



Communication and Marketing Department
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UCT interview opportunities

- **Dr Jordan Santos-Concejero** available for interviews on the impact of environment changes on black and white athletes
- **Child health report card:** Professor Vicki Lambert available to comment on the state of child health in terms of diet and exercise in South Africa

Event/Topic	Highlights/Speakers	Contact
Black and white runners - who last longer under hypoxia (a lower concentration of oxygen in the air)?	<p>Under unfavourable hot and humid environmental conditions, black athletes have a higher capacity to resist fatigue, but what happens when another environmental condition such as hypoxia changes?</p> <p>Dr Jordan Santos-Concejero, a postdoctoral research fellow at UCT, and colleagues demonstrated for the first time that black runners displayed impaired performance and altered sensitivity to hypoxic conditions, when their performance is compared to that of white runners.</p> <p>The study also found that there were no physiological or performance differences between the black and white runners when running in normal conditions.</p>	<p>Kemantha Govender Tel: 021 650 5672 Cell: 084 737 6522 Email: kemantha.govender@uct.ac.za</p>

<p>SA children eating too much fast food and are not active enough – report</p>	<p>Professor Vicki Lambert from the Medical Research Council (MRC)/UCT Research Unit for Exercise Science and Sports Medicine co-authored the Healthy Active Kids Report Card 2014. The report card was co-sponsored by Discovery Vitality and the Sports Science Institute of South Africa.</p> <p>The report card's scientific advisory panel, made up of representatives from six universities, the MRC and the Heart and Stroke Foundation of South Africa, gave South Africa an overall D for kids' physical activity and nutrition. South Africa has gone to a D from a C- in 2010, and this has been attributed to too much fast food and television, and not enough outdoor play. In the 2014 report, South Africa was compared to 14 other countries on nine health indicators.</p> <p>The report card noted:</p> <ul style="list-style-type: none"> • More than half of children do not have access to play equipment or recreation facilities • Children watch almost three hours of television per weekday and even more on weekends • Poverty and escalating food prices remain a barrier to healthy eating • Fast food and soft drink consumption are increasing at alarming rates • Few school tuck shops offer healthier choices. 	<p>Kemantha Govender Tel: 021 650 5672 Cell: 084 737 6522 Email: kemantha.govender@uct.ac.za</p>
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Issued by: UCT Communication and Marketing Department

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