

IRSA - CONGRESSO MUNDIAL DE SOCIOLOGIA RURAL (01/10/2025 A 20/01/2026) - IRSA 27 - FOOD BIODIVERSITY AND INDIGENOUS PEOPLES AND LOCAL COMMUNITIES (IPLCS): INCLUSION IN PUBLIC POLICIES AND THE VALORIZATION OF SUSTAINABLE FOOD SYSTEMS

“COPING STRATEGIES IN THE FACE OF FOOD INSECURITY: MIXED STUDY USING RCSI AND PARTICIPATORY METHODOLOGIES IN SHAWI INDIGENOUS COMMUNITIES IN THE PERUVIAN AMAZON”

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Objective. To understand food insecurity by integrating rCSI measurement with participatory methodologies for a sociocultural exploration of food coping in Shawi indigenous communities in the Peruvian Amazon.

Methods. We used mixed methods, applying the Reduced Coping Strategies Index (rCSI) to households, participatory workshops with women, and life stories focused on food from key informants in the communities. The rCSI consists of five questions related to the frequency of use of survival strategies in the face of hunger in the last week. Technically, a higher rCSI value indicates a more severe

food shortage. The study involved three Shawi Amazonian indigenous communities in Loreto, Peru.

The rCSI was applied to 100 households. Two participatory workshops were organized (6–8 participants each) and 12 life stories were collected.

Results. The most commonly used strategy was eating cheaper or less preferred foods (99%); reducing meal portions (95%). More severe strategies included reducing the number of meals per day (90%) and reducing adult food consumption in order to feed children (86%). The total score for coping strategies was 11.06 (SD: 5.8). According to this score, 45% of households showed frequent use of severe coping strategies that could indicate possible severe food insecurity.

Participatory workshops and life stories revealed that population growth in communities, deforestation, excessive hunting of wildlife, indiscriminate use of toxic plant extracts in fishing, and occasional outbreaks of avian diseases (Newcastle disease) are important causes linked to food insecurity.

Conclusion. Almost half of the households in these indigenous communities still live with food insecurity and face the scourge of hunger. The causes identified here could guide community interventions to mitigate the negative health consequences.

Palavras-chave: food insecurity; indigenous peoples; rcsi; mixed study; life stories.