

Dr Whadi-ah Parker



Current Position

From December 2016 to date: Senior Research Specialist at the Human Sciences Research Council (HSRC) of South Africa's Population Health, Health Systems and Innovation (PHHSI) Programme

Postal Address:

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1. BIOGRAPHY

Dr Parker is a registered dietitian, and a Senior Research Specialist at the Population Health, Health Systems and Innovation (PHHSI) unit of the Human Sciences Research Council (HSRC). She is involved in the examination of the biological, psycho-social, cultural and environmental factors of malnutrition in South Africa and in other African populations such as Kenya. She also forms part of the team that co-ordinates and manages projects on nutrition, dietary diversity, non-communicable diseases, food security and health systems.

Her publication record spans the authoring and co-authoring of 20 national and international conference presentations, 13 book or equivalent publications, as well as 14 articles in peer reviewed journals and two articles in non-peer reviewed journals as well as two policy briefs. Her most recent publication (2016), in the form of a book chapter, published by the HSRC Press, explored NCDs with respect to strategies for prevention and governance for multisectoral action.

2. EDUCATION/TRAINING

2005 to	2008	PhD (Medicine)	UCT
2004 to	2005	MSc (Medicine)	UCT
2000 to	2002	BSc Medical (Honours) Nutrition and Dietetics	UCT

1996 to 1999

Bachelor of Science (BSc)

UCT

3. POSITIONS AND HONORS

Positions and Employment

2016-	Senior Research Specialist, Population Health, Health Systems and Innovation, Human Sciences Research Council, South Africa
2014 to 2016	Research Specialist at the Human Sciences Research Council (HSRC) of South Africa's Population Health, Health Systems and Innovation (PHHSI) Programme
2011 to 2014	Post doctoral research fellow (Research Specialist) at the Human Sciences Research Council (HSRC) of South Africa's Population Health, Health Systems and Innovation (PHHSI) Programme
2011 to 2011	Post doctoral research fellow (Chief Researcher) at the Human Sciences Research Council (HSRC) of South Africa's Population Health, Health Systems and Innovation (PHHSI) Programme
2010 to 2011	Chief Researcher at the Human Sciences Research Council (HSRC) of South Africa's Population Health, Health Systems and Innovation (PHHSI) Programme
2009 to 2010	Senior Researcher at the Human Sciences Research Council (HSRC) of South Africa's Population Health, Health Systems and Innovation (PHHSI) Programme
2008 to 2009	Post doctoral research fellow at the Medical Research Council's Chronic Diseases of Lifestyle Unit / University of the Western Cape's School of Public Health
2004 to 2008	PhD research Intern at the Medical Research Council's Chronic Diseases of Lifestyle Unit.
2003 to 2003	Community Service dietitian for the Kw-Zulu Natal Department of Health at Nkonjeni Hospital, Ulundi

Other Experience and Professional Memberships

2003-	Member, Health Professions Council of South Africa
2004-2005	Member, Association for Dietetics in South Africa
2007-2007	Interim Programme Coordinator, National Collaborative Research Project on Cardiovascular Diseases and Metabolic Disorders
2007-2007	Member, Expert panel for Diabetes and Hypertension Working Group, Primary Care 101, PALSA Plus
2008-2009	Technical Consultant, FAO Community Nutrition Textbook
2008-2009	Member, FAO/WHO Working Group on Best Practice Interventions for Implementing the Global Strategy on Diet, Physical Activity and Health
2009-	Reviewer for the South African Journal of Clinical Nutrition (SAJCN) and Public Health Nutrition (PHN)
2011-2012	Member, Technical Advisory Group, South African National Health and Nutrition Examination Survey (SANHANES-1), HSRC
2016-	Secretary, Nutrition Society of South Africa (NSSA), Western Cape branch

Honours

2017	ILSI Malaspina International Scholar Travel Award
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4. CONTRIBUTION TO SCIENCE

4.1. Students Successfully Supervised:

1. **Jillian Hill (MPH)** Process evaluation of the Healthkick action planning process in disadvantaged schools in the Western Cape. University of the Western Cape, September 2010 (Supervisor: Mohamed S, **Co-supervisors:** De Villiers A, Parker W)

4.2. Students Currently Under Supervision

1. **Terry Wangui Mwangi (MSc Food Nutrition and Dietetics):** Reg No. H60/CTY/PT/22042/2012: Kenyatta University, Kenya: Association between paternal illicit alcohol consumption, complementary feeding and nutrition status of children aged 6-23 months in Kirinyaga county, Kenya
2. **Nop hiwe Job (PhD Human Nutrition, UCT):** An assessment of nutrition education transfer to the public by healthcare professionals in Primary Health Care facilities in the Western Cape using the revised food-based dietary guidelines and health promotion messages in the Road-to-Health booklet as nutrition education tools
3. **Derrick Sekgala (MSc, University of Limpopo) :** The risk of metabolic syndrome as a result of lifestyle among Ellisras rural young adults: Ellisras longitudinal study

4.3. Examination of Postgraduate Thesis:

1. **Miss Nasheeta Solomon:** A framework for a nutritional intervention programme aimed at non-communicable diseases among urban South Africans. **PhD MTech:** Nutrition; North West University, April 2017 (Supervisor: Prof HS Kruger, Co-supervisors: Prof T Puoane **External examiner:** Parker W)
2. **Ms Nontuthuko Sibusisiwe Myeza:** Factors associated with anthropometric status in pregnant women, in rural KwaZulu-Natal, 2015. **MPH:** School of Nursing and Public Health, College of Health Sciences, University of Kwazulu-Natal, Durban, South Africa, March 2016. (Supervisor: Dr Anna Voce, **External examiner:** Parker W)
3. **Ms Dorothy Nasilele Kambinda:** Knowledge, attitudes and perceptions about diabetes mellitus among an urban adult population in Windhoek, Namibia. **MPH:** School of Public Health, University of the Western Cape March 2016 (Supervisor: Ms. Lungiswa Tsolekile Co-Supervisor: Prof. Ehimario Igumbor, **External examiner:** Parker W)

4.4. List of Peer Reviewed Publications:

1. Chola L, Mutyambizi C, Sewpaul R, **Parker W**, Mchiza ZJ, Labadarios D, Hongoro C. Self-reported diabetes during pregnancy in the South African National Health and Nutrition Examination Survey: Extent and social determinants. BMC Pregnancy and Childbirth 2017; 17(1): 20 DOI 10.1186/s12884-016-1218-z

2. Mchiza ZJ, **Parker W**, Labadarios D. Mitigating the consumption of sugar-sweetened beverages: the developing country perspective: Editorial. *Public Health Nutrition* 2016; 19(13): 2293–2295
3. Mchiza ZJ, **Parker W**, Makoae M, Sewpaul R, Kupamupindi T, Labadarios D. Body image and weight control in South Africans 15 years or older: SANHANES-1. *BMC Public Health* (2015) 15:992
4. **Parker W**, Mchiza Z, Labadarios D. Vitamin B3 deficiency. *BMJ Point of Care*, 2016: <http://bmj-preview.epocrates.com>. www.pointofcare.bmj.com
5. Mchiza Z, **Parker W**, Labadarios D. Vitamin B3 deficiency. *BMJ Point of Care*, 2015: <http://bmj-preview.epocrates.com>. www.pointofcare.bmj.com
6. Hill J, Draper CE, De Villiers A, Fourie JM, Mohamed S, **Parker W** and Steyn NP. Promoting healthy lifestyle behaviour through the Life Orientation curriculum: Teachers' perceptions of the HealthKick intervention. *South African Journal of Education* 2015 Feb 35 (1)
7. Steyn NP, **Parker W**, Labadarios D. Vitamin B3 deficiency. *BMJ Point of Care*, 2014: <http://bmj-preview.epocrates.com>. www.pointofcare.bmj.com. (*Original article published in 2009 and updated annually*)

4.5. List of books / book chapters / equivalent publications

1. Shisana O, Labadarios D, Rehle T, Simbayi L, Zuma K, Dhansay A, Reddy P, **Parker W**, Hoosain E, Naidoo P, Hongoro C, Mchiza Z, Steyn NP, Dwane N, Makoae M, Maluleke T, Ramlagan S, Zungu N, Evans M, Jacobs L, Faber M & SANHANES-1 Team (2014). *The South African National Health and Nutrition examination survey, 2012: SANHANES-1*. Cape Town: HSRC Press.
2. **Parker W**, Kengne AP, Hongoro C, Labadarios D. *State of the Nation South Africa 2016: Who is in charge. Non Communicable diseases: State of evidence, strategies for prevention and governance for multisectoral action*. HSRC Press 2016
3. Brako A, **Parker W**, Mchiza Z. Chapter 7. *Community nutrition textbook for developing countries Assessing Nutritional Status: An Overview of Nutritional Analysis Using Food Composition Databases, Physical Examination, Blood Tests, Anthropometry, and Dietary Intake*. Temple NJ, Steyn N (eds.) ISBN: Athabasca University 2016 9781927356128 (PDF) 2015
4. Labadarios, D., Dwane, N., Mashologu, Y., Hoosain, E. Makoae, M. and **Parker, W.** (2014). *The South African National Health and Nutrition examination survey, 2012: SANHANES-1. Health status of adults: national estimates of NCDs and major risk factors* Cape Town: HSRC Press.
5. Dhansay, A., Labadarios, D., Mchiza, Z. and **Parker, W.** (2014). *The South African National Health and Nutrition examination survey, 2012: SANHANES-1. Adult health risk profiles: Anthropometry* Cape Town: HSRC Press.
6. Dhansay, A., Labadarios, D., Mchiza, Z. and **Parker, W.** (2014). *The South African National Health and Nutrition examination survey, 2012: SANHANES-1. Child health: Anthropometry* Cape Town: HSRC Press.
7. Mchiza, Z.J., Makoae, M. and **Parker, W.** (2014). *The South African National Health and Nutrition examination survey, 2012: SANHANES-1. Nutritional status of adults: Dietary knowledge and beliefs, behaviour, practices* Cape Town: HSRC Press.

8. Mchiza, Z.J., Makoae, M. and **Parker, W** (2014). The South African National Health and Nutrition examination survey, 2012: SANHANES-1. Nutritional status of adults: Body image and weight management Cape Town: HSRC Press.
9. Mchiza, Z.J., Makoae, M. and **Parker, W**. (2014). The South African National Health and Nutrition examination survey, 2012: SANHANES-1. Child health: Dietary knowledge, behaviour, practices Cape Town: HSRC Press.
10. Mchiza, Z.J., Makoae, M. and **Parker, W**. (2014). The South African National Health and Nutrition examination survey, 2012: SANHANES-1. Child health: Body image and weight management Cape Town: HSRC Press.

4.6. List of Publications in Non-Peer Reviewed Journals

1. Hongoro, C., Labadarios, D. & **Parker, W**. (2014) Healthcare services: the public perspective. HSRC Review. 12(1):4-6.

4.7. List of Policy briefs

1. Mchiza Z, Labadarios D, **Parker W** & Bikitsha N (2016) Body image perception and dissatisfaction: acknowledging the socio-cultural factors of obesity in South Africa. HSRC Policy Brief. (March 2016).