DOUBLE BURDEN OF MALNUTRITION
AFRICA

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AFRICA

“The only man I envy is the man who has not yet been to Africa - for he has so much to look forward to ”

Richard Mullin

• 1.28 Billion people (current)
• Diverse
• Complex
• Challenging
“As Africans, we need to share common recognition that all of us stand to lose if we fail to transform our continent”

Thabo Mbeki

- GDP growth: Per capita 5.2%
Communicable disease burden 2000

Our World in Data; Oxford
Communicable disease burden 2012

Our World in Data; Oxford
HIV infection 2012

Our World in Data; Oxford
Adolescent pregnancy

UNICEF, World Bank, WHO
Adolescent pregnancy

Consequences:
• 26% increased risk for pre-term birth
• 18% increased risk for low birth weight
• 46% increased risk of stunting

Fall et al, Lancet Global Health 2015
Fall et al, Lancet Global Health 2016

UNICEF, World Bank, WHO
Low birthweight

Stunting

Norris et al. 2014 Ann Nutri Metab
AFRICA

Persistent high prevalence of under 5 stunting (chronic undernutrition)

Rapid increases in childhood overweight

Black et al. The Lancet 2013
OBESITY

ADULT FEMALE OBESITY

Norris et al. 2014 Ann Nutr Metab
Bt20 Moms

BMI Categories of BT20 Caregivers

- Normal (BMI > 25)
- Overweight (BMI 25 - 29.9)
- Obese (BMI 30 - 34.9)
- Morbidly obese (BMI > 35)

Unpublished data, Micklesfield
OVERWEIGHT & OBESITY PREVALENCE

Norris et al. Unpublished
KOTA

Inexpensive: $1-2

Informal vendors

Energy dense: 1283 kcal

Average consumption of fast food in Soweto = 30 items/week
Percentage achieving WHO guidelines (added sugars; 11.4% of total energy)
Type-2 Diabetes

IDF Atlas 2016
Number of deaths due to diabetes (20-79 years) in 2017 in millions
AFRICA

- Rapid demographic and nutrition transitions
- Complex & heterogeneous
- Multiple burdens of health (malnutrition, obesity communicable & non-communicable)
THANK YOU!