



NSSA Western Cape Branch webinar held on 6 May 2021

This event was the first online nutrition symposium for the Nutrition Society of South Africa, Western Cape branch. It was CPD accredited, free of charge and open to anyone. The 6th of May was “International no-diet day” and the aim was to offer a variety of topics to attract as many nutrition enthusiasts as possible. Three speakers presented respectively on the health promotions levy in South Africa, statistical adjustment of dietary intake data for surveys and how polyphenols benefit gut health.

Dr Mike Essman from the Global food research programme at the University of Carolina and the University of the Western Cape spoke about the impact that the health promotions levy had on sugar sweetened beverage intake after the implementation of the levy in people living in Langa, Western Cape. Dr Essman’s research found that the health promotions levy significantly reduced the grams of sugar per person per day by 8%.

Emeritus Prof Hannelie Nel from the University of Stellenbosch spoke about a statistical modelling method used to adjust 24-hour recall dietary intake data to predict actual dietary intake. This statistical

adjustment was based on the 2018 provincial dietary intake study and showed great promise for the future of nutrition intake surveys.

Dr Mariska Lilly from the Cape Peninsula University of Technology presented the functions of polyphenols in gut health in memory of Prof Wentzel Gelderblom, who passed away earlier this year. The take home message was that even though polyphenols are beneficial when consumed in natural amounts as found in foods, artificial levels of polyphenols may have detrimental health effects.

Attendees provided positive feedback from saying “Great cross section of presentations” and “Thank you for an excellent event!” showing that it was a successful first online event.

The webinar recording is available in the Resource Centre at www.nutritionssociety.co.za.

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