



Vol.15 Issue 2, 2008

### Feature Article

#### From the President

Hello to you all. It was great to meet so many of you in Japan recently. It's also great to welcome two new members to the Board of Directors – Sheela Krishnaswamy, representing the Indian Dietetic Association and Giuseppe Russolillo from the Spanish Association of Dietitian-Nutritionists. Congratulations to these colleagues. It was also sad to say good bye and thank you to Motoko Sakamoto from the Japan Dietetic Association, who has served her association as a Director since 1996. The JDA was simply superb in the organisation of the ICD in Yokohama – be sure to read the other articles about this wonderful congress.

I would like to take this opportunity of thanking all those representatives who attended the meetings in Yokohama, especially those of you who attended the workshop on Sunday September 7th, 2008. This was an important meeting – important for us all. We were able to reach agreement on the International Statement on Ethical Practice and a Code of Good Practice. These were part of the work plan determined at our meetings in Edinburgh in 2000, so to conclude this piece of work has been significant. While it seems to have taken a long time – six years- the reality is we only meet in person once every four years, and try to manage by electronic communication in between. Look for these statements on the website in the near future, and use them wherever you can see their need. We will start using these as part of our communication strategy to promote Dietitians and dietetics around the world.

You can ask why it took so long to get agreement. Well, the language issues are considerable. While we work in English, this is a very difficult language and I want to pay tribute to all those who stuck with us through this process to get final agreement. While in Japan we took the results of the representatives meeting to a wider audience. There were several thousand in attendance. All comments have been noted and will be considered in the final documents that we will produce for our website.

The Board of Directors has commenced a strategic planning exercise to outline our program of work for the next four years, now that the first phase has been completed. While in Japan we took the opportunity of meeting a group of Directors from the International Union of Nutrition Sciences (IUNS) in order to develop an understanding of common goals. We also want to form strategic partnerships with other dietetic federations so that we can work more closely together on common interests. We also believe that we need to start work on a dictionary of terms, as it is clear that we need

some common understanding of some key words. Watch out for these in the near future. We plan a communication strategy as well to get our message out into the world.

And finally, thank you to the Board for re-electing me as Chair for the next two year period. I hope that together we can advance our great profession.

Sandra Capra  
Chair, Board of Directors

## **Secretary's Report**

### **Secretariat Report**

#### **MEMBERSHIP:**

Membership in ICDA has grown to 39 National Dietetic Associations including Australia, Austria, Britain, Canada, China (Hong Kong), China (Taiwan), Caribbean, Cyprus, Denmark, Finland, France, Germany, Greece, Hungary, Iceland, India, Ireland, Israel, Italy, Japan, Korea, Luxembourg, Malaysia, Mexico, New Zealand, Netherlands, Norway, Pakistan, Philippines, Singapore, South Africa, Spain, Sudan, Sweden, Switzerland, Turkey, Slovenia, United Kingdom, United States. Collectively Member Associations have reported about 156,000 Members in total in the National Dietetic Associations.

#### **ANNUAL MEETING OF MEMBER ASSOCIATIONS:**

Incorporation of ICDA in Canada in 2006 has provided legal status and adds protection from liability for Board Members and for National Dietetic Association Members of ICDA. Corporations are required to hold an annual meeting, and the Board of Directors convened the second annual meeting of Member Associations in Yokohama Japan, immediately before the International Congress of Dietetics. At the annual meeting Official Representatives received reports from the Board of Directors, the Auditor and the Secretariat, approved the annual dues paid by national dietetic associations at thirty cents USD per member of the National Dietetic Association, approved a minor amendment to the bylaws clarifying the process for calling for a bid to host the International Congress of Dietetics, selected the Spanish Association of Dietitians-Nutritionists to host the 17th International Congress of Dietetics (2016), elected the Board of Directors 2008 – 2010 and appointed the Auditor .

#### **BOARD OF DIRECTORS 2008 – 2010:**

Sandra Capra Representative of Dietitians Association of Australia [host ICD 2012]  
Sheela Krishnaswamy Representative of the Indian Dietetic Association  
Karen Lechowich Representative of the American Dietetic Association  
Carole Middleton Representative of the British Dietetic Association  
Giuseppe Rusolillo Representative of Spanish Association of Dietitians-Nutritionists [host ICD 2016]  
Marsha Sharp Representative of Dietitians of Canada [Secretariat]  
Mary-Ann Soerensen Representative of the Danish Diet and Nutrition Association

#### WEB SITE:

The public web site is accessible by everyone and only the Dietitians Networking area requires a password for login. Login is based on an 'honour system' as there is no confirmation of credentials. The Secretariat periodically monitors the Dietitians Networking Area to ensure discussions fall within the web site policies.

#### WEB SITE USE:

Use of the ICDA web site continues to grow and traffic this year is 2-3 times higher than last year with an average of about 400 sessions per day or about 145,000 to 150,000 sessions per year; this equals 1600 page views or 4700 'hits' per day. The Newsletter is most popular – with many thousands of visits to each new issue and to the archived Newsletters. The Newsletter is a forum for sharing information about advancements in dietetics around the world. Think about sharing news from your country more often!

#### **Welcome to our newest member, the Hong Kong Dietitians Association and its members!**

Welcome to our newest member, the Hong Kong Dietitians Association and its members! The Hong Kong Dietitians Association was established in 2001 and currently reports about 130 members. The Association's members are educated in other countries and each is accredited, registered or licensed in one of Australia, Canada, UK, and USA. The mission of the Hong Kong Dietitians Association is to associate and unite its members in the promotion of high standards of professional dietetic practice and optimal nutritional health for the people of Hong Kong. The Association's priorities are to obtain registration for dietitians in Hong Kong, to continue the growth and professional advancement of dietitians, and to contribute to the public health of society in Hong Kong.

## **Congress Updates**

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

The Japanese Dietetic Association first dreamt of hosting an International Congress of Dietetics in the 1980's but their bid was initially unsuccessful. Twenty years later they realised their dream and hosted the largest ICD held independently of a national dietetic association conference. 4621 delegates participated in the congress from 59 countries, with many Japanese dietitians attending for the day. Accompanying guests swelled the numbers to over 5000.

Proceedings began at a lively reception with traditional Japanese drummers and musical entertainment. ICD began in earnest early on the 8th September with a moving Opening Ceremony with a short film capturing scenes from previous ICD from their beginning in 1952. Participants were welcomed by the Chairman of the Organising Committee Prof Teiji Nakamura, the JDA Representative and ICDA Director Prof Motoko Sakamoto, President ICDA Prof Sandra Capra and a number of local Ministers. The keynote address

“Values of Eating – How does our brain judge them?” was presented by Prof. Masao Ito of the RIKEN Brain Science Institute. This was followed by the ICDA workshop where delegates were updated on the work on an International Code of Ethics and Standards of Good Practice for Dietitians and invited to comment. An interim report from the Work and Education of Dietitians survey 2008 was presented. Both of these documents will be posted on the ICDA website when they are finalised. Between the two presentations delegates participated in a fitness break, a first at an ICD!

Throughout the rest of the Congress a number of parallel sessions were available, with delegates able to choose from a variety of 12 educational lectures all delivered with simultaneous translation, 21 symposia, 7 sponsored symposia, 6 workshops, oral presentations and posters covering a wide range of topics. An exhibition of the food and nutrition industries, regional and national dietetic associations and dietetic services provided a wealth of information. The presentations will, in time, be available on the website for those who were not fortunate enough to be able to attend. If that wasn't enough there was also the opportunity to join field trips to local companies, schools and hospitals.

The Congress was not all work. As well as the opening reception there were two memorable social events. Delegates were invited to a magnificent private concert performed by the Japan Philharmonic Orchestra conducted by Keri-Ichiro Kobayashi. The following evening a superb banquet was held with the traditional ceremony of opening the sake barrel, Japanese music and dancing. For the non-Japanese in the audience this was fascinating. Both events were thoroughly enjoyed by all who took part.

Outside of the Congress events such as a nutrition walk were organised for the public, to highlight the role of good nutrition and a healthy lifestyle and also promote the work of the dietitian.

The Congress closed with some highlights from Australia and an invitation to ICD2012 in Sydney. The JDA handed over the ICDA flag to a delegation from the Dietitians Association of Australia, including a pantomime kangaroo. A video summary of the whole Congress ended with a ship in fairy lights leaving Yokohama harbour and the doors closing on one event and opening again on Sydney harbour.

An aim of an International Congress is always .to create opportunities for dietitians to network, share, learn from each other, forge links and start friendships which will continue into the future. All of these were encouraged at ICD2008 and the JDA and its members are to be congratulated on a truly memorable experience and and thanked for their hospitality.

### **Newsletter on ICD 2008 Yokohama, Japan**

ICDA has received the following letter from colleagues in The Netherlands who wanted to share with others what they have done to promote ICD. Though in Dutch, the newsletter, may provide some ideas you may wish to develop in your own country.

“My colleague Karine Hoenderdos and I (Mary Stottelaar) visited the ICD in Yokohama 2 weeks ago. We were there with a mission. We made a newsletter for all the dietitians in The Netherlands to inform them about the congress. We wanted to show them how nice it is to visit an international congress like this. And we wanted to show them that food and dietetics is something a lot of dietitians in the world care about.

In this link you will find the newsletter

<http://www.nieuwsvoordietisten.nl/index.php?id=148>

We realize that you are probably not able to read this because it is in Dutch. But we think that it must be nice for you to see what happened with all the information that was given to everybody in Yokohama.

Thank you for the good organized congress and for sure we are planning to go Australia in 4 years.”

Karine and Mary have a company with 3 other dietitians, writing about food and healthy eating. The newsletter is an initiative started almost 4 years ago. Dietitians in the Netherlands can register for the Newsletter for free and receive a mailing every month. The website for the newsletter is [www.nieuwsvoordietisten.nl](http://www.nieuwsvoordietisten.nl) and for the company [www.scriptum-site.nl](http://www.scriptum-site.nl)

## **National Association Reports**

### **Dietitians continue to make advances in Europe through the Thematic Network of DIETS**

#### **Country: European Federation of Associations of Dietetics**

The Thematic Network for Dietitians working in Europe ([www.thematicnetworkdietetics.eu](http://www.thematicnetworkdietetics.eu)) held its second conference in Frankfurt Germany at the end of September. The two days were full of presentations on the current achievements of the Network. For example the results of the Education Mapping Questionnaire were presented and showed that of the seventy higher education institutions (HEIs), who are partners of the Network, 35 or 50% completed the questionnaire. The results show that many HEIs in Europe have dietetics programmes below the 210 ECTS benchmark recommended by the European Academic & Practitioner Standards for Dietetics (2005, EFAD). And although 33 programmes include practice placement learning, large differences in the length of placement exist. Few HEIs provide training for placement supervisors or define requirements for the placement centres although most visit students on practice placement.

A further presentation concentrated on ‘Quality Indicators and Best Practice for Dietetic Education’. Quality indicators are outcome measures that are used to determine the level of quality achieved. They are measurable variables that can be used to determine the

degree of adherence to a standard or achievement of quality goals. Quality indicators are used by 92% of practice placement trainers to ensure students undertake the activity to a minimum standard. Some examples of best practice in academic training to prepare students for practice placement training included the use of multimedia presentations, role-play between students and lecturers and students and students, problem based learning sessions, skills laboratories and sessions with other healthcare students. Other presentations concentrated on assessment of students and preparing the teachers of dietitians in practice to train students. The conference also heard from Professor Sandra Capra, President of ICDA, about the education of dietitians in Australia. Posters were on display and the workshops allowed the delegates to discuss how they train, assess and set standards for their students in practice.

The Taormina Declaration (EFAD 2007) set out to establish a benchmark for teachers of dietetics and quality indicators for practice education, to define European dietetic competencies and prioritise lifelong learning and to agree a common language by defining technical terms for practice education. The presentation of the preliminary results of the European Dietetic Competency consultation was interesting. Competency involves the ability to meet complex demands, by drawing on and mobilising knowledge, skills, psychological resources (eg attitudes) in a particular context. In Europe profession specific competencies have been developed for the student about to enter the profession for nurses, occupational therapists (at BSc, MSc and Doctoral levels), physiotherapists, radiographers and dentists and now work has started for the European dietitian. The competency statements for consultation by the dietitians were translated by National Dietetics Associations (NDAs) into 20 languages, and all dietitians in Europe invited to rank the most to the least important competencies.

The highest ranked competencies were:

- \* Accepts personal responsibility and accountability for actions and decisions
- \* Works within the limitations of own knowledge and skills, and refers or receives referrals from professionals as appropriate

More work will be done on the competencies and then they will be sent out to all NDAs in Europe to modify and agree on the final set.

The conference ended with a paper by Karin Hådel, Honorary President of EFAD on 'Developing the Role of Dietitians in Europe'. She described the opportunities for a broader job market for dietitians and further differentiation in the role of dietitians both as generalists and specialists. For example, dietitians will be more specialised and, as a consequence, will leave some of their present tasks and roles to other professionals. There will be more focus on evidence based practice and cost-effectiveness, more prevention and an increased public health focus so that marketing skills will become important with a greater proportion of dietitians becoming entrepreneurs, private practitioners or working on projects. EFAD provides the forum to channel, discuss and evaluate changes within the profession as well as in the surrounding world and their impact on the dietetic profession.

The conference was a great success, attended by more than 100 delegates from 23 countries. The third conference will take place towards the end of September 2009 in the Higher School of Health Technology of Lisbon, Portugal.

Please watch the web-site for more details. ([www.thematicnetworkdietetics.eu](http://www.thematicnetworkdietetics.eu))

### **Education Accreditation Standards revised by ADA**

**Country: United States**

As the accrediting agency for the American Dietetic Association, the Commission on Accreditation for Dietetic Education (CADE) reviews and revises Accreditation Standards on an ongoing basis to reflect changes in dietetic practice, healthcare and the higher education environments.

The new 2008 Eligibility Requirements and Accreditation Standards (ERAS) have been released. During a two year process, stakeholders participated in surveys and workgroups to assist the CADE Standards Committee in enhancing the rigor of the accreditation standards to ensure quality education for entry into registered dietitian and dietetic technician, registered practice.

In 2002, CADE developed Eligibility Requirements for Non-US-Based Programs Applying for Substantial Equivalency status. These new 2008 Standards will be integrated into this recognition program for non-US-based dietetics education programs.

Please visit the CADE Web page at [www.eatright.org/cade](http://www.eatright.org/cade) - Click on NEW-CADE Approves 2008 Accreditation Standards at the bottom of the page under About CADE to find the following documents:

Accreditation Standards Committee Final Report  
Frequently Asked Questions  
2008 Eligibility Requirements and Accreditation Standards

For more information on the procedures for Substantial Equivalency status and the 2008 Accreditation Standards for Substantial Equivalency, click on the International tab on the left side of the CADE Web page.

### **American Dietetic Association Releases Position Statement on Health Implications of Dietary Fiber**

**Country: United States**

Adequate intakes of dietary fiber help protect against cardiovascular disease, obesity, diabetes and gastrointestinal disorders. Usual intakes of dietary fiber in the US are only half of the recommended levels, so there is a need to promote high-fiber foods such as whole grains, legumes, vegetables and fruits to people of all ages. In developing the position paper, ADA's Evidence Analysis Process was used. Using this method to write position papers entails a more rigorous standardization of review criteria, which minimizes the likelihood of reviewer bias and increases the ease with which disparate articles may be compared.

The position statement reads: It is the position of the American Dietetic Association that the public should consume adequate amounts of dietary fiber from a variety of plant foods.

The position and supporting materials are published in the October, 2008 Journal of the American Dietetic Association, pages 1716-1731. Questions about the position can be directed to [ppapers@eatright.org](mailto:ppapers@eatright.org)

## **Announcements**

### **New Editor of Dietetics around the World**

At the Annual General meeting of ICDA on the 7th September 2008 a new Board of Directors was elected for the next two years and at the subsequent Board meeting Sandra Capra was elected as President. I would like to congratulate Sandra on her re-election and support her in taking our profession forward on an international scale.

The Board undertakes a number of tasks to deliver the work plan agreed by the membership. These tasks were distributed at the Board meeting and Sheela Krishnaswamy agreed to take over the role as Editor of Dietetics around the World from the next edition. I would like to thank those who have regularly contributed and supported me in this role over the last 4 years and know you will continue to support Sheela. I hope you will all be planning your articles and ready to respond to Sheela when she asks for contributions in the Spring.

Carole Middleton  
Director ICDA

## **Resources**

### **Pilot Edition (July 1994) and Early Un-archived Copies of Dietetics around the World**

The pilot edition (July 1994) and early un-archived copies of the semi-annual newsletter "Dietetics Around the World," edited and printed through the American Dietetic Association (ADA), are available upon request. Contact the ADA Foundation at [blabrador@eatright.org](mailto:blabrador@eatright.org) for more information.

## Resources available

Nasco has a 75 page Nutrition catalogue filled with realistic food replicas. If you would like a copy of the catalogue with a small food replica sample, please e-mail Jessica Kutz at [jkutz@enasco.com](mailto:jkutz@enasco.com) with your complete address. You can also visit the Nasco website at <http://www.eNasco.com/nutrition>.

## Calendar of Events

### **April 23-25, 2009, American Overseas Dietetic Association Conference**

Global opportunities for the RD: Translating evidence-based research into practice  
Kuala Lumpur, Malaysia  
Website: <http://www.eatrightoverseas.org>

### **June 9th-11, 2009, The International Scientific Conference on Nutraceuticals and Functional Foods**

Functional Foods  
Food and Function  
Zilina, Slovakia  
Website: <http://www.foodandfunction.com>

### **September 15-17, 2009, British Dietetic Association Conference**

Manchester, UK  
Website: <http://www.bda.uk.com/conference>

### **October 4-9, 2009, 19th International Congress of Nutrition**

Nutrition Security for All  
Bangkok, Thailand  
Website: <http://www.icn2009.com>

### **October 17-20, 2009, ADA Food and Nutrition Conference and Expo**

Denver, Colorado, USA  
Website: <http://www..eatright.org/fnce>

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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](http://www.internationaldietetics.org) and select ICDA Office

Editor: Sandra Capra, Dietitians Association of Australia, can be contacted through Contact Us at [www.internationaldietetics.org](http://www.internationaldietetics.org) and select Newsletter.