



ADSA Mpumalanga Highveld CPD news

The ADSA Mpumalanga Highveld Branch had a successful CPD activity for PPDs on 17 February 2010 at the Kosmos Conference Centre in Trichardt.

Our first speaker was Jeanne Berg, a pharmacist and diabetic educator. She is also a member of SEMDSA (Endocrinology Society of SA) and chairperson of DESSA (Diabetic Educators Society SA), thus an authority on diabetes. She gave a very informative talk on diabetes medications and insulin.

The second speaker was Jacqueline Gouws, a registered dietitian. She is a qualified sports dietitian and has a special interest in diabetes. Her first talk was on diabetes, insulin and carbohydrate counting. Her second talk was on the special needs of different types

of athletes. With her very practical approach the delegates could have only all benefited from these talks.

The last session of the day was covered by Rhynette Hugo who gave an information session on the GI Smart Club. Nine of the delegates registered for the club. All registered delegates were motivated to also enroll patients on the GI Smart Club programme.

This day would not have been possible if it was not for our generous sponsors: The GI Smart Club and Bayer Health Care. Bayer Health Care sponsored a blood glucose monitor and stationary to each attendant.

The feedback received was excellent.

SASA hosts a successful AGM for ADSA-KZN Branch

The South African Sugar Association (SASA) hosted an AGM at KwaShukela, Durban on 26 March 2010 for the KZN branch of ADSA. Over 80 dietitians in the KZN region attended this event.

Professor Corrinna Walsh, from Orange Free State University delivered a presentation on the new World Health Organization growth standards for children. Julie Peacock, a Durban based registered dietitian, communicated practical tips on how to cope with fussy eating in childhood. SASA's nutrition manager and registered

dietitian, Duduzile Mthuli, presented the latest scientific update on sugar and health.

In the evaluation feedback received by the ADSA branch committee, the majority of attendees appreciated information received on child nutrition as well as sugar and health. Dietitians also stated that this information will be used when counselling and treating their clients and communities.

Written by: Priya Seetal

Meet the ADSA bursary recipient for 2008 to 2010



Sindiswa Qungani

Sindiswa is 25 years old, slender and tall. She is the oldest of five children. Both her parents are deceased. She lives with her grandmother, a domestic worker and her younger brothers in Langa in the Western Cape.

Sindiswa grew up in Matatiele in the Eastern Cape where she

attended primary school. When she was 14 her mother passed away, and this is when she moved to live in Cape Town. She attended high school in Cape Town. Sindiswa acknowledges that living in Cape Town has given her an opportunity to study close to home and has given her an opportunity to "grow to be a wise and hardworking young woman". Sindiswa says that getting a bursary from ADSA changed her life as she no longer has to stress about who is going to pay her fees at the end of each year. "Getting the sponsorship from ADSA has been a blessing to me and I can never thank you enough for granting me the opportunity to be able to realise my dreams".

Sindiswa chose to study Dietetics because she believes that she can make a significant contribution on nutrition in the rural areas especially with regard to addressing problems of malnutrition (under-nutrition) among children. "I chose to study Dietetics because I realised that only few people in rural communities know about the course and that there is a growing need for dietitians in the public setting, especially among disadvantaged communities." Her second reason is because when she was growing up her relatives and friends used to tease her about her weight and that made her miserable as she wished to be fully figured just like the other girls in her community. Sindiswa tells a story for the need of education about chronic diseases of lifestyle in rural communities because in her recent visit home to Matatiele a neighbour stopped her on the road and asked her if she was HIV positive because she is thin. Sindiswa thinks that in rural communities most people still associate "big bodies/figures" with affluence and there is still a lot of stigma around "thinness".

Sindiswa is excited about finishing her studies and working but also apprehensive as she will be working within a multidisciplinary team and feels that she will have to prove herself as a young dietitian.

"I would love to further my studies in Dietetics after few years of experience as it is an interesting and diverse field. I would really love to work with children or if not the elderly."

Sindiswa says that aspirant students should pursue Dietetics as it is a challenging and interesting field of study therefore one needs to be determined and be certain about their choice. In order to stay in the field a person needs to be able to work with people from all aspects of life. "Although it is challenging I have never regretted studying and I do not see myself as anything else but a dietitian".

To close the discussion Sindiswa was asked to tell us about her favourite food. Sindiswa said that growing up she was never exposed to a variety of foods due to food insecurity in the household. She does not remember having any favourite food. She remembers that she used to eat a lot of staples which included stiff pap, samp or bread and they would eat that with cabbage, soya mince or potatoes or sometimes with nothing. They ate meat only when there was money to buy it which happened once a month or when a chicken or pig was slaughtered at home. She ate fruit often though because her mother used to sell fruit on the streets.



A workshop on food security in South Africa was hosted at the Centre of Excellence for Nutrition (CEN) at the North-West University in Potchefstroom on 9–10 February 2010. International speakers included Prof Barrie Margetts from the University of Southampton, UK, Prof Colleen Doak from Vrije University in Amsterdam, the Netherlands and Dr Stefanie Lemke from Hohenheim University in Germany. Lynn Moeng, Director of Nutrition, National Department of Health, Dr Theo de Jager, Deputy President of Agri-SA, dr Chris Jordaan, CEO of STRATVIZ Management Services and Prof Esté Vorster, Director of CEN were keynote South African speakers. The workshop represented one of the initiatives in the launching of a North-West University Institute for the Sustainable Delivery of Food and Nutrition Security. This Institute has two main programmes. The first is a research programme, examining the mechanisms on how all role players in policy and programmes of food and nutrition security could cooperate for sustainable alleviation of food insecurity. The second is an implementation programme in which partnerships with different role players are formed to address problems of food and nutrition insecurity.