

The Association for Dietetics in South Africa (ADSA) continues to support the growth, development and representation of the dietetics profession while providing members with practical resources, professional development opportunities and a strong professional community.

ADSA LEARN: LEARNING, GROWING AND CONNECTING

Continuing professional development is an important part of maintaining professional competence, staying up to date with emerging evidence and ultimately improving patient care. ADSA Learn supports this through accessible, evidence-based learning opportunities that allow healthcare professionals to learn at their own pace while earning Continuing Education Units (CEUs).

Since its launch in 2024, ADSA Learn has continued to expand its educational offering. The platform currently provides 25 accredited learning activities and 56 CEUs, including 19 Ethics CEUs. To monitor and strengthen the value provided to learners, ADSA Learn has introduced a structured performance monitoring framework focusing on five areas: growth and reach, learner engagement, content diversity, ethics education and educational impact.

An important feature of ADSA Learn is that its accredited activities are not limited to dietitians. Although the content is primarily focused on nutrition and health, activities are accredited for a broad range of healthcare professions. HPCSA-registered professionals from different disciplines can therefore earn CPD points through the platform.

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. Some recent activities include 'Better Conversations, Better Outcomes', a self-guided activity to discover practical, evidence-based communication strategies to strengthen therapeutic relationships, improve conversations, and support lasting behaviour change in healthcare. ADSA Learn also recently launched the article Decoding Picky Eating in Children: A Temporary Phase or a Hidden Health Concern, exploring the latest evidence on picky eating in toddlers and young children, including contributing factors, red flags, practical assessment tools, and supportive management strategies to guide clinical practice.

Members are encouraged to make use of ADSA Learn as part of their ongoing professional development and to share the platform with colleagues across the healthcare sector. And let us remind ourselves that every article read, webinar attended, and learning activity completed contributes to a stronger profession and ultimately to better outcomes for the patients, families, and communities we serve.

Visit <https://adsa.org.za/adsa-learn/> for all your CPD needs.



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 or coo@adsa.org.za
- Facebook
- X (Twitter)
- Instagram
- LinkedIn
- YouTube



WHY ADSA LEARN?
YOUR COMPLETE CPD SOLUTION IN ONE PLACE

- BROADER REACH ACROSS HEALTHCARE**
ADSA Learn content is primarily focused on nutrition and health, but all activities are accredited for a wide range of healthcare professions. This means that HPCSA-registered professionals from various disciplines can earn CPD points through the platform.
- MEET YOUR ANNUAL CPD REQUIREMENTS**
ADSA Learn currently offers:
 56 CEUs AVAILABLE + 19 ETHICS CEUs AVAILABLE
 With the HPCSA annual requirement of:
 30 CEUs TOTAL (including 5 ETHICS CEUs)

We encourage you to share ADSA Learn with your colleagues across the healthcare sector.

ADSA Learn provides sufficient accredited learning opportunities to support your full annual CPD compliance in one convenient location.

FLEXIBLE LEARNING ANYTIME, ANYWHERE | HPCSA ACCREDITED ACTIVITIES | **START LEARNING TODAY!** | LEARN. EARN. STAY COMPLIANT.

ADSA DIRECTIONS – SEPTEMBER

ADSA COMMUNICATIONS: DIETITIANS WEEK 2026

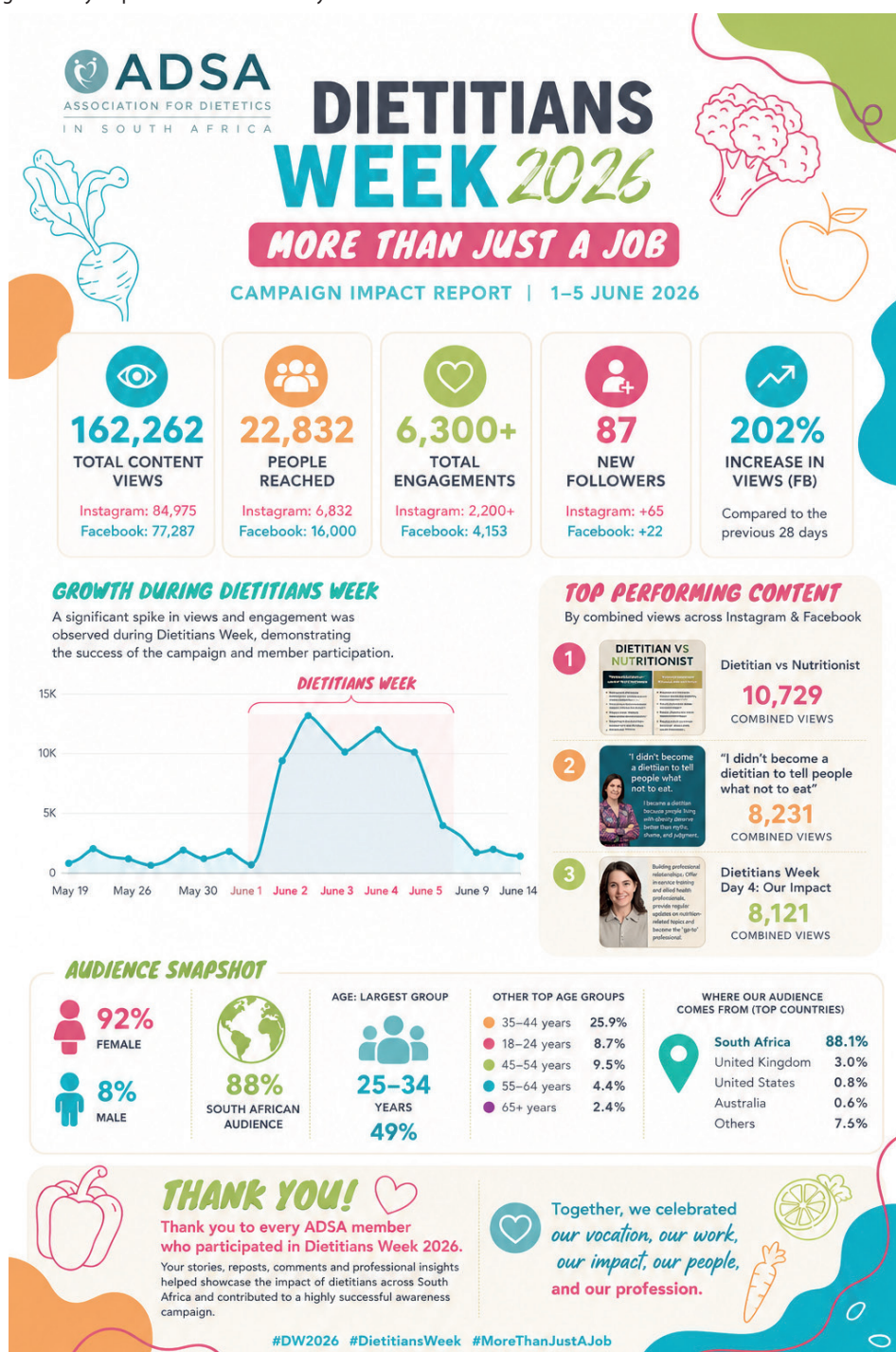
ADSA would like to extend sincere thanks to every member who participated in Dietitians Week 2026. Whether through sharing personal stories, reposting campaign content, highlighting professional achievements, or engaging with ADSA's posts, your contribution helped showcase the incredible work dietitians do every day.

Dietitians Week generated more than 162 000 combined views across ADSA's Instagram and Facebook platforms and resulted in a 202% increase in Facebook visibility compared with the previous reporting period. The campaign significantly expanded awareness beyond ADSA's

existing audience, with approximately one quarter of Instagram views and more than one third of Facebook views coming from non-followers.

Having a look at the most popular posts, these results demonstrate that educational content, personal stories, and myth-busting posts generated the strongest audience response.

Together we celebrated our vocation, our work, our impact, our people, and our profession. Thank you for helping make Dietitians Week 2026 a meaningful and successful campaign. #DW2026 #MoreThanJustAJob



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ADSA DIRECTIONS – SEPTEMBER

NUTRITION CONGRESS



Draft Scientific Programme - Available

**WHAT TO LOOK
FORWARD TO?**

INTERNATIONAL KEYNOTE SPEAKERS



Prof Michelle Morris,
University of Leeds,
United Kingdom



Dr Angela Vivanti,
Princess Alexandra Hospital,
Australia

2 International Keynote Speakers
90+ Oral Presentations
50+ Poster Presentations
PPD Workshop
Ethics Session
HPCSA Update
3 Symposiums
5 Workshops
Networking Sessions
Large Trade Exhibition

WORKSHOPS

9 October, 13h00 – 16h15

The Nutrition Care Process (NCP) and Terminology (NCPT): Practical application
 First Food Systems, Facts, and Fairness: Managing Conflicts of Interest
 Scaling youth engagement for healthy and sustainable diets: lessons and opportunities from the Food Boost challenge Approach
 Performance nutrition in 2026: Leading trends and updates in sport nutrition
 Indigenous foods tasters with paired beverages

Private Practice Dietitian Workshop, 9 October, 08h30 – 12h30

Programme:
 The Foundations of Private Practice
 Cracking the Benefits Code
 Work smarter, not harder: using resources, systems and technology to thrive in private practice
 Beyond 1-1 consults: other avenues of work
 The Group Effect: Creating change beyond the consultation room

SYMPOSIA

Topics:

Food Allergies: Evidence-Based Practice
 Strengthening maternal and child nutrition in South Africa: Evidence, systems and implementation learning
 Speaking Qualitatively: Methodology, methods and analysis to benefit nutrition research

EARLY MORNING SESSIONS

Topics:

Networking Session: Brewing Connections (African Nutrition Leadership Programme)
 Beyond degrees: Nourishing leadership in public health nutrition careers



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2026 NUTRITION CONGRESS

30th Congress of the Nutrition Society of South Africa (NSSA)
 18th Congress of the Association for Dietetics in South Africa (ADSA)



All information can be found at: www.nutritioncongress.co.za