

You can obtain 3 CEU's for reading the article "PERCEPTIONS OF DIETITIANS AND KEY ROLE PLAYERS REGARDING THEIR ROLE IN REPORTING FOOD LABELLING TRANSGRESSIONS IN SOUTH AFRICA" and answering ALL the accompanying questions with a pass mark of 70% or more.

This article has been accredited for CEU's (ref. no. DT/A01/P00008/2024/00006)

HOW TO EARN YOUR CEUS

- 1) Register at <https://www.mpconsulting.co.za/medical-cpd>.
- 2) Log in.
- 3) Click on the Menu tab
- 4) Select "Journals".
- 5) Go to "South African Journal of Clinical Nutrition".
- 6) Select relevant issue.
- 7) Click "Access"
- 8) Select the CPD questionnaire activity and click on the corresponding article link
- 9) Visit <https://www.tandfonline.com/toc/ojcn20/current> to access the relevant CPD article.
- 10) Answer ALL the accompanying questions in the CPD questionnaire.
- 11) Click "Submit" to obtain your results.

Only online questionnaires will be accepted.

Activity 181

1. Food labelling in South Africa is presently covered by which regulation of The Foodstuffs, Cosmetics and Disinfectants Act, 1972 (ACT No.54 of 1972)
 - a) R.146 of 2010
 - b) R.429 of 2014
 - c) R.3337 of 2023
2. What percentage of dietitians felt that they had a role to play in reporting food labelling transgressions?
 - a) 10%
 - b) 11%
 - c) 12%
3. Two percent of respondents who reported a food labelling transgression reported it to the correct agency, which is the:
 - a) Association for Dietetics South Africa
 - b) Department of Health Directorate Food Control
 - c) local municipality where the product is manufactured
4. None of the dietitians felt that their role in food labelling was:
 - a) interpreting a food label
 - b) no role at all
 - c) reporting labelling issues
5. The majority of dietitians' (63%) indicated the following practices regarding non-compliance reporting:
 - a) having a lack of confidence in the reporting of food labelling transgressions
 - b) not using food labels as educational tools
 - c) consulting R.146 on nutrient content claims
6. The consequences of ineffective enforcement of R.146 include:
 - a) higher prices on food products as a result of additional laboratory testing needed
 - b) continued transgressions as a result of a lack of consequences for transgressors
 - c) increasing number of complaints to the Minister of Health
7. Enforcement of R.146 was seen by key role players in the food industry as non-existent due to:
 - a) lack of resources for environmental health practitioners to investigate reports of transgression (as well as high workload and poor understanding of R. 146)
 - b) R.146 is a set of recommended guidelines and is not enforceable by law
 - c) complex reporting process involving multiple pages of documented evidence
8. Barriers faced by dietitians who want to report food labelling transgressions include:
 - a) lack of resources to make the report
 - b) uncertainty of the agency responsible for handling the report and the required process involved to make a report
 - c) lack of education at undergraduate level on matters relating to food labelling legislation
9. The majority of dietitians who have identified a food labelling transgression chose not to report it because:
 - a) they felt it was not their role to report the transgression
 - b) they felt their report would not be acted upon
 - c) they were unsure of which person or agency to report it to
10. Dietitians and key role players in the food industry felt that at present, the following facilitates making reports of food labelling transgressions:
 - a) Having a good understanding of R146
 - b) Filling in an online complaint form
 - c) CPD activities on how to make reports
11. Reporting of transgressions with R.991 is higher than R.146 for the following possible reasons:
 - a) R.991 is written in plain English and is therefore easier to understand
 - b) The reporting process for transgressions with R.991 is clearly laid out within R.991
 - c) A complaints hotline is available for R.991
12. Enforcement procedures and consequences of food labelling regulations of foodstuffs (excluding foodstuffs for infants and young children) is set out in:
 - a) R.146 of 2010
 - b) R. 3337 of 2023
 - c) none of the regulations relating to The Foodstuffs, Cosmetics And Disinfectants Act, 1972 (ACT No.54 OF 1972) barring R.991
13. Reasons why the surveillance surrounding the implementation of R.146 is complex include:
 - a) the fragmented nature of food labelling in South Africa where the Department of Health: Directorate Food Control (DOH DFC) creates but does not enforce regulations, and the Environmental Health Practitioners (EHPs) who enforce it are lacking in numbers
 - b) health professionals do not want to be involved
 - c) reporting transgressions with R.146 is modelled on the Irish system

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14. The correct R.146 transgression reporting procedure is as follows:
 - a) Send an email to ADSA with a photograph of the label and a detailed explanation of the problem
 - b) Contact the EHP in the municipality local to you and provide brief details of the transgression
 - c) Contact the EHP in the municipality where the item is manufactured and provide details of the transgression including a photograph of the label and a succinct report highlighting the exact contravention of R.146
15. Food labelling has been identified by the WHO as a "best buy" in combating rising levels of obesity worldwide, but this relies on:
 - a) detailed front-of-pack labelling
 - b) effective reporting of non-compliance and enforcement of the regulations
 - c) funding from the DOH DFC