



DIETITIANS' WEEK 2019

The Association for Dietetics South Africa (**ADSA**), the South African Society for Parenteral and Enteral Nutrition (**SASPEN**), the Enteral Nutrition Association of South Africa (**ENASA**) and the Hospital Dietitian's Interest Group (**HDIG**) were proud to join forces to celebrate Dietitians' Week from the 3rd to 7th June 2019.

The theme was #WhatDietitiansDo, a public campaign to highlight the various career choices available to dietitians. The main aim was to correct the misperception the public holds that a dietitian is a nutritional health professional, available only through private practice, to those who need and can afford weight loss expertise. We know that the reality couldn't be more different. At the core of every dietitian's work is evidenced-based nutrition science and the ability to interpret this to meet an endless variety of demands for sound and expert nutrition advice. Fellow colleagues are employed across private practice and public health care; academia and research; corporate, government and non-government sectors.

Educonnect has the following to say in response to Dietitians' Week:

'Dietetics is more complex than you might have thought. Regardless of the realm dietitians work in, they are health professionals with huge responsibility. If you have an interest in health, science, and caring for individuals in need of guidance, this could be a career you could thrive in.' And we couldn't agree more!

What Dietitians Do

Your first thought might be weight loss, and you would be right, but that's not all. Obesity is only one of a great many nutrition-related conditions that dietitians can treat. Nutrition is one of the cornerstones of good health for all and being nutrition experts allows dietitians (who are qualified healthcare professionals) to work in many different fields to assess, diagnose and treat dietary and nutritional problems using evidence-based recommendations.



Private Practicing Dietitians

Consult with clients that need advice on nutrition therapy to manage various chronic illnesses & disease.



Clinical Dietitians

Work in a hospital setting (public or private) consulting in- and outpatients, assessing and individualising medical nutrition therapy as an integral part of the patient care team.



Foodservice Management Dietitians

Manage the provision of healthy and specialised diets to persons in institutions.



Community Dietitians

Work in the public sector and for non-governmental, community-based and non-profit organisations.



Consulting Dietitians

Consult to food, nutrition, healthcare and pharmaceutical industries.



Research/Academic Dietitians

Conducting research studies in various nutrition-related topics. Research conducted in the field of nutrition is important as it provides various stakeholders with evidence that can inform current practices.

It's all about nutrition! To find a qualified and registered dietitian, visit www.adsa.org.za and click on 'Find a Dietitian'.



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Blog: <http://nutritionconfidence.wordpress.com>

Website: <http://www.adsa.org.za>

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