

HOPE for GAZA: From Ruins to Resilience – A Systematic Review and Meta-Analysis of Transformative Development Strategies for Famine Alleviation and Recovery

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ABSTRACT

Israel's massive attack on Gaza is a deliberate act and violates international law. The ongoing conflict, mass displacement, and near-collapse of essential services have led to a famine. Widespread starvation, malnutrition, and disease are driving deaths to the point of ethnic cleansing. Therefore, it is crucial to develop strategies to address hunger and build long-term resilience in Palestine. This study aims to systematically review and meta-analyze severe food insecurity and strategies for building Palestinian resilience by addressing famine alleviation and recovery. This study was conducted using a systematic review approach following the PRISMA guidelines. Our search spanned across PubMed, Science Direct and Google Scholar in the past 5 years (2021-2025). The food crisis in Gaza is not just a humanitarian issue, but the result of long-term occupation, blockade, and systematic control. Ending hunger requires structural change and real political action, not just technical solutions or emergency relief. Transformative multisectoral development interventions, especially cash assistance, targeted food distribution, and community-based approaches are effective in reducing the burden of hunger and strengthening food security in conflict areas.

Keywords : Gaza, Resilience, Systematic Review, Meta-Analysis and Famine Alleviation.

INTRODUCTION

Israel's massive attack on Gaza has not only violated international humanitarian law but has also triggered a severe humanitarian crisis marked by mass displacement, destruction of essential infrastructure, and the onset of famine. The collapse of basic services, combined with prolonged conflict and aid restrictions, has resulted in widespread starvation, malnutrition, and preventable diseases, raising international concern about potential ethnic cleansing. In response, urgent strategies are needed to alleviate hunger and build long-term resilience within Palestinian communities to ensure survival and recovery amid ongoing instability (Hamamra et al., 2025).

A recent study published in *The Lancet* by UNRWA and partners confirms famine conditions in Gaza, supported by the Integrated Food Security Phase Classification (IPC). The study offers the first month-by-month analysis of acute malnutrition during the war, showing a sharp increase following aid restrictions at the end of 2024 and an 11-week siege from March to May 2025. As of mid-2025, over 54,600 children are acutely malnourished, with many facing life-threatening conditions if left untreated. The humanitarian situation continues to deteriorate, with more than 640,000 people projected to reach catastrophic levels of food insecurity (IPC Phase 5) by the end of September, and millions more in emergency and crisis conditions across the Gaza Strip (Maharmeh, 2025).

Child malnutrition is escalating at an alarming rate, with over 12,000 children identified as acutely malnourished in July alone, a sixfold increase since early 2025. Nearly a quarter of these children are suffering from Severe Acute Malnutrition (SAM), the deadliest form. Humanitarian organizations including FAO, UNICEF, WFP, and WHO have called for an immediate and unrestricted response to prevent further deaths and irreversible harm. The urgency of this crisis demands not only short-term aid but also sustainable, long-term strategies aimed at strengthening food security, healthcare access, and social resilience in Palestine (Hassoun et al., 2025).

Transformative development strategies focus on building resilience through local empowerment, sustainable food systems, and long-term recovery mechanisms. a transformation in Palestine's food system is urgently needed one that is not only productive but also inclusive, resilient, and nutrition-sensitive. Central to this transformation is the role of innovation. Food security plays a significant role in transformational development, especially long-term sustainable transformation. Transformative strategies to prevent famine and build food security involve a "twin-track" approach: immediate humanitarian aid to rescue hunger hotspots, and long-term investments in sustainable agriculture and resilient food systems. Key strategies include investing in agricultural research and rural infrastructure, fostering economic diversification, improving food access and affordability through policies like targeted social protection programs, and enhancing governance with better coordination and country-led plans (Bahour et al., 2025).

While numerous reports describe short-term relief efforts, few have systematically assessed the effectiveness of transformative, resilience-based strategies for famine alleviation and recovery in Gaza. This systematic review and meta-analysis aims to understand the severe food insecurity in Gaza and synthesize evidence on transformative development strategies implemented in Gaza or similar conflict-affected regions, assessing their effectiveness in

alleviating famine and fostering sustainable recovery. The findings will provide policymakers and humanitarian organizations with evidence-based insights for designing integrated recovery frameworks in post-conflict regions (Hamamra et al., 2025).

MATERIAL AND METHOD

Database Search and Study Selection

This study was conducted using a systematic review approach following the Preferred Reporting Items for Systematic Reviews and Meta-analysis (PRISMA) guidelines. Relevant articles were sourced from PubMed, ScienceDirect and Google Scholar using the following keywords: famine, alleviation, recovery, transformative development and strategy. We only included articles that match our eligibility criteria based on PICOS: (i) Population: Residents of the Gaza Strip, including general adults, households, and refugee populations. The population represents civilians exposed to prolonged humanitarian crisis, food shortages, and systemic disruption of livelihoods; (ii) Intervention: Exposure to food insecurity and famine conditions resulting from socioeconomic blockade, infrastructure destruction, and limited humanitarian access in Gaza. This encompasses the combined effects of conflict-related deprivation and structural collapse of food systems; (iii) Comparison: None (single-arm design). The studies do not include a control or comparator population; (iv) Outcomes: Prevalence and severity of food insecurity (measured as "severe food insecurity" according to FAO/FIES or validated local instruments); (v) Study design: Cross-sectional observational studies, analyzed using Generic Inverse Variance random-effects model in RevMan 5.4. Our search spanned across PubMed, Science Direct and Google Scholar in the past 5 years (2021-2025).

This literature search was conducted from September 2025 to October 2025, using Advanced Search based on keywords combined with MeSH synonyms. All results from the electronic databases were stored in Rayyan.ai to undergo the selection process. Three independent reviewers performed the selection process based on title and abstract screening then the full-text selection was performed based on the eligibility criteria. Any conflicts during article selection were discussed with all authors. A single-arm meta-analysis was performed using Review Manager 5.4 (Cochrane Collaboration). The pooled prevalence of severe food insecurity was computed using the generic inverse variance method with a random-effects model. Logit-transformed proportions and corresponding standard errors were calculated for each study, and back-transformed to obtain pooled estimates and 95% confidence intervals.

Data Extraction

All included studies underwent data extraction by three independent reviewers. The main outcome used in this study is prevalence and severity of food insecurity (measured as “severe food insecurity” according to FAO/FIES or validated local instruments). Based on the meta-analysis data, strategies will be developed for famine eradication, improving food security, especially for children, enhancing community resilience, economic recovery, and sustainable development indicators. Other data extracted from selected studies included publication year, study design, population, intervention or exposure and outcome or key findings. Any controversies related to data extraction were discussed with the other authors.

Risk of Bias Assessment

We assessed the risk of bias for each study using the Newcastle-Ottawa Quality Assessment (NOS) Form. It is a tool used to assess the quality of non-randomized studies, often within systematic reviews and meta-analyses. Its interpretation involves a star-based scoring system that evaluates studies on three domains: selection of study groups, comparability between groups, and the assessment of exposure or outcomes. A higher number of stars indicates a higher-quality study. A final quality rating is assigned based on the total score. Good quality is high scores in the selection and comparability domains, with good scores in outcomes. Fair is medium scores in all domains. Poor is low scores in any one of the three domains. Any difference in grading was discussed with other authors.

Table 1. Risk of bias for each study using the Newcastle-Ottawa Quality Assessment (NOS) Form.

No	Study	Design	NOS Score	Risk of Bias
1	Alnabih et al. (2024)	Cross-sectional mixed	6	Good quality
2	El Bilbeisi et al. (2022)	Cross-sectional community	8	Good quality
3	Horino et al. (2024)	Cross-sectional (UNRWA)	9	Good quality
4	Faris et al. (2025)	Cross-sectional population-based	9	Good quality
5	Albelbeisi et al. (2024)	Cross-sectional analytical	9	Good quality

Data Synthesis and Analysis

The selected studies were analysed qualitatively and quantitatively using metaanalysis. We performed a meta-analysis using the Review Manager (RevMan) 5.4 software (Cochrane Collaboration, Oxford, UK) with 95% confidence intervals (CI), Pooled mean difference (MD).

Table 2. Characteristics of included studies

No	Author (Year)	Study Design	Population	Intervention / Exposure	Outcomes / Key Findings
1	Alnabih et al. (2024)	Cross-sectional, mixed-methods study	497 residents (aged 13–83 years) from Northern Gaza during 2023–2024 war	Exposure: Food insecurity and wartime deprivation; assessed through quantitative weight loss and qualitative interviews	Severe food insecurity and an average weight loss of 18.7 kg; high reliance on non-traditional foods; weak positive correlation between age and weight loss ($r = 0.204$, $p < 0.001$) (Alnabih et al., 2024)
2	El Bilbeisi et al. (2022)	Cross-sectional, community-based survey	350 under-five children and caregivers across all Gaza governorates	Exposure: Household food insecurity assessed with Radimer/Cornell scale; nutrition-related Knowledge, Attitude, and Practice (KAP) survey	Children from food-insecure households showed higher prevalence of underweight (30.4%), stunting (32.8%), and wasting (9.6%), poor dietary diversity, and low parental nutrition knowledge (El Bilbeisi et al., 2022).
3	Horino et al. (2024)	Cross-sectional, population-based nutritional assessment (UNRWA clinics)	3,229 refugee children aged 4–10 years entering UNRWA schools, Gaza	Exposure: Household food insecurity (Arab Family Food Security Scale), dietary inadequacy	98% of households experienced some level of food insecurity; anemia and undernutrition prevalent; diet diversity limited; strong correlation between food insecurity and poor nutritional status (Horino et al., 2024).
4	Faris et al. (2025)	Cross-sectional, population-based survey (PLOS ONE)	1,209 Palestinian households across five Gaza governorates	Exposure: Post-war famine and food insecurity measured via Household Food Security Survey Module (HFSSM), Household Food Insecurity Access Scale (HFIAS), and Household Hunger Scale (HHS).	98% households severely food insecure, 95% reported hunger; average BMI dropped from 26.4 → 22.8 kg/m ² ; significant predictors: displacement, low SES, and education (Faris et al., 2025a).
5	Albelbeisi et al. (2024)	Cross-sectional analytical study (Frontiers in Nutrition)	1,200 children under five years from three Gaza regions	Exposure: Conflict-related disruption and household conditions (living in house, school, or tent)	Overall malnutrition prevalence 16.6% severe acute malnutrition 6.7%, moderate acute malnutrition 9.7%; risk higher in North Gaza and among children in shelters; strong regional and socioeconomic associations (Albelbeisi et al., 2024).

RESULTS AND DISCUSSION

Study Selection

Study Selection Based on our database search, we found 373 articles from PubMed, ScienceDirect and Google Scholar. We conducted the duplicate screening automatically using Rayyan.ai and then underwent title and abstract screening. A total of 5 articles were checked for full-text screening eligibility after the title and abstract screening. Quantitative analysis using meta-analysis was performed for five selected articles. Figure 1 shows the PRISMA Flow Diagram.

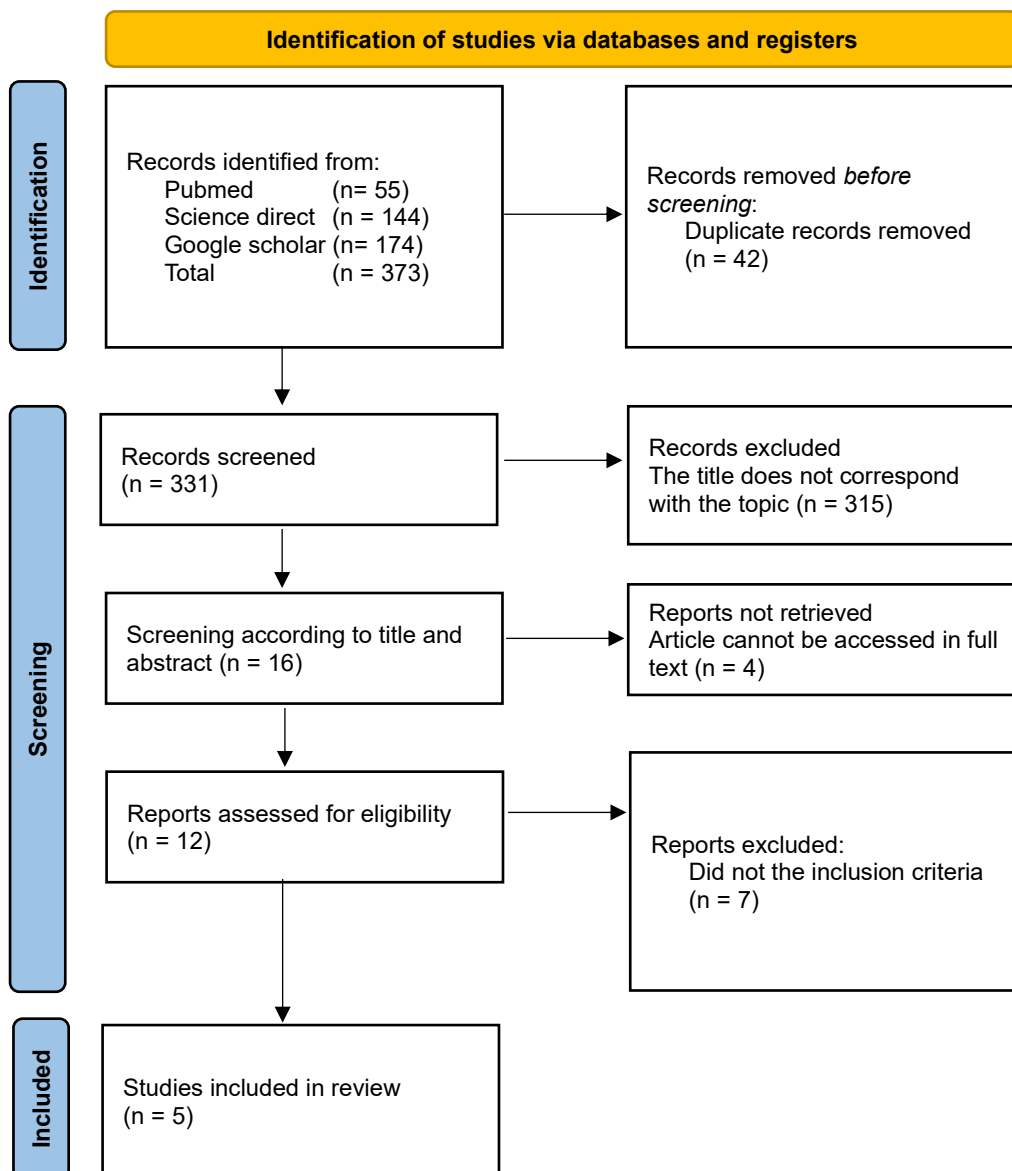


Figure 1 PRISMA Flow Chart

Results

The article search process was conducted in September 2025, and therefore, the journals included in the research spanned 2021 to 2025. Articles retrieved through database search engines using PICO keywords were downloaded into the Mendeley library. A flow diagram describing the study selection process is shown in Figure 1. A total of 373 research articles were found. After eliminating duplicates, 42 duplicate journals were identified. Following the merging of duplicates, there were 331 unique journals remaining. The sorting of articles continued manually based on title and abstract selection.

Articles that met the inclusion criteria summed up to 12 journals. The author reviewed the remaining articles comprehensively and excluded those whose research subjects were unsuitable, did not address one of the variables of this research famine, or scored less than 5 in the NOS form regarding journal quality. After reviewing the overall journal quality, five articles met the final inclusion criteria. The characteristics of these articles are listed in Table. The obtained journals consisted of 5 cross-sectional articles discussing famine. We conducted an analysis based on grouping research methods to minimize research bias.

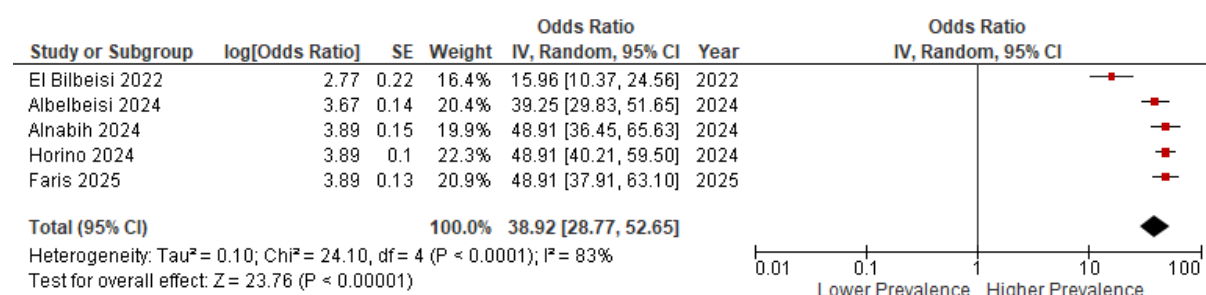


Figure 2. Forest plot showing pooled log-odds (converted to odds ratios) for severe food insecurity across five studies in Gaza. The overall odds ratio of 38.92 [95% CI: 28.77–52.65] corresponds to an estimated prevalence of 97.5% (random-effects model; $I^2 = 83\%$).

A total of five cross-sectional studies were included in the meta-analysis, encompassing a combined sample of 6,485 participants across different Gaza populations. Data were analyzed using the Generic Inverse Variance (GIV) method with a random-effects model in RevMan 5.4. Each study reported the prevalence of severe food insecurity, which was logit-transformed prior to pooling. The pooled log-odds corresponded to an overall odds ratio (OR) of 38.92 [95% CI 28.77–52.65; $p < 0.00001$], indicating a pooled prevalence of approximately 97.5% [95% CI ≈ 96.6 –98.1%] among Gaza residents. All studies demonstrated consistently high prevalence estimates, with OR values ranging from 15.96 to 48.91. Substantial heterogeneity was detected ($I^2 = 83\%$, $\tau^2 = 0.10$, $\chi^2 = 24.10$; $df = 4$; $p < 0.0001$), suggesting variability in study design, sample distribution, or contextual conditions across Gaza regions. Despite this heterogeneity,

the direction and magnitude of effect remained strongly consistent across all studies, as shown by the forest plot (Figure 2).

Discussion

The findings of this meta-analysis reveal an alarmingly high prevalence of severe food insecurity in Gaza, reaching approximately 97–98% of the population. This extreme prevalence underscores the collapse of essential food systems and the compounded effects of ongoing conflict, infrastructure destruction, and economic blockade. The pooled odds ratio (OR = 38.92) represents an almost universal exposure to famine-level conditions, surpassing the thresholds reported in other crisis regions worldwide. Although heterogeneity across studies was high ($I^2 = 83\%$), this primarily reflects contextual and methodological diversity rather than conflicting outcomes. All studies consistently indicated critically elevated rates of hunger and malnutrition, corroborating the severe deterioration of living conditions. These results align with global humanitarian reports documenting Gaza as one of the most food-insecure areas in the world. The convergence of health system collapse, loss of agricultural capacity, restricted humanitarian access, and widespread displacement has amplified the region's vulnerability (Horino et al., 2024).

From a policy perspective, these data emphasize the urgent need for coordinated transformative development interventions rather than short-term aid. Sustainable recovery will require rebuilding agricultural systems, restoring food distribution networks, and enabling economic resilience at the household level. The history of the area shows that 70% of people in Gaza are from families that were forced to leave their homes during the 1948 Nakba. Many years ago, the United Nations warned that Gaza would become too hard to live in by 2020 because of the long siege, but Israel kept its sanctions and military actions. In her 2016 book, Sara Roy wrote about how economic pressure was causing de-development and making Gaza almost impossible to live in. Because of this long history of being occupied, any actions by Palestinians are deeply connected to their struggle for basic rights under really difficult conditions (Hassoun et al., 2025).

The problem of not having enough food in Gaza started with the Nakba, when over 250,000 Palestinian refugees were moved to the small area. This sudden increase in people caused a serious economic issue because there were not enough resources. A famine was avoided because of UNRWA, which was created to help with the "temporary" refugee problem. Since 1951, UNRWA has given emergency food and created jobs in areas like health and

education. Even before the recent war, over 75% of people in Gaza, many living in extreme poverty, still relied on UN food help (Jaspars & Kuol, 2025).

Food problems in Gaza have changed over the years but got much worse in 2007 with the Israeli siege. The blockade badly hurt the economy of Gaza. Closing the crossings, restricting imports and exports, and limited access to important things like water, electricity, and fuel, along with repeated attacks, caused high unemployment, poverty, and many businesses closing down. As of August 2023, 1.84 million Palestinians are facing food problems, with 1.1 million being very severely affected, mostly living in Gaza (Fekih-Romdhane et al., 2025).

Food sustainability and the Sustainable Development Goals (SDGs) related to food are very important in dealing with global challenges like poverty, malnutrition, and environmental degradation. In 2015, the United Nations set 17 SDGs with the aim of achieving them by 2030. Food sustainability and food security are closely connected because social and economic sustainability are key to ensuring people have access to and can use the right kind of food. On the other hand, achieving food security plays a major role in supporting a sustainable food system. Therefore, to achieve the SDGs in the context of food, it is important to consider various aspects such as food security, sustainable agriculture, nutrition, and environmental conservation. These aspects provide a roadmap to deal with major challenges like poverty, hunger, and diseases. These goals aim to integrate sustainability into different areas of development, including economic, social, and environmental dimensions, to ensure a better and more sustainable future for all stakeholders (Fekih-Romdhane et al., 2025).

The study found that all households faced some level of food insecurity, as reported by HFSSM, and 97.7% were severely food insecure according to HFIAS. The results showed a very high and shocking level of hunger, with 95% of the people surveyed experiencing different kinds of hunger. The HHS also showed that 88% of the households had some degree of hunger. The study found that all households faced some level of food insecurity, as reported by HFSSM, and 97.7% were severely food insecure according to HFIAS. The results showed a very high and shocking level of hunger, with 95% of the people surveyed experiencing different kinds of hunger. The HHS also showed that 88% of the households had some degree of hunger (Abuzerr et al., 2024; de Waal, 2024).

Our analysis shows that moving, age, social and economic status, and education level all have a big impact on the level of food insecurity in different ways. Moving is a key factor, as people who are displaced often face higher food insecurity because they lose their jobs and

support networks. Younger people, especially those under 30, experience more food insecurity, probably because they have fewer job opportunities (Faris et al., 2025b).

Socioeconomic status played a big role in determining hunger levels. People with less money had a hard time finding enough food because of the ongoing military attacks by Israel, which made it hard to get jobs and keep a steady income. Surprisingly, education didn't always help with food insecurity. Even though having more education usually means better job chances, some people who had some college education struggled to find work during the conflict, leading to unexpected hunger. Our study showed that socioeconomic status had a strong impact on how severe hunger was, more than we expected. This shows the importance of focused economic support. These connected factors clearly affect how food insecurity is experienced in Gaza, giving important clues for better solutions (Hassoun et al., 2025).

The U.N. World Food Programme works hard to carry out these solutions and end world hunger:

1. Break the Cycle of Conflict and Hunger

More than 60% of the people who suffer from hunger live in areas affected by conflict, making conflict the biggest problem in the fight against hunger. Conflict and hunger are linked in a harmful cycle. When war happens, people become unstable and may turn to illegal or violent ways to get basic needs. In such times, food becomes a resource that is fought over, which increases the chance of more unrest. The U.N. World Food Programme is on the front lines in the most dangerous conflicts, going to places others can't reach to give life-saving food. The organization's efforts to end hunger also help improve chances for peace, effectively breaking the link between conflict and hunger. In conflict areas, the U.N. World Food Programme provides food and cash help, keeps children in school with meal programs, and rebuilds communities through local projects.

2. Increase Sustainability and Build Resilience to Climate Change

The U.N. World Food Programme helps communities become more able to deal with the effects of climate change through long-term projects. To deal with challenges like changes in weather and lack of food, we need to help farmers grow a greater variety of crops and animals. The U.N. World Food Programme teaches farmers new methods, gives them tools, and helps their communities understand the importance of eating a variety of healthy foods.

3. Address Poverty and Inequality Through Social Safety Nets

Poverty and inequality are the main reasons behind global hunger. A mother who skips her own meals to feed her children, or a farmer who sells food just to buy farming tools. The U.N. World Food Programme helps governments improve national programs that protect people

from poverty, inequality, and hunger. By 2030, the U.N. World Food Programme wants to greatly improve how many people can access their country's social protection systems, which will help create a fairer economy.

4. Reduce Food Waste & Food Loss

The world makes more food than enough to feed everyone, but still, 828 million people go to sleep hungry each night. In rich countries, 40% of food is thrown away because people buy more than they can eat. In poorer countries, most food is lost early on, like during growing, harvesting, or storing.

5. Eliminate Malnutrition in Mothers & Children

45% of deaths among children under 5 are because of not getting enough nutrients. The first two years of a baby's life are very important for getting the right food to grow up healthy. Through things like Fortified Blended Foods and High Energy Biscuits, the U.N. World Food Programme helps millions of children and moms who are pregnant or nursing get the right nutrition. Last year, the U.N. World Food Programme helped more than 17 million mothers and children with programs to stop and treat malnutrition (Jaspars & Kuol, 2025).

Zero Hunger might sound like a big challenge, but with these six solutions, we can turn this dream into reality. The U.N. World Food Programme is key in this effort by:

- Making sure people in areas affected by conflict don't have their food used as a weapon.
- Preparing for, dealing with, and becoming stronger against the challenges caused by extreme weather.
- Using support systems, cash help, and better infrastructure to give communities and local markets more financial strength.
- Helping small farmers get the tools they need to grow food that supports their country's food supply.
- Ensuring that the food produced worldwide doesn't get wasted because of poor handling or sharing.
- Supporting those at risk of malnutrition, especially mothers and children, by giving them special nutritious food.

Hunger and malnutrition are now widely recognized as intentional strategies used in modern conflicts. Using food deprivation and limiting access to basic human needs acts as a weapon to weaken populations, disrupt social stability, and gain political control. Creating or worsening food insecurity on purpose is a serious violation of international humanitarian law

and human rights. The most vulnerable victims of such strategies are children, whose physical and cognitive development depends heavily on proper nutrition. Long-term malnutrition during childhood leads to stunted growth, learning difficulties, and increased risk of illness, effects that last a lifetime. Furthermore, this health burden weakens the future human capital of affected countries, perpetuating cycles of poverty, social instability and underdevelopment. As a result, the restricts food access as a conflict strategy not only causes immediate humanitarian crises but also threatens the resilience and productivity of future generations. Therefore, tackling hunger and malnutrition in conflict zones requires coordinated global action that prioritizes child protection, ensures humanitarian access, and holds those who use hunger as a tool of war accountable.

Rapid and effective action is needed to reduce malnutrition and prevent famine through emergency nutrition care, restoring food security, and strengthening public health systems, especially for children and the nation's future generations Figure 3.

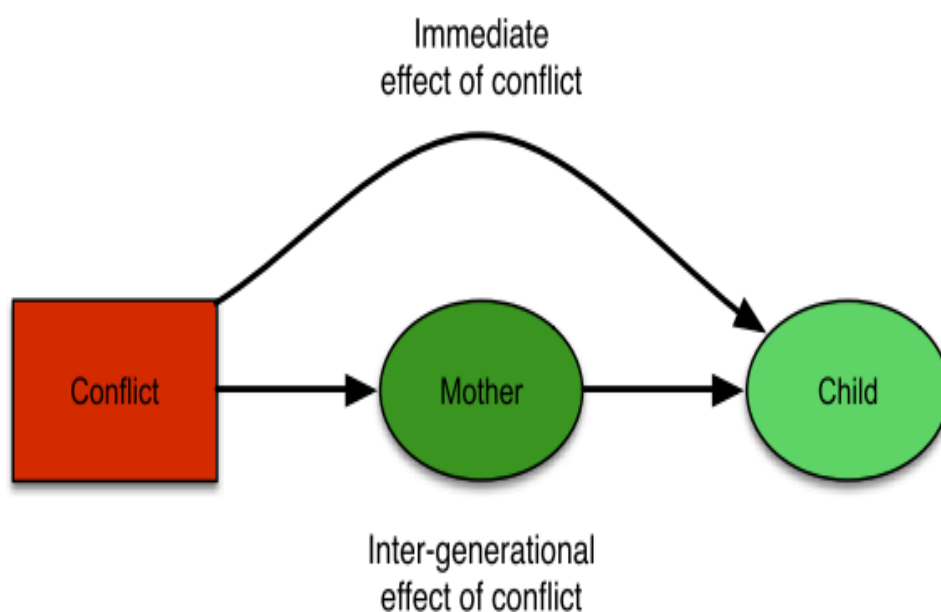


Figure 3. Immediate Effect of Conflict.

The One-Year Framework to Alleviate Malnutrition and Famine in Gaza is essential for building Palestinian resilience in the future. This program consists of three phases: emergency response, stabilization and expansion, and recovery and resilience (Figure 4, Table 3).

One-Year Framework to Alleviate Malnutrition and Famine in Gaza

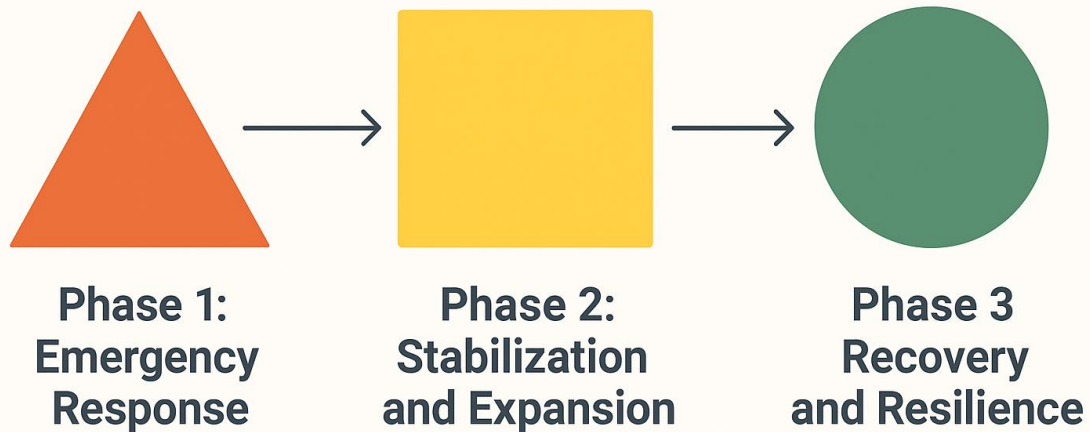


Figure 4. One-Year Framework to Alleviate Malnutrition and Famine in Gaza

Table 3. One-Year Framework to Alleviate Malnutrition and Famine in Gaza

One-Year Framework to Alleviate Malnutrition and Famine in Gaza		
Phase 1 (Months 1–3): Emergency Response	Phase 2 (Months 4–8): Stabilization and Expansion	Phase 3 (Months 9–12): Recovery and Resilience
1. Rapid assessment of nutritional status and priority areas. 2. Treatment of Severe Acute Malnutrition (SAM) and Moderate Acute Malnutrition (MAM) in health facilities and communities. 3. Breastfeeding support and Infant and Young Child Feeding (IYCF). 4. Distribution of emergency food and clean water. 5. Provision of logistics and therapeutic nutrition supplies.	1. Supplemental feeding program for pregnant and breastfeeding mothers and children. 2. Cash/voucher assistance for families if markets are still functioning. 3. Integration of nutrition, health, and WASH (air, sanitation, and hygiene) services. 4. Training of health workers and local cadres.	1. Rehabilitation of basic nutrition services and schools with school meal programs. 2. Livelihood support (cash-for-work, seeds, livestock). 3. Strengthening nutrition monitoring and early warning systems. 4. Integration into long-term social protection programs.

An urgent need for a famine-eradication movement exists, millions could face even worse hunger. This global crisis can fight by fixing the causes of hunger. Everyone has a responsibility to help create a better future for our world and all people who live on it. This is helpful because it explains, in theory, what is needed to stop famine. Considering the political situations discussed in this special issue, it's no surprise that there are huge challenges in actually doing this. In real life, preventing famine mostly focuses on dealing with or stopping immediate dangers, and usually involves technical actions like improving food supply or health care. To really stop famine, there would need to be major changes in the global political and economic systems, as well as in the food system that is run by big companies and financial institutions. These systems often make money from food shortages and help cause climate change (Jaspars & Kuol, 2025).

These are tough issues that even groups like the UN's High-Level Task Force on Preventing Famine, Special Envoys to Gaza and Sudan, or the Special Rapporteur on the Right to Food can't easily fix. The famines in Gaza and Sudan show how hard it is for humanitarian groups to stop or even deal with immediate risks of famine. What's happening instead is that different rules are being used, based on political goals, to hold fighting groups responsible under international law. While there is hope that famine can be stopped, based on what's happening in Gaza and Sudan, where the most vulnerable are set to become victims in yet another turn of the global war economy (Faris et al., 2025).

CONCLUSION

The crisis in Gaza is not simply a humanitarian emergency, but the result of a long and deeply political history of displacement, occupation, economic restriction, and systemic control. The chronic food insecurity experienced by Palestinians exacerbated by the blockade, destruction of infrastructure, and control over resources like water and agriculture, is part of a broader strategy that restricting food access and deprives people of basic human rights.

Despite decades of international aid and interventions from organizations like the UNRWA and the World Food Programme, Gaza's population continues to face worsening conditions. The root causes—military occupation, economic sanctions, political instability, and global systems that profit from inequality and conflict—remain largely unaddressed. Structural change is essential, not just technical fixes or emergency relief.

Efforts to achieve food security and meet global Sustainable Development Goals (SDGs) must confront the political realities that perpetuate crises like Gaza's. Without

resolving the underlying injustices, no amount of aid will be enough to end hunger. True solutions demand both humanitarian support and bold political action to dismantle the systems that allow famine and oppression to persist.

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CONFLICT OF INTEREST

The authors declared that there is no conflict of interest in this study.

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AUTHORS' CONTRIBUTOR

All authors have contributed to several processes in this study.

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