



### Message from the President (Maria van der Merwe)

The second quarter of 2023 provided several opportunities for dietitians and other nutrition professionals to engage in discussions aimed at promoting our field and profession. This included the long-awaited in-person 2023 Nutrition Congress, where we were able to reconnect with colleagues from across the country, the continent and further abroad. ADSA representatives also attended the 2nd Presidential Health Summit held on 4 and 5 May 2023 thus ensuring that our profession is represented and

included in the planning of sustainable interventions that would prepare the South African healthcare system for the introduction of the National Health Insurance towards universal health coverage.

We would also like to use this opportunity to thank the ADSA branch and Executive Committee members who served during the 2021 to 2023 term and encourage participation during the upcoming election of representatives for the 2023 to 2025 term of office.

### 2023 Nutrition Congress

ADSA and NSSA hosted the 2023 Nutrition Congress from 18 to 20 April 2023 at the Lord Charles Hotel, Somerset West. This three-day event was attended by more than 300 delegates from 18 countries, celebrating the first in-person national nutrition congress since 2018. Keynote addresses by Prof. Debbie Marais, Prof. Zulfiqar Bhutta and Prof. Anna

Lartey, along with thought-provoking presentations during the plenary and parallel sessions enabled the exchange of ideas and knowledge on nutrition-related challenges that impact on health and quality of life, along with the consideration of potential relevant and practical solutions.

### ADSA Recognition Awards

On 19 April 2023, the ADSA President, Maria van der Merwe, proudly announced the recipients of the ADSA Recognition Awards, presented at the Gala Dinner of the 2023 Nutrition Congress. The ADSA Recognition Awards serve to acknowledge individuals who have contributed above and beyond the call of duty in representing and developing the profession.

This year, two awards were presented:

- 1) ADSA Recognition Award, presented to Dr Chantell Witten.
- 2) ADSA Young Dietitian Award, for dietitians below 35 years of age, awarded to Dr Laurencia Govender.

We congratulate both Chantell and Laurencia and applaud them for their ongoing contributions to the dietetic profession.

### ICDA Food Systems Toolkit Grant

Dr Ashika Naicker was awarded the International Confederation of Dietetics Associations (ICDA) Food Systems Toolkit Grant, through a collaborative effort by ADSA and NSSA. Aimed at approving sustainability within the dietetics and nutrition

professions, this funding was applied towards the facilitation of two sessions on 'Food waste awareness and use of the ICDA tool' and 'Navigating ICDA sustainable food systems web-based platform' at the 2023 Nutrition Congress.

### Draft Food Labelling Regulations R.3337

Following the publication of two incorrect versions (R. 2986 and R. 3320) of draft Regulations relating to the labelling and advertising of foodstuffs of the Foodstuffs, Cosmetics and Disinfectants Act, 1972 (Act No. 54 of 1972), the correct version of the Draft Labelling Regulations (R.3337) was published

on 21 April 2023. The deadline for substantive comments submission is 21 July 2023. Dietitians and relevant stakeholders are encouraged to submit their comments via ADSA or directly to the Department of Health.



### ADSA in the news

ADSA's PR team has been extremely busy during the first few months of 2023. The following media releases were compiled and distributed to media across the country:

#### January

- Total clippings: 32
- Total AVE (Advertising Value Equivalent): ZAR 1 428 322.00
- Total reach (opportunities to see): 1 049 683
- <http://ebook.novusgroup.co.za/index.php/ebooks/view?id=8174&acc=5e18f86fad006a5846541997511989d5>

#### February

- Total clippings: 9
- Total AVE (Advertising Value Equivalent): ZAR 312 858.00
- Total reach (opportunities to see): 6 172 882
- <http://ebook.novusgroup.co.za/index.php/ebooks/view?id=8175&acc=5e18f86fad006a5846541997511989d5>

### Stay in touch

Stay in touch with ADSA and help us spread the word to promote optimal nutrition for all South Africans:

#### March

- Total clippings: 35
- Total AVE (Advertising Value Equivalent): ZAR 1 795 268.00
- Total reach (opportunities to see): 9 739 346
- <http://ebook.novusgroup.co.za/index.php/ebooks/view?id=8176&acc=5e18f86fad006a5846541997511989d5>

#### April

- Total clippings: 13
- Total AVE (Advertising Value Equivalent): ZAR 496 253.00
- Total reach (opportunities to see): 711 404
- <http://ebook.novusgroup.co.za/index.php/ebooks/view?id=8177&acc=5e18f86fad006a5846541997511989d5>

If anyone is interested in becoming an ADSA spokesperson, please email Retha Harmse at [adsapublicrelations@gmail.com](mailto:adsapublicrelations@gmail.com).

- [www.facebook.com/ADSAorgza](http://www.facebook.com/ADSAorgza)
- [www.twitter.com/ADSA](http://www.twitter.com/ADSA)
- <https://www.instagram.com/adsaorgza/>
- Blog: <http://nutritionconfidence.wordpress.com>
- Website: <http://www.adsa.org.za>
- Email: [info@adsa.co.za](mailto:info@adsa.co.za) or [adsacomms@gmail.com](mailto:adsacomms@gmail.com)