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## **CAMP MANAGEMENT AND THE RIGHT TO FOOD FOR ELDERLY REFUGEES: A CASE STUDY OF NYARUGUSU REFUGEE CAMP, KASULU DISTRICT IN TANZANIA**

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CASE STUDY OF NYARUGUSU REFUGEE CAMP, KASULU DISTRICT IN  
TANZANIA**

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**Abstract**

**Purpose:** The purpose of this study was to examine how camp management ensures the right to food for elderly refugees in Nyarugusu Refugee Camp, Kasulu District in Tanzania.

**Materials and Methods:** The study adopted a mixed method research design. The study target population was 4,080 elderly refugees aged sixty years and above and 21 senior camp managers. Stratified and purposive sampling techniques were used to obtain the sample for the study. Krejcie and Morgani (1970), was used to obtain a sample of 344 elderly respondents and purposive sampling to select 21 senior camp managers. The study used questionnaires and in-depth interview guide to collect primary data. The collected quantitative data was analyzed with the aid of SPSS using descriptive statistics such as mean, standard deviation, frequency and percentage. The qualitative data collected using interview guides was analyzed thematically using content analysis. The results were presented in tables, charts and bars.

**Results:** The study found that most of the elderly refugees involved in the study had no idea what camp management entailed. The study also found that most of the elderly refugees aged 60 years and above in Nyarugusu Refugee Camp Kasulu District in Tanzania were not able to find all the food they would have liked. Further, the study found that satisfactorily nutritional status is paramount so as to meet the dietary needs of the elderly. The study also found that overcrowding in Nyarugusu Refugee Camp, Kasulu District in Tanzania was hindering the ability of the camp management to provide the elderly with sufficient food to a very great extent.

**Unique contribution to theory, practice and policy:** The study recommended that there is need for the camp management in Nyarugusu Refugee Camp, Kasulu District in Tanzania to create awareness amongst refugees themselves and humanitarian organizations, and risk assessment and interventions to improve access to an adequate and appropriate diet for the elderly refugees aged 60 years and above.

**Key words:** *Camp Management, Right to Food, Elderly Refugees, Nyarugusu Refugee Camp*

## 1.0 INTRODUCTION

The term management has been defined as the process of getting things done with and through people in formally organized groups by guiding and motivating their efforts towards common objectives. It is aimed at achieving the organization's goals in a changing environment through the use of limited resources effectively and efficiently. On the other hand, camp management (CM) refers to standardized coordination mechanisms that refugee operations apply through the Refugees Coordination Model (Szelényi, 2020). Camp management mechanisms ensure that services are delivered efficiently and that displaced people are protected in all types of communal displacement settings in rural or urban environments; whether they live in planned camps, spontaneous self-settled informal sites, collective centres, reception centres or transit centres (Karsu, Kara & Selvi, 2019). In recent years, CM has also worked with displaced populations living with host families and in remote communities.

In conformity with the wider humanitarian community, UNHCR does not promote the creation of camps. Recognizing that displaced people have specific needs, UNHCR considers camps to be temporary solutions or the last resort. Camp management supports other sectors in seeking durable solutions while trying in the interim to efficiently and effectively uphold standards and the rights and dignity of displaced populations (Smith, Howard, Giordano, Yossinger, Kinne & Martin, 2019). However, where capacity is limited, UNHCR may support a CM or take on the role itself.

The overall aims of camp management are to raise the standard of living in the camp, to ensure that assistance and protection programmes are in line with internationally agreed laws and standards and, therefore, enable the camp population to enjoy access to their basic human rights including the right to food (Idris, 2020). Camp management must provide effective coordination at camp level between the humanitarian assistance and protection programmes being delivered to the displaced population or beneficiaries (Sommer, Schmitt, Ogello, Mathenge, Mark, Clatworthy & Ratnayake, 2018). A Camp Management Agency works with a wide range of camp stakeholders to ensure that the camp population has equitable access to the assistance and services that they need and have a right to. It does so through the management of information about the camp and the population; through developing coordination forums and advocating for adequate provision; through developing partnerships with all those involved and by effectively mobilizing camp residents to participate in leadership structures, decision-making and the daily life of the camp (Idris, 2020).

Good quality food is necessary for the physical, psychological and even social development of the individual or group of individuals (Vu et al., 2020). For indeed if one does not eat; he or she will be physically weak, may not be able to 'reason or think' or act effectively and may not even be able to interact or relate very well with the people around; thus, food is a fundamental human right which should not be denied to anyone (May, 2020). Human beings cannot seek the right to education, association, speech and even health among others if they are hungry and physically weak, one can therefore say that this right is very crucial for the survival of the human race and even for development and growth of all countries, communities and even families. According to a study by National Institutes of Health (2019), dietary needs change with aging since people become less active as they grow old and their metabolism slows, their energy requirement

decreases, all of which mean that they need to eat less. However, the study indicated that because older adults' abilities to absorb and utilize many nutrients become less efficient, their nutrient requirements as a function of body mass actually increase.

In protracted refugee situations where the population is often extremely dependent on the humanitarian assistance and food aid, the value of the food will greatly determine their nutritional status (Nunnery & Dharod, 2017). Oliver and Ilcan (2018) argue that, it is essential that highly dependent refugee populations are given sufficient macro and micro nutrients to support growth and development. Moramarco (2018) contend that it is no longer appropriate to just discuss kilocalories, fat and protein; micronutrients must be included in sufficient quantities if the food basket is to fully support the refugee nutritional needs. While sufficient food in quality and quantities is essential, it is not the only factor in health and nutritional security (Nunnery & Dharod, 2017).

The right to food has been recognized as a distinct and fundamental human right within a wide range of international legal instruments including; the Universal Declaration of Human Rights, the International Covenant on Economic, Social and Cultural Rights, the Convention on the Rights of the Child, the Convention on the Elimination of all Forms of Discrimination against Women and the Convention on the Rights of Persons with Disabilities (Ferguson, 2017). International humanitarian law also protects the access of civilians and prisoners of war to food and water during armed conflicts and prohibits the deliberate starvation of civilians as a method of warfare (UNHCR, 2018). Under international criminal law, violations of such protection constitute war crimes and deliberate starvation, whether in war or peace, may also constitute genocide or a crime against humanity (UNHCR, 2018).

For many years there has been a concern about the health of encamped refugees, particularly those in protracted situations who have neither the option to return home nor the support and opportunity to live in health and productivity in the country of asylum (Papadimos, Pappada, Lyaker, Papadimos & Casabianca, 2020). While emergency operations can garner international focus and donations, protracted refugee situations are often incredible resource drains, demanding support for large populations to live under a care and maintenance situations year after year. Unfortunately, the nutrition and livelihood needs of refugees in protracted situations are often no less complex and extensive than refugees in an acute emergency (Papadimos *et al.*, 2020). Moawad and Andres (2021) however believes that if refugees are encamped, with restrictions placed on their movement and access to livelihood activities, the high level of dependency that marked the initial emergency will continue year after year.

### **1.1 Statement of the Problem**

The right to adequate food is realized when every man, woman and child, alone or in community with others, have physical and economic access at all times to adequate food or means for its procurement (Bourke-Martignoni, 2020). Bourke-Martignoni (2020) argue that right to adequate food is the right to have regular, permanent and unrestricted access, either directly or by means of financial purchases. However, according to Riches (2020), the right to adequate food is having quantitatively and qualitatively adequate and sufficient food corresponding to the cultural traditions of the people to which the elderly refugees belongs; and which ensure a physical and mental, individual and collective, fulfilling and dignified life free of fear.

There has been a marked obligation of UNHCR in partnership with World Food Program to ensuring the right to safe, adequate and nutritious food for all the elderly refugees aged at least sixty years in Nyarugusu refugee camp as it should be to other refugee camps across the world (UNHCR, 2020). However despite this obligation, little has been done to analyze the effectiveness of UNHCR's right to food initiative for elderly refugees aged sixty years and above in Nyarugusu refugee camp. This is a serious exclusion particularly when put into consideration that in 2018 there were around 1000 elderly refugees denied their right to adequate food. Motivated by the increasing need to provide food support to elderly refugees that remains as a pressing issue in the agenda of many countries, this study sought to examine how camp management ensures the right to food for elderly refugees in Nyarugusu Refugee Camp, Kasulu District in Tanzania.

## **2.0 LITERATURE REVIEW**

### **2.1 Theoretical Review**

This study was anchored on Basic needs Theory of Abraham's Maslow and John Rawls' Distributive Theory. Basic Needs Theory was pioneered by Maslow (1943). Maslow's theory of basic needs is based on the premise that human beings are motivated by needs ranked in order hierarchically. Some of these needs are simply essential to all human beings and when a basic need is satisfied, we begin to seek higher-order needs (Quested & Duda, 2010). The next need to fill is social, our need to bond with other human beings. According Abraham Maslow's Basic needs Theory (1943), the right to quality and sufficient food is paramount to human existence; it is a fundamental element to a decent standard of living for persons of all ages. The 1948 UDHR article 25 adds that the right to adequate food is a human right universally recognized as the provision of the entitlements to individuals to access adequate food for a decent standard of living as in the event of old age, sickness, disability and many other life events (FAO, Donnelly & Whelan, 2018).

The Distributive theory was put forward by Rawls (1976). Distributive theory of justice represents a broad paradigm of thinking concerned to outline a morally defensible position of who should get what, with a particular emphasis on wealth, income and goods, but also to include the distribution of non-material goods such as rights, opportunity, power, and self-respect (Rawls, 2009). According to Kukathas and Pettit (1990), Rawls' theory of justice as fairness describes a society of free citizens holding equal basic rights and cooperating within an egalitarian economic system. Rawls' theory of political liberalism explores the legitimate use of political power in a democracy, and envisions how civic unity might endure despite the diversity of worldviews that free institutions allow. Rawls' writings on the law of peoples set out a liberal foreign policy that aims to create a permanently peaceful and tolerant international order (Rawls, 2009).

The contingency theory is the third one applied in this study. The theory originated in the 1960s as a challenge to the traditional management approach as the best way to organize tasks at the workplace. The contingency theory holds that there is no "one best way" to organize, and the organizations perform best when they adapt to fit their contingencies (Kamau, Aosa & Pokharayal, 2018). Contingency theory is the "process of achieving a "fit" between the



“conditions” of an environment and the design of the organization” (Maikah, 2015). It is an effort to determine through research which managerial practices and techniques are appropriate to different situations (Karanja & Wario, 2015). For example, camp management differs from governmental and business-oriented organizations.

## 2.2 Conceptual Framework

The study variables included; measures taken by camp management in ensuring equitable food distribution, food availability, nutritional security, challenges faced in Camp Management and how they affect the right to food for elderly refugees in Nyarugusu Refugee Camp, Kasulu District in Tanzania. Figure 1 shows the conceptual framework which guided the research to address its study questions.

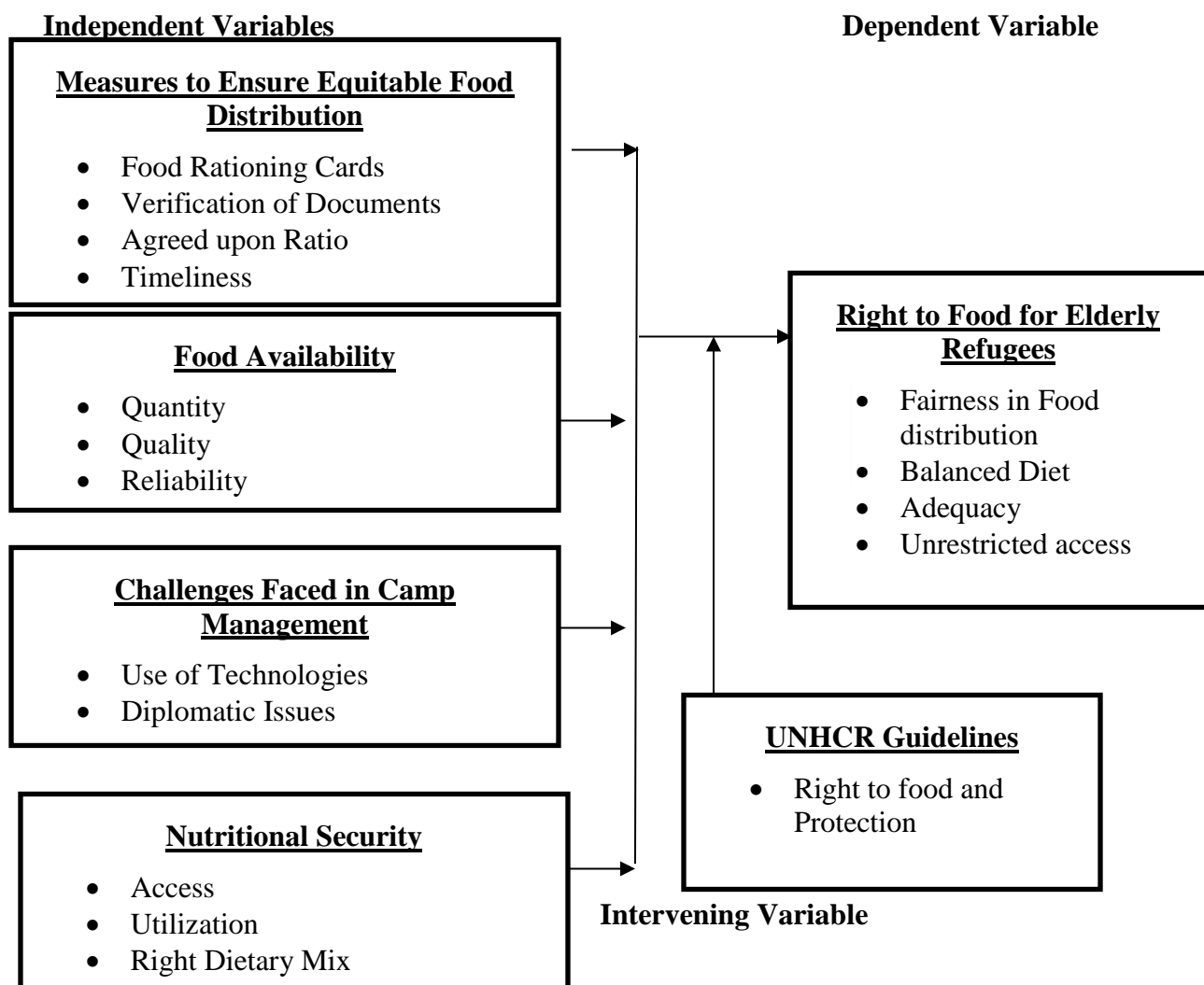


Figure 1: Conceptual Framework

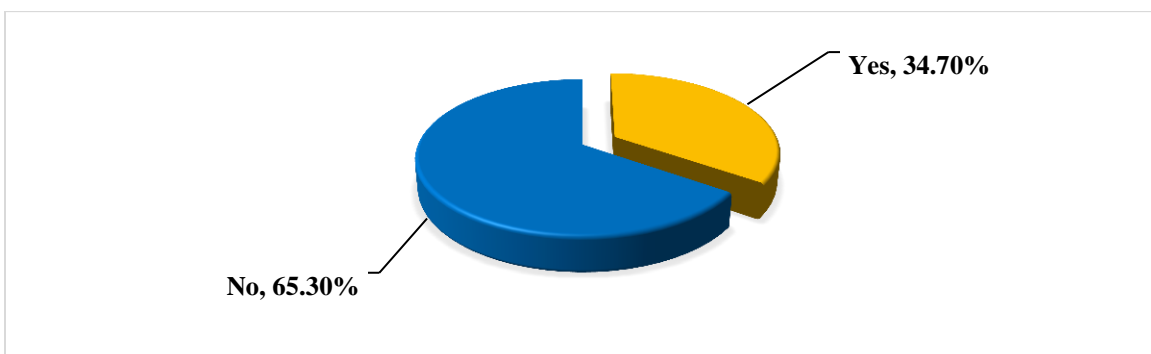
### 3.0 METHODOLOGY

The study adopted a mixed method research design. The study target population was 4,080 elderly refugees aged sixty years and above and 21 senior camp managers. Stratified and purposive sampling techniques were used to obtain the sample for the study. Krejcie and Morgani (1970), was used to obtain a sample of 344 elderly respondents and purposive sampling to select 21 senior camp managers. The study used questionnaires and in-depth interview guide to collect primary data. The collected quantitative data was analyzed with the aid of SPSS using descriptive statistics such as mean, standard deviation, frequency and percentage. The qualitative data collected using interview guides was analyzed thematically using content analysis. The results were presented in tables, charts and bars.

### 4.0 RESULTS

#### 4.1 Measures Taken by Camp Management in Ensuring Equitable Food Distribution

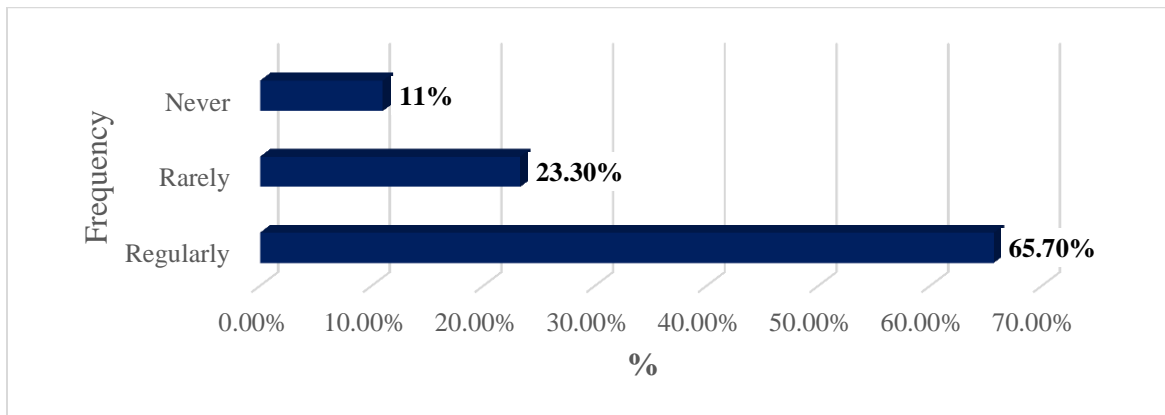
The study explored the necessary measures taken by camp management in ensuring equitable food distribution for elderly refugees and how they could be improved in Nyarugusu Refugee Camp, Kasulu District in Tanzania. The respondents were asked to indicate if they understood what camp management was all about. Their responses were as shown in Figure 2.



**Figure 2: Understanding on Camp Management**

The results indicate that majority (65.30%) of the respondents had no idea what camp management entailed, while 34.70% were well informed about camp management. This implies most of the elderly refugees in Nyarugusu Refugee Camp, Kasulu District in Tanzania do not have any understanding on what the management of the camp is all about and so may not be able to realize whether the camp is well managed or not. However much as most of the refugees might not have information regarding camp management, camp coordination and how camp management ensures that services are delivered efficiently and that displaced people are protected in all types of communal displacement settings in rural or urban environments; whether they live in planned camps, spontaneous self-settled informal sites, collective centres, reception centres or transit centres (UNHCR, 2020).

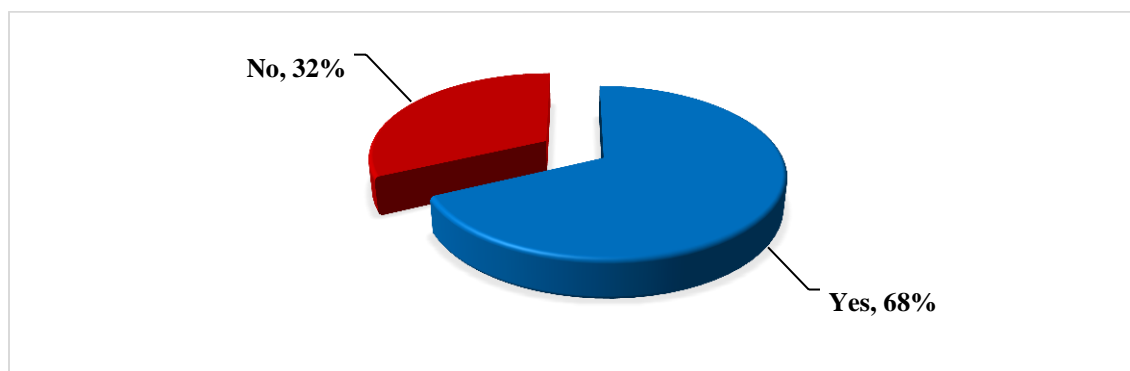
The respondents were asked to indicate how often they were being issued with food rationing cards to allow them obtain food or other commodities that are supplied within the camp. The responses were as shown in Figure 2.



**Figure 3: Frequency of Issuance of Food Rationing Cards**

As depicted by results on Figure 3, majority (65.70 %) of the respondents were being issued with food rationing cards on a regular basis, 23.30% of the respondents indicated that they rarely received food rationing cards, while 11% were certain that they had never been issued with any food rationing cards. This implies that much as most of the elderly refugees were being issued with food rationing cards, there are a good number that were never issued with food rationing cards, hence making it difficult for them to access food and so cannot meet their dietary needs. According to UNHCR's responsibility to collect food is part of a broader initiative by WFP which aims to encourage women to be the primary holders of food-ration cards, empowering them to collect vital food supplies independently. This gives them full entitlements to monthly household food stocks and helps to acknowledge the important role they can play in managing food security on behalf of the family. It's also a subtle way of shifting cultural norms.

The researcher asked the respondents to indicate whether verification of documents was being done before food is served to the refugees in this camp or not. Figure 4 shows the responses.

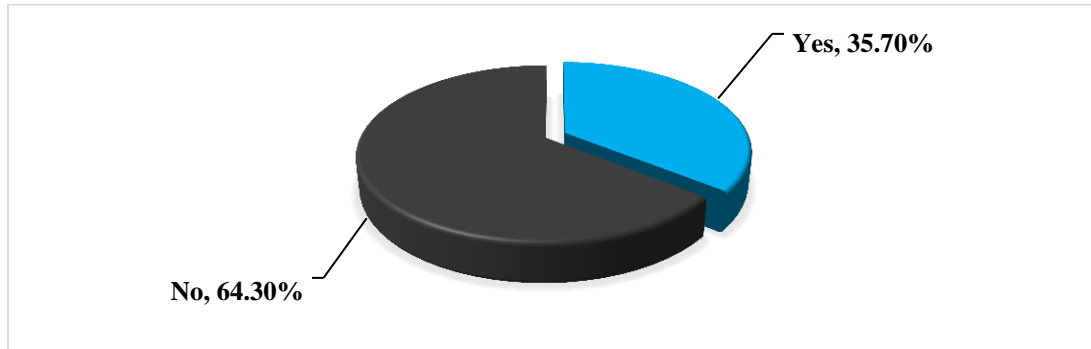


**Figure 4: Response on Verification of Documents**

Based on the results, it is evident that in most cases there was verification of documents before food was served to the refugees as indicated by most of the respondents (68%), with only 32% indicating that there was no verification of documents before food is served. This implies that the camp management is active in the verification of document to ensure only those registered are



provided with food. According to verification exercises re-establish accurate population figures at a given moment in time, producing the data needed to determine assistance requirements and design relevant protection programming including provision of food. The respondents were further asked to indicate if they were receiving food according to the agreed upon ratio or not. The results are presented in Figure 5.



**Figure 5: Food Rationing**

The results show that majority (64.30%) of the respondents were convinced they were not receiving food according to the agreed ratio, with just 35.70% agreeing that the food was being distributed according to the agreed ratio. The results imply that the elderly refugees aged at least 60 years in Nyarugusu Refugee Camp, Kasulu District in Tanzania are not receiving enough food according to the agreed upon ratio. The United Nations High Commissioner for Refugees (2020) recommends that each refugee receive more than 2,100 calories per day, but often camps fall short of this standard. For example, in 2015 and 2016, the daily amount of distributed food in Tanzanian refugee camps was 1,800 and 1,660 kilocalories per person, respectively. Even if a refugee receives the recommended amount of calories per day, caloric intake is further reduced as refugees tend to sell food rations for other non-food goods. Moreover, it is not only the quantity of food that is insufficient. The lack of food variety, fruits, and vegetables causes many refugees to suffer from deficiencies in essential vitamins and minerals, which can lead to a variety of diseases.

The respondents were in addition asked to indicate their levels of satisfaction with the timeliness of food being served to them. The responses were as shown in Table 1.

**Table 1: Level of Satisfaction**

Level of Satisfaction	f	%
Very satisfied	29	9.7
Satisfied	24	8
Not sure	29	9.7
Un-satisfied	136	45.3
Very unsatisfied	82	27.3
<b>Total</b>	<b>300</b>	<b>100</b>

From the results, it is evident that most 136(45.3%) of the respondents were unsatisfied with timeliness of food being served to them, 82(27.3%) were very satisfied, 29(9.7%) were very

satisfied and another 29(9.7%) indicating that they were not sure what to think, while 24(8%) were satisfied.

In addition, the respondents were asked to indicate their levels of agreement or disagreement with the statement that the camp management team was doing enough in ensuring food is always available. Their responses were as indicated in Table 2.

**Table 2: Level of Agreement/Disagreement**

<b>Level of Agreement</b>	<b>f</b>	<b>%</b>
Strongly agree	34	11.3
Agree	55	18.3
Not sure	89	29.7
Disagree	87	29
Very disagree	35	11.7
<b>Total</b>	<b>300</b>	<b>100</b>

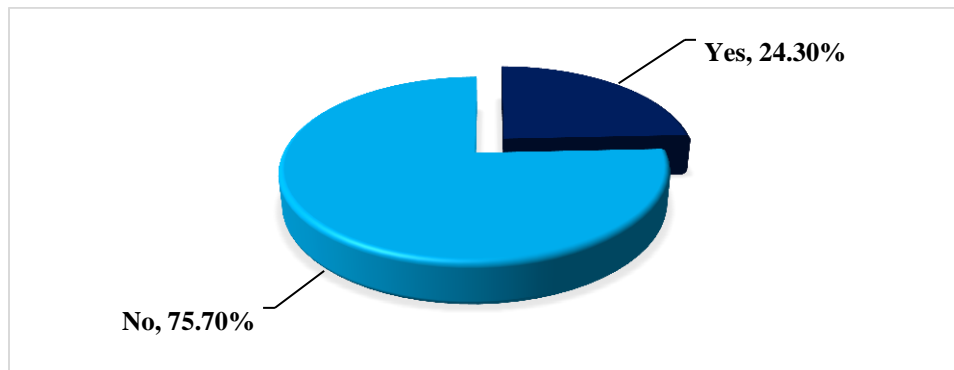
The results show that most (29.7%) of the respondents were not sure whether the camp management team was doing enough in ensuring food is always available, 29% were however convinced that they were not doing enough, 18.3% indicated that the management was doing enough in making food available, while 11.7% strongly believed that the camp management was not at all doing enough in ensuring availability of food. Wherever required, UNHCR and WFP should provide appropriate food assistance, including fortified foods, to refugees in camps. UNHCR and partners must ensure that appropriate treatment programmes for acutely malnourished camp-based refugees are available, by establishing new facilities or making facilities in the host community accessible to them. Public health and nutrition services and infrastructures in camps should also be accessible to the host community to ensure peaceful coexistence and inclusion in services. Support services and facilities for infant and young child feeding should always be available to refugees living in refugee camps (facilities based in the camp or by making facilities in the host community available to them). Skilled support and counseling should be on hand, as well as safe, baby-friendly spaces in which mothers can feed and interact comfortably with their infants.

In an interview, the camp managers indicated that:

We (Camp Management Team) always inspect refugee registry on data base finding out whether elderly refugees are provided with proper documentation to access relief food and non-food items as per WFP and UNHCR operational standards. Delegate and entrust special responsibility to local/village leaders in Nyarugusu camp to analyze challenges faced by elderly refugees regarding to food standard set in Nyarugusu refugee camp. This is done in order to help WFP and UNHCR understand and identify key issues and problems faced by elderly refugees in accessing the available food in Nyarugusu camp. It further assists the camp management to define the priorities and aims of food distribution regarding to existing resources, financial limitations and potential local refugee policy on that refugees' basic needs. Through such delegation, a general picture of refugees living with chronic health complications and old age-related complications can easily be known and addressed by the camp management.

#### 4.2 Food Availability for the Elderly Refugees

The second objective of the study was to determine whether camp management guarantees food availability for the elderly refugees in Nyarugusu Refugee Camp, Kasulu District in Tanzania. The respondents who were elderly refugees aged at least 60 years were asked to indicate if they were able to find all the foods that they liked in the camp or not. The responses are in Figure 6.



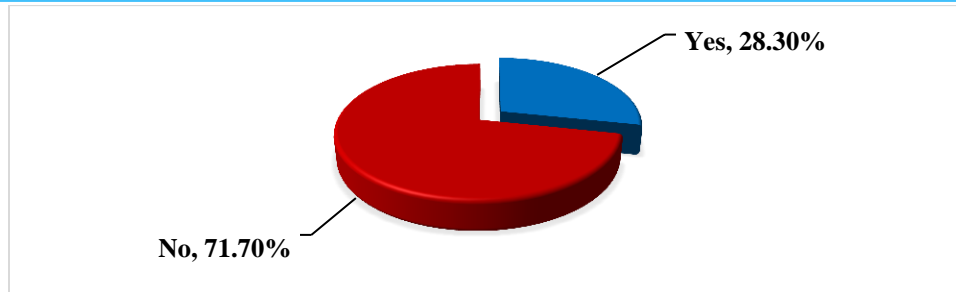
**Figure 6: Food Availability**

The results show that most (75.70%) of the respondents were not able to find all the food they would have liked, while 24.30% were sure they were able to receive all the kinds of food they desired. The results imply that the food being offered to the elderly refugees in Nyarugusu Refugee Camp, Kasulu District in Tanzania are not able to access all the kinds of food they would desire to eat; a clear indication that they are missing some important nutrients that they need. In addition, they were asked to indicate if there were times when they or someone they knew could not eat food that they were offered.

**Table 3: Decision on whether to eat food**

Response	f	%
Yes	85	28.3
No	127	42.3
Not sure	88	29.4
<b>Total</b>	<b>300</b>	<b>100</b>

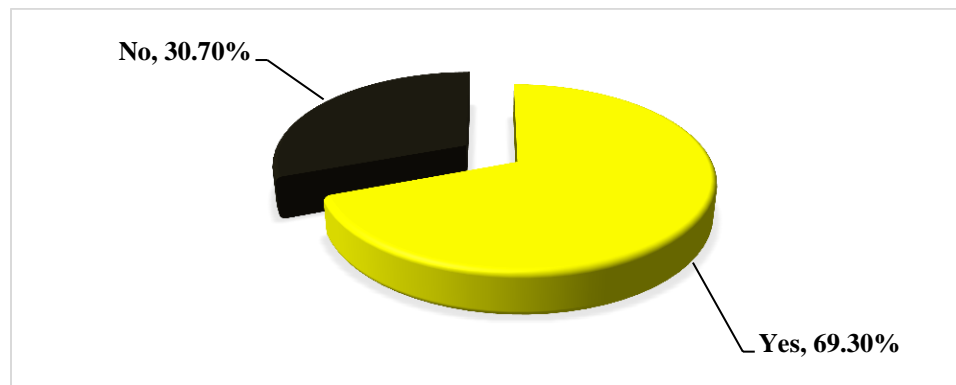
From the results, it is clear that most 127(42.3%) of the respondents indicated that they had never failed to eat food served to them for whatever reason. This implies that they had no choice but eat whatever they are offered. The results however show that 85(28.3%) of the respondents had in some instances failed to eat the food offered to them. The results also show that 88(29.4%) of the respondents were not sure what to answer. The respondents were further asked to indicate if they ever received enough food whenever they needed it or no.



**Figure 7: Opinion of Receiving Enough Food**

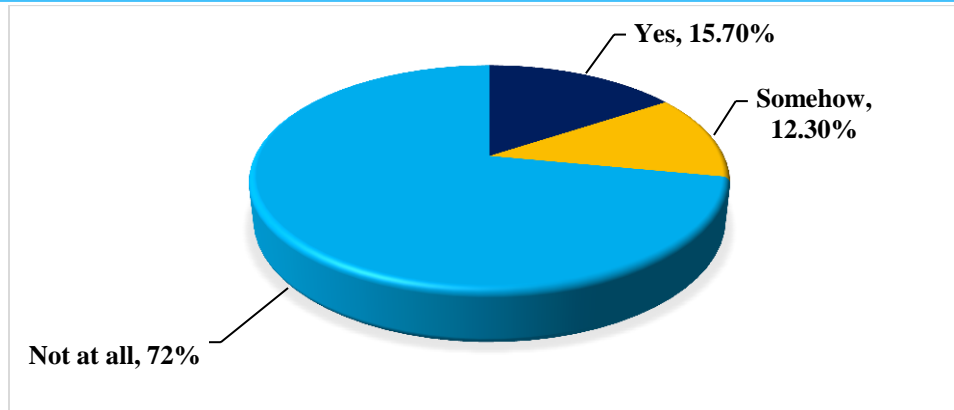
Based on the results, most (71.70%) of the respondents indicated that they had never received enough food whenever they needed it, compared to 28.30% who indicated they had received enough food whenever they were in need of it. This points to the fact that, most of the elderly refugees in Nyarugusu Refugee Camp, Kasulu District in Tanzania, hardly receive enough food for their proper survival.

The respondents were asked to indicate if there were other ways that people's experience in the refugee camp could influence the ways the refugees think about or manage food in the camp.



**Figure 8: Experience of Refugees in Camp**

The results show that majority (69.30%) agreed that, the experience of the refugees in the camp had influence on how they think about or manage food in the camp, while 30.70% had contrary opinion. In addition, the respondents were asked to indicate if the food they were being served in the camp was of desired quality or not.



**Figure 9: Opinion on Quality of Food**

The results show that most (72%) of the respondents believed the food they were being served in the camp was not of desired quality, 12.30% thought to some extent it was of the desired quality, while 15.70% were out rightly in agreement that the food offered to them was of desired quality. The results imply that the food being offered to the elderly refugees aged at least 60 years in Nyarugusu Refugee Camp, Kasulu District in Tanzania does not meet the required quality recommended for them. In addition to that, they were asked to indicate how often they were receiving food within the camp.

**Table 4: Frequency of Receiving Food**

Frequency	f	%
Often	44	14.7
Seldom	63	21
One meal a day	193	64.3
<b>Total</b>	<b>300</b>	<b>100</b>

As indicated in Table 4, most 193(64.3%) of the respondents were receiving one meal a day, 63(21%) were convinced they received food seldom, while 44(14.7%) indicated that they received food often. This implies that most of the elderly refugees in the camp are not receiving food as frequently as they should for their proper development. Finally, the respondents were asked to rate their levels of satisfaction with the food they were being served within the camp.

**Table 5: Level of Satisfaction with Food**

Level	f	%
Very satisfied	39	13
Satisfied	42	14
Not sure	49	16.3
Un-satisfied	109	36.3
Very unsatisfied	61	20.3
<b>Total</b>	<b>300</b>	<b>100</b>

The results revealed that most 109(36.3%) of the respondents were not satisfied with the food they were being served in the camp, 61(20.3%) were very unsatisfied with the food offered,



49(16.3%) were not sure about their levels of satisfaction, 42(14%) were satisfied, while 39(13%) indicated that they were very much satisfied with the food offered to them in the camp.

In an interview, the camp managers indicated that:

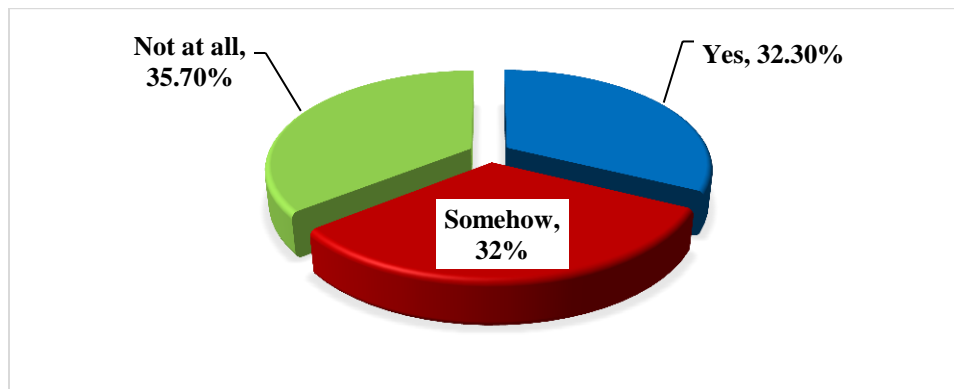
We (Camp Management Team) collaborate with the procurement staffs in making a prior check of the food available in store before distribution date, this assist to see if its quantity and quality meets the expected refugees' food requirements in Nyarugusu camp. To ensure food distribution program is known to all refugees, including the elderly refugees in Nyarugusu refugee camp.

Other managers indicated that:

Camp Management Team has Created **Transparency Association Measure (TAM)** (involves representatives from refugees and Camp administration) which supports and helps it with programs designed to reduce corruption in Food Distribution Systems in Nyarugusu Refugee Camp. (TAM) plays big roles in raising awareness to refugees and non-refugees responsible to food distribution empower them to join their efforts in mitigating corruption through promoting collective action and improving the operations of Food Distribution System Facilities to insure fuller access to adequate right to food, especially for the elderly refugees. The TAM has begotten much success in reducing dishonest and miscellaneous misconducts of some food distributors who had been hiding some food items and marketing them outside the camp.

#### 4.3 Accessibility of Food and Nutritional Security

The third objective of the study was to determine whether the accessible food is sufficient to meet the nutritional security for elderly refugees in Nyarugusu Refugee Camp, Kasulu District in Tanzania. The respondents were asked to indicate if they believed the food, they were being served within the camp was of any nutritional value considering their old age.



**Figure 10: Opinion on Food Nutritional Value**

The results depict that most (35.70%) of the respondents were certain that the food they were receiving from the camp was of no nutritional value at all, 32.30% believed the food had nutritional value, while 32% believed the food to some extent had some nutritional value. Since most of the respondents straightforwardly said the food had no nutritional value, it implies that the food being offered to elderly refugees in Nyarugusu Refugee Camp, Kasulu District in

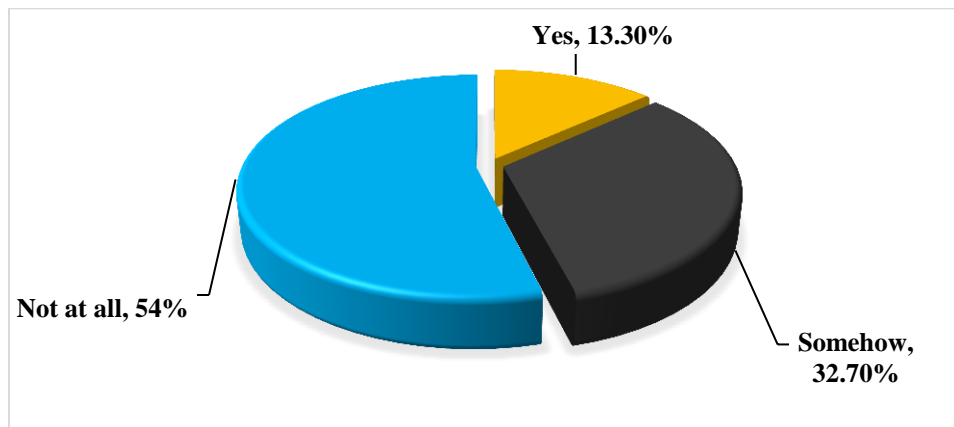
Tanzania does not meet the required nutritional standards. In addition, the researcher asked the respondents to indicate their levels of agreement or disagreement with the statement that, the available food was utilized satisfactorily and was able to meet the dietary needs of the elderly.

**Table 6: Opinion on Dietary Needs**

Level	f	%
Strongly agree	45	15
Agree	44	14.7
Not sure	52	17.3
Disagree	111	37
Very disagree	48	16
<b>Total</b>	<b>300</b>	<b>100</b>

The results presented in Table 6 show that most 111(37%) of the respondents disagreed with the statement that the available food was utilized satisfactorily and was able to meet the dietary needs of the elderly, implying that most of the elderly refugees in the camp believe the food they get cannot meet their dietary needs satisfactorily. The results also show that 52(17.3%) of the respondents were not sure of the level of satisfaction they had with the dietary level of the food, 48(16%) strongly disagreed with the statement, while 89(29.7%) of them were in agreement with the statement that the available food was utilized satisfactorily and was able to meet the dietary needs of the elderly.

The respondents were further asked to indicate if they were receiving appropriate dietary mix or not. Their responses are presented in Figure 11.



**Figure 11: Opinion on Food Mix**

Most (54%) of the respondents were convinced that the food they were receiving in the camp was not of appropriate dietary mix, 32.70% believed to some extent the food of appropriate dietary mix, while 13.30% were totally in agreement that the food they were being served was of appropriate dietary mix. The results imply that the food served to the elderly refugees in Nyarugusu Refugee Camp, Kasulu District in Tanzania does not have appropriate dietary mix as would be expected. Finally, the respondents were asked to indicate their levels of agreement/disagreement with the statement that older refugees of 60+ in the camp were at risk of malnutrition that might affect their active and healthy life..

**Table 7: Opinion on Risk of Malnutrition**

Level	f	%
Strongly agree	114	38
Agree	76	25.3
Not sure	44	14.7
Disagree	26	8.7
Very disagree	40	13.3
<b>Total</b>	<b>300</b>	<b>100</b>

The results show that majority 190(63.3%) of the respondents agreed that older refugees of 60+ in the camp were at risk of malnutrition that could affect their active and healthy life, 44(14.7%) were not sure what to think, while 66(22%) were in disagreement with the statement. This implies that most of the elderly refugees in Nyarugusu Refugee Camp, Kasulu District in Tanzania are at very high risk of malnutrition that could affect their active and healthy life. These results are consistent with the assertions by Pieterse and Ismail (2003) that, the most important areas of nutritional risk for older refugees are: physical ability and mobility; income and access to land; access to appropriate food rations; meeting basic needs such as water, fuel, shelter; equal access to essential services (food distribution, health services, mills, feeding programmes); and psycho-social trauma. Women and older elderly (> 70 years) are significantly more often in disadvantaged positions, such as having poor socio-economic status, poor health, poor mobility, lower food intake, diminished social status, respect and social network. Older refugees are at higher risk than younger refugees and at higher risk than older people in stable situations. They should remain in good nutritional and general health for their own well-being and that of their dependants. In addition to an adequate diet, a support network seems to be an important preventive aspect.

In an interview, the camp managers indicated that:

The Camp Management Creates net-works systems (Partnership) with other Local and International UN Refugee agencies in order to enhance coordination and the quality of response to refugees' basic needs, especially, the right to food for the elderly refugees. This Partnership consolidates the departmental coordination in dealing with refugee socio-economic and cultural affairs. So, it assists to determine how such provision of basic rights such food and nutrition, health care and education, security and self-determination meet national and international refugee protection standards.

#### **4.4 Challenges Faced by Camp Management in Meeting the Right to Food**

The study sought to assess the modern challenges faced by Camp Management in meeting the right to food for the elderly refugees in Nyarugusu Refugee Camp, Kasulu District in Tanzania. The respondents were asked to indicate some of the challenges faced by the camp management in providing elderly refugees in this camp with right food. Most of them indicated that: the biggest challenge faced by the management of this scamp is double registration and lack of registration. Some refugees are registered twice so they are served food double what others are served and others are not registered at all, and so there are not catered for in the budget. This puts pressure on the little food available for the genuinely registered refugees.

The respondents were also asked to indicate the extent to which they believed overcrowding in the camp was hindering the ability of the camp management to provide the elderly with sufficient food.

**Table 8: Opinion on Overcrowding in the Camp**

<b>Extent</b>	<b>f</b>	<b>%</b>
Very great extent	160	53.3
Great extent	68	22.7
Not sure	19	6.3
Low extent	27	9
Very low extent	26	8.7
<b>Total</b>	<b>300</b>	<b>100</b>

Based on the results in Table 4.10, majority 160(53.3%) of the respondents indicated that overcrowding in the camp was hindering the ability of the camp management to provide the elderly with sufficient food to a very great extent, 68(22.7%) believed it was to a great extent, 27(9%) believed overcrowding in the camp was hindering the ability of the camp management to provide the elderly with sufficient food to a low extent, 26(8.7%) to a very low extent, while 19(6.3%) were not sure of the extent to which overcrowding in the camp was hindering the ability of the camp management to provide the elderly with sufficient food. The results imply that overcrowding is indeed a serious challenge faced by the camp management in Nyarugusu Refugee Camp, Kasulu District in Tanzania, and it hinders their ability to provide required food to the elderly refugees in the camp aged at least sixty years.

These findings concur with the conclusion made by Garsow, Campbell, Closs Jr and Kowalczyk (2021) that, those living in refugee camps can face overcrowding, poor sanitary conditions, and food insecurity. These conditions can result in respiratory problems, spread of infections, and gastrointestinal illnesses. For example, gastrointestinal illnesses were the most significant problem in refugee camps in Mexico and Senegal. Gastrointestinal illnesses can be caused by multiple pathogens that can be transmitted through contact with contaminated water, food, animals, and the environment.

The respondents were also asked to indicate the extent to which they believed lack of goodwill from the government of Tanzania was hindering the camp management from providing elderly refugees with the right food.

**Table 9: Opinion on Goodwill from the Government of Tanzania**

<b>Extent</b>	<b>f</b>	<b>%</b>
Very great extent	77	25.7
Great extent	142	47.3
Not sure	20	6.7
Low extent	24	8
Very low extent	37	12.3
<b>Total</b>	<b>300</b>	<b>100</b>

The results in Table 9 show that most of the respondents 142(47.3%) believed that lack of goodwill from the government of Tanzania was hindering the camp management from providing elderly refugees with the right food to a great extent, 77(25.7%) of the respondents believed lack of goodwill from the government of Tanzania was hindering the camp management from providing elderly refugees with the right food to a very great extent. The results also show that 61(20.3%) of the respondents believed lack of goodwill from the government of Tanzania was hindering the camp management from providing elderly refugees with the right food to low extent, while 20(6.7%) were not sure what to believe.

The respondents were further asked to indicate their levels of agreement/disagreement with the statement that the increase of displaced persons due to conflicts, wars and other factors in the East African region was hindering standard food services to all refugees because of scarce resources.

**Table 10: Opinion on Increase in Number of Displaced Persons**

Level	f	%
Strongly agree	147	49
Agree	63	21
Not sure	33	11
Disagree	21	7
Very disagree	36	12
<b>Total</b>	<b>300</b>	<b>100</b>

From the results in Table 10, it is evident that most of the respondents 147(49%) strongly agreed that the increase of displaced persons due to conflicts, wars and other factors in the East African Region was hindering standard food services to all refugees because of scarce resources, 63(21%) agreed, 36(12%) strongly disagreed, while 21(7%) disagreed. The study however found that 33(11%) of the respondents were not sure what to say about the statement that the increase of displaced persons due to conflicts, wars and other factors in the East African Region was hindering standard food services to all refugees because of scarce resources.

The findings are in agreement with the findings of a study by Wahogo (2016) that with increase in population comes with it an increase in pressure on resources as this would tend to put pressure on the environment. Consequently, other vital areas creating the much-needed avenues for economic growth would be affected and eventually undermine growth. Population pressure could be in the form of migrant channels such as through refugees moving in certain areas. On the other hand, one could argue that the influx of these refugees would be a recipe for growth in that they could be channels for greater consumption patterns, investment increase in the form of foreign direct investments all which could enhance economic growth significantly.

Finally, the researcher asked the respondents to indicate the extent to which they believed poor managerial systems of operation in refugee camps (poor administration) was an impediment in fulfilling the right to quality food for the elderly refugees aged sixty years and above.



**Table 11: Opinion on Poor Managerial Systems**

<b>Extent</b>	<b>f</b>	<b>%</b>
Very great extent	145	48.3
Great extent	63	21
Not sure	20	6.7
Low extent	28	9.3
Very low extent	44	14.7
<b>Total</b>	<b>300</b>	<b>100</b>

The results show that most of the respondents 145(48.3%) were convinced that poor managerial systems of operation in refugee camps (poor administration) was an impediment in fulfilling the right to quality food for the elderly refugees aged sixty years and above to a very great extent, 63(21%) indicated to great extent, 44(14.7%) indicated very low extent, 28(9.3%) to low extent, while 20(6.7%) indicated that they were not sure. The results imply that poor managerial systems of operation in refugee camps (poor administration) is indeed a serious impediment in fulfilling the right to quality food for the elderly refugees aged sixty years and above.

In addition to the data collected using questionnaire as analyzed above, interview was conducted with one of the senior staffs of camp manager in Nyarugusu refugee camp in Kasulu-Tanzania on 26th day of July, 2021. Language used was Swahili. The question was in English but translated in Swahili as follows. The respondent indicated that:

The budgetary constraints from donors, limit special food provision for refugees in Nyarugusu. This has obliged the WFP to afford special food program for children under five and refugees living with HIV/AIDS, hence, in the meantime, the camp management cannot involve elderly refugees in such program due current financial constraints brought about by the socio-economic impact of the COVID-19 pandemic that reduces vital funding from donors. Certainly, the provision of special diet for elderly refugees remains a debatable matter of concern, meanwhile the camp management is attempting seek the possibility of lobbying the Tanzania government to cooperate in resolving such a problem using its available land resource located just adjacent to Nyarugusu refugee camp. That means, if possible refugees to be allowed and empowered to cultivate vegetables and fruits to subsidize the relief food provided by WFP. Other alternative, could be; the provision of hard-cash to elderly refugees so as to increase their purchase-power, buying food of their choice from nearby common markets.

The senior staffs of camp management also indicated that:

The second Challenge is the Restriction in Camps: The Tanzania Government Restricts Refugees in Camps. For instance, up to date 26<sup>th</sup>, July 2021, Refugees in Nyarugusu Camp are still restricted in camp. This limits their access to markets and income generating opportunities. Restrictions on markets in the camps have dramatically affected livelihoods of refugees. Therefore, curbing this challenge, the Camp management together with other UN refugee Agencies will continue to work with the Government of Tanzania to review existing policies and explore options suited to the current context. If this is succeeded the problem of meeting special food for elderly refugees will be reduced in large extent in the near future. The focus of the Camp Management will remain on

strengthening the ties with host communities as a way of reducing conflict and protection-related incidents and strengthening progress in food production, thus peaceful co-existence between both groups.

#### **4.5 Discussion of the Findings**

This section presents the discussion of the findings as presented per objectives.

##### **4.5.1 Measures Taken By Camp Management in Ensuring Equitable Food Distribution**

The study explored the necessary measures taken by camp management in ensuring equitable food distribution for elderly refugees and how they could be improved in Nyarugusu Refugee Camp, Kasulu District in Tanzania. The findings revealed that most (65.30%) of the elderly refugees involved in the study had no idea what camp management entailed, a clear indication that majority of them did not understand anything about camp management. However much as most of the refugees might not have information regarding camp management, camp coordination and camp management ensure that services are delivered efficiently and that displaced people are protected.

The study also found that majority (65.70 %) of the respondents agreed that they were being issued with food rationing cards on a regular basis, with just 23.30% indicating that they rarely received food rationing cards and 11% being certain that they had never been issued with any food rationing cards. These results simply indicate that much as most of the elderly refugees were being issued with food rationing cards, there are a good number that were never issued with food rationing cards. The results also imply that issuing the refugees with food rationing cards was important in ensuring the camp management budgets for a particular number of elderly refugees.

Additionally, the results indicated that the camp management was actively undertaking thorough verification of documents before food was served to the refugees as indicated by most of the respondents (68%), with only a third of the respondents indicating that there was no verification of documents before food is served. This implies that the camp management is active in the verification of document to ensure only those registered are provided with food. According to verification exercises re-establish accurate population figures at a given moment in time, producing the data needed to determine assistance requirements and design relevant protection programming including provision of food.

The study also found that majority (64.30%) of the respondents were convinced they were not receiving food according to the agreed ratio, with just 35.70% agreeing that the food was being distributed according to the agreed ratio. The results imply that the elderly refugees aged at least 60 years in Nyarugusu Refugee Camp, Kasulu District in Tanzania are not receiving enough food according to the agreed upon ratio. The United Nations High Commissioner for Refugees (2020) recommends that each refugee receive more than 2,100 calories per day, but often camps fall short of this standard. For example, in 2015 and 2016, the daily amount of distributed food in Tanzanian refugee camps was 1,800 and 1,660 kilocalories per person, respectively.

##### **4.5.2 Food Availability for the Elderly Refugees**

The second objective of the study was to determine whether camp management guarantees food availability for the elderly refugees in Nyarugusu Refugee Camp, Kasulu District in Tanzania.

The study found that most (75.70%) of the respondents were not able to find all the food they would have liked, implying that most of the elderly refugees aged at least 60 years in Nyarugusu Refugee Camp, Kasulu District in Tanzania cannot access all the kinds of food they need pointing to the fact that the elderly refugees in the camp are not accessed to enough food they need good health. The study also found that that most 127(42.3%) of the respondents indicated that they had never failed to eat food served to them for whatever reason. This implies that they had no choice but eat whatever they are offered. The results however show that 85(28.3%) of the respondents had in some instances failed to eat the food offered to them. The results also show that 88(29.4%) of the respondents were not sure what to answer.

The study found that most (71.70%) of the respondents had never received enough food whenever they needed it, implying that most of the elderly refugees in Nyarugusu Refugee Camp, Kasulu District in Tanzania hardly receive enough food for their proper survival. The study also found that majority (69.30%) of the respondents was holding the belief that the experience of the refugees in the camp had influence on how refugees think about or manage food in the camp. Similarly, the study found that most (72%) of the respondents were holding the belief that the food they were being served in the camp was not of desired quality, implying that the food being offered to the elderly refugees aged at least 60 years in Nyarugusu Refugee Camp, Kasulu District in Tanzania does not meet the required quality recommended for them. Finally, the study found that most 109(36.3%) of the respondents were not satisfied with the food they were being served in the camp, 61(20.3%) were very unsatisfied with the food offered, 49(16.3%) were not sure about their levels of satisfaction, 42(14%) were satisfied, while 39(13%) indicated that they were very much satisfied with the food offered to them in the camp.

#### **4.5.3 Accessibility of Food and Nutritional Security**

The third objective of the study was to determine whether the accessible food is sufficient to meet the nutritional security for elderly refugees in Nyarugusu Refugee Camp, Kasulu District in Tanzania. The study found that most (35.70%) of the respondents were certain that the food they were receiving from the camp was of no nutritional value at all. Since most of the respondents straightforwardly said the food had no nutritional value, it implies that the food being offered to elderly refugees in Nyarugusu Refugee Camp, Kasulu District in Tanzania does not meet the required nutritional standards.

Additionally, the study found that most 111(37%) of the respondents disagreed with the statement that the available food was utilized satisfactorily and was able to meet the dietary needs of the elderly, implying that most of the elderly refugees in the camp believe the food they get cannot meet their dietary needs satisfactorily. This implies that most of the elderly refugees aged 60 years and above in Nyarugusu Refugee Camp, Kasulu District in Tanzania does not meet their daily dietary needs. Further, the study found that most (54%) of the respondents were convinced that the food they were receiving in the camp was not of appropriate dietary mix, implying that the food served to the elderly refugees in Nyarugusu Refugee Camp, Kasulu District in Tanzania does not have appropriate dietary mix as would be expected.

Finally, the study found that majority 190(63.3%) of the respondents agreed that older refugees of 60+ in the camp were at risk of malnutrition that could affect their active and healthy life. This implies that most of the elderly refugees in Nyarugusu Refugee Camp, Kasulu District in

Tanzania are at very high risk of malnutrition that could affect their active and healthy life. These results are consistent with the assertions by Pieterse and Ismail (2003) that, the most important areas of nutritional risk for older refugees are: physical ability and mobility; income and access to land; access to appropriate food rations; meeting basic needs such as water, fuel, shelter; equal access to essential services (food distribution, health services, mills, feeding programmes); and psycho-social trauma. Older refugees are at higher risk than younger refugees and at higher risk than older people in stable situations. They should remain in good nutritional and general health for their own well-being and that of their dependants. In addition to an adequate diet, a support network seems to be an important preventive aspect.

#### **4.5.4 Challenges Faced by Camp Management in Meeting the Right to Food**

The fourth objective of the study was to assess the modern challenges faced by Camp Management in meeting the right to food for the elderly refugees in Nyarugusu Refugee Camp, Kasulu District in Tanzania. The study found that majority 160(53.3%) of the respondents believed that overcrowding in the camp was hindering the ability of the camp management to provide the elderly with sufficient food to a very great extent, while 68(22.7%) believed it was to a great extent. The results imply that overcrowding is indeed a serious challenge faced by the camp management in Nyarugusu Refugee Camp, Kasulu District in Tanzania, and it hinders their ability to provide required food to the elderly refugees in the camp aged at least sixty years. These findings concurs with the conclusion made by Garsow, Campbell, Closs Jr and Kowalczyk (2021) that, those living in refugee camps can face overcrowding, poor sanitary conditions, and food insecurity. These conditions can result in respiratory problems, spread of infections, and gastrointestinal illnesses.

Additionally, the study found that most of the respondents 142(47.3%) believed that lack of goodwill from the government of Tanzania was hindering the camp management from providing elderly refugees with the right food to a great extent, 77(25.7%) of the respondents believed lack of goodwill from the government of Tanzania was hindering the camp management from providing elderly refugees with the right food to a very great extent. Further, it was established that most of the respondents 147(49%) were strongly in agreement that the increase of displaced persons due to conflicts, wars and other factors in the East African Region was hindering standard food services to all refugees because of scarce resources, 63(21%) agreed, 36(12%) strongly disagreed, while 21(7%) disagreed.

Finally, the study found that most of the respondents 145(48.3%) were convinced that poor managerial systems of operation in refugee camps (poor administration) was an impediment in fulfilling the right to quality food for the elderly refugees aged sixty years and above to a very great extent, 63(21%) indicated to great extent, 44(14.7%) indicated very low extent, 28(9.3%) to low extent, while 20(6.7%) indicated that they were not sure. The results imply that poor managerial systems of operation in refugee camps (poor administration) is indeed a serious impediment in fulfilling the right to quality food for the elderly refugees aged sixty years and above.

## 5.0 CONCLUSIONS AND RECOMMENDATIONS

### Conclusion

The study concludes that most of the elderly refugees in Nyarugusu Refugee Camp, Kasulu District in Tanzania are female. Elderly women are categorized as a vulnerable group with an emphasis on personal vulnerability. The study also concludes that majority of the elderly refugees camping in Nyarugusu Refugee Camp, Kasulu District in Tanzania are from Burundi and DRC- Congo, and few, are from Rwanda. The study also concludes that Burundi, Rwanda and DRC-Congo have experience civil wars for a very long time leading to many elderly people being condemned to spend the rest of their lives in refugee's camps in neighboring countries of which Tanzania is one of them.

The study further concludes that the Management of Nyarugusu Refugee Camp, issues the refugees including the elderly ones with food rationing cards to be able to track how they are fed; however, there are a good number that are never issued with food rationing cards, hence making it difficult for them to access food and so cannot meet their dietary needs. The issuing of food rationing cards gives them full entitlements to monthly household food stocks and helps to acknowledge the important role they can play in managing food security on behalf of the family. It's also a subtle way of shifting cultural norms.

The study further concludes that most of the elderly refugees in Nyarugusu Refugee Camp, Kasulu District in Tanzania are not able to find all the food they would have liked, the food being offered to the elderly refugees are not able to access all the kinds of food they would desire to eat; a clear indication that they are missing some important nutrients that they need. In addition, they were asked to indicate if there were times. Additionally, older refugees of 60+ in Nyarugusu Refugee Camp, Kasulu District are at risk of malnutrition that could affect their active and healthy life. Most important areas of nutritional risk for older refugees are: physical ability and mobility; income and access to land; access to appropriate food rations; meeting basic needs such as water, fuel, shelter; equal access to essential services and psycho-social trauma. Older refugees are at higher risk than younger refugees and at higher risk than older people in stable situations.

The study further concludes that the food being offered to the elderly refugees in Nyarugusu Refugee Camp, Kasulu District in Tanzania is of no nutritional value at all. The study also concludes that most of the elderly refugees aged 60 years and above in Nyarugusu Refugee Camp, Kasulu District in Tanzania do not meet their daily dietary needs and also much of the food being served to this group of refugees is not of appropriate dietary mix. The study also concludes that in older age both the quality and the quantity of the diet are important to ensure that requirements for macronutrient and micronutrient intake are met. The nutrient density of the food should increase to compensate for lower energy intake. This also applies to proteins.

### Recommendations

The study recommends that in terms of assessment and analysis, age and sex-segregated data should be collected to provide a picture of the nature and magnitude of the problems, as well as for monitoring and evaluation purposes. Additionally, the study recommends that in an emergency situation, older refugees at risk should be systematically identified as early as



possible. In addition to physical criteria, social, economic and psychological criteria are useful. This study also recommends that in order to strengthen social networks, effort should be made to trace family members or friends of lone older refugees. Further, involvement of older refugees in community activities should be encouraged by making use of their skills, for example in productive activities, passing on knowledge and looking after other elderly, children, or anyone else in need. Additionally, the study concludes that special needs of vulnerable older people should be recognized and, as much as possible, be addressed in the family or community. If special services for older people are desirable, they should be integrated within general assistance programmes to prevent isolation resulting from visibly targeted interventions. Finally, this study recommends that UNHCR and the general camp management of Nyarugusu Refugee Camp, Kasulu District in Tanzania should ensure they regularly conduct registrations and through verification of documents to ensure only those registers are entitled to food to ensure the elderly refugees are not underfed. This is because registration very fact of being registered can protect against refoulement (forced return), arbitrary arrest and detention. It helps keep families together and assists UNHCR in reuniting separated children with their families. It finally provides crucial information to seek appropriate durable solutions.

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