



The last three months have been particularly busy for the nutrition world. The highlight was national nutrition week in early October. The Association for Dietetics in South Africa (ADSA) is extremely grateful to Carol Browne, public relations portfolio holder, for heading up the nutrition week project on behalf of ADSA. It was a job well done.

Towards the end of the August, the new ADSA executive committee (2011-2013) met for the first time in Pretoria. ADSA welcomed the new core executive members, and thanked those who committed themselves to another term of office. The core executive committee, together with the chairpersons from the 11 branches, discussed the challenges and successes that ADSA has faced over the last term of office, and debated the way forward in great detail. Members can look forward to an exciting term ahead, and will be informed of any new developments via the monthly ADSA newsletter. This is the new core executive committee. Feel free to contact us with your relevant enquiries, comments and suggestions:

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**An ADSA research grant is available for research that pertains to the field of dietetics. For further information, please contact Berna.**

**Don't forget to renew your ADSA membership, and if you're not a member, join now to enjoy the benefits!**



### ADSA Sports Nutrition Working Group

The 14<sup>th</sup> biennial South African Sports Medicine (SASMA) Congress was recently held at the Sandton Convention Centre, from 18-20 October. An entire separate three-day track was dedicated to sports nutrition, and was compiled using input from the ADSA Sports Nutrition Working Group (SNWG). The programme addressed weight loss in athletes, nutrition in youth athletes, vegetarian athletes, diabetic athletes, updates on the International Olympic Committee consensus on sport nutrition, body composition and anthropometry of the athlete, caffeine's influence on sport performance, timing of nutrient intake and dietary periodization, nutrition for the endurance athlete, and gastrointestinal tract problems in athletes.

ADSA would like to thank Dr Amanda Claassen, chair of the SNWG, and her team, for all their hard work, which contributed to making the programme a success.

Well done ADSA SNWG!

### ADSA Western Cape CPD function

On 10 November 2011, ADSA Western Cape held a CPD meeting on *Childhood obesity* at JC le Roux. The event was sponsored by Pfizer, and opened with an interesting talk by Rozi Andrew, founder and technical director of The Baby Food Company. She spoke about the latest research in weaning, and its impact on obesity and healthy eating practices in early childhood. This was followed by a talk by Lize Mills, a senior law lecturer at Stellenbosch University, and Maryke van Zyl, a registered dietitian employed by Woolworths. This talk covered marketing to children, in ways that always serve their best interests.

**Kim Hoffman, ADSA Western Cape Chair, Tel: 021 674 4666**

**Rozi Andrew at the ADSA Western Cape Meeting**



## National committee for International Union of Nutritional Sciences/IUFoST (15<sup>th</sup> World Congress of Food Science and Technology)

In November, ADSA's president and communications officer represented ADSA at the national committee for IUNS/IUFoST. This collaboration will foster better communication between IUNS and IUFoST members in South Africa. ADSA members can look forward to regular updates, particularly at IUFoST, and pertaining to the food industry in South Africa.

## National Nutrition Week: feeding smart from the start

National Nutrition Week has grown from strength to strength in recent years. It is a wonderful opportunity for many stakeholders in the nutrition arena in South Africa to come together, and focus communication efforts on one theme. Planning and implementation is now streamlined, and starts early in the year. The initiative is led by the National Department of Health, and each year, focuses on a new theme.

The theme drives initiatives that can be implemented during the week. In recent years, a common element has been work carried out to generate media coverage on the week's key messages. A public relations company is commissioned to generate this coverage, and the volume of coverage increases annually. Electronic media coverage is particularly challenging, but many ADSA members assisted, by making themselves available for interviews. Thank you.

ADSA sponsored the website for the partners for the week, [www.nutritionweek.co.za](http://www.nutritionweek.co.za). This site will also host archive material from past weeks, especially those resources that can be used on other occasions, such as the material for preschools and crèches, produced in 2010. Sponsorship will be evaluated after one year, based on feedback, and the number of hits on the site.

In the future, this theme and logo can be further developed to encompass communication messages on nutrition during pregnancy, and exclusive breastfeeding. A trio of logos with different pictures in the centre will visually illustrate the 1 000 days that are the nutrition foundation for life.

### Carol Browne

ADSA would like to wish all SAJCN readers a joyous festive season, and a prosperous new year ahead. Happy, healthy holidays!!

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## NSSA newsbits

The Northern branch of the Nutrition Society of South Africa hosted a symposium in Johannesburg on 27 October, on *Nutrition transition: implications for our future*. Speakers included Prof Esté Vorster, who gave a presentation on *Nutrition transition in Africa: can it be steered in a more positive direction?* Prof Salome Kruger presented on childhood obesity trends in South Africa, and Dr Wayne Towers spoke on nutrigenetics in the African population. Prof Magda Slabbert of UNISA delivered an ethics session with the interesting title: *Mark Twain said: "Always do right, this will gratify some, and astonish the rest"*.

Dr Namukolo Covic, of the Northern branch of NSSA and North-West University, acted as facilitator at the West Africa Regional Nutrition

Program Development Workshop in Dakar, Senegal, which took place from 9-12 November 2011. During the workshop, participants developed country-specific nutrition action plans to strengthen coordination among appropriate sectors and stakeholders in implementing best practices, and aligning ongoing, or new, nutrition programmes, with current, or planned, agriculture programmes. The workshop ended with a commitment by country teams to undertake follow-ups to complete their action plans, and to mainstream nutrition in the development process, in ways that result in increased food and nutrition security in their countries.