

MAKING RURAL VOICES HEARD – WE ALL COUNT



Over the past few years, the MRC/Wits-Agincourt Unit conducted research in 27 villages in Bushbuckridge. One study surveyed the shops in the area and what products are available.

FROM THIS STUDY WE LEARNED:

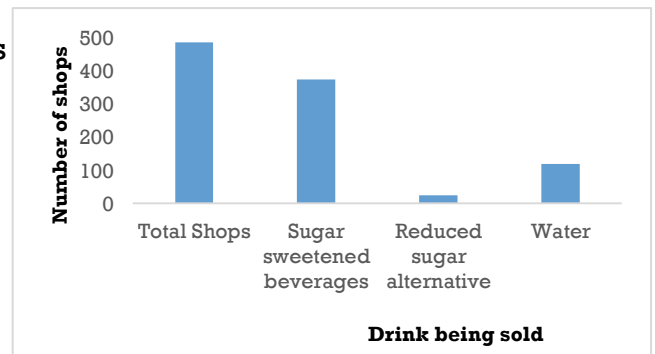
There are 484 different shops in the area

77% (373) of them sell sugared sweetened beverages (cold drinks like Coke, Fanta etc)

Only **5%** (24) of them have reduced sugared alternatives available (for example Coke Light)

Only **25%** (119) of the shops sold bottled water

The average distance from a household to the nearest shop is approximately 250m



TO PREVENT OBESITY AND OTHER CARDIOVASCULAR DISEASES PEOPLE IN YOUR COMMUNITY COULD:

- Drink less sugar sweetened beverages and juices. Drink water instead. Consider buying water instead of a can of cold drink!
- Eat less salt and sugar. Try to use half of what you usually use!
- Find reduced sugar alternatives such as 'light' or 'sugar free' drinks
- Eat plenty of fruits and vegetables as part of your diet
- Include regular physical exercise in their lifestyle
- Quit smoking if they have not already

**THANK YOU FOR YOUR SUPPORT AND PARTICIPATION.
WE COULD NOT DO RESEARCH WITHOUT YOU!**

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