



## NSSA newsbits

### FAO/NSSA Technical Consultation on the preparation of National Food Based Dietary Guidelines and Nutrition Education for Promotion of Healthy Diets

The Technical Consultation on the preparation of National Food Based Dietary Guidelines and Nutrition Education for Promotion of Healthy Diets were held at the Birchwood hotel and OR Tambo conference centre in Gauteng, South Africa from the 9<sup>th</sup> – 12<sup>th</sup> of May 2016.

The Technical consultation was organised by the Food and Agricultural organisation (FAO) and the Nutrition Society of South Africa (NSSA).

The aim of the workshop was to equip African countries to develop Food Based Dietary Guidelines and transfer it to Nutrition Education Material for consumer use. Twelve African countries were invited: Botswana, Cameroon, Gambia, Ghana, Kenya, Malawi, Namibia, Rwanda, Swaziland, Tanzania, Zambia and Zimbabwe.

The advisory groups and speakers were from the FAO, NSSA, WHO, SA, USA, Thailand, Latin America, Sierra Leone and an Independent consultant Carol Browne organised the workshop and also presented. The workshop was structured in the form of presentations followed by work groups per country planning their strategies on how to approach the FBDGs for their countries.

The topics covered during the workshop flowed in to each and included:

- The Need for Food Based Dietary Guidelines (FBDGs) in Sub-Saharan Africa
- FBDGs Processes and Countries' Experiences
- Information Needs for Preparing FBDGs
- Developing the FBDGs, Food Guides and Messages
- Multi-sectorial Implementation of FBDGs and Nutrition Education
- Linking Nutrition Education and Communication with FBDGs
- Monitoring and Evaluation of FBDGs

### NSSA invited speaker, Nutrition Congress 2016

Professor Barrie Margetts is Emeritus Professor within Medicine at the University of Southampton. Having grown up in Australia, Professor Margetts was shocked when as a new graduate he came face-to-face with a malnourished aboriginal child, and did not know what to do. This led him to get some training in nutrition and subsequently in nutritional epidemiology so that he could work out what to do, and how to apply this to a wider population.



Prof Barrie Margetts

On moving to the United Kingdom he took up a post with Professor David Barker at the MRC Environmental epidemiology unit. Professor Margetts was fortunate enough to have found the Hertfordshire records, spending several years supervising the computer coding and checking of these data; these data have formed the basis of many crucial findings in the developmental origins of health and adult disease. In the early 1990s Professor Margetts developed training and support to strengthen capacity in nutritional epidemiology which subsequently led onto developing public health nutrition. This early work led to a text book- Design Concepts in Nutritional Epidemiology. Recently co-published a textbook (written with Roger Hughes) Practical Public Health Nutrition, which follows up an early text on Public Health Nutrition. In 2008 the World Public Health Nutrition Association was formed and he was elected its first president. Most recent research and scholarship has focused on work in India and Africa, and increasingly trying to understand how to turn knowledge into policy into action. He has been a consultant over a number of years for the World Health Organization, as well as various development agencies and national governments. In addition to WHO he has also recently done consultancies for UNICEF and the World Bank. Professor Margetts founded the international journal Public Health Nutrition in 1998 and was editor in chief until 2007. He is currently chair of the editorial advisory board for a new International Journal World Nutrition. Professor Margetts was awarded an honorary doctorate from North-West University in South Africa in 2009 for his work on building research capacity in nutrition in South Africa. He is a Fellow of the Faculty of Public Health.