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Social and dietary practices of Soweto families who protect agains overt malnutrition in their children

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75. If yes, what exactly do you provide?

1. Money for food
2. Specific foods
3. Both money for food and specific foods

76. Does the same person look after the child every day?

0. No
1. Yes

77. How many hours per day does the child spend with this person?

1. Don't know exactly, it varies
2. 5 - 7 hours per day
3. 8 - 12 hours per day
4. Continual, 18 - 24 hours per day

78. How many children is this person looking after?

1. No others
2. 1 - 2 others
3. 3 - 6 others
4. 7 or more others (including the creche worker)

79. How long has this person been looking after the child?

1. 2 months or less
2. 3 - 5 months
3. 6 - 8 months
4. 9 - 11 months
5. 12 months or more
6. Since birth

Child Care if Mother is <u>not</u> Working/or at School

80. Do you look after the child every day?

0. No
1. Yes

81. How many other children do you look after besides this child?

0. No others
1. 1 other
2. 2 - 3 others
3. 4 - 6 others (nobody looked after more than 6 children)

82. Have you looked after the child since he/she was born?

0. No
1. Yes

83. Does anyone else look after the child besides you?

0. No
1. Yes

84. Who else, if anyone, looks/has looked after the child?

0. Nobody else
1. Female family, relative, e.g. own mother, sister, aunt: including inlaws and other non-blood relatives
2. Childminder - female non-relative
3. Both female relative and female non-relative childminder

85. How old is this person?

1. Under 15
2. 17 - 19
3. 20 - 24
4. 25 - 29
5. 30 - 34
6. 35 - 39
7. 40 - 44
8. 45 - 49
9. 50 plus

86. Do you have to pay this person to look after the child? Specify how much.

0. No
1. Yes - R20 - R40 per month

87. Do you provide food for the child when he/she is with this person?

0. No
1. Yes

88. What exactly do you provide?

1. Money to buy food
2. Specific foods
3. Both money to buy food and specific foods

89. How many hours per day does the child spend with this person?

1. Don't know exactly, it varies
2. 5 - 7 hours per day
3. 8 - 12 hours per day
4. Continual (18 - 24 hours per day)

90. How many children is this person looking after?

1. No others
2. 1 - 2 others
3. 3 - 6 others
4. 7 or more others

91. How long has this person been looking after the child?

1. 2 months or less
2. 3 - 5 months
3. 6 - 8 months
4. 9 - 11 months
5. 12 months or more
6. Since birth

Attitudes and Values. (Ask this section directly as it is)

92. I hug, kiss and hold my child ...

1. Frequently
2. Sometimes
3. Rarely

93. I believe that too much affection or tenderness can harm or weaken a child.

0. No
1. Yes

94. I often feel angry with my child.

0. No
1. Yes

95. When I am angry with my child, I let him/her know it.

1. Frequently
2. Sometimes
3. Rarely

96. I feel my child is a bit of a disappointment to me (e.g. is a boy instead of a girl; is not clever enough; doesn't smile enough).

1. Frequently
2. Sometimes
3. Rarely/not at all

97. I find some of my greatest satisfaction in my child.

0. No
1. Yes

98. I believe it unwise to let children under 3 years old play a lot by themselves, without supervision from grown-ups.

0. No
1. Yes

99. I make sure I usually know where my child is and what he/she is doing.

0. No
1. Yes

100. I think it important for children under 3 years old to control their feelings at all times.

0. No
1. Yes

101. I give my child extra privileges when he/she behaves well.

1. Frequently
2. Sometimes
3. Rarely

102. I believe that scolding and criticism makes my child improve

0. No
1. Yes

Utilisation of Preventative Health Services

103. Do you take this child to a hospital regularly, i.e. when he/she is not sick, for check-ups, inoculations, etc?

0. No
1. Yes

104. Check the following (from immunisation ticket or verbally)

TB-stamp on body
0. No
1. Yes

Polio drops in mouth
0. No
1. Yes

DWT - three injections
0. No
1. Yes

105. What was the method of obtaining this information?

1. Immunisation ticket
2. Verbally

106. Does the child get sick often?

0. No
1. Yes

107. Has the child got a hospital appointment card?

0. No
1. Yes

108. Has the child been hospitalised before? If so, how often?

0. No
1. 1 previous admission
2. 2 previous admissions
3. 3 previous admissions
4. 4 or more previous admissions

109. What was the total length of hospitalisation, regardless of the number of admissions (and excluding the current admission)

1. Approximately 24 hours (overnight)
2. Approximately 2 days - 1 week
3. Approximately 2 - 3 weeks
4. Approximately 4 - 7 weeks
5. 8 weeks or more
6. Don't know

110. Why was the child hospitalised?

1. Chest problems, asthma, pneumonia, bronchiolitis, cough
2. Diarrhoea
3. Kwashiorkor/PEM
4. Measles
5. Operation/surgery
6. Other: including rash, fever, jaundice, sore eyes
7. Don't know

111. Who pays for <u>your</u> medicines and clinic expenses? (Mark all that apply)

1. Self
2. Employers
3. Medical aid
4. Husband/boyfriend
5. Child's father
6. Female relative
7. Male relative
8. In debt, on credit

112. Who pays for the child's medicines and c. ıic expenses? (Mark all that apply)

1. Self
2. Employers
3. Medical aid
4. Husband/boyfriend
5. Child's father
6. Female relative
7. Male relative
8. In debt, on credit

Household Food Practices

113. If there is a limited amount of money for food, whose needs should get priority?

1. Father, husband, household head
2. Adults in the household
3. Older children
4. Younger children and infants
5. Shared equally amongst all

Dietary Evaluation of Child

114. Before the child started getting sick, was his/her appetite?

1. Good
2. Fair
3. Poor

Lactation

115. Was the child every breastfed? If yes, specify for how long.

0. No
1. 3 months or less
2. 4 - 9 months
3. 10 months or more
4. Don't know for how long

116. If yes, is the child still being breastfed? How many feeds per day?

0. No
1. 1 feed per day
2. 2 feeds per day
3. 3 or more feeds per day/on demand
4. Don't know

117. If yes, how much milk do you have in your breasts?

1. A lot
2. A small amount
3. None

118. Is the child fed any other sort of milk? (i.e. as a supplement or alternative to breastmilk)

0. No
1. Yes

119. If yes, at what age was this other milk introduced?

1. 3 months or less
2. 4 - 6 months
3. 7 - 11 months
4. 12 months or more
5. Don't know

120. What type of non-breast milk is the child consuming?

1. Fully and partially modified formulae, i.e. Nan, S26, Lactogen, SMA, Cow & Gate
2. Hypo-allergenic formulae - Lactose and Whey protein intolerance i.e. Isomil, Infa-soy
3. Unmodified dried and liquid full cream cows milk, i.e. Nespray, Klim, no-name brand, fresh cow's milk, Ultramel, Longlife, condensed milk
4. Unmodified dried low fat cow's milk, i.e. Skimco

Milk Preparation

121. If milk is diluted, how is it diluted (i.e. specify quantities)? e.g. three heaped teaspoons of milk powder to one cupful of water; half a cupful of fresh cows milk to half a cupful of water

1. Correct dilution - manufacturer's directions
2. Incorrect dilution - more powder than required
3. Incorrect dilution - less powder than required
4. Don't know

122. How many people does this mixture serve?

1. Only the child
2. One other person as well as the child
3. The whole family (for tea)

123. Is anything else added to the milk? Specify what is added.

0. No
1. Mainly carbohydrate
2. Mainly protein
3. Carbohydrate and protein
4. Other, e.g. vitamins

124. Who instructed this?

1. Myself
2. Hospital/clinic
3. Female relative, friend

125. How many bottles of milk does the child drink per day? e.g. 4 bottles, diluted as above and 1/2 of 3rd bottle is thrown away (note size of bottle).

1. Less than 150mls
2. 150 - 299mls
3. 300 - 449mls
4. 450 - 599mls
5. 600mls or more
6. Don't know

Hygiene in Milk Preparation

126. Are bottles, teats, spoons and mixing jars washed and sterilised - Ask as open-ended question, but guide so as to obtain the following information: (note if all the day's feeds are prepared together or separately).

0. No
1. Yes
2. Don't know - someone else cleans bottles

127. Are detergent and a brush used? Specify which detergent.

0. No
1. Milton, Jik-Javel
2. Dish-washing liquid
3. Clothes washing powder
4. Salt

128. Is the water for cleaning and diluting boiled? Specify for how long.

0. No
1. Yes - specified length of time
2. Yes - unspecified length of time

129. Is this done for every feed?

0. No
1. Yes

130. Are bottles, teats, spoons and mixing jars left in water until needed (if they are not boiled just before they are needed).

0. No
1. Yes

131. Is unused milk thrown away o. given to someone else in the family?

0. No, it is given to the child at a later stage
1. Yes

Weaning

132. At what age were solid foods introduced? (solids e.g. porridge, even if in liquid form, i.e. diluted with milk or water).

1. Less than 3 months
2. 3 - 6 months
3. 7 - 9 months
4. 10 - 12 months
5. More than 12 months
6. Don't know, don't remember
7. Not yet on solids

133. What type of foods were introduced?

1. Mainly carbohydrate
2. Mainly protein
3. Carbohydrate and protein
4. Other, e.g. fruit, vegetables, anything the family eats
5. Don't know

134. If porridge or cereal, with what are/were they diluted? e.g. water, milk.

1. Water
2. Milk
3. Both/either water or milk
4. Other, e.g. soup

General

135. Are you satisfied with the diet that you are able to give the child?

0. No
1. Yes

136. If the circumstances allowed, how would you change the child's feeding?

0. No answer applied
1. Don't know, e.g. I wish the child would have a better appetite
2. Don't know but would like to know, e.g. I need advice on what to feed her because she is sickly and does not do well; I don't know what nutritious foods to give
3. Unspecified foods/vague, e.g. would give more of the good stuff we are told about at the clinic
4. Specified foods, e.g. would give milk, vegetables, fruit, etc.

137. Where or from whom did you learn about what a child should eat? (mark all that apply)

1. Own mother
2. Family, relatives
3. Present friends and acquaintances
4. Clinic/hospital workers - doctors, nurses
5. Mass media (newspaper, magazines, radio, TV)
6. Employers
7. Nobody - trial and error - including mothers who gained experience by looking after their own siblings

24-Hour Recall of the Previous Day

138. Food and amount the child ate. Go through day, e.g. did you give the child anything to eat or drink when he/she woke up etc? Use standardised utensils to ascertain amounts/portions, e.g. spoons, cup, etc.

	1	2	3	4
Meat, chicken, fish				
Eggs, cheese				
Peanut Butter				
Milk, sour milk				
Brown Bread (incl. thickness)				
White Bread (incl. th ess)				
Mielie Meal, Samp – thin				
– stiff				
Breakfast Cereals/ Oatmeal				
Green Vegetables				
Broad beans, peas				
Rice, potatoes				
Other vegetables				
Fruit				
Margarine, butter, oil				
Sugar				
Jam				
Tea, coffee*				
Sweets, crisps				
Coke, fizzy drinks				

*Note how much milk and sugar were added.

139. How much water does the child drink daily? .... cup-fulls.

140. Which day of the week was recalled?

1. Monday
2. Tuesday
3. Wednesday
4. Thursday
5. Friday
6. Saturday
7. Sunday

141. Is the day recalled a typical daily intake?

0. No
1. Yes

142. If mother cannot give information to complete 24 hour recall, state reason.

Habitual Food Intake

143. Does the child usually eat:

MEAL	YES	NO	QUANTITY	FREQUENCY
Meat, chicken, fish				
Eggs, cheese				
Peanut Butter				
Milk, sour milk				
Brown Bread (incl. thickness)				
White Bread (incl. thickness)				
Mielie Meal, Samp – thin				
– stiff				
Breakfast Cereals/ Oatmeal				
Green Vegetables				
Broad beans, peas				
Rice, potatoes				
Other vegetables				
Fruit				
Margarine, butter, oil				
Sugar				
Jam				
Tea, coffee				
Sweets, crisps				
Coke, fizzy drinks				

Dietary Evaluation of Household

144. How often are the following foods eaten in your household?

	DAILY	WEEKLY	MONTHLY
Meat, chicken, fish			
Eggs, cheese			
Peanut Butter			
Milk, sour milk			
Brown Bread (incl. thickness)			
White Bread (incl. thickness)			
Mielie Meal, Samp – thin			
– stiff			
Breakfast Cereals/ Oatmeal			
Green Vegetables			
Broad beans, peas			
Rice, potatoes			
Other vegetables			
Fruit			
Margarine, butter, oil			
Sugar			
Jam			
Tea, coffee			
Sweets, crisps			
Coke, fizzy drinks			

145. Who usually does the food shopping for the household

1. I do
2. Female family, relative, e.g. own mother, sister, aunt: including inlaws and other non-blood relations
3. Male family, relative, e.g. husband, boyfriend, uncle: including inlaws and other non-blood relations
4. Present friends and acquaintances, including church elders, burial society, friends, landlady

146. Do you think that you eat enough?

0. No
1. Yes

Household Expenditure

147. How much money is spent in this household on the following?

	DAILY	WEEKLY	MONTHLY
Housing, rent			
Fuel and Power			
Furniture and Equipment			
Washing and Cleaning Materials			
Transport			
Communication (Telephone and Mail)			
Medical Care			
Food			
Cold-drinks and Sweets			
Alcoholic drinks			
Cigarettes, cigars, tobacco, etc.			
Recreation and Entertainment			
Reading matter			
T.V. Rentals			
Education			
Clothing			
Personal Care			
H.P. Repayments			
Other e.g. money sent to others			
TOTAL			

Household Structure and Income

Persons in Household	Male/Female and Position	Age	Occupation and Earnings
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			
TOTAL			

The code schemes for the above table are as follows:

Gender:
1. Male
2. Female

Position in household:
0. Child concerned
1. Siblings
2. Parent
3. Grandparent
4. Great grandparent
5. Other - e.g. aunt, cousin, unknown relationship

Age

1. 0 - 10 years : child
2. 11 - 19 years : adolescent
3. 20 years or more : adult

Occupation (Earnings were predominantly unknown and therefore not coded)

1. Manual labourer, e.g. domestic work, car washer, road construction worker, shelf packer, etc.
2. Non-manual labourer, e.g. secretarial and computer work - including operating and programming, dressmaker, hairdresser, etc.
3. Professional, e.g. nurse, teacher
4. Housewife
5. Student
6. Unemployed
7. Pre-school
8. Pensioner

148. Any other source of income for household? e.g. unearned income, pensions, contributions from others living outside the household. State source and amount p.a.

149. If there is a discrepancy between the totals of income and expenditure, what accounts for this? (Amend expenditure table, if necessary).

150. How many people are living in the house this week (cf. household, see definition in chapter 1)?

1. 2 people (mother and child)
2. 3 - 5 people
3. 6 - 9 people
4. 10 - 13 people
5. 14 - 18 people
6. 19 - 22 people
7. Don't know, e.g. "people in this household come and go"

Interviewer's Impression (fill in at end of interview)

151. Do you think the mother/respondent is telling the truth?

0. No
1. Yes

152. Do you feel/think that the respondent's child is a:

1. PEM Case
2. Well-nourished Control

End of Interview.

The next section will be completed by the researcher.

Medical History of Child

153. Date of birth?

1. Unknown day, approximate month, exact year
2. Unknown day, exact month, exact year
3. Exact day, exact month, exact year

154. Age?

1. 6 months
2. 7 months
3. 8 months
4. 9 months
5. 10 months
6. 11 months
7. 12 months
8. 13 months
9. 14 months
10. 15 months
11. 16 months
12. 17 months
13. 18 months
14. 19 months
15. 20 months
16. 21 months
17. 22 months
18. 23 months
19. 24 months

155. Sex?

1. Male
2. Female

156. Present weight?

157. Expected weight?

158. Present nutritional status?

1. PEM, i.e. below 3rd percentile
2. Adequately nourished, i.e. above 25th percentile

159. Present diagnosis?

1. PEM as a primary diagnosis, i.e. Kwashiorkor, marasmus and marasmic Kwashiorkor
2. Gastro intestinal pathology, e.g. persistent, acute and chronic Gastro Enteritis
3. Lower respiratory tract infection, e.g. early, aspiration and bronchio-pneumonia, cough, bronchitis, bronchiolitis
4. Upper respiratory tract infection, e.g. tonsilitis, pharyngitis, throat ulcer
5. Central nervous system, e.g. meningitis, encephelitis, meningo-encephelitis
6. Measles and post measles complications, e.g. post-measles pneumonia
7. Other, e.g. asthma, thrush, fungal and insect bite rashes, paraffin poisoning, congenital squint

Appendix B. Growth Charts

NAME
NAAM _____

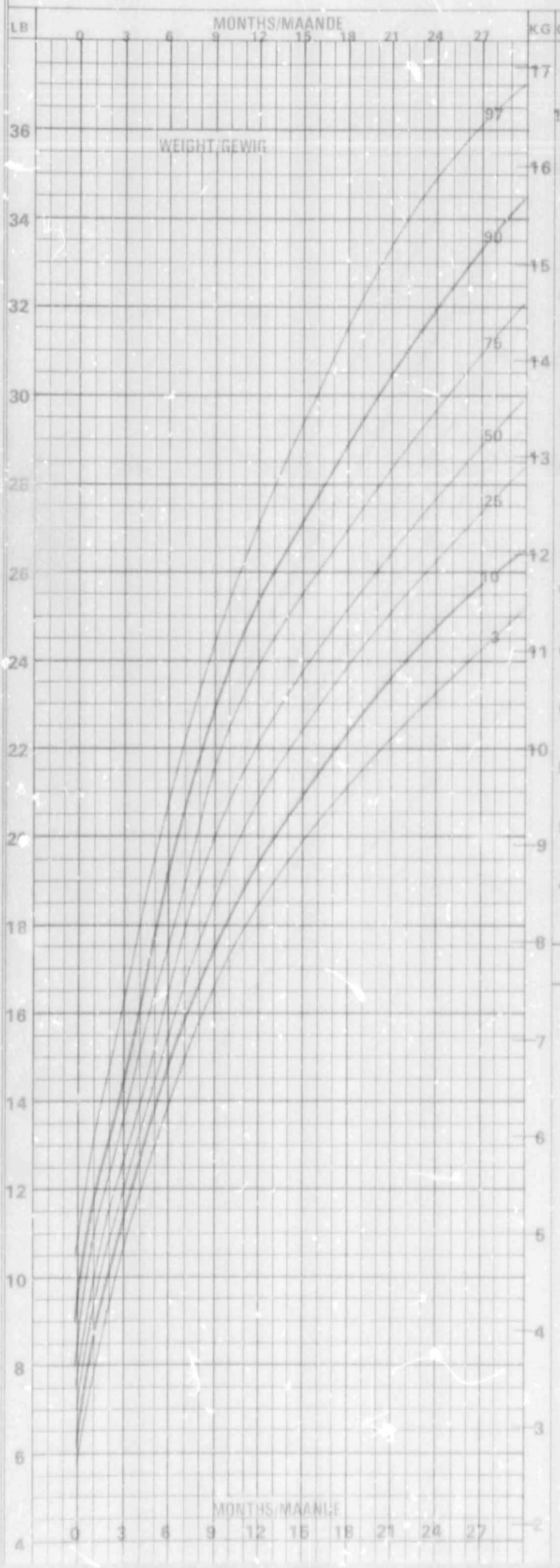
HOSPITAL
HOSPITAAL _____

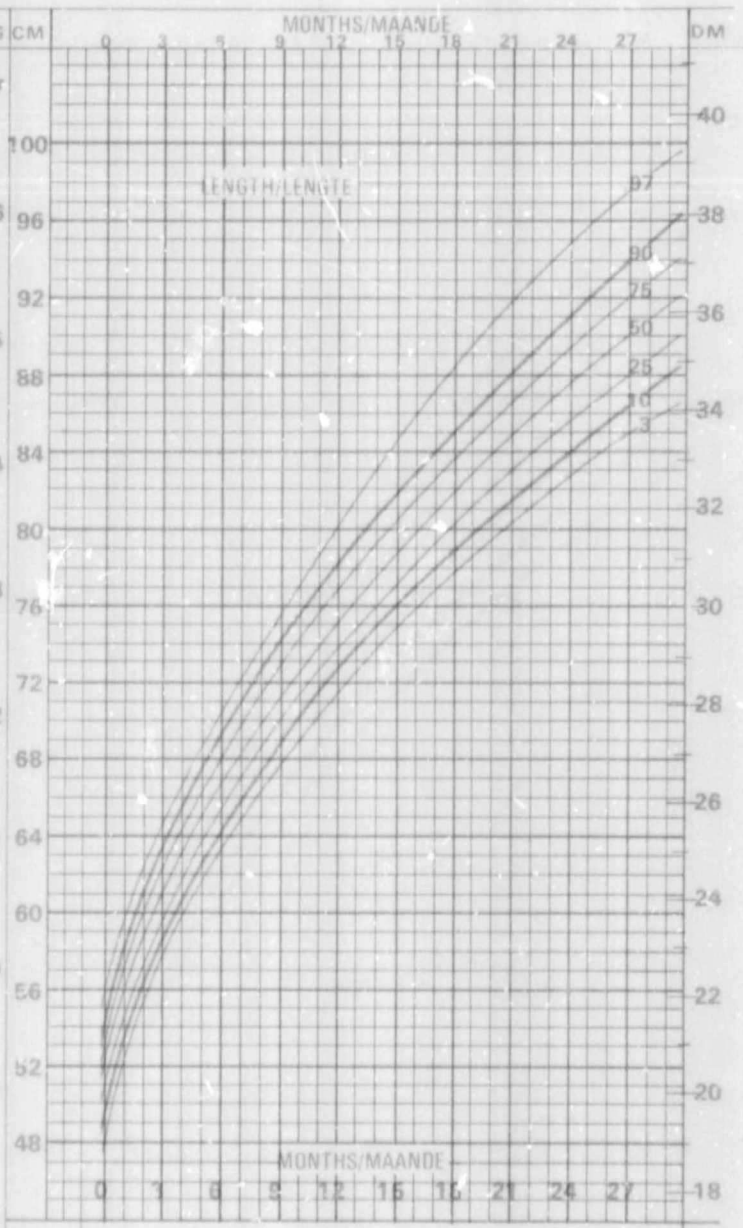
DATE OF BIRTH
GEBOORTEDATUM _____

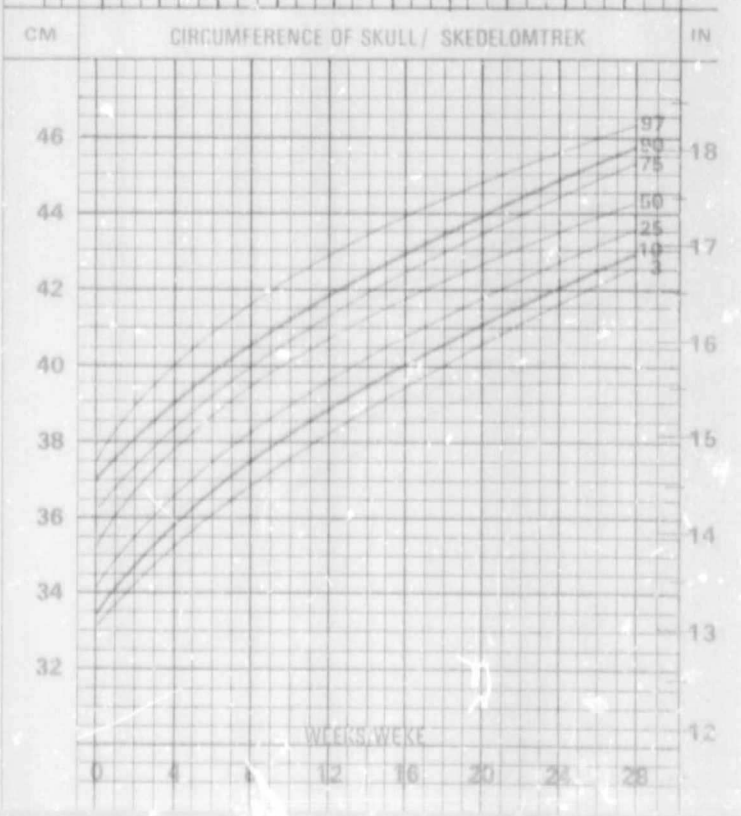
HOSP. NO. _____

GROWTH CHART/ GROEIKAART

BABY BOYS/ BABASEUNS







NAME
NAAM _____

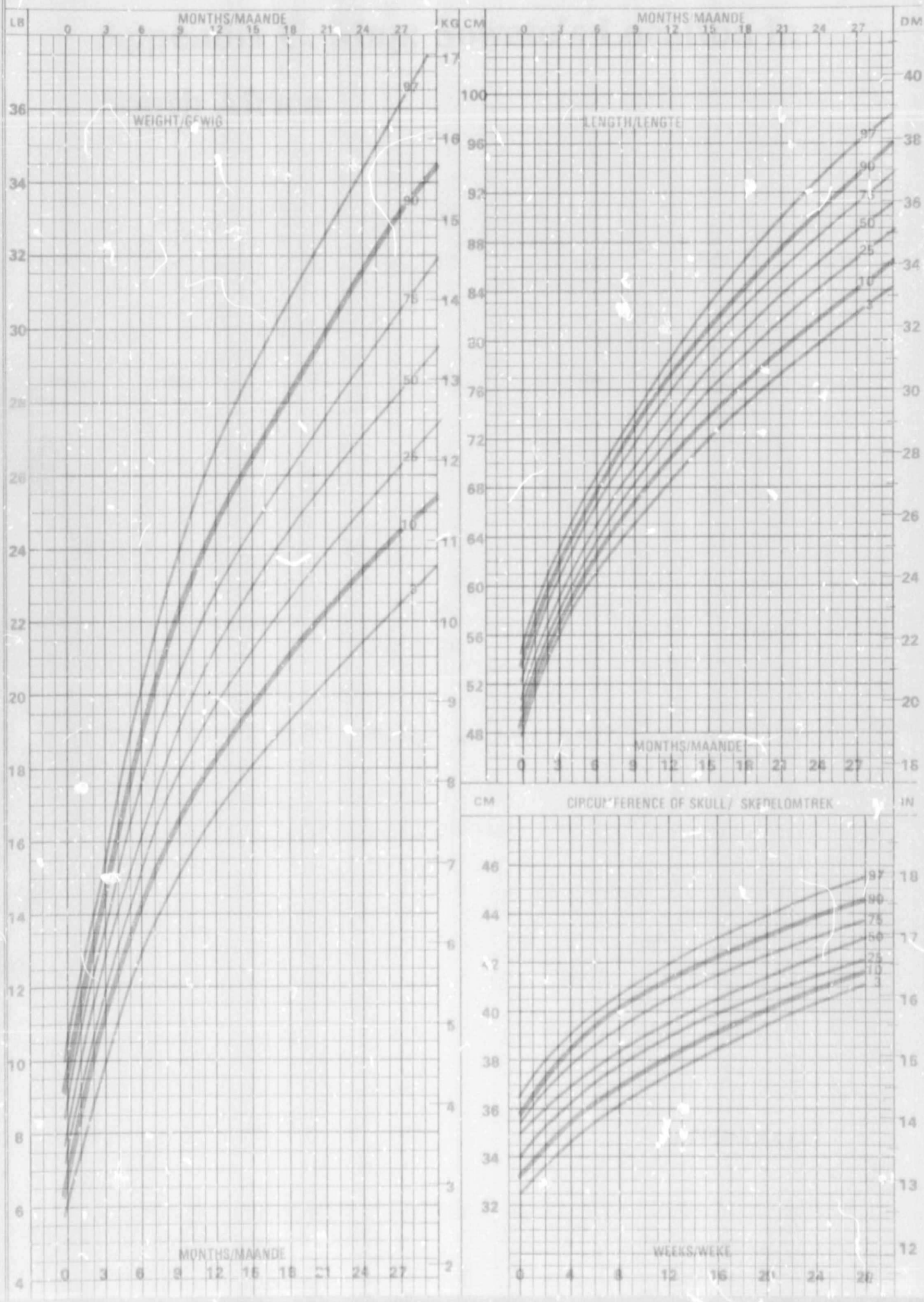
DATE OF BIRTH
GEBOORTEDATUM _____

HOSP. NO _____

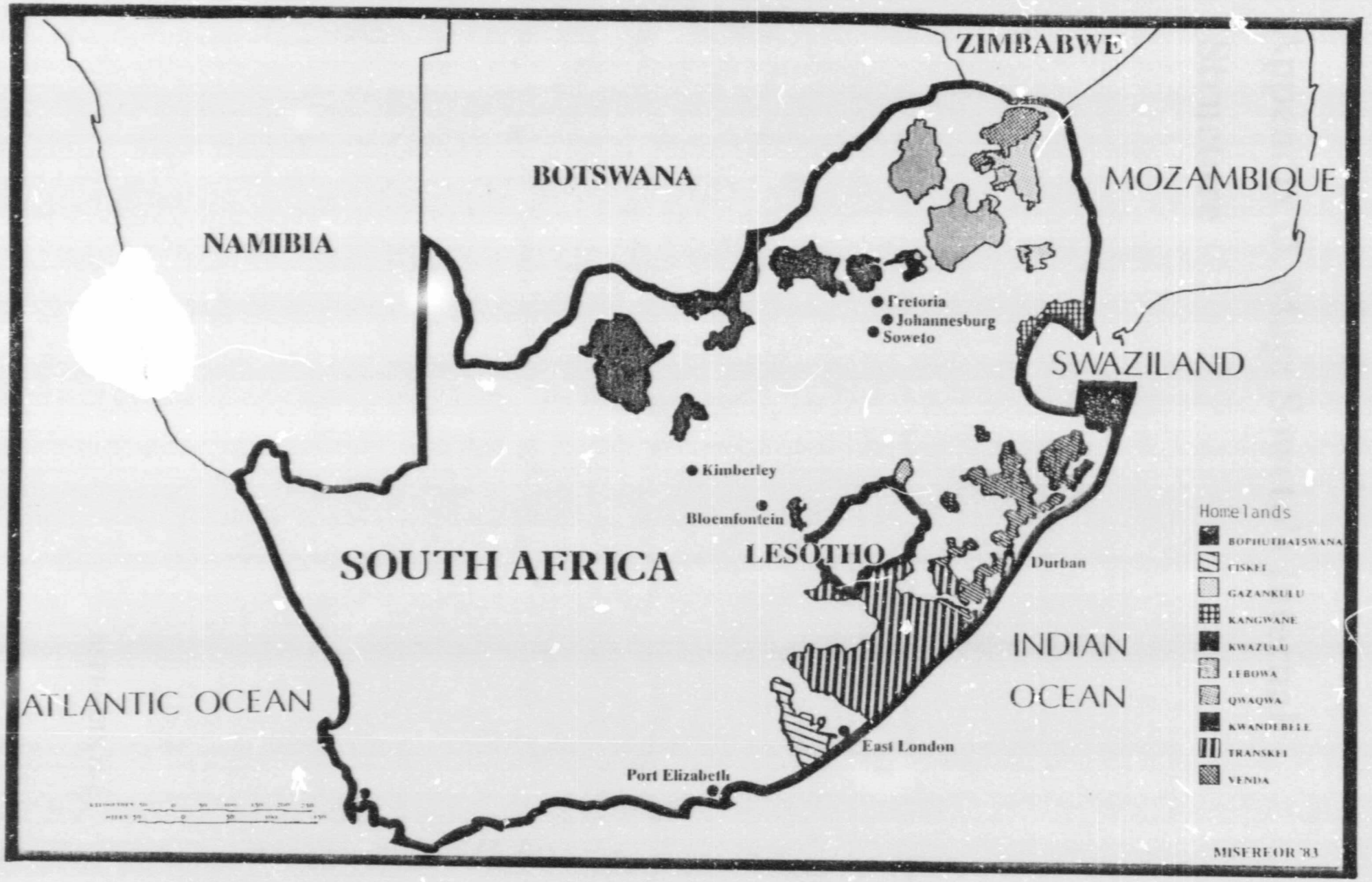
TPH 222

HOSPITAL
HOSPITAAL _____

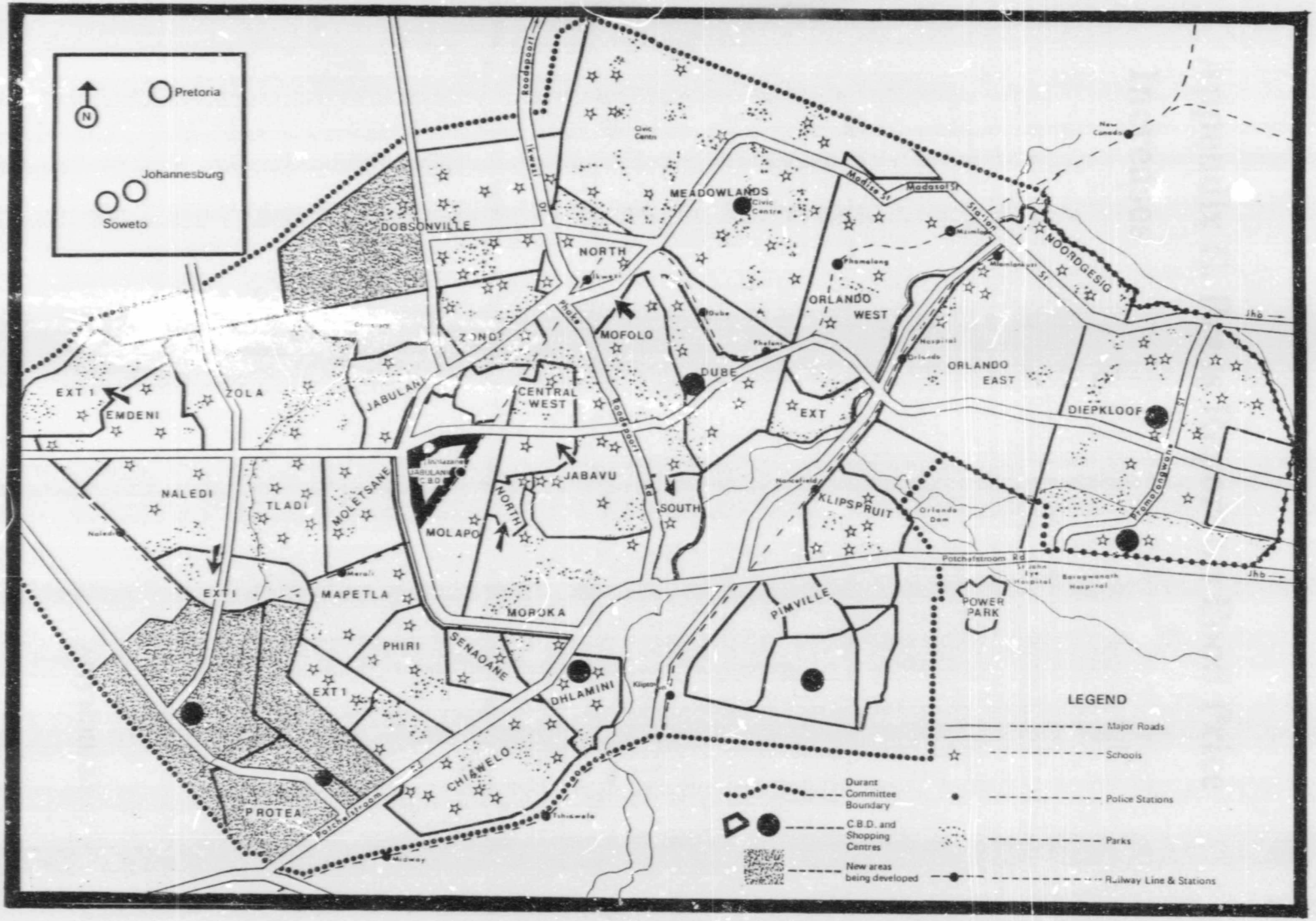
GROWTH CHART/ GROEIKAART
BABY GIRLS/ BABADOGTERS



Appendix C. Map: Soweto's Location in South Africa


ZIMBABWE
BOTSWANA
MOZAMBIQUE
NAMIBIA
Pretoria
Johannesburg
Soweto
SWAZILAND
Kimberley
Bloemfontein
LESOTHO
SOUTH AFRICA
Durban
INDIAN
OCEAN
ATLANTIC OCEAN
East London
Port Elizabeth
Homelands
BOPHUTHATSWANA
CISKEI
GAZANKULU
KANGWANE
KWAZULU
LEBOWA
QWAQWA
KWANDEBELE
TRANSKEI
VENDA
MISEREOR '83

Appendix D. Map: Soweto's Internal Structure


Pretoria
Johannesburg
Soweto
DOBSONVILLE
NORTH
MEADOWLANDS
Civic Centre
ORLANDO WEST
ORLANDO EAST
NOORDGESIG
DIEPKLOOF
EXT
DUBE
MOFOLO
ZONDI
CENTRAL WEST
JABULANI
ZOLA
EMDENI
EXT 1
JABAVU
NORTH
SOUTH
MOLAPO
MOLETSANE
TLADI
NALEDI
MAPETLA
EXT1
PHIRI
SENAOANE
EXT1
DHLAMINI
MOROKA
CHIAWELO
PROTEA
KLIPSPRUIT
PIMVILLE
POWER PARK
Roodepoort
Potchefstroom Rd
Jhb
LEGEND
Major Roads
Schools
Durant Committee Boundary
Police Stations
C.B.D. and Shopping Centres
Parks
New areas being developed
Railway Line & Stations

Appendix E. Press Report on Food Price Increases

Extract from the Sunday Times, 19 July, 1987:

Priced out of sight after only 14 years

REMEMBER the days when you could buy the whole month's groceries for R50? No, kids, it wasn't in the olden days. It was only back in 1973.

Sunday Times staff had a fine old time reminiscing this week — and saying "I can't believe it" — when a colleague brought in a 1973 newspaper complete with supermarket ads.

A packet of shoulder bacon for 27c. Enough haddock for two (250g) for 19c. One litre of orange juice for 16c and 500g cornflakes for 19c. Instant coffee was 89c for 750g.

Hake fillets cost 29c for 100g, and you could get 200g mushrooms for 20c.

What's more, an 11-cu-ft fridge to put them in cost a mere R179. Yes, in those days we still used measurements we could understand, too!

Item	1973 Price	1987 Price
White bread	9,5c	75c
Brown bread	8,5c	55c
Margarine — 250g block	12,5c	95c
Sunflower Oil — 750 ml	39c	R2,19
Milk powder — 500 g	39c	R3,69
Spaghetti — 500 g	19c	R1,55
1 pear	3c	38c
Choice butter — 500 g	41c	R2,25
Fish fingers — 400 g	36c	R1,95
French polony — 250 g	25c	R1,15
Cheddar cheese — 250 g	28c	R1,94
1 dozen eggs — large	31c	R1,70
1/ milk	13,5c	R1,02
Jelly	7,5c	45c
Purity baby food	14c	62c
Spaghetti/Tomato sauce — 420 g	13c	79c
Condensed milk — 397 g	16c	R1,35
Salt — 1 kg	9,5c	59c
Mayonnaise — 750 g	59c	R3,95
Beef sausages — 500 g	39c	R3,39
Middle bacon — 250 g	47c	R3,15
Frozen peas — 1 kg	55c	R3,89
Shield soap — 125 g	14c	82c
Toilet roll	7c	35c
Tax	—	R1,89
	R5,86	R41,40

Astounding

Cigarettes were advertised at R2,27 for 200 (Benson & Hedges) and a Defy washing machine went for R149.

And, of course, there was no GST to pay on top.

Just to show you how things have changed, I went out and bought 24 grocery items in daily use and compared 1973 with today's prices.

The results are in the table alongside and it's astounding to see that what you could buy for R5,86 in February 1973 now costs R41,40 (of which R1,89 is GST). That's about seven times as much as 14 years ago!

Of course, salaries have gone up, too, but have they kept pace?

I was a secretary back in 1973 earning R300 a month. Not many secretaries today earn R2 100.

According to Mr Rob Daniel of the PE Consulting Group, around that time a qualified librarian earned R371, a nurse R275, a warehouse stores clerk R282, a receptionist R221, a bank teller R180, a cashier R140 and a supermarket packer R117.

Many of those workers haven't kept pace either.

Mr Robin Schultz of the Automobile Association sifted out some extra information.

"Petrol cost 10,9c a litre compared with today's 82c," he said.

"You could get a VW Beetle for R1 950, a Mazda 1300 for R2 055, a Ford Cortina for R2 612 and a Mercedes 200 for R4 800.

Just what has made the price of food and other goods go up so much?

Mr Raymond Ackerman, chairman of Pick 'n Pay, said that inflation is a curse in this country and just as big a problem as any of our other conflicts.

"The Government is spending too much without sufficient productivity to match," he said.

"Also, there are far too many cartels and monopolies, including both the control boards and big business.

"A few big businessmen should be thrown into prison for price-fixing — which the supermarkets have never got involved in.

"It is possible to bring down inflation.

Apartheid

"If I were Minister of Finance, I'd reduce reduce government control and privatise, as Thatcher and Reagan have. Taxes would also come down.

"And I'd enforce those laws about price-fixing very strongly."

He also cited the financing of apartheid and the exchange rate as important features of the massive increases.

Mrs Isabel Jones, presenter of the Radio South Africa's "Price Tags" consumer programme, said our table was mind-boggling.

She also criticised the control boards.

"Are they necessary or just jobs for the boys?

"What worries me is the apathy of the consumer. Perhaps we should investigate the profits of food manufacturers," she said. "I know they're in business to make money, but do they have a right to make us poor?"

Missing

With inflation the rate it is, what, I wonder, will prices be in another 14 years as we go into the 21st century?

● While shopping for the items in our table, I couldn't help but wonder just how long consumers are going to put up with the way supermarkets convey prices these days.

The trend, helped along by the dreadful scanning process, is to put prices on the shelves rather than on the items. But frequently these prices are missing or obscured by the goods themselves.

As one shopper put it: "I'm trying to buy vanilla essence. I don't care at all whether I buy Naira's or Robertsons — I just want to buy the cheapest. But there are no prices on either of them."

I'm delighted to say that she went off to complain. Would that there were more like her.

APPENDIX E-2

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