



Message from the President (Maria van der Merwe)

Welcome to 2023, another year filled with opportunities for South African dietitians to advance the profession towards optimal nutrition for all South Africans. The 2023 Nutrition Congress, to be held from 18 to 20 April 2023 in Somerset West, promises to be a highlight of the year. Bringing

together nutrition and dietetic collaborators from South Africa, Africa and further-afar for the first in-person gathering since 2018, the congress will enable the thought-provoking exchange of ideas and knowledge; not to be missed!

The ImpENSA Training Programme

Module 1: Optimising micronutrient nutrition during the first 1000 days of life

Module 2: Communication to support behaviour change

Module 3: Healthy conversation skills to support behaviour change*

Blended learning (e-learning, virtual and in-person)
Accredited for 16 CEUs

Visit: <https://aanh.med.lmu.de/>

*Limited spaces available.

The ImpENSA Training Programme is live and open to all interested healthcare practitioners

The ImpENSA Training Programme is a blended learning programme aiming to improve nutrition during the first 1 000 days by providing healthcare practitioners with the necessary knowledge and skills. The programme consists of two e-learning modules (freely available;

accredited for 4 CPD points) and a third skills-based module (administrative cost applies; accredited for 8 CPD points). For more information, and to register for the modules, please visit <https://aanh.med.lmu.de/>.

ADSA is a proud partner in the development and implementation of the ImpENSA Training Programme.

ADSA Bursary

Each year ADSA provides partial bursary funding to a deserving dietetics student progressing to their second year of studies. This bursary is provided for their remaining years of study, to cover registration, accommodation, textbooks or other fees related to their studies. Since 2013, ten dietetic students have received an accumulated ZAR 685 000 from the

ADSA Bursary fund. Matabo Flatela is the recipient of the 2023 ADSA Bursary and shared these kind words:

"I would like to express my sincere gratitude and support towards the ADSA bursary. I am truly honoured to be selected by the bursary. The bursary has lightened my financial burden and has made my goals within reach."

Draft food labelling regulations

On 31 January 2023, the Minister of Health published draft food labelling regulations under the Foodstuffs, Cosmetics and Disinfectant Act, 1972 (Act No. 54 of 1972). We call on all

nutrition professionals and stakeholders to provide substantiated inputs and comments towards the revised regulations, either directly to the Department of Health or via your professional association.

ADSA in the News

ADSA's PR team has been extremely busy during the fourth quarter of 2022. The following media releases were compiled and distributed to media across the country:

- October – How to Make Healthy Eating Choices Easier – <https://www.redbook.co.za/share/book/a5cfd27351dac05551d2f19f5af60694>
- November – Busting the Diabetes Food Myths –

<https://www.redbook.co.za/share/book/7161df883e365d1441970d82bd023179>

- December – <https://www.redbook.co.za/share/book/b334f4aa0e303dc49176c8a3b76ad160>

If anyone is interested in becoming an ADSA spokesperson, please email Retha Harmse at adsapublicrelations@gmail.com



ADSA Executive Committee Roadshow

The ADSA executive committee has embarked on a Road Show, visiting five branches between October and December 2022, and will be visiting the remainder of the branches in the first part of 2023. The Road Show serves a number of purposes, namely:

- Providing presentations and discussions around leadership, professionalism and continuous education
- Showcasing the work and activities that ADSA is involved in to achieve the vision and mission of the association

- Connecting with members and facilitating direct engagement, enabling the Executive Committee to gain a better understanding of the needs of members
- Sharing information on the ImpENSA Training Programme, the results of a multi-centre collaboration aimed at equipping healthcare professionals in South Africa with knowledge and skills to improve micronutrient malnutrition and behaviour change in the first 1 000 days of life.

Nutrition congress



We look forward to hosting the first in-person Nutrition Congress since 2018

To register and view the excellent line up of speakers, presentations, symposia and workshops visit: www.nutritioncongress.co.za

EXHIBITORS:



2023 NUTRITION CONGRESS

28th Congress of the Nutrition Society of South Africa (NSSA)
16th Congress of the Association for Dietetics in South Africa (ADSA)



All information can be found at: www.nutritioncongress.co.za

Stay in touch

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

- www.facebook.com/ADSAorgza
- 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 or adsacomms@gmail.com