

Food Security in South Africa: A Review of Data and Trends

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What is Food Security?

Food security exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and health life (FAO, 1996 World Summit)

Review Questions

1. Who and Where are the food insecure in South Africa?

Who? :

Population group

Educational status

Age group

Sex

Socio-economic status

Household composition

Family type

Employment Status

*Own production/**not***

Where?:

Provinces

Districts

Rural/Urban

Ex-homelands

2. What are current food security trends in South Africa ?

Food Security Indicators

Indicators to measure food security include:

- All people at all times (universality, frequency)
- Access (Physical and economic)
- Sufficiency (adequacy/quantity)
- Safe and nutritious (Quality)
- Meets dietary needs (quality)
- Preference

Food Security Indicators-2

DHS Indicators- Measure Evaluation (SADHS, 2003; 2008)

- Use nutritional status as proxy indicators for food security
- Assess the anthropometric status of sub-groups of the population

Children: *(Usually more valid for children under five years)*

- Stunting (height-for-age)
- Wasting (Weight-for-height)
- Underweight (Weight-for-age)

(data usually disaggregated by: age (in months); sex; birth order; birth interval; size at birth; residence; race; mother's age; mother's education, wealth quintiles)

Women:

- Body Mass Index (BMI)

Also usually disaggregated by background characteristics

Food Security Indicators-3

NATIONAL FOOD CONSUMPTION SURVEY (1999)-Dept. of Health,
Stellenbosch University

Indicator: The amount of money spent on food weekly in children aged 1-9 years nationally/by province

Indicator: Mean energy intake (kj) of children by age and area of residence

Indicator: Hunger risk classification in children aged 1-9 years nationally and by province (*Children are classified as: Food secure; at risk of hunger; and Experienced hunger*)

Indicator: *Hunger Scale Questionnaire:* % of affirmative responses in children aged 1-9 years nationally/by province (*Do your children ever say they are hungry because there is not enough food in the house?*)

Food Security Indicators - 4

GENERAL HOUSEHOLD SURVEY(GHS)/October Household Survey-Statistics South Africa

Question: *Did any child in your HH go hungry during the last 12 months?*

Module: Food access and supply and income and expenditure

- *Did your household run out of money to buy food during the past year?*
- *Has it happened five or more days in the past 30 days?*
- *Did you cut the size of meals during the past year because there was not enough food in the house?*
- *Did you skip any meals during the past year because there was not enough food in the house?*
- *Did you eat a smaller variety of foods during the past year than you would have liked to, because there was not enough food in the house?*
- *Please specify how many times the household ate the following foods during the past seven days?*

Changes in GHS HH food Security questions/indicator (GHS 2007 & 2010)

Source: Jacobs, P (2012). Household food access in Rural South Africa: Lessons for emerging food security policy: HSRC

	GHS 2007	GHS 2010
Food Security Status	Hunger scale (adults/children)	Hunger scale (adults/children) Food access; Variety foods consumed; Coping strategies
Household livelihood & demography	Farm workers; small-farm HHs; Household size	Farm workers Small-farm HHs Household size
Living standards expenditure	Total spending (quartiles) Food spending; Social grants	Total spending (quartiles); Social grants
Agricultural production	Land access; Agricultural outputs	Farm activities; Agricultural outputs
Spatial information	Provinces; District council	Provinces; rural categories (formal/ex-homeland)

Food Security Indicators - 5

NATIONAL INCOME DYNAMICS SURVEY (NIDS)- SALDRU

Module : Food spending and consumption

Examples of questions:

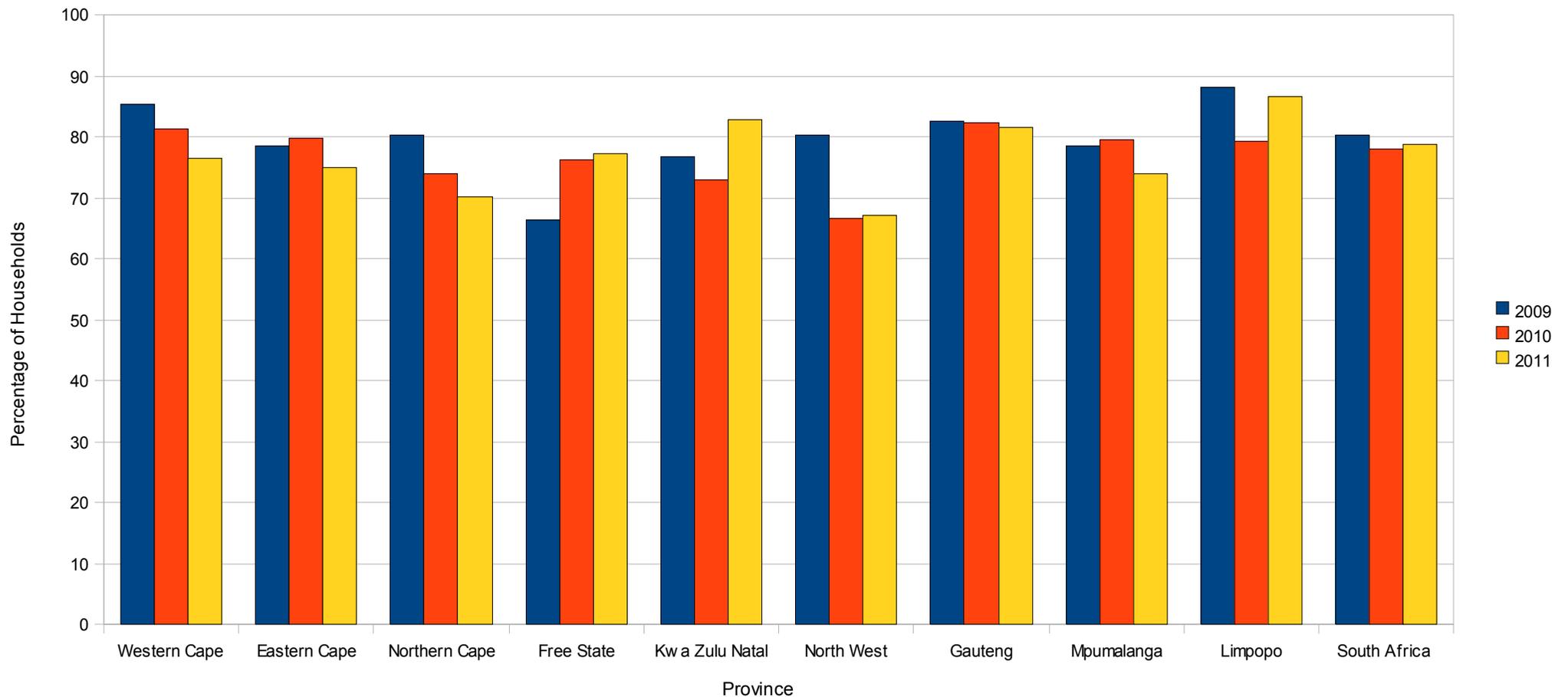
- What was the total food expenditure of this household in the last 30 days?
- Was [**food item..**] eaten by this household in the last 30 days?
- What was the value of [..] eaten from *own production* and/or from own shop stock in the last 30 days?

- **Anthropometric measurements (Adults/Children)**
BMI; Stunting; Underweight; Wasting; Height; Overweight; Obesity

Recent Trends of HHs experiencing food adequacy by province 2009/2010/2011

Source: Stats SA General Household Surveys

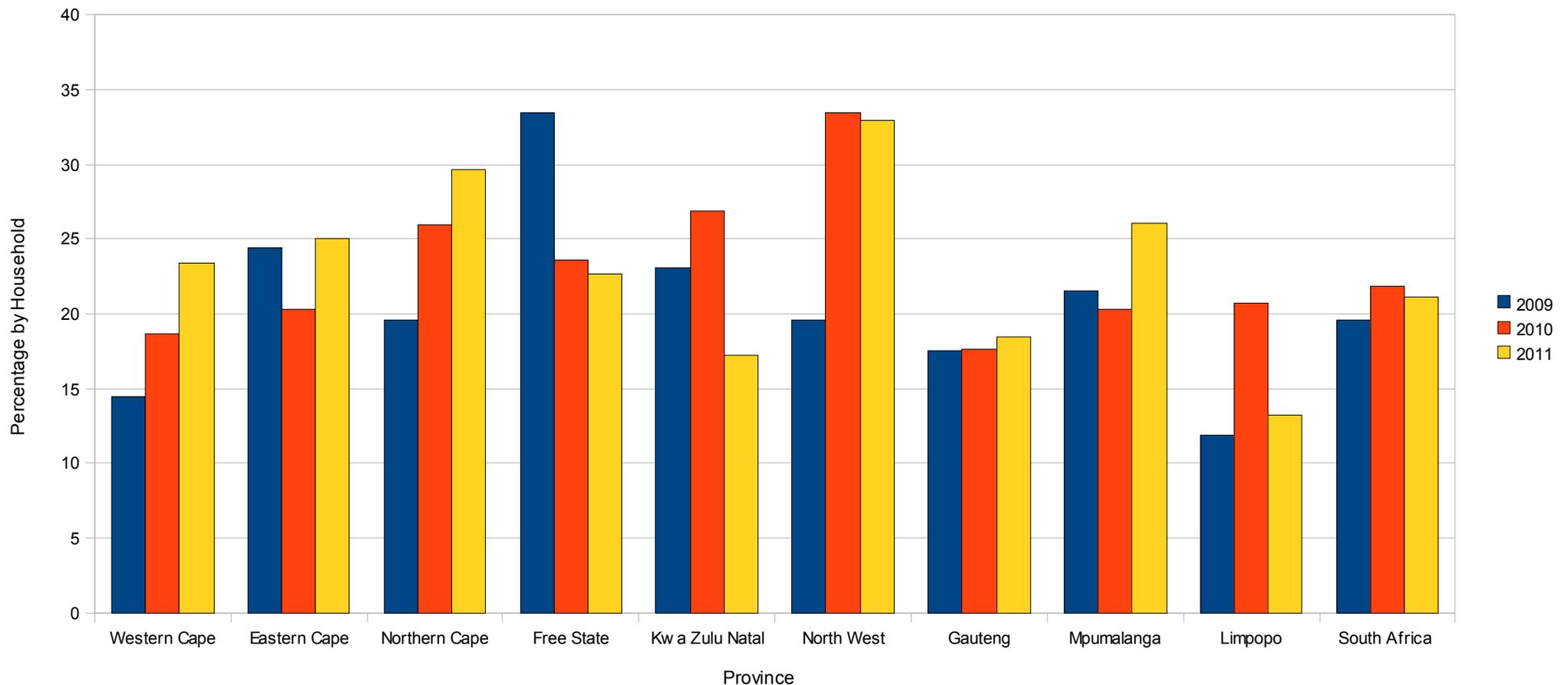
Food Adequacy by Province



Recent Trends in HHS experiencing food inadequacy by province 2009/2010/2011

Source: Stats SA General Household Surveys

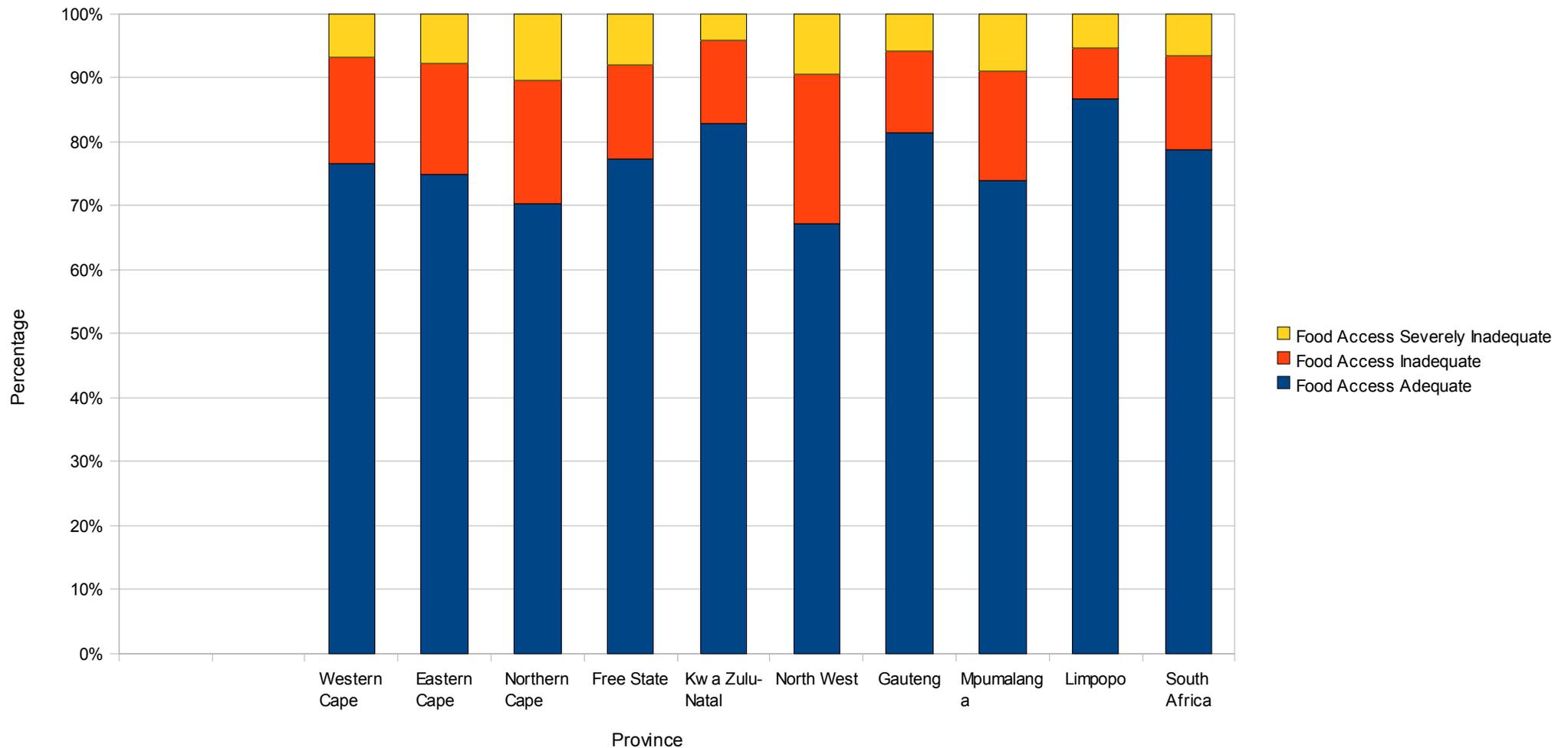
Food Inadequacy by Province



More HHs in the Northern Cape Reporting SEVERE food Inadequacy

Source: Stats SA General Household Survey 2011

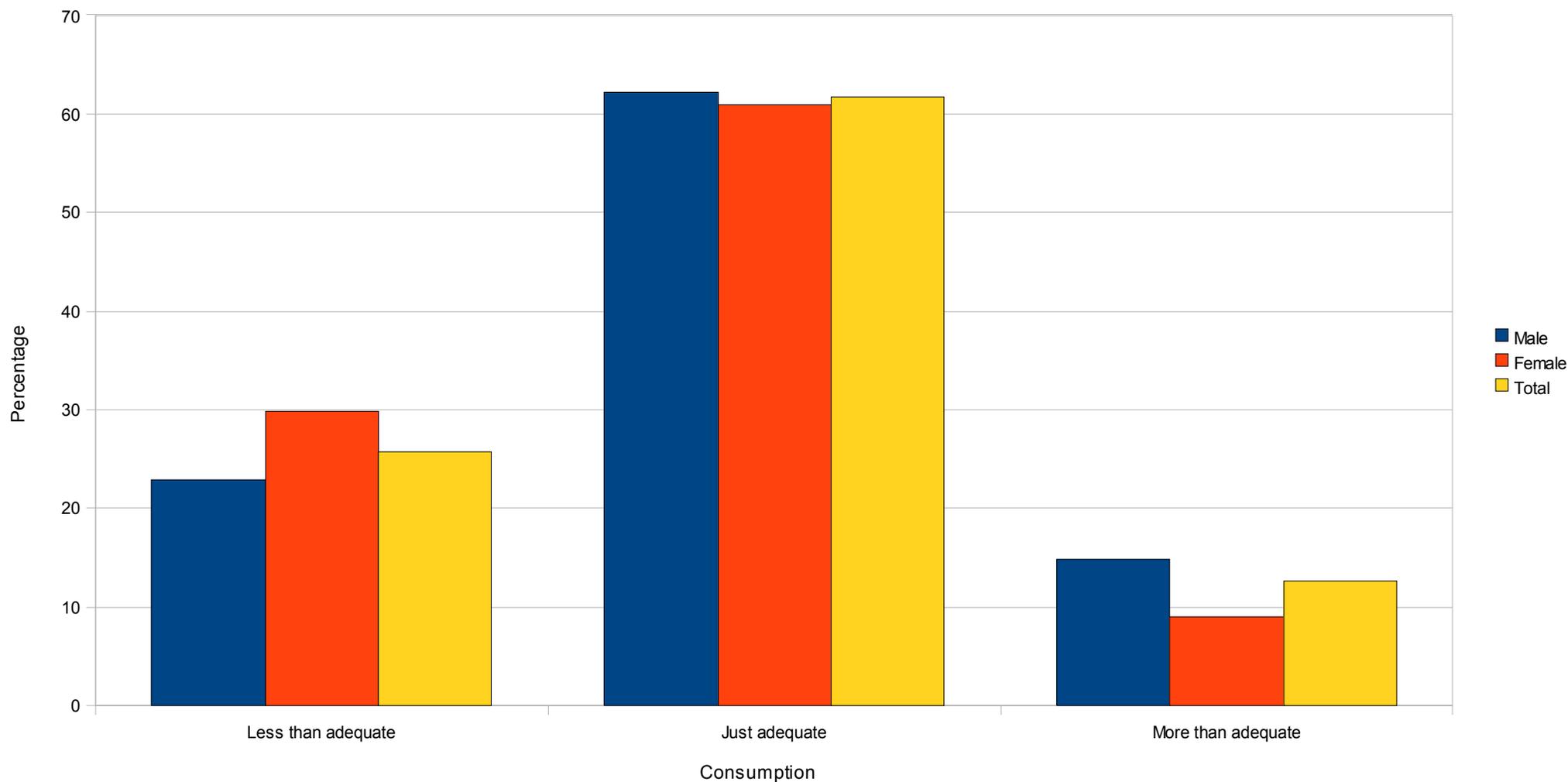
Percentage of households experiencing food adequacy/inadequacy by province



Adequacy of food consumption by sex

Source: *Living Conditions of South Africans 2008/2009* published by Stats SA

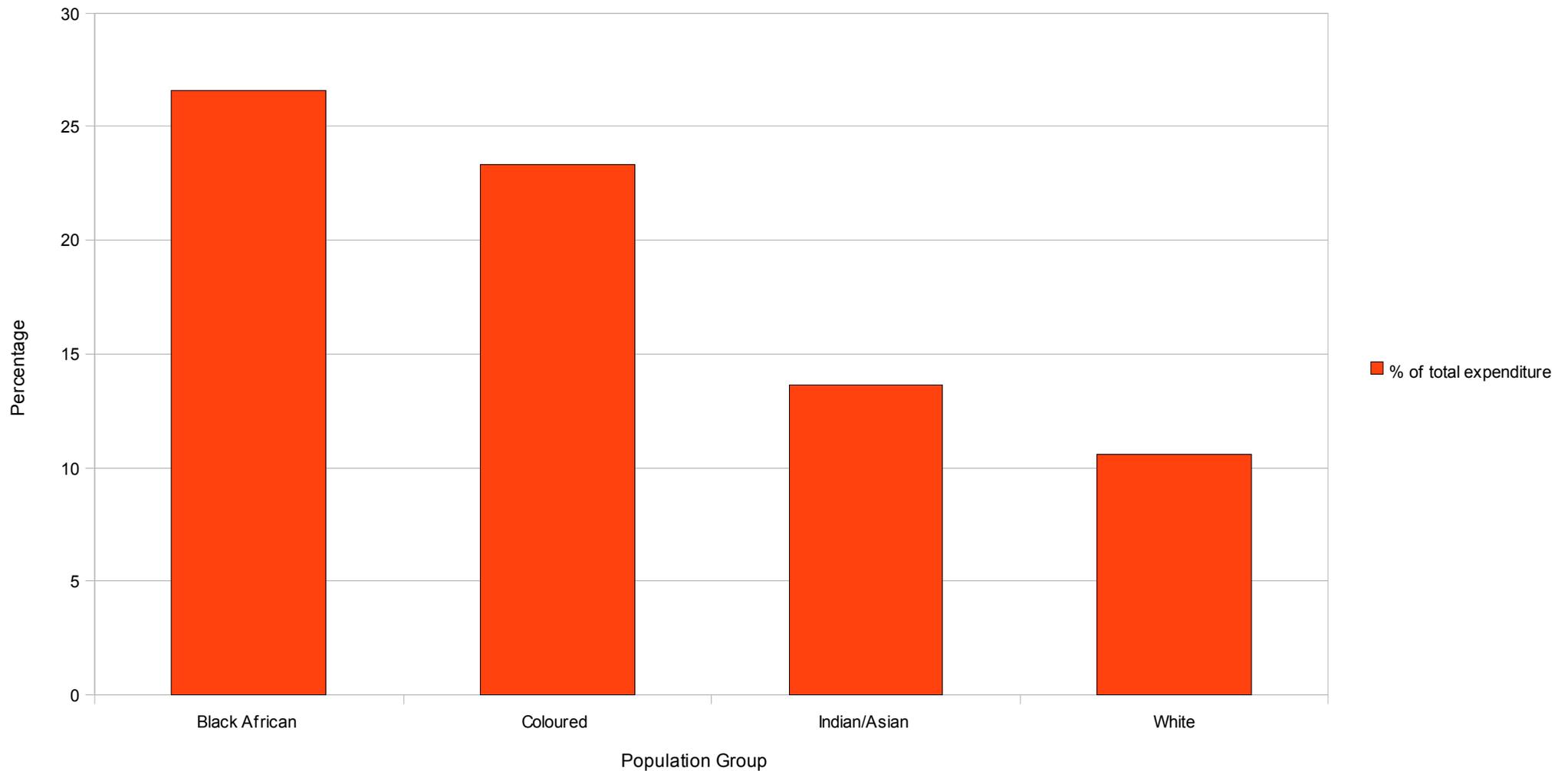
Percentage distribution of households by standard of adequacy of their food consumption during the month prior to the month they were surveyed by sex of householdhead



Annual Food Expenditure in Proportion to Total Expenditure

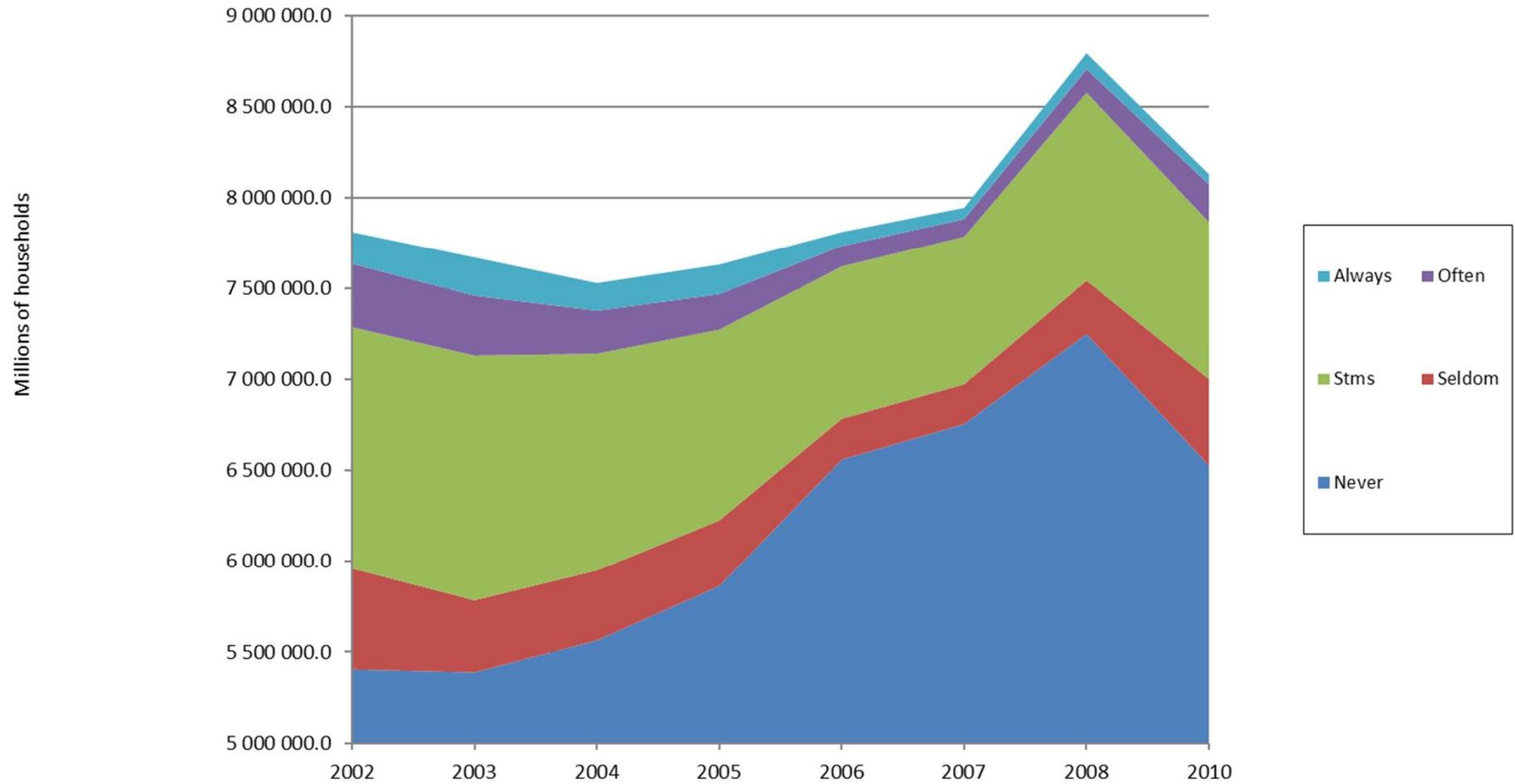
Source: Living Conditions of South Africans 2008/2009 published by Stats SA

Annual Average Household Consumption Expenditure on Food and Proportion of Food Expenditure to Total Expenditure



Trends in HHS with Children experiencing Hunger (GHS 2002-2010)

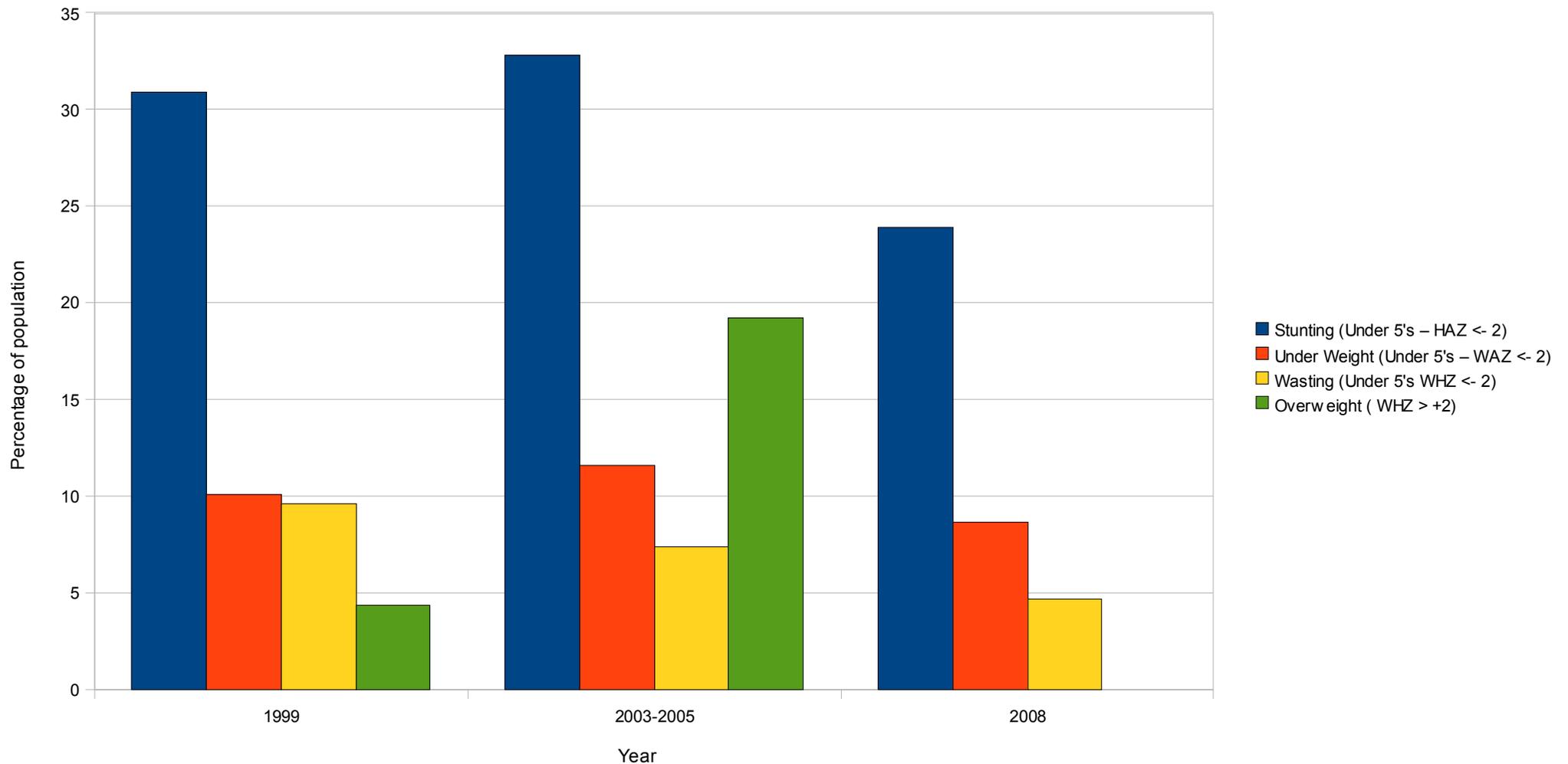
Source: M. Aliber



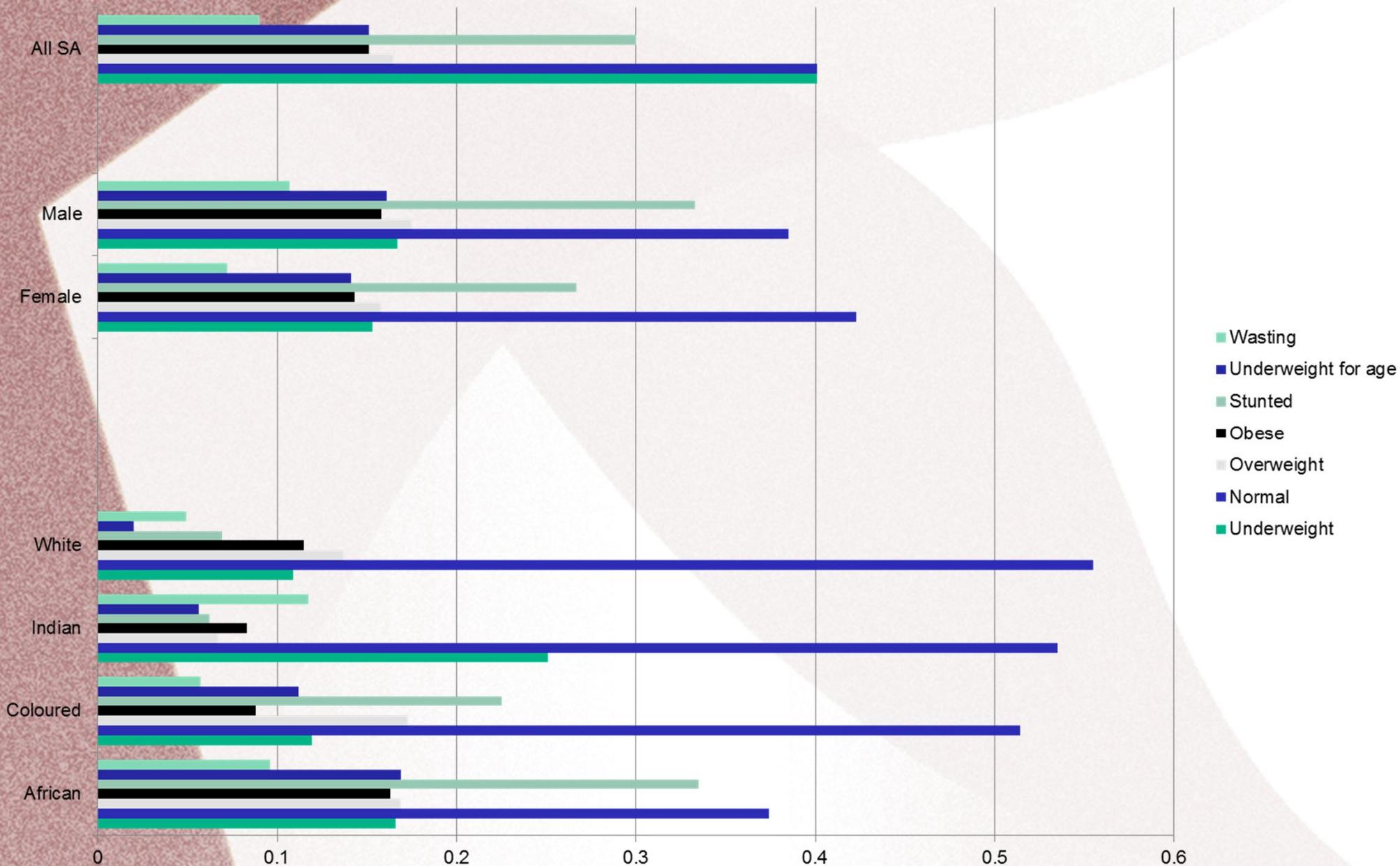
Anthropometric Data

Source: WHO and
The National Food Consumption Survey (NFCS): South Africa, 1999

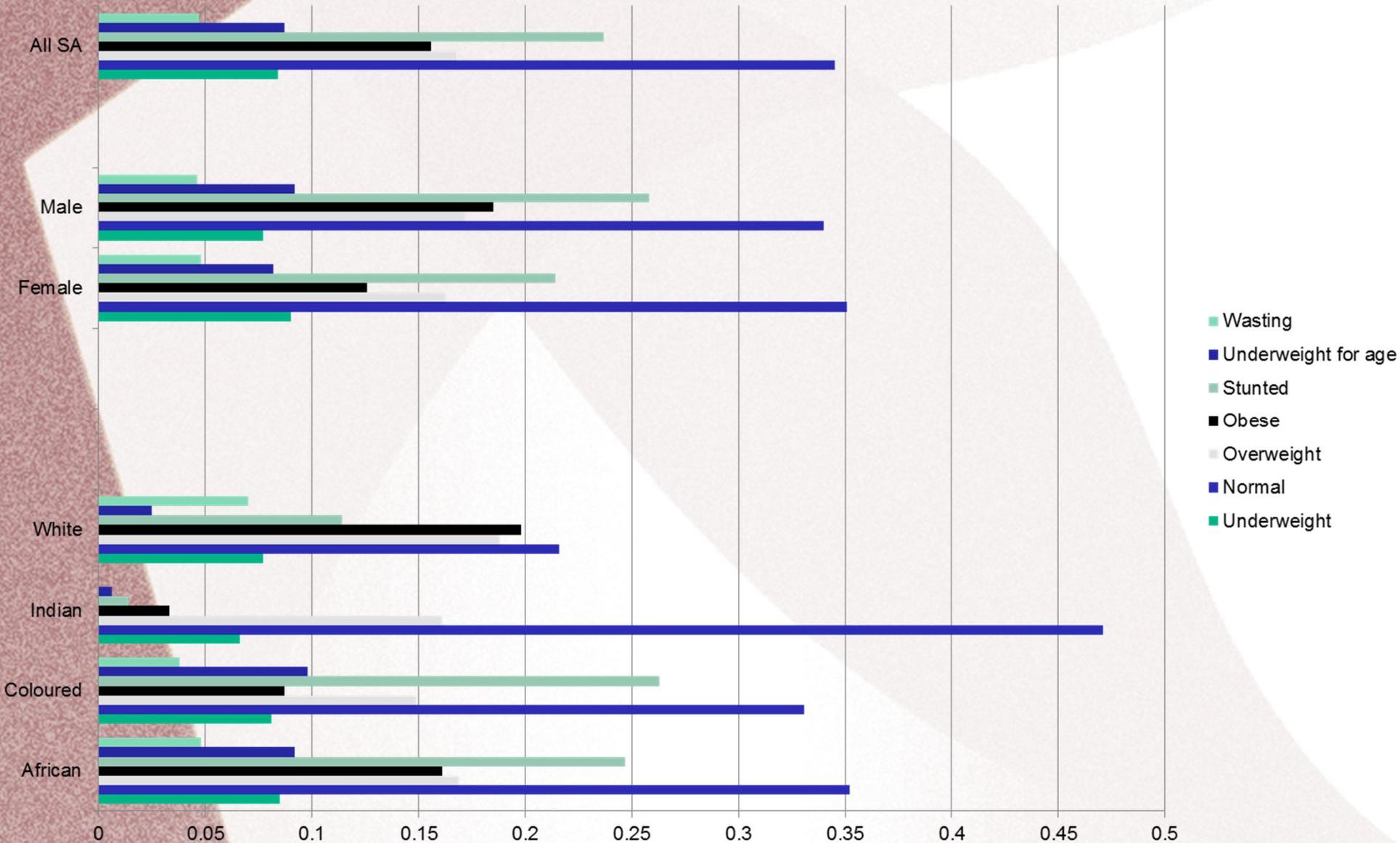
Anthropomorphic Data



Malnutrition among Children aged 6 months to 5 yrs. (NIDS 2008)



Malnutrition among Children aged 6 months to 5 yrs. (PSLSD 1993)



Changes in Malnutrition among children in SA(1993 & 2008)

- **% of stunted children under 5 yrs. decreased from 30% to 24% b/w 1993 & 2008**
- **Similarly, the % of underweight and wasted children from 15% to 9% and 9% to 5% respectively**
- **Over the same period, Female children are less likely to be classified as malnourished**
- **No significant change over time in the risk of being overweight and obese in this age group**
- **The average weight of African children increased by 2.4kg**

Conclusions

- **There is a plethora of existing data on the dynamics of food consumption/security in SA but of varying quality and relevance**
- **There seems to be a lack of consensus on standard indicators to effectively monitor and evaluate the food security situation nationally**
- **Little or no data on the intra-household dynamics of food security**
- **Dearth in data on the relationships among cultural norms, gender stereotypes and inequality, and food insecurity**
- **Limited information/data to answer the question: “Who are the food insecure in SA”?**

Thank you



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