



ADSA Eastern Cape News

The ADSA Eastern Cape branch committee kicked off 2010 by hosting an informative meeting in Port Elizabeth on Friday 30 April with guest speaker Liesbet Delpont RD(SA) from the GI Foundation. Twenty five registered dietitians attended this meeting. The topic was on sport nutrition and GI/GL. Liesbet entertained the delegates by testing the effects of Appletizer and Energade on their blood glucose levels. The delegates received practical guidelines on compiling a diet for someone who participates in sport – whether professional or as a hobby. We would like to thank Arctic Healthcare for bringing Liesbet down to the Eastern Cape Province.

The ADSA Executive committee approved a Public Relations strategy workshop which was facilitated by Carol Browne. At this workshop it was decided that each branch will draft their own strategy that is relevant to their own area. The branch committee then compiled an Eastern Cape specific Public Relations Strategy with the help of Carol Browne in which ADSA aims to promote the role and importance of dietitians through targeting the relevant stake holders. Every dietitian in the Eastern Cape, whether private or in the public sector will play an important role in achieving the ultimate goal.

This strategy will be executed within the next five years.

The Eastern Cape is a large province and stretches from Joubertina and Willowmore bordering Western Cape; Middelburg bordering Northern Cape;

Sizane and Mount Ayliff bordering Kwazulu-Natal; Sterkspruit and Mount Fletcher bordering Lesotho and to Venterstad and Aliwal North bordering the Free State.

Dietitians are scattered through the Province and most only moved to the Province because of Community Service placements. Therefore we are trying, together with assistance from sponsorships, to host functions in other areas. A function is planned for the East London area so that dietitians in and around East London area can attend travelling shorter distances. (East London is 3 hours drive from Port Elizabeth and Umtata is 6 hours drive - all on poor roads) It is our main goal is to increase the number of ADSA members in the Eastern Cape Province.

The programme for 2010 includes four general meetings as well as an exciting closing meeting.

Love is in the air for the committee members with Lize who got married in April and Magda tying the knot in August.

Compiled by Lize Bredell (née Norval) - ADSA Eastern Cape PR & Communication.