

ADSA DIRECTIONS – NOVEMBER 2024

NUTRITION CONGRESS

Ndawonye! The slogan for National Nutrition Congress 2024, held from 2 to 4 October, and a call for stakeholders in food, nutrition and dietetics to come together to “Spearhead nutrition for all”. Proudly co-hosted by ADSA and the Nutrition Society of South Africa (NSSA), the congress was attended by 297 delegates from 13 countries. Delegates included dietitians, nutritionists, food scientists, food technologists, academia, policy makers, development partners and other food and nutrition stakeholders, all coming together to elevate sharing and learning.

This biennial congress is a prominent platform to showcase cutting-edge research, participate in dialogue and lively discussions, enhance your professional development and forge partnerships across the fields of nutrition and dietetics. The congress organising committee received a record number of 193 abstracts. In addition to three international keynote speakers, six plenary presentations, four symposia and two workshops; a total of 93 podium presentations, 3 Pecha Kucha presentations and 33 poster presentations were selected to complement the scientific programme at the congress. The four themes under which current affairs in nutrition were presented were: Food and nutrition in a changing society; Food and nutrition technologies; Nutrition in the prevention, treatment and management of disease; and Nutrition research methodologies.

The social programme added a special vibe to the congress. Students from the Durban University of Technology showcased their creative talents with a poem and cultural dance performance. Adding the rhythm of a marimba band and the colourful traditional outfits worn by delegates attending the gala dinner and



there was no doubt that the nutrition and dietetics fraternity are not only serious about science, but also know how to have fun.

ADSA LEARN

What is ADSA Learn?

WADSA Learn is an online CPD and learning platform for dietitians and any other healthcare practitioners. The aim is to make learning accessible, engaging, and valuable to anyone.

How did ADSA Learn develop?

HADSA identified the need for an online CPD platform targeted at dietitians during 2023. The platform was developed in early 2024 and officially launched on 1 March 2024. Currently, there are 6 activities on ADSA Learn, 1 activity that is accessible once a member attends the ADSA Roadshow, and 1 compilation of resources and links to relevant information for dietitians.

What makes ADSA Learn important?

WMaintaining CPD is a mandatory requirement and the HPCSA will start suspending non-compliant practitioners from April 2025. While obtaining CEU's are important, ADSA Learn aims to address a need for learning, upskilling and professional development beyond regulatory requirements.

How does ADSA Learn work?

HADSA Learn is open to anyone to register an account on the platform. There are different types of activities, like journal articles, webinars (live and recorded), self-directed module-based activities, and additional resources. All activities are designed to be completed at your own pace. After completing an



activity, a certificate of completion is made available and CEU's are submitted to the HPCSA within 2 weeks.

What is next for ADSA Learn?

Keep your eyes out for a new activity on the Protection of Personal Information Act (POPIA) and a series of activities on probiotics. ADSA is always looking for new ideas and values any suggestions for improvement.

How to contribute to ADSA Learn?

ADSA invites any individuals or groups with knowledge or content on nutrition-related topics, professional development or skills-based training to collaborate. We also offer options to organisations and industry to develop sponsored activities. Feedback on topics, activities and resources are always welcome and much appreciated.

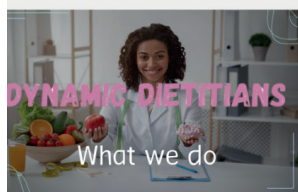
Contact Estelle Venter (ADSA Learn Manager) at adsalearn@adsa.org.za or visit www.adsa.org.za/adsa-learn/



Eating disorders and childhood obesity

Watch a webinar on the link between childhood obesity and eating disorders in adolescence by Zelda Ackerman. Complications of childhood obesity, the early management thereof, and treatment of eating disorders in childhood and adolescence are discussed.

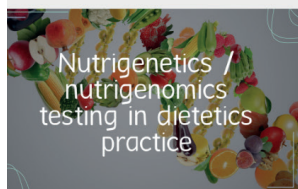
Members: R120
Non-members: R180
1 CEUs



Dynamic Dietitians

Unpack the scope of registered dietitians in South Africa and understand the various important roles dietitians play in optimising health. Watch interviews on different dietetics career paths with tips to consider in each. Get ideas on supplemental income activities.

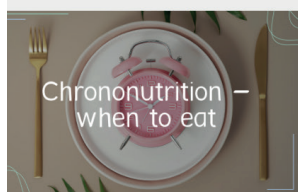
Members: R200
Non-members: R250
4 CEUs



Nutrigenetics / nutrigenomics

Watch a webinar on nutrigenetics and nutrigenomics and the ethical implications in the dietetic practice. It is presented by Associate Professor Janetta Harbron, ADSA Advocacy and Knowledge Transfer portfolio holder.

Members: R120
Non-members: R150
1 CEU



Chrononutrition

"Eat like a king in the morning, a prince at noon, and a peasant at dinner." Learn about the interaction between biological rhythm and nutrition. This emerging field of research shows that the timing of food intake has effects on health and disease.

Members: R250
Non-members: R280
4 CEUs

Visit www.adsa.org.za/adsa-learn/

and more...



MEMBERSHIP UPDATES

Billing period: The new membership billing period for 2025 will open soon. Members can expect invoices from around the middle of November 2024. Remember that ADSA membership runs from January to December annually. In case you have not yet verified yourself on the ADSA [portal](#), we kindly request that you verify your online profile before you make any payment. This will allow you access to make payments directly from your membership profile on the payment portal page, along with access to all the membership benefits available through the members-only portal.

Payment plans: Along with these many improvements, we have also introduced a variety of payment plans, all accessible through your member portal payment page. Choose the plan that best suits your needs and enjoy the flexibility it offers.

ADSA member benefits: Scan the QR code to access the ADSA benefits brochure, highlighting the many reasons to become an ADSA member.



NATIONAL NUTRITION WEEK 2024

ADSA collaborated with the National Department of Health and other partners to celebrate National Nutrition Week, from 9–15 October 2024. “Eat Right for a Better Life” reminds us how crucial good nutrition is in feeling better, achieving more, and ultimately living life to its fullest. This year’s theme emphasises the importance of good nutrition in supporting physical, mental, and emotional well-being.

Focus was placed on making healthier food choices in order to fuel our bodies and minds for optimal growth, energy, and performance. Access to affordable, nutritious food was highlighted as vital for helping children and adults alike to reach their full potential. Posters, pamphlets and other resources were created in order to showcase this. Eat Right for a Better Life aims to equip South Africans

to make different food choices. Find the materials at www.nutritionweek.co.za.

National Nutrition Week was commemorated with an in-person event at the University of the Western Cape. Health Screening services were offered throughout the day and many attended. Special mention must be made of the Deputy Minister of Health, Dr. Mathume Joseph Phaahla, who enjoyed the event with us.

A webinar was also conducted on 15 October to conclude the week. Prof. Rina Swart, Ass. Prof. Jane Battersby and Ms. Lea Castro all presented around the theme of “The Current Food Environment and It’s Impact On The Health of South Africans.” Over 216 attendees enjoyed this event and we look forward to hosting more CPD accredited webinars in future.

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

www.twitter.com/ADSA

<https://www.instagram.com/adsaorgza/>

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

Email: info@adsa.org.za or coo@adsa.org.za