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## STELLENBOSCH MUNICIPALITY

## SPECIAL MEETING OF SDF DEVELOPMENT WORKING COMMITTEE (DWC) : 1994-01-19

Notice is hereby given of the above meeting to be held in the Council Chambers, Town Hall Complex, Plein Street, Stellenbosch on **WEDNESDAY, 1994-01-19 at 19:30** to consider the matters on the agenda below.

SECRETARY

1994-01-03

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1. LEAVE OF ABSENCE

2. MINUTES OF THE SPECIAL DWC MEETING HELD ON 1993-12-15

The above minutes are attached as PAGES 2 - 9.

A copy of the circular sent to the various organisations concerned is attached as PAGES 10 - 11.

FOR CONSIDERATION.

*Dr JF van Niekerk 88 38153 wil in K. 111 jaal toe.*

**MINUTES OF A SPECIAL MEETING OF THE SDF DEVELOPMENT WORKING COMMITTEE HELD IN THE COUNCIL CHAMBERS, TOWN HALL, PLEIN STREET, STELLENBOSCH ON WEDNESDAY, 1993-12-15 AT 19:30**

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**PRESENT:**

**Facilitators** : V Honey (Chairperson)

**Members:**

**Stellenbosch Municipality** : (Me) H Neethling (Adviser)  
DJ Hattingh (Adviser)  
CTB Davy (Secretary)

**Stellenbosch Ratepayers Association** : BJP Pienaar  
FH Stephens

**SHAC** : P Louw  
HC de Klerk

**Observer Members:**

**Stellenbosch Chamber of Business** : L Siiberbauer

**Stellenbosch Relations Committee** : (Me) M Gabriels

**Other observers:**

**Medical Research Council** : AJS Benadé  
JA Kriek

\* \* \* \* \*

**1. LEAVE OF ABSENCE**

**1. RESOLVED**

that leave of absence be granted to N Flaaten (National Party), MC Carinus and WJ Bekker (Stellenbosch Sakekamer) and J Cawood, EPS Taljaard and SW Oliphant (Stellenbosch Municipality).

**2. MEDICAL RESEARCH COUNCIL : COMMUNITY HEALTH SERVICES**

A copy of a letter dated 1993-12-07 received from Dr JA Kriek is attached as PAGES 4 - 9.

**FOR CONSIDERATION.**

- 2.** The meeting was informed of a house-to-house assessment that was made of the nutritional status of children younger than six years in Cloeteville and Kaya Mandi by the Medical Research Council. This assessment has shown an increasing prevalence of undernutrition with age during the first two years in both townships.

Statistics have also shown that the low birth weight rate is nearly three times higher in Cloeteville (18 %) than in Kaya Mandi (7 %), which indicates that an integrated nutrition intervention and supplementation programme is of high priority.

The proposed urban nutrition workshop scheduled for 1994-01-31 to 1994-02-11 can unfortunately *not be scheduled* to a later date due to the fact that two overseas experts on the matter will be in South Africa at that time.

**AGREED**

- (a) that a follow-up Special DWC meeting be held on 1994-01-19; and
- (b) that representatives from the schools, medical profession, clinics and other community organisations concerned, also be invited to the meeting.

The meeting was adjourned at 21:15.

CONFIRMED.

CHAIRPERSON

dwc15193/cr



## MEDIESE NAVORSINGSRAAD VOEDINGSINTERVENSIE

Francie van Zijlrylaan, Parowvallei, Kaap  
 ☎ 19070 Tygerberg 7505, Suid-Afrika  
 ☎ (021) 938-0911 • Faks (021) 938-0321

7 Desember 1993

Mnr Victor Honey  
 P/a Kunsdepartement  
**STELLENBOSCH**  
 7600

Faks: 021-8084336

Geagte mnr Honey

Baie dankie vir die geleentheid om die voorgenome werkswinkel vanaf 31 Januarie tot 11 Februarie 1994 aan die Ontwikkelingskomitee bekend te stel.

Soos aan u verduidelik, sal die eerste week van die werkswinkel hier by die MNR die opleiding van fasiliteerders behels, terwyl die tweede week 'n werkswinkel in Stellenbosch self sal wees.

Aangesien die werkswinkel van 'n multidissiplinêre vlak van verteenwoordiging afhanklik is, en die aangewese persone vir 'n volle week die werkswinkel sal moet bywoon, is dit ons wens om so spoedig moontlik die inligting aan u te verskaf sodat die nodige aanwysing van persone en die nodige reëlings betyds getref sal kan word.

Die werkswinkel is nie bloot 'n gesels nie, maar 'n aktiewe proses van deelname aan die konstruksie van 'n protokol vir die gemeenskap. Hierdie protokol kan dan ook vir die aansoek om fondse op internasionale vlak aangewend word.

Ons hoor graag van u oor die reëlings betreffende die Ontwikkelingskomitee se volgende vergadering.

Groete

**DR J A KRIEK**  
**PROJEK KOÖRDINEERDER**

JAK/kh

## Foreword

Much attention has been paid in the past to rural poverty and malnutrition. Many successful interventions in different parts of the world have led to a worldwide reduction in the child mortality and malnutrition rates, although malnutrition is still prevalent in many rural parts of the world. However, a new challenge has appeared: the alleviation of urban poverty and malnutrition.

The dramatic demographic explosion in cities of many countries has increased the number of marginalized population groups which live under unacceptable conditions not only in the developing part of the world but also in the so called developed countries. The consequence of the contradiction of poverty and malnutrition side by side with abundance and overnutrition, is more and more social tension in these societies.

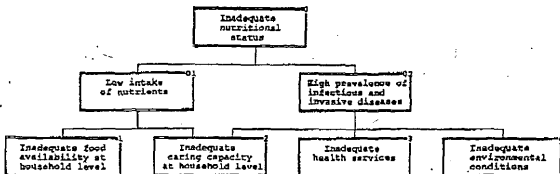
Prompt action is needed if the rising tide of problems is to be stemmed. However, the development of solutions is even more difficult in urban areas than in rural areas due to the

- \* greater heterogeneity of problems,
- \* higher physical density of the different problems,
- \* rapid change of environment and culture,
- \* inexperience with successful solutions and management of problems.

Whereas in the rural environment a "magic intervention", such as the GOBI FFF, can be used to alleviate nutritional and poverty problems, based on current knowledge, it appears that the urban situation is too complex for developing comparable urban intervention. Therefore, we propose a "magic methodology" that will tailor interventions to alleviate poverty and nutritional problems in a specific city.

As shown in figure 1, the nutritional situation of individuals or communities is determined by several factors such as food availability, and/or capacity of the family to care for its nutritional and health needs, and/or access to health services and/or adequate environmental conditions. The lack of access to resources which are necessary to satisfy basic needs and maintain an adequate nutritional status manifests the phenotype of poverty. Sustainable improvement in the nutritional situation and alleviation of poverty can only be expected if the main problems are identified and appropriate interventions are implemented. However, since the nature, magnitude, and causes of nutritional problems and the risk groups in the urban area differ from those in the rural, successful interventions in rural areas cannot be transferred simplistically to the urban setting. Rather, urban intervention needs to address specific urban characteristics which call for an interdisciplinary approach for solving the problems of malnutrition and poverty. Solutions can only be expected

Figure 1. Simplified problem roots of nutritional status



The following guidelines describe a learning experience in which different representatives of society come together to share their expertise, ask several urgent questions and develop some answers. This learning experience should be only the beginning of a longer process in which more and more people are involved and included with more and more experiences.

#### 4 What is an UNAW?

UNAW is the acronym of the words

Urban  
Nutrition  
Action  
Workshop

UNAW is a process of learning. It is a set of procedures and instruments.

UNAW consists of the following synergistic elements:

- ① Participation as a framework for studying interdisciplinary nutritional problems in urban areas by all involved groups;
- ② Visualization which means that all written and oral contributions are documented during and after the workshop in order to guarantee a transparent process.
- ③ Facilitation of the communication process during the whole workshop so that the expected objectives can be reached

The objective of the UNAW was to initiate new appropriate nutritional projects and to conduct research and intervention in a determined city.

UNAW has a few, simple underlying principles which have to be respected by all participants and which are necessary preconditions for the success of the workshop. These include

- The complexity of the urban area calls for an interdisciplinary approach of assessment, analysis, planning, intervention and monitoring.
- Research and Intervention need to be permanently interrelated.
- The nature of the nutritional situation and its underlying causes do not exist in isolation, but are intimately linked with individuals, groups and organizations. Therefore a comprehensive picture of and insight into the opinion of individuals, groups and institutions is part of the reality.
- The quality of the production of an interdisciplinary team is higher than the sum of individual contributions.
- All opinions presented in the workshop are equally valuable and important.
- All participants accept the methodology of UNAW so that the outcome of the workshop can be
  - documented and disseminated to other interested individuals, groups and organizations which were not able to attend the workshop,
  - disseminated to other towns and cities.

## I Example of a leaflet announcing an UNAW

### Urban Nutrition Workshop

organized by

*Institution(s) or organization(s)*

under the auspices of

*Institution(s) or organization(s)*

Place: ...

Date: ...

**Objective:** The objective of the workshop is to initiate new, appropriate nutritional projects and programs through research and intervention of our city.

**Workshop structure:** The workshop consists of three parts:

- \* First, an interdisciplinary state-of-the-art diagnosis and analysis of the nutritional situation in the city is carried out by the participants.
- \* Second, several protocols of research and intervention projects are elaborated in working groups.
- \* Finally, the participants agree to future joint initiatives.

**Participants:** The workshop is directed to all interested individuals, representatives of groups and organizations at the municipal level which are involved with the nutritional situation of the city. The workshop is directed to scientists and professionals not only those in the fields of nutrition or public health but also experts in other fields such as urban planners, economists, ecologists, sociologists, social workers, etc. In addition, the workshop includes representatives of as many different urban communities as possible.

The workshop is carried out with a mixture of plenary sessions, working groups, and individual exchange of opinions.

In general, the state-of-the-art plenary lectures are presented by selected keynote speakers who give an overview of the city situation related to specific topics and by posters which are presented by the participants. However, any other innovative form which helps to inform participants and catalyzes discussion about the city situation shall be utilized. For example, posters brought by the participants will be exhibited. Video films and slide presentations could be shown in the evening or during break times. In case that you want to present a poster, show a film, exhibited reading materials, please note it on the slip of registration.



Urban Nutrition Action Workshop

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In a second stage, small working groups are formed in which a structured procedure is used to discuss and analyze the situation and to propose research or interventions. These proposals are presented in a plenary session with all participants.

According to the objectives of the workshop, a successful outcome is reached if new research and intervention projects which were stimulated by the workshop are carried out in our city. Therefore, in a last session of the workshop the participants should agree on evaluation and perhaps monitoring procedures of future actions based on the protocols elaborated during the workshop.

Registration slip  
Urban Nutrition Workshop

Date

Name: .....

Institutions/Organization: .....

Address: ..... Tel: .....

I would like to present a poster with the title: .....

Please note if you have any other material which could be of interest for the workshop participants and could be brought by you

Signature

Date

Please send the slip to:

Address of the organizers

Tel of the organizers

Ref: 3/2/4/2/3/4

1993-12-20

**CIRCULAR TO: MEMBERS OF THE STELLENBOSCH DISCUSSION FORUM (SDF)**  
SCHOOLS  
UNIVERSITY OF STELLENBOSCH  
TECHNICAL COLLEGE  
CHILD AND FAMILY WELFARE  
STELLENBOSCH HOSPITAL  
CLINICS  
MEDICAL PROFESSION  
EKESTADNUUS

**MEDICAL RESEARCH COUNCIL (MRC) : NUTRITION INTERVENTION PROGRAMME**

The Medical Research Council (MRC) has a number of projects through which they use their expertise, especially that of research, to address issues relating to community health.

One of these projects relate to the nutrition needs of communities and in particular those of disadvantaged communities.

They wish to implement such a programme -

**A NUTRITION INTERVENTION PROGRAMME FOR PREGNANT WOMEN AND PRE-SCHOOL CHILDREN RESIDING IN CLOETESVILLE AND KAYA MANDI -**

here in Stellenbosch.

The success of any such project depends on the most comprehensive and representative community involvement possible. Because of this Dr Kriek, who is the project co-ordinator, made contact with the Stellenbosch Discussion Forum (SDF). The SDF is seen as probably the most representative forum at present in Stellenbosch comprising of statutory bodies and community based organisations.

Because of the need to have maximum benefit from two visiting researchers from overseas who will be in South Africa in January and February 1994, there was no time to put the issue on the agenda of the SDF in the correct way and, as Chairperson, I took the liberty of calling a special meeting of the Development Working Committee so as to suggest a way forward.

Those present felt that this was an issue that the SDF would wish to support and have suggested calling a meeting of all groups involved with the SDF, as well as schools, clinics, the organised Stellenbosch medical practitioners, church groups and local companies who are running clinics for their staff.

There is a need for those who are directly involved with health services to be informed and become involved; as well as a need for developing a broad community support system.

Because of the circumstances which have given rise to a socio-economical environment which has had such a devastating effect on our community, we would like to call for the co-operation of all those interested in making some sort of meaningful contribution to a healthy Stellenbosch community.

It would be incorrect to believe that this is a Kaya Mandi, Idas Valley of Cloetesville problem. It is a Stellenbosch problem that equally affects those in the central business district, the homes in Brandwacht and Paradyskloof and the surrounding industries.

We appeal to you to send at least one representative to the meeting on 1994-01-19 at 19:30 in the Council Chambers, Town Hall Complex, Plein Street, Stellenbosch when the MRC will be able to put their proposals to the community.

SUPPORT FOR THE PROJECT MAY INVOLVE NO MORE THAN TAKING NOTE OF IT; OR GIVING IT YOUR MORAL SUPPORT; OR COMMUNICATING A MESSAGE; OR ENCOURAGING AND ALLOWING STAFF TO ATTEND A MEETING OR A COURSE.

What is important is that it is not seen as an intervention solely from outside but as a community supported healing from within.

A handwritten signature in black ink, appearing to read 'Victor Honey', written in a cursive style.

Victor Honey  
CHAIRPERSON: SDF

circ/cr