



ILSI Workshop: Are South African Consumers Moving Towards Healthy Eating?

07 September 2017

Marriott Crystal Towers, Cape Town, South Africa

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Title of presentation:

Food security and its impact on the double burden of malnutrition and the development of metabolic diseases in South Africa: SANHANES-1

Author/s: (underline presenting author if more than one is listed)

Parker, W., Mchiza, Z., Sewpaul, R., Labadarios, D.

Abstract:

Background: South Africa continues to experience a double burden of malnutrition (underweight and obesity). Undernutrition is known to be a consequence of food insecurity, however recent evidence suggests that undernutrition, obesity and food insecurity are intricately linked, with poverty being the common denominator.

Aim: To determine the impact of food security on the double burden of malnutrition and the development of metabolic diseases in South Africa, using data from the first South African National Health and Nutrition Examination Survey (SANHANES-1).

Methodology: SANHANES-1 was a cross-sectional survey using multi-stage disproportionate, stratified cluster sampling. Data was collected from a total of 25532 people and was obtained

through interviewer administered questionnaires, clinical examination and collection of blood samples. Data were analysed using SPSS and STATA and were weighted and benchmarked against the 2012 mid-year population estimates. The results of the SANHANES-1 were used to investigate the double burden of malnutrition and its impact on the development of metabolic diseases in South Africa.

Results and Conclusions: While food security in South Africa has improved, more than 50% of the population still experience a degree of food insecurity. Food insecurity does indeed fuel the double burden of malnutrition as it impacts individuals irrespective of BMI status. Similarly micronutrient deficiencies occur in individuals irrespective of BMI status. BMI status impacts health status, specifically with regard to NCDs. Improvements in food security is mandatory, if we are to improve the nutrition and health status of the South African population.