



Nutrition Society Award 2023

The Nutrition Society Award for 2023 was awarded to Profs Marjanne Senekal and Rina Swart for their significant and longstanding contribution in the field of nutrition research and thus advancement of nutritional knowledge and practice in South Africa.

Prof. Senekal is an Emeritus Professor of the Division of Physiological Sciences in the Faculty of Health Sciences at the University of Cape Town. She was previously the interim Head of the Division of Human Nutrition in the Department of Human Biology at the University of Cape Town. Her research on weight management evolved to include various aspects, ranging from genetics to interventions. At a time when there was a large debate on low-carbohydrate diets as a feasible strategy for weight management, in both the public and professional domain, she made significant contributions to the debate on the scientific merits of these diets on professional and public platforms. She also co-



From left to right: Prof. Rina Swart, Dr Elize Symington (NSSA Chairperson), Prof. Corinna Walsh (NSSA President) and Prof. Marjanne Senekal

authored a systematic review and meta-analysis and Cochrane systematic review on the topic. In addition, the development and publishing of the Dietary Assessment and Education Kit (DAEK) made a significant contribution to nutrition research, particularly in the field of dietary assessment. The DAEK is regularly used by various researchers in dietary intake studies and the papers recently published in the Provincial Dietary Intake Study (PDIS) made a significant contribution to the body of literature on dietary intake and nutritional status of South African children.

Prof. Rina Swart is a Professor in the Department of Dietetics and Nutrition at the University of the Western Cape, and she serves as the Nutrition Programme Leader within the Science and Innovation (DSI)/National Research Foundation (NRF) Centre of Excellence in Food Security since 2014. Her area of specialisation is in Public Health Nutrition with a focus on the prevention of all forms of malnutrition through nutrition policies and programmes as well as the evaluation of such policies and programmes. Her work on food systems/food environment made a significant contribution to knowledge related to current policies and regulations, such as the health promotion levy and food labelling. The 2022 desktop review on "Foods procured, nutritional status and dietary intake of people living in South Africa" is a valuable source of information for both policy makers, academics and researchers. She further contributed to the South African Health Review in 2008, 2016 and 2019, and the South African Child Gauge in 2019 and 2020. She is the principal investigator of the ongoing study on 'foods and drinks consumed by various living standard measures groups in South Africa and factors influencing their intake' funded by the Department of Health. This study will make a significant contribution to the body of literature on food consumption patterns of South Africans.

Food Waste Awareness and Navigating the ICDA Platform Symposium at the 2023 Nutrition Congress

Dr Ashika Naicker and Dr Heleen Grobbelaar from the Durban University of Technology, Department of Food and Nutrition, conducted a symposium on food waste at the 2023 Nutrition Congress funded by the International Confederation of Dietetic Association (ICDA). The symposium aimed to provide an overview of the context of household food waste in South Africa, share a household food waste awareness tool and showcase the ICDA sustainability food systems web-based platform. In the symposium, attendees were guided on navigating the ICDA sustainability food systems website-based toolkit; they were given insight

into the online courses, formal structured learning opportunities, resources, and community of practice to support sustainability practices. Reducing food waste is a step towards a sustainable food system. Through this symposium, dietitians and nutritionists were sensitised towards the promotion of reducing food waste. The ICDA web-based toolkit supports nutrition and dietetic professionals to integrate sustainability into practice. This includes modules that can be completed for which individual accreditation can be applied for to obtain CEUs.

More information is available on the ICDA website: <https://icdasustainability.org/>