

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

During 2011, the Board of Directors has been working on those activities that we identified in our work program for 2008-2012, within the three key result areas: ICDA Leadership, Strong Networks and Profile for the Profession. These continue to bring our mission to life.

Since I last reported to you in 2010, the Board has been very active. We have planned nine workshops for the ICD next year, where individuals and associations can actively spend time helping us to achieve our goals of advancing the profession globally. So don't forget to come along to the ICD and take part in all the fun and activities.

We have been developing frameworks for our leadership activities. To advance our work in a more timely fashion, the Board made the decision to use existing exemplars and to develop international groups to work on strategic priorities. The first action completed under this new process was the development of a definition of Evidenced Based Practice in Dietetics, now on our website. Don't forget to keep looking for these statements with international agreement and to use them wherever you can. We have commenced a project on Models of Dietetics Practice being led by the British Dietetic Association, and we continue to contribute to the development of the International Dietetics and Nutrition Terminology (IDNT) led by the American Dietetic Association. In the future we will be commencing work on definitions of Advanced Practice for the international community.

Our new logo depicts the world within the ICDA and depicts inclusiveness with breadth and actions beyond borders. We now have forty-one members, which collectively is about 180,000 dietitians.

We have continued to work on developing networks internationally. We have had the opportunity to meet with the Asian Federation of Dietetic Associations (AFDA) and developed a working partnership with the European Federation of Associations of Dietitians (EFAD), around the DIETS program, as well as more recently beginning

discussions with Confederation of Latin-American Nutritionists and Dietitians (CONFELANYD) and the Commonwealth Dietitians and Nutritionists Association (CDNA). We continue to participate in the WHO sponsored global network discussions on healthcare issues. All these help to link dietitians together and provide a supportive and assistive environment.

It is now three years since the 15th ICD in Yokohama. We hope that many of you will be planning to attend the 16th ICD in Sydney. The call for abstracts is now closed with hundreds of abstracts received. The final program will be published soon, so keep a watch for it on the website. We hope that this event will offer a significant opportunity to increase our profile in the media more generally as well. Our Australian and New Zealand members are working very hard on marketing this event. We will also use this opportunity to develop “positions” on topical issues that can be used to enhance our profile, so we need lots of people to come along.

To finish, I would like to thank all the Board members for their diligence and hard work to get our plans in place during the last year, especially Karen Lechowich from the ADA who is not continuing. We wish her all the best and thank her for her contribution over the last few years. While we have been increasing our profile, participating in global networks on health care and working with and supporting other geographical dietetics groups we need you, our members, to help us. We need your ideas and feedback on what we are doing. We need you to tell us what you are doing and what you want to see us do. That way, our mission will really come to life.

Sandra Capra
Chairperson, Board of Directors

Feature Article

Working group to Develop an International Model for Dietetic Practice

A goal of ICDA is to add to the body of international standards of education and good practice. Therefore in June 2011 the Board of Directors of ICDA agreed the terms of reference of a working group to develop an international model for dietetic practice. The purpose of this group is to develop a model for practice in the profession of dietetics; which will become an element of the standards of good practice in dietetics. The aim is to ensure that the model defined reflects, and is relevant to, the majority of dietetic practice including public health, patient focussed and food service dietetics.

There is a growing body of published evidence that demonstrate various benefits from the use of a model of practice. These include being able to clearly state the dietetic assessment and intervention, developing clear measures of outcomes and impact of dietetic care, providing tools to advance the profession and to become more competitive and increase the focus on dietetic interventions and the profession.

The British Dietetic Association (BDA) was approached to chair this working group and was very happy to accept. Dr Louis Goff, Lecturer in Dietetics at Kings College London and Sue Kellie, Head of Education and Professional Development at the BDA will jointly chair the working group.

They jointly stated 'We are very pleased to be working with our global dietetic colleagues on this exciting project. This is a wonderful opportunity for the group to obtain the views of dietetic associations around the world to ensure the standards which are produced are relevant to dietetics globally and support the development of high standards of practice.'

There is currently a call out to ICDA representatives and national associations to identify representatives to the working group and to share any existing models of practice. The first meeting of the group will take place in September 2011 and the completed model will be submitted to the ICDA Board in June 2012.

Sue Kellie & Louise Goff
Chairpersons of the Working Group

Announcements

A Reminder About ICD 2012

As a world leader in nutrition, DAA is proud to be hosting the 16th International Congress of Dietetics (ICD), to be held in Sydney from 5-8 September 2012.

A key priority for DAA is to share knowledge with nutrition and dietetics professionals from around the world. And ICD provides an amazing avenue for dietitians to collaborate and share ideas with international colleagues, explore new directions and debate topics with experts from across the globe.

Delegates will explore the theme – *LEAP: Leadership, Evidence and Advancing Practice* – through an exciting program. Sessions will consist of lectures by high profile international speakers, and interactive workshops and seminars. And participants will have access to a wide range of submitted papers.

For more information, visit: www.icd2012.com and follow us on Twitter at www.twitter.com/icd2012 If you are interested in further information on the Congress, including regular updates, please register your interest at the 'Expressions of interest' section on the home page of the ICD website.

After the 2000 Olympic Games in Sydney Juan Antonio Samaranch said it was 'the best games ever'. DAA, along with our colleagues at Dietitians New Zealand, plan to make this the best ICD ever. Don't miss it!

Call for Representatives to join the Working Group on International Model for Dietetic Practice

ICDA representatives and national associations have been requested to identify representatives to the working group and to share any existing models of dietetic practice.

The purpose of this group is to develop a model for practice in the profession of dietetics, which will become an element of the standards of good practice in dietetics. The aim is to ensure that the model defined reflects, and is relevant to, the majority of dietetic practice including public health, patient focussed and food service dietetics.

Dr Louis Goff and Sue Kellie of British Dietetic Association will jointly chair the working group.

The first meeting of the group will take place in September 2011 and the completed model will be submitted to the ICDA Board in June 2012.

New Member

AADYNAD, National Dietetic Association in Argentina

The ICDA Board has recently welcomed AADYND, the national dietetic association in Argentina, as a member of ICDA. Established in 1947, the association has 735 dietitian members. AADYND aims to promote scientific development of nutrition and also the dietetic professionals. The goals include strengthening professional training, networking with other organisations and reviewing the dietary guidelines for the populace of Argentina. Their dietitians are involved in scientific and research activities, hospitals, clinics, community centers, public education, food industry, hospitality, pharmas, universities, etc.

We look forward to a long and fruitful association with AADYND.

National Dietetic Association Reports

Communication and Marketing Activities in DAA

Country - Australia

The Dietitians Association of Australia (DAA) is thrilled to have the opportunity to update ICDA colleagues on our recent initiatives. In this issue, I'd like to focus on some of the Association's communications and marketing activities that are helping us achieve our strategic goals.

DAA represents more than 4,500 members and is the leading nutrition organisation in Australia. We are devoted to supporting our members, and advocating for better food, better health and wellbeing for all.

The objectives of DAA's communication and marketing activities are to:

- Increase awareness of DAA as the leading nutrition organisation in Australia
- Increase awareness of Accredited Practising Dietitians (APDs) as the experts in nutrition
- Promote the diversity and expertise of DAA members
- Enhance communication between and to all members
- Expand the partnership and sponsorship base
- Communicate accurate and practical nutrition information to Australians

DAA's consumer advertising campaign

Earlier this year, DAA launched a new advertising campaign to encourage Australians to take control of their health – with the help of an APD. Our affectionately-titled 'fit man' ad is the first in a series of advertisements that we'll be rolling out over the coming years. While not our first choice as dietitians, 'fit man' was an overwhelming favourite among consumers – our target audience.

The campaign kicked-off in late January in Australia's Sunday newspapers and is currently being rolled out in magazines. We evaluate our consumer advertising activities each year, through an annual Newspoll survey. It will be interesting to see the results of measures such as awareness of DAA and awareness of APDs when we conduct the 2011 survey later this year.

Our advertising activities are making a difference. Between 2006 and 2010, we saw awareness of APDs among the public rise from 35 to 38 per cent. We also track referral rates to dietitians from general practitioners, and consumer consultations by dietitians in private practice – and both measures have also increased over the same period.

Australia's Healthy Weight Week

Earlier this year, DAA hosted the fourth annual Australia's Healthy Weight Week (AHWW) campaign. This forms part of DAA's broader Obesity Strategy and encourages Australians to seek expert advice and support on healthy eating and weight management from an APD.

Held in the last week of January each year, the campaign involves:

- A dedicated AHWW website: www.healthyweightweek.com.au and Twitter engagement via: www.twitter.com/healthywtwk
- Promotional activities – including television community service announcements and public events held by DAA members
- Promotional materials – such as AHWW brochures and posters, and nutrition fact sheets
- Media communications
- Partnerships and sponsorships.

Consumer research has shown a greater awareness of DAA and APDs as of result of the campaign. Awareness of dietitians jumped from 45 to 50 per cent after the 2011 AHWW campaign. The campaign is also driving consumers to the DAA website, with visits to the website during January 2011 nine per cent higher than the average monthly visits during 2010. And media interest in AHWW has grown year-on-year.

DAA Media Spokesperson's Program

Since its inception in 1999, the DAA Spokesperson's Program has significantly grown and developed to now be a key part of DAA's core business. DAA has 18 media-trained Spokespeople, based across Australia.

Each year, DAA and DAA Spokespeople make more of an impact in communicating accurate and practical nutrition information to the Australian public via the media, and promoting APDs as the experts in nutrition. During 2010, DAA was contacted by the media 756 times (compared with 548 times three years prior to this, in 2007).

Our Spokesperson's Program involves:

- Briefing and debriefing with spokespeople before and after media interviews
- Providing annual media training for spokespeople
- Developing and updating DAA key message documents and 'Interview Road Maps' on issues that are important to the association or topical in the media
- Maintaining a 'Spokesperson's Only' section of the DAA website, which houses key message documents and other relevant information for spokespeople
- Facilitating a spokesperson's email discussion group
- Holding an annual spokesperson's teleconference
- Communicating with spokespeople through a monthly 'Spokesperson's Update' email.

*Claire Hewat, CEO
Dietitians Association of Australia*

Brazilian Congress of Nutrition – CONBRAN - 52 Years of Evolution

Country – Brazil

The Brazilian Association of Nutrition – ASBRAN is a non-profit society that brings together nutritionists and technicians in nutrition and dietetics. Nationwide, it is made up of members affiliated to the Association of Nutrition in the states. It has currently 12 state-affiliated entities.

ASBRAN, established on August 31, 1949, in Rio de Janeiro, aims to promote training and the strengthening of specialization of the nutritionists, encouraging research and contributing to the dissemination of nutrition information in Brazil, so that this science and its professionals are recognized as fundamental to the health of people.

Since its founding, the Association has discussed main issues related to food and nutrition in Brazil and its impact on people and society, including the development of public policies. The responsibility taken by ASBRAN for the activities mentioned and the importance of the issues that fall under national and international agenda makes ASBRAN to carry out the Brazilian Congress of Nutrition – CONBRAN, as a forum for updates on technical and scientific issues and debates about trends in food and nutrition problems and its action programs. It is an international event held in partnership with ASBRAN and its Nutrition Association Members, with a theme that is defined according to the political mood of nutrition in Brazil and in the world that takes place every two years (even years).

The First Brazilian Congress of Nutritionists took place in 1958 (in 1982, its name was changed to the Brazilian Congress of Nutrition - CONBRAN) in the city of Rio de Janeiro, capital of Brazil. This event brought together approximately 500 nutritionists and other professionals in the field of food and nutrition.

The central theme of CONBRAN 2006 was "Food and Nutrition in the Millennium Development Goals", understanding that professionals should be updated and prepared to meet the expectations of civil society and continuously discuss the problems that affect the Brazilian population within our historical and political context. This reinforced ASBRAN's commitment to the Millennium Declaration, which was approved by the United Nations in September 2000, which established a covenant of shared commitment to sustainability of the planet.

The Millennium Development Goals are a set of eight macro-objectives to be achieved by the countries by the year 2015, through concrete actions of governments and society. In this sense, under the theme "The Millennium Development Goals - Food and

Nutrition" CONBRAN from 2006 was constituted as a forum for technical and scientific updates and debates about trends and its programs and specific needs of action. Since then, the CONBRAN has focused on its theme in the Millennium Development Goals.

Celebrating the 21st edition and 52 years in 2010, the CONBRAN innovated with the launch of two parallel international events the First Iberian-American Congress of Nutrition and the First Latin American Sports Nutrition Symposium, bringing together more than 3,000 professionals and students from Brazil and other eleven Iberian-American countries who work in different fields of nutrition. The theme was "Food and Nutrition - Partnerships for sustainable development". They also created the Meeting of Iberian-American Association of Nutritionists and Dietitians which is now an Alliance. Parallel events were held, such as First post-graduate evaluation in Food and Nutrition Seminar, Exponutri, with over 40 exhibitors, Satellite Symposium, cultural attraction, Tent Josué de Castro, Nutrition Interaction, Nutrition Cinema, Nutrition Knowledge and the meetings of the nutrition entities (Associations, Councils, Unions, and others) and networks.

A total of eight meetings of entities and networks were held, 32 roundtables, 22 symposia, eight workshops, six pre-congress courses, four satellite symposia, 13 lectures and countless exchanges of experiences.

The final plenary of CONBRAN approved a letter to the governments and the Brazilian authorities with recommendations for the development of actions, programs and policies on food and nutrition and food security and nutrition, to improve the quality of life and the Human Right to Adequate Food. It is an opportunity to assess the Food and Nutrition, and Food Security in Brazil, as a generator of changes and the exchange of experiences among researchers, professionals and students.

CONBRAN 2012 will include the XXII Brazilian Congress of Nutrition, The Third Iberian-American Congress of Nutrition, The Second Iberian-American symposium of the Sports Nutrition and the launch of the First Iberian-American Symposium in Meal Production and The First Iberian-American Symposium of Clinical Nutrition based in Evidences. This 22nd edition will have as its theme "Adequate Food and Social Sustainability" and it will be held from 26th to September 29th, 2012, in Recife / Pernambuco. Information about the event, as well as the table entry, programming, and historical lectures can be found on the site www.conbran.com.br.

The Dietitian Workforce in Canada

Country – Canada

Dietitians of Canada in collaboration with the provincial dietetic registration organizations conducted workforce surveys by province and territories from 2007 to 2011. The resulting Meta-Analysis Report identifies workforce issues affecting the profession.

Some key findings from the pooled data include:

- the majority of respondents (45%) worked in the clinical area of practice
- the majority of respondents worked full time
- some respondents work in more than one area of practice
- 95 to 100% of respondents were female
- about 50% of respondents indicated they will retire within 10 years and most respondents plan to retire before age 60
- few respondents received coverage for absences greater than three days; clients waited their return for services which contributed to workload dissatisfaction
- all provinces and territories had difficult-to-fill vacancies (vacant more than 90 days); vacancy problems may be compounded when the retirement wave hits
- there were mixed scores regarding satisfaction with earnings and opportunities for advancement
- over half of respondents served as preceptors training dietetics students

Existing dietitian shortages in all areas of the country, the impending increase in vacancies owing to retirement of 50% of respondents, population growth and new job creation in the areas of chronic disease management, food supply and specialized nutrition care reveal an urgent need to increase training capacity for dietitians in Canada.

The full report is available on the DC web site at <http://www.dietitians.ca/Dietitians-View/Health-Human-Resources.aspx>

The Association of Clinical and Public Health Nutritionists in Finland

Country – Finland

The Association of Clinical and Public Health Nutritionists in Finland, RTY, is the educational and professional interest organization for nutritionists in Finland. RTY works to promote development in the field of nutrition and health education. It submits proposals and issues statements on nutritional topics of general interest.

RTY was founded in 1970 and it has grown steadily to its present membership total of almost 700. In addition to this, there are also around 100 student members.

Members have a Master of Science degree in nutrition, clinical nutrition and food sciences. Many members undertake post-graduate research to a doctoral level. Human nutrition can be studied in two universities in Finland - The University of Helsinki and The University of Eastern Finland (clinical nutrition).

About half of the members have the competence of a registered dietitian. The competence of dietitians is monitored and controlled by the National Supervisory Authority for Welfare and Health.

Members of the association work mainly in the following fields - clinical and community health nutrition, research, consultancy, education, industry and catering services. Food industry is a major employer. The number of dietitians working in the health care sector is unfortunately very small in Finland; only about 150 dietitians have managed to occupy themselves in this field.

The association celebrated its 40th anniversary last year. The association was founded in order to enable a new profession in Finland, a clinical dietitian. Still, after 40 years one of the main challenges of RTY is to try to strengthen the dietitian workforce resources in Finland.

RTY publishes a membership journal four times a year. RTY also organizes every year a two-day nutritional congress which gathers around 500 participants from members and also from nurses and medical doctors. The association owns a publishing company which produces leaflets and books on nutritional subjects.

Besides ICDA membership, the association has co-operation also at the Scandinavian and European levels.

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Weight-loss Diet is not Without Risk

Country – France

AFDN - "Weight-loss diet is not without risk and requires personalised supervision by a health professional..."

On 25 November 2010, The French Agency for Food Safety (ANSES) published an expert report* on the risks related to dietary weight-loss practices and submitted **this report** to all stakeholders including the French Association of Nutritionist Dietitians (AFDN) for consultation. On 4 May 2011, in the light of the feedback received, the Agency has published its opinion confirming that going on weight-loss diets is not without risk and requires personalised supervision by a health professional.

ANSES received a request from the Directorate General of Health for an assessment of the risks related to dietary weight-loss practices. This solicited request fell within the scope of the overall issue of "body image" addressed by the National Nutrition Program 2 (PNNS 2) (2006-2010).

The published report is the result of eighteen months work of a working group composed of scientists and nutrition experts including 2 dietitians.

15 weight-loss diets were selected on the basis of their French popularity, i.e. those most frequently mentioned on the Internet or corresponding to the best-selling books in stores or on the Internet. The expert assessment showed that weight-loss diets, widely available to the public in stores and via the Internet, and followed without specialist recommendation or supervision, may induce health damage. It highlighted the adverse effects on the body, including the bones, heart and kidneys, as well as psychological disturbances including behavioural eating disorders.

Dietary weight-loss practices could increase risks of being overweight – An analysis of the scientific data also confirmed that going on weight-loss diets can cause profound changes to the body's energy metabolism and the physiological regulation of eating behaviour, as well as psychological disturbances (behavioural eating disorders, depression and loss of self-esteem after repeated failures in dieting).

Such modifications are often the cause of a vicious circle including the regaining of weight - often more than initially - in the medium or long term. Weight regain affects 80% of subjects after a year, and increases with time.

The main conclusion of the report is that the attempt to lose weight by going on slimming diets can only be justified from a medical point of view if the patient is actually suffering from overweight and that such diets should be supervised by specialists - doctors specialised in nutrition, dietitians - who are best qualified to recommend a suitable diet for each individual.

A single rule - stick to simple nutritional principles combined with regular physical activity.

According to Isabelle Parmentier, President of the French Association of Nutritionist Dietitians (AFDN), "There is a phenomenon of fashion around food and around nutrition but also a cacophony in messages. Too many statements are disseminated, so people lose their bearings and the message is blurred! Our main aim is to come back to simple, commonsense messages which are understood by everybody. A well-balanced diet does not only mean correct nutritional inputs but also the pleasure of eating. Furthermore, for populations such as pregnant women or teenagers, unjustified weight loss diets can have unhealthy consequences; it is also necessary to raise awareness on these risks."



AFDN, which has been stressing for years upon the interest of a well-balanced, diversified and personalized diet, associated with regular physical activity, presented a session on the prevention and the treatment of obesity during its national meeting in June, 2011.

Therese Libert,
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* <http://www.anses.fr/cgi-bin/countdocs.cgi?Documents/NUT2009sa0099RaEN.pdf>

Changing of the German Dietitian Law

Country – Germany

The German Dietitian Association (VDD) was founded in 1957 and represents almost 1/3 of the estimated 15.000 dietitians working in Germany. The VDD is the only professional association for dietitians in Germany, representing its members politically, in society and industry. Furthermore, the VDD provides a wide range of services for the members, including accredited programs in further education and specialisation of dietitians and provides legal services.

Due to an increasingly unified Europe and the demographic changes of society, especially in the western world, the VDD is facing challenges concerning the work field and education of dietitians. These challenges have mainly influenced the political activities of the VDD in the last decade. The main activities of the VDD work focuses on the following topics:

Changing of the German Dietitian Law

Dietitians are considered health professionals in Germany and consequently are protected by federal law. The first dietitian law was established in 1937 with the last major revision taking place in 1994, following German unification. The dietitian law regulates, among other things, the content of the educational syllabus, the state registered schools where dietitians are taught and the professional title. The statutory goal of the education of dietitians in Germany is to enable them to take personal responsibility for the independent provision of diet therapy and nutrition counselling. The political activities of the VDD are primarily focused on changing the professional title and the academic recognition of dietitians in Germany.

In 2010 a survey of members of the VDD conducted by the Berlin School of Public Health (BSPH) showed that the work fields of dietitians in Germany do not differ from those of dietitians in other European countries. Furthermore, the protected professional title of “Diätassistent” (literal translation “Diet-assistant”) does not reflect the level of autonomy with which German dietitians provide services to their clients and causes problems in the recognition of the profession outside Germany. For these reasons the VDD is demanding that the title be changed.

Although the education of dietitians broadly meets the competencies described in the “European Dietetic Competences and their Performance Indicators” (EFAD 2009) the state exam does not lead to a Bachelor degree, which is a situation believed to be unique to the education of health professionals in Germany. Therefore the VDD is working on a concept to establish academic programs for qualified dietitians. The Federal government will be responsible for implementing the necessary changes.

Diet therapy as a “remedy”

Since 2001 legal regulations have been established to protect clients and patients from frivolous nutrition consultants. These regulations only concern the refund of expenses through the statutory health insurance (SHI) in regard to participation in courses in preventive nutrition. Refunds for counselling in special diets (diet therapy) are not regulated and depend on the SHI.

As a result of a legal action submitted by the VDD in 2000 the "Federal Social Court" (BSG) declared that dietary intervention is a therapy. Now the "Federal Joint Committee" (G-BA) has to decide if dietary intervention will be adopted in the "Guideline on Remedies". If adopted dietary therapy will become an obligatory element of outpatient care in Germany, funded by the SHI if necessary. The G-BA has not made any decision to date.

Within the last decade, which has been dominated by the political activities of the VDD, a lot of goals have been achieved. Hopefully other countries and associations can benefit from the experiences gained by the VDD over the years. From the VDD perspective, it seems that it is sometimes easier to establish something new within a system than to try to change certain parts of a system, especially when these parts are old and traditional. The education of dietitians (as other health professionals) has a long and traditional history, stemming back to the so called “theoretical chefs” who were the forerunners of dietitians in Germany at the end of the 19th century. So the dietetic profession can look back on a long tradition. However, professions and work fields change and in an increasingly unified Europe and time of globalisation one of the main goals for the dietetic profession is to work together to achieve the highest quality of nutritional health worldwide. The drastic differences in the nutritional situation of the populations within the member states of ICDA show how important the work of dietitians is. Therefore the work and support of organisations and networks such as the European Federation of the Associations of Dietitians (EFAD), the Thematic Network for Dietetics (DIETS) and the ICDA is very important and should be strengthened and expanded.

Daniel Buchholz, MPH, RD
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Activities of Hellenic Dietetics Association

Country – Greece

The Hellenic Dietetics Association (HDA) was founded in 1969 in Athens, Greece, and constitutes the official professional representation body of the university dietitians in Greece. Its scope is public health promotion through informing scientists and the public on the latest news regarding nutrition and health. HDA follows the developments in the field of dietetics and is active in disseminating recent updates. Its major regular scientific

activities include the publication of a scientific journal, the organisation of a National Congress and the organisation of the “Nutrition Week”.

The Hellenic Journal of Nutrition and Dietetics was launched in September 2010, and publishes two issues per year. Aim of the journal is to provide scientific information on issues regarding nutrition and health for dietitians, physicians, epidemiologists and many other scientists studying the fields of food, nutrition and dietetics. The Hellenic Journal of Nutrition and Dietetics is already indexed and abstracted into CINAHL, Index Copernicus Journals Master List, ScopeMed, Iatrotek-On Line and the Google scholar. Language is both Greek and English, so as to allow article submission from non-Greek speaking scientists, as well. For more information, please visit www.hjnutrdiet.com

Every two years HDA organizes a National Congress. The next one, the 11th Hellenic Congress on Nutrition and Dietetics, is scheduled for November 24-27th 2011, and will be held in Athens in the cultural centre “Hellenic Cosmos”, one of the largest and most sophisticated convention and exhibition centers in Greece. The preliminary programme has been released and abstract submission has opened. National experts and several ESPEN officers and scientists, as well as representatives from Dietetic Associations worldwide will attend. More information is available on the HDA site. It is noteworthy that among other seminars 3 Life Long Learning courses by ESPEN (Nutrition in Cancer, Nutritional Assessment, and Approach to Enteral Nutrition) have also been scheduled.

“Nutrition Week” is a nutrition campaign targeting the general public, and is also organised every 2 years. Each time a specific topic of general interest is selected and a number of activities are scheduled. Activities are carried out in many geographical areas of Greece, to reach as many of the target population as possible. The most recent “Nutrition Week” was accomplished in 2010 and it was devoted to maternal and infant nutrition. The aim was to promote optimum nutrition during pregnancy, breastfeeding and the early years of life. To this direction three different leaflets were developed: nutrition during pregnancy, nutrition during breastfeeding, and nutrition for toddlers, and were available to the public. Other activities organised in the context of the 2010 “Nutrition Week” included lectures/seminars to the public and a conference for health specialists and scientists.

Although Greece is the one of the regions with long history of the popular Mediterranean diet, nowadays Greeks seem to have shifted away from this traditional dietary pattern, recognised worldwide as promoting health and longevity. Unfortunately, changes in lifestyle, including adoption of a more Westernized diet and inactivity, have led to an increase in overweight and obesity, and the risk for degenerative diseases, as observed in the Mediterranean region. In these new environmental conditions, dietitians in Greece have to be actively involved in the prevention and treatment of diet-related diseases, and HDA has the mission to both support dietitians in their profession and reach out to the public through media and other activities to increase awareness on nutrition related issues.

Amalia Tsagari, PhD and Eirini Bathrelou, PhD

Individualised Diet Counseling

Country – Hungary

After graduation, Hungarian dietitians can work in various fields of nutrition, like clinical nutrition, prevention, health or wellness centers, food industry etc. Most of these fields are about face-to-face relation with clients, so professionals have to adopt a client-centered approach, and treat each **person** on an individual basis. More and more researches highlight the importance of person-tailored diet counseling, as many different conditions lead to a disease, which vary between individuals.

Dietitians who counsel individuals and not a group, have to own those tools and methods, which help them to work out the best recommendations, that fit the client's needs. The frequently used methods as a part of the dietetic counseling involve the determination of nutritional status by the assessment of body weight, body mass index and the percentage of body fat using Bio-electric Impedance Analysis Technology, and the traditional measurement tools. The dietary assessment is carried out using a food frequency questionnaire, a food recall or the analysis of a food diary, and also involves detailed discussion on work information, personal food preferences and habits. Based on all of the above information, personal nutritional requirements can be assessed and a person-tailored diet plan can be formulated. Dietitians educate the clients regarding their dietary treatment, give the necessary dietary recommendations to manage their eating habits, and most importantly formulate menus to put their advice into practice.

The formulation of menus is usually helped by a nutrition assessment computer program, which calculates and stores the nutrient requirements of a person, assigns the manually or automatically formulated menu to the individual's profile, counts the nutrient content of a given meal, puts it into the daily menu and compares the results with the recommended nutrient requirements of the person.

After the menu is given to the client - together with the practical and necessary dietary advices, the recipes and the shopping list - it is the client's task to prepare the meals from the menus. The constant follow-up is really important for the efficacy of the dietary treatment, but do people have enough time to prepare all the meals, day after day and bring them to their work place, school etc.? This gap has been bridged by a food delivery company, which delivers meals that are tailored to a client's personal requirements. There are two ways in which this is done - one way is composing and delivering a menu which covers the requirements of a group (such as the pregnant women or the elderly people etc.), while the second way is about the person itself, making a fully comprehensive dietary assessment for a client and delivering such menus, which fits personal requirements.

Taking a fully comprehensive, individualized dietary treatment helps the people to meet their nutritional requirements. Hungarian dietitians have got the basic knowledge to carry out such treatments, but constant knowledge-updating is also essential to lead the population towards health and nutrition.

*Bernadett Tóth, dietitian
Monitoring Committee Member and EFAD Representative of the Hungarian Dietetic Association*

Indian Dietetic Association (IDA) Institutes Founders' Oration

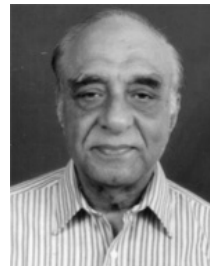
Country – India

The Founders' Oration was instituted in the year 2010 by the Indian Dietetic Association in honour of its Founder General Secretary Dr. Kalyan Bachi and Founder President, Dr. C. Gopalan, the guiding force behind the Association since its inception. Dr. Kalyan Bachi and Dr. Gopalan have nurtured the Association for many years. The Founders' Oration is delivered every year by a person who has contributed significantly to the field of dietetics and nutrition.

The Founders



Dr. Kalyan Kumar Bagchi



Dr. C. Gopalan

Dr Kalyan Bagchi, a doctorate in human nutrition from the London School of Tropical Medicine and Hygiene, UK (1958), was involved in the creation process of IDA while working at the All India Institute of Hygiene & Public Health, Kolkata. His work profile includes Nutrition Adviser, Ministry of Health & Family Welfare, India, Medical Officer for the World Health Organisation (WHO) office in Sudan and Geneva, and Consultant for WHO in Egypt. He also established 2 non-governmental organisations in India to take up projects on food and nutrition on behalf of the government of India. He has been involved in India's national goitre control program, prevention of food adulteration activities and health care programs for the elderly. Till his end, Dr Bagchi continued to read and write on food security, nutrition and ageing.

Dr. Gopalan, a scientist of international eminence, who has spearheaded the cause of nutrition science for over four decades in India, has his doctoral degree in medicine. He was the first Asian to be elected the President of International Union of Nutrition Sciences (IUNS). He has been on several WHO expert panels. The National Institute of Nutrition in India was nurtured by Dr Gopalan when he was its Director for 14 years. He was also

actively involved in initiating Asian Congress of Nutrition. He created Nutrition Foundation of India which has a wide interdisciplinary research network in the country.

The Recipient



Prof. M S Swaminathan

The first Founders' Oration on "Building a sustainable nutrition security system - The role of the proposed National Food Security Act" was delivered by Prof. M S Swaminathan, Chairman, MS Swaminathan Research Foundation, India. Professor M S Swaminathan called "one of the most influential Asians of 20th century", "father of economic ecology" and "a living legend who will go into the annals of history as a world scientist of rare distinction", was Chairman of the United Nations Science Advisory Committee set up in 1980. He has also served as Independent Chairman of the FAO Council and President of the International Union for the Conservation of Nature and Natural Resources, among others.

While speaking at the National Conference of IDA in December 2010, he said that the goal of National Food Security Act should be to ensure that every Indian has physical, economic and social access to balanced diet, clean drinking water, environmental sanitation and primary health care. Food security has three major dimensions – availability, which is a function of production, access, which is a function of purchasing power, and absorption, which is a function of clean drinking water, sanitation and primary health care. He emphasised that a life cycle approach should be adopted in designing the food entitlement programs, which will involve maternal nutrition, foetal nutrition, breast feeding programs, child nutrition programs, school noon-meal programs, elderly and infirm persons, destitute, orphans and street children. Revitalisation of agriculture, popularising fortified salt, using horticultural remedies for nutritional maladies and popularising millets were some of his suggestions. The right to food should become the right to balanced diet over time.

*Bhaskarachary K, PhD
National Vice President
Indian Dietetic Association*

Farmer-To-Farmer USAID/Florida A & M University Program

Country - United States of America

The American Dietetic Association Board member, Evelyn Ford Crayton EdD, RD, volunteered to work for 20 days with the AgriPark Cooperatives at the University of Fort Hare in Alice, South Africa. The program is a part of the USAID/ Florida A & M University (Tallahassee, Florida) South Africa Farmer-To-Farmer Agribusiness Development Program. Dr. Crayton's position is Extension Assistant Director and Professor, Nutrition and Food Sciences at Alabama Cooperative Extension, Auburn University, Alabama.

As a volunteer, Dr. Crayton served as an expert in nutrition, health, food preservation and food safety. Visits were made to cooperatives in the villages near the University of Fort Hare. Most of the cooperatives were headed by women. The Chicken Cooperative had won an award for community development. The cooperative raised chickens and vegetables for food and for the markets. Another cooperative raised vegetables to sell in the markets and for distribution to the Khanya Processing Plant which was a part of the Agri Park Cooperatives. The processing plant was on the university's campus. There was a cooperative that was a Hydroponic plant that raised tomatoes for the market. A plant scientist and a food service management/food safety person also were members of the volunteer team.

The project team was there to work with members of the cooperatives to build an understanding of the impact high quality nutritious fruits and vegetables have on the health of their community, especially the children. They looked at ways to increase the availability and safety of foods produced and processed for use in the schools as well as homes. A recommendation was to develop a train-the-trainer type program on Food Safety and Preservation to be introduced to students and community leaders at the Lovedale Training and Vocational School. This would be presented in a learning lab with hands-on-experiences for the students and community leaders. There also were discussions regarding organizing youth development programs in the middle and high schools as well as the vocational school. There is land available for gardening and animal projects. There were discussions regarding technical projects and a scholar's bowl type project.

A discussion was held at the University of Fort Hare, in a seminar, regarding the "Community Engaged Scholar". The idea was to get the university's faculty, students and staff involved in applied research within the cooperatives. The research would be helpful to those working in the cooperatives, as well as, increase the visibility of the University's presence in the community. Discussions began on the campus with a member of the Quality Assurance Management Staff. This is the office that approves of additions to the university curriculum.

Evelyn Ford Crayton, EdD, RD

Resources

Website of the ADA-Renal Practice Group

Website address is www.renalnutrition.org and for publications www.renalnutrition.org/publications/index.php

The KDOQI *Best Practice Guidelines for Nutritional Care of Patients with Chronic Kidney Disease* were published in 2000. Other guidelines and updates have been before and published since. For further information and updates please access the NKF USA website: www.kidney.org.

All KDOQI guidelines are published online and in the *American Journal of Kidney Diseases* www.ajkd.org and www.kdigo.org

Seize Chronic Kidney Disease

for dietitians, nurses, social workers and technicians: www.seizeCKD.org and www.atoz.org for patient's information.

Chronic Kidney Disease and Acute Kidney Injury: United Kingdom

The 5th edition of the *National Clinical Guidelines* are published on line together with their development status and review dates. These include nutritional care. www.renal.org

The Asian Food Phosphate Guide for Kidney Patients

Edited by Winnie Chee Siew Swee PhD, RD and Tilakavati Karupaiah APD, RD, Department of Nutrition and Dietetics, Faculty of Allied Health Sciences, University of Kebangsaan, Kuala Lumpur, Malaysia.

For a copy please contact Leo Pharmaceutical Products, Malaysian Office, c/o Diethelm(M) Sdu.Bhd, 74 Jalan University, 46200 Petaling Jaja, Selangor, Malaysia. Fax: + 60 7957 6599 and Email: leomh@tm.net.my

For more details on the above, kindly write to Marianne Vennegoor, Emeritus Renal Dietitian at mavennegoor@aol.com

Awards and Grants

International Awards and Fellowships available from the ADA Foundation:

Colgate Palmolive Fellowship in Nutrition, Oral Health/Dental Education

This grant is given to support research in nutrition and oral health or dental education by a student in a masters, doctoral or post-doctoral program in dietetics/nutrition or public health nutrition and has an expressed interest in nutrition and oral health/dental

education. Grant amount: \$15,000. Non-US residents may apply. **Deadline to apply - April 1, 2012.**

The 2011 Colgate Palmolive Fellowship in Nutrition was awarded to Anna Arthur for her research proposal entitled: "Diet and Nutritional Status in the Year Following Diagnosis of Head and Neck Cancer." Anna is currently a PhD candidate at The University of Michigan.

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

This award is given to assist a foreign national who is pursuing postgraduate work in the USA and has a clearly articulated plan to return to their country. Award amount: \$2,000. **Deadline to apply--December 1, 2011.**

The 2011 FIND recipient was Irene Acheampong. She is a Nutritionist with the Women, Infants and Children (WIC) program at Yadkin County, North Carolina. She received her Bachelor of Science in Nutrition and Food Science from the University of Ghana in 2006 and is a Master's in Nutrition Candidate at the University of North-Carolina at Greensboro. She has been accepted into the dietetic internship program offered at The University of North Carolina in Greensboro. Upon completion of the program, Irene plans to return to Ghana to serve as an agent between the community and the government.

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

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. Up to two awards may be given. The 2012 essay topic is: Describe the application of system improvements and/or coordination with allied partners to work toward global leadership in raising the nutritional standards of a community. Examples may include, but are not limited to: foodservice, teaching and public instruction. The project described should be easily adaptable to a variety of settings. The author must be a professional dietitian or nutritionist and must be involved in the actual project. **Deadline to apply -- December 1, 2011.**

The 2011 essay award recipients were Terezie Tolar Mosby, MS, RD, CSP, IBCLC, LDN for her essay entitled: "Training Program for International Dietitians Clinical Nutrition Services St. Jude Children's Research Hospital Memphis, TN, USA" and Peggy Lynn Gregson, MPH, RD, LD for her essay entitled: "The Implementation of Pilot Solar Technology Projects in El Salvador". **To read their essays please visit www.eatright.org/foundation.**

All ADA Foundation award applications are available online at www.eatright.org/foundation . For more information contact Beth Labrador at 800/877-1600, ext. 4821 or blabrador@eatright.org

2011 The Wimpfheimer-Guggenheim International Lecture

International Employment Opportunities for RDs

Join three of your colleagues as they discuss the dynamic opportunities in a variety of international employment sectors. The panelists will discuss opportunities for international development work for dietitians and nutritionists as well as the range of opportunities for registered dietitians from the public and private sectors. The Wimpfheimer-Guggenheim International Lecture was established to raise the nutritional health of the world community by highlighting original international projects in food and nutrition, dietetic education, research and foodservice management. Invited lectures include, Helena Pachón, PhD, MPH, Jenny Bond, PhD, RD, FADA and Douglas Balentine, PhD

For more information about this lecture or other event at ADA Food & Nutrition Conference & Expo, please visit the ADA website at www.eatright.org/fnce/

Calendar of Events

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

1st International Physical Activity, Nutrition and Health Congress (IPANHEC)

organized by Baskent University, Faculty of Sciences, Nutrition & Dietetics Department and Department of Sports Sciences, will be held in WoW Kremlin Palace Hotel, Antalya, Turkey, from November 23 to 26, 2011. Visit www.ipanhec2011.org for more details.

The 16th International Congress (the First Renal Nutrition Week) will be held in 2012 in Honolulu, Hawaii from 26-30 June.

Visit www.renalnutritionweek.com and email info@kidneyhi.org

16th International Congress of Dietetics

DAA is proud to be hosting the 16th International Congress of Dietetics (ICD), to be held in Sydney from 5-8 September 2012.

Delegates will explore the theme – *LEAP: Leadership, Evidence and Advancing Practice* through an exciting program.

For more information, visit: www.icd2012.com and follow us on Twitter at www.twitter.com/icd2012