



Nutrition Congress 2016

The Association for Dietetics in South Africa (ADSA) is pleased to announce that Dr David Katz will be ADSA's invited keynote speaker at this year's South African National Nutrition Congress (3-5 September) in Somerset West, Cape Town. Dr Katz is the founding director (1998) of Yale University's Yale-Griffin Prevention Research Center, and current President of the American College of Lifestyle Medicine. He earned his BA degree from Dartmouth College (1984); his MD from the Albert Einstein College of Medicine (1988); and his MPH from the Yale University School of Public Health (1993). He completed sequential residency training in Internal Medicine, and Preventive Medicine/Public Health. He has received two Honorary Doctorates and has published approximately 200 scientific articles and textbook chapters, and 15 books to date, including multiple editions of leading textbooks in both Preventive Medicine, and Nutrition. We look forward to his presentation at the Nutrition Congress entitled: *"Knowing What to Eat; Refusing to Swallow It"*. If you have not registered for the conference and you would still like to do so, follow this link: <http://www.nutritioncongress.co.za/registration>. There are also another *four* international speakers presenting at this year's conference. To view the line-up of international speakers follow this link. <http://www.nutritioncongress.co.za/programme-speakers>

News from the Public Relations Portfolio

Have you seen ADSA's latest print, online, TV and radio media contributions? Our spokespeople have been very active already this year:

- The New Age published 'Dietary Guidelines made clear', following an interview with *Catherine Pereira*, that described how dietary guidelines in South Africa have been developed.
- The Witness ran an article looking at whether food marketed by stores as healthy is really healthy. *Mpho Tshukudu* contributed content to this article.
- MyKitchen magazine ran an article on 'food that affects mood' – *Kelly Schreuder* was the contributing spokesperson for this article.
- *Cath Day* and *Nathalie Mat* provided comment to the Post newspaper (IOL) on the proposed sugar beverage tax.
- *Lila Bruk* contributed to an article in the Foschini Club Magazine focusing on 'Allergy VS Intolerance'
- ADSA also created a media release for Healthy Lifestyle awareness month, which was published on the Nutrition Confidence blog and received coverage on all4women and iAfrica.
- A blog post was created to 'Calculate your Hidden Salt' in collaboration with the Heart and Stroke Foundation, for World Salt Awareness Week.
- Women's Health magazine and Women's Health Online ran an article on 'the one question' – asking people in different professions about the one question that they always get asked; *Mpho Tshukudu* contributed to this.
- Health 24 ran content about 'whether sweeteners can cause diabetes'. *Ria Catsicas* contributed to this article.
- Capricorn FM interviewed *Catherine Pereira* on sugar consumption in South Africa.
- *Nathalie Mat* was interview on East Coast Radio about the 'controversy around banting'.
- *Cath Day* spoke to the SaFM morning drive show about ADSA, what we do and who we are.
- Youth Matters (ED on DSTV) interviewed *Kezia Kent* about 'Obesity in SA', contributing factors and the way forward.
- *Nathalie Mat* appeared on Morning Live to discuss causes and remedies of obesity and then was also interviewed live by eNCA on 7 April for World Health Day (Beat Diabetes).

Thank you to our spokespersons for generously volunteering their time to promote the profession of nutrition and dietetics. ADSA continues to share relevant latest nutrition information and news with members, through the weekly mailer as well as on social media platforms.

Stay in touch with ADSA and help us spread the word that optimal nutrition is essential for all South Africans:



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Blog: <http://nutritionconfidence.wordpress.com>



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