

# HEALTH SIGNIFICANCE OF FAT QUALITY OF THE DIET

BARCELONA, FEBRUARY 1-2 2009, INTERNATIONAL EXPERT MEETING

## South Africa

**When:** March 3<sup>rd</sup>, 2009

**Where:** Cape town

**What:** Scientific session



Programme of events

# THE ROLE OF FAT IN HEALTH AND DISEASE IN SOUTH AFRICA

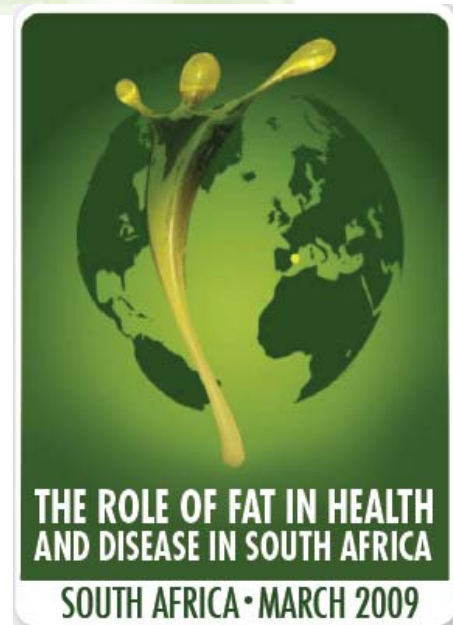
*Objective: to achieve consensus about fat intake and recommendations in SA*

**Date:** Tuesday, 3 March 2009

**Venue:** Arabella Sheraton, Cape Town

**Time:** 8:00 – 16:00

Chairpersons: Prof Esté Vorster, Prof Marius Smuts, Dr Petro Wolmarans



# Program

TIME	TOPICS	SPEAKERS
8:00 – 8:30	Registration and Breakfast	
8:30 – 8:40	Introduction	Prof Marius Smuts
8:40 – 9:10	The prevalence of non-communicable diseases (NCD's) in South Africa	Prof Krisela Steyn
9:10 – 9:40	What do we know about the fat intake of South Africans?	Prof Nelia Steyn
9:40 – 10:10	The epidemiological transition regarding risk factors for cardiovascular disease (CVD) in the South African population	Prof Willie Molletze
10:10 – 10:30	TEA	
10:30 – 11:00	Fat intake in transition – the risks	Prof Esté Vorster
11:00 – 11:30	Role of fat in growth and development – the South African scenario	Prof Marius Smuts
11:30 – 12:00	Food production and fat intake	Dr Petro Wolmarans
12:00 – 12:30	The food-based approach to fat intake	Ms Carol Browne
12:30 – 13:30	LUNCH	
13:30 – 14:00	Consensus document on fat intake - recommendations from the International Expert Meeting (Barcelona)	Prof Marius Smuts
14:00 – 15:45	Group discussion: Implementation of fat intake recommendations from Barcelona WORKING TEA Formulation of Consensus outcome	Prof Esté Vorster
15:45 – 16:00	Closing	



# THE ROLE OF FAT

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## Outcomes and follow-up actions

- South African Summary Statement expected to be finalized by end of April
- Recommendation in summary statement are tailored to local situation:
  - Maximal 30% of daily energy delivered by fat;
  - Minimum 6%-10% of daily energy delivered by essential polyunsaturated fats;
  - Maximal 7% of daily energy delivered by saturated fat for people with risk factors for cardiovascular disease;
  - In guidelines to professionals, all recommendations should be made in terms of an energy balance.
- Finalized summary statement will be circulated to all relevant scientific and nutrition bodies for endorsement and then to Department of Health for approval

