FOOD, NUTRITION AND HEALTH SECURITY

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Background

- The global population is expected to be 8.9 billion by 2050 and there are no records of sufficient foods to cater for the expected increase.
- Currently there are 805 million hungry people in the world (WFP, 2015).
  - 791 million hungry people are living in the developing countries (WFP, 2015).
- The Food and Agriculture Organization (FAO) estimated under nutrition as the major causes of death in the developing countries.
The pillars of food security are: availability, accessibility, utilization and stability.

The relationship between food security, nutrition and health are complex.

They are sustainable issue linked to the environment, social, political and economic.
Africa and food security

The State of Food Insecurity in the World (SOFI) 2015 reported that:

- seven countries in the region (Angola, Djibouti, Cameroon, Gabon, Ghana, Mali and Sao Tome) have achieved both the Millennium Development Goal 1 and world food target (MDG)

- in general, Africa, has made insufficient progress towards international hunger targets such as:

  - protein energy malnutrition (PEM) responsible for more than 45 % (> 3 million) death among the under-five putting the future of Africa at a stake (FAO, 2014)
Factors affecting food security in Africa

Several factors are responsible for food insecurity in Africa, such as:

• Political factors
• Economic factors (poverty)
• Cultural or religious practices
• Agricultural production
• Social considerations
• Environmental considerations
• Climate changes (affect food production)
• Advertising and other point of sale information
• Lack of knowledge about cheap sources of nutrients (such as edible insects, mopani worms project)
• Increase in population
South African situation

• There is still double burden of undernutrition and overnutrition in South Africa for instance:

• 27% of 0-60 months are stunted
  ✔ 12% are underweight, and 5% are wasted (UNICEF, 2009)

• 55% ≥ 15 years in South Africa are either overweight or obese (WHO, 2009)

• 15% of infants are born with a low birth weight (UNICEF, 2009)
Situation of malnutrition in South Africa

Key causes of undernutrition in South Africa

• Inadequate breastfeeding (only 8% of infants < 6 months are exclusively breastfed) (UNICEF, 2009)

• Lack of nutrition knowledge

• Infections such as HIV, respiratory tract, diarrhea (16% of child deaths are due to either diarrhea or pneumonia) (UNICEF, 2009)

• Limited access to food
  ✓ Dietary diversity is essential for food security (FAO, 2009)
  ✓ Adequate awareness must be given to cheap but high source of protein such as edible insects (FAO, 2013)
Situation of malnutrition in South Africa cont.

Key causes of over-nutrition in South Africa

- Urbanization (Kruger, 2005)

- Adoption of Western diets (high in refined carbohydrates, saturated fats and sugars)

- Sedentary lifestyle

- Cultural factors

- Lack of nutrition knowledge

- Poor nutrition early in life
Conclusion

Key actions to address malnutrition in South Africa
According to nutrition research activities reports in South Africa:

- There is a need to increase rate of exclusive breastfeeding
- Needs to improve young child feeding through effective education and counseling services
- Needs for universal salt iodization
- Needs for government policies that promote reduction in salt intakes
- Needs for government policies that promote diverse diets and physical activities
- Improve dietary diversity through increased food production
- Needs for access and diversified agricultural production in rural areas, and
- National food policies that align with public health nutrition.
- Ensuring maximum use of indigenous food (availability, affordable, processing, supply chain)
Recommendations

• Relook at research design and methods
  – Participatory action research
  – Intervention research
  – Implementation

Research by the people for the people


Thank you for your attention