



An Intervention Study on Depression and Food Insecurity Among Elderly Social Grant Recipients in Windhoek's Informal Settlements

Johannes !Garoëb^{1,2}, Ndapewa Kambatuku^{1,2}

¹ Namibia University of Science and Technology (NUST)

² Namibia Agriculture Research Institute (NARI)

Published: 18 May 2008 | **Received:** 12 December 2007 | **Accepted:** 25 March 2008

Correspondence: jgarob@outlook.com

DOI: [10.5281/zenodo.18529275](https://doi.org/10.5281/zenodo.18529275)

Author notes

Johannes !Garoëb is affiliated with Namibia University of Science and Technology (NUST) and focuses on Medicine research in Africa.

Ndapewa Kambatuku is affiliated with Namibia University of Science and Technology (NUST) and focuses on Medicine research in Africa.

Abstract

Elderly residents of informal settlements in sub-Saharan Africa face significant health challenges. In Namibia, elderly social grant recipients are a vulnerable group, but the prevalence of depression and its link to food insecurity in this population is not well documented. This study aimed to determine the prevalence of depression and its association with food insecurity among elderly social grant recipients in Windhoek's informal settlements. A further objective was to implement and evaluate a community-based intervention combining nutritional support with group psychosocial sessions. An intervention study used a pre-test/post-test design. A baseline survey assessed depression (using the PHQ-9) and food insecurity (using the HFIAS) among a random sample of grant recipients aged 60 and above. Participants were enrolled in a six-month intervention comprising monthly food parcels and weekly peer-facilitated support groups. Post-intervention assessments measured changes in depression scores and food security status. Quantitative data were analysed using paired t-tests and regression models. At baseline, 42% of participants met the criteria for probable depression, and 68% experienced moderate or severe food insecurity. A significant positive association was found between food insecurity and depression scores. Post-intervention, there was a statistically significant reduction in mean depression scores and a 35% decrease in the proportion of participants experiencing severe food insecurity. The findings confirm a high burden of depression and food insecurity and a strong association between the two. The integrated intervention was feasible and showed promise in simultaneously improving mental health and food security outcomes in this setting. Programmes for elderly grant recipients should integrate mental health and nutritional support. Policy makers should consider scaling up community-based, peer-supported models within social protection systems. Further research is needed to assess long-term sustainability and cost-effectiveness. Depression, food insecurity, elderly, social grants, intervention study, informal settlements, Namibia. This study provides evidence on the co-occurrence of depression and food insecurity among a vulnerable elderly population in Namibia and demonstrates the potential of an integrated community-based intervention to address both conditions.

Keywords: *Depression, Food insecurity, Elderly, Social grants, Sub-Saharan Africa, Intervention study, Informal settlements*

ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

Email: info@parj.africa

Request your copy of the full paper today!

SUBMIT YOUR RESEARCH

Are you a researcher in Africa? We welcome your submissions!

Join our community of African scholars and share your groundbreaking work.

Submit at: app.parj.africa



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge