

Almost 50% of adults are obese

Thokozani Simelane

esults 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 little 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

- ▶ 69% of obese adults lived in food cure households where families h tle dietary choices and were forced 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 AFRICAINDEX SERIES Day's value %

3500.99

77178.81

70721.21

73254.19 8136.13 74144.63

0834.20

55913.33 00773.93

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1.15% 0.94% 1.29%

1.18% 4.37% 0.57% 3.99 4.01 2.54 5.47

-0.07%

0.36% 3.66 3.30 0.72 3.87

5.21%

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0.59% 3.99% 0.84%

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4.21 0.50%

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NRL

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Shariah Top40 Top40 -(Tradeable) Mid Cap Small Cap All Share Fledgling Large Cap Large & Mid

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2.63 4.83 8.89 0.00 0.00 4.40 3.93 Capped All Share All Share Style 4.12 Value All Share Style 5.83 407.81 2.56 Shareholde

Wghtd TOP40 Shareholder Wghtd ALSH 3.79 12474.97 3830.06 4.09 Capped SWIX Top40 19495.72 3.93 Capped SWIX All Share 4.12 5.56 0.00 20451.04 SA Financials All Africa 40 All Africa 40 ZAR All Africa ex

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SA 30 US\$

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Alternative

0.00 1.57% 0.30 -0.10% 4529.29 5481.84 41474.24 3.71 5.66% 2.39 0.04% 5.43 -0.09% 6.33 0.38% 40122.39 3.21 -0.83% 4.05 4.04 4.18 18.55 3.04 3.28 81330.31 36337.92 41152.10 24944.26 73254.19 3.28

3830.06 Capped SWIX Top40 Net Capped SWIX 19495.72 3.15 20451.04 3.30 Preference Share Net TRI SWIX 40 Net 974.75 7.62 12474.97 3.04 812.90 0.30 148.98 3.71

3.88 Providers Pharma & 21010.83 Finance & Credit Servic 744.34 0.00 2.89 4.50 93504.01 3.58 Insurance Rest Inv& 1.21 Serv Dev Real Estate 335.40 9.72 Personal Good 2908.38 -0.62% -0.44% 0.76%

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Confirmed data as of: 22/03/2024

Shares		→ 22.0 Last	Last	Closing	Day's	y's Volume Day's	ı	veek	Price	Dividend
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CHNOLOG COFTWARE		 /iputer	SERVIC	 ES						
COMPUTER S	SERVICE 4SI	S 75	87	80		25	110	23	14.76	3.12
LTRON YO	AEL AYO	1070 42	1180 53	1100 40		3	1210 478	690 30	11.83 -0.23	4 150
APPREC	CTA CGN	111	114	114		13	165	105 74	18.45	7.24
OGNITION ATATEC	DTC	100 3625	109 3830	101 3824	75	0 88	110 4162	3356	-31.72	5.1
OH SA	EOH ISA	113 135	116 161	113 150	-4 15	149 9	181 166	105 101	-5.95 9.55	10.47
aroo Iixtel	KRO MIX	49700 730	52990 1100	51391 1056	1890 106	0 87	62405 950	39300 380	23.22 49.12	3.13 1.66
BT GROUP EBATA	PBG SEB	665 164	680 179	665 180		0 10	1050 251	650 170	8.8 -9.41	6.39
OFTWARE YTES	BYI	12300	13000	12461	-539	12	16100	8055	30.46	1.47
ONSUMER I	DIGITAL	SERVIC	ES	309526	-2065	559		274235		0.28
ROSUS	PRX	55275	57500	56600	896	1070	66804		41.56	0.25
ECHNOLOG OMPUTER I	HARDW	ARE				_				
ELECOMMU		ONS	992	991	-6	0	1775	986	4.05	7.77
ELECOMMU ABLE TELE				ROVIDERS 						
IC GROUP				11018	-108	304	12503	6321	-20.71	
LUETEL UGE	BLU	420 200	433 240	425 200	18	402 0	463 283	260 153	4.95 9.69	
ITN GROUP	MTN	8888	9360	9036	623	8594	14410	8263	7.59	3.65
ELEMASTR ELKOM	TLM TKG	85 2675	150 2830	75 2728	124	0 1960	115 3586	53 2060	92.59 -407.16	0.73
ODACOM EALTH CAR	VOD E	9040	9700	9685	454	1478	12613	9038	10.43	6.56
EALTH CAR EALTH CAR										
IFEHC ETCARE	LHC	1655 1160	1700 1239	1667 1165	-25	1249 2611	2147 1610	1663 1190	18.9 11.53	2.64 5.58
EALTH CAR		CES	315	310	20	0	565	270	8.69	3.55
HARMACEL	JTICALS	ANDBI				0	303	210	0.09	3.55
HARMACEL DCOCK	JTICALS AIP	5440	5550	5524	123	10	6050	4950	9.79	4.53
SCENDIS SPEN	ASC APN	79 21100	80 21735	80 21525	1 72	74 971	81 21453	59 16244	-1.93 15.76	1.59
UMERAL INANCIALS	XII	1	2	2		0	2	1	-200	
ANKS BSA	ABG	14780	15580	14806	-236	2794	19045	15021	6.11	9.25
APITEC	CPI	206200	210000	207857	1948	264	213500	135000	25.13	2.08
INBOND IRSTRAND	FGL FSR	34 6196	39 6235	39 6200	-46	2 10394	49 7432	26 5947	-4.24 9.19	6.37
NVLTD NVPLC	INL INP	12260 12382	12500 12699	12371 12452	232 293	611 390	12629 12779	9670 9736	7.59 7.63	6.26 6.22
Edbank Tanbank		22500 18271		23000 18413	173 -172	1749 2554		19545 14910	6.94 7.11	4.44 7.73
NANCIAL S	SERVICE	S								
ONSUMER I		G						_	0.00	
RANSCAP	TCP		15 850	9 810	10	0 4576	22 1360	5 399	-0.36 -8.18	4.57
NVESTMEN IVERSIFIED	FINAN	CIAL SE	RVICES							
eei Fristrat	AEE ATI	0	118 0	112 12	-6	241 0	120 12	90 12	5.31	
RCINVEST IHL EB	AIL BIHLEE	501 84000	520 95000	506 90000	16	237 0	781 100000	373 48102	2.68	5.54
rait Eneb	BAT DNB	133 172	141 236	134 230	-3	1075 0	375 241	116 167	-3.62 9.94	4.35
CI SG FIN	HCI KST	16761 1430		16985 1481	-96 24	64 235		16838 1148	8.89 18.63	0.29
EINET	RNI	45320	46633	45787	813	145	50074	36213	10.65	1.35
EMGRO MBH	REM RMH	12200 35	12799 36	12232 36	-239	1897 552	16248 68	12471 36	13.07 5.62	1.96 49.94
RUSTCO JPARTNERS	UPL	22 1901	47 2000	30 1900	-10	10 0	140 2500	5 1900	-0.43 -26.55	12.66
SSET MANA FORBES	AGERS A	ND CUS 605	TODIAN 652	S 631		101	742	470	11.19	7.45
ORONAT	CML	2975 1050	3080	3003 1170	-12	196 0	3357 1200	2896 680	16.42 16.65	5.49 2.42
NINETY 1L	NY1	3860	4050	3974	-14	179	4375	3589	10.05	7.45
IINETY 1P UILTER	N91 QLT	3955 2450	4278 2550	4020 2530	-14 20	159 589	4385 2510	3602 1710	10.17 34.44	7.37 4.93
RHBOPHELO SABCAP	RHB SBP	151 6901	388 6921	397 6920	14	9	400 8250	200 6311	-13.47 -629.09	7.81 1.3
Sygnia Eder	SYG ZED	1894 163	1900 165	1900 163		5 531	1990 185	1630 161	9.55 33.27	11.05
NVESTMEN SE			9000	8800	86	80	10666	8452	8.55	8.91
URPLE	PPE	64 1200	69 1495	64	00	59 0	140	53	-31.22	
ASFIN UNANI	SFN VUN	0	279	1500 265	-5	0	3100 285	1450 260	4.1 9.64	10.32 7.55
SLOSED END ASTORIA	INVEST ARA	MENTS 811	854	850		16	1200	800	1.96	
THOSCAP REMATON	EPE TMT	421 206	440 230	440 206	20 -4	11 6	560 320	400 200	-3.55 57.22	15.53
PEN END AI					VEHICL	. ES	724	426		8.71
BRIMSTON MTNZFUTHI	BRT MTNZF	455	550 1569	501 1400	150	0 12	650 2200	305 1050	7 -6.01	7.98
SABKABILI	SZK	3051	4100	3051	150	0	4210	3010	1.9	
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IFE INSURA CLIENTELE	NCE CLI	1050	1100	1100	35	5	1345	921	7.56	11.36
OISCOVERY MOMMET	DSY MTM	12560 2067	12800 2163	12700 2075	-21 5	1508 948	15878 2219	12397 1665	12.32 6.68	1.38 5.78
MUTUAL SANLAM	OMU	1155	1177 7150	1163 6986	-1 16	7811 2125	1333 7433	1067 5141	6.76 13.1	7.14 5.73
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OUTSURE P ROPERTY A	OUT ND CAS	4003 Ualty I I		4217 CE	46	1359	4408	3115	21.88	3.3
ANTAM REAL ESTATE	SNT	0	29995	29667	167	11	31247	26000	12.84	4.72
REAL ESTATE	INVEST									
ACSION	ACS	628	680	622	0	0	764	480	5.51	5.53
BALWIN FORTRESSB	BWN FFB	175 1520	188 1700	182 1552	-8 2	54 1590	313 1662	188 445	1.96 19.03	7.75
GTCSA LIGHTPROP	GTC LTE	0 780	0 800	4000 800	2000 -2	5 1721	2000 802	2000 500	-2259.89 10.84	2.6 3.49
MAS NEPIROCK	MSP NRP	1606 12991	1650 13230	1611 13013	20 163	518 1254	2268 13685	1400 9931	7.72 12.36	5.26 8.15
PUTPROP VISUAL	PPR VIS	301	325	301	1 1	2 70	360	290	3.31 -1.18	4.32
REAL ESTATE DIVERSIFIEI	INVEST	MENTT		-	1			•	2.10	
AREIT	AP0	210	250	250		0	390	250	3.87	7.7
ATTACQ BURSTONE	ATT BTN	1040 750	1071 800	1057 760	-3 -13	524 291	1060 900	772 708	25.72 81.63	5.58 12.74
DIPULA B EMIRA	DIB EMI	0 850	435 872	420 850	-30	65 723	444 1041	339 771	7.66 12.39	12.2 10.83
FTAPROPA	FTA	0	1680	1550	l	0	1677	1270	13.28	8.55

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Johannesburg Water (SOC) Ltd invites responses from interested parties for the following:

Tender No.	Description	CIDB Grade	Compulsory briefing session	Closing date	Enquiries
JW 001/22 GL RR	Offsite Storage and Retrieval of Company's Documents on an as and When Basis for the Period of Thirty Six (36) Months.	N/A	05 April 2024 at 11:00 to 12:00 at Auditorium, Johannesburg Water, Turbine Hall, 65 Ntemi Piliso Street, Newtown.	29 April 2024 at 10:30	All general enquiries must be directed to Gcina Ndela at 011 688 1796 or gcina.ndela@jwater.co.za using the tender number as reference. All technical enquiries must be directed to Amukelani Masia at 011 688 1415 or amukelani.masia@jwater.co.za using the tender number as reference
JW14404	Panel A and B of Contractors - Upgrades and Refurbishments within Existing Reservoir and Pump Station Complexes on an as and when Basis for 36 Months Under a Framework Contract	Panel A 6CE or Higher Panel B 6ME or Higher	05 April 2024 at 13:00 to 14:00 on Microsoft teams. Link will be available at JW website.	25 April 2024 10:30	All general enquiries must be directed to Nthabiseng More at 011 688 1512 or Nthabiseng.more@jwater.co.za using the tender number as reference. All technical enquiries must be directed to Nsuku Shibambu at 011 688 6674 or nsuku.shibambu@jwater.co.za using the tender number as reference.
JW14171	Panel A and B of Contractors: Upgrade & Renewal of Water Pipelines as and when Required Basis for 36 months Under a Framework Contract	3CE or Higher Panel A 5CE or Higher Panel B	08 April 2004 at 11:00 to 12:00 on Microsoft teams. Link will be available at Jw website.	26 April 2024 at 10:30	All general enquiries must be directed to Gcina Ndela at 011 688 1796 or gcina.ndela@jwater.co.za using the tender number as reference. All technical enquiries must be directed to Tawanda Mashababe at 011 688 6526 or Tawanda.mashababe@jwater.co.za using the tender number as reference
JW OPS 040/23	Provision of Cleaners, Provision of Deep Cleaning Services, Provision of Hygiene Services and Supply of Consumables on an "as and When" Required Basis for a Period of Thirty-six (36) Months.	N/A	08 April 2024 at 13:00 to 14:00 at Auditorium, Johannesburg Water, Turbine Hall, 65 Ntemi Piliso Street, Newtown.	29 April 2024 at 10:30	All general enquiries must be directed to Nthabiseng More at 011 688 1512 or Nthabiseng.more@jwater.co.za using the tender number as reference. All technical enquiries must be directed to Nosipho Gulwa at 011 688 9193 or Nosipho.gulwa@jwater.co.za using the tender number as reference.
JW CYD 002/23	Supply and Delivery of Laboratory Specialty Gasses for a Period of 36 Months	N/A	09 April 2024 at 11 to 12:00 at Auditorium, Johannesburg Water, Turbine Hall, 65 Ntemi Piliso Street, Newtown.	29 April 2024 at 10:30	All general enquiries must be directed to Gcina Ndela at 011 688 1796 or gcina.ndela@jwater.co.za using the tender number as reference. All technical enquiries must be directed to Maanda Tshivhase at 011 688 4452 or maanda.tshivhase@jwater.co.za using the tender number as reference.

Additional tenders may be found on our website at www.johannesburgwater.co.za the CIDB website at

NB: All of the above tender documents are available in PDF format and can be downloaded from the Johannesburg Water website, www.johannesburgwater.co.za . Alternatively, a copy can be obtained by contacting the officials indicated above. However, such submissions must comply with requirements as described therein, i.e., neatly bound and in its entirety with no pages omitted.

NB: Only Construction Tender Documents will be available in hard copies at R350.00 non-refundable (JW14171R 8. JW14060R). Payment must be deposited into Johannesburg Water Standard Bank Account Number 000196789 indicating the applicable Tender Number as the Reference Number. EMAIL BANK PROOF OF PAYMENT TO nthabiseng.more@jwater.co.za and gcina.ndela@jwater.co.za

Individual tender documents in sealed envelopes, marked with the correct tender number and closing date must be deposited in the tender box situated at the entrance to Turbine Hall, 65 Ntemi Piliso Street, Newtown for the attention of Supply Chain Management Unit on or before the closing time and date as indicated above.

Johannesburg Water supports BBBEE SUPPLY CHAIN MANAGEMENT UNIT

City of Johannesburg

Johannesburg Water SOC Ltd

Johannesburg

Johannesburg Water PO Box 61542 Marshalltown Fax: +27(0) 11 688 1528 2107

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