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Feature Article

Interprofessional Education (IPE) in Nutrition and Dietetics

The educational preparation of future registered dietitian nutritionists includes a requirement to develop the knowledge and skills needed to work with other health professionals. These educational requirements go back to the 1980s with the expectations that students be prepared to work as members of the health care team. This language shifted in the 2002 Standards to requirements that students be prepared to conduct nutrition care as part of interdisciplinary teams. When the Institutes of Medicine began the use of the term “interprofessional” rather than an interdisciplinary a few years ago and published its report on Core Competencies for Interprofessional Collaborative Practice, the Accreditation Council for Education in Nutrition and Dietetics (ACEND) adopted this terminology as well. The recently released 2017 Accreditation Standards for programs in nutrition and dietetics, for example, requires that students be prepared to function as members of interprofessional teams.

The Academy of Nutrition and Dietetics has been actively engaged with the IOM on the topic of IPE since the inception of the IOM Global Forum on Innovation in Health Professional Education, a group created to promote IPE discussion among health professions. Two national entities that have been very involved in the promotion of IPE are the Interprofessional Education Collaborative (IPEC) and the National Center for Interprofessional Practice and Education. ACEND and the Academy have been involved with both organizations. IPEC (https://ipecollaborative.org) was formed in 2009 by a shared interest collaborative of members of six groups (medicine, dentistry, nursing, pharmacy, public health and osteopathy). The Academy became an IPEC member in 2016 and has been actively engaged with the other IPEC members in strengthening interprofessional education and practice.

It is the position of the Academy that RDNs should play a significant role in educating medical students, residents, fellows and physicians in practice. According to the Academy’s position paper Interprofessional Education in Nutrition as an Essential Component of Medical Education, “the more physicians learn about the effectiveness of nutrition for the prevention and treatment of non-communicable diseases, the more likely they are to consult with RDNs and refer patients for medical nutrition therapy.” In addition, the paper goes on to state: “The more interprofessional education that occurs between medical students, other health professional students and RDNs, the more likely all health care professionals will understand and value the role of the RDN in improving the quality of care provided to patients. The training and experience of the RDN nutrition professional makes them uniquely qualified for the role of educating medical students about nutrition as it relates to health and disease.”

Another organization supporting IPE in the U.S. is the National Center for Interprofessional Practice and Education (https://nexusipe.org), a publicly/privately funded entity housed at the University of Minnesota whose goals are to provide leadership, evidence and resources needed to guide the use of interprofessional
education and collaborative practice. The center conducts workshops and has a variety of online materials to assist faculty in its IPE work.

There is still much nutrition and dietetics practitioners can do to become more recognized for their role in IPE. The Academy is committed to assuring that future practitioners are prepared to be skilled members of interprofessional teams and believes that RDN educators play a vital role in advocating for inclusion of nutrition and dietetics students in IPE on their campuses.

_Academy of Nutrition and Dietetics_

**ICDA Board of Directors**

News from the ICDA Board of Directors

ICDA Participates in Asian Congress of Dietetics (ACD) 2018 in Hong Kong

ICDA actively participated in ACD 2018 which was held in Hong Kong in July. There were 4 speakers in 3 sessions that covered the following topics –

1. ICDA Accreditation System for Dietitian-Nutritionists – From Theory to Practice by Sandra Capra & Winnie Chee
2. ICDA Sustainable Food Systems Initiative by Liesel Carlsson
3. ICDA Updates & Activities by Sheela Krishnaswamy

Prof Sandra Capra spoke on the ICDA’s role in development of the education accreditation, the process and standards of accreditation. Prof Winnie Chee explained how the pilot program on accreditation was rolled out in Malaysia at the International Medical University (IMU). IMU is the first institution to receive the international certificate of accreditation from ICDA for their Bachelor of Science (Hons) Dietetics with Nutrition course.

![Figure 1&2: First ICDA Accreditation pilot- Sandra Capra presenting certificate to Winnie Chee and a group photograph with the IMU team](Image)

Liesel Carlsson conducted a workshop on Sustainable Food Systems, a project initiated by ICDA to explore the role, barriers and needs to meet one of its goals. The workshop
discussed the importance of sustainability in dietitian-nutritionists' practice. Liesel presented the results of research in Canada, and also invited the participants to answer a 7-question survey. Shortly, Liesel will co-ordinate with interested participants from member associations of ICDA to take the project further.

Sheela Krishnaswamy gave a brief presentation on ICDA’s action plan, and updated the audience regarding its projects and activities.

ICDA is grateful to the organisers of ACD 2018 in Hong Kong for providing a platform to share its work with the participants of the Congress. The sessions were well attended.

ICDA Board of Directors

Information and Reminders

International Congress of Dietetics (ICD), 2020

Save the Date for ICD2020 – 15-18 September 2020
The Association for Dietetics in South Africa (ADSA) is the professional organisation for registered dietitians in South African. With 11 branches around the country, the aims of the association are to serve the interests of dietitians in South Africa and promote the nutritional well-being of the community. ADSA’s mission is to support and promote the continued growth of the profession of dietetics in South Africa. South African dietitians are bound by the ethical rules of the South African health professions regulator, the Health Professions Council of South Africa (HPCSA).

ADSA is proud to host the International Congress of Dietetics (ICD) September 15-18, 2020 in the beautiful city of Cape Town. This is the first ICDA (International Confederation of Dietetic Associations) congress to be held on the African continent and ADSA promises to offer an unforgettable experience.
The programme will include a workshop day and a congress of 2.5 days. Four plenary sessions and 6-8 parallel sessions will be held, and will include invited plenary and parallel speakers from the ICDA member countries as well as abstracts (scientific oral and scientific poster presentations). The Scientific Committee is co-chaired by Prof Lisanne du Plessis and Dr Celeste Naude from the University of Stellenbosch, South Africa. The congress theme is: Improving Nutrition | Unlocking Potential | Accelerating Change

A multi-sectoral approach is key in the planning of the scientific programme and the committee intends to incorporate a focus on the 5 key Sustainable Development Goals (SDGs) in the scientific planning over the 4-day period, and showcase its relevance across all fields of dietetics, including:

- Sustainable Food Production
- Strong Systems of Infrastructure
- Health Systems
- Equity and Inclusion
- Stability and Peace

Marketing is well underway with local dietitians flying the South African flag at congresses around the world, such as the Dietitians Association of Australia (DAA) congress in Sydney, the 8th Africa Nutritional Epidemiology Conference (ANEC VIII) in Addis Ababa, Ethiopia, the 19th International Society for Research in Human Milk and Lactation (ISRHML) conference in Kanagawa, Japan, and the 51st Annual National Conference of the Indian Dietetic Association (IDACON) in Indore, India.

Submissions for abstracts will be open early in 2019. ‘Like’ ICD 2020 Cape Town on Facebook, Instagram and Twitter for regular updates and more information on ICD 2020, or go to www.icda2020.com.
Country – Norway

News from the Norwegian Association of Clinical Dietitians

The story of clinical dietitians – Norway

The Norwegian Association of Clinical Dietitians affiliated with The Norwegian Association of Researchers (KEFF) celebrated its 34th anniversary in 2018. The association has grown from just 25 members to more than 500 members in this time. This article will try to capture chronologically the KEFF story, with special attention to the foundation of the association, the development of a clinical dietetic education in Norway, the recognition of clinical dietitians as health personnel, reimbursement for our services as clinical dietitians and future goals of the association.

The foundation of KEFF

In 1984, approximately twenty-five clinical dietitians came together and founded the Norwegian Association of Clinical Dietitians (Norsk forening for kliniske ernæringsfysiologer - NFKE). In the years prior to 1984 clinical dietitians were organised in a subgroup of the Norwegian Association of Nutritionist (Norsk forening for ernæringsfysiologer). Our goals and work differed from the association of Nutritionists. To set a new agenda for an educational path and professional practice, there was a need to start an own association.

In 1989 NFKE became affiliated with The Norwegian Association of Researchers and changed its name to Klinisk ernæringsfysiologers forening tilsluttet forskerforbundet (KEFF – Eng: Norwegian Association of Clinical Dietitians affiliated with The Norwegian Association of Researchers).

A small country with very few clinical dietitians.
Clinical dietitians in Norway today need to honour the founders of KEFF and their members, who worked extremely hard and had a very ambitious plan for the profession. The Norwegian national health care services had less than 50 clinical dietitians in the whole country. To achieve the association’s goal of nutrition becoming an integrated part of medical treatment it was necessary to increase dietetic staffing in Norway. To achieve this, the KEFF board and its members identified very early the need for an education in clinical dietetics in Norway, the need for clinical dietitians to be an authorized health personnel, and the need for financial reimbursement of dietetic services provided.

Education - The Norwegian model for clinical dietetics: a 5-year master program
Before 1997, education could only be obtained abroad, or through the Nordic Ministry Cooperation Education Program for Clinical Dietetics. This education program was divided between the University of Oslo, and the University of Gothenburg, Sweden, for a total of 4 years of study.
In 1997 the master’s program in clinical dietetics was started at the Medical Faculty at the University of Oslo. The thinking was that if clinical dietetics, dentistry and medical students attended classes together (in total 105 ETSC credit point hours), it would enhance communication between the groups; Medical doctors and dentists would have better knowledge of nutrition and dietetic care plan and dietitians would have a better knowledge of medicine. The education in Norway had always had a strong base in medical science, biochemistry, nutrition and research.

The decision to make the education a master’s degree was thoroughly discussed and not all agreed on this model. However, given the complexity of modern-day medical care, medical nutrition therapy and the need for a good understanding of research of nutrition and dietetic science, the educational ministry agreed to fund a 5-year professional master’s degree in clinical dietetics for 15 students at the University of Oslo, Faculty of Medicine in the fall of 1997.

The 5-year master degree in clinical dietetics is today offered at three Universities in Norway; Oslo, Bergen and Tromsø for a total of ca 70 placements. The programs vary slightly, but to become a clinical dietitian you must attend the full 5 years of study. A fourth university, in Trondheim, is planning a master degree program in clinical dietetics. With this program all universities educating medical doctors in Norway will educate clinical dietitians.

Since 1997 there has been an increasing number of graduates in clinical dietetics, and many students also obtain a PhD.

Authorization
Due to many years of dedicated work from the members, Norwegian clinical dietitians became authorized and licensed health personnel in 2001. In order for this event to occur, a change in the laws governing health personnel was needed, and this law was passed in 1999. The lobbying effort was typically done on member’s free time, answering and commenting on white papers, attending government hearings and making sure that the voice of the clinical dietitian was heard at every instance possible. To obtain an authorization, candidates need to apply through the Norwegian Directorate of Health.

Reimbursement - Activity based financing (ABF) financing for clinical dietitians’ services
Norway has a national health care system and most hospitals are government funded and owned. Most clinical dietitians working in the health care sector are employed in hospitals, however, not all hospitals have clinical dietitians. There are very few clinical dietitians in the primary health care system, in public health care or in food services in Norway.

Norwegian health services are financed by the government. Allocation of funds are done by using the Diagnose Related groups (DRG). Clinical dietitians working with
inpatients will typically be financed through the allocated overhead which represents 50% of hospital financing.

In 2016 clinical dietitians were ABF or outpatient care. This meant that hospitals were reimbursed for services provided by clinical dietitians in the same way nurses and medical doctors were reimbursed. The following diagnose groups were included: Tumor in GI tract; Inflammatory bowel disease; gastrointestinal diseases; diabetes mellitus; thyroid diseases; obesity and overweight (2017); endocrine, nutritional and metabolic diseases, non-malignant liver disease, gallbladder diseases, other diseases in liver and gallbladder. Table 1 shows the DRG’s and the funding per consultation (2016). After the change in financing in 2016 there has been an increase in positions in outpatient clinics for clinical dietitians and an increase in providing much needed nutrition care services for patients.

<table>
<thead>
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<td>Outpatient consult tumor in GI tract</td>
<td>0.061</td>
<td>2567</td>
<td>276</td>
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<tr>
<td>906B</td>
<td>Outpatient consult inflammatory Bowel disease</td>
<td>0.047</td>
<td>1978</td>
<td>212</td>
</tr>
<tr>
<td>906C</td>
<td>Outpatient consult pain stomach (bowel)</td>
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<td>1894</td>
<td>203</td>
</tr>
<tr>
<td>906O</td>
<td>Outpatient consult other gastrointestinal diseases</td>
<td>0.038</td>
<td>1599</td>
<td>172</td>
</tr>
<tr>
<td>910A</td>
<td>Outpatient consult diabetes mellitus</td>
<td>0.035</td>
<td>1473</td>
<td>158</td>
</tr>
<tr>
<td>910B</td>
<td>Outpatient consult thyroid diseases</td>
<td>0.035</td>
<td>1473</td>
<td>158</td>
</tr>
<tr>
<td>910C</td>
<td>Outpatient consult obesity/overweight</td>
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<td>Outpatient consult other diseases in liver and gallbladder</td>
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<td>2483</td>
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</table>

Table 1: ISF Reimbursement in Norway
Looking ahead
KEFF is today a healthy and solvent organization and growing in member size each year. The number of members of KEFF has increased from 50 in the early 1990’s to more than 500 in 2018.

Figure 1 Clinical Dietitians in Norway and KEFF members

The last years KEFF has worked especially towards the goal to get prescription rights and to increase its organizational staffing. Most of the members continue to work for the association on a volunteer basis. KEFF has only one paid employee, an organization secretary who works in a 35% position.

In the years to come, with an aging population and with patients spending less time in the hospital KEFF is working for improved dietetic care in the primary health care sector, where dietetic care especially has been neglected.

ICDA membership 2016
KEFF was very pleased that the ICDA decided to change its statutory to accept two-member organizations from each country in 2016. To keep improving dietetic care and to be innovative, international cooperation and exchange of knowledge between sister organization is very important. KEFF certainly supports and believes the main aspiration of ICDA that a strong dietetic-nutritionist workforce will contribute to health improvements through food and nutrition knowledge and care.

A special thanks to the following dietitians who have contributed to this article with facts and have been a part of KEFF from the very start:

- Ingunn Bergstad, clinical dietitian. Ingunn has been a lead clinical dietitian at Oslo University Hospital, Oslo. She retired in 2017. Ingunn received the King's Medal of Merit for outstanding work in clinical dietetics in 2017.
- Lene Thoresen, clinical dietitian, PhD, Trondheim University Hospital. Lene has been a member of EFAD’s Professional practice committee for many years and is currently chairing the clinical dietetics educational board at Ministry of Education and Research.
Country - Singapore

Updates from Singapore Nutrition and Dietetics Association (SNDA)

The SNDA membership has grown steadily over the years. We now encompass over 270 members from diverse backgrounds and job scopes. The mission of SNDA is to uphold the professional standards of the Nutrition and Dietetics community by promoting continual growth and professional advancement of the members and close collaboration with relevant industry stakeholders. The association is also committed to reaching out to the public to promote a healthy diet and lifestyle based on credible information on nutrition.

Highlights of our activities:

1. Continuing Professional Development Activities in 2018

SNDA organises a variety of continuing education events yearly to support members in their professional development. To kickstart the 2018, we organised an empowering leadership workshop for our members called “Nutritionists and Dietitians – Strategic Change Catalysts for the Future” conducted by Sylvia Escott-Stump and Dr Beatriz U. Dykes.

On the 24th March 2018, SNDA hosted its 35th Annual General Meeting and Scientific Symposium on food sustainability. The speakers who were invited included representatives from Health Promotion Board and Agri-food and Veterinary Authority of Singapore. Our private practice interest group organised its first continuing education event this year which focused on eating disorders. The participants learnt the importance of a multidisciplinary approach in treating patients with eating disorders from an experienced team comprising a dietitian, psychiatrist and a psychologist. On the 1st of September, the metabolic syndrome interest group carried out a mini-symposium addressing multiple topics such as diabetes, medications, microbiome, flash glucose
monitoring system and ambulatory glucose profile, circadian rhythm, meal timing and, metabolism. Meanwhile to end this busy yet exciting year, the association is working on curating a symposium on plant–based diets for sports performance and food allergies.

2. Community Engagement Activities in 2018:

In our efforts to improve member engagement and to support the community at large, SNDA embarked on 2 volunteer opportunities this year. This was a fantastic occasion for members to network and connect through activities that supported the community.

Bo Tien Home for the Aged

On 30th June 2018, SNDA Community Volunteers participated in an outreach to a home for the Aged. The volunteers designed a flower making workshop where the older adults and volunteers found an opportunity to bond with one another. There were 6 volunteers and over 10 older adults. This is the 2nd time SNDA has organised an outreach event with the home.

National University of Singapore Public Health Screening Event

On the 13th and 14th of October 2018, SNDA participated as a community partner to support the National University Singapore’s Yong Loo Lin School of Medicine in a public health screening event. SNDA supported the event on two fronts: (1) Clinic led by Dietitians and (2) Educational Booth led by Dietitians, Nutritionists and Nutrition Students from Singapore Polytechnic and Temasek Polytechnic respectively. The students were given an opportunity to engage with the community on healthy eating principles and, to learn and network with Nutritionists and Dietitians with hopes to inspire them towards the profession.

We thank our volunteers for all their efforts and contributions thus far!

SNDA’s next community engagement activity will be World Diabetes Day 2018. We will continue our efforts to reach out to the wider community to spread the message of
healthy eating and to advocate for evidence-based information on nutrition in the area of preventative health and management of chronic disease.

We hope to strengthen the profession and to remind the public to source for credible nutrition information or get support from an Accredited Dietitian/Nutritionist of Singapore (ADS/ANS).

Karishma J. Surtani, Community Dietitian

Country – Sweden

News from the Swedish Association of Dietitians

The Swedish Association of Dietitians represents Food Service Dietitians in Sweden. Dietitians who have responsibility with food service management by providing nutritionally adequate, safe, tasty and sustainable quality food to individuals or groups to improve health and treat disease within financial and regulatory frameworks.

Photograph of the new ECs taken at the mountains in the north of Sweden
What is going on:

In Sweden there is no law how food and meals for elderly should be organized. So our NDA is working hard with this delicate task and there is a lot of advocacy going on to adopt legislation for nutrient meals for aged people. The Swedish National Food Agency has recently published recommendations for meals for elderly and that’s a good start anyhow.

In Sweden we have free school meals for all children from 6 years to 16 years (and for most pupils event to 18 years). That means a hot meal, salads and mostly at least two different choices including a vegetarian alternative. Besides of that we are obliged to serve those children with need for special food according to allergy or neurophyciatrics functional limitation. We have a problem with increasing demands from this cathegory so our NDA is working with formulating guidelines for special food in school.

Meals at nursery school; our NDA has introduced a competition for nursery schools concerning how they make use of meal time to work pedagogic with children. That means how they take the opportunity to teach for example sensoric or mathematic during meal time. This competition has been a success for two years now and the winner will have a whole day with a famous Swedish chef.

Competition for Pre- Schools Organised by the Association

Our NDA work very active with different national organisations and trade unions promoting the profession as chef. We are absolutely depending on qualified co-workers in our kitchens and today it’s very hard to find staff to employ.

In our NDA we have established 7 different work-groups focusing on different tasks as; meals for hospital, meals for elderly, meals for school and preschool, procurement for...
food, a special group for sustainability and the last one for questions around building kitchens (equipment and planning design). Each group works independently with the tasks they find interesting and accurate and they report at regular intervals to our EC (executive board).

Marianne Schröder Maagaard
International delegate and Honorary Secretary
The Swedish Association of Dietitians

Country – Nigeria

News from the Dietitians Association of Nigeria

Dietitian - Nutritionists in Nigeria like their counterparts in other parts of the world are important members of the health team, crucial for the achievement of the Sustainable Development Goals (SDGs).

A United Association of Registered Dietitian-Nutritionists in Nigeria

A united and formidable association of dietitian-nutritionists in Nigeria whose members will span in hundreds will surely make great impact in reducing morbidity and mortality rates especially in under-fives facing security challenges as internally displaced persons and undaunted malnutrition currently afflicting millions of Nigerians. The increasing number of unqualified persons practicing nutrition has become alarming and has necessitated a united front of qualified and trained dietetic professionals taking the center stage in ensuring proper practice of nutrition and dietetics in the country.

The journey of unification for dietitians in Nigeria started in 2017 with the sole aim of uniting professionals and ensuring evidence based practice of nutrition and dietetics and international best practices. A ten-man interim executive council of a unified Association of Nigeria Dietitians led by Prof. Elizabeth Kanayo Ngwu with the country ICDA representative Dr. Chika Ndiokwelu as ex officio member of the Council was set up in 2017 to facilitate a Bill for an act to regulate the Practice of Dietetics in Nigeria. So far, a joint conference was held at Abuja, in Nov 2017 while a second joint conference will be held in Enugu, Enugu state, Nigeria, from 4th-8th Dec, 2018.
Figure 1: Sponsor of the Dietitians Council of Nigeria bill – Hon. Odebunmi Olusegun Dokun, Chairman, House Committee on Information, National Orientation, Ethics and Values and the National President, Prof. E.k.Ngwu in caps with some members of the interim executive council of the united dietitian’s body at the first joint conference held at Abuja, Nigeria in 2017.

Figure 2: A Cross section of some of the members of the interim Dietitians’ executive council at the public hearing of the Dietitians Council of Nigeria bill at the National House of Assembly.

Dtn. Emmanuel Ogbuigwe RDN, M.Sc
Chief Dietitian, Delta State Teaching Hospital, Oghara
National Secretary, Dietitians Association of Nigeria

Dtn. Pat Chima RDN, M.Sc
Assistant Chief Dietitian, Lagos University Teaching Hospital, Lagos.
Newsletter Editor

Dtn. Chika Ndiokwelu RDN, PhD, DFDAN,
ICDA Representative
Awards/Grants

Academy of Nutrition and Dietetics Foundation Wimpfheimer-Guggenheim ICDA Welcome Fund

The Academy of Nutrition and Dietetics Foundation Wimpfheimer-Guggenheim ICDA Welcome fund provides financial support to new ICDA members. Contact Nicci Brown at nbrown@eatright.org for information.

2019 Academy of Nutrition and Dietetics Foundation Competitive Essay Award of the Wimpfheimer-Guggenheim Fund for International Exchange in Nutrition, Dietetics and Management

The Academy of Nutrition and Dietetics Foundation Competitive Essay Award of the Wimpfheimer-Guggenheim Fund for International Exchange in Nutrition, Dietetics and Management supports an annual essay contest. This award is given to provide for the international exchange of needed nutrition, dietetic and/or management information for the benefit of the nutritional health of the world community. The fund offers a $1,100 award for an annual essay, and additional awards may be given. To view the 2019 essay topic and more details, visit the Academy Foundation’s website. Applications will open in mid-November and the deadline for submissions is February 1, 2019.

2019 First International Nutritionist/Dietitian (FIND) Fellowship for Study in the USA

The First International Nutritionist/Dietitian (FIND) Fellowship for Study in the USA, awarded by the Academy of Nutrition and Dietetics Foundation, is given to assist a foreign national who is pursuing postgraduate work in the USA and has a clearly articulated plan to return to his/her country. The fellowship has been bestowed to students representing 18 countries. The 2019 application will be available in mid-November on the Academy Foundation’s website. The deadline for applications is February 1, 2019.

Resources

2018 Wimpfheimer-Guggenheim International Lecture at FNCE

At the 2018 Academy of Nutrition and Dietetics Annual Food and Nutrition Conference and Expo in Washington, DC, the Academy Foundation presented the 2018 Wimpfheimer-Guggenheim International Lecture, "Innovative Partnerships: How Collaboration Leads to Stronger Global Dietitians" on October 21. The session highlighted the work that University of Ghana and Iowa State University have done to provide global opportunities and training for Iowa State dietetic interns through rotations at the Nutrition Research and Training Centre (NRTC) in Asesewa, Ghana, Africa, as well as the work that Oregon Health & Science University has done to establish the Lao-American Nutrition Institute (LANI) in Lao P.D.R. in collaboration with the Lao Ministry of
Health. To view recordings of past Wimpfheimer-Guggenheim International Lectures, please visit the Academy Foundation's website.

Announcements/ Calendar of Events

25th European Nutrition and Dietetics Conference
Date: April 22-24, 2019 Rome, Italy
For more information about the conference, please visit the website.