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Lefapha la Disaense tša Maphelo

FOOD, NUTRITION AND HEALTH SECURITY

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29th July, 2015

Background

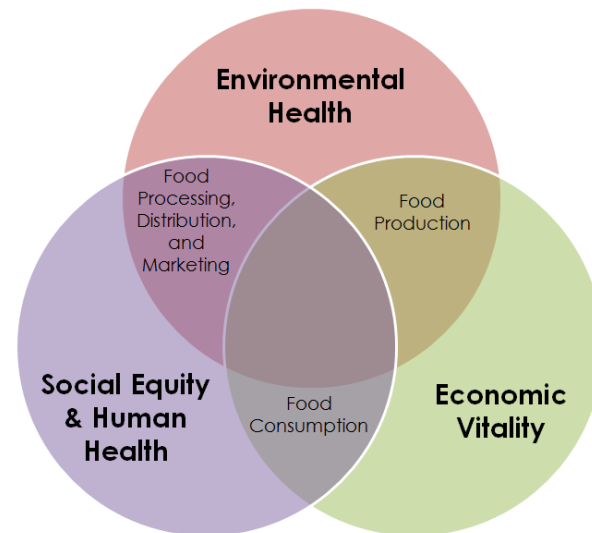
- The global population is expected to be 8.9 billion by 2050 and
 - ✓ there are no records of sufficient foods to cater for the expected increase
- Currently there are 805 million hungry people in the world (WFP, 2015)
 - ✓ 791 million hungry people are living in the developing countries (WFP, 2015)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



Background cont.

- 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

- **Food system**



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% \geq **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

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Thank you for your
attention



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