

Almost 50% of adults are obese

Thokozani Simelane

Results of the first in-depth, nationwide study into food and nutrition since 1994, the National Food and Nutrition Security Survey, found almost half of SA's adult population was overweight or obese.

Malnutrition in all its forms includes undernutrition, inadequate vitamins or minerals and obesity. South Africa has undergone a nutritional transition over the past 30 years characterised by the triple burden of malnutrition – undernutrition, hidden hunger and obesity due to nutrient-poor diets.

While there was sufficient food to feed everyone through domestic production and imports, many families and individuals went to bed on empty stomachs.

Due to high unemployment figures, families relied on social grants to buy basic food items. Many bought food with lit-

tle nutritional value to avoid hunger.

The survey, conducted by the Human Sciences Research Council (HSRC), was commissioned by the department of agriculture, land reform and rural development to map hunger and malnutrition hotspots in the country.

Data was collected from over 34 500 households between 2021 and last year.

Some of the significant findings were:

- 69% of obese adults lived in food-insecure households where families had little dietary choices and were forced to eat food with little nutritional value;
- More than two-thirds (67.9%) of females were overweight or obese;
- Adults aged 35-64 had a greater prevalence of obesity than younger groups; and
- KwaZulu-Natal had a higher prevalence of obesity (39.4%), compared to other provinces.

► Simelane is a professor of practice at the HSRC. This article is republished from The Conversation

JSE/FTSE AFRICA INDEX SERIES

Sector Name	Current day's index	Index total return	Day's value %
Shariah Top40	3500.99	0.00	3.53%
Shariah All Top40 - (Tradeable)	4135.43	0.00	2.92%
Mid Cap	67023.29	3.79	1.35%
Small Cap	77178.81	4.83	0.97%
All Share	70721.21	5.46	0.69%
Fledgling	73254.93	4.09	1.15%
Large Cap	8136.13	5.02	0.94%
Large & Mid Cap	74144.63	3.61	1.29%
Resource 10	70834.20	3.99	1.18%
Industrial 25	55913.33	4.01	4.37%
Financial 15	100773.93	2.54	0.57%
Financial & Industrial 30	16521.93	5.47	-0.07%
Alt-X	99931.92	3.66	0.36%
Alt-X15	634.74	3.30	2.03%
Fin and Indi	371.97	0.72	5.21%
Preference	9622.25	3.87	0.33%
Share	974.75	9.53	1.29%
SA Listed	336.55	6.44	0.30%
Property	242.73	7.25	0.25%
Capped	107403.83	2.63	0.59%
Property All Share	33085.68	4.83	3.99%
Industrials	241.34	8.89	0.84%
Resources	14225.58	0.00	2.40%
Dividend Plus	2991.60	0.00	2.37%
Raf40	30887.28	4.40	1.80%
Raf1 Allshare	34009.17	3.93	1.40%
Weighted Top 40	36625.67	4.12	1.16%
Capped Top 40	407.81	5.83	1.86%
Capped All Share	997.76	2.56	0.54%
All Share Style Value	12474.97	3.79	1.35%
All Share Style Growth	13830.06	4.09	1.15%
Shareholder Wghtd TOP40	19495.72	3.93	1.40%
Shareholder Wghtd ALSH	20451.04	4.12	1.16%
Capped SWIX Top40	40556.93	5.56	-0.02%
Capped SWIX All Share	53.53	0.00	0.26%
SA Financials	131.67	0.00	1.32%
All Africa 40	29.99	0.00	0.50%
All Africa ex SA 30 US\$	70.67	0.00	1.57%
All Africa ex SA 30 ZAR	37918.42	0.30	-0.10%
ZAR	4529.29	3.71	5.66%
All Africa ex SA 30 US\$	5481.84	2.39	0.04%
Technology	41474.24	5.43	-0.09%
Telecommunications	1167.83	6.33	0.38%
Health Care	40122.39	3.21	-0.83%
Real Estate	81330.31	4.05	0.51%
Consumer Discretionary	36337.92	4.04	0.63%
Consumer Staples	41152.10	4.18	4.27%
Industrials	24944.26	18.55	-1.74%
Basic Materials	67023.29	3.04	1.35%
Energy	73254.19	3.28	1.15%
Top 40 Net	13830.06	3.28	1.15%
All Share Net	19495.72	3.15	1.40%
SWIX ALSH	20451.04	3.30	1.16%
Net TRI	974.75	7.62	1.29%
Capped SWIX Top40 Net	12474.97	3.04	1.35%
Capped SWIX Top40Net	812.90	0.30	-0.10%
Preference Share Net TRI	148.98	3.71	5.66%
SWIX 40 Net TRI	5088.52	3.88	-0.76%
Softwr & Comp Services	2101.83	1.71	0.41%
Telecom	10064.26	6.27	-0.22%
Service Providers	744.34	0.00	1.25%
Health Care Providers	3298.34	2.89	0.12%
Pharma & Biotech	34112.81	4.50	0.07%
Banks	93504.01	3.58	0.97%
Finance & Credit Services	1445.99	1.21	0.95%
Inv Banking & Brokerage	335.40	9.72	0.01%
Life Insurance	986916	1.99	-0.55%
Nonlife	2908.38	1.20	-1.16%
Insurance	5880.65	4.59	-0.62%
Rest. Inv & Serv Dev	2964.95	7.03	-0.44%
Real Estate	220.37	0.94	0.76%
Inv Trusts	6638.04	4.67	-0.25%
Consumer Services	7290.50	9.68	2.62%
Personal Goods	14465.89	2.38	-0.23%
Retailers	15.20	1.41	2.60%
Travel & Leisure	11130.57	5.03	0.84%
Beverages	126.99	4.21	0.50%
Food Producers	3898.01	6.46	0.49%
Tobacco	246.98	3.73	-0.20%
Pers Care, Drug & Grocery	82961.37	5.64	-2.84%
Construction & Materials	26020.04	4.32	3.48%
Electr	50298.41	3.46	5.44%
Equipment	8548.31	8.04	2.00%
General	132170.45	19.68	-1.97%
Industrials	11512.20	0.00	2.09%
Indust Support			
Servs			
Industrial Transportation			
Industrial Materials			
Indust Metals & Mining			
Precious Metals & Mining			
Chemicals			
Oil, Gas and Coal			
Alternative Energy			

EQUITIES → 22.03.2024

*Day's Volume in thousands ('000)

Shares	Code	Last Bid	Last Offer	Closing Price	Day's Move	Day's Volume*	52 week High	52 week Low	Price earnings	Dividend yield
TECHNOLOGY										
SOFTWARE AND COMPUTER SERVICES										
COMPUTER SERVICES										
4SIGHT	4SI	75	87	80		25	110	23	14.76	3.12
ALTRON	AEL	1070	1180	1100		3	1210	690	11.83	4
AYO	AYO	42	53	40		0	478	30	-0.23	150
CAPPREC	CTA	111	114	114		13	165	105	18.45	7.24
COGNITION	CGN	100	109	101		0	110	74	21	
DATATEC	DTG	3625	3830	3824	75	88	4162	3356	-31.72	5.1
EOH	EOH	113	116	113	-4	149	181	105	-5.95	
ISA	ISA	135	161	150	15	9	166	101	9.55	10.47
KAROO	KRO	49700	52990	51391	1890	0	62405	39300	23.22	3.13
MIXTEL	MIX	730	1100	1056	106	87	950	380	49.12	1.66
PBT GROUP	PBG	665	680	665	0	0	1050	560	8.8	6.39
SEBATA	SEB	164	179	180		10	251	170	-9.41	
SOFTWARE										
BYTES	BYI	12300	13000	12461	-539	12	16100	8055	30.46	1.47
CONSUMER DIGITAL SERVICES										
NASPERS-N	NPN	305000	312500	309526	-2065	559	354795	274235	38.27	0.28
PROSUS	PRX	55275	57500	56600	896	1070	66804	49315	41.56	0.25
TECHNOLOGY HARDWARE AND EQUIPMENT										
COMPUTER HARDWARE										
MUSTEK	MST	955	992	991	-6	0	1775	986	4.05	7.77
TELECOMMUNICATIONS										
TELECOMMUNICATIONS SERVICE PROVIDERS										
CABLE TELEVISION SERVICES										
MC GROUP	MCG	11000	11235	11018	-108	304	12503	6321	-20.71	
TELECOMMUNICATIONS SERVICES										
BLUETEL	BLU	420	433	425	18	402	463	260	4.95	
HUGE	HUG	200	240	200		0	283	153	9.69	
MTN GROUP	MTN	8888	9360	9036	623	8594	14410	8263	7.59	3.65
TELEMASTR	TLM	85	150	75		0	115	53	92.59	0.73
TELEKOM	TKG	2675	2830	2728	124	1960	3586	2060	-407.16	
VODACOM	VOD	9040	9700	9685	454	1478	12613	9038	10.43	6.56
HEALTH CARE										
HEALTH CARE PROVIDERS										
HEALTH CARE FACILITIES										
LIFECARE	LHC	1655	1700	1667	4	1249	2147	1663	18.9	2.64
NETCARE	NTC	1160	1239	1165	-25	2611	1610	1190	11.53	5.58
HEALTH CARE SERVICES										
AFRO-C	ACT	270	315	310		0	565	270	8.69	3.55
PHARMACEUTICALS AND BIOTECHNOLOGY										
PHARMACEUTICALS										
ADCOCK	AIP	5440	5550	5524	123	10	6050	4950	9.79	4.53
ASCENDIS	ASC	79	80	80	1	74	81	59	-1.93	
ASPEN	APN	21100	21735	21525	72	971	21453	16244	15.76	1.59
NUMERAL	XII	1	2	2		0	2	1	-2.00	
FINANCIALS										
BANKS										
ABSA	ABG	14780	15580	14806	-236	2794	18945	15021	6.11	9.25
CAPITEC	CPI	206200	210000	207857	1948	264	213500	135000	25.13	2.08
FINBOND	FGL	34	39	39	2	2	49	26	-4.24	
FIRSTRAND	FSR	6196	6235	6200	-46	10394	7432	5947	9.19	6.37
INVULT	INL	12260	12500	12371	232	611	12629	9670	7.59	6.26
INVLPC	INP	12382	12699	12452	293	390	12779	9736	7.63	6.22
NEDBANK	NED	22500	23205	23000	173	1749	23600	19545	6.94	4.44
STANBANK	SBK	18271	18455	18413	-172	2554	20851	14910	7.11	7.73
FINANCIAL SERVICES										
FINANCE AND CREDIT SERVICES										
CONSUMER LENDING										
AFDANW	ADW	7	15	9		0	22	5	-0.36	
TRANSCAP	TCP	790	850	810	10	4576	1360	399	-8.18	4.57
INVESTMENT BANKING AND BROKERAGE SERVICES										
DIVERSIFIED FINANCIAL SERVICES										
AEEI	AEE	0	118	112	-6	241	120	90	5.31	
AFRISTRAT	ATI	0	0	12		0	12	12		
ARCINVEST	AIL	501	520	506	16	237	781	373	2.68	
BIHL EB	BIHLEB	84000	95000	90000		0	100000	48102		5.54
BRAIT	BAT	133	141	134	-3	1075	375	116	-3.62	
DENEBC	DNB	172	236	230		0	241	167	9.94	4.35
HCI	HCI	16761	17250	16985	-96	64	24000	16838	8.89	0.29
PSG FIN	KST	1430	1550	1481	24	235	1598	1148	18.63	2.6
REINET	RNI	45320	46633	45787	813	145	50074	36213	10.65	1.35
REMGRO	REM	12200	12799	12232	-239	1897	16248	12471	13.07	1.96
RMBH	RMH	35	36	36		552	68	36	5.62	49.94
TRUSTCO	TTO	22	47	30	-10	10	140	5	-0.43	
UPARTNERS	UPL	1901	2000	1900		0	2500	1900	-26.55	12.66
ASSET MANAGERS AND CUSTODIANS										
AFORBES	AFH	605	652	631		101	742	470	11.19	7.45
CORONAT	CML	2975	3080	3003	-12	196	3357	2896	16.42	5.49
LONFIN	L									