

# ADSA DIRECTIONS – JUNE

The Association for Dietetics in South Africa (ADSA) has had a productive and engaging quarter, marked by national member engagement

initiatives, strategic planning, and ongoing efforts to strengthen the profession and support dietitians across the country.

## ADSA NATIONAL ROADSHOW

One of the highlights of the quarter was ADSA's National Roadshow, which successfully reached dietitians and nutrition professionals through 10 in-person events hosted across South Africa. The roadshow provided valuable opportunities for members and non-members alike to connect with colleagues, engage with ADSA leadership, and participate in professional development activities. ADSA President, Maria van der Merwe, led a practical and insightful workshop on ethical practice in a digital and evolving nutrition landscape. The clinical portion of the programme focussed on essential

updates in women's nutrition. Thandeka Mhlanga, shared her expertise on fuelling the female athlete, and Catherine Day guided dietitians on important aspects of managing women's health through nutrition. The roadshow reinforced the importance of maintaining strong connections within the profession and provided a platform for gathering feedback from members across diverse practice settings and geographical regions. ADSA extends its sincere appreciation to all speakers, sponsors, organisers and attendees who contributed to the success of these events.



### STAY IN TOUCH

Stay in touch with ADSA and help us spread the word to promote optimal nutrition for all South Africans:

- Website: <http://www.adsa.org.za>
- Email: [info@adsa.org.za](mailto:info@adsa.org.za) or [coo@adsa.org.za](mailto:coo@adsa.org.za)
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## ADSA EXECUTIVE COMMITTEE MEETINGS

The ADSA Executive Committee also met recently for its quarterly strategic planning meeting. Discussions focused on several key priorities for the coming months, including the planning and coordination of upcoming professional development events and member engagement activities. Particular attention was given to communication campaigns aimed at raising awareness of the profession, strengthening ADSA's visibility, and ensuring members remain informed and connected. Preparations for the upcoming Nutrition Congress featured prominently on the agenda, with the committee exploring opportunities to maximise member participation and create a valuable learning and networking experience for delegates. The Executive Committee also considered opportunities for collaboration with stakeholders across healthcare, academia, industry and government sectors, recognising the importance



of partnerships in advancing the role and impact of dietitians in South Africa.

## ADSA LEARN

ADSA Learn (<https://adsa.org.za/adsa-learn/>), the Association's online continuing professional development (CPD) platform, continues to expand and provide members with convenient access to high-quality learning opportunities. The platform now offers a growing number and diverse range of CPD activities, catering to the varied interests and practice areas of dietitians across South Africa. Recent additions include the popular Obesity Webinar Series, which explores contemporary evidence and practical approaches to obesity management, as well as the Ethics and Artificial Intelligence Article Series, which examines the opportunities, challenges and ethical considerations

surrounding the use of AI in healthcare and dietetic practice. Dietitians and nutrition professionals are encouraged to explore the platform regularly as new courses, webinars and learning activities continue to be added throughout the year.

As ADSA continues to work towards advancing the profession and supporting its members, we encourage all dietitians to stay engaged through ADSA's communication channels and participate in the many opportunities available throughout the year. We thank our members, volunteers, partners and stakeholders for their continued support and contribution to the growth and success of the profession.



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