

TABLE OF CONTENTS

TABLE OF CONTENTS I

LIST OF FIGURES IV

LIST OF TABLES VI

LIST OF ABBREVIATIONS..... VII

ACKNOWLEDGEMENTS.....X

SUMMARY XIV

OPSOMMING XVIII

ISISHWANKATHELO.....XXII

ZUSAMMENFASSUNG XXVIII

RÉSUMÉ XXXIII

1 INTRODUCTION1

1.1 Healthcare challenges in low- and middle-income countries..... 1

1.2 South Africa 9

1.2.1 Health issues in South Africa..... 9

1.2.2 A brief outline of South Africa's recent history 14

1.3 Research needs 15

1.4 Key goal of the PhD thesis..... 16

1.5 Specific objectives of the PhD thesis in detail 16

1.6 Collaborative framework in the context of SSAJRP..... 19

1.7 Study area and population..... 20

2	METHODOLOGY OF THE DASH STUDY.....	26
2.1	Disease, activity and schoolchildren's health (DASH) in Port Elizabeth, South Africa: a study protocol	26
2.2	Abstract	27
2.3	Background	29
2.4	Goal and objectives	31
2.5	Methods/Design	31
2.6	Discussion	49
2.7	References	52
CHAPTER 3	55
3.1	Intestinal parasites, growth and physical fitness of schoolchildren in poor neighbourhoods of Port Elizabeth, South Africa: a cross-sectional survey	55
3.2	Abstract	56
3.3	Background	58
3.4	Methods.....	60
3.5	Results	64
3.6	Discussion	74
3.7	Conclusions	79
3.8	References	84
CHAPTER 4	87
4.1	Low efficacy of albendazole against <i>Trichuris trichiura</i> infection in schoolchildren from Port Elizabeth, South Africa	87
4.2	Abstract	88
4.3	Introduction	89
4.4	Materials and methods.....	89
4.5	Results and discussion.....	91
4.6	References	95
CHAPTER 5	96
5.1	Shrinking risk profiles after deworming of children in Port Elizabeth, South Africa, with special reference to <i>Ascaris lumbricoides</i> and <i>Trichuris trichiura</i>	96
5.2	Abstract	97
5.3	Background	98
5.4	Outlook	103
5.5	References	107
CHAPTER 6	108
6.1	Effect of a multidimensional physical activity intervention on body mass index, skinfolds and fitness in South African children: Results from a cluster randomised controlled trial	108
6.2	Abstract	109
6.3	Introduction.....	110
6.4	Methods.....	112
6.4.1	Study area and population	112
6.4.2	Study design and randomisation	113
6.4.3	Interventions.....	114

6.4.4 Ethics statement	115
6.4.5 Procedures	116
6.4.6 Statistical analysis	117
6.5 Results	119
6.6 Discussion	124
6.7 Conclusions	128
6.8 References	130
6.9 Appendix	133
7 DISCUSSION.....	138
7.1 Overview of the sub-studies and outline of the discussion	138
7.2 Infection prevalence of STHs, intestinal protozoa and <i>Helicobacter pylori</i>	140
7.3 Effects of deworming on the prevalence of intestinal helminth infections measured at three different time points	142
7.4 Soil-transmitted helminths and their association with non-communicable diseases, cardiorespiratory fitness and upper and lower body strength	143
7.5 Effects of lifestyle interventions, such as health education and physical-activity promotion, on improving children's health and wellbeing	144
7.6 Strengths and limitations of this PhD thesis	147
8 COMMUNITY IMPACT OF THE DASH STUDY.....	150
8.1 Former Grade 5 Teacher and Head of Department (HOD) (Grades 4 to 7) from Hillcrest Primary School	150
8.2 Head of the Department of Medical Laboratory Sciences at the Nelson Mandela University...	151
8.3 Director of the Centre for the Community Schools (CCS), Faculty of Education at the Nelson Mandela University	152
9 CONCLUSIONS.....	153
10 OUTLOOK AND FURTHER RESEARCH NEEDS.....	156
11 REFERENCES	158
12 APPENDIX	161
12.1 Informed consent form in English, Afrikaans and Xhosa	161
12.2 Clinical examination sheet	167
12.3 Physical fitness score sheet	168
12.4 Main questionnaire of the DASH study	169
13 CURRICULUM VITAE	179