

Division for Social Impact

Initiative by Theme: Food security & health

3 November 2018



Initiative Title	Initiative Description	Initiative Owner	Faculty
Agriculture Youth Training and Development Initiative	The primary objective of the Agriculture Youth Training Centre is to offer skills development and vocational training in the agricultural sector, for either employed or unemployed candidates or learners. The focus however will be on the unemployed youth, women and persons with disabilities who have not finished their formal school careers. The centre will initially offer skills development and vocational training in NQF levels 3 & 4 in poultry farming, freshwater aquaculture and vegetable gardening which will include aquaponics as a technology.	Stander, HB, Mnr [hbs@sun.ac.za]	AgriScience
Let's Move Kom Beweeg Masihambe	The Movement Laboratory at the Sport Science Department focuses on developing and researching evidence-based exercise interventions for movement disorders as seen in elderly and neurological populations i.e. spinal cord injuries, strokes, Parkinson's disease as well as Dementia and Alzheimer's disease. Over the last few years the Movement Laboratory has established collaborations with various local communities, with the cooperation of previous research projects and associations like Bridging Abilities, Helderberg Stroke Foundation and the ACVV. Even though there are other community projects focusing on health and wellness in these areas, none specifically focus on individuals with movement disorders relating to neurological conditions. The Movement Laboratory has set out not to leave communities after research projects have been completed without establishing educational platforms and/or exercise groups for the benefit of the community members.	Welman, KE, Dr <welman@sun.ac.za>	Education
Oenology 244	Students carry out a health and safety assessment and write a report for a winery in conjunction with their winery partners. The report is viewed by the Oenology lecturer and is submitted to the winery partner for their information. 2014/5 proved very successful. This will be extended to include winery waste treatment in the future.	Mckay, MA, Me <marianne@sun.ac.za>	AgriScience

Strengthening primary health care through family physicians and primary care doctors	This project was initiated by a grant from the European Union in partnership with the South African National Department of Health. The project focused on (a) improving the quality of training and national assessment of family physicians in all programmes in South Africa (b) evaluating the impact of family physicians as one of the recent generic interventions in the health system designed to strengthen district health services (c) developing a national Diploma in Family Medicine to re-orientate primary care doctors to their broader role envisaged under a re-engineered primary health care system funded under national health insurance and contributing to universal health coverage (d) developing new training module on leadership and clinical governance,	Mash, R, Prof <rm@sun.ac.za>	Medicine and Health Sciences
Improving Africa's maritime security governance	Increasing maritime security governance of Africa through research, partnership building and knowledge sharing. The initiative aims to help sustain existing stability zones and cooperate through partnerships to increase stability in maritime zones of instability. Security on land and at sea are interdependent, underpins human security through delivery of quality public services to societies with the oceans playing a growing role to augment what is normally found on land. Stable and secure oceans underpin productive use of the oceans, but in a sustainable and responsible way with future generations as beneficiaries.	Vrey, F, Prof [fvrey@sun.ac.za]	Military Science
Community orientated primary care	Re-organising primary health care services in the Metropole in terms of community-orientated primary care	Mash, R, Prof <rm@sun.ac.za>	Medicine and Health Sciences
Implementation of group diabetes education	Implementation of group diabetes education (originally developed in Cape Town by SU through a RCT) in the other provinces in South Africa,	Mash, R, Prof <rm@sun.ac.za>	Medicine and Health Sciences
Stellenbosch University Family Physician Research Network (SUFPREN)	A network of family physicians working for the Department of Health in the Western Cape that enables them to collectively prioritise and address practical research questions arising from their work. This enables them to fulfill their clinical governance responsibilities. The university supports the research by designing the study, obtaining HREC approval, analysing the data and drafting the report.	Mash, R, Prof <rm@sun.ac.za>	Medicine and Health Sciences
Family Medicine Leadership, Education and Assessment Programme (FaM-LEAP)	Training of clinical trainers for workplace based postgraduate education in family medicine in SubSaharan Africa	Mash, R, Prof <rm@sun.ac.za>	Medicine and Health Sciences

Training of healthcare workers in district health services	Providing a variety of face-to-face and on-line training opportunities to healthcare workers in the district health services to improve the quality of care: brief behaviour change counselling, motivational interviewing, group diabetes education, management of chronic non-communicable diseases.	Mash, R, Prof <rm@sun.ac.za>	Medicine and Health Sciences
Primary care and family medicine educational (Primafamed) network	A network of departments of family medicine in sub-Saharan Africa to support educational development and research capacity. Approximately 20 countries participate in the network. The network is coordinated from the "north" by Prof Jan de Maeseneer at Ghent University, Belgium and from the "south" by Prof Bob Mash at SU.	Mash, R, Prof <rm@sun.ac.za>	Medicine and Health Sciences
Plant Diagnostiese Kliniek	Opleiding aan studente en industrie. Dienslewering aan produsente, algemene publiek en opkomende boere.	Coertze, Sonja <sc2@sun.ac.za>	AgriScience
Breede Valley Annual Community Partnership Function	A collaborative celebration of the years community engagement activities in Worcester is held once a year at the Worcester Rural Clinical School Campus. Up to 17 presentations are co-presented by undergraduate students from 5 Faculties at the University with their community partners.	Muller, JV, Mev <janamuller@sun.ac.za>	Medicine and Health Sciences

Ending Child Violence, Nurturing Child-Friendly Churches: A pilot action research collaboration (Between a community organisation, an academic research unit and a local church)	<p>The aim of the project is to investigate how local churches can be better equipped to play a constructive role in ending child violence and nurturing children within its own spaces and programs. It pilots a collaboration between a community project, a local church and an academic researcher to formulate a hybrid model of intervention, reflection and participatory evaluation within one church. Its unique contribution to the topic of ending child violence and nurturing child friendly churches is that it brings together selected local collaborating partners around a child rights legal framework that takes the theological underpinnings of a church setting seriously with tailored engagement within this space that can directly engage with underpinning child theologies in a local church. Objectives:</p> <ul style="list-style-type: none"> • To develop the role of faith communities in intentionally shaping a safer space for 480 children through a pilot intervention supported by good practice research at Rondebosch United Church • To offer capacity building and support to 20 church adult and youth leaders working with children in this space for improved accountability and mutual learning that is shaped by global good practice • To explore the role of churches in the formation or disruption of violent patterns against children and to identify what may need to be unlearned and rethought in the light of new legislation/policy • To facilitate church-wide discussion on child friendly churches to understand how congregations can be both roadblocks and resources around ending violence against and the legal rights of children • To draw on the respective strengths of three diverse partners to model joined up thinking on this area in a praxis cycle of action-reflection-action connected to local context and global good practice. 	<p>Palm, S, Dr [spalm@sun.ac.za]</p>	<p>Theology</p>
Physiotherapy Service Learning Initiative	<p>Baby massage as a tool to increase mother to child bonding in the Ceres, Robertson and Worcester regions. Peer to peer teaching to increase compliance of blood pressure medication to decrease the incidence of stroke in Bishop Lavis.</p>	<p>Statham, SB, Mrs [sbs@sun.ac.za]</p>	<p>Medicine and Health Sciences</p>
Western Cape High School Learner Engagement Programme – Science and Research	<p>This project aims to engage high school learners from the Western Cape about both basic education on Tuberculosis as well as giving them some insight into a career as a researcher/scientist. Presentations and small demonstrations will be given to the learners.</p>	<p>Kinnear, CJ, Dr [gkin@sun.ac.za]</p>	<p>Medicine and Health Sciences</p>
Promoting biodiversity conservation in the agriculture sector	<p>Talking to farmers at meetings and workshops to discuss the role that biodiversity plays in correct land usage</p>	<p>Pryke, JS, Dr [jpryke@sun.ac.za]</p>	<p>AgriScience</p>

Evaluating the Western Cape on Wellness (WoW!) Initiative: Co-creating a culture of wellness	Through the adoption of an all government and all society approach, the overarching goal of the WoW! Initiative is to co-create and sustain a culture of wellness at all levels of society in the Western Cape in order to prevent, reduce and better manage Non-Communicable Diseases (NCDs). This programme represents a collaboration between the Western Cape Department of Health (WCDoH), Western Cape Government (WCG)Department of the Premier, WCG Department of Education, WCG Department of Cultural Affairs and Sport, the Heart & Stroke Foundation SA, Times Media, Pharma Dynamics, Discovery Vitality and Eskom.	Dickie, KE, Mej <kdickie@sun.ac.za>	Education
Teaching Gender and Health in Africa	As part of the Cultivating Change Agents Project, the Gender Unit of the Beyers Naude Centre at the Faculty of Theology hosted a conference in March 2018 in conjunction with the Circle of Concerned African Women Theologians that invites participants to consider the challenges and opportunities for teaching Gender and Health in Africa.	Snyman, MM, Me [maritasnyman@sun.ac.za]	Theology
PJB Cona Primary School	Developmental stimulation program for Gr R and Gr 1 learners	Duvenage, Catharina, Ms <miad@sun.ac.za>	Medicine and Health Sciences
Community Nutrition 478	Ensuring and supplying Primary Health Care services to previously disadvantaged communities is part of the bigger plan of addressing inequity in South Africa. The project entails rendering of health and nutrition services at Community - and Health facility levels. Relevant interactions and interventions at community-based and non-governmental organisation is an important focus after completion of a community profile.	Du Plessis, LM, Dr <lmDup@sun.ac.za>	Medicine and Health Sciences
Mental Health Information Centre of South Africa (MHIC)	The Department of Psychiatry at the University of Stellenbosch initiated the Mental Health Information Centre of South Africa (MHIC) in August 1995. The aim of the MHIC is to increase awareness of psychiatric disorders, to encourage early diagnosis and treatment of these conditions, and to address the stigma of mental illness. Methods initially employed to achieve these aims included fielding telephone queries from the general public, and providing the media with accurate facts. In addition the MHIC is potentially an important part of the MRC Research Unit on Risk and Resilience in Mental Disorders, previously known as the Unit on Anxiety and Stress Disorders. It is able to provide a mechanism for recruiting subjects for protocols, for informing mental health professionals and the public about our research, and for liaising with the increasingly strong consumer lobby that focuses on anxiety disorders and other mental health issues. It also aims to undertake research on community and clinician's attitudes towards psychiatric disorders including the anxiety disorders.	Roos, J, Mev [jroos@sun.ac.za]	Medicine and Health Sciences

Viticulture and Oenology Extended Internships	<p>The Viticulture and Oenology 478 module involves a seven month internship in industry, mentored by experienced and selected winemakers and viticulturalists. Students are immersed in the workplace with industry and community partners. All staff members in the Viticulture and Oenology Department are involved to an extent with our partners in industry.</p>	<p>Mckay, MA, Me <marianne@sun.ac.za></p>	<p>AgriScience</p>
Agric Economics: ReNAPRI	<p>Regional Network of Agricultural Policy Research Institutes (ReNAPRI) is a regionally coordinated group of national agricultural policy research institutes duly established and operating in Eastern and Southern Africa member states. The vision of ReNAPRI is to support national agricultural policy research institutes in Africa to be centers of excellence that guide and inform national and regional agricultural and food security policy issues. The mission of ReNAPRI is to support dynamic collaboration amongst national agricultural policy research institutes to produce sustainable and high-quality research, outreach and capacity development that promotes national and regional agricultural policy objectives.</p>	<p>Traub, LN, Me [traubl@sun.ac.za]</p>	<p>AgriScience</p>
Short course on Postharvest Physiology and Technology	<p>The aim of the Short Course is to improve the attendees' understanding of postharvest physiology. Therefore the emphasis of this course is placed on the underlying principles of plant physiology / horticulture, rather than individual recipes for the handling and postharvest storage of specific crops. Extensive use of examples will be made from a wide range of crops. Attendees therefore will learn why certain protocols have been developed, and need to be followed for each type of product. Understanding and implementation of this knowledge could ensure improvement in product quality by preventing losses during the postharvest handling chain.</p>	<p>Cronje, Paul [paulcronje@sun.ac.za]</p>	<p>AgriScience</p>

[Improving the lives of women with endometriosis](#)

Endometriosis is a chronic, reproductive illness affecting 1 in 10 women of reproductive age. Symptoms of endometriosis include heavy and prolonged menstrual bleeding, chronic pelvic pain and sexual dysfunction. Endometriosis is also associated with infertility and therefore bears a double stigma for those who are experiencing it. Both menstruation and fertility are stigmatised and even though an estimated 175 million women worldwide are diagnosed with endometriosis, it is not a subject discussed in the public domain. This means that women who are diagnosed with endometriosis often suffer in silence and women who may have endometriosis are not diagnosed soon enough. It is well known that there is a delay in diagnosis for women with endometriosis of about 7 years. I currently serve on the board of an NPO called the Foundation for endometriosis awareness, advocacy and support (165-116 NPO) that aims to improve the lives of women with endometriosis. As the name suggests, the foundation aims to increase awareness of endometriosis and provide advocacy and support to women with the disease. The foundation was established 3 years ago and we have since been conducting support groups with patients and participated in annual marches to raise awareness of endometriosis. In 2017, we have introduced an information session for patients with endometriosis, where a panel of experts in endometriosis and infertility will talk about various aspects of endometriosis and answer any questions that patients may have. We plan on presenting more information sessions for the public and would like to raise awareness of endometriosis among young women in order for them to be diagnosed sooner, receive better care and have a high quality of life.

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Arts and Social
Sciences

[Metabolic Syndrome and Cancer](#)

The metabolic syndrome is a cluster of metabolic risk factors that predispose to future onset of diabetes, heart diseases and cancer. This includes both developed and developing nations and is projected to significantly increase the burden of disease of especially poorer countries. The metabolic syndrome typically consists of any three of the following risk factors: abdominal obesity, hypertension, raised triglycerides, reduced high density lipoprotein cholesterol, and elevated blood glucose levels. However, despite these alarming projections, very limited evidence exists for developing nations during urbanisation, especially within sub-Saharan Africa. The study (ongoing) will undertake a comprehensive investigation into an under-studied urbanisation trends and risk for developing associated diseases of lifestyle in a Western Cape population. Two publications (one published) and one in process of review have so far originated from this study.

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Science

Avian Park Community Garden Club	Gardeners and interested community members from Worcester meet quarterly at the Avian Park Service Learning Center to exchange knowledge, skills and plants.	Duvenage, Catharina, Ms <miad@sun.ac.za>	Medicine and Health Sciences
The Bishop Lavis Rehabilitation Centre - Physiotherapy	Experiential learning and service delivery for students in a community setting	Statham, SB, Mrs [sbs@sun.ac.za]	Medicine and Health Sciences
Community Nutrition 478 - Health Promoting Schools	In South Africa, the Integrated School Health Policy (ISHP), launched at the end of 2012, which aims to build on and strengthen existing school health services. It recognises the WHO Health Promoting Schools concept as an important vehicle for expanding of health in communities. Furthermore, the Integrated Nutrition Programme of South Africa is seen as a key programme to support this policy and nutrition services are considered as part of the service delivery package. Dietitians and nutritionist have a very important role to fulfil in the context of the ISHP and it is essential that nutrition students are exposed to these roles and functions in their pre-service education and training.	Du Plessis, LM, Dr <Imdup@sun.ac.za>	Medicine and Health Sciences
Ukwanda for Dietetic IV	Ensuring and supplying Primary Health Care services to previously disadvantaged communities is part of the bigger plan of addressing inequity in South Africa. The initiative entails the rendering of health and nutrition services at Community and Health facility level (primary and secondary). It involves Integration of the 3 fields of dietetics (Community Nutrition, Food Service Management, Therapeutic Nutrition) within the rural community setting. Relevant interactions and interventions at crèches, old age homes, farms, factories and other CBO's, clinic and hospitals is an important focus after completion of a community profile of the area / site.	Daniels, LC, Me [ldaniels@sun.ac.za]	Medicine and Health Sciences
LIFE (Learning is Fun and Exciting) project	Afterschool life skills and recreation project for grade 4-6 learners in Avian Park, Worcester	Duvenage, Catharina, Ms <miad@sun.ac.za>	Medicine and Health Sciences
SUNWELL Community Health Programme	Is centered on 'upliftment through knowledge and movement' and is inclusive of the entire life-span. In addition, the goal of the programme is: to encourage, educate and 'champion' both adult and child populations residing in medium to low social economic areas as to the benefits and ways to lead a healthy, active and safe lifestyle.	Terblanche, Elmarie, Prof <et2@sun.ac.za>	Education

Adapt2move - FIT (Frequent Individual Training)	<p>During the Sport Science course the students have an elective module - Applied kinesiology 324 and 344. This module focuses on physical activity for persons with disabilities and disability sport. During this module the students are required to work with clients from the community in groups of 2-3 to design intervention programmes that will enhance the clients health and wellness. The population groups are screened and cleared for physical activity. All clients have a recognized disability (various disabilities) and the age ranges from children to the elderly. All clients live within a 50km radius of Stellenbosch. Adapt2move (the students under supervision and guidance) commit to at least 18 individual training sessions per semester (36 hours in total per year) at no cost to the client. Facilities are provided by the Department Sport Science as well as Maties Gymnasium (collaboration between us). The programme asks the client to commit to this number of sessions. The sessions form part of the students engaged teaching and learning that is evaluated through individual reflections and group case study presentations to the class.</p>	<p>Ferreira, Suzanne [sferreira@sun.ac.za]</p>	<p>Education</p>
A Practical Guide to Implementing Community-Based HIV-Prevention Services. Experiences shared and lessons learned from South Africa.	<p>This is a guidance document that was published based on the experiences and lessons learned from community-based HIV prevention services, implemented in communities around Cape Town between 2009 and 2016.</p>	<p>Meehan, S [sueannm@sun.ac.za]</p>	<p>Medicine and Health Sciences</p>
Avian Park: Academically-based community interaction	<p>Ukwanda has established links within the Avian Park Community (Worcester). Under the supervision of program related clinical supervisors students have set patient appointments at the Learning Centre. The clinical supervisors uses this opportunity to teach and engage students at primary health care level. Since 2011, the cohort of Student Interns based in Worcester for the last 12 months of their final year weekly accompany the community-care workers on home visits in Avian Park. Whilst fostering the interdisciplinary nature of health care, all Health Science students are given an opportunity to learn in a rural and under-served community.</p>	<p>Meyer, LH, Mrs [lindsaym@sun.ac.za]</p>	<p>Medicine and Health Sciences</p>