# THE NUTRITIONAL/FOOD ENVIRONMENT AND NUTRITIONAL PRACTICES OF STUDENTS ON THE NSH



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- Access to food of adequate quantity and quality
  - For cognitive development
  - Emotional development
  - Physical functioning



- SA is food secure

**BUT** 

Half of its population at individual and household level is food insecure

- Drivers for food insecurity include:
  - Poverty
  - O Unemployment
  - Urbanization
- Universities exist within countries
- Therefore will be affected by food insecurity



- Universities are required to improve access to higher education
- Students from disadvantaged backgrounds
- Tertiary education expensive ⇒ inaccessible



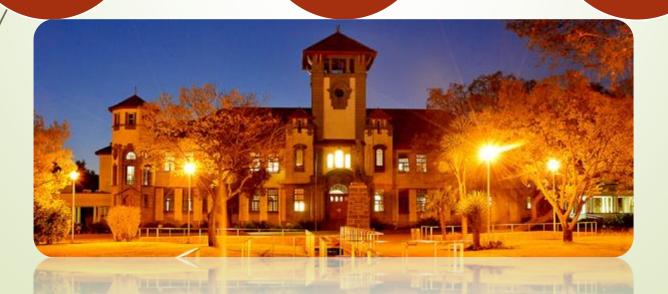


Food insecurity



University fees

Food insecurities @
Universities





- The topic is receiving increased attention
- In an effort to address it Universities have come up with food assistance programs
  - Food hampers
  - Cash transfers





#### THE NSH CAMPAIGN

- Provides students in need with food allowances and daily access to one balanced meal
- Students selected in terms of:
  - o/financial need
  - o academic performance
  - participation in student life
  - o a commitment to giving back to the community
- Students focus on their studies without worrying about their next meal



# Main objective

To determine the nutritional environment and nutrition practices of the NSH campaign students at the UFS





# Sub-objectives

#### Students

- Socio-cultural status
- Nutritional status
- Nutrition practices and dietary intake

#### Food outlets

Nutrition quality of foods available at permitted food outlets





# Methodology





NSH campaign Informed consent

# **PARTICIPANTS**

> 18 years

6 allocated stores



# Measurements



#### **Practices**

# **Dietary intake**

- Number of meals
  - Eaten
  - Purchased

Sharing of cooking duties

\$haring of food costs

Dietary diversity



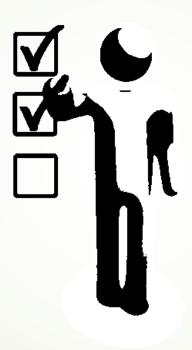


#### **Nutrition environment**

the money allocated to them

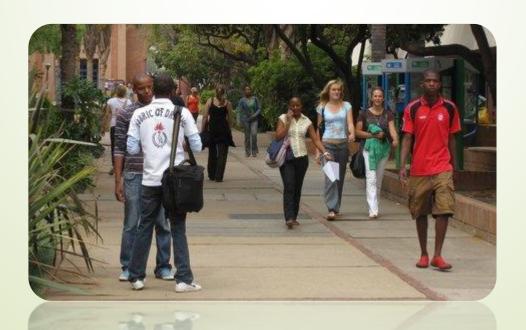


# Results



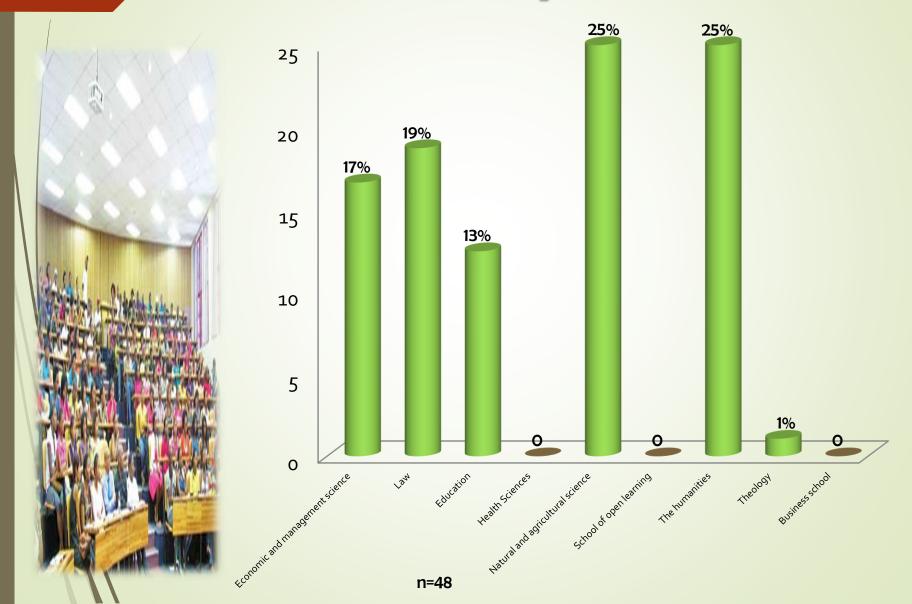


# Demographics



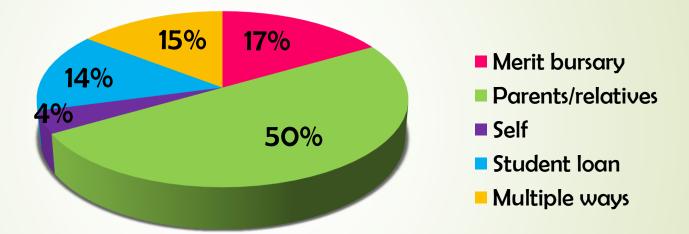


# Field of study



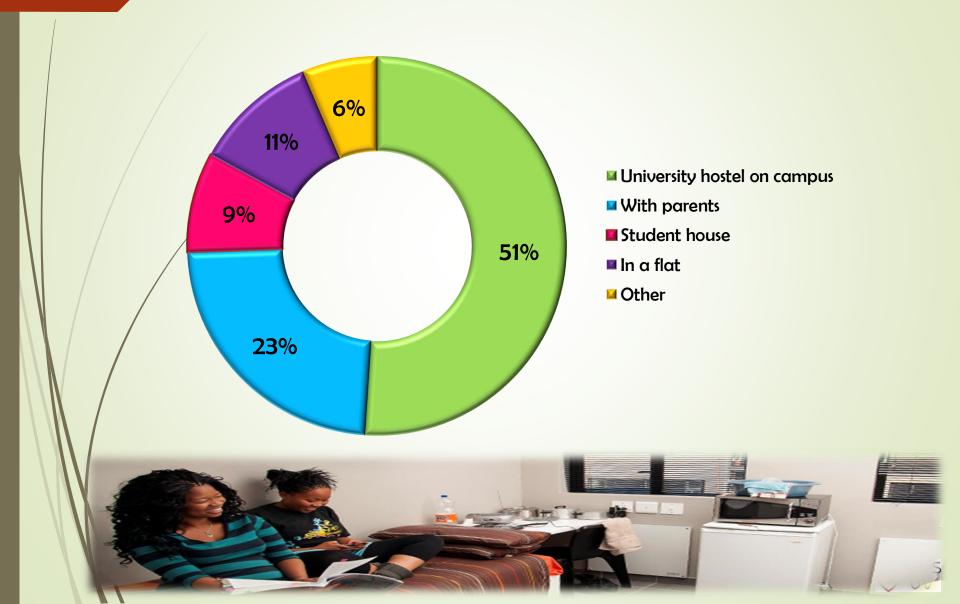
# Payment of studies





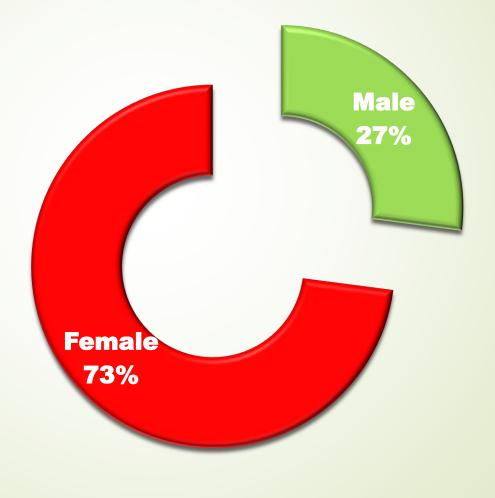


#### Place of residence

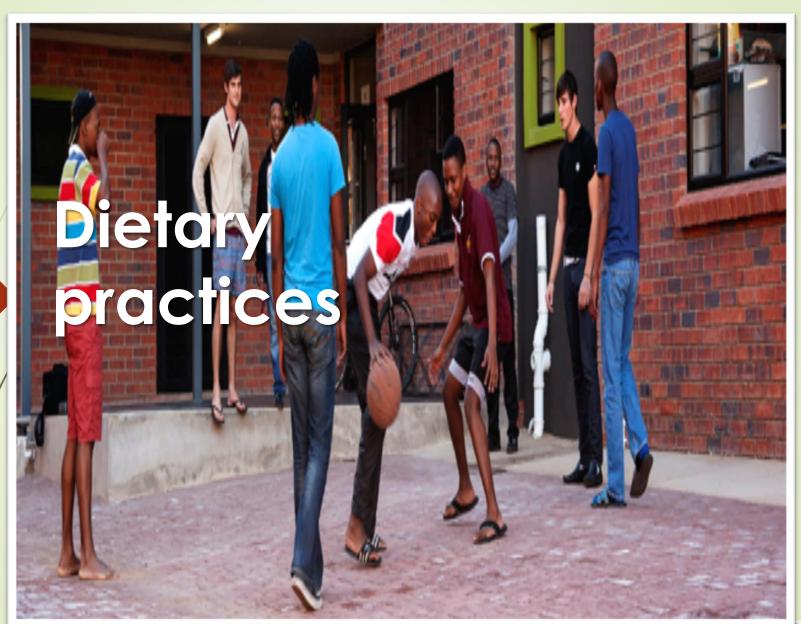


# Gender

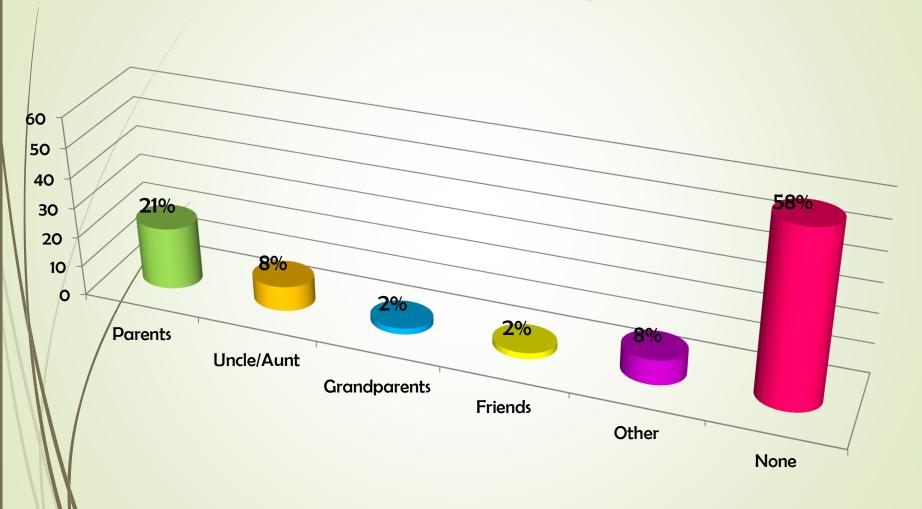






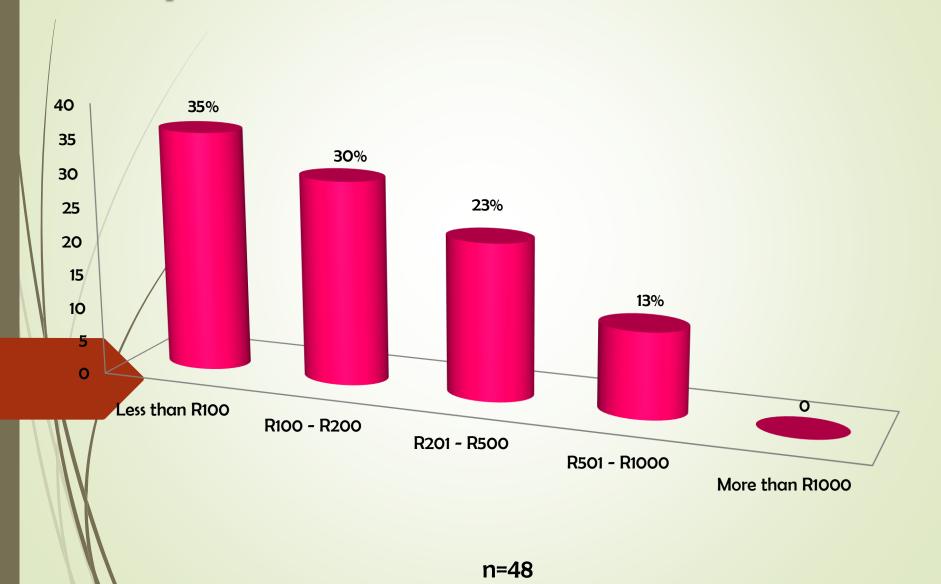


#### Additional money received

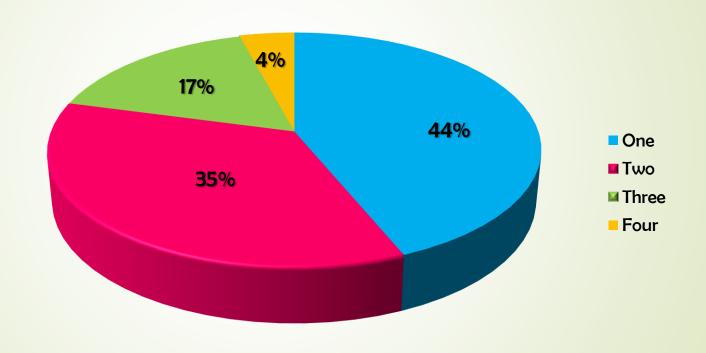




#### Money available for food/month

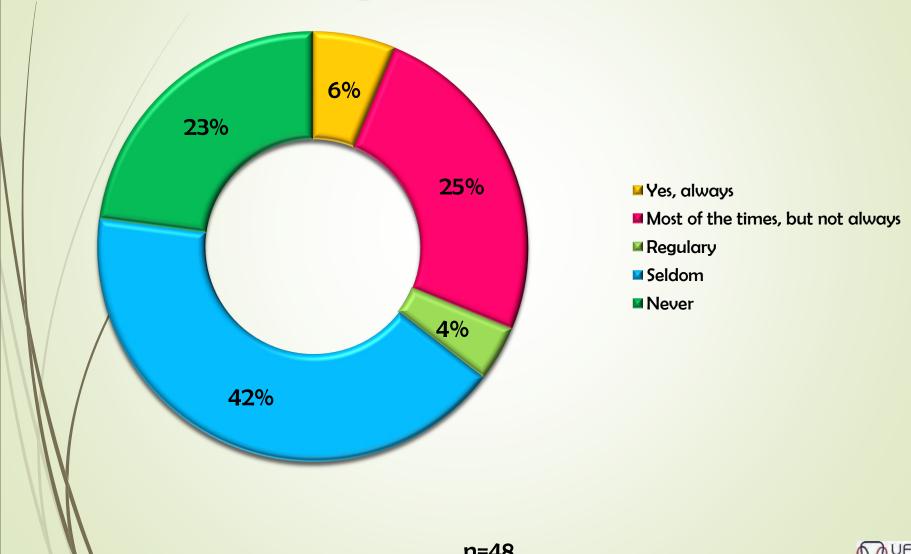


#### Meals purchased per day





# Sharing of food costs





# Sharing of cooking duties

Never

**52**%

Seldom

25%

Regularly

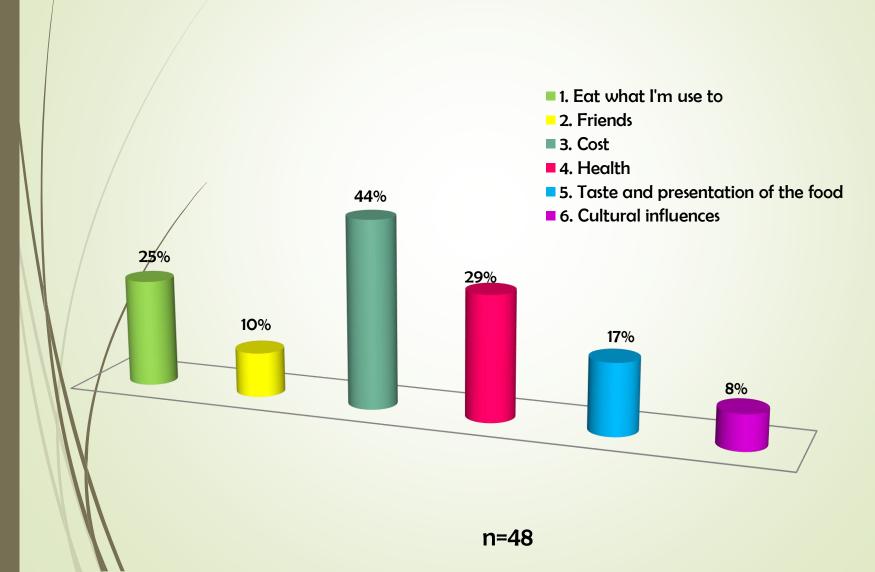
19%

Daily

4%

n = 48

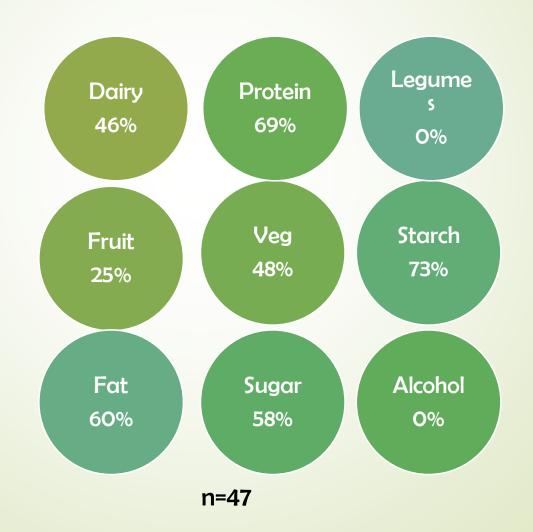
# Food choice influences







# Usual daily food intake



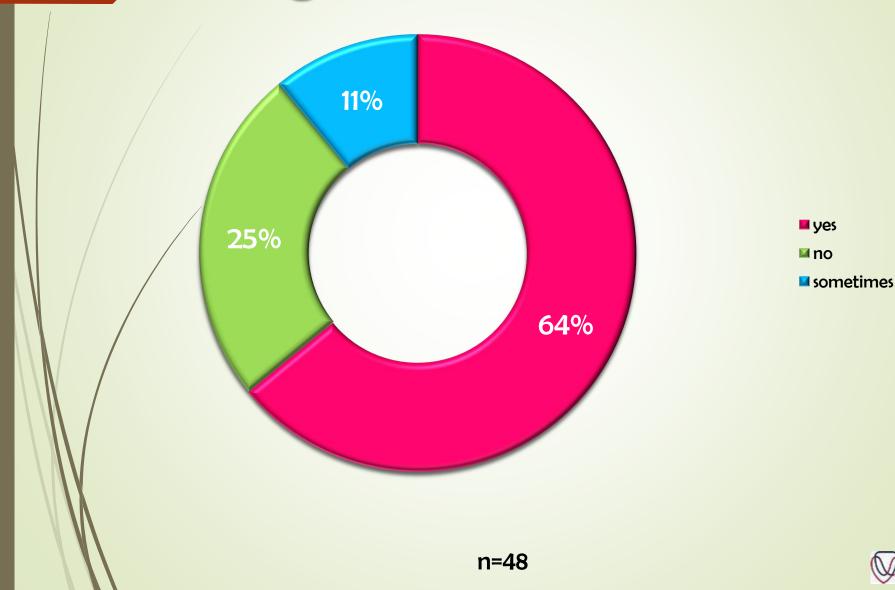


# Dietary diversity

Classification	Number of students	% of Students
Low	2	6%
Medium	18	51%
High	15	43%

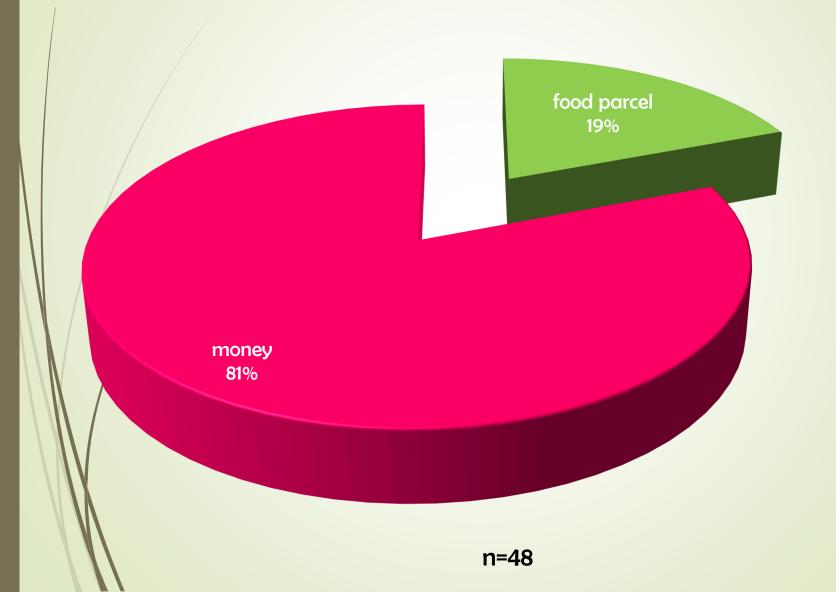


# **Hunger satisfied**



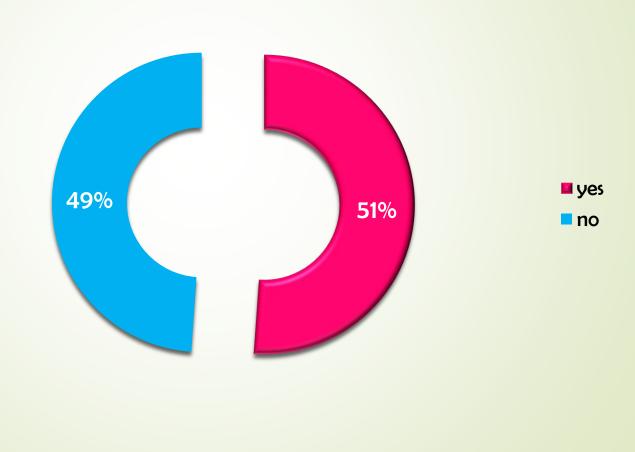


# Food parcel vs. money





# Is the money enough





# Store audit forms

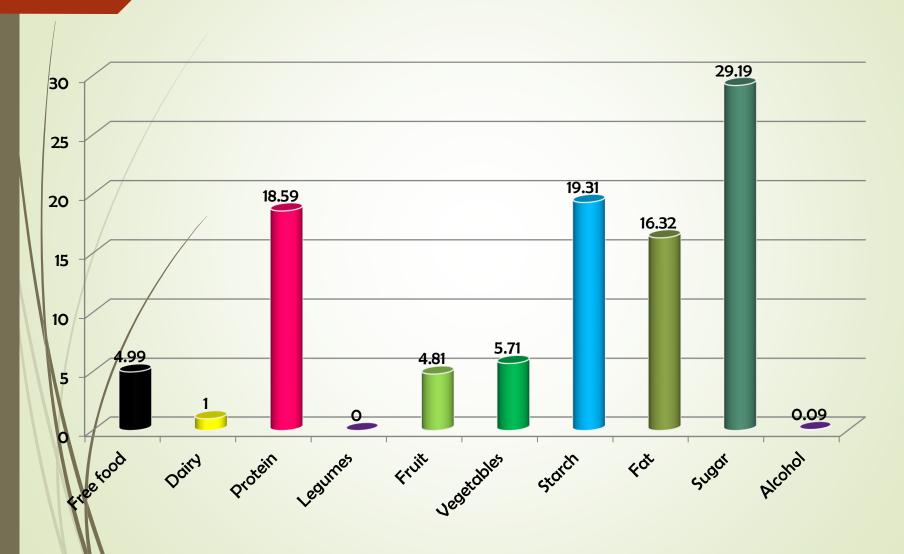


# Classification of food outlets

Grocery stores	0
Take away outlets	1
Restaurants	1
Tuck-shops	1
Cafeterias	3

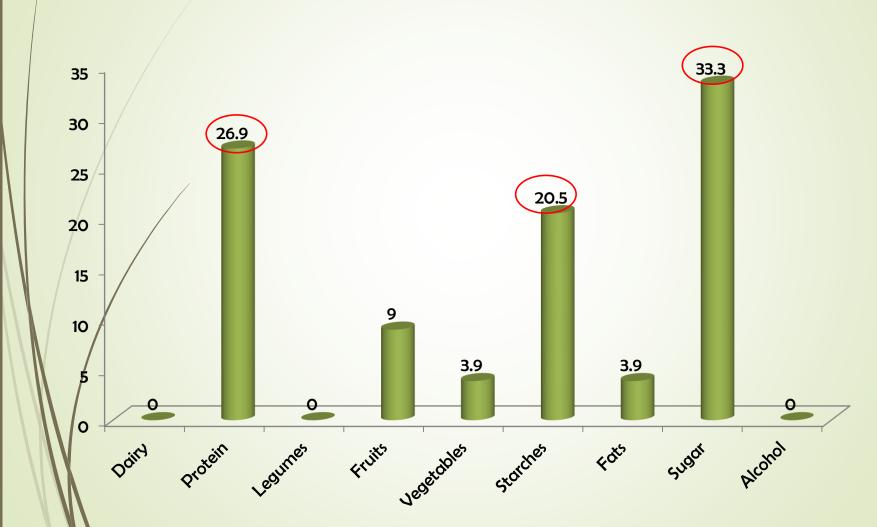


# Availability of food groups



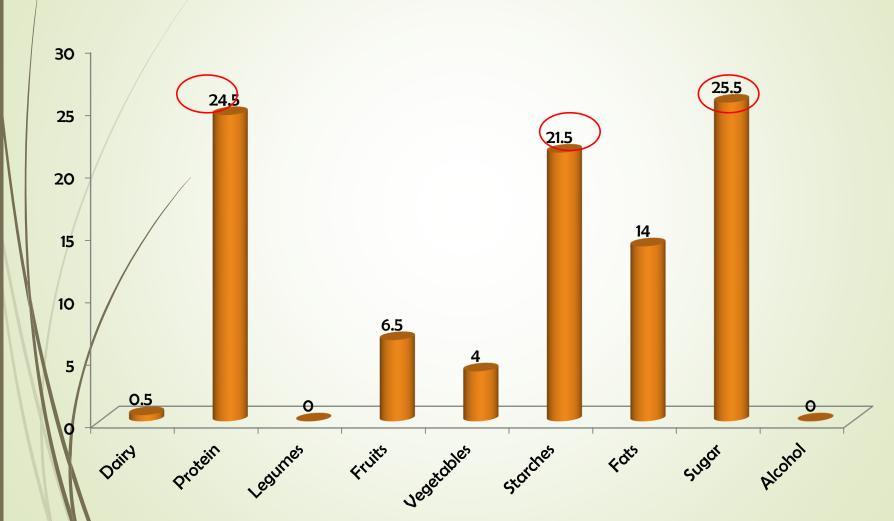


#### Restaurant



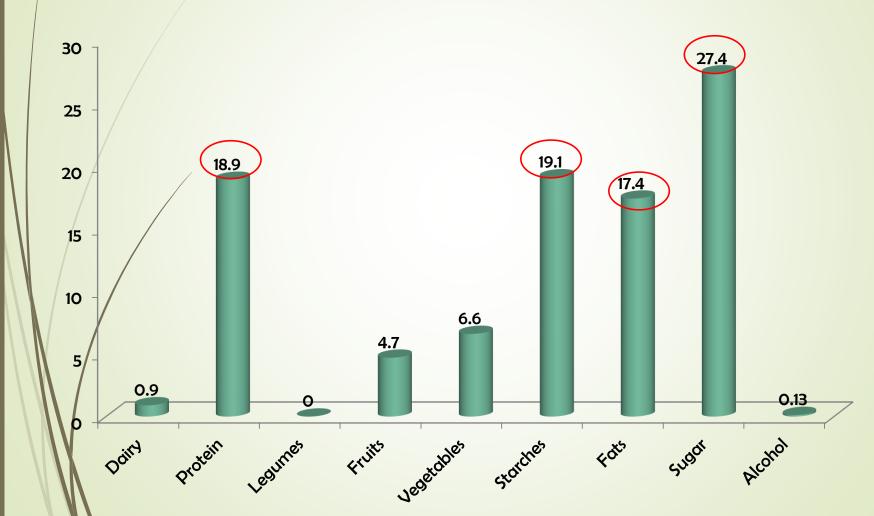


# Take aways



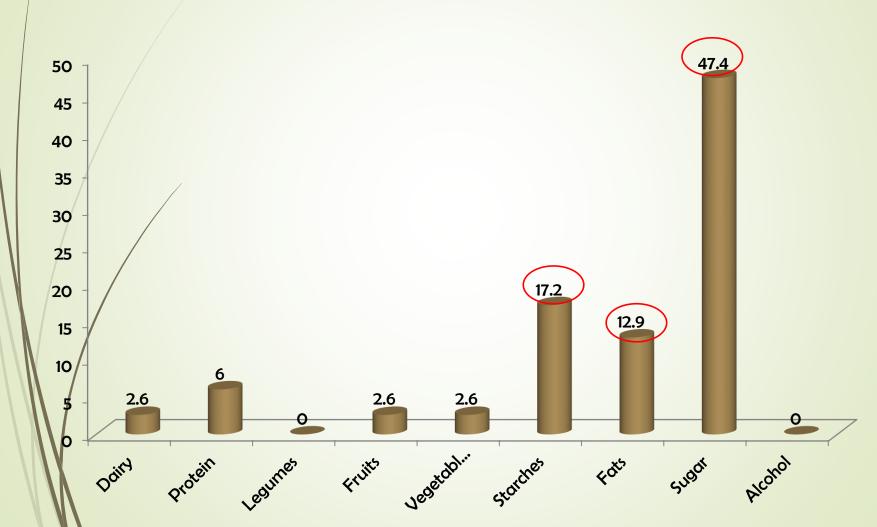


#### Cafeteria





# Tuck shop





#### Discussion

- Most students only purchased one meal per day
- Cost was the most influential factor in food choices

Even though most students only purchased up to 2 meals per day they indicated that their hunger was satisfied



#### Discussion

- The students daily intake tended to reflect the proportion of the food group available at the food stores
  - Starchy foods
  - Protein
  - Sugar



- 6 Dairy
- Fruits
- Vegetables





#### Discussion

- NSH campaign has a positive impact
  - Money given is enough
  - Hunger is satisfied
  - Medium to high diet diversity



#### Recommendations

- Allocate grocery store to the NSH campaign
  - Food diversity
  - Cooking facilities available
- Education of the student:
  - O/Healthy food options
  - South African food based dietary guidelines



# Acknowledgements

- University of the Free State (UFS)
  - NSH directors
- Participants
- Fourth year students
- The Department of Biostatistics



#### References

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