



### ADSA KZN blockbuster AGM 2012

On 16 March 2012, ADSA KZN hosted their AGM at the South African Sugar Association (SASA). The morning began with SASA's Nutrition Manager briefing the delegates on market research on the country's views on nutrition and sugar. One of the results that resonated amongst the speakers was that a large percentage of South Africans are unaware of nutrition programmes, clearly an issue of concern that must be addressed.

The scientific topic of discussion was nutrition and dental health. Suna Kassier, academic co-ordinator and lecturer at the University of KwaZulu-Natal (UKZN), presented on "Periodontal disease and glycaemic control". She highlighted the implications of periodontal disease in people with diabetes and the importance of addressing this issue earlier rather than later. Dr Shenuka Singh from the School of Dentistry at UKZN spoke about "Oral health guidelines and recommendations." Dr Singh highlighted the need for integration of oral health and nutrition professionals in healthcare delivery, and the different points of possible interaction in the continuum of oral care.

Siduduzo Myeza from the KZN Department of Health addressed the delegates on the department's priority programmes. One of the recent achievements of the department has been the initiation of facility, district and provincial malnutrition committees. Carol Browne from Kite Consulting then presented an update on the food guide. She gave some the background on the development of the food guide. She reiterated that the food guide will be enhanced by many support tools and is envisaged to be an effective tool in nutrition education. We are looking forward to the introduction to the food guide closer to Nutrition Week 2012.

The highlight of the AGM was the awarding of the Nutrition Education



Hilda Esteves and Kelly Francis with ADSA KZN Chairperson, Sharon Hultzer

Tool Award 2011. The award aims to recognise the efforts of dietitians willing to develop nutrition education tools targeted at primary school children. The winners were Hilda Esteves and Kelly Francis. Hilda developed a tool called "CAPS" teachers. The word "CAPS" emphasises that nutrition information can be incorporated into the Department of Education's Curriculum Assessment Policy Statements for Life Orientation. Kelly developed a booklet for use by learners that emphasised the food-based dietary guidelines. Well done, Hilda and Kelly!

### ADSA Pregnancy Week 2012



National Pregnancy Week was promoted during 12-18 February 2012. ADSA facilitated a nutrition education and awareness public relations campaign during this period. The week-long campaign was designed to focus attention on the importance of optimum nutrition prior to, during and after pregnancy. National Pregnancy Week provided the opportunity to remind the public and the media to turn to credible sources for relevant, science-based information on food and nutrition. The campaign was headed by Carol Browne who did an excellent job of simplifying complex scientific information into simple messages for the public.

Many dietitians were called upon by the media during the campaign, and it was reaffirming that dietitians are recognised as a credible source of nutrition information. We anticipate that continued PR campaigns from ADSA and involvement from members especially will support such activities.

On the topic of PR, we regret to advise that Carol Browne has resigned from the ADSA Executive Committee. We would like to place on record our appreciation of her efforts and wish her well going forward.

#### Nireshnee Reddy

Communications Portfolio: ADSA Executive