

Dear Dietitians

This year has seen ADSA implement a countrywide awareness campaign for services offered by dietitians. All branches have participated actively in CPD

activities. The Executive Committee and the branch committees will continue leading ADSA activities to the middle of 2009. The ADSA executive wishes all dietitians a fulfilling rest during the summer holidays and a successful new year.



Nutrition Society – News Bits

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The Nutrition Society of South Africa is a scientific organisation and the main aims are to advance the scientific study of nutrition; to promote objective dissemination of knowledge related to nutrition; and to promote strategies for the improvement of nutritional well-being.

Publication of preliminary Paediatric Food-Based Dietary Guidelines for South Africa

The Nutrition Society of South Africa is pleased to announce the publication of the technical support papers of the draft preliminary Paediatric Food-Based Dietary Guidelines (PFBDGs) in the October 2007 issue of *Maternal and Child Nutrition* (Volume 3, Issue 4).

The overall aim of the guidelines was to complement the 'core' guidelines for children, adolescents and adults (>7 years) that were made available to the public by the National Department of Health in 2003, and cover the most vulnerable age category, i.e. from birth to <7 years.

The Cape Town-based Working Group comprised representatives from the National Department of Health (Ms Anne Behr, and at times, Lynn Moeng), the Provincial Department of Health (Ms Hilary Goeiman, Lulama Sigasana and Luzette van Niekerk), all three local universities (alphabetically, the universities of Cape Town (Dietetics, the Child Health Unit and the Institute of Child Health), Stellenbosch (Division of Human Nutrition), and the Western Cape (Dietetics and Community Dentistry). The Medical Research Council provided a base for all meetings and the following units provided technical input: Environment and Health Research Unit, Nutritional Intervention Research Unit, Health Systems Research Unit, and the Burden of Disease Research Unit. Dietitians and other paediatric consultants from the private sector

and industry were also involved. Input was, however, at times provided telephonically and via e-mail owing to logistical difficulties. It can be seen from the List of Contents (below) which areas of expertise were covered by this vibrant group, and that the guidelines covered both food and non-food guidelines relevant to infants and young children and their mothers/caregivers. The following age categories were decided upon in 2002: 0 - 6 months; >6 to <12 months; and >1 to < 7 years. Both local and international literature was accessed to provide the scientific evidence base. Funding for development and consumer testing was obtained from the Medical Research Council and the Consumer Group Council of South Africa. We acknowledge with gratitude both intellectual and financial support from the Nutrition Society of South Africa, who greatly facilitated the publication of these technical support papers.

This publication covers the process to date of developing these guidelines. The PFBDGs Working Group acknowledges that this is still a work in progress, as testing of these guidelines has only taken place in the Western Cape at this stage. This is due to difficulties in recruiting researchers in other provinces and language groups despite various recruitment attempts and strategies. However the Working Group would like to invite interested parties to contribute to the success of the development of the PFBDGs for South African by testing the guidelines in the other provinces. Protocols to facilitate this process are available from the Working Group and the testing of the guidelines entails a partnership with both the National and respective Provincial Departments of Health.

The Special Issue of *Maternal and Child Nutrition* is entitled: 'Food-based dietary guidelines for infants and children: the South African experience'. It includes a guest editorial by André Briend from the Department of Child and Adolescent Health of the World Health Organization in Geneva, and the Editors pose some tantalising questions from the global scientific community, and invite comments.

The List of Contents is as follows:

- Tell us what you think: an invitation to send in your opinions and comments.
Peter Aggett and Victoria Hall Moran
- Establishing food-based dietary guidelines for children: the challenge.
André Briend
- South African paediatric food-based dietary guidelines.
Lesley Bourne
- Addressing malnutrition in young children in South Africa. Setting the national context for paediatric food-based dietary guidelines.
Lesley Bourne, Michael Hendricks, Debbie Marais and Brian Eley
- The process followed in the development of paediatric food-based dietary guidelines for South Africa.
Lesley Bourne, Debbie Marais and Penny Love
- Food-based dietary guidelines and nutrition interventions for children at primary health care facilities in South Africa.
Michael Hendricks, Hilary Goeiman and Ali Dhansay
- Optimising the introduction of complementary foods in the infant's diet: a unique challenge in developing countries.

Julanda van der Merwe, Megan Pentz-Kluyts, Nadia Bowley and Debbie Marais

- The rationale for adopting current international breastfeeding guidelines in South Africa.
Aila Meyer, Dorothy van der Spuy and Lisanne du Plessis
- Feeding the 1 to 7-year-old child. A support paper for the South African paediatric food-based dietary guidelines.
Nadia Bowley, Megan Pentz-Kluyts, Lesley Bourne, and Louise Marino
- 'It's just not about food': mother-infant interaction and the wider context of nutrition.
Mark Tomlinson and Mireille Landman
- Water: a neglected nutrient in the young child? A South African perspective.
Lesley Bourne, Berna Harmse and Norman Temple
- Nutrition, oral health and the young child.
Sudeshni Naidoo and Neil Myburgh
- Nutrition and HIV/AIDS in infants and children in South Africa: implications for food-based dietary guidelines.
Michael Hendricks, Brian Eley and Lesley Bourne

A limited number of copies of the issue is available, but individual papers are available in PDF format, and with permission from the respective authors, can be ordered from:

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