

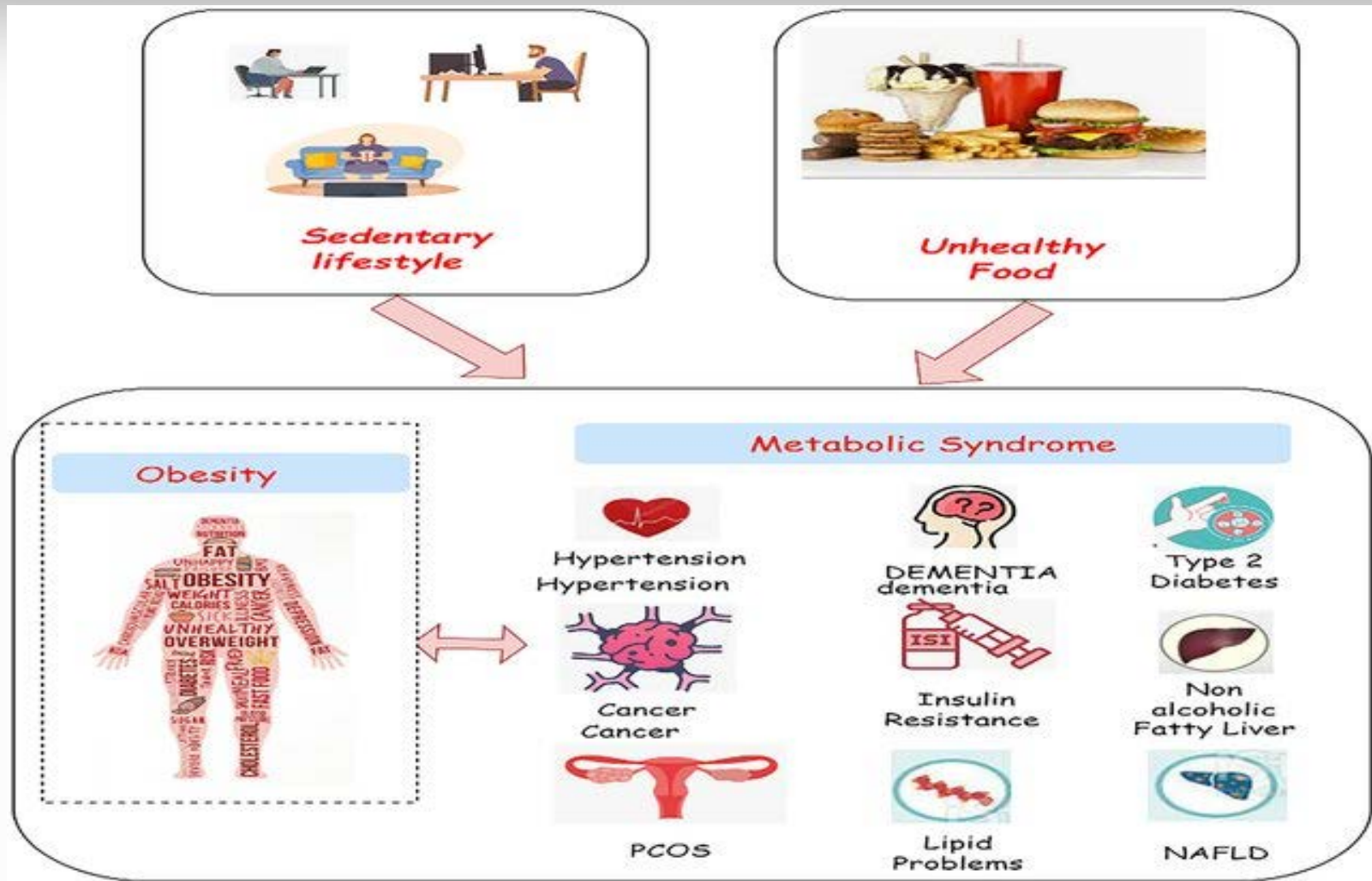
Burgers or Broccoli?

Nutrition research should be one of the top priorities in South Africa



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Nutrition in South Africa



Just me and my research!

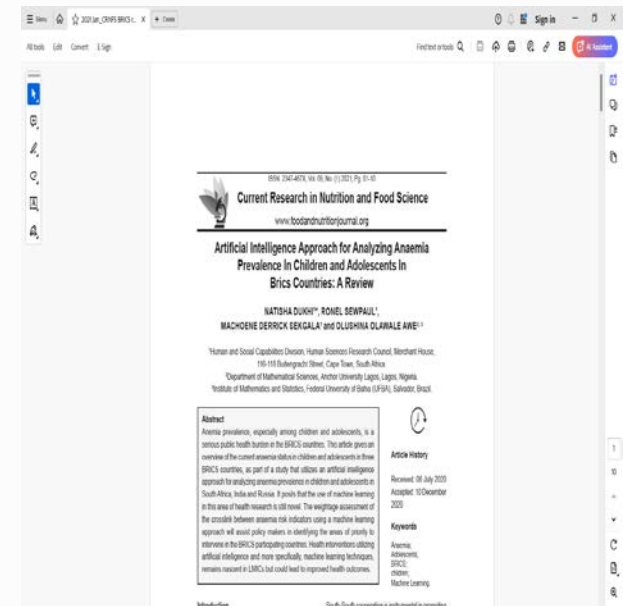
The screenshot shows a PDF viewer interface. At the top, there's a navigation bar with 'All tools', 'Edit', 'Convert', and 'E-Sign'. Below that, a status bar indicates 'This file claims compliance with the PDF/A standard and has been opened read-only to prevent modification.' The main content area displays a research article from BMC Public Health. The article title is 'A behavioural change intervention study for the prevention of childhood obesity in South Africa: protocol for a randomized controlled trial'. The authors listed are Natisha Dukhi, Benn Sartorius, and Myra Taylor. The article is marked as 'Open Access' and 'Check for updates'. The abstract section is visible, starting with 'Background: South Africa is currently undergoing a nutrition transition, and overweight and obesity is on the increase in South African children. Urbanization and other health determinants have led to reduced physical activity and unhealthy eating that have increased the risk of adverse chronic health conditions. This study aims to provide evidence of the effectiveness of a school based intervention study that targets diet and physical activity for the prevention of child and adolescent overweight and/or obesity. Methods: We will employ a mixed method study design which is divided into two phases. Phase 1, namely the qualitative elicitation research phase will inform the development of the quantitative intervention phase (phase 2), consisting of a cluster-randomized trial, based on input from key stakeholders. The study will be undertaken in 16 government-funded primary schools in the Lembede district of KwaZulu-Natal, South Africa. The study will target learners in Grades 4 and 7, their parents, Life Orientation educators, school principals and members of school governing bodies. Assessment for the primary objective (BMI Z scores), and the secondary objectives (change in knowledge, attitudes and behaviours regarding diet and physical activity) in both study arms will be conducted at baseline in March 2020 and at the end of the study in October 2020. Discussion: The study will be a novel combined mixed-methods RCT design that focuses on diet, physical activity school and family-based interventions in the context of rapidly increasing overweight and obesity prevalence in KwaZulu-Natal. To encourage behaviour change and management of malnutrition, education including diet and physical activity, is an important strategy that must be considered. Nutrition education extends beyond the dissemination of food information; it includes addressing the needs of participants, empowers and encourages decision-making and choice of foods, change in nutrition attitudes, beliefs, and influences based on socio-economic factors.'



The screenshot shows a research article titled 'Global Prevalence of Malnutrition: Evidence from Literature' by Natisha Dukhi. The article is published on the 'techOpen' platform. The abstract section is visible, starting with 'Malnutrition is a widespread problem, affecting the global population at some life stage. This public health epidemic targets everyone, but the most vulnerable groups are poverty-stricken people, young children, adolescents, older people, those who are with illness and have a compromised immune system, as well as lactating and pregnant women. Malnutrition includes both undernutrition (wasting, stunting, underweight, and mineral and vitamin-related malnutrition) and overnutrition (overweight, obesity, and diet-related noncommunicable diseases). In combating malnutrition, healthcare costs increase, productivity is reduced, and economic growth is stagnated, thus perpetuating the cycle of ill health and poverty. The best targeted age for addressing malnutrition is the first 1000 days of life as the window period is ideal for intervention implementation and tracking for the improvement of child growth and development. There is an unprecedented opportunity to address the various forms of malnutrition, especially the 2016-2020 Decade of Action on Nutrition set by the United Nations. This aims to achieve the relevant targets of the Sustainable Development Goals that aim to end hunger and improve nutrition, as well as promote well-being and ensure healthy lives. Keywords: malnutrition, children, wasting, stunting, obesity.'

The cover of the 'National Food and Nutrition Security Survey Report South Africa'. The design features a stylized map of South Africa filled with various fruits and vegetables. The title 'REPORT SOUTH AFRICA' is prominently displayed. Logos for the Department of Health and the HSRC are visible at the bottom.

Just me and my research!



Gro Brundtland
Week
永續發展
科學週
2018
女性發展週

Gro Brundtland
Award Winners
- Their Stories



2018 NCKU Honorary Doctorate Degree
Conferral Ceremony for Dr. Gro Harlem Brundtland
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