

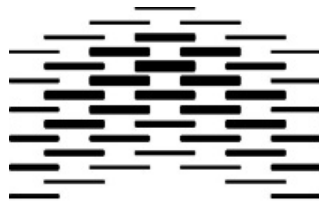
THE RIGHT TO ADEQUATE FOOD

An exploration of the role and capacity of Ugandan mothers living in poverty areas of Kampala regarding the realization of right to adequate food.



Master Dissertation in Public Nutrition
Esther Margareta Tenmann

Oslo and Akershus University College
Norway



**HØGSKOLEN I OSLO
OG AKERSHUS**

THE RIGHT TO ADEQUATE FOOD

An exploration of the role and capacity of Ugandan mothers living in poverty areas of Kampala regarding the realization of right to adequate food.

Esther Margareta Tenmann

Oslo and Akershus University College for Applied Science
Institution for Health, Nutrition and Management
Faculty for Health Science
Norway

Master Dissertation in Public Health Nutrition
Spring 2013

Acknowledgements

There are many persons whom I wish to express my gratitude to and appreciation for supporting me and helping me in the process of realizing and completion of this Master Thesis. Each, in their way, equally meant much to me. Without their support and help this project this project would not have been possible to complete.

I am grateful to Professor Arne Oshaug who inspired me to explore Human Right aspect of food and nutrition and introduced me to the Study Unit of the joint Inter-university NOMA Track Program on Nutrition, Human Rights and Governance in 2011 which took students to South Africa and Uganda. Thank you to Professor Wenche Barthe Eide and Professor Per Ole Iversen for realizing the NOMA Track Program and for keeping track of the students during the process of completing the Master Program and Master Thesis. Thank you to Associate Professor Kjell Sverre Pettersen for stepping in as my supervisor at the last moment.

I am forever grateful to Uganda for allowing me to experience your hospitality and warmth. I wish to give a special thank you to the staff of Makerere University especially to Mr Peter Milton Rukundo for organizing and the flow of the NOMA Track Program in Uganda. Thank you to Professor Joyce Kikafunda and Professor John Muyonga for allowing me to return to Uganda to collect data for my thesis. My gratitude goes to Doctor Consolata Karbonesa from the School of Women and Gender Study for her invaluable time supervising me in the practical side of the field work.

From my heart and soul I am grateful to my friends from Uganda who have not only helped me and supported me in the data collection for the thesis but shared their tribal culture and tradition. Thank you to Patrick Katabaazi Kiconco for organizing research assistance for “an Mzungu from Norway”. To be allowed to share the joy in family gatherings and weddings and their grief and sorrow of the loss of Godie and Barbara Bakiga’s 6 year old daughter Sasha and niece to Patrick Katabaazi Kiconco. To Amon Gampero assisting me with the accommodation and aiding me during technical and electronic breakdowns and to Martin Mugiri who reminded me what statistics are.

I am deeply grateful to the two research assistance Sophia Nabaweesi and Judith Tumuhimbise who worked industriously taking contact in their social network to get in touch with health clinics and used their busy time as working mothers and university students to

complete all the processes in all focus group discussions. They even put up with my terrible cooking. Without their enthusiasm it would not have been possible to carry out the field work.

I am deeply in debt to all managers and staff at the health clinics for allowing me to use their health clinics on the busiest day of the week. From my heart and soul a thank you to mothers who participated in focus group discussions, for sharing knowledge and experience by telling me and others your stories. Thank you for spending time with me during your busy schedule. Their smiles tell me they still have hope for the future.

Thank you to all friends and family in Uganda, Norway and England for love, support and encouragement to complete the Master assignment.

Oslo, May 2013
Esther Margareta Tenmann

Dedication

I would like to dedicate this Master Dissertation to the following persons

To all mothers in Uganda

To Sasha Bakiga the little girl whose life was too short

To my husband Vegard and my son Martin the two men in my life thank you for your encouragement and support to complete the Master thesis.

Abstract

Introduction Either lack of income and absence of basic capabilities that prevent Ugandan women from fulfilling their role as mothers are main causes of poverty amongst mothers and can be seen as discriminatory practices in social, cultural, political and institutional arena where participation and inclusive are limited. Mother`s participation and inclusiveness enables them to make effective decisions over issues affecting their lives. Active, free and meaningful participation and inclusiveness should be seen as an essential to the process of development, as development reflects to what extent people`s entitlement to participate and are included. The aim of this master study is to explore and uncover mother`s knowledge, experience and aptitude is being a caretaker for her children, and at the same time being a duty bearer and a claim holder for their right to adequate food.

Method A mixture of methods was used to collect information data from mothers residing in poor areas of Kampala; a) a self –developed questionnaire survey (N = 49) that contains a descriptive level of poverty respondent`s live in and b) four focus group sessions with a total of 49 informants to uncover how mothers make sense when confronted with difficulties and how these provocations are managed.

Findings From questionnaire survey; Mothers are living in poor condition, public services are of poor quality and mothers have poor knowledge of health benefits with an adequate diet and poor knowledge on human rights.

From focus group session; the findings in this study indicate that mother`s main constrainants are the lack of economic resources that limits purchasing power and choice and State Party institutional bodies showing unwillingness to help mothers and mother`s human rights are not protected by the State Party.

Conclusion Despite the State Party`s signatory to Human Right Covenants and has the necessary policies and strategies in place the active society remains non participants of progressive development in Uganda. Mothers` livelihood has become poorer recently.

Table of content

- Acknowledgements 3
- Dedication 5
- Abstract 6
- List of figures and tables..... 10
- List of abbreviations 11
- Definitions used in this study 12
- The NOMA Track Program..... 13
- 1. Background of the study 14
 - 1.1 Mother’s situation today..... 14
 - 1.2 Geography 15
 - 1.3 Population 16
 - 1.4 Independence..... 17
 - 1.5 The State Ugandan and its obligation 17
 - 1.6 Vulnerability 19
 - 1.7 Nutrition and health..... 19
 - 1.8 Dietary diversity 20
 - 1.9 Food security 21
 - 1.10 Health 22
 - 1.2 Aim of the study 23
- 2. Theory..... 25
 - 2.1 The Human Rights framework..... 25
 - 2.1.1 Human Right instruments concerning women..... 26
 - 2.1.2 The Right to Adequate Food..... 28
 - 2.2 Human Rights – Based Approach 30
 - 2.3 The normative conceptual framework..... 32
 - 2.4 Capacity analysis..... 35
- 3. Methods 38
 - 3.2 Development of questionnaire survey 39
 - 3.3 Development of interview guide..... 39
 - 3.4 Recruiting 40

3.5 Analysis of questionnaire	42
3.6 Analysis of Interviews.....	43
3.7 Ethical consideration	45
4. Findings.....	46
4.1 Findings from the questionnaire	46
4.1.1 Income and food expenditure	46
4.1.2 Living conditions.....	48
4.1.3 Education achievement.....	49
4.1.4 The right to adequate food	51
4.1.5 Summary of the questionnaire findings	52
4.2 Focus group findings.....	53
4.3 Mother’s awareness in the advantage of having an adequate food status.....	53
4.3.1 Mother’s awareness	53
4.4 Factor that are important to mothers as a claim holder and duty bearer in the right to adequate food.	56
4.4.1 Important factors	56
4.5 Mother’s constrainants that prevent access to rights to adequate food	60
4.5.1 Mother’s constrainants	61
4.6 Mother’s recommendations for change	63
4.7 Summary of findings.....	67
5. Discussion	69
5.1 Discussion on method	69
5.1.1 Study sample	69
5.1.2 Language.....	69
5.1.3 Pilot study.....	69
5.1.4 Focus group discussion.....	70
5.1.5 Validity credibility, transferability, bias, trustworthiness	70
5.1.6 Author’s reflection in conducting the study.....	71
5.2 Discussion on findings in questionnaire.....	73
5.2.1 Does mothers recognise the advantage of having an adequate food status.....	73
5.2.2 Are the political factors considered to be an important for mothers as a right holder and a claim holder.....	76
5.2.3 What are mother’s constrainants	84
5.3 Coping.....	90
5.3.1 Operationalizing capacity analysis	90

5.3.2 Mother’s coping strategy	94
5.4 Ugandan mothers and normative conceptual framework.....	96
6. Implications	98
7. Conclusion	102
8. Reference	104
9. Appendices	112

List of figures and tables

List of Figures

- Figure 1 Map of Uganda
- Figure 2 Normative conceptual frame work from UNICEF on the causes for malnutrition
- Figure 3 A conceptual frame works on care
- Figure 4 Hierarchy of responsibilities for caring for children at all levels
- Figure 5 Participants Flow Chart
- Figure 6 House hold income and food expenditure of mothers per month.
- Figure 7 Means for obtaining food by mothers
- Figure 8 Mothers employment status.
- Figure 9 Mothers' knowledge on the right to adequate food grounded from the level education achievements
- Figure 10 The source of information mothers learned about the right to adequate food

List of Tables

- Table 1 Food consumption pattern of women and children in Uganda
- Table 2 Linking research objectives, research questions to corresponding indicators.
- Table 3 Example on how the information data was condensed into categories
- Table 4 Similarities, differences and vulnerability between focus groups as example of condensing into categories
- Table 5 Number of rooms each family and the number of persons living in their home.
- Table 6 Number of children mothers has and the level of education attained
- Table 7 Most typical foods consumed by mothers and her family daily
- Table 8 Summary of findings from demographic questionnaire and from focus group discussions
- Table 7 Applying findings to operationalizing of capacity analysis
- Table 8 Changes mothers recommended to the State Party

List of abbreviations

CEDAW	Convention on the Elimination of all forms of Discrimination against Women
CIAT	Centre for Tropical Agriculture Food Composition
CRC	Convention of the Childs Right
DES	Dietary Energy Supply
ESCR	Economic, Social and Culture Rights
FNB	Food and Nutrition Bill
GDP	Gross Domestic Product
GOU	Government of Uganda
HDI	Human Development Index
HR	Human Rights
HRBA	Human Rights- Based Approach
HSSP	Health Sector Strategic Plan
IDP	Internal Displaced Persons
ICESCR	International Covenant on Economic, Social and Cultural Rights
IFPRI	International Food Policy Research Institute
Kcal	Kilocalorie
LCL	Local Community Leaders
NAADS	National Agriculture Advisory Service
NCHS	National Centre for Health Statistics
NDP	National Development Plan
NFNC	National Food and Nutrition Council
NGO	Non- Government Organization
NMS	National Medical Stores
NRM	National Resistance Movement
MOH	Ministry of Health
MAAIF	Ministry of Agriculture, Animal industry and Fisheries
SAP	Structural Adjustments Programs
TNC	Trans National Corporation
UBOS	Uganda Bureau of Statistics
UDHR	Universal Declaration of Human Rights
UNDP	United Nations Development Program
UNHS	Uganda National Household Survey
UNICEF	United Nation International Children’s Emergency Fund
OHCHR	Office of the United Nation High Commission for Human Rights
USh	Ugandan Schilling
USA	United States America
WB	World Bank
WHO	World Health Organization
USA	United States America

Definitions used in this study

Role

Mother's role in the author's study is defined as a mother who maintains the livelihoods, diet consumption and health status of her children by providing and being a caretaker for her children (Rae 2008).

Capacity and ability

Capacity and ability will be used synonym in this study as mother's potential to provide care.

It is the mother's cognitive power to solve problems and to take opportunities when they come by using her knowledge, experience and aptitude in her role as a mother (Jonssen 2003), (Vizard, Fukuda-Parr, Elson 2011) and (Engle, Menon, Haddad 1999).

Coping

Coping is the operationalization of capacity and it is how thoughts and actions are carried out with the intention to overcome challenges (Adams, Cekan, Sauerborn 2000) and (Maxwell, Watkins, Wheeler, Collins 2003).

Care

Care is the practice of caregivers in the household and community for time, attention and support to meet nutrient intake, health, cognitive and psycho development of a growing child (Engle, Menon, Haddad 1999).

Gender inequality

Promotes the conception of men and women are different and unequal. Men are innately superior and in a positions of authority (Wyrod 2008).

Gender equity

Retains the conception that men and women are different but emphasizes that women should be afforded the same opportunities as men (Wyrod 2008).

Gender equality

Questions any innate male –female difference or hierarchy and is based on the conception of universal human rights that challenges naturalized ideas of male superiority and female subordination (Wyrod 2008).

Equality

Making distinction between groups and individual in order to accommodate their different needs and interest equality is denied only when those who are similarly situated are differently treated (Mugwanya 2001).

The NOMA Track Program

The three universities in Norway, South Africa and Uganda have jointly and implemented a human right and governance program in which the right to adequate food was looked upon as a main theme. The NOMA track program is a master program supported by the Norwegian Government's program for master degree development. The program studies the right to adequate food by looking at the situation in South Africa and Uganda. The collaboration between the three universities is University of Oslo, Stellenbosch University in Cape Town and Makerere University in Kampala. This has inspired the author to look into the Ugandan situation in which the master dissertation was evolved from.

The Study was conducted by the author in Kampala, Uganda in collaboration between the Oslo and Akershus University College for Applied Science in the Institution for Health, Nutrition and Management in the Faculty of Health Science and Makerere University in the Faculty of Gender and Women Studies. The main supervisors are Associate Professor Sverre Kjell Petersen from the faculty of health Science and Doctor Consulata Karbonesa from the faculty of gender studies. The master dissertation was written between September 2011 and May 2013.

1. Background of the study

It was chosen to as part of the author's research to contextual explanation of empirical findings in order to emphasize the complex conditions and challenges Uganda faces. The background is to provide general information about Uganda explaining the situation within which the country finds itself today.

1.1 Mother's situation today

"Ugandans used to have the rights but it's no longer there especially to the poor maybe the rich" (Focus group 3). This was a statement made by one of the participants in focus group discussion that took place in Kampala, Uganda and may be interpreted as a lack of income or the ability of basic capabilities that prevents Ugandan women from fulfilling their role as mothers. The main causes of poverty amongst women can be seen as discriminatory practices in social, cultural, political and institutional arena where participation and inclusive are limited (Kirkeman Boesen, Sano 2010). Women's participation and inclusiveness would enable them to make effective decisions on issues affecting their lives. Active, free and meaningful participation and inclusiveness should be seen as an essential to the process of development, as development reflects to what extent people's entitlement to participate and are included (Kirkeman Boesen, Sano 2010).

Equality is a central issue in human rights which must always be ascribe also to women. It implies a society that enables equality to be a norm. So groups of people realize their HR is being observed when they are all being treated equally. Collectively HR is guarded to give potential in national political economic, social and cultural development and enable to benefit equally from the results of their contribution. Men and women are to enjoy the same status in international law (Buergenthal, Shelton, Stewart 2009). To have gender equality requires recognition that current economic, social and political systems have gendered neutral outcomes. Women's specific priorities and values should be incorporated into all policy, legal and institutional frameworks (Frostell, Scheinin 2001). Research has demonstrated that gender equality leads to economic growth and development at a faster pace and the health and nutritious status of women and children are good (Rae 2008).

Women in Uganda play an essential role in ensuring the supply for food security as they are responsible for 80% of agriculture production and sale. Their contributions have an impact on the household food security and the degree of realization to the right to adequate food for everyone (MAAIF 2010). Women's instinct as caretaker prioritizes the needs of the family members first therefore it is women's role in the bargaining and ensuring of the rights

to adequate food for herself and for her children. They have the most direct influences on family nutrition through the diet, health and education of the children all factors that are important to human wellbeing, human development and development as a whole (UDHS 2006).

Uganda has many sound national policies, most are launched in the central and Kampala region but do not reach out to other regions or districts. These policies have good monitoring and evaluation indicators, but there has been no evaluation measuring their coverage and use (USAID-2 2010). The fact is that Ugandan women living in both rural and urban areas carry a heavy load of domestic and productive work, especially in the agriculture sector. This unpaid work is not recognized in the Gross Domestic Product (GDP) nor in any national policies and steps for public service delivery and other social securities from the State Party are limited (USAID-2 2010).

Women`s double role in society is not only to give birth to the future generations and to care for her family, like men, they have responsible in contributing towards a sustainable development, in economic, cultural and social growth in her community and country (Rae 2008). As Frostell and Schenin (2001) states in their article “Women have the longest working hours and most of the work burden is unpaid. They encounter the severest human rights problems in life therefore all HR in economics, social and cultural are the utmost significant to women”(Frostell, Schenin 2001).

1.2 Geography

The Republic of Uganda is a landlocked country located in East Africa, astride the equator and borders the countries Kenya, Tanzania, Rwanda, Democratic Republic of Congo and Sudan as presented on the map of Uganda in figure 1. The country is 241039 square kilometres with a population density of 126 people per square kilometre. It is administratively divided into 80 districts, divided into 13 major ethnics groups speaking 30 different languages. The country consists of high mountains, hills and the great lakes of Victoria in the south, Lake Albert in the west and Lake Kyoga in the centre. Uganda has one of the most fertile soils in east Africa and is renowned as the food basket of Africa, as its favourable climates and its high altitude give ideal favourable potentials for agriculture production and pastoralist. A quarter of the land is used in agro-pastoral where depending on the region and the season for rain fall. In the central and western regions there are two rainy season per year, going east and north have a single rainy season per year, yielding both cash crops and food

crops which are harvested twice a year in July and August and again in December (UDHS 2011) and (USAID-2 2010).



Figure 1 Map of Uganda

1.3 Population

The population in Uganda has increased five folds since 1948 and has an annual population growth rate of 3.2% and today it is estimated to be 34.5 million according to the United Nations Development Program 2011 (UNDP) country profiles (UNDP 2011) and (UNICEF 2012). With a declining mortality rate and one of the highest fertility rates in the world there is on average 6.2 all births per women (UBOS 2011). This has given Uganda a young population of whom 56% are under 18 years old and 20% are under five years old (USAID-2 2010). The majority of the population (85%) resides in rural areas the migration to urban areas has increased in recent years to an annual of 5.1% resulting in 15% of the population residing in urban areas. Regardless if they live in urban or rural areas, the number of people living under slum conditions is 67%. In towns, informal urban settlements have sprung up without any proper control of planning and development. These informal settlements have

been ignored by the town authorities for infrastructure such as water and sanitation (UN-HABIT 2008).

1.4 Independence

Uganda had a promising future after independence in 1962 with good economic and export potentials. This was disturbed by the inherited north-south conflict that violently raged through the country in just under two decades. This resulted in human rights violation, political instability, economic mismanagement and ethnic tension rapidly damaged the countries opportunities for further economic growth and development. The country suffered from the impact of destruction of economic and social infrastructure, death of family members, damaged and stolen property 1.6 million people were forced into Internal Displaced Persons (IDP) camps in northern parts of districts of Uganda (Lajul 2007). After 1986 the situation stabilized under the rule of the National Resistance Movement (NRM) under the leadership of President Museveni and a one party system that restricts the campaigns of political parties (Lajul 2007).

The introduction and implementation of State Party reform programs has encouraged the country's economics to grow substantially concentrating on improving in food commodities and increasing export. Between the late 2001 and 2006 the national economic growth in the Gross Domestic Product (GDP) was in average 6% per annum (UDHS 2006). The annual per capita income increased from US\$ 186 in 1991/92 to US\$ 340 in 2007. Poverty levels declined at the same time from 56% to 35% (USAID-2- 2010), (WFP 2009) and (UDHS 2006) (USAID-2 2010). The Human Development Index (HDI) for Uganda is ranked as a low middle income country 161st out of 187 countries (UNDP 2011). Uganda ranks 130th out of 180 countries on the Transparency International's 2009 Corruption Perception Index (CPI 2011). All efforts by establishing a legal and institutional framework have been put in place to combat corruption so that structural transformation and socio-economic growth and development can continue without much delay.

1.5 The State Ugandan and its obligation

Uganda is a signatory of various HR Covenants. The Government of Uganda (GOU) ratified the ICESCR in 1987, ratified the 1989 Covenants on the Rights of the Child (CRC) and ratified the 1985 Covenants on the Elimination of all Forms of Discrimination against Women (CEDAW) and the African Charter on Human and Peoples Rights of 1981. Having ratifying the HR Covenants the GOU has a duty to ensure the rights of individuals by obligation and

responsibilities to respect protect and fulfill a certain right. This was adapted in to the country's Constitution which was finalized and came into effect in 1995 (GOU 2010).

Ugandan's Constitution is a normative Constitution as it explicitly recognizes HR as a goal, a direct principle or objective within the Constitution mandate. This means that the Ugandan State Party practices HR as a State policy principle or State strategy drafting policy and institutional framework (Knuth, Vidar 2011). One such is The National Development Plan 2010/11 – 2014/15 (NDP), this policy is the multi- sectorial strategy in collaboration between many institutions and ministries and is the approved revised Poverty Eradication Action Plan 2002/03 – 2008/09 (NDP 2010). Uganda Nutrition Action Plan 2010 – 2015 (UNAP), Agriculture Sector Development Strategy and Investment Plan (DISP) and the Health Sector Strategic Plan (HSSP) III, 2010 – 2015 (GOU 2010). The main vision of these polices is the collaboration between State party institutions and bodies for poverty reduction, improve public service deliveries and improve the wellbeing of the Ugandan people. A table is drafted (which can be seen in appendices 1) and presents the State Party policies and strategies main objectives drafted by each ministry in their contribution to the overall country's plan to eradicate poverty, for sustainable development, for economic growth and for improvement of livelihoods for the people of Uganda using framework law for operationalization (GOU 2010).

Framework law refers to a legislative system that establishes general principles and obligations, but leaves the implementations of policy and institutional frameworks to competent authorities who decides to what extent and what possible methods are to be used to reach obligations within a time limit (Bultrini, Vidar, Knuth, Rae 2009). The CESCR recommends States to adopt framework law as an instrument in the implementation of a national strategy for the right to food, as it distributes the responsibilities to all institutions and stakeholders. It eases coordination and with monitoring, it defines the issues needed to be addressed and establishes necessary institutional mechanismen (Bultrini et al. 2009). It also requires evidence based political commitment to this national development strategy (NDP 2010).

1.6 Vulnerability

Kent (2005) stipulates in his book “the function of universal human rights is to provide a framework to achieve a more fully balanced, just system” (Kent 2005). This in Uganda, however can be contestable whether HR are enjoyed by all equally especially the right to adequate food and the right to adequate living standards as described in the general comments 12. It is debatable on the degree to which the State Party recognizes and effectively realizes these HR for its people. Formal national commitment to recognize HR is signified through the signatory thereby ratification of international HR agreements but the seriousness of that commitment is not known by the civil and active public the only seriousness is demonstrated through the array of institutional arrangements and with policy and strategies the country has and through the characterizations of country’s performance (Kent 2005) and (Ssenyonjo 2002).

Since the one Political Party, the NRM gained power in 1986 public institutions have had the mandate to formulate and implement public policies into the management of public services delivery. The effectiveness of these public service deliveries has never reached the desired standards (USAID-2 2010). The roles and responsibilities have not always been clearly defined with overlapping and duplicate mandates and a weak regulatory system has limited this delivery. Civil servants management and productivity is low due to limited competence and poor wages and public service deliveries are impeded by corruption and discrimination at all government levels. Discrimination and traditional practices that give preferences to public service delivery and public goods to men is a constraint on women’s possible opportunities, development and empowerment. It’s a hurdle to political and economic participation of women and delays the country’s economic growth and progressive development whilst they are restricted (NDP 2011) and (Rae 2008). Uganda’s outcome indicators and trends are positive, but the national targets as stated in national policies are not improving fast enough and they still fall short of the international goals (Kennert, Bokeloh, Gerster-Bentaye, Weingartner 2010). With this shortfall of national policy outcomes mothers and her children in Uganda are the first to become vulnerable, the first to experience discrimination and HR violation.

1.7 Nutrition and health

The consequences of mothers becoming vulnerable have important cost implications for the mothers and their children their living standards and health status undermines their ability and capacity to participate in social and political arena. The life cycle indicates poor health and

nutritious status amongst girls and women of productive age gives poor outcomes in future generations with low birth weight. Along with low birth weight and malnutrition amongst children delays cognitive performance in schools and later in life miss out on opportunities for higher education and job opportunities.

Education is a crucial element of poverty reduction and empowerment amongst the people. It is strongly associated with household food security, health status, morbidity and mortality of children. The majority of Ugandans attend school, but not all student complete primary school or secondary school. There is a greater likelihood that girls at the age of six years and older (23%) do not complete education than boys (12%) (UDHS 2006). The gender gap in educational achievement and in literacy levels have in recent years improved especially among the younger generation as the enrolment of attending school has increased after implementing government programs for free education. To raise academic achievements and literacy levels is still a challenge that needs attention in policy designing and implementations if the country is to have a secure and progressive development that raises living standards for all.

1.8 Dietary diversity

Normally households consume 1 to 2 meals per day lunch and dinner primarily dishes are made up of vegetables. Table 1 below presents typical food contributions towards the daily Dietary Energy Supply (DES). Uganda has a total 2260 kcal per capita/day of which 2087 kcal per capita/day is from vegetable source and 173 kcal per capita/day is from animal source. Protein from vegetable sources is 37 kcal per capita/day and from animal sources is 12 kcal per capita/day. Fat supplied from vegetable source is 35 kcal per capita/day and from animal sources is 12 kcal per capita/day. The FAO Population Energy Requirements DES of 2021 kcal per capita/day is reached (FAO 2012). Carbohydrates provide three quarters of the DES from food such as roots, tubers and plantain. Proteins contribution to DES has remained constant over many years, the main sources being pulses and nuts. Animal protein has provided the least amount of DES and is rarely consumed (Harvey, Rangeloson, Dary 2010) and this is the threshold to considered food insecure in a household if caloric protein intake is less than minimum protein caloric requirement.

Table 1 Food consumption pattern of women and children in Uganda

Food Type	g/day
Roots, Tubers and Plantains	425-700
Cereals - Maize, Rice, Millet, Sorghum	75- 125
Pulses and Nuts	100-180
Oil/fat, Sugar and Vegetables	20- 60
Fruit	100-150
Meat, Poultry, Fish and Eggs	25-60

Table 1 is compiled from data from USAID 2008 Uganda Food Consumption Survey. Determining the Dietary Patterns of Ugandan Women and Children and from FAO and FIVIMS Nutrition Country Profile Republic of Uganda 2010.

Micronutrient rich foods such as fruit, vegetables and animal protein are not consumed regularly despite the potential food production Uganda has, being one of the most food diverse in the world (Harvey, Rambeloson, Dary 2010).

1.9 Food security

Food security¹ in Uganda, according to the FAO 2012 “*The State of Food Insecurity in the World*” has not changed significantly in recent years. Even though Uganda usually has very good conditions for food production and is able to harvest twice a year, food insecurity does however occur on some occasions, mostly seasonal and sometimes to extreme weather change, pest and crop diseases. Other reasons for food insecurity are manmade such as political instability as it prevents people obtaining food this instability are compounded by purchasing power, poor infrastructure, rapid population growth, HIV/AIDS pandemic. Many people residing in rural areas are in transition food insecurity and rely on growing two thirds of their own food in the backyards, the remaining third is purchased. Urban area the purchasing power is greater but transition food insecurity depends on economic situation which limits choice and leads to skipping of meals (Kikafunda 2010).

¹Food security is defined as a situation where all people at all times have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life.

According to WFP 2009 the number of households that are food insecure consuming a poor diet containing staples was 7%. The households that are moderately food insecure consuming a borderline diet containing staples, pulses and some vegetables was 21%. Food secure in households consuming an adequate diet containing most food groups was 72%. (WFP 2009) and (Harvey, Rambeloson, Dary 2010).

Many families need to buy food to supplement their diet. This challenges both the household and individual food security and nutritional balance as many families do not have sufficient economic resources to buy preferred food commodities or even to pay for non- food commodity such as school fees, soap, medicine, house repair and the like. The rise of food prices and the stagnation of incomes is the major cause of food insecurity in a household, food expenditure taking a high percentage of the household income global oil prices, cost of transport and the demand of food crop export to Kenya and Sudan has contributed to high food prices recently.

Under normal circumstances a household in Uganda are able to recover from seasonal shocks that have occurred in food production systems or food distributions. But due to unpredictable or prolonged food shortages it is necessary for the State Party to manage and operate a national food reserve that is strategically planned and funded for and is put in affect when needed. It is important for the State party to hold responsible for this food reserves policies as the high level of under nutrition despite the recent reduction of income poverty makes group of people such as mothers vulnerable to shocks. There is no institutional structure for this food reserve, functions, operations, infrastructure needed to manage are not in place and those who should manage it has not been delegated.

1.10 Health

The health status has improved in Uganda but still the health standard remains poor even by sub- Sahara Africa standards. Improvement has not reached the target level as stated in the country's national policies and programs (USAID-2 2010) and (Kikafunda 2010). According to FAO 2012 "The State of Food Insecurity in the World, the prevalence of undernourishment in Uganda has not changed significant in recent years, there has been no progress or deterioration" (FAO 2012). A cause of high micro nutrient deficiency in Uganda is the low dietary diversity that causes deficiencies especially in vitamin A and iron. This challenge is a hidden challenge, not always easy to assess and the prevalence of these deficiencies are low or moderate. The level of deficiency in vitamin A and iron differs from region to region where the northern region and eastern regions are more likely to have a higher incidence of

deficiency than central or western regions (USAID-2 2011) and (WFP 2009). Addressing maternal anaemia will contribute towards an improved maternal health and reduce maternal mortality ratio although it has declined from 505/100,000 lives birth in 2001 to 430/100,000 in 2008 It still falls short of the international goals (UDHS 2006) and (UNICEF 2012). In women's health, the situation is characterised with the double burden of malnutrition of 12% underweight (BMI < 18.5) and 16% overweight (BMI > 25). Repeated infectious diseases and malaria along with a monotonous diet with little diversity and poor sanitation are the most likely causes of directly and indirectly malnutrition and contributes to 40% of below the age of five child mortality in Uganda making malnutrition a significant contribution to childhood mortality in Uganda (USAID-2 2011) and (MOH 2009). The rate of stunting subsequently declined steadily, with an average of 2.0% per year between 2001 and 2006 (USAID-2) and (Kikafunda 2010) but still is a major health concern as WHO "Public Health Importance of Malnutrition 2009" has reported that Uganda has a high prevalence of stunting; 39% with serious cases of stunting, 6% with cases of wasting and 16% of cases with underweight (WHO 2009) and (Kikafunda 2010).

1.2 Aim of the study

The main assumption of this study is mothers of Uganda may become vulnerable if the State Party does not intervene and assist mothers with public goods and public service deliveries. State Party being the duty bearers fail to meet their obligations either due to unwillingness or due to lack of capacity. The capacity analysis is aimed to investigate mother's perception into why the State Party fails to meet its obligation and not fulfilling their duties.

The study aim is to explore to what extent mother's knowledge, experience and aptitude is being a caretaker for her children, at the same time being a duty bearer and a claim holder for the right to adequate food, and the Objectives were

1. To explore of participating mothers awareness in the advantage of having an adequate food status for herself and her children.
2. Identify factors that are considered important by participating mothers as a claim holder and duty bearer in the right to adequate food.
3. To uncover mothers' perception related to constraints that prevent access to rights to adequate food.

The study discusses encountered narrative representation to identify constrainants, how mothers uses coping mechanismen and the extent mother`s capacity is in her role in the provision of food for her children. This brings about challenges to deliver for any coping strategies that are used (Jonsson 2003).

The identified research objectives links and possibly overlap research questions and corresponds to measurable indicators that can be used to analysis mothers perception and constraints in her role as mother and her capacity as a caretaker. This is presented in table 2, with this it may assist the researcher to recognize themes and set in indicators in categories for analysis.

Table 2 Linking research objectives, research questions to corresponding indicators.

Objectives	Research Questions	Main Indicators	Indicators
1	The extent of mothers awareness in the advantage of having an adequate food status for herself and her children	Awareness Right to adequate food and Food	Knowledge, information, media, food, health, nutrition, care for children, growth. development, active, social, values, participation, nutritious status
2	Identify factors that are considered important by mothers as a claim holder and duty bearer in the right to adequate food	Factors Claim holders Duty Bearer Right to adequate food	Control over household resouces, sanitation/hygiene, transport, public services, support, shared values, opportunities, access, affordable, available, choices, ownership, dignity, motivation, authority
3	To compare mother`s perception related to obstacles that prevent access to adequate food	Perception Constraints Access Right to adequate food	Attitude, time, distance, governance, information, participating, public services, equity, discrimination, economic resources, coping, capacity, management

2. Theory

2.1 The Human Rights framework

“Human Rights (HR) are freedoms established by customs or international agreement that impose standards of conduct on all nations. They are normative and legal standards that claim “universal validity and recognition” (Andreassen 2010). The doctrine of human rights in international practice, within international law, global and regional institutions in the policies of states and in the activities of non-government organizations (NGO), has been a cornerstone of public policy around the world (Beitz 2009).

It is the fundamental right to freedom as a foundation to human dignity and equality (UN 1948). HR is the bargaining arena between States and its people between the freedom to assert their rights at the same time the people force the state to take decisive actions to develop a stable environment in which people may enjoy their rights (Knuth, Vidar 2011). The Universal Declaration of Human Rights (UDHR) recognizes HR for all and for governments to incorporate in the country’s national legislative system and ensuring legal entitlements and remedies if human rights are not breached (UN1948). Thereby the State Parties who have ratified the declaration have an obligation to its people to respect, protect and fulfill all HR (Knuth, Vidar 2011). To stimulate a progressive and effective activity from State Parties, the Committee for the Covenant on Economic, Social and Cultural Rights (CESCR) drafted a document *Compilation of General Comments and General Recommendations* (UNHRI 2008) to assist in the promotion and implementation in full realization of the rights as specified in the covenant (UNHRI 2008). The HR instruments were designed as well to benefit reporting procedures requiring State Parties to compile a periodic report stipulating the State Party capacity in the adoption of a framework law, with a target and a time frame for achievement; identification of available resources and development of a monitoring system on all elements of progress in the promotion and protection of human rights (UNHRC 2007).

State obligation and obligation of others are

- States have to **respect** people’s existing access to food and means of obtaining food.
- States have to **protect** individuals’ enjoyment of the right to food against violations by third parties.

- The obligation to **facilitate** means the state must be proactive in strengthening people's access to and use of resources and means of ensuring their livelihoods, including food security.
- States have to **provide** whenever individuals or groups are unable, for reasons beyond their control, to enjoy the right to food by the means at their disposal.

2.1.1 Human Right instruments concerning women

A main cause of malnutrition amongst women and children is the discrimination of food distribution in favor of men. Women are considered the main food producers in the rural settings and food managers of the household in the urban settings. In both settings women are the last to profit from their work (USAID-2 2010). Therefore it was required for States to be reminded of its obligation to ensure equal rights between men and women on economic, social and cultural rights to adequate food and adequate standard of living (ICESCR 1999).

The purpose of the 1979 Covenant on the Elimination of all Forms of Discrimination against Women (CEDAW) is to protect, eliminate or ban discrimination against women directly (Rae 2008) and (CEDAW 1979). Specifically it mentions the protection of vulnerable of women however it does not impose a juridical bind on the State to oblige. It is best described as a soft law or a normative obligation for the provision for of specific groups of persons who are possibly exposed to vulnerability (CEDAW 1979).

The Covenant focuses on women in rural settings and stipulates in articles that directly involves food security and the right to food. Articles in the covenant provide defined steps that should be taken to eliminate discrimination and to create an enabling environment for women to enjoy the right to adequate food (CEDAW 1979). Access to the best obtainable health is one of the underlying determinants of a good standard of living especially to mothers with children. Safe water, sanitation and good nutritional status are socio-economic factors that determine health status amongst the population and goes hand in hand with the enjoyment of the right to adequate food. Article 11 of the 1979 CEDAW stresses State management to prevent discriminatory practice against women accessing to health care services and require provision and protection during the time of pregnancy and the care of her children (CEDAW 1979). The interrelated link between nutritional status and health status known as the life cycle approach is a crucial factor of mother's health and the wellbeing of the future generations in terms of national poverty reduction, economic growth and development. Therefore provision and protection of adequate health care for women and girls is a crucial investment that a nation should take priority in (Rae 2009).

Article 13 in the ICESCR and in General Comment 13 of CEDAW stipulates the right to education as a vehicle to empowerment, a transition out of poverty, and to obtain the means to participate in the political and social life of society (ICESCR 1999) and (CEDAW 1979). An investment of intellectual potential of people is the basis of national development and economic growth and is as well the direct path to development of human life and dignity as it creates choices, preferences and opportunities for the individual's prosperity. The freedom to seek, receive and convey information is essential for mothers in their role as caretakers. With the provision of information mothers are enabled to make the right choices concerning optimal growth and development of their children. This applies as well to the right to participate in political arenas directly or through a representation is one of the fundamental principles of freedom of speech, and without discrimination to vote in elections and to have equal access to public services and goods. Participation of the beneficiaries in formulation and designing food security programs is important being members of the community and the main food producers, women contribute valuable information on the needs of the local community (Rae 2009).

Rural women's needs regarding access to land and natural sources have been a gender issue in land – related policies and land administration projects. They are not formally recognized as main food producers or the main food security contributors in the community (USAID-2 2010). The direct or indirect discrimination and restriction arises because of the interpretation of customary law and the statutory law. The customary law restricts women's from administering property and to gain profits from the produce. The statutory law discriminates women from inheriting property and assets as claiming rights are not recognized under this law (Bultrini, Knuth, Vidar 2011). The CEDAW article 14 is the necessity of the State to ensure institutional structure, equal treatment in land and agrarian programs and settlement in land ownership. It further stipulates the right to access bank credit, loans and marketing infrastructure and conditions in the community (CEDAW 1979).

The UN Assembly adopted the Covenant of the Right of the Child 1989 (CRC) an international human right instrument that protects children from harm and guarantees children an adequate standard of living. All countries except for two are signatory to the Covenant and are obliged to incorporate it into their national legal framework. General Comment 4 of the ICESCR gives guide lines to the State Party and agencies the steps that should be taken to ensure realization of the rights to the child is achieved by all (CRC 1989) and (Eide 2006).

Article 27 of the covenant explains the right to adequate standard of living and to promote adequate living conditions to obtain optimal physical, mental, moral and social

development, and growth. Other articles of the ICESCR support this rights article such as article 11 which stipulates an adequate standard of living including, adequate food, clothing and housing. Article 12 stipulates the highest attainable health care and medical care for the child (ICESCR 2003).

Parents and others have responsibilities to take care of children, under article 27(2) explains the responsibilities of the parents as duty bearers and children as claim holders, parent's duty is the provision of a healthy and safe environment, give children an education, provide security and trust and, to promote living conditions for optimal growth and development. It also describes that State Party should not intervene in this duty, but State Party has also a responsibility in supporting parents and only intervene if the child is neglected or exploited (Eide 2006) and (ICESCR 2003).

According to article 27(3) the duty of the State Party is to assist parents by respecting, protecting and facilitating parent's rights as a duty bearer. Appropriate steps in providing public services, maintaining infrastructure, encouraging employment for economic resources for the family to maintain an adequate standard of living they value (Eide 2006) and (ICESCR 2003).

2.1.2 The Right to Adequate Food

The normative Content of Article 11 from General Comment 12 stipulates that "the right to adequate food is realized when every man, women and child, alone or in community with others, has physical and economic access at all times to adequate food or means for its procurement" (ICESCR 1999). The human right to the right to adequate food as stated in the General Comment 12 was established by a committee of experts. It describes and defines the steps that should be taken by all State Party, their agencies and actors to achieve the realization to the right to adequate food (Buegenthal, Shelton, and Stewart 2009). The main important purpose of this HR and all other HR is the right to an adequate standard of living. This includes food, housing and clothing; it is a process which should lead towards continued improvements in the livelihoods of individuals. It should be culturally acceptable and tailored in a way to suit the dietary requirements of different stages of life, in order to maintain good mental and physical health and to have an active life (ICESCR 1999). Any discrimination in the enjoyment of the right to food, or access to food, on the grounds of gender, social origin, ethnic background or indigenous people constitutes a violation of these human rights (Sengupta 2007).

State Parties who have ratified human rights and the right to adequate food should ensure that all available resources are used for economic growth and progressive development so that people have economic means or access to land for growing their own food, particular for women (Eide Kracht 2005). This also includes making use of modern technology, knowledge and methods for improving sustainable agrarian systems for food production, conservation and distribution (ICESCR 1999).

The relationship between the right to adequate food and other HR is very closely linked. It is mentioned frequently in their framework by explaining the importance of the right to adequate food for the realization of other human rights or human rights issues. Although the right to adequate food is specified in article 11 of the ICESCR and article 25 of the UNDHR, it is mentioned in other human right instruments and articles that aim to protect certain groups and individuals (ICESCR 1999) and (Wennaart 2010). General Comment 12 defines the progressive steps towards the goal of adequate food and nutrition for everyone within a reasonable time. It is, however the sole responsibility of the State with support from the agencies to make deliberate steps to ensure good conditions surrounding all elements of food supply; in a solid system of production of food and in equal distribution of food that is accessible, available and affordable and is adequate to satisfy dietary needs of individual members of society (ICESCR 1999).

Uganda has a number of domestic legislation that stipulates aspects of the right to adequate food. It is implemented for its peoples benefit and is essential and relevant for mothers (GOU 2010).

- The Food and Drugs Act of 1964
- The Public Health Act of 1964
- The Uganda National Bureau of Standards of 1993
- The Water Statute 1997

Specifically the right to adequate food is not explicitly provided for in Uganda's 1995 Constitution but is explicitly stated in national objectives and directive principles of state policy.

On objective XIV in the Constitution stipulates that the State shall

“The State shall endeavor to fulfill the fundamental rights of all Ugandans to social justice and economic development and shall, in particular ensure that;

- a) All development efforts are directed at ensuring the maximum social and cultural well-being of people; and
- b) All Ugandans enjoy rights and opportunities and access to education, health services, clean and safe water, work, decent shelter, adequate clothing, food security, pension and retirements”

On objective XXII the State shall

- a) Take appropriate steps to encourage people to grow and store adequate food
- b) Establish national food reserves
- c) Encourage and promote proper nutrition through mass education and other appropriate means in order to build a healthy state.” (GOU 2010).

The responsibility of coordinating activities between the various ministries and parties to ensure adequate food security and the well- being of Ugandans is met by the National Food and Nutrition Council (NFNC) this is provided under the authority from the Ugandan Food and Nutrition policy 2003 (UFNP) and National Food and Nutrition Strategy (NFNS). A Food and Nutrition Bill (FNB) was drafted in 2009, if passed through Parliament, it would give the NFNC mandate to ensure that the Ugandan State Party and its agencies meet its national and international obligation on the right to food, to ensure food security and adequate nutrition. The Ugandan government has not signed the FNB 2009. To this date, the Ugandan State Party refuses to be accountable and be legally bound for the people’s HR to the right to adequate food (MAAIF and MOH 2003) and (MAAIF and MOH 2010).

2.2 Human Rights – Based Approach

Human rights- based approach (HRBA) as Andreassen states in his book “is a conceptual framework for the process of human development” (Andreassen 2010) is grounded on normative human right principles of dignity, non- discrimination, the right to participate, empowerment, and emphasising the State’s accountability and transparency (Hadiprayitno 2010). Human rights-based approach is grounded from the working group on Nutrition, Ethics and Human rights for the SCN 2001 and from UNDP 2003, the Human Rights-Based Approach to Development Cooperation- towards a common understanding among UN Agencies. The reasoning behind HRBA is the interconnection of the right to development and HR and that it adds value to this relationship.

A HRBA to adequate food and nutrition should include the following principles.

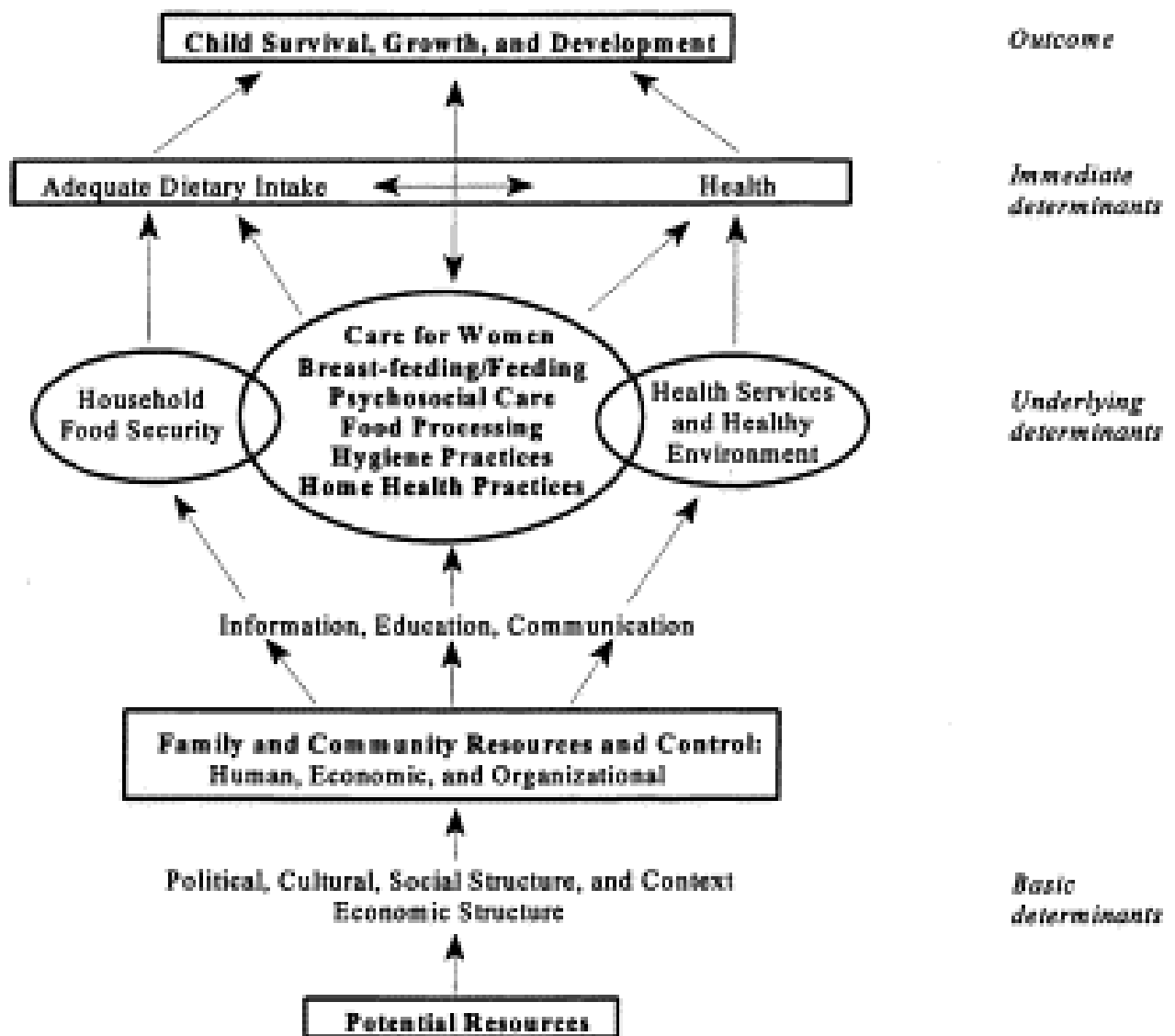
- The accountability of all actors involved being duty bearers in ensuring food and nutrition security at all levels being national, community or at household levels.
- Responsibilities that all have as a duty bearer and as a right holder to respect, protect and promote all persons right to adequate food and for an adequate living standard.
- All participants are represented in the processes, outcome and beneficiary of the right to adequate food initiative, are active and have non-discrimination inclusiveness as a process of national development and economic growth. Freedom of speech and freedom to accesses information are important elements of inclusiveness and indicates to what extent government allows participation of its people.
- Empowering right holders understanding of important issues and their capacity to able to make rational decisions contributes towards effective consultative processes in decision making
- Accountable governance that shows transparency in all elements of management, in resources, financial investments, budgets and policy programs. Fundamental freedom and obligation to international human right law is respected by the independent judiciary system supported by the legislative framework with this human rights and the right to adequate food is protected and promoted.

It has been essential now to incorporate this in policy design as in recent years the attention to needs-based approach has changed to human rights- approach. HRBA is not confined to development it can be used in other arenas, for example central elements in designing or reorganization of institutional public service delivery. (Kirkemann Boesen, Sano 2010). All national policies and programs direct towards progressive development, with designing of these the policies and program the realization of HR as stated in the HR instruments and the principles of democracy should be included. This can be a guide to all government institutions for development cooperation and programing in all stages of intentional and also contributes to the development capacities of duty bearers to meet their obligation. It encourages progressive development and economic growth as elements of accountability of agencies involved and equal participation and empowerment of claim holders, must be included when implementing objectives and goals in a program (Sengupta 2007) and (Hadiprayitno 2010).

HRBA further stipulates the negative or the positive conduct of the state Party in process and outcome of a program. The various stages of the program should have reached a minimum acceptable level of outcome within reasonable time if programs are well designed, formulated and properly practiced. Outcome of a program determines not only the quality of design and formulation but the distribution of power between duty bearers and right holders (Jonsson 2003). Since human rights belong equally to all; non-discrimination is the principle essential to the rights-based approach. It is important not only that the State Party recognizes all individuals as rights-holders, but also that individual see themselves among equal and are able to act accordingly. In short, the individual – and that means each and every individual – must be empowered.

2.3 The normative conceptual framework

It is important that HRBA is central to the decision making process at the basic level to achieve a desired process and outcome. The UNICEF (1990) normative conceptual framework for child survival, growth and development in figure 2 illustrates operationalization of a theory in identifying outcomes for enhancing the nutritional status of and optimal growth of child (UNICEF 1990).



Source: Eggle, Lhotaka, and Armstrong(1997)

Figure 2 UNICEF’s Normative Conceptual Framework on the Causes for Malnutrition (UNICEF 1990).

The principles can be adapted to suit different settings such as the association of child nutrition is captured by the concept of care for children by their mothers. Researchers Iram and Butt (2006) included both biological and socio-economics causes of malnutrition in their framework as illustrated in figure 3. It identifies three underlying factors being basic determinants of capacity levels organizing social structure and relations such as ideology, good governance and relation to and control of State power and potential resources. Underlying determinants examines the extent of equal distribution of public services delivery, healthy environment, access care adequate food and nutritional security. Other underlying determinants examined by Iram and Butt (2006) are household care behavior and practices of caregivers in providing their children with food, health care, stimulation and emotional

support for ideal growth and development. The level of communication ability and the level of education the achievement amongst caretakers determine the opportunities taken to claim rights and at the same time fulfill their duties. Immediate determinant is influenced by the process and outcome from the basic and from the underlying determinant it imposes and supports one another they are all interdependent (Jonsson 2003) and (Kent 2005).

If good nutrition and health status is to be achieved then the State should ensure HRBA as center piece for equality in legislation, in the access to available economic and human resources and public services delivery (Jonsson 2003).

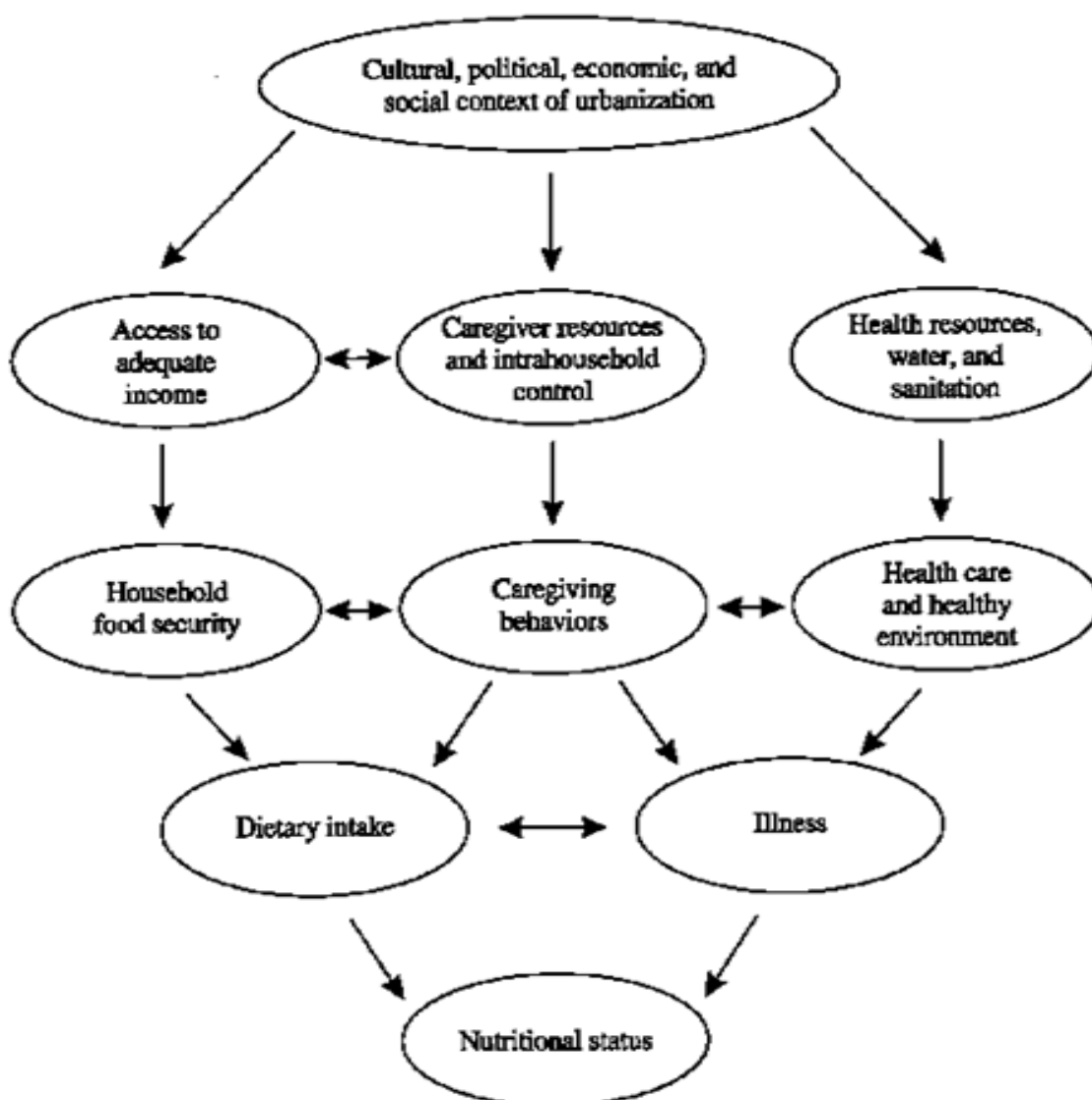


Figure 3 A Conceptual Framework on Care adapted by Iram and Butt 2006 (UNICEF 1990).

2.4 Capacity analysis

Human rights imply corresponding duties and obligations to ensure their realization. There are factors which determine the capacity in how human rights are claimed and if duties are fulfilled and how it's entitlements are implied these are all elements of development (Jonsson 2003). It can be assumed in some situations that the duty bearers being the Ugandan State Party fail to meet their duties due to unwillingness and due to lack of capacity and resources. Therefore women turn to other means for survival else they too will have failed as a duty bearer as they cannot rely on the State Party for public service delivery (Jonsson 2003) and (Kent 2005). Mothers are totally depended on support on other professions in public services and institutions for optimal growth and development of her children as is illustrated in figure 4. Society changes, growing urbanization and tribal or village community care is vanishing; therefore the modern community care can only be the government to provide this as a public service. Figure 4 is an example of the hierarchy of responsibilities showing the level of obligations and the concept of capacity encapsulate in a right-based conceptual framework for optimal growth of mother's children (Kent 2005).

- One can identify mothers as claim holder and duty bearer who are **motivated** by the **acknowledgment** by her role as a mother through expected conduct and the assumed role as a mother.
- To take **authority** when claiming her children's human rights as well as her own from distal duty bearers. have the responsibility to support her culture and traditions. in mother's society may reflect her authority in her role as a mother when making choices for food.
- A mother should be in position to access **economic resources** either from her husband or family, or access to land or assets which would give support to women's role as mother. To accept the importance of her role as a mother, women need their **own resources** in knowledge, skills, confidence and time to feed her children adequately. Mothers rely on organizational resources for support in the form of a social network or from public services provided by the State Party.
- A mother needs the ability to **communicate**, have access to communication systems in order to connect their social network and to be able to address critical issues that affects her.
- To be able to express herself to others and should have the ability to analysis information that will enhance her **rational decisions** and to take appropriate actions in

order for her to fulfill her accountabilities for the optimal growth and development of her children (Jonsson 2003) and (Kent 2005).

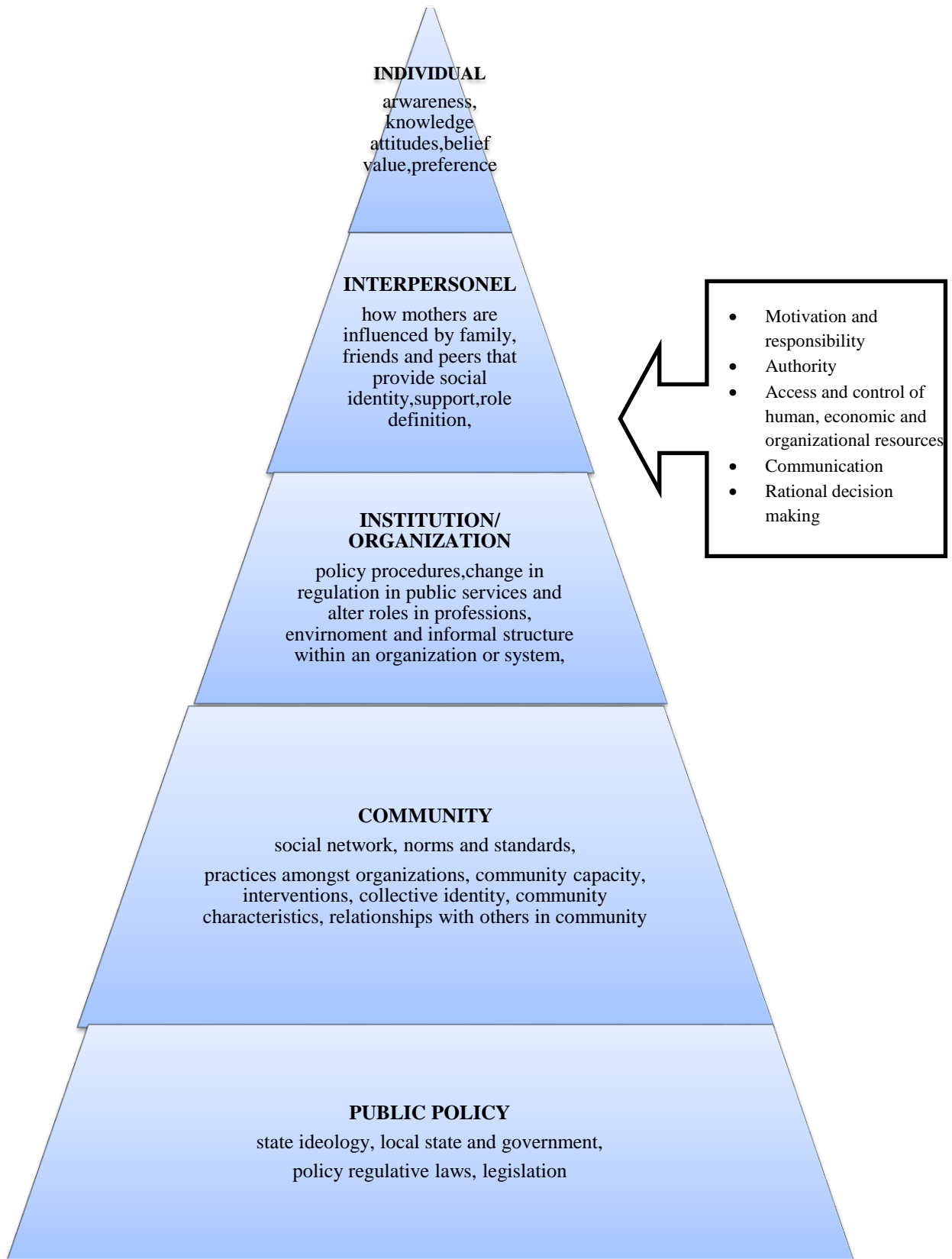


Figure 4 Hierarchy of responsibilities for caring for children at all levels.

3. Methods

Using both qualitative and quantitative methods in this case study may give a better understanding in the mother's perception of her situation as a caretaker living in poverty. This mixed method design looks into her perception of underlying factors that constrains her role as a caretaker (Berg 2009) and (Hartly 2004). It can be used inductively to explain or describe how outcome of a population is influenced by a set of events. (Kuper, Reeves, Levison 2008) and (Malterud 2001).

The main purpose to use mixed methods in this study is to strengthen credibility. It is to clarify and complement findings from the questionnaire survey and from focus group sessions. Using mixed methods give a variety and breadth in examining how lives and experience of marginalized persons or groups such as mothers are unfolded in a bottom up/top down concept. Findings provided in this study may contribute to conclusions for decision makers and are then translated into policy and programs.

There are countless literature and research involving human rights, nutrition and governance in various journals and from books from around the world. Articles that feature human rights from all avenues, all argue the importance of human right- based approach and the right to adequate food in decision making and policy designing. They have in the last decades captured the attention not only amongst the scholars, but the general public, media and non-government organization. In this study literature was obtained from.

- United Nation Instrument from the databases of ICESCR
- National and international Non –Government Organisations
- Policy and strategies from the Ugandan Government from the Ministries
- Reports from academics
- Articles on empirical research using qualitative research through the University College of Oslo and Akershus data based library.

Some of the articles on empirical research using focus group discussion as a qualitative method for data information collection were conducted both in Uganda and in other countries and discusses, theory, methods including questionnaire and patterns of findings similar to this study.

3.2 Development of questionnaire survey

The main purpose in developing the questionnaire is to uncover a descriptive situation mothers are in and to establish mother's access to information, participation in society and her knowledge about HR. It measure mother's economic situation and food expenditure. The author used the study objective as guide by taking out poverty indicators and HR indicators that may give information for this study and is in accordance to the possible information given during the focus groups. The questionnaire may not provide any in depth measurement to how severe mother's situation is. The author took steps to phrase the questions in language that is easily understood by mothers and is not sensitive that may upset the mothers. For mothers to answer the questionnaire the author decided not to have many alternatives to confuse the mothers and not for the mothers to lose interest and leave.

3.3 Development of interview guide

During the process of developing the interview guide the author was guided by using Krueger and Casey's 2009 book to capture ways to phrase the wording of the questions. The author's previous visit to Uganda and reading of articles from academics has inspired to develop the questions using the studies objectives as a guide keeping in mind the question could be answered by the mothers and may give information that is valid to the objective to the study. The author read the article from Rutakumwa and Krogman (2007), Zin Mar Oo and Kusakabe 2010 to capture similar poverty indicators and coping indicators that may assist the author's study from these (Maxwell et al 2003).

The purpose of focus group discussion is to explore the phenomenal perspective of mother's daily lives and to capture the essence of the narrative experience or events. It is to gather information from mothers to disclose their experience and knowledge with other mothers in similar settings. In order to conduct the study the author needed to understand the background and the situation the mothers live under (and phrase the interview guide thereafter taking consideration in the language used and the level of language. It should be phrased in away so the interview guide encourages mothers to tell their stories openly (Ary et al 2010). The interview guide should be open ended in order for the participants to determine the direction and the contents of the conversation at the same time highlighting the objective of the study (Krueger 1998). The indicators from the objectives are clear and can easily bring out the perspective of mothers daily life, her knowledge and awareness around food, health and human rights, particularly their knowledge on the right to adequate food (Berg 2009). Given the respect and freedom of opinion, the method can be used as well to collect information on

mother's perception to which level the operationalizing human rights principles are and to which level public services are delivered. So that the mothers are able to answer the questionnaire and be able to express themselves when participating in focus group discussion, both the questionnaire survey and the interview guide was translated into the Lugandan language by the faculty of language at Makerere University.

Two moderators were hired that are fluent in both Luganda and English language and are able to adjust the language in the interview guide if necessary for practical purposes. In order to recognise the participants situation both assistance are mothers too, both moderators are students at universities in Kampala and both reside in Kampala city. The author organized two meetings with the moderators to inform about the research and to read through the interview guide for understanding the context of the research. Another meeting with the supervisor at Makerere University was held to advice on moderating techniques. The moderators will be conducting the focus group discussion and taking field notes. They will also transcribe and translated the audio recordings into English.

Four health clinics where randomly selected by the two research assistance and where either administered privately or by the State Party. The health clinic management where contacted for permission to conduct focus group discussion and to make arrangements for conducting focus group discussion. In this study the focus group discussions took place at the facilities of the respective health clinics on the day where children received vaccination, deworming tablets and vitamin A supplements.

3.4 Recruiting

A purposeful sampling method was used to select mothers as they provide verbal information relevant and valuable for the study. They can, but does not always purposively represent mothers generally in similar situations They are easily reached on days where health checks and vaccination take place at the health clinics (Berg 2009) and (Neuman 2006).

The criteria for taking part in focus group discussion are mothers are between 18 and 45 years old and have one or more children under the age of five years old and may have older children as well. The mothers selected for focus group discussion were invited to take part in focus group sessions upon the completion of the registration, consent form and questionnaire.

A pilot study will be conducted in order to test recruitment procedures, to see if there is a necessity to review the interview guide and to test the moderators for required training. It was to test as well whether the working tool to collect data information could be used. The

pilot study results showed the mothers answered questions rather than discussed and were influenced by each other. It was necessary to adjust the interview guide with more prone questions, moderators' need more training in moderating techniques and more participants were recruited for each session.

There was no problem to recruit mothers to participate in focus group discussions as the sessions were held on the days health clinics performed vaccinations. Mothers did have problems to fill out the questionnaire and required help. It was decided by the author after the first session that all mothers are to receive assistance to fill out the questionnaire to save time. Mothers were very enthusiastic to participate in the focus group discussion and each mother made every effort to take part in the discussion but it was observed that mothers did not have the extended vocabulary to express her and therefore the author received a lot of information data but thin, due to this there may possible occur information basis. Some mothers did not manage to follow with the conversation and did not say much. When no new information is given by the mothers during focus group discussions, the data is then saturated (Ary et al. 2010). Each sessions took approximately 1 ½ till 2 hours, all four focus group discussions were audio taped, transcribed by the moderators and will be supported by field notes that were written during the sessions.

The author decided to sketch a flow chart to not lose track on how recruitment took place on the particular days of focus group discussions which can be seen in figure 5. There was 4 focus group sessions, 51 mothers agreed to take part in the sessions and two mothers did fit the criteria because of age and were omitted from the study total, n = 49.

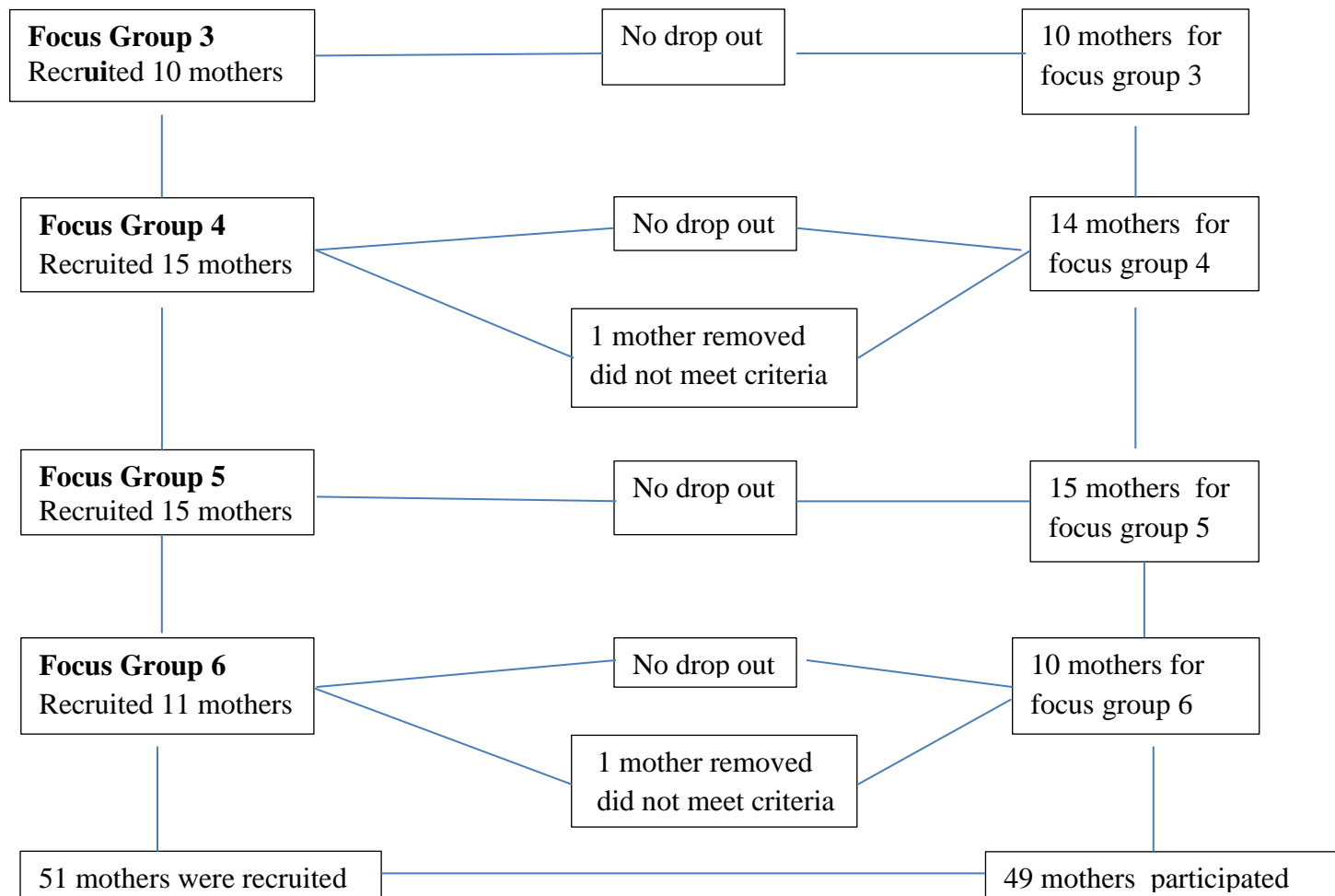


Figure 5 Participant flow chart

3.5 Analysis of questionnaire

Statistics is a tool to collect, organize and analyse quantitative data information and transferred to numerical observation by coding procedure, it is then summarized in an understandable form of charts and graphs (Neuman 2006). Descriptive analysis describes the individual variable's property, frequency and distribution to establish the socio- economic situation mothers are in.

Information for data was conducted through answering a questionnaire which contains mostly descriptive variables and was recorded and processed in the IBM SPSS statistics version 20. It is coded in the normal coding procedure as described in books from Neuman

2006 and Pallant 2009. To ease analytic purposes the data was then “washed” to remove any errors, missing data, to check its consistency and to check for extreme values by proceeding for assessing for normality in the IBM SPSS version 20 programs whilst checking for extreme values it was noticed some mothers gave higher food expenditures than income.

Two or more variables in frequency distribution of mother’s income and food expenditure, living conditions, education and the number of children, her knowledge on HR and the use of media. These are all indicators used in social research presenting the level of poverty as well as the numeric patterns. The mean as a measure of central tendency in one variable was used to find the arithmetic average of age, income and food expenditure from the data information given from mothers (Pallant 2009).

3.6 Analysis of Interviews

As Malterud (2001) states in her article information data from focus groups involves both decontextualization and contextualization. With decontextualization parts of the material to be lifted out and searching for the most important aspects, then compare together with other elements across the information data and field notes to give similarities or differences. Recontextualization determines a set pattern or summary found between all the information given from the whole data information including the field notes (Malterud 2001).

Coding of the information data was done in the classic strategy described in his book by Krueger and Casey (2009) and in his book by Berg (2009). Traditional funnel strategy for coding was used at the beginning the wide end of the funnel was for confirming the themes that were determined before data collection. The data information was then condensed down towards the main category and sub- category for abstracting. Maltetrud (2001) explained a similar analysis style by editing the data information which identifies units in the transcribed text to form themes. This is then used for reorganising and condensing the transcribed text into clear categories ready for abstracting (Krueger and Casey 2009), (Maltetrud 2001) and (Berg 2009).

A total of three tables were drafted to hold the information data in order and to ease coding, categorising and analysing. In the first table all study objectives, questions from interview guide, rational for questions and transcriptions from the focus group discussion were place in a table. This was used as a work tool for analysing by working across and up and down the table. With the second table common words or phrases were condensed into main categories and sub categories. This was to confirm themes which were determined before the data collection and to establish possible new themes. Third table was drafted for analysing or

interpreted data information using the specific study objectives as a guide this is presented as an example in table 3. Appendices 5 present the complete table on information data that is condensed into categories.

Table 3 is to show as an example on how the information data was condensed into categories.

FOOD			
Specific Objective 1			
Common Words or Phrases from all Focus Group Discussion	Sub Category	Main Category	Interpretation
Nutrition, eating, hungry, body building, grow well, satisfied, to be alive, fight diseases, food that doesn't go bad easily, appropriate food, variety, energy, children to study well	Growing, wellbeing, health, children	Growth and Development	Mother's perception on food is to keep alive, for children's growth and development prevent children from diseases. Mothers do not mention that food has health benefit for them as well.
Eating, eat to be satisfied, variety of food, types of food, want, quality, quantity, food that is available	Choice, value, time, quality, meal patterns	Preference	Mothers prefer to have a variety of food in diets and to get the best quality and quantity. To be able to choose without restrictions
Failing to get money, depends, keep for another day, give, share, season, affordable, priority, budgeting, expire date purchasing negotiating, situations, market, supermarket	Employment, income, own products, education	Economic Resources	The monotonous diet indicates the economic constraint mothers have, they are struggling mothers trying to make ends meet. It is essential for her to budget, plan and to be able to bargain for food prices.
Meals, failing, types of food, knowledge, experience, choice preference, eat together, adults eat together, children eat together, priority, income, consider the needs, time, what is available, season, husbands relationship, easy to prepare.	Planning, choice, value, income, preferences knowledge, experience	Decision Making	Relationship with relatives and especially partners determines the economics resources mothers have to her disposal. Meal patterns indicate mother's value of a core family. Mothers do have the authority to decide what is best for their children, but economic resource limits that choice.

The fourth table, presented in table 4 illustrates an example of analysis or interpretation for similarities, differences and vulnerability between the focus groups. Although the mothers have similar characteristics, they live in different areas of Kampala and their challenges may

differ therefore the author found it interesting not only to analyze across all of the focus groups but also to analyze each focus group separately.

Table 4 Similarities, differences and vulnerability between focus groups as example of condensing into categories.

Similarities	Difference	Vulnerability
Economic Resources	Budgeting Planning Priority Relationships	Limited Choices Core Family Authority and motivation
Governance	Grow Own Food Land Disputes Policy, Strategies, Programs	Obligations not Fulfilled Local Community Leaders No Standards
Right to Adequate Food	Living Standards Health Status Nutritional Status	Public Service delivery
Information	Education Employment	Process and Understanding Information Limited Oppotunity
Discrimination	Attitude Gender Labelling Role	Social Status Tribal or Clan Within Relatives

3.7 Ethical consideration

The study was conducted in accordance to the declaration of Helsinki. Approval to conduct the study and to collect data was given by Norsk Samfunnsvitenskapelig Datatjeneste and the Ugandan National Council for Science and Technology respectively (Appendices 2 and 3).

Health clinic managers were given a copy of the project proposal to be informed on projects aim and objectives before giving permission to conduct focus group discussions. All mothers received an introduction letter and a consent form to sign, were given time to read through and ask for any questions before proceeding to the demographic questionnaire. The participants received a signed copy of confidentiality from the author. All formalities was in English but were translated into Luganda language if the participants requested.

Maintaining confidentiality between participants is an ethical issue to be considered when planning and conducting focus group discussions. The Moderators did emphasise the importance of confidentiality between participants before each of the focus group discussion began.

4. Findings

Analysis in focus group discussion allows for the complex realities of a mother's situation to be categorized in simpler ways and to find ways on how to view mother's lives in how they see themselves. This "inside, looking out" approach is to study mother's reflection on how resourceful she is even under limited resources, and how they use their role as a care taker for negotiation to improve their standard of living. With all findings it is possible to clarify both the State Party's and public's accountability. Reviewing national policies and strategies mother's needs and recommendations should be a significant voice in debate. The counter – veiling power information from mothers provides additional source for bench marking outcomes that provides gender equality.

4.1 Findings from the questionnaire

The questionnaire mostly contained descriptive variables and describes the poverty characteristics mothers exists in.

4.1.1 Income and food expenditure

In this study, it was found that economic resources mothers have at her disposal are low. The average household income is Ugandan schilling (USh) 281029 per month (approx. US \$ 115 per day) or USh 9367 per day (US \$ 4 per day). The average food expenditure per month is USh 149588 or USh 4986 per day (US \$ 2 per day). Figure 6 below presents the monthly salary and the food expenditure per month. According to the World Bank (WB) the mothers are living above the poverty line of US \$ 2 a day (World Bank 2009). Mothers in this study are using 53% of their income on food expenditure.

Figure 6 presents mothers have higher food expenditure than income and some mothers have very little food expenditures as they grow their own food or they receive food from other people. This indicates the food prices are too high compared to their household income which is an economic constraint and an everyday challenge to find means of obtaining food.

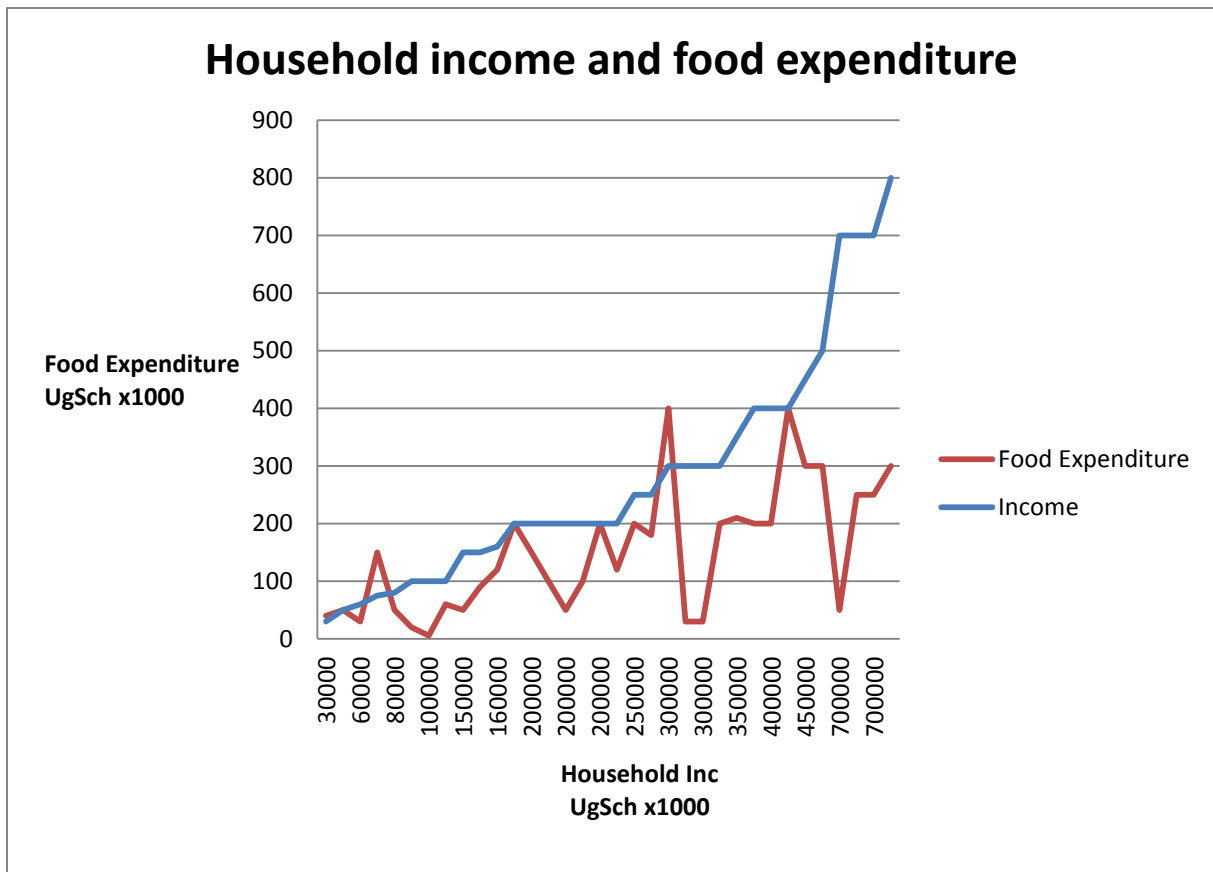


Figure 6 The house hold income and food expenditure of mothers (n =35) per month.

Not all mothers could reveal the family income or how much the food expenditure is as many mothers rely on their partner’s support and do not know how much their partners earn. Since mother’s economic resources are so meager and, it is unknown whether this is a short term or long term situation, she must turn to others means to supplement the purchase of food for herself and for her children. Figure 7 presents how mothers obtain food very few mothers have access to land to grow food almost all mothers buy food. It should also be noted that it is possible mothers go to other people to borrow money for food purchase making the total food expenditure higher than their income. Figure 7 indicates mothers are residing in peri –urban or in rural areas of Kampala where access to land for growing food is very limited. Mothers must therefore buy and use her social network and family to receive food from others.

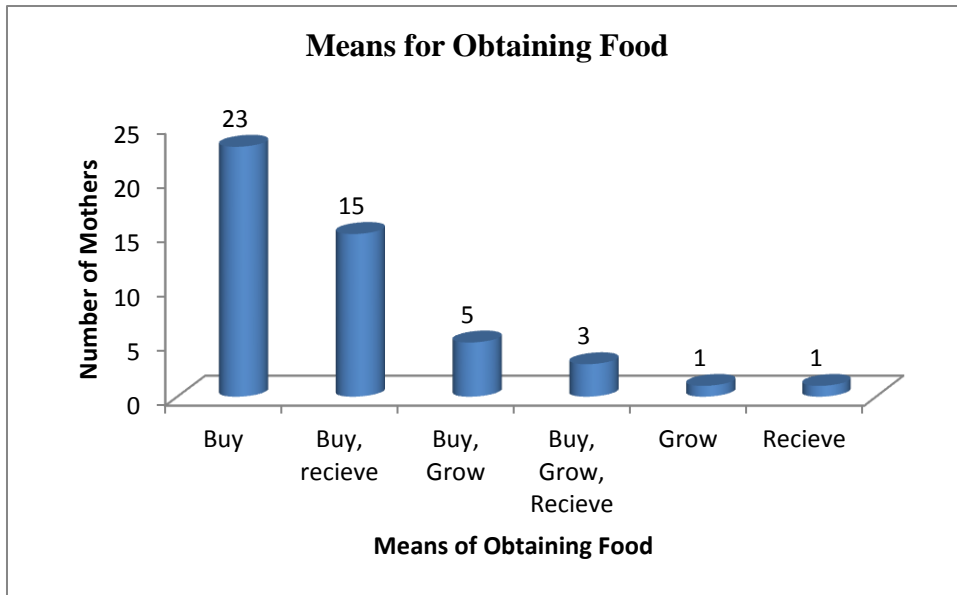


Figure 7 Means for obtaining food by mothers (n = 49).4

4.1.2 Living conditions

Mothers are living in areas of Kampala where it is too costly to construct buildings suitable for people to live in one such area where focus group discussion took place was constructed on a wetland. Housing mothers are living in are of poor structural standard and unsafe and the infrastructure surrounding the area has not been maintained in many years. Sub- standard sanitation and poor hygiene are a health hazard for mothers and her children which are not aided by the fact that they must share facilities with many other people. Mothers and her children are through necessity forced to live either with other distant family members or with other people as presented in table 6 below. It also presents that area where most mothers are living are concentrated in the rural and peri-suburbs areas of Kampala. There are three quarters of mothers who took part in this study living in overcrowded conditions, living in one or two rooms with their families or with other people.

Table 6 Number of rooms each family and the number of persons living in their home.

1 ROOM		2 ROOMS		3 ROOMS		4 ROOMS		5 ROOMS	
Number of Families	Number of Persons Per Family	Number of Families	Number of Persons Per Family	Number of Families	Number of Persons Per Family	Number of Families	Number of Persons Per family	Number of Families	Number of Persons Per Family
1	2	1	2	1	4	1	3	1	7
6	3	3	3	2	5	1	4	1	11
7	4	2	4	1	6	2	5	1	14
4	5	3	5			1	7		
2	6	2	6						
1	7	2	7						
1	8	1	9						
Total of Families n = 22 (46%)		Total of Families n = 14 (29%)		Total of Families n = 4 (8%)		Total of Families n = 5 (11%)		Total of Families n = 3 (6%)	

Total of Families
n = 48 (99%)
n = 1 missing

4.1.3 Education achievement

The education achievements may influence the number of children mothers have. There is an association between the higher the education the less children mothers have as presented in table 7. Participating mothers in this study it was distinctive the effect education has on mothers standing in the community; mothers with higher education achievements managed the economic resources better than the rest of the group this finding has appeared in poverty reduction studies. Mother's education achievements and her status in society have an impact on the nutritional status and on health status of herself and her children.

Table 7.The number of children mothers has and the level of education attained.

Number of children	Mother's Education			
	Primary	Secondary	High School	University
1	6	3	5	4
2	4	5	3	
3	5	4	2	
4	2	2	1	
5	1	1		
Total n =	18	15	11	4
				Total n = 48
				Missing n =1

Low levels of education prevents mothers chances of competing for employment in the job market and are thus more likely to only receive low earnings. Mothers with a low education level are typically in cash based businesses attempting to sell products or services. Some salary earners may have a skilled trade or are working in an institute such, as a nurse or a teacher. Mothers (47%) in this study have reported either they are unemployed or are at home with children as presented in figure 8. This may give an unrealistic number of mothers not working as it cannot be determine if those who are at home with children are unemployed as well.

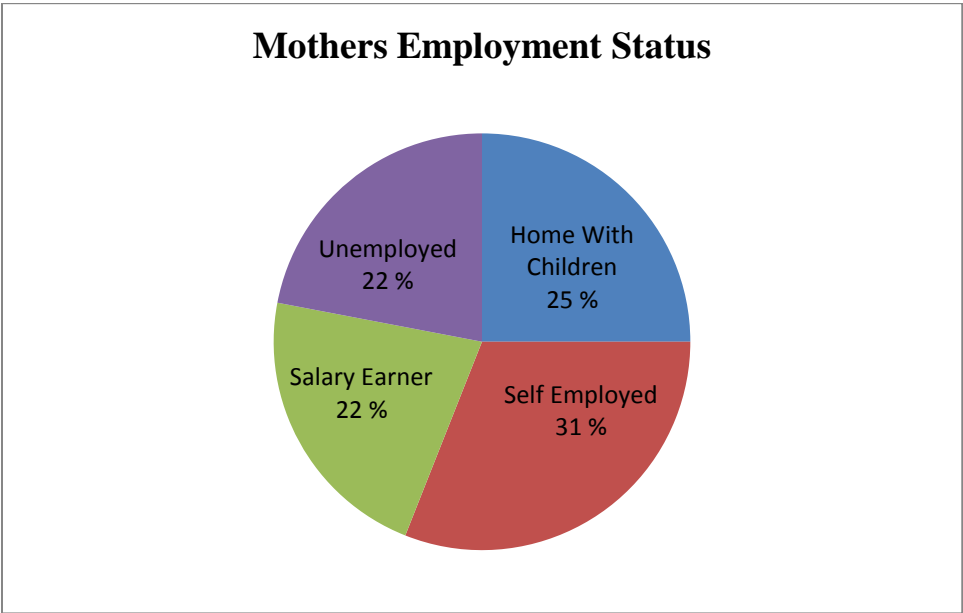


Figure 8 Mothers (n = 49) employment status.

4.1.4 The right to adequate food

Mothers have indicated as presented in figure 9 below, they are not sure to what extent the State Party obligation to right to adequate food is present. More mothers (n = 34) did not know what right to food is compared to mothers (n = 12) who did know. Mothers (n = 35) compared to n = 12) have indicated that leaders in the local community have better knowledge about the right to food than they have.

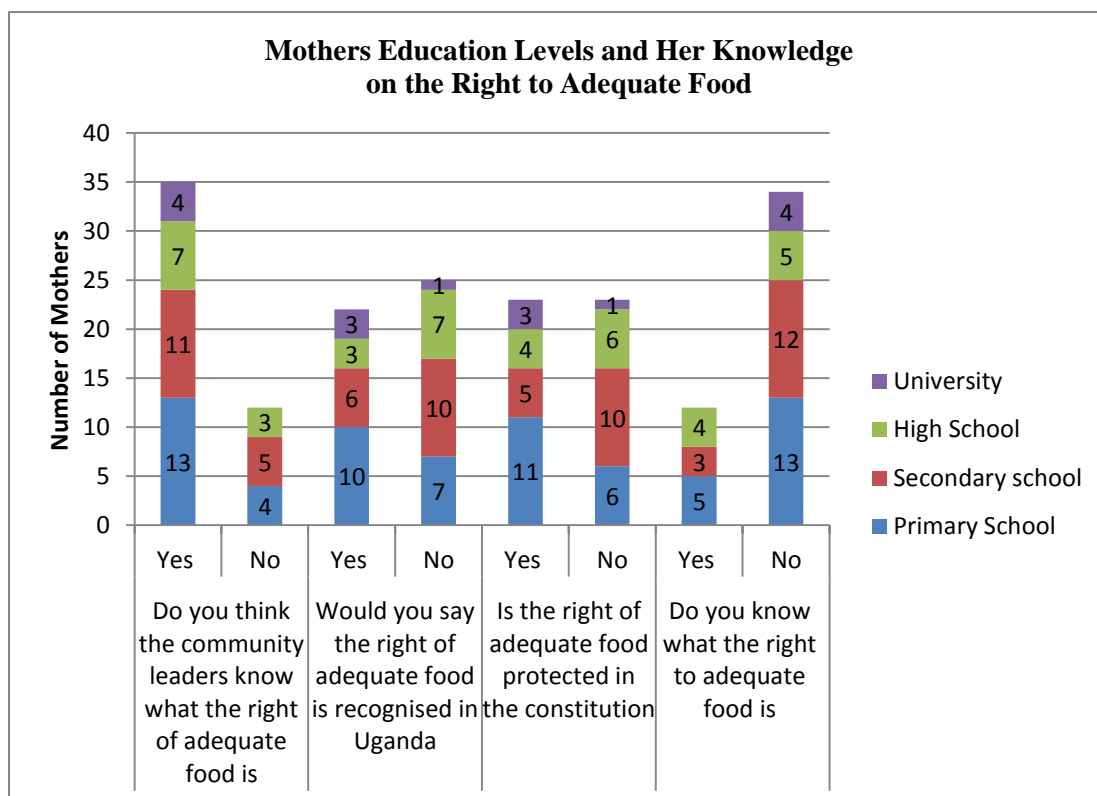


Figure 9 Mothers’ knowledge on the right to adequate food grounded from the level education achievements.

The education achievement of mothers indicates the level of understanding of information given about the right to adequate food. Information mothers receive from comes in oral form from “other people” as presented in figure 10. Other people according to mothers are from their social network and from professionals from public services delivery for example health care center. Mass media and communication such as radio, television, newspaper mobile

telephones and the internet is widely used in Uganda and easily available to the public. The written information given to mothers may be too complicated for mothers to understand and therefore rely on other people’s experience or understanding of public information given. The usage of these mass media and communication means for seeking information may be too costly for mothers therefore they rely on other people for public information. Figure 10 presents other people in mother’s social network and from professional in public services delivery are the main source where mothers learned about the right to adequate food. Other people may have learned about their rights from mass media such as the radio and television.

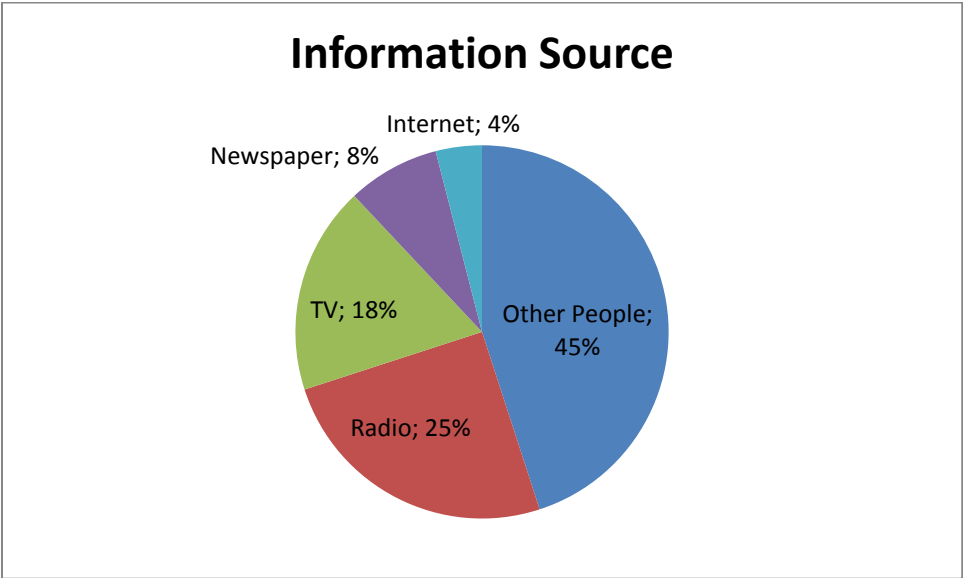


Figure 10 Source of information mothers learned about the right to adequate food.

4.1.5 Summary of the questionnaire findings

The results from the questionnaire can be interpreted by the author as a prevalence of poverty that has not improved in recent years. Mothers are existing in transition poverty and are still living in overcrowded and unsafe conditions. Mothers ability to fulfill their role as a caretaker is put on challenge as underlying factors that necessarily supports mothers are not reaching them sufficiently which may indicate a group that may become vulnerable if conditions are worsened.

4.2 Focus group findings

The presentation of findings in this part of the chapter is based on mother's narrative accounts and opinion during the focus group discussions.

4.3 Mother's awareness in the advantage of having an adequate food status

4.3.1 Mother's awareness

Mother's awareness in the advantage of having an adequate diet is limited they understand children need food for growth and to keep away diseases. There is no knowledge of food composition amongst mothers, but they do know children need nutrients and the name of the nutrient but are limited to which food gives which nutrient or the function of a particular nutrient. They mention that children should have the best quality and variety. Mothers have said children should have food to grow to look healthy and children need food to develop so they can go to school. Mothers emphasised the importance health benefits of an adequate food status for the children but never mentioned health benefits for themselves.

Feeding Practices

Breastfeeding is important for mothers. According to mothers babies should be breastfed since babies are healthier and become more intelligent than bottle fed babies and breastfeeding should be 6 months before giving complementary feeding. Mothers did, however mentioned that lactating mothers should not breastfed if they are sick or have HIV/AIDS.

Type of food consumed

Mothers and their children consume the same type of food items daily and on all occasions made from one of cereals, roots, tubers and lentils and metooke served with very little meat, fish, fruit or vegetables on some occasions. Examples of common food mothers and her children consume are presented in table 7, these are food that mothers have reported themselves and are categorized in table 7 according to the International Food Policy Research Institute (IFPRI) and International Centre for Tropical Agriculture (CIAT) and Food Composition Table for Central and Eastern Uganda (2012). Food commonly consumed are the main staple foods of Uganda which are grown in most backyards and on commercial farms in most districts of Uganda (Hotz, Lubowa, Sison, Moursi, Loechl 2010) and (FAO 2012).

Table 7 Common foods consumed by mothers and her children daily.

Cereal	Banana	Tubers Roots	Grain Legumes	Vegetables¹	Fruits¹
Posh (Maize)	Metooke	Cassava	Beans	Pumpkin	Guava
Millet	Sweet Banana	Potato (Irish)	Peas	Tomato	Mango
Sorghum		Sweet Potato	Ground	Green Leaf	Water
Rice		Yams	Nuts	(Dodo,	melon
		Onions	(Peanuts)	Bugga)	Passion
			Soya	Avocado	Fruit
			Beans		Oranges

Table 7 presents that ¹ Vegetables or fruits are only eaten during high season and when the prices are low. Ground nuts are pounded and prepared into a sauce. Fruits mentioned in table 7 are grown wild or cultivated. Their monotonous diet are largely composed of vegetables with high starch content, cereals and lentil with very little meat and dairy products. Mother's advantage if she has access to land is to gather food or to grow food to supplement the purchased food and sell the excess products, but then she needs to have the economic resources to purchase agriculture equipment and seeds.

Family value

Mother's power is highlighted in the relationship with her partner or with family members. Here mothers have emphasized their authority as a care taker and they do not cook for the partners if he does not support her financially or emotionally. Their real authority and mother's core value to the family is seen in meal- time patterns; mothers decides and control who gets to eat what, and the portion sizes as she knows that food is for children's growth and development.

Economic Resources

Because of limited and unreliable economic resources mothers need to negotiate food prices in the market to seek the best bargain they can get. The daily planning and budgeting is a routine all mothers do to make ends meet. Seasonal, as mothers call "sunshine days" is when some types of food are scarce or expensive to buy. It is where mothers differ in priority, knowledge and experience when choosing quality and quantity of food at the markets.

"Situation can force you to prepare it" (Focus group 3).

Health

Mothers are aware they should take their children to health checks, anthropometric measurements and for vaccination. Vaccinations are free in Uganda, but health services for children is not free of charge but costs a symbolic sum of 1000 USh, mothers who cannot pay are not turned down. Other health services are also not free of charge and costs according to the type of medical services require. Mothers do not take their children to health clinics until the last minute according to mothers as long as children don't have pain or have fever there is no need to go there.

Mothers are living in the most appalling conditions sanitation and water supply is shared amongst many and is in poor or broken down condition. There is no implemented standard or quality control in housing or in water supply and no community disposal for garbage or any other sanitation. Contaminated water is a health factor that is easily overlooked and may affect mother's ability to take care of her children. Mothers admit they boil water for drinking, but it is unknown if they really do. They do everything to keep the storage containers clean and make sure only adults draw the water from these containers to prevent dirt coming into the water. Mothers complained of having, despite they pay rent, to share pit latrines with many others and they are full.

“We are 15 different people renting different rooms and we share one pit latrine” (Focus group 6).

“We are renting and even our latrines are full” (Focus group 5).

Child care information

During antenatal care mothers receive individual counselling from health personnel on feeding practices and care for her baby from the health clinics or hospital medical staff where she delivered the baby. Mothers appreciate this counselling but they have experienced health personnel showing authority over them. Mothers feel empowered over by others in deciding what is best for them and would like to be more involved in the deciding as well. Because of this mothers have said they have sought advice from other sources such as own social network or family members and from mass media sources. Mothers stated it would help them especially with children, if they received information when admitted, during treatment and after the treatment or when one is discharged.

“From Mulago hospitals after you deliver and before they discharge you they educate you”
(Focus group 5).

“Like in Mulago they do but they are rude and at sometimes we don’t understand” (Focus group 5).

4.4 Factor that are important to mothers as a claim holder and duty bearer in the right to adequate food.

The Ugandan Constitution recognizes HR and the right to adequate food, but the seriousness of the State Party presents its obligation amongst mothers and how they would claim their right differs, as it is well known that negligence, corruption and bribing is commonly practiced at all level of governance.

4.4.1 Important factors

Respect

All mothers who participated in this study have said that human rights are the freedom to do whatever you want without disrespecting other people’s rights or freedom.

“To do what you want without inconveniencing others” (Focus group 4).

Knowledge on human rights is limited by mothers they know it exists and they agree it belongs to everyone. Mothers from all focus group sessions claim that the people’s human right are respected by the State Party as there is freedom of speech, mass media broadcasts uncensored news. But if political opposition protest on the streets then they have reached the limits and are chased of the streets by the police or the military. There was, however disputes amongst mothers to whom could assert their human rights from the State Party. The general opinion of mothers is that human rights are recognized but not implemented to target towards those people living in poverty and HR is for those who have money or for those working for the government. It does not reach the grass roots according to mothers in recent years the living standards amongst the grassroots have not improved.

The right to adequate food is not only about adequate diets or the amount of meals eaten each day according to mothers it is also about other means that improves the living standards. If the right to adequate food was protected by the Constitution it would give a better guarantee to an adequate standard of living according to mothers. They have said that the grass roots are left out because they don’t have the economics resources to purchase this

right. This guarantee would give people unlimited choice of food and can eat what they prefer rather than just eating for survival.

“Food security, that we all have the right to food though not all have access to it” (Focus group 4).

Responsibility

Mothers acknowledged that they are soul responsible for the care of their children and family, not the State Party. Mothers have emphasized they must do everything so that children are protected, has enough to eat, has a good health and receives an education. As one mother said

“The children has to be loved”

Mothers have said they must do the right thing to be good citizens and know the limits.

Protect

All mothers agree the State Party has provided security for its people by maintaining peace in the country and has held elections where men and women have been encouraged to elect.

“It ensures there is enough security in the country” (Focus group 6).

Many mothers are the family’s bread winner and are head of household and their working conditions are not protected or promoted. There is limited regulation or control covering working conditions, social assistance such as maternity leave, which is 3 months in Uganda and leave to look after sick children. They have to rely on other people to look after their children whilst working and there are no support groups or unions to support workers.

All mothers agree that the State Party does not allocate enough funds for the country’s infrastructure such as roads, electricity and buildings; they are all unsafe due to lack of maintenance causing delays for everyone. Insufficient public service and infrastructure is a major cause for accident and delay. It provides mothers with additional challenges in providing a good standard of living for her children. The State Party does not allocate enough funds for maintenance of roads and the running of these services.

The country’s food sovereignty is neglected, agricultural products from Uganda are exported to other countries and according to mothers, the farmers should be receive better

earnings for their efforts and food should be organized agriculturally to feed their own people first.

“For instance fish is exported and we only eat the skin and bones” (Focus group 5).

Mothers have said there should be better regulation on land issues and ownership. Rights to access land for growing food are violated against amongst the poorest people especially when they are evicted from land they have used for growing food for generations. The new land owners are rich and have resources to protect their interest, whereas mothers do not have the economic resources to claim their rights. Rigorous investigations into ownership and rights are not done adequately as one mother told her story, she recently was evicted by the new owner of the land she grew food on.

“I asked the person who had bought our land then what should I feed my kids? The other one said give them poison” (Focus group 4).

Mothers complain the State Party does not protect them from corruption and bribing of public officials. Villages transport food to Kampala and to the other parts of Uganda, the State Party has avoided lowering the fuel tax and has made no effort to stop the bribing of police officers along the main transport highways.

Traffic officers are also a menace which helps the food prices because of their greed for money (Focus group 3).

Mothers have to bribe in order to receive her claim especially when seeking emergency medical attention for her children at the hospitals.

“Mulago is very expensive and you have to buy bribe first to see the doctor” (Focus group 5).

“Corruption is too high here in Uganda and most of the people do not get what they are supposed to have” (Focus group 3).

Mothers can report violations or crimes committed against them to the police or to the local community leaders (LCL) but as mothers say it stops there as the police or local community leaders want money to pay for the investigation. By law mothers are protected against

violation or crime committed against them, but mothers do not have the economic resources to pay for the legal services.

“You report but they want to be bribed so you just keep quiet” (Focus group 3).

“I have to go to the local community leaders but it stops there even the chairman calls the person who is a culprit and says that you have been there” (Focus group 4).

Mothers suffer in silence as domestic problems and disputes are nearly always solved within the family and rarely go beyond the door steps as every individual mother said in all focus group sessions.

“You just keep quiet” (All mothers).

Provide

The State Party does not usually provide directly for its people, in recent years Uganda has suffered from severe landslides, every time this has happened the government has directly stepped in to assist the victims and their families.

“Some regions are helped by giving them food when there were landslides the government provided seedlings for people like cassava stems and bananas” (Focus group 3).

Mothers claim it would help the poor farmers to feed themselves if they were provided with seeds, seedlings and equipment. Most agriculture programs are designed for the commercial farmers mothers have said State Party agriculture bodies such as National Agriculture Advisory Service (NAADS) are not interested in assisting individual poor farmers to improve their agriculture skills or to lift them out of poverty.

If the State Party provide for the poor it is through projects from the international organizations or through national campaigns such as vaccination of children. According to mothers, programs from the Ugandan State Party, non- government organizations (NGO) and investors have come to Uganda to help people bringing with them education, expertise and medicine contributing towards an improved standard of living. The mothers, however still feel the State Party should put more emphazies in the regulation and implementations of these programs.

Mothers seek public services as she is totally depended on other people's profession to help her to take care of her children, in protecting her children, educate her children and to keep her children healthy. Public service delivery from the State Party is in a derelict state and of poor quality. Many of these services don't have the basic and necessary equipment or enough qualified staff to carry out the services.

When you go to Mulago we die in labor due to insufficient material (Focus group 5).

Control

There is very little quality control and standard for commodities in food markets, hygiene and sanitation are not of a good standard at the markets There is no inspection carried out of food composition, contents, nor standards. As a result there is no guarantee and no standard price, factors that contribute to high food prices according to mothers.

Information

Public information in Uganda is available but one needs to know where to obtain it. How mothers obtain information and how she uses media and process information provided differs considerably from mother to mother. Necessary messages from the State Party are broadcast over mass media especially messages alerting on food storage if extreme weather is expected or when to plant and harvest certain crops. During election political parties' uses mass media to broadcast their messages and national debate is widely broadcast on mass media, Public information on health and nutrition is widely broadcast on all types of media in local languages and in English.

According to mothers they prefer to receive oral information either individually or in large gatherings such as rallies or in churches. They have emphasized they would like to see the church more involved when conveying public information or debates to the public. Mothers rely on information, knowledge and experience from their social network and use each other to confirm their understanding.

4.5 Mother's constrainants that prevent access to rights to adequate food

What was emphasized the most amongst the mothers during all the focus group sessions were the economic constraints they have, the lack of seriousness from the State Party and the excess of corruption and bribing.

4.5.1 Mother's constraints

Economics

The overall household expenditure assumes a huge economic burden on mothers especially if partner do not support them. It was later seen whilst analysing their choice of food and meal patterns gave an indication to what extent mothers' economic constraints are.

"It depends on the money you have in your pocket" (Focus group 5).

Mothers are paying school fees and for books for her children. If sudden unemployment or lack of financial support from partners the children either have to drop out of school altogether or drop out and restart again when funds are available. Through this the children miss out on opportunities later in life.

Mother's situation has an impact on the health and nutritional status of herself and her children, causing deficiencies and possible repeated infections. Mothers avoid seeking medical consultation for her children until it is almost too late due to costs.

"If my child crawls or walks that's the most important" (Focus group 3).

"When you are okay and you don't have any pain, you do not see the reason as to why you should visit a clinic" (Focus group 6).

Employment opportunities

Most mothers are limited to do labor-intensive work or go into petty cash business where they take their children with them strapped to their backs.

"We do a lot of work for example laying bricks, digging for others to get money, washing others people's cloths to get money" (Focus group 4).

According to the mothers the government should facilitate more for the children and youths to encourage development by setting up youth programs, create jobs and give employment to youth both rural and in urban areas. Give reduced percentages on loans so that people can invest and expand in their businesses.

"The young energetic people that left villages and came to the city and have no jobs government should send them back to villages to grow food" (Focus group 5).

Mothers claim poor farmers are exploited by merchants and by food manufactures. The profit made by the poor farmers is not enough for purchasing other necessary commodities and to invest further for the new season.

“The constitution is, but not implemented and agriculture organizations are not helping the last person (grassroots), Agriculture authorities are selfish” (Focus group 4).

State Party

Having said this, mothers have complained that the State Party should provide more to the grass root to lift up living standard, even though the government provides public services such as schools and hospitals and health centers but mothers still have to pay for these services which are a huge economic burden for them.

The mothers feel the State Party doesn't care they are not willing to listen to them, and doesn't protect poor people's interest enough. According to mothers the State Party does not facilitate enough to lift the standard of living of the poor people.

Discrimination

Today mothers and girls are not discriminated to the traditional role of caretakers or restricted by the State Party, by the legislative institution or by cultural and tradition; they are more likely to be discriminated by public officials, between tribes, the hierarchy ladder of authority, social status in which wealth status or academic achievement dominates and conservative mentality from men. According to mothers women in Uganda can become leaders, leading executive position in leading companies and organizations and are not restricted to caretaker role. Recent elections have showed that a high percentage of mothers and women have voted without being obstructed when voting.

“Human rights are the ones that can give women a voice/chance to participate in anything. Women used to be in the kitchen but these days they also work, we have women Member of Parliament” (Focus group 3).

“They care for the rich at Mulago nurses discriminate there is tribalism” (Focus group 5).

Mother's proposal of action if they feel discriminated is to seek justice is either the traditional street justice or go to the mass media such as the newspaper or the radio; they usually follow up the mother's case. Protesting on streets is another way of demonstrating injustices to others in the public as mass media is quick to catch the news.

“To riot you wake up early morning and go on streets with posters” (Focus group 6).

Mothers were not so interested in human rights. According to mothers it was more important for them that the State Party should provide directly, a misunderstood view of how a State Party functions and a clear sign that mothers don't have the knowledge about human rights or they are being misled purposefully. Mothers have said the national potential resources and public goods for lifting the grass root out of poverty will never be evenly distributed as long as political corruption and bribing continues to take place at all levels.

4.6 Mother's recommendations for change

Mothers who participated in focus groups discussion were asked” if it was their job to help the State Party in promoting the right to adequate food what would you recommend them to do?” Mothers came up with some suggestions into what needs to be changed this is summarized in table 10. The similarities and differences is according to which areas of Kampala mothers live in. According to mothers the State Party should enforce these changes and the local community leaders should implement and monitor the changes. The need for change as suggested by mothers reflects the constraints mothers have and indicates necessity of bottom up participation from mothers as they are experts into what changes are needed to live a life she values. Mother's recommendations are

Land issues

- Mothers suggested land distribution and ownership of land should be limited so that everyone has access to enough land to grow food for their own family.

In recent years there has been conflict in land ownership and eviction, families with low income do not have the knowledge or the economic means to claim their rights. Not all landowners are aware and are not interested in the rights to access of land if it has been used for over 10 years by the same family.

- Mothers suggest expertise and the local farmers should come together for agriculture methods and water irrigation methods that take consideration to the environment.

Such State Party programs exist in Uganda, NAADS and are enforced by the Ministry of Agriculture, Animal industry and Fisheries (MAAIF). The overall main objective of NAADS is to identify and support agriculture small, medium and large businesses that enables for earning a long term income using existing and new programs. Agriculture policies and programs objectives are gender equity as a majority of women are food producers. Mothers

have said that policy and program from MAAIF are too expensive to participate and is targeted towards commercial farming rather than individual poor household growing food for survival. Mothers suggest NAADS program should concentrate more on the individual poor household by providing seeds and agriculture equipment on the other hand NAADS program is designed to assist and support commercial agriculture business and not individual household.

- Mothers suggested specific food crop species that is indigenous to the area should be used for agriculture production.

The State Party with the National Agricultural Research Organization (NARO) are under the process to develop and produce bio-fortified food plants that will be planted in areas where they grow and yield well and are acceptable to consumers. The food plants to be bio-fortified are rice, banana, cassava, wheat and sweet potatoes and the objective is to contribute in the combat against Uganda's health problems due to micronutrient deficiency of iron, vitamin A and vitamin E.

Adult education

- Mothers suggest the State Party should provide more adult education that can be sensitizes to the people through religious leaders in churches and mosques since they have large gatherings.

Modern mass media such as radio, television, newspaper, mobile telephones and internet is easily available but its accessibility can be expensive to use for poor mothers. To gain access to information is therefore challenging for poor mothers and need to rely on large public gatherings for information. For mothers religious leaders are reliable leaders to convey messages and information to them this can, however this can be disputed like State Party religious leaders can convey messages they think mothers should hear which is not always suitable and can be gender labelled. Mothers have said requirement of adult education through workshops in their vicinity and on continues bases to gain skills for income generating, life skills and guidance on choices and finance, resource management for improving agriculture productivity and harvest in pest control, improving yields and advice on marketing.

Living standards

- Mothers have said the State Party should facilitate so it is easier for people to generate an income. It is difficult is to find a way to invest or expand business, to pay back loans from the bank was expensive according to mothers.

The Ugandan economy relies on the private sector and commercial enterprise to generate income for its people. This has, through the hands of market and over the past three decades accumulated private capital for some through the exploitation of the many. In general the State Party role to control this exploitation has failed. The function of legislation that protects and controls exploitation of the poor from activities in the name of free market is non-existing or its function fails. This in turn has undermined the poverty reduction strategy the country has aimed for thereby failing to raise the people's living standard, to maintain the country's infrastructure and to create job opportunities for the young people.

Governance

- Mothers have said the State Party should stop corruption and bribing and there should earmarked and supervision on delivery of public services and goods to arrive at its proper designation.

To combat corruption and embezzlement of public goods and services there is a need for the legislative system to be more responsive in remedies to individuals or groups who siphon off funds, equipment and goods. It has been suggested to offer LCL, public officers and service provider capacity building optimizing, motivation and incentives to ensure delivery of public services and goods reaches its designation and services are improved.

Table 8 Summary of changes mothers recommended to the government.

CHANGES				
Similarities Between all Focus Groups	Differences Between all Focus Groups			
	Old Kampala Hospital	Nakawauka Village, Health Centre 3	St Nicholas Health Centre, Kalerwe	Gloria Medical Centre, Munyonyo
Focus Group 3, 4, 5 and 6	Focus Group 3	Focus Group 4	Focus Group 5	Focus Group 6
Land Issue, All homesteads should have a piece of land to grow food	Grow plant spieces local to the region, consult with people who come from that region	A better regulated and evenly distribution to access of or ownership to land	In dry season the government is to send out water tanks to irrigate the crops	Provide land for the poor to grow their own food. Improved regulation for environment issues
Education Government to provide more education programs for adults	Continues education in agriculture methods food storage, health and nutrition	Permanent regional agriculture, a health officer and a nutritionist who is involved in the village activities	The youths should be encourage to grow food and create jobs within food production	Adult education Create jobs
Living Standard Government to provide and facilitate more to the grass root	Involve religious leaders when conveying messages as people gather in large gatherings in churches	Continues announcement of information over mass media, more rallies, public gatherings and campaigns. Mobilize regular health campaigns and immunizations in all villages	Improve living standards. Improve housing conditions Improve sanitations conditions.	Job creation and employment, better regulation on working condition and implementations on labor laws
Governance Stop bribing and corruption	Grass root to be voiced and heard, to act accordingly. Maintenance of roads and infrastructure	Government and local community leaders to take more contact with the grass root and represent their issues	To better regulate or stop the export of food from Uganda The government set up regulation and the regional and local community leaders implement and enforce Stop corruption and bribing of public officials	Reduce pay back percentages of bank loans so that people can develop their business Reduce taxes, reduce fuel prices as it affects final food prices

4.7 Summary of findings

One can summarize five main constraints that were emphasized by the mothers.

1. Mother's lack of economic resources
2. Political corruption and bribing takes place at all levels.
3. Mother's HR is not protected and they have nowhere to report violence committed against them and priority is not given to investigate violations by the police.
4. Uneven distribution of resources and public goods the grass root is neglected by the State Party and they are not facilitating to improvements to the living standards.
5. Discrimination between tribes, wealth, education status and within the family. This is bounded within hierarchy and determines the mother's status in society.

Data collection using a mixture of methods provides findings that reflect the poverty levels mothers are living under and the main findings are presented in table 9. With this the author has interpreted that the findings in this study provides for a good basis to analyze the poverty encountered in the target group. The author may determine the causes and consequences of why mothers remain in poverty. Indicators that describe this level of poverty can be compared allowing for a better targeted response by policy, programs and decision making.

One can summarize that mothers are struggling and oppressed mothers living in poor conditions. Mother's low social status in society having a low education achievement limits her opportunity, choices and preferences in all aspects of life. It raises challenges for her to raise a living standard for herself and for her children as she relies on unpredictable support from their partners, family and from public service delivery provided by the State Party. This prevents her from living a life she values the most.

Table 9 Summary of findings from demographic questionnaire and from focus group discussions.

Economic	
Results From Demographic Questionnaire	Average household income is 281029 US\$. Average food expenditure is 149588 US\$. 53% of household income is spent on food 95% mothers buy food 47% of the 95% of mothers buy food only, 30% of the 95% of mothers buy and receive food 18% of the 95% of mothers buy and grow food Mothers live in crowded conditions as 75% of mothers live in one or two rooms
Results From Focus Group Discussion	Monotonous diet with a high content of carbohydrate starch food Mothers have to plan, budget, negotiate food prices Pay for public services that should be free Go to other family members for help, not friends or family Hygiene and sanitation is challenging must share with other people
Summary	Limited choice or preference Health and nutritional status are challenged Transient poor short of money in periods are able to find an income Mother have economic constraint and live under poor conditions
Human Rights	
Results From Demographic Questionnaire	72% of mothers did not know what the right to adequate is 74% of mothers think the community leader know what the right to adequate food is Uncertain if the right to adequate food is protected in the constitution or recognized
Results From Focus Group Discussion	State Party strategies, policy and programs are not targeted to the grass root A need for better implementation and control Mothers are not protected sufficiently
Summary	Mother's knowledge on the right to adequate food is low and the government is protecting the interest of wealthy people. Mothers feel neglected by the government
Information	
Results From Demographic Questionnaire	Mothers have low education status, 71% have primary or secondary education levels and 29% have higher education levels 47% of mothers are unemployed, of these mothers 25% are at home with small children On average mothers have two children and the higher the education level the less children mothers have. Mothers have good access to mass media
Results From Focus Group Discussion	Limited opportunity for competing in the work market for a good age Restricted to labor work or petty cash business. Mothers receive and rely on information from other people from public gatherings rallies and campaigns Mothers allow themselves to be empowered with authority by public officials Information given is not always correct or suitable
Summary	Mothers lack skills for processing and understanding information and rely on other people who do Mothers have the lack of empowerment or decision making.

5. Discussion

5.1 Discussion on method

So far the thesis has established to what extent human rights and the right to adequate food is recognised and implemented in Uganda. Along with South Africa, Uganda has one of the most up-to-date poverty eradication strategies in the world. Despite such poverty eradication strategies implementation of these policies shows, however the complete opposite as many mothers and their children still live under poverty and living under appalling conditions. The thesis further establishes mother's perception of her status and how she goes about her daily life.

5.1.1 Study sample

Recruiting and the actual focus group discussion were taken place on the same day. This was done following advice to do this by fellow student colloques and by the moderators as it was uncertain mothers would turn up on the arranged appointment. Recruiting enough participants was not a hindrance as there were many mothers who came early to the health clinics for vaccination. Mothers had difficulties in filling out consent forms and the questionnaires even though it was written in Luganda language. They needed assistance from the moderators and this took time.

5.1.2 Language

The questionnaires and the interview guide were translated by Makerere University language department and were read through by two other individual persons and by the moderators for any adjustments. The questions did not contain sensitive questions that may upset or provoke mothers. Focus group session was carried out in the Luganda language to ease flow of the conversation and to make the mothers feel comfortable during the session; this is to enhance the quality and quality of the data information given by the mothers. The questionnaire and interview guide were formulated to a way that it gave information relevant to the study's objectives. The moderator's strong command of the languages has helped the author in the interpretation of the data information as meeting with them after transcribing each session clarified any misunderstanding.

5.1.3 Pilot study

Two pilot studies were conducted in one of the selected health clinics in May 2012 in order to test the procedure of conducting focus group discussions, to test the quality of the interview guide, to see if any information given by the mothers would be valid to the study objectives.

The results from the pilot tests indicated thin data and could not be used for analysis. Participants influenced each other as they answered questions from the interview guide suggesting that there was no conversation taking place during the session. Evidently the interview guide needed a few additional probe questions for the conversation to flow easier and the data to be richer. It was decided to increase the number of participants to 10 to 15 in each focus group discussion. The moderators were given additional one hour training in moderating from the supervisor at Makerere University after conducting the pilot study.

The author drafted a simple work tool that was recommended by Krueger (1998) during the designing of the study. The work tool is to assist the author in interpretation and analyzing of what was noted down during the conversation and to capture how mothers responded to the conversation during the sessions. This has proved to be a useful tool to have as it helped the author to identify and to organize the data information in categories.

5.1.4 Focus group discussion

The allocated rooms to conduct the focus groups were small and crowded this increased the volume of the conversation as some of the sessions became a heated debate. The mothers were enthusiastic and open as they voiced their concerns or opinions. Some took part more than others in the conversation and came up with some very interesting themes. Many of the mothers are intelligent and mature but did not have the vocabulary to express themselves or had the in-depth knowledge to give examples of what they mean. Some had difficulty in understanding the questions or could not follow with the conversation. It was clear to the author that mothers from all focus group sessions used the focus group discussion as a place to complain their concerns, their dissatisfaction and frustrations in their situation which will be discussed further in the chapter. The mothers used the focus group discussion to confirm with each other their poor situation, that none of them was better off than others, they all had similar problems. The author recognised saturation was reached after the fourth session of focus group discussion as no new relevant information was being given by the participants.

5.1.5 Validity credibility, transferability, bias, trustworthiness

With the help from the supervisor misunderstanding and misinterpretations by the moderators were clarified and any explanations standardized after the pilot tests and before the focus group sessions. The data collection was conducted in a standard procedure by the moderators using a detailed interview guide throughout all sessions. All information was recorded into a computer by the author following the procedures described in chapter 4.5 for further analysis.

How well the researcher has designed and conducted a study determines the credibility and dependability of a study. After each focus group session the author and the moderators had a short meeting to come to a consensus on what had been observed during the focus group discussions. This was repeated after each session of transcribing in order to ensure that the transcript still reflected accurately the mother's opinions and concerns and to find any confidence in the findings grounded from the study design, participants and context

The findings from this study can be applied to other studies of the same type, with the same target groups and settings. The researchers can relate findings with their own research hence transferability. Mothers are a good research subjects as their willingness to talk about their powerlessness and it attracts attention amongst the social scientists as poverty occurs in all countries.

5.1.6 Author's reflection in conducting focus group discussion

It is assumed that mothers actively reflect on their daily lives, but these reflections and any decisions made or action taken is not always made freely. They are structured by certain constraints that are posed upon them by dominant ideology in society. This reflects the position of those in power to make decisions and explains the oppressed positions mothers are in when making rational decision for the optimal care for her children and taking care of their own needs. In order to help make change in mothers inferior position in the Ugandan society, to understand and to explain social relations that lie behind what is more immediately visible it is important to seek the mother's standpoint and relate it to the different theoretical statements with intentions for the improved future rather than just an acknowledgement to what is already known.

The theoretical framework in this study allows exploring and to unravelling the social relations which predetermines mothers lives. What options mothers respond to in certain situations and why they chose to respond in that way. With their narrative version it is possible to understand how mothers themselves contributed repeatedly to the social relations that ensured they remain in their inferior position in society, the dilemma between the unnoticed and highly under-valued caretaker role and the role as a revenue contributor to the national development. To extract this narrative version it was decided a qualitative method was best suited, focus group discussion aims to seek the inside, looking out approach of what life is really like for mothers in Uganda today. It also explores the insights on the processes that hinder mothers carrying out their role as caretakers. There has been debate in the social sciences as to which methods of collecting information data on mothers oppressed situation is

best suitable. Quantitative methods are the more preferred method amongst scientist but this method separated, ordering, quantifying, manipulation and control of are elements of quantitative hierarchies and brings pre-conceived concepts and prepared questions made to fit the answers into existing theoretical framework. It does not bring out the spheres of reality in a mother's life and her relationship within society. It treats those being studied as objects rather than a person with emotions.

Since mothers living in poverty can be vulnerable it was important for the author to build up a trust, to show respect towards the mothers and to prove the author was in no way better than they are. The author explained to the mothers that she is a student and a mother too with limited resources, even though she is more privileged and coming from a country where social security is better guaranteed than in Uganda. Therefore to avoid any manipulation or any type of authority from the author it was crucial to create a comfortable environment and to allow the moderators to conduct the focus group sessions without interventions. To respect for mother's integrity, mothers could steer the shape and form of the conversation and let the conversation flow using probe questions from the moderators provide clarifications and explanation. The mothers who took part in the focus group discussion were willing to tell about her daily life and how she goes about her every day challenges.

The author had a neutral role during the focus group discussion, holding the dictate phone and observing the mother's and the children's body language and following up on the events during the sessions, not to respond to the conversation during the sessions. Mothers used the focus group discussion as a place to complain and let out their frustrations. Some participants talked more than others but it was easy to see the others mothers agreeing and recognising themselves with other participants, maybe an indication of their powerlessness. The most unexpected information that came across but is most relevant for this study and all mothers simultaneously agreed upon is when reporting crime committed against mothers to the police or to local community leaders. It was at this time the author understood the level of promotion from the State Party for its people to respect other peoples HR, the State Party obligation to HR is not as it should be. For the author this was shocking and unbelievable mothers are not protected by the State Party, only by her husband or her family. This observation is most relevant to the study as it presents mothers in a challenging situation and is part of the main aim of this study to explain how mothers rationalizes why the State Party fails to protect mothers. This type of information could never be part of the interpretation for this study if the author had not observed it herself; the author faced an example of reality herself in what really is going on in Uganda. Information of this sort is not always

documented down in other reports or research as other elements in reports are considered more important to scientists.

There has been an occasion where the author was saddened after a focus group session where mothers have asked what the benefits are for them to join in focus group discussion. Would this study change their lives now? Has the author exploit these mothers or taken advantage of their poor situation just to gain a master degree? It was explained to the participants the study did not benefit them now but hopefully for the future generations it will. The research, after all has the goal in helping mother in terms of policy making and people in position of authority reminding them of mother's poor situation and Uganda has an obligation towards these mothers. The author hopes it may prompt the mothers making them put words on their current situation, that it gave them some awareness of their own situation. For them to realize they should help themselves or to empower themselves. Mothers in Uganda don't demand from others, they accept their fate and live with it silently, that is how they are brought up by parents and by this society.

5.2 Discussion on findings in questionnaire

5.2.1 Does mothers recognise the advantage of having an adequate food status

The low household income mothers have is clearly demonstrated by the lack of diversity of her diet, the variety of food choices and how many meals mothers serve to the family. Mothers have told in focus group discussion there is a wide range of choices on the market but they can't afford to choose. Dietary diversity is not only a good indicator of nutritional status of the family but an indicator of socio-economic status and a measurement of household food security status.

Statistics from Uganda indicates the major food groups consumed by mothers in Uganda are cereal, roots, matooke, tubers and vegetables such as legumes and pulses. These foods were mentioned by mothers in the focus group discussions. Animal protein is limited to special occasions rarely on a daily basis. Caloric intake of roots and tubers contribute to 29%, cereal contributes 28% and matooke 20%. Although these foods are produced and consumed in various parts of Uganda they are readily available and accessible in the markets of Kampala they are also culturally acceptable in the Kampala region (UDHS 2006 and (Ssewanyana and Kasirye 2010).

Mothers living in Kampala are depended on purchasing food from the market but dietary diversity does not always interpret as an adequate nutritional status as some food groups such as fruit and vegetables contributes towards a limited calorific intake, it

contributes only towards micronutrients. This may explain why there is a high stunting rate in Uganda amongst children. The high consumption of matooke which has a high calorific content but has little nutrient content and is consumed mostly in Kampala and the southwest regions of Uganda where the stunting rates are the highest.

Increasing food prices on the few food groups poor household are depended on for caloric intake will lead to a reduced consumption and reduced nutritional intake this suggests any changes will have a huge impact on the individuals of the household. Seasonal availability and accessibility with any changes in the climate resulting in loss of crops that may cause fluctuation in food prices will directly affect mother's food security status and calorific intake as well.

It is revealed from other studies that the Ugandans are food insecure if measured in calories (UDHS 2006) and (Ssewanyana and Kasirye 2010). They consume on average 1953 Kilocalories (Kcal) and the minimum requirement is 2226 Kcal according to FAO 2012. The percentage of those unable to meet the minimum recommended dietary intake is much higher than those unable to meet the minimum income. It has been observed for example a unit increase in the price of matooke is associated with up to 1% reduction in calorific intake nationally, in Kampala it can be up to 27% reduction in calorific intake this surely would lead to a negative impact on the nutritional status of individual members of mothers household (Ssewanyana and Kasirye 2010). The household income status determines calorific intake which suggests food insecurity and income poverty are associated mothers can become vulnerable to fluctuating food prices, which means that caloric intakes are more responsive to changes in income than changes in food prices. Comparably, food insecurity at household level is associated with children's nutritional status. Mothers' household are more likely to be food secure than male headed households as mothers households are more likely to spend more household income on food than male headed household, a pattern that is reported from other developing countries. This applies to seasonal variation of calorific intake which is consistence with the agriculture production cycle. Uganda has two agriculture cycles in a year and it is well known in Uganda that caloric intake and protein intake are highest during the harvest period and lowest during the planting period (Ssewanyana and Kasirye 2010).

Some mothers are depend on receiving food from others, either directly receiving food from others or sending their children to other relatives for meals. Results from the 2009/10 UNHS and Ssewanyana and Kasirye 2010 have revealed similar findings. Mother's vulnerability when food supply is insecure is to miss out on meals taking priority to feed their children they may eat only one a day, they don't prepare meals for their partner if

contributions are not given by him, only for their children. This type of meal pattern is a typical poverty indicator and is reported widely in other studies from Uganda and other developing countries. It was difficult to reveal from mothers from the conversations how often this occurred it is clearly understood from the author that mothers felt embarrassed and or pretended it rarely occurs. The atmosphere in all focus group discussions was quiet no one was willing to tell exactly when asked how often this occurred. The author knows that this occurs to mothers almost every week a typical phenomenon in Uganda and from other developing countries. (UBOS 2010) and (Ssewanyana, Kasirye 2010).

Mothers on the whole did not complain of a low income or being unemployed but were very frustrated over the high food prices and the lack of will from the State Party and the local community leaders to do anything about it. Blaming food export demands to other countries, these countries are willing to pay a good price for food items they don't produce themselves and tradesmen speculate on high food prices on the local market too, mothers cannot afford these food prices (WFP 2009). Producers would rather export their products for a better income and as one mother said in the focus group discussion

“We are eating only skin and bones” (Focus group 5).

Mothers mentioned the State Party raised taxes on fuel thus raising food prices from the wholesale traders transporting food items from the country side. It is important to note the global price on food and fuel has risen in recent years although in Uganda the raised food prices was not so pronounced compared to other countries, these factors along with corruption and bribing does have an impact on mothers economic situation.

Poor people especially poor mothers and their children have the worst health outcomes and are forced further into poverty due to poor health and the inability to generate an income to feed the family. Poor mothers are often excluded from decision making that enhances and improves social and economic benefits of good health and living standards. Paying user fees for public service whether it is for health, schools or nutrition services is a burden for mothers their standard of living is the outcome of whether mothers are able to pay for these services or are using customary practices.

Maternal mortality prevalence depends on the quality of health services while nutrition and under five mortality prevalence depends on other public services delivery such as education, food security, water and sanitation. The burden of challenges is exacerbated by the HIV/AIDS pandemic. Because of this there is a need to connect providers and policy makers as well with other sectors to recipients to concentrate on behaviour and social values for public service deliveries despite the many public health and nutritious messages that are

broadcasted and posted around Uganda. Public health services are rated in how many poor people are cured or have received treatment; it should be rated as well in how it contributes towards preventive and promotion of good health and nutritious status, to protect the poor from high costs of health care and assisting the poor to preventing their social exclusion.

Mothers complained in the focus group discussions they have been rejected for treatment on grounds of discrimination because they are poor and cannot pay for consultation. Mothers have told stories as well of physical abuse and insults carried out by medical staff. There is never any medicine or equipment for treatment in health centres or in hospitals, according to mothers they had to pay for everything themselves. Additionally the purchase of medicine from private pharmacies is necessary as health clinics or hospitals have run out. Mothers claim health care, hospital treatment and medicine should be free of charge and equal to all. Uganda has a huge health burden as it geographically lies in the malaria belt. A majority of people suffer from the consequences of malnourishment that may contribute to the susceptibility to communicable diseases, reproductive ailments, low birth weights and high infant mortality rates. Mothers live under poor condition work in hazard condition, and the high prevalence of HIV/AIDS related illness all which strains public health services further than compared to other countries. Mothers on low income and burden by fees associates with use of public service deliveries and excluded from the demand for better public service delivery.

Public service delivery for mothers should be relevant and fulfils the observed requirement, this is, however seldom so. Mother's voices are not heard because they don't have any influence over the bureaucracy of public services; they are good judges of staff attendance and courtesy but are unable to voice their judgement on the quality of public services. Therefore the providers –client relationship for accountability in public service delivery, where the client monitors health care providers to the extent of the quality and efficiency of public service delivery, does not exist.

5.2.2 Are the political factors considered to be an important for mothers as a right holder and a claim holder

For a State to practice good governance or democracy and to protect HR a State needs to use its Parliamentary mandate as an institution against those who disrespect the norms and value of active society that are written down in the legislative system. One of the functions of a State Party is to uphold the Constitution; in Uganda that includes protect and respect the principles of HR, the right to have a dignified life, right to freedom and the right to property. If the State Party can't be trusted to fulfil this function and does not compile to the legislative

system then HR loses sufferers and the most vulnerable of the civil and active society become exposed to violations of HR (Tumukwasibwe 2010). The people will show doubt towards the State Party, as mothers have done in this study, they have indicated the State Party does not care for its people, mothers' claim they don't promote and support HR for the people. Parliament represents the people's wishes and needs in the political arena and puts them into effect ensuring protection and respect of democracy or good governance and HR for all equally. It is how Parliament respond to, what capabilities it has and to what extend its willingness to be accountable to carry out this activity. These activities are watched under the eyes of legislators and the famous watchdog called the media. All are dependent upon general will of the active society, they set the agenda which the State develops further and implement therefore in principle all people are involved in the foundation of State strategies and policies. In turn the transparency into how the State Policy intends to implement poverty reduction and fulfil its obligation to HR. This is unknown to mothers in this study. Both mothers and nurses from the health clinics are ignorant of the HR principles, the function of a Parliament and the function of a State Party. They are not empowered enough and ill equipped to adequately address the State Party's function and responsibilities when discussing the protection and realization of HR.

Mothers in this study claim the 1995 Constitution is the law of the country and feel they have to know the law in order to know how to behave, be law abiding citizens and how to bring up the children. The wording in the 1995 Constitution is somewhat unclear to mothers and they do not know anything about or where to report violations or criminal acts against them. Mothers report violation or criminal acts to the police or to the LCL but bribing puts a stop to further investigation. Mothers are seeking from the Constitution where they are able to report violation or criminal acts without paying for any bribes.

The preamble of the Ugandan Constitution 1995 was designed to build up Uganda for a better future and to preserve HR based on by national objectives and directive principles. The Constitution has no legal binding it is based on conformity with the values, norms and aspirations of the people, making the Constitution a living document that demands and receive aspiration of an ever changing society. The Ugandan legislative system operates under principles to protect the Constitution and all it entails, including HR. The competent legal practitioners and judges duty is to interpret how this protection is applied. With this one can interpreted that HR principles are protected under the 1995 Constitution and it stipulates that HR should be realized by enhancement, respect and promotion from all citizen, organs and State Policy agencies. The State Party is not accountable for violation of HR under the

domestic legal system. Meaning an individual or a group cannot hold the State Party accountable for violation of HR. The language used in the 1995 Constitution for commitment of State institution and agencies to the principles is a guiding rather than a binding and does not emphasise to what extent the protection people have or which vulnerable groups of people is this protection targeted towards.

The legal protection of HR in the 1995 Constitution is limited to the civil and political rights, whereas the Economic, Social and Culture Rights (ESCR) are not equally or adequately embedded in the legislative system therefore the protection and enhancement of ESCR is not responsive to enforcement. The State does not take any legal obligation to enhance progressive development or to take effective measures to eradicate poverty. There is no explicit guarantee of the right to an adequate living standard in terms of health and health protection in relationships of health services or the right to adequate food in all aspect of food, food production and food security. Mothers and their children in Uganda do not have any guarantee from the State for the protection to the right to the best attainable health and the right to adequate food. For this reason Parliament has refused to pass the 2009 FNB. Parliament fails to see the long term benefits for the country of passing the 2009 FNB, claiming the costs to implement the 2009 NFB. Mothers in this study have said if the right to adequate food was obliged by the State it would give them a better guarantee, it would make life easier for them.

It has been established in this study mothers ESCR are not protected and their interests are not been heard. This situation has worsened in recent years as mothers feel they are left to defend for themselves or seek the protection of their families. Mothers have said that human rights are only for those who are employed by the government or those who are rich and able to pay for corruption or bribes of public officers.

The present State Party since its launch in 1986 under the leadership of President Museveni has established a one party state system and designed the 1995 Constitution, with the help of Constitution Commission. Not taking any consideration for the cause of HR or democracy has restricted the establishment, operational and campaigning of political parties except for the National Resistance Movement (NRM). Political parties exist theoretically and are very weak financially. These restrictions were considered temporary by the Political Parties and Organizations Act 2002 but this has instead embedded further that the one party system, the NRM is not a political party and does not define what activities interferes with the NRM. With this the NRM uses the Constitution to its advantage to gain power and hold a hard grip on to that power and at the same time the question of democracy and HR are only

mentioned if it suits the NRM. This iron grip from the NRM has limited people's choices to elect alternatively or to have associations with other political movements. The NRM limits the active society rights to participate freely and meaningfully in the conduct of public affairs and freedom of association.

Mothers in this study claim political stability and good security in the country in recent years especially in Kampala and in the northern parts of Uganda, but people in large gatherings are either being kept by a watchful eye or chased off the streets by the police and the military. Opposition in other political movements or those expressing different views from the NRM or organizations such as trade unions who can oppose a threat to the NRM power are harassed and chased, if not arrested. During election period the weak political candidates move from village to village for campaigning, giving sweets to the children and empty promises for change to the adults. To the international observers Uganda demonstrates a peaceful democratic and fair election, in reality it is something else. This suggests that the people of Uganda are purposely kept oppressed, the living standards are intentionally kept low and only a few or the top elite are allowed to take part in decision making when designing policies and strategies. This situation can be reflected in State Party departments and institutions mandate and those who have been assigned to carry out this mandate. One can see where the real power lies.

Academics from Uganda such as Oloka-Onyango (2000), Ssenyonjo (2002) Tumukwasibwe (2010), have come to similar conclusions and have indicated that departments and institution within the government have lost implementing powers to carry out their mandate for protecting the general public's HR and to ensure departments and institution within the State Party adherence to its obligation to HR and international treaties. Uganda has all the necessary State Party bodies for democratic governance but it is not applied to in the same manner compared to other countries. The present political Party NRM has exercised a firm grip on the country, not giving the mandate and independence to State Party departments, institutions and ministries enabling them to perform their duties effectively. A democratic system or good governance requires government bodies such as the Legislative Courts, Human Right Commission and the Inspectorate of Government to be independent so they can perform their function ensuring peoples values and wishes are conveyed, ensuring a democratic system and good governance and the State Party adheres to all signatory obligations. In short they should control the State Party. All these independent State Party bodies have the potential to build up and maintain good governance which in turn is essential for effective maintenance of HR. In theory, and what is described in the various Acts in the

1995 Constitution, each of the bodies mentioned above have their separate function, its separate mandate and jurisdiction and are as well guaranteed tenure of office and political independence. The judges of courts and chairman in Commissions are, however, appointed out by the President with approval by Parliament. Nomination or selection processes are carried out without any consultation from interest organizations, neither civil nor active society. The budget office in Parliament prescribes their salaries and allowances and therefore independence of these State Party bodies are limited as the budget is controlled by the President's office and the contents of the annual reports are approved by the President's office. It is not just the President of Uganda that demonstrates power other elements outside of the Ugandan border too.

It is possible that Uganda's strategies and policy designing are influenced by the international society and the international monetary society such as World Bank (WB) and International Monetary Funds (IMF) as they protect the global free markets, loans to developing countries and gives emphasis of private sector over government institutions. They are willing to assist Uganda with economic resources if Uganda abides to Structural Adjustments Programs (SAP) and design the 1995 Constitution that will give emphasis on protecting the principles of equality, freedom and social justice and less emphasis on the protection and fulfilment of economic, social and culture rights in the name of good governance. This resulted in political stability and security in Uganda and in the long term the State losses its sovereignty power and the people become subordinated. The State Party is not held accountable by its people as they are not empowered to challenge the State Party. In general the SAP does not target to benefit the active society and does not reduce poverty altogether. The Ugandan people are not the agents of change in their own country but victims of bad governance and world monetary policy. The monetary assistance to Uganda target the international societies' interests and the interest of transnational corporations where profits are not intended to reach the general public welfare and wellbeing of Uganda. Poverty reduction schemes in Uganda are apparently superficial and have a good appearance on paper and exhibits to the rest of the world that something is done for Uganda to reduce poverty and that Uganda is willing to help them self. This may be a reason why the mothers in this study said there is better security than before the country have less conflict. All mothers have emphasised throughout the focus group discussions the State Party should do more within its borders for example stop export of food, stop the "rich and foreigners" from buying land and control the corruption and bribing.

As one can see the Ugandan Constitution 1995 protects but does not promote women's right sufficiently as it is opened for different interpretation. The extent to which women are protected by the Constitution is reflected in the Initial State Party Reports to the Office of the United Nations High Commission for Human Rights (OHCHR). Stakeholders and the OHCHR have observed from shadow reports lacking comprehensive mechanism and social services support for the protection and promotion of human rights and how women are not promoted by the 1995 Constitution. The State Party claims that such legislative system, comprehensive mechanism and social services support exist for the active society however mothers in this study beg to differ as they do not know what is available to them and how to claim them. It has also been observed the general lack of public information and a lack of implementation in many areas. Uganda has not submitted the Initial State Party Report since 1990 (OHCHR 2012). OHCHR documents suggest that Uganda is in the process of drafting a new report. In the OHCHR document A/HRC/WG.6/12/UGA/1 describes interplay between Uganda's internal legal system the regional and international obligation assumed through the ratification of various core instruments and the context of the difficulties of social, cultural, economic political consideration that influence matters in Uganda today. It gives very little information into how these challenges will be met (OHCHR 2011). The A/HRC/WG.6/12/UGA/2 is drafted by the OHCHR from documents available from United Nation it describes reports of treaty bodies, special procedures, any observations and comments regarding Uganda. This document is drafted due to lack of focus on specific issues because of low levels of interaction or cooperation with international human rights mechanism by State Parties. Stakeholders have submitted the A/HRC/WG.6/12/UGA/3 document to the Human Rights Council describing similar observation as in the document above. These documents were drafted due to the long absence of the Initial State Party Report and to advice Uganda in its obligation as a signatory to the ICESCR and to report its status. Having said this Uganda has submitted regular period reports to CEDEW and to CRC presenting progressive improvement, still Uganda faces challenges to a steadily and continuously implementation of activities in all the provisions of CEDEW and CRC it still needs to view the concerns (OHCHR 2011). Uganda lacks transparency in implantation activities, any action taken and any results achieved in the reports and to the general public especially people living in poverty. In order to improve mother's position in the Ugandan society changes must come from the internal cultural gender –role labelling and accomplished from the top-down as well as bottom up. The drafting of the 1995 Constitution was a good

step in the right direction at that time but now it needs modification coming from bottom up, with assistance that can adjust the formulation from top down.

The drafting of 1995 Constitution has purposely omitted the economic, social and culture rights within the Bill of Rights and it is left up to the Ugandan academia and judges to emphasize the importance for the protection to the economic, social and cultural rights. The Ugandan society is left to themselves to ensure and provide the basic necessities of life to all with the available resources from earnings gained from the opened market if the society is founded on human dignity, freedom and equality amongst the people as a matter of entitlements. In short the people of Uganda are left to their own devices the State made it clear they are not there to fulfil or to provide social-economic in aspect to social security; adequate standard of living including adequate food and water, health, housing and clothing. Meaning that “each to her ability and each to her needs”.

The core of human rights- based approach is the correspondence of process-freedoms and opportunity- freedoms and builds up capabilities that provide theories and interpretations for rights claim. HRBA in this context is being operationalized to monitor equality and HR as it presents the power association from the decision makers to the active society with rights. The active society is encouraged to be active in the political arena by challenging the State Party for linking obligations through a system of proceedings that follow towards rights being a goal and are described in the outcomes of national development and are reflected in social evaluation (Sfeir-Younis 2007).

The HRBA describes capability as an environment where mothers can reach for freedom and opportunities as well as the underlying factors that explain what prevents or offers entitlements and a system of protecting HR. This is the overall process of capability protection and expansion and is significant for public policy designing. As it influences on the capability of individual mothers in that they can provide detailed information to State Party by ensuring information and facilitating public scrutiny in debate.

This may contribute to equity and effective public policy response in themes that are important to mothers. The instrumental role that HR including ESCR and CPR can strengthen local government and public accountability by this increased voice and examines the extent to the right of information and the accessible and affordable to justice. With this HRBA recognises the importance of a national legislative system that underlines the direction to mother’s capabilities can be preserved and supported through the country’s Constitution. In adjacent to this, there may be a need to inquire into the financial regulations, for example national public expenditures, deficits and market failure situations if these complies with

national welfare economics and responding to HRBA principles and can preserve and expand capabilities of mothers.

Mothers in this study feel they are not part of the national ownership towards development and would like to participate but claim they are excluded from the political arena. They said the State Party lacks the will to listen to them, their voices are unimportant. Mother's capability to participate is the centre of human dignity and is value-added in the sense to clarify the idea and possibilities HR offer, the importance for mother's dependency for protection and to promote ESCR rights, securing her HR. It emphasizes as well the ability of mother's to be and to choose what is essential for them as care takers. Dignity and capability of mother's in theory avoids limitation of participation by potentially excluding them on grounds of lack of empowerment in rationality and reasoning.

The Ministry of Health has drafted a costing assumption for implementing the FNB 2009⁵ which would force the State Party to be accountable for the Right of Adequate Food for its people (MOH 2010). A cost assumption for the various activities involved for implementing the FNB 2009 has been calculated and there is concern that the costs are too high. The State Party is avoiding responsibilities and fails to see the long term benefits of investment for the country's human and economic development. It may take several years to see any positive effect experienced by the people and to see any changes. Uganda is signatory to ICESCR and therefore has an obligation to integrate the FNB 2009 into the legislative system. The cost assumptions cover the costs for the range of activities needed for the sectors in the State Party to mandate the implementation of the FNB 2009 Act it doesn't take any consideration to the activities from the private sectors or NGOs.

For implementing and employing the FNB 2009 there is a need for a secretariat to coordinate facilitation of resources to the different State sectors and to be responsible for seeing that issues are not ignored or addressed inappropriately. The secretariat will further be coordinating technical sectors and actors in their mandate towards food production and distribution. To provide also intervention measures for the national food security, early warning systems and strategic food reserves and to contribute to information and education of health, food and water to the general public and to policy designers. The team members of the secretariat should include nutritionist as they give emphasis to the political arena the burden of malnutrition in a household, in a local community and for the country.

5. The costs are presented for a 5 year period introduction period and it is estimated 5.14 billion Uganda shillings is required for this implementation. The article gives an estimate of 2 scenarios in which the FNB 2009 can be implemented.

The FNB 2009 may raise the general knowledge of the population in the importance of an adequate diet, so food and nutrition security may be questioned as a political issue for which the political leaders, State Party and stakeholders will be held accountable if the FNB 2009 is passed in Parliament House. It is not that all policy designers and decision makers are informed of the importance of an improved health and nutrition status for human and economic development and may not commit resources for activities that enhance this status on-going basis. Capacity and knowledge of food and nutrition should to be decentralized towards household and local communities, advocacy, monitoring and evaluating would be the duty of the local community leaders and it should be budgeted to effectively carry out duties to respect and fulfill the right to adequate food for its people. The main areas for budgeting regarding the implementation of the FNB 2009 would go towards advocacy, for institutional and coordination, empowerment of duty bearers and right holders, monitoring and evaluation and strategic food reserves (MOH 2010).

5.2.3 What are mother's constraints

In Uganda mothers can be described as transient poor meaning that mothers are living in pockets of poverty. There are times when mothers lack the economic means to meet the needs of residing in a city such as Kampala. Mothers are, however able-bodied, capable of finding a solution and have determination and resilience to overcome their situation using the education or skills they have enabling them to be productive in the job market and to take advantage in development opportunities. Some mothers have assets for example as a small plot of land or a sewing machine that enables them to sell products and generate an income. Mothers who are transient poor usually have a social network and families to support them in times of need and have the capacity to seek help from public services and from others. Having said this, participating mothers in this study do exist in a state of poverty as their economic resources are limited and most of their income is spent on out-of-pocket for health care as health insurance is too expensive, school fees only if they have a steady income and purchasing of food. In this study participating mothers average income is 281029 Ugandan schillings a month (US \$115 per month) or 9367 Ugandan schillings a day (US\$ 4 per day). The 2009/2010 Ugandan National Household Survey (UNHS) reports the average household income in Uganda is 303707 Ugandan Schillings per month (US \$ 124 per month) (UBOS 2010).

Mother's food expenditure in this study is 53% and the same figure is reported in the USAID report 2010, whereas the national food expenditure reported in the 2006 UDHS and in

the 2009/2010 UNHS it is reported as 45% (USAID- 2 2010) and (UBOS 2010) This may indicate that food prices have raised but mother's income remains the same and they continue to struggle to make ends meet. Despite national economic growth and a considerable poverty reduction in recent years the disparity between the lowest and the highest in wealth has increased, this is so in urban settings. The Gini coefficient measures income inequality and is now 0.43 for Uganda. It has increased from 0.36 in 1992 to 0.46 (World Bank 2012) and (UBOS 2010). Wealth inequality is typically highest in urban areas and affects mothers especially if she does not receive any economic support from her partners.

Corruption remains a major constraint and is rampant in Uganda. There are concerns about corruption and miss-allocation of funds for projects and programs from the international society; some have withdrawn altogether from Uganda. Being one of the poorest countries in the world corruption and bribing of public officials and others is seen as a way by these officials to increase their meagre wages and a way of life in Uganda. Until recently politicians are reluctant to do anything against corruption and bribing as they too gain from it, but persistence from the international society and from civil and active society forces the State Party to deal with it. Mothers are especially exposed to corruption and bribing as they are depended on public service delivery and help from other professionals to take care of their children is a particularly acute burden on the economic situation for mothers. Corruption and bribing encourages discrimination as poor mothers don't have insurance for medical care and to consult a doctor after office hours in an emergency is costly and many mothers hesitate until the last minute and sometimes it is the last minute of herself or a child's life. Corruption and bribing of corrupted police officers on the main food transport highways from the country side is also a major cause for increased food prices. Those transporting food items to the urban markets add on the costs of bribes on to food prices and thus become a burden on mothers with a low household income with other bills to pay as well. Corruption and bribing is seen by the general public as a feature that maintains poverty amongst the people especially mothers. Practises such as nepotism, embezzlement, failure to monitor programs, district favouritism and non-transparent processes in programs that divert funds meant to benefit the poor but end up in pockets of public officials, their friends and relatives.

Tribal tradition and culture in Uganda disclose females were discriminated by types of food containing high protein such as meat, fish, eggs and dairy products as it was considered unsuitable for them. The origin of this type of discrimination was competition between wives with shared husbands in their cooking skills and since food could be scarce priority was given

to men evolving believe that certain food was unsuitable for females. This is however not so in present Ugandan society mothers in this study have emphases they are not discriminated by food any more. The mothers from this study have expressed their frustration on discrimination in other areas of society such as wealth, health status, academic achievement, type of work, access to public services and public goods. Mothers have told the State Party does not show any interest to stop this type of discrimination.

Although Ugandans deny any form of discrimination amongst themselves, in their country the results from this study differs as discrimination in Uganda is a hidden problem. Being a visitor to the country it is not so obvious but studying the country's history, political, social and household hierarchy structure reveals that discrimination within the borders is wide spread. The masculinity of breadwinner identity which surrounds in the responsibility of providing for the family are threatens when the question of gender equality or gender equality is debated. This progress for women disconcerts men in the established relations of domestic hierarchy and generally is afraid of the thought of women ruling.

The cultural gender –role labelling is the general conservative attitude of the Ugandan people and masculinity in present Uganda is now being shaped by new debate of women's rights and gender equality. Because of the political turmoil from independence to the present day may have caused discrimination between tribes and between regions. Statistical evidence of health and wealth status from international and national studies and surveys indicate possible discrimination between regions and between north and south of the country. To hide this discrimination by the State Party blame is given due to lack of economic and human resources.

Mothers in this study see a positive development when women are leaders, are representatives or become members of Parliament. According to mothers this is an inspiration for them as they consider women with such a position something will be done, there will be change and efficiency in resources to help other women will be better allocated compared to men in the same position. But this mandate of equal representatives does not allow men and women to be viewed equal it will stigmatizes women as these positions are filled up regardless if women are qualified or not. It only presents to the rest of the international community an increased number of women in the decision making bodies of Uganda.

The Ugandan Constitution 1995 opens doors to give opportunities that should be equal for both men and women. It recognises women's role in society and the importance of a natural and basic unit of a family as stipulated in paragraph XV and XXIX of the

Constitution⁷ (GOU 2010). Details to women's rights and their role in society are stipulated in paragraph 33⁸.

The Constitution gives protection to women taking account of their unique status and maternal functions this is limited. When NRM came to power the issue of gender equity came on the national agenda and it supported the legitimacy for men and women to have equal political rights. This right is supported in the 1995 Ugandan Constitution and includes additional rights for women. The formulation of the 1995 Constitution stresses a full range of women's rights and emphasizes gender equality by increasing women's political participation. This is however a reduce translation of gender equity and does not involve gender equality. The affirmative action stipulated in the Constitution may create a status of discrimination of women rather than respond to it because of its paternalistic formulation meaning the way it is formulated limits the freedom from discrimination by well- meant regulations. The way the Constitution is formulated creates a protective and provides a sheltered status for women with gender boundaries and categories. It does not open for opportunities and self- realization for women. Domestic laws against discrimination should be analysed as a process of producing set gender identities instead for giving attention to laws that neutralize gender in formerly gendered issues. It makes room for how texts in law can define concepts such as marriage, land ownership and work conditions. It may be a direction for closing confines between law and other aspects of society and accelerate creative thinking about the power that law exercises and how it affects women's life.

⁷. XV. The State shall recognise the significant role that women play in society.

33. (1) Women shall be accorded full and equal dignity of the person with men

(2) The State shall provide the facilities and opportunities necessary to enhance the welfare of women to enable them to realise their full potential and advancement.

(3) The State shall protect women and their rights, taking into account their unique status and natural maternal functions in society.

(4) Women shall have the right to equal treatment with men and that right shall include equal opportunities in political, economic and social activities

(5) Without prejudice to article 32 of this constitution, women shall have the right to affirmative action for the purpose of redressing the imbalances created by history, tradition or custom.

(6) Laws, culture, customs or tradition which is against the dignity, welfare or interest of women or which undermine their status are prohibited by this Constitution.

⁸.XXIX. The family is the natural and basic unit of society and is entitled to protection by society and State.

To why women rights are not fulfilled in Uganda is the lack of knowledge among the general public and the persistent gender- role labelling in all domains refusing to see the persecutory in discriminating against women leaving women with little protection, contrary to the principles of CEDEW and Human Right norms. The CEDEW is not incorporated in the domestic law and like other HR it is used as an objective for progressive development and has not, to now been challenged in courts of law in Uganda as women usually do not have the economic means to pay for lawyers to defend her case.

The result from this study shows most mothers buy their food from the market. Food cultivation by farmers or by women is on lands that have been used by the same family for generations and are suddenly evicted from the land by the new rich people that have bought land for development. Mothers have complained in the focus group discussions their rights to access land is not taken to consideration dispute arises as the new landowner claim they bought land from previous landowners legally through the State Party Land Office and declare the villagers are squatters. Villagers have believed all the time from customary belief that they own the land and should be allowed continue to use the land for food production or be compensated. This applies with land development building roads, new buildings and the like in urban areas or in city centres. People are forced to move out of their homes to make way for development without any compensation or help from the State Party. The active society especially the poorer people are not aware on how to claim certificates of ownership of land and title deeds and the State Party lacks transparency to information. Land issues in Uganda are one of the reasons mothers become vulnerable and is an on-going the cause to dispute and debate between the active society and the State Party because of its' complicity (Adoko 2000).

Historically and under customary tenure, both men and women had equal rights to access land for food production; conventally it was viewed no individual owned the land. The elders of the village managed the land and ensured the land did not leave the tribe or village therefore protecting women's access to land that was allocated to them. Colonial times changed this cultural pattern later as Land Act was enforced using the word ownership in the act, it was assumed that it was men who owned land as they had access to, it was them who managed and controlled the land, deciding cultivation and sale prices. The land Act did not take into consideration of customary tenure of the elder's role in management, to allocation

and protecting women's right to access land. This resulted in strengthening men's right to sell and manage the land and challenges women's capability in subsistence farming, food production and threatens the family's food security as men decide on the profits made from the sale of food (Adoko 2000) and (Mugwanya 2001).

Under the present Land Act women cannot inherit land from their husbands or from male relatives. In 1998 the Matrimonial Property Clause and the Domestic Relations Bill was suspended by Parliament this is the Co-ownership Act for land between married couples. The concept was to secure ownership of land when upon the demise of the husband and ensure the future of his wife and her children. The of loss of family property from sale or grabbing land from the husband's extended family which may force the families to live on the streets and force children dropping out of school to earn a living for the family⁶ (Dicklitch, Lwanga 2003). It is well known in Uganda the quality of health care system has declined in recent years and the major reasons for this is the lack of State Party accountability of delivering public service in delegating, financing, enforcing and transparency of a health care system for its people. The State Party does face an enormous challenge because of the high population growth of 3.2%, almost one million babies are born each year and 50% of the population are under 18 years old (Kikafunda 2010) and (MOH 2010), the national health care needs to accommodate this young population. The national budget to accommodate Uganda's health needs is insufficient allocated and too small. The allocation of the national budget has not changed since 2000/2001 which is 9.6%. The State Party obligation to the Abuja Declaration of national expenditure for healthcare shortfalls of 15% (OAU 2001), (Ssewanyana Bategeka, Mugisha, Kiiza, Muwanika, Wokadala 2010) and (WHO 2010), it is evident that health care budgeting and funding in Uganda is inadequate.

As to why policy and strategies have failed beneficiaries especially in the delivery of public service is the bureaucratic failure in relationship of accountability. The relationship between policy designers, service providers and clients, being the active society, is weak. Each level has a responsibility to deliver its part of the action plan but this fails for a number of reasons.

6. This was known as the Miria Matembe clause who was the cofounder and chairwomen of a Ugandan NGO ACFODE. They advocate action for development to empower women and for protection for women in equal rights to land ownership.

Although the President generally supports women's causes, he does not support women's ownership to land accusing Miria Matembe from stealing land from men and failing his cause.

Policy designers have well formulated policy and action plans to improve the statistics of health status and reduce poverty levels amongst its people but there is for example poor administration for the logistics in the delivery of health services. There are no private actors involved in the delivery of the whole health care services for the State Party health care is delivered directly from the MOH. It is either State Party administrated, privately owned or administrated by faith based organisations. Uganda being a hierarchy society lacks communication between health providers and decision makers, the latter fails to see each district or community needs especially below the level of health care clinic 3 and updated information for medical staff is limited. Health care clinics in Uganda are obliged to send in monthly reports on treatment and health status to the District Health Office they collect data information from all health care clinics in the district and send to the MOH. Both economic resources and human resources are insufficiently allocated because of the incorrect information and due to a standard policy that accommodates for the whole country policies should accommodate for the individual district or community needs.

5.3 Coping

For the realization of the right to adequate food implies the roles of duty- bearers with obligations and responsibilities. The main responsibilities of a mother are to take care of her children, to carry out this role a mother needs capacity for ensuring this optimal growth and development. The family, community, public services and State Party institutions have the responsibility to ensure mother is able to achieve her duty as a care taker.

5.3.1 Operationalizing capacity analysis

The data information gathered from focus group discussions in this study will be used to analyse mother's capacity in her role as a care taker. The different elements in capacity will be discussed showing the extent to which mothers use their capacity when fulfilling their role as duty bearers when taking care of their children, bearing in mind the poor quality and delivery of public services and State Party unwillingness to fulfil its obligations. In this study elements of capacity may overlap as there are no defined indicators for mothers' capacity performance when operationalizing capacity analysis of duty bearers or right holders. For purpose of organization the five elements of capacity described by Jonsson (2003) will be used in this study to analyse mothers' capacity. These will be presented in table 10 as a

summary and findings from this study will be applied to indicators from each element (Jonsson 2003).

Table 10 Applying findings to operationalizing of capacity analysis

Elements of Capacity	Indicator	Apply Findings
Motivation Acceptance	Accept	Mothers accept a moral duty to take care of her children
	Responsible	Mothers accept she has the sole role of responsibility to take action.
Authority	Awareness	Mothers are aware the existence of her children's rights and her own right to adequate food but are unaware about their implications or how to claim them.
	To Decide	Mothers decide what is best for her children without interference.
Economic Resources	Income	Mothers have inadequate income and high food expenditures.
	Access to land	Few mothers have access to land.
	Education Employment	Low education achievements with little employment opportunities.
Human Resources	Limited knowledge	Mother's general knowledge is low and not understanding health benefits of adequate diet.
	Limited skills	Mother's skills to look after her children are adequate.
	Time	Household chores and employment limits her time.
Organizational Resources	Other professions	Mothers rely on other professions for support.
	Delivery of Public Services	Poor delivery service from Government.
	Social Network	Family and friends who help out.
Communication	Oral Communication	Mothers rely on oral and picture messages.
	Mass Media	Mothers prefer messages through mass media such as radio and television and from public gathering or individual consultations.
	Public Gatherings	
Capability for Rational	Ability to Process Information	Mother's ability to process information to make rational decision is limited.
	Decision Making	Mothers rely on other people experience as a caretaker.
	Learn From Information	A need to confirm with other mothers their understanding or experience of information given.
	Experience from Others	

Acceptance

All mothers in this study accept they have a moral duty to take care of their children to achieve their optimal growth and development. They identify themselves as someone who has the role of a care taker. A mother who has a natural bond and love for her children and accepts the sole responsibility to take action that ensures her children are taken care for. Mothers do not agree State Party should directly be responsible to take care of children only in acute situations.

Motivation

Motivation to take action is closely linked to mother's level of confidence, self –esteem and the ability to adapt to situations and making the best of whatever is accounted. Mothers need to plan, have bargaining skills and have a level of knowledge and skills to how best to fulfil the role as mothers and initiate direct action. All mothers agree they must have motivation to continuously attempt to generate an income and work hard so children have a good upbringing and are educated so they have a life they value themselves.

Authority

Mothers need to have the authority to decide what is best for her children in order to gain optimal growth and development without interference from others. Having said this, mothers do respect advice from others but want to decide for themselves what is best for their children. Mothers are aware of existence of her children's and her own HR and the right to adequate food but are unaware of the consequences in not claiming them.

Economic Resources

To take care of her children mothers need to have an income or financial support from others. Most of mother's income is spent on food expenditure and bribes of public officials leaving very little for other items such as health care and school fees. This limited income is the reason for mothers reduced purchasing powers feeding her children on food items that are filling but are not necessary nutritious. Mothers have said the State Party does not take any measures that assist the poor people to raise their living standards by increasing wages, create employment, control bribing, reduce fuel taxes, control food prices and the like.

Human Resources

Mothers should have knowledge on how to take care of her children. They should have knowledge on feeding practise, meal patterns and what to do if the children get sick. Academic achievements amongst mothers are low which limits their skills to improve living

conditions with what they have and to generate an income. Most mothers are either unemployed, are in petty cash business, do labour work or are looking after other children or elderly. Mother's academic achievements are a good indicator to how creative she is some mothers, however are under the influence of drugs or alcohol and spend less time seeking employment.

Organizational Resources

In order to achieve optimal growth and development of her children mothers are depended on other people, other professions and the State Party for support. This type of support is to seek advice, assistance and information. Mother's social network which consists usually of parents and grandparents are the support mothers rely on the most. They help by sending food from the village and help to look after the children if mothers are working. Mothers have indicated they don't receive much help from friends or neighbour as they are poor as well.

Mothers in this study have expressed the lack of support from the LCL one of their functions is to implement government programs but due to poor bureaucracy and insufficient funding the outcomes are non-existing. The LCL, however does intervene if children are not been taken care for they mobilize help for the family. Delivery of public services and maintenance of public infrastructure which mothers are so depended on are of poor quality and are not reliable and they lack qualified staff to administer public services.

One can conclude the control of resources indicates mother's ability to fulfil her role as a caretaker and make decisions that benefits her children's wellbeing. Compared to male headed household, mothers are able to allocate extra resources under their control to children. Despite lower income from single mothers their children's wellbeing are adequate, better than expected as distribution of food and care is favourably to children compared to male headed household. It is not the level of household wealth or mother's education achievements that exclusively determines the nutrition and health status of children but mother's access and control over these resources and to the extent State Party's willingness to provide and facilitate public goods to mothers.

Communication

Mother's education achievement is the pathway to the ability to process information, the ability to acquire skills and the ability to cope better. Education and improving mother's ability to acquire new knowledge and process it appropriately may give better ability to use health care facilities and take action that benefits her children.

Published information needs to be understood therefore messages should be written at a level easily understood by mothers that are available continuously and easily accessible by displaying or announced through mass media. In Uganda mothers rely on oral communication and picture communication they prefer to receive messages either from large public gatherings, through mass media or from individual consultations. Mothers in turn should be able to communicate with people in professions such as health care staff and school teachers but the possibility to communicate with people in professions vary as some have experience rudeness or not been heard.

Communication in Uganda, with some exception is top-down because of the hierarchy system Uganda has therefore the watch dog called newspaper is only too happy to receive complaints as criticism against the State party is printed in the newspaper and the story sells, mothers know this and the story is followed up enthusiastically. Information processed and retained from mass media reflects mother's current constraint to take care of her children whereas education achievement reflects how effective she is to go about it.

Mothers have the right to freedom of speech and opinion and they can participate in organizations that will help to improve her life, however if opposition of any kind is established in forms of unions or organizations that threatens the present political party power they will be immediately closed down and the participants are harassed whether they are not mothers or not. To communicate with State Party is sometimes considered as a political threat and mothers have expressed communication is one way in Uganda. May be this is why there is plenty of public information on health, especially to combat AID/HIV, alcohol and drug abuse, food and nutrition issues, culture and social issues but less on political programs and general information of public goods.

Capability for Rational Decision Making

To be able fulfil the duty or responsibility as a care taker depends on the extent to which mothers can process information, learn from it and use the information to make rational decisions that is valued and benefited from. To be able to use new information is a long term and an on- going process and mothers rely on confirmation in understanding this information from other mothers in a similar situation and to exchange ways of coping.

5.3.2 Mother's coping strategy

The intensity of mothers coping depends on her resilience and her capacity to mobilize resources. The main objective of a household according to literature is to maintain a long term food security and mothers use coping strategies to acquire food (Adams, Cekan, Sauerborn

2000) and (Oo, Kusakabe 2010). If this fails then food becomes a relation of power within in a household, not only between genders but with generations as well. To obtain food becomes the main occupation of members of the household and nutrition and health status can be interpreted as to what extent the adopted coping strategies have failed and consequence of not coping. Literature reveals also a significant differentiation in the ability of mothers coping in given similar conditions (Carver, Scheier, Weintraub 1989) and (Adams, Cekan, Sauerborn 1998). Some cope better than others this depends on mothers and the household resilience to exogenous factors and endogenous attributes that has been discussed above. How mothers successfully cope is based on the type of coping strategy adopted, timing and the intensity.

It was observed in this study mothers were not open or willing to share how they cope, the reason why could not be answered, but the interpretation from the data information collected from the focus group discussion revealed that mothers use three types of coping strategies this is also reflected from results from other studies from Uganda and other countries (Oo, Kusakabe 2010), (Bentley, Aunger, Harrigan, Jenike, Bailey, Ellison 1999) and (Rutakumwa, Krogman 2007). Mothers use motherhood, ignore or waiting and deceit when attempt to cope and may give short term or long term benefits for mothers and her children.

Motherhood

Mothers in this study use the identity of motherhood to gain respect from others, they have a responsibility as caretakers they are not passive or resourceless people they are capable to navigate challenges, perform their duties and do something constructive to mitigate their poor situation. The maternal image as response strategy helps mothers to protect their family from those who try to dominate them, bribe them or to cheat them in the market when they bargain, for example against high food prices, bargain corrupted public officers or persuade medical staff to see a doctor. Their bargaining power and confidence calls for sympathy and lenience to those who exploit. Motherhood is used to advocate experience from mother to daughter giving emotional support and companionship when times are hard.

Ignores or waiting

Restraint coping is waiting and is considered as a passive strategy by not engaging in any attempt to deal with a situation or holding one- self back or waiting for an opportunity to arise. Findings in this study are similar to other studies mothers have said they just wait and see what happens or they wait for an opportunity to earn an income and take it. Mothers in oppressed situations ignore their situation in hoping in time it disappears or they turn to the

extreme such as religion to cope, this maybe the reason why church attendance is high in Uganda. Ignoring is an acceptance of their situation and occurs primarily in health problems where mothers wait when the condition became serious before consulting health professions. They lack the time, money and support from their husband to address the health problem and this situation is very unfortunate when children become ill and mothers consult the health clinics at the last minute.

Subterfuge

This type of coping strategy is to escape from defeat in argument by using deceit. A coping strategy used by mothers when resources are controlled by husbands, males or in-laws, a typical coping strategy used in all societies living in poverty (Bentley et al 1999) and with this coping strategy one can see how mothers use it for her advantage. Mothers cheat husbands and men when it comes to food as they control food possession and intake at meal time. Food preparation is done unobserved thereby mothers can snack or taste food whilst cooking, hide and manipulate food choices and portion size in favor for her children and herself.

Mothers hide sell off of own farm products or own made non- food products or surplus that men don't know of and use the money to benefit her children. They sell as well products from their back yard garden instead of feeding the family with it for other necessary non- food items.

Mother's heavy work load and giving birth to many children have caused them physically weak and more susceptible to illness and not all cultural concoction treatment cures. Some husbands resent the cost of health care services, appose to family planning services or dislike modern medical practice therefore mothers need to use these health care services secretly.

5.4 Ugandan mothers and normative conceptual framework

The findings and discussion from this study indicates divergence of mother's situation and the ideal situation from the UNICEF normative conceptual framework (UNICEF 1990). The aspect of mother's and her children's wellbeing is confined by the concept of care and is recognized at three interdependent levels. Factors involved in the outcome of nutritional and health status is the manifest of the individual child and its mother. The basic determines of potential resources, the political structure and political power Uganda has does not favour poor mother and their ESCR are not protected. Mother's education, economic resources and nutritional and health status is one of the key factors in the underlying determination of adequate behaviour and practice to ensure an adequate dietary intake for maintaining adequate

health and nutritional status for herself and her children. Having said this, however Statistics from anthropometric measurements of mothers and measurements of children below five years old from international and national survey indicates that mother's environmental characteristic, capacity and time as a care taker, activity level and utilization of health care facilities are not adequate. Mothers are exposed to possible vulnerability causing household food and nutritional insecurity as Iram and Butt 2006 in their article underlines "the national and community resources in Uganda are limited by the access from international donor, access to technology and to the quality of human resources. Political, economic, cultural and social factors affect the utilization of these potential resources and how they are translated into resources for food security, care, a healthy environment and public services for mothers" (Iram, Butt 2006).

6. Implications

The finding from this study makes it abundantly clear that mother's human rights and her right to adequate food is not protected or fulfilled. Despite the rhetoric obligations to the HR, the commitment to eradicate poverty and its many programmes it seems evidently that the political party NRM has no seriousness to follow its responsibility on these matters as ahead of State. Given what has been examined in this study the following recommendations have been made that may be useful in order to contribute towards a better life for mothers of Uganda.

Shortcoming of the study

More research is required for comparing urban and rural needs as in this study the comparison was too similar as the urban and rural areas chosen were not comprehensive enough. Any comparison made should be made from for example Kampala and villages as well as outside of Kampala's suburbs. The use of qualitative and quantitative methods mixed is ideal for a larger study, the corresponding demographic and interview guide in these methods enriches and complements findings, and opens up ways for seeking towards other directions which may stimulates new discussion and debate. It may be necessary for a continuous conduct of data information collection concentrating on one theme for example Human Rights and allow the larger picture to emerge from there. This study covered too many themes and was challenging to gain a complete picture of what mother's situation is. It is necessary as well to increase the number in the sample population and the number attending the focus group sessions. This would enrich the data information thereby giving a more substantial and significant findings.

Constitution

The 1995 Constitution needs a reform that is independent of the State Party as the wording needs to be more precise who the duty bearers are what the obligation of State areas are as a primary duty holder when it comes to HR. The Constitution accommodates only for the activities of the NRM and does not legally bind NRM for any political responsibility. It should give provision for other political parties to join in the political arena. A clear violation of both HR and limits the process of democracy as other political parties are discriminated in participation in the affairs of the government. International law, customary law and statutory law have to be better conceptualized and incorporated in each other and positioned in the

domestic legislative system. The Constitution does not specify or give precise remedies that the legislative system should hand out in courts when HR violation occurs. The courts are left to define and to decide to what extent violations are this is especially so with the violation of ESCR rights. It has been suggested to introduce a legal aid system where poor mothers and poor people can be supported in challenging the rich and powerful in the legal system.

Human Rights

Being so poor the mother's use most of their time scratching a living and don't have the time to seek information and therefore poor mother's remain ignorant of its principles, if familiar with it are afraid to demand as societal conditions in Uganda have not encourage this. But only the active society themselves can protect and fight for their rights. It cannot be done by a few actors or academics on the behalf of the majority. Actors or academics can advocate and sensitize the active society on their responsibility as a duty bearer and claim holder. The protection and promotion of HR strives are part of the progressive development of a society, academics and actors can join in this development and this is why it is important for the Ugandan people that the international community to consistently and more actively play its pulling and pushing functions to ensure that Ugandan State respect and implement their international human rights obligations. Uganda should understand the importance of recognising the ESCR as human rights and as a norm based on international human right standards with emphasizes of accountability, equality, empowerment and participation. The lack of these elements is a major constraint to poor mothers resulting in the inability to claim rights and to come out of their poor situation.

Political party

The ruling party NRM has depended on foreign funds to remain in power these donors have welcomed Uganda's rhetoric good governance and human rights obligations but fail to see the real intentions of the NRM. When offering aid to Uganda it is necessary for them to put more pressure on the NRM as a ruling party to fulfil its responsibility as a head of State in HR issues, to combat political corruption and encourage a rights-protective regime and a rights-respective society.

The ban of political parties' activities by the NRM has frozen the freedom of association and assembly thereby debates on alternative views about poverty and Human Right issues are left untouched. The oppressed opposition are unable to remind the ruling party NRM what their priorities are and economic growth that Uganda experience recently

cannot be excused for ignoring the HR obligation the State has or for ignoring the requirements for the continues effort to eradicate poverty.

State Party Institutions independent role and function

The Courts of Judicature, Human Commission and the Inspectorate of Government all have their own individual role and function, should each be independent from each other and shall not be subjected to the control or direction of any person or authority. The lack of independence and authority from these State Party institutions affects the protection and promotion of HR and encourages discrimination. Without these State Party institutions HR violations, abuse, political corruption and bribing will never be combated as the complaint mechanism for the civil and active society is absence, trust and belief in the system is also weakened. These State Party institutions should be voted in or be appointed by a committee containing a mixture of experts and civil and active society and should be allowed to carry out their Constitutional mandate independently.

Parliament has as well been accused of being less enthusiastic and not representing the civil society or the general public's interest. They have been criticised in failing to act as agencies that controls the executive organ as Parliament since 1986 have been more pliant to the executive organ than inquisitive. Their power over the purse doesn't allocate to funding in comparative terms to sectors that addresses social discrimination and the marginalized. They have not been involved in direct poverty reduction strategies and policies using their legislative authority to enact the promotion of poverty reduction and to ensure the obligation of the executive organ's in protection, respect and fulfilling HR. In Uganda these State Party institutions mentioned above have been described by the civil society and the general public as "a toothless dog and its bark don't match its bite".

Policy designing

Strategies to eradicate poverty and to promote HR explain what needs to be done to gain positive outcomes. Therefore designing policies has to be formulated so the outcome of the program is gendered equally based on the roles in society. By better understanding the range of strategies mothers employ systematic research is required so policies can be more effective, culturally and appropriate interventions are more carefully targeted avoid aiming for the average and are specifically focused to ensure that it benefits or specifically benefits the target group it is intended for. Indicators such as State Party willingness defined as legal commitment in the domestic legislative system and indicators of achievement in relation to

State Party's capacity will be challenged in assessing its efficiency when including human right- based approach principles in policy designing. These indicators of willingness and indicators of achievements would be reflected in Uganda's national periodic report that is yet to be published.

Participation

Poor mothers have said they are not being heard in decision making in their community they feel they have no effective representation, no voice and are subordinated or powerless to give influence as they are never invited to attend community meetings. Mothers would appreciate being consulted on all initiatives and allocation of resources in their local area that may have an impact on her life. The community does not inform of these initiatives and mothers are not consulted or receive feedback from any decisions made. Mother's subordinated status and ignorance prevents access to development initiatives for example credit and saving schemes poor mothers lack confidence and capabilities to organize themselves into groups. It has been requested by poor mother's access to more information on development opportunities, State Party policies and public services. It has been suggested that guidelines for community LCL representation of poor mothers for flow of information and consultation of State Party programs as well as participation in decision making may benefit the whole community and facilitate resources more effectively.

Adult education

The Ugandans need to revise their education system, develop a school curriculum and to provide adult education. This is to better equip the active society adequately in addressing the question of the protection and realization of HR and to be more inquisitive in the NRM political power and responsibilities.

7. Conclusion

The exploration of mother's role and capacity in this study has emerged out a complex issue of challenges that includes the issue of poverty, social issues and governance. The complex issues affecting mother's position differently are the human rights principles of dignity, participation, empowerment and accountability. There is an understanding of mother's perception of her capacity and constraints she faces daily and the underlying factors that deny her from asserting her HR and the right to adequate food.

By examining HRBA and considering human right principles in the analysis and discussion one can understand to why mothers have constraints and remains poor despite all the poverty reduction strategies, policies and programs Uganda has and the State Party signatory obligations to Human Rights Covenants and other Human Right Instruments. What this has achieved in relation to mother's poor situation it becomes apparent that underlying factors is the main cause of mother's constraints. The underlying factors prevent mothers from performing her caretaker role efficiently. The HRBA reveals inadequacy in all elements of mother's capacity as a caretaker the two elements that affect mother's capacity the most, according to the findings in this study are economic resources and organisational resources.

Although this study is small and is not the most influential but it does have relevance in achieving poverty reduction. To create a co-operation between policy makers and decision makers in field of expertise and power to realize the long term benefits of poverty reduction, this study can offer a communication tool between mothers and policy and decision makers as mother's narrative perspective gives information on recipient needs and understanding. It is also a reminder to all the normative aspects of poverty reduction. There are obligations and commitments for setting this on the agenda and continuing attempts should be made to reach the set goals. The study may give a possible link to persuade the State Party to realize the urgency in passing The Food and Nutrition Bill. This calls for a legal binding or a Constitutional provision that recognizes and specifically describes the State's role in protecting, respecting and facilitating the right to adequate food.

The historical and political turbulence has forced the country into a one party regime that has secured peace but the interest and beliefs of the civil and active society has diminished now and is not reflected by the one party regimes own interests. It does not respect

or encourage inclusive and an active right-respective society coming from the grass root and the civil and active society have lost hope and belief in this one party regime they once supported. This governance without a rights- protective State Party and a rights-respected society means that democracy and participation in Uganda is waning and the national progressive development is stalling. The civil and active society are politically dispirited when demanding human rights and are aware of the corruption, political scandals and human right violation that occur in the country. They talk about politics but they don't voice any inquisition to the State Party's activities as they are afraid to lose their livelihood and have in the recent past elections voted for a one party governance to secure and save their position in society. In short a majority of members of the Ugandan society still remains perpetuating subordinated and are not participating for a progressive development in Uganda.

The civil and active society should build up tolerance, trust and understanding of the opposition for development and a lasting rights-respective society. It is clear that a significant renovation of the political system would help to achieve any form of poverty reduction, prevention of human right violation and to sustain democracy and may maintain the protection and respect from the civil society and active society so mothers in Uganda can perform her role as care taker with dignity.

8. Reference

- Adams, M A., Cekan, J., Sauerborn, R. (1998). *Towards a conceptual framework of household coping: Reflections from rural West Africa*. Africa 2000, volume 68 issue 2.1998.
- Adoko, J. (2000). *The impact of the presumption that women do not own land and the Uganda land act*. Oxfam GB in Uganda and a member of the Uganda Land Alliance. http://www.mokoro.co.uk/files/13/file/lria/impact_of_presumption_women_do_not_own_land.pdf. Retrieved from internet 20th February 2013.
- Andreassen, B A. (2007). *Political science, human rights and the right to food discourse*. In W.B. Eide and U. Krackt (eds). Food and human rights in development. Evolving issues and emerging applications. Volume II. Belgium. Antwerpen Intersentia.
- Andreassen, B. A. (2010). *Development and the human rights responsibilities of non- state actors*. In B A. Andreassen and S.P. Marks. (2010) (eds). Development as a human right: Legal political and economic dimensions. 2nd edition. Belgium, Intersentia.
- Ary, D., Jacobs, L C., Sorensen, C. (2010). *Introduction to research in education*. 8th edition. USA. Wadsworth Cengage Learning.
- Atukunda, M. (2011). *The tragedy of Uganda's healthcare system: The case of Kawaala Health Center III, Kampala District*. Advocates Coalition for Development and Environment (ACDE). Citizens Budget Tracking and Information Center (CBTIC). Infosheet No. 10, 2011. Kampala, Uganda. www.acode-u.org/library. Retrieved from internet 12th November 2012.
- Beitz, C.R. (2009). *The idea of Human Rights*. Oxford.UK. Oxford University Press,
- Bentley, G.R., Aunger, R., Harrigan, A.M., Jenike, M., Bailey. R.C., Ellison, P.T. (1999). *Women's strategies to alleviate nutritional stress in a rural African society*. Social Science & Medicine. Volume 48 1999. Elsevier Science Ltd.
- Berg, B L. (2009). *Qualitative research methods: For social sciences*. 7th edition. Boston USA. Pearson Education, Inc. Allyn & Bacon,
- Buergenthal, T., Shelton, D., Stewart, D.P. (2009). *International human rights in a nutshell*. 4th edition. USA. A Thomson Reuters business.
- Bultrini, D. B., Knuth, L., Vidar, M. (2011). *Guide on legislating for the right to food*. Rome. Food and Agriculture Organization of the United Nation, FAO 2011.
- Carver, C.S., Scheier, M.F., Weintraub, J.K. (1989). *Assessing coping strategies: A theoretically based approach*. Journal of and Social Psychology 1989. Volume 56. No 2. Published by the American Psychological Association Inc. USA.

CEDAW. Convention Eliminating all Forms of Discrimination against Women. (1979). UN doc. A/RES/34/180. Geneva. International Covenant Economic, Social and Cultural Rights of the United Nations.

CP (2011). Transparency International Corruption Perception Index 2011. <http://cpitransparency.org/cpi2011/results/#CountryResults>. Retrieved from internet 12th November 2012.

CPRC, DRT, CCFU (2009). *Culture and social protection for the very poor in Uganda: Evidence and policy implication*. Chronic Poverty Research Centre, Development Research and Training and Cross-Cultural Foundation of Uganda. Kampala, Uganda.

CRC (Covenant of the Right of the Child) (1989). *Article 27. The right to an adequate standard of living*. Geneva. International Covenant Economic, Social and Cultural Rights of the United Nations.

Dicklitch, S., Lwanga, D. (2003). *The politics of being non-political: Human rights organizations and the creation of a positive human right culture in Uganda*. Human Rights Quarterly. Volume 25. No 2. 2003. Published by The John Hopkins University Press.

Eide, W.B., Kracht, U. (2005). *The right to adequate food in human rights instrument: Legal norms and interpretations*. In W.B. Eide and U. Kracht (eds). Food and human rights in development. Legal and institutional dimensions and selected topics Volume I. Antwerpen, Belgium. Intersentia.

Eide, A. (2006). *Article 27: The right to an adequate standard of living*. In A. Alen., J. Vande Lanotte., E. Verhellen., F. Ang., E. Berghmans and M. Vehheyde (eds). A commentary on the United Nations Convention the Right of the Child. Martinus Nijhoff Publishers, Leiden 2006.

Eide, A. (2007). *State obligation revisited*. In W.B. Eide., U. Kracht. (2007). (eds). Food and human rights in development. Evolving issues and emerging applications. Volume II. Antwerpen, Belgium Intersentia.

Engle. L.P., Menon, P., Haddad, L. (1999). *Care and nutrition: Concepts and measurements*. World Development. Volume 27. No.8. Published by Elsevier Science Ltd.

FAO (2012). FAO Statistics, *Food balance sheets for Uganda*. <http://Faostat.fao.org/site/368/desktop.Default.aspx?PageID=368#anchor>. Retrieved 18th November 2012.

FAO, WFP, IFAD. (2012). *The state of food insecurity in the world. Economic growth is necessary but not sufficient to accelerate reduction of hunger and malnutrition*. Rome, FAO.

Frostell, K., Scheinin, M. (2001). *Women*. In A. Eide, C. Krause and A. Rosas. (2001). (eds). Economic, social and cultural rights. A textbook second revised edition. Martinus Nijhof publishers, Dordrecht/ Bosten/ London. Kluwer Law International, Hague, Netherlands.

GOU (2009). Food and Nutrition Bill 2009. Government of Uganda. The Republic of Uganda, Kampala.

GOU (2009). Food and Nutrition Council 2009. Government of Uganda. The Republic of Uganda, Kampala

GOU (2010). *Constitution of the Republic of Uganda*. The Government of Uganda 2010. The Republic of Uganda, Kampala.

Hadiprayitno, I. (2010). *Declared, not acquired: claiming hunger as a violation of the right to food, with a case study form Indonesia*. In O. Hospes., I. Hadiprayitno. (2010). (eds). *Governing food security. Law, politics and the right to food*. Netherland. Wageningen Academic Publishers.

Hartly, J. (2004). *Case study research*. Chapter 26 in C, Cassell and G, Syman (2004). (eds). *Essentials guide to qualitative methods in organizational research*. London, New Delhi. Sage Publication Ltd.

Harvey, P., Rambelosen, Z., Dary, O. (2010). *The 2008 Uganda food consumption survey determining the dietary patterns of Uganda women and children*. A2Z: The USAID Micronutrient and Child Blindness Project, AED, Washington D.C. 2010.

Haug, R., Rauan, E. (2011). *Realizing the right to food by integrating human rights in poverty reduction strategies?* Forum for Development Studies. Volume 29, issue 2.

Hinton, R., Earnest, J. (2010). *Stressors, coping and social support among women in Papua New Guinea*. Qualitative Health Research volume 20 (2). Sage Publisher. Retrieved from internet 24th October 2011.

Hotz, C., Lubowa. A., Sison. C., Moursi. M., Loechl. C. (2010). *Food Composition Table for Central and Eastern Uganda*. International Food Policy Research Institute (IFPRI) and International Centre for Tropical Agriculture (CIAT) 2012. Washington DC.

HSSP-2 (2008). Health Sector Strategic Plan 11 2010/11 – 2014/15. Ministry of Health (MOH) 2008. Kampala. The Republic of Uganda.

ICESCR (1999). General Comment No. 12. *The right to adequate food* (article 11) E/C.12/1999/5. International Covenant Economic, Social and Cultural Rights 1999.

ICESCR (2003). General Comment No.4. *Adolescent health and development in the context of the convention on the rights of the child*. CRC/GC/2003/4. . International Covenant Economic, Social and Cultural Rights 2003.

Iram, U., Butt, M.S. (2006). *Understanding the health and nutritional status of children in Pakistan. A study of the interaction of socioeconomic and environmental factors*. International Journal of Social Economics. Volume 33 No.2 Emerald Group Publish Limited.

Jonsson, U. (2003). *Human rights approach to development programming*. Nairobi Kenya UNICEF: Eastern and Southern Africa Regional Office (ESARO).

- Kennert, K., Bokeloh, G., Gerster-Bentaye, M., Weingartner, L. (2010). *Environment, Natural Resources and Food. Achieving food and nutrition security. Action to meet the global challenges*. A training course reader. International Weltbildung und Entwicklung. Germany.
- Kent, G. (2005). *Freedom from want: The human right to adequate food*. Washington DC, USA. George Town University Press.
- Kikafunda, J.K., Bader, E., Palma, G., Razes, M.(2010). *Nutrition Country Profile*. The Republic of Uganda 2010. Food and Agriculture Organization of the United Nations (FAO). Food Insecurity and Vulnerability Information and Mapping System (FIVIMS).
- Kirkemann Boesen, J., Sano, H.O. (2010). *The implications and value added of a human rights-approach*. In B A. Andreassen and S P. Marks (2010) (eds). *Development as a human right. Legal political and economic dimensions*. 2nd edition. Belgium. Intersentia,
- Knuth, L., Vidar, M. (2011). *Constitutional and legal protection of the right to food around the world*. The Right to Food Studies. Rome. Food and Agriculture Organization of the United Nation FAO 2011.
- Kruger, R. A. (1998). *Developing questions for focus group*. Focus Group Kit 3. California USA London New Delhi. Sage Publications, Thousand Oaks,
- Kruger, R. A. (1998). *Moderating focus groups*. Focus Group Kit 4. California USA London New Delhi. Sage Publications, Thousand Oaks,
- Kruger, R. A. (1998). *Analyzing & reporting focus group results* Focus Group Kit 6. California USA London New Delhi. Sage Publications, Thousand Oaks,
- Kruger, R A., Casey, M A. (2009). *Focus Groups: A practical guide for applied research*. 4th edition, California USA. London New Dehli, Singapore. Sage Publication Thousand Oaks,
- Kuper, A., Reeves, S., Levison, W. (2008). *An introduction to reading and appraising qualitative research*. British Medical Journal. Volume 337. Retrieved from internet 8th October 2011.
- Lajul, W. (2007). *Conflicts and the right to food in the IDP camps in Northern Uganda*. In the right to food and development in Africa. (eds) A. B. Rukooko., E. Wamala., F.M. Kasozi., L. Mugumya. African Journal of Ethics and Human Rights. Volume 1
- MAAIF and MOH.(2003). *The Uganda Food and Nutrition Policy*. Ministry of Agriculture, Animal Industry and Fisheries and Ministry of Health 2003. Entebbe, Republic of Uganda.
- MAAIF and MOH(2010). *The National Food and Nutrition Strategy 2005*. (updated 2010). Ministry of Agriculture, Animal Industry and Fisheries and Ministry of Health 2003. Entebbe, Republic of Uganda.
- MAAIF (2010). *Agriculture for food and income security: Agriculture sector development strategy and investment plan 2010/11- 2014/15*. Ministry of Agriculture, Animal Industry and Fisheries. Entebbe. The Republic of Uganda.

Malterud, K. (2001). *Qualitative research: standards, challenges, and guidelines*. The Lancet. August 2001. Volume 358.

Maxwell, D., Watkins, B., Wheeler, R., Collins, G. (2003). *The coping strategies index: A tool for rapidly measuring food security and the impact of food aid programs in emergencies. Field Method Manual*. CARE Eastern and Central Africa Regional Management Unit, World Food Program (WFP) and Vulnerability Assessment and Mapping (VAM).

Medley, M. M., Kennedy, C. E., Lunyolo, S., Sweat D. M. (2009). *Disclose outcomes, coping strategies and life changes among women living with HIV in Uganda*. Qualitative Health Research, volume 19 issue 12. Sage Publishing.

MOFPED (2010). *Background to the budget 2008/2009. Fiscal year. Achieving prosperity for all through infrastructure development, enhancing employment and economic growth*. Kampala, Uganda. Ministry of Finance, Planning and Economic Development 2010.

MOH (2009). *Child survival strategy for Uganda-2008 – 2015*. Draft. Ministry of Health 2009 Kampala The Republic of Uganda.

MOH (2010). *Health sector strategic & investment plan. Promoting peoples health to enhance socio-economic development*. Ministry of Health. 2010. Kampala. The Republic of Uganda <http://www.health.go.ug/nutrition/doc/population> Retrieved from internet 30th October 2012.

MOH (2010). *Cost of implementing the Uganda's Food and Nutrition Act, 2009. Basic costing assumptions*. Ministry of Health 2010. Kampala. The Republic of Uganda. <http://www.health.go.ug/nutrition/doc/population/cost-of> Retrieved from internet 28th October 2010.

Mugwanya, G.W. (2001). *Augmenting the struggle for gender equality in Uganda: A case for the domestication of international human rights standards*. Netherlands Quarterly of Human Rights. Volume 19, issue 3. 2000.

NCHS (1977). National Centre Health Surveys for Growth References, USA.

NDP (2010). *National Development Plan 2010/11- 2014/15*. National Planning Authority, Kampala. The Republic of Uganda.

Neuman, W, L. (2006). *Social research methods. Qualitative and quantitative approaches*. 6th edition. Pearson Education, Inc.

OAU (2001). Abuja Declaration 2001. Organization African Unity (OAU). OAU/SPS/ABUJA/3. Nigeria. www.un.org/ga/aids/pfd/abuja_declaration.pfd. Retrieved from internet 23rd February 2013.

OHCHR (2011). *Working Group on the Universal Periodic Review: National Report submitted in accordance with paragraph 15(a) of the annex to Human Rights Council Resolution 5/1*. United Nation General Assembly, Twelfth session. A/HRC/WG.6/12/UGA/1.

Office of the United Nations High Commission for Human Rights 2011. Retrieved from internet 3rd February 2013.

Oloka-Onyango. (2000). *Poverty, human rights and the quest for sustainable human development in structurally-adjusted Uganda*. Netherlands Quarterly of Human Rights 2000. Volume 18, issue 1.

Oo, Z M., Kusakabe, K. (2010). Motherhood and social network: Response strategies of internally displaced Karen women in Tango district. *Women`s Studies International Forum* 33 (2010). Elsevier.

Pallant, J. (2007). *SPSS Survival Manual. A step by step guide to data analysis using SPSS for windows*. Third edition. Berkshire UK. Open University Press. McGraw- Hill Education.

Rae, I. (2008). *Women and the right to food. International law and state practice*. Right to Food Unit. Rome Food and Agriculture Organization of United Nations (FAO).

Rutakumwa, W., Krogman, N. (2007). *Women`s health in rural Uganda: Problems, coping strategies, and recommendations for change*. *Clinical Journal Nursing Research* 2007. Volume 39, No. 3.

Sengupta, A. (2010). *The human right to development*. In B A. Andreassen and S.P. Marks (2010) (eds). *Development as a human right. Legal political and economic dimensions*. 2nd edition. Belgium. Intersentia.

Sfeir-Younis, A. (2007). *Economics and human rights-towards empowered development*. In W.B. Eide., U. Kracht. (2007). (eds). *Food and human rights in development. Evolving issues and emerging applications*. Volume II. Antwerpen, Belgium Intersentia.

Ssenyonjo, M. (2002). *The domestic protection and promotion of Human Rights under the 1995 Ugandan Constitution*. Netherlands Quarterly of Human Rights 2002. Volume 20, No 4.

Ssewanyana, S., Bategeka, L., Mugisha F., Kiiza,J., Muwanika, F.,Wokadala, J. (2010). *Governing health service in Uganda: A tracking study of drug delivery mechanisms*. Economic Policy Research Centre (EPRC). Research Report No. 1. Kampala, Uganda. www.eprc.org.ug/index.php?as=11 Retrieved from internet 20th February 2013.

Ssewanyana, S., Kasirye, I. (2010). *Food security in Uganda: A dilemma to achieving the Millennium Development Goal*. Economic Policy Research Centre (EPRC). Research Series No. 70 (2010). Kampala, Uganda. www.eprc.org.ug/index.php?as=11 Retrieved from internet 20th February 2013.

Tumukwasibwe, R. (2010). *Parliament and the politics of poverty reduction in Uganda: a critical appraisal*. *The International Journal of Human Rights* 2010. Volume 14, No 1, February 2010. Routledge. Taylor and Francis Group.

Tumushebe, G. W. (2007). *Food, nutrition and sustenance rights in contemporary Uganda: A case study of Teso sub region*. Human Rights & Peace Centre 2007. HURIPEC working paper no.9.

UBOS. (2010). Uganda National Household Survey 2009/2010. *Socio- Economic Module. Abridge Report. November 2010*. Kampala. The Republic of Uganda.

UDHS. (2006). Uganda Demographic and Health Survey 2006. Uganda Bureau of Statistics, Kampala, Uganda. Macro International Inc. Calverton, Maryland, USA. August 2007.

UDHS (2011). Uganda Demographic and Health Survey 2011. Preliminary Report. Uganda Bureau of Statistics, Kampala, Uganda. Macro International Inc. Calverton, Maryland, USA.

UN (1999). *The right to adequate food* (Article. 11) E/C.12/1999/5. International Covenant of Economic, Social, Cultural Rights (ICESCR). OHCHR.

UN (2007). *Organizational and procedural matters human rights bodies and mechanisms universal periodic review*. A/HRC/6/L.24. United Nations General Assembly 2007.

UN (2008). *Compilation of general comments and general recommendations adopted by human rights treaty body*. International Human Rights Instruments. UNHRI/GEN/1/Rev 9/ volume 1. New York USA.

UN (1948). *Universal Declaration of Human Rights*. United Nations. New York USA.

UNDP (2011). Uganda country profile human development index. United Nation Development Program UNDP 2011. <http://hdrstat.undp.org/en/countries/profiles/uga>

UN-HABITAT (2008). *Country program document 2008-2009*. United Nations Human Settlements Programmes (HABITAT 2008). Regional Office for Africa and the Arab States. Nairobi Kenya. <http://www.UN-HABITAT.org> Retrieved from internet 28th October 2012.

UNICEF (1990). *Conceptual framework on the causes of malnutrition*. United Nations.

UNICEF (2012). *Uganda fast facts 2012*.
http://www.unicef.org/uganda/UNICEF_UGANDA_FAST_FACT_JULY_2012.pfd.
Retrieved 16th October 2012.

USAID-2 (2010). *The analysis of the nutritional situation in Uganda*. Food and Nutrition Technical Assistance II Project (FANTA-2). Washington DC: AED 2010.

van der Meulen. B. (2010). *The freedom to feed oneself: food in the struggle for paradigms in human right law*. In O. Hospes and I. Hadiprayitno (eds) *Governing food security Law, Politics and the Right to Food*. Netherlands. Wageningen Academic.

Vizard. P., Fukuda-Parr. S., Elson. D. (2011). *Introduction: The capability approach and human rights*. Journal of human development and capabilities: A multiple-disciplinary journal for people centered development. London. Routledge,

Wernaart, B. (2010). *The plural wells of the right to food*. In O. Hospes and I. Hadiprayitno (eds) *Governing Food Security. Law, Politics and the Right to Food*. Netherlands Wageningen Academic Publishers.

WHO (2009). *Child growth standards and the identification of severe acute malnutrition in infants and children*. World Health Organisation 2009.

WHO (2010). *Health System Financing: The path to universal coverage*. The World Health Report 2010. www.who.int/whr/2010/en/index.html. Retrieved from internet 20th February 2013.

World Bank (2009). World Bank Poverty Indicators. <http://data.worldbank.org/indicator/SI.POV.2DAY>. Retrieved from internet 18th November 2012.

World Bank (2012). World Bank Gini Coefficient. <http://databank.worldbank.org/Data/Views/Variableselection.aspx.source=poverty>. Retrieved from internet 1st January 2013.

WFP (2009). *Comprehensive food security & vulnerability analysis (CFSVA) Uganda*. World Food Program, Vulnerability Assessment and Mapping (VAM). Food Security Analysis. Uganda 2009.

Wyrod, R. (2008). *Between women's rights and men's authority: Masculinity and shifting discourses of gender differences in urban Uganda*. *Gender & Societies*. Volume 22 No 6. 2008 Sociologist for Women in Society. Retrieved from internet 7th April 2011.

9. Appendices

1. Ugandan State Institutional Policies and their main objectives
2. Ethical approval off the Ugandan National Council for Science and Technology
3. Ethical approval from the Norsk Samfunnsvitenskapelig Datatjeneste (NSD)
4. Demographic Questionnaire
5. Interview Guide
6. Table presenting condensed information data for interpretation
7. Describing the environment where focus group discussion took place illustrated with photo graphs and a map of Kampala

Ugandan State Institutional Policies and their main objectives

Ugandan State Institutional Policies and their main objectives

Policy Strategy	Ministry	Main Objectives
UFNP 2003	MAAIF MOH	Goal; To ensure food security and adequate nutrition for all the people in Uganda for their health as well as their social economic wellbeing. Policy Objectives; To promote the nutritional status of the people of Uganda through multi-sectorial and coordinated interventions that focus on food security, improved nutrition and increased incomes.
NFNS 2005 (update2010)	MAAIF MOH	Vision; Hunger free country without malnutrition in all segments of the population Its overarching goal is to transform Uganda into a hunger free and properly nourished country within a time frame of ten years. Addressing the needs of various nutritionally vulnerable groups, ensuring political mobilization and advocacy, cross-sectional coordination, empowerment and gender targeting.
HSSP 11 2008	MOH	Vision; A healthy and productive population that contributes to socio- economic growth and national development Mission; To provide the highest possible level of health services to all people in Uganda through delivery of promotive, preventive, curative, palliative and rehabilitative health services at all levels.
HSSP 111 2010	MOH	Goal; To attain a good standard of health for all people in Uganda in order to promote a healthy and productive life. Vision; To have a healthy and productive population that contributes to economic growth and national development. Mission; To provide the highest level of health to all people in Uganda through promotion, prevention, curative, and rehabilitate health services at all levels.
ASDSIP 2010	MAAIF	The vision; A competitive, profitable and sustainable agriculture sector. Development Objective; Increased rural incomes and livelihoods, improved household food and nutrition security. Immediate Objective Improved; Production and production. Market and value addition. Enabling environment. Institutional strengthening.
UNAP 2010- 2015	NPA GOU	Goal; To reduce malnutrition levels among women of reproductive age, infants and young children from 2011 and 2015 and beyond. Objective; Improve access to and utilization of services related to maternal, infant and young child nutrition Enhance consumption of diverse diets
UNAP 2011- 2016	NPA GOU	Protect household from the impact of shocks and other vulnerabilities that affect their nutritional status Strengthen the policy, legal and institutional frameworks and the capacity to effectively plan, implement, monitor and evaluate nutrition programs Create awareness of and maintain national interest in and commitment to improving and supporting nutrition programs in the country.
NDP 2010/11- 2014/15	NPA GOU	Vision; A transformed Ugandan society from a peasant to a modern and prosperous country within 30 years. Theme; Growth employment and socio-economic transformation for prosperity. Key Focus; Increase standard of living. Increase awareness of equity. Improve infrastructure. Improve service delivery. Promote technology and science. Enhance human capital development. Strengthen good governance, defense and security. Sustainable use of environment and natural resources.

Sources in table 2 is extracted from objective of Ugandan food and Nutrition Policy (UFNP), Uganda Food and Nutrition Strategy (NFNS), HSSP 11 and HSSP 111 Health Sector Strategic Plan, Development Strategy and Investment Plan (DISP), Uganda Nutrition Action Plan (UNAP) UNAP 2011 is the revised version of the UNAP 2010 under the new title of Ugandan Nutrition Action Plan and NDP National Development Plan (NDP).

Appendices 2

Ethical approval off the Ugandan National Council for Science and Technology.



Uganda National Council for Science and Technology

(Established by Act of Parliament of the Republic of Uganda)

Our Ref: SS 2788

13 June 2012

Ms. Esther Margarita Tenmann
School of Women and Gender Studies
Makerere University
P.O Box 7062
Kampala

Dear Ms. Tenmann,

RE: RESEARCH PROJECT, "ANALYSIS IN THE ROLE AND CAPACITY OF WOMEN IN THE REALIZATION OF THE RIGHT OF FOOD AMONGST UGANDAN MOTHERS LIVING IN URBAN AND RURAL POVERTY AREAS OF KAMPALA"

This is to inform you that the Uganda National Council for Science and Technology (UNCST) approved the above research proposal on **27 April 2012**. The approval will expire on **27 April 2013**. If it is necessary to continue with the research beyond the expiry date, a request for continuation should be made in writing to the Executive Secretary, UNCST.

Any problems of a serious nature related to the execution of your research project should be brought to the attention of the UNCST, and any changes to the research protocol should not be implemented without UNCST's approval except when necessary to eliminate apparent immediate hazards to the research participant(s).

This letter also serves as proof of UNCST approval and as a reminder for you to submit to UNCST timely progress reports and a final report on completion of the research project.

Yours sincerely,

Winfred Badanga
for: Executive Secretary

UGANDA NATIONAL COUNCIL FOR SCIENCE AND TECHNOLOGY

LOCATION/CORRESPONDENCE

Plot 6 Kimera Road, Ntinda
P. O. Box 6884
KAMPALA, UGANDA

COMMUNICATION

TEL: (256) 414 795500
FAX: (256) 414-234579
EMAIL: info@uncst.go.ug
WEBSITE: <http://www.uncst.go.ug>

Appendices 3

Ethical approval from the Norsk Samfunnsvitenskapelig Datatjeneste (NSD)



Harald Høifreges gate 29
N-5007 Bergen
Norway
Tel: +47 55 58 21 17
Fax: +47 55 58 96 50
nsd@nsd.uib.no
www.nsd.uib.no
Org.nr: 985 321 884

Arne Oshaug
Institutt for helse, ernæring og ledelse
Høgskolen i Oslo og Akershus
Postboks 423
2001 LILLESTRØM

Vår dato: 29.03.2012

Vår ref:29994 / 3 / HIT

Deres dato:

Deres ref:

TILBAKEMELDING PÅ MELDING OM BEHANDLING AV PERSONOPPLYSNINGER

Vi viser til melding om behandling av personopplysninger, mottatt 26.02.2012. Meldingen gjelder prosjektet:

29994 *Analysis in the role and capacity of women in the realization of the right of food amongst Ugandan mothers living in urban and rural poverty areas of Kampala*
Behandlingsansvarlig *Høgskolen i Oslo og Akershus, ved institusjonens øverste leder*
Daglig ansvarlig *Arne Oshaug*
Student *Esther Tenmann*

Personvernombudet har vurdert prosjektet, og finner at behandlingen av personopplysninger vil være regulert av § 7-27 i personopplysningsforskriften. Personvernombudet tilrår at prosjektet gjennomføres.

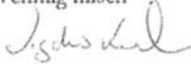
Personvernombudets tilråding forutsetter at prosjektet gjennomføres i tråd med opplysningene gitt i meldeskjemaet, korrespondanse med ombudet, eventuelle kommentarer samt personopplysningsloven og helseregisterloven med forskrifter. Behandlingen av personopplysninger kan settes i gang.

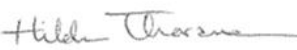
Det gjøres oppmerksom på at det skal gis ny melding dersom behandlingen endres i forhold til de opplysninger som ligger til grunn for personvernombudets vurdering. Endringsmeldinger gis via et eget skjema, http://www.nsd.uib.no/personvern/forsk_stud/skjema.html. Det skal også gis melding etter tre år dersom prosjektet fortsatt pågår. Meldinger skal skje skriftlig til ombudet.

Personvernombudet har lagt ut opplysninger om prosjektet i en offentlig database, <http://www.nsd.uib.no/personvern/prosjektoversikt.jsp>.

Personvernombudet vil ved prosjektets avslutning, 15.11.2012, rette en henvendelse angående status for behandlingen av personopplysninger.

Vennlig hilsen


Vigdis Namtvedt Kvalheim


Hildur Thorarensen

Kontaktperson: Hildur Thorarensen tlf: 55 58 26 54
Vedlegg: Prosjektvurdering
Kopi: Esther Tenmann, Symreieien 9, 1182 OSLO

Avdelingskontorer / District Offices

OSLO NSD Universitetet i Oslo, Postboks 1055 Blindern, 0-316 Oslo tel: +47 22 85 52 11 nsd@nsd.uib.no
TROMSØ NSD Høgskolen teknisk-naturvitenskapelige universitet, 7491 Tromsø tel: +47 73 50 19 07 kjerne.svar@hsvet.uib.no
TROMSØ NSD SVF, Universitetet i Tromsø, 9037 Tromsø tel: +47 77 64 43 36 nsdmas@svf.uib.no

Appendices 4

Socio-Demographic Questionnaire

Socio-Demographic Questionnaire

Data of Mothers

Mother`s ID number:

Name of the clinic:

Date:

Questionnaire to be completed by mothers:

1. Age (years):

2. Which tribe do you come from:

.....

3. Marriage status:

3.1 Married 3.2 Divorce 3.3 Widow 3.4 Living together

3.5 Single 888 Don`t know 999 Missing

4. Number of live children:

5. Do you know what the right to adequate food is:

1. Yes 2. No 888. Don`t know 999. Missing

6. From which source did you learn about the right to adequate food?

6.1 TV 6.2 Radio 6.3 Internet 6.4 Newspaper

6.4 Other people 888 Don`t respond 999 Missing

7. How many persons are living in the same home as you?

7.1 How many children: 7.2 How many adults:

8. Ownership of home?

8.1 Do you own your home 8.2 Do you rent your home

8.3 Do you live in your

9. How many rooms does your home have?

10. Do you have mosquito net?

10.1 Everyone in the family 10.2 For the children 10.3 For the adults

888 Not responded 999 Missing

11. Are your children vaccinated?

1. Yes 2. No 888 Don't know 999 Missing

12. Completed formal education?

12.1 None 12.2 Primary school 12.3 Secondary school 12.4 High school

12.5 University 888 Not responded 999 Missing

13. Do you have access to?

13.1TV 13.2 Radio 13.3 Internet 13.4 Mobile

13.5 Newspaper 888 Don't know 999 Missing

14. Which newspaper do you read?

15. Do you think the community leaders know what the right to adequate food is?

1. Yes 2. No 888. Don't know 999. Missing

16. Working Status?

- 16.1 Home with children 16.2 Self- employed 16.3 Salary earner
16.4 Unemployed 888 Don` t know 999 Missing

17. Total household income in Ugandan shillings per month?

.....

18. Purchase of food?

- 18.1 Do you buy food: 1. Yes 2. No 888. Don` t know 999. Missing
18.2 Do you grow food: 1. Yes 2. No 888. Don` t know 999. Missing
18.3 Do you buy and grow your own food:
1. Yes 2. No 888. Don` t know 999. Missing
18.4 Do you receive food from others?
1. Yes 2. No 888. Don` t know 999. Missing

19. How much do you spend on food monthly?

.....

20. Did you vote in the last election?

1. Yes 2. No 888. Don` t know 999. Missing

21. Would you say the right to adequate food is recognized in Uganda?

1. Yes 2. No 888. Don` t know 999. Missing

22. Is the right to food is protected as a Constitutional Right in Uganda?

1. Yes 2. No 888. Don` t know 999. Missing

Appendices 5
Interview Guide

Interview Guide

Before The Session

Thank You For Your Help With My Research

Good morning, how are you?

Thank you for coming and thank you for taking the time to join our discussion/interview for my research.

You have been invited to take part in this discussion/ interview as you are all mothers with valuable experience and information for my research you are experts as a caretaker for your children.

My name is Esther Tenmann I am a master student from Norway doing research on mother`s awareness on food and the human rights to adequate food. I will be conducting the discussion/interview.

The session will be recorded on tape so I don`t miss out on anything you say. It is important that everyone speaks, but only one at a time so everything that is said is captured on tape.

Please remember that there is no right or wrong answers, it is expected that everyone has a different experience or different information. All information that has been discussed today is interesting, valuable and important for my research. I am interested in your awareness and what you know about food and the human rights to adequate food and less concerned what the government says or thinks. I am here to learn from you, listen to you and ask questions, feel free to tell about yourself. I will not be taking part in the discussion.

If you have cell phone, please set it on the quiet mode and if you need to answer please step out to do so.

We speak only on first names and it is important that you protect each other privacy and don`t talk with anyone outside this group about what has been said during the discussion/interview.

Let us begin I will turn on the tape recorder. Let us find out more about each other by going around the table one at a time and...

Opening questions

Tell us who you are

Tell us what your children like to play with?

Tell us one thing your children did that made you laugh

Where do you originally come from?

How long have you lived in Kampala

Introduction questions

1. When you hear the word food what comes in mind?

- a) Is there anything else that comes to mind?
- b) What foods do you normally prepare for you and your children?
- c) What dishes do you cook for your husband? i) What type of foods are they?
- d) Why do you prepare that food?
- e) What happens to the food your husband doesn't eat?
- f) Does the whole household eat together at the same time?

2. Who decides on what food should be eaten at a particular meal?

- a) Why should that person be the one who decides?
- b) Why should that person be the one who decides?

Key questions

3. What are human rights to you?

- a) What kind of responsibilities do you have when claiming your human rights?
- b) Would you say human rights are recognized in Uganda?
- c) What comes to mind when you hear about the right to adequate food?
- d) Is it just for food? Is it for something else to?
- e) Who does it belong to?
- f) Is the right to adequate food protected in the Ugandan Constitution?
- g) What do you know about the right to adequate food?
- h) Where did you learn about the right to adequate food?
- i) What is the name of the higher authority?
- j) What can you do if your human rights are violated?

4. What is adequate food all about?

- a) What kind of food are you particular interested in?
- b) What exactly are you looking for? i) What do you mean?

- c) What do you look for when choosing for food at the market?
 - d) Do you negotiate the food prices?
 - e) Do you feel that you know what foods are good for your family?
5. On the days you eat fruit and vegetables how much do you usually eat?
- a) What color are the fruit and vegetables you normally eat?
 - b) How many days a week do you usually eat meat?
 - c) What do these foods do to you?
 - d) Are these foods easily available and accessible to you daily?
6. Do you know any of the government`s responsibilities when it comes to the right to adequate food?
- a) How do you think they are responsible?
 - b) Do you think the right to adequate food for everyone is reached in Uganda?
 - c) What should the government do more to ensure the right to adequate food?
 - d) How should everyone learn about the right to adequate food?
 - i) Would you like to learn about the right to adequate food?
 - e) What would be the easiest way for everyone to learn about the right to adequate food?
7. Do you have somewhere to go and report any complaints about food safety and quality standards?
- a) Are these complaints followed up?
 - b) Who do you think is responsible?
 - c) How do you think this function in reality?
8. Do you think that babies should be exclusively breastfed?
- a) Why should babies be breastfed for so long? (or for so short time?)
 - b) Are the children weighed, measured and a head measure every time you attend antenatal check?
 - c) How often do you go to these health checks? i) if not, why?
 - d) Do your children follow the middle line of the growth chart?
 - e) How much did you pay to vaccinate your children?
9. Where do you get advice about good diets for your children from?
- a) Have you had a saying when getting this advice?

- b) Do doctors or nurses give you time to ask questions and do they answer sufficiently?
 - c) Where else do you get this advice from? i) Do you get advice from the radio?
10. Do you think there are special human rights for children?
- a) Who has responsibilities to follow up these rights?
 - b) In relation to your children`s right to adequate food, what are your responsibilities as a mother?
11. Are there times that your family goes with little food because of a lack of resources to buy food?
- a) How many times has this happened in the past month?
 - b) How do you manage that?
 - c) What stops you from accessing enough food for you and your children?
 - d) Is there anything else that stops you from accessing food?
 - e) What do you think is the most important thing that you are doing to meet the food needs for your family?
 - f) Is there someone who has been influential in your life and may have impacted your ability to meet the food needs of your family?
 - g) Are there any other relatives, neighbors or friends who help out?
 - h) Do you think the government should give social support?
12. Where do you get drinking water from?
- a) Is the water tap in your house or is it a community taps?
 - b) Do you do anything to the water to make it safer to drink?
 - c) Do you boil water on an open fire or on a stove?
 - d) In what do you boil water
 - e) Where do you store the water?
 - f) Who is allowed to draw the water from the containers?
 - g) Do you share toilet facilities with other households?
13. Do you need to use public transport to go to work or to the market?
- a. Who should repair the pot holes and dangerous streets in Kampala?
 - b) In what way do pot holes and dangerous roads delay people?

c) In what way do pot holes and dangerous roads delay people?

14. Did you vote in the last election?

- a) Did you have any obstructions when voting? i) What did you do?
- b) How where you obstructed from voting?
- c) Where did you learn about who to vote for in the election?
- d) How do you think it would be easiest for you to learn about the election and the political parties?
- e) Are you taking part in any political or community organizations?

15. What comes to mind if someone told you about the human right on the elimination of all form of discrimination against women?

- a) In what way are mothers discriminated in Uganda?
- b) Are mothers discriminated against any types of food?
- c) Are children discriminated against any type of food?
- d) What do mothers usually do when this happens?
- e) Do you think the government protects mothers from discrimination?
- f) Are mothers been taken seriously when reporting a crime

Ending questions

16. Imagine it is your job to help the government with the promotion on the right to adequate food what would you recommend them to do?

- a) What changes do you think are needed?
- b) Who should provide support for that?
- c) How should it be given?

Summary

17. Was this summary correct?

- a) Did I describe it sufficiently?
- b) Should there be any changes?
- c) Of all the things we discussed today which one is most important to you?
- d) Do you have any questions?

Thank you for taking part in the focus group discussion.

Appendices 6

Table presenting condensed information data for interpretation

FOOD

Specific Objective 1

Common Words or Phrases from all Focus Group Discussion	Sub Category	Main Category	Interpretation
Nutrition, eating, hungry, body building, grow well, satisfied, to be alive, fight diseases, food that doesn't go bad easily, appropriate food, variety, energy, children to study well	Growing, wellbeing, health, children	Growth and Development	Mother's perception on food is to keep alive, for children's growth and development prevent children from diseases. Mothers do not mention that food has health benefit for them as well.
Eating, eat to be satisfied, variety of food, types of food, want, quality, quantity, food that is available	Choice, value, time, quality, meal patterns	Preference	Mothers prefer to have a variety of food in diets and to get the best quality and quantity. To be able to choose without restrictions
Failing to get money, depends, keep for another day, give, share, season, affordable, priority, budgeting, expire date purchasing negotiating, situations, market, supermarket	Employment, income, own products, education	Economic Resources	The monotonous diet indicates the economic constraint mothers have, they are struggling mothers trying to make ends meet. It is essential for her to budget, plan and to be able to bargain for food prices.
Meals, failing, types of food, knowledge, experience, choice preference, eat together, adults eat together, children eat together, priority, income, consider the needs, time, what is available, season, husbands relationship, easy to prepare.	Planning, choice, value, income, preferences knowledge, experience	Decision Making	Relationship with relatives and especially partners determines the economics resources mothers have to her disposal. Meal patterns indicate mother's value of a core family. Mothers do have the authority to decide what is best for their children, but economic resource limits that choice.

HEALTH

Specific Objective 1 and 2

Common Words or Phrases from all Focus Group Discussion	Sub Category	Main Category	Interpretation
Breastfeeding better than bottle, up to 6 months, up to 2 years, even small quantities are enough, complementary feeding, , specific period,	Duration, Food, Growth	Breastfeeding	All mothers agree that babies should be breastfed and the majority of mothers do breastfeed up to 6 months and longer. After 6 months babies should be introduced to complementary feeding. Most mothers save on breastfeeding as most cannot afford milk formulas, baby bottles or even fuel to cook the water. Breastfeeding is a very important practice in Uganda for survival and for preventing continuous infection.
Working mothers, mothers don't get enough food, HIV/AIDS, If you don't have pain there is no reason to go,	Employment, Food, Capability	Mothers Health	Some mothers mentioned that lactating mothers who don't have enough to eat do not have enough breast milk to feed their babies. .Maternity leave exists only in government employment, some mothers found it challenging to breastfeed during working hours if employed by a private company and are forced to pump breast milk into a bottle. Mothers have an strong opinion mothers should not breast feed if they are sick especially with HIV/AIDS
They don't get sick, healthier, to grow well, more intelligent, get used to foods, be active, breastfeeding is more compatible with the baby unlike the cow's milk, hormones of human beings are different from animal, follow the middle line of the growth chart.	Food, Growth and Development	Children's Growth	Mothers agree that there are more health advantages with breastfed babies than bottle fed babies. Mothers opinion is that children grow and develop better by being breastfed
Weight only, just immunize, don't measure, when they measure temperature, heart beat and weight, don't measure height; get to know whether the baby is fed well depending on weight. child walks or crawls, time, paying, money, health checks when they announce, don't have the money, come with partner but they refuse so I don't go	Service, Location, Private or Government Health Clinic	Health Clinics	Mothers attend health checks when they take the children to vaccination or if the children have fever. Most mothers have the opinion if children are gaining weight, can crawl and can sit there is no need to waste money on health centers. Most health centers, both private and government are so poorly equipped they are only there for first aid and for vaccination
Tap, well, boreholes, springs, water tanks, springs, streams, dam water, treatment, within	Supply, Safe, Conditions	Water, Hygiene/Sanitation	Mothers live under appalling conditions which affects their health and ability to take care of

<p>house, share with neighbors, buy, community, personal, boil, safeguard, water heater, filter, charcoal, firewood, peculator, depending on circumstances, kettle, sauce pan, clean pots, jerry can, cover, draw water from, adults, bigger person, mothers, clean hands, ensure that children do not draw using dirty cups, toilets, share, 15 people sharing one pit latrine, pit latrines overflowing.</p>			<p>their children. Sanitation and water supply are shared amongst many and in poor or broken down conditions.</p> <p>Water is fetched from the nearest source mothers can find, although mothers claim they boil the water before drinking and they know they should boil the water there is doubt if they really do. Adults are the only ones allowed to draw water from jerry cans to avoid the water from being contaminated by the children and to prevent waste.</p>
<p>Hospital, workshops, when you deliver, immunization, visiting doctors from the village, nurses, when you consult you get an answer, schools, TV, radio, internet, learning from others, city council clinics, clinics, my mother, elderly, friends, books, adults who have children too, They react by advising us on how to go about the problem</p>	<p>Information, Types of Media</p>	<p>Media</p>	<p>Information on feeding children and care is given to mothers after the baby is born by the staff at the health clinic or by hospital staff. Information on health and nutrition is widely spread in local languages and in English.</p>
<p>Some do not answer, some doctors answer well others are rude, doctor insisted, give instructions to follow without reasons, Like in Mulago hospital they give advice but they are rude and we don't understand.</p>	<p>Relatives, Other People, Local Council, Government,</p>	<p>Authority</p>	<p>There is a need for better communication between health clinics, hospital staff and patient, there is a need for more information on admission, treatment in hospital and how to look after yourself afterwards. Information given should be at a low level of literacy with illustration</p>

HUMAN RIGHTS

Specific Objective 2

Common Words or Phrases from all Focus Group Discussion	Sub Category	Main Category	Interpretation
To do what you want, free to decide, to love who you want, give what is due, hindering, limiting, interfering, inconveniencing others, hurting others, freedom of speech, be respected, make other peoples life hard, To do what is right, know your limits, right to take care for my family, live in a good way, claim your right, belongs to everyone, voice, chance, not to be beaten, women can have voice and chance to participate, use to have rights no longer there, HR are not recognized because negligence, corruption/bribe	Freedom, Decision, Everyone	Respect	Mothers see human rights in two perspectives, the first; human rights are the freedom to do whatever you want without disrespecting other people's rights or freedom. Human rights can be claimed by everyone and belongs to everyone according to the mothers. Human rights give equal opportunity to both genders and mothers are aware of at women are no longer restricted to the traditional roles as a caretaker. Secondly human rights are not respected by the government as negligence, corruption and bribing is commonly practiced at all level of governance.
To know the law, to develop one self and other, fight for my right as an Ugandan, not recognized some places are catered for others are not, human rights are recognized in Uganda, people are unhappy, poverty is too much, people are striking now and then, Generally we are badly off, we sleeping in water, children are no longer going to school, people are walking and sleeping, No for instance fish is exported food is expensive, They chase people away, Government relaxes, demonstrate, posters, go to police, local leaders, media if HR are violated, security in our area, HR not protected because of corruption/bribes, no control, no follow up of complaints, you just keep quiet and leave it, land eviction, all have R2F not all have access to it, not implemented most of the time it violated, do not get what they supposed to get, some places they are catered for others are not	Intervene, Reporting, Recognition Land	Protect	Mothers believe the human rights are not protected by the government as the government does not do anything about high food prices, food export, taxes, land issues, poverty. If people or the opposition is protesting they are chased of the streets. Mothers who report need to bribe public officials; there is no control if public officials are doing their jobs properly and many of them have own business on the side. Mothers believe not all have access to the right to adequate food, the grass root is left out. Protecting the right to adequate food would give better guarantee to an adequate standard of living according to the mothers.
Give love to your children, shelter, depriving, wellbeing, mother work hard, eat right food, school fees, study reported to police for not paying school fees, they put some programs to help people and put some organization	Care, Standard of Living, Agriculture	Provide Facilitate	Mothers feel their responsibility is to provide for their children, to make sure they grow and develop Their opinion however, is the government doesn't facilitate enough and not providing enough for the poor people of Uganda.

to let us know, Government should provide free medicine, free mosquito nets, provide seedlings, agriculture education, food to the poor, NAADS are not helping the grass root only help the rich			
All have responsibilities, sense responsibility to get money to buy necessities should work hard, feed, clean and cook water, teach my children that God exists and to fear God take my children to school, take them to hospital when they are sick, teach my children manners, children to do well in school, depriving, FIDA, parents, leaders, police, government, community, trying all means, neighbor, follow up, reporting to police, harsh mistreated, Government should reduce taxes, stop corruption and bribes, give employment, take young people back to the village to dig for food, to develop one self and others , school fees are too high	Care of Children, Education, Health, NGO/Org/ Ministry	Obligation Responsibility	All mothers have a sense of responsibility to respect and protect human rights other people. Responsibility to care for their children and to teach their children to be law abiding citizens. According to the mothers the government should do more for the children and youths and to encourage development by setting up youth programs, create jobs and give employment to the youths both in rural and in urban areas.
Trenches are not attended to, community leaders are corrupt, not active	Police, Health, School, Local Council,	Public Service	Public services and infrastructure are poor and most public services are partly sponsored by foreign organization. Community leaders are involved in other occupation or business to supplement their salary. People rely more on their own social network for help.
To keep peace, to develop one self and others, go to government campaigns (immunization) when called upon, take part in political organization/parties		Participate	Mothers take interest in the events that are taking place in their local community and follow national news from the media. They take part in government campaigns as most of them are free of charge.
Sensitize people on human rights, inform them through all media types and through community leaders, church, large gatherings, rallies, campaign, workshops, schools, report to media on violation media follow up, FIDA, you have to know the law, look for money, know she must work hard, dig and sell produce, Knowledge and experience to care, collect knowledge from others about HR and care for children	Information, Knowledge, Experience	Media	Information is best received orally through mass media such as campaigns, newspaper, radio and television or in large gatherings in rallies or in churches. Most of the collected knowledge and experience are from the social network (from bridging)
Husbands can stop you from working, not to be beaten, follow up complaints by mothers, reporting to police, harsh, mistreated, police arrest for	Employment Reporting Attitude	Discrimination	Mothers are not discriminated by the government or by the legal system; they are discriminated by public officials, between tribes, wealth status and of academic

<p>violence against women not for discrimination bribe to investigate discrimination, no discrimination of types of food use to be, men are superior, head of family, Muslim women and girls are not valued, discrimination amongst tribes, rich discriminate the poor, women discriminate amongst themselves, hospital select the ones they know, chose the rich only, Men don't undermine women who have money or are well educated, not discriminated when buying products, there will always be discrimination, some care others don't, police women in charge of police station more action is taken if women report a complaint</p>			<p>achievements. Due to historical events there is racism in the Ugandan society. The Ugandan society is built up with hierarchy.</p>
<p>Women can be stopped from some jobs, women can have the same post as men, can be leaders, men can refuse you work, Inability to get whatever you want, they give us loans, taxes increase the food prices, bribes from traffic police with food transportation from village to Kampala increases food prices, enough money to buy all we need, we eat once a day we don't have enough money, farmers are exploited have low income and high expenditure.</p>	<p>Resources, Employment, Purchase, Income, Choice</p>	<p>Economics</p>	<p>Working condition and salary are the same for men and women with a few exceptions. Maternity leave is three months and only given to government employees. It is the relationship between husband and wife that gives restrictions opportunities for mothers. Poor mothers are limited to purchases of other necessary items and feel that they exploited by others.</p>

OBLIGATION			
Specific Objective 2			
Common Words or Phrases from all Focus Group Discussion	Sub Category	Main Category	Interpretation
Reduce taxes on food transport, abolish district taxes, stop traffic officers taking bribe from food transport rises food prices, give money to youth programs, economize the export of food	Taxes Exporting	Economics,	Mothers feel the government doesn't do enough to stop corruption and bribing. Mothers feel the government have the obligation to take more responsible over the economics of the country so it is easier for the poor people to upgrade their poverty status and to give people an opportunity to expand their businesses
Ministry of works contact company to carry out road repairs, community can help to keep roads clean Repair trenches, broken roads cause delay, accidents health hazard and dirty people, improvement in traffic flow, provide free medicine and hospital treatment, stop discrimination for treatment in national hospitals maintenance of hospital, clinics and other public buildings, insufficient medical equipment and medicine in hospitals and health clinics, not enough qualified staff,	Infrastructure Delay Health Hazard Harboring Disease	Public Services	The government does not allocate enough funds for maintenance of roads and public buildings. The budget for running of government hospitals are limited therefore doctors may need to prioritize. Although no one should be rejected for hospital treatment, those who can pay or have a medical insurance get better service.
Rich people buy land , eviction better regulation on land issues, poor people to get access to land, Bring seedlings and agriculture equipment to grass root, more agriculture education, training and practical experience, more care and better attitude towards the poor people, community leaders should enforce, implement and maintain policy and strategy plans, food aid , seedling and aid in natural disaster and climate situations, better protection of HR, R2F and discrimination	Agriculture Education Attitude	Protection and Providing	Mothers feel that there should be better regulation on land issues. Many people are being evicted from the land and proper investigations into their rights are not done adequately. Agriculture programs are designed for the commercial farmers and do not reach the small individual and poorer farmers. Mothers feel the government should do more for the poor farmers by providing seeds, agriculture equipment and education in agriculture, to demonstrate to the farmers how it is done.
Early warning system, security and peace in the country, food storage (buffer stock), stop bribing and corruption of public officials	Implementation, Maintenance, Negligence	Responsibilities,	Mothers feel that the maintenance and implementation of national early warning system, food storage and distribution should be better guarded against corruption.
Need more, regular and easily accessible information in villages and to person to person, national mass media, newspaper as watchdogs to help people, get a loud speaker and announce, give information when to	Information Announcements Majority	Media	The mothers are not aware of that Uganda has one of the world's best policy and strategy plans that are drafted in collaboration with NGOs and UN, these are public documents and should be open to

plant and weather predictions, It is there, Taxes are a menace let the government reduce the taxes e.g. 1kg posho 3000, 1kg beans 4000			the public, in Uganda this is not always the case The government should take responsible in continuous and regular information of good quality that can be understood by people of all literacy level, in collaboration with ministry and departments
Listen to people and act accordingly, follow up, all have responsible, active nowhere to report complaints or don't know where to report, all want bribes, not taken seriously, keep quiet leave it as it is, go to FIDA demonstrating , rioting, posters, takes much of your own time, no consequences for corruption and bribing from government We should blame the government in that the leaders we vote for are also bad	Report Complaints Leaders and Public Officials	Corruption and Bribes	Mothers don't know where to report complaints other than the police or the community leaders. They are not aware of the complaint procedures of human rights violations. There is no system of a citizen's bureau where enquiries and complaints can be sent in and followed up. There is no system established in the government to stop corruption and bribing of public officials and no system to stop mob justice.

PARTICIPATION			
Specific Objective 2			
Common words or phrases from all Focus Group Discussion	Sub Category	Main Category	Interpretation
Not all mothers voted	Voting	Election	To vote you must regristrated first and all voting is supposed to be confidential
Not physically obstructed, I was free to vote, I freely voted, mentally obstructed by husband, had to vote the same as the husband (this was not actually said in the FGD)	Physically Mentally	Obstruction	Those mothers who did not vote either did not know who to vote or tried to avoid conflict with their husbands.
Campaigns, rallies, political parties distributed sugar and salt, radio, posters, the way politicians express themselves, convincing, church, loud speaker, TV, radio talk shows, hear promises they made, they passed through villages, community leaders would introduce political parties to the village	Mass Media Public Gathering	Information	Mothers follow in what is happening in the news and in the local community. Mothers gathered information on political parties through rallies and large public gatherings. Mass media was another method to get information. After the promises made from last election most mothers have lost all hope for politicians.
We like to but don't have access, we have we don't enclose not safe.	Member	Political Parties	Some are involved in political organizations others would like to but feel they don't have access to.

COPING			
Specific Objective 3			
Common Words or Phrases from all Focus Group Discussion	Sub Category	Main Category	Interpretation
Money cannot be constant, difficult to find money, several times, planning budgeting, priority, one income, it is with money you can access everything, single parent, don't sell own products, seek low price products, standardize prices, find some way of earning money,	Income, Food Prices, Employment	Economic	Economic resources are the main constraint for mothers, their choices are limited. Mothers work hard for the little they earn. They are living from one day to another and use a lot of time to ensure there is enough to eat for the children.
Choose cheaper type of foods, mother missed meals to feed her children, skipped meals because of the lack of money, too ill health to work, make what you have, porridge and tea, better planning, use substitutes, leave home, divorce, leave home temporally, report to the authorities, do nothing, challenges in the gardens, thieves, animals eating the crops, climate, pests,	Gardens, Meal Pattern Priority, Choice, Actions if Discriminated	Food	Economic resources dictate the choice of foods mother can buy. The real power of mothers is seen in meal patterns, who gets to eat and portion size. Mothers who grow their own food in the gardens are slightly better off.
Husbands, grandmothers, husbands don't care not bothered or left home, don't have help from friends they are badly of too, relatives send food from the village, pray to God, think a fresh, try your very best, I help myself, stay at home and cry, must dig, must work hard, people need to appreciate the value of a caretaker and her role, feel as a failure,	Relationship with Partners, Motivation, Care	Emotions	Mothers are suffering in silence. Mothers help each with advice and looking after the children for a short while, but not with money or food. They accept their situation, a way of life and make the best of it. <i>look at bridging</i>
Reduce taxes, minimize loan %, create jobs, create markets to sell, educate children, reduce school fees, motivate farming in village, government don't care, get/give sponsors, stop chasing people away, listen to people, security, more protection for women, welfare through taxes, retirement age, raise living standards, stop corruption and bribes.	Obligation, Provide, Public Service,	Government	Mothers feel that the government is not listening to the grass root and only the rich are catered for. There is a need for more protection and facilitation of economic growth for women and mothers so they don't need to rely on their husbands.

CONSTRAINTANTS

Specific Objectives 3

Common words or phrases from all Focus Group Discussion	Sub Category	Main Category	Interpretation
Own business, petty jobs, unemployment, school fees, can't afford the food price, depends how much is in my pockets, have problem with paying bribes or corruption, difficulty for paying medication or treatment don't go if sick or health checks on children, vaccine are free but still pay 1000 shilling for vaccine, no standard prices on commodities, food prices not protected, export of food makes food prices go up, money dictates food choices, mothers need to plan, budget, eat the same type of food every day, eat leftovers or give to others,	Employment, Food , Prices, Control	Economics	Paying high food prices, school fees and bribes puts on a huge economic burden on mothers especially if partners do not support them. There is very little quality control for commodities and no standard prices for food on the markets. There is no legal requirement for a minimum wages, poor regulation in working conditions, no unions to support workers.
Low levels of education, literacy, understanding information and processing information is limited, given instruction by doctor and don't understand, feel they should know the law, about HR, health and diets,	Achievements, Skills	Education	Low levels of education forces mothers to unskilled work, selling or labor work which gives very little income to live on. Their skill to process information is limited and need to confirm with friends or relatives their understanding of the information given (i.e. talk to each other at the health center)
Poor relationship with partner, hope that partner brings money home, partner is unemployed too or earns a low income, does not cook for partner if no money is given, husband does not always eat at home with family, everyone to themselves little help from relatives or friends, help from mother or grand mothers	Spouse, relatives	Relationship	The main constraintant to relationships is money, sharing accommodation with other family members especially in urban areas and appalling living conditions. The whole social network of the mother is in the same boat. Relatives who have money do not always help out.
Not from government, amongst themselves, between tribes, poorer and more uneducated the more oppressed. can't do anything as a women, women produce food husband sells without consulting, husband constrain their wife's, head of family, not all are aware they are discriminated – it's a way of life, public officials, in hospital, police, community leader, chased away from streets where they sell- need a license to sell, land issues, land eviction.	Land, Poverty Constrained by Family, Public Officials	Discrimination	Ugandan society is based on hierarchy and authority; the poorer or the less uneducated you are the lower you are in the social rank.
Poor health and nutritional status, living in poor conditions, poor sanitation and unsafe water, mothers go to health checks if children have fever, can't afford medical	Poor Health	Mothers Health	There is no standard or control of quality of housing, water supply or sanitation which challenges mother's and children's health.

<p>treatment,</p> <p>Mothers take responsibilities, consideration and priority first to the children; mothers are decision makers if husbands are not staying with the family, dilemma in caring and seeking for an income, need to plan their time and budget their resources</p>	<p>Priorities Planning, Mothers Authority, Motivation</p>	<p>Decision Making</p>	<p>Mothers have decision making powers as a caretaker, but are constraint by underlying factors. Mothers have the motivation as a caretaker and take priority for the children's growth and development, but since they have many constraintant they are living one day at a time.</p>
<p>Discrimination in public services, poor services, poor equipment and staff can be rude, lack of regular information to the public, complaints are not followed up, delay and hazard to health from poor maintenance of roads and other public places,</p>	<p>Poorly Equipped and Service</p>	<p>Public Service</p>	<p>Infrastructure is in poor conditions which cause accidents and delay. There are no pedestrian paths for those who can't afford public transport. Mothers feel that medical treatment and medicine should be free and to stop the discrimination of poor people.</p>
<p>It's in the constitution but it's not implemented and most of the time it's violated, Yes government does, Not at the grass root, Yes it is even in the constitution it's there, There is free education, Yes it is in that people pray to god at any time, Yes it is recognized but it is not followed up. e.g Free education is not free as per say because I pay 20000 for my child., Yes it is and we are okay and the way children are looked after is better now compared to the past years. So knowing the law is good before taking a decision. To know your rights first and that of the citizen then do what you are supposed to do doing it in the right way, To create saving schemes to develop one's self and others. They are not recognized. They are not. Some places are catered for and others are not.</p> <p>Human rights are recognized in Uganda though people are not happy. Children no longer go to school and people just walk and sleep and poverty is too much. That is why people are striking now and then. Generally we are badly off.</p> <p>Yes one asked the person who had bought our land then what should I feed my kids? The other one said give them poison It is there because when there are heavy rains the government helps the people by giving them posh and beans, I only get to know that the government cares when the agriculture officers visited us, Give out seeds, insecticides and pesticide, We should blame the government in that the leaders we vote for are also bad It is there, Taxes are a menace let the government reduce the taxes e.g. 1kg posho 3000, 1kg beans 4000</p>	<p>Obligation to Protect Human Rights, Corruption, Bribes, Complaints</p>	<p>Governance</p>	<p>Mothers know human rights are there but are not sure to what extend Human Rights are protected or respected by the government or what it is about and how to claim it. They think it is unevenly distributed amongst the people of Uganda, do not reach to all only the rich, The right to adequate food is not legally protected, government does not protect access to land, Agriculture ministry do not help the poor or the small farmers, export of food to other countries have raised the food prices, Politicians are also corrupt, only place to complain is the police or the local community leaders, have to pay bribes if complaint is to be follow up, pay bribe for treatment in hospital, pay bribe to traffic police, poor control on public officials. Taking the violation to court is beyond any ones abilities.</p>

Appendices 7

Describing the environment where focus group discussion took place illustrated with photo graphs and a map of Kampala.

The environment where the focus group discussion took place

The selected health clinics that were used for data collection for this study are presented in figures below. During the study period where data information was collected from focus group discussions the Ministry of Health (MOH) organised a national vaccination campaign for measles and polio for all children free of charge throughout the country. The children received deworming and vitamin A tablets at the same time, this was to capture parents living in poverty who do not vaccinate their children because of costs. The standard cost for vaccination is 1000 Ugandan Schillings (US \$ 0.40) the cost of medicine on average is 500 Ugandan schillings per tablet (US \$ 0.20). Staff reported up to five hundred children being vaccinated during one day of the campaign.

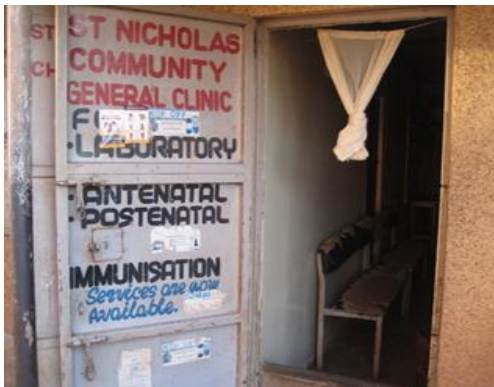
The health clinics are partially privately owned, the GOU allocates funds for management of the health clinics. Medicine is purchased from the National Medical Stores (NMS) or is purchased by a private pharmaceutical company or sponsored by NGOs. All health clinics can be accessed by all people living in the vicinity and are open all day and every day for medical consultation. The health clinics offered a wide range of medical consultations and advice for children, men and women including delivery of babies. Periods for anthropometric measurements and vaccination of children is usually allocated once a week by each health clinic. After medical consultation patients pay a fee but not everyone can pay up and so to keep their reputation the health centres are obliged to help out patients by not declining them. Staff reports a constant unbalanced accountancy in the books every month due to unpaid consultations and need to assess every time who can pay and who cannot pay.



Old Kampala Road Hospital, Kampala centre
Focus Group 3



Nakawauka Health Centre 3, Nakawauka village
Focus Group 4



Focus Group 5
St Nicholas Health Centre, Kalerwe



Focus Group 6
Gloria Medical Centre, Salaama Road

Selected clinics visited for this study.

A map of Kampala in figure below displays the location of these clinics is presented in figure. All clinics lay in or in the vicinity of slum areas of Kampala. Two of the health clinics that were visited in this study were located in central Kampala and the other two clinics were located peri-urban part of Kampala. It was noticed by the author that health clinics lay near a main road or walking distance from a main road. This indicated easy access to public health services either by walking or by taking public transport.

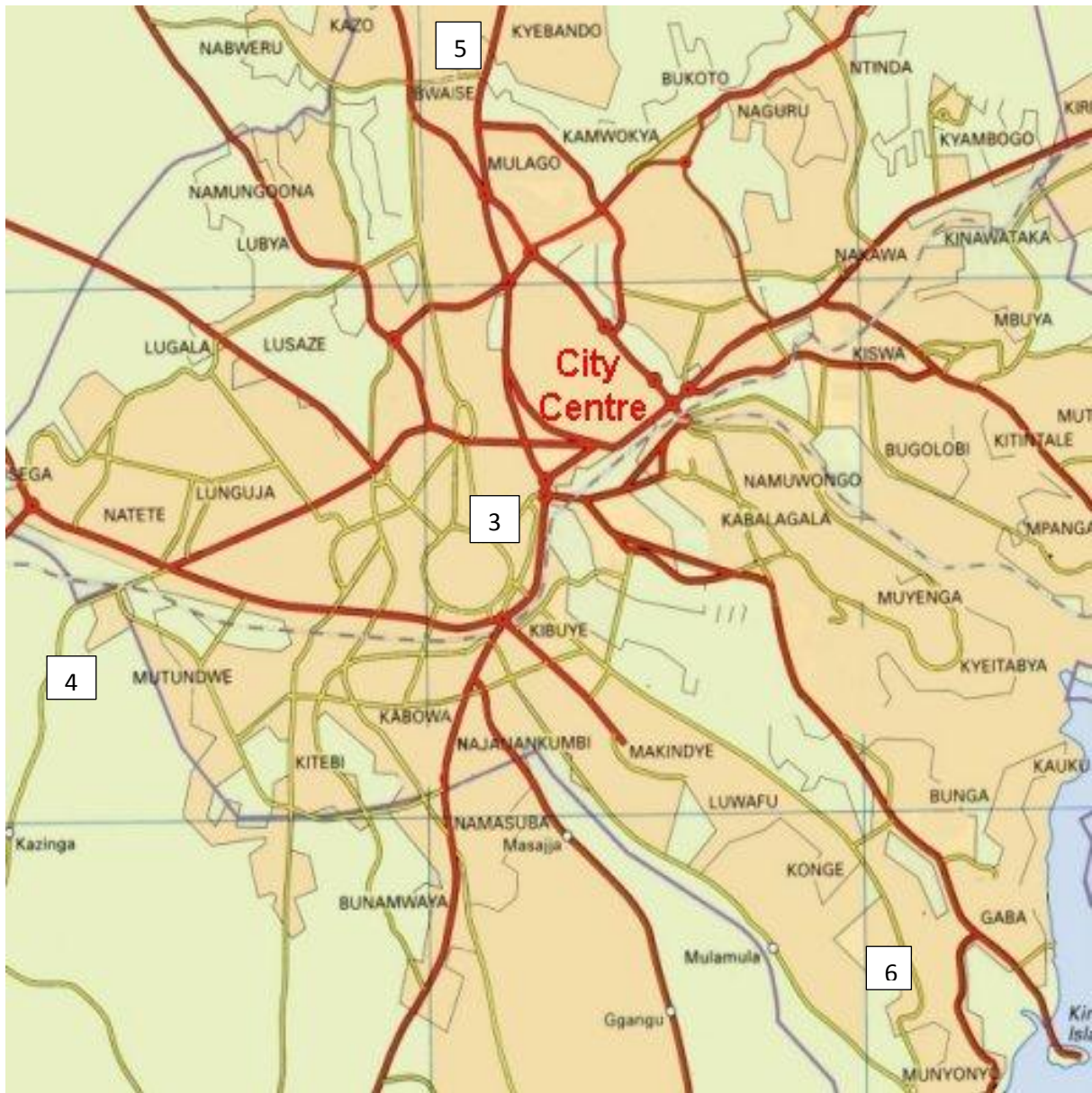


Figure 12 Map of Kampala

3. Old Kampala Road Hospital center of Kampala.
4. Nakawauka Health Center 3, Nakawauka village lies between the Entebbe road and Masaka road in the Wakiso district.
5. St Nicholas Health Center, Kalerwe on the Gayaza road.
6. Gloria Medical Center, Munonyo on the Salaama road.

Example of the poor conditions found in surrounding area of health clinics is presented in figures below. Poor conditions at health care centres have been mentioned in other studies, Atukunda (2011) and have come with similar observations. Roads leading up to the health clinics are in poor condition making access challenging. The buildings and the surroundings are of poor structural condition. There has been no attempt on maintenance or improvement inside the building or any improvement in the supply of electricity, water and sanitation in any of the facilities since they were established. There is no incinerator for medical waste, a rubbish pit is used but can be dug out by dogs and litter the surroundings, some health clinics burn the medical waste. Securing the building against for theft or fire was almost non-existing and has occurred on some occasions. The Old Kampala Road Hospital was in a slightly better condition compared to the other selected health clinics as it was funded by the Muslim society.



The figures above illustrate examples of surroundings around health clinics indicating poor infrastructure. There was poor and unhygienic conditions inside the buildings some room had multi-purpose.

All health clinics were very badly equipped and have a very little medical supply. Because of theft staff needed to improvise and on occasions weighing and measuring of children sometimes took place outside in the court yard. Staff had multiple tasks due to the shortage of auxiliary staff and the doctor was called in only if the staff could not cope with the medical issue or when patients needed to be referred to the National Referral Hospital. It is the nurse's task to give nutritional advice to patients; all mothers receive advice on how to feed the babies upon delivery of the baby. Advice on feeding children is given during vaccination where deworming and vitamin A tablets are dispensed too. It was observed by the

author health clinics are used as a social areana not only do mothers meet with other mothers, non- residing fathers meet the family on the days when health checks and vaccinations are carried out.

A Kenyan wife



A Ugandan wife

