



SASPEN News

SASPEN has been busy on the various media platforms this past quarter. We were delighted to reach 1000 likes on our Facebook page and would like to thank you for your interaction on the page.

SASPEN took part in several awareness campaigns which started off with participation in ASPEN's Malnutrition Awareness Week™. This event took place during the week of 26–30 September 2016 and SASPEN participated through social media involvement. Visit www.nutritioncare.org for more information on this campaign as well as access to useful malnutrition resources.

National Nutrition Week takes place yearly from 9–15 October. The United Nation's Food and Agriculture Organization (FAO) and the United Nations (UN) declared 2016 the International Year of Pulses aimed at promoting pulses as nutritious seeds for a sustainable future. National Nutrition Week joined in this effort with the theme of this year's campaign being "Love your beans – eat dry beans, peas and lentils". This initiative fitted in with the South African Food Based Dietary Guidelines to eat dry beans, split peas, lentils and soya regularly. SASPEN participated through creating awareness on the social media platforms. Visit www.nationalweek.co.za for interesting statistics, key messages and recipes. The FAO and UN website www.iyp2016.org also contains resources regarding pulses.

Following on from National Nutrition week, National Obesity Week took place 15–19 October 2016. SASPEN shared the National Department Strategy for the prevention and control of obesity in South Africa 2015–2020 on social media. This important document can be accessed on www.health-e.org.za/wp-content/uploads/2015/12/National-Strategy-for-prevention-and-Control-of-Obesity-4-August-latest.pdf. Important resources can also be found on The Heart and Stroke Foundation webpage, www.heartfoundation.co.za.

SASPEN had the privilege of participating in a slot dedicated to nutrition in developing countries at the 38th European Society for Clinical Nutrition and Metabolism (ESPEN) congress held in Copenhagen, Denmark, from 17–20 September 2016. Professor Renee Blaauw from Stellenbosch University and past president of SASPEN, did an excellent presentation on "The double burden of Malnutrition". This is the first year that this slot was allocated on the program and we hope to see this in the years to come at the ESPEN congress. The congress was also attended by the current SASPEN President, Christina Nieuwoudt, and current Scientific Secretary, Anna-Lena du Toit. Both successfully completed the three required Life Long Learning (LLL) modules to be eligible for the LLL trainer program. SASPEN hopes to be able to provide the LLL locally in the near future.

In previous SASPEN news bulletins there has been mention of the "nutritionDay" initiative. South Africa has never participated in this initiative and this year SASPEN and ENASA endeavoured to facilitate the participation of local centres. However, due to challenges related to ethics approval, there will be no participation this year. SASPEN and ENASA would like to get involved next year and the first step would be to identify centres that would be interested in participating. To learn more about "nutritionDay" please visit www.nutritionday.org. If you are interested in participating, please contact a SASPEN representative. There will be further communication through our social media platforms for "nutritionDay" 2017.

SASPEN values your input and would like to hear about your initiatives. Please like us on Facebook, follow us on Twitter and join us on LinkedIn. You can visit our webpage on www.saspn.com or download our SASPEN application on your smart devices.