

What do South African health science students know about

# PLANT-BASED NUTRITION?



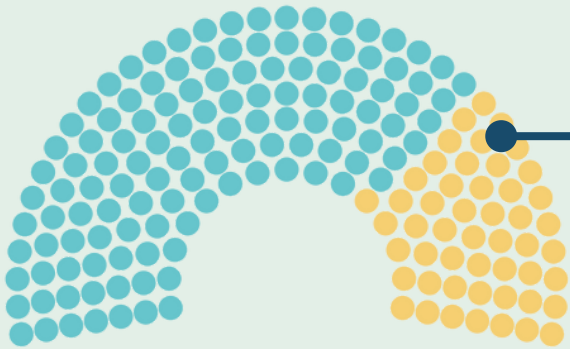
## OVERVIEW

### Aim

To determine South African undergraduate medical and dietetic students' **baseline knowledge of plant-based nutrition**, and to understand their **demand for more education**.

### Methodology

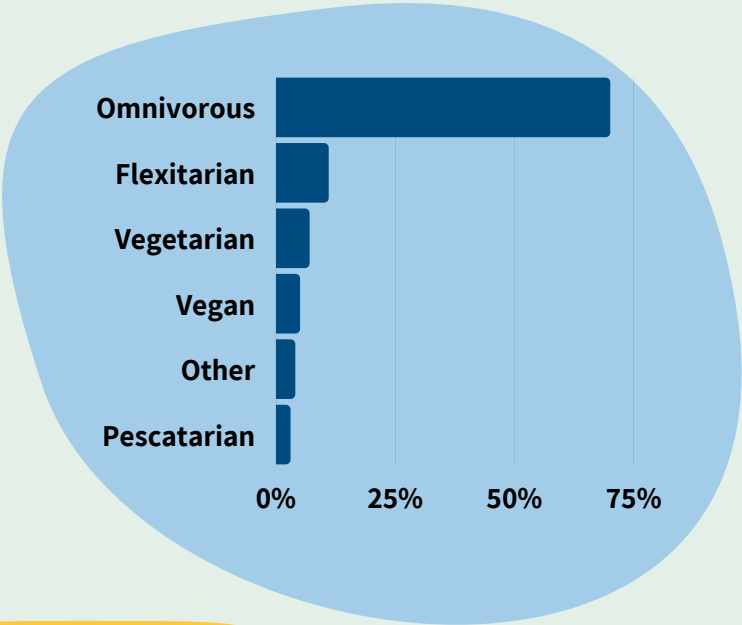
A google form was created as a **survey**. The survey was shared on **social media** channels; Instagram, Facebook, LinkedIn and Whatsapp, during Aug & Sept 2022



## Population

Their dietary lifestyles

**171 responses total**  
122 (medical), 49 (dietetic).  
There were respondents from every health science faculty in the country.



## TAKE-HOME MESSAGES



There is a **gap in education on plant-based nutrition** for health science students in South Africa.

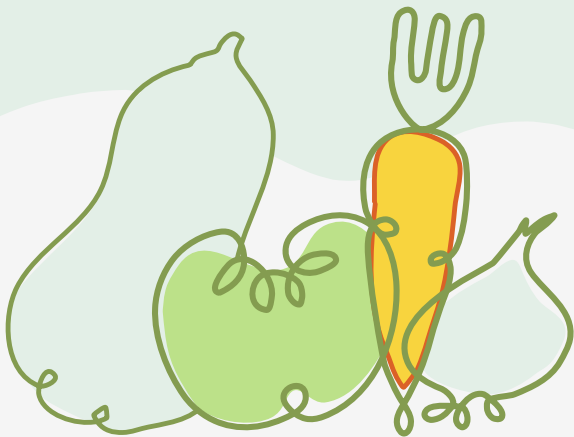
Majority of student receive their information on plant-based diets from **social media**

Students understand that plant-based nutrition can be used to manage **noncommunicable disease**.

Students are are **not confident** about plant-based diets containing **enough protein**, or sure whether they are **appropriate for children**.

Students know that plant-based diets offer **planetary health benefits**.

There is a demand for information on **climate change & health**.

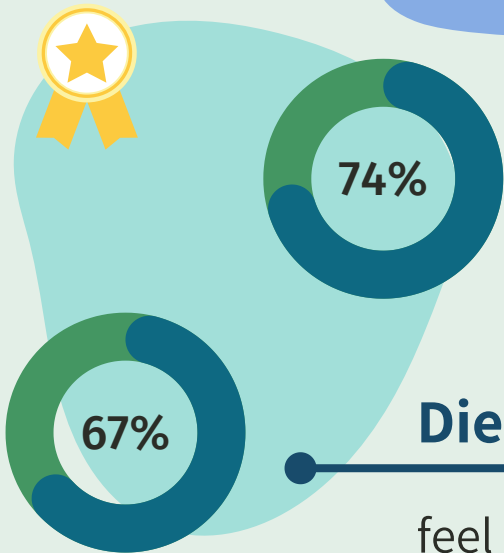


What do South African health science students know about

# PLANT-BASED NUTRITION?



## EDUCATION



### Medical Students

feel like they do not receive enough information about nutrition & disease

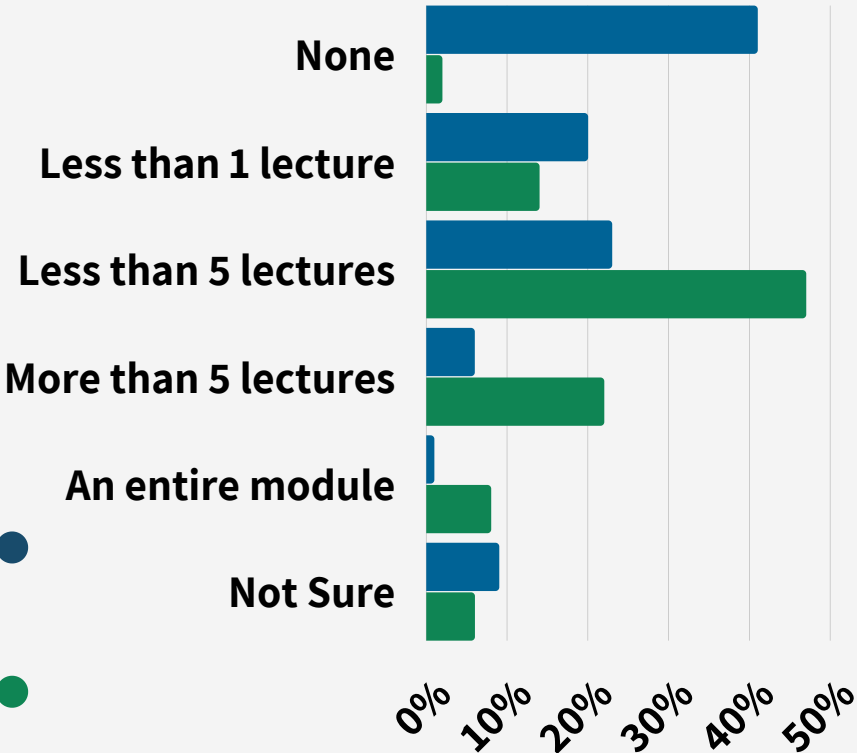
### Dietetic Students

feel like they do not receive enough information about plant-based nutrition

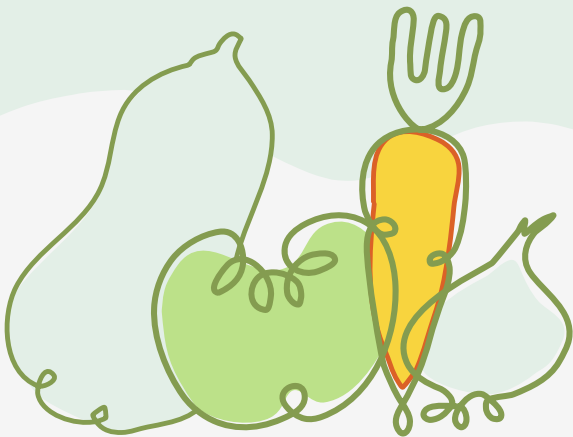
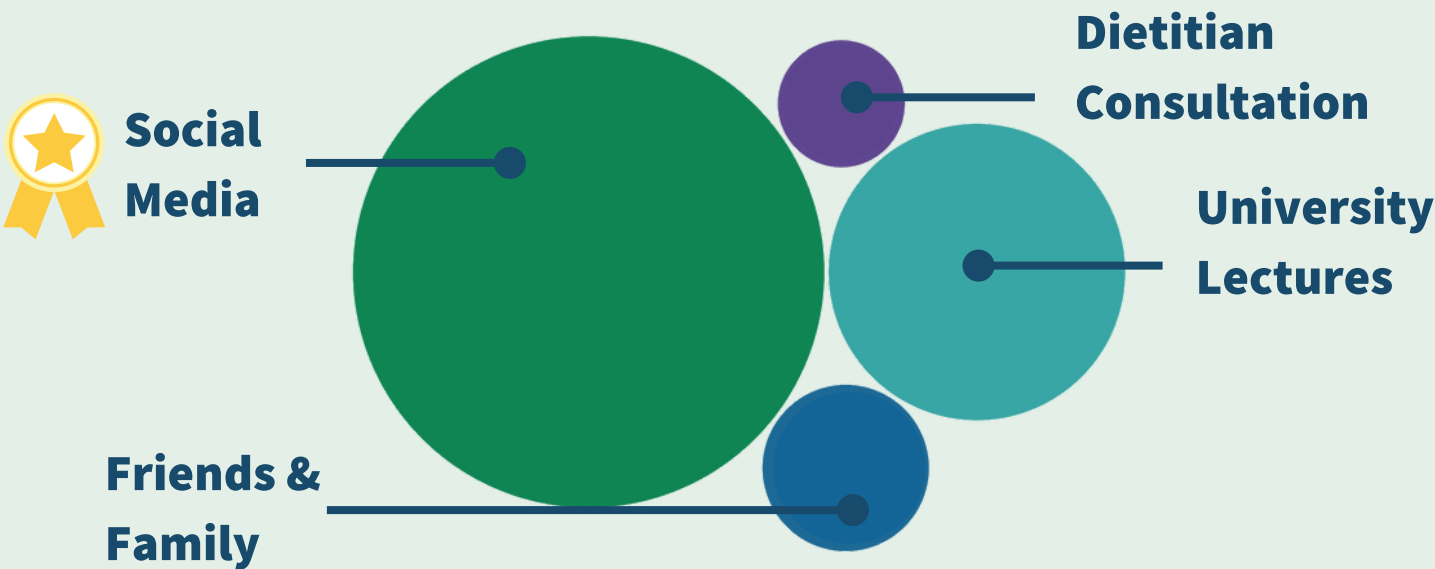
How much time is spent teaching you about plant-based nutrition?

### Medical Students

### Dietetic Students

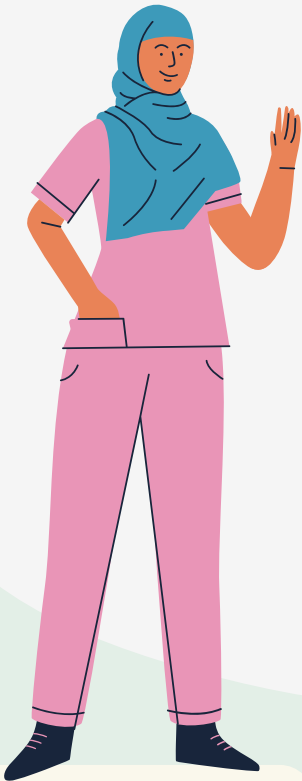


Where do you get your info about plant-based nutrition?



What do South African health science students know about

# PLANT-BASED NUTRITION?



## NONCOMMUNICABLE DISEASE

63%

Know that processed meat has been classified as a level 1 carcinogen

74%

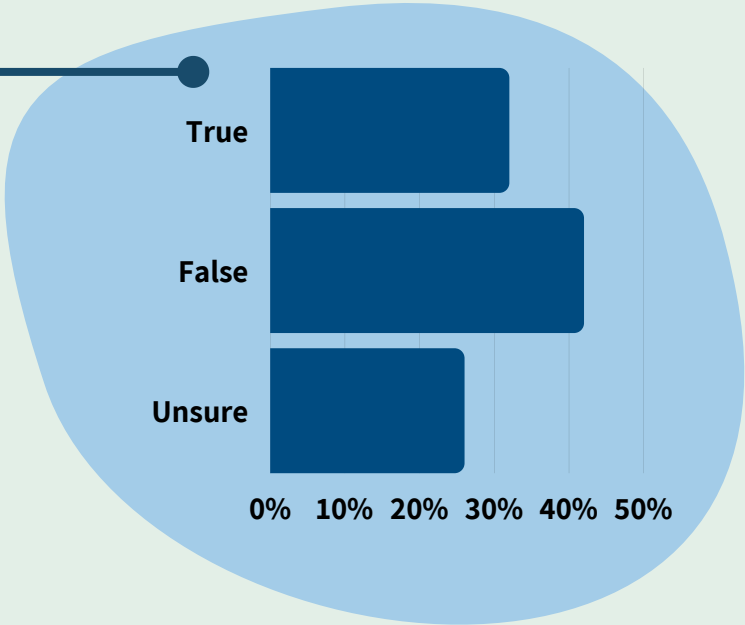
Believe that a whole food plant-based diet is appropriate for type 2 diabetes.

89%

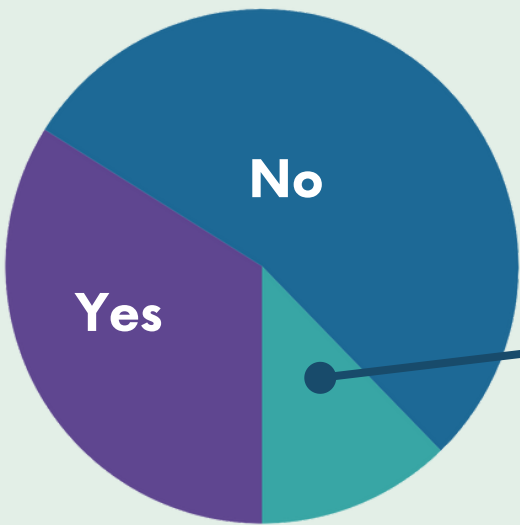
Know that healthy plant-based diets are associated with reduced mortality from cardiovascular disease

### Childhood

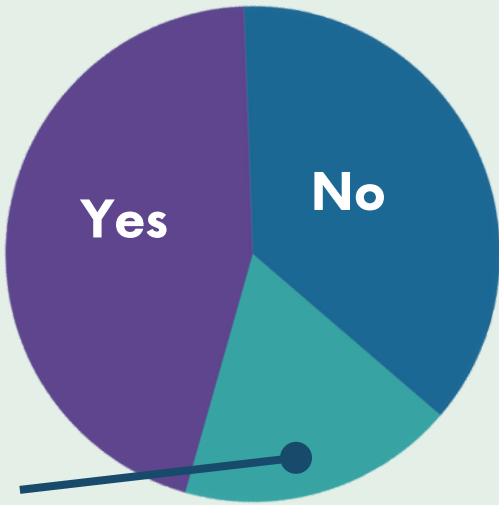
Responses to the statement, whole food plant-based diets are never appropriate for children.



Is plant-based protein a complete protein?



Unsure

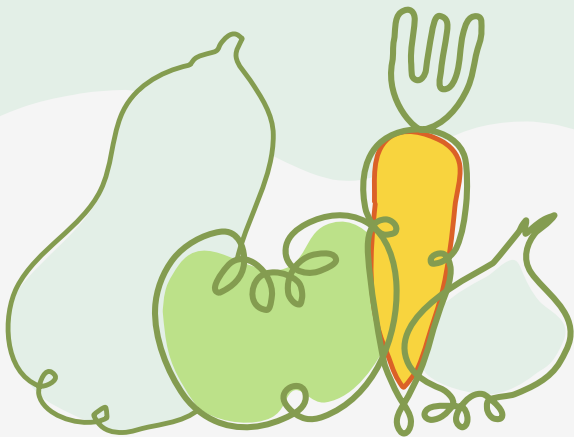


Is animal protein superior to plant protein?

### What about soya?

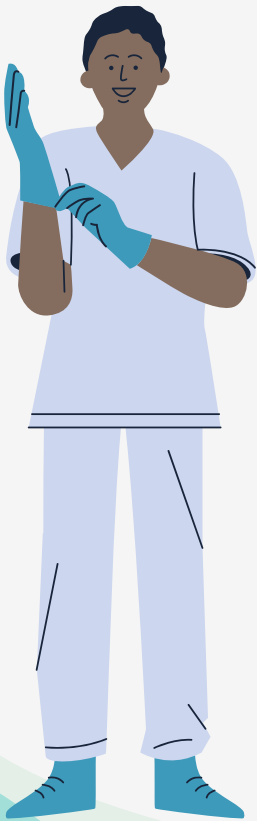


74% of students know that you do not have to avoid soya to achieve optimal health

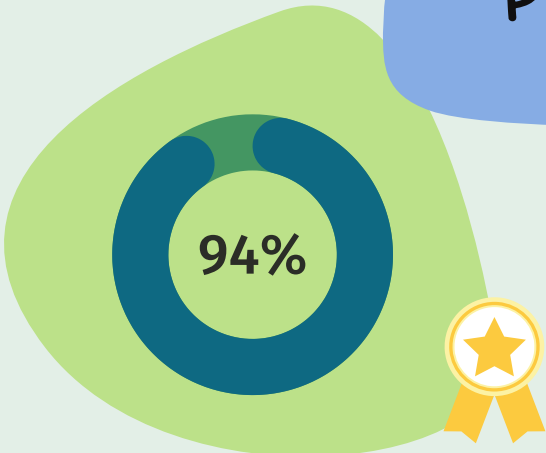


What do South African health science students know about

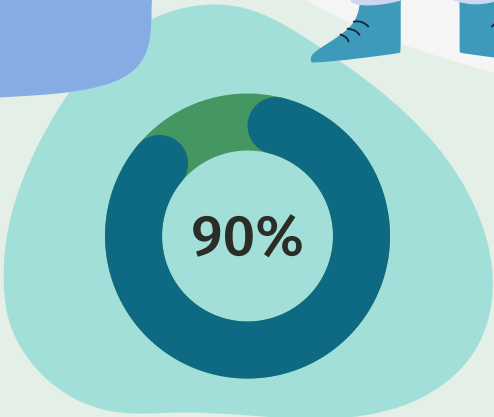
# PLANT-BASED NUTRITION?



## PLANETARY HEALTH

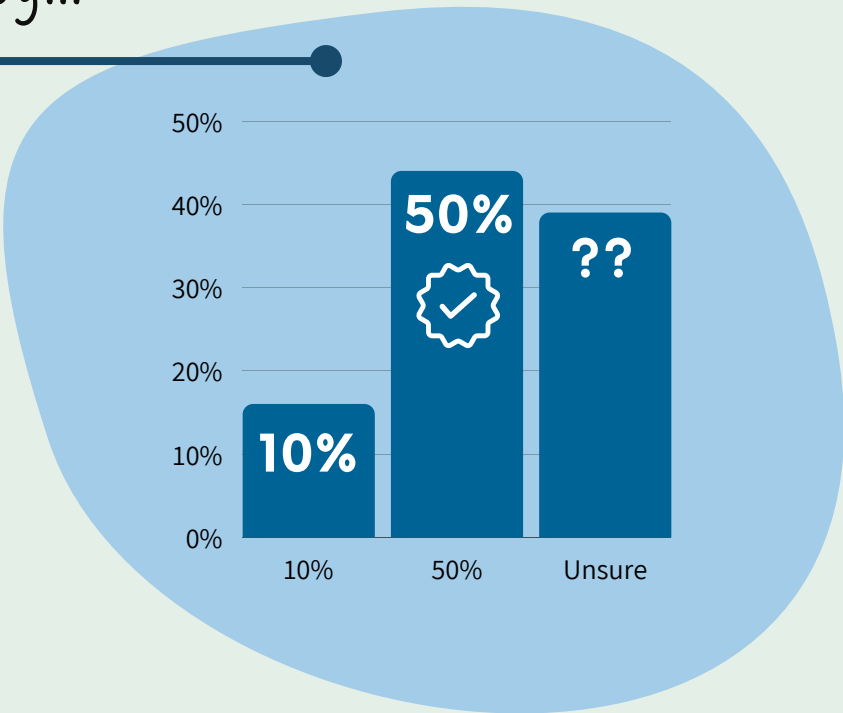
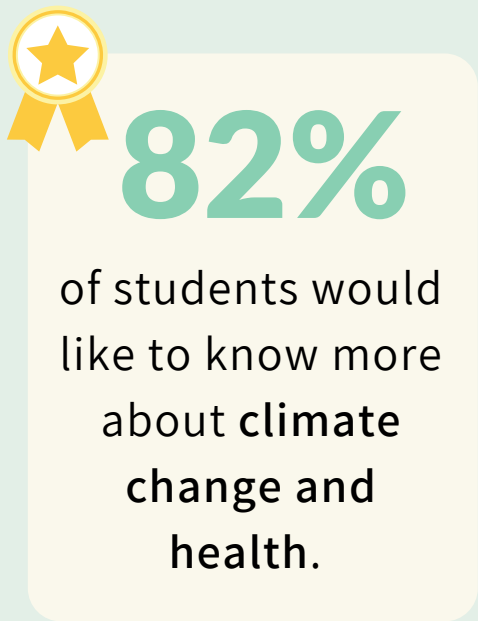


Students know that the food system impacts climate change

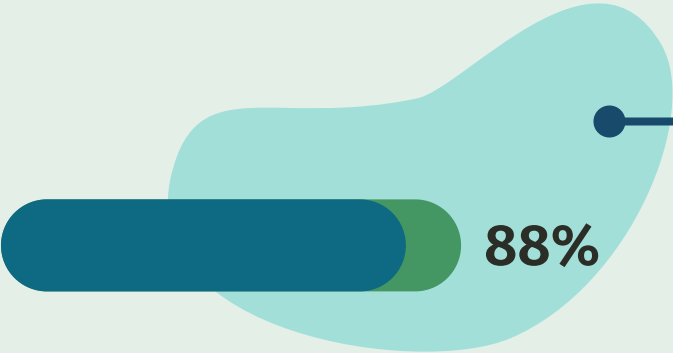


Students know that even **one meat-free day a week** can offer health and environmental benefits

Eating a plant-based diet can reduce your carbon footprint by...

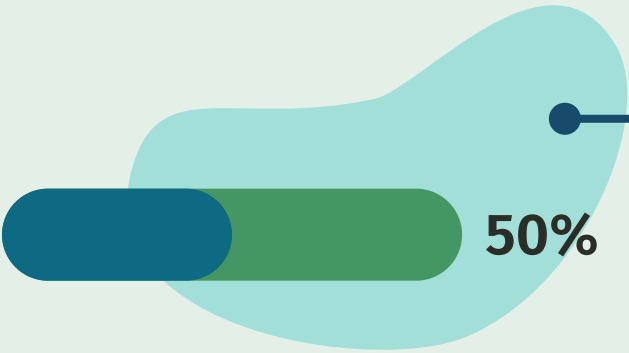


## Pandemic Risk

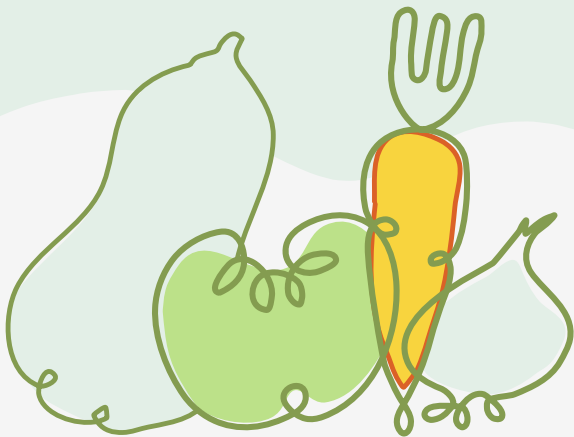


88% of students know that animal-based food systems drive zoonotic disease and pandemics

## Antimicrobial Resistance



50% of students were unsure of how much antimicrobial resistance will increase in the coming years





**Physicians Association for Nutrition (PAN) is an international non-profit organization working with health professionals, health science students, and policymakers to raise awareness of the power of whole food plant-based nutrition for health promotion and disease prevention.**

## **GET IN TOUCH!**

**Website:** [www.pan-sa.org](http://www.pan-sa.org)

**Email:** [info@pan-sa.org](mailto:info@pan-sa.org)

**Instagram:** [@pan\\_southafrica](https://www.instagram.com/pan_southafrica)

**Facebook & LinkedIn:** Physicians Association for Nutrition South Africa

