

# Cross-sectional study of the potential effects of October 2023 war on food security in the State of Palestine

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## Abstract

**Background:** Research on food insecurity in the State of Palestine, including its impact on dietary habits, remains limited.

**Aim:** To examine the prevalence of food insecurity in Nablus Governorate, West Bank.

**Methods:** We collected quantitative data from representatives of 352 households aged  $\geq 18$  years and quantitative data from 12 household breadwinners at 9 locations in Nablus. We analysed the data with SPSS version 22 and used chi-square test to determine the associations between food insecurity and various study variables.

**Results:** Among the 328 participants, 21.6% were food insecure, of which 17.7% were moderate and 4% severe. Food security was higher in the cities (46.7%) than the villages (38.9%) and camps (14.4%). Food insecurity was significantly associated with employment status ( $P < 0.001$ ), number of breadwinners ( $P < 0.00$ ) and the types and frequencies of food groups available for consumption.

**Conclusion:** Continuous war, movement restrictions and increasing unemployment are exacerbating food insecurity and food injustice in the West Bank, especially in refugee camps. Policies and strategies are needed to improve food sovereignty and security in the State of Palestine.

Keywords: food security, food diversity, refugee camp, unemployment, Nablus, West Bank, Palestine

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## Introduction

The concept of food security and the factors that influence it are complex and multifaceted. WHO identifies 3 fundamental components of food security: enough food available, financial capacity to purchase food and maintaining a healthy diet (1). Environmental, social, economic, and political factors play a crucial role in food security, as evidenced by the disparities in food security levels among nations (2).

A previous study in the Occupied Palestinian Territories (oPt) reported 16% of households as food insecure (3). The Israeli occupants have systematically used food as a weapon to control the population by undermining food sovereignty and food justice, resulting in increased levels of food insecurity (4). This is demonstrated by their control of the natural resources, including water and land, which in turn affects availability and accessibility to food. In total, 1.2–1.3 million dunams of land have been confiscated from the Palestinians, and Israel exerts complete control over the water resources (5). The checkpoints and persistent violence and intimidation by Israeli settlers are identified as impediments to accessing agricultural land (4,6), including the strategic de-development processes (7). Other factors contributing to food insecurity include the complete control of borders, particularly import and export restrictions, which have adversely affected the economic situation

and labour market (8), and made the Palestinian food industry more reliant on Israel (9).

War has historically exacerbated food insecurity by limiting access to food, dismantling essential food production and distribution infrastructure, and increasing dependence on frequently inadequate and sometimes inaccessible humanitarian aid (10). This is rooted in the policies of settler colonialism in the State of Palestine (11), which has intensified since the beginning of the current war in October 2023.

The Gaza Strip is experiencing maximum food insecurity levels. As of September 2024, the Integrated Food Security Phase Classification (IPC) estimated that 96% of the 2.15 million inhabitants were facing acute food shortages (12). However, on a less obvious interpretation, the illusive economic stability in the West Bank has also been shattered with the closure and isolation of cities and villages, continuous invasions, withholding of Palestinian Authority tax returns, and increased unemployment rates, partly due to the revocation of work permits for Palestinians working within 1948 Palestine, who predominantly engage in the construction and labour sectors and typically earn higher wages than the Palestinian average (7,13).

Simultaneously, the escalation of settler violence and land acquisition in the West Bank have reached record high levels during the past year (14), which may have also affected food security levels. This study, therefore, aimed

to investigate the association between food insecurity, food diversity and the current war in Gaza, considering a range of socio-demographic variables that influence dietary preferences.

## Methodology

This cross-sectional study used both qualitative and quantitative research methods. Inductive thematic analysis was used for the qualitative analysis while the quantitative aspect relied on an interview-based questionnaire.

Study participants were recruited from the city, surrounding villages and a camp in Nablus Governorate, West Bank. Nablus was selected because of its high population density, socioeconomic diversity and because it is the largest governorate in northern oPt.

A stratified random sampling method was used to select households for the quantitative interviews. To improve representativeness of the sample, stratification was done by dividing the area into locality type: urban (Nablus city), rural (villages) and refugee camps. Housewives who were aged 18 years and above, not living alone and agreed to join the study were interviewed during household visits. A paper-based Arabic questionnaire was used for the interviews. The questionnaire included socio-demographic questions, food insecurity questions using the Food Insecurity Experience Scale (15) and food diversity questions using the Food Frequency Questionnaire (15). The adapted Food Frequency Questionnaire included only the food groups and the frequency of consumption without quantification, since the study's objective was to evaluate dietary diversity rather than nutrient intake.

A purposive sample of 12 family breadwinners were selected for qualitative face-to-face interviews conducted in Arabic, which was held at the participants' workplaces between April and May 2024. A semi-structured interview guide, which was reviewed by 2 nutrition experts, was used. The questions focused on dietary changes before and during the current war, as well as the impact of income fluctuations due to the restrictions, including challenges in accessing workplaces, agricultural land and infrastructure. Each session lasted 20–40 minutes and was audio-recorded following informed consent by the participants.

## Data analysis

Statistical analysis was conducted using SPSS version 22. Descriptive statistics were presented as frequencies for categorical variables and hypothesis testing was performed using the chi-square test to determine associations between food insecurity and various study variables. The qualitative interviews were transcribed verbatim to preserve the integrity of the content. Each researcher independently reviewed the transcripts multiple times before the group identified key themes and subthemes to gain a comprehensive understanding of participants' experiences. Significant words and

phrases were categorized into major themes and through collaborative discussions, researchers refined and organized the themes and subthemes.

## Ethics considerations

The study received ethics approval from the Institutional Review Board at An-Najah National University, State of Palestine. Privacy, anonymity and confidentiality were rigorously maintained throughout the study. Informed consent was obtained from all participants, who were notified of the voluntary nature of their involvement and their right to withdraw from the study any time.

## Results

### Prevalence of food insecurity

Among the 328 participants, 21.6% were food insecure, of which 17.7% were moderate and 4% severe. Some 45.7% reported being worried about not having enough food to eat, 27.7% could not eat healthy or nutritious food, 36% reported eating only a few kinds of food, 22% had to skip a meal, and 25.9% ate less than they thought they should. Some 5.5% reported that they were hungry but had nothing to eat or didn't eat for a whole day.

### Association between food insecurity and sociodemographic characteristics

Residential area, employment status, employment type, and number of breadwinners in a household were significantly associated with food insecurity ( $P < 0.001$ ) (Table 1). Food insecurity was significantly associated with reduced consumption of red meat ( $P < 0.001$ ); white meat ( $P < 0.001$ ); processed meat ( $P = 0.016$ ); milk, yogurt, labneh, and Nabulsi cheese ( $P < 0.001$ ); processed cheese ( $P = 0.004$ ); egg, nuts, seasonal and nonseasonal fruits, fresh juice, fresh and cooked vegetables ( $P < 0.001$ ); rice and pasta ( $P = 0.015$ ); chocolate and biscuits ( $P = 0.016$ ); eastern desserts ( $P = 0.001$ ); honey ( $P < 0.001$ ); and fast food ( $P = 0.005$ ) (Table 3). On the other hand, consuming legumes as a main dish more frequently was significantly associated with food insecurity ( $P < 0.001$ ).

### Qualitative analysis results

Four primary themes and several subthemes emerged from the inductive thematic analysis. Figure 1 presents the word-clouds for all the themes and Table 2 presents the basic sociodemographic characteristics of the participants.

#### Theme 1: Realities at the grassroots

This theme revealed how class, needs and economic conditions affected people's lives and how social groups coped with the political and economic struggles.

##### Sub-theme 1.1: Social tiers

Participants expressed their perspectives about how the society has become separated into extremely wealthy families and dreadfully poor in their descriptions of

**Table 1. Association between sociodemographic characteristics and food insecurity**

Variables		Food secure N (%)	Food insecure N (%)	P-value
Age	≤ 39 years	100 (79.4)	26 (20.6)	0.725
	≥ 40 years	157 (77.7)	45 (22.3)	
Residential area	Village	100 (80.6)	24 (19.4)	<0.001*
	Camp	37 (56.9)	28 (43.1)	
	City	120 (86.3)	19 (13.7)	
Residential area	Employed	228 (84.1)	43 (15.9)	<0.001*
	Unemployed	29 (50.9)	28 (49.1)	
Employment type	Government	45 (83.3)	9 (16.7)	<0.001*
	Independent	132 (81.5)	30 (18.5)	
	1948 territories**	11 (39.3)	17 (60.7)	
	Not working currently	17 (58.6)	12 (41.4)	

\*Significant at  $P < 0.05$

\*\*1948 territories work type: refers to Palestinians who get work permits to work in areas within Palestine territories occupied in 1948

**Table 2. Sociodemographic characteristics of qualitative interview participants**

Participants	Age	Address	Employment type	Change in employment or income	No. of family members	No. of employed members	Prisoners, injured, killed or sick?
P1	46	Staff housing	Government	Side work - 24 hours - change in income	5	1	No
P2	50	Askar camp	Government	-	6	1	Freed prisoner + chronic diseases
P3	46	Al-Sikka Street	Government	50–70% of salary	7	2	No
P4	66	Rougeb Housing	Independent	60% decrease	6	3	No
P5	60	North Mountain	Independent	Change in income	10	1	Injured son + martyr son
P6	74	Nablus	Independent	Change in income	6	3	No
P7	61	Bayt Wazan	Private	70% of the salary			No
P8	39	Public housing	Private	-	7	1	No
P9	30	Northern Asira	Private	5% of salary	4	1	No
P10	56	Kafr Qallil	1948 territories*	unemployed	3	1	Chronic disease
P11	45	Old town	1948 territories	He was in the 1948 territories, currently 10 days at university	6	4	Former prisoner and injured
P12	48	North Mountain	1948 territories	Tailor in 1948 territories, now in the West Bank.	5	1	No

\*1948 territories employment type: refers to Palestinians who get work permits to work in areas within Palestine territories occupied in 1948

the circumstances, especially regarding the effects of the 7 October war:

*“Today, we have become like Egypt! Some are insanely rich, living in luxury, while others are dead poor, barely surviving.” (P1)*

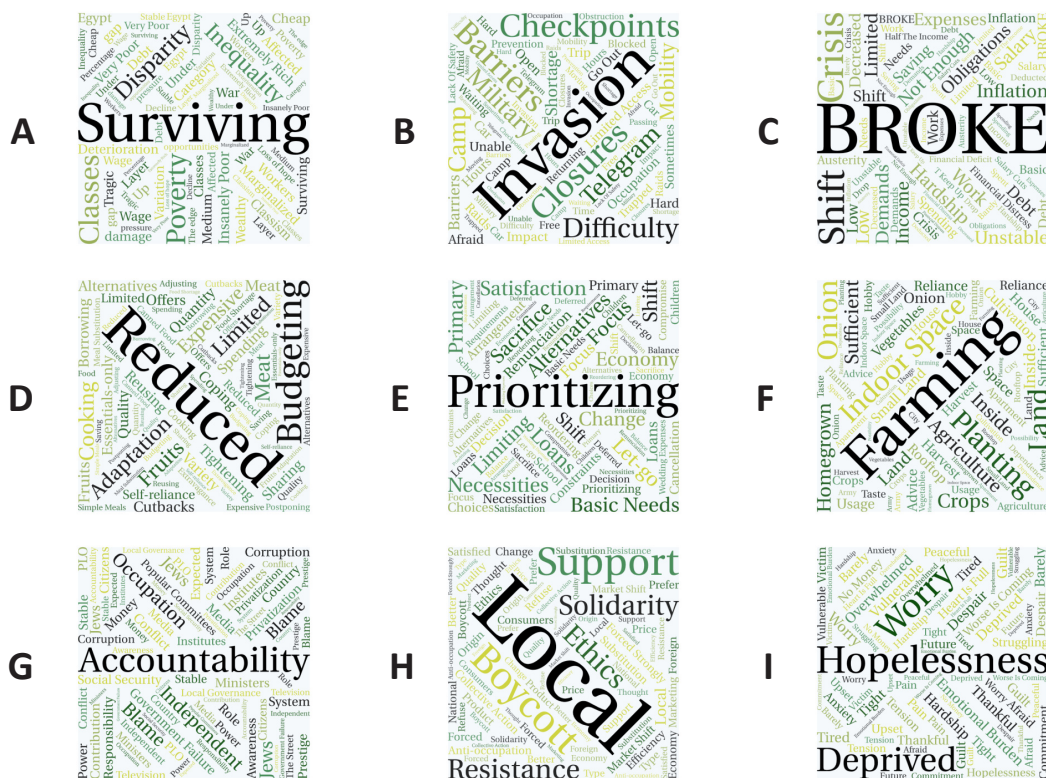
*“The gap is huge! ...living on a different planet! (P9)*

### **Sub-theme 1.2: Struggles for basic needs**

Participants had different opinions about access to food and other necessities. Some said there was no difference while others noted their struggles due to the Israeli occupation and regular invasions:

*“There was an Israeli military presence in our camp, and we couldn't get out.” (P2)*

**Figure 1. Word clouds illustrating extracted themes and sub-themes: (A) Sub-theme 1.1: Social Tiers; (B) Sub-theme 1.2: Struggles for basic needs; (C) Sub-theme 1.3: Financial squeeze; (D) Sub-theme 2.1: Adaptive Strategies; (E) Sub-theme 2.2: Setting Priorities; (F) Sub-theme 2.3: Agricultural Revival; (G) Sub-theme 3.1: Responsibility reflections; (H) Sub-theme 3.2: Awareness and action; (I) Theme 4: Weight of despair**



**Sub-theme 1.3: Financial squeeze**

Most of the participants said there had been a significant and noticeable decrease in their salaries, especially those who used to have work permit within the 1948 Palestinian territories:

“Today, the 7500 has dropped to 3000 shekels!” (P3)

“I used to work as a labourer in the 1948 Palestine, earning 400 shekels a day. Now, I barely make 70 shekels.” (P12)

**Theme 2: Resilience-building**

**Sub-theme 2.1: Adaptive strategies**

Participants adopted different coping strategies to adapt to the financial situation. Some of them said they limited household purchases to the essentials, while others said they cut back on the amounts spent. A few individuals reported no change in food consumption or types:

“There’s no more asking for anything! They’ll eat whatever is available!” (P3)

“Before, my wife used to cook every day, but now, it’s impossible, we cook barely twice a week.” (P12)

**Sub-theme 2.2: Setting priorities**

Some of the participants said they started prioritizing their purchases, focusing on essentials and preferring them over secondary and luxury items.

“Some things are more important than others. For example, the daily loaf of bread for the household has become more important than anything else.” (P3)

“As for me, I love food, so I sacrifice other things for it.” (P9)

**Sub-theme 2.3: Farming**

Some of the participants said they started farming, but also said there was limited farming space. Some said regular invasions by the Israeli occupation forces have left no agricultural land, while some said they farmed as a hobby rather than to feed themselves.

“Currently I grow all the essentials and what we cultivate is enough for us to eat.” (P7)

**Theme 3: Echoes of the community**

**Sub-theme 3.1: Responsibility reflections**

Participants voiced their perspectives about the situation and attributed blame. Some blamed the occupation, while others criticized the government and ministries.

“The authority (Palestinian) is responsible for this situation, they should have provided something for the people.” (P1)

“They (Israelis) dominate the media and finance worldwide, they are controlling the world.” (P5)



Table 3. Association between food insecurity and food frequency

Food item	Food frequency	Food secure N (%)	Food insecurity N (%)	P-value
Red meat	Daily	3 (1.2)	0	<0.001*
	Weekly	168 (65.4)	27 (38.0)	
	Monthly or less	86 (33.5)	44 (62.0)	
White meat	Daily	34 (13.2)	1 (1.4)	<0.001*
	Weekly	212 (82.5)	51 (71.8)	
	Monthly or less	11 (4.3)	19 (26.8)	
Fish	Daily	–	–	0.487
	Weekly	25 (9.7)	5 (7.0)	
	Monthly or less	232 (90.3)	66 (93.0)	
Processed meat	Daily	32 (12.5)	7 (9.9)	0.016*
	Weekly	92 (35.8)	14 (19.7)	
	Monthly or less	133 (51.8)	50 (70.4)	
Milk and yogurt	Daily	131 (51.0)	14 (19.7)	<0.001*
	Weekly	115 (44.7)	45 (63.4)	
	Monthly or less	11 (4.3)	12 (16.9)	
Labneh and Nabulsi cheese	Daily	164 (63.8)	27 (38.0)	<0.001*
	Weekly	90 (35.0)	36 (50.7)	
	Monthly or less	3 (1.2)	8 (11.3)	
Processed cheese	Daily	25 (9.7)	3 (4.2)	0.004*
	Weekly	100 (38.9)	16 (22.5)	
	Monthly or less	132 (51.4)	52 (73.2)	
Egg	Daily	114 (44.4)	18 (25.4)	<0.001*
	Weekly	127 (49.4)	39 (54.9)	
	Monthly or less	16 (6.2)	14 (19.7)	
Legumes (as a main dish)	Daily	–	–	<0.001*
	Weekly	134 (52.1)	53 (74.6)	
	Monthly or less	123 (47.9)	18 (25.4)	
Legumes (as a side dish)	Daily	10 (3.9)	1 (1.4)	0.507
	Weekly	168 (65.4)	50 (70.4)	
	Monthly or less	79 (30.7)	20 (28.2)	
Nuts	Daily	30 (11.7)	0	<0.001*
	Weekly	120 (46.7)	22 (31.0)	
	Monthly or less	107 (41.6)	49 (69.0)	
Seeds	Daily	46 (17.9)	5 (7.0)	0.077
	Weekly	101 (39.3)	30 (42.3)	
	Monthly or less	110 (42.8)	36 (50.7)	
Seasonal fruits	Daily	77 (30.0)	4 (5.6)	<0.001*
	Weekly	141 (54.9)	30 (42.3)	
	Monthly or less	39 (15.2)	37 (52.1)	
Non seasonal fruits	Daily	70 (27.2)	7 (9.9)	<0.001*
	Weekly	123 (47.9)	32 (45.1)	
	Monthly or less	64 (24.9)	32 (45.1)	
Fresh juice	Daily	39 (15.2)	1 (1.4)	<0.001*
	Weekly	109 (42.4)	11 (15.5)	
	Monthly or less	109 (42.4)	59 (83.1)	
Vegetables (fresh)	Daily	154 (59.9)	28 (39.4)	<0.001*
	Weekly	95 (37.0)	33 (46.5)	
	Monthly or less	8 (3.1)	10 (14.1)	
Vegetables (cooked)	Daily	41 (16.0)	2 (2.8)	<0.001*
	Weekly	198 (77.0)	56 (78.9)	
	Monthly or less	18 (7.0)	13 (18.3)	
White bread	Daily	219 (85.2)	64 (90.1)	0.539
	Weekly	19 (7.4)	4 (5.6)	
	Monthly or less	19 (7.4)	3 (4.2)	
Brown bread	Daily	92 (35.8)	22 (31.0)	0.747
	Weekly	35 (13.6)	10 (14.1)	
	Monthly or less	130 (50.6)	39 (54.9)	
Rice and pasta	Daily	67 (26.1)	7 (9.9)	0.015*
	Weekly	182 (70.8)	61 (85.9)	
	Monthly or less	8 (3.1)	3 (4.2)	
Cereals	Daily	3 (1.2)	0	0.548
	Weekly	66 (25.7)	21 (29.6)	
	Monthly or less	188 (73.2)	50 (70.4)	

Food item	Food frequency	Food secure N (%)	Food insecurity N (%)	P-value
Refined cereals	Daily	6 (2.3)	1 (1.4)	0.330
	Weekly	24 (9.3)	3 (4.2)	
	Monthly or less	227 (88.3)	67 (94.4)	
Beverages (industrial)	Daily	46 (17.9)	11 (15.5)	0.751
	Weekly	93 (36.2)	29 (40.8)	
	Monthly or less	118 (45.9)	31 (43.7)	
Eastern desserts	Daily	3 (1.2)	2 (2.8)	0.001*
	Weekly	65 (25.3)	4 (5.6)	
	Monthly or less	189 (73.5)	65 (91.5)	
Western desserts	Daily	8 (3.1)	0	0.103
	Weekly	47 (18.3)	8 (11.3)	
	Monthly or less	202 (78.6)	63 (88.7)	
Chocolate and biscuits	Daily	109 (42.4)	22 (31.0)	0.016*
	Weekly	109 (42.4)	28 (39.4)	
	Monthly or less	39 (15.2)	21 (29.6)	
Honey	Daily	31 (12.1)	0	<0.001*
	Weekly	40 (15.6)	5 (7.0)	
	Monthly or less	186 (72.4)	66 (93.0)	
Molasses	Daily	4 (1.6)	0	0.519
	Weekly	18 (7)	4 (5.6)	
	Monthly or less	235 (91.4)	67 (94.4)	
Jam	Daily	2 (0.8)	1 (1.4)	0.444
	Weekly	44 (17.1)	8 (11.3)	
	Monthly or less	211 (82.1)	62 (87.3)	
Fast food	Daily	2 (0.8)	0	0.005*
	Weekly	56 (21.8)	4 (5.6)	
	Monthly or less	199 (77.4)	67 (94.4)	
Traditional restaurants	Daily	4 (1.6)	0.0	0.098
	Weekly	31 (12.1)	15 (21.1)	
	Monthly or less	222 (86.4)	56 (78.9)	
Restaurants	Daily	1 (0.4)	0	0.114
	Weekly	14 (5.4)	0	
	Monthly or less	242 (94.2)	71 (100.0)	
Snacks (ships)	Daily	119 (46.3)	24 (33.8)	0.167
	Weekly	96 (37.4)	32 (45.1)	
	Monthly or less	42 (16.3)	15 (21.1)	

\*Significant at  $P < 0.05$

### Sub-theme 3.2: Awareness and action

Almost all the participants said they avoided buying goods supplied by Israelis or anyone supporting them, but a minority didn't see any reason to stop buying Israeli items.

*"Is there anything better than the Arab products?" (P2)*

*"We were already boycotting Israeli goods even before the war." (P7)*

### Theme 4: Intensity of despair

The emotions of participants overwhelmed their thoughts about their responsibilities and the inability to provide for their families. They expressed their sadness, despair and frailty.

*"I always tell my kids to look at others and remember that things are going to get worse." (P7)*

*"I remember the first killings at the al-Ahli Arab Hospital. I was buying shawarma when suddenly 500 people were killed at once, and honestly, I felt ashamed to continue eating." (P9)*

## Discussion

Occupation, poverty, resource control and scarcity contribute to food insecurity in the oPt. This study assessed the prevalence of food insecurity in the Nablus Governorate and evaluated the potential correlation with participants' sociodemographic characteristics, food quality and food diversity. Our results indicated that 21.6% of the participants were food-insecure, in contrast to the previously reported range of 13–16% by the World Bank (3,16). This significant increase is probably due to the political situation, which has been marked by economic shutdowns and challenges with agricultural activities following the October 2023 war. The main contributing factors include the drastic movement restrictions, sieges, elevated unemployment levels, trade restrictions, and other complex day-to-day limitations that have influenced people's dietary practices, ultimately worsening food security (17,18).

This study found a strong relationship between food security, type of employment, employment status, and residential area. Individuals living in refugee camps experienced significantly higher levels of food insecurity

than those living in villages or cities. This could be attributed to the more challenging living conditions in the camps, frequent Israeli military invasions and other conditions (19). Military invasions often target infrastructure, including water supply systems and irrigation facilities, and sometimes last for few days, instilling fear in people and discouraging them from leaving their homes to look for food or go to the farm. Also, displacement caused by such invasions often disrupt livelihoods and access to food and resources. Attacks on food markets have caused economic losses for local vendors and reduced food availability (20).

We found that food insecurity was more prevalent among unemployed participants and families with one or no breadwinners than among those with 2 or more breadwinners. A significant difference in food insecurity was found among individuals employed by government, the private sector and those formerly employed in the 1948 Palestinian territories. This disparity may be due to the economic situation and the political constraints since October 2023, which has partially manifested in the cancellation of work permits for Palestinians working within the 1948 Palestinian territories. As much as 10% of the workforce in the West Bank depends on labour in illegal settings, which, for many Palestinians, is the only remaining option to sustain their families (21).

It is crucial to emphasize that food security is not only affected by the immediate impact of the war in Gaza, it also has a fundamental connection to the principles of food sovereignty and food justice. The Israeli policies undermine food sovereignty by regulating agricultural and economic activities alongside land and resource acquisition, income deprivation, physical insecurity, insufficient agricultural inputs, and destruction of food processing and distribution facilities (22,23). Consequently, the concepts of food sovereignty and justice are entirely negated, denying the Palestinian population the autonomy to determine their food sources, connection to the land and the right to shape their own future (24).

This study found that changes in food quality and quantity at the household level became a necessity as an adaptation mechanism. Food consumption frequency was significantly associated with food security. In other words, higher food security levels were associated with the daily or weekly consumption of meat, milk, yogurt, labneh, and cheese; those consuming these items monthly or less frequently were significantly more prone to food insecurity. Individuals with higher levels of food insecurity rely more on lower quality items such as processed meat because these are more available, more affordable and last longer. This shift toward cheaper, energy-dense foods in food-insecure environments poses an increased risk of chronic diseases, including cardiovascular disease, type 2 diabetes and certain cancers (25,26).

Qualitative studies have shown similar results on reduced income, the struggle to provide food, the change in dietary quantity and quality, and reprioritizing of necessities particularly among workers in the 1948 Palestinian territories (25). Many individuals have turned to home farming as a temporary solution to feed themselves and their families after losing their jobs. However, this strategy is unsustainable because of the restrictions on land, water and seeds imposed by Israeli regulations (25). Participants questioned the role of the Palestinian Authority in mitigating the economic hardship. The reliance of the authority on international funding and tax revenues often withheld by Israel, coupled with ineffective interventions, has made the authority incapable of confronting the decades of de-development. And this has resulted in a fragmented Palestinian economy, characterized by unemployment rates as high as 48%, particularly among the youth (27). This cycles back to the reliance on Israeli market for products and employment and reinforces the systemic control.

The last theme highlighted feelings of sadness and despair experienced by breadwinners in their struggle to meet their family needs. This is inherently associated with increased rates of anxiety, depression and physical weakness, as the uncertainty about access to food and financial instability often causes distress (28). Chronic stress does not only affect mental health, it also impairs cognitive function, which in turn perpetuates a cycle of poverty and food insecurity by hindering the ability to secure employment and pursue education.

It is important to note that the data for this study was collected 6 months after the onset of the October 2023 war. This short duration may not have fully reflected the impact and the changes in dietary patterns fairly. However, the strength of the study lies in using a mixed-method approach to study a pressing issue at a very sensitive time.

Our findings show that continuous war, movement restrictions and the increasing unemployment rates are exacerbating food insecurity and food injustice in the oPt, especially in refugee camps. Lower food security levels and lower food quality have multiple physical and psychological consequences. This study provides a critical foundation for framing policies and programmes aimed at addressing this food insecurity, with targeted interventions that will have short- and long-term impact. Such interventions should consider increasing support for local farming initiatives, improving access to agricultural resources and addressing the economic challenges. Strengthening food sovereignty in accordance with international law and assuring the rights of Palestinians to their land can help foster resilience and reduce dependency on external markets.

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**Conflict of interest:** None declared.

## Étude transversale des effets potentiels de la guerre d'octobre sur la sécurité alimentaire en Palestine

### Résumé

**Contexte :** Les recherches sur l'insécurité alimentaire en Palestine, y compris son impact sur les habitudes alimentaires, restent limitées.

**Objectif :** Examiner la prévalence de l'insécurité alimentaire dans le gouvernorat de Naplouse, en Cisjordanie.

**Méthodes :** Nous avons recueilli des données quantitatives auprès de représentants de 352 ménages âgés de 18 ans et plus et des données quantitatives auprès de 12 chefs de ménage dans neuf emplacements à Naplouse. Les données ont été analysées à l'aide du logiciel SPSS version 22 et un test du chi carré a été utilisé pour déterminer les associations entre l'insécurité alimentaire et les différentes variables de l'étude.

**Résultats :** Parmi les 328 participants, 21,6 % étaient en situation d'insécurité alimentaire, dont 17,7 % en situation d'insécurité modérée et 4 % sévère. La sécurité alimentaire était plus élevée dans les villes (46,7 %) que dans les villages (38,9 %) et les camps (14,4 %). L'insécurité alimentaire était significativement associée au statut d'emploi ( $p < 0,001$ ), au nombre de chefs de ménage ( $p < 0,00$ ) et aux types et fréquences des groupes d'aliments disponibles pour la consommation.

**Conclusion :** La poursuite de la guerre, les restrictions de mouvement et l'augmentation du chômage aggravent l'insécurité et l'injustice alimentaires en Cisjordanie, en particulier dans les camps de réfugiés. Des politiques et stratégies sont nécessaires pour améliorer la souveraineté et la sécurité alimentaires en Palestine.

### دراسة مقطعية للآثار المحتملة لحرب عام 2023 على الأمن الغذائي في دولة فلسطين

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### الخلاصة

الخلفية: لا تزال البحوث المتعلقة بانعدام الأمن الغذائي في دولة فلسطين، بما في ذلك تأثيره على العادات الغذائية، محدودة.

الأهداف: هدفت هذه الدراسة إلى دراسة معدل انتشار انعدام الأمن الغذائي في محافظة نابلس بالضفة الغربية.

طرق البحث: لقد جمعنا بيانات كمية من ممثلي 352 أسرة معيشية تبلغ أعمارهم 18 عامًا فأكثر، وبيانات كمية من 12 معيلاً لأسر معيشية في 9 مواقع في نابلس. وحللنا البيانات باستخدام الإصدار 22 من برمجية SSPP، وأجرينا اختبار مربع كاي لتحديد الروابط بين انعدام الأمن الغذائي ومختلف متغيرات الدراسة.

النتائج: من بين 328 مشاركاً، كان 21.6% منهم يعانون من انعدام الأمن الغذائي، منهم 17.7% كانوا يعانون من انعدام الأمن الغذائي المتوسط و4% من انعدام الأمن الغذائي الشديد. وكان معدل الأمن الغذائي أعلى في المدن (46.7%) منه في القرى (38.9%) والمخيمات (14.4%). وارتبط انعدام الأمن الغذائي ارتباطاً كبيراً بحالة التوظيف (قيمة الاحتمال  $> 0.001$ )، وعدد المعيلين (قيمة الاحتمال  $> 00.0$ )، وأنواع المجموعات الغذائية المتاحة للاستهلاك ومعدلات تواترها.

الاستنتاجات: يؤدي استمرار الحرب والقيود المفروضة على التنقل وارتفاع معدلات البطالة إلى تفاقم انعدام الأمن الغذائي والظلم الغذائي في الضفة الغربية، لا سيما في مخيمات اللاجئين. وثمة حاجة إلى وضع سياسات واستراتيجيات لتحسين الأمن الغذائي في دولة فلسطين.

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