Nutrition Education, and Lifestyle Changes to Promote Health: Using the Eat Better South Africa Model.

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**Activity Impact**

In all participants we consistently saw improvements in weight, blood glucose, blood pressure, and energy levels.

- Many have been able to reduce medication intake tremendously, and some have come off their blood pressure and cholesterol medication and have significantly reduced household expenditure on food and medication.
- Promote human health & improve quality of life
- Promote in the enjoyment of healthy, nutritious food choices in the home diet
- Establish lifestyle management for chronic disease in the absence of drugs
- Knowledge, awareness, and access to healthy foods and lifestyles

Based on previous implementations of Eat Better South Africa programs, on Nutrition Education, and Lifestyle Changes to Promote Health may be well suited to form part of a healthy diet. We access to nutrition education and information forms an early age, while in adulthood adults are not only able to prevent major malnutrition and stunting in children, but also improve overall health and prevent the onset of numerous diseases of lifestyle, such as obesity, diabetes, and other early childhood illnesses.

**Evidence**

Based on our previous and more recent experience - The average amount of food that people live on a day in low-income and poverty-stricken communities is somewhere between R2, and R5 in some cases, and mothers feeding their children the most nutritious but doing their best.

**Success and Feedback**

- Most women said that when following the Eat Better South Africa intervention they felt less hungry, more energetic and they felt that their children’s health had improved.
- Participants often speak of the socioeconomic challenges that make it difficult for them to follow Eat Better South Africa’s recommendations, such as employment status, salary issues in the community, and lack of support from relatives.

**Evidence**

Throughout the programme, data is collected from our participants which includes weight, body mass index (BMI), and glucose testing. The data collected includes qualitative and quantitative data.

**Programme Implementation**

- Interviews were conducted with 60 participants who followed the Eat Better South Africa programme. The interviews were semi-structured and focused on participants’ experiences and perceptions of the programme.
- Participants were interviewed at the end of the programme to collect feedback regarding the programme and its impact on their lives.

**Lessons Learned**

- It is important to prioritize the dignity of the programme beneficiaries and ensure that their voices are heard.
- Collaboration and partnership with local community organizations and stakeholders is crucial for programme success.
- Continuous monitoring and evaluation are necessary to ensure programme effectiveness and make necessary adjustments.

**Challenges**

- A few challenges we faced during activity implementation include educating certain individuals who may not follow the diet for months for years and not easily committed to follow our programme. Individuals struggle to adapt to a new lifestyle and healthier lifestyle changes.
- Some participants could not continue the programme due to lack of consistency or time management. At EBSA we try and overcome these obstacles for all participants to participate.

**Lessons Learned**

- They are grassroot innovators, seeking to clarify and find sustainable nutritional solutions that make a positive impact in the world.
- They are passionate individuals, seeking to clarify and find sustainable nutritional solutions that respond to the local situation, the interests and values of the community involved, and are willing or likely to take practical action in making positive changes and be part of the solution.

**Facilitators**

- Sustainability is a key factor in the success of the Eat Better South Africa programme. Our trained network of community-based health coaches, providing us an opportunity to collectively utilize the impact of our work and passion to the goal of all who take part to participate in our programmes, while empowering local community members through nutrition education programs via a network of community-based health coaches.

**Our Community Coaches are:**

- Passionate individuals who are self-confident community builders and enthusiastic about health and nutrition, particularly the direct link between food and health.

**Lesson Learned**

- We have had the honor of working with the Eat Better SA community, sharing their experiences, having their blood pressure, blood glucose tested and BMI checked. Every week the groups meet in a central place within their community, shares their experiences, has their blood pressure, blood glucose tested and BMI checked.