

National Food and Nutrition Security Survey

03 JULY 2024









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Context

- Food security is a fundamental strategic imperative of the South African government, as highlighted in many government policy documents.
- ➤ The right to have access to sufficient food by all citizens is enshrined in the Constitution of South Africa.
- ➤ The RSA Cabinet approved the National Policy on Food and Nutrition Security in 2013.
- Food security in South Africa must be addressed within the context of issues such as the changing context of responding to hazards and shocks to economic activities.









Context

Annexure A



NATIONAL POLICY

on

FOOD AND NUTRITION SECURITY

Department of Social Development

Department of Agriculture, Forestry

and Fisheries

August 2013

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Survey objectives

- To provide a baseline assessment of food security and nutrition situation at households in the respective livelihood zones.
 - a. Availability: Determine food availability at household level.
 - b. Access: Determine food access at household level.
 - c. Food Utilisation: To determine individual food consumption within the household and compile anthropometric measurements.
 - d. Food Stabilisation: Assess household food stability with respect to food supply, price changes, shocks and the coping mechanisms.
- To analyse the link between food security and nutrition. Explore reasons for people's vulnerability.
- Determine recommendations for planning and targeting of interventions for food and nutrition security interventions.
- To assess the impact of COVID-19 on food security and nutrition at household level in South Africa.



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Methodology: food security continuum & Household Economy Approach

- The food security continuum builds on the iterative understanding of food insecurity as a phenomenon.
- It brings convergence to the economic, social, environmental and political aspects of food insecurity and, by focusing on individual experience, it considers the right to food.

Methodological Framework: Combination of HEA & **Food Security Continuum**

Food Security Continuum

- Measuring a set of indicators to determine numbers of people that are food insecure, using various categorisations.
- Provides with a food and nutrition security status quo at a point in time.

Acute food insecurity	Chronic food insecurity	H Under- nourished	Adequate energy intake with micronutrient deficiencies	Obesity with poverty	Vulnerable to becoming food insecure in the future	Food secure
Starvation		Food in	isecure	Food	secure	







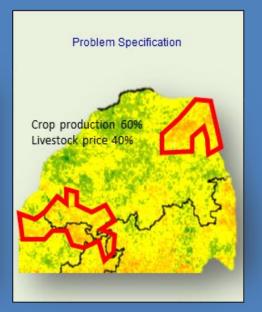
Livelihoods-Based Analysis - Household Economy **Approach (HEA)**



Step 1 Step 2 Step 3

Livelihood Zones WealthBreakdown Livelihood Strategies Baseline: Baseline: Baseline: Baseline: middle

Step 4



Step 5

Analysis of Coping capacity

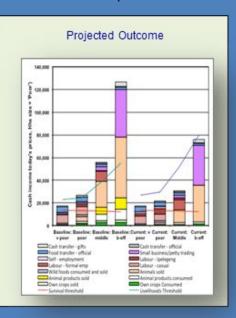
Draw down on savings Seek extra labour furhter away Minimise (switch) non-essential expenditure

Sell high value commodities instead of consuming them

Sell livestock

Produce more products from natural environment

Step 6





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FINDINGS







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Education of the respondents

econdary:

Metric:

13%

	No	No schooling		Primary		condary	I	Matric	Tertiary	
	9⁄0	95% CI	9⁄0	95% CI	9⁄0	95% CI	9⁄0	95% CI	9⁄0	95% CI
Sex										
	2.4	[1.7-3.2]	24.	[23.0-	32.	[30.2-	28.	[26.7-	12.	[10.5-
Male			4	25.9]	1	34.0]	9	31.1]	3	14.4]
	2.9	[2.5-3.4]	22.	[20.7-	31.	[30.3-	30.	[28.5-	12.	[11.1-
Female			2	23.7]	9	33.6]	2	32.0]	7	14.5]
	2.7	[2.3-3.1]	23.	[22.0-	32	[30.6-	29.	[28.1-	12.	[11.0-
Total			2	24.5]		33.5]	6	31.1]	5	14.3]
Age group										
	3.3	[2.6-4.0]	85	[83.3-	11	[9.7-	0.7	[0.5-1.0]	0.1	[0.0-0.1]
7-14				86.5]		12.5]				
	0.8	[0.6-1.1]	8.9	[7.5-	46.	[43.1-	38.	[35.4-	5.5	[4.6-6.7]
15-24				10.5]	3	49.5]	4	41.6]		
	1.8	[0.9-3.6]	6.6	[5.5-7.9]	30.	[28.2-	40.	[38.0-	20.	[17.7-
25-34					7	33.4]	6	43.2]	3	23.2]
	1.6	[1.3-2.1]	8.1	[7.1-9.3]	34.	[31.9-	34.	[31.9-	21.	[17.9-
35-44					5	37.2]	4	37.0]	3	25.3]
	2.6	[2.1-3.2]	14.	[12.2-	30.	[28.2-	30.	[28.1-	21.	[17.8-
45-54			4	17.1]	8	33.4]	7	33.5]	5	25.7]
	7.2	[5.9-8.8]	25.	[22.5-	30.	[26.9-	20.	[17.4-	16.	[13.4-
55-64			6	28.9]	1	33.5]	2	23.2]	9	21.1]
	16.	[12.8-	30.	[27.1-	26.	[22.7-	15.	[11.8-	11.	[8.1-
65+	7	21.3]	6	34.4]	3	30.3]	2	19.3]	2	15.4]
	2.7	[2.3-3.1]	23.	[22.0-	32	[30.6-	29.	[28.1-	12.	[10.9-
Total			2	24.5]		33.5]	6	31.1]	5	14.3]
1					_			34.		

GP: Highest Tertiary: 33.8%

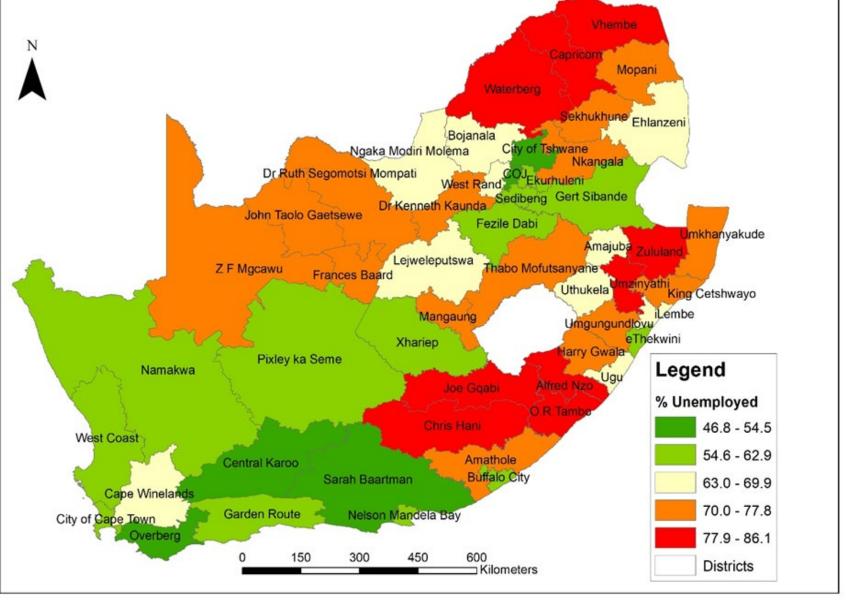
KZN: Highest Metric: 38%

NC: Highest Secondary: 46%,





Unemployment RSA





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Household Income

	No income or <r1500< th=""><th>R1501-R3</th><th colspan="3">R1501-R3000 R3001-R</th><th>R4501-R6</th><th>000</th><th colspan="2">>R6000</th></r1500<>			R1501-R3	R1501-R3000 R3001-R			R4501-R6	000	>R6000	
	%	95% CI	9⁄0	95% CI	%	95% CI	%	95% CI	%	95% CI	
Province								/			
Western Cape	12.9	[9.5-17.2]	17.4	[14.6-20.5]	17.1	[14.7-19.8]	13.9	[11.6-16.6]	38.7	[32.1-45.8]	
Eastern Cape	16.5	[15.1-18.0]	35.0	[32.9-37.2]	17.9	[16.6-19.2]	10.3	[9.4-11.3]	20.3	[17.6-23.4]	
Northern Cape	17.8	[15.4-20.5]	30.7	[28.4-33.1]	18.4	[16.7-20.2]	9.7	[8.4-11.2]	23.4	[20.2-26.9]	
Free State	21.0	[18.5-23.7]	33.2	[31.0-35.5]	16.9	[15.3-18.6]	10.6	[9.1-12.4]	18.3	[16.0-20.9]	
KwaZulu-Natal	16.5	[14.8-18.2]	26.8	[24.9-28.7]	16.9	[15.5-18.4]	11.9	[10.9-13.1]	27.9	[25.2-30.8]	
North West	25.4	[22.8-28.1]	35.7	[32.5-39.0]	16.6	[14.7-18.7]	8.3	[6.8-10.1]	14	[11.7-16.6]	
Gauteng	16.6	[14.0-19.5]	21.7	[19.4-24.3]	13.1	[11.4-14.9]	10.2	[9.0-11.6]	38.4	[33.5-43.6]	
Mpumalanga	24.0	[21.5-26.8]	28.6	[26.3-31.0]	15.5	[13.6-17.7]	10.3	[9.1-11.7]	21.5	[18.1-25.4]	
Limpopo	23.2	[20.8-25.8]	39.1	[36.4-41.8]	18.6	[16.6-20.8]	6.3	[5.2-7.8]	12.7	[10.9-14.9]	
Total	18.3	[17.4-19.3]	28.1	[27.1-29.1]	16.2	[15.5-16.9]	10.4	[9.9-11.0]	27.0	[25.3-28.7]	

About 28,1% of households earned no income or less than R500. Only about 37% of households earn more than R4500 per month indicating that the majority of the sampled households are poor and vulnerable to food insecurity.

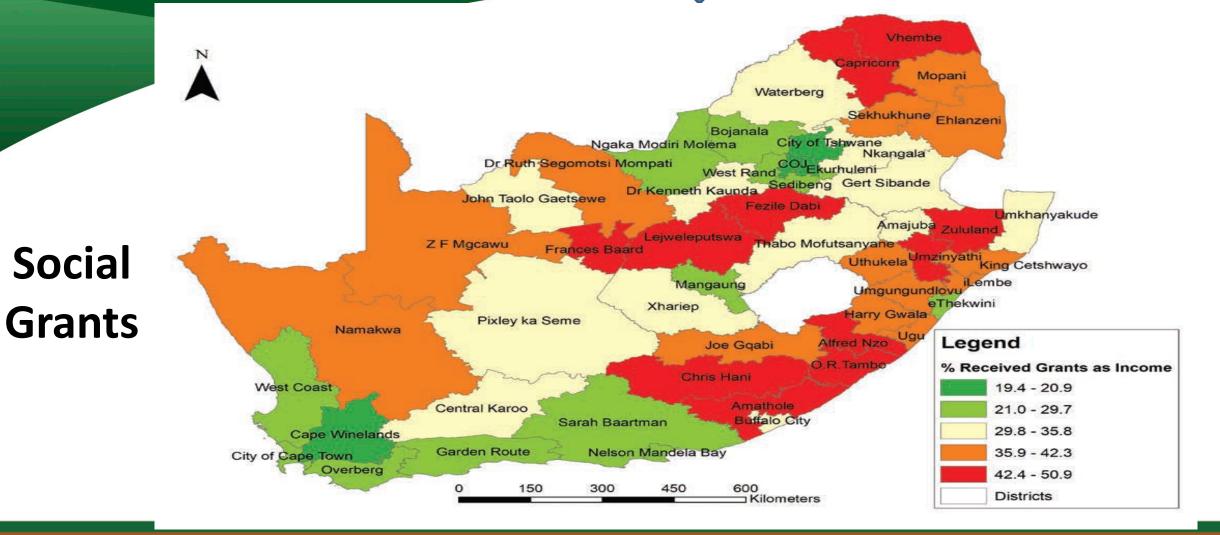


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16.5% of households across the country received social grants.





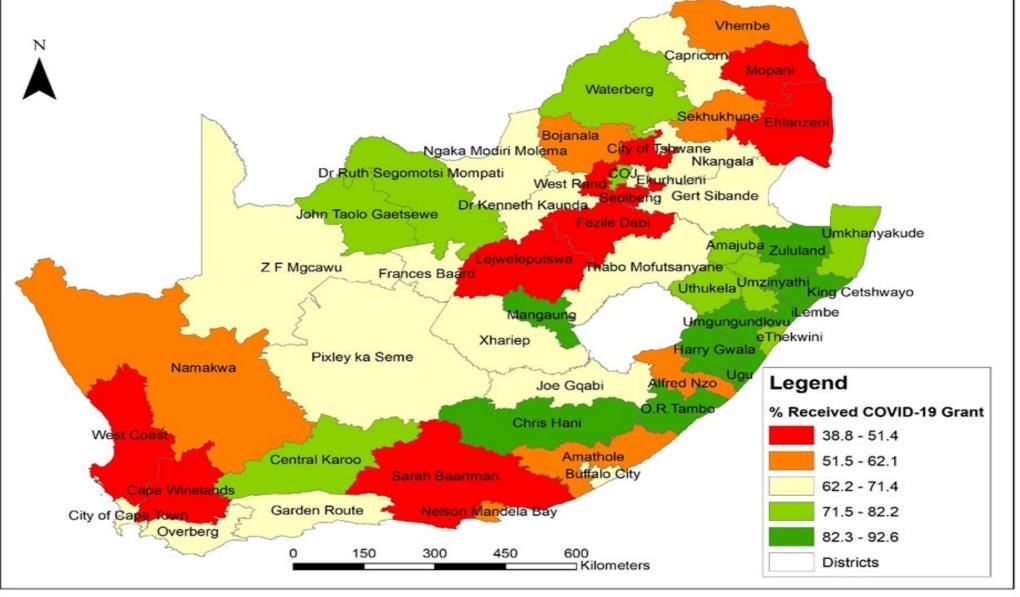
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COVID 19 Grant





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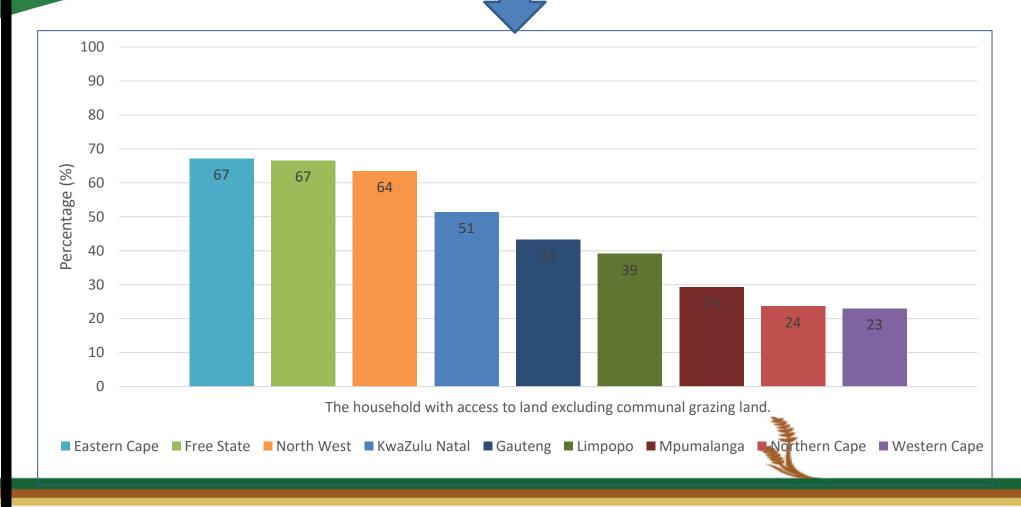
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Access to land **RSA**

Access to Land



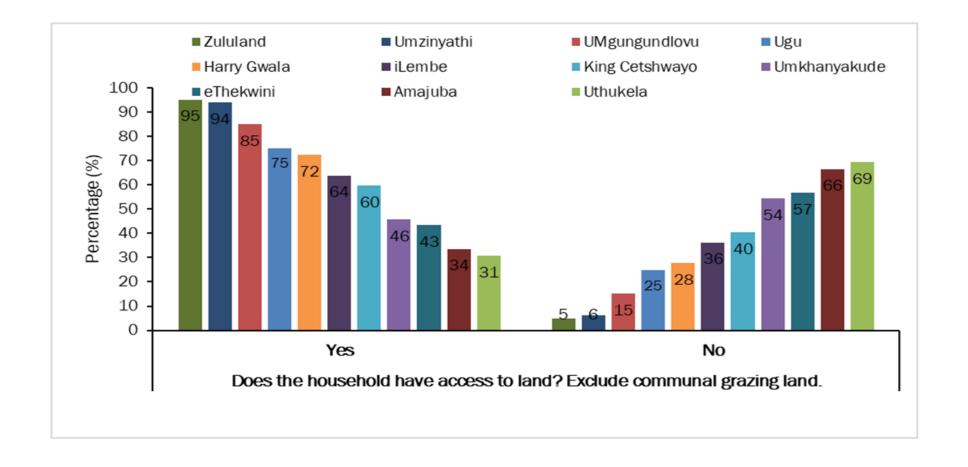






Access to Land

Access to land KZN

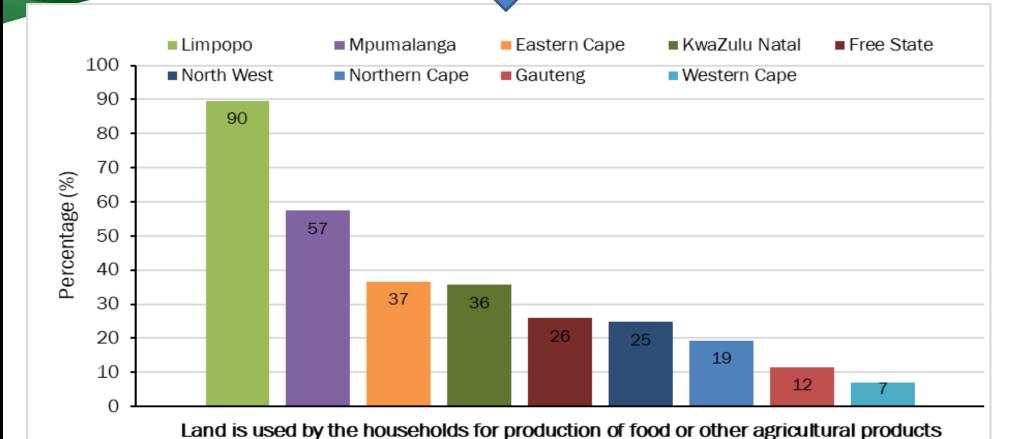








Land use RSA



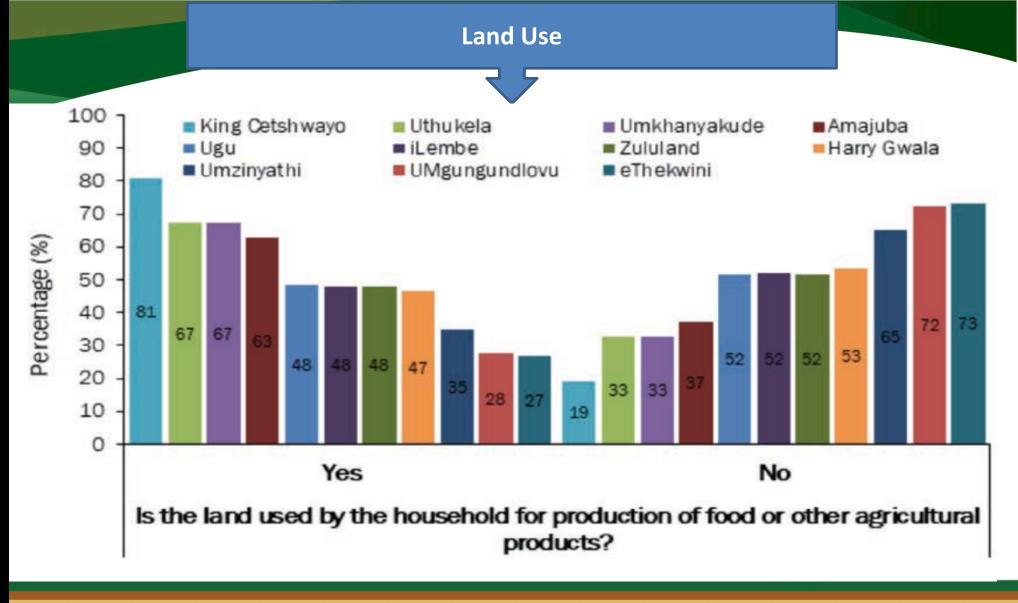
Land Use







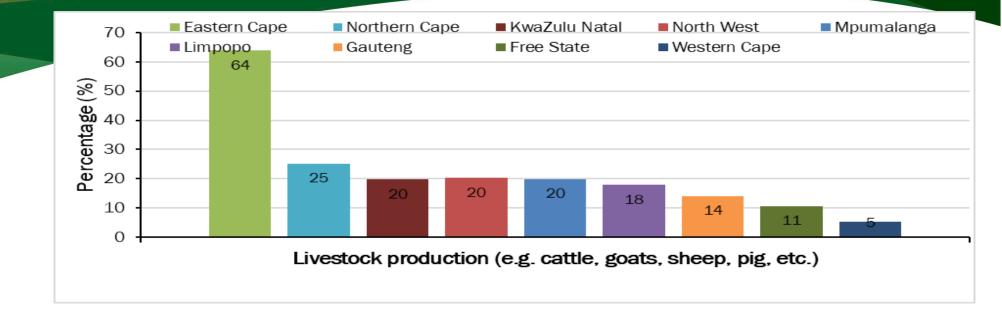
Land use KZN

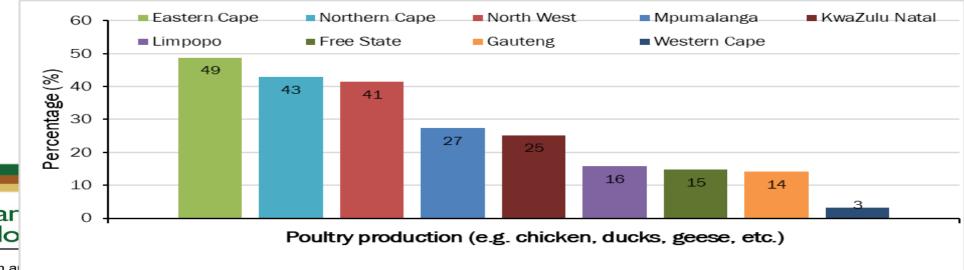




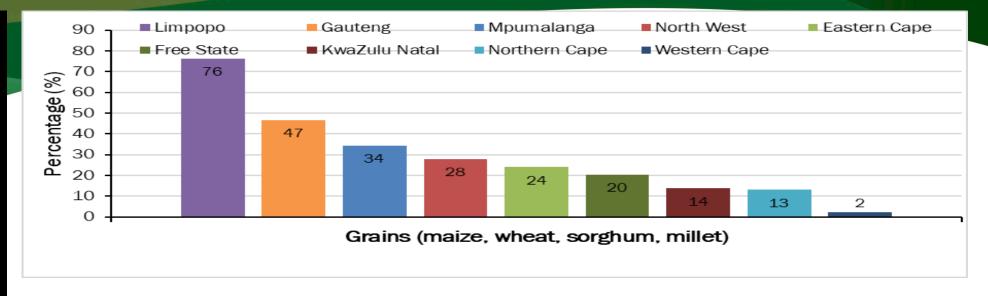


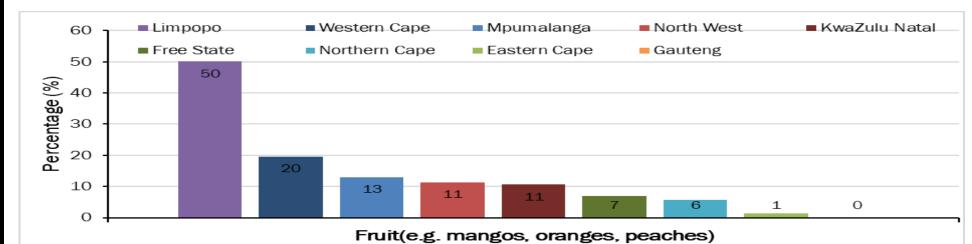








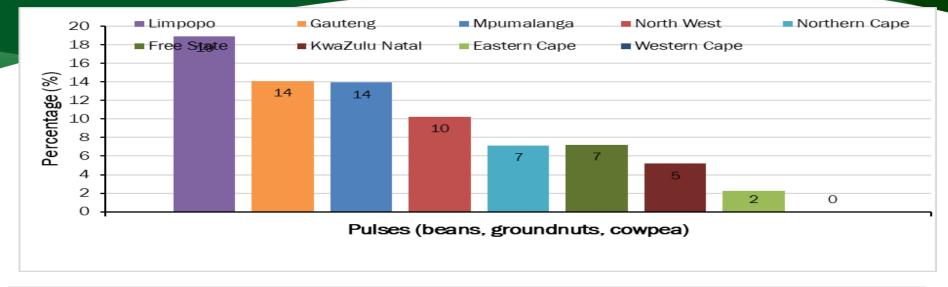


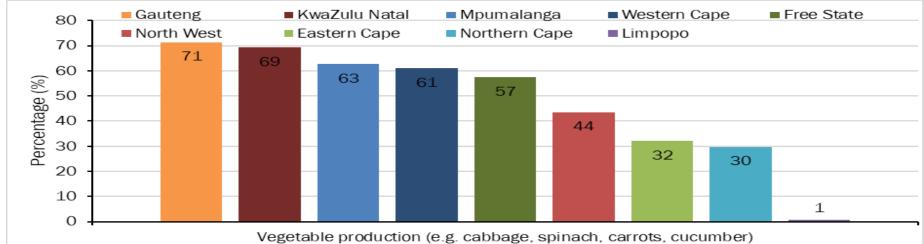














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2030 NDP



Access to Extension Services

			Access to exter	nsion servic	es
		No a	access	Ac	cess
		N	Row N %	N	Row N %
Sex of Household	Male	4645	95%	297	5%
Head	Female	5125	95%	269	5%
Age of Household	18-24	227	99%	4	1%
Head	25-34	837	97%	36	3%
	35-44	1473	96%	70	4%
	45-54	2035	95%	119	5%
	55-64	2270	94%	153	6%
	65+	2810	95%	181	5%
Province	Western Cape	178	85%	27	15%
	Eastern Cape	1517	94%	101	6%
	Northern Cape	340	87%	48	13%
	Free State	687	96%	29	4%
	KwaZulu- Natal	2975	95%	206	5%
	North West	1767	97%	48	3%
	Gauteng	/25	93%	1	7%
	Mpumalanga	1261	97%	44	3%
	Limpopo	1355	93	89	7%
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Access to Markets

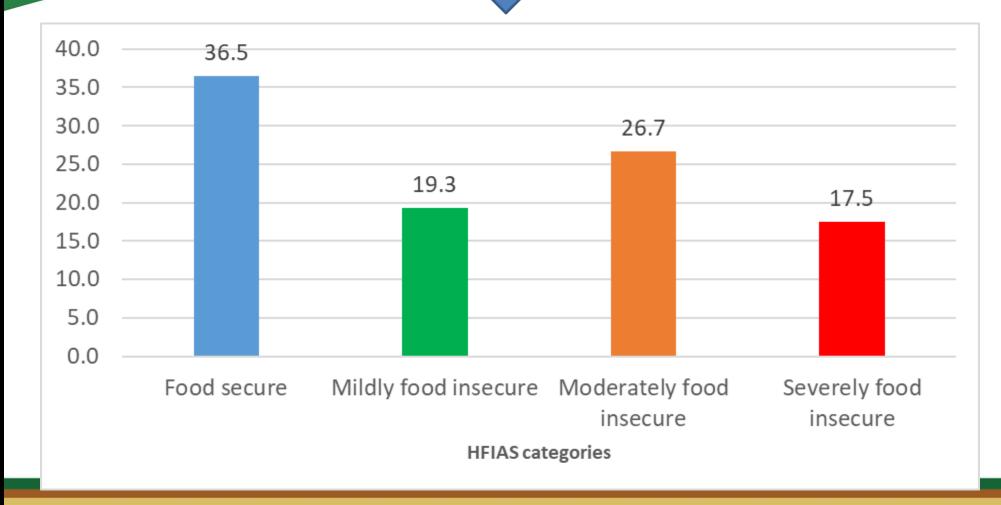
Agriculture Production

			Lack of market access						
				Yes		No			
			N	Row N %	N	Row N %			
	Sex of Household Head	Male	458	9%	4572	91%			
		Female	436	8%	5083	92%			
	Age of Household Head	18-24	12	3%	217	97%			
		25-34	63	7%	793	93%			
		35-44	136	8%	1431	92%			
		45-54	188	9%	2001	91%			
		55-64	215	8%	2277	92%			
		65+	272	9%	2811	91%			
	Province	Western Cape	19	8%	193	92%			
		Eastern Cape	139	9%	1530	91%			
		Northern Cape	50	12%	360	88%			
		Free State	69	10%	694	90%			
		KwaZulu-Natal	331	10%	2973	90%			
		North West	75	4%	1661	96%			
d		Gauteng	3	10%	27	90%			
Ы		Mpumalanga	98	8%	1194	92%			
d RIC		Limpopo	162	10%	1352	90%			



Household Food Insecurity Access Scale (HFIAS)

Household Food Security Indicators (National)





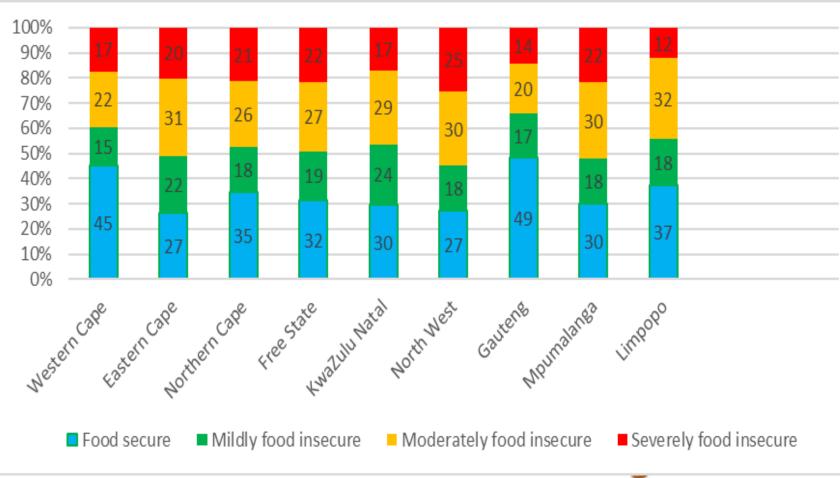
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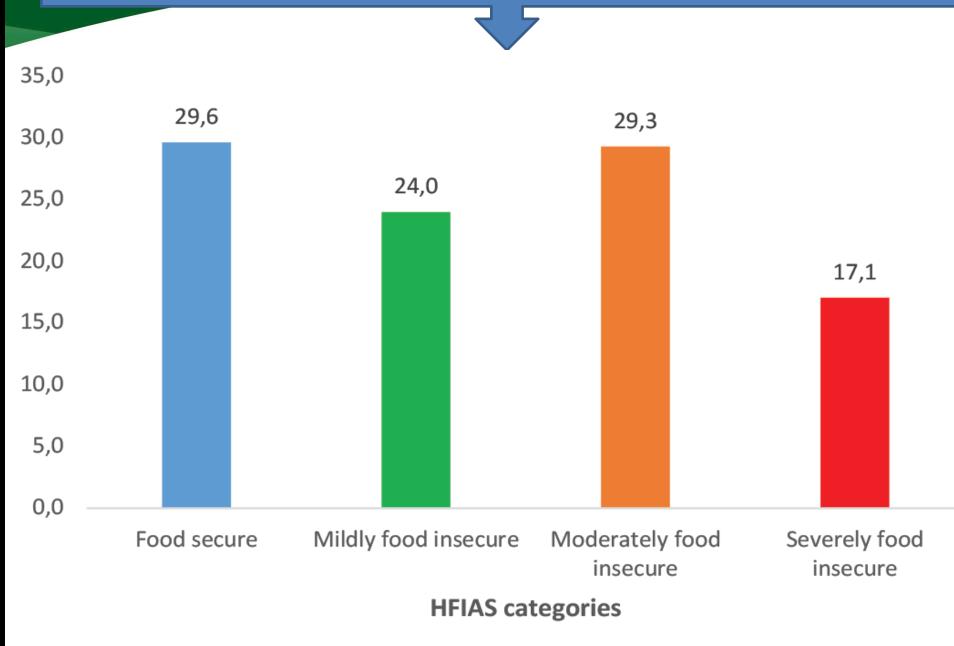
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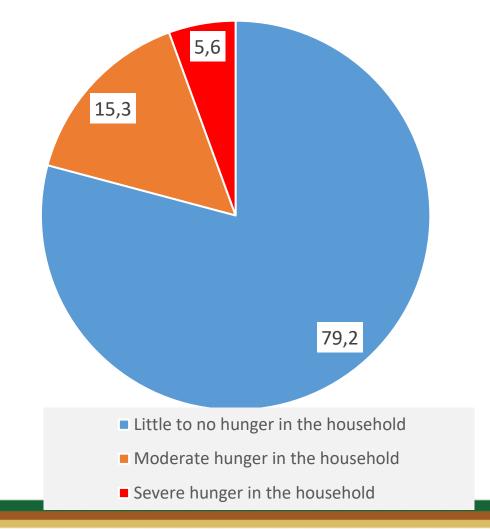
Household Food Insecurity Access Scale (HFIAS)

Household Food Security Indicators (KZN)





Hunger Situation

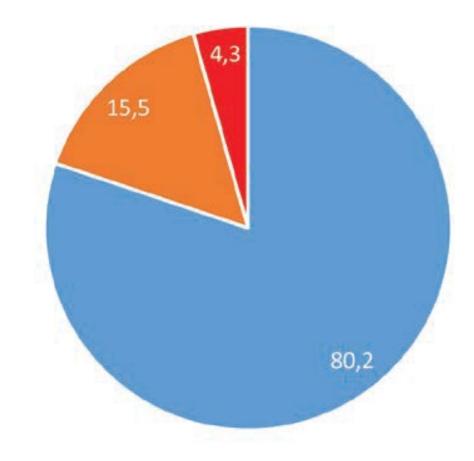








Hunger Situation



- Little to no hunger in the household Moderate hunger in the household
- Severe hunger in the household







Hunger Situation

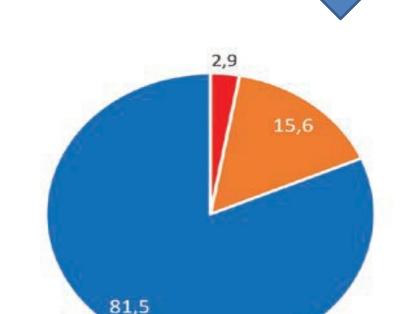
			Little to	no	Moderate		Severe	hunger
			hunger in	the	hunger i	n the	in	the
			household		household	l	household	
			N	%	N	%	N	%
	Sex of the	Male	13508	80	2637	14	994	6
	household head	Female	12783	78	3201	17	1065	6
	household	18-24	744	79	143	14	75	7
	head age	25-34	3161	79	679	15	268	6
		35-44	4779	79	1049	15	400	6
		45-54	5229	78	1303	16	463	6
>		55-64	5488	78	1282	16	437	6
		65+	6503	81	1315	15	390	4
	Province	Western Cape	3137	81	569	13	193	6
		Eastern Cape	4765	78	1008	16	331	5
		Northern Cape	2256	74	596	19	217	7
		Free State	2148	74	551	19	217	7
		KwaZulu-Natal	6839	80	1507	15	478	4
		Northwest	1386	69	482	21	206	10
		Gauteng	3241	82	567	12	227	5
or		Mpumalanga	1156	72	333	20	122	7
t		Limpopo	1689	84	276	13	78	3
VC	p	74 DF				TOGETHER WE CAN	BEAT THE CORONAVIR	US



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- Lowest dietary diversity (≤3 food groups)
- Medium dietary diversity (4 and 5 food groups)
- High dietary diversity (≥ 6 food groups)



- Lowest dietary diversity (≤3 food groups)
- Medium dietary diversity (4 and 5 food groups)

Dietary Diversity Score

■ High dietary diversity (≥ 6 food groups)

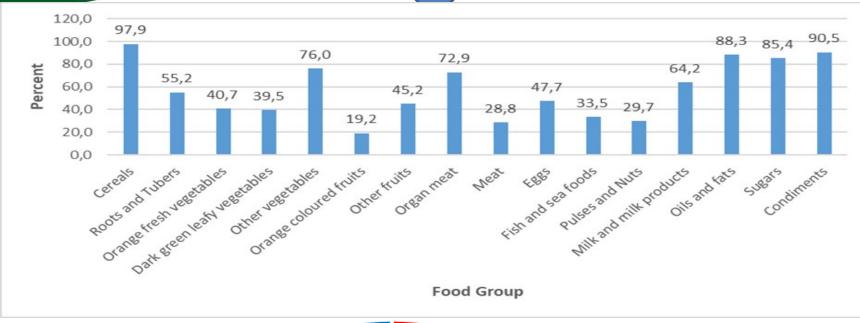


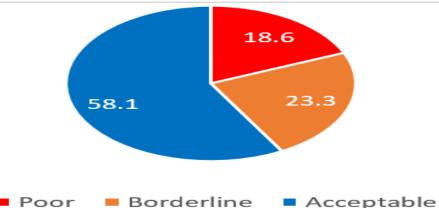




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Food Consumption









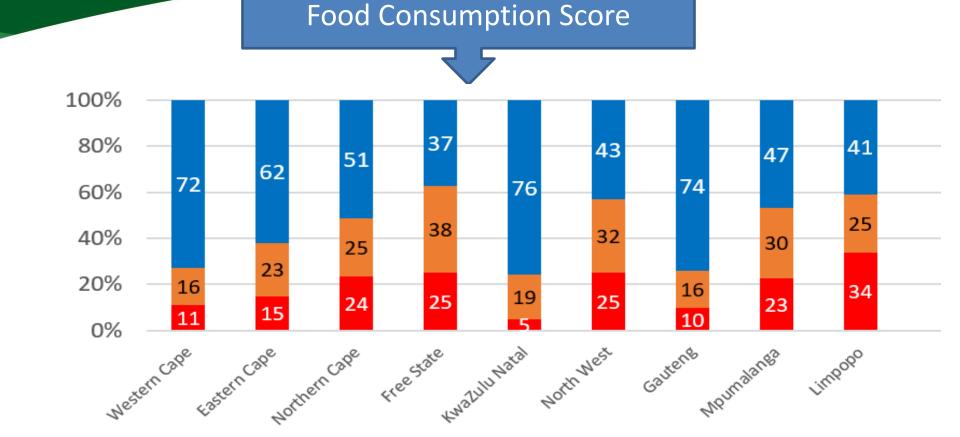




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Score

Consumption



Poor

Borderline



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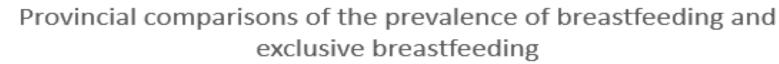


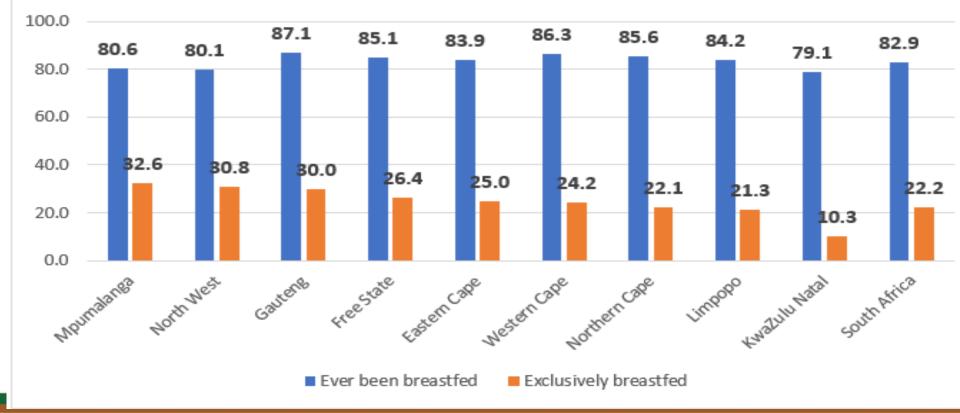


Acceptable

Nutrition Indicators

Infant Feeding







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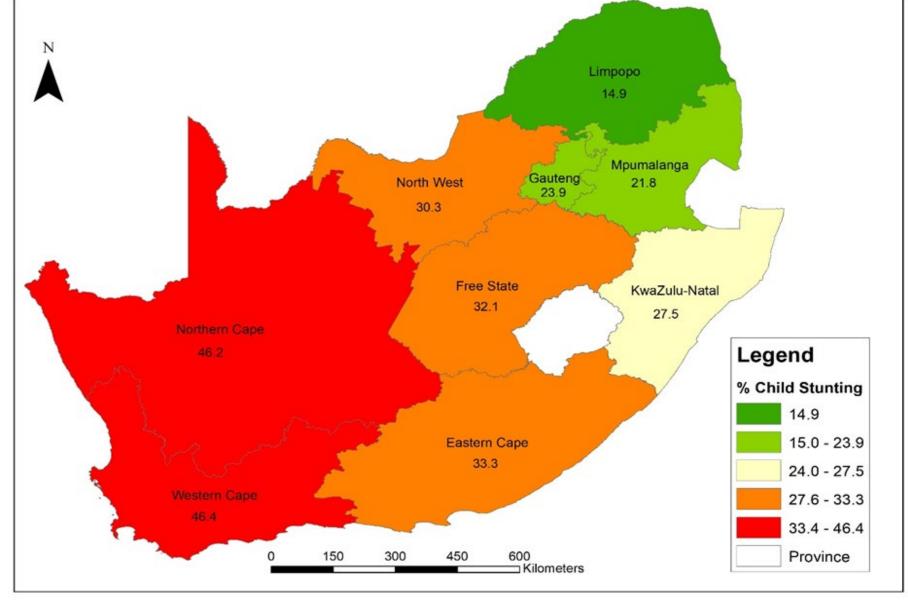
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Nutrition Indicators

Prevalence of Stunting









Food Security Indicators Highlights

PROVINCE	House	ehold Food Insecur Scale (HFIAS)	•	Household Hunger Scale (HHS)			Household Dietary Diversity Score (HDDS)			Food Consumption Score (FCS)		
	Food Secure	Mild/ Moderate	Severe	Little/ No	Moderate	Severe	Highest	Medium	Lowest	Acceptable	Borderline	Poor
Western Cape	45.0	37.0	17.0	81.0	13.0	6.0	83.0	12.0	5.0	72.0	16.0	11.0
Eastern Cape	27 .0	53.0	20.0	78.0	16.0	5.0	78.0	16.0	7.0	62.0	23.0	15.0
Northern Cape	35.0	44.0	21.0	74.0	19.0	7.0	81.0	13.0	6.0	51.0	25.0	24.0
Free State	32.0	46.0	22.0	74.0	19.0	7.0	68.0	23.0	9.0	37.0	38.0	25.0
KwaZulu- Natal	30.0	53.0	17.0	80.0	15.0	4.0	82.0	16.0	3.0	76.0	19.0	5.0
North West	27.0	48.0	25.0	69.0	21.0	10.0	76.0	17.0	6.0	43.0	32.0	25.0
Gauteng	49.0	37.0	14.0	82.0	12.0	5.0	84.0	14.0	3.0	74.0	16.0	10.0
Mpumalanga	30.0	48.0	22.0	72.0	20.0	7.0	84.0	13.0	4.0	47.0	30.0	23.0
Limpopo	37.0	50.0	12.0	84.0	13.0	3.0	82.0	15.0	4.0	41.0	25.0	34.0
National	36.5	46.0	17.5	79.2	15.3	5.6	80.8	14.9	4.3	58.1	23.3	18.6

- While severe food insecurity was more prevalent in NW.
 - HFIAS: 25%
 - HHS 10%
- Households from NW & FS province had poor diet (25.0%) and the lowest dietary diversity (9% in Free State).



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Nutrition Indicators Highlights

PROVINCE		NUTRITION INDICATORS (%)												
	STUNTIN	īG		WASTING			UNDERWEIGHT			BMI				
	All	Moderate	Severe	All	Moderate	Severe	All	Moderate	Severe	Underweight	Overweight	Obese		
Western Cape	46.4	20.8	25.7	3.8	0.8	3.0	5.3	2.7	2.6	3.8	28.8	32.6		
Eastern Cape	33.3	15.4	17.9	3.8	1.3	2.4	5.3	3.1	2.1	8.0	25.6	32.5		
Northern Cape	46.2	30.4	15.8	23.8	4.8	19.0	27.6	8.8	18.8	20.7	16.8	26.9		
Free State	32.1	19.2	12.9	4.3	2.7	1.6	11.4	7.4	4.0	12.5	22.0	27.4		
KwaZulu-Natal	27.5	12.3	15.3	2.1	1.3	0.8	4.4	2.8	1.6	4.0	24.3	39.4		
North West	30.3	18.0	12.3	5.3	3.0	2.4	14.4	9.7	4.7	10.7	18.6	25.2		
Gauteng	23.9	13.0	10.9	6.8	3.4	3.5	7.7	3.6	4.1	3.0	28.5	30.9		
Mpumalanga	21.8	9.4	12.4	7.4	2.5	4.9	8.4	4.0	4.3	5.2	24.7	30.5		
Limpopo	14.9	6.6	8.3	6.6	1.9	4.7	8.8	2.9	5.9	7.5	22.5	30.8		
South Africa	28.8	14.0	14.8	5.3	2.1	3.2	7.7	3.9	3.7	6.0	25.3	32.1		

- WC Province: Highest prevalence of stunting levels, LP Lowest prevalence of stunting.
- NC tops on Wasting levels.
- Underweight highest in NC
- KZN tops on obesity.





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Conclusions and recommendations

- This survey provides a baseline assessment of the food and nutrition security situation of households across all the nine Provinces of South Africa.
- Socio-economic challenges that include limited food production at household level, high
 dependencies on social grants, acute unemployment among youth and dwindling household
 incomes exposes households to food and nutrition insecurity.
- There is limited subsistence farming in rural areas of most Provinces with a paltry population owning land and only few of the owners using it for production purposes.
- Access to land varies across most provinces, however generally there is low participation of households in agricultural activities. Most households depend on food purchases.









Promotion of domestic food production:

- ▼ The results suggest that addressing food insecurity in most provinces should focus on strategies to increase incomes of households.
- ✓ However, given the acute levels of unemployment in the country opportunities in intensive vegetable and livestock production activities such as sheep, goats, and poultry should be focused on.
- ✓ Investing in agro-processing and value addition have a potential of increasing the participation of youths in agri-food value chains in the various Provinces.

Focused investment and the establishment of agri-hubs:

- ✓ Creating an enabling environment for commercial food production.
- ✓ There is need to increase agricultural production in each district through focused food production and agro-processing investments.
- ✓ These can be distributed through fruit and vegetables markets that can be strategically located close to vulnerable households in all districts of the province. The markets may also serve as food banks where items imported elsewhere can be sold at affordable prices.









- Shocks: Recurrent drought, water shortages, and price increase emerged as major shocks across most provinces.
 - This implies that there is need for a well thought out water provision programme, climate change adaptation strategies and programme of action for to enhance agriculture production. Possible interventions could be construction of dams for irrigation and domestic water reticulation systems at the household level.
 - a plan of action to cushion households from escalating prices.









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- All provinces generally have hot spots for hidden hunger.
 - Infant feeding promotion, growth monitoring for improved case detection in children who need care, appropriate referrals, and management of acute malnutrition, coupled with appropriate messages on complementary feeding, remain key interventions that need to be done.
 - Education/Training: Enlightenment about the importance of micro and macro nutrient consumption as a crucial, food security programmes that must be formulated to focus on the production and consumption of foods aimed at improving the identified deficient micro-nutrient at the household level. Interventions on food preparation, meal planning and nutrition advice to support home production of fresh produce is required for improved dietary diversity in the households.
 - Full scale implementation of other nutrition sensitive programmes and approaches such as school feeding, agriculture and food security enhancement programmes, social safety network, early childhood nutrition, women empowerment, child protection water, sanitation and hygiene, and other health and family planning services, in an enabling environment will greatly reduce morbidity and mortality in childhood, incidence of obesity and non-communicable diseases, while on the other hand contributing to the improvement of cognitive, motor socio-emotional development, school performance and learning capacity, adult stature, and work capacity and productivity.







- Investment in post-harvest agro-processing: Although some households were found to be involved in agricultural activities; now, these are not sustainable and cannot ward off household vulnerability to food insecurity. A food system that encourages and enables households to process and consume what they produce locally is needed. Households need support in some months of the year (mainly January) to avoid reduce consumption patterns and incidence of seasonal hunger. Interventions that seek to help households budget and save in anticipation of lumpy expenditures are crucial to ensure year-round food security.
- Enhancing food Safety: Informal traders and small businesses that trade in agricultural products need assistance to help them improve the quality of their services through quality assurance and extend the lifespan of their products.









Next steps

- Identification of areas for further analysis.
- Sharing of final reports from the HSRC (National and Provincial Reports).
- Launch of the Survey.
- Sharing of reports in provinces (including the dissemination of results to provinces).
- Use of results for planning and targeting of FNS interventions.









END

THANK YOU







