

Quilombola Communities in Brazil, aspects of Food and Nutrition Security – Literature review

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Received: 222 Nov 2021,

Received in revised form: 10 Jan 2022,

Accepted: 19 Jan 2022,

Available online: 26 Jan 2022

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Keywords—*food security, eating habits, food insecurity, quilombola.*

Abstract—*Introduce: The law nº 11.346, of 15 september of 2016, lays down that the power public should respect, protect, promote, inform and to evaluate the realization of the Human Right to Adequate Food. However, the quilombolas are vulnerable and suffer from discrimination by the institution. Objective: Survey articles from the last five years on food and nutrition security in quilombola communities in Brazil. Methodos: This is a systematic review of the literature with qualitative analysis, in which full articles published in the years 2016 to 2021. The collect of information was to realize during October and November of 2021. Resultuts: In relation to food agriculture quilombola, observed little people to local produce, because there is rural exodus, which promotes flaws in local supply of food. Reduced consumption of food in nature and minimally processed and increased the consumption of the food processed and ultra processed. Observed that the quilombola population consumes less fish than beef, due to pollution of rivers and hunting practice, it is common in the quilombola population. The majority quilombola population live in insecurity feed, due to aspects of socioeconomics and environments, it is observed in all age groups. Studies show that it is four times bigger than comun population. Conclusion: A high prevalence of food insecurity was observed in this population, as well as a lack of intake of certain foods, such as fruits and vegetables. Furthermore, the absence of running water, distinct from sewage, per capita income and access to health services aggravate the situation.*

I. INTRODUCTION

Food and Nutrition Security (FNS) is a concept that is being discussed worldwide, defined by a multiplicity of

indicators of human well-being and quality of life[1]. Law N° 11,346, of 15 September 2006 (Organic Law on Food and Nutrition Security), by establishing that it is the duty of the public authorities to respect, protect, promote,

provide, inform, monitor, supervise and evaluate the realization of the Human Right to Adequate Food, as well as guaranteeing the mechanisms for its enforceability”, assures all citizens their rights in this scenario[2].

Quilombolas are ethnic/racial groups according to self-attribution criteria, which have their own historical trajectory, with specific territorial ties and pride of black ancestry strongly linked to the historical oppression supported³. Currently, the quilombola people are in great social vulnerability and suffer from neglect and institutional discrimination[3].

Current research carried out in quilombola communities already demonstrate a high prevalence of food (in)security among the evaluated households. In a study carried out using the Brazilian Food Insecurity Scale (EBIA) the prevalence of food insecurity was 86.1% [4].

Thus, this work aims to carry out a survey of articles from the last five years on food and nutrition security in quilombola communities in Brazil.

II. METHODOLOGY

This is a systematic review of the literature with qualitative analysis, in which full articles published in the years 2016 to 2021, in Portuguese - Brazilian, were selected. Data collection was carried out in October and November 2021.

The research was carried out in BIREME and CAPES PERIODIC academic databases, using the descriptors: Food and nutrition security, Food habits, Food insecurity, Quilombolas. The connective AND was applied between the descriptors, food and nutritional security AND quilombolas; Eating habits AND Quilombolas; Food insecurity AND Quilombolas.

After the selection, there was an analysis through the reading of articles related to the research topic and they were judged according to the research objectives, with the goal of carrying out an analysis on Food and Nutrition Security (FNS) in quilombola inhabitants in the Brazil.

The inclusion criteria were: Complete articles that investigated the quilombola population and food security in Brazil. Regarding the exclusion criteria, duplicate articles, dissertations, non-indexed publications, theses and monographs were rejected.

Were identified 71 scientific articles in the databases, of which 30 were selected for a primary analysis, of these 19 met the inclusion criteria, 5 were excluded for not being adequately structured in topics, finally, after an interpretative reading to obtain the results, the sample consisted of 14 articles.

III. RESULTS AND DISCUSSION

3.1 Food in agriculture

Food and nutrition are basic requirements to guarantee the protection and promotion of health, as they ensure the quality of life for individuals. Silva et al. [5], in studies with members of quilombola communities, carried out an analysis of their agricultural production, and determined that there is a pattern of adoption of technologies aimed at capitalist development, with a disruption in the export of production, to the detriment of self-consumption. Allied to this factor, the rural exodus has been occurring concomitantly, characterized in this context by the figure of young people, who in search of better conditions leave their rural homes, thus contributing to the shortage of labor for local production.

Studies carried out in the last decade show the importance of agricultural production for the supply of families. The current scenario has demonstrated the failures in the supply system, highlighting that it is not possible to meet the needs of 72% of families Grisa et al. [6] in their findings, highlighted that among quilombola rural workers, the system of planting, cultivating and harvesting for their subsistence is common, while others, essentially the elderly receive financial assistance from the government, and with the use of large amounts of money. most buy food in markets. Figueiredo et al. [7] observed that there is a major problem regarding fruit intake in quilombola communities in Brazil, which can develop nutritional deficits and micronutrient deficiencies. Navas et al. [8], in a study in Vale do Ribeira, observed a scenario similar to the previous one, with reports of low consumption of fruits and vegetables, and insufficient production to supply the families residing there, with greater importance in the purchase of basic food products.

3.2 The use of a tool to assess the frequency of food intake in quilombola populations

Rivas et al. [9], carried out a study on the use of the food frequency questionnaire and its effectiveness as a tool to assess the population's food situation, articulating that it is an instrument that must contain 50 items, since identifying lower values would not be performed correctly, thus as values greater than 100. In the findings of the Brazilian Institute of Geography and Statistics, IBGE showed low consumption of fruits and vegetables, due to being populations with low income and living in a cold region [10].

In Porto Alegre, it was highlighted that the FFQ that was applied in the sample was the closest to the reality of the population analyzed in the study, with a list of more extensive foods that are part of the eating habits of the

black population and are part of the consumption of food. urban people of Porto Alegre Henn et al. [11].

3.3 From avortado to bought, food practices and food security in communities

Nascimento et al. [12] identified that the intake of açaí by the local population has changed over the years, the growing commercialization of the fruit has interfered with the population's own consumption, which may have influenced in cases of food insecurity. Santos et al. [13], found changes in the eating habits of individuals over time, reflecting in eating behaviors associated with negative impacts on food security.

Murrieta [14] states that changes in food production practices are linked to young people leaving the quilombo in search of employment in the urban area. Nascimento [12] observed significant changes in the dietary patterns of the families studied, where reports already highlight that in previous decades the food was diversified and came from the production unit, in the current one we can analyze a greater dependence on the trades of Abaetetuba.

So there was a greater consumption of processed foods, canned foods, instant noodles and bologna, where it is easy to prepare, natural juices are being replaced by soda.

3.4 Eating habits of quilombola adolescents

Sousa et al. [15] found a significant difference in terms of healthy eating among these young quilombolas, in which adolescents have a lower consumption of healthy foods. However, the opposite of what was expected was observed, with low consumption of fresh and minimally processed foods, and a considerable increase in the intake of ultra-processed foods in both groups evaluated.

Rodrigues et al. [16] found in their research that there were decreases in fruit consumption among young people. When investigating the consumption of ultra-processed foods in adolescents Silva et al. [17], found that both macro-regions of the country have high consumption of ultra-processed foods, with the percentage found above 70%.

Lamarão et al. [18] analyzed the eating habits of adolescents studied in schools in Macapá, the vast majority reported consuming fried foods, sugary drinks and sweets daily. The general prevalence of overweight, which is the sum of overweight and obese adolescents, was considered a high rate for the population studied. Low food and nutritional quality may be influencing weight gain.

Studies by Antonogeorgos et al. [19] found an inverse association between excess weight and regular practice of physical activity, where the findings of these studies may be associated with differences in the methods of evaluation and classification of research variables. Making these

contradictions and the fact that low levels of physical activity stand out at the top of the risk factors associated with numerous causes of death in the country, making it necessary to carry out more studies [20].

3.5 Food insecurity in quilombola communities

Silva et al. [5] sought to identify the prevalence of food insecurity in a rural area of Northeast Brazil and to investigate the factors associated with this outcome, according to residence in quilombola and non-quilombola communities in the same catchment area. The variables evaluated that were somehow related to food insecurity were obtained by the EBIA, which brings together groups of concepts, making it possible to estimate the prevalence of food insecurity, and classify it according to the levels of severity (mild, moderate and severe). From the analysis of the results, it can be seen that quilombola families would be the group with the highest risk of IAN when compared to other families living in rural areas.

Over the years, several studies have shown similar results, and affirmed that families living in rural communities have a higher prevalence of food insecurity when compared to those living in urban areas. In the study by Maas et al. [21], it can be observed that food and nutritional insecurity reached more than a quarter of households in the rural area, in which it was possible to identify that households with a higher risk to this outcome were related to low socioeconomic and income levels. education, low participation in income transfer programs and among other factors.

Ribeiro et al. [22] when carrying out an analysis in a quilombola community in Sergipe, on food and nutrition security, observed findings on the prevalence of food insecurity in traditional peoples, in 83.3% of respondents. Furthermore, Monego et al. [23] approached 14 black communities, and highlighted that in Tocantins there was a higher prevalence in the total of families that presented food insecurity, totaling 85.1%.

Silva et al. [24], when wanting to identify the situation of food insecurity in Maranhense families in Brazil, carried out an analysis of studies carried out in families from other countries, and noticed a high prevalence of food insecurity, when applying this research in Brazil, it detected that the state of the Maranhão was the state that presented the highest level of prevalence in all federated units, through the EBIA. Similarly, Silva et al. [5] in their study have shown that families living in rural areas have a higher prevalence of food insecurity, highlighting that those who are quilombola have a lower economic level when compared to other non-quilombola families.

Despite significant progress in reducing global hunger in recent times, it continues to be a problem in many countries, affecting mostly the group of women with less education [25]. However, there needs to be improvement in strengthening and performance in rural markets for family farming and it is a key parameter in strategies for the population to have improvements in food security and quality of life and diet of small farms.

3.6 Socio-economic conditions related to socio-environmental conditions, and food and nutritional insecurity

The research carried out by Cruz et al. [2], aimed to evaluate the socio-environmental aspects related to food and nutritional insecurity of quilombolas from a Marine Extractive Reserve. For this, a semi-structured interview was carried out in order to collect information about the socioeconomic and infrastructural conditions of the community. Thus, the results showed that 56.5% of respondents had incomplete elementary education, similar results were found by Passos et al [26], in which low education, no study or incomplete elementary school, was represented by 72.8% of the quilombola population in the study.

Regarding family income, the study by Cruz et al. [2] observed that in 47.9% of households it is less than the minimum wage, in addition, the income composition is composed of social benefits, such as Bolsa Família and Bolsa Verde. According to Gomes et al. [27], the Bolsa Família Program promotes income transfer according to the different characteristics of each family, seeking to improve the living conditions of family groups. For Burlandy [28] the interrelationship between income deficit and food insecurity is undeniable, as there is no way to deny the monetary issue during access to food goods, thus, income transfer programs seek to facilitate this access.

Still in the study Cruz et al. [2], it was reported that the residences were entirely made of rammed earth. In this way, Junior [29] reported that mud houses are associated with the low purchasing power of their residents, issues such as thermal and acoustic comfort, good ventilation are disregarded. In addition, according to the interviewees, when asked about the destination of the garbage, 100% of them said that it was burned or buried on the property itself, however, during the research, household garbage was exposed in the open near residential properties. Study carried out by Monego et al. [23], in quilombola communities in Tocantins, reported similar results, in which 52% of the community was destined for garbage to be buried or burned.

Families headed by women had a higher prevalence of Food and Nutritional Insecurity, even though women were

more independent and employed in the job market, these aspects did not help to reduce IAN in their homes. Sousa et al. [30] when analyzing variables that contribute to the emergence of IAN in quilombola families, showed that in houses managed by women, Food and Nutritional Insecurity is greater. Cherol et al. [4] found results above 80% for Food Insecurity, which confirms the findings of Maciel et al. [31] and Cherol et al [4] by reaffirming the need for public policies, actions and government programs that help to combat this problem and help the population to have access to healthy foods.

In addition, the IBGE [10] analyzed the survey of the demographic and socioeconomic basis and verification of the government across the country, in 2013 it pointed out a considerable and significant decrease in AI in Brazil. In quilombola households in 2011, it was found that the AI of the population group is four times higher than the level stipulated for the Brazilian population, being 86.1% and 22.6%, they highlighted the classification of race and color among the inhabitants, there was the proportion of moderate and severe AI among browns and blacks 11.1% and 55.9%.

3.7 The dilemma of quilombola diet

Correa et al. [32] carried out a study in the quilombola communities of Santo Antônio and São João in which they are characterized by the high content of tubers and cereals as opposed to fruits and vegetables, the findings are nutritional elements observed in the two communities of the present analysis, protein meats were around red meat, where the meat comes from wild animals. Begossi et al. [33] associated the decline of fishing resources, irregularity, as a consequence of river pollution, habitat destruction and dams built on the rivers for a hydroelectric project, these facts jeopardize the food security of the traditional peoples of the Amazon, and food has been affected by the impact of the dam.

However, according to Trivellato et al. [34], foods included in the consumption habits of quilombolas are threatened, due to the fragmentation of the Amazon and the decrease in forest cover, which negatively influence the availability of game species, as well as the low consumption of fruits and vegetables. Vegetables 5,8% and 4,4%, with a higher intake of processed products with 20%.

3.8 Social Inequality and Food Insecurity in a quilombola community

The IBGE [10], when carrying out a survey, observed that the data presented in quilombola households in 2011 showed that the AI of the quilombola peoples was four times higher than the estimated level of the Brazilian

population in 2013 86,1% and 22,6%, and when taking into account the classification of race and color, in 2013 the proportion of AI was moderate among browns and blacks, lower than that observed in quilombos, 11.1% to 55.9%.

3.9 Malnutrition and factors associated with food insecurity in children

The work proposed by Silveira et al. [35], who investigated the prevalence of malnutrition in children under 60 months of age in remaining quilombo communities in two municipalities in Maranhão, showed a mild severity for the height-for-age (H/A) deficit and moderate for the deficit of weight-for-height (W/H), in addition to mentioning that children of mothers with short stature tend to be more likely to have a height-for-age deficit. Thus, it was observed that this context is the result of environmental factors of families, which were mostly inserted in lower economic classes.

This study was similar to the work by Pereira et al. [36] that evaluated the nutritional status of children under 5 years of age in Brazil, in which it was identified that weight deficit, verified by the W/A ratio and thinness defined from the W/E ratio, were more prevalent among children under 1 year old; 3,6% and 8,9%, respectively, and stunting was higher in children aged 3 years (12,00%); especially in indigenous families. Furthermore, it was noted that mothers with shorter heights also tend to have babies with an equally short length in contrast to those with normal height.

Furthermore, Araújo et al. [37] presented a similar reality, in which the prevalence and factors associated with malnutrition in children under five years of age in the interior of the Amazon were directly investigated. The prevalence of H/A deficit was higher in families in rural areas, especially among children of indigenous descent, evidencing vulnerability to malnutrition. In this context, it was therefore correlated with situations of social inequalities and consequent food insecurity, which had an impact on children's nutritional status.

Neves et al. [38] in their research showed the presence of a high prevalence of weight and height deficit in the Northeast of Brazil. Thus, when analyzing the facts that led to this problem in children entitled quilombola communities, an association was noted with food and nutritional insecurity variables, which were found to be lack of basic sanitation, low sociodemographic level and low education and income. less than minimum wage.

IV. FINAL CONSIDERATIONS

This work sought to evaluate the publications made in the last five years on food and nutrition security in quilombola communities, in order to identify the current approach to this topic, as well as the situation of these individuals.

From the analysis of the selected articles, a high prevalence of studies can be observed regarding the situation of insecurity experienced by this population, as well as eating habits and the lack of intake of certain foods such as fruits and vegetables. Food and nutrition insecurity among quilombola communities in Brazil and indicators of socioeconomic conditions reinforce the importance of effective implementation of public policies aimed at eradicating poverty and food insecurity in the population. In addition, the absence of running water, distinct from sewage, per capita income and access to health services had direct access with food insecurity.

In this context, food security constitutes a universal right, which includes the poorest and blackest segments, which unfortunately in Brazil are still poorly recognized and left at the mercy of malnutrition and the lack of access to quality food in sufficient quantity to supply the biological social needs. The act of eating becomes more than a simple daily act, becoming an expression, characteristic of the black population, which must have a cultivated and preserved food culture.

In short, the quilombola food culture is more than characteristic of a people that never ceases to fight for their rights and patrimony of the Brazilian nation. Its origin was built with rude marks, but they reveal the strength of a people that managed to overcome the scourge of slavery and continue to show their importance and strength in the face of inequality prevailing in society.

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