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Sources of nutrition information and perceived credibility thereof in black urban women in two provinces

Karen E. Charlton
University of Wollongong, karenc@uow.edu.au

Philippa Brewitt
University of Cape Town

Lesley T. Bourne
Medical Research Council, South Africa

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ASSOCIATION BETWEEN BLOOD PRESSURE AND SODIUM, POTASSIUM AND CALCIUM EXCRETION IN SOUTH AFRICANS

Clareton K2, Steyn K, Zulu I, Jonathan D, Levin HS, Net B and Veldman D
Nurtion & Dietetics Division, Wits School of Medicine, University of the Witwatersrand, Johannesburg, South Africa.

ABSTRACTS

Background: African-Americans are more susceptible than Caucasians to hypertension and related target-organ damage. Studies conducted in Johannesburg and Cape Town have suggested diminished activity of the sodium-potassium ATPase pump in black compared to white patients with hypertension. Recent data on habitual dietary intake of electrolytes and other factors known to influence BP among the ethnic groups in South Africa is lacking.

Objectives: To evaluate habitual sodium and potassium intake and its relationship with BP across South African ethnic groups.

Design: A cross-sectional study of 326 black, white and coloured people, consecutively sampled at work in Cape Town. Each group, equal numbers of normotensive (BP < 140/90 mmHg) and hypertensive subjects were selected. 24-h urine samples were collected for three separate days for each study subject. Blood pressure and weight were measured. Participants were asked to bring in their urine samples and diaries by trained fieldworkers. Blood pressure and weight were measured. Data was used as a measure of occurrence of urate collection. Blood was sampled for iron, zinc, copper and selenium concentrations.

Results: In the normotensive group, urinary Na was higher (P < 0.05) in white (165 mmol/d) compared to black subjects (130 mmol/d). No ethnic differences were found in the hypertensive groups, for either sodium or potassium excretion. Urinary calcium excretion of white participants in both the normo- and hypertensive groups was almost double that of black subjects (P < 0.05). Calcium excretion for hyper-tensive was lower than for normotensive. In black and coloured subjects, a higher proportion of hypertensive, compared to normotensive, had a low renin status (P < 0.05). Conclusion: Dietary differences, together with a possible predisposition to a low renin status in black and coloured adults, may contribute to ethnic-related differences in blood pressure.

SOURCES OF NUTRITION INFORMATION AND PERCEIVED CREDIBILITY THEROF IN BLACK URBAN WOMEN IN TWO PROVINCES

F. Chabane, P. Breslin and L. Bourne
Nutrition & Dietetics Division, University of Cape Town; Urbanization and Health Programme, MRC.

Objectives: (1) To identify the major sources of nutrition information for urban black South African women, which are most perceived to be the most credible; (2) To determine the level of knowledge and the existence of misconceptions about nutrition, with special reference to the issues of obesity, sugar and dental decay.

Design: A cross-sectional descriptive study that was both qualitative and quantitative in nature, using focus groups and individual questionnaires.

Setting: A convenience sample of 194 Xhosa-speaking women from Cape Town and 200 Northern Sothe-speaking women from Pretoria, aged between 18 and 49 years and having a socio-economic status in accordance with Living Standard Measurement Survey and Prior to the survey, 4 focus group sessions were held with 26 women in order to identify common themes relating to nutrition knowledge. Based on this data, a questionnaire instrument was developed and administered by trained field-workers.

Results: The most frequently encountered source of nutrition information was the media, participated in (73% of subjects had obtained information from this source in the past year), followed by family and friends (64.5%).

Despite only 44% of subjects having received nutrition information from a health professional, this was reported to be the most highly credible information source. The factors being the most influential in choice of food were tastes, preferences of the family and friends. Respect to the family and friends showed a lack of knowledge in certain aspects of nutrition and various misconceptions were identified. Although over half of the subjects agreed with the statement that they did not need to change their eating habits because their diets were already healthy enough, 85% agreed that they would make dietary changes, if advised to do so for health reasons.

OVER-30s were overweight, however only 56% of subjects perceived themselves to be too large.

Conclusion: The findings suggest that greater access of the media as a vehicle for nutrition education may be effective in reaching that target audience who appear to be receptive to obtaining knowledge. In addition, health professionals need to become more involved in providing accurate nutrition messages, since they are perceived to be the most trusted source of nutrition information.

FACTORS THAT INFLUENCE THE PRESCRIPTION OF ENTERAL PRODUCTS BY DOCTORS AND DIETITIANS IN SOUTH AFRICA

N. Contadrie, M. Elliman, A. Pieters, P. Makas and D. de Villiers
Department of Human Nutrition, University of Stellenbosch and Tygerberg Hospital.

Doctors and dietitians use enteral products on a daily basis as part of dietary treatment. This study was undertaken to investigate the factors that influence doctors and dietitians in decision-making process of prescribing and prescribing enteral products.

Data was collected from a randomly selected sample (n=1276) consisting of 50% of all registered dietitians, surgeons and internists in South Africa by means of a validated postal questionnaire.

Twenty three percent (n=313) of the questionnaires were returned. Eighty one percent of the dietitians and 83% of the internists and surgeons indicated that knowledge of the characteristics and composition of different enteral products has a greater impact on choice. More than 60% of the dietitians, surgeons and internists stated that availability played a significant role in choosing products. The majority (56%) of the study group had no preference for a specific company and 71% claimed that the presentation and promotion of a product by a representative did not affect their choice. Price plays a role in choosing products where the majority of the study group (69%) stated that they purchase products exclusively because of price. The majority of the dietitians (67%) prescribed a combination of both powder and ready to go products, mainly because of patient needs. Of the dietitians (49%) and internists (50%) prescribed ready to hang products more often and convenience and hygiene were given as the main reason.

Knowledge of the characteristics and composition of a product appears to influence choice greatly. Of the marketing-related factors, availability and price was valued the highest. The results of this study could be most helpful to the manufacturers of enteral products.

UNIAXIAL ACCELEROMETRY AND HEART RATE MONITORING IN RURAL AND URBAN NORTHERN SOTHO-SPEAKING AFRICANS

L. Cook and R.Y. Lambert
Biology and Sports Sciences, Medical University of the North; SRC/UCT Research Unit for Exercise Science and Sports Medicine, University of Cape Town.

We present movement monitor data describing physical activity (PA) levels, inter-day PA variability, inter-study reliability and external sources of error, collected during the validity trial of the interview-based WHO/DCD International Physical Activity Questionnaire.

Heart rate monitors (HRM) and top-mounted uni-axial accelerometers (ACC) were worn for 3 weekdays - and 6 (4 weekdays, 2 weekend days) consecutive days, respectively. Seven rural subjects were two ACC each. We mounted ACC in the middle of the waist used to transport the rural subjects. We analysed ACC data (6 days, n = 599) and simultaneous ACC and HRM data (6 hours, n = 58; 48 hours, n = 16). The total counts and the minutes of light (≤ 5 METS), moderate (5-9 METS), and vigorous (> 9 METS) activity were used to determine PA levels. Compliance with ACC-ACSM PA guidelines was also evaluated. Rural subjects were almost twice as active and spent 35.9% less time in sedentary and light activities (ACC 6 day). Inter-day variability was lower for weekdays (ICC = 0.25).imore variability was higher (ICC = 0.90).

Transport by truck was a source of error (9.8% to 16.6% of ACC and 6 day total in rural subjects). The movement monitor type affected evaluation of the time spent at the different intensity levels and ACC-ACSM guideline compliance.

ACC and HRM provided a culturally acceptable and robust means to obtain PA data and can be used to validate PA Questionnaires in diverse ethnic and socio-economic groups.