SASLHA
South African Speech-Language-Hearing Association

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Joint statement by the South African Speech-Language & Hearing Association and the Association for Dietetics in South Africa: International Dysphagia Diet Standardization Initiative (IDDSI) August 2019.

The Association for Dietetics in South Africa (ADSA) and the South African Speech-Language-Hearing Association (SASLHA) jointly declare their support of a global project to standardise diets for the treatment of people living with swallowing disorders (dysphagia). This project is referred to as the International Dysphagia Diet Standardization Initiative (IDDSI).

The overall goal of these diet textural modifications is to improve the safety, nutrition and overall care of persons with swallowing disabilities.

This initiative developed a set of standardized terminology and definitions to be prescribed for texture-modified foods and thickened liquids. The IDDSI Framework (released in November 2015) involves a continuum of 8 levels (0–7) identified by numbers, text labels, colour codes, definitions, and measurement methods. Please refer to the following website for more and updated information on: http://iddsi.org/

Further research will be conducted to find the best way to disseminate and implement this initiative within the South African context.

Please contact the SASLHA Office (admin@saslha.co.za) if you have any queries or need more information.