



**Nangula Paulina
UUSIKU**

**Home Country
Namibia**

**Degree
PhD in Nutrition**

**Expertise
Nutrition**

**Research Focus
Antioxidant Properties
of African Leafy
Vegetables**

**Host University
University of Pretoria,
South Africa**

**Fellowship Awarded
2008**

Nangula Paulina Uusiku was born and raised in Ongwediva, Namibia. She is married with one daughter.

Nangula obtained a Bachelor of Science degree in agriculture with a specialization in food science and technology from the University of Namibia in 2000, and in 2003 she graduated with a master's degree in food science from the University of Stellenbosch in South Africa. She joined the University of Namibia as a lecturer in January 2003.

Currently pursuing her PhD in nutrition at the Centre for Nutrition at the University of Pretoria, South Africa. Nangula's research focus is on the antioxidant and free radical scavenging activity of African leafy vegetables (ALVs), and their effects on oxidative DNA damage. Oxidative stress, which is induced by reactive oxygen species, is known to be an underlying factor in a number of chronic diseases of lifestyle (CDL) such as cancers and cardiovascular diseases. Dietary antioxidants protect against free radicals in the human body, and leafy vegetables have been shown to contain antioxidant properties.

This research is important because incidences of CDL are increasing in the communities that traditionally consume ALVs. In her research, Nangula plans to show that traditional and indigenous ALVs have as much or more phenolic compounds than exotic vegetables and that people in Africa, especially those from poor communities, can rely on local vegetables to improve their health. Her study will confirm the role of diet in reducing CDL in communities that consume these vegetables.

Nangula plans to resume lecturing at the University of Namibia when she completes her current studies.