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Project number: MHBAAA

Title: Food and Nutrition Security

Authors: Altman, M and Jacobs, P

Suggested keywords:

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Abstract (add a descriptive paragraph of Output):

Presentation Food and Security roundtable
22 Feb 2010
Nutrition Security
Household Food and

Dr. Miriam Alimann & Peter Jacobs

HSRC-CPEE
Nutrition is key foundation that influences effectiveness and water are essential to life.

Unlike many other poverty reduction interventions, food is foundational for human participation and security in all goals.

By 2014, the government objectives to halve unemployment and poverty.

Food and nutrition security.
This challenge to dramatically deepen action to more rapidly address
We would like to explore how green can be supported
Its character is not what many think
It is much more significant than many realise
is widespread and deep nutrition insecurity.
Although food insecurity has fallen dramatically, there
government and states as one of top priorities
Food and nutrition security are key concern of

Purpose of this session
Characteristics of food and nutrition insecurity in SA
770,000 jobs

context of the economic downturn, with the loss of

Some reversal in these gains is probable in the

of social grants

This seems to largely be explained by the expansion

were hungry

By 2007, 12.2% of children and 10.6% of adults said they

hungry, sometimes, often or always.

In 2002, 20% of children and 25% adults said that they were

dramatically since 2001. According to the GHS:

Household food insecurity, or hunger, has fallen dramatically

HH food insecurity has fallen dramatically
Deeper analysis shows that improvements are not so dramatic

- The National Food Consumption Survey (NFCS, 2005) found that:
  - 52% of the population are hungry
  - 33% are at risk of being hungry
  - only 20% of the SA population are food secure

- Our team has been grappling with why this picture is so different to that of the official GHS

- Challenge = NFCS is much smaller sample (2,980) and is not official data.

- The gap between the GHS and the NFCS may be explained by the difference in the experience of hunger, and of under-nutrition.
  - The GHS asks: are you hungry? (although this has changed)
  - The NFCS asks about food items consumed. Many poor households mainly consume low nutrient starches so they feel full. But there is a high prevalence of under-nutrition. People do not easily link their under-nutrition with their experience of being tired or ill.
This more closely relates to the NFCS findings:

Only 20% of households can afford a minimum nutritionally adequate diet. Based on current prices and levels of fortification, 50% to 80% of households could not afford an acceptable nutritional balance.

Under these conditions, we found that:

- Contain money, and have perfect knowledge of what a low cost balanced diet would cost, and have perfect knowledge of what a low cost balanced diet would cost. We assume people are perfectly rational. That is, they don't waste any money.

Step 3 = peer review

Expenditures, the % spent on food vs other items (35% to 70%)

Step 2 = review IES and other sources to identify household income and total (R262 pp pm at 2005 prices)

Step 1 = identify minimum nutritious food basket and what it would cost.

Our question = what % of the population could access a balanced nutritious diet if they so desired?

We brought together economists and nutritionists to work out a common ground.

Household food and nutrition security
women are HIV+

Under-nutrition is critical issue viz SA women, where approximately 1/3 of young

About a third of women and children iron deficient

One quarter of women, and 2/3 children nationally had poor vitamin A status

Nationally 45% of children had an inadequate zinc status (NFCS, 2005)

needs to be:

Although there are fortification programs, micro-nutrient count not as effective as it

Average South African consumes less than 4 of 9 food groups – min should be

"wasting", which is indicator of transitory food insecurity.

1 in 10 children was underequipped for weight in 2005. There are signs of rising

marginally between 1999 and 2005. This is sign of chronic malnutrition.

Stunting (inadequate growth in height) affects 1 out of 5 children, and improved

have not noticeably improved

Although child hunger has fallen dramatically, indicators of under-nutrition

...
Strong evidence of deep hunger in urban areas, not only rural.

Food insecurity is objective for the population.

"1 meal per day in primary schools".

Directorate

Rural dev target = Food & nutrition surveillance unit in Nutrition

Exception =

targets

Although there are health and education sector programmes aimed at improving nutrition, there is no mention in their M&E

Focusing on rural livelihoods.

Food security is currently located in the M&E outcome #?

National challenge, not only rural.

Food and nutritional insecurity is a
Hunger in the Metros

Highest share of hungry households are found in urban metros. 36% of all severely hungry households and most extreme levels of hunger occur in urban metros. (GHS 2007)
Rural households pay 10%-20% more for a basket of basic foods than urban ones (NAMC). There is no reliable evidence available to show this. This might be explained by own food production but meat, food per capita than urban households (esp. less on R2000), rural households spend about 15% less on whom monthly household income is less than among the poorest half of households (i.e. those for Special rural dimensions
secure. Considerably. Not all households that home produce are food

Contribution of home production to HH food security varies

About 1.9m subsistence producers are aged 15 – 29.

Tambao and Amathole Municipalities

1/4 of all black subsistence farmers located in Vhembe, OR

1/5 of all black households are involved in some home production, a larger % are located in former homelands.

Although 1/5 of all black households are involved in some former homelands

produce extra food for own consumption – primarily in the

Approximately 2.5 million households (4 million people)

Potential contribution of home production
Ensuring affordable food at stable prices

Transportation costs generally and poor rural infrastructure
Grown in rural areas, processed in urban areas, and transported back
Structure of distribution and retail
That partly explained by:
Why are prices higher in rural areas? This is not known for certain, but we can guess
Food prices not falling as they should
Retail is often local monopoly
Poor buy in smaller quantities, and therefore higher unit prices
Healthier foods could cost 9%-12% more than similar less healthy foods
Why is it difficult for the poor to access a nutritious basket?
Input costs: fertilizer costs, packaging, wage costs
Exchange rate depreciation (this makes imported foods more expensive)
Exchange rate depreciation: Small economies reliant on food imports are vulnerable to
Brands (bread), dairy prices, supermarket’s, etc.
Competition along the agro-food value chains (Competition Commission investigations: Tiger
Since 2007, food prices started increasing very steeply, explained by various factors:
Rapid food inflation
Some estimate this might be as high as 70%. These households need protection from
The poorest 40% of households allocate at least 35% of their spending to food, and
Way forward....
desired result
Orientation of M&E targets in relation to
mandates for key aspects of ES solution
Which national depts have budgeted
National or Provincial

Institutional home
High impact ideally with short to medium term horizon given scale of the challenge, identify interventions that are low cost.

risks

1. Monitoring and evaluation of programs (eg do companies promote home production)
2. Develop new nutritious products, offer supplements (after household demand toward more nutritious combinations)
3. Industry regulation or product development that enhances current foods
4. Improve the quality of food that people buy, often through competition policy
5. Reduce cost of food that people buy (market interventions, retail, food grants, social grants)

Intervention options
Eligibility age of child grant recipients rises to age 18

Improve reach (eg through birth registrations)

Grants will/can have more impact:

- 1/3 receive zero grant although they qualify for it
- Of this, 2/3 receive some grants but qualify for additional money
- Did not receive it

51% of all hungry households in 2007 were eligible for grants but households to afford a basic and stable level of nutrition

Social grant incomes protect the recipients against hunger: it helps

Including 8.7 million children (2009)

Approx 13 million people benefit from various social welfare grants.

Social grants support food security & stability
Food fortification & supplements

- Established
- No improvement in vitamin A or zinc – reasons need to be
- Success with folate acid
- Uneven impact to date:
  - A tablets at cost of 3c each, but reaching only 20%
  - All children under 6 and mothers are meant to receive vit
  - Bread, White bread, Wheat flour; maize fortified with vitamin A
- The following foods are fortified by law:
- Intervention
  - Potentially an immediate, high-impact and fairly low-cost nutritious diet
  - Reduce the overall cost to the consumer of procuring a
- Food fortification can enhance the nutrient content and

...
marketing

Product development and public R&D, product development and
Govt can play role in simulating private or

(sprinkles)

...or products that can be added (eg

These can be stand-alone (eg Pro Nutro)

nutrients in food purchased.

New products can support aim to improve

Product development
Coordinated budget needed

High cost implications that creative approaches are

Nutrition outcomes

Market dynamics

Programme implementation

These need to monitor:

Systems are essential

Regulated monitoring and evaluation

Monitoring and evaluation
<table>
<thead>
<tr>
<th>Recommendations</th>
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<tbody>
<tr>
<td>Follow on processes needed to elevate and generate profile.</td>
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<tr>
<td>More concerted approach to longer-term interventions.</td>
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<tr>
<td>Monitoring and evaluation of implementation and outcomes.</td>
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<td>Market interventions where appropriate to fortify and ensure stable affordable prices.</td>
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<td>Modifications to fortification &amp; supplements program.</td>
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<td>Grants to those who qualify.</td>
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<td>Need more concerted immediate interventions (e.g.).</td>
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<td>Minimum delivery.</td>
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<td>Review of division of competencies across spheres of govt. to ensure clear link in budget and programs made in relation to meeting targets.</td>
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<td>Targets as laid out in MG&amp;E framework.</td>
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<td>National approach and institutional home needed to meeting food security.</td>
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<td>Food and nutrition security needs to be a higher priority.</td>
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