

Evidence based nutrition: Leading the way in innovation



28 September – 2 October 2008

The 22nd Biennial Nutrition Congress was especially significant as the university celebrates its centenary this year with the theme "A Century in the Service of Knowledge". Hence, it was most apt to host this congress where one of the main aims was to share new knowledge in the fields of nutrition and dietetics.

Typically, the congress created an opportunity where young scientists and those entering a professional career as well as established scientists had the opportunity for close, friendly contacts with leaders in their respective fields. The 650 odd delegates had the privilege of the presence of a number of international invited speakers. These included Michael Zimmermann, Barry Margetts, John Cummings, Anna Lartey, Ibrahim Elmadfa, Tola Atinmo, Barbara MacDonald and Marion Winkler. These international visitors made a significant contribution to the high scientific quality the congress programme offered. We were also privileged to have many of our own nutritionists present who have made tremendous contributions to the fields of nutrition and dietetics.

The role of tertiary institutions in the training of researchers and nutrition professionals within the discipline of nutrition and dietetics is paramount. These institutions have to ensure that the required standards within these disciplines are upheld, that research is relevant to the challenges of the country and the region, and so to strive for improved health for all, especially the marginalised in our communities. It should also aim to facilitate cross-disciplinary research to address the multi-faceted challenges in this particular discipline.

We have seen universities work together on several larger issues pertaining to nutrition and health i.e. National Food Consumption Survey and the registration of nutritionists. This was again evident through the excellent session led by Demetre Labadarios on the fortification baseline survey. Such approaches need to be encouraged to ensure a combined concerted effort at addressing many of the pressing national and regional issues within the nutrition domain i.e. impaired infant and childhood growth and development, food insecurity, maternal health and HIV/AIDS.

We also saw increasing collaboration between tertiary institutions in the region and the rest of Africa. The attendance of a number of delegates from outside South Africa demonstrated that. Such

collaborative activities will ensure that Africa will increasingly address its own challenges in the field of nutrition and health, especially attaining the Millennium Development Goals (MDG). The importance of achieving these goals was highlighted during the week when we saw a special high level meeting of the General Assembly of the United Nations on the achievement of the MDG. In particular, attention was given to Africa's development needs. In this regard African nutrition professionals and scientists need to play an important role.

The 2008 Nutrition Congress proved once again that many excellent research projects have been conducted adding to the current body of knowledge. From many of the presentations it was clear that these results were applied in the different fields of nutrition. However, it is not yet optimal and the nutrition community has a huge challenge to ensure that the communities in need receive the benefit of new research findings. The congress's increased emphasis on public health nutrition confirmed this.

A great deal of attention was given to ethics in nutrition research. Perhaps we have neglected this concept for many years and it is therefore most encouraging to see the emergence of an ethics conscience among the nutrition scientists. Not only is ethics relevant to the researcher participant interaction, but increasingly also between the researcher and industry on which scientists often depend for funding. Additionally, the increasing attention nutrition and human rights has received over the last few years is most encouraging and was highlighted through a most interesting presentation by Eleni Maunder who reminded us of how wrong things can go if there is no watchful eye on this very important issue.

The role of nutrition in infectious diseases such as HIV/AIDS and TB highlighted by Prof Jimmy Volmink based on the ASSaf Report was a most significant contribution to the congress and is of paramount importance to public nutrition workers in the region.

The positive involvement and contribution by government representatives demonstrated the increasing close collaboration between the scientific community and government. As Bennie Sekhakane so aptly remarked at least in South Africa we have the political will do address the nutritional challenges. The congress enjoyed the support of Lynne Moeng, Gilbert Tshitauzi, Maude de Hoop, Ann Behr and Bennie Sekhakane from the Directorate of Nutrition.

We would like to believe that the 2008 Nutrition Congress brought people from diverse, but related environments together, highlighted the relevant and urgent issues within nutrition and left us with the challenge to apply our research findings for the benefit of those most in need.

Finally, the Congress Organising Committee would like to extend its congratulations to all the prize winners who were acknowledged for their respective achievements in the field of nutrition and dietetics.

Andre Oelofse, Gerda Gericke
Congress Organising Committee

NSSA GALA AWARDS



Dr Petro Wolmarans NIRU, MRC



Prof Demetre Labadarios (Human Sciences Research Council of SA; Editor: SAJCN)

The 2008 NSSA Award (shared) :

The Nutrition Society Award was established to recognise South African nutritionists who have made long standing contribution to nutrition and nutrition research in South Africa.

ADSA GALA AWARDS



ADSA/SASA Award: Ltr: Rene Smallberger (ADSA), Mike Faber (NIRU, MRC) Duduzile Mthuli (Sugar Association of SA)



ADSA: Flora Award: Cristelle de Witt (Unilever), Jane Badham, Rene Smallberger (ADSA)

AWARDS FOR PRESENTATIONS (ORAL AND POSTER)

Members of the adjudicating panel: Blaauw Reneé (US), Kruger Salomé (NWU), Kunneke Ernie (UWC), MacIntyre Una (LU), Pieters Marlien (NWU), Van Stuijvenberg Lize (MRC), Wenhold Friede (UP), Wentzel-Viljoen Edelweiss (NWU)(Convenor)

Unilever young scientist (<35 years):

1st prize



CE Naude – Fruit and vegetable consumption in South African children aged 12 to 108 months: a secondary analysis of the national food consumption survey data

2nd prize



GC MacDougall – Prevention of mother-to-child transmission (PMTCT) programme at Dr George Mukhari Hospital: Growth of infants

Unilever senior scientist (>35 years):

1st prize



L van Stuijvenberg – Comparison of the efficacy of NaFeEDTA, ferrous fumarate and electrolytic iron as fortificants in South African bread

2nd prize



AA Kalimbira – Predictors of anaemia in Malawian preschool children from communities that participated in a Micronutrient and Health Programme

William Fox memorial prize for the best presentation by a dietitian



C Biggs – The prevalence and degree of dehydration in rural South African forestry workers

The William Fox Memorial Award was established in honour of Dr William Fox who was a Nutritional scientist and a long standing and founding member of the Nutrition Society. The Prize is awarded for the best presentation by a dietitian and was established to encourage research and presentations by dietitians.

ADSA AWARDS

Best poster by a dietitian (ADSA member):

1st prize



F Wenhold on behalf of **Pohorski A, Schlenker C, Spalovsky L, van Huyssteen A** – Validity of modelling clay as a portion size estimation aid in adolescent girls

2nd prize



FA Hermann – Evaluation of an insulin infusion protocol and factors influencing glycaemic fluctuation in an intensive care setting: A prospective chart review

OPENING



Prof Andre Oelofse, Congress Chairman



Prof FPR de Villiers on ethical decision making



Mr Alpha Rasekhala on updates from the Professional Board of Dietetics

COCKTAIL FUNCTION



Jane Badham welcoming delegates at the cocktail function



Gerda Gericke (UP), Andre Oelofse (UP), Mrs Jane Badham and Mrs Lisanne du Plessis (SU)



Prof FPR de Villiers (Medunsa) and Prof John Pettifor (Wits)



Prof Tola Atinimo (Nigeria) and Prof J Kinabo (Sokouine Univ. of Agriculture, Tanzania)



Prof Mbhenyane (Univen), Emmerentia Strydom (MRC), Vanessa Mbatsani (Univen), Lindelani Muaphi (Univen), Pfarelo Mbhenyane (Prof's daughter)



Mr Larry Umunna, Barbara, Dr MacDonald and Mr Elroy Bos from GAIN



Prof Wilna Oldewage-Theron (Vaal Univ of Techn), Mrs Carin Napier (Durban Univ of Techn)



Matodzi Cherane (Univen), Solomon Mabapa (Univen)



Mrs Rene Smalberger (ADSA President), Mrs Dorothea MacDonald (Greenacres Hospital)

TEATIME AND LUNCH



Prof Barrie Margetts and Prof Ibrahim Elmadfa (President and Vice-President of WPHNA)



Prof Michael Zimmermann (ETHZ) and Prof Abdulkadiv Egal



Prof Anna Larley (Univ of Ghana)



Prof CM Smuts (MRC), Mrs Gerda Gericke (Univ of Pretoria), Prof Demetre Labadarios (Human Sciences Research Council of SA; Editor: SAJCN)



Prof John Cummings and Mrs Linda Malan (NWU)



Dr Peter Jooste (MRC), Prof Johann Jerling (NWU)



Karin de Klerk (Pharmadynamics), Debbi Marais (SU), Janicke Visser (SU)



Alan Tomlinson (HPA), Alex Kalimbra (Univ of Malawi), Prof J Kinabo (Sokoine Univ of Argiculture) and Prof Demetre Labadarios (Human Sciences Research Council of SA; Editor: SAJCN)



Prof Rina Swart (UWK) at the MRC stand

A special word of thanks to the following sponsors:

Abbott Laboratories: Transport to the Gala Dinner, **Coca-Cola South Africa:** Welcome Cocktail Party & Water for the Congress
DIVA Nutritional Products: Registration Brochure & Programme, **Department of Health:** Congress Bags, **DSM Nutritional Products:** Notepads, Evidence Based Sport Nutrition Master Class & Micronutrients & Survival: What is the evidence Master Class, **GAIN – Global Alliance for Improved Nutrition:** Sponsorship & Speaker sponsorship: Barbara MacDonald, **Kellogg's:** Lunch & Speaker Sponsorship: Gaynor Bussell, **Ceres Fruit Juices:** Fruit juice for the Congress, **Nando's:** Lunch, **Nestlé South Africa:** Speaker Sponsorship: Michael Zimmermann & Financial Contribution towards the Congress, **NNIA – Nestlé Nutrition Institute Africa:** Speaker Sponsorship: Marion Winkler & Evidence Based Enteral Nutritional Support Master Class, **PepsiCo:** Gala Dinner, Tea & Lunch contribution, **Pick 'n Pay:** Tea & Lunch Contribution, **Pro-Vita:** Lunch Contribution, **Purity:** Tea, **South African Sugar Association:** ARP Walker Symposium, Dietary Assessment Methodology for Research, (Incl Qualitative Methods) Master Class, **Unilever South Africa:** Knorr Lunch
University of Pretoria: Venue, Notepads, Pens