



Vol.15 Issue 1, 2008

Announcements

New member of ICDA – Hungarian Dietetic Association

We would like to welcome the Hungarian Dietetic Association (HAD) as a new member of ICDA.

The HAD was established in 1991. The aims of the association are to develop and promote healthy nutrition habits of Hungarian people, to preserve and improve the health status of the population and prevent nutrition related diseases and to build up national and international co-operations with other organisations. They currently have 800 members.

American Dietetic Association Foundation's 2008 Edna and Robert Langholz International Nutrition Award

Jorn Dyerberg, MD, PhD, whose groundbreaking studies on the health benefits of consuming fish oils provided the foundation for research on omega-3 fatty acids, has been named the 2008 recipient of the American Dietetic Association Foundation's prestigious Edna and Robert Langholz International Nutrition Award. Dyerberg, who has been called "the inventor of omega-3s," will be presented with the award during the 15th International Congress of Dietetics, being held September 8 – 11 in Yokohama, Japan.

This is the sixth time the Langholz Award has been presented since its creation in 1992 by the late Edna Page Langholz, a registered dietitian and former president of the American Dietetic Association, and her husband Robert. The Langholz Award carries a \$25,000 honorarium.

Between 1970 and 1982, Dyerberg and his colleagues made five trips to Greenland where they discovered that low rates of coronary heart disease in the Eskimo population was related to their dietary habits, particularly the consumption of fish oils and high intake of omega-3 fatty acids. Dyerberg has authored more than 350 published papers on the topic.

"Jorn Dyerberg's research has had a huge effect on nutrition," said registered dietitian Susan Finn, chair of the American Dietetic Association Foundation. "His contributions

have helped us understand the link between omega-3s and cardiovascular disease, diabetes, cancer, inflammatory diseases and many other health issues. He has helped scientists and health professionals around the world understand how we can reduce the risk of these diseases by increasing omega-3 intake.

Dyerberg earned a medical degree from Aarhus University in Denmark and a doctorate in medical science with a specialty in lipoproteins in blood. He worked for 15 years as chief physician in the department of clinical chemistry at Aalborg Hospital in Denmark and for 17 years as chief physician at Medicinsk Laboratorium, now Capio Diagnostik, one of Europe's leading private health-care providers. He holds a chair as professor in human nutrition at The University of Copenhagen. Dyerberg is now medical and scientific advisor for Cognis Nutrition & Health, including Napro-Pharma Ltd. in Norway.

Congress Updates

International Congress of Dietetics, 8 – 11 September 2008, Yokohama, Japan

Preparations for the 2008 ICD are now well underway, with 11 educational lectures, 25 symposia and workshops and an exhibition of the food and nutrition industries and services. More than 700 abstracts were submitted and many selected for oral presentation or as posters. The topics that will be covered at the Congress are many and various, meeting the Congress theme for global human health, a broader perspective based on a scientific base and variety and diversity.

We look forward to meeting you in the scientific meeting or at the range of social events that have been arranged.

More information is available in the [ICD section](#) of this website.

National Association Reports

European Federation of Associations of Dietitians

Update on DIETS Thematic Network

The DIETS (Dietitians Improving Education and Training Standards) Thematic Network (TN) was established in October 2006 with the support of an EU Socrates Grant. One of the aims of DIETS is to establish an active network of institutions across Europe to improve learning opportunities for dietitians. Institutions across Europe were invited to join and nominate Key Contacts to support the ambitions of the Network.

A web-site (www.thematicnetworkdietetics.eu) was established to provide primary

information.

After one year the TN had 110 partners from 30 countries (including Iceland, Israel, Serbia, Switzerland and Turkey); of which 65% (71) represented higher education (HEI). Active engagement was measured by partner web-site users (90%); key contact representatives (73%) and questionnaire completion (44%). Overall, only 8 partners (6%) showed no active engagement. Over 6 months (May to November 2007) the web-site attracted more than 10,000 visits, from 71 countries (27,000 pages viewed).

In Year 1, 26 HEI partners (24%) exchanged visits. Almost all of the HEIs who experienced a visit plan to make changes to their teaching programme as a result of the visit. All partners had suggestions for DIETS to improve the education of student dietitians, including: exchange of students and lecturers, networking, developing standards for education, disseminating education guidelines, developing courses for practice placement supervisors, assuring more trainee places, developing a database of best practice and introducing masters level courses.

Year 2 visits between practice placement trainers and HEI lecturers are currently being organised.

Twenty-nine partners (26%) attended the first DIETS conference. The theme of this conference was 'The European Perspective on Placement Learning' and summaries of all conference presentations were disseminated using the website and newsletter. The second DIETS conference will be held in Frankfurt, Germany on the 25th and 26th September 2008. The conference theme will be 'Ensuring Quality in Practice Placement Learning' and will be of interest to all engaged in training dietitians, whether HEI or practice placement based. It is also hoped that students studying dietetics will attend the conference.

The DIETS TN provides an opportunity to work with a large cohort of practicing dietitians, student dietitians and dietetic educators in 30 European countries. Although maintaining active engagement across this size of group presents many challenges, the results of the questionnaires revealed that the TN is functioning and, although there are things to be improved, the work of DIETS is moving in the right direction.

Dr Clare Corish, on behalf of the DIETS Dissemination Group.

France

Dietary Consultation with a Dietitian

Guidelines produced by the French Speaking Dietetic Association and the French National Authority for Health (HAS) have been produced and will be presented at the International Congress of Dietetics in Japan.

The aim of the Guidelines is to define the content of a dietary consultation and the elements of a dietary care programme.

The intended audiences are dietitians working in health care organisations, in independent practice and professionals who work with dietitians: doctors, nurses, midwives, etc. The content is based on a literature review of relevant published data: structured database search, selection of the most relevant studies, and definition of the level of evidence of selected studies according to the principles of evidence-based medicine.

The Guidelines were written by a working group, with methodological and financial support from the HAS, and incorporating comments by a peer reviewers.

The Guidelines published in 2006 describe: the specific content of three types of dietary consultation, how an interview should be conducted, and the steps of a dietary care programme; current tools for data collection and for carrying out the dietician's work; traceability data for nutritional care in the patient's record; procedures for coordination between health professionals to ensure continuity of care.

Dietitians need to take part in continuing professional development throughout their professional career to maintain the quality of their consultations. Audit criteria are developed from guidelines to improve dietetic practice+.

Dominique Combret¹, Annick Laffitte¹, Marie Monjo¹, Marie-Christine Prevost¹, Anne-Françoise Pauchet-Traversat², Florence Rossi¹

¹ The French Speaking Dietetic Association, Paris, France

² French National Authority for Health (HAS), Paris, France

United States

Resources for Diabetes Management

Revised Nutrition Recommendations for Persons with Diabetes

The American Diabetes Association has recently updated its nutritional recommendations and the American Dietetic Association Evidence Analysis Library has revised recommendations for people with type 1 and type 2 diabetes. The changes focus on how medical nutrition therapy should assist in accomplishing the goals of achieving and maintaining a) blood glucose close to or at the normal range; b) a lipid and lipoprotein profile that reduces the risk for vascular disease; and c) blood pressures close to or at the normal range. Specific recommendations include increased use of fruits, vegetables, whole grains, nuts, and low-fat dairy products; increasing fiber intake to DRI recommendations (14 g/1000 kcal); limiting saturated fats to < 7% of total calories;

minimizing trans fat; lowering cholesterol to < 200 mg/d; and reducing sodium intake to < 2300 mg/d.

Exchange Lists for Meal Planning

In 1950, a joint effort by the American Dietetic Association, the American Diabetes Association, and the US Public Health Service to prepare a set of food values for estimating nutrients and energy for meal plans for persons with diabetes, resulted in the first edition of the Exchange Lists for Meal Planning booklet. Recently the 5th update of this work was released, Choose Your Foods: Exchange Lists for Diabetes. The new nutrition recommendations mentioned above have been included in the work.

The revision process included a survey in which more than 3,200 professionals from the American Dietetic Association, the American Diabetes Association, and the American Association of Diabetes Educators participated. The Exchange Lists for Meal Planning database was the starting point to verify the average energy and macronutrient values used in the latest set of food choice lists and to determine the most appropriate serving sizes for matching the list average values. The USDA Nutrient Database for Standard Reference (ref USDA release 19) was used to obtain or update nutrient values for each individual food. Where this database was inadequate, information from nutrition labels of several brands of the food item were averaged. Nutrient information for a few foods were obtained from the USDA's Food and Nutrient Database for Dietary Studies (ref FNDDS).

By going to <http://www.eatright.org> and clicking on Shop Online information to obtain the booklet is available.

Awards

First International Nutritionist Dietitian (FIND) Fellowship for Study in the USA

This \$2,000 award is given to a professional foreign dietitian or nutritionist, preferably from a developing country, to enable him or her to attend a workshop or seminar or to participate in a continuing education program or orientation project in the United States. Priority will be given to a qualified nutritionist or dietitian who has a serious financial need and a definite goal of applying the United States experience in his or her native country.

Applicants for the FIND fellowship should:

- State their professional background
- Outline the program they plan to attend
- Explain how the program will benefit their country of origin
- Explain their financial need
- Report and document how the total funds will be used. (The majority of the awarded

funds must be used for educational fees, not for travel or living expenses.)

-The applicant has to prove that he or she has been accepted at the institution, workshop or program and that the funds for which he or she applies will be used within that year.

Applications for the 2009 award must be postmarked by December 1, 2008. Applications are available online at <http://www.adaf.org> or by contacting Beth Labrador at 800/877-1600, ext. 4821 or blabrador@eatright.org.

The recipient of the 2008 award is Yean Hoong Teh MS RD from Singapore. He is completing his doctoral degree in Clinical Nutrition through the distant teaching program of the University of Medicine & Dentistry, New Jersey.

Colgate Palmolive Fellowship to Support Research in Nutrition and Oral Health/Dental Education

This award will provide financial support of \$15,000 over a two-year period to support doctoral research in nutrition and oral health/dental education. The following requirements govern the submission of all proposals:

- The applicant must be a registered dietitian or international equivalent.
- The applicant must be an active American Dietetic Association (ADA) member or international equivalent.
- The applicant must be a candidate in a doctoral program in nutrition and dietetics, public health nutrition or higher education and have an expressed interest in pursuing dissertation research in nutrition and oral health/dental education.
- The applicant may be enrolled in the program part-time.
- The applicant must have a career goal of teaching nutrition in dental or health related professions education. Fellowship recipients are expected to teach nutrition and oral health in dental schools or health professions education programs for at least two years following completion of their fellowship/degree or engage in teaching and research on a 25% or more time basis. (If this expectation is not met, recipient agrees to return funds).
- The applicant must demonstrate potential for leadership in the profession. Prior experience as a faculty member or preceptor for dental or other health professions students is highly desirable.
- Research must be completed within two years after receipt of award. Within six months after completion of the research, the recipient must submit a report to ADAF and a scientific paper for presentation consideration at a professional meeting and/or for publication consideration to a refereed journal.

- Preference will be given to research projects that focus on the relationships among osteoporosis, calcium intake and periodontal disease.

Applications for the 2009 award must be postmarked by December 1, 2008. Applications are available online at <http://www.adaf.org> or by contacting Beth Labrador at 800/877-1600, ext. 4821 or blabrador@eatright.org.

Wimpfheimer-Guggenheim Fund for International Exchange in Nutrition, Dietetics and Management 2009 Competitive Essay Award

The Wimpfheimer–Guggenheim Fund for International Exchange in Nutrition, Dietetics and Management is offering a \$1,000 award for an essay describing an existing regional collaboration or partnership between at least two countries preferably from developing nations. The project must raise the nutritional health such as practices, education or awareness of the population served. The author, a professional dietitian or nutritionist, must be involved in the actual project. The collaboration described in the project should be easily adaptable to a variety of situations. The essay winner must submit the essay for publication in the Journal of the American Dietetic Association. All applicants must be willing to share with others the ideas mentioned in their essay. Essays should be between five and seven typed, double spaced pages. Applications for the 2009 award must be postmarked by December 1, 2008. Applications are available online at <http://www.adaf.org> or by contacting Beth Labrador at 800/877-1600, ext. 4821 or blabrador@eatright.org.

Rosanna Agble, the recipient of The International Confederation of Dietetic Associations (ICDA) Award at the International Congress of Nutrition in Durban, South Africa in 2005 is the winner of the 2008 Competitive Essay Award. Her essay is entitled, "Given the Opportunity, Communities Can Improve on their Lives: The Ghana Experience". The essay can be found at the following link, <http://www.adaf.org/wimpfheimer-guggenheim-essays>

Wimpfheimer Guggenheim International Lecture:

The Wimpfheimer Guggenheim Fund for International Exchange in Nutrition, Dietetics and Management will offer an annual international lectureship at the Food & Nutrition Conference & Expo of the American Dietetic Association. The focus of the lecture should raise the nutritional health of the world community by highlighting original international projects in food and nutrition, dietetic education, research and foodservice management. Practical application of innovative, creative or novel yet feasible solutions to local problems that can be applied in a variety of settings will be strongly considered, especially in developing countries.

The first Wimpfheimer Guggenheim International Lecture is scheduled to take place at FNCE in Chicago, Monday, October 27, 2008, 3:00pm – 4:30pm. The session entitled, Successful Evidence-based Diabetes and Nutrition Research from the Middle East.

International nutrition research experts from the Middle East will participate in a panel discussion about the challenges and success of implementing ADA's evidence-based diabetes nutrition guidelines and conducting international research despite cultural and political differences. This inaugural international lecture will showcase the personal experiences and adaptations necessary for success and translate the research into counseling techniques for people of similar cultural backgrounds, whether working internationally or domestically.

Calendar of Events

August 16 – 20, 2008, World Congress of Paediatric Gastroenterology, Hepatology and Nutrition

August 16 – 20, 2008
World Congress of Paediatric Gastroenterology, Hepatology and Nutrition
Iguassu Falls, Brazil
Website: <http://www.wcpghan2008.com>

September 6 - 9, 2008, 37th EDTNA – ERCA Conference

September 6 - 9, 2008
37th EDTNA – ERCA Conference
Prague, Czech Republic
Website: <http://www.edtna-erca.org>

September 8 – 11, 2008, 15th International Congress of Dietetics

September 8 – 11, 2008
15th International Congress of Dietetics
Yokohama, Japan
Website: <http://www.dietitian.or.jp/icd2008>

September 25 – 26, 2008, 2nd DIETS (Dietitians Improving Education & Training Standards) Conference

September 25 – 26, 2008
2nd DIETS (Dietitians Improving Education & Training Standards) Conference
Frankfurt, Germany
Website: <http://www.thematicnetworkdietetics.eu>

October 25 – 28, 2008, ADA Food and Nutrition Conference and Expo

October 25 – 28, 2008
ADA Food and Nutrition Conference and Expo
Chicago, Illinois, USA
Website: <http://www.eatright.org/fnce>

© 2008. Dietetics Around the World, the online newsletter for members of the International Confederation of Dietetic Associations, is published twice a year in March and September. Dietetics Around the World and other ICDA information can be found on the Web at www.internationaldietetics.org. Register on the site to receive notification when the next issue is available.

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 <http://www.internationaldietetics.org> and select Newsletter.