



NSSA newsbits

The Nutrition Transition in South Africa in the Spotlight

Four recently published papers highlight the nutrition transition currently experienced in South Africa. Results of the Prospective Urban and Rural Epidemiology (PURE) study in North West Province showed a large increase in dietary energy intake over a period of five years (2005 to 2010); with a shift towards higher percentage energy intakes of animal protein, total fat, saturated fat and added sugar, as well as lower percentage energy intakes of plant protein and total carbohydrates, and lower intakes of dietary fibre.¹ Sekgala et al report inverse associations between intake of dietary fibre and fasting blood glucose levels, high-density cholesterol, and both systolic and diastolic blood pressure in 18-30 year old males and females in Ellisras, Limpopo Province.² Data from a multi-country study, which included South Africa, showed an association between consumptions of a "Processed Foods Dietary pattern" and overweight/obesity.³ For older persons (>50 years) who participated in the WHO *Study on global aging and adult health* (SAGE), South African respondents who were older, lived in urban areas and had high-risk waist circumference measurements were more likely to report diagnosed and treated diabetes mellitus.⁴

1. Wentzel-Viljoen E, Lee S, Laubscher R, Vorster HH. Accelerated nutrition transition in the North West Province of South Africa: results from the Prospective Urban and Rural Epidemiology (PURE-NWP-SA) cohort study, 2005 to 2020. *Public Health Nutr* 2018; <https://doi.org/10.1017/S1368980018001118>
2. Sekgala MD, Mchiza ZJ, Parker W, Monyeki KD. Dietary fiber intake and metabolic syndrome risk factors among young South African adults. *Nutrients* 2018; 10, 504.

3. Holmes MD, Dalal S, Sewram V, et al. Consumption of processed food dietary patterns in four African populations. *Public Health Nutr* 2018; 21(8): 1529-1537.
4. Tarekegne FE, Padyab M, Schröders J, Stewart Williams J. Sociodemographic and behavioral characteristics associated with self-reported diagnosed diabetes mellitus in adults aged 50+ years in Ghana and South Africa: results from the WHO-SAGE wave 1. *BMJ Open Diabetes Res Care* 2018; 2;6(1):e000449.

National Nutrition Week

The Nutrition Society of South Africa has, once more, been one of the stakeholders in the planning of the national nutrition week, which this year is combined with the national obesity week.

National Nutrition and Obesity Weeks (NNOW) will be run from 9 – 19 October 2018. The theme is **"Breakfast – the best way to start your day!"**

The target groups for the 2018 NNOW campaign, are consumers in general, with special focus on children and adolescents, reached via interpersonal communication and various forms of media.

The aim of National Nutrition and Obesity Week 2018 is to:

- i. Emphasise the health benefits of eating breakfast regularly, especially for children and adolescents
- ii. Encourage consumers to make healthy breakfast choices, given time and budget constraints
- iii. Provide information on how to plan and prepare a healthy breakfast

The logo and support materials are being finalised. When ready they will be circulated to members, for use in campaigns and communication.