

Empowering women in seaweed utilisation for food: A cross-country peer-led approach

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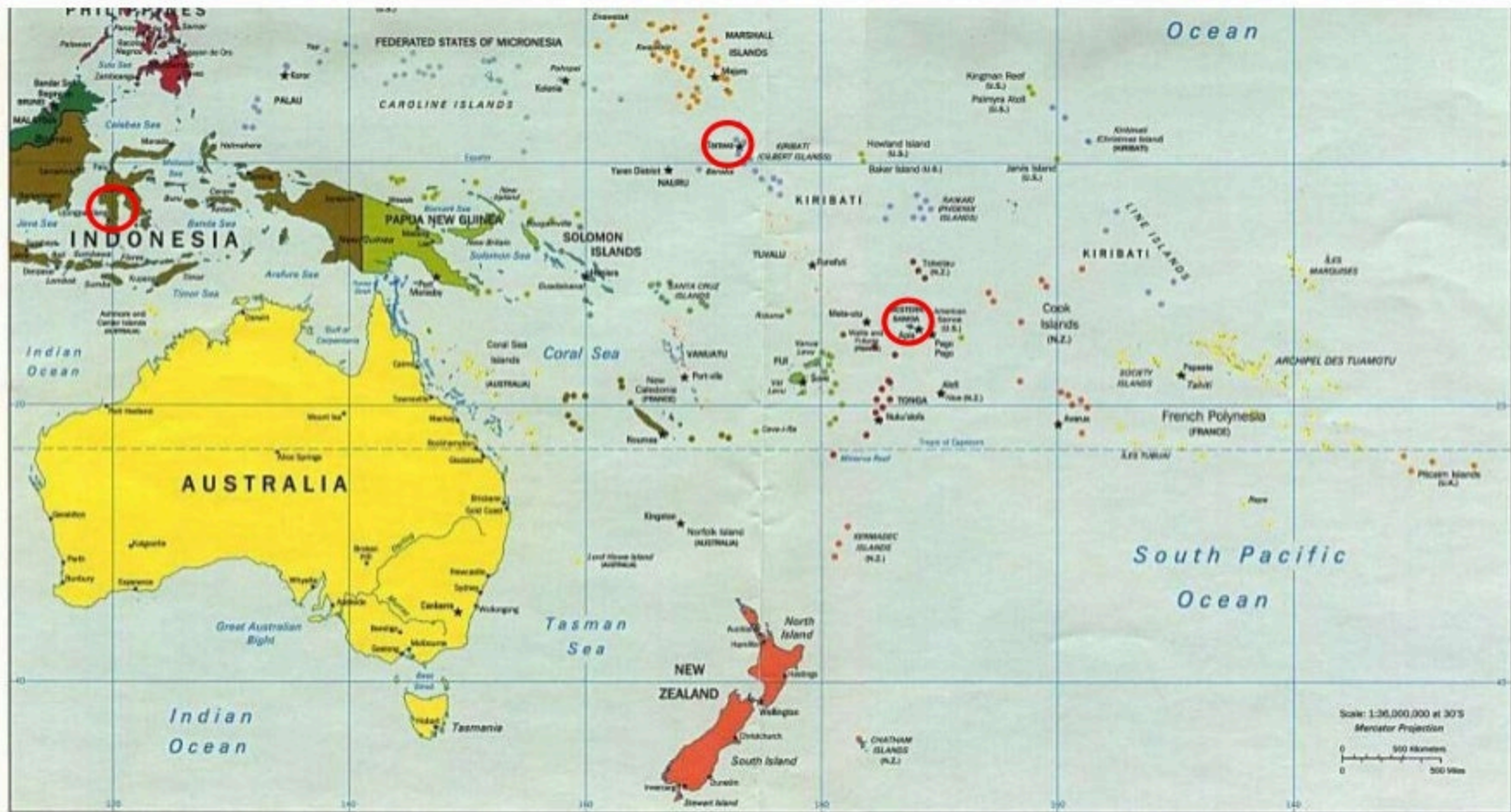



Ulusapeti Tiitii (MAF Samoa)



Dr Silva Larson and A/Prof Nicholas Paul (USC)





An aerial photograph showing a white airplane wing on the left side of the frame, extending towards the center. The background features a vast expanse of turquoise and deep blue ocean water, with a narrow, low-lying island visible in the distance under a cloudy sky.

Kiribati

- Triple burden of disease
- Diet and food choice
- Edible seaweeds

Why seaweed?



Nutrition

Sustainability

Women & families

Socioeconomic benefits

Seaweed in Samoa & Indonesia

Pacific Seaweed Project
ACIAR FIS/2010/098

Indonesian Seaweed Project
ACIAR FIS/2015/038



Lessons for Kiribati



Aim

Determine the impact of a country-to-country peer led approach on people's interest, barriers and enablers, and expected costs and benefits from future engagement in seaweed activities.

Approach

- Action research: Cross-country peer-led approach
- 2-day practical workshop
- Adult learning principles - active and experiential learning
- Sampling – nominated representatives from each village













Approach

Data collection

- In-person structured interviews (45-60 minutes)
- Training of enumerators and participant verification

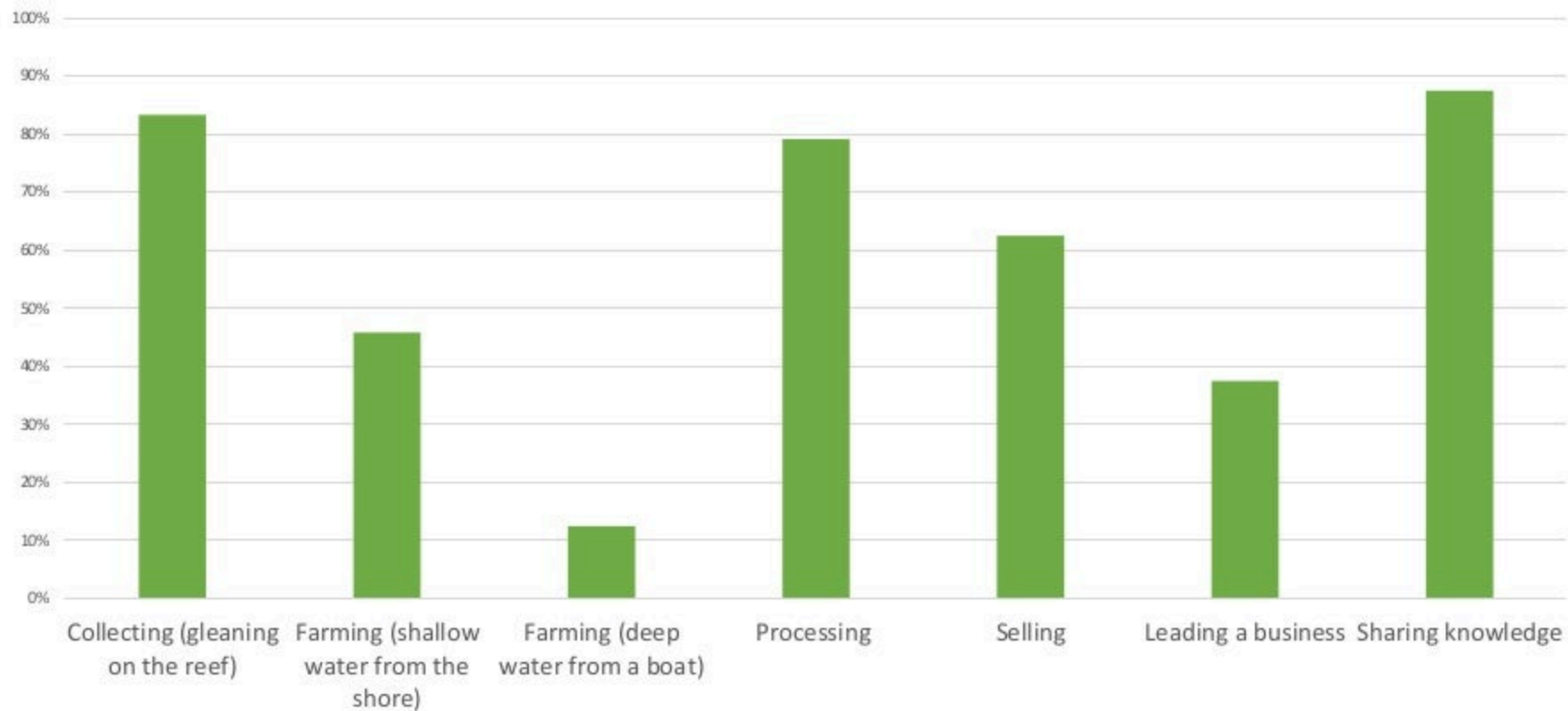
Analysis

- Conventional content analysis of qualitative responses against the DONE* framework

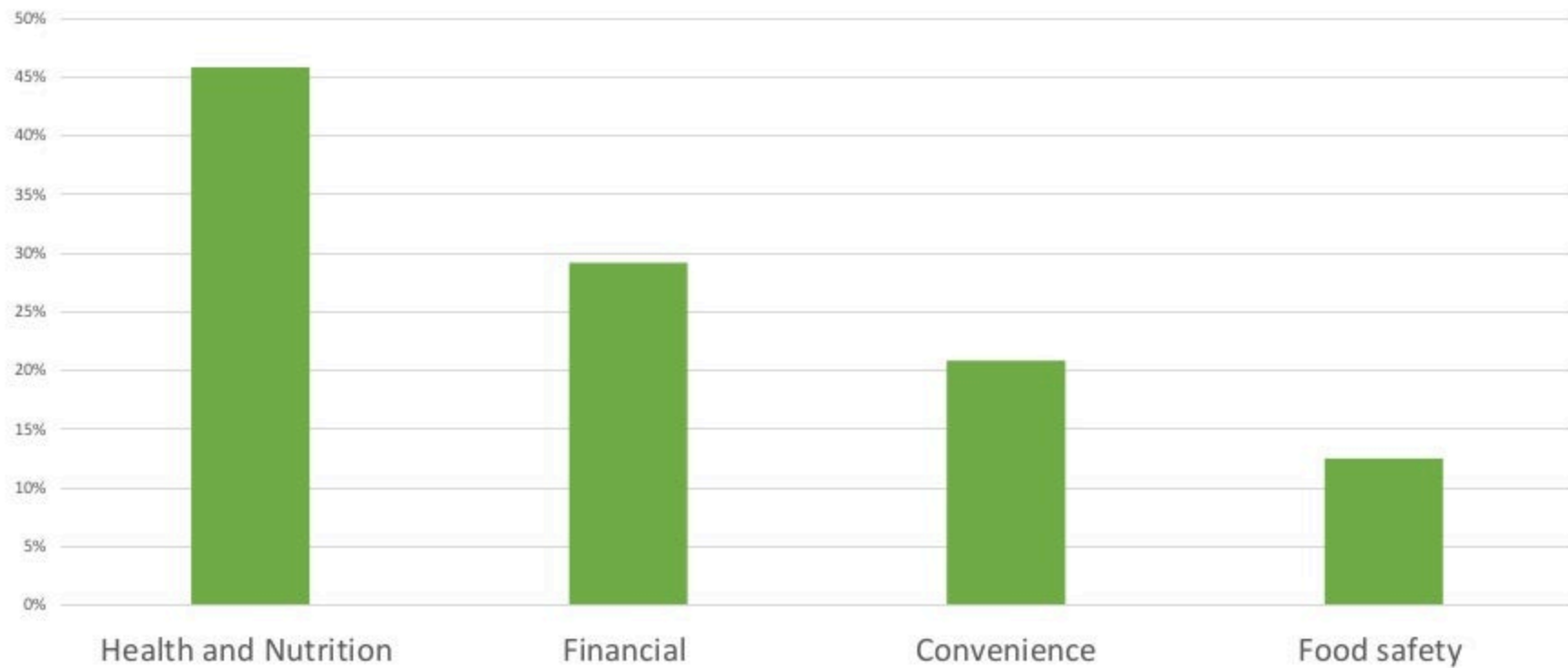
Findings

- 24 women from 12 village communities
- Aged 24 - 71 years
- Increased confidence & self-efficacy
- Perceived benefits
 - Nutrition
 - Income generation
 - Social connectedness
- Barriers
 - Ongoing support
 - Community drive and motivation

Participation in seaweed activities



Identified benefits



Enablers

Instructional support

- Written/didactic instructions
- Training manual
- Recipes
- Small business skills

Accessing a market

*"I request some training and to get better skills on how to market seaweed, I want to learn what business things need to be planned for before marketing."
[Participant 2; age 39]*

*"We need to raise awareness and do some promotion on the radio so that people see the importance of eating seagrapes for health."
[Participant 8; age 39]*

Enablers

Social support

*"The training program was useful when we were able to go to the field and take part with the practical exercise. Watching the Samoan women allowed me to learn and remember the know-how. They show me it is so easy."
[Participant 7, age 35]*

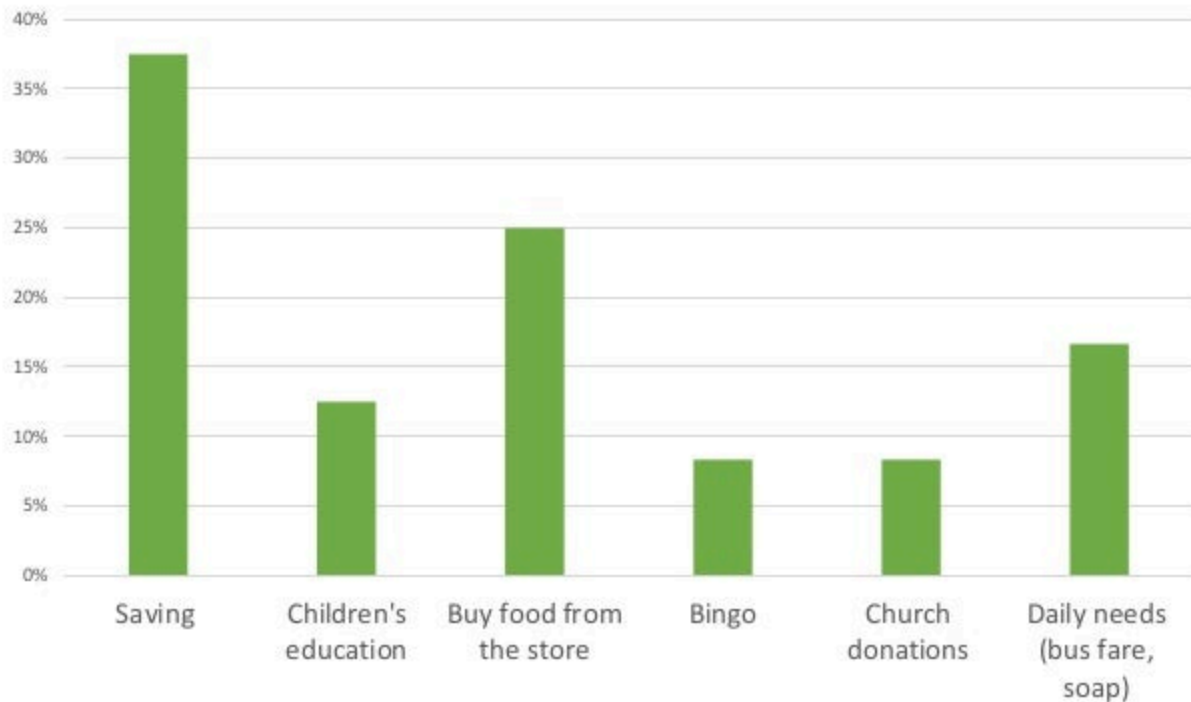
*"If I can go with someone I will feel safer, so maybe I will go with my niece or neighbour."
[Participant 21; age 54]*



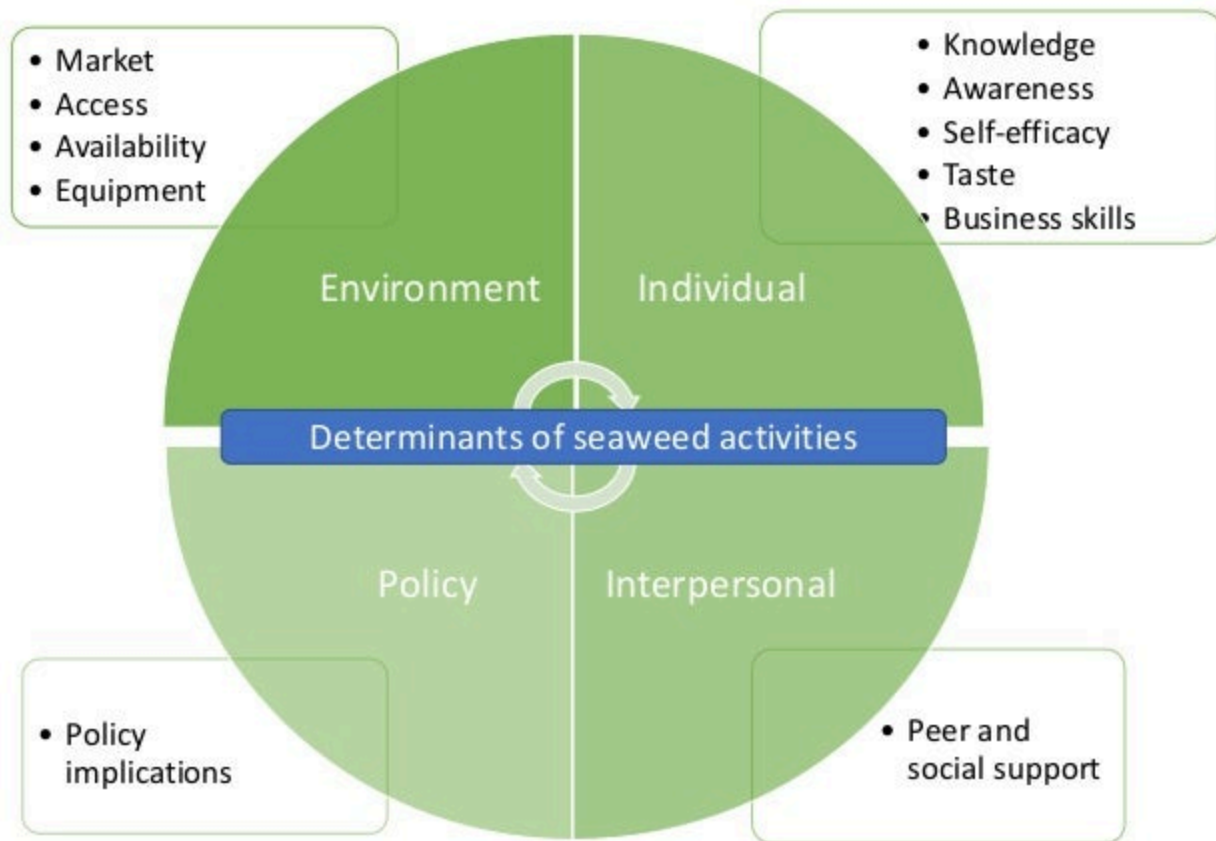
Financial decision-making

Potential to generate cash income for

- children's education
- daily provisions
- church donations
- bingo



Findings in context of the DONE framework



So what...Recipe modification of traditional coconut rice vs seaweed sonkolo in Indonesia

Nutrient	Traditional coconut rice/100g	Seaweed sonkolo/100g
Energy (kJ)	1496	1154
Protein (g)	6.6	6.1
Total Fat (g)	4.4	3.4
Saturated Fat (g)	2.6	1.8
Carbohydrate (g)	70	60
Dietary Fibre (g)	2.8	11.9
Potassium (mg)	78	95
Calcium (mg)	8.7	10.7

Future direction

Socially inclusive engagement of whole communities, is needed to empower women and their families to access sustainable seaweed value chains.

Describe the minutia of family structures, church and village hierarchies is needed.

Participatory research to accommodate women's diverse needs and address issues at the beginning of the food supply chain is warranted to explore and build roles that are sustainable for women and their families.



Thank you!

