Progress Report

ESFROMA PROGRAMME, 2025

Increased food security, income, climate resilience and stronger civil society among smallholder farmers organized in farmer family learning groups (FFLGs).

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Report developed by *Therese Bundgaard (Organic Denmark) and Gerald Anthony Kizito (Caritas Kampala), supervised by Sigrid Soelberg Vestergaard (Organic Denmark).*

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0. Background and objective for ESFROMA Project

The ESFROMA program works to empower small-scale farmer families through resilient democratic rural organizations, organic agriculture, market access and advocacy. The overall objective of the program is to increase food security, increase income and strengthen the resilience against climate change in Uganda and Tanzania. Small-scale farmers in the rural areas of these countries suffer from poverty, limited educational training and difficulties providing for their households and securing sustainable livelihoods for the family. Capacity building providing knowledge and skills is critically demanded to develop agricultural practice, apply sustainable organic farming methods and produce yields that fulfill the demanded quality and quantity to gain access to relevant markets while strengthening resilience towards increasingly prevalent climate changes in the rural areas. The FFLG approach provides a resilient framework for engaging small-scale farmer families in democratic rural organizations, empowering them to improve their livelihoods through capacity building, networking, participatory learning, exchange of practical experience and collective organic agricultural, marketing and advocacy efforts[1]. For more information about the background of the ESFROMA project and the first round of data gathering, we recommend reading the 'Impact report' from 2024.

1. Introduction to data

The purpose of this progress report is to describe the development of the small-scale farmers participating in the ESFROMA program. This way we can get more valid knowledge on the effects of the program which will help in the further work of both the FFLG-approach and organic farming methods. The report analyzes the progress of food security, organic farming methods, climate resilience and stronger civil society among smallholder farmers organized in farmer family learning groups (FFLG) in the ESFROMA program.

Data collection

The report is based on data from surveys conducted in August 2024 and August 2025. The surveys are based on the same questionnaires only with small adjustments after the evaluation of the 2024-survey.

[1] THE ESFROMA PROGRAM

Since we have access to data over two years it is possible to look at the progress of the farmers and cautiously investigate the causal relationship between each organic farming methods and food security.

The data collection in 2025 has resulted in two different datasets: one at FFLG-level and one at HH-level. The household dataset consists of 238 respondents with 60% from Uganda and 20% each from Zanzibar and Tanzania. The farmers are organized in 40 different FFLGs with 6 HH pr. group. There is however one FFLG with 10 households and one with only two. The FFLG-dataset consists of 38 different farmer groups with 24 from Uganda, 8 from Tanzania and 6 from Zanzibar. Pemba Island is not included in the 2025 FFLG data, even though it's included in the HH-data from 2025 and the FFLG data from 2024. On average each FFLG consists of 29 farmers, however it varies between 6 and 121 farmer members.

Compared to the data from 2024, the data set consists of the same 38 FFLGs only with the two farmer groups from Pemba Island missing in 2025. For the HH-data the respondents come from the same 40 groups as interviewed in the FFLG-datasets. There is five less respondents in 2025 (four less from Uganda and one less from Zanzibar). Around 10% of the farmers are recurring from 2024 to 2025.

Measure for food security

Food security is measured using Household Dietary Diversity Score (HDDS). The score is calculated by summing the amount of different food groups each household has eaten in the last 24 hours. The measure is collected on household-level and includes food prepared in the home and consumed in the home. Or food purchased or gathered outside and consumed in the home. The period of 24 hours is chosen by FAO because it is less subject to recall errors, less cumbersome for the respondent and conforms to the time period used in many similar studies[2]. This survey includes nine different types of food: cereals, root and tubers, vegetables, fruits, meat (including poultry, offal, eggs, fish and seafood), pulses and legumes, milk, oil and fats and sugar, honey and sugarcanes. Therefore, the HDDS-score ranges from 0 to 9.

In 2024 the question in the HH-survey about nutrition-types was asked for the past year instead of the past 24 hours and therefore cannot be compared to the standard food security

[2] Household Dietary Diversity | Nutrition | Food and Agriculture Organization of the United Nations

measure Household Dietary Diversity Score (HDDS). This changed in the 2025-survey, but it still limits our chances of comparing the development in food security from 2024 to 2025.

There are several limits to the measure, which it is important to consider when interpreting the results. First, our HDDS-score is only with 9 food groups, even though the most common used in HDDS is 12 food groups. In this survey meat, eggs and fish are gathered in one category and we don't include spices, condiments and beverages. This gives us less variation in the score, and it's important not to directly compare our results with other reports or studies using the score. Second, the dietary diversity score does not indicate the quantity of food consumed and doesn't account for differences in diet across seasons. Some food may be available in large quantities and at low cost for short periods. Third there may be urban and rural differentials in dietary diversity. Variety is often much greater in urban and peri-urban centers where food markets are adequately supplied and easily accessible. A more detailed discussion on use of the mean dietary diversity score can be found in the FANTA publication: Household Dietary Diversity Score (HDDS) for Measurement of Household Food Access: Indicator Guide, VERSION 2, 2006, (http://www.fantaproject.org/ focus/household.shtml).

2. Food Security

Food security is defined as having access to sufficient, safe and nutritious food to support normal growth, development and an active, healthy life[3]. When asked about their own understanding of being food secure, 38% of the respondents in 2025 describes it as being *able to access sufficient food needed with the resources available*. Another 26% define it as being *able to produce sufficient food*, which is a decrease from 42% in 2024. At the same time there is an increase from 12% in 2024 to 19% in 2025 in households reporting that food security means being *able to access healthy food in a stable momentum over a considerable period (stability)*. This indicates that, for the respondents, food security is not only about having access to enough food at a given moment, but also about being able to access healthy and sufficient food consistently over time.

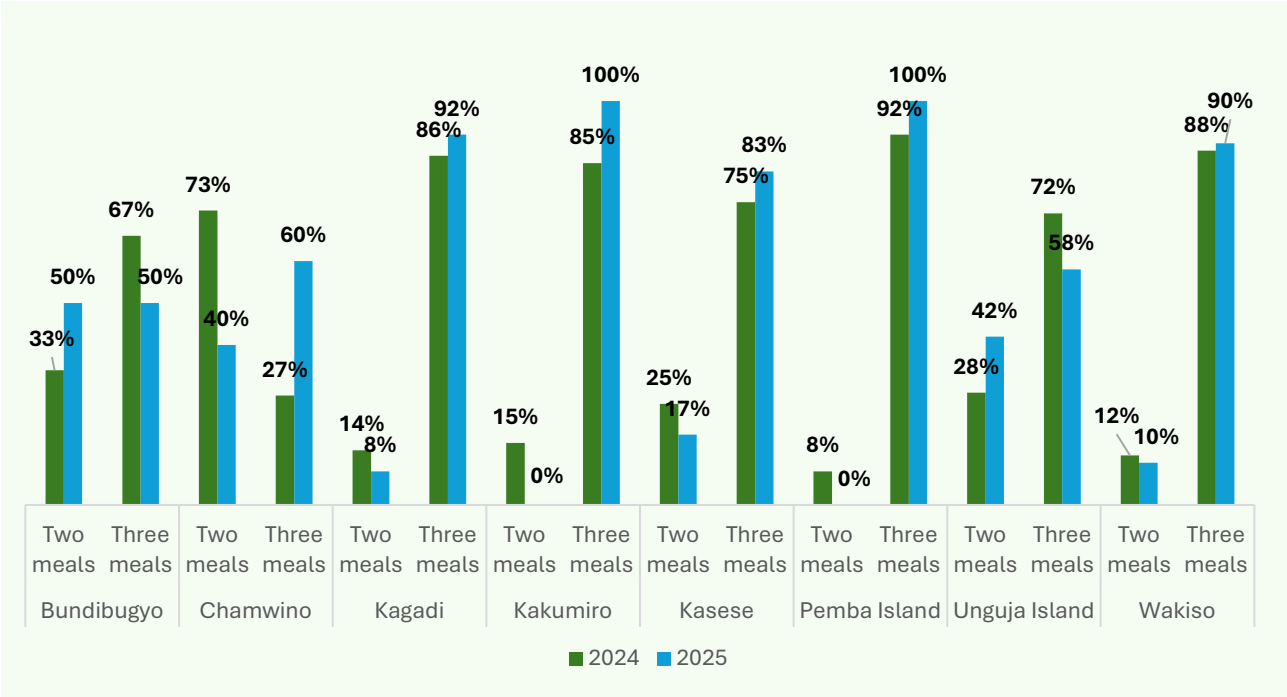
In the following section we present the development of food security across eight districts participating in the ESFROMA program, assessed through two indicators: number of meals per day and the Household Dietary Diversity Score (HDDS).

[3] What is food security? | World Food Programme

2.1 Meals per day

Overall, 76% of the household's report having three meals a day, while 25% report having two meals per day. This represents a modest increase of 5 percentage points compared to 2024, where 70% of the households reported eating three meals daily. The improvement is primarily driven by Chamwino, Tanzania, which recorded a 33-percentage point increase in households reporting three meals per day. Kakumiro, Uganda also experienced a notable increase of 15 percentage points compared to 2024. Conversely, declines were observed in Bundibugyo, Uganda and Unguja Island, Tanzania, with reductions of 17 and 14 percentage points.

Figure 2.1: ***Meals per day across the districts***



Note: N(2024=243 and 2025=238), HH-dataset 2024 and 2025

The overall difference between 2024 and 2025 results is not statistically significant ($p<0.05$) for the total respondent group, indicating that the variation could be due to differences in the survey respondents rather than a true effect. Only in Chamwino, Tanzania, where the proportion of household consuming three meals per day rose from 40% in 2024 to 60% in 2025, is the change statistically significant ($p<0.05$). Nevertheless, Tanzania started from the lowest baseline, with only 27% of households reporting three meals per day in 2024, and even after the increase in 2025, it remains behind most districts in Uganda and Zanzibar. Furthermore, this doesn't necessarily imply that ESFROMA is the causal factor behind the improvement, since many other factors also affect the number of meals per day.

2.2 Household Dietary Diversity Score (HDDS)

The number of meals per day alone is not sufficient measure of food security, as meal frequency is often influenced by cultural or traditional factors. Therefore, we also examine the HDDS for households. A descriptive overview of the 2025 HDDS for each district is shown in Table 2.1 below:

Table 2.1: ***Descriptive overview of HDDS for each district in 2025***

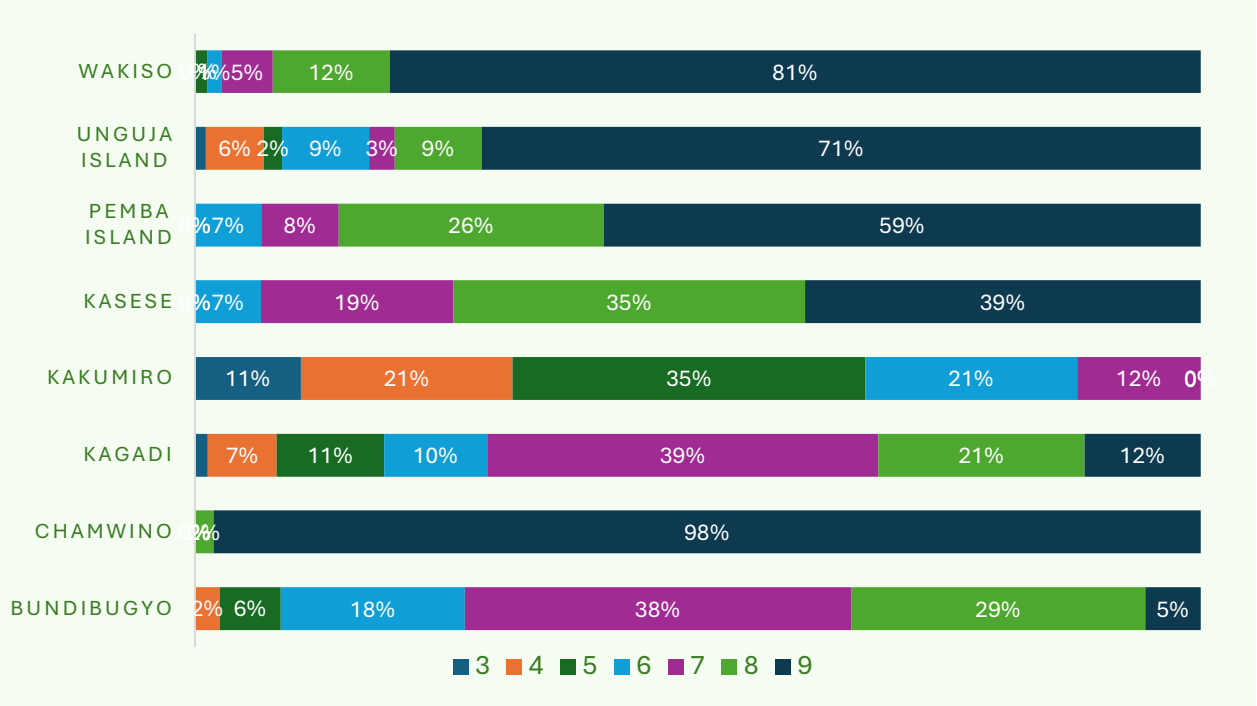
District	*Total*	Bundibugyo	Kagadi	Kakumiro	Kasese	Wakiso	Pemba Is.	Unguja Is.	Chamwino
Mean	***7.8***	6.8	6.5	4.8	8.0	8.6	8.3	7.7	9.0
Min	***3***	4	3	3	6	5	6	3	8
Max	***9***	9	9	7	9	9	9	9	9

Note: N(Bundibugyo=48, Kagadi=36, Kakumiro=12, Kasese=23, Wakiso=48, Pemba Is.=11, Unguja Is.=36, Chamwino=48), HH-dataset 2025

Overall, the average HDDS of 7.8 is encouraging and indicates that households generally consume a diverse diet. However, the table reveals substantial variation across districts. Kakumiro, Uganda reports the lowest average, with households consuming only around five different food groups, compared to Kasese and Wakiso, where scores reach at least eight. This finding contradicts with Figure 2.1. which shows that 100% of households in Kakumiro consume three meals per day. This illustrates the complexity of measuring food security and emphasizes the need for multiple indicators.

Chamwino, Tanzania records the highest HDDS, with only one household scoring 8 and all others achieving the maximum score of 9. Although the minimum score observed is 3, only 8% of households score 5 or below. In contrast, 60% have a score of 9 and 14% a score of 8. The figure below illustrates the share of each score of HDDS across districts.

Figure 2.1: Share of each HDDS among districts



Note: N(Bundibugyo=48, Kagadi=36, Kakumiro=12, Kasese=23, Wakiso=48, Pemba Is.=11, Unguja Is.=36, Chamwino=48), HH-dataset 2025

Figure 2.1 highlights the differences in diet diversity between the districts. Chamwino demonstrates the most diverse diet, followed by Unguja Island, Pemba Island and Kasese. While Bundibugyo and Kagadi have fewer households scoring 9, more than 70% score 7 or above.

In conclusion, Kakumiro is the only district where HDDS are considerably low, with 32% of households scoring 3 or 4. However, we cannot be sure that this picture is representative of Kakumiro, since the survey only includes 12 households from the district. Nevertheless, it remains important to monitor future data collections in the district to determine whether these results reflect a temporary situation, potentially due to factors such as poor harvest, or if it is a persistent trend.

Among the households with a HDDS on 3 or 4, the most consumed food groups are root and tubers, vegetables and fruits across all districts. Additionally, pulses and legumes are consumed in Uganda, and oil and fats on Unguja Island, Zanzibar.

2.3 Conclusion

The analysis of food security across the eight ESFROMA districts indicates overall positive developments, though with notable disparities. Meal frequency shows a slight improvement from 2024 to 2025, with 76% of respondents reporting three meals per day. However, this change is not statistically significant except in Chamwino, Tanzania. HDDS provides a more nuanced picture, revealing substantial variation in dietary diversity. While the average score of 7.8 suggests generally diverse diets, differences between countries are evident: districts in Zanzibar and Tanzania demonstrate high diversity, with most households scoring above 7. In contrast, Uganda shows more mixed results, with Bundibugyo, Kagadi and Kakumiro scoring below average while Kasese and Wakiso scores above. These findings highlight the complexity of food security measurement and the importance of monitoring the development in HDDS across districts to identify potential challenges and progress.

3. Organic Farming Practices

We now turn to the development in practicing organic climate change adaptation practices within households.

To begin with, we examine whether the FFLGs have received training and support on the adaptation of farming practices. Encouragingly, only one group (Ndongo Tusimbwire Coffee Farmers in Kakumiro, Uganda) reported not receiving any training or support in either 2024 or 2025. Furthermore, two Ugandan groups (Nalweyo Organic Farmers from Kakumiro and Kisamula Women's FFLG from Wakiso) indicated that they had not received training in 2024 but reported receiving training in 2025.

3.1 Development in Organic Farming Practices

The ESFROMA program promotes the implementation of 24 different organic farming practices. Each partner organization considers local factors such as climate and local culture, when selecting the practices most suitable for each district. This approach naturally results in variation in the adoption of farming methods across districts. Nevertheless, certain practices appear to be more popular than others, which we will examine further below.

First, however, we start by examining the total number of organic farming methods practiced by each household in the last season. This provides an overview of the extent to which these methods have been practiced among the households. Positively, all surveyed households

have practiced at least two organic farming practices. This suggests that the practices are considered useful, as the households have continued to apply them from 2024 to 2025.

Table 3.1: Overview over the total amount of farming methods in HH across the districts

	2024			2025		
	Mean	**Min**	**Max**	**Mean**	**Min**	**Max**
Total	13	3	24	11	2	23
Bundibugyo	9	7	12	10	6	12
Kagadi	14	3	22	9	3	18
Kakumiro	8	4	16	6	2	8
Kasese	10	8	12	8	3	14
Wakiso	16	3	21	13	5	23
Pemba Island	17	13	24	20	19	22
Unguja Island	15	9	19	12	5	19
Chamwino	10	3	20	11	7	16

Note: N(2024=243 and 2025=238), HH-dataset 2024 and 2025. Numbers rounded up to nearest whole number

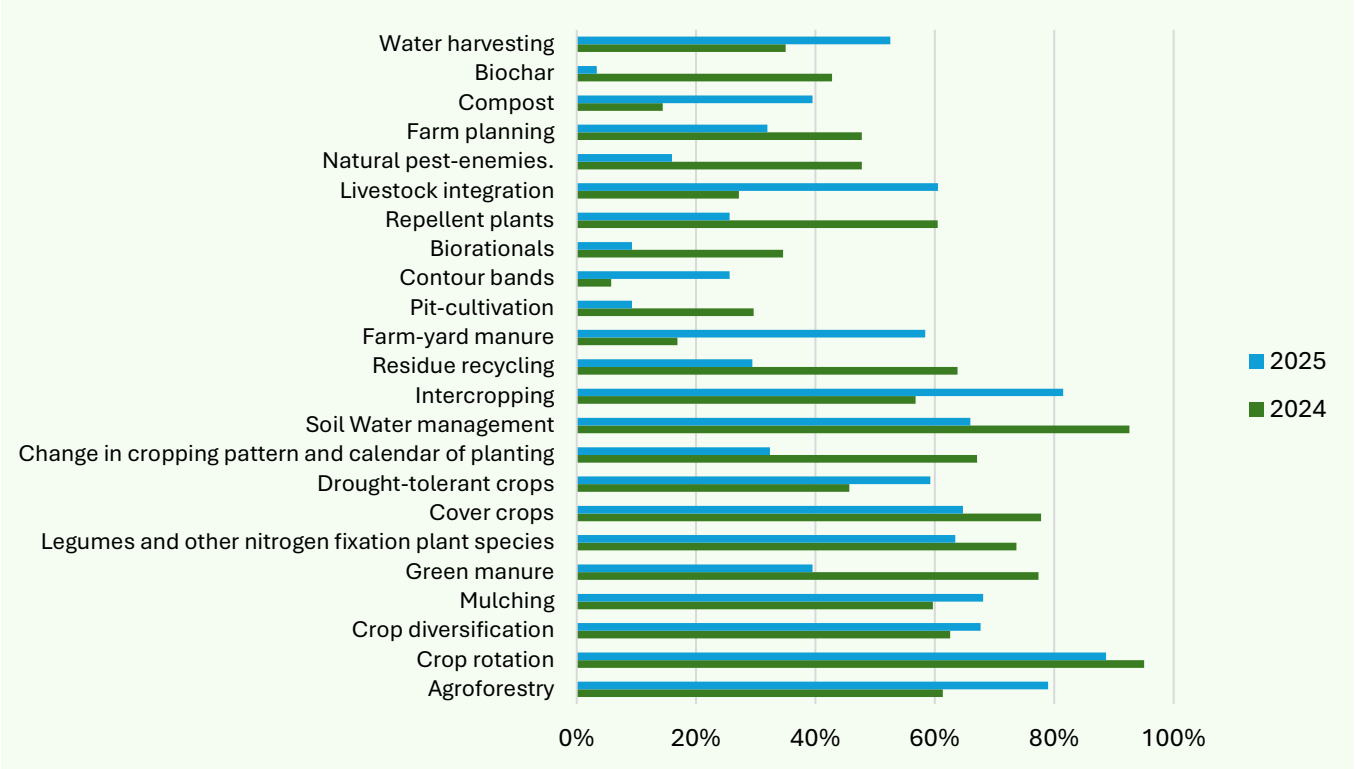
However, there exists notable differences across the districts. Kakumiro in Uganda reports the lowest average of six practices per household and a minimum of two. This represents a decline from 2024 additional to a fall in maximum from 16 to 8 practices. Overall, most Ugandan districts show a decrease in the total number of practices with exception of Bundibugyo. Unguja Island also experiences a slight decline, though from a relatively high starting point in 2024. Conversely, Pemba Island recorded a positive development, where the minimum has increased to 19 different practices. Chamwino, Tanzania also experienced an increase, rising its minimum from 3 to 7 practices, resulting in an average above most Ugandan districts.

It is important to note that the total number of practices doesn't necessarily reflect their effectiveness and impact. A reduction may indicate that farmers experimented with various methods in 2024 and subsequently retained only those that proved most beneficial in 2025. Furthermore, the focus of the ESFROMA-program is not to encourage farmers to adopt as many farming practices as possible, but rather to help them identify and apply the most effective practices, those that best suit the needs and conditions of each household or FFLG. In this perspective, it's encouraging that 41% of households identify "*adopting more resilient organic farming methods*" as the most important for securing enough food for the following year, compared to 34% in 2024. This perception varies across the districts: in Chamwino and Pemba Island, more than 70% of the households consider organic farming practices the key

to food security, while in Bundibugyo and Kakumiro the importance of "*more collaboration in the FFLG"* has increased from 2024. On Unguja Island, the share prioritizing organic farming practices fell from 58% in 2024 to 19% in 2025, with 56% now reporting "*availability of water production"* as the most critical factor. In Kasese and Wakiso, the households are divided between organic farming practices and water availability as the primary concerns for food security.

Examining the 24 specific farming practices, the most widely practiced in 2025 across all eight districts are crop rotation (89%), intercropping (82%) and agroforestry (79%). The graph below illustrates the practicing rates for all methods in both 2024 and 2025:

Figure 3.1: Share of HH's practicing each farming practice in 2024 and 2025



Note: N (2024=243 and 2025=238), HH-dataset 2024 and 2025

Several organic farming methods have seen notable increases in adoption from 2024 to 2025. Agroforestry, drought-tolerant crops, intercropping, farmyard manure, livestock integration, composting, and water harvesting each increased by 13 percentage points or more. On the contrary, practices such as green manure, change in cropping pattern and calendar of planting, pit-cultivation, repellent plants, natural pest-enemies and biochar declined with more than 20 percentage points during the same period.

Considerably variation exists between the districts. The table below presents the farming practices, which is practiced by more than 70% of households in each district for 2025. For Kakumiro and Unguja Island, where none of the practices meets this threshold, the most commonly practiced methods are shown instead.

Table 3.2: Most practiced farming methods (>70%) in 2025 across districts

Bundibugyo	Agroforestry (100%), Crop rotation (96%), Mulching (100%)
Kagadi	Agroforestry (97%), Crop rotation (97%)
Kakumiro	Cover crops (58%), Mulching (50%)
Kasese	Agroforestry (100%), Crop rotation (78%), Cover crops (74%), Soil Water management (87%), Intercropping (83%)
Wakiso	Agroforestry (73%), Crop rotation (71%), %), Legumes and other nitrogen fixation plant species (73%), Soil Water management (71%)
Pemba Island	Agroforestry (100%), Crop rotation (100%), Crop diversification (100%), Mulching (100%), Green manure (100%), Legumes and other nitrogen fixation plant species (100%), Cover crops (100%), Drought-tolerant crops (100%), Change in cropping pattern and calendar of planting (91%), Soil Water management (100%), Intercropping (100%), Residue recycling (100%), Farm-yard manure (100%), Repellent plants (91%), Livestock integration (100%), Natural pest-enemies (100%), Farm planning (100%), Compost (100%), Water harvesting (100%), Irrigation (100%)
Unguja Island	Agroforestry (64%), Crop rotation (64%), Mulching (64%), Water harvesting (64%)
Chamwino	Agroforestry (73%), Crop diversification (73%), Legumes and other nitrogen fixation plant species (73%), Cover crops (71%), Drought-tolerant crops (73%), Intercropping (71%)

Conclusion

The implementation of organic farming methods within the ESFROMA program demonstrates both progress and variation across districts. All surveyed households practiced at least two practices in 2025, indicating sustained engagement since 2024. However, the total number of methods adopted declined in most Ugandan districts, while Pemba Island and Chamwino, Tanzania showed significant positive developments, including higher minimum adoption levels. At the practice-specific level, practices such as agroforestry, intercropping, drought-tolerant crops, and water harvesting made progress, whereas green manure, pit cultivation, repellent plants and biochar declined. These trends could suggest a process of adjustment, where farmers retain methods that prove most effective under their specific local conditions. Overall, it's very encouraging to see an increase in the share of households who identify "*adopting more resilient organic farming methods*" as the most important for securing enough food for the following year. This inevitably leads to the conclusion that farming practices are helping the farmers.

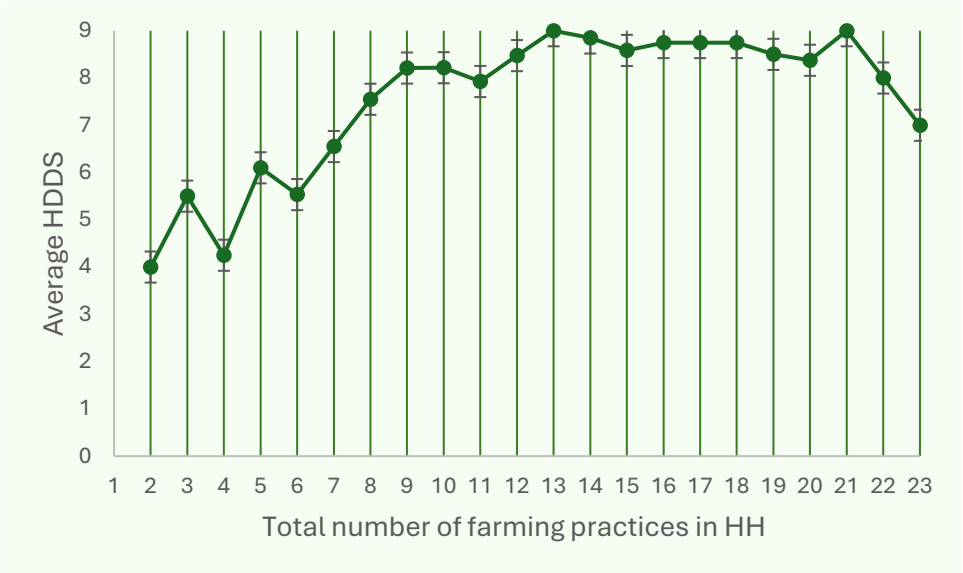
4. Relation between HDDS and farming methods

Up to this point, the report has focused on descriptive analyses of food security and the adoption of organic farming methods. While these insights are valuable, the primary goal of this report is to explore the relationship between these two variables and thereby assess the impact of the ESFROMA program. The following section examines the relationship between the practicing of organic farming practices and food security measured by HDDS. All results presented are based exclusively on 2025 data, since the HDDS-measure is not available for 2024.

To begin, we examine the average HDDS across households based on the total number of organic farming practices they have implemented. Figure 4.1 displays the total number of farming practices practiced by households on the horizontal axis and the corresponding average HDDS on the vertical axis.

Overall, the figure illustrates a clear pattern: households that practice a higher number of organic farming methods tend to have a higher HDDS. This relationship is particularly noticeable between practicing four and nine methods, where the average HDDS increases notable from 4 to 8. The observed trend indicates a positive correlation between the adoption of organic farming practices and dietary diversity.

Figure 4.1: ***Relation between total amount of farming methods and average HDDS for HHs***



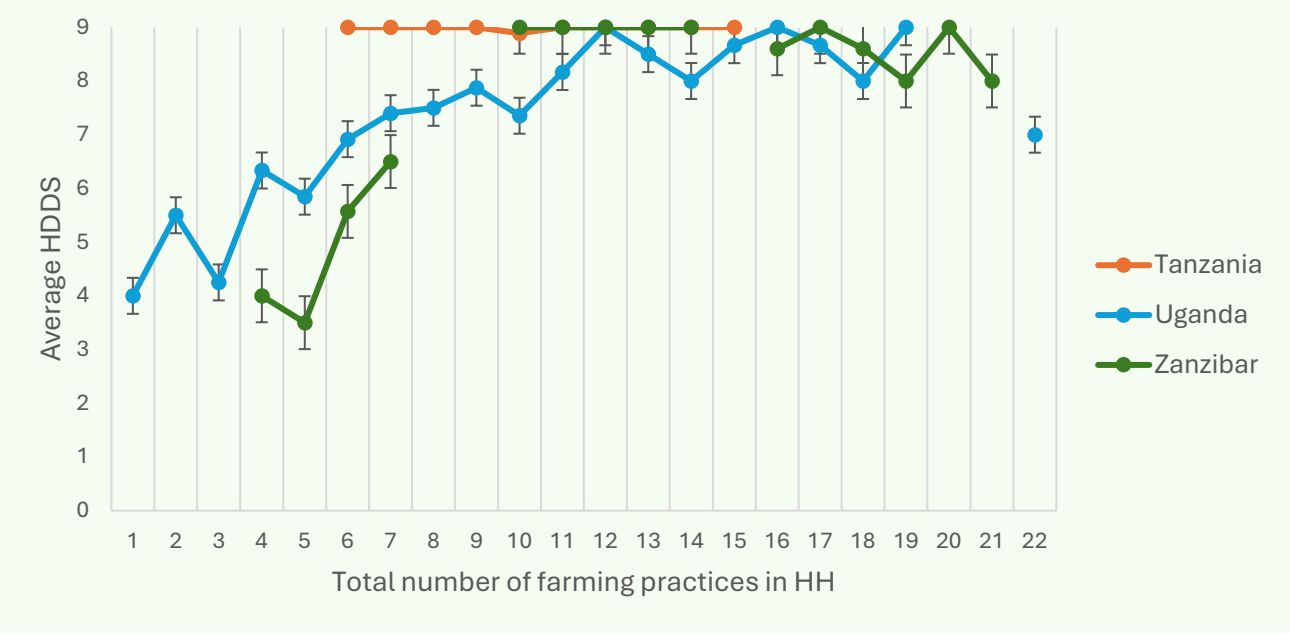
Note: N=238, HH-dataset 2025, standard errors included.

Figure 4.1 illustrates that households practicing only two farming practices have an average HDDS of 4, while households implementing more than eight practices achieve an average HDDS of 8. Although this pattern suggests that higher adoption of farming practices is associated with greater dietary diversity, it does not allow for conclusions about causality. In other words, we cannot determine whether adopting more practices leads to higher HDDS, only that the two variables are correlated. Overall, the main take away is that households practicing fewer than nine farming practices tend to also have lower HDDS scores.

Figure 4.2 further explores this relationship at the country level. The figure is interpreted in the same way as Figure 4.1 but includes three separate lines representing Uganda (blue), Zanzibar (green), and Tanzania (orange). The lines for Uganda and Zanzibar show a clear upward trend, indicating that the households practicing more organic farming methods have a higher HDDS. For Zanzibar, the line is interrupted because no households report practicing between 7–10 or 14–16 farming methods, resulting in gaps in the data.

Across both countries, the largest difference in HDDS is observed between households practicing 4–7 methods and those practicing more than 10 methods. Beyond this point, HDDS levels appear to stabilize.

Figure 4.2: ***Relation between total amount of farming methods and HDDS for HH's across countries***

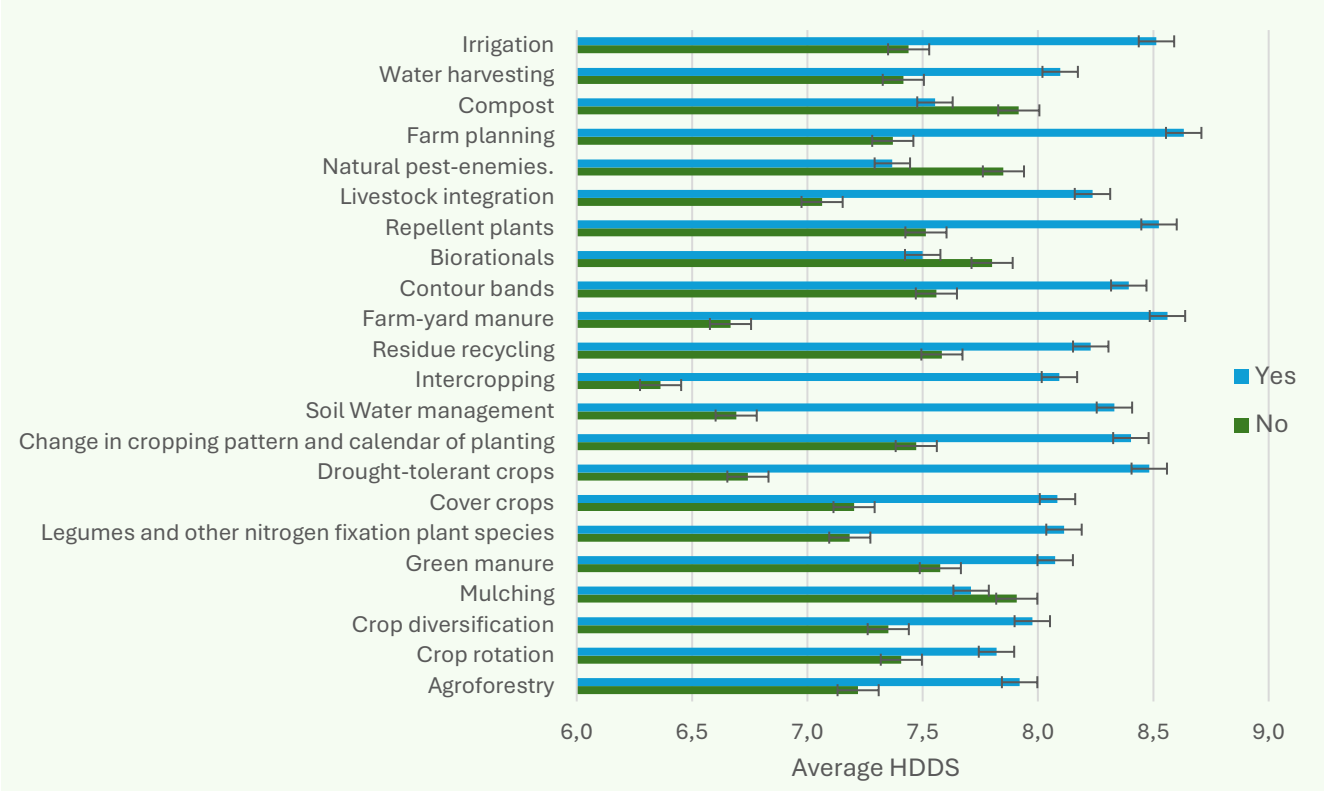


Note: N (Tanzania = 48, Uganda = 143, Zanzibar = 47), HH-dataset 2025, standard errors included.

In contrast, average HDDS in Tanzania remain consistently high across households, regardless of the number of practices implemented. This indicates, unlike in Uganda and Zanzibar, no clear relationship can be identified between the number of farming practices and HDDS among Tanzanian households.

To examine how individual farming practices are associated with HDDS, Figure 4.3 compares the average HDDS of households that have adopted a given practice with those that have not. The horizontal axis shows the average HDDS, while the vertical axis lists all the different farming practices. For each practice, the blue bars represent households that report using the practice, and the green bars represent households that do not. Across all practices, households that adopt the farming practices generally have higher HDDS scores than those that do not. The largest differences are observed for the use of farmyard manure, drought-tolerant crops, intercropping, and soil water management. When the difference between the two groups is greater than one HDDS point, this reflects the consumption of at least one additional food group in the household diet.

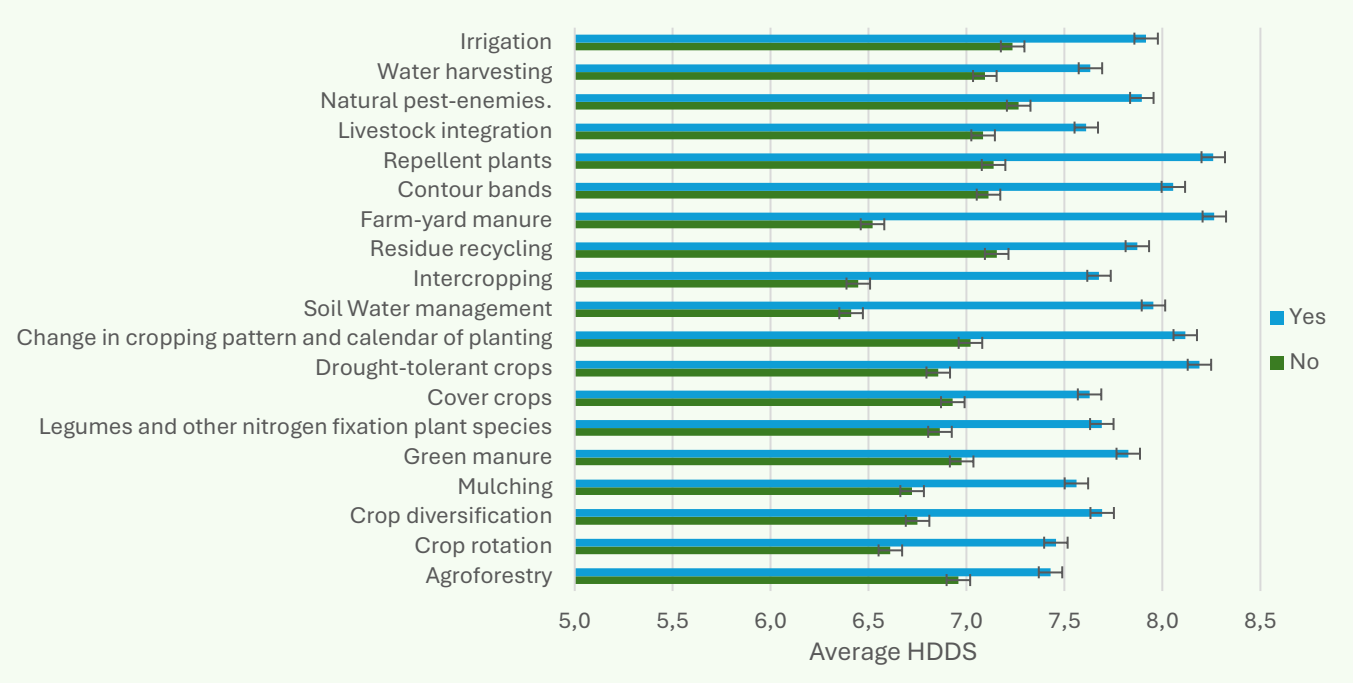
Figure 4.3: ***Difference in average HDDS when practicing each farming practice***



Note: N=238, HH-dataset 2025, standard errors included. Yes = HH who reports practicing the specific farming practice, No = HH who reports not practicing the farming practice

The results differ across countries, with the strongest associations between farming practices and HDDS observed in Uganda (Figure 4.4) and Zanzibar (Figure 4.5). These figures are read in the same way as Figure 4.3, comparing average HDDS for households that do and do not practice each farming practice. In Tanzania, none of the are associated with meaningful differences in average HDDS. This is largely because HDDS are consistently high for most households, leaving limited variation between implementing- and non-implementing households to examine. In contrast, in Uganda households that practice farmyard manure, soil water management, intercropping, and drought-tolerant crops tend to achieve a higher HDDS than households that do not adopt these practices.

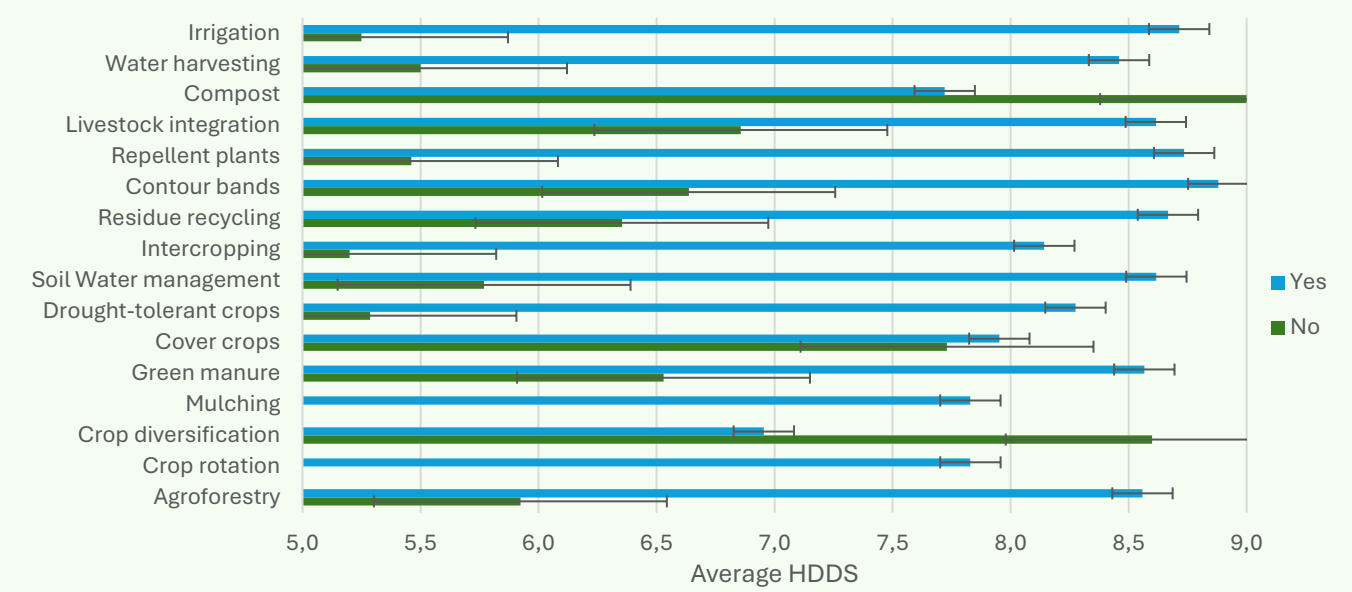
Figure 4.4: ***Difference in average HDDS when practicing each farming practice for Uganda***



Note: N(Uganda=143), HH-dataset 2025, standard errors included. Yes = HH who reports practicing the farming practice, No = HH who reports not practicing the farming practice

Figure 4.5 below also shows prominent differences in Zanzibar, where the most notable practices associated with higher HDDS are irrigation, water harvesting, repellent plants, intercropping and drought-tolerant crops.

Figure 4.5: ***Difference in average HDDS when practicing each farming practice for Zanzibar***



Note: N(Zanzibar=47), HH-dataset 2025, standard errors included. Yes = HH who reports practicing the farming practice, No = HH who reports not practicing the farming practice.

The results presented in above figures are based on simple comparisons and do not account for other factors that may influence both HDDS and the practice of farming practices. As a result, we cannot draw any causal conclusions from these findings. External factors such as climate conditions, household income or crop types may affect both the effectiveness of specific practices and the dietary diversity of households. In addition, the survey does not include how intensive or frequent each farming practice is applied. Some practices may be used regularly, while others only occasionally. This variation can lead to both over- and underestimation of impacts and makes it difficult to isolate the effect of individual practices from one another.

Does this mean the findings are not useful? No, but it does mean they must be interpreted with precaution. Importantly, the results are supported by the farmers' own statements: all surveyed households report that their farmer group have worked with climate change adaptation farming practices and that these practices have impacted food production in the group. Furthermore, all respondents indicate an improvement in food security and diet since joining the farming group. These trends are also observed in 2024. Taken together, these findings provide strong reason to believe that the ESFROMA-program contributes meaningfully to improving food security among the participating households.

Conclusion

In summary, the households that practice more farming practices generally achieve higher HDDS. This positive correlation is mainly driven by Uganda and Zanzibar, whereas HDDS scores in Tanzania remain consistently high regardless of the number of practices applied. When comparing households that practice specific farming methods with those that do not, higher HDDS are observed for most methods, particularly farmyard manure, drought-tolerant crops, intercropping, and soil water management. Country-specific effects show that for Zanzibar, the methods of irrigation and water harvesting also play an important role. However, these findings are based on simple comparisons and do not control other influencing factors such as climate, income, crop type, or the intensity of each practice, meaning that causal conclusions cannot be made. Even so, farmers' own reports, highlighting improvements in food production, food security, and diet since joining their FFLG, support the overall interpretation that ESFROMA's farming practices contribute positively to household food security.

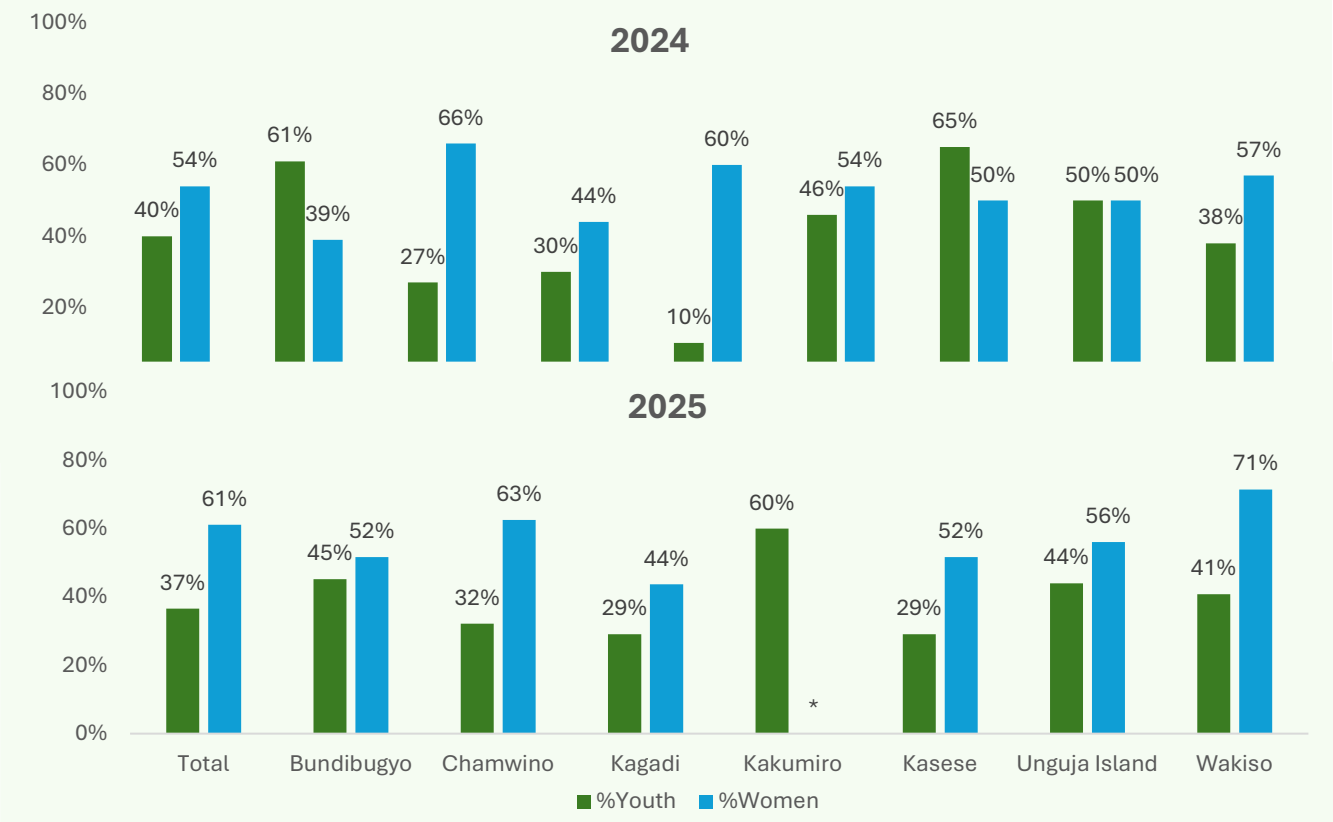
5. Women and youth

We now turn to the representation of women and youth within the FFLGs. Positively, all FFLGs report that women and youth have a say in setting priorities and goals for the farmer group, and that they are included in discussions about resource allocation and budgeting. Furthermore, all FFLGs indicate that women and youth feel comfortable sharing their opinions and ideas during meetings and are encouraged to take on leadership roles and responsibilities. This trend was observed in both 2024 and 2025.

Looking at the composition number of leadership board/committee in FFLGs in figure 5.1, there were 257 members in 2025, of which 94 were youth (36%) and 157 were women (61%). The share of women increased with 5 percentage points since 2024, while the share of youth decreased by 3 percentage points. Since the total number of board members fell from 2024 to 2025, the reduction in absolute number of women by one, resulted in a higher proportion of women in the leadership boards. The average number of women participating in the leadership board/committee in the FFLGs the across all districts is 4 in both 2024 and 2025 but fell for youth from 3 in 2024 to 2 in 2025.

The total number of leadership board members decreased by 10% in 2025, primarily due to a reduction of 20 members on Unguja Island, and the missing data from FFLGs on Pemba Island. On a positive note, this decline did not disproportionately affect women or youth, as their representation shares remain approximately the same.

Figure 5.1: ***Share of youth and women in the leadership board/committee in FFLGs in 2024 and 2025***



Note: Total number of FFLGs (2024 = 40 and 2025 = 38). *In Kakumiro two FFLGs reported a higher number of women participating in the leadership board/committee than total number of members in the board. Therefore, the share of women is higher than 100% and excluded from the data. **Pemba Island is not included in the 2025 dataset

While membership in local farmer group leadership is important, it is equally critical to consider whether women and youth have influence in local government committees. Positively, 76% of FFLGs reported having members participating in local government committees in 2025, compared to only 58% in 2024. In Bundibugyo, Kagadi, Kasese, and Unguja Island, all FFLGs have representation in local government. However, this does not apply to any farmer groups on Pemba Island or in Kakumiro. In Wakiso, 3 out of 8 groups have members represented, and in Chamwino, 6 out of 8.

7. Conclusion

The ESFROMA-program aims to strengthen food security and resilience through climate-adaptive organic farming practices and organizing in farmer group structures. The findings from this report provide encouraging evidence of progress toward these goals, while also highlighting areas for continued attention. Across the eight districts, food security indicators show positive developments. The share of households consuming three meals per day increased slightly from 2024 to 2025, with Chamwino, Tanzania showing the most significant improvement. However, meal frequency alone does not fully capture food security, and HDDS reveals noticeably variation across the districts. While the overall average HDDS score of 7.8 reveals an overall diverse diet, Uganda has more mixed results. Kasese and Wakiso perform well, whereas Kakumiro lay behind. Zanzibar and Tanzania generally report strong dietary diversity among households.

All surveyed households practiced at least two organic farming methods. However, the total number of methods declined in most Ugandan districts, while Pemba Island and Chamwino experienced increases. This could indicate that farmers adjust and focus on the practices which results in the greatest effect. The results show growth in agroforestry, intercropping, drought-tolerant crops and water harvesting, while others such as green manure, repellent plants and biochar declined. Importantly, 41% of households identify adopting resilient farming practices as the most critical factor for future food security, which is a rise from 34% in 2024.

The report further showed that households who practice more farming practices generally achieve higher HDDS. This positive correlation is mainly driven by Uganda and Zanzibar, whereas HDDS scores in Tanzania remain consistently high regardless of the number of practices applied. When comparing households that practice specific farming methods with those that do not, higher HDDS are observed for most methods, particularly farmyard manure, drought-tolerant crops, intercropping, and soil water management. Country specific effects show that for Zanzibar, the methods of irrigation and water harvesting also play an important role. However, these findings are based on simple comparisons and do not control other influencing factors such as climate, income, crop type or the intensity of each practice, meaning that causal conclusions cannot be made. Even so, farmers' own reports, highlighting improvements in food production, food security, and diet since joining their FFLG, support the overall interpretation that ESFROMA's farming practices contribute positively to household food security.