

The research aimed to investigate how high inflation affects food insecurity in developing Asia. It found that as inflation increases, if incomes do not grow correspondingly, people can afford less food, leading to heightened food insecurity. The study examined both perceived inflation—how individuals perceive price changes based on their personal consumption—and official inflation statistics.

The findings revealed that many common coping strategies employed by families to deal with food insecurity, such as reducing expenses or searching for additional work, did not significantly improve conditions. The only effective strategy was applying for government aid, which showed a statistically significant impact on reducing food insecurity.

The study also compared regional differences between Southeast Asia and Central Asia, noting that Southeast Asia had a greater proportion of households experiencing extreme food insecurity. In conclusion, inflation worsens food insecurity, and targeted government support is crucial for vulnerable populations, such as low-income families and those experiencing declining incomes. The research underscores the need for governments to plan and budget support ahead of anticipated inflationary periods.