

# Dietetics Around the World

The Newsletter for the International Confederation of Dietetic Association



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## ICDA Board of Directors

### From the Chair of the Board

Welcome to 2011. I hope you all had a successful 2010 and that 2011 has started well for everyone. Your Board of Directors is excited by the new year, after a very successful 2010 for ICDA. We hope you like the new web pages, and thanks to all of you for providing the information about member associations. The new website we think is appealing and easier to you. It marks a change in our focus from looking back at our history, to looking forward to our achievements as a profession world wide. The new logo we feel really captures this focus.

We would like to welcome our new member since our last newsletter; the Indonesian Dietetic Association and the Pakistan Nutrition and Dietetic Society. This brings our members to 41 representing 180,000 dietitians around the world. If you look at our website and the world map you can see the world wide network this represents – fantastic, and a sign of our growth and influence as a profession.

The Board is excited to be able to share with you the latest in our documents that are international consensus on dietetics matters. This is the definition of Evidence-based Dietetic Practice. This was ratified by the Board at its meeting in November and joins the definition of a dietitian, the international code of good practice and ethics as agreed international positions. Dietitians from 16 of our member countries participated in formulating the definition under the leadership of Dietitians of Canada. The definition is Evidence-based dietetic practice is about asking questions, systematically finding research evidence, and assessing the validity, applicability and importance of that evidence before combining it with clinical expertise and judgment and the client's or community's unique values and circumstances to guide decision-making in dietetics. We hope you will find this useful in your practice.

Also at our recent Board meetings, we have reviewed our action plans and achievements within the three key result areas: ICDA Leadership, Strong Networks and Profile for the Profession. We feel that real progress has been made in all three areas. We have forged links with the regional dietetic associations and more recently participated in the meeting to establish the Commonwealth Dietitians and Nutritionists Association. By working collaboratively with these groups we aim to build strong partnerships and promote key messages and not to re-do work that exists. This is the way that we can all benefit as we can draw on strength and expertise in these groups.

It's time to start planning your trip to Sydney in 2012 for the 16th ICD. Plans are well advanced and the call for abstracts and proposals is now on the web. As usual, the Board is planning the workshop for official representatives immediately before the ICD and you will be getting information from us for this, later this year. We will also be seeking your support in providing us with information we need prior to this meeting. It's also time for you to be thinking about whether your NDA should consider bidding to host the 18th ICD in 2020.

We look forward to a productive 2011. I am sure you will agree with us that the ICDA has matured as an association and is able to achieve much for the profession. Don't forget to give us ideas and feedback – all is very welcome.

Sandra Capra  
Chair, Board of Directors

### **New international definition of Evidence-based Dietetic Practice announced**

The Board of Directors approved evidence-based dietetics practice as a new international standard of good practice as proposed by a working group of national dietetics association Members. The international standards express those important matters to which Members can all agree. All Member associations were invited to participate in development of the standard and a consensus Delphi process was used to achieve agreement.

The International Confederation of Dietetics Associations has published the evidence-based dietetics practice international standard at <http://www.internationaldietetics.org/International-Standards/Evidence-based-Dietetics-Practice.aspx>. Plans are underway to provide professional development related to the standard at the next International Congress of Dietetics in 2012. A full Report describing the consensus development process can be downloaded from the web site.

The Board of Directors extends appreciation to Debbie MacLellan, PhD, RD and Jayne Thirsk, PhD, RD, FDC of Dietitians of Canada for their leadership on this initiative. Appreciation and thank you is also due to thirty-eight (38) Dietitians and Nutritionists from 16 countries that participated in development of the evidence-based dietetics practice international standard.

### **Expressions of interest to host ICD 2020 are due September 4th**

Every four years the International Congress of Dietetics takes place in a country selected by the Member Associations of the International Confederation of Dietetic Associations. National Dietetic Associations are invited to express their interest in hosting ICD 2020. Expressions of interest are due September 4, 2011 and can be submitted using [http://www.internationaldietetics.org/Downloads/host\\_icd2020.aspx](http://www.internationaldietetics.org/Downloads/host_icd2020.aspx). Only bids from national dietetic associations who are Members of ICDA are accepted. A national association bid is to be approved, in advance, by the National Dietetic Association Board of Directors.

## Dietitians in Europe Meeting Challenges

*European Federation of Associations of Dietitians*

The beginning of a fascinating story for European dietitians took place in Roskilde, Denmark in 2003 when a challenge was thrown down by the European Federation of the Associations of Dietitians (EFAD) to meet professional issues such as the diversity of education, registration and quality of practice in dietetics across Europe.

Work started and in 2005 The European Dietetic Academic and Practitioner Standards ([www.efad.org](http://www.efad.org)) were prepared and unanimously adopted by EFAD delegates. These standards are often referred to as 'The Benchmark' and of course that is what they are, they set a standard for the education of dietitians in Europe. Not only are they a standard but also they became a very important 'political' lever to support dietitians in some European countries to improve pre-qualifying education. Four years after the Benchmark publication at least three countries in Europe have moved from a diploma based qualifying programme to degree and another country has been given governmental backing to do the same. This is a terrific achievement for dietitians in Europe working together.

But it was also clear that funds were required to progress development of the profession in Europe further. A small team, with the backing of EFAD, developed a successful bid in 2006 for about 1million Euros. The money awarded by the EU was used to form a Thematic Network called 'Dietitians Improving Education and Training Standards' or DIETS.

The DIETS Network had 128 partner institutions, Non-governmental Organisations and Associations from some 28 European countries. Between 2006 and 2009 three conferences were held, 8 Newsletters and 5 reports were produced. 48 exchange visits were made between dietitians and their academic colleagues across Europe to learn more about culture, education and dietetic practice. All of the information, including documents used to assess practice across Europe, is on the DIETS website [www.thematicnetworkdietetics.eu](http://www.thematicnetworkdietetics.eu)

DIETS produced pan European Dietetic Competence Statements and their performance indicators for newly qualified European dietitians. These were adopted by EFAD in 2009 and are available on the EFAD website in 15 European languages. Practice Placement Standards were adopted by EFAD in 2010 and are also on the EFAD website. The Roskilde Declaration has now been nearly fulfilled as has a subsequent Taormina Resolution (2007). However not quite!

On 1<sup>st</sup> October 2010, again funded by the EU, DIETS2 began to carry on the good work started in DIETS. DIETS2 has partners from all 31 countries of Europe and ICDA as an Associated Partner. This three year project will look specifically at practice placements

in novel surroundings; produce a 'toolkit' for European dietitians concerning Life Long Learning; become involved in promoting the use of ICT for learning and especially the production of resources for teaching enquiry based learning. In addition DIETS2 will produce dietetic competences for Master level and doctoral level dietitians. As in the past EFAD is a key partner and DIETS has now been formally adopted as part of the Education Committee of EFAD. This not only endorses DIETS but also ensures sustainability.

The first DIETS2 conference was held in Amsterdam in December 2010, with the main topics including student training in Ireland, information technology & communication, standardisation of dietetic practice terminology and life long learning to support dietetic specializations. Workshops brought together pan-European groups of dietitians from the speciality areas of administrative, public health, obesity, renal and paediatrics. Future conferences will be held in Spain in 2011 and Bulgaria in 2012.

So it is an unfolding story of the progress of dietitians to influence their education and professional standards in Europe. The work done by DIETS augments that undertaken in individual countries and by sharing and supporting each other improvements to practice are facilitated. Please visit the DIETS2 website regularly ([www.thematicnetworkdietetics.eu](http://www.thematicnetworkdietetics.eu)) to follow progress.

Anne de Looy ([adelooy@plymouth.ac.uk](mailto:adelooy@plymouth.ac.uk))  
DIETS Coordinator and University of Plymouth  
President, European Federation of the Associations of Dietitians



The planning group for DIETS2 relaxing in Rembrandt Square, Amsterdam (countries represented Slovenia, Netherlands, France, Germany and Sweden)



Anne de Looy with the banner for the 3<sup>rd</sup> DIETS conference in Lisbon, 2009

## Announcements

### Call for Abstracts for 16th ICDA at Sydney

The Call for Abstracts for the 16th International Congress of Dietetics is now online at <http://www.icd2012.com>. Abstracts are due to the Congress Organizing Committee June 30th. The International Congress of Dietetics (ICD) is a premier event for Dietitians around the world to share their work, learn from international colleagues and expand personal Networks. ICD is held every four years, and the next event is in Sydney, Australia September 5-8, 2012.

### New Pricing Improves Access To Standardized Language For Dietetics

The ICDA Board of Directors is pleased to announce that the American Dietetic Association (ADA) has offered international pricing to ICDA Member associations in an effort to make the Nutrition Care Process and supporting International Dietetics and Nutrition Terminology (NCP/IDNT) resources accessible and affordable to Dietitians around the world. This special ICDA Member pricing is available through national dietetic associations.

ICDA supports the use of the ADA Nutrition Care Process and related International Dietetics and Nutrition Terminology system by Dietitians around the world. The Board of Directors and Members of ICDA appreciate the support of ADA to ICDA Member associations with special pricing for products that support global implementation of the NCP/IDNT system.

Contact your national dietetic association to obtain more information about the IDNT resources available in your country and the international price.

The following resources may be available in your country.

- IDNT Reference Manual – production and distribution of English version in own country (print)
- IDNT Reference Manual Translation - production and distribution (online or print) of Manual as translated by the country
- IDNT Online Access (English)
- IDNT Pocket Guide Translation + IDNT Online Access - production and distribution (online or print) of the Pocket Guide as translated by the country along with access to
- IDNT Online

- IDNT Pocket Guide+ IDNT Online Access - production and distribution (online or print) of the English Pocket Guide along with access to IDNT Online
- IDNT Minimum Reference Manual Translation Package + IDNT Online Access - production and distribution (online or print) of materials as translated by the country
- IDNT Minimum Reference Manual Translation Package plus all other English pages - production and distribution (online or print) of materials as translated by the country with English pages of the full Reference Manual

### **International Dietetics and Nutrition Terminology under review**

Submissions for Changes or Additions to the ADA's International Dietetics and Nutrition Terminology are welcome from Dietitians around the world up to June 30, 2011.

In 2012, the American Dietetic Association (ADA) will publish the next edition of the International Dietetics and Nutrition Terminology (IDNT) Reference Manual. International countries or groups are asked to submit changes or additions for the publication by June 30, 2011. The ADA's Nutrition Care Process/Standardized Language (NCP/SL) will consider submissions after the deadline for emerging issues. Individual submissions are welcome. Countries or organizations may submit as a group (e.g., country, practice or other). Group submissions do not need unanimous support. Majority and minority opinions accompanying the submission are useful for the review process.

The Procedure to Submit Changes to the NCP Vocabulary is available at <http://www.eatright.org/HealthProfessionals/content.aspx?id=5903>. The Fourth Edition of the IDNT will be published in August 2012. Submissions and questions should be directed to Donna Pertel, [ncpslpermissions@eatright.org](mailto:ncpslpermissions@eatright.org).

### **Expert Reviewers are needed for International Dietetics and Nutrition Terminology**

The American Dietetic Association's (ADA) Nutrition Care Process/Standardized Language (NCP/SL) Committee is seeking nutrition professionals from the international community to be volunteer reviewers for the International Dietetics and Nutrition Terminology (IDNT). When a submission and its accompanying material are received by ADA, reviewers are asked to evaluate and comment on the submission for the NCP/SL Committee. The reviewers will have expertise in the area of the concept under review. The reviews will be completed via the email between July 2011 and January 2012. To be considered, a Reviewer Application Form is to be sent to Donna Pertel, MEd, RD,

[ncpslpermissions@eatright.org](mailto:ncpslpermissions@eatright.org) by July 1, 2011. You can obtain the Form from the ICDA web site {url} or you can obtain a copy from Donna Pertel. The ADA Committee working on IDNT/NCP looks forward to hearing from Dietitians around the world who would like to participate in this important project.

## National Dietetic Association Reports

### Indonesian Dietetic Association (IDA)

#### *Country – Indonesia*

Dietetic service in Indonesia was initiated in 1952 when for the first time 2 nutritionists were placed in a job at the Cipto Mangunkusumo General Hospital Jakarta to manage food service. Later on, in 1957, the nutritionists developed and initiated a Nutrition Clinic where nutrition consultation and counseling was given to the patient referred by mostly the internist. Nutrition and Dietetic Department at the hospital was then developed in 1961 in order to organize all nutrition and dietetic service.

As the number of nutritionists working at the hospitals and other dietetic related areas increased with time, Indonesian Dietetic Communication Forum (IDCF) was initiated in 1992 as the media of information exchange between nutritionists and dietitians. In 1994, Indonesian Nutrition Association (INA) hand in hand with IDCF organized and hosted the 1st Asian Federation of Dietetic Association (AFDA) Congress in Jakarta. Indonesia recorded a history as the 1st host country of dietetic congress in Asia. Since that time, Indonesian Dietetic Forum was revitalized and redeveloped to become Indonesian Dietetic Association (IDA). The President of INA then declared and legalized IDA as an autonomic professional organization for dietetics on 11th August 2001. The President of IDA and the Chairpersons of its branches in West Java, Central Java, Special Territory of Jogjakarta, East Java, South Sulawesi and Jambi were officially declared by the President of INA during its Congress in 2002 held in Jakarta.

#### Objectives of IDA:

- Development professional autonomy amongst dietitians.
- Organize and increase cohesive communication and relation amongst dietitians throughout Indonesia
- Increase knowledge, skill and attitude of dietitians in dietetics, nutrition care, and food service.
- Network with other professionals nationally and internationally.

#### Activities:

- Host scientific meetings regularly at the regional, national and international levels such as
  - National Scientific Meeting (NSM):
    - 1st NSM in 2003 in Jogjakarta, Jogjakarta Special Territory.
    - 2nd NSM in 2005 in Bandung, West Java.
    - 3rd NSM in 2008 in Semarang, Central Java
    - 4th NSM in 2011 in Jakarta, National Capital Territory
  - Hosted 1st Asian Congress on Dietetics (ACD) in 1994 in Jakarta and International Dietetics Update in 2009 in Jogjakarta.
- Increase involvement of dietitians in scientific and applied research on dietetics, nutritional care, and food service.
- Develop programs like Continuing Nutritional Development (CND) & Continuing Nutritional Education (CNE).
- Publish bulletin and scientific journal e.g. Media Dietetik.
- Enhance government's efforts in making Healthy Indonesia paradigm into action and other related dietetic, nutrition care and food service program.

Contact person:

Dr Martalena br Purba  
 Nutrition Department Dr Sardjito Hospital  
 Jalan Kesehatan, Sekip no 1 Jogjakarta, Indonesia 55284  
 Phone : 62-274-864627  
 Facsimile : 62-274-565639  
 Mobile : 62-08122789048  
 Email : [martalena\\_purba@yahoo.com](mailto:martalena_purba@yahoo.com) or [martalenapurba@gmail.com](mailto:martalenapurba@gmail.com)

Official address: Nutrition Department Cipto Mangunkusumo General Hospital,  
 Jalan Diponegoro no 71 Jakarta, Indonesia 10430,  
 Phone/ Fax: 62-21-31902959; Email: [dpp\\_asdi@yahoo.co.id](mailto:dpp_asdi@yahoo.co.id)

## Leading to the Evidence

*Country – New Zealand*

New Zealand Registered Dietitians have been benefiting from a recent focus on Evidence Based Practice (EBP). Dietetics in New Zealand is a relatively small profession (approximately 350 practicing members), and has limited resources to both developing and implementing evidence based practice that could positively impact upon health care resources. The Evidence Based Dietetic subcommittee (formerly the Guidelines Project) aims to empower New Zealand dietitians with skills to enable them to



effectively undertake evidence based best practices, to challenge dietitians with innovative practice methods, and to assist in the implementation of evidence based practice. Dietitians NZ has a name in New Zealand for being a front-runner health care profession group in undertaking evidence based practice. However, many dietitians qualified prior to critical appraisal skills, and other skills are required to undertake EBP being taught in university.

Dietitians NZ provides numerous resources to members to help them practice evidence based dietetics. Resources that are available to members include a guidelines database – updated five times a year. The database is a quick source of information for Dietitian NZ members who are seeking evidence based guidance on clinical conditions. Also available to members is a monthly e-newsletter. This “coffee break” style newsletter focuses on sharing information on EBP, education on EBP skills including critical appraisal, and strategies for implementing EBP. In 2010 articles included interviews with Dr Mary Hickson, UK Research Dietitian, NZ Dietitian Angela Lucas (nee Swann) and reprinted the 2010 ICDA article on evidence based dietetic practice by Jayne Thirsk and Debbie MacLellan.

The database and e-newsletters along with copies of critical appraisal tools are hosted on the Dietitians NZ website. This is designed to be a “one stop shop” for Dietitian NZ members to access all they need to know about evidence based practice.

Dietitians NZ conference 2010 in Dunedin played host to the first Evidence Based Dietetic subcommittee workshop on critical appraisal skills. Conference 2011 in Nelson will follow on from this, hosting both basic and advanced skill workshops in critical appraisal skills and implementing evidence based practice.

2011 is set to be a big year for the subcommittee. We will be investigating distance learning opportunities to facilitate all members being able to access education on evidence based practice skills and working with the Dietitians Association of Australia on PEN (Practice based Evidence in Nutrition) collaboration.

Evidence based practice skills are core to much of the Strategic Plan of Dietitians NZ and Dietitians NZ are embracing this opportunity to empower dietitians so that they can use innovative practice to implement EBP.

## Dietitians Association of Nigeria – Profile

### *Country – Nigeria*

#### Background:

Dietitians Association of Nigeria (DAN) is a national association of dietitians (professional) and dietetic technologists (sub-professional) cadres in Nigeria. It is registered as a non-profit making organization with the Corporate Affairs Commission of Nigeria and was formally inaugurated on 19th of March, 2009. The professional and sub-professional cadres had previously been under the umbrella of the Nigerian Dietetic Association (NDA). However, this Association was formed as an outcome of the Schemes of Service for the professional and sub-professional cadre released by the Head of the Civil Service of the Federation on 4th August 2008.

The Association is a young association and promotes health through food, nutrition and diet planning

#### Current Executive office members are:

Dtn. Chika Ndiokwelu Ph.D	National President
Dtn. V.T. Alli	Ist National Vice President
Dtn. Uduak Okon	2nd National Vice President
Dtn. Mary Jane Umeh	National Secretary
Dtn. Emma Ukwondi	Asst. National Secretary
Dtn. Emma Ogbuigwe	National Financial Secretary
Dtn. Gloria Okafor	National Treasurer
Dtn Elizabeth Ngwu P.hD	Editor-in-Chief

#### Achievements:

1. Dietitians in Nigeria are happy that graduates (degree holders) who had stagnated on the sub-professional cadre for more than twenty-five years finally have a Scheme and can now terminate on grade level 17 just like her graduate counterparts in the federation. We are also happy, that the Scheme of Service provides for career progression for the sub-professionals (Higher National Diploma holders) who acquire such additional qualification required to perform in the professional cadre through transfer.
2. The new Scheme of service for Dietitians has made provision for Dietetics interns. Dietetic interns in Nigeria have finally been placed on a salary scale. (Figs 1a&b: courtesy call by DAN Exco to express its gratitude to the Fed Min. of Health)
3. DAN was admitted as a national dietetic association member of the International Confederation of Dietetic Associations in 2010. Participated in the evidence-based dietetic working group of the ICDA.
4. Two national national scientific conferences and workshops have been held by DAN in 2009 and 2010. (Fig 2)
5. The maiden scientific journal of the Association (Journal of Dietitians Association of Nigeria) was launched during the 2010 conference.



Fig 1a:  
THE NATIONAL PRESIDENT  
DAN PRESENTING A  
CONGRATULATORY CARD TO  
THE HON. MINISTER OF  
HEALTH-PROF. O. C. CHUKWU



Fig 1b:  
SOME MEMBERS OF DAN EXCO  
DURING A COURTESY CALL ON  
THE HON. MINISTER OF  
HEALTH-PROF. O. C. CHUKWU



Fig 2: SOME MEMBERS OF DAN AT THE 2009 ANNUAL NATIONAL WORKSHOP ON MANAGEMENT OF SEVERE ACUTE MALNUTRITION ORGANIZED IN COLLABORATION WITH UNICEF

#### Current Activities:

- Collaborating with the government to establish the Dietitians Registration Council which will regulate the professional training and practice of dietitians and dietetic technologists.
- Working hard to ensure standardization of dietetic practice through accreditation and reaccreditation of recognized dietetic education programmes.
- Encouraging its members, to adopt evidence-based, ethical practices and lifelong continuous professional development.
- Advocates for dietitians in Nigeria and looking forward to providing quality assurance programme for accredited dietetics education programmes and dietetic internship.
- Encouraging its members to adopt applied research and best practices in nutrition and dietetics and to publish peer reviewed articles.
- Designing DAN website.
- Working hard to get all Dietitians and dietetic technologists in Nigeria under one umbrella.

#### Conclusion

Formation of Dietitians Association of Nigeria and the visionary leadership provided by the current members of Executive accelerated international affiliation and collaboration. It has put the profession on the global arena and lifted the status of the profession nationally. We are reaping the dividends. We believe that the dietetic profession will continue to grow in strength.

## **Pakistan Nutrition and Dietetic Society**

*Country – Pakistan*

### ***Introduction:***

Pakistan Nutrition and Dietetic Society (PNDS) is a coalition of qualified people with an interest in nutrition and dietetics in Pakistan. It was founded and registered in 2003 as a professional society. The aim was to represent, promote and advance the science and profession of nutrition to achieve better nutrition status for the population in Pakistan through an organized and professional body.

General membership is open to all those with an interest in nutrition and dietetics but regular membership is entitled to those who have the necessary qualification. Every two years election is held for nine members to represent the executive committee. Currently PNDS has more than 300 regular members and many others who represent other membership categories.

### ***Scope of Activities:***

Since its inception PNDS has been involved in a wide range of professional activities such as:

- Professional development of its members.
- Nutrition education for health care professionals.
- Nutrition awareness for the general public.
- Active involvement in developing nutrition policy for the country.

Professional development related activities for PNDS members:

- Continuing Nutrition Education for PNDS members: 6-8 sessions are held annually for PNDS members. However non-members may attend with a nominal fee. Wide range of topics in the field of nutrition and dietetics are covered with updated information.
- Hands on Workshops: From December 2004 to July 2005, series of five workshops were held entitled 'Research in Practice: From Planning To Writing'. Two workshops were held on 'Nutrition Counseling Techniques' and further workshops are being planned to write review articles and articles for the lay public.

### ***Nutrition Education Activities for Health Care Professionals:***

Series of nutrition seminars have been organized for nutritionists, dietitians and other health care professionals with a major emphasis on nutritional concerns in various health conditions. Some of the topics covered in these seminars were:

- Women's Health including reproductive health, osteoporosis, polycystic ovary syndrome, eating disorders and breast cancer.
- Nutrition and Non-Communicable Diseases including obesity, hypertension, diabetes and coronary heart disease.

### ***Nutrition Activities related to Public Health:***

- World Days: PNDS conducts nutrition awareness activities for the general public and health care professionals on a regular basis to commemorate different 'world days' such as World Heart Day, World Diabetes Day and World Food Day.
- Public Health Education: PNDS does not have the policy to provide individual or personal advice to any person or company; however it can be contacted to check the validity of nutrition claims made by food manufacturers, advertisers, TV presenters, cooking experts, and other professionals.
- Health and Nutrition resources: PNDS has a website ([www.pnds.org](http://www.pnds.org)) and can also be contacted at [info@pnds.org](mailto:info@pnds.org) PNDS also publishes a quarterly Newsletter which provides state of the art information on different nutrition related topics for members and other health professionals.

### ***Participation in Nutrition Policy Development:***

Recently PNDS was approached by the Government of Pakistan to represent on the Commission for the Prevention and Control of Non-Communicable Diseases (NCD's). This will ensure that the expertise of nutritional professionals are recognized when policies are formulated to prevent and reduce the burden of NCD's.

### ***Pakistan Accreditation of Nutrition and Dietetic Professionals (PANAP):***

In collaboration with College of Home Economics Karachi, PNDS has developed an accreditation program to certify practicing dietitians and nutritionists. PANAP ensures that there is a standard definition of different professionals in the field, eligibility criteria, qualification and required experience for different nutrition professionals before they are certified by PNDS. After extensive review of several international standards, PANAP determined the eligibility criteria for getting recognition as a nutrition professional and PNDS started registering Dietitians and Nutritionists on the basis of qualification and test in 2010. PNDS hopes to start registration of Diet technician and Nutrition Workers by 2012.

### ***International Membership:***

PNDS is an active member of Asian Federation of Dietetic Association (AFDA) and has regularly represented in all their meetings. Some of the PNDS members have also had the privilege of being invited speakers to their conferences. PNDS in 2010 was elected council member of AFDA. Two of the PNDS members serve as country representatives at American Overseas Dietetic Association. Thus PNDS is engaged in a wide range of activities in order to promote the field of nutrition in Pakistan and hopes to increase awareness for the public and health professionals in this area.

## **Taking the Journey Towards a “Healthier You”: The Philippine Experience in Establishing a Certification Program for Healthy Processed Food Products based on Nutrient Profiling**

*Country – Philippines*

In 2004, the World Health Organization (WHO) formulated the Global Strategy on Diet, Physical Activity and Health in response to the global increase in deaths caused by non-communicable diseases (NCDs), as evident in the World Health Report published in 2002. It urged its member states *“to develop, implement and evaluate actions recommended in the Strategy, as appropriate to national circumstances and as part of their overall policies and programs that promote individual and community health through healthy diet and physical activity and reduce the risks and incidence of non-communicable diseases.”*<sup>1</sup> As a response of the Philippine government, the Department of Health (DOH), through the assistance of WHO, commissioned the Nutritionist-Dietitians’ Association of the Philippines (NDAP) in 2009 to establish national guidelines on healthy eating to encourage the public to include healthy food items in their diets. The Guidelines on Healthy Eating were then formulated by the end of that year and was eventually used as the basis for a certification program for healthy processed food products. The certification program was then named the “Good for You” Certification Program. The main objective of the program was to enable consumers to easily identify healthy products by recognizing the “Good for You” stamp that would be awarded to products that were able to meet the criteria specified in the Guidelines on Healthy Eating.

The guidelines were focused on four key nutrients namely fat, sodium, sugar and dietary fiber. These nutrients were given emphasis because they are highly correlated with the onset of NCDs or in the case of dietary fiber, to the prevention and deferment of their development in at-risk individuals. In general, the Codex Alimentarius guidelines for including health claims in food labels were used as the main basis. This program will require food manufacturers to submit a comprehensive nutrient profile of their products for thorough evaluation of the certifying committee. If the nutrient profile of a product submitted for certification complied with the requirements, it will be given the “Good for You” stamp.

Several food manufacturers and food service establishments were consulted in the process of formulating the guidelines and in the conceptualization of the certification program to determine its feasibility. It was initially named the “Good for You” Certification Program but later changed to the “Healthier You” Certification Program in January of 2011 to further emphasize that consumption of the certified products, at the right amounts, would inevitably result to the improvement of one’s health.

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<sup>1</sup> WHO. Global Strategy on Diet, Physical Activity and Health. 2004.

At present, the certification program is in the process of evaluating the results of the pilot test of the program. The technical working group, composed of registered nutritionist-dietitians specializing in the different fields of nutrition in the Philippines, is optimistic that the results will prove that such a program would increase the awareness of consumers about the availability of healthy food products in the market and that it would encourage them to choose healthy food items.  
Demetria Bongga, PhD, RN-D., Project Leader

## **A Great Step Forward In Spain**

*Country - Spain*

### ***Spanish Senate***

The Spanish senate has worked nearly 2 years to find out which are the human resources that the National Health System needs.

The Senate created a committee that included 65 people who represent professional associations, syndicates and politicians, in order to gather their points of view. Mr Giuseppe Russolillo, Chair of the AEDN, had the honor to participate and put forward the opinions and needs of our profession on 30th March 2009.

In his presentation, Mr Russolillo proposed a Dietitian and Nutritionist in the National Health System, requesting the following:

- (1) A Dietitian-Nutritionist /50.000 inhabitants with a health card.
- (2) A Dietitian-Nutritionist /100 beds in intensive care.
- (3) A Dietitian-Nutritionist / hospital department related with nutritional management.
- (4) A Dietitian-Nutritionist/500.000 inhabitants in public health and prevention.

This request was sustained, among others, by the following arguments:

- (5) To place the dietitian-nutritionist in the Spanish Health System on a level with the rest of the European countries.
- (6) Modernize the National Health System through the incorporation of new health professionals, lessening the load for physicians and nurses.

The message sent by the professional collective of Dietitians and Nutritionists was taken into account and accepted by the Senate.

We hope that Spanish Health Institutions will take note of these recommendations and that they will start a process to improve public services by incorporating dietitians and nutritionists.

### ***Mega Nutritional Event***

On September 30th and October 1st and 2nd 2010 the Mega Nutrition event took place in Sao Paulo, Brazil, with the following activities:

- 11 International Congress of Nutrition, Longevity and Quality of Life.
- 11 International Congress of Gastronomy and Nutrition.
- 6 National Forum of Nutrition.
- 5 International Symposia of the American Dietetic Association.
- 3 International Symposia of the Nutrition Society.
- 3 International Symposia of Le Cordon Bleu.
- 1 International Symposia of the Spanish Association of Dietitians and Nutritionists.

In this first International Symposia, the AEDN took part with the following speakers: Mr Giuseppe Russolillo, President of the AEDN, Ms. Marta Cuervo, Dietitian-Nutritionist and PhD in Diet and Physiology and Mr Eduard Baladia, Dietitian-Nutritionist, member of the Review, Study and Scientific Position Statement Group of the AEDN.

This Symposia covered the following subjects:

- 1) The Academic Evolution of the Human Nutrition and Dietetics Degree in Spain. Convergence process in Europe. European Net DIETS.
- 2) Evidence-Based Dietetics and Applied Nutrition: Review, Study and Scientific Position Statement Group of the Spanish Association of Dietitians-Nutritionists (GREP-AEDN).
- 3) Revista Española de Nutrición Humana y Dietética (Spanish Journal of Human Nutrition and Dietetics): AEDN's official scientific communication organ.
- 4) On-line services for Dietitians-Nutritionists. Program management for dietitians practice: [www.easydiet.es](http://www.easydiet.es).

### ***The First Group of Renal Dietitians are Born in Spain***

A group called Nutrition Group specialized in Chronic Renal Illnesses ("Grupo de Nutrición en Enfermedad Renal Crónica (GE-NERC)" has been created in Spain by a group of dietitians from the AEDN who are specialized in renal diseases. The objectives of this group are:

Primary objective: Encourage the understanding and diffusion of this specialization, giving a high-quality nutritional treatment in renal illnesses.

Secondary Objectives:

- 1) To give professional opportunities and lifelong learning for Dietitians-Nutritionists.
- 2) To propose Renal Nutrition as a specialization for Dietitians-Nutritionists and other professions that are part of the nephrology team.
- 3) To collaborate with professional societies and renal associations.
- 4) To help in the research and development of position papers and practice guides.
- 5) To act as representatives of the specialized group of the AEDN in national and international committees.

## The British Dietetic Association Celebrates 75 years

*Country – UK*

2011 is an important year for the British Dietetic Association. In 1936 a group of dietitians met to propose the setting up of an association of dietitians in the UK. Exactly 75 years later on 24th January 2011, Council of the BDA met in the Grand Committee Room of St Thomas Hospital, the same location as the first meeting of the Association. This provided us with the perfect opportunity to reflect on the history and development of the profession in the UK and with excitement, look to the future.

Over the 75 years we have developed from the initial 40 members to a vibrant association of 6700 dietitians, dietetic support workers and nutritionists who work together on behalf of the BDA and the profession to promote the science and practice of dietetics and demonstrate how dietitians are leaders in nutrition and healthcare and improve the health of the population.

To mark this auspicious occasion **The British Dietetic Association Conference & Exhibition 2011, 9-11 May 2011**, has taken as its theme *Influence with Impact*; and aims to highlight how Dietitians across the UK are demonstrating their value in a wide variety of clinical areas and care settings.

The BDA national conference is the most important gathering of its kind in the UK, addressing the big questions facing the profession now and in the years ahead. The event regularly attracts in the region of 450 attendees, making it is an annual fixture for dietitians practicing at all levels.

This year's event takes place in central London – with a direct Metro connection from Heathrow airport and just 30 minutes from the Eurostar terminal. The aim of the conference is to showcase exemplary and innovative practice, enhance knowledge, facilitate networking and develop creative approaches to service delivery across all sectors in which Dietitians have a role.

Conference Highlights:

- Celebrating 75 years of the BDA.
- Showcase of innovative practice and dietetic expertise.
- Live demonstrations of Practice-based Evidence in Nutrition – the global resource for nutrition practice.
- Who's responsible for our health? Discussion and debate from social commentators, the food industry, academics and food retailers.
- Inspiration from this year's BDA award winners and Awards Dinner.
- Developing and capturing measurable outcomes – join UK Dietitians to populate the BDA's dietetic outcomes framework toolkit to agree appropriate measurements in all practice areas.
- Influencing the wider agenda – getting involved with new research, policy, private practice, and the food industry.

- Adapting services in a challenging healthcare environment – marketing and business skills for Dietitians.
- Latest research including poster hotspots.

This will be delivered to delegates through an impressive speaker line-up from within and outside of the profession, interactive workshops and discussions. For full programme details and to register go to [www.bdaconference.com](http://www.bdaconference.com)

### *International Membership of the British Dietetic Association*

The British Dietetic Association is very pleased to announce a new category of membership – the International member .

The International Members category has been developed to encourage sharing of nutrition and dietetic practice across the world. If you:

1. have undertaken recognised education and training in nutrition and dietetics outside of the UK,
2. are not currently registered in the UK and are not practicing in the UK ,
3. are a full member of a dietetic association recognised by ICDA or EFAD or a member of a dietetics association which has similar aims to the BDA,

you are eligible for International Membership.

The benefits of being an international member of the BDA include access to the members website and all the professional guidance and advice contained therein; members' rates to attend BDA events such as the BDA Conference and Exhibition and membership of BDA specialist groups – the BDA networks of dietitians practicing in specialist areas such as cancer, paediatrics, food service, kidney disease, obesity and diabetes.

For further information on joining the BDA go to [www.bda.uk.com](http://www.bda.uk.com) and click on 'Joining the BDA'

In this, our 76th year, we look forward to welcoming dietetic friends from across the world as members of the Association and to our Conference and Exhibition in London.

### **Networks Provide New Ideas to strengthen the American Dietetic Association's Outreach Goals**

#### *Country – USA*

The American Dietetic Association (ADA) has always valued the collaboration of working with other organizations to reach project goals. We have done this through a variety of programs such as, professional development conferences, position papers, and publications. A position paper released in November, 2010 on Comprehensive School Nutrition Services was done in cooperation with the US organizations, Society for Nutrition Education and School Nutrition Services. As

new programs develop we look for other organizations that have common goals and an interest in collaborating on the development of resources our members can use. Recently ADA has joined the Guideline International Network (G-I-N) to strengthen our work with evidence-based practice guidelines. Founded in 2002, the G-I-N network, [www.g-i-n.net](http://www.g-i-n.net), has 94 organizational and 76 individual members representing 46 countries. G-I-N is focused on the development and use of clinical practice guidelines. They have developed a large international database of practice guidelines and systematic reviews. ADA had the opportunity to present a poster at the G-I-N annual conference entitled, The Critical Illness Network: A train the trainer model for guideline implementation. Sharing our model for creating a network protocol produced lively discussion on developing a network and assuring its ongoing function. The ADA evidence based process and Evidence Analysis Library is the foundation for the work ADA presented. ADA's library now contains more than 4200 abstracted nutrition articles and with nearly 9 million page views since its launch in September, 2004. In December, 2010, the ADA Evidence Analysis Library added two practice guidelines for nutrition care for individuals with HIV/AIDS and Chronic Kidney Disease. The HIV/AIDS guideline has 19 recommendations including topics on caloric needs, vitamin and mineral supplementation, treatment of diarrhea/malabsorption and education on presence of HIV in breast milk. The guidelines and how to access them are available on ADA's website [www.eatright.org](http://www.eatright.org).

Another outreach effort was realized at ADA's annual conference last fall when Frances R. Davidson, PhD, MSc from the US Agency for International Development presented the Wimpfheimer-Guggenheim International Lecture—From Global to Local: Opportunities and Challenges Utilizing Programming Science. Dr. Davidson has more than 20 years experience working on the pivotal role nutrition plays in the human and social development especially in maternal and child health. Through her lecture, she showed ADA members how they can be involved with international nutrition programs at a variety of levels such as policy development, use of technology for systems improvements and seeking out global partners to meet identified goals. She offered ideas for employment opportunities and career development in the international community. To listen to the full lecture presented at the conference, visit the International Awards and Fellowships resource section of the ADA Foundation Website: <http://www.eatright.org/foundation/>: A child focused resource that also was featured at the ADA conference was the Pediatric Nutrition Care Manual. This internet-based diet and professional practice manual focuses on the special needs of children with a variety of disease conditions. Some of the areas that are featured include Down syndrome and nutrition diagnosis; Failure to Thrive; Diabetes Mellitus; and Full Term Infant Reflux Syndrome. Further information is available at [www.nutritioncaremanual.org](http://www.nutritioncaremanual.org)

## Awards and Grants

### **International Awards and Fellowships available from the ADA Foundation.**

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. Deadline to apply is December 1, 2011. Award amount: \$2000 (US). Applications are available at [www.eatright.org/foundation/](http://www.eatright.org/foundation/) or contact ADA Foundation staff, Beth Labrador [blabrador@eatright.org](mailto:blabrador@eatright.org)

### **Wimpfheimer-Guggenheim Fund for International Exchange in Nutrition, Dietetics and Management Essay Award**

This award is given to provide for the international exchange of needed nutrition, dietetic and/or management information for the benefit of the nutritional health of the world community. Award amount: \$1,000 (US). Up to two awards may be given. Deadline to apply is December 1, 2011. To find the 2012 essay topic as well as past essays, visit the ADA Foundation website, [www.eatright.org/foundation/](http://www.eatright.org/foundation/) or contact Beth Labrador, ADA Foundation staff, [blabrador@eatright.org](mailto:blabrador@eatright.org).

## Calendar of Events

### The World Congress of Nephrology

The World Congress of Nephrology will be held in Vancouver, Canada, 8-12 April, 2011. <http://www.wcn2011.org/>

### The British Dietetic Association Conference and Exhibition 2011

The British Dietetic Association Conference & Exhibition 2011. 9-11 May 2011, Novotel London West, London, UK. [www.bdaconference.com](http://www.bdaconference.com)

### International Scientific Conference on Probiotics and Prebiotics – IPC 2011

Date: 16th June 2011  
Place: Kosice, Slovakia  
Tel.: +421 904 837153  
+421 918 707371  
Fax: +421 41 4000123  
Webpage: [www.probiotic-conference.net](http://www.probiotic-conference.net)  
Contact e-mail: [info@probiotic-conference.net](mailto:info@probiotic-conference.net)

## XI Asian Congress of Nutrition 2011

The Singapore Nutrition and Dietetics Association will be organising the XI Asian Congress of Nutrition 2011 at Suntec Singapore International Convention & Exhibition Centre on 13 - 16 July 2011. <http://www.acn2011.com>

## 2011 Food and Nutrition Conference and Expo

2011 Food & Nutrition Conference & Expo, Sponsored by the American Dietetic Association, September 24-27, 2011, San Diego, California. For more information visit [www.eatright.org/fnce](http://www.eatright.org/fnce)