



Vol.11 Issue 1, 2004

Announcements

We need you!

Dietetics Around the World needs your input! It is a great forum for fostering international understanding and is a key communication tool for us. So... we need input from you all. Examples of topics suitable for inclusion in the newsletter are as follows:

- News about the association in your country including improvements in quality, growth or international participation
- Articles of interest on member activities
- Changes to dietetic training or curriculum
- Achievements of individuals or groups associated with the membership
- Research in progress, grants awards and other types of recognition
- Notes of interest about students or recent graduates of a professional or scholarly nature
- Upcoming calendar events, seminars, conferences, international speakers
- Recent published literature representing the member association or international publications originating from the member
- Opportunities in the professional or research field
- Newsworthy announcements
- New or revised resources

Full guidelines for articles are available on the members section of our website.

However, the guidelines state each National Dietetic Association should appoint a contact

person for the newsletter, who would seek articles that might be of interest internationally.

So this is a plea to you, if you are interested, to volunteer for the position of contact person within your National Dietetic Association (if yours does not already have a contact person).

If you are a contact person and have not sent us anything for a while – why not set yourself the challenge of sending something for the next newsletter in September?

If you see or know of interesting programs and activities you think might be of interest to the international community – why not suggest to your contact person that these details be submitted?

We can all learn from each other and the sharing will increase our understanding of the many and varied forms of dietetics around the world. We look forward to hearing from many of you.

Sandra Capra
Editor

Secretary's Report

ICDA Representatives can obtain Minutes and other official documents for Representatives' Meetings on a private web area

http://www.internationaldietetics.org/members/document_search.asp

ICD Fees for Member national dietetic associations for 2003 and 2004 must be paid prior to the Representatives' Meeting scheduled for Chicago, USA, May 2004.

For up to date information on the International Congress of Dietetics see http://www.internationaldietetics.org/icd_planning.asp. We are looking forward to welcoming dietitians from around the world in Chicago, USA, May 28-31. 2004.

DAA Executive Director

It is with great pleasure that the Dietitians Association of Australia (DAA) announces the appointment of Claire Hewat, APD, as Executive Director. Ms Hewat commenced her appointment in January, 2004.

This is an exciting time for DAA. In 2003 the Board of Directors addressed some organisational issues, making decision-making more streamlined and transparent.

Previously the President was the CEO and the Executive Director reported directly to the President. After very careful consideration, with reference to peer organisations, a decision was made to make a critical change to this organisational structure. As Executive Director, Ms Hewat is now Chief Executive of the Association. She will work in partnership with the Board to deliver member and consumer services of the highest standard.

The new arrangement will ease the workload of the volunteer Directors and President. It will also provide continuity in program planning and allow the Board to focus on strategic direction and governance. It in no way diminishes the role of volunteers.

Ms Hewat is well qualified to undertake this role. She has held many dietetic positions over the last twenty years and most recently held the position of Director, Community and Allied Health, Wingecarribee Health Service in NSW. Her wealth of experience encompasses clinical dietetics, research, generalist nutrition and dietetics, public health nutrition and management roles at district, region and area level; including specialist nutrition service management and more

recently allied health and community service management.

Ms Hewat is no stranger to DAA. She has been a Director and has received a National Service Award for her contribution in a voluntary capacity. We are sure you will agree we are fortunate to have Ms Hewat lead our dedicated team of staff.

Check our website <http://www.daa.asn.au> for more information on DAA.

Sixth European Forum for Dietitians

The Swiss Dietetic Association and the European Federation of the Associations of Dietitians (EFAD) are very pleased to announce the 6th European Forum for Dietitians to be held in 2005 in Geneva. This Forum will offer a combination of lectures, workshops and poster sessions with subjects chosen from four specific topics: prevention, education, dietary practice and catering.

In addition, the Swiss Dietetic Association would like to offer European dietitians even more opportunities to network with nutrition experts and to visit extra lectures. Therefore, the Forum will be combined with NUTRITION 2005 – the annual congress of the Austrian, German and Swiss Association committee of clinical nutrition – and the annual Congress of the Swiss Dietetic Association.

Further information about this special congress is available on <http://www.efad.org> and <http://www.svde.ch>. The Forum and Congress programmes will be available on these web pages from September 2004.

For further information, please contact Corinne Furch-Trachsel

Email: corinne.furch@bluewin.ch

It would be a great pleasure to welcome you to Geneva from 2 – 5 June 2005.

Feature Article

American Dietetic Association Foundation (ADAF) and International Outreach

The Mission of the American Dietetic Association Foundation (ADAF) - to improve the nutritional health of the public - extends far beyond the borders of the United States. This international outreach is in many ways thanks to Alice A. Wimpfheimer-Guggenheim, MS, RD, CDN.

Through Wimpfheimer's generosity, the ADAF established the Wimpfheimer-Guggenheim Fund for International Exchange in Nutrition, Dietetics and Management (Wimpfheimer-Guggenheim Fund), as well as the First International Nutritionist Dietitian (FIND) Fellowship for Study in the USA. These awards have helped international students continue their dietetics education in the US and share innovative approaches to dietary problems.

The Wimpfheimer-Guggenheim Fund awards \$1,000.00 for an essay by a professional dietitian or nutritionist, which describes an innovative approach to solve nutritional problems in a developing country through policy creation, outcomes research or original fund-raising activities.

Last year's winning essay was: "What are the Typical dietary patterns in Aleppo, Syria? A Collaboration" by Mary Cocke Read, RD, LDN. This and other winning essays are available for viewing at <http://www.adaf.org>.

The FIND Fellowship provides a \$2,000.00 to a professional foreign dietitian or nutritionist, preferably from a developing country, to enable attendance at a workshop or seminar; or participation in a continuing education program or orientation project in the United States. The 2003 winner was Tatyana Yousef El-Kour.

Two other international awards offered by the

Foundation are the Colgate-Palmolive Fellowship in Nutrition and Oral Health/Dental Education, which provides \$15,000 to fund research in oral health or dental education; and the Edna and Robert Langholz International Nutrition Award, which is presented every three to five years to the person whose contribution to nutrition has had the greatest international significance. The deadline for the Wimpfheimer-Guggenheim Fund, the FIND Fellowship and the Colgate-Palmolive Fellowship is April 30, 2004. More information about these and other Foundation awards is available online at <http://www.adaf.org>. Applications may be requested via: epuga@eatright.org.

The Foundation also provides a valuable resource for international dietetics students - the ADAF Directory of Resources for International Food, Nutrition, and Dietetics Professionals. This 60-page directory was made possible by funds from the Wimpfheimer-Guggenheim Fund. Anyone may receive a copy by sending an e-mail request to foundation@eatright.org.

The Wimpfheimer-Guggenheim Fund has also recently funded the initiation of an International Dietetics Practice-Based Research Network to evaluate outcomes using the ADAF Medical Nutrition Therapy Guides for Practice for Adult Persons with Type II Diabetes.

Dr. Naomi Trostler (Israel) and Dr. Esther Myers (United States) are the principal investigators for the project; entitled International Diabetes Outcomes Study (IDOS). The goal for this initial project is to recruit five dietitians in each country who can provide Medical Nutrition Therapy to 20 clients with diabetes; and follow them for up to 18-24 months. A draft summary article of the projects activities to-date appears in the February issue of the Journal of the American Dietetic Association.

The ADAF's international initiatives have

been supported by Alice Wimpfheimer-Guggenheim and many others including Colgate-Palmolive Company; as well as ADAF members Karen Lechowich and Polly Fitz. These benefactors have all contributed funds to support participation of international attendees in the upcoming May ICDA meeting, hosted in the US. A limited number of scholarships will be made available for this meeting.

The American Overseas Dietetic Association is a member of the prestigious 21st Century Club for Research, an endowment fund established to support research at the ADAF. For more information about the ADAF and the international awards we offer please visit <http://www.eatright.org>.

National Association Reports

Australia

Dietitians Association of Australia (DAA) Professional Recognition Project

The DAA is currently developing a model to recognise members with advanced practice skills in dietetics.

Many professional groups have identified the desirability of setting goals or advanced practice standards to assist personal development and career planning; as well as serving as professional benchmarks for peer and professional recognition.

The dietetic profession has been at the forefront of developing such professional competency standards in Australia. Competency standards judged against set criteria creates a transparent and accountable system of recognition. DAA envisages a streamlined system, from entry-level to advanced practitioner, with a single set of records documenting life-long learning and skill development throughout this 'journey'.

The DAA professional recognition project extends the existing competency standard framework to develop a set of advanced practice competencies. This approach uses case studies and semi-structured interviews.

The Advanced Practice Competencies developed will be validated using surveys with identified stakeholders and potential participants. Comparison with the Accredited Practising Dietitian (APD) program will also provide a useful 'cross check' with existing less formal systems.

The proposed levels of recognition are as follows:

1) *Entry level, Competent, Provisional APD*
Provisional APD status is achieved on graduation from a DAA-accredited university course. In the professional workplace, the graduate works on tasks of limited scope and complexity under the guidance and direction of a more experienced person.

2) *Competent/Proficient, APD*
Accredited Practising Dietitians have gained experience in a field of activity. They normally work autonomously under general direction but may show a lesser capacity for more complex or critical tasks and therefore may undertake these with supervision.

3) *Advanced Practitioner, APD*
An Advanced Practitioner has full professional autonomy and demonstrates a capacity for leadership of change, innovation and creativity in their area of professional work.

They demonstrate an appreciation of the wider context of dietetics in social, organisational, and economic terms. Skills in business, planning, supervision, resource management and industrial relations issues are also displayed.

4) *Fellow DAA (FDAA)*
A Fellow exhibits the attributes of an Advanced Practitioner but demonstrates

application at a broader and higher level - he/she is recognised as an expert nationally and internationally. In addition, a Fellow has clearly made an outstanding contribution to nutrition and dietetics.

Assessment Process - The current process for APD credentialing is an administrative process - checking the application against specified criteria. APD credentials are granted based on a commitment to continued professional development (CPD). Renewal of the APD credential occurs annually where APDs provide evidence of their CPD activities and learning goals.

There are currently no formal mechanisms for assessing effectiveness of CPD activity in maintaining competency. Given the proposed credentials for advanced practitioner and fellow, there is a need to adopt a more evidence-based approach regarding competency. This requires more rigorous assessment of documentation against specified criteria.

DAA will be forming a Credentialing Committee which would be consistent with other professional models investigated. For the credentials to be meaningful and to ensure the success of the program, marketing and promotion of APD, APD Advanced Practice and Fellow will be fundamental.

Next Steps - Following a workshop to validate the competency standards for APD Advanced Practice and Fellow credentials, consultation with members will be conducted.

For further information, please contact Sue Cassidy, Acting Professional Services Director, DAA.

United States

Innovative Community Programs For Kids

Fifty community-based programs have

received General Mills Champions Grants to improve children's nutrition and fitness. A partnership among the American Dietetic Association Foundation (ADAF), General Mills Foundation and the President's Challenge, the program annually awards 50 grants of up to \$10,000 each.

In addition to a competitive application review, a requirement for receiving a grant is that a dietetics expert be an integral part of the program's planning and activities.

"The crucial involvement of a dietetics professional in each program means the nutrition advice every child receives is the best and most reliable because it's coming from the top experts in this area of health and education," said Al Cassidy, chair of ADAF.

Louisiana Eat Right and Start Exercising (LA-ERASE) is a joint venture of the New Orleans Dietetic Association, Southeast Louisiana Association of Diabetes Educators and New Orleans' McFarland Institute. LA-ERASE evolved from the three groups' interest in improving the health and fitness of at-risk children.

LA-ERASE consists of three phases: a three kilometer walk for children aged 6 to 14; three half-day "Food, Fun and Fitness" days featuring health fairs, interactive programs and gospel aerobic sessions to be hosted by area churches; and development of an ongoing church-based nutrition and health curriculum for children, conducted by volunteer church nurses who are trained by dietetics professionals.

Bake and Shake: Promoting Healthful Cooking and Physical Activity is sponsored by the Kansas Dietetic Association Foundation and Heartland Programs, which offers inclusive early learning programming for Head Start income-eligible children as well as children with special needs.

Beginning in January 2004, low-income pre-

school children and their parents will take part in weekly cooking and fitness activities such as baking techniques, learning how to use kitchen utensils and appliances and making personalized exercise videos.

“The activities are intended for parents and children to share and to create lifestyle change for the whole family,” said registered dietitian Roxanne Bell, Heartland Programs’ consulting dietitian and one of the creators and leaders of Bake and Shake. “Parents will learn basic nutrition concepts they may not be familiar with and gain confidence to cook healthful meals. And everyone will learn physical activities they can do together as a family.”

Six Heads are Better Than One

St. Paul, Minnesota-based registered dietitian (RD) Susan Moores was looking to rekindle the spark in her career when she was invited to be a part of a discussion group of dietetics professionals. Seven years later, the “talent team” – comprised of a behavior change consultant, national health care consultant, nutrition educator, communications consultant, product development manager and marketing and research consultant – has one priority: each other.

A talent team is essentially organized lateral mentoring. Like traditional mentoring it involves a commitment to sharing time and information, but the playing field is level for everyone. There is no professional hierarchy and all ideas and feedback are of equal importance and consideration.

A talent team helping members solve problems, can provide opportunities for collaboration or referrals and offers stimulation and encouragement. As enlightening and refreshing talent teams can be, forming a successful one requires some strategy.

Establish criteria for joining. Search for

diversity in your group, but base the team on at least one common interest or issue.

Start with solid plans. Initial meetings should include written agendas, themes and rotating leaders. Eventually the group dynamic may accommodate looser outlines and evolving conversations, but initial organization is key.

Set some ground rules. Agree on expectations, how administrative duties will be delegated, how conflict will be handled and what degree of flexibility will exist.

Consider chemistry. Select members who are looking for personal growth and development, but who are completely committed to the team concept. A talent team is comprised of collaborators, not controllers.

Pay attention to the dynamic. Energy level and interest can fluctuate with individual members and within the group as a whole. Address concerns sooner rather than later. Be willing to make changes. And if necessary, be willing to pull the plug.

Even after seven years the Minnesota talent team is still refreshing and fulfilling for its members. A member rarely has a problem, issue or challenge that the group cannot dissect and tackle. The energy from the team keeps everyone engaged and passionate about their careers and encourages members to strive for their best. And perhaps above all, the team provides humor and balance. After all, professional growth is important, but enjoying the journey is priceless.

By Susan Moores, MS, RD

New Zealand

New Zealand Dietetic Association

New Zealand Dietetic Association (NZDA) continues to support members in their professional practice as dietitians and nutritionists. NZDA has noted the following

trends, which impact on the dietetic and nutrition workforce:

1. Increase in enquiries from overseas-trained dietitians
2. Decrease in the number of student dietitians training in 2004
3. Shortage of experienced dietitians in Auckland
4. Health Practitioners Competence Assurance (HPCA) Act is now in effect
Health Practitioners Competence Assurance Act (HPCA) 2003 - The HPCA Act has begun to take effect with a dramatic rise in the annual practicing fee for dietitians to \$500 a year (\$400 if paid early). This, and the requirement for all practitioners covered under the act to be engaged in a continuing competency programme, may impact on the numbers of dietitians practicing.

However, many dietitians view the Act positively as a verification of professional standards. NZDA will be lobbying employers to include fees and professional development opportunities in employment contracts.

All professions covered by the HPCA Act must have a specified scope of practice which describes the parameters of practice for the profession. The HPCA Act allows the registering authority (in our case the Dietitians Board) more flexibility granting interim or restricted scopes of practice, so potentially some overseas-trained dietitians may find it easier to gain registration than at present.

1. <http://www.dietitians.org.nz>

NZDA is changing its website management to allow us to manage and change content more easily. We are incorporating some new features, and will have the capability to make changes in the future to suit our needs. This should be live by 20 February 2004.

Some of the new features:

- Nutrition message or tip on home page - these keep changing

- FAQs section - questions such as the old perennial “what is the difference between a dietitian and a nutritionist?”
- News items from NZDA featured on home page
- Find a Dietitian – still the same service, but now features a map which you click on to see the dietitians listed in each geographical area – more fun!

Conference section can be added to more easily

Members section:

- Discussion bulletin – we now can have as many discussion areas as we want, with secure areas for subcommittees. Members using the discussion section will be notified if they wish when there has been a new posting.
- Document exchange – revised layout which will be more user friendly
- Change of addresses/details can be done online.

Dietitians working with aged care - NZDA has approved a SIG for dietitians with an interest in aged care and we hope to have a national workshop for dietitians working in this area this year. Of particular interest are national standards for menu auditing in aged care facilities.

NZDA Conferences - The 2004 NZDA conference will be in Dunedin 30 August - 1 September (details on the website <http://www.dietitians.org.nz>) and the 2005 NZDA conference will be held in Auckland.

2. *NZDA obesity strategy*

The Public Health SIG is developing an obesity strategy for NZDA which will reflect dietitians' perspective on obesity prevention and management. The NZDA Auckland Branch professional development session at the end of February will hold a forum on this issue.

3. *NZDA submission to NZ Food Safety Authority on fortification of the food supply February 2004.*

NZDA reiterated the point that the primary driver for fortification must be substantial improvement of public health, with fortification being clearly identified as the most appropriate and safe means of achieving these public health gains.

Carole Gibb
Executive Officer
NZDA
nzda@dietitians.org.nz
<http://www.dietitians.org.nz>

Resources

Nutrition2me.com

CM-2, specialist publishers of the UK's leading medical & health nutrition publications – Complete Nutrition, CN-Primary Care Review and Functional Nutrition – have launched a new website: <http://www.Nutrition2me.com> .

The advent of this innovative site reflects an ongoing commitment to providing both health professionals and industry professionals with a valuable resource that offers accurate, up-to-the-minute information from in and around the world of medical, health and functional.

Nutrition2me.com enables visitors to order from an extensive range of practical, peer-reviewed articles written by respected authors, covering a broad spectrum of areas that are of interest and importance. Alternatively, complete back issues of all three titles can be ordered.

The site's 'Resource Centre' provides details of forthcoming worldwide conferences and industry events, along with a variety of web-links that ensure all the key, reliable sites are incorporated into your nutrition journey around the web.

In addition to the above, yearly subscriptions to Complete Nutrition Magazine can be arranged on-line, enabling any health professional with an interest in nutrition to keep up-to-date with current thinking and share in the knowledge of expert contributors.

Calendar of Events

28-31 May 2004, XI^Vth International Congress of Dietetics

Chicago, Illinois, USA
Email: 2004Congress@eatright.org
Tel: 0011 1 312 899 4750
Fax: 0015 1 312 899 4722

9-12 June 2004, Fifth International Conference on Nutrition and Fitness

Athens, Greece
<http://www.iuns.org/conferences/Fifth%20Intl%20Conf%20on%20Nutr%20and%20Fitness,%20Greece,%20June%209-12,%202004.htm>

18-22 June 2004, The 12th International Congress on Nutrition and Metabolism in Renal Disease

Venice, Italy
<http://www.nutrition.metabolism-2004.it>

24-26 June 2004, The 28th U.S. National Nutrient Databank Conference

Iowa City, Iowa
Participants from around the world are welcome.
<http://www.medicine.uiowa.edu/gcrc/nndc>

11-13 August 2004, World Congress of Clinical Nutrition

Brisbane, Australia
<http://www.wccn2004.com.au>

31 August – 4 September 2004, 12th International Congress of Endocrinology

Lisbon, Portugal
<http://www.ice2004.com/>

**14-16 September 2005, The 6th
International Food Data Conference**

Pretoria, South Africa
An official satellite to the IUNS's 18th
International Congress of Nutrition.
[http://www.fao.org/infoods/food_data_conf_e
n.stm](http://www.fao.org/infoods/food_data_conf_e_n.stm)

**19-24 September 2005, 18th International
Congress of Nutrition**

Durban, South Africa
<http://www.puk.ac.za/iuns>

**April 2006, The 4th Asian Congress of
Dietetics**

Manilla, Philippines

Write to: Asian Congress of Dietetics,
Nutritionist-Dietitians' Association of the
Philippines, Inc.
Unit 1106 Herrera Tower, Rufino Corner
Valero Sts. Salcedo Village, Maketi City
1227, Phillipines
Email: ndap@I-next.net
Tel: 632 845 1651 Fax: 632 753 3598

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To apply for membership, contact ICDA Secretariat, Dietitians of Canada, 480 University Ave, Suite 604, Toronto, Ontario, M5G1V2, Canada; phone 1 416 596 0857; fax 1 416 596-0603; or use Contact Us at www.internationaldietetics.org and select ICDA Office

Editor: Sandra Capra, Dietitians Association of Australia, can be contacted through Contact Us at www.internationaldietetics.org and select Newsletter.