

Inseguridad alimentaria y género de la jefatura familiar en hogares aportadores de migrantes

Food insecurity and gender of family head in households contributors of migrants

A insegurança alimentar e sexo da liderança família em famílias contribuintes migrantes

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Resumen

El objetivo del presente trabajo de investigación es describir la relación que existe entre el género al que pertenece el jefe de familia con migrantes y la Inseguridad Alimentaria (I A). Para ello se entrevistaron 35 familias con migrantes en el poblado de San Miguel Cosahuatla, Puebla, que representan 40.7 % del total de los hogares de la localidad. Para clasificar los hogares de acuerdo a su condición de Inseguridad Alimentaria se utilizó la Escala Latinoamericana y del Caribe Sobre Seguridad Alimentaria (ELCSA). La información obtenida muestra que 25 % de los hogares con jefatura femenina y 52.18 % de

los hogares con jefatura masculina que aportan migrantes carecen de una buena alimentación. De las tres categorías de Inseguridad Alimentaria que maneja la ELCSA (I A Leve, I A Moderada e I A Severa), la I A Moderada muestra mayor diferencia, ya que 25 % de los hogares con jefatura femenina obtuvo el grado de Inseguridad Alimentaria, mientras que el porcentaje de los hogares con jefatura masculina se elevó a 43.8 %. Por el momento no es posible llegar a una conclusión definitiva pues se requiere hacer más estudios, sin embargo, la tendencia de los resultados obtenidos se atribuye a las características cualitativas del fenómeno migratorio en la localidad, donde históricamente ha sido una estrategia de supervivencia.

Palabras clave: jefatura femenina en los hogares, inseguridad alimentaria, migrantes.

Abstract

The objective of the present research is to describe the relationship that exists between the gender to which belongs the family head with migrants and Food Insecurity (FI).

With this purpose 35 families were interviewed with migrants in the town of San Miguel Cosahuatla, Puebla, representing 40.7% of the total households in the town. The Latin American & Caribbean Household Food Security (ELCSA) was used to classify households according to their condition of Food Insecurity. The information obtained shows that 25% of households with female leadership and 52.18% of households with male headship that bring migrants lack of good nutrition. Of the three categories of Food Insecurity that handles the ELCSA (FI Mild, FI Moderate and FI Severe) the FI Moderate shows greater difference, since 25% of households with female leadership obtained the degree of food insecurity, while the percentage of households with male headship rose 43.8%. At the moment it is not possible to reach a definitive conclusion as it is required to do more studies, however, the trend of the results obtained is attributed to the qualitative characteristics of the migratory phenomenon in the town, where it has historically been a survival strategy.

Key words: female headship in households, food insecurity, migrants.

Resumo

O objetivo desta pesquisa é descrever a relação entre o gênero do chefe de família com os migrantes e Insegurança Alimentar (IA). Para este 35 famílias com migrantes entrevistados na cidade de San Miguel Cosahuatla, Puebla, representando 40,7% de todas as casas na localidade. Para classificar as famílias de acordo com o seu estado Insegurança Alimentar escala utilizada a segurança alimentar América Latina e Caribe (ELCSA). A informação obtida mostra que 25% das famílias chefiadas por mulheres e 52,18% dos agregados familiares chefiados por homens que trazem migrantes carecem de uma boa nutrição. Das três categorias de manipulação de Insegurança Alimentar da ELCSA (IA Leve, IA moderada e IA Severa), os shows Moderado IA maior diferença, uma vez que 25% das famílias chefiadas por mulheres obteve o grau de insegurança alimentar, enquanto a percentagem dos agregados familiares chefiados por homens subiu para 43,8%. No momento, não é possível chegar a uma conclusão definitiva, conforme necessário um estudo mais aprofundado, no entanto, a tendência dos resultados é atribuído às características qualitativas da migração na cidade, onde tem sido, historicamente, uma estratégia de sobrevivência.

Palavras-chave: mulheres chefes de família, a insegurança alimentar, os migrantes.

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Introduction

Psycho-economic social variables and their relationship with the gender of the head of household, somehow they have to do with the incursion of women in different fields of human activity, however, the role of women as migrants or as spouse of the migrant who stays in the home of residence is completely different and must be analyzed with appropriate tools and methodologies. When analysed "in situ", the role of migrant women and their role in the home shows that there are two forms of behavior, on the one hand it is the spouse, even in his capacity as migrant, who serves as head of the household because thus recognizes it the spouse, and on the other is the spouse, who plays the role of head due

to the importance of its contribution to the maintenance of the family, whether exercising economic activities or managing household goods (Mummert, 1998, pp. 281 and 284).

The role of women in the migration process becomes more complex if it is considered that it also depends on the causality of "head of household" status and the degree of acceptance or conformity showing in this regard. In other words, migrant women head of family exercised its role differently when it is the product of a decision agreed upon together with the spouse, when it has been imposed on it, or when it does so only by obedience or "resignation".

These premises lead to the effects that entails the female leadership in households of migrants: the psycho-social price and, above all, emotional, paid women heads of households due to migration (Marroni, 2010; Aresti, 2010). This topic has not been studied enough, nor the relationship between the heads of households contributing migrants and Food Insecurity. This relationship considers three important themes: female leadership, migration, and Food Insecurity. An extensive bibliography on the relationship between migration and the female headship, is non-existent. For his part, Vargas and Navarro (2013), and Lázaro, Zapata, Martínez and Alberti (2005) emphasize the increase in households with female leadership and its impact on the socio-economic area, and they also mention that these implications are leading to a redefinition of the concepts "family" and "home". Por su parte, De Jesús, Díaz y Rivera (2014) analizan los cambios que sufren los hogares con la migración, principalmente en lo que concierne a los roles de género, encontrando que el de la mujer ha cambiado a uno de mayor autoridad y participación social. Algo semejante sucede con Klein y Vázquez (2013), quienes analizan la relación entre migración y unidad doméstica, aunque insisten en una concepción más integral de esta relación cuando se trata específicamente de las mujeres por su subjetividad, por lo que se debe estudiar no sólo el aspecto económico sino también los de orden social, generacional y cultural. Algunos organismos internacionales estudian los aspectos económicos y sociales de género en los hogares de migrantes y la forma como se relacionan entre sí. The Food and Agriculture Organization (FAO, 2010) analyses the impact caused by rural migration in the division of labour by gender, which can change the power relations based on gender. Likewise, there are valuable contributions to the issue of the relationship between female-headed households and food security, for example, Álvarez,

Mancilla and Cortés (2007) find that female headship in rural households is not a determining variable in the food insecurity of households producing food for self-consumption, since 80% of households with food insecurity are rural, of which 26% assumed the head of household. On the other hand, Vega, Shamah, Peinador, Méndez and Melgar (2014) find in their researched population a relative difference both in food insecurity and in the levels of food insecurity between male-headed households and female-headed households: Food security is present in 48.5% of the households headed by women, therefore, 51.5% have some degree of food insecurity; With regard to male-headed households, 52.7% have food security and 47.2% have some degree of food insecurity. There are also studies that, although they are not the product of direct field research but of the analysis of official survey results such as the National Health and Nutrition Survey 2012 (ENSANUT, 2012), find a relationship between female-headed households and food insecurity, affirming in their results that when households had a female head of household, the prevalence of moderate and severe food insecurity increased (Mundo, Méndez and Shamah, 2014). There is little work on the relationship between migrant-headed households with female headship and food insecurity, although it must be acknowledged that international organizations have focused their attention on this issue of migration (FAO, 2004).

Other organizations, such as WFP, OAS and IOM (2015), do not address the issue of the relationship between women headship in migrant households and food security, but in an indirect way contribute knowledge that enriches the issue, because the difficulty to approach food insecurity in relation to violence and migration seems insurmountable. However, this study of the World Food Program and the International Organization for Migration addresses it in an extensive way, taking as its study area the Northern Triangle of Central America (El Salvador, Guatemala and Honduras). Although the conditions there are extreme, they describe a scenario conducive to the increase of female-headed households as a product of violence and migration.

It should be noted that the use of the Latin American and Caribbean Food Security Scale (ELCSA) in this research grants not only a quantitative analysis of the levels of Food Insecurity (IA) but also a qualitative analysis that allows comparing the data obtained with the information provided by the National Council for Evaluation of Public Policy

(CONEVAL) on the Indicator of Access to Food, measured by the same scale and that is part of the group of indicators considered for the multidimensional measurement of poverty in Mexico .

Approach

This paper describes the relationship between female migrant households and food insecurity in a rural locality where 40.7% of households have migrants. The information on this topic is not profuse, as mentioned, and the existing one does not give conclusive results; However, FAO (2004) points out that the migration of a family member leads to the reorganization of productive activities and if the reorganization of the woman becomes a head of household increases her productive and reproductive workload in addition to her Activities, reducing their availability of time. If we add insufficient remittances we are faced with elements that contribute to food insecurity. The same document recognizes the need to promote studies to determine the interaction between migration and food security, development and poverty alleviation.

The angles of discussion raised by this theme are diverse and are becoming more urgent and necessary, because with the recent adoption of the perspective of migration seen from the perspective of gender, women are constituted as protagonists in the production of goods Daily consumption for the subsistence of those who remain, especially in those households where it assumes, with all its consequences, the role of chief.

Another perspective of migrant-headed households is that it can not be standardized according to the phenomenology of households headed by women as a consequence of another causality, such as divorce, widowhood , Maternity in singles, and so on. Households that contribute migrants and who have a female head of household, present a social dynamics, intra-family, of economic production of daily subsistence "sui generis" that must be analyzed in a disaggregated way. This premise makes the analyst hesitate to generalize the results obtained in studies about the relationship between female-headed households and food insecurity, and to think that they coincide with those of households that provide female-headed migrants and food insecurity.

From these premises, this research aimed to analyze the association between the levels of food insecurity (IA) and the homes of San Miguel Cosahuatla in which some or some

members leave the household on a temporary basis or take time to settle Outside for reasons of work, and that also work under a female leadership. Likewise, it aims to contribute elements that contribute to implementing social-political programs and strategies aimed at combating hunger in social groups in a differentiated way, increasing the effectiveness of problem solving.

Methodology

The study considered as "units of study" to all the homes of San Miguel Cosahuatla of the Municipality of Huatlatlauca, Puebla, Mexico, understanding as such to any of the five types in which they are classified by the Economic Commission for Latin America and the Caribbean (ECLAC), that is, both nuclear and extended, compounds, single-person and non-core; Or as described by them (Palma, Shamah, Franco, Olaíz and Méndez, 2006, pp. 21-32), "houses inhabited by a number of people who benefit from a common income, contributed by one or more household members , And that they have a leader recognized by all. The National Institute of Statistics and Geography (INEGI) distinguishes two types of households: family and non-family; In a general way: household is the set of people who may or may not be relatives, who share the same home and are supported by a common expense. A person living alone also constitutes a home.

A family home is one in which at least one of its members is related to the head or head of the household (INEGI, 2015). It is not ignored that for some authors the concept of nuclear family is in crisis (Lamas, 2005), however, for purposes of this work, the households described by ECLAC and INEGI as family members, With two essential conditions: 1) that the head of household is in the hands of a woman and 2) that in this household, at least one of its members is considered as a migrant.

The study included information from 86 homes in San Miguel Cosahuatla, Puebla, where the 2010 General Population and Housing Census reports the existence of 99 homes. The objective was to include its total universe, however, only 86 inhabited houses were detected, reason why this number was considered the total universe. Information from any of the study units was not excluded.

Safety or degrees of food insecurity

The measurement of this variable was obtained through the application of the Latin American and Caribbean Scale on Food Security (ELCSA). The version of the ELCSA chosen, for methodological reasons, was adopted by the National Council for Evaluation of Public Policy (CONEVAL) to measure the lack of access to food, one of the social indicators of Multidimensional Measurement of Poverty; This version is being applied in the survey of the National Survey of Household Income and Spending since 2010 (ENIGH, 2010, ENIGH, 2012 and ENIGH, 2014). See Annex.

The methodology for applying and analyzing results clung orthodox to the guidelines issued by the Scientific Committee of the ELCSA, which are extensively explained in the ELCSA Use and Application Manual (FAO, 2012). The cut-off points for the classification of the Safety and Food Insecurity grades were determined as follows:

Chart 1

Cut-off points for the classification of (in) food security according to the type of household

Tipo de hogar	Clasificación de la (in)seguridad alimentaria			
	Seguridad	Inseguridad leve	Inseguridad moderada	Inseguridad severa
Hogares integrados solamente por personas adultas	0	1 a 3	4 a 6	7 a 8
Hogares integrados por personas adultas y menores de 18 años	0	1 a 5	6 a 10	11 a 15

Fuente: FAO, 2012, p. 68.

Under these headings, the use of ELCSA has found that households classified as Light Food Insecurity (IA) begin with a concern about the possibility that food may not be sufficient to meet the dietary needs of family members, including Some households decrease the variety of foods in their consumption. Moderate I A occurs when households implement strategies not only to reduce the variety of food but also the amount of food that is accustomed to consume because the money or resources are insufficient. Severe AI is an

extreme condition of hunger because in this classification are located households that have been bordered by one or some members of the household stop eating at any of the times of the day dedicated to consuming food or even stop consuming them for the whole day. This forced behavior, in homes where there are children, occurs first in adults, and in hyper extreme situations in children. Lack of money or resources for the acquisition of sufficient food is the primary cause of such strategies.

Households providing migrants. The ELCSA was accompanied by a questionnaire that investigated some social characteristics of the homes of San Miguel Cosahuatla, Puebla, among which was included an item that directly questioned the existence of some or some members of the household who had the characteristics of Migrants

Head of household. The interviewee was asked directly about who was the head of the household, and not only the migrant-contributing households in such a way that there was a general result on this item in this locality.

Place of study. The locality of San Miguel Cosahuatla presents social, economic and demographic characteristics that make it a study place appropriate for this investigation; It is a locality whose municipal Huatlatlauca head is situated within the social standards as a municipality that by its social condition, as can be seen in table 2, requires public development policies.

Chart 2

Development Indices: Huatlatlauca

Grado de marginación	Alto
Desarrollo humano	Bajo
Rezago social	Alto
Intensidad migratoria	Baja

Fuente: CONAPO, 2010; PNUD, 2010; CONEVAL, 2010; CEIGEP, 2014.

As can be seen, the degree of migratory intensity in the municipality of Huatlatlauca is low, however, when conducting in-depth interviews with key characters of the locality it is discovered that San Miguel Cosahuatla in particular can not be classified with degree of migratory intensity Low, since the information collected ensured that the number of

migrant-contributing households in this locality is high. This information led to providing the survey with items that confirm or deny the information; If it were to be positive, the aim of the search would be not only the association between migrant households and AI, but also to discover the association between female migrant households with female headship and AI, in order to study the degree Gender in household headship with migrants affects levels of food insecurity.

Analysis of the information. In this research model, food insecurity levels (mild, moderate and severe) have been selected as the dependent variable that will vary quantitatively according to whether they belong to households of San Miguel Cosahuatla that are migrant workers but who also have female heads , Or if it belongs to households of the same locality also contributing migrants but with male leadership.

The purpose of the analysis was to discover the desired association in an operationally panoramic way. For this reason, given the characteristics of the studied universe, we chose the bivariate analysis presented in numerical and percentage way, accompanied by graphs showing the information found.

Results

The total of study units in San Miguel Cosahuatla were 86 households, representing 99% of households in this locality, of which 35 are migrant workers, or 40.7% of the total.

Chart 3
Study units with migrants and without migrants

	Total	Con migrantes		Sin migrantes	
		#	%	#	%
Hogares	86	35	40.7	51	59.2

Fuente: elaboración propia. Trabajo de campo 2015

This result does not correspond to a locality with a low migratory intensity index, according to the parameters (percentage of households receiving remittances, percentage of households with emigrants to the United States from the previous quinquennium, percentage of homes with circular migrants) managed by the Council National Population (CONAPO, 2010); Depth interviews with municipal authorities had already warned about this characteristic of San Miguel Cosahuatla, although although the municipality is classified as low in its migratory intensity, human migration is one of its characteristics.

For the purposes of this study, the 35 households that provide migrants were taken as units of study.

Chart 4

Households providing migrants: 35

	Con jefatura femenina %	Con jefatura masculina %
Hogares	34.29	65.71

Fuente: elaboración propia. Trabajo de campo 2015

In San Miguel Cosahuatla, 34.29% of migrant households have female heads of state; We searched for an association of these households with Food Insecurity, at the same time as this search was done with the households that have male headship, in such a way that in a comparative analysis one could determine what kind of household headship in San Miguel Cosahuatla Migrant workers has a significant dependency association with the levels of Food Insecurity.

The results obtained were as follows:

Chart 5

Association of households providing migrants of San Miguel Cosahuatla according to the genre of their headquarters, with the degrees of Food Insecurity

	Con jefatura masculina	Con jefatura femenina
	%	%
Con Seguridad Alimentaria	4.35	0.00
Con Inseguridad Alimentaria Leve	43.48	75.00
Con Inseguridad Alimentaria Moderada	43.48	25.00
Con Inseguridad Alimentaria Severa	8.70	0.00

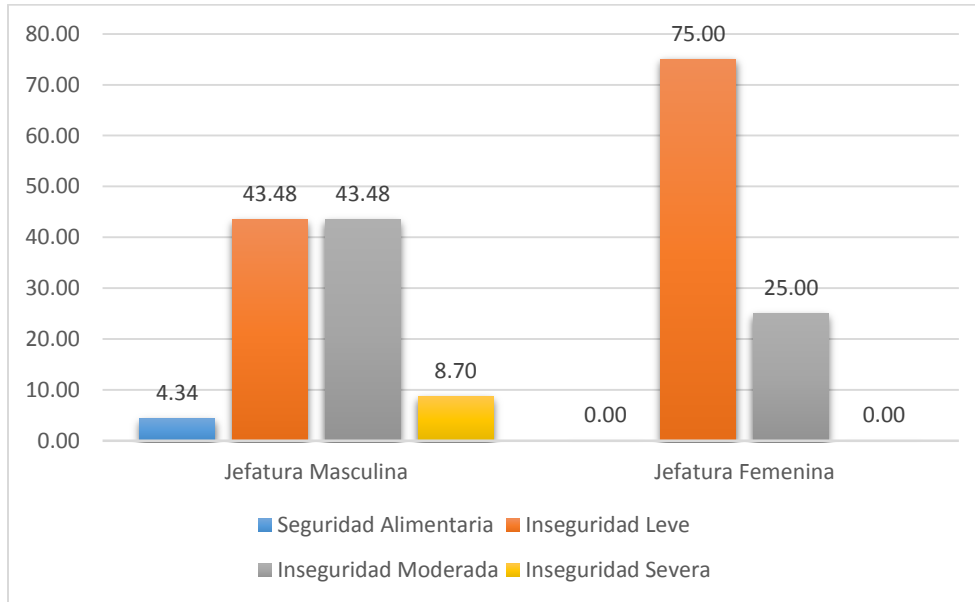
Fuente: elaboración propia. Trabajo de campo 2015

With the cautious reservation of measuring such a complex phenomenon and with the conviction that no indicator by itself is capable of capturing all dimensions of food insecurity (IA), the Latin American and Caribbean Food Security Scale (ELCSA) has Demonstrated the validity to measure, through the experience of the homes with the hunger, the phenomenon of I A.

Without losing sight of our objective, Table 5 shows that: (a) households providing male migrants with some degree of food insecurity account for 95.66%; and (b) households that provide female migrants with some food insecurity They are all, therefore, in quantitative terms, households that provide female-headed migrants have more food insecurity than male-headed households, however, the instrument used for this measurement, ELCSA, makes it possible to qualitatively weigh the degree of food insecurity Of households. This quality of the ELCSA led it to be the instrument chosen by the National Council for Evaluation of Public Policy (CONEVAL) to measure the "lack of access to food" that is part of the set of indicators for multidimensional poverty measurement in Mexico. To this end, CONEVAL interprets that the levels of moderate food insecurity and severe food insecurity are qualitatively considered, affirming verbatim: "People have a lack of access to food if the homes in which they live have a degree of insecurity Moderate or severe food "(CONEVAL, 2014, p 121).

The results presented in graphic form allow to cover all the information in a single moment and even to have an idea of a comparative analysis.

Graph 1



Fuente: elaboración propia. Trabajo de campo 2015

Given the above, the results show that if the number of female-headed migrant-contributing households is compared to the number of male-headed migrant-contributing households in terms of the lack of access to food, the number of migrant-headed households is significantly lower (25%) than the second (52%); In fractional terms a little more than half of these latter households lack access to food, while only a quarter of households with female headship have such a lack.

Without forgetting that the "lack of access to food" is an indicator of multidimensional poverty measured by a scale that takes advantage of the experience that households have had with hunger, it can be said that households with severe food insecurity are in a situation of extreme poverty because, because of lack of money or resources, some or some members of the household are leaving to eat at any time of the day dedicated to consuming food or are even giving up eating all day, and hunger, for those who have had that experience or have lived with those who have this experience due to lack of money or resources, is the cruelest expression of poverty.

From the graph we find that 8.7% of male migrant-contributing households have a severe degree of food insecurity, while there are no female-headed households with them. On the other hand, 43.48% of male-headed households have a moderate degree of food insecurity, which means that in these households some or at least one member is eating less than he or she should eat for lack of money or resources.

If attention is focused on female-headed units of study, a less extreme situation is found in their situation of food insecurity, because no household with this leadership shows a degree of severe food insecurity, but 25% of this group of households suffer from insecurity Food Moderate. For the purposes of this study, it would seem that the female headship in our units of study is not a factor that aggravates or increases the level of food insecurity, on the contrary, this leadership seems to have a positive association with a situation of lesser degree of insecurity Food.

Discussion

The results of this research propose three topics of discussion that can not be ignored if it is really desired to obtain information that contributes to a two-dimensional selectivity, on the one hand to avoid the generality of the migratory phenomenon as a situation of economic deterioration in the communities with a high index of migration. In this respect, the possible effects of migration are classified according to two extremes: one shows a pessimistic scenario and the other an optimistic one, the first one shows a situation of economic deterioration in communities with a high rate of migration and even disintegration of households, and The optimist predicts that rural migration has more positive than negative effects since the loss of labor is not significant: remittances benefit poor households, alleviate productive constraints on poor households, create local income multipliers, and so on (Taylor, 2001).

The community of Cosahuatla seems to be part of this positive vision of migration, since the income received by households through the remittances of family members living inside or outside the country maintains their economic balance, which allows them to fulfill their family, social and Even religious. Undoubtedly, remittances are an important element in the migration phenomenon and represent the inescapable condition for a home to be framed in

a pessimistic or optimistic scenario, hence the monitoring of factors that favor food security in the homes of migrants headed Female is necessary to detect the strengthening or fracture of the same and that affect their food insecurity.

The information obtained in this research indicates that female migrant-headed households have less lack of access to food than male-headed households, this result is a result of factors that have been rearranged over time, Which currently manifest themselves as stable households that receive their remittances and whose members also deal with local economic activities. Cosahuatla historically contributes migrants, which represents a state of maturity of the migratory phenomenon itself, which has been achieved through the sustained operation of important social and family networks, especially the United States, and are part of a strongly entrenched migration culture Which facilitates, facilitates and facilitates migration flows.

The second theme is family leadership, whose semantic content must be defined and pointed out in an objective but above all operational. Some sciences are in a process of readaptation to their methods, contents and definitions, because the evolution of their fields so demands. The social sciences do not escape this dynamic and although there are quite rightly researchers who resist change, it can not be denied that concepts, once so immovable as family and marriage, by political, economic and social pressures, are now in A situation of redefinition whose scope, especially sequential, are not at all positive. In this scenario is situated the concept of family headship whose edges atomize it according to its causality, its social class, its working environment, economic power, political power, and so on. This concept has evolved in an ostensible way, as confirmed by ECLAC (2004), which makes a balance between the conception of family headship in households, which in the decades of the 1970s and 1980s was considered as the feminization of Poverty and it was argued that the households in which this situation occurred were "the poorest of the poor." At present, the female headship in the household can have positive aspects according to their individual or group characteristics. Since the beginning of this century, several studies have introduced conceptual and methodological doubts regarding the relationship between household headship and poverty. As empirical evidence, there was little evidence of a study carried out in some countries in sub-Saharan Africa, Asia and Honduras, which aimed to determine the extent to which women and female-headed households contribute to

total poverty, Poverty levels were higher, for households headed by women the differences were minimal (ECLAC, 2004). It is true that this document does not explicitly mention the relationship between food insecurity and female-headed households, but it does so between poverty and female-headed households, and as it states emphatically (WFP, OAS and IOM, 2015, p.18) Food insecurity and hunger are closely linked to extreme poverty. " The traditional meaning that this concept had is in a process of re - design, breaking the family - home model, the incursion of women into the labor market, rejection of the activity of "housewife", are elements that keep in A state of revolution the semantic, conceptual and operational content of that term.

Conclusions

The observed results indicate that in the locality of San Miguel Cosahuatla, the households that provide migrants with female headship have qualitatively lower levels of food insecurity, which means that they have less deficiency due to access to food. These results do not seem to be in line with those obtained in the search for association of households with female headship and Food Insecurity carried out by other researchers like (Mundo et al., 2014) in their analysis that make the data of ENSANUT (2012) .

The importance of this research is that it can represent the empirical argument that: a) Migration as a systematized strategy contributes to raising the income of a locality, b) Female leadership when it is not an irruptive variable but "historical", not Means a disadvantage with respect to male headship in households and c) When the economic activity of the inhabitants of a locality does not require differentiated or specialized skills, as in the case of San Miguel Cosahuatla, the problem of lack of work does not appear.

Female migrant-contributing households show less lack of access to food than male-headed households, but this can no longer be considered a surprise; The social movements that have placed women in equal rights have led the female headship to no longer have the social rejection that placed these households in a situation of vulnerability and disadvantage. These changes in the traditional paradigm of household headship are reducing the exclusion of female-headed households.

One of the reasons why this topic was chosen was precisely to investigate whether this positive change that the female-headed households are suffering are extensive to those who commuted with this characteristic but who are also migrant contributors. This angle of migration has not been sufficiently studied; Research in this field is germinal, but the range of knowledge it offers will surely encourage work that delves into the subject.

The results of the study can only be generalized to those localities that have the same characteristics of migrant contributors in a timely manner and in the case analyzed. There are localities that are traditionally considered to have a high rate of migration because many of their inhabitants brought migrants mainly to the United States in the middle of the last century, where they settled and, over time, facilitated and encouraged the migration of other members of their families, who By this circumstance they arrive to that country to a certain place with certain guarantee of work. In the same way, the conclusions are valid for those temporary migrants, whose destinies, activities, periods of time and economic gains already know because of the contractual relationship with their employers.

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Anexo

Escala Latinoamericana y del Caribe sobre Seguridad Alimentaria (ELCSA)

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|--|---|
| <p>1. En los últimos tres meses, por falta de dinero o recursos ¿alguna vez se preocupó de que la comida se acabara?
SI___ NO___</p> <p>2. En los últimos tres meses, por falta de dinero o recursos ¿alguna vez se quedaron sin comida?
SI___ NO___</p> <p>3. En los últimos tres meses, ¿alguna vez se quedaron sin dinero o recursos para obtener una alimentación sana y variada?
SI___ NO___</p> <p>4. En los últimos tres meses, por falta de dinero o recursos ¿alguna vez usted o algún adulto en su hogar tuvo una alimentación basada en muy poca variedad de alimentos?
SI___ NO___</p> <p>5. En los últimos tres meses, por falta de dinero o recursos ¿alguna vez usted o algún adulto en su hogar dejó de desayunar, comer o cenar?
SI___ NO___</p> <p>6. En los últimos tres meses, por falta de dinero o recursos ¿alguna vez usted o algún adulto en su hogar comió menos de lo que usted piensa debía comer?
SI___ NO___</p> <p>7. En los últimos tres meses, por falta de dinero o recursos ¿alguna vez usted o algún adulto en su hogar sintió hambre pero no comió?
SI___ NO___</p> <p>8. En los últimos tres meses, por falta de dinero o recursos ¿alguna vez usted o algún adulto en su hogar sólo comió una vez al día o dejó de comer todo un día?
SI___ NO___</p> <p>9. En los últimos tres meses, por falta de dinero o recursos ¿alguna vez tuvieron que hacer algo que hubieran preferido no hacer para conseguir comida, tal como mendigar (pedir limosna) o mandar a los niños a trabajar?
SI___ NO___</p> | <p>Si en el hogar hay menores de 18 años continuar con las preguntas</p> <p>10. En los últimos tres meses, por falta de dinero o recursos ¿alguna vez algún menor de 18 años en su hogar dejó de tener una alimentación sana y variada?
SI___ NO___</p> <p>11. En los últimos tres meses, por falta de dinero o recursos ¿alguna vez algún menor de 18 años en su hogar tuvo una alimentación basada en muy poca variedad de alimentos?
SI___ NO___</p> <p>12. En los últimos tres meses, por falta de dinero o recursos ¿alguna vez algún menor de 18 años en su hogar comió menos de lo que debía?
SI___ NO___</p> <p>13. En los últimos tres meses, por falta de dinero o recursos ¿alguna vez tuvieron que disminuir la cantidad servida en las comidas a algún menor de 18 años del hogar?
SI___ NO___</p> <p>14. En los últimos tres meses, por falta de dinero o recursos ¿alguna vez algún menor de 18 años en su hogar sintió hambre pero no comió?
SI___ NO___</p> <p>15. En los últimos tres meses, por falta de dinero o recursos ¿alguna vez algún menor de 18 años en su hogar se acostó con hambre?
SI___ NO___</p> <p>16. En los últimos tres meses, por falta de dinero o recursos ¿alguna vez algún menor de 18 años en su hogar comió una vez al día o dejó de comer todo un día?
SI___ NO___</p> |
|--|---|

Fuente. (ENIGH, 2014)