



National Dietary Intake Survey to be conducted in 2021/22

The University of the Western Cape, under the auspices of the Department of Science and Innovation (DSI)/National Research Foundation (NRF) Centre of Excellence in Food Security and supported by an informal consortium of universities offering Dietetics/Nutrition programmes in South Africa, has been awarded a government tender to conduct a national dietary intake survey in 2021. The previous National Food Consumption Survey (NFCS) of 1999 focussed on children younger than 9 years and informed the mandatory food fortification programme, and the 2005 NFCS-1FB informed the monitoring of several micronutrient-specific programmes. The current survey will assess dietary intake and anthropometric information on all age brackets of children and adults to inform the non-communicable diseases (NCD) and obesity prevention action plan in South Africa. The food environment at early childhood development (ECD) centres and schools (primary and secondary) will also be assessed.

The Principal Investigator of the study is Prof. Rina Swart from the University of the Western Cape. Institutions that are part of the informal consortium include University of Free State, Limpopo, Nelson Mandela, Pretoria, Sefako Makgatho, Stellenbosch, Venda, Zululand, Durban University of Technology and UNISA. This survey is not only a critical endeavour to understand the foods and drinks consumed by different age and gender groups in the country, but it provides professionals a unique opportunity to be part of the team to generate information that is so crucial for understanding and planning for nutrition in the country. In view of the current wave 3 and potential wave 4 of the COVID-19 pandemic, data collection is planned to start in February 2022.

For further information, please contact Prof. Rina Swart (rswart@uwc.ac.za) with copy to Dr Nazeem Sayed (nasayed@uwc.ac.za).



Save the Date: Online Symposium during National Nutrition Week 2021

The NSSA Northern Branch invites you to a virtual event which is co-hosted with the Food Evolution Research Laboratory (FERL) from the University of Johannesburg. The symposium will be hosted just after National Nutrition Week and will keep to the theme "Eat more vegetables and fruits everyday". The details of the symposium are as follows:

DATE: 19 October 2021

TIME: 9:00–12:00

PLATFORM: Zoom

A detailed program as well as registration details will be shared closer to the time.

Please contact Dr Bianca van der Westhuizen (vdwesb1@unisa.ac.za) or Dr Hema Kesa (hemak@uj.ac.za) for further information.