

# Impacts of Climate Change on Food Habits in the Coastal Areas of Bangladesh

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## RATIONALE OF THE STUDY

The impacts of climate change on food habits is a serious issue in the coastal regions of Bangladesh. In the agriculture sector, plants and ecosystems are affected and changing everyday, and as a result, the food habits of people are affected too. This study aims to investigate the effects of climate change on food habits and its consequences.



Figure 1: 19 coastal districts (green marked) of Bangladesh

## METHODS

A qualitative approach was employed to gather data on the impacts of climate change on the food habits of the coastal area of Bangladesh. Qualitative data was collected through the case study in the selected areas and stakeholders and key informant interviews (KIIs) were taken from the climate, and food experts and two focus group discussions from the local people. Thematic analysis was employed to analyze the data.

## ANALYSIS

\*Traditional food habits are rice, fish and vegetables. But, due to climate change, this kind of production is changing in different ways. For example, the local fish genre has almost disappeared and taken the place of crabs, shrimps and others which are more expensive and not buyable for poor people.



Picture 1, 2: Crab Cultivation and Sell. Source: Author

\*As crop season changes, soil degrades, reducing food security and nutrition facing challenges day by day. Due to fluctuation in rainfall, or floods and cyclones, it happens regularly.

\*Salinity is increasing and affecting local plants and fruits. As a result, local fruits are reducing significantly except for some salinity resilience plants like coconut, or nut.

\*Drinking and useable water scarcity has reached an alarming level. Water is everywhere but not for drinking.

\*As local foods, fruits, and drinking water are facing problems packaged beverages receive place which is less affordable for low-income people.

## RESULTS

The findings reveal that several climatic factors have a vital impact on food habits and culture. For example, in the last 36 years, salinity has increased significantly and affected crops, plants, and human and animal life and finally production levels have declined. As a consequence, many food items are replaced by others and people are compelled to consume them. The changing process due to climate is an alarming issue for the future food chain, public health and ecosystems are obviously obstacles to sustainable development.



Picture 3: Plastic Water Drum. Source: Author

## Conclusion

This study highlights the impacts of climate change on food habits and its associated factors. The findings explore the alarming issues that need immediate action to mitigate changes in food habit .