

## ICCN Poster Presentations

### Food, the environment and health, econutrition

#### **Identifying strategic interventions for improving household food and nutrition security in an urban informal settlement, South Africa**

RM Rutengwe\*

*Research Fellow, Vaal University of Technology, Private Bag X021,  
Vanderbijlpark 1900, South Africa*

Poverty, household food insecurity and malnutrition continue to be the major causes of many deaths facing children and women in Africa. Inadequate dietary intake and infectious diseases are the most significant immediate causes of malnutrition. A dietary inadequacy is largely caused by insufficient household food supply and/or poor caring practices for women and children. The underlying causes are many including household food insecurity and are usually inter-related. Most of them lead to insufficient fulfilment of specific basic needs of children and women. Currently, HIV/AIDS affects mainly people in the productive age group. This has a great impact on livelihoods, food and nutrition security because it causes shrinkage of the available labour force. In view of the household food and nutrition insecurity problem in informal settlements in South Africa, we conducted a situation analysis. The cross sectional survey used both qualitative and quantitative methods. We found that chronic urban household food insecurity, prevalence of malnutrition and income poverty was the major problems. A problem tree and an objective tree were used to logically analyse the causes and effects of the poor situation in the study area. The role of this approach was vividly appreciated. Therefore, this paper provides useful experience in design and implementation of mixed methods, a set of strategic interventions and some better practices, which are also useful to researchers, programme planners and policy makers. The paper describes on how best community-based household food and nutrition security research programme should be planned in tertiary institutions in South Africa, particularly in the Vaal University of Technology.