



The Multifaceted Nature of Food and Nutrition Insecurity in South Africa: Lessons Learnt from Conducting a Case Study of Malnourished Children on Nutrition Security Programme (NSP)

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ABSTRACT A composite measurement to harmoniously capture all the pillars of food security has not yet been discovered. Food availability in sufficient quantities at all times does not necessarily mean nutrition security as compromised food quality may lead to malnutrition. This paper shows the multifaceted and complex nature of measuring food and nutrition insecurity of 136 caregivers and their children attending nutrition rehabilitation programme. A multi-measurement was used to assess food and nutrition security status. Although the children were part of a rehabilitation programme, only 63 percent of these children were successfully rehabilitated, 29 percent were wasted and 6 percent obese. Sustainable Developmental Goals (1: No poverty; 2: No hunger and 3: Good health and Well-being) are associated with the concern about obesity that is virtually an epidemic beyond achievement of the Millennium Developmental Goals. This study confirmed the complexity of food and nutrition insecurity as it extends to contextual social and behavioural issues. A proactive-holistic approach is required when planning future interventions, developing assessments and measuring systems.