

## ADSA DIRECTIONS

### Message from the ADSA President (Maria Van Der Merwe)

Being a member of a professional association not only gives you access to membership benefits but allows the Association to represent and advance the profession. With travel restrictions easing and in-person events again becoming a reality, the ADSA executive committee is planning a Road Show to our branches. This will allow direct engagement with our members and an opportunity to communicate how we have been advancing the profession. More information on this initiative will be communicated shortly.

As one example of important development in our field, following almost a decade of advocacy by ADSA and concluded by stating our case to Parliament, we are delighted that dietitians are now listed as service providers to the Compensation Fund, as published in the General Notice 936 of 2022 of the Government Gazette on 31 April 2022. This milestone achievement will contribute towards ensuring that patients who suffered occupational injuries or illness will receive optimal nutritional care and that dietitians are remunerated accordingly.

### The ImpENSA training programme

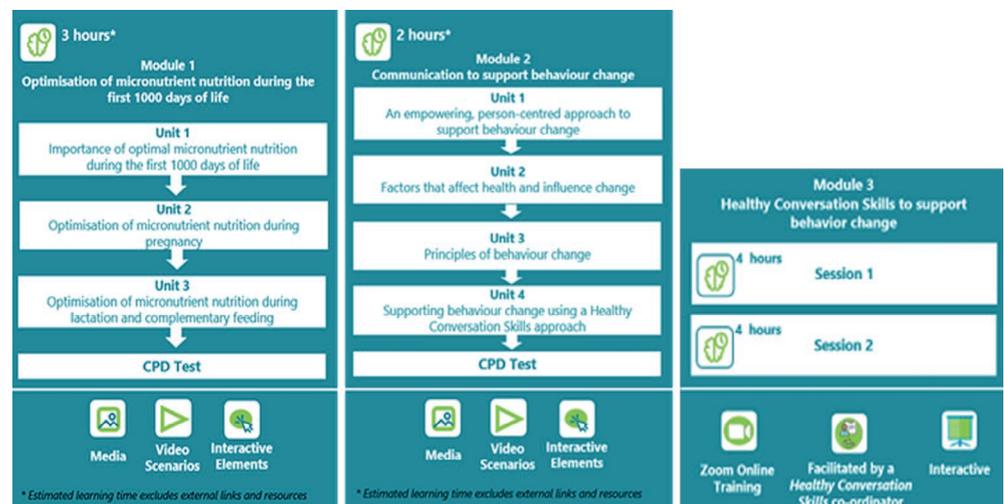
The Improving Early Nutrition and Health in South Africa (ImpENSA) training programme was launched on the 7th of April. This training is aimed at health care professionals to improve knowledge of micronutrient nutrition and behaviour change in the first 1000 days of life. ImpENSA is a multicentre, capacity-building collaboration of nutrition and behaviour change experts from:

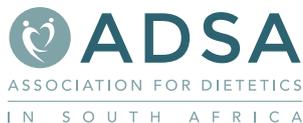
- North-West University
- Stellenbosch University
- University of Cape Town
- Ludwig-Maximilians-Universität Munich
- University of Southampton
- Medical University of Warsaw
- Association for Dietetics in South Africa
- Nutrition Society of South Africa

For more information about the modules, visit the e-learning platform:

- <https://enea.med.lmu.de/course/index.php?categoryid=60>
- [info@impensa.co.za](mailto:info@impensa.co.za)
- [www.early-nutrition.org/impensa](http://www.early-nutrition.org/impensa)
- Twitter: @EarlyNutrition #ImpENSA
- YouTube: ImpENSA

The ImpENSA training programme comprises two knowledge-based online modules and one skills-based virtual module:





### Recipe video competition winners

This year, ADSA's recipe competition really has leveled up. Besides the R 1 000 prize and the honour of winning the prize, the recipe will be featured in a high-quality video and a professional photograph on all our social channels. Videos will be shared across all our media and social channels as soon as they are available.

Our three winners are:

- *Emmie Bester – Moroccan lentil salad*
- *Rhodene Leydekkers – Peanut butter granola*
- *Lila Bruk – Black forest smoothie bowl*

### ADSA in the news

Our Public Relations activities continue to expand our media footprint to highlight the importance of nutrition for overall health, and to create awareness of the dietetics profession. The month of March was a bustle of activity, covering topics as diverse as nutrition trends for a healthy weight, complementary feeding and World Obesity Day. This was shared across numerous social media channels. Activities achieved 28 media clippings, reaching an audience of over 42 million people.

Thank you to all our ADSA spokespersons who ensure that sound, evidence-based nutrition information reaches the public. We appreciate your time, commitment and hard work. If you are interested in becoming an ADSA spokesperson, please contact ADSA Public Relations (Retha Harmse) at [adsapublicrelations@gmail.com](mailto:adsapublicrelations@gmail.com)

### ADSA Mentorship Programme

We are very excited to launch the ADSA Mentorship Programme, aimed at providing guidance, support and advice on a voluntary person-to-person basis. From individual personal information, we will

attempt to match mentees and mentors with similar interests to optimise the benefits from this initiative. Each mentee-mentor pair will be able to customise their mentoring approach and format.

#### Who is this initiative aimed at?

If you are at an early stage in your career, considering a change in your career path or at any stage of your career where you would like to connect with another dietitian for guidance and support, you are invited to subscribe to this initiative as a mentee. Dietitians who have some experience in the field, a special

interest or expertise in an area of work or with a passion for personal growth and development are invited to subscribe as mentors.

For further information, please contact [secretaryadsaexec@gmail.com](mailto:secretaryadsaexec@gmail.com).

### Stay in touch

Stay 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)