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ICDA Board of Directors

From Sandra Capra, Chair of Board of Directors, ICDA

Calling all Dietitian-Nutritionists across the world. Yes – exciting news that the ICDA is adopting the title Dietitian-Nutritionist to be more inclusive and to better represent the work that we do in the many countries where you are.

It’s now only ONE year to the 17th ICD in Granada, Spain. I hope your plans to attend are well under way. The program looks terrific and the city is really lovely. The Board had our latest face-to-face meeting there in September and visited the venue, and tried the lunches that will be served. So we are really looking forward to seeing you there.

The annual meeting was held on September 18th. This year the annual meeting was held in conjunction with a Board meeting and the Directors were all present in Spain. Unfortunately we experienced technological problems where we were not connected into the call, and it did take some time to resolve this. To those members waiting we extend our apologies.

Here is a section of my annual report outlining some of our achievements this year:

1. Revising and refreshing the mission statement, the definition of a dietitian and the standard of education, incorporating a competency framework. We have also adopted dietitian-nutritionist as the title to be more inclusive of those parts of the world where the same preparation, role and tasks are referred to as nutritionist rather than dietitian.

2. Producing background papers on autonomy, inter-professional practice, for presentation on the website and discussion at the ICD next year.

3. Adopting the Nutrition Care Process as the basis for the model of care.
4. Increasing membership with three new associations joining ICDA, with additional expressions of interest from a further four associations. Since we changed our by-law to permit up to two members per country we now have two members in each of Sweden, Spain and Taiwan.

5. Holding discussions with both the European Federation and the International Union of Nutrition Scientists to strengthening global communication and cooperation.

6. Using international theme days to promote the activities of dietitian-nutritionists, such as World Water Day in March and World Food Day on October 16th.

7. Developing a MOU with the government of China to develop and deliver part of a Nutrition and Health Industry Conference

8. Increasing our capacity through strategies such as appointing individuals to assist the Board in our work, champions.

9. Developing and clarifying policy documents to improve governance.

10. Speaking and advocating for international dietetics and the profession generally at every opportunity, including presentations on behalf of ICDA at both national and international congresses.

On behalf of the Board we wish you all the best for the upcoming festive seasons and New Year wherever you are, and hope that 2016 brings prosperity and peace to you all.

*Sandra Capra  
Chair, Board of Directors, ICDA*

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**Feature Article**

**Message from the ICDA Board of Directors**

The ICDA Board of Directors have sent a message to all dietitians/nutritionists around the world; a call to work together for a sustainable supply. Click on the link here - [CLIC AQUÍ](#)

Deadline for abstracts submission is extended to December 1, 2015.
The Spanish Foundation of Dietitians invites you to submit an abstract of your research focusing on novel research that contributes to the scientific field of nutrition science. All of them will be considered for presentation at our 17th ICD that will take place in Granada on September 7th, 8th, 9th and 10th, 2016.

The deadline for abstracts submission has been extended to December 1, 2015.

Submission of abstracts is encouraged in the following areas:
- Clinical Nutrition and Diet Therapy
- Community Nutrition and Public Health
- Food and Nutrition Security
- Feeding in Emergency Situation
- Mass Catering
- New Foods and Food Technology
- Research on Basic and Applied Nutrition
- Physical Activity and Sport
- Teaching, Education and Training of the Dietitian-Nutritionist
- Applied Dietetics
- Culture and Food Anthropology
- Nutrition Education
- Regulation of the Profession of the Dietitian-Nutritionist
- Cuisine and Gastronomy
- Food and Sustainability
- Innovation in Food, Nutrition and Dietetics
- Information Technology and Communication
- Ethics of the Profession of Dietitian

Abstracts will be reviewed by the Scientific Committee, and the ones selected for presentation will be contacted between 1st and 15th of March 2016. All submissions to be sent in a poster format, although those selected for presentation will be oral. It’s important that at least one of the authors of the research paper registers for the Congress either before or after it’s accepted. A maximum of three papers are allowed for submission per person.

You can find more information on this link.

Remember the deadline for abstracts submission has been extended to December 1, 2015 and will be the last deadline for submitting abstracts to the Congress. We hope see you in Granada.
The provisional scientific programme for the ICD Granada 2016

The ICD Granada 2016 Organizing Committee is pleased to announce that the list of the accepted oral presentations that will form the ICD Granada 2016 Scientific Programme is now available.

The ICD Granada 2016 Organizing Committee, the ICDA Board and the Spanish Foundation of Dietitians-Nutritionists are grateful for the large number of submissions received from all Dietitians-Nutritionists around the World.

Thank you very much. The participation has exceeded our expectations and the Organizing Committee is taking necessary steps to make available all the meeting rooms of the Congress venue. More than 225 oral presentations have been accepted and included in the ICD Granada 2016 provisional programme from 30 different countries!

In addition to the submissions received, 12 provisional workshops and five symposia of great scientific interest will be organized. These events will be published in the ICD Granada Congress website under “Workshops and Symposia” section shortly.

We encourage you to visit the provisional Scientific Program in order to know what will happen in the ICD Granada 2016.

Giuseppe Russolillo Femenias
President, Spanish Foundation of Dietitians-Nutritionists (FEDN)
Director, ICDA Board
President, 17th ICD, Granada, Spain 2016
New Members

Swedish Association of Clinical Dietitians

Founded in 1977, the aim of the Swedish Association of Clinical Dietitians (DRF) is to promote and protect the professional interests of its members, the clinical dietitians of Sweden. DRF is frequently used as a consultation body by authorities, trade-unions and different related associations and organisations (such as the Swedish Diabetic association, SWESPEN etc.). DRF also works to ensure high standards in training, in-service training and in research for its members.

DRF is an active member of the European Federation of the Associations of Dietitians (EFAD), with leading positions within different working and specialist groups. The organisation is also a member of SWESPEN, the Swedish part of ESPEN (European Society for Clinical Nutrition and Metabolism). DRF is a member of The Swedish Association of Scientists (Naturvetarna), Swedish Confederation of Professional Associations.

The association has about 1250 members including approximately 300 students. The minimum academic degree for full membership is a BSc. There is a growing number of dietitians in Sweden with Master's degree and about 50 members have a PhD. It is possible to receive a specialist title within DRF by fulfilling specific criteria set up by the association.

The education of dietitians in Sweden started in 1969 and is today found at the universities of Gothenburg, Uppsala and Umeå. Since 2006 the clinical dietitians in Sweden are registered by the government.

The board of DRF presently consists of up to seven registered dietitians and one student representative. Within DRF there are several specialist interest groups such as geriatrics, renal medicine, diabetes etc., with tasks like developing nutritional treatment guidelines within their specific areas and producing information material. DRF also has a number of local associations. Additionally there is a working group for ethics, information technology, taxonomy and documentation.

In 2010 the Swedish Association of Dietitians (DRF) became the first dietetic association in Europe to start a co-operation with the Academy of Nutrition and Dietetics (AND) in the US to implement and adapt the Nutrition Care Process (NCP) and International Nutrition and Dietetic Terminology (IDNT). Since the publication of the Swedish version of this manual, dietitians throughout the country have started to practice in line with the NCP and use the IDNT terminology in patients’ medical records. DRF is also represented in the international group working together with AND and in the development of NCP-T.

The official website is www.drf.nu.

Elisabet Rothenberg, President, DRF
Taiwan Dietitian Association

The Taiwan Dietitian Association (TDA) was founded in 1995 based on Dietitian Law, which aims to improve people’s health in Taiwan, unite the dietitians of the country, improve the networking among dietitians, help with the development of nutritional profession, enhance professional competency, and promote dietitians’ rights and interests. TDA is an organization of licensed dieticians, which comprises of 14 local chapters with 3432 members. Nearly quarter of the members hold advanced academic degrees. Our members work in a wide range of practice areas, which can be divided into three main domains: Clinical Nutrition, Food Service and Management, and Community Nutrition. The workplaces include health care institutes (51%), food service companies (17%), schools at all levels (14%), long-term care institutes (8%), public health system (4%) and others not specific (6%). To encourage our members working in research, we regularly publish “Taiwan Journal of Dietetics” (http://www.dietitians.org.tw/publication), “Taiwan dietitian NEWS”, as well as a variety of practical training and educational material.

As the only government authorized dietitians’ group in Taiwan, TDA also actively participates in national food and nutrition policy.

We are glad to join this organization to share our experiences and learn from the other countries. Hopefully we can work together with all the ICDA members to make the world healthier and better.

Pengyuh Wu, MS, RD, CNSC
Secretary of International Affairs
Taiwan Dietitian Association

Announcements

International Year of Pulses 2016

Let’s get ready to work together to promote the International Year of Pulses 2016! Earlier this year, the ICDA Board agreed to support World Water Day, World Food Day and the International Year of Pulses 2016 (IYOP 2016). These three official United Nations events provide us with an opportunity to profile the role of dietitians in supporting the health of the population through food sustainability. For example, pulse crops are one of the most sustainable crops a farmer can grow.
Dietitians of Canada volunteered to prepare resources to support ICDA members to promote the IYOP 2016. By December 1, 2015, there will be resources to support your national dietetic association and your members posted to the ICDA website at www.internationaldietetics.org.

The official site of the IYOP 2016 is http://www.fao.org/pulses-2016/. You can download the official IYOP 2016 logo from this website. The logo is available in nine different languages. Pulse organizations around the globe including the Global Pulse Confederation have posted toolkits, videos, and other resources to their websites. You may find some of these resources helpful too.

If you have questions or suggestions about plans to promote the IYOP 2016, contact Janice Macdonald (janice.macdonald@dietitians.ca).

Janice Macdonald
Dietitians of Canada

National Dietetic Association Reports

Country – Argentina

AADYND Successfully Reaches Food Program Beneficiaries

One of the goals of the Argentinean Association of Dietitians and Nutritionists Dietitians (AADYND) is the promotion of initiatives to battle food insecurity. To achieve this, AADYND is working since 2010 in collaborative projects with the Government of the City of Buenos Aires, identifying and supporting socio-economic measures that contribute to optimal nutrition for the public, through the diffusion of accurate nutritional information and implementation of food and nutrition education programs.

The projects developed are within Ciudadania Porteña, a food assistance program, implemented by the Department of Social Development from the Government of the City of Buenos Aires, wherein a certain amount of funds are assigned to low income families. The goals of the program are: to assist these families with a minimum earning to cover their daily basic needs, through a universal, direct and transparent process, to follow the beneficiary families in the education and health care of their children and to help them to be reinstated into the labour market. AADYND developed initiatives within this program, considering that food assistance programs must have a nutrition education component to increase their efficacy.

In 2010, the project “Healthy Citizens” (Ciudadanos Saludables) had outstanding results in terms of how nutrition education helped beneficiaries to better use the magnetic card of the program to purchase food products (the card allows purchases of food, hygiene and school supplies). During 2011 and 2012, the project “Healthy Families” (Familias Saludables) continued with the promotion of smart and healthy food purchases.
A massive graphic media campaign was developed to target beneficiary families, stores and other institutions, with three main topics: 1) Fruits and vegetables, 2) Women as family leaders and 3) Nutrition Labels. Along with printed material, dietitians were present at the stores to provide nutrition education. Subsequent gatherings with beneficiaries of the program were organized to continue with the promotion of a healthy diet when on a tight budget. Families were very receptive and participative.

Currently, AADYND is working on a project called “Healthy Families from the first months” (Familias Saludables desde los primeros meses) aimed at all beneficiaries of the program Ciudadanía Porteña and the women beneficiaries of the First Months Web (Red Primeros Meses) (dedicated to every pregnant woman under the Ciudadania Porteña program). The program helps women with financial support and free medical assistance during pregnancy with the goal of early detection and intervention in case of premature birth, low birth weight or respiratory diseases, the main causes of child mortality. AADYND proposed that food and nutrition education be incorporated in waiting rooms to promote breastfeeding as well as opportune and effective solid food introduction. Along with this, a campaign of short animated films was initiated with the aim of promoting breastfeeding until 2 years of age and family healthy food practices. The films relate to 3 main nutrition education messages: breastfeeding, solid food introduction and healthy hydration. They are currently under development.
AADYND showed that collaboration within government programs is an essential initiative to reach and improve lives of the people we serve.

Romina Defranchi
AADYND

Country – Australia

DAA Media and Social Media Programs Raise the Profile of Dietitians and Promote Evidence-based Nutrition

Dietitians are increasingly working in a competitive space. Every day unqualified ‘experts’ push their views on diet and nutrition, including through the media and social media. As a profession, we have an important role in communicating credible, accurate, practical and engaging nutrition messages that will help people lead healthier lives. The public and the media are hungry for health and nutrition information – here’s our opportunity to shine!
DAA Media Spokesperson’s Program: 15 years . . . and still going strong
The Dietitians Association of Australia (DAA) has a well-established Media Spokesperson’s Program, which is a valuable part of DAA core business. The Association has 21 media-trained spokespeople, who are involved in an average of 60 media interviews per month, a database of more than 80 ‘APDs willing to speak with the media’, and another database of APDs able to be interviewed by journalism students.

Support is provided for DAA Spokespeople from DAA’s communications and marketing unit, including through:
- Annual media training
- Key message briefings
- Regular email updates and an annual teleconference
- Robust policies and procedures
- Media resources for professional development.

Since its launch in 1999, the Spokesperson’s Program has grown to provide an important channel to:
- Communicate accurate and practical nutrition information
- Increase recognition of Accredited Practising Dietitians (APDs) as the experts in nutrition
- Increase recognition of DAA as the peak body for dietitians.

The DAA Spokesperson’s Program is leading the way in evidence-based media communications. Media monitoring, particularly online monitoring, and consumer and journalist surveys form the basis of evaluating DAA’s media influence.

During the 2014 calendar year, tracking of the key words ‘Dietitians Association of Australia’ and ‘Accredited Practising Dietitian’ (APD) revealed 1,543 million opportunities to see and 9,565 mentions in the media. ‘Opportunities to see’ is defined as: The number of people who had the opportunity to see or hear DAA key words through print, broadcast and online media.

DAA’s 2014 consumer survey (n=1,200) found public awareness of news stories about nutrition featuring a ‘Spokesperson for DAA’ at 21% (an increase of 6% from 2013), and awareness of our ‘APD’ at 46% (increase from 10% from 2013). In addition, a survey of more than 60 Australian journalists in late 2014 found 82% rated DAA Spokespeople as either ‘Very useful’ (50%) or ‘Useful’ (32%) in providing comment on nutrition-related stories, and almost two thirds (58%) most often contact DAA for nutrition-related stories – the highest of the health-related organisations surveyed. DAA also ranked higher than other organisations (listed as prompts in the survey) for the quality of information provided.

According to current DAA Spokesperson Kate Gudorf, APDs must not only have a voice in the media, but a strong voice! ‘With so many conflicting health and nutrition messages in the media, it is too easy for the public to become confused. People need to know who to trust as the nutrition experts and where to turn for reliable and accurate
nutrition information. By having a strong media presence, APDs can stand out as the nutrition experts, promoting accurate and scientific nutrition information,’ said Ms Gudorf.

**DAA’s social media engagement: Making a real impact**

DAA operates seven social media platforms, helping the Association meet its strategic objectives – and providing another means of communicating evidence-based nutrition messages to key groups, including the media and the public, in an engaging way. In July this year, DAA launched an Instagram account. After only four weeks of being active and 13 photos being shared, DAA had more than 1,000 followers! Instagram is used to assist in promotion of the profession and APDs, to generate referrals to APDs, and for APDs to help clients meet their health goals. DAA uses the hashtags #APD #DAA #SeeAnAPD #SmartEating #FuelFabulous #dietitian.

DAA is not only influential on Instagram (with many promising outcomes to come) but also on other platforms, including Facebook and Twitter. In 2014, referral to the DAA website from social media was 21,837 sessions (time people spend on the DAA website). Over just a six-month period this year (April to September), referral to the DAA website due to social media, at 22,363 sessions, has already exceeded the 2014 figures.

Here are some other statistics from the first half of 2015:

**Facebook** - currently 14,000 likes.
- More than 2,100 'likes' since January 2015
- Engaged (likes, comments or shares DAA posts) more than 16,000 people since January 2015
- Reached (potential to see a DAA post) more than 584,000 people since January 2015.

**Twitter** - currently 4,000 followers
- More than 1,500 'follows' since January 2015
- Engaged (favourites, retweets or mentions DAA tweets) more than 11,000 people since January 2015
- Reached (potential to see a DAA tweet) more than 438,000 since January 2015.

The DAA National Conference #DAA2015 hashtag had 6.6million impressions throughout the week of the conference, which was three times the number of impressions than during the 2014 National Conference.

DAA’s Media Spokesperson’s Program and social media initiatives are helping to position dietitians as the experts in nutrition, and to provide consistent and trustworthy nutrition information for the public. For further information about DAA’s leadership in these areas, contact DAA’s National Office on nationaloffice@daa.asn.au.

*Maree Hall APD AN
Public Relations Dietitian*
Country – Hong Kong

**Hong Kong’s Action on Salt and Sugar Reduction**

According to the Thematic Household Survey Report No. 50 conducted by the Census and Statistics Department in 2013, 17.8% of the Hong Kong population aged 55-59 and 46% of the population aged 65 and above suffer from hypertension. In another survey conducted by the Department of Health in 2014, it was found that 39% of the Hong Kong population aged between 18 and 64 were classified as overweight and obese. In addition, the Oral Health Survey conducted by the Department of Health in 2011 showed that almost 50% of the 5 year old children surveyed had experienced tooth decay.

An excessive intake of dietary sodium and sugar has been demonstrated to have a negative impact on health and is associated with hypertension, excessive body weight and dental caries. The Centre for Food Safety (CFS) of the Food and Environmental Hygiene Department of Hong Kong has therefore been actively promoting healthy eating including the development of guidelines targeting the reduction of dietary sodium and sugar.

An International Advisory Panel (IAP) which included international experts was formed to establish the overall strategy, programs, targets and public education on the reduction of dietary sodium and sugar. Members of the IAP included Professor Norman Campbell from Canada, Professor Graham MacGregor from UK, Professor Bruce Neal from Australia, Professor Pekka Puska from Finland and Professor Zhao Wenhua from Mainland China.

A two-day program “International Symposium on Reduction of Salt and Sugar in Food" was held in May 2015 and formed a platform for the IAP and different stakeholders to exchange views on how a reduction in sodium and sugar intake of Hong Kong population could be achieved. The symposium began with discussions on the health effects of excessive salt and sugar intake from global and local perspectives. This was followed by a sharing of different measures and actions taken by various countries. In addition, in-depth discussions were made on how to engage the community in reducing salt and sugar in food, including the roles of non-government organizations, the food trade and consumers. A total of 270 participants from the food trade, academics, health and nutrition professionals and government representatives from different places attended the symposium.

To continue the promotion of reducing dietary sodium and salt in Hong Kong, a Committee on Reduction of Salt and Sugar in Food was formed and is comprised of experts who are able to advise on the formulation of policy direction and to monitor the effect of strategies planned. The Hong Kong Dietitians Association Chairman, Ms.Sylvia Lam, was invited to join the Committee which demonstrates that Hong Kong dietitians are recognized as food and nutrition experts and are able to contribute to ensuring the health of the Hong Kong population.
To raise the awareness amongst the general public, a series of publicity activities under the theme “Hong Kong’s Action on Salt and Sugar Reduction” were launched by the Centre for Food Safety (CFS) of the Food and Environmental Hygiene Department of Hong Kong in June 2015.

For more information, please visit the Center for Food Safety at: http://www.cfs.gov.hk/english/programme/programme_rdss/programme_rdss.html.

Heidi Chan  
Assistant Editor  
Hong Kong Dietitians Association

Country – Israel

**Israeli Dietitians in the National Diabetes Program**

A group of Israeli dietitians from the Israeli Dietetic Association (IDA), experts in diabetes, joined a multidisciplinary medical team in updating the national protocol for follow-up after delivery in Gestational Diabetes Mellitus (GDM) cases, with the purpose of delaying/inhibiting risk of future diabetes.

The Diabetes Prevention Program (DPP) showed - over 10 years - that women with a history of GDM assigned to placebo had a 48% higher risk of developing diabetes, as compared with women without a history of GDM, while Intensive Life Style (ILS) reduced diabetes risk in post-GDM by 35%, and by 30% among women without a history of GDM. According to these results, and based on local Israeli experience, the diabetes-expert dietitians designed a follow-up nutritional preventive program and specified their professional role, which is now accepted and included in the revised national post-GDM prevention program.

**Nutritional follow-up**

Dietitian’s role in tracking women previously diagnosed with GDM is to provide guidelines for maintaining proper body weight (BMI ≤25 kg/m²) or advising weight loss (of at least 5-7%) in women with higher BMI (>25 kg/m²) with intensive nutritional surveillance on individual/personalized and/or group basis - emphasizing healthy carbohydrates and related risks, as well as physical activity (PA).

**Dietary recommendations**

Adhering to the high consumption of fruits and vegetables, high fiber whole grains, legumes and nuts; high protein in the form of fish, and low-fat dairy products; high MUFA oils (i.e. canola and olive oil) and foods rich with essential fatty acids (PUFA), especially omega-3 long-chain (n-3LCPUFA); reducing consumption of red meat (especially well-done and processed), sugar sweetened drinks and fried and 'junk' foods.
DASH and Mediterranean diet
Dietary Approaches to Stop Hypertension (DASH) and Mediterranean Diet are appropriate and relatively easy to implement along with maintaining physical activity. These constitute an effective prevention program against diabetes development.

Exercise – the rational physical activity (PA)
Beyond contributing to the prevention of type 2 diabetes, PA during pregnancy has physical and psychological advantages, especially in women with GDM. Following delivery with GDM, combining PA with adequate nutrition, may reduce incidence for future diabetes (up-to 80%) and further risk factors i.e. for cardiovascular diseases.

Exercise prescription
The 'pyramid' of PA includes increasing the NEAT (Non-exercise activity and related thermogenesis) or "spontaneous" activity/exercise throughout the daily living (i.e. use stairs instead of the elevator, walking one bus-stop, gardening etc.), reducing sitting time, aerobic-training of at least 150 minutes a week of moderate-intensity, and resistance (strength) training 2-3 times/week. The right prescription for women during and after pregnancy should consider relative and absolute contraindications.

The summary of essential recommendations: 1. Encourage breast feeding beyond 3 months; 2. Avoid weight gain after birth, especially central obesity, which raises the risk of diabetes later in life; and overweight women are advised to lose weight. 3. Promote a healthy lifestyle that includes proper exercise and nutrition (prescribed by Dietitians). 4. Carbohydrate tolerance evaluation to be applied at 6-12 weeks after birth – first priority - oral glucose tolerance test (OGTT, with 75 gm glucose), or second priority - checking fasting blood sugar combined with HbA1C test.

The long-term disease prevention and glucose tolerance follow-up program further includes regular biochemical tests and matching of dietary and PA recommendations, with a strong emphasis on the importance of healthy body weight and optimal glycemic management before getting into future pregnancies, and raising awareness to the fact that another pregnancy will raise the risk of developing diabetes in the future.

The above protocol is now being presented and is in the process of adoption by the multidisciplinary team of national diabetes prevention and management program, including emphasis on dietitians' trans-professional interaction and cooperation.

*Niva Shapira, Ph.D.,R.D., Agr. Karen Hershkop, Ph.D.,R.D., Gila Fayman, BSc. R.D., Michal Gillon, Ph.D., R.D., Shelly Meshel, MSc. R.D, Amit Sapir, BSc. R.D, and Naama Constantini, Prof. , MD, DFM, FACSM, Dip. Sport Med. (CASM)*
Country – Pakistan

Enhancing Nutrition Support Program in Sindh, Pakistan

One of the provinces of Pakistan, Sindh, is currently facing a serious problem of malnutrition. According to the Pakistan National Nutrition Survey 2011, 57% of children in Sindh are stunted. The urban-rural difference is also highest in Sindh, with higher prevalence of stunting in rural children as compared to urban children. Moreover, 42% of children are underweight with 48% in rural Sindh areas. Micronutrient deficiencies are highly prevalent among children under 5 and women of reproductive years. Sindh has the highest percentage of women with low ferritin levels of 31.5 mg/dl as compared to other provinces. On a provincial level, the prevalence of vitamin D deficiency among non-pregnant women in Sindh is the highest in the country.

To address these issues, the Nutrition cell of Sindh health department has launched the ‘Nutrition Support Program’ (NSP) 2015-2018. The three-year program has been initiated in nine districts of Sindh, the worst affected areas in terms of nutrition. These areas are Jacobabad, Kashore-Kandhkot, Larkana, Qambar-Shahdadkot, Badin, Tando Muhammad Khan, Sanghar, Umerkot and Tharparkar. The aim is to improve the nutritional status of children under the age of five and of pregnant and lactating women, with a focus on malnourished, poverty-stricken people and other disadvantaged people such as women, female children and children with disabilities.

Dr Fahim Aijaz, the NSP program director, recognized the need for trained human personnel who would be responsible to implement the program at a community level within the Sindh province. Therefore she requested School of Public Health, Dow University of Health Sciences, Karachi, to conduct a short course on Public Health Nutrition in September 2015. The course content was specifically designed for the 30 Nutrition field officers of NSP assigned in the nine marginalized districts of Sindh. Their task is to improve the nutritional status of children aged less than 5 years and women of reproductive age group in the community. The objective of the course was to provide the participants with some basic information on macro and micro nutrients, nutritional assessment techniques, food insecurity and issues related to malnutrition in the country. The content of the course was designed to enable the participants to effectively work in the various districts of Sindh.

The course included various topics related to community and public health nutrition such as importance of macro and micro nutrients in nutritional wellbeing, social determinants influencing nutritional health, nutrition care process including assessment, intervention and follow up of nutrition initiatives in the community. Required skills for team work & participatory approach in nutrition education and counseling techniques were also discussed using the role play model and hands on techniques. The subject of food insecurity, food safety, sanitation and storage were discussed in different sessions to highlight its linkages in reducing malnutrition in the community. The participants also had the opportunity to understand and critically review different health & nutrition surveys of Pakistan. Interactive session was also held to apprise the participants regarding Universal Salt Iodization in Pakistan.
The teaching faculty of the course included members of the Pakistan Nutrition & Dietetic Society (PNDS) under the guidance of the course director Dr. Nilofer Fatimi Safdar. The faculty worked very closely with Saima Rasheed from National Medical Center, Lt.Cdr Rabia Anwer from PNS Naval Hospital, Faiza Shoaib from Memon Medical Institute, Ayesha Zahid Khan from Aga Khan University and Dr. Fatima Saad from Micronutrient Initiative. Others who taught in the course included faculty members from School of Public Health, Dow University – Dr. Syeda Kanwal, Dr. Zeeshan Sheikh, Sumaira Nasim, Mehreen Amer, Nadia Shah and Nida Jawed, course co-ordinator.

Certificates were awarded to the participants at the concluding session. Dr Fahim Aijaz, in her concluding remark appreciated the effort put in by the organizers and also hoped that such endeavors will continue in collaboration with the Dow University of Health Sciences.

Ms Nida Jawed, Senior Lecturer, School of Public Health, Dow University of Health Sciences
Vice President, PNDS

Dr. Nilofer Fatimi Safdar, Program Director, Nutrition. School of Public Health, Dow University of Health Sciences
Country Rep, ICDA
News from Nutritionist-Dietitians’ Association of the Philippines

Tribute to NDAP Presidents

The recognition and respect that the Nutritionist-Dietitians’ Association of the Philippines (NDAP) enjoys in the health and wellness community has been greatly shaped by its leaders through the 60 years of its existence! At the forefront of the organization is the President who has to exercise leadership and management functions in order for the organization and its members to grow and develop. There have been a total of 23 elected presidents whose term of office ranged from one year to 7 years because of re-election and/or return to office in a different time.

On the occasion of NDAP’s diamond anniversary, the NDAP Presidents were given a tribute during the Gala Night held on February 17, 2015. Of the 17 living Presidents, nine attended the event and two came all the way from the United States. The honorees were given charcoal sketched framed portraits which contained a caption of their most significant accomplishments as NDAP President.

The NDAP Presidents given tribute during the Diamond Celebration (L-R): Ms. Nieves C. Serra, Dr. Corazon VC. Barba, Dr. Grace P. Perdigon, Mrs. Ma. Patrocinio E. De Guzman, Dr. Adela Jamorabo-Ruiz, Mrs. Lelita C. Luciano, Mrs. Esperanza E. De Castro and Mrs. Esther T. Feliciano.
Past and Present Leaders 2015

To honor outstanding leaders in the profession, NDAP established the “Past and Present Leaders in Nutrition and Dietetics” award in time for its 30th anniversary with 33 leaders in 1985. Since then, the NDAP Leaders Award is given every ten years to 10 Nutritionist-Dietitians with extraordinary leadership and imbued with moral values.

For 2015, an independent committee of 5 leader-awardees conducted the search based on stringent criteria which include accomplishments that overcame significant obstacles and challenges; significant contributions to the promotion and/or advancement of nutrition and dietetics in his/her area of work in particular, and the country in general; participation in and contribution to the activities of professional organizations and
public/community-oriented services; and demonstration of leadership skills and professional competence, mentoring of colleagues and sharing of expertise and experiences through networking/linkages and commitment to promote the image of Nutrition and Dietetics.

NDAP takes pride in the selected ten awardees which included academicians, scientists, an owner of a large food enterprise, food service manager, public health nutrition program managers, health advocates and a free-lance health and wellness consultant. The 2015 honorees joined the roster of 53 Past and Present Leaders in Nutrition and Dietetics awarded in 1985, 1995 and 2005.

The 2015 NDAP Leaders in Nutrition and Dietetics awardees with trophies pose for posterity (L-R): Mrs. Corazon Dayro-Ong, Mrs. Melba T. Veracruz, Mrs. Gloria A. Remigio for Ms. Dinah Remigio-Barr, Dr. Ma. Veritas F. Luna, Mrs. Ma. Paz L. Sales, Dr. Maria Regina A. Pedro, Dr. Adela Jamorabo-Ruiz, Ms. Josephine L. Guiao, Dr. Zenaida V. Narciso for Dr. Imelda A. Agdeppa, and Ms. Maria Theresa M. Talavera

NDAP Honorary Membership to 5 International Experts
Honorary Membership is conferred to honor persons for a lifetime of commitment and significant contributions in the uplift or advancement of Nutrition and Dietetics as a profession and as a discipline. Since its founding in 1955 up to its golden anniversary in 2005, eighteen (18) distinguished individuals were conferred this honor. On the 60th anniversary, five outstanding individuals joined this eminent list. Plaques of Honorary Membership were presented to Ms. Sonja Connor, Dr. Ethan Bergman, Ms. Jessie Pavlinac, (all past presidents of the Academy of Nutrition & Dietetics, USA), Dr. Beatriz Dykes and Dr. Chwang Leh-chii, President of the Asian Federation of Dietetic Associations.
The 2015 NDAP honorary members: Dr. Ethan Bergman, Dr. Beatriz Dykes, Dr. Chwang Leh-chii, Ms. Jessie Pavlinac and Ms. Sonja Connor with NDAP President Dr. Adela Jamorabo-Ruiz during the NDAP Gala Night and Awarding Ceremonies held at the Manila Hotel on February 17, 2015

**Essentials of Fitness and Fun Run for the ND Bill**

To add luster and relevance to NDAP diamond year celebration, an interactive seminar on the Essentials of Fitness was held in January 2015 at UP-Diliman where exercise activities preceded the lecture-discussion of experts. “Takbo Para sa ND Bill” was held on February 15, 2015 at the Veterans Memorial Medical Center grounds where 300 RNDs and students participated in the Fun Run and Zumba to drumbeat support for the Nutrition and Dietetics bills pending in Congress. NDAP has been establishing and maintaining linkages with persons and organizations including colleges and universities producing and creating demand for future RNDs who provide expertise in nutrition, health and wellness to help upgrade ND practice.

**Updated Nutrition and Dietetics Curriculum**

The government issues a national curriculum that a technical committee prepares after consultation with various stakeholders. NDAP sponsored a Sectoral Consultative Meeting for the BSND Curriculum and Specialty/Practice Groups in August 2015 to support internationalization of practice to meet the challenges of the Asian Economic Integration and global standards. Thirty (30) expert practitioners in the different ND areas and RND practicum trainers were tapped to validate the proposed curriculum by the Technical Committee on Nutrition and Dietetics. The draft policies, standards and
guidelines (PSG) has been aligned to K to 12 and outcomes-based education-compliant. It is awaiting a public consultation before year-end to enable the issuance of a circular by the Commission on Higher Education in 2016.

**Good Governance**

With a new Board which will serve for 2015-2016, NDAP had an operational review and continued its platform of good governance. A 3-day planning and bonding session of the officers, board of directors and regional vice presidents was held in Puerto Princessa City, Palawan, Philippines to firm up the projects and calendar of activities for July 2015 until February 2017. The reaccreditation of Chapters all over the country is continuing. Only those that abide by the NDAP Policies and Guidelines are retained as Chapters. NDAP has provided support to conferences in the regions and provinces by providing speakers and experts for their projects and activities.

*Prof. Dr. Adela Jamorabo-Ruiz, RND*

*President*

*Nutritionist-Dietitians’ Association of the Philippines*

Country – Singapore

**Active Leadership and Learning in Singapore**

Since its inception, Singapore Nutrition and Dietetics Association (SNDA) has been an affiliate and avid supporter of various international nutrition and dietetic organizations worldwide, taking on active leadership roles and rendering support to promote nutritional well-being in Singapore and abroad.

**Federation of Asian Nutrition Societies (FANS)**

FANS is an organization of nutrition scientists within the region and it was chaired by SNDA from 2011-2015. SNDA and FANS’ President Chow Pek Yee, conducted talks for various nutrition leadership development workshops within Asia as well as encouraged the organization’s participation in conferences like the 20th ICN held in 2013 in Granada, Spain. This, along with other projects within the region, increased collaborative efforts among FANS members in furtherance of nutrition research, training and action programs. To date, FANS is made up of 18 country members.

**Asian Federation Dietetic Association (AFDA)**

AFDA is an association of nutrition and dietetic organizations in the Asian region. SNDA has held the Treasurer’s post since 2006. Aside from holding a key position in the organization, SNDA has supported AFDA in its various endeavors. The latest activity was the 6th Asian Congress of Dietetics, 2014 held at Taiwan. Aside from promoting the event and encouraging higher attendance to the congress, many of SNDA members were moderators/speakers and research presenters. Participation in this event also paved an opportunity for SNDA members to learn more about Taiwan’s dietetics practice through various hospital visits.
**International Diabetes Federation (IDF) and Diabetic Society of Singapore (DSS)**

IDF is a global advocate for people with diabetes. Its primary awareness campaign is the World Diabetes Day. In Singapore, this is being championed by IDF’s local representative, Diabetes Society of Singapore (DSS).

Every year SNDA partners with DSS to create awareness on the importance of diet in the management of diabetes. On 23 November 2014, SNDA partnered with DSS to present information on diabetes care to the public in English and Mandarin. The theme was ‘Healthy and low Gi breakfast options for better blood sugar control’.

On the same day, a ‘Virtual Supermarket Tour’ was set-up with the help of external corporate partners, and applied nutrition students from Temasek Polytechnic School showcased the popular food items with volunteer nutritionists and dietitians explaining nutrition labeling and giving insights on how to quantify the sugar in their food.

The event benefited over a hundred participants who garnered valuable tips and reminders in managing diabetes through better food choices.

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*Christine Rubi-Cruz and Leow Sooi Mee*

*SNDA Educational Resources Subcommittee*
Country – South Africa

News from the Association of Dietetics South Africa (ADSA)

The new 2015-2017 Executive Committee for ADSA came together for the first time in July 2015. Our new president reminded us of ADSA’s vision and mission. Goals and objectives were set for each portfolio holder. As a committee, we look forward to promoting and advocating our profession!

ADSA Statements
From April 2015 to June 2015 ADSA has released three statements (posted on our blog and available on our website) on Infant Nutrition, Optimal Nutrition and Dietitians in South Africa (role of the dietitian in various sectors). These statements were formulated by ADSA in response to media queries around the low carbohydrate high fat (LCHF) diet which has gained popularity in South Africa. ADSA strives to ensure that the public receives evidence-based nutrition information and that an individualized approach towards a healthy, varied and balanced diet is promoted as a public health message.

ADSA members now have access to PEN
Full and associate members of ADSA now have access to PEN® Practice-based Evidence in Nutrition – the global resource for Nutrition and Dietetic Practice. This is one of the most valuable benefits ADSA is able to provide to its members.
Nutrition Confidence Recipes
Since 2014 we've released 13 recipes which include healthy seasonal recipes developed by Chef Vanessa Marx and approved by ADSA spokespeople. These recipes are a source of nutrition information and include useful information on why dietitians like the recipe/ingredients as well as the nutritional information. Our nutrition confidence recipes are posted on our blog (https://nutritionconfidence.wordpress.com/) and Facebook (https://www.facebook.com/ADSAorgza) and often coverage is generated by other media houses. ADSA finds this a great way to promote our profession to the South African population.

National Nutrition Week, 2015
From 9-15th of October every year South Africa celebrates National Nutrition Week. National Nutrition week is an education campaign promoting healthy lifestyles by emphasising on good nutrition to the public through nutrition knowledge, better food choices and the importance of physical activity. This year’s theme was “nutrition in the workplace”. ADSA was involved in compiling three documents (Key Messages, Questions and Answer, and the “National Guide for Health Meal Provisioning in the Workplace”) in conjunction with the South African Department of Health. This information will be showcased on the website (www.nutritionweek.co.za) which ADSA has co-funded. ADSA activities during this time included

- Twitter Talk
- Provision of spokespeople for media (TV, radio, magazines and newspapers)
- Sharing of nutrition information via our social media channels (Facebook, Twitter and the Nutrition Confidence blog)
- Competition within corporate companies to promote healthy eating in the workplace

World Breastfeeding Week, 2015 – ‘Breastfeeding and Work – Let’s make it work’
During World Breastfeeding Week (1-7 August 2015), ADSA shared content on social media and featured in various articles in the media (Health24, Living and Loving, Expresso TV Show, Cape Talk Radio, IOL, All4Women amongst others). ADSA encouraged all its members to join forces so that together dietitians can promote, protect and advocate breastfeeding, especially to support mothers who return to work to be able to breastfeed.

Heart Awareness Month, 2015
Celebrated annually in September, this month is dedicated to raising awareness about cardiovascular disease in South Africa and culminated on World Heart Day on the 29th of September. According to the South African National Health and Nutrition Examination Survey (SANHANES) published in 2013, South Africa has a huge burden of disease that is fuelled by a range of risk factors. According to the results of this survey, the prevalence of overweight and obesity was significantly higher in females (24.8% and 39.2%) than males and 20.2% of males and 68.2% of females had a waist circumference that placed them at risk of metabolic complications. 16.5% of
respondents indicated that they had high blood pressure, followed by diabetes (5.0%), high blood cholesterol (4.2%), heart disease (2.2%) and stroke (1.8%) and on a national level, one out of four participants (15 years and older) had an abnormally high serum total (23.9%) and LDL cholesterol (28.8%), and one out of two (47.9%) an abnormally low HDL cholesterol. Due to these shocking statistics and in an effort to improve the health status of South Africans, ADSA collaborated with the Heart and Stroke Foundation (HSF) of South Africa to create awareness about cardiovascular disease, specifically highlighting the importance of a healthy lifestyle.

**ADSA will host the ICD Granada 2020 congress in Cape Town!**
ADSA will be hosting the ICD Granada 2020 congress in Cape Town, South Africa. This will be the first time the congress is hosted on the African continent. This is a very exciting prospect for ADSA and we look forward to welcoming our colleagues from all over the world to our beautiful country!

Any questions may be directed to the author of this article.

*Catherine Day, RD (SA) SACLC*  
*Association for Dietetics South Africa (ADSA)*  
*Executive Portfolio Holder – Communications*

**Country – United Kingdom**

**Loud and Proud: Dietitians Week in the UK**

The British Dietetic Association (BDA), for the second time in as many years, organised Dietitians Week 2015 (8-12 June 2015). Dietitians Week was created as part of the wider BDA campaign, Trust a Dietitian, which aims to highlight the work and value of the dietetic profession across the UK.
Dietitians Week was primarily an online-based campaign that sat on the main Trust a Dietitian website, but held its own URL www.DietitiansWeek.com.

The interest in this awareness week drew significant support from the BDA membership and supporting partners.

Activities included a parliamentary reception in each of the four parliaments in the four home countries in the UK and were all attended by either that country’s Health Minister or the Deputy Health Minister, in addition to many others. The week also included having over 200 local events taking place around the UK (up from over 100 in 2014) and the BDA was able to supply 150 free merchandise packs for these events (up from 100 the previous year).

The three Twitter chats with partners @RDUKchat proved popular in 2014, so we again ran three Twitter chats during Dietitians Week 2015 and this resulted in a social media footprint of 8 million (up from 6 million in 2014). We also used the online social media system, Thunderclap, to herald in Dietitians Week and this reached 363,337 people online (up from 261,726 the previous year).

From this information, one can see that Dietitians Week, while supported centrally by the BDA, is very much a member-led awareness week. One will also see from the stats provided that Dietitians Week 2015 demonstrated a significant improvement on the previous year.
We used the online platform of the website to produce lots of downloadable posters, information, media release templates and other resources to allow BDA members to take up the opportunity to shout loud and proud locally about the work and value of this wonderful profession.

Dietitians Week 2016 (or DW2016 as it is known internally), is going to be bigger and better than ever before. Please email TrustADietitian@bda.uk.com if you want to know more.

Country – United Kingdom

**Rallying the Masses: BDA and the Trade Union Movement**

The British Dietetic Association (BDA) made itself heard loud and proud at this year’s Annual Trades Union Congress (TUC) by tabling a motion around workplace health. To complement the motion, the BDA is also took the opportunity to launch its brand new workplace health initiative, *The BDA Work Ready Programme*, at TUC.

The 147th TUC was held in Brighton (13 September to 16 September). Each affiliated union can send delegates to Congress. At Congress 'motions' (resolutions for debate) are debated and, if accepted, form the basis of the TUC's work for the next year.

The BDA motion, *Union Movement Working Together on Workplace Health*, called on delegates to recognise the importance of entrenching a healthy workforce to help make a positive difference to millions of UK workers. Importantly, the motion also called on delegates to recognise the important role dietitians have in influencing workplace health at all levels. The BDA was unanimously supported.

*The BDA Work Ready Programme* which was launched at TUC involved an in-depth white paper entitled “Work Ready Programme: Supporting healthier working lives through dietitian-led wellness initiatives”. The paper identifies how good nutrition and hydration, alongside being active, keeps the UK workforce healthy and how initiatives can be integrated into places of work that have a positive ethos of health promotion.
To complement The BDA Work Ready Programme, and associated white paper, later this year, the BDA will roll out an accredited programme and framework that will enable dietitians around the UK to work with employers to bring about positive health benefits for their wider workforces.

Speaking about the BDA workplace health motion at TUC, BDA Chairman, Dr Fiona McCullough, said, “UK workers spend a significant amount of time in the workplace, yet so little has been addressed to ensure we encourage and promote healthier living while at work. In addition, one in six working people live with a long term condition, such as diabetes, heart disease, respiratory disease, or a disability, and we know that eating and living well can help support these and all workers to build and maintain healthier lives.

I am extremely passionate to fly the flag for workplace health during my time in office as British Dietetic Association Chairman and am pleased we are tabling this motion at TUC and look forward to them taking up this cause in the coming year with key decision makers around the UK.”

For more information on the BDA Work Ready Programme, please go to www.BDAWorkReady.co.uk.

Country – USA

Identifying International Nutrition Community Needs – USA

Malnutrition, including both under and over-nutrition, and disease prevention are universal concepts that the international nutrition community must address. To do this, international dietitians-nutritionists must work together to build capacity; develop new and advanced skills for assessment, diagnosis, and intervention; and conduct nutrition and dietetic specific research.

A new goal with corresponding strategies has been added to the Academy of Nutrition and Dietetics’ Strategic Plan: “Members collaborate across disciplines with international food and nutrition communities”. This goal recognizes the need for working within existing structures in individual countries and for collaboration between organizations to ensure nutrition needs are met worldwide. One strategy includes a relationship with nutrition professionals from the National Health Institute and the United States Agency for International Development, where projects in Africa on HIV/AIDS, malnutrition, and micronutrients have been initiated. Work in Africa to understand Healthcare infrastructure and resource needs began in August of 2013.
An article “Spotlight on Global Malnutrition: A Continuing Challenge in the 21st Century”, recently published in the Journal of Academy of Nutrition and Dietetics, detailed a forum consisting of nutrition and dietetics professionals from seven different countries around the world. This forum (Linking Nutrition around the World) brought together dietetics leaders from various developing and emerging countries where the majority of the population was estimated to be undernourished, where poor nutrition severely impacts mortality and disability rates, and where the number of health professionals trained in dietetics was extremely low. This conference established the groundwork for future discussions, collaborations, and an in-depth understanding of the current international environment in order to align solutions more effectively.

Further discussions occurred in October 2015 subsequent to the Annual European Federation of Associations of Dietitians (EFAD) Conference in Amsterdam. This Global Nutrition Forum was brought about as a preliminary response to the 2nd International Conference on Nutrition outcome document and framework for action. Key dietetic associations, such as: the Academy, EFAD, International Confederation of Dietetic Associations (ICDA), World Health Organization (WHO), and Food and Agriculture Organization (FAO) of the United Nations are being called upon to construct the global collaborative force necessary to significantly reduce malnutrition and improve nutritional health.

**Resources**

**International Resources Survey**

Input needed! The Academy of Nutrition and Dietetics, through the generous Wimpfheimer-Guggenheim Fund, will launch a project to develop free nutrition education resources for health practitioners working in developing countries. The first phase of the collection will focus on Central America and will be available on eatrightPRO.org by 2016. Thus, survey input is needed from registered dietitian nutritionists, registered nurses, pediatricians, family practitioners, physician assistants and other public health workers with field experience in Central America.

The goal is to assess needs and to share materials and tools that would aid in the success of international medical missions and humanitarian assistance efforts. Please consider sharing your experiences, expertise and examples of resources — or forwarding this email to your colleagues — to begin building an open-access resource collection for international nutrition education! Complete the survey here: [https://internationalnutrition.wufoo.com/forms/z1xt84vj13nx1jr/](https://internationalnutrition.wufoo.com/forms/z1xt84vj13nx1jr/)

Survey respondents are also invited to submit examples of materials (e.g. handouts, posters, visual aids) they have developed or used in their nutrition education efforts. **Note: Submissions will remain the property of the original source (survey respondent)**
and may be used by the Academy solely to inform and guide direction of the pilot project.

Academy of Nutrition and Dietetics Position and Practice Papers

The following are Academy papers published in the Journal of the Academy of Nutrition and Dietetics during the past program year –June 2014-May 2015.

- 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)
- A joint position paper between the Academy the American Diabetes Association and the American Association of Diabetes Educators entitled Diabetes Self-Management Education and Support in Type 2 Diabetes was published in the Journal of the Academy of Nutrition and Dietetics June 2015.


International Lecture at US Annual Conference

The Academy Foundation was proud to present the 2015 Wimpfheimer-Guggenheim International Lecture: “The Changing Face of Nutrition and Evolution in Dietetics in Asia” in Nashville, Tennessee, during the Academy of Nutrition and Dietetics Food & Nutrition, Conference & Expo (FNCE). The session was presented by Winnie Chee, PHD, MSC, from Malaysia. Winnie currently serves as the President of the Malaysian Dietitians’ Association and the Secretary of the Asian Federation of Dietetic Associations (AFDA). During the session, Winnie discussed the rapid economic transition and multi-cultural factors that impact diet, nutrition and health status in Asian populations. She also described a situational analysis of dietetics development via the scenario of a double burden of malnutrition in Asia, providing examples of successful initiatives for recognition of Asian dietitians. An audio recording of the session can be found on the Foundation’s website: http://www.eatrightfoundation.org/Foundation/content.aspx?id=6442484124
**Awards and Grants**

**Foundation Opportunities: Wimpfheimer-Guggenheim Fund for International Exchange in Nutrition, Dietetics and Management**

- **Competitive Essay Award:** The Competitive Essay Award supports the international exchange of needed nutrition, dietetics and/or management information that benefits the nutritional health of the world community. 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. The essay topic for 2016 will be mentioned on the application and the deadline to apply is February 1, 2016. For more information or to download an application, visit: [http://www.eatright.org/Foundation/content.aspx?id=6998](http://www.eatright.org/Foundation/content.aspx?id=6998).

- **Wimpfheimer-Guggenheim ICDA Welcome Fund:** This fund supports new members of the International Confederation of Dietetic Associations (ICDA). New member organizations will receive $500 (USD) to provide resources for development of their participation in ICDA activities. A country is eligible to receive the grant once. Please contact Beth Labrador at blabrador@eatright.org for more information.

  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](http://www.eatright.org/Foundation/content.aspx?id=6998)

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

This fellowship is given to assist a foreign national who is pursuing postgraduate work in the USA with a clearly articulated plan to return to their country. 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](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 deadline to apply 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

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/

Virtual Day of Allied Health & Rehabilitation
The first-ever on-line conference to focus on the work of AHPs and will run for 24-hours from 8 am GMT on Thursday, 3rd December through to 8 am GMT on Friday, 4th December 2015
For more information and to register your expression of interest in #VDAH2015 please go to: http://t.co/U838GOoU3i
OR
http://www.gehealthcarefinnamore.com/index.php/?option=com_content&view=article&id=483

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
**National Nutrition Congress, 2016**
The 26th Congress of the Nutrition Society of South Africa and the 14th Congress of the Association for Dietetics in South Africa
3-5 September 2016 in Somerset West, Lord Charles Hotel, Cape Town
Theme – Science at the centre of sound nutrition.

**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](http://www.icdgranada2016.com)