

Dr Christine Taljaard
North West University, South Africa



ABSTRACT

Dietary changes of 20 years in black South African women: Examining the nutrition transition

C Taljaard

Post-Doctoral Fellow, Centre of Excellence for Nutrition, North West University, South Africa

For the past 20 years the nutrition transition has been researched and documented due to the unique nature of the South African population. The aim of this article is to describe the on-going nutrition transition in black urban South African women through determining nutrient-based dietary patterns through factor analysis (FA) of two similar urban populations 20 years apart. Data were drawn from two independent studies, the Transition and Health during Urbanization (THUSA) study (n = 279) conducted between 1996 and 1998 and the South African Breast Cancer (SABC) study (n = 276) that commenced in 2014 and is still ongoing. The dietary intake data for both studies were collected by using the same culture specific and validated QFFQ. FA on the correlation matrix was carried out on 23 selected micro- and macronutrients to define nutrient patterns for each study independently. Varimax rotation was performed on the factor loadings. Four nutrient patterns were identified for the THUSA study: “animal nutrient driven pattern (30.2%)”; “minerals and micronutrients pattern (20.6%)”, “plant nutrients and carbohydrates pattern (19.1%)” and “fat driven nutrient pattern (14.0%)”. The four identified patterns for the SABC showed similarities with the THUSA study: “fibre and plant nutrients driven pattern (30.3%)”, “animal nutrient driven pattern (21.1%)”, “fat driven nutrient pattern (17.1%)” and “minerals and vitamin C pattern (16.6%)”. The observed shift in nutrient patterns shines new light on the direction of the nutrition transition in urban women. The use of nutrient patterns gave new insight on the direction, complexity, magnitude and drivers of the nutrition transition.