



## SUCCESSFUL NUTRITION CONGRESS HELD IN DURBAN

The NSSA council extends its sincere appreciation to the local organising committee for all their hard work and commitment in making the 2024 Nutrition Congress a success. We thank Prof Ashika Naicker, Prof Xolile Mkhize and Ms Duduzile Mthuli for their hard work as NSSA representatives on the local organising committee.

The NSSA council is proud to announce two new council members for the next term. We welcome Prof Louise van den Berg (University of the Free State) and Prof Hettie Schönfeldt (University of Pretoria). We look forward to working with you.



The new NSSA council (2024-2026): Ms Malory Links, Dr Bianca van der Westhuizen, Dr Elize Symington, Prof Hettie Schönfeldt, Ms Jacqui Lochner, Dr Marieke Theron, Dr Tertia van Zyl, Dr Hema Kesa, Prof Louise van den Berg, Dr Averalda van Graan. (Prof Ashika Naicker not in photo).

Council members had the pleasure of meeting the NSSA travel grant recipients and representatives from the UK Nutrition Society, the main sponsors of the travel grants. It was wonderful to meet with these upcoming nutrition professionals, and we extend our gratitude to the UK Nutrition Society for their support.



NSSA and UK Nutrition Society grant winners: Marieke Theron (NSSA Chair), Shivneta Singh (winner), Collins Appiah (winner), Riashnie Thaver (winner), Mark Hollingsworth (CEO of the UK Nutrition Society), Elize Symington (NSSA President). Other winners not in the photo: Milton Semenekane and Gladness Mathe.

The NSSA is pleased to announce Ms Joelaine Chetty as the winner of the 'NSSA Treasure Hunt' competition held at the Nutrition Congress in Durban. Congratulations to winning a R1 000 and complimentary membership to the NSSA for 2025.

Congratulations to the various winners of poster and oral presentations that were held at the Nutrition Congress:

### BEST | Scientific Research Poster

**Presentation Title/Topic:** Practice experience and outcomes of an audit of a pilot VLCD programme for management of cardiometabolic risk in obesity  
**Presenter:** Ms Sarina Nel, Waterfall Nutrition

### BEST JUNIOR | Scientific Research Oral Presentation – 2nd Place

**Presentation Title/Topic:** Exploring the impact of a maternal support grant to improve maternal mental health and household food security amongst pregnant women during the COVID-19 pandemic  
**Presenter:** Ms Anna-Marie Müller, Grow Great

### BEST JUNIOR | Scientific Research Oral Presentation – 1st Place

**Presentation Title/Topic:** Chronotype-specific timing of dietary intake is associated with adiposity  
**Presenter:** Dr Carlien van der Merwe, Centre of Excellence for Nutrition, North-West University

### BEST SENIOR | Scientific Research Oral Presentation – 2nd Place

**Presentation Title/Topic:** The dietician's role in the pre-operative workup for patients undergoing laparoscopic surgery of the upper GIT  
**Presenter:** Ms Mico Price, Midline Dieticians

### BEST SENIOR | Scientific Research Oral Presentation – 1st Place

**Presentation Title/Topic:** Use of nutrition care process and nutrition care process terminology by South African dietitians  
**Presenter:** Prof Renee Blaauw, Stellenbosch University

This was truly a wonderful Nutrition Congress, and we remain committed to sharing the impactful scientific evidence generated in Southern Africa. We look forward to the next Nutrition Congress to be held in 2026!

**Dr Marieke Theron**  
NSSA Chairperson (2023–2024)