

ADSA wins the bid to host the 2020 ICDA Congress in South Africa

ADSA is a member of the International Confederation of Dietetic Associations (ICDA), an Association of national dietetic associations. ICDA represents about 150,000 dietetics professionals around the world. At his years ICDA congress in Sydney on 4 – 8 September 2012, ADSA President Berna Harmse and her team presented the bid for South Africa to host this prestigious international congress in 2020. ADSA is very excited to announce that we won the bid and will be hosting the 2020 ICDA congress in South Africa. The pictures below were taken in Sydney by Berna, who was representing ADSA.



The Launch of the ADSA Mentorship Program

In September this year ADSA launched a new member initiative – the Mentorship program. Every dietitian determines the success of the profession and increases recognition by the public. The success of one dietitian shared with fellow colleagues contributes to the success of many dietitians and the profession. As an association for dietetics we would like to create a platform where dietitians can support each other and cultivate a culture within the profession that supports individual career growth and strengthens the dietetics profession in South Africa. We know that a mentorship program will help to achieve the latter. Many dietitians have already signed up for this fantastic initiative and we have received positive feedback from mentees and mentors that are enjoying the benefits of this program. We encourage members that would still like to participate in this program to contact their branch communications portfolio holder in the new year to get registered.

Nutrition Congress Africa 2012 – A great success!



ADSA Executive committee members enjoying the Nutrition Congress in Bloemfontein

The Nutrition Congress Africa was hosted by the Nutrition Society of South Africa (NSSA), the African Nutrition Society (ANS) and ADSA in Bloemfontein from the 1-4 October this year. The congress was hugely successful and over 800 delegates attended. The declaration from the Nutrition Congress Africa, is one that will inspire us all to work together and promote nutrition, it reads as follows:

We the 800 participants of the African Nutrition Congress 2012 gathered here in Bloemfontein, South Africa comprising nutrition and dietetics professionals, academics, clinical and public health practitioners from all the nutrition fraternities in Africa and other like-minded international delegates.”

1. Resolve to commit ourselves to working with, and supporting direct nutrition actions and nutrition-related, culturally sensitive programmes that bring about improvements in the health and wellbeing of our populations.
2. To accomplish these ideals, we will promote improvements of the standards of training of nutritionists, dieticians and other allied health workers in our countries, through strengthening national academic curricula and practical training of the health workforce.
3. We also recognize the importance of intersectoral actions for nutrition and food security and resolve to collaborate with other sectors such as agriculture, educational, local government and social welfare in a mutually supportive effort to help prevent and tackle nutrition-related health problems which create a heavy economic burden and hamper our national development.

We are also united in calling on governments throughout Africa to:

- 1) Recognise the importance of an optimal nutritional status of their citizens to the success of national development. Nearly one third of child deaths can be prevented by improving nutrition status. The economic growth, poverty reduction and mental development of tomorrow, depends

on the growth of children today. Tackling infant undernutrition today will promote the intellectual development of infants and young children and prevent health epidemics of middle age, .

- 2) Make nutrition one of their top priorities and champion it at the highest levels. Create a space for it within decision making processes across the health and all others sectors including economic planning. Create a nutrition budget line item and commit to spending 10% of the budget on nutrition. If not already, show commitment by signing up with SUN.
- 3) Commit a large portion of the nutrition budget on strengthening national and sub-national capacity to scale up nutrition. This means working with households, frontline workers and nutritional professionals, NGOs, researchers in academic institutions, the private sector and use the position as policymakers to dispel myths and facilitate appropriate action, at all levels of society.
- 4) Monitor activities of the private sector working in food and nutrition areas within your countries, supporting positive contributions to address/ ensure food security and nutritional wellbeing while at the same time ensuring that operations are carried out to the benefit of the community.
- 5) Monitor nutrition outcomes on an annual basis, just as economic progress is monitored year by year. Allow civil society to applaud progress or criticize lack of progress. Allow policymakers to be guided by new evidence. Allow others to monitor the country's commitments in order to build trust with your citizens.

ADSA South Gauteng Branch News from Chairperson Lila Bruk

2012 has been an exciting year for the ADSA Gauteng South branch. Our first event of the year in February was on eating disorders and featured presentations on the psychology behind eating disorders (Dr Kenneth Jennings), childhood body image (Lila Bruk), the role of the media in eating disorders (Suna Cassia) and a very honest account from an actual compulsive overeater about her experiences (Tamarai Olckers).

This was then followed by our April event which was on behaviour change (Nicky Slow), successful business practices (Ilze van der Merwe-Albert) and ethics (Prof Magda Slabbert). Our August event was on breastfeeding and infant feeding, which was in line with Breastfeeding week. We had fascinating presentations from Lara Sweet on the breastfeeding code, Linda Britz spoke about the 9

instinctive stages of a newborn, Celecia Pleass spoke about the problems around hidden hunger, and Magda Botha spoke about the ethics around infant feeding.

Our November event, which was our last event of the year was sponsored by Nestle and covered specialised feeding in gut compromised patients. Renata Wilson and Nicola Drabble spoke about feeding the bariatric surgery patient and this was followed by a DVD on nutrition in the elderly. Arina Prins then spoke about enteral feeding, and lastly Judy Schoeman discussed the challenges around feeding the oncology patient. I would like to thank the truly excellent Gauteng South Committee for all their hard work, dedication and creativity and I look forward to an equally exciting 2013. On behalf of the Gauteng South Committee I'd like to wish all ADSA members a safe, healthy and happy festive season.

The next ADSA Core Executive Committee meeting will be held on the 18 January. Should ADSA members have any items that they would like to be discussed at this meeting please forward your suggestions to info@adsa.org.za. ADSA would like to wish all its members a very happy festive season and all the best for the New Year.

Claire Julsing Strydom

ADSA Executive – Communications

