



Introduction

Rural women farmers are key to food security and climate resilience but face systemic barriers, such as limited land access, financial constraints and exclusion from decision-making. Despite these challenges, they strive to adopt innovative practices and leverage traditional knowledge to adapt to climate change. Addressing these systematic barriers will accelerate achievement of gender equity and sustainable development.

Key findings

1. Women's adaptation practices are shaped by systemic barriers like limited land access, exclusion from resources, and gendered norms.
2. They employ innovative strategies, such as resilient farming and traditional knowledge, to mitigate climate impacts.
3. Smallholder women farmers, especially in Sub-Saharan Africa, lack institutional support and access to training, limiting their adaptive capacity.
4. Increased workloads due to male outmigration and restrictive norms exacerbate challenges, hindering women's full potential.

Policy suggestions

1. Enhance women's access to land tenure, credit and agricultural resources.
2. Ensure women's active participation in climate adaptation planning and decision-making processes.
3. Develop targeted training programs on sustainable farming, risk management and livelihood diversification.
4. Strengthen institutional networks by fostering collaborations among governments, NGOs and women's groups.
5. Alleviate labor burdens through childcare facilities and mechanized tools.



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