

## NSSA NEWS



### NUTRITION AND HIV/AIDS SYMPOSIUM 2008

The Western Cape Branch of the Nutrition Society of South Africa (NSSA) in partnership with the South African Medical Research Council (MRC) hosted a one-day Symposium on Nutrition and HIV/AIDS on 4th September 2008. This Symposium was held at the MRC Conference Centre in Parow, Cape Town and brought together scientists, nutritionists, dieticians, policy planners, students and other key role players. The overall aim was to forge dialogue aimed at advancing knowledge about the role of nutrition in AIDS-related disease progression and health promotion. Additionally, in the light of these updates, research questions were explored. The symposium was a huge success and received a good response with more than 60 delegates from academia, industry and the private sector.

Nine keynote speakers from academia, MRC and the Government shared their perspectives on nutrition-related issues with respect to HIV/AIDS, as well as various other interventions for healthy living. It became clear that research translation specific to the needs of the population, in the context of HIV/AIDS, need to be prioritised. This should be planned according to the current evidence-based research, on the nutrition-related treatment of HIV/AIDS.

#### The topics included the following:

- The role of NSSA and the MRC in addressing these issues, as part of the Introduction and Welcome
- The status of the HIV Epidemic in South Africa
- Paediatric and Adult HIV : Pathogenesis and Management as the Epidemic Matures
- Dietary Management of Adult Patients with HIV/AIDS

- Synopsis of the Academy of Sciences meeting on Nutrition and HIV/AIDS
- Benefits of Micronutrients on HIV/AIDS : Cochrane Review
- Effects of Macronutrients on HIV/AIDS: Cochrane Review
- Nutritional Interventions with respect to the treatment of HIV/AIDS in the Western Cape
- Nutrition and HIV/AIDS : Human Rights Implications for the Health System

The organising committee wishes to acknowledge the MRC for providing sponsorship to host the conference, the Western Cape Department of Health, Directorate: Comprehensive Health Programs, Sub-directorate: Integrated Nutrition Program for providing attendees with nutrition-related information packs, and Nestlé for providing bottled water

Dr Ali Dhansay is thanked for motivating financial support. It is hoped that with further financial support, a third Symposium could be organised for 2009.

#### Dr Lesley Bourne

Chairperson : NSSA Western Cape Branch

E-mail: lbourne@mrc.ac.za