

Stunting affects all South Africans, yet completely preventable



Thabang Mametse - Flourish Program Lead, Abigail Hlatshwayo - Flourish Host, Lindiwe Molefe- OTL Protea Glen, Letiticia Mildred - OTL Protea Glen, Nicola Eley - Grow Great Deputy Executive Director at the Stunting Imbizo in Rustenburg last week.



A group of Community Health Workers, educational experts, parents and the leadership of the Grow Great campaign pictured during a Stunting Imbizo by the Grow Great campaign.

RUSTENBURG HERALD - RUSTENBURG - "Stunting" is a condition that arises from prolonged under-nutrition that affects a child's physical and brain development and robs them of reaching their full potential.

This was the theme of an Imbizo by the Grow Great Campaign in Rustenburg on Thursday, 24 August following the Bojanala Platinum District's Stunting survey of recent months. The Imbizo furthermore formed part of increased efforts by government and its health agencies to curb stunting among new-born and young children during the first few years of their lives.

Impacts of stunting

- # Stunting affects a child's brain development;
- # Stunted children are less likely to finish school;
- # Stunted children are more likely to live in poverty as adults
- # Stunted mothers are more likely to have stunted children
- # Stunted children more likely to suffer from chronic diseases in adulthood

Stunting reduces our country's economic growth and productivity.

Causes of Stunting

Before pregnancy:

- # Poor nutrition in women of child-bearing age

During pregnancy:

- # Smoking, drugs and alcohol;
- # Infections;
- # Maternal distress;
- # Teenage pregnancy;
- # High blood pressure;
- # Short birth spacing;
- After baby is born;
- # Maternal distress;
- # Introduction of solids before 6 months;
- # Nutrient-poor diet;

- # Poor gut health;
- # Infections;

The Growth Great Community Stunting surveys aim to empower local communities, civil society and government leaders towards data-driven action that will reduce stunting by 2030. As a result some 484 children under the age of five years were surveyed between February and May of 2022. In North West this included the areas of Rustenburg, Moses Kotane, Madibeng, Moretele and Kgetlengrivier. The focus area was 51% of children from urban areas, and 49% of children from rural areas.

The Stunting prevalence in Bojanala according to the survey found that two from every 10 children under the age of five years suffer from stunting (19%). It is of particular concern that more children from South African suffer from stunting in comparison to their counterparts from comparative countries. This is illustrated by Gabon (18%), Ghana (19%), Senegal (19%); Brazil (7%), Colombia (13%), South Africa (27%), Malaysia (17%) and Peru (18%).

Who is Grow Great?

Grow Great is a national campaign that aims to mobilise South Africa to achieve zero stunting by 2030 through inspiring the public, mobilising stakeholders, supporting parents and empowering practitioners. Grow Great believes in a future where no child is denied the opportunity to reach their full potential as a result of stunting and poor early childhood development in the first 1 000 of life.



Nicola Eley - Grow Great Deputy Executive Director during her keynote address at the Stunting Imbizo in Rustenburg on Thursday last week.



Thabang Mametse - Flourish Program Lead delivering a short introductory address during last week's Stunting Imbizo in Rustenburg by the Grow Great Campaign.

BOJANALA STUNTING SCORECARD

THE FIRST 1000 DAYS of a child's life is the time from conception to two years of age. It is an opportunity to lay the foundation for a child's academic success, health and general well-being. However, it is also a vulnerable time for stunting. Mothers and babies need good nutritious food, high quality healthcare and access to clean, healthy environments so that they can Grow Great.

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484

children under 5 years were surveyed between February and May 2022

NORTH WEST

Rustenburg, Moses Kotane, Madibeng, Moretele, Kgetlengrivier

51% URBAN
49% RURAL

STUNTING PREVALENCE IN BOJANALA

2 in 10 children under 5 suffer from stunting (19%)

1% Acute malnutrition

2% Wasting

6% Underweight

6% Obese

>2yrs

Children older than 2 years are more likely to be stunted than children under 2 years of age.

COMMUNITY STUNTING PROFILE

HEALTH & NUTRITION

15% children had low birth weight (<2.5kg)

47% children had Vitamin A on track

51% children had deworming on track

15% children had adequate dietary diversity (>5 food groups in the last 24 hours)

53% children were exclusively breastfed

SOCIAL PROTECTION

95% access to safe drinking water

52% access to adequate sanitation

62% eligible children under one were receiving a Child Support Grant

84% children had birth certificates

20% access to early learning centres

R4468 Average household income per month

30 years Mothers' average age

28 months Children's average age

44% mothers completed Grade 12

51% 49% Child sex split

5 Average persons per household

42% heads of household employed

STUNTING

is a condition that arises from prolonged under-nutrition that affects a child's physical and brain development and robs them of reaching their full potential.

STUNTING RATES FOR CHILDREN UNDER 5 YEARS

THE IMPACT OF STUNTING AFFECTS ALL SOUTH AFRICANS EVEN THOUGH IT IS COMPLETELY PREVENTABLE!

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