

# **CURRICULUM VITAE**

**NELIA PATRICIA STEYN**

(Updated: January 2011)

<b>INDEX</b>	<b>PAGE</b>
1. PERSONAL DETAILS.....	3
2. EDUCATION.....	3
School	
Tertiary	
3. WORKING EXPERIENCE.....	4
Previous	
Present	
4. POSTGRADUATE STUDENTS.....	4
5. SCIENTIFIC PUBLICATIONS IN PEER REVIEWED JOURNALS.....	6
6. RESEARCH JOURNAL EDITORIALS OR COMMENTARIES .....	11
7. BOOKS/CHAPTERS IN BOOKS.....	11
8. TECHNICAL/POLICY REPORTS.....	12
9. KEYNOTE AND PLENARY ADDRESSES .....	13
10. PRODUCTS/PROTOTYPES.....	13
11. ARTICLES IN NON REFEREED/NON PEER-REVIEWED JOURNALS.....	14
12. CONFERENCE PRESENTATIONS.....	14
13. SPECIAL ACHIEVEMENTS.....	20
14. COMPLETED RESEARCH PROJECTS.....	21
15. OUTREACH PROGRAMMES.....	22
16. EXTERNAL EXAMINER.....	22
17. REFERENCES.....	22

## 1. PERSONAL DETAILS

Surname : Steyn (nee Foley)

First Names : Nelia Patricia

Postal Address : PO Box 64, Koringberg, 7312

Residence : 202 Millborough, Upper Mill St, Gardens Cape Town

Nationality : SA Citizen

Marital Status : Married

Number of Children : Two

Home Language : English

Other Languages : Afrikaans, French (matric level)

Extramural Activities : Reading, sailing, hiking, gardening

Affiliations with Societies : 

- Member of the South African Women's Bureau since 1984
- Member of the Association for Dietetics in South Africa since 1987
- Member of the South African Society for Enteral and Parenteral Nutrition since 1994
- Member of Third World Organization for Women in Science since 1995

Registration : Registered with the Health Professionals Council South Africa since 1978

## 2. EDUCATION

### SCHOOL EDUCATION

Matric certificate : Girls High (Pietermaritzburg)

### TERTIARY EDUCATION

1972 – 1975: Attended the University of Natal in Pietermaritzburg. Graduated with a BSc Degree in Dietetics

1980 – 1981: Completed a B Sc Hons in Dietetics at the University of Stellenbosch (part-time)

1982 - 1984: Completed a M Sc Degree at the University of Stellenbosch (part-time)

Title: Dietary intake and dental health of 12-year-old children residing in Cape Town

1985 - 1988: Completed a Ph D at the University of Stellenbosch (Department of Community Health) (part-time)

Title: Nutritional status of 11-year-old children in the Western Cape Province

1990: Passed 3<sup>rd</sup> year psychology at the University of Limpopo as an additional major

2004: Completed an Masters in Public Health at UCT: epidemiology, biostatistics (STATA), qualitative and qualitative research methods, ethics and human rights; health promotion; health economics

### 3. WORKING EXPERIENCE

#### Previous Working Experience

1. Organisation : Department of Health and Welfare  
Location : Cape Town  
Date : June 1978 to May 1988  
Position : Employed initially as a Community Dietitian at the Department of Health and Welfare in Cape Town. This was followed by promotions to Senior, Principal and finally Chief Dietitian in 1987.  
Reason for leaving : Appointed to the chair of Human Nutrition at the University of Limpopo
2. Organization : University of Limpopo  
Location : Limpopo Province  
Date : June 1988 to December 1996  
Position : Professor and Head of the Department of Human Nutrition  
Reason for Leaving: Appointed as Director of Research Administration, University of Limpopo
3. Position : Director of Research Administration  
Date : January 1997 to September 2000  
Reason for leaving: To take up appointment at MRC
4. Organisation : Medical Research Council  
Date : October 2000 to July 2009  
Position : Chief Specialist Scientist  
Acting Unit Director, 1 July 2006 to July 2009  
Duties : Research related to chronic diseases of lifestyle
5. Organisation : Centre for the social and environmental determinants of nutrition, Knowledge Systems, Human Sciences Research Council  
Date : 1 August 2009 to date  
Position : Chief Research Specialist  
Duties : Research related to nutrition policy and mentoring of junior staff and interns

#### 4. POSTGRADUATE STUDENTS SUPERVISED (graduated):

1. Mr Alufheli Edgar Nesamvuni: Iron status in relation to dietary iron intake in adult blacks residing in the Cape Peninsula (The BRISK study, 1990). M Nutr; University of Limpopo. (**Steyn NP**, Badenhorst CJ –supervisors)
2. Mrs Rendani Ladzani: An Evaluation of the effectiveness of three nutrition advisor in three rural areas in Lebowa (Northern Province). M Nutr; University of Limpopo, April 1995. (**Steyn NP**, Nel JH – supervisors)
3. Mrs Marietta S Vermeulen: Socio-demographic and health aspects related to common helminth infestations in preschool children from a rural area. M Pharm; University of the North, 1996. (Lombard RH, **Steyn NP** –supervisors)
4. Mrs Susara Adriana ten Brink: Kennis van intestinale helminte by die mamabolo gemeenskap. B Pharm; Potchefstroom, 1997. (Gerber JJ and **Steyn NP**-supervisors)
5. Ms Marjorie Puseletso Moepi: Relationship between dietary folic acid intake and births of babies with neural tube defects in the Northern Province. M Nutr; University of the North, Turfloop, 1998. (**Steyn NP**, Venter PA – supervisors)
6. Mr Hendrik Yme Tichelaar: The effect of fish supplementation on the fatty acid status and growth of undernourished rural preschool children. PhD; University of Stellenbosch, December 1998. (**Steyn NP** –co-supervisor)
7. Mrs Cebisa Noxolo Nesamvuni: The use and nutritional value of common edible indigenous green leafy vegetables in the diet of the Vhavenda. M Nutr; University of the North, 2000. (**Steyn NP** –supervisor, Potgieter MJ – co- supervisor)
8. Mrs Nndivheni Gladys Nthangeni: Dietary and life-style factors of urban and non-urban diabetic patients. PhD; University of the North 2000. (Alberts M–supervisor, **Steyn NP**- co- supervisor and mentor at MRC)
9. Mr Kotsedi Daniel Monyeki: Tracking physical growth and health status of South African rural children: Ellisras longitudinal study (ELS). PhD; University of Potchefstroom, May 2000. (de Ridder JH , Kemper HCG, **Steyn NP** –co-supervisor)
10. Ms Davonne Mostert: Nutritional status of pregnant women and their infants in Dikgale. M Nutr; University of North, 2000. (**Steyn NP**-supervisor)
11. Ms Whadhiah Talip: Development and Validation of a Knowledge Test for Health Professionals Regarding Lifestyle Modification, Hons UCT, 2002. (**Steyn NP** – supervisor)
12. Ms J Mukuddem-Petersen: The association between stunting and overweight among 10-15 year old children in the North West Province: The Thusa Bana Study. MSc. Nutr; University of Potchefstroom, October 2002. (Kruger HS - supervisor, **Steyn NP** –co-supervisor)
13. Ms Lindiwe Whati: Development of Nutrition Knowledge Questionnaire for Teenagers. MSc; University of Cape Town, 2004. (**Steyn NP** – co-supervisor and mentor at MRC)
14. Mrs Rendani Ladzani: Nutritional status and nutrition-related health problems of black elderly in urban and non-urban areas of Limpopo PhD; University of Limpopo, 2005. (**Steyn NP**, Alberts M–supervisors)
15. Mamabolo RL. A Comprehensive Evaluation of Black Pregnant Women and their Offspring from a Rural Population in the Limpopo Province. Medical Sciences Programme, School of Health Sciences,

Faculty of Sciences, Health and Agriculture, University of Limpopo. June 2006. (Alberts M, **Steyn NP** – co-supervisor and mentor at MRC)

16. Ms Maria Seele: Association between antioxidant status and mns0 ala9val polymorphism in trained male athletes (of rugby players) and sedentary male students controlled for antioxidant intake. MSc; University of Stellenbosh, March 2007. (Senekal M– supervisor, **Steyn NP** – co-supervisor)
17. Ms Preeti Mistri: An evaluation of nutrition knowledge teachers who teach at three different types of school in Cape Town (Hons, UCT)(**Steyn NP**-supervisor)
18. Mr David Bloom: Weight status of children at a private school in Cape Town (Hons UCT) (**Steyn NP**-supervisor)
19. Ms Whadiah Talip: Determination of health professionals' knowledge regarding nutrition, in the Western Cape. (MSc UCT upgraded to a PhD)(**Steyn NP** (mentor at MRC, Levitt NS )(**handed in March 2008**)

#### **POSTGRADUATE STUDENTS SUPERVISED (current):**

1. Ms Zibuyile Ndamane: The formative assessment for the school-based intervention program to reduce diabetes risk factors in disadvantaged communities of South Africa. (MSc UCT)(**Steyn NP**-co-supervisor)
2. Ms Tani Lombard: Development of a dietary assessment instrument for adults in rural areas of the Eastern Cape who are susceptible to oesophageal cancer (MSc UCT upgraded to PhD)(**Steyn NP**-supervisor)
3. Ms Lerato Senwalo: An evaluation of the dietary intake and nutritional status of children attending nursery schools in Gabarone (MSc UCT)(**Steyn NP**-supervisor)
4. Ms Carien Meyer: Evaluation of the dietary intake of diabetic patients in the Cape metropole area. (MSc UCT)
5. Mrs S Howard: Nutritional status of children from female-headed households in South Africa. (PhD US)(**Steyn NP** co-supervisor)Ms L van Wyk: The development of culturally acceptable nutritional educational materials for hypertensive patients (M Nutr US)(**Steyn NP**-co-supervisor)
6. Ms M van Zyl: Fast food consumption by a young adult population in Gauteng (M.Nutr US)(**Steyn NP**, Supervisor)
7. Ms C Human: An evaluation of the efficacy of using photo cards (MRC) to do a dietary assessment in children. (M Nutr, US)
8. Ms L Katzenellenbogen: The measurement of the perceived impact of diabetes on the quality of life of the diabetic patient. (M Nutr, US)(**Steyn NP**-co-supervisor)(**handed in March 2008**).
9. Ms SE Modjadji: Nutritional status of non-pregnant women of child-bearing age in a rural area of Limpopo Province and the effect of fortification of staple foods on their folate and iron status(**Steyn NP**-co-supervisor)(**handed in November 2008**).

#### **5. SCIENTIFIC PUBLICATIONS IN PEER REVIEWED JOURNALS:**

1. **Steyn NP**. The effect of an education program on knowledge and attitudes of the members of a housewife club. J Diet Home Econ 1982; 10: 26-28.
2. **Steyn NP**, Albertse EC, van Wyk Kotze TJ, van Heerden L, Kotze JP. Analysis of the diets of 12-year-old children in Cape Town. S Afr Med J 1986; 69: 739-742.
3. **Steyn NP**, Albertse EC, Van Wyk Kotze TJ, Van Wyk CW, Van Eck M. Sucrose consumption and dental caries in 12-year-old children of all ethnic groups residing in Cape Town. J Dent Assoc SA 1987; 42: 43-49.
4. Lamparelli RDV, van der Westhuyzen J, **Steyn NP**, et al. Nutritional anaemia in 11-year-old schoolchildren in the Western Cape. S Afr Med J 1988; 73: 473-476.

5. Van der Westhuyzen J, **Steyn NP**, Icke GC, Davis RE. Thiamine intakes and erythrocyte thiamine levels in 11-year-old children in the Western Cape. *Trop Geog Med* 1988; 39(40): 218-222.
6. Senekal M, Albertse EC, **Steyn NP**. Weight change in first year female students in residence at a South African university. *J Diet Home Econ* 1988; 16: 83-87.
7. Senekal M, Albertse EC, **Steyn NP**. Weight changes in first year female students at university. *SA J Science* 1988a; 84: 60-61.
8. **Steyn NP**, Wicht CL, Rossouw JE, Van Wyk Kotze TJ, Van Eck M. Nutritional status of 11-year-old children in the Western Cape. I. Dietary intake. *S Afr J Food Sci Nutr* 1989; 1: 15-20.
9. **Steyn NP**, Wicht CL, Rossouw JE, Van Wyk Kotze TJ, Van Eck M. Nutritional status of 11-year-old children in the Western Cape. II. Anthropometry. *S Afr J Food Sci Nutr* 1989; 1: 21-27.
10. **Steyn NP**, Wicht CL, Rossouw JE, Van Wyk Kotze TJ, Laubscher R. The eating pattern of adolescents in the Western Cape. *S Afr J Food Sci Nutr* 1990; 2: 23-27.
11. **Steyn NP**, Pettifor JM, Van der Westhuyzen J, van Niekerk L. Nutritional status of schoolchildren in the Richtersveld. *S Afr J Food Sci Nutr* 1990; 2: 52-56.
12. **Steyn NP**, Badenhorst CJ, Nel JH, Jooste PL. The nutritional status of Pedi pre-school children in two rural areas of Lebowa. *S Afr J Food Sci Nutr* 1992; 4: 24-28.
13. Westhuyzen J, **Steyn NP**. Haematological nutrition of schoolchildren in the far North Western Cape. *Trop Geog Med* 1992; 44: 1-5.
14. Ladzani R, **Steyn NP**, Nel JH. A socio-economic profile of households in semi-rural areas of Lebowa with specific reference to dietary habits. *S Afr J Food Sci Nutr* 1992; 4: 60-63.
15. **Steyn NP**, Pettifor JM, Van Niekerk J, Nel JH. Supplementary school-feeding and nutritional status of primary schoolchildren in the Richtersveld. *S Afr J Food Sci Nutr* 1992; 4: 103-109.
16. **Steyn NP**, Badenhorst CJ, Nel JH. The meal pattern and snacking habits of schoolchildren in two rural areas of Lebowa. *S Afr J Food Sci Nutr*, 1993; 5: 5-9.
17. **Steyn NP**, Badenhorst CJ, Nel JH, Ladzani R. Breast-feeding and weaning practices of Pedi mothers and the dietary intakes of their preschool children. *S Afr J Food Sci Nutr* 1993; 5: 10-13.
18. Badenhorst CJ, **Steyn NP**, Jooste PL, Nel JH, Kruger M, Oelofse A, Barnard C. Nutritional status of Pedi schoolchildren aged 6 - 14 years in two rural areas of Lebowa: a comprehensive nutritional survey of dietary intake, anthropometric, biochemical, haematological and clinical measurements. *S Afr J Food Sci Nutr* 1993; 5: 112-19.
19. Tichelaar HY, **Steyn NP**, Badenhorst CJ, Nel JH, Smuts CM, Van Jaarsveld PJ, Benade AJS. Epidemiological evidence of impaired fatty acid status of undernourished rural primary schoolchildren in Lebowa. *S Afr J Food Sci Nutr* 1994; 6: 60-65.
20. **Steyn NP**, Nel JH, Tichelaar HY, Prinsloo JF, Dhansay MA, Oelofse A, Benadé AJS. Malnutrition in Pedi pre-school children, their siblings and caretakers. *S Afr J Clin Nutr* 1994; 7(4): 12-20.
21. Tichelaar HY, **Steyn NP**, Nel JH, Smuts CM, Van Jaarsveld PJ, Prinsloo JF, Van Rijkswijk AW, Dhansay MA, Benadé AJS. Fatty acid and nutritional status of undernourished rural Pedi pre-school children under 6 years of age in Lebowa. *S Afr J Food Sci Nutr* 1995; 7: 27 - 32.
22. **Steyn NP**, Nel JH, Dhansay MA, Tichelaar HY, Kriek JA, Prinsloo JF, Benadé AJS. Differences in nutritional status between caretakers of underweight and normal weight Pedi pre-school children. *S Afr J Food Sci Nutr* 1995; 7: 53-59.
23. **Steyn NP**, Nel JH, Prinsloo JF, Tichelaar HY, Dhansay MA, Theron J, Hoffman LC, Benadé AJS.7

Nutritional status of underweight rural preschool children consuming a diet rich in *Clarias gariepinus*. *S Afr J Food Sci Nutr* 1995; 7: 156-160.

24. **Steyn NP**, Hanekom SM, Nesamvuni AE, Oosthuizen W, Laubscher I. An analysis of perceptions of school children regarding the primary school nutrition programme (PSNP) in four provinces of South Africa. *S Afr J Food Sci Nutr*, 1996; 8: 131-136.
25. **Steyn NP**. Nutrition (Chapter 13). In: *South African Health Review 1996*. Durban: Health Systems Trust; 1996.
26. **Steyn NP**, Labadarios D. Eating breakfast - does it make a difference? *S Afr Med J* 1997; 87: 91-92.
27. Vermeulen MS, **Steyn NP**, Nel JH, Ten Brink SA, Lombard RH. Socio-demographic, sanitation and hygiene factors related to nematode infection of a rural population in the Northern Province. *S A J Epidemiol Infect* 1997; 12(3): 85-90.
28. Robertson H-L, **Steyn NP**, Venter PA. Neural tube defects and folic acid - a South African perspective. *S Afr Med J* 1997; 87(7): 928-931.
29. **Steyn NP**, Robertson H-L, Mekuria M, Labadarios D. Household food security - what health professionals should know. *S Afr Med J* 1998; 88: 75-79.
30. **Steyn NP**, Nel JH, Kunneke E, Tichelaar HY, Oelofse A, Prinsloo JF, Benade AJS. Difference between underweight and normal weight rural preschool children in terms of infant feeding practices and socio-economic factors. *S Afr Med J* 1998; 88(5): 641-646.
31. Vermeulen M, **Steyn NP**, Nel JH, Ten Brink R, Lombard RH. The prevalence of gastrointestinal helminths and the nutritional status of rural preschool children in the Northern Province. *S Afr Med J* 1998; 88(9): 1217-1222.
32. Monyeki KD, Van Lenthe FJ, **Steyn NP**. Obesity: Does it occur in African children in a rural community in South Africa? *Int J Epidemiol* 1999; 28: 287-292.
33. Tichelaar HY, **Steyn NP**, Nel JH, Smuts CM, van Jaarsveld PJ, Prinsloo JF, van Rooyen J, Lombard CJ, Dhansay MA, Benade AJS. Effect of catfish supplementation on the fatty acid status and growth of undernourished rural preschool children under 6 years of age: An intervention trial in Lebowa, South Africa. *Asia Pacific J Clin Nutr* 1999; 8(2): 96-105.
34. **Steyn NP**, Senekal M, Brits S, Alberts M, Mashego T, Nel JH. Weight and health status of black female students. *S Afr Med J* 2000; 90: 146-152.
35. Brits S, **Steyn NP**, Mampuru N, Letsoalo V, Mamabolo L. An income generating community-based nutrition project for rural women. *S Afr J Clin Nutr* 2000; 13(1): 11 -14.
36. **Steyn NP**. A South African perspective on preschool nutrition. *S Afr J Clin Nutr* 2000; 13(1): S9-S12.
37. **Steyn NP**, Walker ARP. Nutritional status and food security in Sub-Saharan Africa: Predictions for 2020. *Asia Pacific J Clin Nutr* 2000; 9(1): 5-10.
38. **Steyn NP**, Senekal M, Brits S, Nel JH. Urban and rural differences in dietary intake, weight status and nutrition knowledge of black female students. *Asia Pacific J Clin Nutr* 2000; 9(1): 11-16.
39. **Steyn NP**, Senekal M, Brits S, Alberts M, Mashego T, Nel JH. Weight and health status of black female students. *S Afr Med J* 2000; 90: 146-152.
40. **Steyn NP**. A South African perspective on preschool nutrition. *S Afr J Clin Nutr* 2000; 13(1): S9-S12.
41. Nesamvuni C, **Steyn NP**, Potgieter M. Nutritional value of wild, leafy vegetables consumed by the



Vhavenda. S Afr J Sci 2001; 97: 51-54.

42. **Steyn NP**, Abercrombie, Labadarios D. Food Security - An update for health professionals. S Afr J Clin Nutr 2001; 14(3): 98-102.
43. Senekal M, **Steyn NP**, Mashego T-AB, Nel JH. Evaluation of body shape, eating disorders and weight management related parameters in black female students of rural and urban origins. S Afr J Psychol 2001; 31: 45-53.
44. **Steyn NP**, Oliver J, Winter P, Burger S, Nesamvuni C. A survey of wild, green leafy vegetables and their potential in combating micronutrient deficiencies in rural populations. South African Journal of Science July/August 2001; 97(7 & 8): 276-278.
45. **Steyn NP**, MacIntyre UE, Olwagor R, Alberts M. Validation of multiple 24-hour recalls in a rural adult population using energy intake and estimated basal metabolic ratios. The S Afr J Epidemiol Infect 2001; 16(1): 23-26.
46. **Steyn NP**, Burger S, Monyeki KD, Alberts M, Nthangeni G. Seasonal variation in dietary intake of the adult population of Dikgale. S Afr J C N; 2001: 14(4): 140-145.
47. Monyeki KD, Toriola AL, de Ridder JH, Kemper HC, **Steyn NP**, Nthangeni ME, Twisk JW, van Lenthe FJ. Stability of somatotypes in 4 to 10 year-old rural South African girls. Ann Hum Biol 2002; 29(1): 37-49.
48. Nthangeni NG, **Steyn NP**, Alberts M, Steyn K, Levitt NS, Laubscher R, Bourne L, Dick J, Temple N. Dietary intake and barriers to dietary compliance in black type 2 diabetic patients attending primary health-care services. Public Health Nutr 2002; 5(2): 329-338.
49. Monyeki KD, **Steyn NP**, Monyeki MA. Body composition in Urban Black South African school children aged 6-13 years. Afr J Physical, Health Education, Recreation and Dance (AJHERD) 2002; 8(2): 285-296.
50. **Steyn NP**, Myburgh NG, Nel JH. Evidence to support a food-based dietary guideline on sugar consumption in South Africa. Policy and Practice, Bull World Health Organ 2002; 81: 599-608.
51. Senekal M, **Steyn NP**, Nel JH. Factors Associated with Overweight / Obesity in Economically Active South African Populations. Ethn Dis 2003; 13: 109-116.
52. Talip W, **Steyn NP**, Visser M, Charlton KE, Temple N. Development and validation of a knowledge test for health professionals regarding lifestyle modification. Nutrition 2003; 19(9): 760-766.
53. **Steyn NP**, Nel JH, Casey A. Secondary data analysis of dietary surveys undertaken in South Africa in order to determine usual food consumption of the population. Public Health Nutr 2003; 6(7): 631-644.
54. Monyeki MA, Kemper HCG, Twisk JWR, Monyeki KD, Toriola AL, **Steyn NP**. Anthropometric indicators of nutritional status and physical fitness of Ellisras rural primary school children, South Africa. Medicina Sportiva 2003; 7(EE3): E95-E104.
55. Hinze A, Karg C, van Zyl M, Mohamed N, **Steyn NP**. The acceptability of different types of soymilks available in Cape Town in consumers from high and low socio-economic areas. Int J Consumer Studies 2004; 28: 40-48.
56. **Steyn NP**, Mann J, Bennett PH, Temple N, Zimmet P, Tuomilehto J, Lindström J, Louheranta A. Diet, nutrition and the prevention of type 2 diabetes. Public Health Nutr 2004; 7(1A): 147-165.
57. Mamabolo RL, Alberts M, Mbhenyane XG, **Steyn NP**, Nthangeni NG, Delemarre-van de Waal HA, Levitt NS. Feeding practices and growth of infants from birth to 12 months in the Central Region of the Limpopo Province of South Africa. Nutrition 2004; 20(3): 327-333.

58. Mamabolo RL, Alberts M, **Steyn NP**, Delemarre-van de Waal HA, Nthangeni NG. Iron, Vitamin B12 and folate status of third trimester pregnant women, in the Central Region of the Limpopo Province. *S Afr J Clin Nutr* 2004; 17:10-15.
59. Mamabolo L, Alberts M, **Steyn NP**, Delemarre-van de Waal, Nthangeni G, Levitt NS. Evaluation of the effectiveness of iron and folate supplementation during pregnancy in a rural area of Limpopo province.: *S Afr J Clin Nutr* 2004; 17:15-24.
60. Becker H, Bester M, Reyneke N, Labadarios D, Monyeki KD, **Steyn NP**. Nutrition related knowledge and practices of hypertensive adults attending hypertensive clinics at day hospitals in the Cape Metropole. *Curationis* 2004; 27(2): 63-68.
61. Grobbelaar A, le Roux M, Lindenberg C, Marais D, **Steyn NP**. Evaluation of usual dietary intake of women working on farms in the Koue Bokkeveld District and the potential benefits of maize and wheat fortification. *S Afr J Epidemiol Infect* 19(1): 12-17.
62. Mostert D, **Steyn NP**, Temple NJ, Olwagen R. Dietary intake of pregnant women and their infants in a poor black community in South Africa. *Curationis* 2005; 28(4): 12-19.
63. Alberts M, Urdal P, Steyn K., Stensvold I, Olwagen R, Tverdal A, Nel J, **Steyn NP**. Prevalence of common non-communicable diseases and associated risk factors in a rural black population of South Africa. *E J Cardiovasc Prev Rehab* 2005;12: 347-354.
64. **Steyn NP**, Labadarios D, Nel JH, Robertson H-L. Development of a questionnaire to test knowledge and practices of dieticians regarding dietary supplements. *Nutrition* 2005; 21: 51-58.
65. **Steyn NP**, Labadarios D, Nel J, Lombard C, Maunder E, directors of NFCS. Secondary anthropometric data analyses of the National Food Consumption Survey in South Africa: The Double Burden. *Nutrition* 2005; 21: 4-13.
66. Labadarios D, **Steyn NP**, Ngijima C, Daldla N. Review of the South African Nutrition Policy 1994 – 2002 and targets for 2007: Achievements and challenges. *Nutrition* 2005; 21:100-108.
67. Whati L, Senekal M, **Steyn NP**, Nel JH, Lombard,C. Development of a reliable and valid nutrition knowledge questionnaire for urban adolescents of the birth to twenty study. *Nutrition* 2005; 21: 76-85.
68. Labadarios D, **Steyn NP**, Maunder E, Gericke G, Swart R, Huskisson J, Dannhauser A, Vorster HH, Nesamvuni AE, Nel JH. The National Food Consumption Survey (NFCS): South Africa, 1999. *Public Health Nutr* 2005; 8(5): 533-43.
69. Mciza Z, Goedeke J, **Steyn NP**, Charlton K, Puoane T, Meltzer S, Levitt NS, Lambert EV. Development and validation of instruments measuring body image and body weight dissatisfaction in South African mothers and their daughters. *Public Health Nutr* 2005; 8(5): 509-519.
70. Mamabolo RL, Alberts M, **Steyn NP**, Delemarre HA, Levitt NS. Prevalence and determinants of stunting and overweight in 3-year-old black South African children in the Central Region of Limpopo Province. *Public Health Nutr* 2005; 8(5): 501-508.
71. Temple NJ, **Steyn NP**, Myburg NG, Nel JH. An evaluation of food consumed in schools in Cape Town, South Africa. *Nutrition* 2006; 22: 252-258.
72. **Steyn NP**, Senekal M, Norris S, Whati L, MacKeown J, Nel JH. How well do adolescents determine portion sizes of foods and beverages. *Asia Pacific J Clin Nutr* 2006; 15: 28-35.
73. **Steyn NP**, Nel JH, Nantel G, Kennedy G, Labadarios, D. Food variety and dietary diversity scores in children: Are they good indicators of dietary adequacy. *Public Health Nutr* 2006; 9(5): 644-650.
74. **Steyn NP**, Maunder EM, Labadarios D, Nel JH. Foods and beverages that make a significant contribution to macro- and micronutrient intakes of children in South Africa- do they meet the food-10

based dietary guidelines? S Afr J Clin Nutr 2006; 19(2): 66-76.

75. Mamabolo RL, Alberts M, Levitt NS, Van de Waal, **Steyn NP**. Prevalence of gestational diabetes mellitus and the effect of weight on measures of insulin secretion and insulin resistance in third-trimester pregnant rural women residing in the Central Region of Limpopo Province, South Africa. *Diabet Med* 2006; 1(10): 1464-5491.
76. Joubert J, Noman R, Bradshaw D, Goedecke JH, **Steyn NP**, Puane T, the South African Comparative Risk Assessment Collaborating Group. Estimating the burden of disease attributable to excess body weight in South Africa in 2000. *S Afr Med J* 2007; 97(8): 683-690.
77. Mamabolo RL, Alberts M, Levitt NS, Delemarre-van de Waal HA, **Steyn NP**. Association between insulin-like growth factor-1, insulin-like growth factor-binding protein-1 and leptin levels with nutritional status in 1-3 –year-old children, residing in the central region of Limpopo Province, South Africa. *Brit J Nutr* 2007; 98: 762-769.
78. **Steyn NP**, Nel JH, Labadarios D. Will fortification of staple foods make a difference to the dietary intake of South African Children? *S Afr J Clin Nutr* 2008; 21(1): 22-27.
79. **Steyn NP**, Wolmarans P, Nel JH, Bourne LT. National fortification of staple foods can make a significant contribution to micronutrient intake of South African adults. *Public Health Nutr* 2008; 11(3): 307-313.
80. **Steyn NP**, Mbhenyane X. Workforce development in South Africa with a focus on public health nutrition. *Public Health Nutr* 2008; 11(8):792-800.
81. Temple NJ, **Steyn NP**, Nadomane Z. Food advertisements on children's programs on TV in South Africa. *Nutr* 2008; 24:781-782.
82. **Steyn NP**, Lambert EV, Tabana H. Nutrition interventions for the prevention of type 2 diabetes. *The Proceedings of the Nutrition Society* 2008 Dec; 10:1-16.
83. Temple N, **Steyn NP**. Food prices and energy density as barriers to healthy food patterns in Cape Town. *J Hunger Environ Nutr* 2009, 20:33.
84. Evans WD, Blitstein J, Lynch C, De Villiers A, Draper C, **Steyn NP**, Lambert EV. Childhood obesity prevention in South Africa: media, social influences and social opportunities. *Social Marketing* 2009; XV: 22-47
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## 10. PRODUCTS/PROTOTYPES

A kit was developed for use in dietary surveys: Dietary Assessment & Education Kit (DAEK). This was developed jointly with Dr M Senekal (then at the University of Stellenbosch). The kit comprises a file with 400 x A4 colour food photo cards and includes life sized drawings of standard portion sizes on the back of each card. It includes the codes of commonly consumed foods as found in the MRC food composition tables. The kit also comprises 214 x A5 colour photos of commonly eaten foods. The purpose of these cards is for use when doing a dietary recall using the food frequency method with a client (as a picture sort method). The kit also comprises a procedural and training manual for the person who is going to use it. Furthermore it comprises 3 standard dietary questionnaires (24HR; food frequency; & dietary record) which can be adapted according to the persons who are to be evaluated. The kit is the only dietary tool available in South Africa which comprises such a range of resources for both nutritional research and education purposes. To date it has been widely used with more than 300 copies sold, most of these being to the Department of Health. The DAEK has been validated for use in adolescents and is currently being tested in school children.

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### 13. SPECIAL ACHIEVEMENTS / AWARDS

- 1984 : Received the Van den Bergh & Jurgens award for the best research presented at the SA Nutrition Society Biennial Conference, Pretoria.
- 1988 : Received the William Fox award for the best research presented by a dietitian at the SA Nutrition Society Biennial Conference, Johannesburg.
- 1989 : Initiated the B.Nutr degree programme in accordance with the SA Medical and Dental Council regulations.
- 1990-1996 : Elected to the Council of the Nutrition Society of South Africa.
- 1991 : Vice-Dean of the Faculty of Health Sciences at UNIN (Univ. Limpopo) from 1991 - 1992.
- From 1990 : Reviewer for the South African Journal of Food Science and Nutrition.
- From 1992 : Elected as chair of the Association for Dietetics in South Africa (Far North Branch). As such became eligible to serve on the executive council of the Association.
- From 1994 : Served as a reviewer for the South African Journal of Clinical Nutrition.
- 1994 – 1996 : Represented the University of Limpopo on the MRC Grants Committee.
- 1993 – 1998 : Served on the Editorial Board of the SA Journal of Food Science and Nutrition.
- 1994 : Awarded the Senate Travel Grant of the University of Limpopo.
- Since 1996 : Editorial Board Member: The South African Journal of Clinical Nutrition
- From 1998 : Member of the Editorial Board of the Journal of Public Health Nutrition. (International Journal published in England).
- 1998 : Rated by the NRF: C RATING  
First dietitian in South Africa to achieve a rating from the NRF.  
C = Established researchers whose research outputs are of international standing and appreciated by the science, engineering or technology community either internationally or locally for their contributions.
- 1999 : Served on the NRF Nutrition Advisory Committee for evaluation of projects.
- 1999 : Served as a director on the National Food Consumption Survey, and as the national training coordinator for the survey
- 1998 – 1999 : Elected by Department of Arts, Culture, Science and Technology to serve on the National Research Health Sector Working Group for 2 years.
- 1999 – 2003 : Served on the Executive of the Professional Board for Dietetics in South Africa
- 2000 – 2003 : Served as Vice-Chair of the Professional Board for Dietetics of the Health Professionals Council of SA.
- 2001 : Consultant for WHO: To develop guidelines on diet and prevention of Type 2 diabetes
- Since 2002 : Board Member: South African Society for Parenteral and Enteral Nutrition
- 2002 : Elected to the African Editorial Board for Nutrition.
- Since 2003 : Reviewer: The International Journal of Consumer Studies
- Since 2003 : Reviewer: Scandinavian Journal of Public Health

- Since 2004 : Chair of the Education Committee of the Professional Board for Dietetics of the Health Professionals Council of South Africa
- 2004 : Guest editor for an edition of Nutrition 2004.
- Since 2005 : Member of the Executive Committee of the Professional Board
- 2005 : Guest editor for an edition of Public Health Nutrition in 2005
- 2007 : Invited by FAO to participate in a 3 day Nutrition Workshop in Cairo, Egypt
- 2008 : Elected to represent South Africa on the International Scientific Committee of the International Choices Foundation
- 2009 : Served on the Scientific Committee of the International Conference on Dietary Methodology. Washington, 4-7<sup>th</sup> June, 2009

#### **14. COMPLETED RESEARCH PROJECTS**

1. Indigenous plant programme - NRF funding
2. Obesity in urban black children - MRC funding
3. National Food Consumption Survey (1999 and 2005) - Dept Health funding
4. First year female student project – University of Limpopo funding
5. Household food security in South Africa - University of Limpopo funding
6. Micronutrient supplements study – Roche Pharmaceutical funding
7. WHO Diabetes and Nutrition Expert Consultative Group – WHO funding
8. Total diet studies 2002 – WHO funding
9. Report on Trends in Food and Health in RSA – FAO funding
10. Evaluation of tuckshops- Canadian (Athabasca) funding
11. Report on chronic diseases in South Africa- FAO funding
12. Kenyan adult women’s dietary study (Unilever)
13. Community Nutrition textbook (FAO funding)
14. What works?- review on dietary interventions (WHO funding)
15. School intervention programme (World Diabetes Foundation funding): **ongoing**
16. Proposal for a national food consumption survey in Zambia (FAO funding)
17. METS study in 5 countries (Lyoala University Chicago funds)

#### **15. OUTREACH PROGRAMMES**



1. Nutrition Adviser Programme in the Western Cape (Main coordinator).  
Lay women were trained to do nutrition education in their own communities to disadvantaged families. This programme was developed over a period of 10 years. By 1988 there were more than 160 women working in poor communities nationally.
2. LUNCH Project (Lebowa, University of the North (now Limpopo) Community Health) (Project leader):  
Local women were trained to do nutrition education to at-risk families in five rural areas of the Northern Province.
3. Bakery Project (Project Leader): Two bakeries were erected and activated in Mailula and Segopje in Limpopo province together with local women groups. The objective was to create projects, which were income generating and sustainable.

## 16. EXTERNAL EXAMINER FOR COURSES

MEDUNSA	Community Nutrition, 1990 - 1995
Pretoria University	Community Nutrition, 1996 to 2003
Stellenbosch University	Community Nutrition, 1995 to 2000
Kwazulu-Natal University	4 <sup>th</sup> year research projects (currently)
Stellenbosch University:	Masters & PhD dissertations
University of Cape Town	Masters & PhD dissertations

## 17. REFERENCES

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