



NSSA NEWS BITS

The NSSA & FERL Annual Joint Symposium

On the 20th of October 2022, NSSA hosted our annual joint symposium online with the Food Evolution Research Laboratory (FERL) from the University of Johannesburg (UJ). There is a constant struggle to balance our passions with family life and a healthy lifestyle. As such, three expert panel members were invited to provide their perspectives on a holistic work-life-food balance, where career, personal life and diet all function together to derive fulfillment. Prof. Corinna Hawkes from the Centre for Food Policy at the University of London highlighted the struggles and motivations in balancing work and life, followed by Prof. Musawenkosi Sauroombe from the University of Johannesburg who provided her insights on how to balance life and work in the contemporary world of work. Ms Abigail Park,

a Registered Dietitian from Nutritional Solutions, concluded the symposium by providing a practical nutritional guide on how to keep the busy parent and his/her family healthy amidst the chaos.

A take-home message from the symposium was that there is no such thing as a “work–life–balance” but one should rather integrate your work with your life, or rather your life with your work in order to succeed. To end with a quote from Prof. Corinna Hawkes:

‘Always recognise the opportunities and advantages you have, and leverage them as much as you can...’

*Compiled by:
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**CELEBRATING
42 YEARS OF
HEART & BRAIN HEALTH**



**THE HEART
AND STROKE
FOUNDATION
SOUTH AFRICA**

NSSA congratulates the Heart and Stroke Foundation on 42 years of health promotion

The mission of NSSA is to ‘provide leadership and mentorship, based on appropriate research, in policy formulation, education and training, and practice of nutrition through advocacy and dissemination of information’. This is in line with the mission and activities of the Heart and Stroke Foundation South Africa (HSFSA) which is commemorating 42 years as a health Non-Government Organization with the aim to further reduce the burden of cardiovascular diseases (CVD), including heart and brain health.

Many of the strategies employed by NSSA are similar to those of the HSFSA. The HSFSA advocates at all levels to minimise South Africans’ risk of developing heart disease and strokes and has been at the centre of policy initiatives aimed to improve public health, which include Sugar Sweetened Beverage Tax, Tobacco Sin Tax, and salt legislation. The HSFSA mission states that ‘we intend to halt the

rise of premature deaths through CVD in South Africa and promote the adoption of healthy lifestyles’. Ultimately, the aim is to reduce the burden placed on the South African healthcare system, including heart disease, strokes, and the associated risk factors.

Nutrition, Health Promotion and Disease Prevention are important pillars for the Foundation to achieve its mission. Activities that support this programme include the Heart Mark Endorsement Program, which assists consumers to identify foods good for their heart and brain. Hart Mark works with food manufacturers to improve food formulation, is managed in accordance with the food regulatory framework, and operates with the approval of the National Department of Health. It is not a diet plan but rather, a guaranteed way to buy food lower in salt, sugar, and saturated fats, and higher in fibre.

The HSFSA Nutrition Team is also involved in different projects, which require collaborations



with other stakeholders, including the NSSA. An important example of such a collaboration is that with the National Department of Health for the execution of the annual National Nutrition Week campaign (9–15 October 2022).

In partnership with Pharma Dynamics, the HSFSa has been involved in the development of 5 cookbooks. The most recent one was launched at the 42nd commemoration and focuses on the DASH (Dietary Approaches to Stop Hypertension) diet. In addition, the HSFSa targets the public, which requires working very closely with the Public Relations Team and the Health Promotions Team. It involves assisting with health events, such as health

talks, conducting interviews (radio and TV), as well as writing articles that have been published thus far on community-based and national platforms. These health events, interviews and articles are often related to different campaigns the HSFSa leads throughout the year.

The only birthday wish the HSFSa has is that it is able to continue to Educate, Inspire and Influence for the next forty-two years. The NSSA supports this wish and hopes to continue working with the HSFSa in achieving their shared goals.

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HSFSa