

Prof Nelia Steyn has been active in the field of nutrition research since 1980. She has an MPH from the University of Cape Town and a PHD from the University of Stellenbosch. Her three main areas of research are related to (i) the field of chronic diseases of lifestyle, particularly type 2 diabetes, obesity and other issues relating to a healthy lifestyle and (ii) dietary methodology, particularly as it relates to dietary surveys and (iii) food security in southern Africa, including the double burden of malnutrition. Most of her publications and conference presentations are in these three areas.

She also has extensive teaching and community related nutrition experience after working for the Department of Health for 10 years and for 10 years as Head and Professor of the Department of Human Nutrition at the University of the North (Limpopo), which she started in 1992. She served as the Chair of the Education Committee of the Professional Board for Dietitians of the Health Professionals Council for 8 years and as the deputy Vice Chair of the Board. She has in the past also served as a council member of the Nutrition Society. To date she has more than 140 peer reviewed publications and is an NRF rated scientist. She is currently the Head of the Nutrition Division at UCT.