



Namibia Horticulture Trust <http://www.nhtnamibia.com>

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## 1. Introduction

The 24th congress of the Nutrition Society of South Africa, the 12th congress of the Association for Dietetics in South Africa and the 5th African Nutrition Epidemiology Conference was hosted jointly by the Nutrition Society of South Africa (NSSA), Association for Dietetics in South Africa (ADSA) and the African Nutrition Society (ANS) with the theme: "Transforming the nutrition landscape in Africa"

The congress brought together 36 different countries with scientists involved in different nutrition and food security endeavors in Africa on a platform to share experience and expertise.

### **Congress Topics:**

Scaling up nutrition, Landscape Analysis, Nutrition transition, HIV/AIDS, Food Nutrition and Security. Sustainable livelihoods, Agriculture, Health and Nutrition, Nutrition Education, Training and Communication, Building Nutrition Capacity, Non-communicable Diseases (NCDs), Childhood Obesity, Fatty Acids in health and disease, Reproductive Health and Fetal Origin of NCDs, Micronutrient Availability, Micronutrient Nutrition and Health Outcomes across the lifecycle and Food Fortification.

Indigenous Foods/Food Systems, Nutrition Interventions, Malnutrition Management, Metabolic Syndrome, Sodium Reduction in Food Products, Nutritional Status Assessment, Nutritional Terminology for Recommendations, Maternal, Infant and Young Child Feeding, Nutraceuticals and Functional Foods,

Sport Nutrition, The 'Omics' in Nutrition Research, Pre and Pro-biotics, Nutrition in Critical Care, Nutrition and GIT diseases, Practical Aspects of Oral Challenges, Food Safety, Clinical Food Technology, The Role of the Media in communicating Health Messages ,Growing the Dietetic Profession, Labelling Issues and Nutrient Profiling , Life Cycle, Food Service Regulations.

**2.1 [Report, Nutrition Congress Africa 2012, “Transforming the nutrition landscape in Africa”, 1-4 October 2012, Bloemfontein, South Africa](#)**

**2.2 Objectives of the Congress**

- To share research and experience in Nutrition with scientists and international organizations for the benefit of our continent.
- The chance to network with colleagues from around the world, who are involved in Nutrition.
- Central obesity as the driving force for cardio vascular diseases
- The need of nutrition education (FAO)
- Presentation of some fortification cases in Africa

**2.3 Activities during the conference**

During the congress NHT presented Namibia’s experience on “Urban and Peri Urban Horticulture in Namibia under the Social Fund for Development” (SFD).

Namibia was represented by:

Ida Erasmus, an Industrial Nutritionist (Delegate).

Zakia Borna, a Dietitian for the Katutura Hospital (Delegate).

Albert Fosso, a trustee from NHT (Speaker).

There was a presentation of 241 Posters, 158 PowerPoint presentations, Master Classes on Health promotion in schools; Scientific Writings as Publications; Nutritional Therapy of Renal Diseases; Nutritional Genomic; Sport Nutrition; Dietary Methodology; Food Security; Training on the Management of Severe/Acute Malnutrition and Nutritional Management of GI related diseases.

**2.4 Conclusion and recommendations for the congress**

**2.5 Lessons learnt according to expectations**

The immune system is important to a healthy life; it is complex, involving several cell types and numerous chemical mediators.

Very poor nutrition is associated with a poor immune response and increased susceptibility to infection which can be improved with improved nutrition.

The treatment of obesity which is responsible of cardiovascular diseases:

- Diet exercise (life style change)
- Low fat
- Physical activity at least 30 min per day
- Increase of the consumption of fruits and vegetables
- Lower alcohol consumption

To treat diabetic life styles is more important than drogue; to reduce calorie, salt (sodium), to increase physical activity, to use the Mediterranean diet (vegetable, fish less red meat) and to increase omega 3 fatty acids (nut, avocados, fish oil, soya product).

25 % of mortality in the world is due to poor nutrition (micronutrient deficiency, vitamin A, Fe deficiency).

The Nutrition training programs approach need to be more practical.

The concept of nutrition education needs to be integrated in Government Agendas.

We need a multi-stake holder platform (UNDP, UNCEF, Ministry of Health, NGO's, Ministry of Gender) in each country as a focal point.

We need also to improve the access and inputs of women.

The reduction of salt in bread in Africa. It is the most salt containing in the world (WHO 5g of salt per day). This will help to prevent cases of stroke.

That the importation of processed food leads to an increased consumption of sodium.

## **2.6 Other comments and observations**

-The congress should be affordable to more scientists, in order to share information for the benefit of nutrition in Africa.

-We should find a balance between scientific research work and success case projects in Africa.

-Africa needs data on nutrition in order to convince Decision Makers.

-Blogs on malnutrition is needed in order to share information with others scientists over the world, to improve nutrition in Africa.

-A good nutrition analysis needs to be done in each country (What do we do? Who is promoting the wrong solution? Etc.)

-We need to transform the way we think about nutrition to transform our nutrition status.

-We seriously need to reduce our consumption of salt.

-There is a declining Agro Biodiversity in Agriculture with an increasing dependence on a small number of crops types.



Albert Fosso NHT trustee with Ida Erasmus Nutritionist/ training Manager (Independence Caterers Namibia)



Albert Fosso NHT trustee and Zakia Borna - Dietitian (Ministry of Health and Social Service, Katutura Hospital)



Congress of nutrition during Tea Time.