

NOTICE OF PUBLICATION



AQUACULTURE & FISHERIES INNOVATION LAB

RESEARCH REPORTS

Sustainable Aquaculture for a Secure Future

Title: Aquaculture helps women in Nepal improve household nutrition

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Abstract: In rural Nepal, widespread poverty is compounded by the lack of access to high-quality, nutritious foods. According to a recent report from the Nepal Demographic Health Survey, 41 percent of children under the age of five are chronically malnourished, and anemia is a significant problem, afflicting 47 percent of children and 36 percent of women.

One approach to mitigate the spread of anemia and to improve the overall health of rural Nepalese is to supplement their diets with vitamin-rich protein sources, such as fish. Researchers from Nepal's Agriculture and Forestry University (AFU) recognized the potential of aquaculture to help address this widespread nutritional deficit, and their recent effort in Nepal successfully established more than 70 family-run fishponds, all managed by women. In the first year of operation, the ponds produced over 500 kg of fish for household consumption.

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