



### KwaZulu-Natal Integrated Nutrition Programme (INP) 2023 symposium

The Nutrition Society of South Africa (NSSA) Eastern branch was given a valuable opportunity to showcase and promote the NSSA to nutritionists and dietitians in Durban during the KwaZulu-Natal (KZN) Integrated Nutrition Programme (INP) 2023 symposium, which was held on 17–19 October 2023. The three-day event, organised by the

KZN Department of Health, under the theme “Nurturing a New Generation,” was sponsored by the World Health Organisation (WHO), and attended by nutritionists and dietitians from the province. Dr Netshinombelo, KZN Department of Health (DOH) Director of Maternal, Child, Women’s Health (MCWH) and Nutrition, opened the symposium and gave an informative presentation on the KZN INP strategic direction, KZN context and specific nutrition policies, training programmes, capacity building to improve nutrition outcomes and current projects in the region. Some of the other presentations included:

- National Obesity Strategy by Ms Rebhone Ntsie (National DOH, Director Nutrition)
- Childhood Obesity and Adolescent Nutrition by Ms Lea Castro (Nutrition Officer United Nations Children’s Fund [UNICEF])
- Non-Communicable Diseases (NCDs) and nutrition by Dr Kibachio J Mhwangi (NCD and Mental Health Advisor, WHO)
- Nutrition Research in KZN by Dr E Lugte (KZN DOH Research Unit).

The symposium also included other activities, such as feedback from the National Nutrition Congress 2023, panel discussions and networking opportunities for attendees.



### 4th Annual Nutrition symposium hosted by Food Evolution Research Laboratory (FERL) and NSSA 2023

The Food Evolution Research Laboratory (FERL) of the University of Johannesburg and the Nutrition Society of South Africa (NSSA) hosted their annual symposium on the 26th of October 2023. The theme of the symposium was “Sustainably Nourished: Elevating your mood with good food”.

The theme and the speakers conveyed the message that our food choices not only impact our personal well-being, but it also plays a crucial role in the health of the planet. The theme also complimented the National Nutrition Week’s theme of “Feel good with good food”. One of the speakers perfectly summed it up by saying: “Since we are what we eat, if we ignore taste preferences and familial food fondness, we become someone else.”

The speakers included: Ms Mpho Tshukudu and her topic was “The food-mood connection, it starts in the gut”. Ms Carla Pool’s topic was “Influencing healthy eating behaviours”. Unfortunately, due to technical difficulties, Chef Andile Somdaka could not join the symposium to discuss his topic “Indigenous heritage and local food on your plate.”

**Food Evolution Research Laboratory (FERL) and Nutrition Society of South Africa (NSSA) ANNUAL JOINT SYMPOSIUM**

TOPIC ■ Sustainably Nourished: Elevating your mood with good food

DATE ■ 26 October 2023

TIME ■ 10:00 – 12:00

REGISTRATION LINK ■ [https://zoom.us/webinar/register/WN\\_cQ708C6Y5OaZcGDs4-pbQ](https://zoom.us/webinar/register/WN_cQ708C6Y5OaZcGDs4-pbQ)

FREE online symposium

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**INVITATION**

<p><b>FACILITATOR</b> Dr Blanca Van der Westhuizen Senior lecturer in Nutrition: ORSA and Honorary Secretary and Treasurer of the NSSA</p>	<p><b>SPEAKER</b> Ms Mpho Tshukudu Registered Dietitian: Integrative and Functional Nutrition Certified Practitioner TOPIC: The food-mood connection: it starts in the gut</p>	<p><b>SPEAKER</b> Ms Carla Pool Registered Dietitian: Dietitians Varsity Wellness Team TOPIC: Influencing healthy eating behaviours</p>	<p><b>SPEAKER</b> Chef Andile Somdaka Chief of President Nelson Mandela, Owner of Echo Restaurant, Corporate and Signature Chef TOPIC: Indigenous Heritage and local food on your plate</p>
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