



**SOUTH AFRICAN SOCIETY FOR PARENTERAL AND  
ENTERAL NUTRITION**

c/o DEPARTMENT OF HUMAN NUTRITION

PO BOX 19063

TYGERBERG

7505

March 2018

**Re: DIETITIANS WEEK, 4 – 8 June 2018 & Resource pack orders**

We are excited to announce that SASPEN will, again, be joining forces with the British Dietetic Association (BDA) in their annual Dietitians Week.

We welcome dietitians all across South Africa to join us in bringing across this very important message.

**Dietitians Week information:**

The main theme for 2018 is: “Dietitians do prevention”. Every day the main theme will be split into a more focussed theme as discussed in more detail below.

**Daily theme discussion:**

Theme day 1 (June 4 <sup>th</sup> )	<b>Mental health and recovery:</b> Diet and nutrition can play an important role in both prevention and the management of mental illnesses. Good nutrition and hydration can help aid recovery and prevent relapse.
Theme day 2 (June 5 <sup>th</sup> )	<b>Rehab and rehabilitation:</b> Dietitians provide assistance in individuals post operatively or individuals recovering from a stroke. Supportive nutrition care can alleviate symptoms and side effects, reduce risk for further complications or illness and readmissions to hospital.
Theme day 3 (June 6 <sup>th</sup> )	<b>Public health and primary prevention:</b> Good hydration and nutrition is important for good health. Dietitians help the public to stay healthy which helps to prevent illness and diet related conditions such as obesity and malnutrition
Theme day 4 (June 7 <sup>th</sup> )	<b>Optimising health and secondary prevention:</b> For individuals with health conditions such as dementia or diabetes, support from a dietitian can provide symptom relieve, prevent complication and optimise quality of life.
Theme day 5 (June 8 <sup>th</sup> )	<b>Healthy conversations and making every contact count:</b> Dietitians can signpost individuals on where to seek further assistance on non-nutrition health affecting issues such as exercise, smoking and social factors that affect overall health

**Resource packs:**

SASPEN, ENASA, HDIG and ADSA will work together to make [250 resource packs available](#) that dietitians can use in their hospitals during Dietitians Week.



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The resource packs comprise of:

Information flyers, posters and balloons, information wallet cards (That can be used as a healthy food shopping guide) and delivery to your nearest Postnet.

Cost:

SASPEN members: Free

Non-SASPEN members: R100 (If you are not a SASPEN member, we welcome you in joining us, visit our website for more information on becoming a member).

Delivery and order process:

Please complete the attached order form, should you be interested in a resource pack. We will use your nearest Postnet to deliver your pack. If you are in a rural area and have a special request for direct delivery, please inform us on this order form.

Additional orders (this is not included in the resource packs):

Trust a dietitian scarf for the winter	R75 (for SASPEN and non-SASPEN members)
“DietitiansDoPrevention” Eco carry bag	R45 (for SASPEN and non-SASPEN members)



*The attached picture is NOT the final design it is just for you to have an idea of the material.*

Payment:

Please send proof of payments together this your order form to [dwsaspen@gmail.com](mailto:dwsaspen@gmail.com)

**WITHOUT PROOF OF PAYMENT SEND TO THIS EMAIL ADDRESS YOUR ORDER WILL NOT BE PLACED.**

Account name: SASPEN

Bank: Nedbank

Branch: Tygervally

Branch Code: 103 910

Account number: 1039030858

**RESOURCE PACKS, SCARFS AND ECO BAGS CAN BE ORDERS UNTIL 2 MAY 2018 at 10:00 (order your resource pack as soon as possible to ensure that you will be able to receive one of the 250 packs that will be made available).**

Please feel free to contact us should you have any questions pertaining to the above. We hope that you would be able to take part in Dietitians Week 2018 and experience first-hand the pride we take in furthering clinical nutrition in South Africa.

Kind regards

The SASPEN team



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