



### ICD 2021 Summary

The first International Congress of Dietetics (ICD) to be hosted on African soil, as well as the first ever virtual ICD event, was hosted by ADSA and NSSA from 1–3 September 2021. The congress theme ‘Improving Nutrition, Unlocking Potential, Accelerating Change’ truly came alive through the 11 keynote speakers, 22 symposia and 9 workshops as well as numerous oral and poster abstract presentations. Sum 851 delegates from 53 countries attended from all around the globe. The scientific programme was made up of a combination of live and pre-recorded sessions, with all content being recorded and made available to watch on demand after the session concluded. All sessions were well

attended despite dealing with different time zones, and there was fantastic engagement via the live virtual Q&A and discussion forums.

Thank you to each and every speaker, sponsor, exhibitor and delegate for your involvement and contributions to making this historic virtual 18th International Congress of Dietetics one to be remembered for years to come. Hard work and perseverance go into hosting an international congress, and we thank the members of the ICD Local Organising Committee who have given their time over a number of years to see this congress come alive.

The presentations and posters are available to all registered delegates to view until 31 December 2021.



### ADSA Bursary 2022

Each year ADSA provides partial bursary funding to a deserving dietetics student progressing to their second year of studies. This bursary is provided for their remaining years of study, to cover registration, accommodation, textbooks or other fees related to their studies. Since 2013, 8 dietetic students have received an accumulated R575 000 from the ADSA Bursary fund. Zandile Ngubane was the recipient of the 2021 ADSA Bursary and shared these kind words: “I would love to pass my gratitude to ADSA for awarding me with a bursary to study for the rest

of my academic years. This bursary came in my time of need for funding as I did not have funding and for that I will forever be grateful to them for giving me a chance to pursue my dream.”

We are pleased to invite applications for the ADSA Bursary 2022. Eligible applicants must be in or have completed their first year of dietetics. Applications close **1 December 2021**.

Apply online at [www.adsa.org.za/bursary](http://www.adsa.org.za/bursary)

For more information contact ADSA Communications at [adsacomms@gmail.com](mailto:adsacomms@gmail.com) (Cindy Chin).



### National Nutrition Week 2021: Theme “Eat more vegetables and fruit every day”

South Africa commemorated National Nutrition Week (NNW) in October this year with the theme “Eat more vegetables and fruit every day”. Thank you to all ADSA members who supported the campaign widely by sharing the key messages and infographics via social media and in their places of work. With so many dietitians coming onboard to get the message across, ADSA could reshare 66 posts on Instagram and 26 posts on Facebook. On

both platforms our engagement went up more than 1000%. We had 5 opinion pieces published in Health 24, spoke on various radio stations and our ADSA president, Maria van der Merwe, even represented us on DSTV’s Newzroom Afrika.

To download the content, concept documents and infographics, visit the NNW website here: <https://nutritionweek.co.za/NNW2021/>.



### Interested in becoming an ADSA spokesperson?

**A**DSA often receives requests for dietitian input from various media houses. Over the last couple of months we contributed to some amazing newspaper or magazine articles, radio and television interviews. The public relations portfolio holder (Retha Harmse) and our PR company (Jackie Busch from liquidlingo Communications) are responsible for all public relations activities for ADSA. The

audience for these activities is groups external to ADSA, who are customers (people who use the services of dietitians) or enablers (groups who support the organisation). Engaging in the media is extremely rewarding and a great addition to your CV.

If you are interested in becoming an ADSA spokesperson, please email Retha Harmse at [adsapublicrelations@gmail.com](mailto:adsapublicrelations@gmail.com).

### Stay in touch

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

- [www.facebook.com/ADSAorgza](http://www.facebook.com/ADSAorgza)
- [www.twitter.com/ADSA](http://www.twitter.com/ADSA)
- <https://www.instagram.com/adsaorgza/>
- 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)