

Dietetics Around the World

The Newsletter for the International Confederation of Dietetic Association



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ICDA Board of Directors

From Sandra Capra, Chair of the ICDA Board of Directors

Hello to all nutrition and dietetics professionals worldwide!

Only 15 months to go to the next Congress – our 17th in Granada! The open call for papers is out and I encourage all of you to put forward your work, and to start your plans for attending now. If you are a national representative you need to plan for an extra two days ahead of the congress as we will be starting our member meeting in the afternoon of Monday September 5th, 2016.

I hope you were able to participate in World Water Day to at least some level, and had the opportunity to use our twitter messages and the excellent slides prepared for us by our Spanish colleagues. If you were able to do something, please let us know via our discussion board. Our next international event will be around pulses as this is the year of the pulse. We will be providing some materials about pulses for use on World Food Day, prepared by our Indian colleagues – so look out for them too in the near future.

Our work on the international competency standards is progressing well, and you will soon get an opportunity to comment on our work to date – so don't forget to look out for this. This will be a great step forward for our profession worldwide.

From now until the Congress is the busiest for the Directors in our four year cycle. And it will be busiest for you too. You can expect to hear more from us as we circulate documents for discussion and get feedback, prior to the congress. We always welcome new members and if you know of the profession developing in a country which is not a member, do alert them to the ICDA and how we can support and help. Together we are stronger than each of us separately.

As I commented before, we are aware that the economic downturn is taking a toll on the profession in some areas. This is very disturbing as we are the profession that makes real differences to peoples' lives and long term health. We must all lobby and do whatever we can in whatever forum presents itself to constantly remind decision makers at all levels that nutrition is not "innate", that the interpretation of the science to action is paramount to health and that the profession is key to this.

Best wishes to you all.

Sandra Capra
Chair, Board of Directors, ICDA

Announcements

World Food Day 16th October

Promote the role of the dietitian.

Dietitians/Nutritionists have a significant role to play in food sustainability and the preservation of the planet.

To help ICDA members highlight this, and to raise the profile of the dietitian/nutritionist generally, the ICDA Board decided to support two United Nations campaigns – World Water and World Food days. For the first time resources - factual, referenced statements for use as slides, posters and Twitter messages, were created for use by ICDA members on World Water Day 22nd March and many dietitians supported the day by posting messages on Twitter. More resources will be created for use in October and existing ones can continue to be used.

The Board would encourage all dietetic associations and dietitians to use these opportunities for promotion of the profession. In countries where there is no dedicated dietitian/nutritionist day, week or month, World Food Day would be a good time to start. Where days already exist, inclusion of the sustainability theme adds another dimension to the role of the dietitian. Sustainable eating is also the theme of the next International Congress of Dietetics in Granada, Spain, 2016.

ICDA Board of Directors

ICDA Partners with 2015 Obesity Week

ICDA has partnered with [2015 Obesity Week](#) which will be held in Los Angeles, California, USA, from November 2nd to 7th, 2015.

Obesity is taking stage as one of the most pervasive, chronic diseases in need of new strategies for medical treatment and prevention. Obesity Week answers the call by bringing together the great minds of unique, seasoned obesity professionals to unveil new research and leading medical techniques.

Obesity Week, the world's leading conference on obesity research and treatment, combines the scientific and clinical resources of the American Society of Metabolic and Bariatric Surgery and The Obesity Society for the premier annual scientific and educational conference dedicated to obesity.

WATER DAY



This is an opportunity to learn, network and connect with more than 5,000 obesity professionals, including physicians, surgeons, scientists and clinicians. The meeting combines a variety of formats, ranging from poster presentations to live debates. With nearly 1,500 research abstracts unveiled and more than 100 educational sessions, attendees will have unique access to the latest information needed to stand out in the field.

The content and delivery has been developed by a committee of field experts with the needs of the attendee in mind. The meeting is designated for *AMA PRA Category 1 Credit(s)[™]* and will be valid for the ABOM exam in December 2015.

National Dietetic Association Reports

Country – Australia

Dietitians Association of Australia Advocacy Stops Baby Diet Book Going to Print

Earlier this year Dietitians Association of Australia (DAA) led a successful advocacy campaign to stop the controversial book 'Bubba Yum Yum: The Paleo way for new mums, babies and toddlers' being published by the large publishing house, Pan Macmillan Australia. DAA's intervention, which was supported by the Public Health Association of Australia (PHAA), means the book won't appear on the shelves of major book retailers in Australia.



DAA's concerns with the book:

Through routine media monitoring, DAA became aware of the book in February and later gained access to some of the content of the book, which was authored by Australian celebrity chef and vocal Paleo diet advocate Pete Evans, blogger Charlotte Carr and naturopath Helen Padarin. In summary, DAA's concerns included:

DIY infant formula: This recipe (based on bone broth, chicken liver, a probiotic, coconut oil, cod liver oil and virgin olive oil) was promoted in the 0-6 month section of the book. While in the text the authors acknowledged breastfeeding as best, the book

also stated: '(The DIY infant formula) is however a wonderful alternative and the next best thing when breast isn't an option'.

It became immediately obvious that there were key nutritional issues with the DIY infant formula, particularly around excessive Vitamin A, excessive protein, high iron levels, lack of calcium and missing nutrient declarations (including iodine, selenium and sodium).

DAA asked Food Standards Australian New Zealand (FSANZ) to analyse the nutritional composition of the DIY infant formula, based on the recipe in the book – with alarming results. For instance, it was significantly higher than breast milk in Vitamin A (749% higher), Vitamin B12 (2,326% higher), sodium (879% higher); it contained no carbohydrate and insufficient calcium.

The DIY infant formula was promoted as 'mimicking the nutrient profile of breast milk', but the FSANZ analysis showed this was not the case. In addition, the World Health Organisation and Australia's National Health and Medical Research Council (NHMRC) state that breast milk is best for babies and that infant formula is the only suitable substitute if breast milk is not available.

Another problem relating to the DIY infant formula was the lack of instructions in the book for parents around preparing and storing the formula, and around how much to feed babies.

Wider problems with the cookbook: A wider, overarching problem was that the cookbook (targeting young children) is based around the Paleo Diet. Few studies have been published examining the benefits (and risks) of the Paleo Diet in adults and none examining the effects in children, let alone babies or toddlers.

Other, more specific problems with the cookbook include the use of ingredients that are not recommended in Australia for infants within the first 12 months of life due to microbiological risks – such as honey (due to botulism risk) and runny eggs (due to salmonella risk). DAA consulted with the New South Wales (NSW) Food Authority on these issues, and provided information from this organisation to Pan Macmillan.

DAA advocacy efforts paid off

DAA is pleased the publisher took the concerns raised by the Association seriously, on the grounds of public safety. In the lead-up to this decision, DAA led contact with Pan Macmillan, through written communication and a face-to-face meeting, on behalf of all of the health agencies involved.



PHAA worked closely with DAA on this issue, and other groups consulted or informed included:

- Australian Breastfeeding Association (ABA)
- NSW Department of Health
- NSW Food Authority
- FSANZ
- NHMRC
- Australian Medical Association (AMA)
- New Zealand Ministry of Health
- Dietitians New Zealand.

Importantly, DAA alerted the Ministerial Office of the Federal Minister for Health Australia about the Association's concerns with the book, through a letter co-signed by the PHAA and the ABA. The Department of Health then investigated the book.

Despite the serious issues with some of the content of the book, DAA understands the authors have decided to independently release a digital version of the book, with an independently-published print version to follow. DAA is unsure whether any of the content will be altered by the authors prior to its release. However, the Association has outlined these concerns directly to the authors, and the potential risks with some of the recipes have been widely reported through the media.

Positive 'spin offs' from advocacy in this area

In reporting on the issues around Bubba Yum Yum, many media outlets have mentioned issues around self-appointed 'experts' (including celebrities) providing nutrition and health advice to the Australian public. And several key Australian journalists have raised issues around duty of care for book publishers when taking on books containing dietary advice, not backed by evidence.

In a recent *Australian Women's Weekly* online piece, the AMA was quoted calling for health advice issued by celebrities and alternative wellness advocates to be scrutinised more rigorously before being published in books or online to protect the public. Part of the article states: 'Alternative health advocates and their publishers should be prepared to take responsibility for health claims or advice that they give, just as a doctor is liable for the care and advice they give to patients.'

Country – Austria

32nd Nutrition Congress of Austrian Association of Dietitians

DIETETICS 2020

The 32nd Nutrition Congress of the Austrian Association of Dietitians was held on March 19th – 20th 2015 in Vienna, Austria. The Congress focused on health policy issues. It became clear that dietitians could make significant contributions to a healthy population. The experts agreed that a stronger integration of the dietetics profession in the health care system is needed to meet the challenges of the future.

In her opening statement Prof. Andrea Hofbauer, President of the Austrian Association of Dietitians reflected on achievements in the last ten years.

The revision of the law was carried into execution so that dietetics students can graduate with a bachelor degree and the title of “Dietologe” was adopted as the new occupational title.

The Austrian Secretary of Health Dr. Sabine Oberhauser mentioned that nutrition is the greatest political challenge her administration encounters. To create a turnaround, everyone has to face up to this issue. The dietitians play an essential role. “The new ideas within the health care reform in Austria will make the responsibility of dietitians more visible,” said Oberhauser.

A central component of health care reform in Austria is the new concept of primary care. According to Dr. Josef Probst, General Manager of the Austrian Social Insurance, “Dieticians must appear in the comprehensive model of primary care”. He said that the expertise of the professional group brings added value for the health care system. The dietetic diagnosis can support physicians. The patients benefit from science-based nutritional therapeutic treatment and counseling.

Prof. Anne de Looy, President of EFAD, illustrated in her state-of-the-art address the positive effects of evidenced based specific dietary treatment on various levels. Patients or clients involved attain better health, better quality of life and display fewer sick-leave days. There is less strain on the health budget.

According to the WHO Region Europe, coronary heart disease, diabetes, cancer and COPD are the causes for up to 77% of the illnesses, and for up to 88% the cause of early death. With this in mind the European Ministers of Health adopted in 2013 “The Vienna Declaration on Nutrition and Non-communicable Diseases in the Context of Health 2020”. In this declaration unhealthy eating and lack of exercise are mentioned as risk factors for diseases. Counter measurements are being targeted.

In conclusion Ms. Hofbauer said, “Dietitians can, due to their specific and excellent qualifications, not only contribute to the health and well-being of the people, but also help to reduce health care costs. We are as a professional group also aware that the

treatment of diseases requires an interdisciplinary approach. The demands are getting more and more diverse. We are ready to meet them."



Other subject areas discussed at the congress included quality management, evidence based dietetics, clinical challenges, interdisciplinary teamwork, nutrition trends, children`s nutrition and modern technology. Under the title "Science Talk" students presented their bachelor thesis. 450 to 500 participants attended the congress which was well received.

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

Country – Hong Kong

Findings from the first Hong Kong Total Diet Study - Mineral Consumption in the Population

The first Hong Kong Total Diet Study (1st HKTDS) commenced in 2010 with the aim to estimate dietary exposures of the Hong Kong population and assess any associated health risks. This article serves as a summary to report findings on mineral consumption released in December 2014.

Background:

The study by Hong Kong Centre for Food Safety estimated dietary exposure of minerals in the Hong Kong general adult population (aged 20-84) by food sampling, laboratory analysis and looking at population based food consumption data. Any associated health risks were then assessed. The scope of research included 13 minerals, namely boron, calcium, cobalt, copper, iron, magnesium, manganese, molybdenum, phosphorus, potassium, selenium, sodium and zinc.

Key findings include the following:

The dietary intakes of calcium, iron and potassium were inadequate when compared to recommended intakes and may impose certain health risks

- Calcium: The dietary intake of more than 90% of the adult population was below the recommended nutrient intake (RNI) established by World Health Organization (WHO). Advice to public is to increase dietary intake of calcium from dairy products, beans and dark green vegetables to prevent an increased risk of osteoporosis.
- Potassium: The dietary intake of about 60% of the population was below the recommended adequate intake (AI) established by the Chinese Nutrition Society (CNS) i.e. 2 g/day. Deficiency can cause conditions such as irregular heart rhythm, muscle weakness and irritability.
- Iron: More than 80% of the population was below RNI established by CNS i.e. 12 mg/day for male, 20 mg/day for female aged between 18-49 and 12 mg/day for female aged 50 and above. Inadequate iron may pose health risks such as anaemia and reduced immune function; young women and pregnant women are particularly more vulnerable.\

The dietary intake of sodium was in excess (>60% of population) compared to the recommended 2 g/day by WHO and may increase risk of coronary heart disease. Dietary intakes of copper, magnesium, manganese, molybdenum and phosphorus of more than 20% of the adult population were inadequate. However, development of adverse health effects due to deficiency from these five minerals is uncommon.

Dietary intakes of cobalt, boron, selenium and zinc were within recommendations. Implications – reinforcing the concept and Hong Kong dietitians' continued actions:

- Recommend balanced diets that help to offer a complete range of nutrients
- To improve calcium intake, recommend consuming low fat dairy, beans and dark green vegetables; increase vitamin D intake and synthesis by more exposure to sunlight to increase calcium absorption; decrease inhibition on calcium absorption by consuming less caffeine and alcohol.
- Increase dietary intake of iron by recommending more dark green vegetables, beans and nuts, and lean meat; highlight vitamin C which will increase absorption of plant source iron.
- Recommend vegetables, fruits, beans and nuts that are rich in potassium to increase dietary intake.
- Reduce dietary intake of sodium by reducing the use of condiments and sauces such as salt, soy sauce and oyster sauce, which are all extremely common in Chinese cooking; order food with less salt when eating out; choose prepackaged food with low sodium content by reading nutrition labels.

More information on the full report can be found on the CFS website:

http://www.cfs.gov.hk/english/programme/programme_firm/programme_tds_1st_HKTD_S_report9_Minerals.html

Danica Yau
Editor
Hong Kong Dietitians Association

Country – Hungary

Dietary Habits of Hungarian Children

Surveying the dietary habits of 4-10 year old Hungarian children for effective intervention

Introduction

The prevalence of overweight and obesity among children is increasing in Hungary, with inadequate or excessive intake of some nutrients. The unhealthy lifestyle in the growing years could significantly worsen the health status in adulthood.

The nursery and elementary school aged children are in that period of their life, when education could make a noticeable difference in developing proper nutritional habits and taste preferences. As the target group is changing rapidly, and extensive nutritional data is rarely available for this age group, a dietary survey could provide a good opportunity for contributing to the improvement of the national education programmes on health promotion, and also give inputs for product reformulation processes of the food industry. For that reason the Hungarian Dietetic Association and Nestlé Hungary established a professional cooperation in order to survey the BMI, dietary intake and physical activity patterns of children between the age of 4-10.

Method

The sample is representative of the 4-10 year old children of Budapest and Kecskemét city, reaching a total number of 799 validated records. The dietary assessment was executed, using the internationally accepted 3 day dietary record method. Body mass index was also calculated from the measured body weight and height, grouping children into the underweight, normal weight, overweight and obese categories (Cole et al). The survey was done under professional supervision during the whole study: filling, checking, verification and recording of the 3-day dietary records were done by dietitians, trained by the Hungarian Dietetic Association, thus ensuring authenticity of the data.

Results

21% of the children that participated in the study were overweight and obese, the highest (28%) being elementary school-aged boys. There was a positive correlation between higher BMI and higher energy intake in both age groups with a 20% energy difference between the underweight and obese BMI groups. This could be rarely demonstrated in adulthood.

As for the other parameters, adult-like problems could be identified in the dietary patterns of children as well - inadequate consumption of vegetables, fruits and whole-grain meals, and excess intake of fatty cold cuts, refined grains and salt. These habits result in excessive fat intake, unfavourable composition, excessive cholesterol and added sugar intake, inadequate dietary fibre and extremely high sodium consumption.

These factors together could increase the risk of developing cardiovascular diseases and carbohydrate metabolism disorders in adulthood. Low calcium and vitamin D intake seen in the early stages of life, partly as a result of the inadequate dairy consumption, could mean a risk for osteogenesis abnormalities. Needless to say, that obesity which is a cumulative risk factor of the above, adds to risk of developing non-communicable diseases in adulthood.

Conclusion

The results prove that nutrition education during early years of life should be high priority in which all stakeholders, like parents, governmental and non-governmental organisations, education and healthcare institutions as well as the food industry play an important role.

The Hungarian Dietetic Association in cooperation with other professional bodies, governmental organizations and universities, and with the support of food industry is managing and supervising more educational programmes in Hungary, targeting children of all age groups.



The survey created an awareness not only for consumers, but the key opinion leaders as well through different communication channels and a press event.

Country – New Zealand

Dietitians New Zealand Embraces the Challenge to Improve Nutrition in Ageing

Older people (65+ years) sustain about 37% of health loss in New Zealand despite making up only 12% of the population. Changes are needed for older people to maintain their independence and quality of life, and increased emphasis on improving the diets of older people is a key priority.

Once the poor cousin to other clinical dietetic specialties; dietitians in New Zealand have embraced changes to improve the nutritional health of older people. Dietitians work in various capacities of prevention services.

Private practice dietitians have been established in the aged care sector since the mid-1980s to 1990s. Although aged residential care facilities are not funded specifically for in-house dietetic services, dietitians offer a comprehensive service to those facilities including:

1. Menu auditing and planning. Dietitians New Zealand has a validated menu audit tool to audit menus against Health and Disability Sector standards and to provide ideas for improvement.
2. Guidelines for the nutrition management of nutrition-related conditions.
3. Nutrition assessment and interventions for residents with specific nutrition needs, such as malnutrition and enteral feeding.
4. Staff in-service or training including food safety, food and nutrition issues and clinical topics for nurses and caregivers.
5. Assistance to implement policies, such as nutrition screening, protected meal times, food control plans.
6. Help with kitchen design, staffing levels, equipment selection.

To facilitate networking Dietitians New Zealand formed a Special Interest Group for Nutrition in Gerontology (SING) in 2004. SING publishes quarterly newsletters for its members, where new practice initiatives are highlighted. To raise the profile of Dietitians New Zealand working in the setting, a quarterly e-bulletin is also distributed to over 600 aged care facilities. This features a main topic of interest to the sector (for example, recent changes to the food safety law, oral health, nutrition screening) and a large scale recipe. SING liaises with other health professionals working in older peoples health and similar organisations*, both nationally and internationally (* International Academy on Nutrition and Aging, Gerontology dietitians USA, NAGE UK).

Gerontology nutrition is encompassed by dietitians working in District Health Board funded services including rehabilitation, psychogeriatrics and in the community. Innovations include the Senior Chef programme geared towards providing older people with skills to cook healthy meals, and knowledge of their nutritional needs. Developed using evidence-based research, Senior Chef embraces the social aspect of eating together, and classes share a meal. The Canterbury District Health Board team of

dietitians who developed this programme has also developed “Seniors Eating Well”; well received by independent living older people. The Hawke’s Bay District Health Board has developed a programme called Eat & Enjoy, for independent living older people in the community. Led by a dietitian, Eat & Enjoy involved workforce development of aged care workers, nutrition screening, presentations to community groups and Senior Chef courses.

Complementary to Dietitians New Zealand, the New Zealand Nutrition Foundation has established a Committee for Healthy Ageing, with a high membership of dietitians. The committee seeks to promote Positive Ageing by co-operating with groups with similar goals and interests in all sectors, especially the food industry, encouraging incorporation of positive images of older people in food advertising. It undertakes activities to increase the knowledge and awareness of health professionals, care providers and the older people themselves towards the nutritional and physical activity needs of this group. Publication and distribution of a quarterly e-Bulletin focuses on current topics of interest to stakeholders.

Research to improve the health of older people actively employs dietitians. Life and Living in Advanced Age: a Cohort Study in New Zealand is a longitudinal study started in 2010. Detailed assessment of food and nutritional intake in this study provides a unique opportunity to understand the trajectories of health and wellbeing with advancing age. Postgraduate research undertaken by dietetic students engaged in university training programmes, has also provided the opportunity to grow the body of evidence to address nutritional needs of older people in community, hospital and residential care settings. The Ministry of Health Food and Nutrition Guidelines for Healthy Older People were developed by dietitians with expertise in gerontology nutrition. It is hoped that the work of dietitians will provide an evidence base for policy advice in the near future.

Carol Wham
Dietitians New Zealand

Country – Pakistan

Nutrition Policy to Practice in Pakistan: Exploring the Challenges and Research Opportunities

As part of the ‘British Council Researcher Links’ funded research grant programs, nutrition colleagues from Khyber Medical University, Dow University of Health Sciences, Noor Foundation, University of Central Lancashire Preston, University of Nottingham & University of Chester UK organized a joint workshop on "Nutrition Policy to Practice in Pakistan: Exploring the Challenges & Research Opportunities". This workshop was held from 8-11 March, 2015, at Serena Hotel in Islamabad, Pakistan and provided an opportunity for 35 early career researchers from the two countries to interact, learn from each other, and explore opportunities for building long-lasting research collaborations.

Dr Nilofer Fatmi Safdar, ICDA representative for Pakistan and currently the program director for Nutritional Sciences, School of Public Health, Dow University of Health Sciences was among the three Pakistani recipients of the grant to organize this international workshop. Five of the selected participants were members of Pakistan Nutrition & Dietetic Society (PNDS) including the current president and joint secretary. This workshop provided early career researchers (ECR) to present their research and get feedback from the experts in the field from both countries. The workshop was focused on building links for future collaboration and the participants were selected on the basis of their research potential and a strong background in nutritional sciences.

The workshop was inaugurated by the director, Higher Education Commission, Dr. Mukhtar Ahmed and provincial health secretary of Khyber Pakhtunkhwa (KPK) of Pakistan. Professor Mukthiar Zaman, Khyber Medical University and Professor Nicola Lowe, University of Central Lancashire gave introductory speeches emphasizing the need of collaborative research to deal with the complex problem of malnutrition in Pakistan. Ms. Helen Bingley, CEO, Abaseen Foundation, delivered a talk on prevalence of malnutrition in KPK and stressed the need to improve education and primary health care system in Pakistan to alleviate high rates of malnutrition.



The scientific program included plenary lectures on nutrition policies, micronutrient malnutrition, role of agriculture, food fortification, human resource development in nutrition focusing on university training, role of media in social marketing of nutrition messages, multi-sectoral challenge in tackling malnutrition, iron deficiency and

consequences of malnutrition among adolescent girls in Pakistan. Dr. Nilofer F Safdar delivered a lecture on "Nutrition Policy in Pakistan: Exploring Challenges & Research Needs." In her talk, she highlighted the lack of trained people and expertise in public health nutrition, inadequate research opportunities for those working in nutrition and related sciences, and nutrition policy development issues in Pakistan. Dr. Tauseef Janjua, Director, Micronutrient Initiative (MI) Pakistan, discussed on salt iodization, iron supplements and vitamin A initiatives to reduce micronutrient malnutrition in Pakistan. Prof Nicola Lowe spoke on raising awareness on the benefits of iodized salt through community engagement. Speakers from the agriculture and the food industry emphasized the role of agriculture and food fortification to reduce micronutrient malnutrition across Pakistan. Prof Basma Ellahi, from University of Chester discussed on capacity building focusing on university training needs for nutrition professionals. Nadeem Iqbal from the Network for Consumer Protection Pakistan spoke on the importance of social media in marketing of nutrition messages in the country.

Several oral presentations by ECR from UK and Pakistan were delivered on different topics including, innovative nutrition research methods, nutrition transition, health benefits of phenols & isoflavones, micronutrient food fortification, dietary behaviors, etc. On the last day of the workshop participants worked in groups to choose a theme area of their research interest and develop a research proposal. Among the themes that resulted out of small group discussions were non communicable diseases, agriculture, research methodology, and education and training in nutrition. The symposium concluded with acknowledgment to the organizers and supporters and a pledge by HEC to fund a nutrition project to address the complex issue of malnutrition in Pakistan. Certificates were awarded to the participants and 6 book prizes were given for the best oral presentations of the participants. Such events are a great opportunity to promote collaborative research and provide a platform to engage with professionals in the field of nutritional sciences and to build long lasting research collaborations among international colleagues.



Dr Nilofer Fatimi Safdar
Nutrition Program Director, School of Public Health
Dow University of Health Sciences, Karachi
Past President (2007-09 & 2011-13) PNDS
Country Rep, ICDA

Resources

International Student Resources – USA

International students enrolled in food, nutrition or dietetics educational programs located and accredited outside of the United States can now gain access to resources offered through the Academy of Nutrition and Dietetics. No matter where they live, international students will be able to utilize science-based information that can help them boost their grades and get a strong start to their careers – twenty four hours a day, seven days a week!

Tools include:

Evidence Analysis Library®

This web-based research database can help students find answers, research articles and evidence-based nutrition practice guidelines to help them get ahead in their assignments.

Nutrition Care Process

This standardized model was established to guide practitioners in providing high quality nutrition care through evidence-based guidelines. Students can now gain access to this information through the *eNCPT: Nutrition Care Process Terminology Reference Manual*, which provides terminology and definitions for the nutrition care process guidelines and is available in a variety of language translations.

Publications and subscriptions

A variety of publication subscriptions and email newsletters which can help students stay on top of breaking news across the nutrition and dietetics profession:

- *Journal of the Academy of Nutrition and Dietetics*
- *Daily News*
- *Eat Right Weekly*
- *Food & Nutrition Magazine®*

Networking

Sometimes the best resources come straight from professionals active in the field. Students can access networking opportunities with nutrition professionals from all over the world. International student's access to these resources includes the ability to join dietetic practice groups (DPGs) to network with members from a wide variety of practice

areas, or member interest groups (MIGs), to network with members who share common interests, issues or backgrounds. Additional networking can be found through membership in the American Overseas Dietetic Association (AODA), the international affiliate of the Academy. Watch for news about the AODA-Malaysian Dietetic Association collaboration for a symposium May 25-28, 2016 in Kuala Lumpur! Other options include the Academy's eMentoring program or connecting with the Nutrition and Dietetic Educators and Preceptors (NDEP) group. NDEP is organizing an international network to provide guidance for faculty and students interested in Study Abroad and related experiences.

To gain access, international students can apply for membership by completing an International Membership Application and International Student Verification Form and returning it to the Academy with payment. Materials can be found online at: www.eatrightPRO.org/InternationalMember. This new option is only available for students currently enrolled in a food, nutrition or dietetics educational programs located and accredited outside of the United States, and all completed applications must be approved by the Academy's Membership Team.

For more information, contact the Academy of Nutrition and Dietetics International Student member option at membership@eatright.org. You may also find us online at www.eatrightPRO.org.

Academy Position and Practice Papers – USA

Following are USA Academy papers published in the *Journal of the Academy of Nutrition and Dietetics* during the past program year since June 2014:

- Oral Health and Nutrition practice paper (June 2014) (Position paper published on the same topic in May 2013)
- Nutrition and Lifestyle for A Healthy Pregnancy Outcome position and practice paper (July 2014)
- Nutrition Guidance for Health Children Ages 2-11 Years position paper (August 2014)
- Food and Water Safety position paper (November 2014)
- Promoting and Supporting Breastfeeding position and practice paper (March 2015)
- Nutrition Services for Individuals with Development Disabilities and Special Health Care Needs position paper (April 2015)

Also, a joint position paper with the American Diabetes Association and the American Association of Diabetes Educators entitled *Diabetes Self-Management Education and Support in Type 2 Diabetes* will be published in the *Journal* in June 2015. The Position and Practice papers can be accessed on the Academy Website at: <http://www.eatright.org/positions/>

Awards and Grants

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 2015 essay topic was: *Describe an 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.* This year's essay award recipients were Erin Bergquist, MPH, RD,CNSC, LD, for her essay titled: *Establishing an International Community Nutrition Partnership* and Jennifer Brewer, RDN, for her essay titled: *Dig In! Improving Nutrition in Developing Countries Through Home and Community Gardens.* To read these essays or past essay submissions, please visit: <http://www.eatright.org/Foundation/content.aspx?id=7031>.

The annual deadline to apply for the essay award is February 1st. The author must be a professional dietitian or nutritionist and be involved in the project. 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 for Study in the USA 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. The 2015 award recipient is Nhung Hong Luong from Vietnam. Luong is currently seeking a Master's of Science in Nutrition at CUNY Brooklyn College with an expected graduation of May 2016. Luong said her professional goals are, "to provide scientific-based and up-to-date knowledge about nutrition to educate the Vietnamese public." She plans to bring her professional knowledge in nutrition to her work as a clinical dietitian or nutrition educator in Hanoi, Vietnam.

The deadline to apply for the 2016 FIND Award is February 1, 2016. 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>

Colgate Palmolive Fellowship in Nutrition, Oral Health/Dental Education

The Colgate Palmolive Fellowship in Nutrition, Oral Health/Dental Education is given annually 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 annual deadline to apply for the Colgate Fellowship is April 1st. 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>

Calendar of Events

9th EFAD Conference – Dietitians meeting the Food and Nutrition Action Plan

October 23-24, 2015, Amsterdam, The Netherlands

www.efadconference.com

Obesity Week 2015 - Where Science and Treatment Meet

November 2-7, 2015, Los Angeles, CA

<http://obesityweek.com/>

Contacts:

TOS - (301) 563-6526, annualmeeting@obesity.org

ASMBS - (352) 331-4900, info@asmbs.org

Combined - info@obesityweek.com

XVII Congress of the Latin American Society of Nutrition

8 to 12 November 2015

Barcelo Bavaro Convention Center in Punta Cana, Dominican Republic

Technical Secretariat –

Pl. Europe 17-19 1st floor 08908

L'Hospitalet de Llobregat

Barcelona (Spain)

Tel .: +34 93 882 38 78

www.barcelocongresos.com

slan2015@barcelocongresos.com

13th National Conference of Nutrition & Dietetics & 2nd Panhellenic Congress of Clinical Nutrition

27-29 November 2015, "THEATRON" Conference Centre, Athens, Greece

Topics: Clinical nutrition, obesity, nutrition & chronic diseases, diet & public health, diet & exercise, ecology & nutrition, Nutritional support in vulnerable groups, nutritional therapy, nutritional epidemiology, metabolism of nutrients

<http://www.hdacongress.gr/>

MDA-AODA Conference 2016 – Translating evidence based into skills and competency

25-28 May 2016, Kuala Lumpur, Malaysia

Email - mdaaoda2016@mci-group.com

Website - www.conference.dietitians.org.my

17th International Congress of Dietetics (ICD) - Going to a Sustainable Eating

7th to 10th September, 2016 in Granada, Spain

Visit the website www.icdgranada2016.com