

CO CARE MATERNAL SUPPORT STUDY

GROW
GREAT

The optimal physical and brain development of the unborn baby depends on the mother's intake of safe, diverse, and healthy foods that provide vital macro and micronutrients. However, for many women in South Africa, meeting basic nutritional requirements to ensure a healthy pregnancy is a challenge.



567

pregnant women in the Western Cape participated in the baseline telephonic survey, and received R300 digital food vouchers every two weeks between Nov 2020 and April 2021

205

(35%) of these women completed an endline study between October and November 2021

The CoCare Maternal Support Study, conducted by Grow Great and partners in the Western Cape during 2020/21, found that pregnant women who received digital food vouchers reported improvements in maternal hunger, mental health and dietary diversity between baseline and endline. CoCare vouchers were redeemed largely to purchase items such as food, electricity and baby items, negating popular myths that vulnerable women use grants irresponsibly.

HEALTH AND SOCIAL INDICATORS IMPROVED¹..... EXCEPT FOR EMPLOYMENT



REPORTED
MATERNAL
HUNGER

40% → 25%
at baseline at endline



RECEIVING
CHILD
SUPPORT
GRANT

78% → 80%
at baseline at endline



REPORTED
CHILD
HUNGER

29% → 11%
at baseline at endline



EMPLOYED

26% → 29%
at baseline at endline



REPORTED
MATERNAL
DEPRESSION

32% → 24%
at baseline at endline



RETURNING TO
PAID JOB IN
THE COMING
MONTH

11% → 10%
at baseline at endline

(Maternal depression is linked to compromised socio-emotional and cognitive development for children)

Over 25% of children aged under five years suffer from stunting in South Africa². Maternal hunger, child hunger and poor maternal mental health puts children at risk of stunted growth and development with long-term detrimental consequences for children's health, education and economic prospects across the life course. **The findings of the endline CoCare Maternal Support Study suggest that providing pregnant women with a fortnightly digital food voucher at about the level of the food poverty line (R760)³ improves food security and mental health.**

1. Telephone survey participants
2. Demographic and Health Survey, 2016
3. Statistics South Africa, 2023

In partnership with



THE MATERNAL SUPPORT GRANT IS VITAL

**GROW
GREAT**

HERE ARE **10** REASONS WHY...

1

It improves
GENDER EQUITY



2



It reduces
DOMESTIC VIOLENCE

3

It improves
MATERNAL NUTRITION



4



It increases
ANTENATAL CLINIC ATTENDANCE

5



It reduces
MATERNAL MORTALITY

6



It reduces
PRE-MATURE & STILLBIRTHS

7

It improves
INFANT HEALTH, NUTRITION AND GROWTH OUTCOMES



8

It reduces
MATERNAL DEPRESSION AND ITS HARMFUL EFFECTS ON UNBORN BABIES



9



It reduces
FINANCIAL PRESSURE ON HOUSEHOLDS

10

It's an
EFFECTIVE DETERRENT AGAINST STUNTING



Go to <https://act.amandla.mobi/campaigns/maternity-grant> or scan the QR code to sign the petition to extend the Child Support Grant into pregnancy as a Maternal Support Grant.

