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: 75.1%
- Exclusively breastfeeding: 17.5%
- Breastfed but not exclusively: 7.4%
Percentage of children aged 12-15 months who were being breastfed at the time of the interview, SA 2012

- Breastfed at the time of the interview: 64.2%
- Not breastfed at the time of the interview: 35.8%

n = 178
Age distribution of exclusive breastfeeding in South Africa according to DHS 2003 and SANHANES1 2012

<table>
<thead>
<tr>
<th>Age group in months</th>
<th>DHS 2003</th>
<th>SANHANES1</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 2</td>
<td>12.7</td>
<td></td>
</tr>
<tr>
<td>2-3</td>
<td>11.2</td>
<td></td>
</tr>
<tr>
<td>4-5</td>
<td>12.2</td>
<td></td>
</tr>
<tr>
<td>6-7</td>
<td>1.3</td>
<td>0.7</td>
</tr>
<tr>
<td>8-9</td>
<td>2.7</td>
<td>2.1</td>
</tr>
</tbody>
</table>

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

- < 6 months: 63.5%
- 6-8 months: 30.7%
- 9-18 months: 5.8%

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

- Infant cereal/porridge (commercial): 51.2%
- Cereal/porridge (homemade): 29.0%
- Pureed/mashed vegetables/fruit: 2.2%
- Bottled/canned baby foods: 4.4%
- Traditional baby food: 1.8%
- Other: 8.1%

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

<table>
<thead>
<tr>
<th>Age</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;6 months</td>
<td>5.3</td>
</tr>
<tr>
<td>6 – 11 months</td>
<td>19.7</td>
</tr>
<tr>
<td>12 – 23 months</td>
<td>17.9</td>
</tr>
<tr>
<td>24 – 35 months</td>
<td>11.6</td>
</tr>
<tr>
<td>36 – 47 months</td>
<td>8.4</td>
</tr>
<tr>
<td>48 – 59 months</td>
<td>4.8</td>
</tr>
</tbody>
</table>
Prevalence of diarrhoea in the two weeks preceding the interview in children under 5 years by locality, SA 2012

<table>
<thead>
<tr>
<th>Locality</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Urban formal</td>
<td>10.2</td>
</tr>
<tr>
<td>Urban informal</td>
<td>9.4</td>
</tr>
<tr>
<td>Rural formal</td>
<td>9.1</td>
</tr>
<tr>
<td>Rural informal</td>
<td>13.6</td>
</tr>
</tbody>
</table>
Treatment of diarrhoea in the two weeks preceding the interview in children under 5 years by age and locality, SA 2012

- <2 years:
  - Rehydrat / Hydrol / Hydrassist: 32.1%
  - Home-made sugar salt solution: 60.5%

- 2-5 years:
  - Rehydrat / Hydrol / Hydrassist: 53.9%
  - Home-made sugar salt solution: 57.0%

- Urban formal:
  - Rehydrat / Hydrol / Hydrassist: 45.9%
  - Home-made sugar salt solution: 67.4%
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

- Coughing in the last 2 weeks
- Fever in the last 2 weeks

Percentage

- <6 months: 25.8
- 6 – 11 months: 31.6
- 12 – 23 months: 35.7
- 24 – 35 months: 38.9
- 36 – 47 months: 31.9
- 48 – 59 months: 30.3

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

<table>
<thead>
<tr>
<th>Age</th>
<th>&lt;2 years</th>
<th>2-5 years</th>
<th>Urban formal</th>
<th>Rural informal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Public sector</td>
<td>65.1</td>
<td>61.6</td>
<td>56.7</td>
<td>67.4</td>
</tr>
<tr>
<td>Private sector</td>
<td>25.9</td>
<td>30.2</td>
<td>33.4</td>
<td>27.5</td>
</tr>
<tr>
<td>Other sources</td>
<td>8.9</td>
<td>8.2</td>
<td>10.0</td>
<td>5.1</td>
</tr>
</tbody>
</table>

SANHANES
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

- **How much you eat and drink can make a difference in your chance of becoming fat**
  - Yes: 69.6%
  - No: 30.4%

- **The things I eat and drink now are healthy, so there is no need for me to make changes**
  - Yes: 63.8%
  - No: 36.2%

- **What you eat can make a difference in your chance of becoming fat and getting diseases like heart disease or cancer**
  - Yes: 73.2%
  - No: 26.8%

- **What you eat can make a difference in your chance of becoming fat**
  - Yes: 74.7%
  - No: 25.3%

- **Starchy food like bread, potatoes and rice make people fat**
  - Yes: 74.5%
  - No: 25.5%

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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

<table>
<thead>
<tr>
<th>Reason</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not hungry in the morning</td>
<td>39.2%</td>
</tr>
<tr>
<td>No food in the house to eat for breakfast</td>
<td>33.9%</td>
</tr>
<tr>
<td>People at home do not eat breakfast</td>
<td>33%</td>
</tr>
<tr>
<td>Cannot get up early enough to have breakfast</td>
<td>19.2%</td>
</tr>
<tr>
<td>Cannot make their own breakfast</td>
<td>15.3%</td>
</tr>
</tbody>
</table>
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)

<table>
<thead>
<tr>
<th>Reason</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food at school is enough for the whole day</td>
<td>37.2</td>
</tr>
<tr>
<td>Nothing at home to put in the lunchbox</td>
<td>29.8</td>
</tr>
<tr>
<td>No-one at home to help make a lunchbox</td>
<td>18.3</td>
</tr>
<tr>
<td>Other children will want their food</td>
<td>18</td>
</tr>
<tr>
<td>Do not have a nice container to put lunch in</td>
<td>17.1</td>
</tr>
</tbody>
</table>
Percentage of children aged 10-14 years who take money to school, SA 2012

- Yes: 51.3%
- No: 33.2%
- Sometimes: 15.5%
Frequency of taking money to school among children aged 10-14 years, SA 2012

- Every day: 48.6%
- 2 or 3 times a week: 51.4%
Amount of money children aged 10-14 years take to school, SA 2012

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

<table>
<thead>
<tr>
<th></th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gain weight</strong></td>
<td></td>
</tr>
<tr>
<td>Males</td>
<td>15.9</td>
</tr>
<tr>
<td>Females</td>
<td>14.0</td>
</tr>
<tr>
<td><strong>Lose weight</strong></td>
<td></td>
</tr>
<tr>
<td>Males</td>
<td>10.3</td>
</tr>
<tr>
<td>Females</td>
<td>16.7</td>
</tr>
</tbody>
</table>
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)