



From the President's pen

Dear ADSA member

Soon 2003 will be a part of history, so if you have not done so during the past year, good to yourself in 2004!

The young and ambitious Executive Committee jumped right in and tackled 2003 with the new Vision, Mission and Constitution. We soon stumbled across a few problematic practical implications and called an SGM on 25 July where a few proposed changes to the Constitution were tabled and accepted. One of the changes was the shifting of the deadline for membership fees to the end of November (previously end of March). This was done to streamline administration of the database and to offset the payment of CPD fees (due in March) and HPCSA fees (due in April).

Many members have asked if they would receive a pro rata reduction in membership fees for the months between November and March. The answer is 'NO'. Previously you had until March to pay for membership of that year. Now you pay in November for membership of the following year. So you still pay for a year's membership.

In 2003 ADSA had a total of 1 115 paid-up members. This includes 878 full, 4 honorary, 12 associate, 12 retired, 207 student and 2 friends of ADSA.

In order to ensure better access to the National and PPD offices and to improve efficiency, the National and PPD offices were merged during the first part of the year. The National office now operates 8 hours a day, 5 days a week, to better serve the interest of all our members.

We are continuously working on improving communication with our members. The e-mailing system is working extremely well and many members are very thankful for the information and especially work opportunities that are advertised via ADSA. We are excited about working on improving and updating our website (www.dietetics.co.za) which has become a major marketing and communication tool. Watch that cyber space!

I have undertaken to visit more branches during my term of office in order to put a face to the Exec, funds permitting of course. I have managed to visit the Gauteng South, the Western Cape and the Free State branches. My visits have been very successful, especially in improving communication.

A big achievement for 2003 was the acceptance of a national set of South African Food Based Dietary Guidelines by the

Department of Health. This was a joint project of the FBBDG working group, ADSA and NSSA.

At present ADSA is still the only Accreditor of CPD for dietitians. CPD is growing from strength to strength and ADSA has been commended at many occasions for the effective and cost-effective system that is running. 2003 saw the institution of a reduced CPD fee for ADSA members in the light of the fact that ADSA members contribute 15% of membership fees to the CPD office and as acknowledgement of the invaluable role ADSA has played in the establishment of the system.

The current term of the Professional Board for Dietetics comes to an end at the end of this year. It has been no easy task for them, and I would like to thank them for years of hard work. All members will be afforded the opportunity to vote for the new Board during November. ADSA has taken a leading role in nominating members to fit the criteria the HPCSA has set for the new Board. The Exec took the decision to financially support 5 nominations, in light of the fact that a R200 non-refundable deposit had to accompany each nomination.

ADSA will co-host the Biennial Nutrition Congress on 23 - 27 August 2004 with the NSSA at Goudini Spa, Rawsonville, Cape Town. The theme for the congress is 'Diversity in Nutrition'. Visit the website at www.ebsconsulting.co.za for updated information on the congress. Hope to see you there!

May you and your loved ones be blessed over the Festive Season with the luxury of unlimited time spent together. Relax & enjoy!

Lisanne
ADSA President

Book Review

ANTIOXIDANT VITAMINS AND HEALTH: Cardiovascular Disease, Cancer, Cataracts, and Ageing

By Claude Fernand Bourgeois, Director of the Biochemistry and Food Technology Laboratory for Roche Vitamins, France. September 2003. 310 pp. HNB Publishing, \$72.00 (hardcover); ISBN: 0-9664286-6-8.

Antioxidant Vitamins and Health is about the role played by antioxidant nutrients in the prevention of chronic degenerative diseases and conditions. The book begins with the mechanism of anti-oxidation and the antioxidant defences of humans. The biochemistry of antioxidants as well as pro-oxidants that generate oxidative stress is discussed. Chapters on cardiovascular disease, cancer, cataracts, and ageing cover the most important epidemiological studies carried out over the past two decades. The results are summarised in a concluding chapter, and an extensive list of references is provided. To read the detailed Table of Contents or to order, visit: www.hnbpublish.com/6-8-TOC.html.

Regulations relating to the fortification of certain foodstuffs

The National Food Fortification Programme was officially launched countrywide during October.

In terms of the regulations (No. 7634), the following definitions apply:

'enrichment' — the addition of one or more nutrients to a foodstuff whether or not it is normally contained in a foodstuff with the sole purpose of adding nutritional value to the food

'fortification' — the addition of one or more micronutrients by means of a fortification mix to a foodstuff whether or not it is normally contained in a foodstuff for the purpose of preventing or correcting a demonstrated deficiency of one or more nutrients in the general population or specific population group of South Africa as determined by the Department

'food vehicle' — dry and uncooked wheat flour, dry and uncooked maize meal and bread prepared with and containing at least 90% fortified wheat flour, excluding water

'fortification mix' — a premixed blend of fortificants and diluents formulated to provide specified and determinable amounts of micronutrients (namely, vitamin A, thiamine, riboflavin, niacin, pyridoxine, folic acid, iron and zinc)

For further information please contact:

Directorate: Nutrition, Department of Health

Telephone: 012 – 312 0042; Website: www.doh.gov.za

Regulations relating to foodstuffs for infants and young children

Draft Regulation No. R 1328 'Regulations relating to foodstuffs for infants and young children' has been published in the *Government Gazette* on 26 September 2003. Regulation Gazette No. 7770.

Interested persons are invited to submit any substantiated comments on the proposed regulations to the Director-General of Health, Private Bag X828, Pretoria, 0001 (for the attention of the Director: Nutrition) within three months of the date of publication of this notice.

The purpose of the draft regulations is to:

- comply with the relevant Codex standards for foods for infants and young children
- give effect to the provisions of the International Code for Marketing of Breastmilk Substitutes and the subsequent relevant World Health Assembly Resolutions, and
- protect infants and young children's health and survival in South Africa.

The gazette can be obtained from the Government Printers (R8.00 per copy). The draft regulations are also available on the Department of Health Website:

<http://www.doh.gov.za/docs/index.html>

Letter sent by HPCSA to Department of Health requesting consideration for dietitians to attend CPD activities

PERFORMANCE OF CONTINUING PROFESSIONAL DEVELOPMENT ACTIVITIES AND ERASURE OF NAMES IN TERMS OF SECTION 19 (1) (d) OF THE ACT

In terms of Act 56 of 1974 all persons registered with Council should retain registration through the payment of annual fees. Registration is a prerequisite for the performance of any professional act as stipulated in the Act and supporting regulations. The Act further provides for all practitioners registered with the HPCSA to keep themselves abreast of the latest developments through CPD programmes.

Council has received concerns from a wide range of professionals who feel that the public sector departments do not accord them sufficient time to meet the CPD requirements as prescribed by Council. Often, officials in the employ of the Department/Provincial Departments of Health, in order to attend CPD activities, have to resort to taking their annual leave when in fact the said activities are primarily to the benefit of the employer in terms of retaining a competent cadre of personnel.

Accordingly Council is submitting this issue to your good office with a request that you consider some kind of a mechanism that could accommodate the training time required for CPD purposes. In particular the request is that your office considers granting specified time periods of work for purposes of CPD at any given period. This will also be consistent with the Skills Development Act requirements in its quest for on-the-job training.

In relation to the area of practitioners falling within the jurisdiction of Council practising their professions within the public sector, Council would suggest that the Department ensure that all professional persons performing professional services to the State and falling within the jurisdiction of the HPCSA are appropriately registered. In particular a request was received from the Professional Board for Dietetics to alert the Department to the fact that a number of Dietitians continued to perform professional acts within the Departments of Health, which acts fall within the scope of the profession of Dietetics when such persons were unregistered. This has obvious legal implications for both the employing authority and the person concerned. We would therefore request that this issue be brought to the attention of all concerned.

Your kind assistance in dealing with these matters will be highly appreciated.

Adv. B Mkhize

Registrar