



ILSI

International Life
Sciences Institute
South Africa

"Save the Date" First Announcement

ILSI SOUTH AFRICA is holding a One-Day Workshop on **Food Innovation / Renovation: Enabling Sustainable Future Health** with the aim of addressing non-communicable diseases (NCDs) and related risk factors. We will be offering a range of talks and a panel discussion delivered by international and national experts - **never before seen in SA!** This Workshop is targeted to ALL STAKEHOLDERS including:

- The Food Industry
- Government (national and local)
- Dieticians and Nutritionists
- Public Health Scientists
- Food Scientists and Technologists
- Academic & Research Institutions
- NGOs
- Industry Associations
- Professional Societies

Dates: 10 September 2015

Venue: Elangeni / Maharani Hotel Complex, Durban, South Africa

Title of Workshop: Food Innovation / Renovation: Enabling Sustainable Future Health

Registration cost: Please view fees at
http://www.saafost2015.org.za/PostCongressWorkshop/Registration_ILSIWorkshop.asp

Cost includes: Name tag, bag with abstracts, refreshments and lunch.

Reason for the event:

Changes in patterns of food consumption, and therefore, nutrient intakes, related to urbanisation, social and economic development and adoption of modern lifestyles has been defined as '*nutrition transition*'. These changes in dietary intake patterns include decreases in consumption of traditional and staple foods (usually high in fibre and starch) and increases in foods from animal origin, high in **fat**, **salt** and **sugar** and therefore also energy dense (high in kilojoules). The changes in dietary patterns in South Africa are indicative of a country in nutrition transition. Transition can also be seen in the disease patterns affecting South Africans from infectious to non-communicable diseases (NCDs), with NCDs being responsible for 40% of all deaths in South Africa and in fact expected to overtake mortality from all other causes combined by 2030 in Africa.

Purpose of the workshop:

In light of these facts, this one day workshop seeks to **highlight the vital synergy between food science and nutrition**. Whilst food innovation and renovation is top of mind globally, it is important to understand the needs and expectations of all stakeholders, whilst elucidating the possibilities that science can offer in the food innovation and renovation process.

The **objectives** of this workshop are therefore to:

- Entrench the need for nutrition and food science / technology professions to collaborate in order to tackle the incidence of diet-related NCD's
- Discuss government perspectives on strategies to address obesity & NCDs and collaborative efforts with industry
- Understand industry perspectives on Healthy Food Options
- Discuss marketing of 'healthy' foods – is the taste vs nutrition trade-off insurmountable?
- Explore innovation for health- process and acceptance – Consumer Research
- Identify and discuss specific challenges such as
 - Sugar reduction
 - Fat reduction
 - Salt reduction

About ILSI (www.ilsi.org)

The International Life Science Institute (ILSI) has been in existence since 1978 when it was first established in Washington, USA. Since then, ILSI has grown in leaps and bounds and is now represented in almost all regions of the world.

ILSI South Africa (<http://www.ilsi.org/SouthAfrica/Pages/HomePage.aspx>) was established in 1998 and has been instrumental in supporting scientific approaches to many matters over the years, including science-based (evidence-based) legislation in South Africa. **However, ILSI SA is undergoing major, exciting changes! It is EXPANDING and becoming a REGIONAL body to incorporate the Sub-Saharan Africa region.** The Sub-Saharan Africa region (SSA) is emerging as a significant geographical area for food exports and imports and this is the one region where ILSI does not have a significant presence outside South Africa. Africa is developing after years of generally slow progress. According to the latest IMF World Economic Outlook, 10 of the top 20 countries for expected growth are in Africa. With this rapid development, specifically in SSA, significant scientific support is needed as this region grows economically. This matter has received great interest within ILSI at a global level over the past two years.

It is with this expansion in mind, that ILSI SA has rebranded itself and is becoming more relevant to South Africa and beyond, currently focussing on two of the four "One ILSI" thematic areas i.e. Food & Water Safety and Nutrition, Health and Well-Being.

It is with the above-mentioned as background, that ILSI SA is holding its **FIRST EVENT on Nutrition, Health and Well-Being on 10 September 2015.**

Workshop content

- Setting the scene: the burden of NCDs in SA
- Food consumption amongst the population, situational analysis of SA, challenges and opportunities
- Drivers of food choices amongst SA consumers and the relationship with health / Consumer understanding and acceptance of healthier food choices
- Government perspective and expectations regarding innovation and renovation
- Promoting healthy diets – the role of food innovation and consumer education
- Innovation and renovation – successes and challenges (industry perspective)
- Industries' contributions and considerations in promoting healthy diets
- Collaborative approaches to effective food innovation / renovation and consumer education – **WHO NEEDS TO LEAD?**

Further information

Further notices will be sent but **DO SAVE THE DATE** in the meantime. For any queries, please contact either Dr Lucia Anelich at la@anelichconsulting.co.za / 0829083166 or Duduzile Mthuli at Duduzile.Mthuli@unilever.com / 083 3094772.