



## NSSA newsbits

### Nutrition workshop

The Eastern Branch of the Nutrition Society of South Africa (NSSA) was represented by Prof Carin Napier, NSSA council member, at a workshop that was hosted by the Department of Health (the national and KwaZulu-Natal provincial office) on 9 November 2015 at the South African Sugar Association in Mount Edgecombe. The national strategy for obesity prevention and the control of obesity in South Africa for 2015-2020, and the process used in its development, was presented by Mrs Lynn Moeng-Mahlangu, Department of Health at the workshop. Dr Leegail Adonis presented on best practice and high-impact strategies for the prevention and management of obesity, and provided an overview of programmes implemented in other countries in the fight against obesity. Ms Lenore Spies shared initiatives presented by the KwaZulu-Natal provincial office. Participants were asked to identify gaps in the national and provincial strategy during the second part of the workshop and to rate and rank the activities to be conducted under each goal of the strategy according to the order of priority. Information collated during the workshop will assist in the implementation of the activities under each goal.

### Mini-symposium on antioxidants

The Cape Branch of the NSSA hosted a mini-symposium relating to antioxidants on 18 February 2016, at the South African Medical Research Council premises. The event was attended by 35 delegates, including NSSA members, the Association for Dietetics in South Africa (ADSA) members and students. Invited speakers were Prof Wentzel Gelderblom, who presented *Antioxidants: an infinite battle of insults and responses*, Prof Lizette Joubert, who spoke

on *Antioxidant activity of plant extracts – time for a reality check*, Prof Jeanine Marnewick, whose paper was entitled, *Rooibos: the human perspective*, Prof Simeon Davies, who presented on *Aconcagua: rooibos and high altitude performance*, and Dr Harris Steinman, who spoke on *Ethics and morals encompassing supplements*.

### New committee for the Northern Branch of the NSSA

The Northern Branch started 2016 fresh with a new committee. The committee members are:

- Elize Symington, Chair
- Cornelia Nienaber-Rosseau, Vice Chair
- Tirhani Masia
- Maria van der Merwe
- Estelle Viljoen
- Zelde de Lange

The first event of the Northern Branch of the NSSA for 2016 was a great success. It was held together with the ADSA North West Branch in Potchefstroom on 19 February 2016. The topic, *Making our evidence-based nutrition voice heard in a changing environment*, was relevant to current experiences for anyone currently working in nutrition. Speakers included Dr Christine Taljaard, Jane Badham, Chantell Witten and Prof Johan Jerling. Attendees were guided to identify a nutrition problem in their immediate environment. The tools to address this were provided in hands-on sessions, and ranged from finding the evidence to correctly identifying and classifying stakeholders. The event was sponsored by the African Nutrition Leadership Programme and the South African Poultry Association.