

Dietary Energy Balance: Calories Available vs. Calories Exerted (A 50% Deficit) - RL Tinsley





If manual crop establishment takes 300 hrs/ha at 4 hrs/day, how long will it take this couple from Sri Lanka to establish a ha of paddy?

Will that explain the 8 week spread shown above? What will the decline in potential yield be after 8 weeks? Working only with hoes can they possibly dig their way out of poverty?







- It may sound trivial that you cannot expect a hungry person to work hard, but isn't that what we have expected for the past 40 years? Contrary to traditional belief, instead of being labor surplus, most smallholder
- communities are severely labor deficient. Also, smallholder farmers cannot be risk averse in establishing their crops but are mandatory risk takers, with their very survival depending on it. Any deliberate delay only reduces the total area cultivated and risks food security.
- Reviewing the stereotype of African males loafing around the village in the afternoon, what is more likely: they are lazy in need of some form of motivation, or hungry and exhausted in need of a good hearty meal?
- Who is, or should be, responsible to determine the operational limits of smallholder farmers, caloric or otherwise? Is this an administrative void in the
- development effort!!?
- What is the possibility the apparent limited acceptance of agronomic recommendations is an optimizing the recommendations to the limited operational capacity of the farmer including limited labor? Most affected would be time of
- planting, plant populations, quality of weeding, etc.
- Survey hours.

Please take a copy, complete with comments and return to envelope provided or by email.

Dietary Energy Requirement:

• Basic Metabolism 2000 kcal/day

- Manual labor 300 kcal/hr including basic metabolism (net 220/hr kcal additional)
- 8 hour work day requires $(2000 + \{220 \times 8\}) = 3760$ Kcal or rounded to 4000

Commentary

- Typically smallholders will have access to only 0.5 to 0.75 of the dietary calories needed for a full day of agronomic field work.
- After accounting for basic metabolism this results in a diligent work day of zero to 4 hrs. and becomes a major impediment to implementing development innovations designed for their benefit.

1. Given the current interest in improving the quality of diet of smallholders to address malnutrition in terms of limited protein, along with various vitamins, minerals, etc., from the farmers' perspective what will be the higher concern, improved nutrition or sufficient calories to complete the day's task? Note the improved nutrition virtually always cost more, thus it can only be done by reducing the caloric intake, and work

If we advocate innovations that require smallholders to routinely exert more caloric energy than they access to, are we inadvertently promoting their *genocide* by starvation as a *crime against humanity* subject to referral to the International Criminal Court (ICC) in The Hague?



Ethiopia Case Study

- Casual agriculture labor wage: 50 Birr/day = US\$ 2.63
- Maximum available for food = 80% or 40 Birr/day, with the rest going for fuel, light, housing etc.
- Food Purchased based on **Consumer Prices** in Addis Ababa.

Kinds	Amount	Daily Price	Actual Kcal		Family to support and calories			Typical Kcal/Day Available to			
	in g/day	(Birr)	Purchased		distribution			Smallholders			
Beef	64.5	3.33	88.4		Family Member	Kcal		Location*	Kcals*	Workable	
Wheat	645.2	5.67	2,154.8			Distribution				Hours**	
Maize	1,290.3	7.33	4,696.8		Husband	3 000		Ghana	2,930	4.2	
Teff	645.2	9.30	2,367.7			2,000		Bangladash	2,480	2.1	
Sorghum	483.9	3.00	1,640.3			3,000		Tanzania	2,140	0.5	
Chickpea	322.6	3.33	1,174.2		Adolescent Son	3,000		Zambia	1,880	Not Able	
Onion	161.3	0.83	64.5		2 Younger	2,000 * 2				to Work	
Potato	322.6	2.00	187.1		Children			Kerala,	2,010	0.0	
Coffee	32.3	3.00	0.0		Total	13,000		India			
Sugar	64.5	1.00	249.7		The 3000 kcal for Ethiopia is at the high range for smallholder farmers			*Source: http://www.odi.org.uk/sites/odi.org.uk/files/od i-assets/publications-opinion-files/8376.pdf			
Pepper	32.3	0.92	21.6								
Salt	32.3	0.13	0.0					** (Kcal – 2000)/22	0		
Veg. Oil	32.3	0.73	286.1								
Total		40.57	12,931.3								

Potential hours of diligent labor

- From 3000 kcal/day must subtract 2000 kcal/day for basic metabolism
- 3000 2000 = 1000 to be allocated for manual labor
- Diligent hourly agriculture field labor exertion consume on average 300 kcal/hr., but this includes 83 kcal of basic metabolism
- Net hourly exertion 300 83 = 217 kcal over and above basic metabolism.
- Available kcal /rate of exertion is 1000/217 = 4.6 hr/day.
- Working longer would imply pacing to reduce amount of calories exerted or starving.
- To diligently work a full 8 hrs. /day requires a diet of at least 3750 kcals.
- 200 kg of maize per adult and Millennium Village Project in Africa* holding 1.1 MT of maize per family of 5.7, both result in daily diet of slight less than 2000 kcal. Meets basic metabolism, but limited work unless supplemented Source: http://www.pnas.org/content/104/43/16775.full

Implications for Poverty Alleviation

- Assisting smallholders needs to emphasis drudgery relief and avoid labor intensive innovations.
- and not acknowledged in any reporting)
 - Asian solution for rice was shift from buffalo to power tillers
 - Double the farm size from 1.5 to 3 ha.
 - How much of success of the green revolution in Asia was technology vs. concurrent shift to power tillers? If left only with buffalo how limited would the area be?
 - Now Asia mechanizing harvest with small combines increasing crop intensity to 5 rice crops in 2 years.
- African solution slowing getting access to contract tillage
- work, how will that effect income generation for women or women groups? • Indirect methods of drudgery relief (domestic drudgery)
 - Grain mills
 - Improved domestic water supply
 - What would be the agronomic impact on these innovations?
- Development project need to assess dietary energy when promoting innovations
- Nutrition studies need to be based on providing a balanced diet of at least 4000 kcal.
- Likewise, wages need to be based on ability to buy a balanced diet of at least 4000 kcal.

References

- www.smallholderagriculture.com
- ECHO Development Notes: Issue 121, October 2013
- http://c.ymcdn.com/sites/www.echocommunity.org/resource/collection/62026577-227A-4FB0-8B25-B0838484CED7/Issue121.pdf • Ethiopia Case Study: <u>http://lamar.colostate.edu/~rtinsley/EthiopiaDiet.html</u>

The College of Agricultural Sciences Soil & Crop Sciences

• While the case study is for purchasing power of casual wages, subsistence stock are similar with Malawian farmers holding

• This quickly implies enhancing access to mechanization (All mechanization was under the development community's radar

• If women are equally undernourished relative to their work requirements, and domestic work takes priority over economic