



Gender Equality & Women
Empowerment Programme

A gendered lens on food and nutrition security in South Africa:

Extracts from the National Food and Nutrition Security Survey

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Outline

- Introduction to the NFNSS
- Objectives
- Results
- Concluding remarks

Introduction

Aims and Objectives of the NFNSS

- To provide a baseline assessment of the food and nutrition security situation at household level in the respective livelihood zones of all provinces in South Africa in terms of:
 - Availability: to determine food availability at household level
 - Access: to determine food access at household level
 - Food utilisation: to determine individual food consumption within the household and compile anthropometric measurements.
 - Food stability: to assess household food stability with respect to food supply, price changes, shocks, and the coping mechanisms
- To analyse the link between food security and nutrition and explore reasons for people's vulnerability.
- To assess the impact of Covid-19 on food security and nutrition at household level in South Africa.
- To make recommendations for planning and targeting of interventions for food and nutrition security

Introduction

Methods

- National cross sectional household based survey (conducted in 2021-2022)
- Multi-stage stratified random sampling design
- Small area layers (SALs) were stratified by province, race and locality type
- A sample of 1 382 (SALs) was sampled from a national sampling frame of 84 907 SALs
- Systematic random sample of 30-35 visiting points sampled in each SAL
- Average of 3 individuals per household
 - Head of the household / person responsible for food procurement and food preparation
 - Children between ages 0-5 years
 - Biological mother of the selected children
- A total of 34 575 people were interviewed – representing 42 238 465 adult South Africans at a population level

Objectives

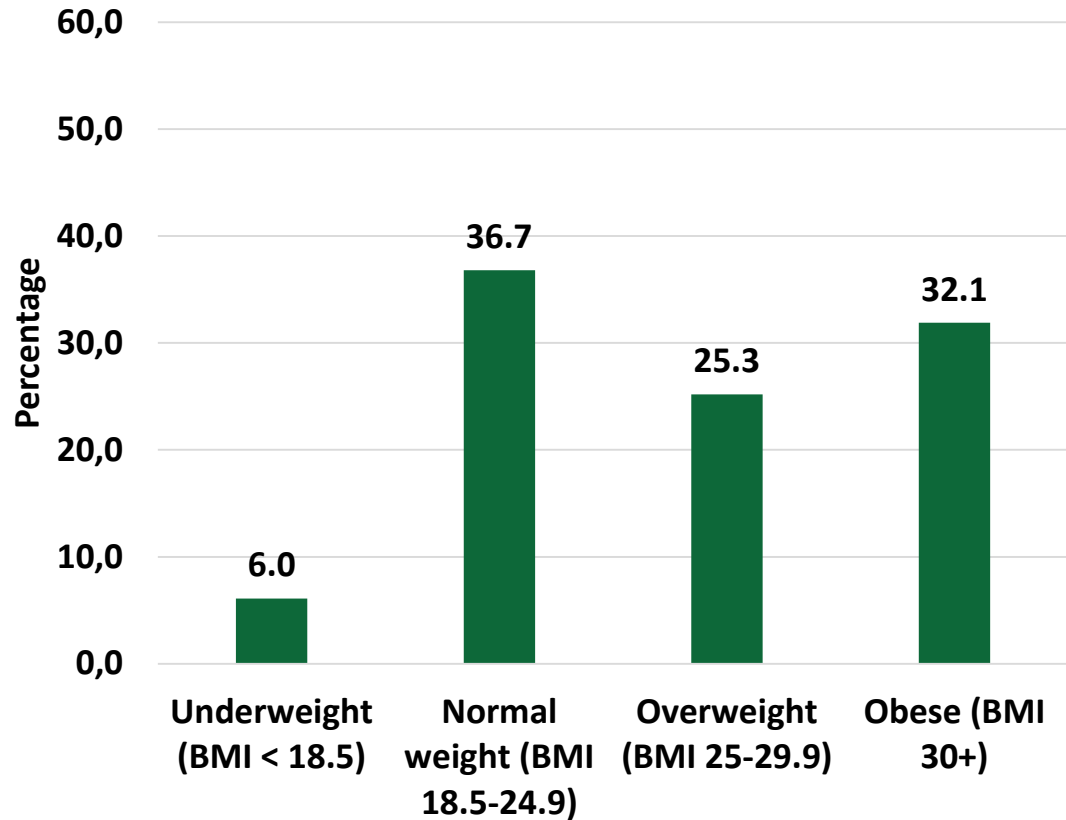
To share results of the study using a gendered lens wrt

- Nutritional status
 - Anthropometry (stunting, wasting, underweight and overweight)
- Household food and nutrition security indicators
 - Household food insecurity access scale (HFIAS)
 - Household Hunger
 - Household dietary diversity
 - Food consumption score
 - Food expenditure
- Selected sociodemographic and household characteristics
 - income, access to water, sanitation, energy

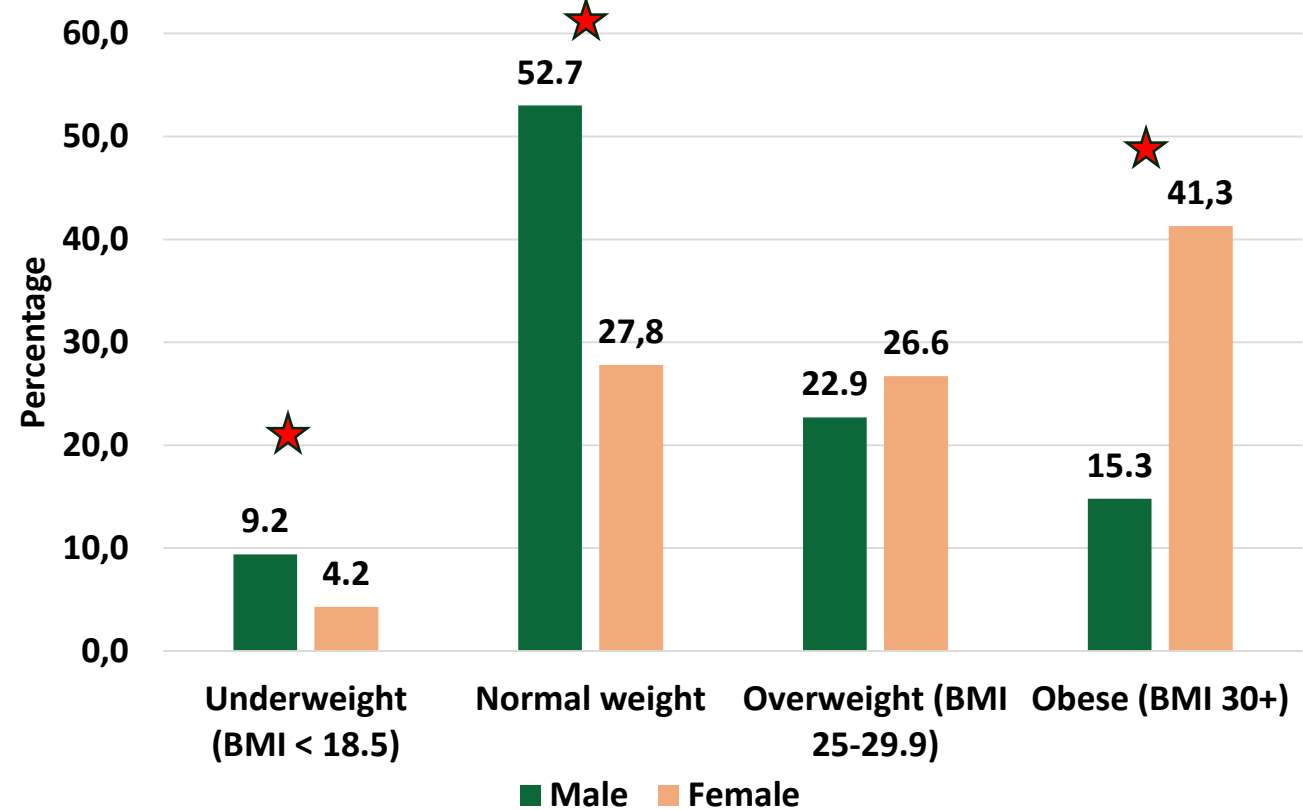
Results

Nutritional status of adults

Body mass index - BMI



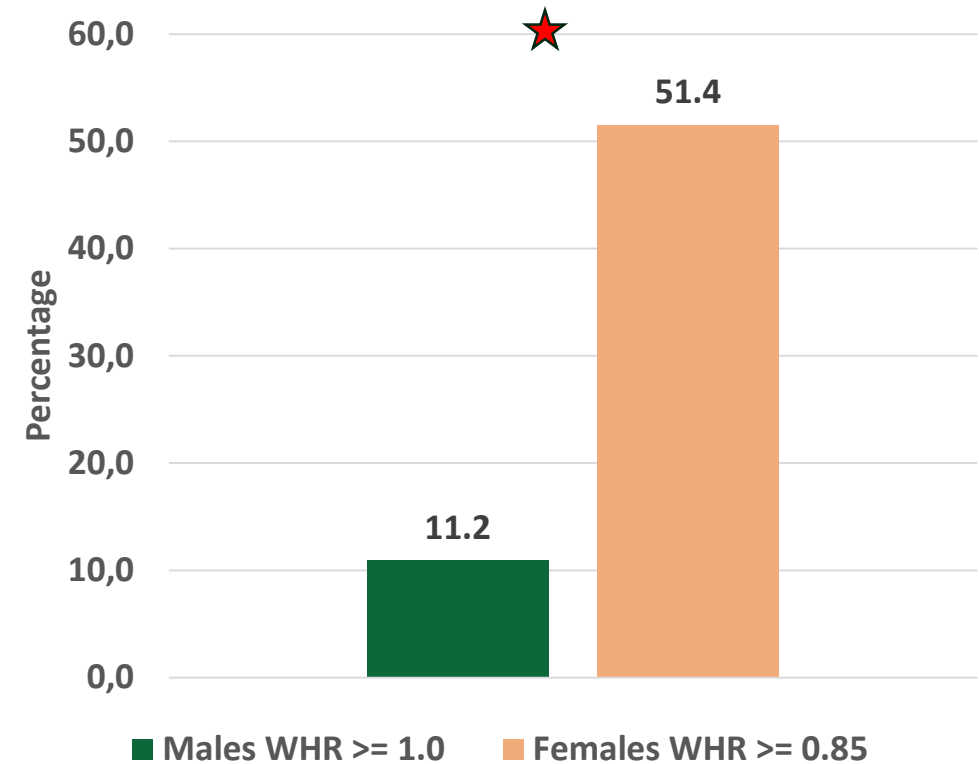
BMI by gender



Nutritional status of adults

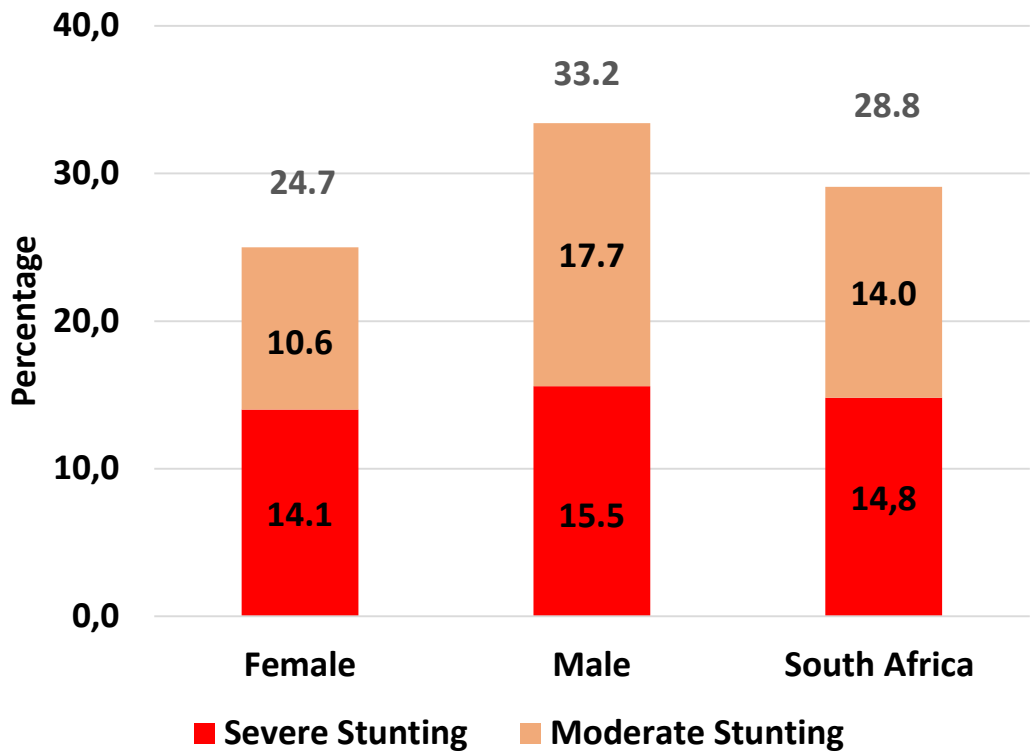
Waist Hip Ratio

- WHR ≥ 1 in males
- WHR ≥ 0.85 in females
- is indicative of an increased risk of non-communicable diseases (NCDs) such as diabetes and hypertension, amongst other illnesses.

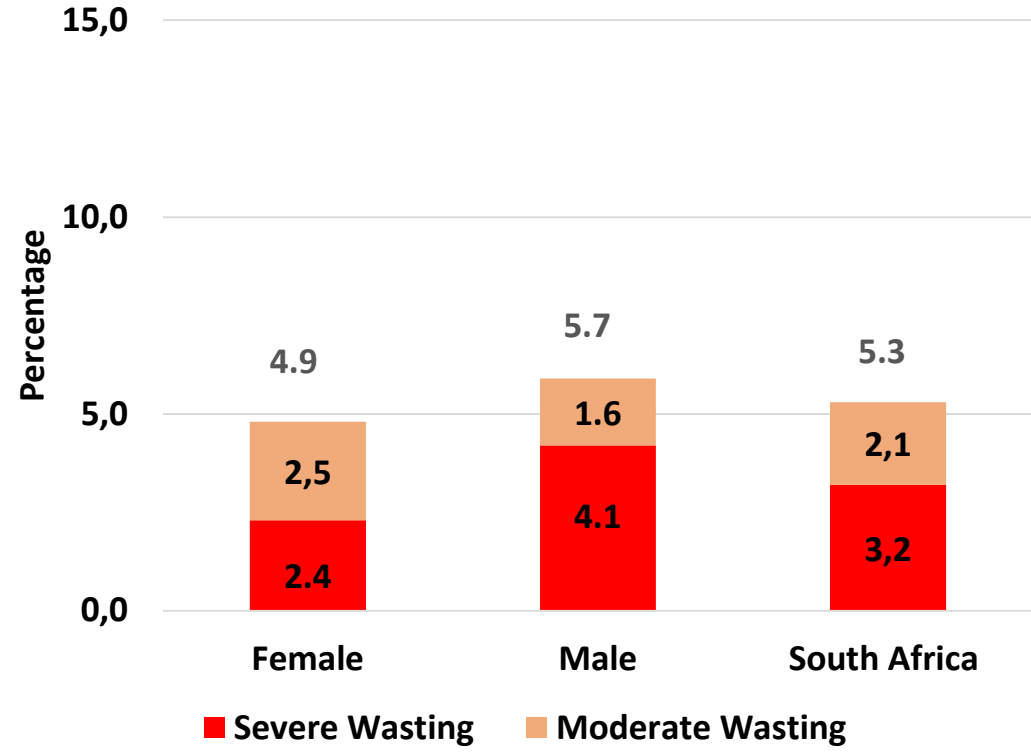


Nutritional status of children

Stunting (HAZ) by gender

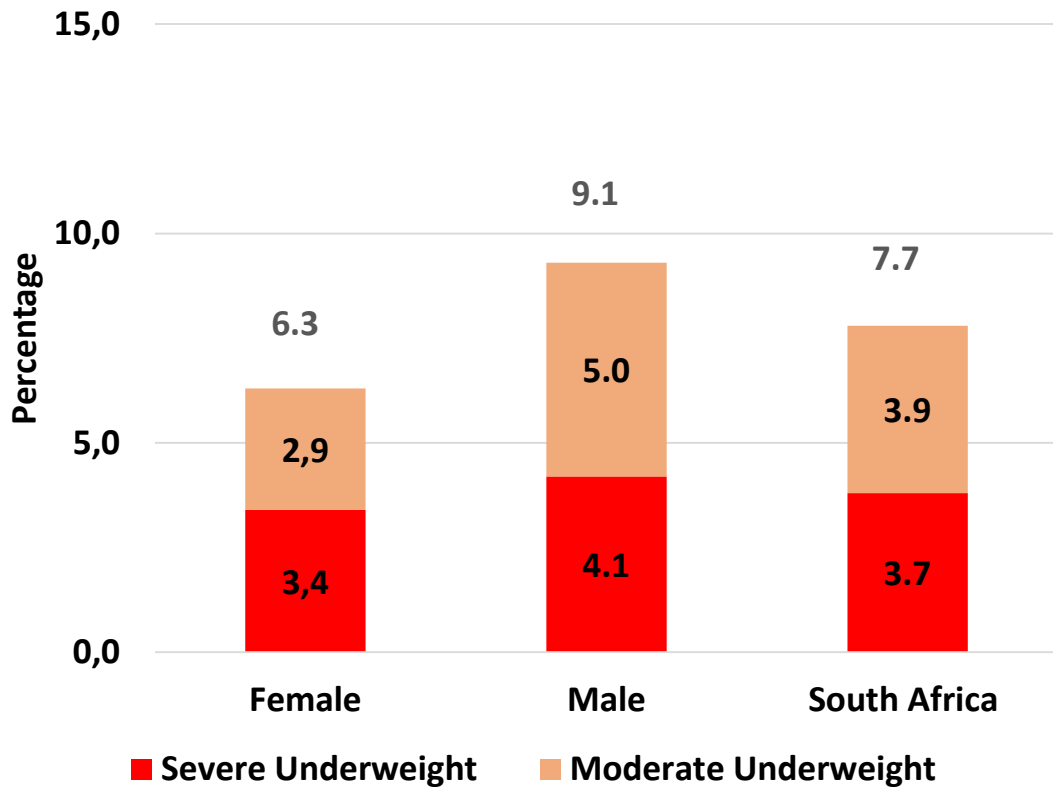


Wasting (WHZ) by gender

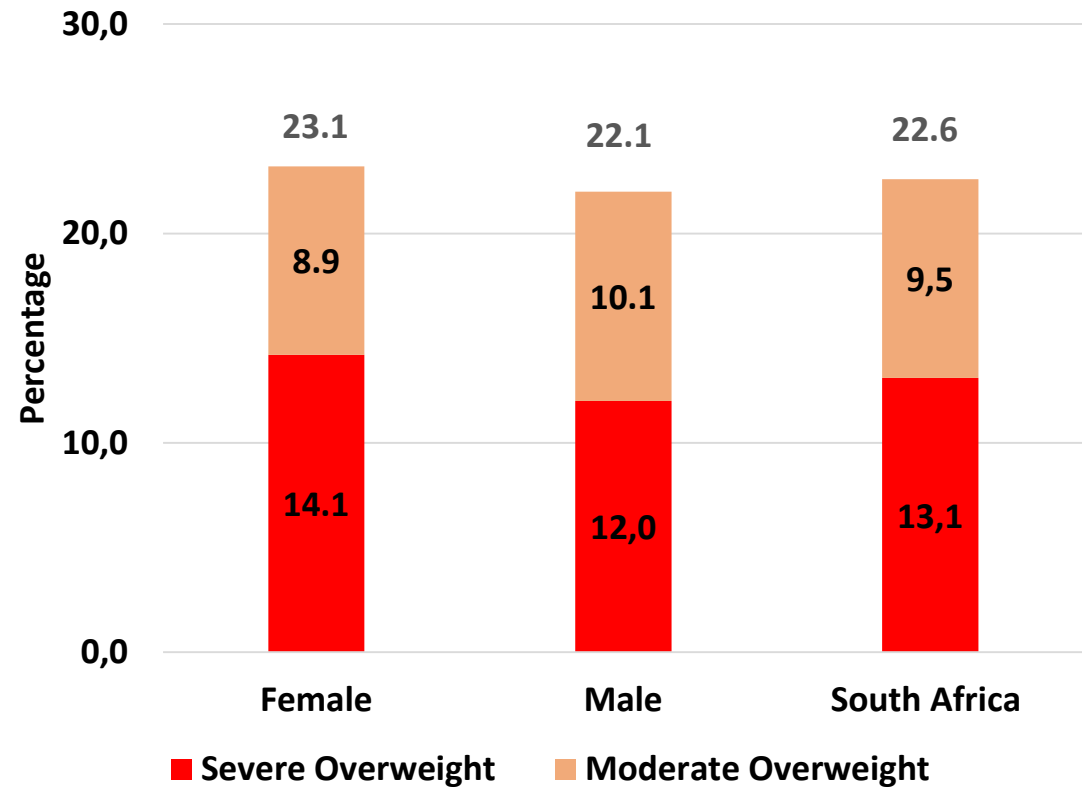


Nutritional status of children

Underweight (WAZ) by gender



Overweight by gender

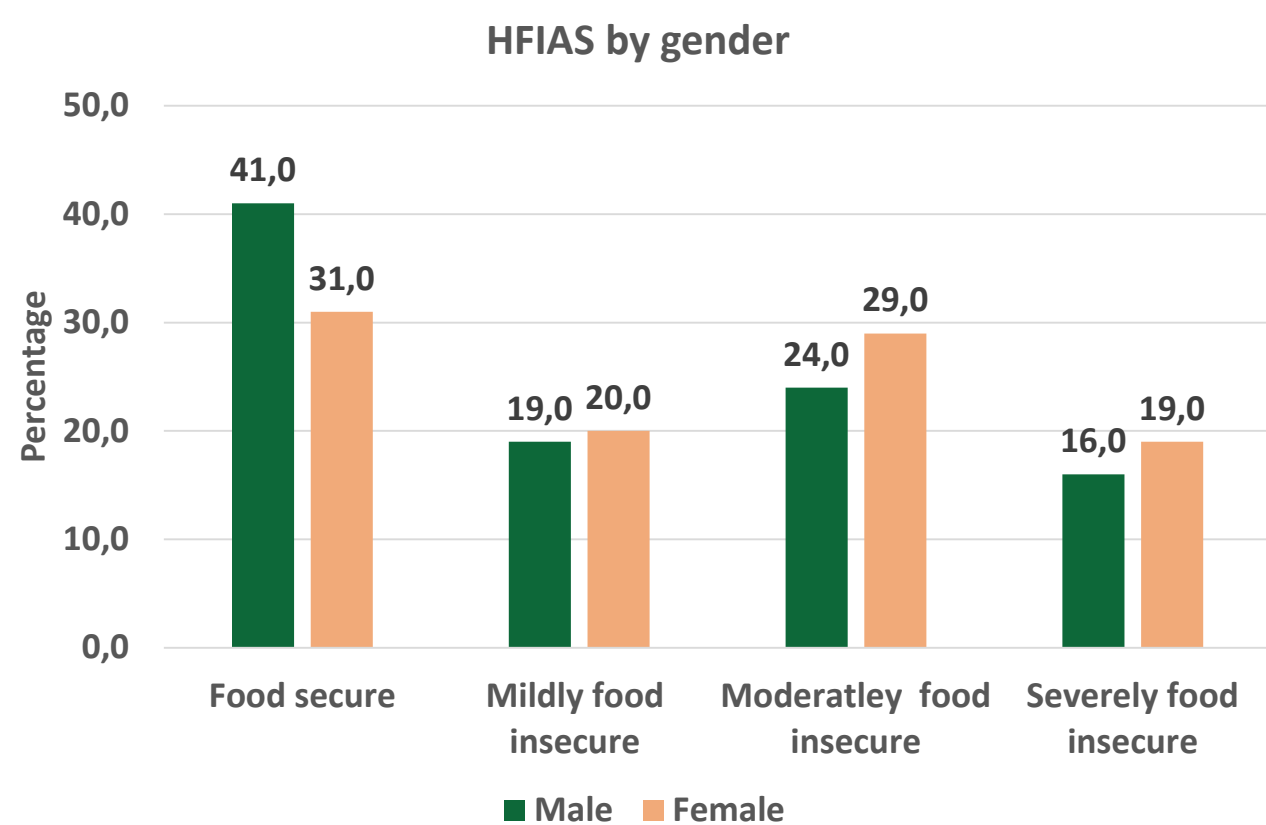
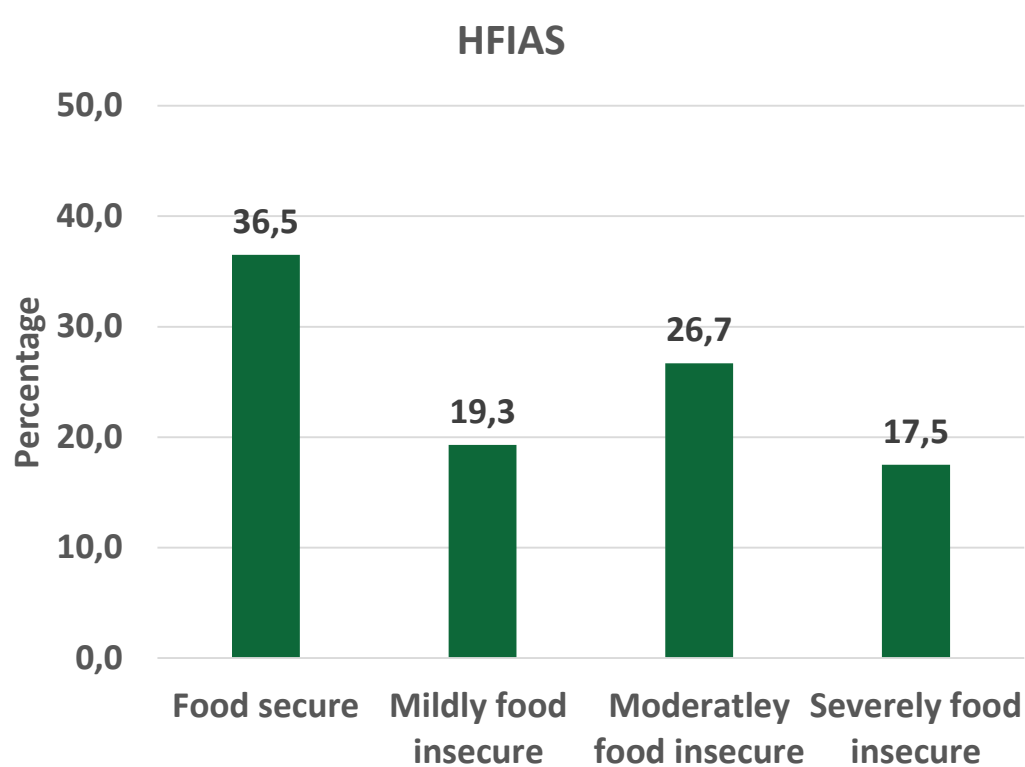


Relationship between food insecurity and malnutrition

Variables	Categories	Food security status (HFIAS)		Chi-square tests
		Food secure	Food insecure	
HH Sex	Male	49.6	50.4	+ ***
	Female	38.8	61.2	
0-5 years				
Stunting	Yes	16.7	83.3	+ ***
	No	22.4	77.6	
Wasting	Yes	19.5	80.5	
	No	20.6	79.4	
Underweight	Yes	16.00	84.0	+ *
	No	21.2	78.8	
Overweight	Yes	20.6	79.4	
	No	20.5	79.5	
Adults				
Underweight	Yes	19.7	80.3	+ ***
	No	32.8	67.2	
Obesity / Overweight	Yes	32.4	67.6	
	No	31.1	68.9	
Increased risk of NCDs (Waist / hip ratio)	Yes	29.0	71.0	+ ***
	No	34.0	66.0	

Household food and nutrition security indicators

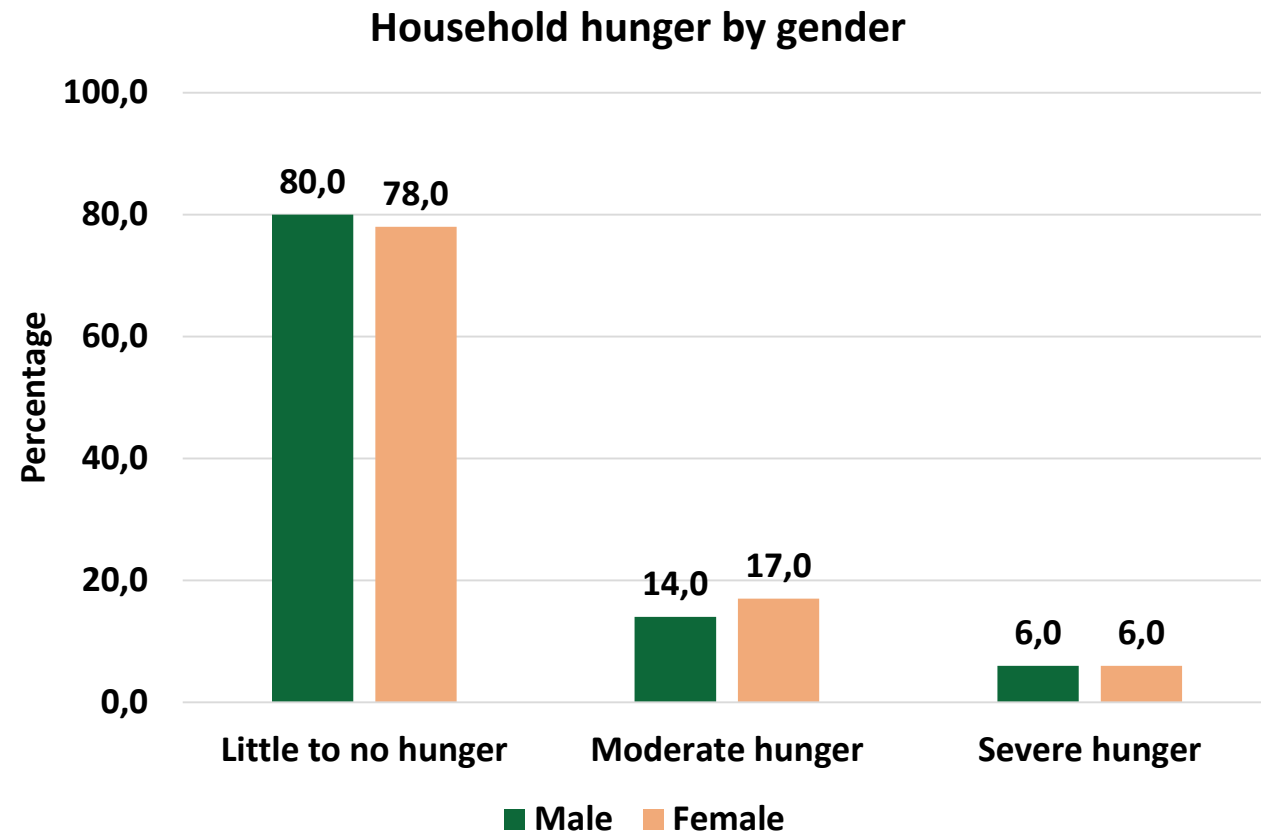
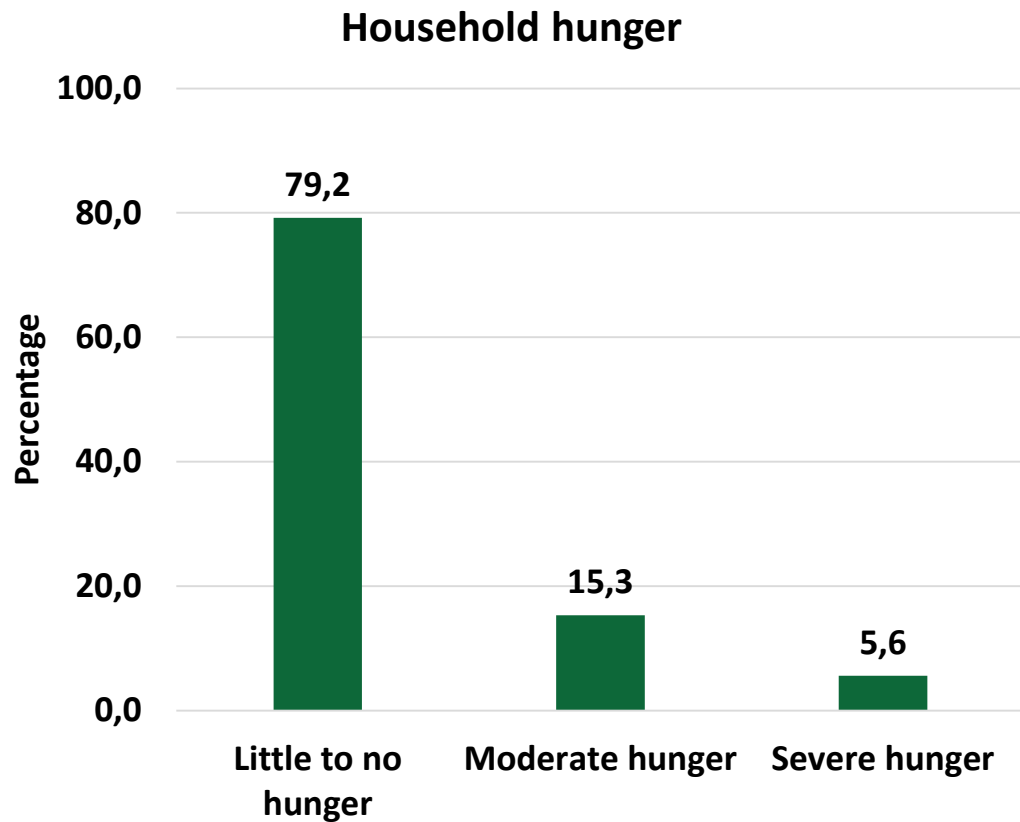
- Household food insecurity access scale (HFIAS)





Household food and nutrition security indicators

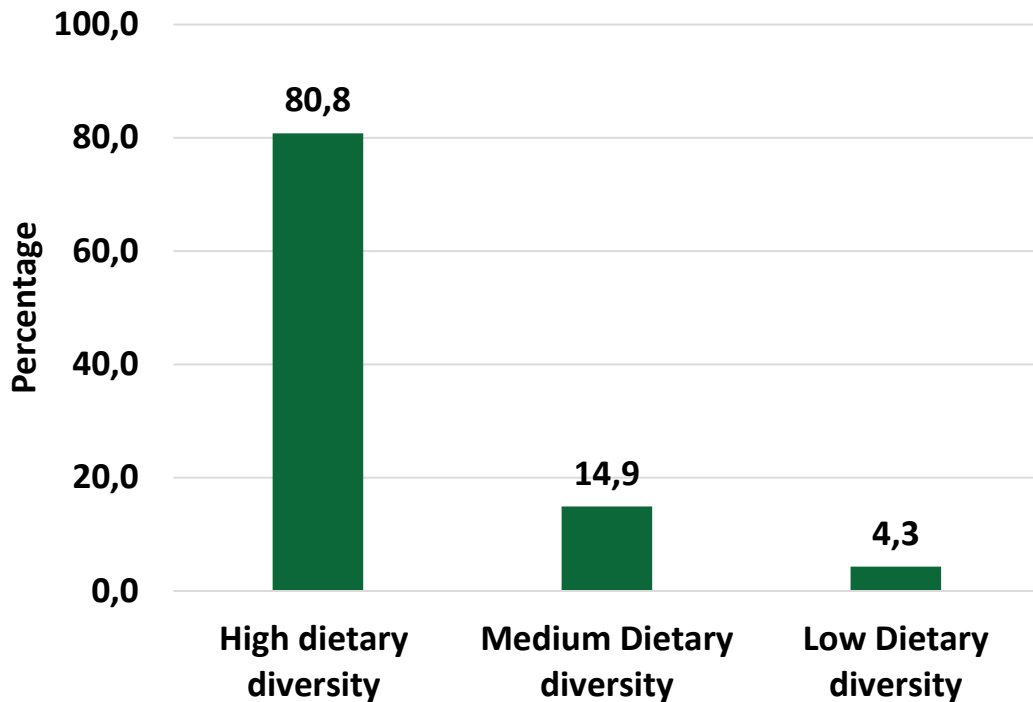
- Household Hunger



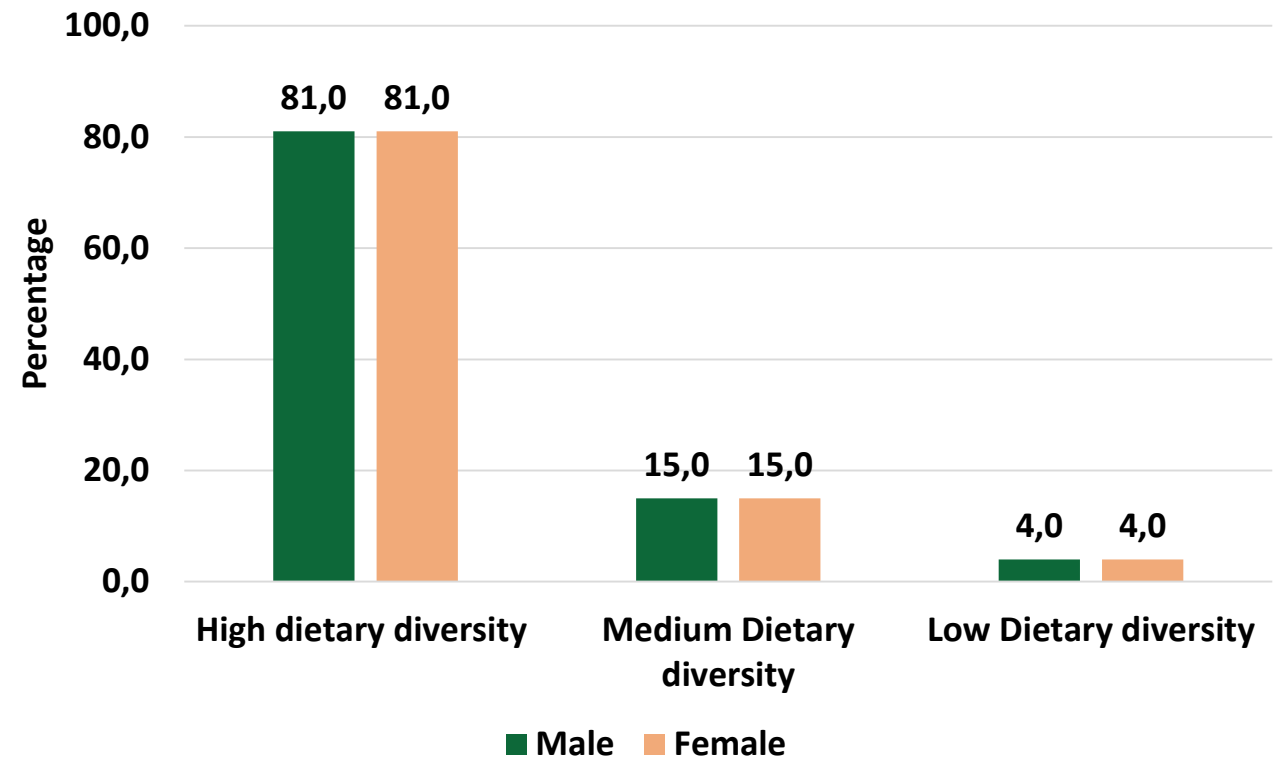
Household food and nutrition security indicators

- Household dietary diversity

Household dietary diversity



Household dietary diversity by gender

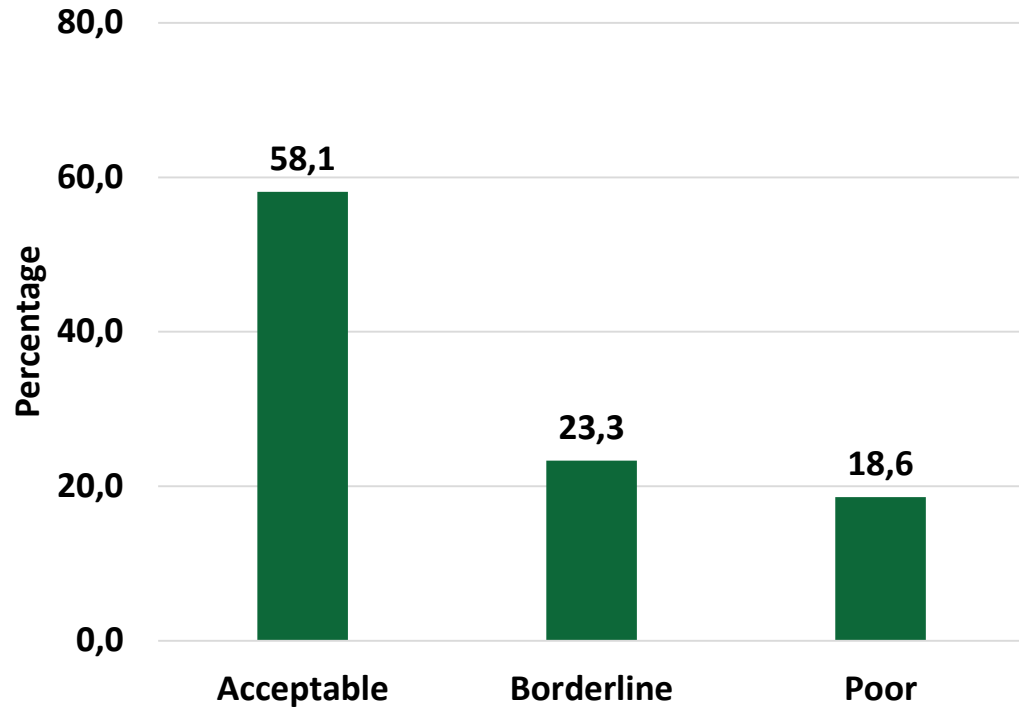




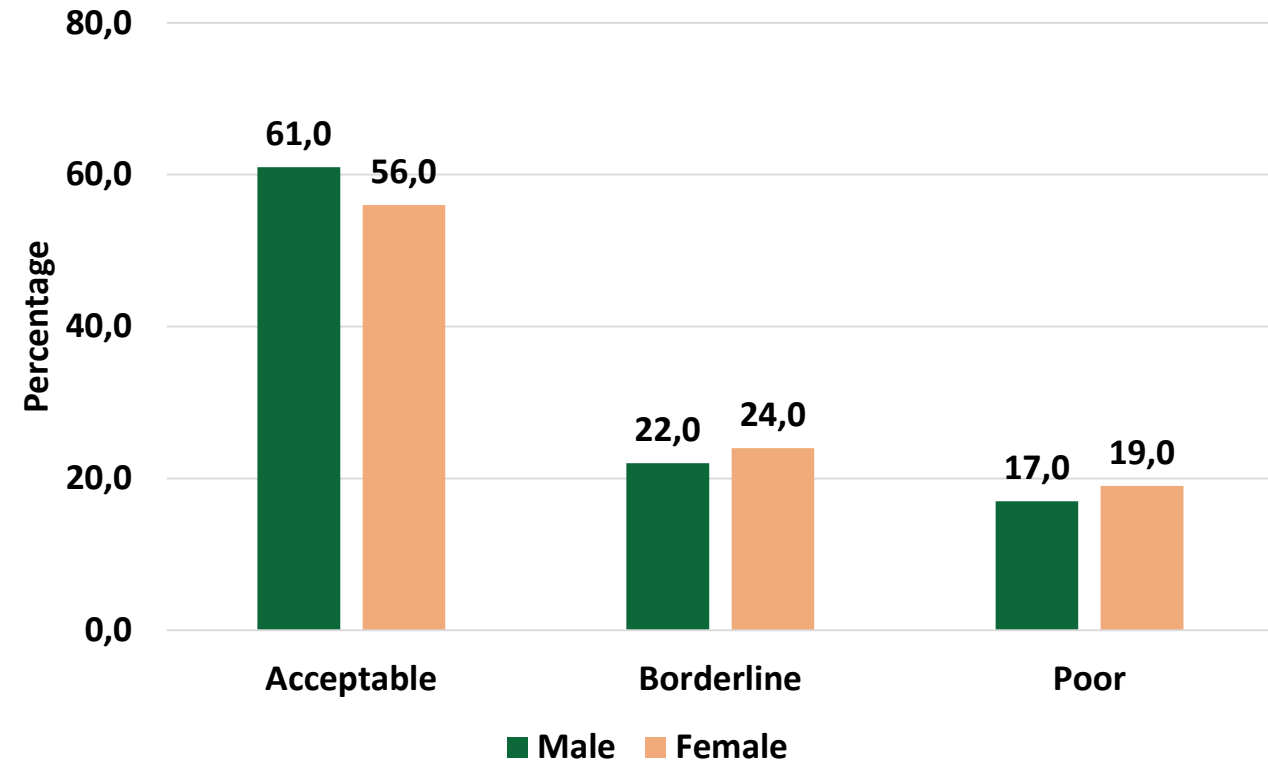
Household food and nutrition security indicators

- Food consumption score

Household food consumption



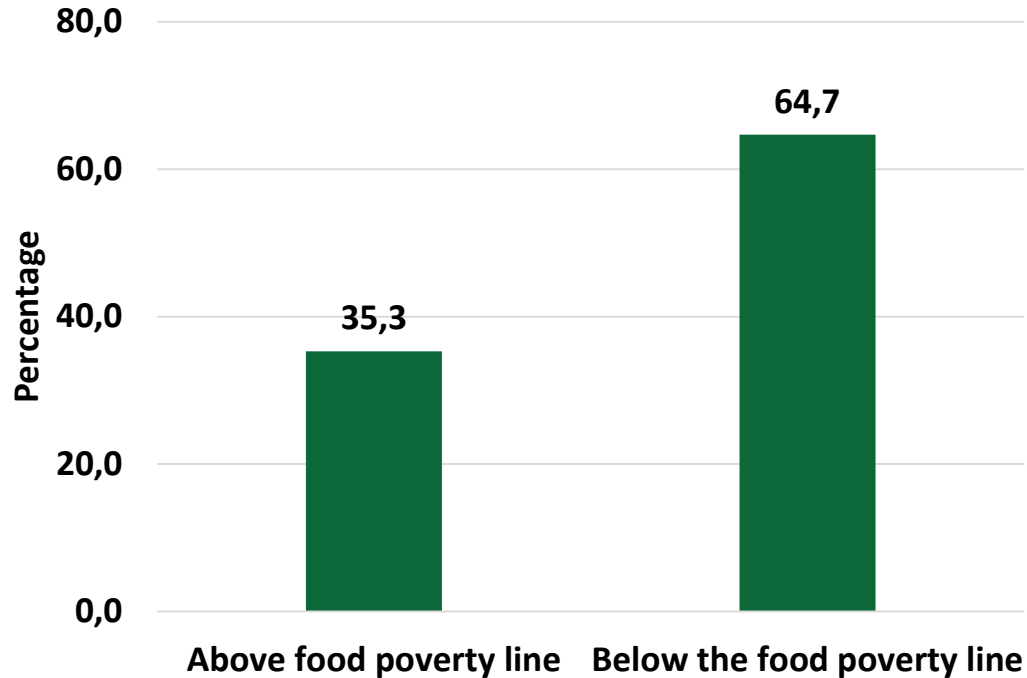
Household food consumption score by gender



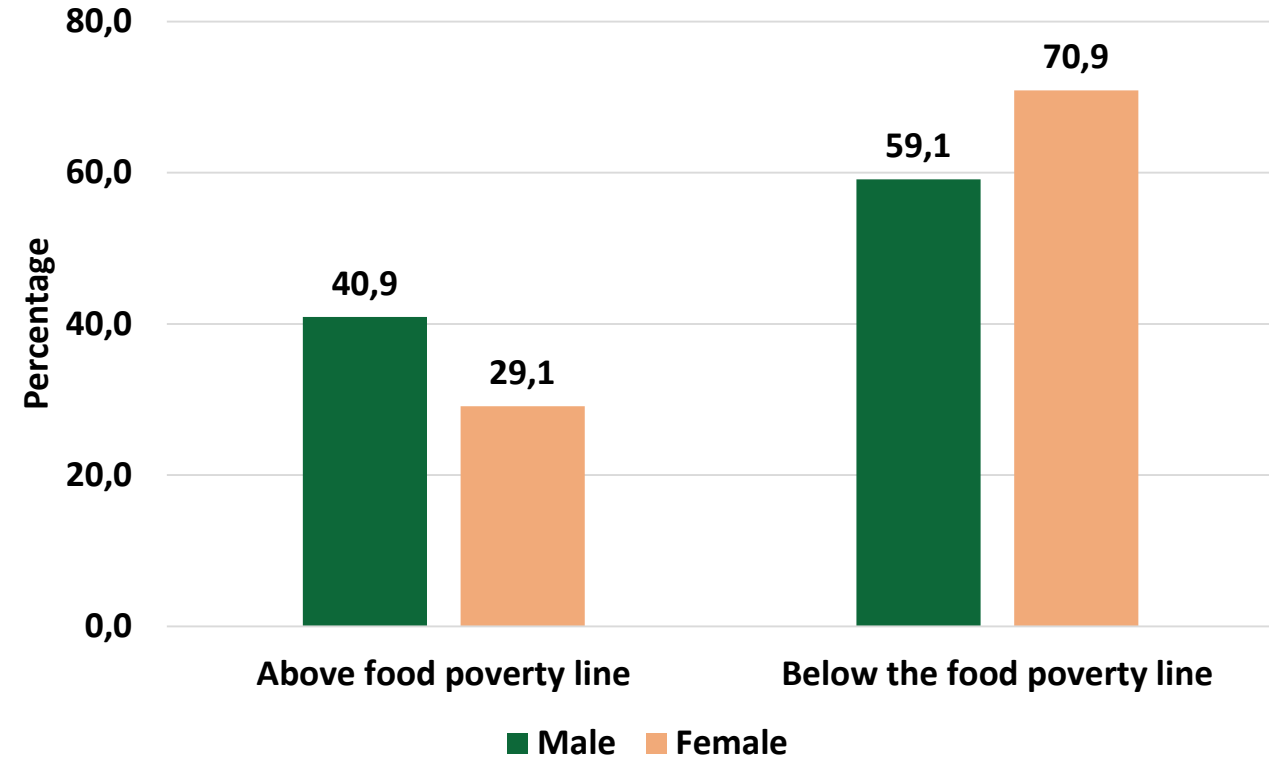
Household food and nutrition security indicators

- Food expenditure

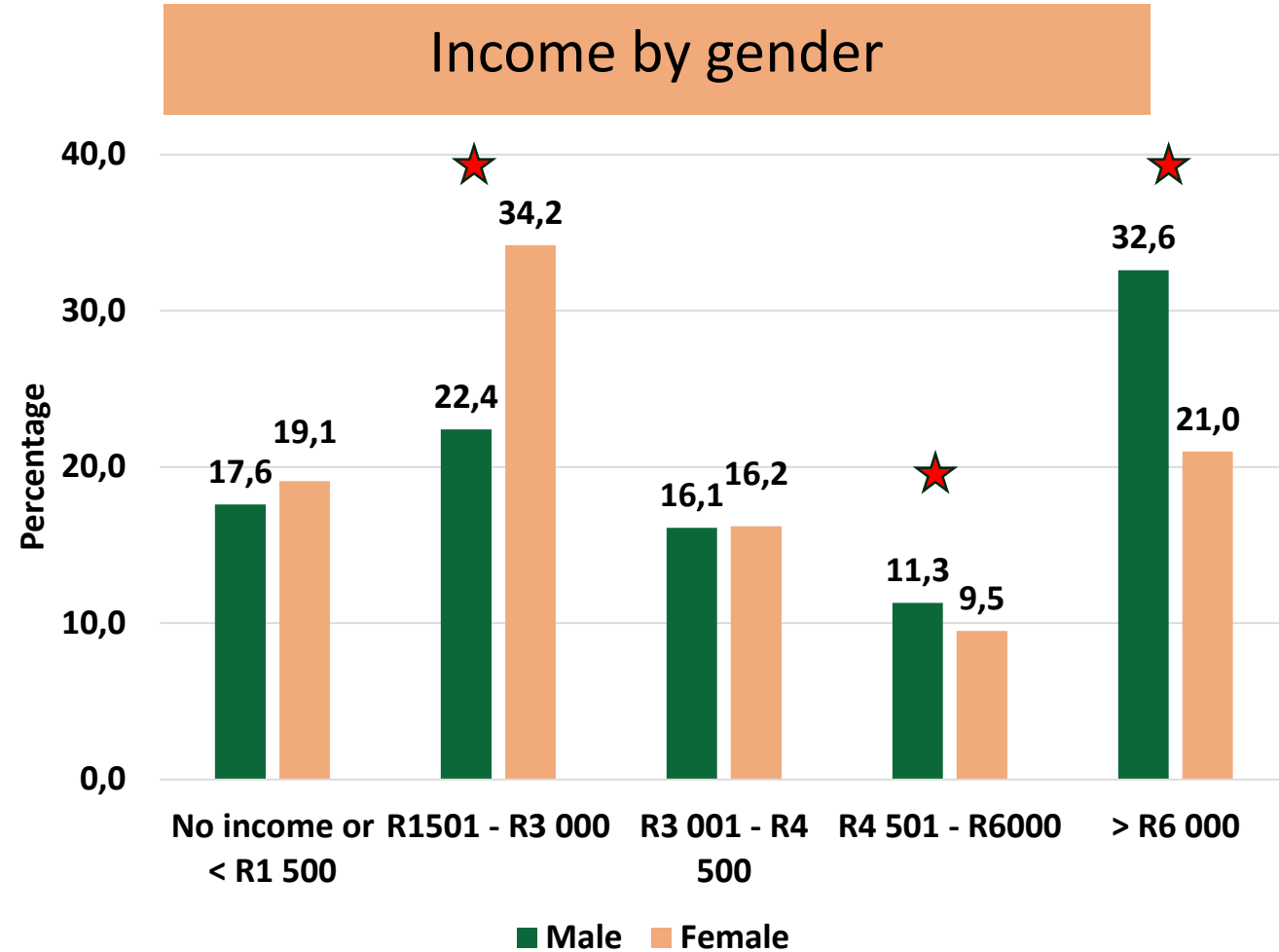
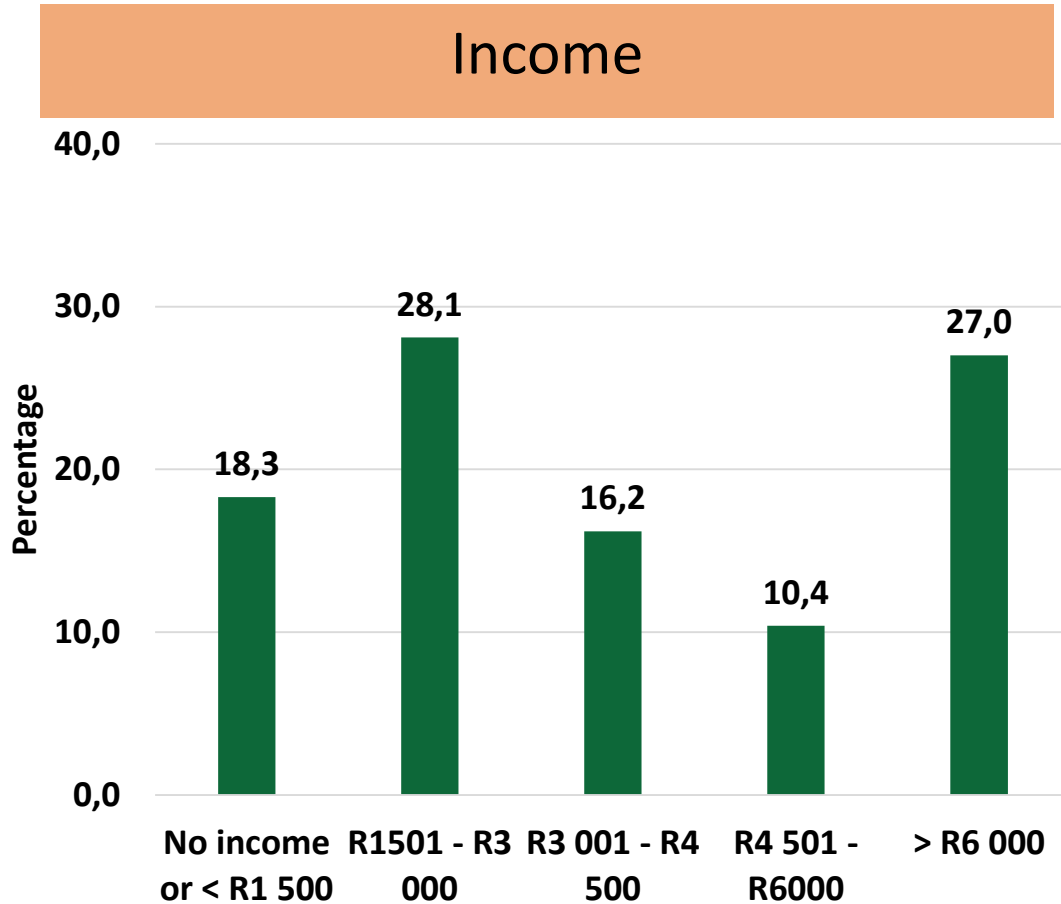
Household food poverty



Food poverty by gender

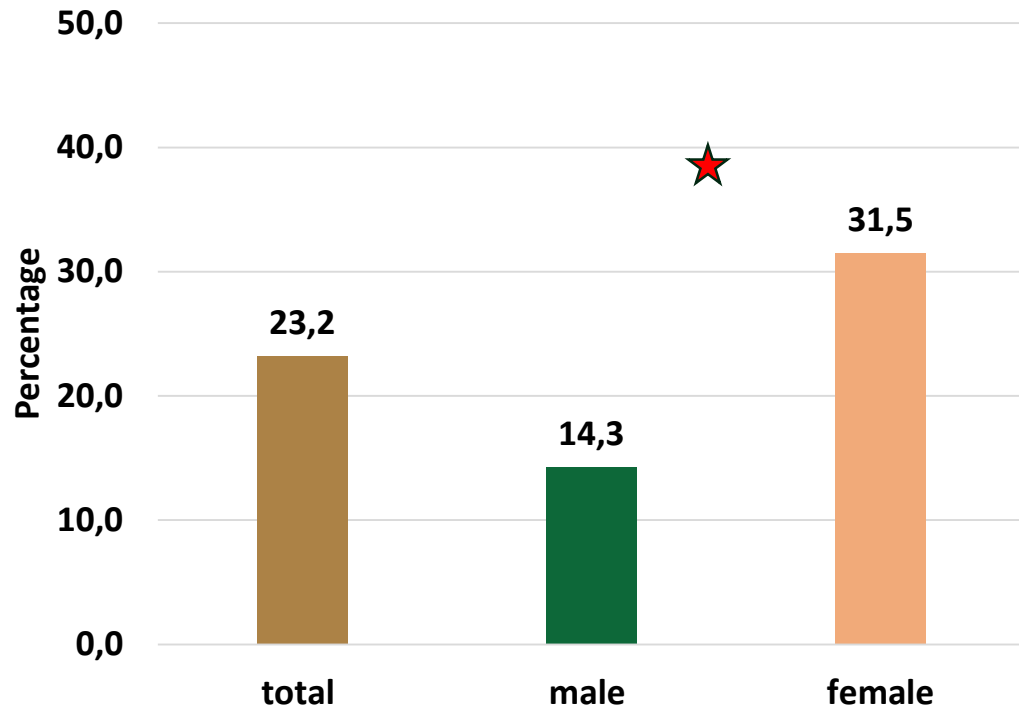


Sociodemographic and household characteristics

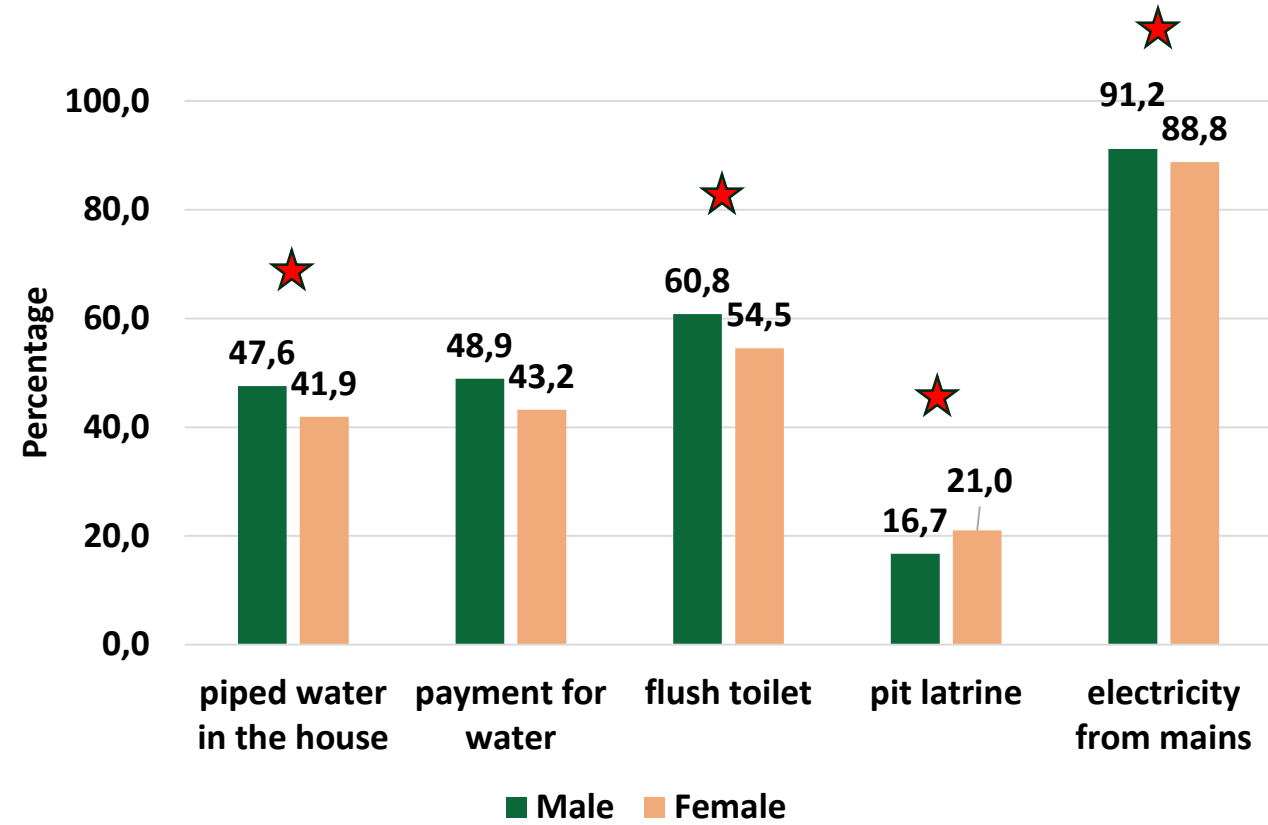


Sociodemographic and household characteristics

Social grants by gender



Household characteristics by gender



Concluding Remarks

- Significant differences between gender for BMI and WHR in adults
- No significant differences between gender for stunting, wasting, underweight and overweight
- Significant differences between gender for household food security status – female headed households tending to be more food insecure (HFIAS)
- Significant differences between gender for food poverty – more female headed households being below the food poverty line
- Females have significantly lower income and are more dependent on social grants
- Female headed households have significantly less access to utilities (water, electricity, sanitation)
- It is clear that poverty and socioeconomic status are underlying factors wrt household food insecurity, further analysis of the data is required to explore causes and effects of other sociodemographic characteristics wrt the current gender disparities

Thank you

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