

**SOUTH AFRICAN NATIONAL GUIDELINES
ON NUTRITION FOR
PEOPLE LIVING WITH TB, HIV/AIDS
AND OTHER
CHRONIC DEBILITATING CONDITIONS**



DEPARTMENT OF HEALTH
Republic of South Africa

**Department of Health
South Africa
- 2001 -**



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United Nations Children's Fund

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**Guidelines compiled
for the
Department of Health**

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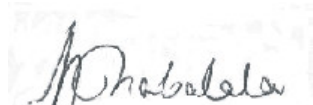
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PREFACE

The onslaught of TB, HIV/AIDS and other chronic debilitating conditions, has been given much attention by the Department of Health. A much-neglected associated aspect of these diseases is that of under-nutrition. The effect of under-nutrition on TB, HIV/AIDS and chronically ill patients is that it creates the added effect of wasting, and consequently, a further suppression of the immune system. Improving the general sense of well being, maintaining health by putting back lost nutrients, stimulating the immune system for defence against infection and fighting weight loss, can be assured through a healthy nutritional diet.

TB, HIV/AIDS and chronically ill patients sometimes desperately grab at any available means of maintaining their health. Such measures are not always correct, and may even be more harmful to the patient. The objective of these Nutrition Guidelines is to collate nutritional information relating to TB, HIV/AIDS and chronic debilitating conditions and to put it into positive use for such patients and their caregivers. The guidelines explain the link between nutrition and infections and provide advice for dealing with eating problems associated with TB, HIV/AIDS and chronic debilitating conditions.

The Nutrition Guidelines are intended for use by people living with TB, HIV/AIDS and chronic debilitating conditions and those who are in a position to guide them to better health. The input of all those who participated in the preparation of these Guidelines is dedicated to the South Africans who are infected with TB, HIV/AIDS and chronic debilitating conditions, and the people who care for them.



Dr M E Tshabalala-Msimang
MINISTER OF HEALTH

ACKNOWLEDGEMENT

TB, HIV/AIDS and other chronic debilitating conditions remain a major threat to the health sector and the livelihood of the South African population. Though great resilience has been shown by the Department of Health to withstand the financial and operational stresses imposed by these conditions, there is serious concern about finding acceptable, sustainable and effective strategies to combat TB, HIV/AIDS and other chronic debilitating conditions. This guideline, focussing in a comprehensive and holistic manner on the nutritional well-being of people living with TB, HIV/AIDS and other chronic debilitating conditions, is but one of these strategies.

The Department of Health would like to thank the *Project Team* and the *Africon Consultancy Group* who, with their extensive knowledge, dedication and practical experience, made it possible for the *Directorate Nutrition* to make these guidelines a reality.

The Department of Health would also like to thank the technical contributions and comments received from the following stakeholders with a commitment towards the improvement of the health of people living with TB, HIV/AIDS and other chronic debilitating conditions:

Directorate: HIV/AIDS and STDs

Directorate: Chronic Diseases, Disabilities and Geriatrics

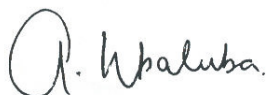
Directorate: Child and Youth Health

Directorate: Women's Health and Genetics

Provincial Sub-directorates for Nutrition

UNICEF

ATICCs.



Dr A Ntsaluba
DIRECTOR-GENERAL: HEALTH

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