



### Dietitian's week: 4 – 8 June 2018

## DietitiansDoPrevention

The fifth Dietitians Week 2018 took part from 4 – 8 June 2018. This year's theme, *Dietitians Do Prevention*, aimed to highlight the amazing work that dietitians do to prevent illness and optimise health, be that in primary or acute care settings, industry or education. Each day of the week focused on a different aspect of prevention:

- 4 June: Mental health and recovery.
- 5 June: Rehab and rehabilitation.
- 6 June: Public health and primary prevention.
- 7 June: Optimising health and secondary prevention.
- 8 June: Healthy conversations and making every contact count.

ADSA collaborated with SASPEN, ENASA and HDIG to make 250 resource packs available to dietitians for use in their hospital/work settings during Dietitians Week. The resource packs comprised of information flyers, posters and balloons, and information wallet cards. Follow the conversation on social media using the hashtags #DietitiansWeek and #DietitiansDoPrevention. For more information on Dietitian's Week, go to [https://www.bda.uk.com/improvinghealth/awareness\\_raising/dietitians\\_week](https://www.bda.uk.com/improvinghealth/awareness_raising/dietitians_week).

### Nutrition congress 2018

ADSA and the NSSA are proud to jointly host the upcoming Nutrition Congress at the Misty Hills Conference Centre, 5 – 7 September. The theme for the 2018 congress is Nutrition: Past, Present, Future. The local organising committee is hard at work as they strive to create a platform for nutrition professionals in South Africa to acknowledge the past successes in nutrition and to remember lessons learnt to plan for a better nutrition future for all South Africans.

Registration is now open, so book your spot at the congress online now. A discount is available for early registration, which closes on 18 July 2018. Visit [www.nutritioncongress.co.za](http://www.nutritioncongress.co.za) to register.


**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>

 Website: <http://www.adsa.org.za>

 Email: [info@adsa.co.za](mailto:info@adsa.co.za) or [adsacomms@gmail.com](mailto:adsacomms@gmail.com)

Kind regards,

Association for Dietetics South Africa (ADSA)

Executive Committee

[www.adsa.org.za](http://www.adsa.org.za)



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5 - 7 September • Misty Hills • Johannesburg • [www.nutritioncongress.co.za](http://www.nutritioncongress.co.za)