

2024 NUTRITION CONGRESS | SCIENTIFIC PROGRAMME

2 - 4 October 2024 | Southern Sun Elangeni Hotel | Durban | KwaZulu-Natal | South Africa



DAY 1 | Wednesday, 2 October 2024

07h00	Registration Opens			
CONGRESS OPENING & WELCOME SESSION				
VENUE: North East Ilanga - Suites CHAIRPERSONS: Ms Maria van der Merwe, Congress Chairperson ADSA President and Dr Elize Symington NSSA President				
08h30 - 08h50	Congress Welcome and Opening by Ms Maria van der Merwe, Congress Chairperson ADSA President and Dr Elize Symington NSSA President			
08h50 - 09h35	KEYNOTE SPEAKER: Diet modification of the gut microbiome to manage gut disorders (and beyond!) Prof Kevin Whelan, King's College London (United Kingdom)			
PARALLEL SESSION 1	1A: Food and Nutrition in a Changing Society VENUE: North East Ilanga CHAIRPERSONS: Details to be confirmed	1B: Food and Nutrition Technologies VENUE: Suite 1-2 CHAIRPERSONS: Dr Hema Kesa, University of Johannesburg and Dr Beulah Pretorius, University of Pretoria	1C: Nutrition in the Prevention, Management and Treatment of Disease VENUE: Suite 3-4 CHAIRPERSONS: Details to be confirmed	1D: Nutrition Research Methodologies VENUE: Suite 5 CHAIRPERSONS: Ms Rebone Ntsie, Health Professions Council of South Africa and Dr Makoma Bopape, University of Limpopo
09h40 - 09h55	Impact of the food environment on food choices and nutrition transition in Breedevalley Municipality, Western Cape Prof Xikombiso Mbhenyane, Stellenbosch University (South Africa)	Defining dairy matrix and dairy matrix health effects: results of an expert meeting Dr Stephan Peters, Dutch Dairy Association (NZO) (Netherlands)	Early nutrition and in-utero teratogen programming effects of later life health outcomes: prospective study Dr Juley De Smidt, University of the Western Cape (South Africa)	Characteristics and outcomes of educational and counselling interventions on breastfeeding in early and full-term infants conducted in low-and-middle income countries: a systematic review Ms Debby Gates, 2 Military Hospital (South Africa)
09h55 - 10h10	Urban food environments and women's diet quality: a cross-sectional study in Johannesburg Dr Bianca Van Der Westhuizen, University of South Africa (South Africa)	Market trends and behaviors relating to yoghurt intake in the current economic context in South Africa Ms Leanne Kiezer, Danone Southern Africa (South Africa)	Grandmother's perceptions towards the established breastbanks in a rural area of Limpopo Province, South Africa Ms Mantji Mahlatjhe, University of Limpopo (South Africa)	Evaluating the effectiveness of the integrated nutrition interventions in Uganda Mr Edgar Agaba, Stellenbosch University (South Africa)
10h10 - 10h25	Urban consumer's knowledge, and utilisation of indigenous foods in the city of Durban, South Africa Dr Nokuthula Vilakazi, Durban University of Technology (South Africa)	Dairy in the diet of South Africans: a criterion-based evaluation Prof Friede Wenhold, Department Human Nutrition / University of Pretoria (South Africa)	Dietary intake of infants in the complementary feeding phase by maternal HIV status in Gauteng Province, South Africa Dr Phumudzo Tshiambara, University of Pretoria (South Africa)	
10h25 - 10h40	15 MIN Q&A		15 MIN Q&A	
10h40 - 11h10	TEA COFFEE BREAK VENUE: Great Ilanga			
PARALLEL SESSION 2	2A: Food and Nutrition in a Changing Society VENUE: North East Ilanga CHAIRPERSONS: Prof Annette van Onselen, University of South Africa and Dr Kate Rich, Stellenbosch University & University of the Witwatersrand	2B: Food and Nutrition Technologies VENUE: Suite 1-2 CHAIRPERSONS: Dr Imana Pal, Durban University of Technology and Ms Leanne Kiezer, Danone Southern Africa	2C: Nutrition in the Prevention, Management and Treatment of Disease VENUE: Suite 3-4 CHAIRPERSONS: Prof Lindelani Mushapi, University of Venda and Dr Laurencia Govender, University of KwaZulu-Natal	2D: Nutrition Research Methodologies VENUE: Suite 5 CHAIRPERSONS: Prof Lize Havemann-Nel, North-West University and Ms Ditope Rabodiba, University of Limpopo
11h10 - 11h25	Drivers of food choice in 3 urban non-metro communities in South Africa Dr Nazeeia Sayed, University of the Western Cape (South Africa)	The development and consumer acceptance of goat meat burger patties among young adults in KwaZulu-Natal, South Africa Dr Karina Palmer, University of Zululand (South Africa)	First-year weight and length growth trajectories in preterm infants and their relationship to early life exposures and one-year anthropometry Ms Sanja Nel, University of Pretoria (South Africa)	The safety and efficacy of sports nutrition supplements in adolescent athletes: a systematic review Ms Hanli Etsebeth, University of Cape Town (South Africa)
11h25 - 11h40	Food environment influences food choices in Ehlanzeni Municipality, Mpumalanga Province Ms Vhushavhelo Nedzingahe, Stellenbosch University (South Africa)	Intrinsic and extrinsic product cues affecting South African consumers' perceived value of pork meat Prof Annchen Mielmann, North-West University (South Africa)	Weight, length and body composition trajectories up to two years in full term infants with prenatal placental insufficiency Ms Sanja Nel, University of Pretoria (South Africa)	Anaemia in pregnancy: a review of South African prevalence and haemoglobin interpretation Dr Elize Symington, University of South Africa (South Africa)
11h40 - 11h55	Socio-demographic determinants of perceived healthfulness, intention to purchase and consumption of selected ultraprocessed products in a lower income country Dr Makoma Bopape, University of Limpopo (South Africa)	Can processed meat be a source of quality nutrients? Dr Beulah Pretorius, University of Pretoria (South Africa)	Anaemia and neurodevelopmental delays in children exposed to maternal HIV infection and placental insufficiency Mr Mothusi Nyofane, University of Pretoria / National University of Lesotho (South Africa / Lesotho)	Developing recommendations to improve the existing short salt intake questionnaire for the African-PREDICT study Prof Tertia van Zyl, North-West University (South Africa)
11h55 - 12h10	Sociodemographic factors associated with mixed-feeding practices among a cohort of mothers with infants aged 4 - 14 weeks in Tlokwe subdistrict, North West Province, South Africa Mr Milton Semenekane, University of Pretoria (South Africa)	Development of an orange-fleshed sweet potato (OFSP) yoghurt as a strategy to increase consumption of the OFSP Dr Onwaba Makanjana, Durban University of Technology (South Africa)	Iron status and associations with birth outcomes of pregnant women in urban Free State Province of South Africa Dr Janet Adede Carboo, University of the Free State (South Africa)	
12h10 - 12h25	15 MIN Q&A		15 MIN Q&A	
12h25 - 13h20	LUNCH BREAK VENUE: Great Ilanga			
PARALLEL SESSION 3	3A: Food and Nutrition in a Changing Society VENUE: North East Ilanga CHAIRPERSONS: Dr Onwaba Makanjana, Durban University of Technology and Ms Vanessa Mbhatsani, University of Venda	3B: Food and Nutrition Technologies VENUE: Suite 1-2 CHAIRPERSONS: Dr Karina Palmer, University of Zululand and Dr Mthokozisi Zuma, Agricultural Research Council	3C: Nutrition in the Prevention, Management and Treatment of Disease VENUE: Suite 3-4 CHAIRPERSONS: Details to be confirmed	3D: Nutrition Research Methodologies VENUE: Suite 5 CHAIRPERSONS: Prof Tertia van Zyl, North-West University and Dr Marieke Theron, South African Medical Research Council

13h25 - 13h40	Assessing the capacity of the built environment to promote healthy food and beverage choices and physical activity at worksites in South Africa Ms Shivneta Singh, Durban University of Technology (South Africa)	Isolation of yam (<i>Discorea</i> spp) starch and its application as a thickener in pudding Mr Kurai Gareth Mawoneke, Harare Institute of Technology (Zimbabwe)	Chronotype-specific timing of dietary intake is associated with adiposity Dr Carlien van der Merwe, Centre of Excellence for Nutrition, North-West University (South Africa)	Anthropometric status of children, adults and elderly: National Dietary Intake Survey 2022 Prof Louise Van Den Berg, University of the Free State (South Africa)
13h40 - 13h55	Dietary practices and analysis of selected nutrients in the LCHF diet in type 2 diabetics Mr Roger Manzini, University of Zululand (South Africa)	Preserving dietary diversity: plant-based indigenous vegetable preservation practices among households in Vhembe, Limpopo Province, South Africa Ms Joelaine Chetty, South African Medical Research Council (South Africa)	Weight regain following bariatric Roux-en-Y gastric bypass or sleeve gastrectomy in a South African setting Mx Ermi Spies, University of the Free State (South Africa)	Calf circumference of South African adults: National dietary intake survey 2022 Prof Friede Wenhold, Department Human Nutrition / University of Pretoria (South Africa)
13h55 - 14h10	Optimization modelling to identify sustainable diets for Ghanaian adults living in their country of origin and migrants in Europe Dr Gabriel Kallah-Dagadu, University of KwaZulu-Natal (South Africa)	The effect of lactic acid fermentation on physicochemical parameters and lab survival in different pumpkin leaves accessions (<i>Cucurbita moschata</i> and <i>Cucurbita pepo</i>) and different melons (watermelon, cantaloupe and honeydew) smoothies Ms Pretty Mhlanga, Tshwane University of Technology (South Africa)	Taxation of sugar-sweetened beverages: Perspectives of adults and nursing practitioners in Makhanda, Eastern Cape, South Africa Ms Lanine Herman, Stellenbosch University (South Africa)	Statistical assessment of reliability of anthropometric measurements in the South African National Dietary Intake Survey (NDIS) 2022 Ms Sanja Nel, University of Pretoria (South Africa)
14h10 - 14h25	NCD-profile and dietary diversity of an Umzinyathi District community in KwaZulu-Natal, South Africa Ms Jandri Barnard, University of KwaZulu-Natal (South Africa)	Sensory evaluation of a sorghum and millet based instant breakfast porridge suitable for the National School Nutrition Programme (NSNP) Ms Nqobile Ngcobo, Durban University of Technology (South Africa)		Anthropometric data quality in the National Dietary Intake Survey (NDIS) 2022 Prof Friede Wenhold, Department Human Nutrition / University of Pretoria (South Africa)
14h25 - 14h40	15 MIN Q&A		15 MIN Q&A	
14h40 - 15h10	TEA COFFEE BREAK VENUE: Great Ilanga			
PARALLEL SESSION 4	4A: Food and Nutrition in a Changing Society VENUE: North East Ilanga CHAIRPERSONS: Details to be confirmed	4B Nutrition in the Prevention, Management and Treatment of Disease VENUE: Suite 1-2 CHAIRPERSONS: Details to be confirmed	4C: Nutrition in the Prevention, Management and Treatment of Disease VENUE: Suite 3-4 CHAIRPERSONS: Dr Xolile Mkhize, Mangosuthu University of Technology and Ms Marlinie Kotiah, Danone Southern Africa	4D: Nutrition Research Methodologies VENUE: Suite 5 CHAIRPERSONS: Dr Averalda van Graan, South African Medical Research Council and Dr Mariaan Wicks, North-West University
	15h10 - 15h25	Iron and zinc status of children aged 3 to 5 years attending early childhood development centers in Vhembe District, South Africa Mr Selekane Motadi, University of Venda (South Africa)	Associations of maternal diet with fatty acid status during pregnancy: the NuPED study Dr Elize Symington, University of South Africa (South Africa)	Dietary habits and lifestyle factors linked to type-2 diabetes Mellitus among community members of Ga-Mothapo, Limpopo Dr Mabitsela Mphasha, University of Limpopo (South Africa)
15h25 - 15h40	Baseline assessment of the South African school food environment: stakeholder perspectives Prof Ashika Naicker, Durban University of Technology (South Africa)	Dietary diversity and its association with anaemia in pregnant women in the roodepoort area of Johannesburg, Gauteng Dr Elize Symington, University of South Africa (South Africa)	HbA1c is comparable to fasting glucose in the external validation of the African Diabetes Risk Score and other established risk prediction models in Black South Africans Ms Nicola Royce, M2bio Sciences (South Africa)	Mitigating the impact of intergenerational risk factors on stunting: insights from the Grow Great Community Stunting Survey Dr Edzani Mphaphuli, Grow Great (South Africa)
15h40 - 15h55		Phytonutrient screening of five commonly consumed indigenous vegetables in Limpopo Province Ms Mmakoma Letsoalo, University of Limpopo (South Africa)	Bridelia tea consumption improves oxidative status in outpatients with type 2 diabetes in Ghana Mr Collins Afriyie Appiah, University of the Free State (South Africa)	Development and validation of the South African diet quality index for pregnancy (sa-dqi-p): the NuEMI study Dr Liska Robb, University of the Free State (South Africa)
15h55 - 16h10		The impact of sugar and milk addition on the antioxidant, antidiabetic and anti-obesogenic properties of coffee Mr Almahi Idris, University of KwaZulu-Natal (South Africa)		
16h10 - 16h25	15 MIN Q&A		15 MIN Q&A	
16h30 - 17h15	Nutrition Society of South Africa (NSSA) - BGM			
16h30 - 19h00	WELCOME FUNCTION			

DAY 2 | Thursday, 3 October 2024

07h00	Registration Opens
EARLY MORNING WORKSHOP - Booking Essential VENUE: Details to be confirmed CHAIRPERSON: Dr Estelle Venter, Association for Dietetics in South Africa (ADSA) South Africa	
07h00 - 08h00	ADSA Mentorship Networking session Ms Carla Geryts and Dr Estelle Venter, Association for Dietetics in South Africa (ADSA) (South Africa)
PLENARY SESSION 2: VENUE: North East Ilanga - Suites CHAIRPERSONS: Dr Marieke Theron, South African Medical Research Council and Prof Corinna Walsh, University of the Free State South Africa	
08h15 - 09h00	KEYNOTE SPEAKER: The changing phase of nutrition; what it means for Africa Prof Francis Zotor, University of Health and Allied Sciences (Ghana)

PARALLEL SESSION 5	5A: Food and Nutrition in a Changing Society VENUE: North East Ilanga CHAIRPERSONS: Prof Annchen Mielmann, North-West University and Dr Janet Carboo, University of the Free State	5B: Nutrition in the Prevention, Management and Treatment of Disease VENUE: Suite 1-2 CHAIRPERSONS: Prof Xikombiso Mbhenyane, Stellenbosch University and Dr Edzani Mphahuli, Grow Great	5C: Nutrition in the Prevention, Management and Treatment of Disease VENUE: Suite 3-4 CHAIRPERSONS: Prof Janetta Harbron, University of Cape Town and Ms Esmarie van Tonder, Nelson Mandela University	5D: Nutrition Research Methodologies VENUE: Suite 5 CHAIRPERSONS: Prof Friede Wenhold, University of Pretoria and Ms Carla Gerrys, Private Dietitian
09h05 - 09h20	Exploring the impact of a maternal support grant to improve maternal mental health and household food security amongst pregnant women during the COVID-19 pandemic Ms Anna-Marie Müller, Zero2five Trust (South Africa)	Environmental enteric dysfunction biomarkers in 6 to 9-month-old South African infants associates negatively with growth and are improved by one egg per day for six months Dr Regina Nakiranda, North-West University (South Africa)	Ten strategies for the development, implementation and evaluation of a culturally appropriate type 2 diabetes curriculum Dr Ingrid K Richards Adams, The Ohio State University (United States)	Household food insecurity in South Africa from 1999 to 2021: a metrics perspective Prof Louise Van Den Berg, University of the Free State (South Africa)
09h20 - 09h35	Awareness, knowledge and attitudes of food and nutrition sustainability, and food choice drivers among university students Ms Sanrika Sahadeo, Durban University of Technology (South Africa)	Incidence of COVID-19 infection among infants aged 6 to 9 months from a low socioeconomic community receiving eggs as a complementary food for 6 months Prof Linda Malan, North-West University (South Africa)	Assessment of the knowledge of patients with diabetes mellitus who use isiZulu vs English diabetic food exchange lists Prof Annelie Gresse, Nelson Mandela University (South Africa)	KZN malnutrition and breastfeeding prevalence study 2023: part 1 malnutrition Ms Nireshnee Reddy, KwaZulu-Natal Department of Health (South Africa)
09h35 - 09h50	Surviving food insecurity at institutions of higher learning: an explanatory enquiry Ms Mohube Elizabeth Mashabela, Pietersburg Hospital (South Africa)	Higher iron status at early pregnancy in women receiving routine iron supplementation is associated with more respiratory infectious morbidity and lower response to immunisation in their infants: The NuPED cohort Ms Caylin Goodchild, Caylin Goodchild Dietitian (South Africa)	The efficacy of a diabetes self-management education programme on the health literacy of T2DM patients from a first-level hospital Lusaka, Zambia Ms Ronel Beukes, Stellenbosch University (South Africa)	The identification and management of refeeding syndrome in inpatient severely acutely malnourished children aged 6 to 59 months in Sub-Saharan African countries: a systematic review Ms Tshogafatso Mogase, Sefako Makgatho Health Sciences University (South Africa)
09h50 - 10h05		Strategic communication for interventions in malnutrition prevention and management Ms Liezel Engelbrecht, Dg Murray Trust (South Africa)	Empowering health through nutrition: perspectives of type 2 diabetes patients in Dunoan Dr Georgina Pujol-Busquets Guillén, The Noakes Foundation (South Africa)	Measuring stunting and tracking trends in prevalence: why it is difficult and how we can do it better in South Africa Dr Kate Rich, Stellenbosch University (South Africa)
10h05 - 10h20		Malnutrition relapse is a concern in children aged 6-59 months in rural North West Province, South Africa Prof Lize Havemann-Nel, North-West University (South Africa)	The dietician's role in the pre-operative workup for patients undergoing laparoscopic surgery of the upper GIT Ms Mico Price, Midline Dieticians (South Africa)	Understanding and applying gene-environment interactions: a guide for nutrition professionals with an emphasis on integration in African research settings Prof Cornelia Nienaber-Rousseau, North-West University (South Africa)
10h20 - 10h35	15 MIN Q&A		15 MIN Q&A	
10h35 - 11h00	TEA COFFEE BREAK VENUE: Great Ilanga			
PARALLEL SESSION 6	6A: Food and Nutrition in a Changing Society VENUE: North East Ilanga CHAIRPERSONS: Dr Lucia Meko, University of the Free State and Ms Duduzile Mthuli, Unilever SA	6B: Nutrition in the Prevention, Management and Treatment of Disease VENUE: Suite 1-2 CHAIRPERSONS: Ms Nireshnee Reddy, KZN Department of Health and Dr Heleen Grobbelaar, Durban University of Technology	6C: Food and Nutrition Technologies VENUE: Suite 3-4 CHAIRPERSONS: Prof Cornelia Nienaber-Rousseau, North-West University and Ms Sanja Nel, University of Pretoria	6D: Professional Practice Towards Excellence in Nutrition VENUE: Suite 5 CHAIRPERSONS: Prof Ashika Naicker, Durban University of Technology and Dr Alpha Rasekhala, Stellenbosch University
11h00 -11h15	Insights into South African food labeling regulations: present realities, prospects and considerations Dr Mariaan Wicks, North-West University (South Africa)	Community-based intervention to improve nutritional outcomes in children living with disability in high-density areas of urban and peri urban parts of Harare, Zimbabwe Dr Svitlana Austin, Ministry of Health and Child Care (Zimbabwe)	Dairy intake screener as web-based application is reliable and valid Dr Monique Piderit, University of Pretoria / Nutritional Solutions (South Africa)	Evolution of a dietetic association's policy on industry sponsorship Ms Maria Van Der Merwe, Association for Dietetics in South Africa (ADSA) (South Africa)
11h15 -11h30	The influence of food labelling education on consumer usage of food labels: a study in Sandton, Gauteng: protocol and formative results Ms Shakun Naicker, Private (South Africa)	Cardiometabolic risk in primary school-aged children with physical inactivity and unhealthy eating habits: a comparison study Dr Juley De Smidt, University of the Western Cape (South Africa)	Evaluating the impact of a mobile application with a novel, non-invasive face scan technology to improve lifestyle behaviors in South Africa Dr Yulia Berezhnaya, Pepsico (South Africa)	ADSA Learn - establishing an online continuing professional development platform to address the ongoing training needs of nutrition professionals in South Africa Dr Estelle Venter, Association for Dietetics in South Africa (ADSA) (South Africa)
11h30 - 11h45	Evaluation of non-sugar sweeteners in the South African packaged food supply Dr Tamryn Frank and Prof Elizabeth Swart, University of the Western Cape (South Africa)	Feeding practices and social support of primary caregivers with children attending ECD centers in the Xhariep District, Free State, South Africa Ms Angelique Carson-Porter, University of the Free State (South Africa)	Development of an Artificial Intelligence (AI) diabetic recipe generator through collaborative expertise Prof Ashika Naicker, Durban University of Technology (South Africa)	Upskilling community health workers to be growth monitoring champions for young children using a blended learning approach Ms Nandipha Jacobs, Grow Great (South Africa)
11h45 - 12h00	Nutri-economics of imitation meat vs meat of animal origin Dr Carmen Muller, University of Pretoria (South Africa)	Capturing growth indices on the road to health booklets in clinics in Free State, South Africa Ms Patience Legoale, Department of Health (South Africa)		Inadequate hospital management support of food service facilities and staff may impede food safety in public psychiatric hospitals in the Eastern Cape, South Africa Ms Asanda Getyeza, Department of Health (South Africa)
PECHA KUCHA PRESENTATIONS				
12h00 - 12h07		Nutrition education for all: empowering students through a campus club Ms Riashnie Thaver and Prof Ashika Naicker, Durban University of Technology (South Africa)	Optimization of Mucilage Extraction Process from Okra (Abelmoschus esculentus (L.)) and application as an alternative stabilizer/emulsifier for dairy food product ice cream Ms Nelly Nkosi, University of South Africa (South Africa)	Continuous professional development of dietitians and nutritionists-compliance, barriers to compliance and preferences of practitioners Prof Annelie Gresse, Nelson Mandela University (South Africa)

12h08 - 12h15		Impact of financial incentives and cashback on food purchasing behaviour Ms Carla Pool, Vitality (South Africa)	Automated food quality inspection, sorting and grading Mr Nkosinathi Mndaweni, Cybrotechnology (South Africa)	
12h15 - 12h30	15 MIN Q&A	15 MIN Q&A	15 MIN Q&A	15 MIN Q&A
12h30 - 13h15	LUNCH BREAK VENUE: Great Ilanga			
PARALLEL SESSION 7	7A: Agriculture / Indigenous Food Commonality VENUE: North East Ilanga CHAIRPERSONS: Prof Hettie Schonfeldt, University of Pretoria and Dr Nokuthula Vilakazi, Durban University of Technology	7B: Food and Nutrition Technologies VENUE: Suite 1-2 CHAIRPERSONS: Dr Karina Palmer, University of Zululand and Dr Yulia Berezhnaya, Pepsico	7C: Nutrition in the Prevention, Management and Treatment of Disease VENUE: Suite 3-4 CHAIRPERSONS: Dr Monique Piderit, University of Pretoria / Nutritional Solutions and Ms Esmarie van Tonder, Nelson Mandela University	7D: Professional Practice Towards Excellence in Nutrition VENUE: Suite 5 CHAIRPERSONS: Prof Annelie Gresse, Nelson Mandela University and Ms Thembekile Dhlamini, Sefako Makgatho Health Sciences University
13h15 - 13h30	An integration of indigenous foods to Community Nutrition Development Centre (CNDC) menu: a case study of social protection in King Cetshwayo District Prof Unathi Kolanisi, University of Zululand (South Africa)	Assessment of the production and consumption patterns of iron-fortified beans by Zambian smallholder farmers in Senga Hill District Ms Mainza Syafunko, Stellenbosch University (South Africa)	Classifying food items by nutritional content using mixture model clustering Dr Yusentha Balakrishna, South African Medical Research Council (South Africa)	Use of nutrition care process and nutrition care process terminology by South African dietitians Prof Renee Blaauw, Stellenbosch University (South Africa)
13h30 - 13h45	The development and implementation of the nutrition-sensitive agriculture (NSA) food system toolkit for low-middle income country Dr Lisebo Mothepu, Durban University of Technology (South Africa)	Pairing indigenous food with wine to improve gastronomy in the King Cetshwayo District, Northern KwaZulu-Natal Province Mr Samkelo Makhanya, University of Zululand (South Africa)	Investigation into changes in inflammatory and immune cell markers in pre-diabetic patients from Durban, South Africa Ms Nomusa Mzimela, University of KwaZulu-Natal (South Africa)	Development and validation of guidelines to manage burnout and stress of dietitians and nutritionists in the workplace Dr Alpha Rasekhala, Stellenbosch University (South Africa)
13h45 - 14h00	Promotion of increased consumption of indigenous vegetables among African women with/at risk of hypertension in Gqeberha, South Africa: a community participatory action research study Ms Zitandile Mfono, Nelson Mandela University (South Africa)		The effect of a combination of short-chain fatty acids on metabolic control in healthy men Dr Annette Van Onselen, University of South Africa (South Africa)	Burnout and stress of registered dietitians and nutritionists practicing in South Africa Dr Alpha Rasekhala, Stellenbosch University (South Africa)
14h00 - 14h15	Food availability and coping strategies during COVID-19 lockdowns on in the Tygerberg Region of the Western Cape, South Africa Dr Mthokozisi Zuma, Agricultural Research Council (South Africa)			The skilling-reskilling evolution of nutrition professionals Ms Ronel Beukes, Stellenbosch University (South Africa)
14h15 - 14h30	15 MIN Q&A	15 MIN Q&A	15 MIN Q&A	15 MIN Q&A
14h30 - 14h50	TEA COFFEE BREAK VENUE: Great Ilanga			
PARALLEL SESSION 8 SYMPOSIA	SYMPOSIUM Adult Hospital Malnutrition – We have to act now VENUE: North East Ilanga	SYMPOSIUM SAAFOST Food Science & Technology: Are healthy and nutritious food products on the cards? VENUE: Suite 1-2	SYMPOSIUM Nutrition in the First 1000 Days VENUE: Suite 3-4	SYMPOSIUM Scientific writing for Publication - Nutrition Society UK VENUE: Suite 5
14h50 - 16h50	PRESENTERS: Prof Renée Blaauw, Stellenbosch University (South Africa) Dr Janicke Visser, Stellenbosch University (South Africa) Mrs Esmarie van Tonder, Nelson Mandela University (South Africa) — — This symposium will focus on screening and diagnoses of malnourished adult hospital patients. It will take the form of a discussion on the prevalence and consequences of malnutrition in hospitalised patients. Thereafter international screening and malnutrition diagnostic guidelines will be discussed. Results of a recent study on validation of diagnostic tools in the South African setting will be tabled with a view of discussing the applicability in the local context. Recently identified barriers and enablers to providing adequate nutritional support to malnourished patients will be shared and this will be followed by suggestions for management options in order to implement findings into daily practice	MODERATOR: Dr Nokuthula Vilakazi, Durban University of Technology (South Africa) PRESENTERS: Mr Brett Roosendaal, RCL Foods (South Africa) Ms Karabo Monageng and Ms Duduzile Mthuli, Unilever SA (South Africa) Prof Riëtte de Kock, University of Pretoria (South Africa) Ms Maria van der Merwe, ADSA (South Africa) — — The symposium will consist of two parts. During the first hour, representatives from food companies will present examples of how Food Science & Technology is used to enable the manufacture of healthy and nutritious food products. During the second hour, a panel discussion with all the speakers, the Presidents of SAAFOST and ADSA President. The panel will deliberate on the specific topics with interactive participation from the audience.	PRESENTERS: <i>Details to be confirmed in due course</i> — — The Grow Great symposium will probe into the fundamental role of nutrition during the first 1000 days of life, encompassing pregnancy through to early childhood. This session will highlight the profound impact of maternal nutrition on both mother and child, emphasising long-term health benefits. Experts will share best practices for introducing solid foods at 6 months and strategies to foster healthy eating habits in young children. Attendees can look forward to engaging in discussions and practical insights aimed at nurturing healthy futures.	PRESENTERS: Prof Mieke Faber, Dr Cindy George and Dr Vundli Ramokolo South African Medical Research Council (South Africa) — — Target Audience: Post-graduate students and researchers wishing to gain understanding of writing scientific papers for publication. This Symposium will provide delegates with an overview on scientific writing, how to get published and how to promote their work after publication.
16h50 - 18h00	Association for Dietetics in South (ADSA) - BGM			
18h30	GALA DINNER			

DAY 3 | Friday, 4 October 2024

08h00	Registration Opens
EARLY MORNING WORKSHOP - Booking Essential VENUE: Details to be confirmed CHAIRPERSON: Dr Estelle Venter, Association for Dietetics in South Africa (ADSA) South Africa	
07h00 - 08h00	Healthy Conversation Skills workshop Prof Lize Havemann-Nel, North-West University (South Africa) and Dr Estelle Venter, Association for Dietetics in South Africa (ADSA) (South Africa)

PLENARY SESSION 3:	
VENUE: North East Ilanga - Suites CHAIRPERSONS: Prof Elizabeth Swart, University of the Western Cape and Prof Corinna Walsh, University of the Free State South Africa	
08h00 - 08h45	KEYNOTE SPEAKER: Food environment regulations for the promotion of healthier diets: the Chile food labelling & marketing law Prof Camila Corvalen, University of Chile (Chile)
08h45 - 09h00	Food & Nutrition Security – A civil society perspective Mr Mervyn Abrahams, Pietermaritzburg Economic Justice and Dignity (South Africa)
09h00 - 09h45	Disease specific malnutrition: reaching consensus in a South African context co-hosted by ADSA/ENASA MODERATE: Ms Maria Van Der Merwe, Association for Dietetics in South Africa (ADSA) (South Africa) PANEL: Dr Lauren Hill, Critical Point Nutrition (South Africa), Prof Renee Blaauw, Stellenbosch University (South Africa), Ms Carla Gerrits, Association for Dietetics in South Africa (ADSA) (South Africa) and Prof Ali Dhansay, South African Medical Research Council (SAMRC) (South Africa)
09h45 - 10h15	TEA COFFEE BREAK VENUE: Great Ilanga
PLENARY SESSION 4: National Dietary Intake Survey	
VENUE: North East Ilanga - Suites CHAIRPERSONS: Dr Estelle Venter, Association For Dietetics In South Africa (ADSA) and Prof Ashika Naicker, Durban University of Technology South Africa	
10h15 - 12h00	More details to follow in due course
12h00 - 12h50	LUNCH BREAK VENUE: Great Ilanga
PLENARY SESSION 5:	
VENUE: North East Ilanga - Suites CHAIRPERSONS: Details to be confirmed	
12h50 - 13h30	Overview of the National Food and Nutrition Security Survey Department of Agriculture, Land Reform and Rural Development (DALRRD) - More details to follow in due course
13h30 - 14:15	HPCSA Information Session - More details to follow in due course
14h15 - 15h00	ETHICS Session - More details to follow in due course
15h00 - 15h15	CONGRESS CLOSURE & AWARDS

POSTER PRESENTATIONS <i>Poster presentations will take place during tea / lunch breaks - date / time indicated below</i>	
SCIENTIFIC RESEARCH POSTERS (SR) INFORMATION EDUCATION POSTERS (IE)	
Food and Nutrition in a Changing Society	
POSTER PRESENTATIONS - GROUP A: Wednesday, 2 October 10h41-11h05	
1. 10h41	A plant-based dietary approach to the management of type 2 diabetes mellitus in South Africa Dr Nanine Wyma, Pan South Africa (South Africa) (SR)
2. 10h44	An analysis of food and beverage marketing on television in South Africa Ms Lisa Deyce, University of the Western Cape (South Africa) (SR)
3. 10h47	An exploration of implementation dimensions of food and security interventions in Mopani District, South Africa Ms Mohlatso Anna Mnisi, University of Stellenbosch (South Africa) (SR)
4. 10h50	Contribution of fruits and vegetables to the household food security situation of rural households in Limpopo Ms Zoleka Sithole, University of KwaZulu-Natal (South Africa) (SR)
5. 10h53	Development and consumer acceptance of a brown lentil bun by University of Zululand students, South Africa, a pilot study Ms Nokubonga Ngwane, University of Zululand (South Africa) (SR)
6. 10h56	Dietary diversity, total food intake, and its relationship to nutrient adequacy in North-Eastern South African children: the MAL-ED cohort Dr Tjale Cloupas Mahopo, University of Venda (South Africa) (SR)
7. 10h59	Effect of market participation on the food and nutrition security status of the rural smallholder farmers Dr Simphiwe Innocentia Hlatshwayo, University of KwaZulu-Natal (South Africa) (SR)
8. 11h02	Knowledge and utilisation of indigenous foods plants among Ngqushwa Municipality, South Africa Ms Zoe Nomakhushe Nxusani, Stellenbosch University (South Africa) (SR)
9. 11h05	Nutritional components and functional properties of pseudocereal (quinoa) and its potential uses in the food system for wellbeing: a review Dr Ruth Nachamada Olusanya, University of Zululand (South Africa) (SR)
POSTER PRESENTATIONS - GROUP B: Wednesday, 2 October 12h26-13h08	
10. 12h26	Prevalence and factors associated with food insecurity among tertiary students in Lesotho: a cross-sectional survey study Ms Mamakase Sello, National University of Lesotho (Lesotho) (SR)
11. 12h29	Rediscovering South Africa's indigenous food heritage: a study on consumption patterns and implications for sustainability in the Gauteng Province Dr Hema Kesa, University of Johannesburg (South Africa) (SR)
12. 12h32	Sales of indigenous foods in the markets: a Thulamela Study Ms Sedzani Tshidzumba, University of Venda (South Africa) (SR)
13. 12h35	The consumption of plant-based foods in KwaZulu-Natal Ms Camilla Govender, Durban University of Technology (South Africa) (SR)
14. 12h38	What higher LSM South Africans consume for breakfast and what drives these choices Dr Yulia Berezhnaya, Pepsico (South Africa) (SR)
Food and Nutrition Technologies	
15. 12h41	Consumer acceptability of a seitan sausage by University of Zululand students, South Africa, a pilot study Ms Papama Kupiso, University of Zululand (South Africa) (SR)
16. 12h44	Effect of biofertilizers on productivity and aflatoxin production in groundnuts (Arachis hypogaea) Ms Tariro Munyari, Harare Institute of Technology (Zimbabwe) (SR)
17. 12h47	Impact of pre-treatments and drying on colour, bioactive compounds and antioxidant activity in different tomato (Solanum lycopersicum) cultivars Ms Nokuthula Abegale Nzimande, Tshwane University of Technology (South Africa) (SR)

18. 12h50	Monitoring the quality of honey: South African case study Prof Hettie Carina Schönfeldt, University of Pretoria (South Africa) (SR)
19. 12h53	Nutritional analysis and consumer acceptability of Sorghum Monkey Orange Fruit (<i>Strychnos madagascariensis</i>) Porridge for the elderly and individuals with swallowing disabilities Mr Sphelele Nzimakwe, University of Zululand (South Africa) (SR)
20. 12h56	Sensory evaluation versus microbial, instrumental texture and colour qualities in Chevon value-added dried-wors Ms Thembelihle Buthelezi, University of KwaZulu-Natal (South Africa) (SR)
21. 12h59	Tea and herbal infusions: their antioxidant activity and phenolic profile Ms Makaepa Mossa Maoto, University of South Africa (South Africa) (SR)
22. 13h02	The influence of different cooking methods and leaf maturity on colour, total chlorophyll, total phenolic, and carotenoid content in okra (<i>Abelmoschus esculentus</i>) leaves Ms Lebo Maila, Tshwane University of Technology (South Africa) (SR)
23. 13h05	The microbial, sensory acceptability and shelf-life properties of sourdough products: a case study of a sourdough practical-related project Ms Papama Kupiso, University of Zululand (South Africa) (SR)
24. 13h08	Transforming health and taste through utilization of Food Technological Advances to eliminate Trans-Fats in the African diet Ms Nyasha Mlambo, Dendairy (Zimbabwe) (SR)
Nutrition in the Prevention, Management and Treatment of Disease	
POSTER PRESENTATIONS - GROUP C: Wednesday, 2 October 14h41-15h02	
25. 14h41	An investigation of food addiction, disordered eating, overweight/obesity, and psychopathologies in South African University students Mr Fanelesibonge Zondo, University of KwaZulu-Natal (South Africa) (SR)
26. 14h44	Anthropometric status and its association with feeding practices of children aged 0 to 36 months in Thulamela Municipality, Limpopo Province Mr Anzani Mugware, Mr Selekele Ananias Motadi and Prof Lindelani Fhumudzani Mushaphi, University of Venda (South Africa) (SR)
27. 14h47	Antidiabetic and anti-obesogenic properties of selected artificial sweeteners; and their modulatory effect on the redox imbalance of Fe2+ induced hepatic oxidative stress Ms Huda Ismail, University of KwaZulu-Natal (South Africa) (SR)
28. 14h50	Assessment of the availability and quality of iodine-fortified salt in Senegal, West Africa Ms Marie Madeleine A. Dieme, Laboratoire de Recherche en Nutrition et Alimentation Humaine (LARNAH), Faculté des Sciences et Techniques (FST), Départ (Senegal) (SR)
29. 14h53	Avocados: the forgotten fruit in a Mediterranean diet Dr Monique Piderit, University of Pretoria/ Nutritional Solutions (South Africa) (IE)
30. 14h56	Brown rice consumption and its influence on blood glucose levels: an investigation conducted among staff at a South African university Ms Anjellah Reddy, Durban University of Technology (South Africa) (SR)
31. 14h59	Developing capacity for community-based growth monitoring and promotion: ECD practitioners in the Eastern Cape Ms Anna-Marie Müller and Mrs Helen Donkin, Zero2five Trust (South Africa) (SR)
32. 15h02	Dietary intake and associated factors (food security, psycho-social and behavioral change) in women with Gestational Diabetes Mellitus (GDM) Prof Janetta Harbron, University of Cape Town (South Africa) (SR)
POSTER PRESENTATIONS - GROUP D: Thursday, 3 October 10h36-10h57	
33. 10h36	Domestic food preparation methods of community members in peri-urban Mangaung, Bloemfontein, South-Africa Mrs Angelique Carson-Porter, University of the Free State (South Africa) (SR)
34. 10h39	Effects of Xylitol and Erythritol on Some Type 2 Diabetes and Obesity Related Parameters: A Comparative Study Ms Nothando Philiile Hlongwane, University of KwaZulu-Natal (South Africa) (SR)
35. 10h42	Evaluating the cardio-protective effects of Momordica balsamina in a diet-induced prediabetic rats Ms Bongiwe Khumalo, University of KwaZulu-Natal (South Africa) (SR)
36. 10h45	Formative research to co-create and determine the acceptability of intervention content designed to improve breastfeeding self-efficacy and outcomes in Soweto, South Africa Ms Helene Theunissen, University of the Witwatersrand (South Africa) (SR)
37. 10h48	Nutritional knowledge, attitudes, and practices of patients diagnosed with hypertension in rural areas at Limpopo Province Ms Ditope Rabodiba, University of Limpopo (South Africa) (SR)
38. 10h51	Nutritional management of a patient with Cornelia de Lange syndrome (CdLS): a case report Mrs Cecile van Niekerk, University of Pretoria (South Africa) (IE)
39. 10h54	Nutritional risk defined by mini nutritional assessment-short form and diet quality of Malawian older adults Ms Lustia Mndiuro, Kamuzu Central Hospital (Malawi) (SR)
40. 10h57	Practice experience and outcomes of an audit of a pilot VLCD programme for management of cardiometabolic risk in obesity Dr Lauren Hill, Critical Point Nutrition Consultancy (South Africa) (SR)
POSTER PRESENTATIONS - GROUP E: Thursday, 3 October 12h31-12h55	
41. 12h31	Seasonal variation in blood pressure among Ellisras rural population aged 4 to 18 years overtime: Ellisras Longitudinal Study (ELS) Ms Thandiwe Ntomfuthi Mkhathswa, University of Limpopo (South Africa) (SR)
42. 12h34	Seasonal variation of lean arm fat and fat arm area among Ellisras population from childhood to young adulthood Ms Mankopodi Mahlako Makhubedu, University of Limpopo (South Africa) (SR)
43. 12h37	The relationship between dietary intake and adiposity in South African female adolescents: a review Dr Nokuthula Vilakazi, Durban University of Technology (South Africa) (SR)
44. 12h40	To determine the popular home-prepared complementary foods fed to infants in selected rural and urban areas in KwaZulu-Natal, South Africa Ms Hlengiwe Sokhela, University of KwaZulu-Natal (South Africa) (SR)
Nutrition Research Methodologies	
45. 12h43	Malnutrition phenotypes among mother-child pairs in rural health districts of West Region, Cameroon Dr Dany Joel Ngoumen Ngassa, University of the Free State (South Africa) (SR)
46. 12h46	Proposed methodology to identify foods commonly consumed by Indians in South Africa Dr Nazeeia Sayed, University of Pretoria (South Africa) (SR)
47. 12h49	Unveiling the potential use of a diet quality questionnaire in cardiovascular disease risk screening: a preliminary study Dr Retha Kotze, University of the Western Cape (South Africa) (SR)
48. 12h52	Using Content Analysis to teach & conduct research in an undergraduate Dietetics program: does it meet the entry-level research competencies for the profession? Ms Jill Wilkenson, University of the Western Cape (South Africa) (IE)
49. 12h55	Validation of the National USI Coverage Assessment Method in Ethiopia: the Cluster Compositing Method Mr Nahom Tefera, Ethiopian Public Health Institute (Ethiopia) (SR)
Food and Nutrition in a Changing Society	
POSTER PRESENTATIONS - GROUP F: Thursday, 3 October 14h31-14h40	
50. 14h31	Determining malnutrition risk factors within an informal settlement. "A case study for urban dwellers post Covid-19 pandemic" Ms Portia Mtshali, Mangosuthu University of Technology (South Africa) (IE)
51. 14h34	Household food insecurity, dietary diversity and anthropometric status in women of reproductive age residing in informal settlements in South Africa Dr Phumudzo Tshiambara, University of Pretoria (South Africa) (IE)
52. 14h37	Equitable Access to Healthy Food Choices: A Pathway to Diet- Related NCD Prevention in South Africa Ms Metron Ziga, University of the Western Cape (South Africa) (IE)
53. 14h40	Systematic review on the role of microgreens in the diet to combat micronutrient deficiencies and hidden hunger Dr Annette Van Onselen, University of South Africa (South Africa) (IE)