will be cereal insecure.
- The 17% of rural households translated into approximately 184,853 individuals requiring a total of **12,616 MT** of cereal (maize grain) from the National Strategic Grain Reserves.

Cereal Insecurity (Peak Hunger Period)



- There was a 41% drop in cereal insecurity from 58% in 2020 to 17% in 2025 in Mashonaland East.

Cereal Insecurity Progression by Quarter



- Mudzi (31.2%) followed by UMP (25%) were projected to be facing food access challenges in the January to March 2026 quarter.

Cereal Insecure Populations by Quarter

	Jul - Sept	Oct - Dec	Jan - Mar
Chikomba	1244	1658	3316
Goromonzi	11664	22031	41471
Hwedza	2231	6446	10164
Marondera	454	454	1362
Mudzi	9477	30012	49493
Murewa	2703	4055	8785
Mutoko	3771	12930	25861
Seke	4725	9450	12825
UMP	11633	21189	31576
Mashonaland East	**47,902**	**108,225**	**184,853**

- Mudzi (49,493) and Goromonzi (41,471) were projected to have the highest populations of cereal insecure people during the peak hunger period.

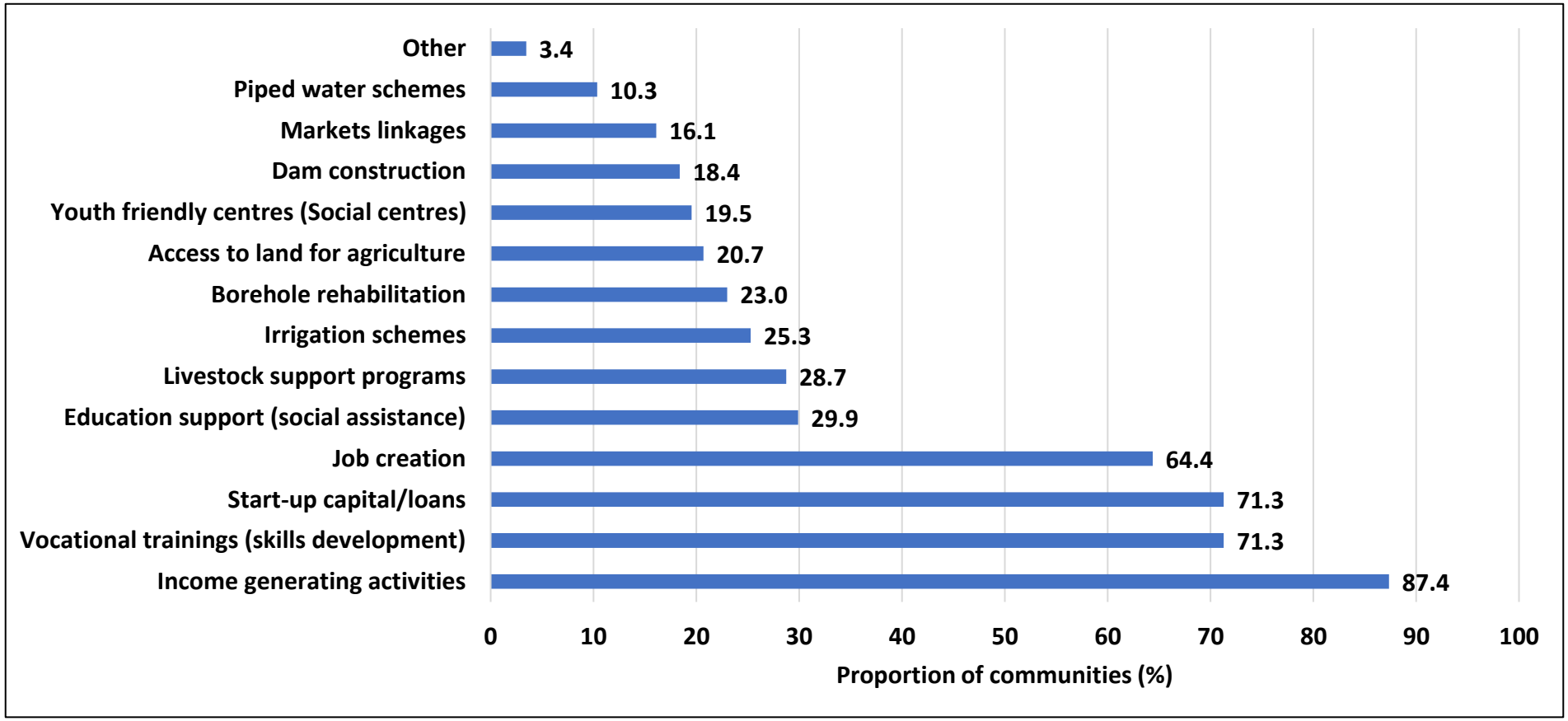
Cereal Requirements (MT) by District by Quarter

	Jul - Sept	Oct - Dec	Jan - Mar	**July 2025 to March 2026 Total MT**
Chikomba	46	61	123	230
Goromonzi	432	815	1534	2781
Hwedza	83	238	376	697
Marondera	17	17	50	84
Mudzi	351	1110	1831	3292
Murewa	100	150	325	575
Mutoko	140	478	957	1575
Seke	175	350	475	999
UMP	430	784	1168	2383
Mash East	1,772	4,004	6,840	12,616

- Mudzi (1,831MT) and Goromonzi (1,534MT) were projected to have the highest cereal requirements during the peak hunger period.

Youth Development Priorities

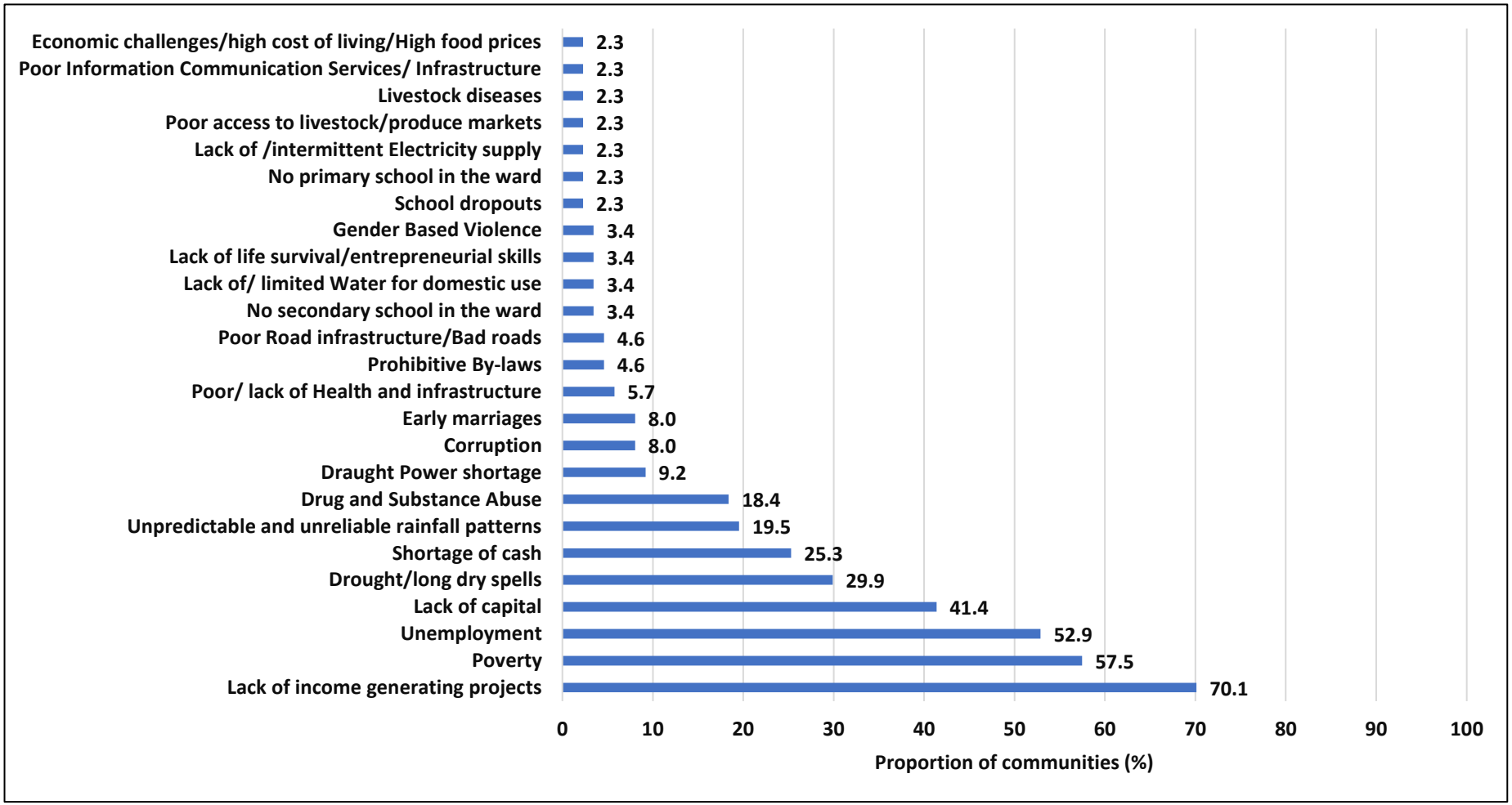
Youth Priorities



- Income-generating activities (87.4%), vocational training and skills development (71.3%) and start-up capital/loans (71.3%) were identified as the major development priorities for youths.

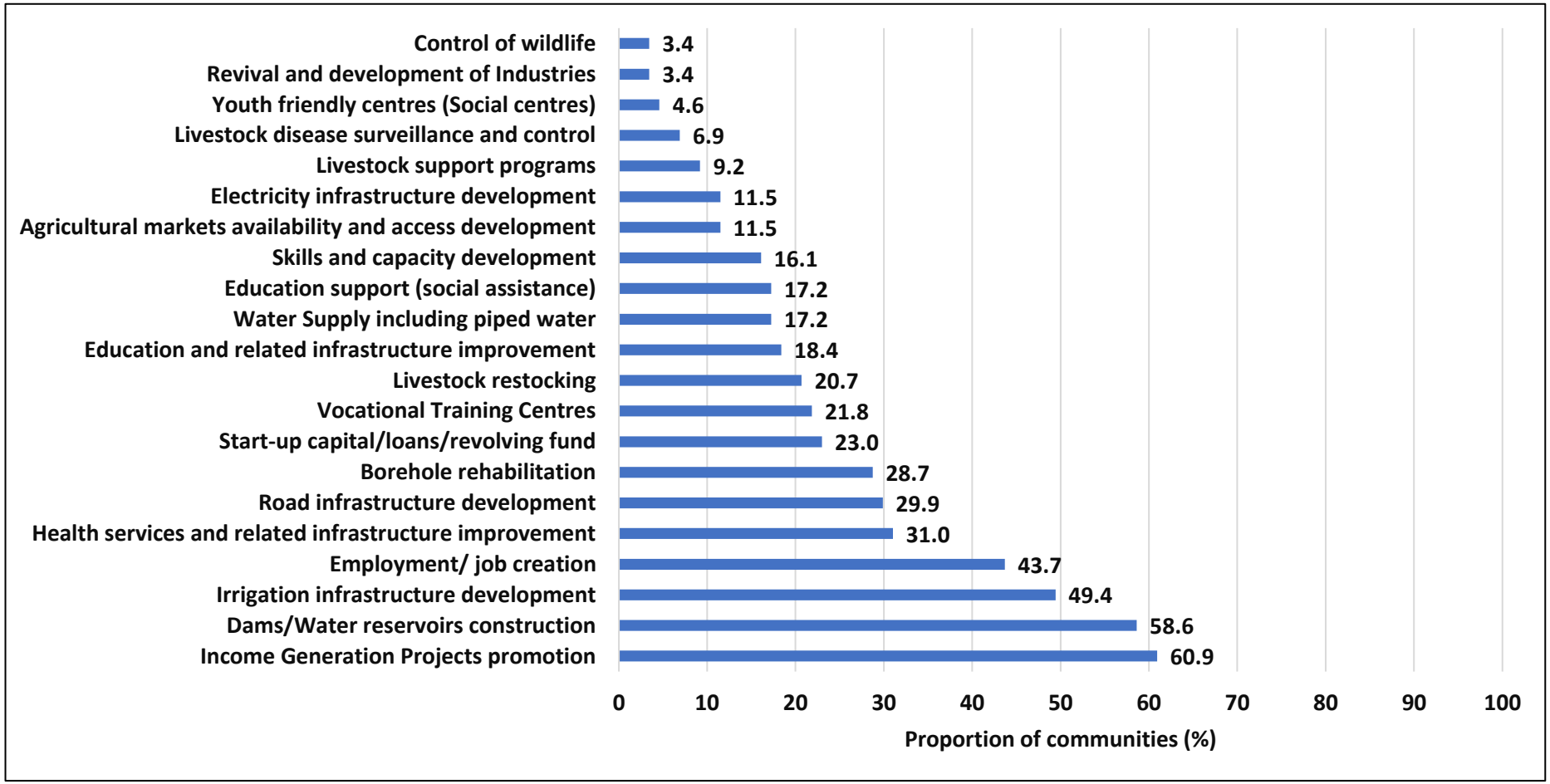
Community Development Challenges and Priorities

Community Development Challenges



- Lack of income generating projects (70.1%) was the most reported community development challenge.

Community Development Priorities



- Income generating projects promotion (60.9%), dams/ water reservoirs construction (58.6%) and irrigation infrastructure development (49.4%) were the most reported development priorities.

Conclusion and Recommendations

Conclusions and Recommendations

Education

- The proportion of primary school pupils who received a hot meal at school was 64.2%. Government is commended for scaling up support towards the school feeding programme. Studies have shown that the benefits of school feeding include alleviation of short-term hunger, increasing school enrolment, reducing school dropouts and absenteeism. Furthermore, the sector needs to intensify rollout and operationalisation of the school health and nutrition programmes through Commercial Ventures and School Business Units.

Food Safety

- The proportion of households which had no knowledge on the pre-harvest interval of fruits and vegetables sprayed with pesticides was 24.2% while 10% reported that they were consuming vegetables or fruits before the recommended pre-harvest interval. There is need for the Ministries responsible for Health and Agriculture to increase awareness on the importance of observing pre-harvest intervals. This will help to protect households' health by preventing exposure to harmful pesticides residues that can cause acute poisoning, cancer or reproductive problems.

- About 23.0% of the households reported that they were not reading food package labels when purchasing food items. Improving food safety is an essential element of improving food security. There is need for the Ministry responsible for Health to scale-up consumer education and awareness on food safety issues to enable households to make healthy food choices.

Conclusion and Recommendations

Social Protection

- Support from Government increased from 51% in 2024 to 61% in 2025 due to low harvests caused by the El-Nino induced drought. The Ministry responsible for Finance is encouraged to continue with Sovereign Insurance to strengthen disaster risk management systems and access rapid and predictable financing to protect the food and nutrition security and livelihoods of vulnerable populations.
- About 46.1% of the households received crop inputs from Government. Government is commended for providing this support to households and is urged to continue equipping farmers with inputs, skills and knowledge so as to increase productivity and resilience while decreasing dependency on food assistance .

Water, Sanitation and Hygiene

- The consistent high rates of open defecation in some districts like Mudzi call for a multi-sectoral approach to deal with this challenge. These initiatives need Traditional Leadership and Local Authorities to lead and enforce sanitation programmes through the implementation of local by- laws and punitive fines for actions such as practising open defecation and setting up new structures without toilets. There is need for the Ministry responsible for Health to scale up targeted campaigns to strengthen behaviour change interventions aimed at creating awareness on the acute dangers of open defecation on health and nutrition.

Conclusion and Recommendations

Livelihoods Coping

- The proportion of households engaging in any form of coping increased from 33% in 2020 to 40% in 2025. The Government and its partners are recommended to accelerate the implementation of policies and strategies focusing on livelihoods diversification and resilience building to ensure sustainable livelihoods and economic growth in rural areas. Areas of focus emerging from the assessment include large-scale irrigation development, value addition, market linkages strengthening, financing and capacity building for communities.

Shocks and Stressors

- In addressing climate-related shocks and stressors which include prolonged dry spells (54.2%), the Ministry responsible for Agriculture should continue to accelerate implementation of the Rural Development 8.0 Strategy which focuses on drought-proofing, resilience building programmes and drought relief programmes effective at mitigating the impact of drought on households' livelihoods.

- Chikomba (12.4%) had the highest proportion of households reporting human wildlife conflict as a shock. There is need for the Ministry responsible for Environment to continue implementing strategies to mitigate and manage human wildlife conflict in the short and long term.

Conclusion and Recommendations

Agriculture Production and Technologies

- Adoption of climate-smart technologies was prominent in practicing Pfumvudza/Intwasa (60.1%). There is need to scale up production of labour-saving machinery for climate smart agriculture and make them affordable, as well as have an integrated approach to implementing Pfumvudza/Intwasa to improve uptake.
- About 91.4% of the households reported using firewood as the main source of energy for cooking. There is need to maintain the country's biodiversity and wildlife in a good state. The Ministry responsible for Environment needs to ensure that programmes and strategies on re-afforestation ensure the sustainable use of timber and non-timber forest products.

Conclusion and Recommendations

Food Security

- At peak (January to March 2026), 17% of the rural households (approximately 184,853 individuals) will be cereal insecure. The quarterly requirements will be 1, 772MT for the July to September 2025 period, 4,004MT for the October to December 2025 period and 6,840MT for the January to March 2025 period. The Ministry responsible for Social Welfare is urged to consider programmes that address the cereal gap in the affected districts.

Community Development Issues

- In light of the development priorities identified by rural communities, Government is urged to ensure that the national Development Strategy 2 (NDS 2) prioritises these issues to spur development within rural communities.

Child Health

- Vitamin A supplementation to children 6 to 59 months was above the NDS1 target of 90%. The Ministry responsible for Health should continue with the strategies applied, that is task sharing with community health workers, integrating with campaign blitz and child health and nutrition support groups/ care groups. However there is need to strengthen routine surveillance and documentation of Vitamin A supplementation efforts at community level.

Conclusions and Recommendations

Dietary Intake and Taboos

- Household food taboos and restrictions may contribute to negative health and nutrition outcomes. In Mashonaland East 49.6% of the households had food taboos that restricted the consumption of certain meat and meat products. There are potential links of these social dimensions of food access to the high reported levels of malnutrition and low minimum acceptable diets in some districts (UMP). There is need to enhance operationalisation of SBC messages whist increasing the interface with the community and individuals. Ministries responsible for Health, Information and broadcasting services, including subnational levels should make use of available information platforms such as community radio stations, tailor-making messages to address context specific drivers of poor dietary intake.

Conclusions and Recommendations

Infant and Young Child Feeding

- The quality of diet practice which is measured by proportion of children consuming a Minimum Acceptable Diet (MAD) was low in Hwedza (3.8%), UMP (6.4%) and Mudzi (5.3%). There is compelling evidence that supports the provision of nutritional counseling to caregivers through local multi-sector support group platforms, one-on-one and feeding demonstrations as potential interventions to improve complementary feeding practices and ultimately the nutritional status of children in developing countries. The Ministry responsible for Health should scale up caregiver access to care groups that are linked with other multi-sector interventions.

- WHO guiding principles recommend that children aged 6–23 months be fed a variety of foods to ensure that nutrient needs associated with improved linear growth are met. A diet lacking in diversity can increase the risk of micronutrient deficiencies, which may have a damaging effect on children's physical and cognitive development. Food-based strategies involving dietary diversification (homestead nutrition gardening, animal husbandry, and nutrition education) as the long-term sustainable strategies are recommended. The Ministry responsible for Agriculture should create an enabling environment that supports sustainable agriculture for practising dietary diversification with behavior change communication as an integral segment.

Conclusions and Recommendations

Nutrition Status

- Child wasting (Global Acute Malnutrition) was 4.4% in Mashonaland East with Mudzi (9%), Mutoko (7.9%) and Marondera (6.2%), having the highest proportions of children above the 5% WHO threshold for emergency response. Child wasting carries a high risk of death if left unmanaged. The nutrition sector must remain alert and actively monitor the caseload of severe wasting especially towards the lean season between September 2025 and March 2026. It is recommended to set up sentinel site surveillance mechanisms in districts with high Global Acute Malnutrition (GAM) rates to define and monitor early warning indicators and trigger levels that will facilitate implementation of anticipatory actions and an appropriate timely response in the event of a continued deterioration of the nutritional status in children under-five.

- Stunting reflects the cumulative effects of under nutrition and infections during the first 1000 days. The proportion of children that were stunted was 22.4% which remains high according to the WHO classification and the NDS1 set target of 17%. The Government should continue to implement interventions to address context specific drivers of stunting.

Supported by

ZIMBABWE