



South African National Health And Nutrition Examination Survey (SANHANES-1)



FUNDERS

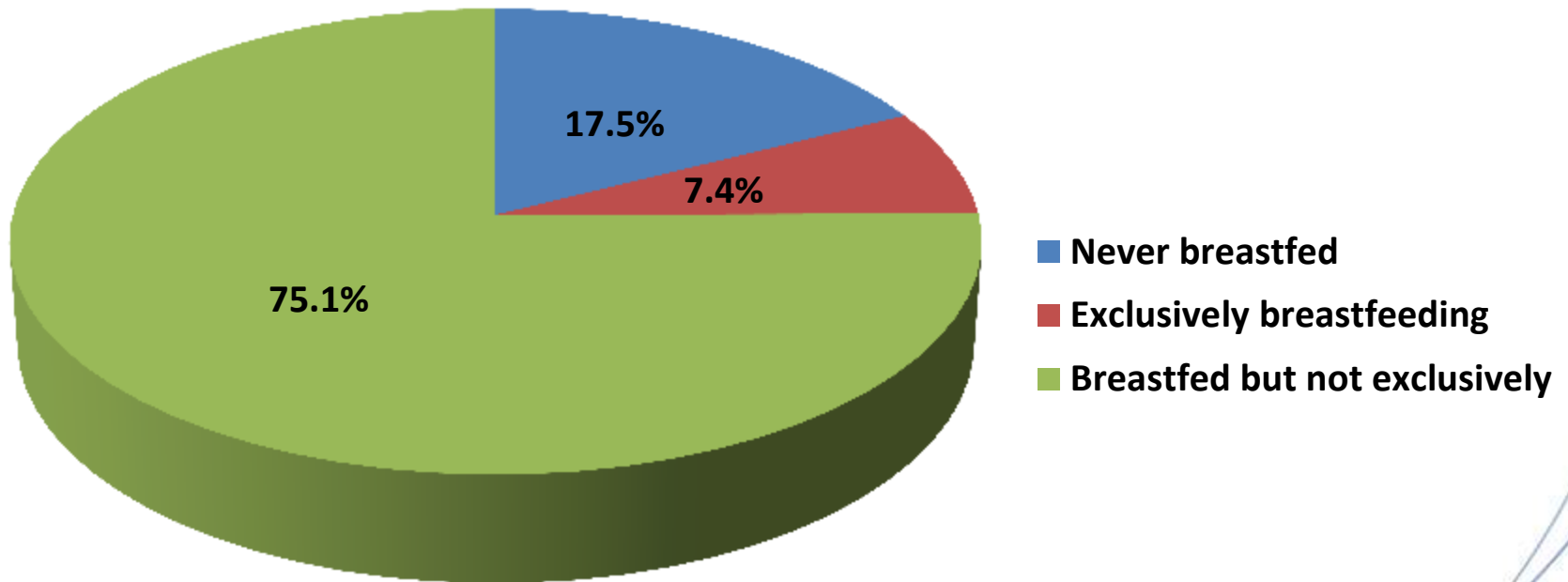
SANHANES TEAM



Infant feeding

Breastfeeding status of children under 6 months of age, SA 2012

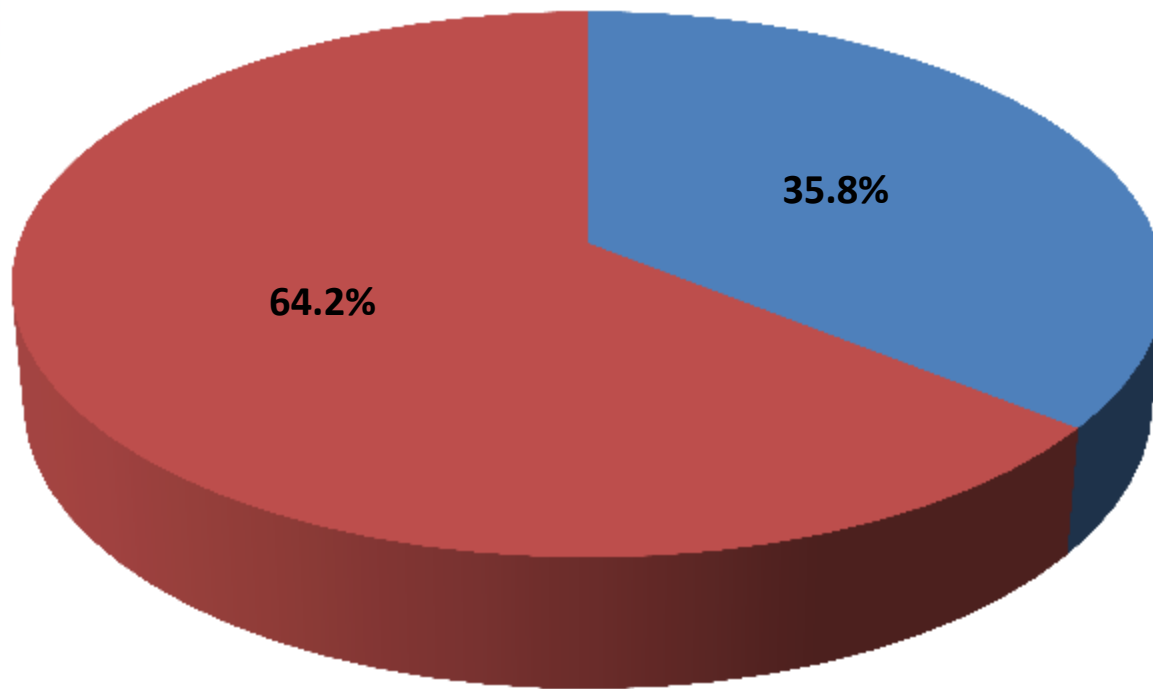
n = 243



- Never breastfed
- Exclusively breastfeeding
- Breastfed but not exclusively

Percentage of children aged 12-15 months who were being breastfed at the time of the interview, SA 2012

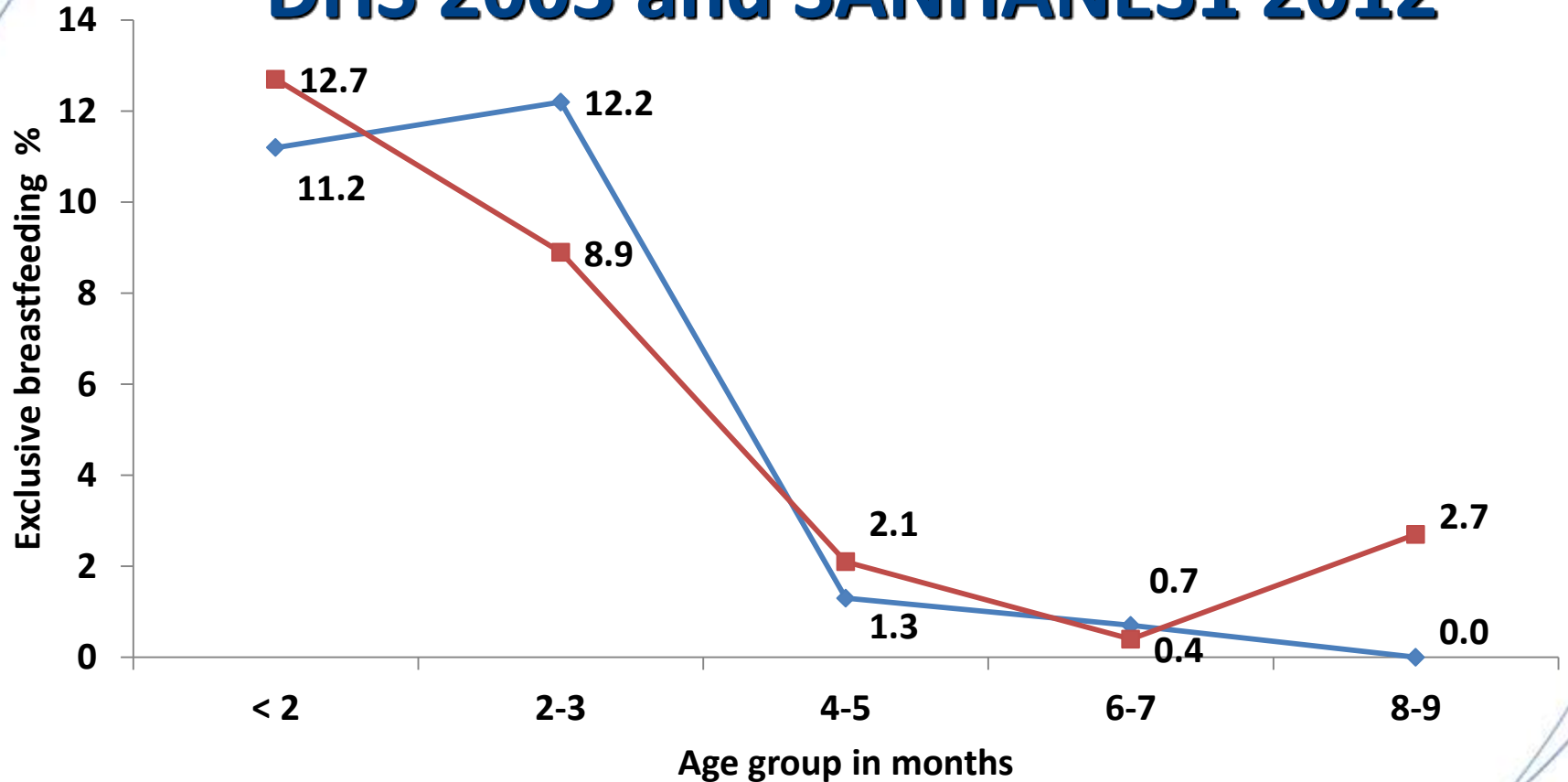
n = 178



- Breastfed at the time of the interview
- Not breastfed at the time of the interview

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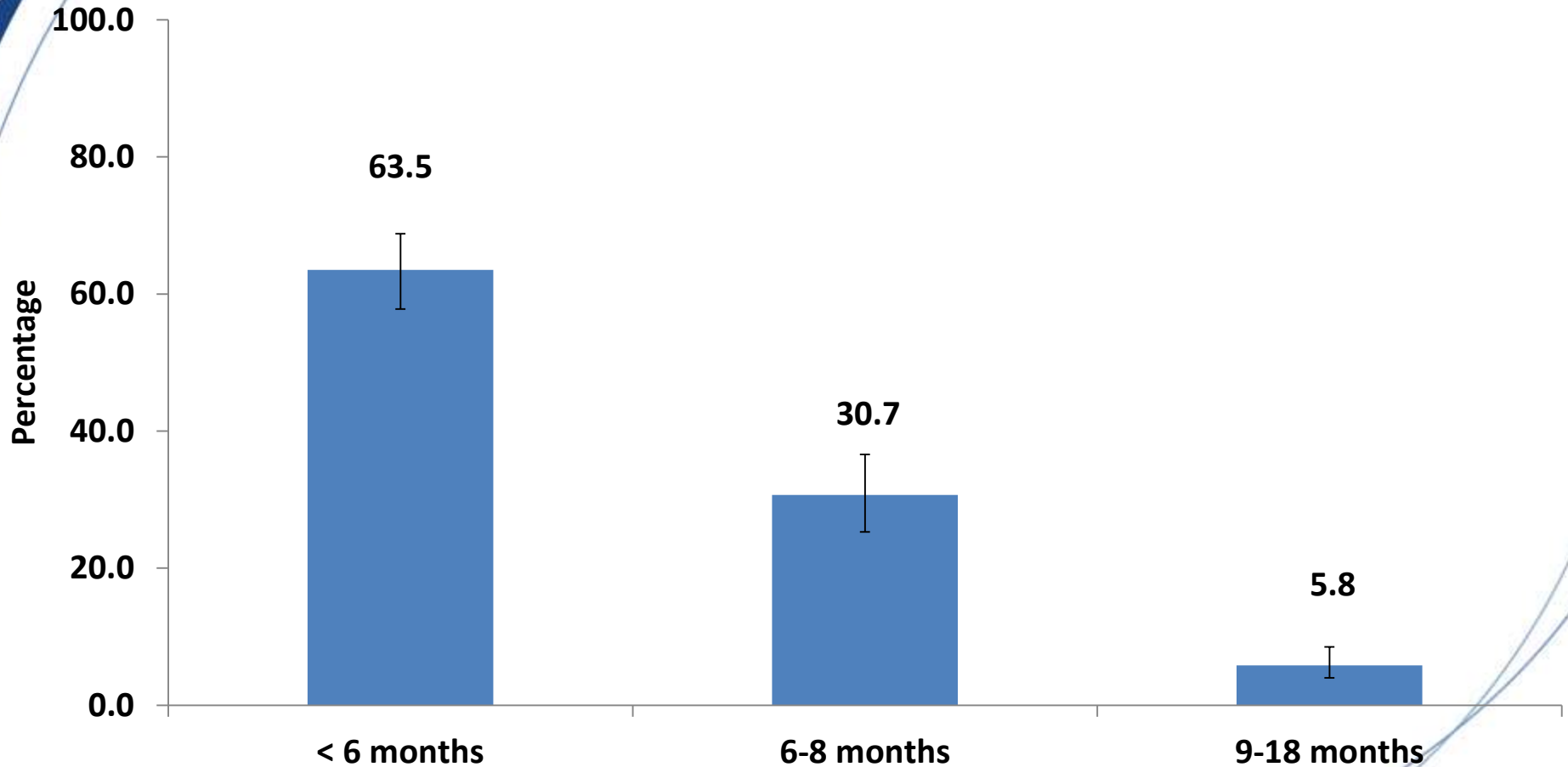
Age distribution of exclusive breastfeeding in South Africa according to DHS 2003 and SANHANES1 2012



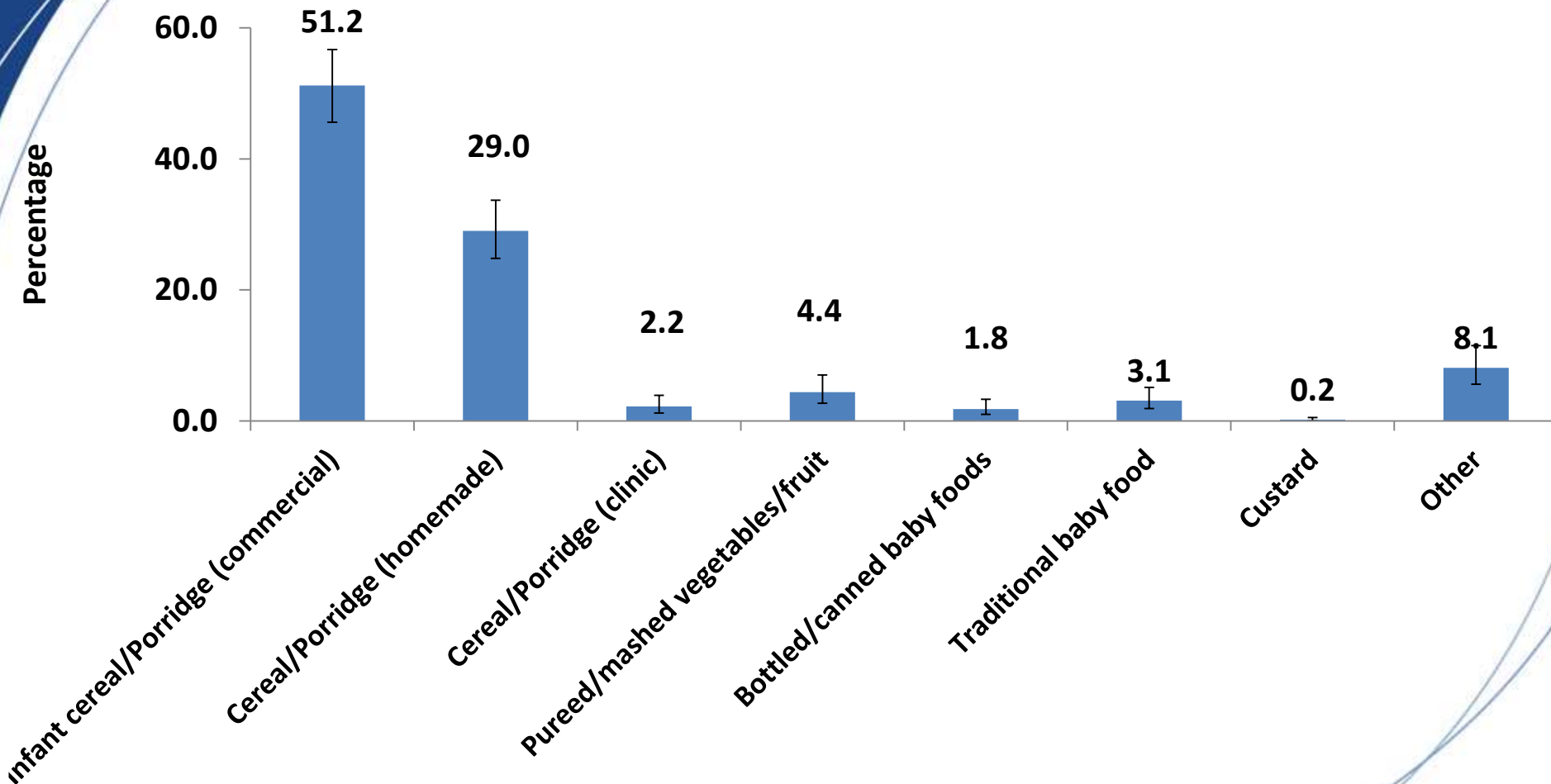
◆ DHS 2003 ■ SANHANES1

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Age of introduction of semi-solid or solid foods in children under 2 years of age, SA 2012

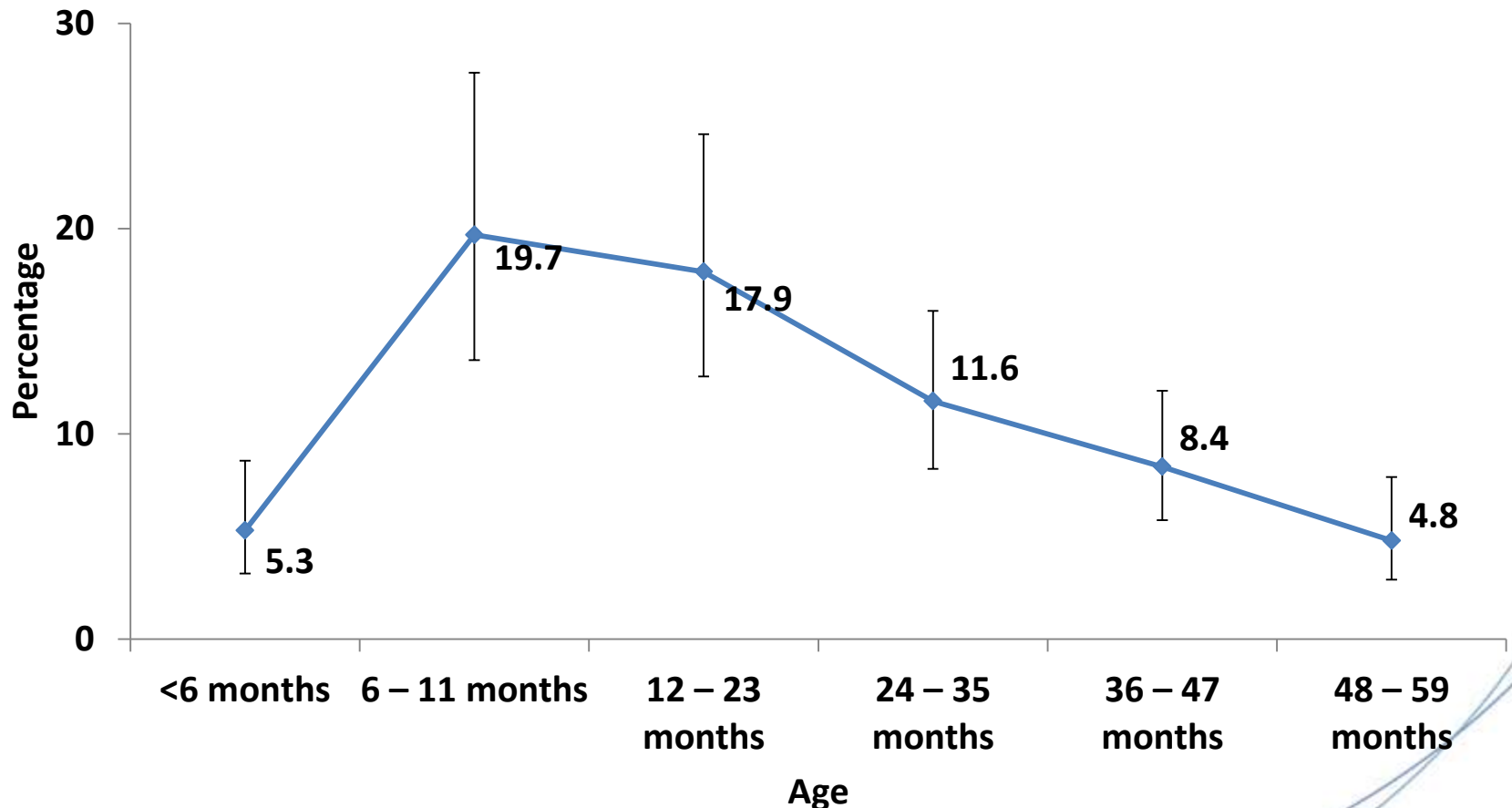


First semi-solid or solid food eaten by children under 2 years of age, SA 2012

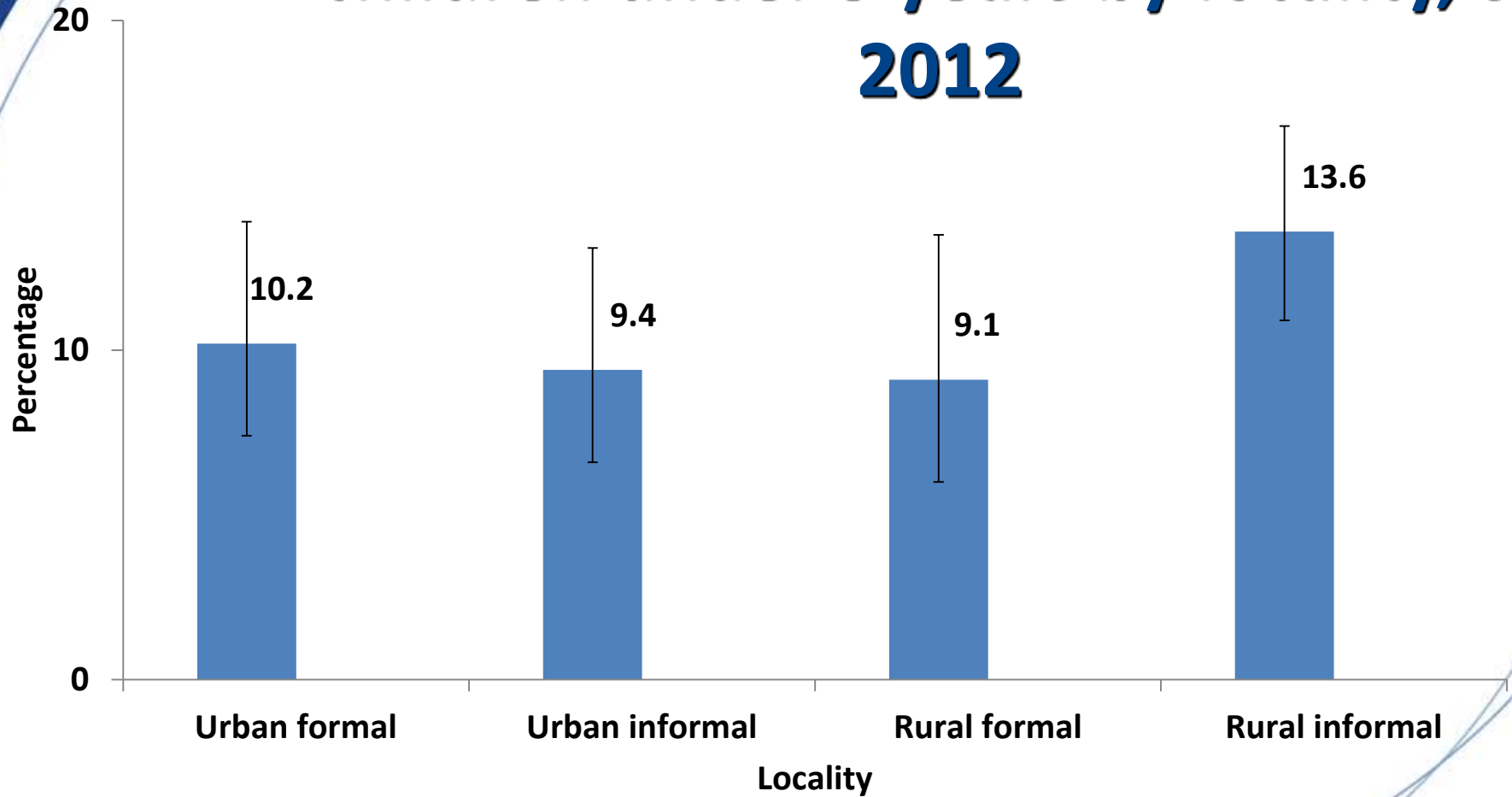


Prevalence and treatment of Diarrhoea

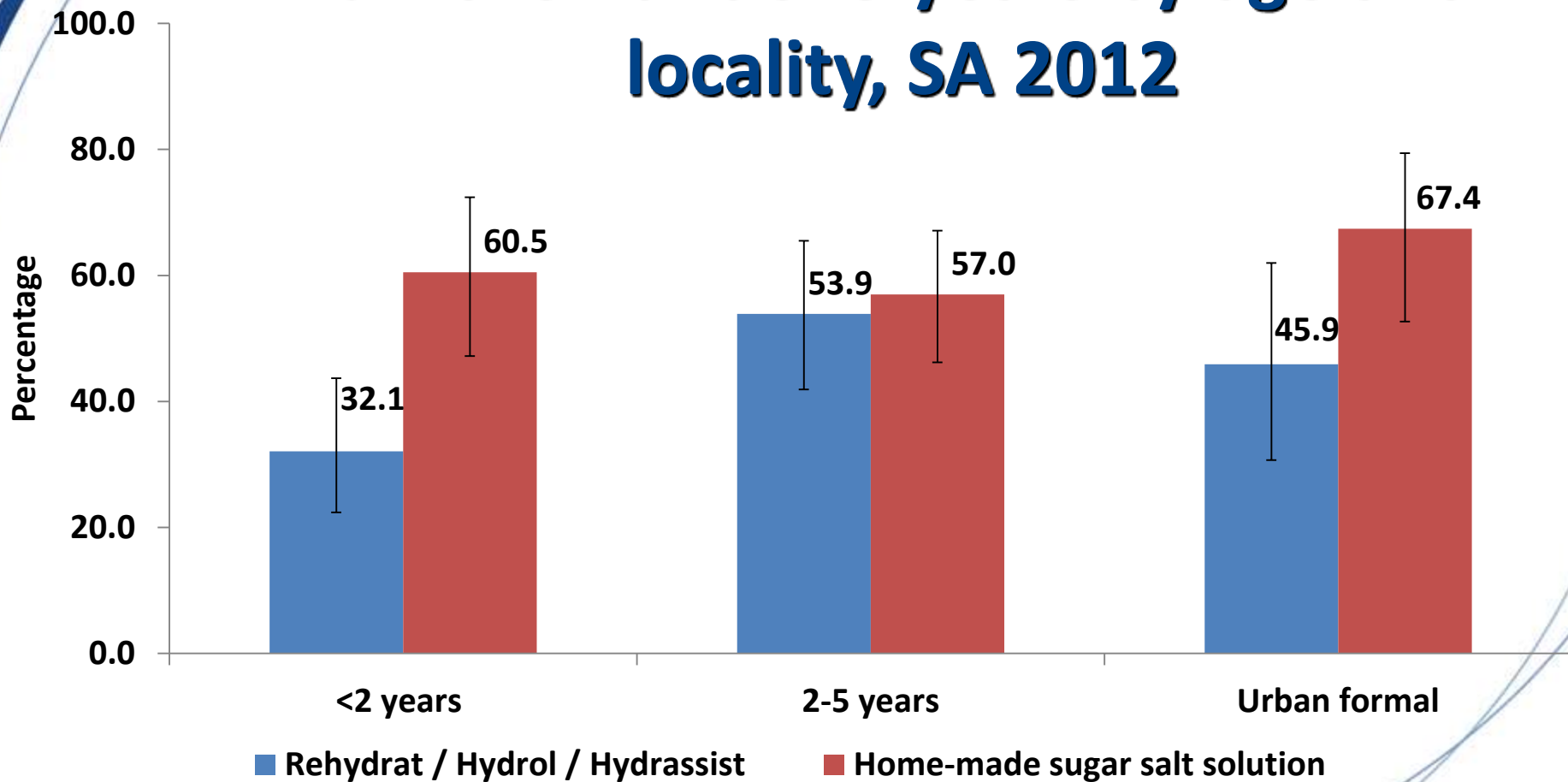
Prevalence of diarrhoea in the two weeks preceding the interview in children under 5 years by age, SA 2012



Prevalence of diarrhoea in the two weeks preceding the interview in children under 5 years by locality, SA 2012

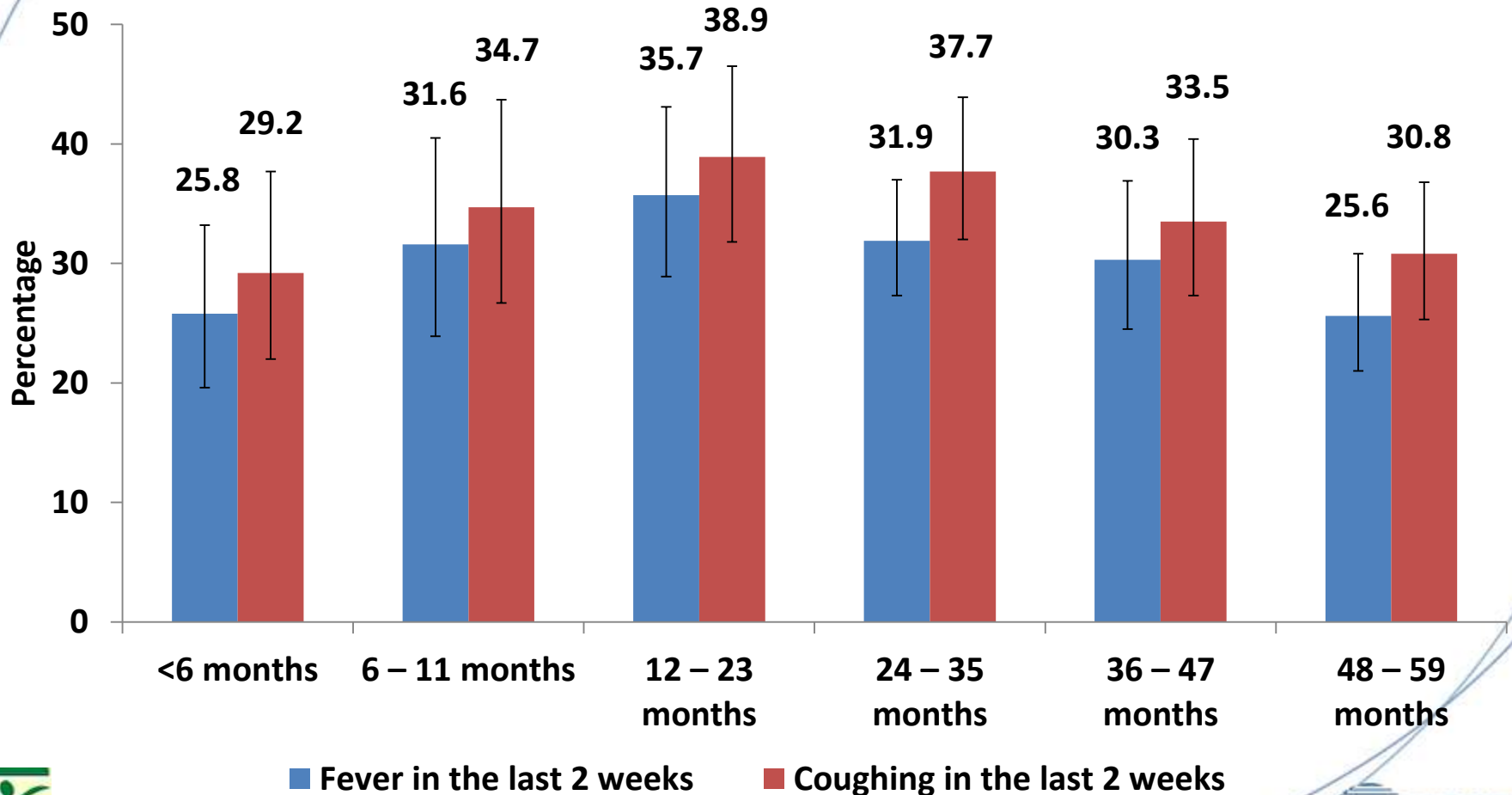


Treatment of diarrhoea in the two weeks preceding the interview in children under 5 years by age and locality, SA 2012



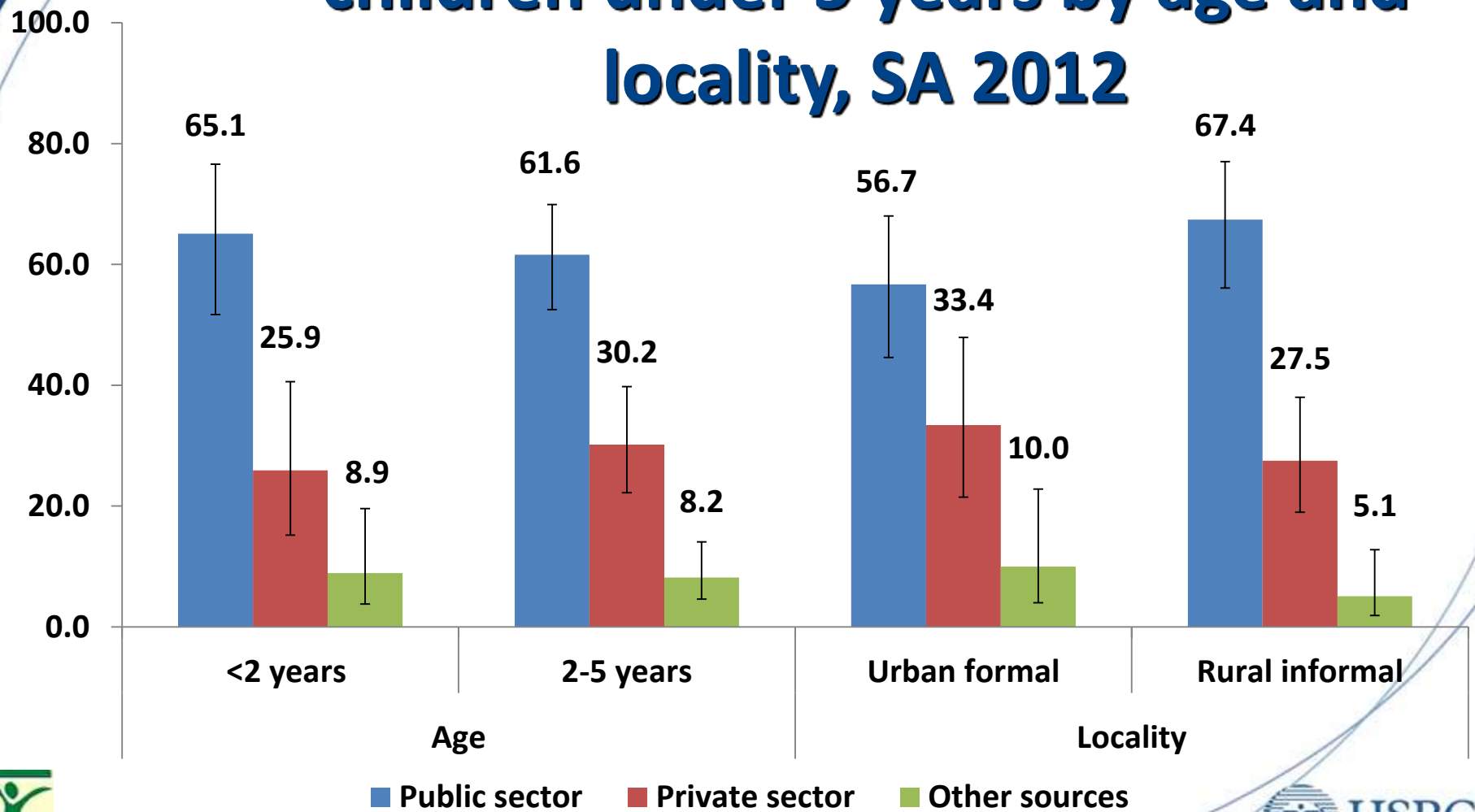
Prevalence and treatment of Respiratory Disease

Prevalence of respiratory disease in the two weeks preceding the interview in children under 5 years by age, SA 2012



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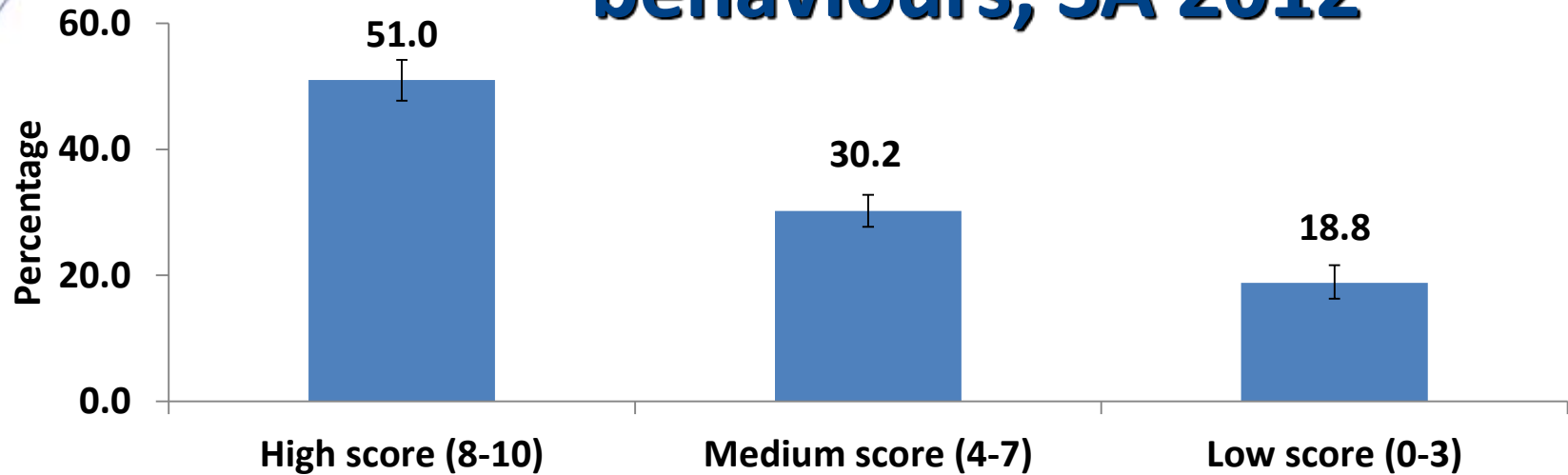
Treatment of respiratory disease in the two weeks preceding the interview in children under 5 years by age and locality, SA 2012



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Older children

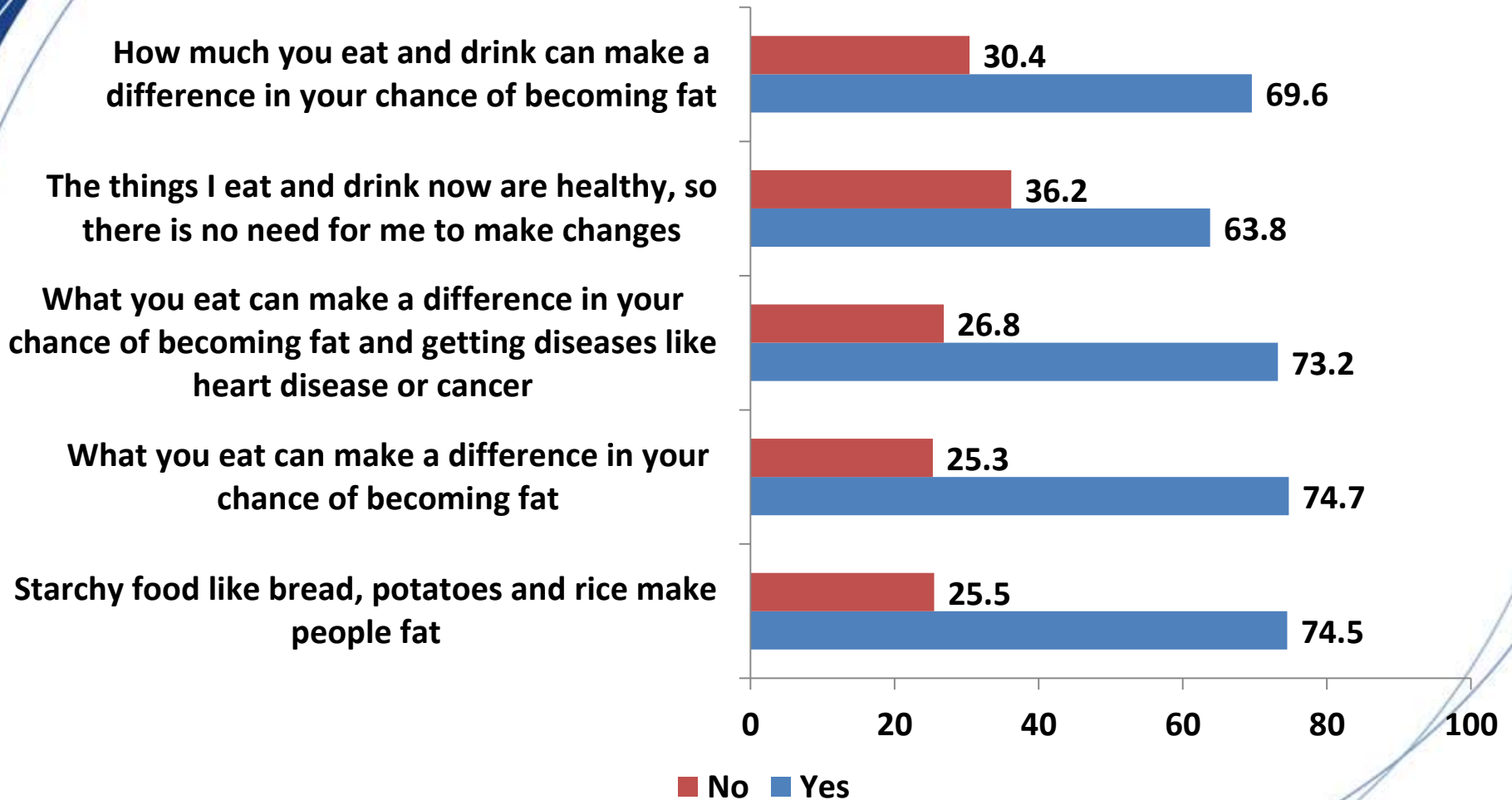
Perceived ability of children aged 10-14 years to change their dietary behaviours, SA 2012



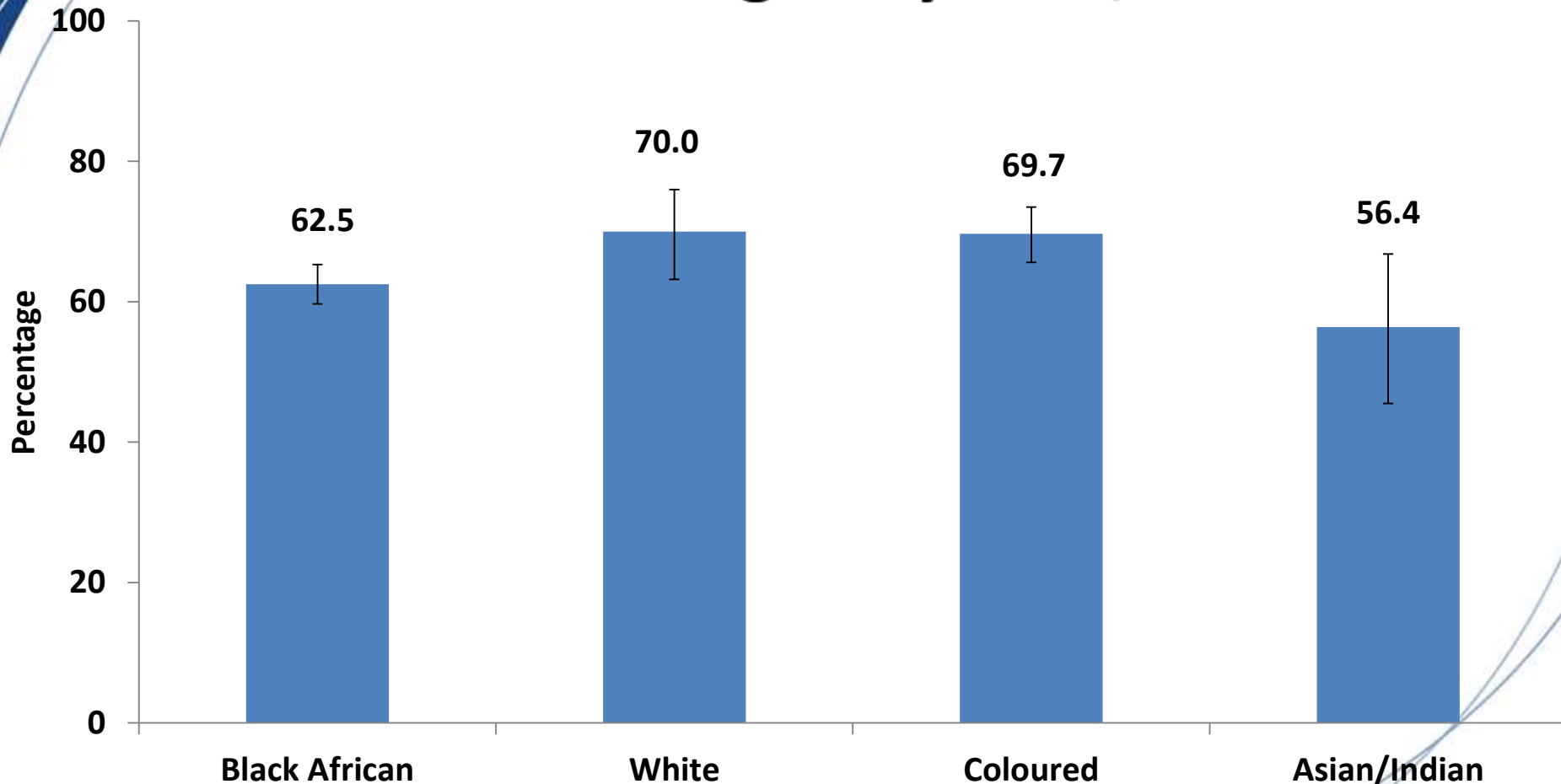
Based on 10 questions... if you had to could you....

1. Put less margarine on your bread
2. Eat fewer chips
3. Buy fruit instead of chips
4. Put less sugar in your tea/coffee
5. Put less sugar in your cereal/porridge
6. Eat sweets less often
7. Drink cool drinks less often
8. Eat brown bread instead of white bread
9. Eat more vegetables
10. Eat more fruit

Beliefs regarding the development of obesity, SA 2012



The things I eat and drink now are healthy, so there is no need for me to make changes by race, SA 2012



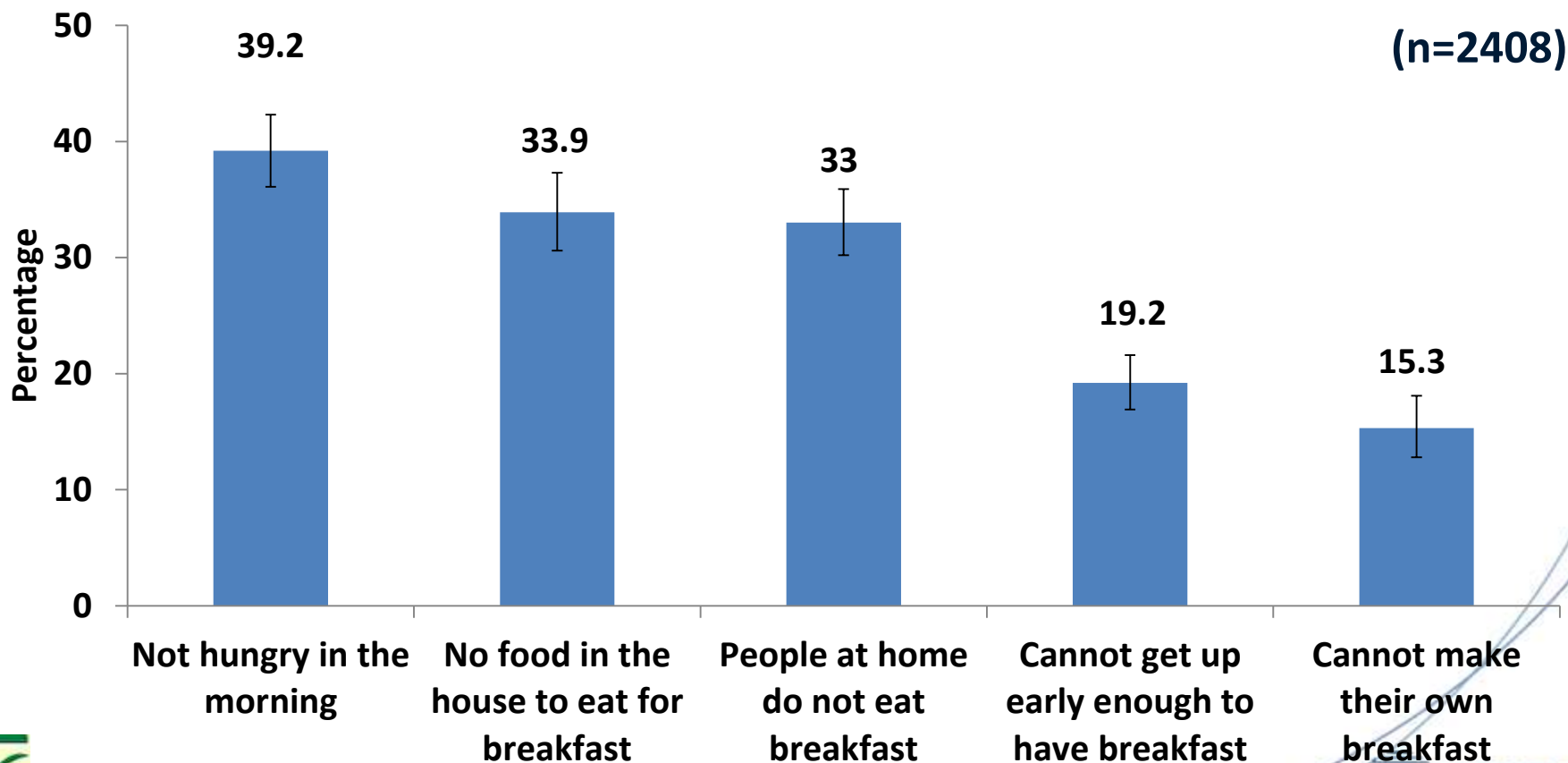
The things I eat and drink now are healthy, so there is no need for me to make changes by race, SA 2012

Prevalence:

Hypertension	:	35.5%
Diabetes	:	10.5%
Diabetes to be excluded	:	9.1%
Overweight	:	23.9%
Obese	:	26.4%

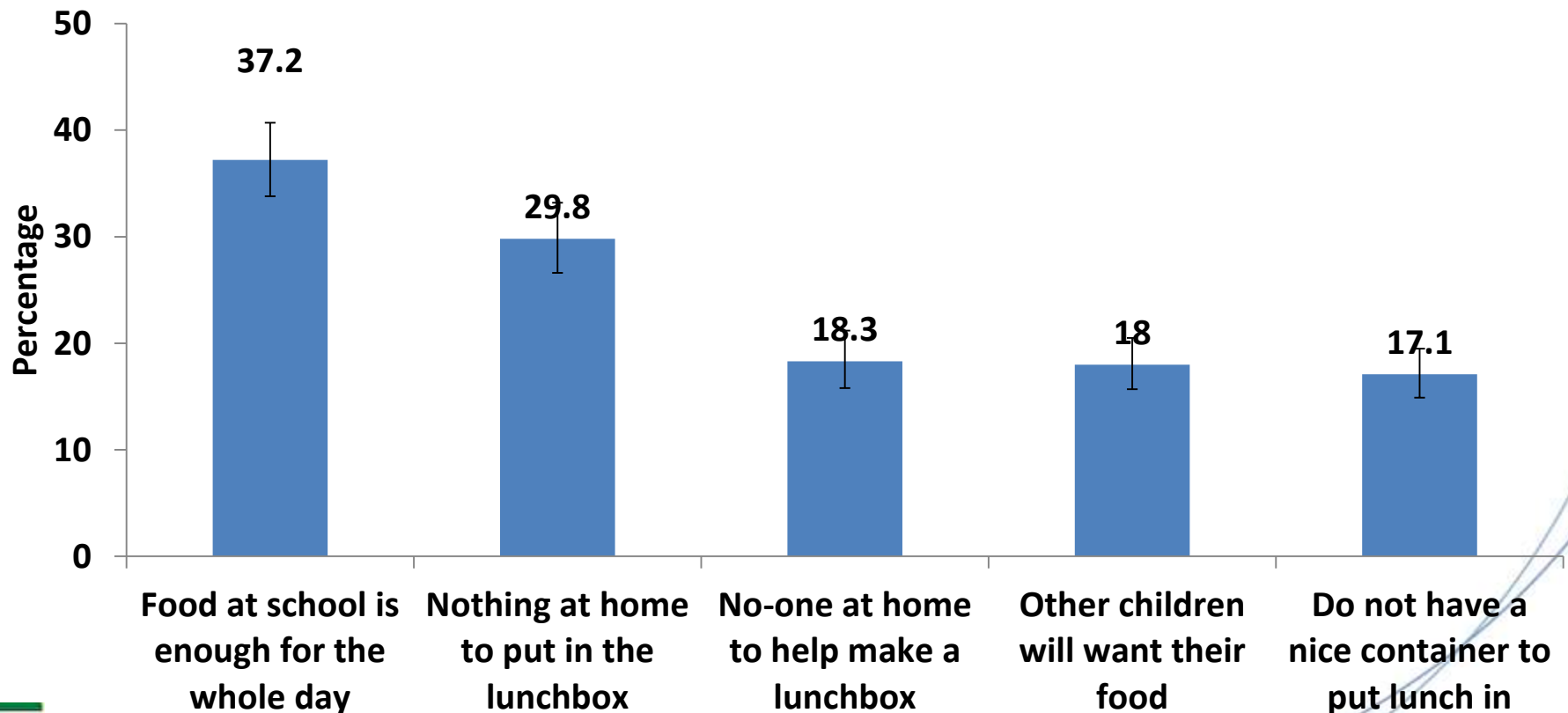
Dietary behaviour of children 10-14 years in relation to eating breakfast, SA 2012

- 19% of children do not eat breakfast at home in the morning

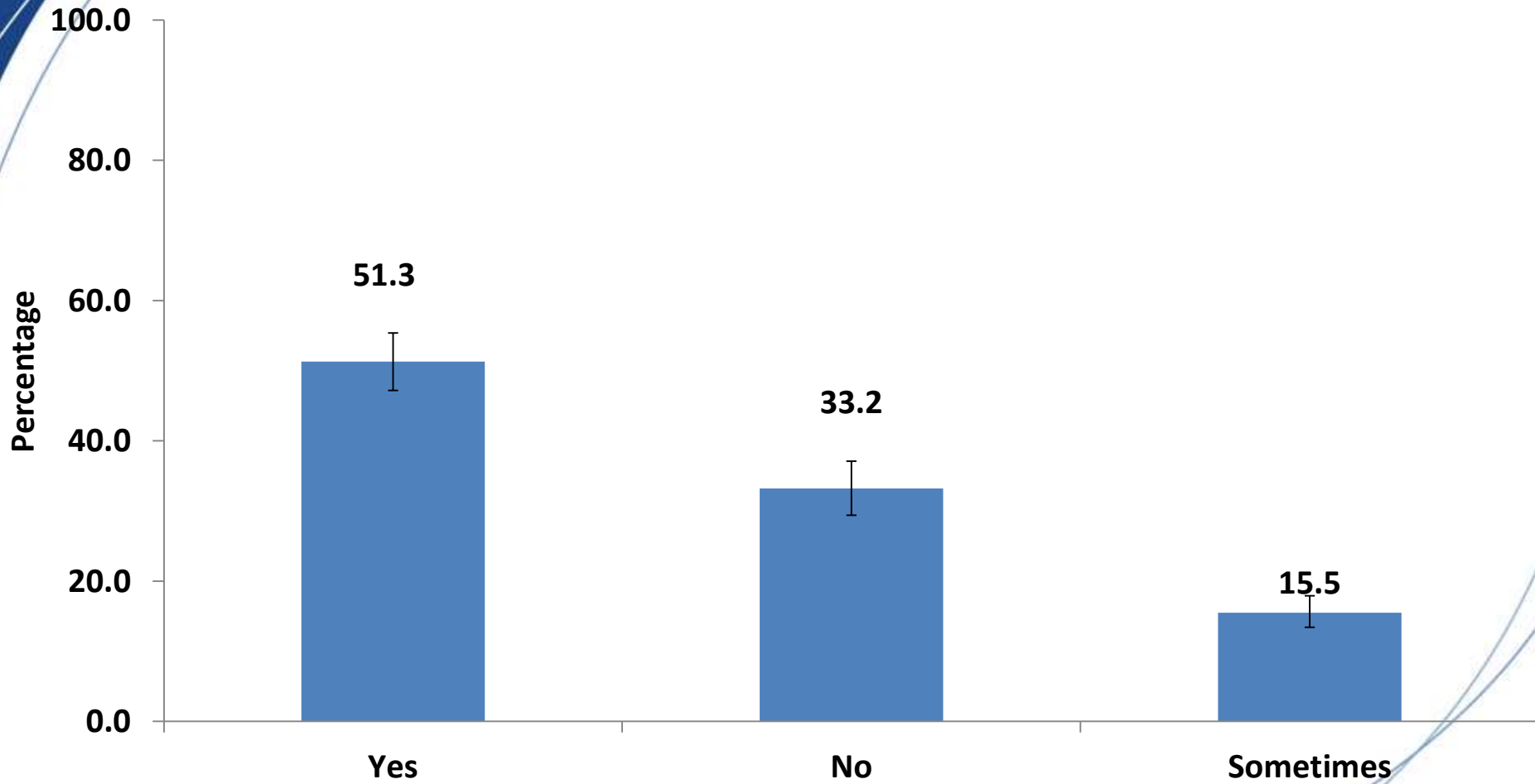


Dietary behaviour of children aged 10-14 years in relation to taking lunchboxes, SA 2012

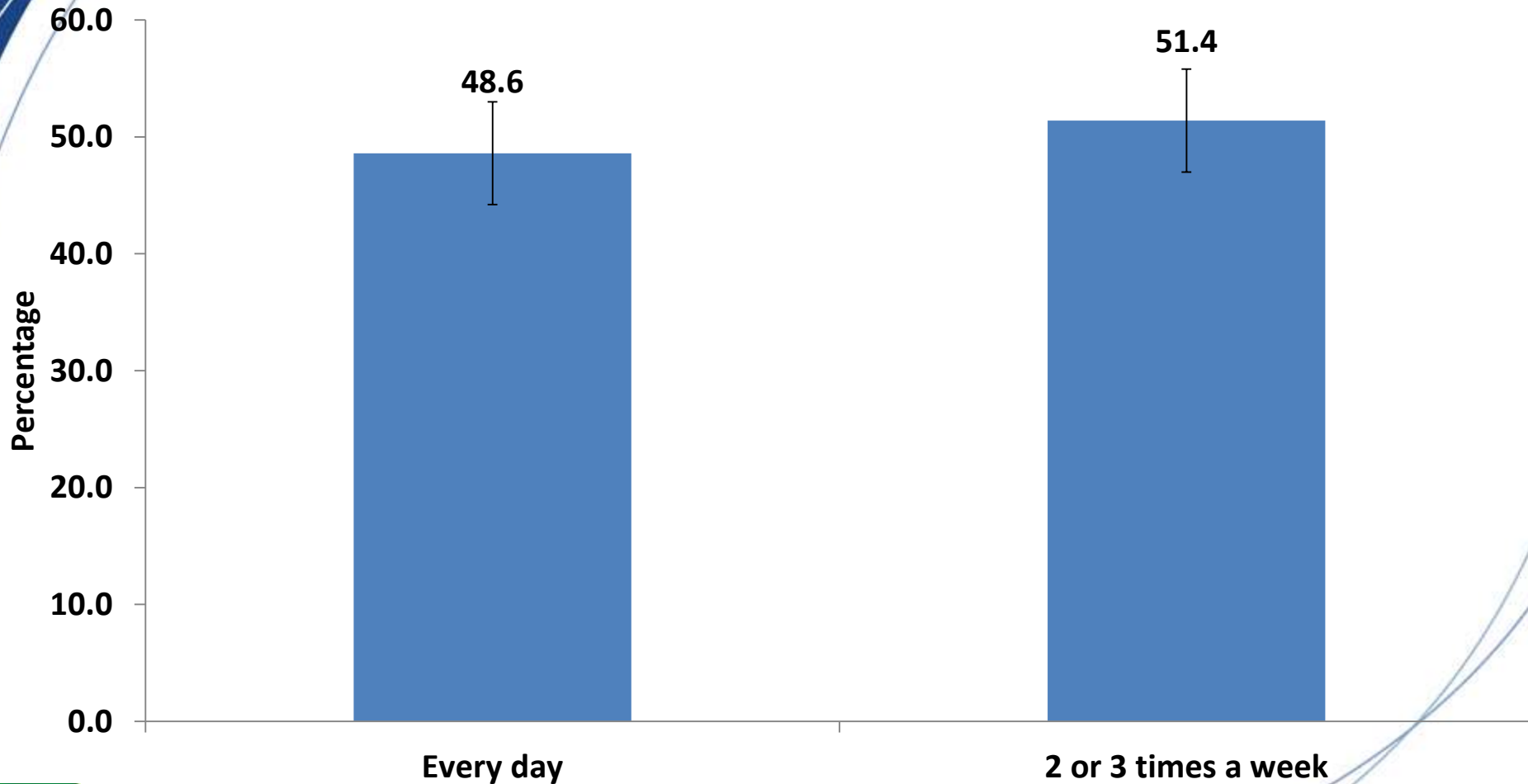
- 51% of children do not take a lunchbox to school (n=2406)



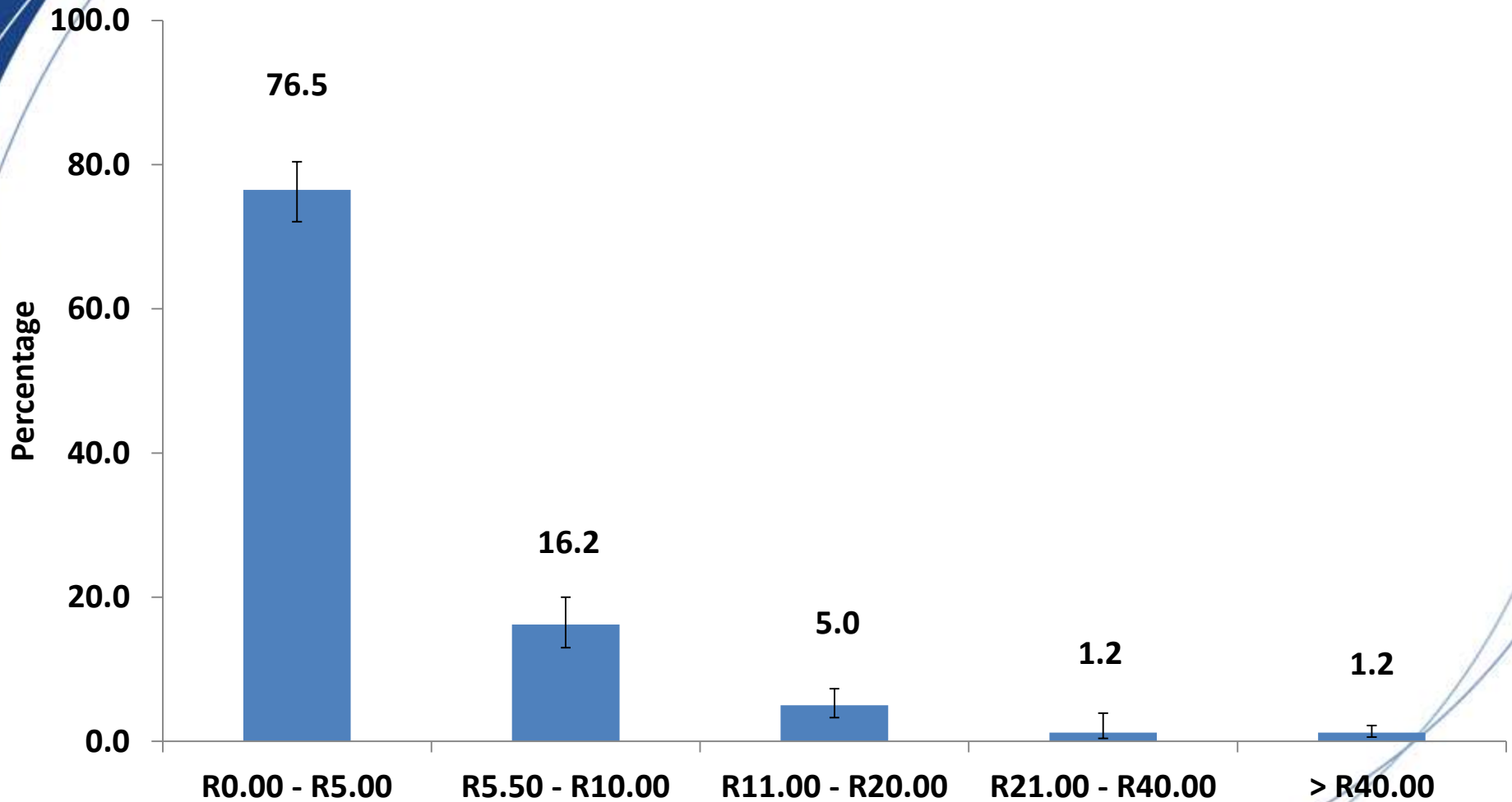
Percentage of children aged 10-14 years who take money to school, SA 2012



Frequency of taking money to school among children aged 10-14 years, SA 2012

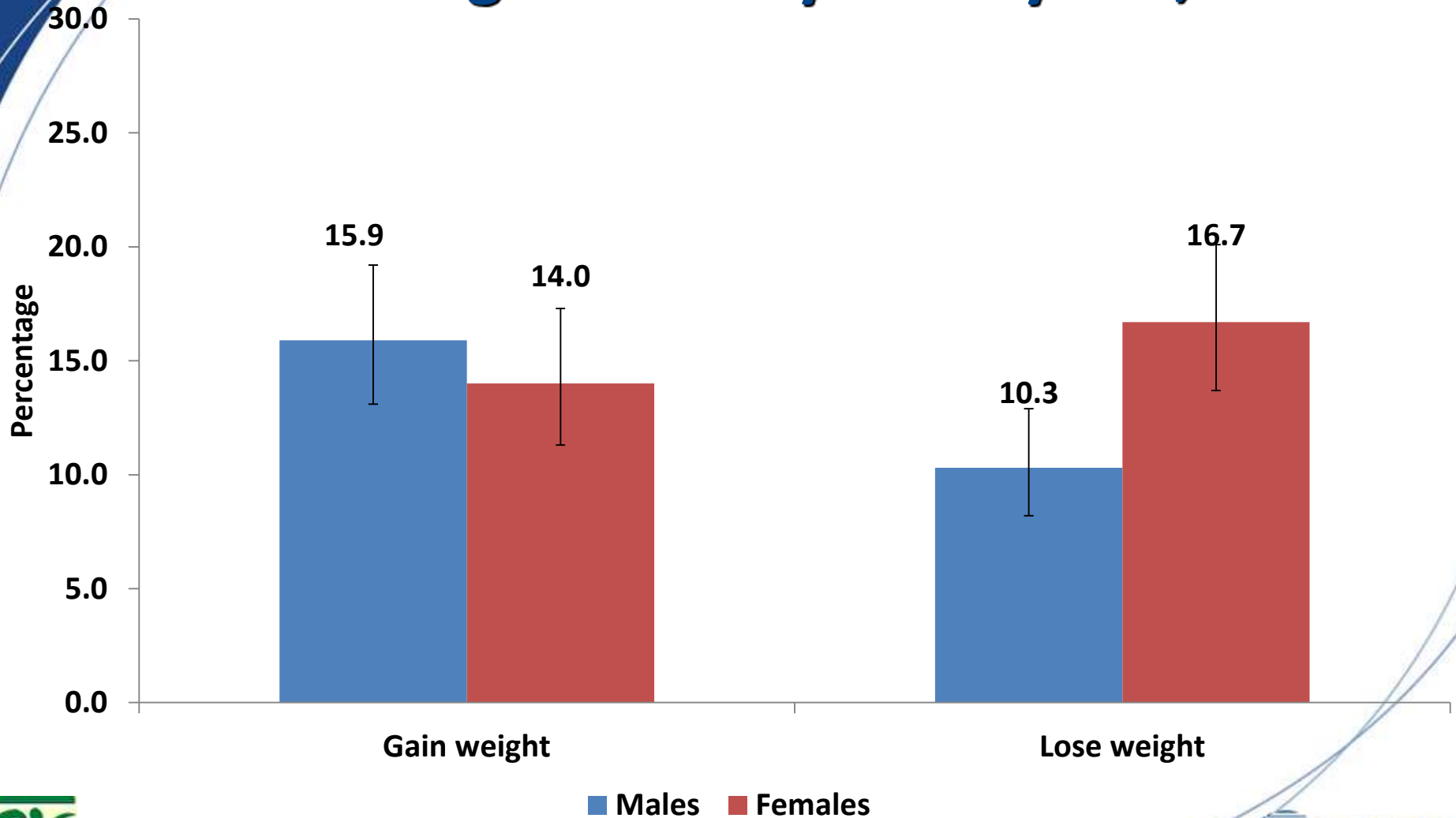


Amount of money children aged 10-14 years take to school, SA 2012



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Attempts to gain or lose weight among children aged 10-14 years by sex, SA 2012



■ Males ■ Females

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THANK YOU



Questions used to calculate exclusive breastfeeding

- For children **currently** being exclusively breastfed (**0-6 months**)
 - Is he/she still being breastfed (**YES**)
 - What was the first drink other than breast milk that he/she received (**MISSING**)
 - At the moment does he/she get any milk feeds other than breast milk (**NO**)
 - What was the first semisolid (with a spoon or fingers) food he/she ate (**MISSING**)