

ADSA AT THE INTERNATIONAL CONGRESS OF NUTRITION AND DIETETICS

Three members of the ADSA Executive Committee attended the 19th International Congress of Nutrition and Dietetics (ICND), held from 12 to 14 June 2024 in Toronto, Canada. Key insights from the congress have been uploaded to ADSA Learn as Open Resources, including information on the International Confederation of Dietetic Associations (ICDA) and how ADSA is involved as a member of the Confederation.

ADSA also presented a bid to host ICND 2032 during the general ICDA meeting preceding the Congress, expressing our desire to still host the international dietetics fraternity on African soil, after

hosting the very successful virtual ICND in 2021. The Dietetics Association of Mexico has been appointed as hosts of ICND 2032 and we wish them well in their preparations for this event.

During this meeting, ADSA's representatives also contributed to the ICDA medium term strategic plan towards promoting the dietetic profession in the next 5 years. ADSA committed to be part of a task team to develop resources/position statements to assist with in-country advocacy and upskilling of members. Any ADSA members who are interested in contributing to the work of this task team are invited to send an email to president@adsa.org.za.



Pictured: Maria van der Merwe (President), Estelle Venter (Treasurer) and Janke Draper (Member Relations)

DEFINING THE SCOPE OF DIETITIANS

The Minister of Health has, under section 33(1) of the Health Professions Act, 1974 (Act No. 56 of 1974) and on the recommendation of the Health Professions Council of South Africa, made the Regulations pertaining to the Scope of the Profession of Dietitians.

See the full schedule in the gazette attached as pdf. Alternatively, it can be found on ADSA Learn under Open Resources here. ADSA encourages dietitians to familiarise themselves with these amendments and the implications thereof as applicable to individual contexts.

ADSA LEARN

On 1 March 2024, ADSA proudly launched ADSA Learn, our very own online Continuing Professional Development (CPD) platform, supporting continued learning and skills development. This initiative, under the stewardship of Dr Estelle Venter (ADSA Treasurer), brings you current, evidence-based updates in different formats and at affordable rates.

Have you visited ADSA Learn recently? Many new activities are available regularly with a variety of sources being added under the Open Resources section. ADSA Members get discounted prices so be sure to have a look on the website. Visit ADSA Learn to find out more (<https://adsa.org.za/adsa-learn/>)



Dynamic Dietitians

Unpack the scope of registered dietitians in South Africa and understand the various important roles dietitians play in optimising health. Watch interviews on different dietetics career paths with tips to consider in each. Get ideas on supplemental income activities.

Members: R200
Non-members: R250
4 CEUs



Open Resources

Find important policies, guidelines and other updates related to dietetics / nutrition.

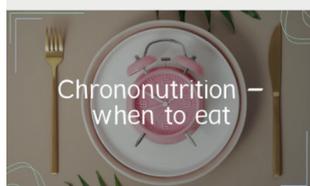
FREE
Not CPD accredited



Nutrigenetics / nutrigenomics

Watch a recorded webinar on nutrigenetics and nutrigenomics and the ethical implications in the dietetic practice. It is presented by Associate Professor Janetta Harbron, ADSA Advocacy and Knowledge Transfer portfolio holder.

Members: R120
Non-members: R150
1 CEU



Chrononutrition

"Eat like a king in the morning, a prince at noon, and a peasant at dinner." Learn about the interaction between biological rhythm and nutrition. This emerging field of research shows that the timing of food intake has effects on health and disease.

Members: R250
Non-members: R280
4 CEUs

Visit www.adsa.org.za/adsa-learn/

and more...

ADSA ROADSHOW - COMING SOON TO A VENUE NEAR YOU



What does the ADSA Roadshow have in store?

*For ALL
Registered Dietitians*

We can't wait to meet you!

Broad theme:
HPCSA Ethics Update
& professional development!

- see what ADSA is up to for you
- prizes to be won
- get 2-6 ethics CPD points

Meet your
ADSA
exec committee!

- connect with us
- join the dialogue
- share your concerns
- and much more!

Coming
to a province
near you!

Free State – July
Mpumalanga – August
North West – September
Western Cape – November

More dates to come in 2025!

*Keep an eye on the
ADSA Mailer and
your branch
communication!*

 **ADSA**
ASSOCIATION FOR DIETETICS
IN SOUTH AFRICA

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