Secretary’s Report

ICDA has now been incorporated in Canada, marking another major milestone in the evolution of the organization. As a corporation, ICDA now manages its affairs with greater independence and accountability. The new Bylaw submitted with our application for incorporation is available on the ICDA web site http://www.internationaldietetics.org/abouticda.asp. From this point on, each year there will be an annual meeting of official Representatives of the national dietetic associations that are members of ICDA. Each Member Association may be represented at a Members’ Meeting by its official Representative and one other person selected by that association’s board of directors. The purposes of the annual meeting are: to present the Annual Reports and financial statements of the Corporation; to appoint the Auditors of the Corporation; to approve and confirm all acts of the Directors or Officers of the Corporation as recorded in or evidenced by reports and in the minutes of the meetings of the Board of Directors of the Corporation; and to transact such further and other business as may properly come before the Meeting. The first annual meeting will be held in September 2007 and it will be conducted by teleconference. The second annual meeting will be held at the time of the 15th International Congress of Dietetics in Yokohama Japan in September 2008.

“Ethics and Standards: the Underpinnings of Quality Professional Practice- A discussion paper for action” has been sent to national dietetic associations for review and feedback. The ICDA paper is the outcome of a survey, workshops and discussions which are summarised in the appendices to the paper. All of the comments and ideas have been put together into the suggested statements on ethics and standards. The ICDA Board of Directors has asked each member association to provide a response by September 2007. There are many ways that this could be achieved and we are leaving it up to each association to determine what is best. The paper can be found on the ICDA web site at http://www.internationaldietetics.org/education_work_of_dietitians.asp.

The work and education of Dietitians around the world has been reported by ICDA regularly and the 2007 survey will be available to national dietetic associations before the end of the year. The Board of Directors will report on the work and education of Dietitians around the world at the 15th International Congress of Dietetics.

15th International Congress of Dietetics in Yokohama Japan in September 2008 is shaping up to be a wonderful event. The ICDA Board of Directors recently met in Japan to review progress on the Congress and we are very pleased with the excellent international program presented by the Japan Dietetic Association’s Congress Organizing Committee and the wonderful setting that has been selected in Yokohama. Further details can be found on the ICDA web site http://www.internationaldietetics.org/icd.asp.

Watch for the second announcement and call for abstracts coming to the web site soon.

Hosting the International Congress of Dietetics 2016 is an opportunity to showcase the profession of dietetics and your country to colleagues from around the world and it is a unique opportunity to make the Congress accessible to more Dietitians in your country. The Board of Directors encourages national
dietetic associations to consider hosting the 17th International Congress of Dietetics in 2016 (following Australia in 2012). Interested national dietetic associations are to provide a signed “Offer to Host the International Congress of Dietetics”, which may be obtained from the ICDA web site at http://www.internationaldietetics.org/hostingacongress.asp.

Announcements

Information from the Editor - The International Renal Dietitians Newsletter

The International Renal Dietitians Newsletter, edited by Marianne Vennegoor is a good source of information and way of keeping up to date with changes in dietetic practice in renal medicine.

In the current issue there is information on membership of the International Society of Renal Nutrition and Metabolism (ISRNM). Renal Dietitians are invited to become associate members. The Annual Subscription rate is 100 US Dollars and includes the Journal of Renal Nutrition, The Journal for Renal Dietitians, physicians and renal scientists, now published bi-monthly.

The ISRNM application form can be downloaded from the ISRNM Website: www.renalnutrition.com. Information about membership can also be obtained by writing to the ISRNM secretary/treasurer’s office email: renalnutrition@gmail.com

For an additional fee Dietitians can also become a special member of the National Kidney Foundation, Council on Renal Nutrition (CRN) and receive all the benefits of the NKF/CRN including “Renal Link”, the NKF’s Professional Councils Quarterly Newsletter and other useful information like the publication: “Renal Dietitian’s Standards” and Pocket Guide with guidelines for nutritional management of patients with Chronic Kidney Disease.

The Newsletter also contains reports from recent conferences, details of forthcoming conferences and a list of resources available. Copies of the Newsletter are available from mavenegoor@aol.com.

EFAD Launch of DIETS Thematic Network Web Page

The EU Thematic Network for Dietitians was established during the Autumn 2006 and has now launched a website with information about the work of the network. This can be found at www.thematicnetworkdietetics.eu

National Association Reports

Unites States

Strategic Planning

The American Overseas Dietetic Association is planning to make 2007 a real milestone for our Association and for dietetic professionals in so many ways. One of our Association’s top priorities is to have a thriving and productive strategic plan as a “roadmap to success” (1). Keeping this in mind, AODA has already invested in leadership training for the board and the leadership team of AODA during the Mid-Year meeting in December in Cyprus. The main topic of the training was strategic planning, which was outstandingly presented and guided by Marianne Smith Edge. The training was very innovative for AODA and we intend to make it a yearly feature and gradually expand it and offer it to all of our members.

Strategic planning determines where an
organization is going over the next two to five years, how it is going to get there and how it will know it has got there. The focus of a strategic plan is usually on the entire organization.

There are a variety of perspectives, models and approaches used in strategic planning. The way that a strategic plan is developed depends on various factors, such as the nature of the organization's leadership, culture of the organization, complexity of the organization's environment, size of the organization, and expertise of planners. In our case, the strategic planning model is goals based. Goals based planning starts with the organization's mission (and vision and/or values), goals to work towards the mission, strategies to achieve the goals, and action planning (who will do what and by when).

The board and the leadership team, as the strategic planners, based on our association’s needs are aware of what will go into a strategic plan. However, development of the strategic plan greatly helps to clarify our association’s aims and ensures that key leaders (our members) are all "on the same script". Far more important than the document, is the strategic planning process itself.

Strategic planning serves a variety of purposes including to (2):
- Clearly define the purpose of the organization and to establish realistic goals and objectives consistent with that mission, in a defined time frame, within the organization’s capacity for implementation.
- Communicate those goals and objectives to the organization’s constituents.
- Develop a sense of ownership of the plan.
- Ensure the most effective use is made of the organization’s resources by focusing the resources on the key priorities.
- Provide a base from which progress can be measured and establish a mechanism for informed change when needed.
- Bring together everyone’s best and most reasoned efforts which have important value in building a consensus about where an organization is going.
- Provide clearer focus of organization, producing more efficiency and effectiveness
- Bridge staff and Board of Directors
- Build strong teams in the Board and the staff
- Provide the glue that keeps the Board together
- Produce great satisfaction among planners around a common vision
- Increase productivity
- Solve major problems

AODA, as an association of more than 700 members in almost 40 countries, is organized to accomplish an overall common goal or set of goals. We share the same vision, mission and values. After this year’s mid-year meeting, I am very proud to announce the guiding points of our strategic planning:

**Vision:** AODA members are the most valued global advocates for dietetics.

**Mission:** Leading dietetic professionals globally. Empower members to lead dietetics globally

**Values:** Member Focus
Diversity
Collaboration
Social & Cultural Responsibility
Innovation
Life-long learning
Integrity

**Strategic Goals:**
Build an aligned, engaged and diverse membership
Increase demand for and utilization of member services  
Build global collaboration  
Empower members to compete successfully in a rapidly changing global environment  

2006 and now 2007 are fundamental years for AODA, in order to continue the projects started and also to set strong grounds for our Associations’ future and the fulfillment of our members’ needs. Therefore, it is critical that all AODA members continue to exchange feedback in order for the association to function effectively.

Eleni P. Andreou, RD, LD, PhD cand.  
AODA President  
aeleni@spidernet.com.cy

Reference:  
Field Guide to Nonprofit Strategic Planning and Facilitation, Carter McNamara, MBA, PhD, Authenticity Consulting, LLC, 997-2006.

**American Dietetic Association Position Statements and Position Papers**

An American Dietetic Association (ADA) Position Statement is ADA’s view on an issue which impacts on the nutritional status of the public. It is derived from pertinent facts and data, and is important to ADA’s mission, vision and values. ADA develops Position Statements that reflect the Association’s opinion based on current scientific information, which is presented in the supporting Position Paper.

ADA recognizes the importance of developing Position Papers that are evidence-based using an evidence analysis process. The major advantage of this new approach is the systematic process for searching and analyzing research articles, which minimizes the likelihood of bias and increases the ease with which articles may be compared.

Currently there is one published position using this process entitled “Individual-, Family-, School- and Community-Based Interventions for Pediatric Overweight” published in the June 2006 Journal of the American Dietetic Association. There are several positions in development using this process: Nutrition and Athletic Performance, Weight Management, Health Implications of Dietary Fiber and Vegetarian Diets. All the evidence summaries plus additional summaries of the best available research on many topics can be found on ADA’s Evidence Analysis Library (EAL). The EAL may be viewed at www.adaevidencelibrary.com. For complete access to the EAL, one must be an ADA member or purchase a subscription.

The following positions will be published in the Journal of the American Dietetic Association during 2007 and early 2008:
- Food and Nutrition Professionals Can Implement Practices to Conserve Natural Resources and Support Ecological Sustainability (June 2007)
- Total Diet Approach to Communicating Food and Nutrition Information (July 2007)
- Dietary Fatty Acids (a joint position with Dietitians of Canada, September 2007)
- Oral Health and Nutrition (Fall 2007)
- Nutrition and Athletic Performance (a joint position with Dietitians of Canada and American College of Sports Medicine, Winter 2007-2008)

For a complete listing of ADA’s Position Papers and additional information go to [http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/advocacy_7017_ENU_HTML.htm](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/advocacy_7017_ENU_HTML.htm)
or to ADA’s home page at www.eatright.org and click on Position Papers on the left side of the page. For questions regarding ADA’s Position Papers e-mail papers@eatright.org.

**Australia**

**DAA Expands Membership to Dietitians Outside**

Overseas membership of DAA has been discussed for some time and 12 months ago the Board approved a new associate membership category for qualified dietitians, trained outside Australia and living and working outside Australia.

The title ‘overseas’ is related to a situation which only exists when you live on an island (albeit a very large one). Anyone living outside Australia is very literally ‘overseas’.

Initially DAA trialled this membership category with our nearby friends and neighbours, New Zealand, but this year it has been expanded to permit any dietitian who is suitably qualified and a member of a national dietetic association recognised by ICDA, to join.

Associate membership of DAA permits access to the member section of the DAA website with its expanding library of nutrition resources, evidence based practice guidelines, continuing professional development via Webpresents (over 30 hours of material and growing rapidly) and more. It also provides access online to Nutrition & Dietetics the peer reviewed Journal of the Dietitians Association of Australia and the New Zealand Dietetic Association. DAA also provides free access to over 1200 peer reviewed journals online. DAA has a number of national interest groups which overseas members can also join via e-mail discussion groups.

Associate membership for overseas dietitians does not permit a dietitian to work in Australia, but anyone who may be thinking about a working holiday or immigrating to Australia would be able to get a much better understanding of the profession in Australia and the requirements to work here by joining as an associate member.

The involvement of overseas dietitians in our Association can only provide benefits for all, increasing understanding, sharing of resources and international cooperation. Anyone who may be interested in joining DAA should go to the website at www.daa.asn.au where further information can be found by clicking on ‘Join DAA’ on the home page or e-mail nationaloffice@daa.asn.au if there are any questions.

Claire Hewat APD
Executive Director

**Canada**

**Practice-based Evidence in Nutrition [PEN] – A “Best Practices” Tool in Knowledge Translation and Transfer for the Dietetic Profession**

With over 17,000 scientific articles published in the health literature monthly, today's busy practitioners are challenged to stay abreast of current science in food and nutrition. In an ever-changing nutrition environment, there is an ongoing need to ensure dietitians’ advice is grounded in the latest evidence. To address the need of dietitians for ready access to timely, current and authoritative guidance that answers the day-to-day questions encountered in practice in all settings, Dietitians of Canada has developed a web-based service called PEN - Practice-Based Evidence in Nutrition http://www.dieteticsatwork.com/pen/ . DC has been invited to present a workshop
entitled: “Practice-based Evidence in Nutrition [PEN] A “Best Practices” Tool in knowledge Translation and Transfer for the Dietetic Profession” at the upcoming Canadian Cochrane Symposium. DC has obtained a research grant from the Canadian Council on Learning to evaluate the impact of PEN. The results of this evaluation will be presented at the International Congress of Dietetics in 2008 in Japan. This interactive workshop will build on the experience of Dietitians of Canada in planning, implementing and evaluating PEN; presenters will share key learning about the “best process” for developing this web-based tool to support “best practice” for the dietetic profession.

Point-of-Purchase [POP] Nutrition Labelling Programs – Do They Help or Hinder Consumer Choices?

Check marks, traffic light symbols, coloured dots, and “heart healthy” decals - these are just some of the symbols springing up on packaged food products, restaurant menus, in workplace cafeterias and on vending machines to simplify consumers’ choice of foods to promote health. Known as point-of-purchase or “POP” nutrition programs, this technique of identifying “healthy foods” with identifiable symbols augments the information that consumers have available on the standardized nutrition label – or does it? A report released by the Dietitians of Canada practice network on Diabetes, Obesity and Cardiovascular Disease examines the increase in this form of health promotion internationally and provides evidence-based guidance for dietitians and health professionals on how to advise clients and consumers on the use of POP programs. You can access the complete report – “Evidence-based Background Paper on Point of Purchase Nutrition Programs” – from DC’s Resource Centre at http://www.dietitians.ca/resources/resources\earch.asp?fn=view&contentid=7017

School Nutrition/Health Initiatives

Dietitians recognize the pivotal role of healthy eating as a foundation for children’s physical development and capacity to learn. Dietitians of Canada is one of over 40 national organizations and agencies involved in the development and endorsement of a Comprehensive School Health (CSH) Consensus Statement. CSH sets the stage for influencing what children eat at school. It promotes the availability of healthy food choices in vending machines, cafeterias, school stores and through events such as fundraisers. The statement can be downloaded from http://www.safehealthyschools.org/CSH_Conensus_Statement2007.pdf

In support of a comprehensive approach to school health, Dietitians of Canada has worked closely with many provincial Ministries of Education and Health in the development of guidelines that promote healthy eating through access to nutritious foods provided in a safe and supportive eating environment.

Examples of these initiatives include:

- Guidelines for Food and Beverage Sales in BC Schools (British Columbia): http://www.bced.gov.bc.ca/health/guidelines_sales.pdf
- Healthy Active Schools – Live Outside the Box http://www.dietitians.ca/resources/Healthy_Active_Schools_Resource_2005.pdf and
Ireland

Irish Nutrition and Dietetics Institute Research Interest Group – part 1

The Irish Nutrition and Dietetics Institute (INDI), the professional body for Dietitians in Ireland established a Research Interest Group (RIG) in November 2006. The group currently has fifteen members and is developing a mission statement, aims and objectives but its main role will be to provide support for those engaged or hoping to engage in research. More experienced members will provide advice on sources of funding and offer practical help on writing submissions for ethical approval. Guidelines are planned on topics such as obtaining ethical approval, writing abstracts, research and review papers and producing scientific posters. The Group will also support the INDI representative on the National Therapy Research Group, a Group established by the Irish Health Service Executive (IHSE) to examine and make national recommendations on therapy research in Ireland.

Currently in Ireland, time spent undertaking full-time research is not considered part of clinical or community dietetic experience and does not count towards years of service for salary increments and pension rights. Few departments of Nutrition and Dietetics have Dietitians engaged in a research capacity, although the need for such positions is increasingly being recognised. RIG may have a role in lobbying the IHSE to recognise the benefits of research to all the therapy professions. The Group also plan to work with the INDI Council and Annual Study Day Committee to encourage and promote research undertaken by members of INDI. The only provider of nutrition and dietetic education in the Republic of Ireland is a conjoint course between the Dublin Institute of Technology and Trinity College Dublin. The Group hopes to work with these Colleges to promote collaborative undergraduate and postgraduate research projects between the health service and the higher academic institutions. RIG also view their role as important in the dissemination of research led by INDI members and will work with the INDI Public Relations Officer to get the results of dietetic research into the public domain.

To give readers of Dietetics around the World an insight into work being carried out by INDI RIG members, some projects currently being undertaken are summarized below.

Community Dietetics

Dietetics Researcher: Sharon Kennelly
A collaborative study between the Dublin Institute of Technology and the IHSE to investigate the rising costs of Oral Nutritional Supplements (ONS) in the community has been underway since 2005. The study aims to investigate ONS prescribing practices by General Practitioners and to develop, implement and evaluate a structured approach to the prescribing of ONS, including training for health professionals in the use of the Malnutrition Universal Screening Tool (BAPEN, 2000).


Dietetics Researcher: Daniel McCartney
The Irish Food Safety Promotion Board is funding a study, using novel quantitative and qualitative research, into dietary and nutritional intake and exercise habits among young women living in disadvantaged circumstances across Dublin. The quantitative research is being conducted using questionnaires administered to young women in a variety of settings, while the qualitative research is carried out with focus groups of young women recruited from disadvantaged communities. Preliminary findings have been presented to the Nutrition Society of the UK and Ireland and the Public Health Nutrition Conference, Barcelona (2006).

Dietetics Researcher: Roslyn Tarrant
A cross-sectional, longitudinal infant feeding study, funded by the Irish Health Research Board, commenced in 2004 and involved the recruitment of 560 pregnant women, with subsequent follow-up of healthy mother/infant pairs at 6-weeks and 6-months post partum. Detailed information on early infant feeding methods and practices along with the reasons for such feeding choices has been documented. Study objectives seek to determine the prevalence of exclusive, predominant and partial breastfeeding in Dublin and establish accurate breastfeeding duration rates in our current formula feeding culture. Preliminary results (n 310) highlight significant discrepancies between infant feeding practices and recommendations, including low uptake of breastfeeding (49% initiate breastfeeding), short breastfeeding duration during the first six months of life (28% of mothers offering ‘any’ breast milk at 6-week and 14% at 6-months) and early introduction to solids (10% of infants consuming solids by 10 weeks). Roslyn has presented the preliminary findings at the Irish National Breastfeeding Conference (2006), the Public Health Nutrition Conference, Barcelona (2006) and Developmental Origins of Health & Disease Conference in Utrecht (2006).

This cohort of infants will be followed up at intervals, allowing the formation of a large Irish-based infant nutrition database.

Clinical Dietetics

Dietetics Researchers: Aoife Ryan and Laura Healy
Aoife Ryan, Research Dietitian, Nutrition and Dietetic Department, St. James’s Hospital, Dublin in conjunction with the Departments of Surgery and Oncology, Trinity College, Dublin, recently won the First Health Research Board Therapy Professionals Research Grant to investigate “Central Obesity, Metabolic Syndrome and Cancer – Impact on Tumour stage, treatment, and disease free survival in Breast, Colorectal and Oesophageal Malignancy”. Laura Healy, Research Dietitian will be assisting Aoife with the project, which will run over two years. In 2006, Aoife published the first Irish epidemiological study on obesity and cancer in The European Journal of Cancer (2006 May; 42(8): 1151-1158). This epidemiological study of 760 cases of cancer of the oesophagus, gastric cardia and stomach showed that the odds ratio for adenocarcinoma of the oesophagus, the oesophago-gastric junction and gastric cardia rose significantly with increasing BMI. For tumours of the lower oesophagus, obesity increased the risk 10.9-fold in men only. Following on from these data, a prospective investigation of the incidence of central adiposity, metabolic syndrome, insulin resistance and adipo-cytokine secretion in patients with severe gastro-oesophageal reflux disease and Barrett’s Oesophagus was designed to investigate if the metabolic syndrome is the key link between obesity and these cancers. The current project will take this research beyond the oesophagus to other common cancers in Ireland – post-menopausal breast cancer and colorectal cancer.
St James’s Hospital will also be the host institution for a prospective randomized controlled trial investigating the effects of an enteral nutritional supplement enriched with eicosapentanoic acid (EPA) on post operative complications, stress response, immune function, body composition and quality of life in patients undergoing surgical treatment of oesophageal cancer. It has been reported that the administration of fish oil, in particular EPA, reduces the stress response to surgery and the stress-induced immunosuppression.

Other projects in progress include:
1. an audit of the effect of upper gastrointestinal (GI) cancers on nutritional status,
2. investigation of the metabolic and inflammatory response to upper GI surgery in lean versus obese patients,
3. serum albumin levels on the first post operative day as a prognostic indicator of poor outcome following major upper GI surgery,
4. the impact of gastrectomy on nutritional status and body composition
5. the relationship between BMI at diagnosis and post operative complications.

Dietetics Researcher: Sinead Duggan
The feasibility and efficacy of bedside insertion of naso-jejunal (NJ) feeding tubes by a senior surgical dietitian in patients requiring specialized nutrition support for acute pancreatitis is being studied in the Centre for Pancreatico-Biliary Diseases at the Adelaide and Meath Hospital. This initiative includes the production of a video on NJ tube bedside placement, which will be used for education purposes throughout Ireland and the UK.

Food Safety
Dietetics Researcher: Edel Duffy
The intake of chemicals from foods can often be difficult to assess. As part of research carried out in Trinity College Dublin, methods to estimate intake of chemicals from food were developed. Research also focused on the chemicals leaking from food packaging into foods and the first ever food packaging database was developed to permit the accurate exposure assessment of these chemicals. Edel has published five peer reviewed papers in leading scientific journals and completed her PhD in this area. She has also completed research in the areas of novel foods, GM foods and the optimal levels of nutrients in food for public health.

Other projects currently being developed by members of the group include:
1. research on food provision and the effects of nutritional supplementation in the elderly
2. the development, implementation and evaluation of a healthy food provision incentive scheme for pre-schools
3. determination of the barriers to dietary compliance in patients with chronic renal failure.

The work and dedication of dietitians who undertake research that provides an evidence base both for public health nutrition policy, and for our treatment of patients, is appreciated by Dietitians across the world. Members of the Group look forward to sharing the results with colleagues both in INDI and internationally.

We hope that our small group will continue to thrive and provide support for those engaged in dietetics research in Ireland and will help encourage a research ethos in all members of the profession.

Dr. Clare Corish
Chair, INDI Research Interest Group
Lecturer in Human Nutrition and Dietetics, Dublin Institute of Technology
Awards

American Dietetic Association Foundation

The American Dietetic Association Foundation offers the following International Awards. All awards have an annual deadline of February 1st, unless otherwise noted. For more information on these awards or an application, please contact Elisabeth Puga at epuga@eatright.org or 1-800-877-1600 x4803.

Colgate Palmolive Fellowship in Nutrition, Oral Health/Dental Education
This grant is given to support research in nutrition and oral health or dental education by doctoral students seeking a doctorate in nutrition and oral health or dental education. Grant amount: $15,000. Non-US residents may apply.

First International Nutritionist/Dietitian (FIND) Fellowship for Study in the USA
This award is given to assist foreign nationals who are pursuing postgraduate work in the USA and have a clearly articulated plan to return to their country. Award amount: $2,000.

Wimpfheimer-Guggenheim Fund for International Exchange in Nutrition, Dietetics and Management
This award is given to provide for the international exchange of nutrition, dietetic and/or management information for the benefit of the nutritional health of the world community. Award amount: $1,000. Up to two awards may be given.

Edna and Robert Langholz International Nutrition Award
This award will be presented to the person whose contribution to nutrition has had the greatest international significance. Award amount: $25,000. Awarded in even numbered years. No residents or citizens of any one country may win consecutively. Residents of the United States are not eligible to receive the award in 2008. The recipient will be required to accept the award in person at the XV International Congress of Dietetics in Yokohama, Japan and will be asked to give a 40 minute presentation. The application deadline is October 8, 2007.

Calendar of Events

June 21-24, 2007, 64th ERA-EDTA Congress
Barcelona, Spain.
Website: www.eraedta2007.org

Budapest, Hungary
Website: www.ipna2007.com

September 15 -18 2007, 36th EDTNA-ERCA Conference
Florence, Italy
Website: www.edtnaerca.org

September 29-October 2, 2007, American Dietetic Association Food & Nutrition Conference and Expo
Philadelphia, Pennsylvania
Sessions bring together experts from a variety of practice settings. Issues like childhood obesity, diabetes care, quality management and business communications are just a few of the topics to be covered. The Expo Hall has more than 250 companies represented.

May 10-13 2008, 65th ERA-EDTA Congress
Stockholm, Sweden
Website: www.eraedta2008.org
June 11-14 2008, 14th International Congress on Nutrition and Metabolism in Renal Disease
Marseilles, France
Website:  www.isrnmmarseilles2008.org

September 8 – 11, 2008 International Congress of Dietetics
Yokohama, Japan
The second announcement for the ICD will be published this spring and can be seen in the Congress section of this website.
Website: www.dietitian.or.jp/icd2008