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Resources

- Position Statement from ICDA
- Dietitians of Canada launches online course for Population and Public Health Nutrition

Awards and Grants

- Colgate Palmolive Fellowship in Nutrition, Oral Health/Dental Education
- International Lecture at US Annual Conference
- Competitive Essay Award of the Wimpfheimer-Guggenheim Fund for International Exchange in Nutrition, Dietetics and Management
- First International Nutritionist/Dietitian (FIND) Fellowship for Study in the USA

Calendar of Events

- The Philippines Dietitians to Celebrate Diamond Jubilee 2015
- Dietitians of Canada National Conference: Stronger Together
- 33rd International Symposium on Diabetes and Nutrition in Toronto, Canada
- XVII Congress of the Latin American Society of Nutrition, in Punta Cana, Dominican Republic

ICDA Board of Directors

From Sandra Capra, Chair of the ICDA Board of Directors

Hello to everyone again! The year is quickly coming to a close – hard to believe how fast the year has gone.

The annual meeting of ICDA was held in September. Twelve members attended but unfortunately we were not able to connect with another two members for some reason. We extend our apologies to those members.

The last year has been one of consolidation with the commencement of plans to advance our strategic plan. I have had the pleasure of visiting members in Malaysia and at the 6th Asian Congress of Dietetics in Taiwan since the last edition of DAW. These have been really good opportunities to discuss issues of relevance with members and to learn about the profession and its issues.
Make sure you take a look at the strategic plan for the 2012-2016 period which is available on the website, to see what we are working on and hope to achieve.

The upcoming year will see us focusing on advancing our aspirations in relation to extending our definitions for education of dietitians, identifying common competencies and advancing work on a framework for recognition. We are increasing our capacity by inviting international experts in the area to assist the Board. In 2015, official representatives can expect to receive materials from us to review, and we hope they make it possible for many people to comment and have input.

Marketing for the 17th ICD in Granada, Spain has now commenced in earnest, and invitations for proposals for presentations, workshops and symposia have now been extended to all members by our Spanish colleagues. The closing date for these is later this year, but we ask all members to consider submitting a proposal and commencing recruitment for attendance at this wonderful professional development activity. It’s time to start planning your trip to Granada. Watch out for the YouTube video – it’s great and gives a really nice timeline on the Congresses over the past 60 years.

I take this opportunity on behalf of the Board to wish you all the best for the upcoming festive seasons and New Year and hope that 2015 brings prosperity and peace to you all.

Sandra Capra
Chair, Board of Directors, ICDA

**Feature Article**

**Dietetics Around the World** – Caring and Sharing for Twenty Years

*Recollections of Alice Adelheid Wimpfheimer MS, RDN, CDN, tireless sponsor of international dietetics initiatives, whose vision gave life to Dietetics Around the World, in collaboration with Beverly Bajus, AND Honorary Member 2014*

My international background with schooling in Germany, Switzerland and USA plus 2½ years of extensive global travel and exploration, beginning in 1953, made me realize the importance of the necessity for dietitians to communicate worldwide between the four-year intervals of the Congress. However, Dietetics Around the World (DAW) had a rather difficult birth.

The concept of a newsletter for members of the International Committee of Dietetic Associations, known since 2000 as the International Confederation of Dietetic Associations (ICDA), was presented in March, 1992 at the Executive Committee meeting in Jerusalem, Israel through the efforts of Beverly Bajus, then Chief Operating Officer of the American Dietetic Association (ADA) and its Foundation (ADAF) and USA representative to ICDA. I was granted permission to distribute an ADA questionnaire to Congress attendees to determine interest in the newsletter project.
Ms. Bajus also volunteered to include the newsletter in her presentation to the European Federation of Associations of Dietitians (EFAD) general meeting in Cape Sounion, Greece where she was invited to speak in September, 1992. The positive reaction of EFAD members encouraged ICDA to move the project forward. In Manila, the Philippines, in February, 1993, the Executive Committee approved a pilot edition.

ADA, now the Academy of Nutrition and Dietetics (AND) agreed to publish the early newsletters and to encourage other national dietetic associations to promote outreach by sharing nutritional information on a worldwide basis. The pilot edition of Dietetics Around the World was launched in July, 1994. Karen Lechowich, MS, MBA, RD, was ADA’s communications link to country representatives, gathering articles and preparing them for publication. Pam Michaels, MBA, RD, edited the pilot and some later issues.

Twenty copies of the newsletter were sent to each member country for distribution to its Board of Directors and association leaders with a request to photocopy it for broader circulation among members or to reprint sections in their respective publications. Associations were asked to mail or fax news items to the editor.

A commemorative title page of the pilot edition was presented to me by ADAF in July, 1994 with a citation including, “… this is the beginning of what will become an important vehicle for contributing to international progress in nutrition and dietetics.” My international partner of Canadian origin, Beverly Bajus, sent me a miniature airplane, symbolic of the newsletter officially taking global flight.

At the September 1994 EFAD meeting in Dietikon, Switzerland, I promoted the benefits of the biannual newsletter to the Executive Committee but in addition as I attended the General Meeting all the official delegates were also made aware of the idea. A second and later a third edition was approved. The newsletter was judged a success in a 1995 ICDA survey that gathered evaluations and recommendations from the 27 member countries. It was now time to formalize production and redesign the logo.

Pat Stahl, editor of the ADA Courier, provided professional guidance as editor of DAW for 5 years from 1997 through 2001. At the International Congress of Dietetics (ICD) in Manila in 1996, the Executive Committee took action to assure publication of the biannual newsletter until the thirteenth ICD in Edinburgh, Scotland in 2000. During the Edinburgh meeting I was recognized by ICDA “…for improving global nutrition by strengthening international dietetics efforts. No other single publication offers dietitians such an opportunity to share with their colleagues around the globe their expertise and methods of improving the nutritional wellbeing of the world’s citizens.” This token of recognition makes me feel that my principal goal has been of value.

Today, members of national dietetic associations regularly contribute articles spotlighting new and exciting professional programs and activities occurring in their respective professional communities. Other countries can benefit by adapting programs appropriate to their needs.
The ICDA web site was launched in September, 2001, making real time multi-way communications around the globe a reality. Newsletter editing and funding was underwritten by the Wimpfheimer-Guggenheim Fund for International Exchange in Nutrition, Dietetics and Management and administered by ADAF from its inception through 2001 when these responsibilities were assumed by ICDA. Published three times yearly since 2013, Canada archived all DAW newsletters online in 2014.

There were many challenges along the way, some important and some quaint:

- The newsletter was to be titled, Nutrition and Dietetics Around the World. That was not possible because a nutritionist was not considered a professional in all ICDA member countries and in some countries this still is the case.
- Editing caused some authors a great deal of stress. They thought the editor was changing their content. The editor thought it was helpful to correct grammar. Congratulations to the member country representatives for their linguistic adaptability.
- The newsletter was launched “BC” before computers. Letters were sent to gather information with the hope that something would come by return mail. The struggle to get information was exhausting.
- Other countries had different holidays and could not submit articles on the North American timetable.
- One edition was titled by volume and season. The next edition was changed to volume and issue number when the editor was made aware that spring in the West is fall in Australia.

I am an ADA/AND life member. I completed my ADA administrative internship at the University of Washington, Seattle, sixty-five years ago. I hope that my passion will inspire the leadership of all 43 member countries and their approximately 200,000 individual members to continue to broaden the nutrition and dietetics community to every corner of the globe:

- Publicize and encourage members and non-members to take advantage of the experiences highlighted in Dietetics Around the World.
- Promote the Welcome Fund
- Recommend regional membership such as the Caribbean Association of Nutritionists and Dietitians Institute (CANDi) for countries with too few dietitians to become individual country members of ICDA.

Thank you ADA and ADAF for your decision to promote outreach and publish the newsletters. Thank you recent editors, Sandra Capra, Australia (editor from 2001 to 2004); Carole Middleton, Great Britain (editor from 2004 to 2008); and Sheela Krishnaswamy, India (editor from 2008 till date); Marsha Sharp and the Secretariat, Canada; and all the contributors for caring and sharing. You have strengthened and expanded the quality and content of 43 issues of Dietetics Around the World these past 20 years.

*Photo Reference: Beverly Bajus (left) with Alice Wimpfheimer (Journal of AND, June, 2013 Volume 113, Number 6)*
Editor’s Note: To obtain more information about ICDA and Dietetics Around the World, visit the website [www.internationaldietetics.org](http://www.internationaldietetics.org). The online newsletter is available to dietitians and nutritionists in member and non-member countries and to the public.

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**Feature Article**

**Top Honour for Prof. Sandra Capra, Chair of the Board of Directors of ICDA**

Congratulations are due to Sandra Capra, who has been named in the Australian Financial Review and Westpac 100 Women of Influence list for 2014. The Australian Financial Review and Westpac 100 Women of Influence Awards are dedicated to recognising and celebrating bold, influential women across Australia.

Sandra Capra has been recognised in the Global category for her role in developing international standards of practice for the nutrition and dietetics profession. She has worked extraordinarily hard over a long period of time to establish and advance the dietetics profession, and secure the central place of nutrition and dietetics within the health care system. Sandra has made a significant contribution to establishing an international definition of dietetics, minimum educational standards, and has developed dietetics’ codes of ethics and best practice guides, which have been adopted worldwide. She was also recognised for her work in shaping new curricula for dietetics education programs internationally and for mentoring the next generation of dietitians.

Prof. Capra said "I am really delighted to be recognised as a woman of influence in the global arena where I have been trying to advance the dietetics profession for many years now. It has been hugely satisfying to see the profession take such a large leap from where it first started. Reviewing and advising international universities on their dietetics curricula means that the industry as a whole remains on the same page. There is a wonderful new generation of academic dietitians, especially in Asia, who are leading change and making great gains. It has been an honour to be part of that development. I approach all these situations with the view that it isn’t my role to tell anyone else what to do or how to do it, but rather to use my expertise to help them achieve their goals."

Many congratulations Sandra, from all of your friends and colleagues around the world. This award is well deserved.
National Dietetic Association Reports

Country – Austria

Nutrition Conference of the Austrian Association of Dietitians

Current issues concerning gastro-intestinal health were the focus of the Annual Conference of the Austrian Association of Dietitians, from March 27th to 28th, 2014 in Vienna. At the same time the proposed Health Care Reform in Austria and the role of the dietitian in the health system were discussed. The conference was well attended with guests from the medical field and politics.

With approximately 600 participants, the Annual Conference of the Austrian Association of Dietitians remains to be the largest regularly scheduled scientific event on nutrition. "Never before has there been such great interest," the Associations' President Prof. Andrea Hofbauer rejoiced in terms of the number of participants and the diversity of topics of the lectures.

In his opening speech, the Austrian Minister of Health Mr. Alois Stoeger stressed the importance of the role of dietitians and nutritionists in the health care system and noted, "It is my wish to improve the nutritional status of the population in Austria. Whenever diseases related to nutrition habits occur, it must be ensured that the competence of the dietitian’s’ expertise can be brought into action. It is the job of politicians to create the appropriate conditions.” Mr. Stoeger mentioned about the increasing lack of clarity in relation to food intolerances in consumers; this was also a conference topic. This is an example of where the expertise of dietitians and nutritionists could help to bring more objectivity into the discussion and to take away the people's uncertainty.

In the Health Care Reform Law adopted in 2013 it was determined that in-patient care should be relieved and the out-patient clinics should be expanded, a cost reduction in health care should thus be achieved. A crucial point here is the creation of new outpatient treatment forms. "Here, the dietitian can make a significant contribution", said Professor Hofbauer, "The effectiveness of the increased use of nutritionists and dietitians refers not only to the best possible patient care and efficient implementation of proven effective preventive measures but also to the reduction of health care costs as required by law. The economic benefits to society, resulting from the elimination of expensive medical therapies are supported by study results. In countries such as the Netherlands, England and Portugal, dietitians and other health care professionals are part of the medical service teams in primary health-care facilities. Dietitians are an integral part of the multidisciplinary team and undertake a variety of tasks such as nutrition education in schools and kindergarten, training diabetes patients, obesity management as well as advising sick or elderly prevention of malnutrition."
“Best Point of Service” in cooperation with other Health Care Professionals. All Health Care Professional Groups in Austria (“MTD-Austria”; representing 25,000 Members) support the demand of the federal government for a “Best Point of Service”. "The right performance must occur at the right time and the right place", said Professor Hofbauer. This means that the clients or patients find the lowest-threshold access possible to professional support. "Here at the Conference for Dietitians it is clearly shown in which direction the Health Care Professions in Austria will develop," noted Ms. Gabriele Jaksch, President of the Federation of Health Care Professions in Austria, "It is about a more intense professional training, Life Long Learning, as well as identifying and demonstrating the supporting role Health Care Professionals have in the Health Care System. It is clear that these professionals need to be more involved in the new Health Care System as is currently the case"

Trudy Giesinger, Dietitian  
Delegate of the Austrian Association of Dietitians  
Prof. Andrea Hofbauer, MSc., MBA  
President of the Austrian Association of Dietitians

Country – Canada

NCPT Uptake in Canada

In May 2014, dietitians in Canada were asked about their use of the Nutrition Care Process Terminology (NCPT). The survey was distributed to over 10,000 registered dietitians in both English and French. Before distributing, Dietitians of Canada (DC) consulted with members of the Dietitians Association of Australia and the Academy of Nutrition and Dietetics International NCPT Committee in order to develop questions that could be used in other countries so that comparisons of data could be made in the future. This was a follow-up to a similar survey conducted in 2011.

Early review of the data shows that many more dietitians in Canada are using the NCPT than in 2011, and that there has been a significant increase in familiarity with NCPT and confidence in using it in practice. While all four steps of the NCPT are used, it is Nutrition Diagnosis terms that are used most.

Over 65% of respondents said they felt very or somewhat prepared to implement the NCPT, and felt that the greatest benefits to their practice were that the NCPT provided a consistent structure and framework for nutrition care, provided a common vocabulary to identify nutrition problems, allowed for more concise documentation and consistent care when patients were transferred, and encouraged critical thinking. Dietitians identified the tools and methods by which they would like to receive further training in the use of the NCPT, which DC will use to plan future professional continuing education programs.

A more detailed analysis of the responses will be conducted and shared through the Academy International NCPT Committee in the coming months.

Corinne Eisenbraun, MA, RD, FDC  
Director, Professional Practice Development  
Dietitians of Canada  
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Country – Hong Kong

A Journey to Reform in the Dietetics Profession – The Hong Kong Story

The Hong Kong Dietitians Association (HKDA) was established in 2001 to unite Hong Kong dietitians and promote high standards of professional dietetic practice, and also to provide optimal nutrition and health for people of Hong Kong. The association has 230 members. Members are dietitians registered with the Health and Care Professions Council of the United Kingdom; or Registered Dietitians of the Academy of Nutrition and Dietetics (formerly American Dietetic Association); or those who hold Provincial Dietetic Registration in Canada; or are Accredited Practising Dietitians of the Dietitians Association of Australia.

A code of ethics and continuing professional education accreditation system were developed. Full members who have fulfilled the requirements for Continuing Dietetic Education of minimum 12 hours for at least one year are granted Accredited Dietitian (AD) status and they can be identified by the credential “AD (HKDA)”. Members have to achieve this requirement of Continuing Dietetic Education in order to maintain their AD status.

Currently, Hong Kong has no statutory regulation to govern the practice of dietetics, allowing unqualified persons to provide unsafe dietary advice to the public. For many years, HKDA has been urging the Hong Kong government to set up a local statutory registration body for practicing dietitians to regulate and improve the standards of the profession. The “Taskforce of Local Registration for Dietitians” was formed between HKDA, Hong Kong Nutrition Association and the Hong Kong Practising Dietitians Union, to proactively drive the development and formation of local statutory registration.

HKDA believes that regulation of the profession in Hong Kong is important for the following reasons:

• In the past, the majority of dietitians were employed in public hospitals or Department of Health and their practice was largely governed by their employers. However in the five years leading up to 2013, the number of dietitians working in the private sector has increased by 21%. Many dietitians are now employed in private hospitals, private clinics, health and beauty centres and health product companies. The standards of service vary widely and in the absence of statutory registration the public are unable to take any action if they are dissatisfied with service or where there is malpractice.
• HKDA has observed an increase in the number of complaints and reports of adverse health events from members of the public who have received misleading or inappropriate dietary advice by unqualified persons.
• Local surveys have revealed more than 90% of Hong Kong citizens support the local statutory registration.

HKDA believes that it is important to inform the public of incorrect and misleading dietary information. For example, recently a local TV program provided weight loss advice that was not evidence-based, was incorrect and potentially unsafe. HKDA responded by holding a press conference on 18th August 2014, to correct the misleading information and encourage the public to use methods that are safe and evidence-based to manage their weight.
HKDA will continue the proactive work as the association is on an ongoing mission to ensure the growth and advancement of the dietetics profession in order to contribute to the public health of Hong Kong society.

Hong Kong Dietitians Association 14th Annual General Meeting on 25th June, 2014
First row, sixth from the right: Ms Sylvia Lam, Chairman of HKDA
First row, seventh from the left: Ms Wendy Ma, Vice Chairman of HKDA

Danica Yau
Editor of HKDA

Country – Iceland

32nd International Symposium on Diabetes and Nutrition in Iceland

The 32nd International Symposium on Diabetes and Nutrition was held in Reykjavik, Iceland from June 25 to 27, 2014. The symposium is an annual event arranged by the Diabetes and Nutrition Study Group (DNSG) of the European Association of the Study of Diabetes (EASD) and brings together international scientists, physicians, and dietitians to showcase the latest advances from basic science to clinical trials in diabetes and nutrition. Registered participants were 104, mostly from Europe (Belgium, Bulgaria, Croatia, Czech Republic, Denmark, Finland, Germany, Greece, Greenland, Iceland, Italy, Netherlands, Norway, Poland, Spain, Sweden, UK), eight from Canada and one from New Zealand. The opening address on Thursday morning
The symposium welcomed young scientists whole heartedly, granting Young Investigator Awards to outstanding young scientists. In total, over 50 studies were presented, out of which 2/3 were oral presentations and 1/3 poster presentations.

The first presentation, by Malgorzata Schlegel-Zawadzka from Poland, was a historical overview on nutrition behaviour and diet quality over the past 90 years in Eastern Europe. It touched upon similarities as well as differences in food choices between countries, in light of cultural, political and economic situations. Discussing the path from ration tickets to increased access and availability of food, accompanied by both better health due to high-quality foods and increases in lifestyle diseases due to poor choices, it smoothly led to ‘Preventive Strategies for Diabetes’ session. This session was very varied, and included presentations on the importance of dietary factors for prevention of gestational diabetes, childhood and adolescent obesity, and glucose metabolism among community-dwelling elderly. Results from systematic reviews and meta-analyses on fructose and total sugars were presented. Another historical overview was given, this time by Vilmundur Gudnason from Iceland’s Heart Association, on changes in heart disease prevalence parallel to changes in the diet of Icelanders. The Development of Diabetes session was brief but good, presenting potential biological relationships between metabolites in an analysis from Germany and findings on the metabolism of preterm babies in Finland.

Friday morning started with practical and informative presentations on ‘Quality Diabetes Care through Food and Nutrition’. Anna Reid presented a UK based self-management programme for patients with diabetes with the aim of enhancing self-management support; two upcoming studies were also presented. Hana Kahleova from the Czech Republic argued for a positive effect of a larger breakfast and lunch as compared with six smaller meals, on quality of life, depression scores and eating behaviour in patients with type 2 diabetes.

Anne Cathrine Thorup’s presentation sparked a discussion about how to encourage farmers to grow vintage vegetables which are bitter and strong tasting compared to our modern vegetables. In the ‘Obesity and Metabolic Syndrome’ session, approaches to modify risk factors in the crucial periods of childhood, adolescence and lactation were discussed. Studies assessing effects of whole grain rye and whey protein on the metabolic profile were presented. The ‘Metabolism and System Biology’ session started with studies on Nordic foods and heated food products, plasma fatty acid composition in Finnish children, and potential biomarkers for whole grain rye and fish intake. The effects of different sweeteners were discussed. The session ended with an introduction to genetics – genetics of diabetes, and detailed findings on the regulation of metabolism homeostasis by clock genes.
The 33rd International Symposium on Diabetes and Nutrition will be held in Toronto, Canada on June 10-12, 2015. The theme of next year’s scientific program will be “Dietary Patterns and Food based Approaches in Diabetes”. See http://www.idf.org/calendar/events/33rd-International-Symposium-on-Diabetes-and-Nutrition?language=fr.

Birna Thorisdottir
Nutritionist and PhD Student,
University of Iceland

Country – Nigeria

Report from Nigeria

The Dietitians Association of Nigeria (DAN) held its 4th annual general meeting and scientific conference on 6th May, 2014, in Abuja, the capital city of Nigeria. The association is poised for formulating a code of practice, competency, proficiency and standard for dietitians, and in the meantime adopting the foundational knowledge and skills requirement for entry level dietitians developed by DIETS and ICDA. The association is also striving to have a uniform curriculum for universities that offer the course through the Nigerian Universities Commission and establish a government supported regulatory body for dietitians.

The Deputy Director, Nutrition Div, Fed. Min Of Health, Abuja, Nigeria -- Dtn. Roseline Gabriel Flanked by The Nat. President Dietitians Association of Nigeria (DAN), Prof. E.K.Ngwu and Dr. Chika Ndiokwelu, immediate past President, DAN.
Furthermore, to strengthen, broaden and standardize the dietetics profession, the association is sensitizing the educational institutions to introduce genetics, pharmacology, communication, psychology/anthropology into dietetics curriculum in Nigerian universities.

DAN has continued to publish its professional journal annually. The publication is supported by Tertiary Education Trust Fund of Nigeria which publicizes and disseminates information on nutrition and dietetics related research.

Journal of Dietitians Association of Nigeria, supported by Tertiary Education Trust Fund (TETFUND)

The first workshop on nutrition care process commenced on 7th May, 2014 in Abuja, and more workshops will be held at facility levels.

The annual general meeting also honoured some men and women as “DAN AMBASSADORS” for their unmeasured achievements and assistance to the association over the years.

Prof. E.K. Ngwu - National President, DAN extreme Left and Dr. Chika Ndiokwelu -immediate past President, DAN extreme right with the awardee during the 4th Nat. DAN conference at Abuja, Nigeria, 7th-10th, May, 2014.

Country – Philippines

Activities of Nutritionist-Dietitians Association of the Philippines: Good Governance, Nutrition Advocacy and Responding to Change and Challenges

As a member of ICDA and AFDA, the NDAP regularly send representatives to the International Congress of Dietetics and the Asian Congress of Dietetics. In the last two years, NDAP supported and sponsored seminars on Leadership, Research, Nutrition and Culinary Skills Enhancement Training Program and benchmarking of clinical practice guidelines for renal, diabetes and cardio for clinical dietitian under the Hospital Dietetics Section. It participated in the development of a new Filipino Food Guide (Pinggang Pinoy), a plate-based representation of what a Filipino adult should consume on a per meal basis to meet the body’s energy and nutrient needs.
To increase membership, a discounted fee for 3-years and 5-years was continued. NDAP updated its journal and newsletter publications and enhanced social media presence. The NDAP Face Book account has been utilized for announcements, membership feedback and information dissemination. The website was updated and new features were included in 2014.

For good governance, NDAP revitalized the Chapters with information dissemination visits and CPD seminars and updates. “The Nutrition Expert” PowerPoint presentation about the organization was approved by the Board in 2013 as IEC material for NDAP Chapters and other stakeholders. Other equally important outputs were the approval of NDAP organizational chart; updated policy manual on international participation, grants-in-aids, waived registration for conventions and the by-laws of the amended NDAP Constitution.

NDAP supports the yearly Nutrition Month Celebration in July through sponsorship of speakers and/or seminars, national advocacy and campaign like exclusive breastfeeding, dissemination and use of the 2012 NGF (Nutritional Guidelines for Filipinos) and the Department of Health movement Pilipinas Go4Health that aims to encourage people to practice healthy living through proper nutrition, physical activity, and prevention of smoking and alcohol consumption. It maintains linkages with the Philippine Heart Association, the Philippine Lipid and Atherosclerosis Society, the Philippine Society of Hypertension, the Philippine Association of Diabetes Educators, the Philippine Association for the Study of Overweight and Obesity, the Philippine Thyroid Council, and Diabetes Philippines.

The NDAP serves as a member in the Philippine Chamber of Health, the Council of Health Agencies of the Philippines, Exercise is Medicine, Technical Committee on Nutrition & Dietetics Education in the Commission on Higher Education (TCNDE-CHED), the Continuing Professional Development Council on Nutrition & Dietetics in the Professional Regulation Commission (CPDCND-PRC) and the Sub-Committee on Nutrition for Special Dietary Uses in the Food and Drug Administration. The passage of the “Food Safety Act of 2013” will harness the expertise of nutritionist-dietitians in the protection of consumers as it set the benchmark for food safety in various stages from the harvest to manufacturing, processing, handling, packaging, distribution, marketing, and food preparation until consumption. The TCNDE is responsible for the revisit, review and revision of higher education curricula in Nutrition and Dietetics. Nutrition is one of the Priority Courses of CHED from 2014 until 2018 based on national development plans and manpower demand. The CPDCND implements the policies and guidelines on continuing education and development of nutrition-dietetics professionals under the Professional Regulation Commission. It also coordinates with other professional boards on the empowerment of professionals towards the ASEAN Economic Community 2015 and on the implementation of the ASEAN Mutual Recognition Arrangements.

To update the practice of Nutrition-Dietetics, the NDAP is lobbying for the passage of a new law in recognition of the important role of registered nutritionist-dietitians (RND) in human development and seeks to improve the practice of the profession by instituting reforms to ensure the welfare, protection and improvement of the RND profession. Salient features include expansion of the areas of practice, better ratio of dietitians to patients in hospitals, more employment in local government units based on population served and better pay scale.

The 2013-2015 NDAP Board with its leaders, past presidents and Board of Nutrition & Dietetics (PRC) jointly review NDAP plans and projects for an annual strategic planning activity.
The Philippines Dietitians to Celebrate Diamond Jubilee 2015

The Nutritionist-Dietitians’ Association of the Philippines’ 60th Diamond Year - 2015 - is almost here. Many exciting events are already in the creative program committee including the release and launch of the most celebrated limited edition memorabilia, Nutrition and Dietetics in the Philippines: Second Edition, which will highlight the association’s achievements from 1985 to 2014. As NDAP prepares for this once-in-a-lifetime celebration, the Diamond Jubilee Committee is focused on making this a unique historic occasion and a powerful way to celebrate, to create a legacy and to build a corporate history that conveys vision, innovation, and strength.

The NDAP with its 15 highly active Chapters throughout the Philippines has become stronger through the years in its mission to “RAISE nutrition practices expertly and ethically” and realize its vision of “adequate nutrition for a healthy nation.” RAISE stands for the NDAP pillars of Research, Advancement, Integration, Service and Education.
NDAP President Prof. Dr. Adela Jamorabo-Ruiz’s thrusts for 2013-2015 include Respect and recognition of the expertise of nutritionist-dietitians, Unity in diversity with a common vision for the profession, Inspiration to innovate nutrition products and services and Zeal to preserve and protect the niche of nutritionist-dietitians in health and wellness. Dr. Ruiz sees that nutritionist-dietitians are challenged to be more resilient to build credibility especially in the social space where credentials might be overlooked in favor of celebrity status or hype.

The 2014 Convention on “We Learn, We Share, We Grow through Research” highlighted the first pillar of NDAP which is RESEARCH. It explored the latest researches on current topics in foods and food service, clinical nutrition, nutrition education and public health nutrition by bringing together 1100 researchers and dietetic practitioners for a two-day program and was dedicated to increasing knowledge, stimulating research and promoting the prevention and management of nutrition-related disorders.

The 2015 Convention to be held on February 17-19, 2015 will highlight the second pillar of NDAP – ADVANCE and will focus on Advancing Nutrition and Dietetics Practice in the global and local arena. Speakers from the Academy of Nutrition and Dietetics will provide updates on various topics with AND President Ms. Sonja Connor as keynote speaker. There will also be post-convention educational, hospital and culinary tours. Visit www.ndap.org.ph.

Country – Singapore

**Continuous Education Opportunities: A Key Priority for Singapore Nutrition and Dietetics Association**

Singapore Nutrition and Dietetics Association (SNDA) – a professional organization of nutritionists and dietitians, is committed not just to improve the health and nutritional status of the public it serves but to also empower its members to develop continuously in the profession.

Over the years, the SNDA has been active in organizing continuing education for the professional enrichment of its members besides improving and updating the practical and theoretical knowledge of dietitians and nutritionists. SNDA opens various platforms for knowledge enrichment to all its members. This includes nutrition talks, subject matter experts’ visits, and seminars and conferences. The members are encouraged to voluntarily attend any of these programs to maintain their competence in their respective professional field.

Beyond these platforms, SNDA also expands members’ benefits by offering sponsorship grants for any relevant conferences/workshops held overseas. This has been made possible by allotting a portion of the organization’s funds to cover the registration fees for any nutrition related event that a member chooses to attend. Such opportunities not only provide accrual of knowledge for the participant but can also encourage collaboration with nutritionists and dietitians from other countries.

Furthermore, the grant enables the sponsored applicant an opportunity to lead another continuous education session and share what she has learnt. Through this, the sponsorship benefits are extended to other members of SNDA.
Here’s what some of them have to say about their overseas experience:

“SNDA’s support enabled me to attend the International Congress of Nutrition (ICN), one of the most important conferences for the nutrition community, held in Granada, Spain in September 2013. The 20th ICN featured a variety of topics that covered both nutrition scientific knowledge and its applications. It was an enriching experience for me to hear the latest updates on nutritional science and especially the translational aspects as I am personally interested in community nutrition and nutrition education.”
- Pauline Chan, Director at Food Specialists PL, Singapore

“Attending the 2013 Sports Dietitians Australia (SDA) conference - Performance Nutrition – Measurement, Manipulation, Application - held in Melbourne, Australia paved the way for me to learn the latest updates in sports nutrition; for example, the applications of caffeine and nitrate for performance enhancement. I also learned about nutrition for unusual sports like those that require ultra-endurance. The experience helped to form a close network of friends who are working in the same field to enrich my personal practice.”
– Pamela Wong, Senior Dietitian at Khoo Tech Phuat Hospital, Singapore

“I was privileged to attend the International Workshop on Capacity and Leadership Development in Nutritional Science in Seoul, Korea in 2012. I am truly grateful to be supported by Singapore Nutrition and Dietetics Association (SNDA) to attend and present a country report “Metabolic Syndrome from Perspective to Action” as a part of nutrition in Asia in this workshop. Besides, it is a great opportunity to network and learn from the researchers and leaders in nutritional sciences. In future, I hope this international workshop will lead to further sharing and collaborations among countries in Asia. Upon my return, I took the opportunity to organize Obesity Forum during the 30th Annual General Meeting 2013. Besides sharing my fruitful experience, I have also invited a researcher and a psychologist to complement each other’s experience and skills, hence promoting multi-disciplinary approach towards managing Obesity.”
– Win Nie Loh, Dietitian, Changi General Hospital

Christine Rubi-Cruz and Leow Sooi Mee
SNDA Resources Subcommittee
Report from South Africa

ADSA Social Media and Communication Guideline
The Association for Dietetics South Africa (ADSA) recently launched the ‘ADSA Social Media and Communication Guideline’, developed to assist members with managing social media platforms within the ethical boundaries of being a registered health professional. In the coming months, the executive committee will visit each branch in a roadshow to introduce the social media guidelines as well as provide an update on some of the exciting developments happening within ADSA.

ADSA continues to engage with the media to promote our profession
For the most recent campaign, during Breastfeeding Week, the ADSA spokespersons participated in an interview in SABC Morning Live, as well as Radio 2000 focusing on the state of breastfeeding in South Africa and the benefits of breastfeeding. ADSA also ran a series of four Facebook posts to promote Breastfeeding Week, focusing on: World Breastfeeding Week promotion (www.worldbreastfeedingweek.org), the World Alliance for Breastfeeding Action (WABA) and sharing their brochure with the audience, ‘Benefits of Breastfeeding’ written by a dietitian, and a post sharing the World Breastfeeding Week interview on SABC Morning Live.

The ADSA executive committee offers the following benefits to our members

1. Advocacy for the dietetics profession
ADSA actively promotes and protects the dietetics profession in the media through ADSA spokespersons and provides a ‘watch dog’ function to ensure that the professional reputation of dietitians is maintained.

2. Staying connected
Members receive regular relevant communication:
   • Weekly notices including job notifications, information about new products, upcoming events and information on key issues that affect our profession.
   • Monthly newsletters.

3. Media
ADSA actively promotes our profession by running PR campaigns and activities throughout the year. It also has a presence on social media platforms which enable dietitians as well as the public to have access to credible nutrition information. The media are able to identify ADSA spokespersons for different nutrition-related issues through the ADSA website and through our PR agency.

4. Access to evidence-based information and tools on the ADSA website
All member information on the ADSA website is protected by a login function, ensuring that this information is only available to ADSA members. Members can access video clips of presentations from branch activities, executive summaries of new research, CPD articles, nutrition information articles, Policies and Guidelines, online shop, Bursary application forms for ADSA student members, ADSA interest groups, online library of peer-reviewed resources for nutrition and dietetic practice through access to PEN (Practice-based Evidence in Nutrition).

The public can also find ADSA members in their area using the ‘Find a dietitian’ search tool on the open section of the ADSA website.
5. Representation
ADSA has representation in a number of forums that relate to nutrition and dietetics to ensure that members are kept up to date on key issues that will have an impact on the profession.

6. Mentorship program
ADSA offers a mentorship program to all interested ADSA members. The objective of the program is for the mentor dietitian to provide guidance and support to a less experienced colleague. This creates opportunities for growth for the mentee, as well as creates a platform for dietitians to plough back into the profession by helping to develop another dietitian. Opportunities to be a mentor or mentee exist for members.

All ADSA members have access to the South African Journal of Clinical Nutrition.

8. Discounts
Members can access the following at a significantly reduced price: Professional indemnity cover; International book titles available on the online shop and ADSA and ADSA-affiliated congresses, workshops and events.

National Nutrition Congress
The 25th Congress of the Nutrition Society of South Africa and the 13th Congress of the Association for Dietetics in South Africa took place from 16 to 19 September 2014 in Johannesburg. The theme of the congress was ‘Optimal Nutrition For All’

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<th>Awards</th>
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| Unilever Nutrition Award Presented to a Junior Scientist for the best oral presentation on Nutrition Research | 1st: NATASCHA OLIVIER for her paper ‘Resting Energy expenditure of black and white overweight women aged 18 to 55 years
2nd: CELESTE NAUDE for her paper Serum and Dietary Vitamin D in young adults living under seasonal solar UVB conditions |
| Unilever Nutrition Award Presented to a senior Scientist for the best oral presentation on Nutrition Research | 1st: SALOME KRUGER for her paper on The Sensitivity of body mass index cut- points to identify cardio-metabolic risk in Black South Africans
2nd: MIEKE FABER for her paper on Anthropometric Status, dietary intake and Vitamin A status of South African Preschool children from 4 areas with diverse eating patterns
NSSA William Fox Award presented to BEULAH PRETORIUS for her poster on The Necessity of Food composition data to determine dietary iron absorption. |
| NSSA William Fox Award                           | BEULAH PRETORIUS for her poster on The Necessity of Food composition data to determine dietary iron absorption |
| ADSA award for Best Poster presentation by a Dietitian | 1st: JANE MUCHIRI for her posters: Evaluation of a Nutrition Education programme by Type 2 diabetes adults in a resource limited setting in South Africa and The Perceived and reported dietary changes after nutrition education ion adults with type 2 diabetes in Moretele, South Africa.
2nd: SICELOSETHU SIRO for her poster: Anemia prevaleance of breastfed infants and their mothers from a peri-urban area in South Africa. |
Cheryl Meyer
Communications
Association for Dietetics South Africa
c Cherylmeierrd@gmail.com
Country – United States

Update from Academy of Nutrition and Dietetics, USA

NASDAQ
The Academy of Nutrition and Dietetics was invited to ring the closing bell on Wednesday, August 20, at NASDAQ, the largest electronic equities exchange in the United States. This is the sixth year in which the Academy has been invited to be part of NASDAQ’s trading day. I represented the Academy ringing the closing bell and made remarks about the Academy, Foundation and Kids Eat Right Month, joined by Academy members who live in the New York area. The NASDAQ closing ceremony was broadcast on NASDAQ website and the ceremony was also broadcast on video screens in Times Square. The Academy’s name and logo was on NASDAQ’s tower with the message “The Stock Exchange Welcomes the Academy of Nutrition and Dietetics.”
Multimedia features such as exclusive content, photo postings, status updates and video of bell ceremonies can be found on NASDAQ’s Facebook page at:


New Academy Practice Papers Published
The new Academy Practice Paper, Oral Health and Nutrition, was published in June on the Academy website. The Abstract was published in the June 2014 Journal of the Academy of Nutrition and Dietetics. A position paper on the same topic with the same title was published in the May 2013 Journal. The new position paper entitled Nutritional Genomics was published in the February 2014 Journal of the Academy of Nutrition and Dietetics. In addition, two position papers were recently updated and published in the Journal and they are Nutrition and Lifestyle for a Healthy Pregnancy Outcome published July 2014 and Nutrition Guidance for Healthy Children Ages 2-11 Years published August 2014. The Academy position and practice paper can be accessed on the web at:
http://www.eatright.org/positions/

Academy Website Update
The new Academy websites debuted during the 2014 Food & Nutrition Conference & Expo® in Atlanta. The consumer site www.eatright.org focuses on meeting the Academy’s vision: optimizing health through food and nutrition, while the new www.eatrightPRO.org focuses on our mission: empowering members to be the food and nutrition leaders. The redesigned public site will continue as the Academy’s consumer education destination, filled with great information that will position RDNs as the trusted source of food and nutrition information. Our new member website www.eatrightPRO.org features new content, tools, resources and opportunities. The new www.eatrightPRO.org offers 24/7 access to scientific and evidence-based publications and professional articles for members to help them stay at the forefront of dietetic research, policy initiatives, career trends and leadership opportunities. Both our public and member websites will be optimized for mobile devices, including quick navigation, social media and a user-friendly design.

Call for FNCE® Educational Session Proposals is Open
The call for educational sessions to submit a session proposal (General and/or DPG/MIG Spotlight) for the 2015 Food & Nutrition Conference & Expo (TM) event in Nashville, Tennessee (October 3-6) opened September 1, 2014 and will close November 15, 2014. The link to submit a proposal follows.
http://www.eatright.org/fnce/sessionproposals/

The Committee for Professional Development has identified primary educational tracks to steer the direction of the 2015 FNCE® educational program. The full list of tracks are available online, but the following track represents topics specific to policy:
Legislation, Licensure and Health Care Coverage: Promote the ever-evolving public policy landscape through sessions on innovative initiatives and legal matters, such as reimbursement, which affects the profession.

Read more: http://www.eatright.org/FNCE/content.aspx?id=6442469386
From the American Overseas Dietetic Association (AODA) - an affiliate of the Academy of Nutrition and Dietetics (Academy)

Simplifying Portions and Servings in a Developing Country

A continuing challenge in dietetic practice is to move clients from awareness of the need to change eating practices to actually trying the plan. A large part of counselling has depended on imparting explanations of measuring foods as served according to portion sizes to control and tracking the calorie intake. This is more complex to understand than generally thought. Clients are not used to measurement or prefer not to do this but tend to eat based on experience and what appears visually adequate. For a society accustomed to deprivation as in developing countries, the demonstrated serving sizes appear extremely small since when persons eat, they try to consume as much as possible in a single sitting. This is compounded by the difficulty in understanding exchanges, when long lists are provided with foods within food groups which is not how persons eat. Many clients in developing countries are semi-literate and even if highly literate they prefer not to read long lists or to think too much about eating and preplanning exchanges so advice is ignored.

The mistakes made are many and the possible solutions are based on the following observations:

1. Measuring cups and spoons are not used in serving cooked food, but a regular household enamel or plastic mug (about 2 cups) may be used instead for say rice thereby resulting in 2-4 times the expected amount. Persons however understand weight as purchased so it would be more practical to state servings as amounts of food to buy and raw amounts to cook.

2. Many persons do not prepare their own food but eat whatever is served on the plate. The ‘cooks’ who control the eating are the ones who need to understand how much to cook so that the amounts served will be more appropriate for those who are eating.

3. In using processed foods, the serving amounts on the labels are very variable and usually different from serving amounts demonstrated in counselling so interpreting calories is very confusing. If however, the serving sizes were determined to give a similar number of calories, this would become easier to interpret and apply.

4. Totaling the number of servings is also challenging because of the differences between food groups. Most persons tend to cross food groups even though the calorie counts differ. For instance, if vegetables are disliked, the client would merely take the assigned 2 or 3 servings from another food group such as fruits or starchy vegetables even though the calories would then double or triple. Standardizing by a set amount of calories across all the food groups would solve this problem.

5. Referring to foods as fattening or non-fattening is largely based on perception since the importance of quantity and counting calories may not be well appreciated. Again, if all food groups were standardized for the same calorie count, then it would be easier to convey calorie differences by amounts and not perceptions.

The Unit counting system

This system was developed for use with clients in Jamaica and is based on standardizing against 100 calories for the following reasons.
1. It simplifies all food quantities to amounts of a single standard equivalent of 100 calories. All persons can count in 100s, and 50s, being familiar to the monetary values. One hundred calories is 1 unit, 200 calories are 2 units, 50 calories count as ½ and so on.

2. Many food labels express servings in the raw, uncooked quantities including rice, flour, nuts and beans which are already using 100 calories as the serving size amount so it would be less confusing if the same standard were applied to household measures.

3. The quantities based on food groups show greater uniformity when stated as the raw, uncooked amounts so there are less serving sizes to learn.

Based on the Caribbean food groups, the serving sizes would be as follows:

1. Staple foods: This group can be regarded as two sub-groups namely:
   (a) Cereal Grains – which include all grains used whole or made into flour such as wheat, rice, maize (corn) and their products such as breakfast cereals. Serving size is 1 ounce dry and 3 ounces cooked as porridge (same as the ½ cup measure). Bread slices are now larger than formerly and the standard whole wheat bread equates to 100 calories per slice.
   (b) Starchy fruits, roots and tubers otherwise known as ‘provision’ or starchy vegetables. Most give 100 calories from ¼ pound market weight as purchased (AP) that equates to 3 ozs cooked (or 1 standard piece as used in soup or other dishes).

2. Legumes: Dried peas, beans (pulses) – 1 ounce dry (¼ cup cooked) also gives 100 calories as does ½ ounce of most nuts and seeds.

3. Foods from Animals: These include all foods of animal source with the main nutrient being protein. Meat and chicken equate to 100 calories for 1½ - 2 ounces raw edible flesh which applies equally to all the bony meats, canned fish and lean meats, about one ounce cheese and low fat milk (when used) equates to 8 ounces or 1 cup.

4. Vegetables: All raw vegetables equate to one pound AP for 100 calories, which would replace the variable amounts when expressed as cooked such as dark green leafy such as pakchoi or callaloo (2 cups), yellow e.g. pumpkin (½ cups), carrot (1 cup) and other non-starchy vegetables (variable amounts). This is explained as the total amount of vegetables to eat daily which equates to the original 3 servings so persons have a better perspective on the quantum required and even if they exchange across food groups (as so often happens), the calorie count remains the same.

5. Fats & Oils: The main nutrient is fat and includes avocado pear and Jamaican ackee. Fats and oils are 1 tablespoon for a portion equivalent of 100 calories, the same amount used on food labels. Coconut jelly would be one ounce while ackee and avocado, 2 ounces each.

6. Fruits: The popular fruits such as ripe banana and Julie mango easily equate to 100 calories for 1 medium as opposed to the original ½ ripe banana which most persons found impractical. The other fruits are easily described as being 50 calories and the amount of two fruits that would usually be eaten anyway can be allowed as equivalent to 100 calories.
Other advantages are:

1. Sugars and combination foods such as Jamaican patty are easily explained with this system since persons understand how much of other foods they would have to replace/exchange to accommodate the continued use of large amounts of sugar in juice drinks and/or for snacks.
2. Less time is spent explaining servings and portions with more time available for diet planning so persons get a better understanding of how much to cook for the whole family and how to best share meals for all family members in terms of amounts of food to be eaten based on raw weight to cook rather than already cooked measures.
3. This approach also simplifies the use in families for persons with diabetes and to facilitate carbohydrate distribution and meal planning.

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Health Promotion Consultant
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From the 6th Asian Congress of Dietetics

Asian Congress of Dietetics (ACD) – AODA Participation

The 6th ACD was hosted this August in Taipei, Taiwan. The ACD continues to be held every four years since the 1st Asian Congress of Dietetics was held in 1994. This year’s ACD was organized by the Chinese Dietetic Society (CDS) under the sponsorship of the Asian Federation of Dietetic Associations (AFDA), which is comprised of eleven member associations—Hong Kong Nutrition Association Ltd, Indian Dietetic Association, Indonesia Dietetic Association, Japan Dietetic Association, Korean Dietetic Association, Malaysian Dietitians’ Association, Pakistan Nutrition & Dietetic Society, Nutritionist-Dietitians’ Association of the Philippines, Singapore Nutrition & Dietetics Association, The Chinese Dietetic Society-Taiwan, The Thai Dietetic Association, and the affiliated member association—Dietitians Association of Australia.

The theme for this year’s Congress, “Advancing Health through Innovating Dietetic Practice Across Asia” covered a wide range of topics including the unique dietary culture in Asia, updates in clinical nutrition, strategies for effective health promotion, standards for dietetic accreditation, and the current and future role of dietetic professionals across Asia. The Congress boasted prestigious government and corporate sponsorship and a strong program with outstanding presentations delivered by distinguished international experts and scholars from seventeen different countries, as well as over 300 relevant research papers in areas of clinical nutrition, community nutrition, health promotion, food service management and dietetic education across Asia. A thorough history of the development and advancement of dietetic practice across Asia was presented, celebrating the progress that has been made over the recent past years while also acknowledging the current realities and obstacles facing the dietetic profession in countries across Asia. The Congress also encouraged active participation of the younger generation of dietitians and dietetic students with the first ever inclusion of the Student
Dietetics in Nutrition Forum in Asia. With many newly established and continually developing dietetic associations, this year’s ACD placed heavy emphasis on future development of the dietetic profession by highlighting the value of the contribution of this up and coming generation of professionals.

The 6th ACD created an environment for open discussion and collaboration between countries towards the advancement of quality and effective dietetic practice across Asia with much discussion centered around the development of standards for qualification and accreditation of dietetics professionals. The 2011-2012 President of the Academy, Sylvia Escott-Stump, represented the United States in a panel discussion on the development of international qualification and accreditation of the dietetics profession as well as in a workshop on the topic of dietitian decision making in the role of the dietitian patient care.

The Academy and AODA made a strong appearance at this year’s Congress with symposium presentation by Academy staff partners Alison Steiber and Paula Ziegler on the development and use of the Evidence Analysis Library as a valuable resource in helping to improve nutrition and dietetics practice as well as the joint Academy/AODA presentation discussing the value of International Dietetics and Nutrition Terminology (IDNT) in maximizing application of the Nutrition Care Process (NCP) and medical nutrition therapy management. Both symposiums were moderated by AODA’s United States Country Representative, Camella Rising. Naomi Trostler represented the AODA as one of the speakers in the NCP presentation as well as the previously mentioned workshop regarding the dietitian role and decision making in patient care.

As a Registered Dietitian in the People’s Republic of China (PRC), where the need is great for advancing the dietetic profession, I found discussions regarding the development of dietetic accreditation to be of particular interest. Dr. Johanna Dwyer presented on dietetics in the country of China and the crossroads that the current situation presents. With a population of over 1.3 billion people, the nutritional complexities facing the country of China are enormous. Increasing modernization in a traditionally rural and ancient culture has led to a great amount of confusion surrounding the role of nutrition and its application both in clinical health and everyday living. With a coexistence of underweight, overweight, and micronutrient deficient populations, these nutrition challenges facing the Chinese population require ongoing professional involvement and demand nutrition professionals who can effectively deliver evidenced-based, culturally relevant nutrition information across China. That being said, the country has yet to develop a system for formal nutrition training and recognized dietetic accreditation. The questions posed in the presentation by Dr. Dwyer included whether the role of the dietitian was being carried out by professionals in other areas of expertise, the effectiveness of delivery of these services, and in what ways efforts can be focused to address these critical issues and the current nutritional state of the world’s most populous country. Although much work is to be done, partnership with other Asian countries may prove extremely valuable as China moves forward to answer these questions.

Asia continues to actively engage the international community in the advancement of dietetics. With outstanding professionals in areas related to nutrition and dietetics and an eagerness to collaborate and partner globally, I believe Asia will continue to make great strides in the years to come in developing the dietetic profession. As these countries continue to grow and advance, they will no doubt, continue to contribute greatly to the larger community of dietetic professionals across the globe.

Hope Petersen
Member, American Overseas Dietetic Association
The 6th Asian Congress of Dietetics held in Taipei, Taiwan, from August 21st to 24th, 2014 was organized by the Chinese Dietetic Society and attended by hundreds of professionals from within and outside Asia.

Chwang Leh-Chii, President of the 6th ACD and President of the Chinese Dietetic Society, Taipei, welcomed the gathering. President of Asian Federation of Dietetic Associations (AFDA), Sunard Taechangam from Thailand, in her keynote address, said that in Asia, dietetic professional practice is a combination of art, science of nutrition and dietary culture, as well as an integration between the rich traditional knowledge and modern perspectives. Some of the challenging issues for Asian dietetic practice are changes in food system, drastic increase in aging population, increased burden of diet related diseases and natural disasters, opined Dr Taechangam.

Some of the ICDA member countries are members of AFDA too – Australia, India, Indonesia, Japan, Korea, Malaysia, Pakistan, Philippines, Singapore and Taiwan. Delegates from all these countries were present at the Congress, participating in scientific sessions as well as in the Taipei Asia Night, an evening of entertainment and camaraderie.

Sandra Capra, University of Queensland, President of ICDA and Chairperson of the Board of Directors, ICDA, addressed the gathering on the opening day, on the Global New Vision for Dietetic Practice & Research. She emphasized on the importance of research and suggested that research skills should be a part of the dietetics curriculum. Prof Capra said that the ICDA plans to expand the Code of Good Practice into identified competencies and performance criteria in the next few years.

Symposia, oral presentations, panel discussions and workshops were organized in parallel sessions. Symposium topics ranged from How Vegetarian Diet Benefits Health and Ecology, Evolution of Dietitian Education and Accreditation in Asia, to Dietitian Decision Making in Patient Care – Can We Do More, and The 1st Dietetic and Nutrition Forum in Asia – Moving toward International Mobility. Clinical topics covered cardiovascular disease, stroke, diabetes, hypertension, renal disease, obesity, critical illness, and so on. Some of the other topics covered were Nutrition Care for the Aging, Nutraceuticals, Sports Nutrition, School Nutrition Programs, Nutrition Labeling, etc. A lunch symposium that showcased Taiwan Cuisine and Dietary Culture aimed at foreign participants was unique and well appreciated by the participants.

Sylvia Escott-Stump, East Carolina University, USA, and Director on the ICDA Board, spoke in one of the symposia on key elements for a successful dietetics program.

Three ICDA Directors, Sandra Capra (Australia), Marsha Sharp (Canada) and Sylvia Escott-Stump (USA), were a part of the panel discussion titled Developing International Qualification and Accreditation of Dietetics Profession. Sylvia Escott-Stump spoke about the Accreditation Council on Education in Nutrition and Dietetics (ACEND), which is an agency for education programs preparing students for careers as registered dietitian-nutritionists or dietetic technicians, registered, in her country. Marsha Sharp, briefly talked about the competency framework developed in Canada. Dietetics education accreditation has been a service provided by Dietitians of Canada to Canadian educational institutions and practicum programs for over 20 years. Sandra Capra said that standards are useful tools but reaching an international
agreement is complex process. The ICDA intends to forge a path that is acceptable to all its members and will draw on expertise within its membership to identify acceptable standards.

Marsha Sharp, CEO, Dietitians of Canada, and Director on the ICDA Board, delivered a plenary lecture on the final day of the Congress. She spoke on Advancing the Dietetic Profession through Participation and Alliance in the Global Community. In her speech, she traced the history of ICDA, talked about its activities, the advantages of networking within ICDA, forming international partnerships and the challenges that face the organization.

The closing ceremony saw an Asian Declaration being signed by the members of AFDA. Taiwan handed over the ACD baton to Hong Kong which will host the next ACD in 2018.

Sheela Krishnaswamy
Editor, Dietetics Around the World
ICDA

Resources

Position Statement from ICDA

ICDA will be producing a position statement to coincide with World Water Day on the 22nd March 2015. Materials will be available on the website early 2015 which the members can use in their countries to publicise the day.

Dietitians of Canada launches online course for Population and Public Health Nutrition

With the support of the Public Health Agency of Canada, Dietitians of Canada has created a new web-based course focusing on population and public health needs assessment. These resources will support university and practicum students, as well as dietetic interns and new public health practitioners in Canada to gain consistent entry-level knowledge and skills in public/population health nutrition.

The course is available in two formats:
- A set of six evidence-based, interactive, self-paced, online modules available in either English or French.
- As off-line power point presentations with an accompanying learner workbook, also available in English or French.

Both course formats centre on a real-life scenario in which newly registered dietitian, Marie, works with community stakeholders to develop the knowledge and skills to plan, conduct, synthesize, organize and prioritize the findings from a community nutrition needs assessment. By working along with Marie and completing the activities in the course, learners will gain basic entry-to-practice knowledge and skills.

Find out more at www.dietitians.ca/ecourses
Awards and Grants

Colgate Palmolive Fellowship in Nutrition, Oral Health/Dental Education

The Colgate Palmolive Fellowship in Nutrition, Oral Health/Dental Education is given to support research in nutrition and oral health or dental education by a student in a master’s, doctoral or post-doctoral program in dietetics/nutrition or public health nutrition with an expressed interest in nutrition and oral health/dental education. The 2014 recipient is Heidi Lee Ganzer, MS for her research proposal titled: “Exploring the Eating Experience in Long Term Survivors of Head and Neck Cancer.”

Ganzer said of being selected to receive the grant, “I am honored to have been chosen as the recipient of the Colgate Palmolive Fellowship award. The award will most certainly help defray the costs of my research, which is greatly appreciated. The population that I work with, long term survivors of head and neck cancer, may struggle with late effects of their treatment (i.e. xerostomia, dysguesia, mucosal sensitivity, dental health issues, etc.). These late effects may impact the ability to eat or enjoy the eating experience. The Colgate Palmolive Fellowship award is a perfect fit for this research!”

The deadline to apply for the 2015 Colgate Fellowship is April 1, 2015. The award amount is $15,000. Non-US residents may apply. For more information or to download an application, please visit: http://www.eatright.org/Foundation/content.aspx?id=6998

International Lecture at US Annual Conference

The Academy Foundation was proud to present the 2014 Wimpfheimer-Guggenheim International Lecture: “Integrating Nutrition into Healthcare Systems: A Collaborative International Approach” this October in Atlanta, Georgia during the Academy of Nutrition and Dietetics Food & Nutrition, Conference & Expo (FNCE). The session, presented by Dr. Anne de Looy, Honorary President of the European Federation of the Associations of Dietitians (EFAD), shared best practices from the European Union funded Thematic Network for Dietitians known as "Dietitians Improving Education and Training Standards in Europe" (or DIETS for short). This network links 95 Partner institutions together across 31 countries in Europe. This impactful session was filled with key insights to forming multidisciplinary alliances in your own practice setting. An audio recording of the session can be found on the Foundation’s website: http://www.eatright.org/Foundation/content.aspx?id=6442462482

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

The Competitive Essay Award of the Wimpfheimer-Guggenheim Fund for International Exchange in Nutrition, Dietetics and Management supports the international exchange of needed nutrition, dietetics and/or management information that benefits the nutritional health of the world community. The 2014 essay topic was: Describe innovative ways or an example of how to communicate the latest research or practice procedures in the field of nutrition, dietetics, and/or food service management to an underserved area in the world. This year’s essay award recipients were Prajakta Khare-Ranade MSc, RD, LD, for her essay titled: International Diabetes Education Program: A Simplified Distance Education Program Focused at Training Diabetes Educators in Rural India and Beatriz Dykes, PhD, RDN, LD, FAND for her essay titled: Beyond Borders: A Vision on Dietetics Education, Credential and Practice. To read these
essays or past essay submissions, please visit: http://www.eatright.org/Foundation/content.aspx?id=7031.

The 2015 essay topic is: Describe innovative global inter-professional teamwork by communicating effective roles and values of a dietitian/nutritionist as a member of the inter-professional healthcare team worldwide. The author must be a professional dietitian or nutritionist and be involved in the project. The deadline to apply is February 1, 2015. The award amount is $1,100. Up to two awards may be given. For more information or to download an application, please visit: http://www.eatright.org/Foundation/content.aspx?id=6998

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

The First International Nutritionist/Dietitian (FIND) Fellowship Fund for Study in the USA was established through the Academy of Nutrition and Dietetics Foundation to assist foreign national students who are pursuing postgraduate work in the USA and who have a clearly articulated plan to return to their country. Each year the fellowship is given to promising nutritionists/dietitians who intends to practice in a developing country with whose culture they are familiar. With the assistance of these awarded funds, the recipient will be enabled to contribute to the nutritional well-being of his or her country. Alice A. Wimpfheimer MS, RDN, CDN and Paquita D. Erdell EdD, RD who established the award, wanted to give foreign students a chance since at the time, the Academy did not have a funding source for international students seeking scholarships.

The award is funded now through the Wimpfheimer-Guggenheim Fund for International Exchange in Nutrition, Dietetics, and Management. Alice Wimpfheimer, who established the fund believes that, “Everybody has a different niche and can make a mark in a different way.” The award has been given to students representing 14 different countries, including: Ghana, Hong Kong, India, Iran, Jamaica, Japan, Jordan, Kenya, Malaysia, Mexico, Rwanda, Singapore, South Korea, and Tanzania.

The first FIND award was presented in 2000 to Jihyun (Barbara) Yoon, MS, from South Korea. Yoon is currently on the faculty at Seoul National University and served as a thesis advisor to the 2013 FIND recipient Miyoung Kim, MSC, who is also from South Korea. Of the mentoring she received from Yoon, Kim says, “I respect her motivation and energy as a young professor in nutrition. I feel honored to be the second FIND recipient from South Korea after her.”

The past recipients of the FIND Award continue their nutrition efforts around the globe. Maria Jose Romo Palafox, RD, the 2012 recipient from Mexico shared, “I have been working towards understanding the lunch packing habits of parents in order to elaborate better nutrition guidelines for them and their preschoolers. I have also been looking for non-profit and non-governmental organizations that work with malnutrition worldwide so that I can help not only Mexico but other countries in the fight against hunger.”

Tatyana Yousef El-Kour, MS, RD from Jordan who received the award in 2003 is currently a Program Officer, Health Promotion Disease Prevention at the World Health Organization. She also served as the Global Delegate Scholar for Research and Policy at the 2011 Summer Special Olympic games held in Athens Greece.
Winnie Okuli Jason, the 2005 FIND recipient from Tanzania, recalls: “I remember when I was new to America and attending a community college. I was in desperate need for tuition fees, as I had no other help apart from my parents, who were not even in a position to help me at that time. I applied for the scholarship and I was among the people who were selected. I was so happy!” She went on to say, “I now have bachelors in nutrition and I am currently working as a nurse. I use my nutrition knowledge on daily basis, when providing education to diabetic patients, breastfeeding mothers, people living with HIV/AIDS or patients with cholesterol issues. I apply nutrition knowledge with almost all of my patients, whether they are kids, adult or elderly. I see many diseases and many of them have something to do with nutrition.”

To see a complete list of the past FIND award recipients, please visit:  http://www.eatright.org/Foundation/content.aspx?id=6998

The deadline to apply for the 2015 FIND Award is February 1, 2015. The award amount is $2,200. For more information or to download an application, please visit: http://www.eatright.org/Foundation/content.aspx?id=6998

**Calendar of Events**

**The Philippines Dietitians to Celebrate Diamond Jubilee 2015**
The 2015 Convention to be held on February 17-19, 2015 will highlight the second pillar of NDAP – ADVANCE and will focus on Advancing Nutrition and Dietetics Practice in the global and local arena. Speakers from the Academy of Nutrition and Dietetics will provide updates on various topics with AND President Ms. Sonja Connor as keynote speaker. There will also be post-convention educational, hospital and culinary tours. Visit www.ndap.org.ph.

**Dietitians of Canada National Conference: Stronger Together**
June 4 – 6, 2015, Quebec City, Quebec, Canada
This national conference program will feature over 40 sessions related to all areas of dietetic practice presented by highly respected researchers, educators and practitioners. The complete program will be available by January 2015. Visit www.dietitians.ca/conference for details.

**33rd International Symposium on Diabetes and Nutrition** will be held in Toronto, Canada on June 10-12, 2015. The theme of next year’s scientific program will be “Dietary Patterns and Food based Approaches in Diabetes”. See http://www.idf.org/calendar/events/33rd-International-Symposium-on-Diabetes-and-Nutrition?language=fr

**XVII Congress of the Latin American Society of Nutrition**, to be held from 8 to 12 November 2015 at the Barcelo Bavaro Convention Center in Punta Cana, Dominican Republic.
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