

D I E T E T I C S



SECOND ISSUE

Around the World

The Newsletter for Members of the International Committee of Dietetic Associations

MARCH 1995

ICDA'S PILOT NEWSLETTER A SUCCESS

Response to the pilot edition of *Dietetics Around the World* is overwhelmingly favorable. ICDA members wish to continue receiving this newsletter as a link to their counterparts around the world! To quote one letter to the editor, "The creation of a newsletter that promotes global communication on nutrition news is a terrific way to encourage dialogue around the world." So plans are underway to produce two more issues this year (March and September). We look forward to your continued contributions to make this publication a viable tool for the dietetics profession. For your reference, an editorial calendar can be found on page 6. ICDA members will have an opportunity to consider making the newsletter an ongoing service at the business meeting in Manila.



MARK YOUR CALENDARS: INTERNATIONAL CONGRESS OF DIETETICS—FEBRUARY 18-23, 1996

Dr. C. Gopalan, director general of the National Institute of Nutrition of India and considered the "Nutrition Statesman" of Asia, will deliver the keynote lecture during the XIIth International Congress of Dietetics (ICD), *Dietetics and Nutrition in an Interdependent World*, which will be held February 18-23, 1996, in Manila, the Philippines.

Dr. Gopalan is a widely recognized scientist who has spearheaded the campaign against under-nutrition (and consequent ill health) in India for

nearly four decades. His contributions to improve the nutritional status of poor population groups in India have benefited not only his country, but other developing countries as well.

The National Institute of Nutrition of India, which Dr. Gopalan built and nurtured to its present international stature, is now recognized as one of the best of its kind and has made important contributions toward understanding nutritional problems that affect the poor everywhere.

Dr. Gopalan is the first scientist outside of Europe or North America to be elected President of the International Union of Nutrition Sciences (IUNS). He has played a prominent role in World Health Organization (WHO) Expert Panels for several years and was Chairman of the Technical Session of the World Health Assembly. His keynote lectures at the IUNS Congress of Nutrition at Brighton and Seoul highlight the importance of nutrition as a major factor in a nation's development. Dr. Gopalan also was elected Fellow of the Royal Society of London.

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These distinctions testify to his international stature and prestige. He has had more than 200 papers published in journals in India and abroad, and has contributed to more than a dozen books on nutrition (mostly published in Europe and the US).

Additional topics on the Congress agenda include nutritional status and trends—a global perspective, dietetics and environmental protection, communicating global dietetics and nutrition issues, nutrition and cultural issues, biotechnology, nutrition across the life span, dietetic education and training, advances in dietetic technology, and foodservice administration in the 21st century. See the Conference Calendar (page 5) for further information.



REPORT FROM ICDA SECRETARIAT

ICDA's Executive/Planning Committee met recently in Vancouver, Canada, to discuss details of the February 18-23, 1996 ICD. Three resolutions were passed:

Whereas Alice Adelheid Wimpfheimer has demonstrated her commitment to the international dietetics community by sponsoring the newsletter, *Dietetics Around the World*, and

Whereas this newsletter supports the mission of the ICDA,

Therefore on the 23rd day of November 1994 in Vancouver, Canada, the ICDA extends its appreciation to Alice Adelheid Wimpfheimer for her personal support of the worldwide dietetics profession and her contribution to the health and well being of the global population.

* * *

Whereas The NutraSweet Company provided sponsorship of the meeting of the ICDA in Vancouver, November 21-23, 1994, and

Whereas this event provided the opportunity to establish stronger links with the worldwide dietetics and nutrition community,

Therefore ICDA extends its appreciation to The NutraSweet Company for its recognition and support of the contributions of the worldwide dietetics profession to the health and well being of the global population.

* * *

Whereas Marsha Sharp, Chief Executive Officer of The Canadian Dietetic Association has demonstrated her commitment to the international dietetics community by serving as the interim secretariat of the ICDA, and

Whereas she has successfully organized the November 1994 meeting of the ICDA in Vancouver, Canada

Therefore on the 23rd day of November 1994 the ICDA extends its appreciation to Marsha Sharp for her personal

support of the worldwide dietetics profession and her contributions to the health and well being of women around the world.

* * *

It was agreed that fees for 1995 and 1996 will be invoiced in September 1995 and must be paid by December 31, 1995. Dues must be paid if you wish to vote on any actions during the February 1996 meetings. Current membership fees are \$0.10 (US) per member, per association, per year. Please advise the ICDA Secretariat as soon as possible if your country's representative has changed. See pages 7-8 for your membership listing and contact information.

National associations that are not yet members of the International Committee of Dietetic Associations are encouraged to join. Affiliated organizations are invited to attend the International Congress and be represented by an observer at the Delegates' Meetings. Contact Marsha Sharp regarding membership, c/o The Canadian Dietetic Association, 480 University Avenue, Suite 601, Toronto, Ontario M5G 1V2, Canada, Telephone: 416 596 0857; Fax: 416 596 0603.



DIETETICS RESEARCH IN CANADA

The Canadian Dietetic Association (CDA) has recognized dietetics research as a strategic need to maintain the quality of practice. With this in mind, CDA created the Canadian Foundation for Dietetic Research (CFDR). The Foundation was incorporated in 1991 to raise funds to support sound research that will enable dietitians to provide quality advice, programs, and resources to the health system, the business community, and the public.

After several years of hard work, 85 percent of the fund-raising goal of \$1.25 million (Canadian) has been reached. Approximately \$1 million was raised from the corporate sector. With the endowment fund growing, the Foundation has increased the size and number of research grants awarded. The inaugural competition in 1993 funded two projects that are currently underway. They are "Self-perceived Competence of Clinical Dietitians to Participate in Research" and "Évaluation de l'impact et de l'efficacité de

programme d' éducation nutritionnelle de la Cuisine éducative de Mapleton, Nouveau-Brunswick." The 1994 competition funded three additional projects: "Weight Gain During Adjuvant Chemotherapy in Patients with Breast Cancer," "An Exploration of Food Security Issues Among Members of The Canadian Dietetic Association," and "Développement d'instruments de mesure fiables et valides de la satisfaction des patients à l' égard des services de diététique des établissements de soins aigus et de soins prolongés." The CFDR will continue its fundraising efforts, refine its research grants program, and foster partnerships with industry and other supporters of dietetics research. Contact The Canadian Dietetic Association for further information on its Research Foundation.



EFFORTS BEGIN FOR HOME MEDICAL CARE IN JAPAN

The Japanese government is actively promoting medical care in the home to improve patients' quality of life and curtail medical expenditures. Dietary guidance for patients at home has always been regarded as important and contributions by dietitians expected, but no specific measures had been taken to support this type of care.

In October 1994, Japan revised the medical service fees in its social insurance to include \$50 (US) per visit by a dietitian for in-home nutritional guidance. This prompted dietitians to address this issue on a full-scale basis. In 1995, the Japan Dietetic Association launched a training program for dietitians in major cities across the country, featured this issue in its journal (*Eiyo Nippon*), and produced brochures and manuals on in-home nutrition care. Highlights from the training program's curriculum include health, medical care and welfare of the elderly; community health and medical care at home; management of nutritional status; diet therapy for typical diseases; practical tips for nutritional guidance for in-home treatment; management of daily care for patients being treated at home; and effective use of special foods.

According to the Japan Dietetic Association: "We are challenged to solve diverse problems such as poor housing environments, exclusion of patients and their families, a shortage of care-takers in nuclear families, and a lack of expertise and skills on the part of professionals regarding medical treatment at home." For further information, contact Teiji Nakamura, c/o The Japan Dietetic Association, 1-39 Kanda-Jinbocho, Japan, Telephone: 81 3 3295 5151, Fax: 81 3 3295 5165.



A NATIONAL PLAN OF ACTION FOR SWEDEN

By order of the Swedish Government, in November 1994 Sweden presented a National Plan of Action for Nutrition to its Minister of Agriculture. The background for this plan was the 1992 World Declaration on Nutrition from FAO and WHO. Sweden's plan includes health care, food, and agriculture policy; diet patterns and lifestyles; goals for the Plan of Action; coordination; education; support for local and regional work; consumer support and participation; institutional foodservices; risk group strategies; expected economic and other expected effects from the Plan of Action; and realization and follow-up to the Plan of Action. This plan will be translated into English. For further information on Sweden's plan, contact Karen Hådeli c/o The Swedish Association of Dietitians, Dietistgruppen, Karolinska sjukhuset, S17176 Stockholm, Sweden, Telephone: 46 8 729 2785, Fax: 46 8 729 6210.

USA STUDY REVEALS THAT NUTRITION INTERVENTION IMPROVES HEALTH OF PERSONS WITH DIABETES

Persons with non-insulin-dependent diabetes mellitus, also known as type II diabetes, can better control their blood sugar levels, weight, and cholesterol with medical nutrition therapy delivered by a registered dietitian (RD), according to a recent study by The American Dietetic Association (ADA) and the International Diabetes Center, Minneapolis, Minnesota, USA.

At all phases of the six-month study, medical nutrition therapy provided by an RD resulted in improvements in patients' fasting plasma glucose (FBG) and glycated hemoglobin levels (HBA1c), compared with levels at the onset of the study. Medical nutrition therapy is the use of specific nutrition services to treat a chronic condition, illness, or injury. "We know that persons with diabetes use four times as much in health care resources as persons without diabetes," said ADA President Doris Derelian, PhD, RD.

More than 60 percent of all patients reached the study's goal of a 20 percent reduction in blood glucose level or achieved the target outcomes of either a FBG value below 140 mg/dl or a HBA1c level 1.5 percent above the normal range, according to Marion J. Franz, RD, co-principal investigator of the study.

"The average improvement for both groups of patients was significant," Franz said. "The practice guidelines group, however, had a slightly greater, although not statistically significant, improvement. Fasting blood glucose level, which measures the amount of glucose circulating in the blood at the time of the test, dropped by 10.5 percent in the practice guidelines group and 5.3 percent in the basic care group."



The study's 179 participants, recruited from sites in Minnesota, Florida, and Colorado, were randomly assigned to a practice guidelines care or a basic care group. Practice guidelines care consisted of three phases: intensive intervention from entry to six weeks (which included three RD visits), a monitoring phase from six weeks to three months, and follow-up from three to six months. A comparison group, which did not receive medical nutrition therapy, showed no improvement

in blood glucose levels during the same six-month period.

This study is the first to compare levels of medical nutrition therapy care following a set of practice guidelines, according to Roger S. Mazze, PhD, co-principal investigator of the study. "The guidelines will serve as a 'road map' for consistent, individualized care of persons with type II diabetes," he said.

There are 258 million Americans, approximately 5 to 6 million of whom have been diagnosed with diabetes mellitus, which ranks among the major causes of premature death and disability in the US today. According to ADA's President, "If we reduce the morbidity associated with the disease, we can improve the quality of life for those individuals and contribute to the containment of health care costs, a potential savings of millions of dollars."

Other studies, such as the Diabetes Control and Complications Trial, have shown that control of blood sugar levels can help patients prevent diabetes-related complications, according to Derelian. Complications from diabetes often include lower-extremity amputations, kidney failure, blindness, heart attacks, and frequent hospitalization. "The complications carry extremely high direct and indirect costs to the health care system and to society in general," Derelian said.

While the primary goal of the treatment offered during the study was to normalize or improve patients' blood sugar levels, weight and blood lipids (cholesterol and tryglycerides) were secondary concerns.

To meet the study's desired outcomes, dietitians recommended a variety of treatment strategies, tailored to each patient. They included improved food choices, especially a decrease in fat intake; moderate weight loss; smaller, more frequent meals; and an increase in activity. Participants were required to monitor their blood glucose levels daily.

A professional fact sheet on the Diabetes Guidelines Cost-Effectiveness Study is available from The American Dietetic Association. Please contact the Professional Communications Team c/o The American Dietetic Association, 216 W. Jackson Blvd., Chicago, Illinois, 60606 USA, Telephone: 312 899 0040 ext. 4805, Fax: 312 899 1758.

CONFERENCE CALENDAR



June 18-21, 1995 **Eindhoven, the Netherlands**

The First European Forum for Dietitians, sponsored by the European Federation of the Associations of Dietitians (EFAD), will focus on all levels of dietitians' work: applied and scientific, clinical and administrative. The scientific program will cover plenary sessions on the work of dietitians in Europe, training programs for dietitians in EFAD member countries, and ethics of the profession. In addition, there will be seminars, workshops, poster sessions, and a speakers' corner. For registration information, please contact:

EFAD Forum
Kongresservice Brabant
Postbus 140
5500 AC Veldhoven, The Netherlands
Telephone: 31 40 543845
Fax: 31 40 545515

September 26-29, 1995 **Singapore**

The First International Conference [and Exhibition] on East-West Perspectives on

Functional Foods will convene to evaluate the scientific basis for the claimed efficacy of functional foods. The conference is being organized by the International Life Sciences Institute (ILSI), ILSI Southeast Asia, and the Singapore Institute of Food Science and Technology. This conference is geared toward a multidisciplinary audience from the East and West, especially scientists and technologists from industry, government, and academia, as well as representatives from the medical community, trade organizations, and regulatory agencies. Among the topics to be explored are country-specific experiences with functional foods; labeling requirements and other regulatory issues; assessment of health claims for functional, as well as traditional foods; and future applications for the food industry. For further information, contact:

Ms. Lili C. Merritt
International Life Sciences Institute
1126 Sixteenth Street, NW
Washington, DC 20036, USA
Telephone: 202 659 0074
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October 30-November 2, 1995 **Chicago, Illinois, USA**

The 78th Annual Meeting and Exhibition of The American Dietetic Association will be held in Chicago, Illinois. "Nutrition Leadership: Getting It Right, Getting It Done" is the theme. Educational sessions focusing on current nutrition-related research and emerging trends in foodservice and health care will be featured. In addition, more than 350 companies will exhibit equipment, food products, and special tools developed for dietitians/nutritionists. Approximately 10,000 people are expected to attend. The registration fees for this event are \$225 (US) for members, \$375 (US) for nonmembers, and \$40 (US) for a three-day exhibition-only pass. For registration information, contact:

Lucy Spada
The American Dietetic Association
216 W. Jackson Blvd.
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Fax: 312 899 1979

**February 18-23, 1996
Manila, the Philippines**

"Dietitians and Nutrition in an Interdependent World" is the theme of the *XIIth International Congress of Dietetics (ICD)*. Hosting this event is the Nutritionist-Dietitians' Association of the Philippines. For additional information, contact:

The Secretariat
XIIth International Congress of Dietetics
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Prince Tower Condominium, Unit 208
14 Tordesillas Street, Makati
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Telephone: 632 810 50 34
Fax: 632 815 19 35

FUTURE PLANNING

**July 27-August 1, 1997
Montreal, Canada**

The International Union of Nutritional Sciences (IUNS) Congress is being co-sponsored by The Canadian Dietetic Association and the National Research Council of Canada. For additional information, contact:

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480 University Avenue, Suite 601
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INTERNATIONAL AWARD NOMINATIONS

Nominations are being accepted for the Edna & Robert Langholz International Award, which recognizes an individual whose contributions to nutrition have had outstanding *international* significance in peoples' lives. The American Dietetic Association Foundation is accepting nominations for this unique and prestigious award through *May 31, 1995*. The award recipient is asked to attend the ADA Annual Meeting and Exhibition (October 30-November 2, 1995).

The Wimpfheimer-Guggenheim Fund for International Exchange in Nutrition, Dietetics and Management is offering a \$1,000 (US) award for an essay that describes a specific, nutrition project, proposed or existing, about international linkage and global networking of dietitians/nutritionists. The five to seven page essays must reach the ADA Foundation by *September 29, 1995*.

Please contact Linda Maraba for nomination materials for both awards c/o The American Dietetic Association Foundation, 216 W. Jackson Blvd., Chicago, Illinois 60606 USA, Telephone: 312 899 0040 ext. 4821 or Fax: 312 899 1739.

Editor's Notes: We would like to thank the following people for submitting articles for this issue of *Dietetics Around the World*: Canada (Marsha Sharp and Helen Haresign), Japan (Teiji Nakamura), the Philippines (Velona Corpus), Sweden (Karin Hådel), and the USA (Bev Bajus and Maryanne Giustino). The success of this newsletter depends on each member country's submitting news for all to share.



EDITORIAL CALENDAR

If you would like to see a particular item discussed in the future, please write and let us know.

⇒ *Third Issue, September 1995*
Copy Deadline: July 14, 1995

⇒ *Fourth Issue, March 1996*
Copy Deadline: January 15, 1996

Criteria for submission of materials are (1) articles must be in English and (2) articles must be of international interest containing 500 words or less.

Dietetics Around the World helps ICDA achieve its mission of "serving as a forum and/or structure for strengthening linkages and bringing about greater competencies, effectiveness, and efficiency in the global dietetics community," and is published by The American Dietetic Association, 216 W. Jackson Blvd., Chicago, Illinois 60606, USA, Fax: 312/899-1758. Funding for this newsletter is provided by a grant from the Wimpfheimer-Guggenheim Fund for International Exchange in Nutrition, Dietetics, and Management. Please distribute this newsletter to your colleagues, and send news items to the ADA editor via fax or mail.

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(MARCH 1995)**

Editor's note: Please advise the ICDA Secretariat of your telephone and fax numbers and any changes to your membership listing.

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