

# Dietetics and Nutrition Around the World

The Newsletter for the International Confederation of Dietetic Associations



Volume 27 Issue 3 – November, 2020

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## Feature Article

### ICDA-SFS Workshop

The ICDA supported Sustainable Food Systems (SFS) workshops were held on September 1, 2020 in a virtual mode, sharing and releasing the beta-version of the ICDA Sustainable Food Systems Toolkit: Supporting Sustainability in Nutrition. The response to the workshops was overwhelming from the ICDA member associations and the registrations closed within 2 days.

The workshops were presented by –

Liesel Carlsson, dietitian and Assistant Professor in the School of Nutrition and Dietetics at Acadia University, Canada. She has been working on the ICDA Food Sustainability Initiative since 2017.

Edith Callaghan, Professor of Business Strategy at the School of Business at Acadia University, and the Coordinator for the Acadia Environment & Sustainability Studies Program. She has been working on the ICDA Food Sustainability Initiative since 2017.

Haley Jenkins, a recent graduate of the School of Nutrition and Dietetics at Acadia University, and Dietetic Intern at Eastern Health. Haley has been actively working on design and content for the ICDA SFS Toolkit since 2018, through coursework and as a Research Assistant.

The workshop was moderated by Sheela Krishnaswamy, Member, Board of Directors, ICDA, who is also a Nutrition & Wellness Consultant in India.

Liesel, Edith and Haley took turns to explain the results of research that led to this web-based toolkit, and reviewed aspects of the Toolkit itself (<https://icdasustainability.org>).

Currently, the beta-version of the Toolkit offers users: Resources, Community of Practice, and Professional Development. The Resource section holds case studies, SDG briefs, links to useful infographics, and relevant reports and resources that have been developed around the world. Most resources are searchable by nutrition and dietetic roles, activities, and regions. If you have suggestions for resources, please let us know! We believe that you will find the resources useful, but the real strength and value of this tool will likely be in its ability to help you learn from each other. The Community of Practice section is where you, the ICDA membership, share stories with each other about your successes and challenges. Our team will moderate the Discussion Forum and will read all of the stories shared in the Share your Story section to see if any of the stories should be further developed for Case Study material. We look forward to reading about your initiatives!

The Professional Development section of the Toolkit offers Learning Modules that guide you through the Toolkit to answer a series of practical questions,

existing Workshops & Webinars, and the existing Sustainability Courses. If you have specific suggestions for a webinar, learning module or course, please let us know.

As a beta-version, this web-based Toolkit is still under development, but we feel ready to share with our users! We will be continuing to add resources and professional development materials with a focus on more geographic diversity, interactive opportunities. During the webinar, once the review of the Toolkit was finished, there was ample opportunity for participants to ask questions, give comments and share their experience on sustainability projects in their countries. Our team is deeply thankful to all those participants who shared their stories and enthusiasm with the rest of us.

The workshop ended with a request to fill out the feedback form through a Google link. The workshop was highly appreciated by the participants and majority of them said that they would use the Toolkit to support them in their practice.

Do visit the website <https://icdasustainability.org> to use the Toolkit. While on the website, please complete the Sustainability Self-Assessment Survey, this information will be valuable for us to improve the website to suit your needs, and please share your stories and questions regarding sustainable food systems.

We look forward to hearing from you.

Liesel Carlsson

Edith Callaghan

Sheela Krishnaswamy

### [ICDA Board of Directors](#)

#### Introducing the new ICDA Board of Directors

At the September 2020 Annual General Meeting of Members, a new slate of Directors for the International Confederation of Dietetic Associations was approved.

Serving as your Board of Directors for the next two years will be:

- Giuseppe Russolillo, Spain
- Carole Middleton, United Kingdom
- Danielle Gallegos, Australia
- Teiji Nakamura, Japan
- Elizabeth Solis Perez, Mexico
- Judith Rodriguez, United States of America
- Corinne Eisenbraun, Canada

The current Board of Directors would like to extend our deepest thanks to outgoing Board members Tatsushi Komatsu (Japan) and Sheela Krishnaswamy (India) for their dedicated services to ICDA and the Board between 2016 – 2020. Their expertise and professionalism will be deeply missed.

The normal term of office for all Directors is 4 years however, as per the bylaw change approved at the 2020 Annual General Meeting, Directors elected in 2020 will select from amongst themselves 3 who will serve for a two-year term (with the option to stand for re-election in 2022) and who will serve for 4 years. This change was introduced to support improved Board continuity and succession planning. This is a one-time only event and terms as of 2022 will again be 4-year terms, with ½ of the Board being re-elected every two years. Those members of the current Board who will serve only 2 years will be announced in a future newsletter.

Board leadership on key priorities will continue, with the following individuals taking lead:

- Giuseppe Russolillo has agreed to continue as Board Chair and as the Board link with the South Africa Organising Committee for ICD2021.
- Carole Middleton will continue as Board Secretary.
- Judith Rodriguez has agreed to continue as Chair of the Board Communications Committee.
- Danielle Gallegos has agreed to work with Sheela Krishnaswamy in the transition of the work related to Sustainable Food Systems.
- Corinne Eisenbraun has agreed to become the Board link with the Editor of the *Dietetics and Nutrition Around the World Newsletter*, Chika Ndiokwelu.

It was with deep sadness that the Board also received the resignation of long time ICDA Leader Sandra Capra as the Executive Director of the ICDA Commission for Dietitian-Nutritionist Education and Accreditation (I-CDEA). It was agreed that this was an important area of work for ICDA and that a new Executive Director should be appointed as soon as possible. The Board will be developing a transparent process and criteria for the appointment, which will be announced soon.

In the interim, we are pleased to say that Elizabeth Solis Perez has agreed to continue as the Board lead for this project.

Members of ICDA are always encouraged to reach out to the ICDA Board of Directors with questions, comments or suggestions through contact with the office of the Secretariat: [ICDA@internationaldietetics.org](mailto:ICDA@internationaldietetics.org) and watch for more information in the DNAW newsletter.

From Giuseppe Russolillo, New Chair of ICDA Board



Dear ICDA members, I would like to send to all member countries greeting of hope and encouragement. We are living through difficult times in humanity. The COVID pandemic has been a hard stroke to Humanity and it is teaching us how important human relations are and the need to live together in a more just, respectful, and in solidarity with all society, with all races, religions, gender identities, life options and peaceful ideologies.

Dietitian-Nutritionists are part of the societies living in countries around the world that have been affected by this big health crisis.

As has happened in other historical moments of our profession, once again, the role of dietitians is key in this new world context where we are all fighting against the coronavirus. Adequate nutrition and correct advice on nutrition and food safety to the population is essential to stop this pandemic.

I sincerely hope and wish that this pandemic has not affected you in your homes, your family or your friends, and in that case, I send you my condolences and solidarity.

I will conclude with a message: together we will win the battle against this virus.

On behalf of the ICDA Board of Directors and myself, I send you all our support, affection, and encouragement in these difficult moments.

Do not doubt that we will continue to work for the profession.

We are at your disposal.

Please, take care of yourselves.

Giuseppe Russolillo Femenías, RD, PhD.

Chair, International Confederation of Dietetic Associations (ICDA).

Chair, Spanish Academy of Nutrition and Dietetics.

Secretary, Iberoamerican Alliance Iberoamericana of Nutritionists (AIBAN)

## Information and Reminders

International Congress of Dietetics (ICD), 2021



@icd2021capetown

[www.icd2021.com](http://www.icd2021.com)

**INTERNATIONAL CONGRESS OF DIETETICS 2021**  
CAPE TOWN INTERNATIONAL CONVENTION CENTRE - SOUTH AFRICA  
**1-3 SEPTEMBER 2021 - [www.icd2021.com](http://www.icd2021.com)**

**NEW DATE: 1-3 SEPTEMBER 2021**

PLEASE VIEW THE WEBSITE FOR ALL REGISTRATION INFORMATION: [WWW.ICD2021.COM](http://WWW.ICD2021.COM)



Please keep in touch with ICD 2020 and ADSA website for updates:

<https://www.adsa.org.za/icd-2020>  
<http://www.icda2020.com/>

President, ADSA

## **National Dietetic Association Reports**

### **Country – Spain**

News from The Spanish Academy of Nutrition and Dietetics.

#### **Documents generated by the Academy at the beginning of the SARS-2 crisis**

The main objectives of The Spanish Academy of Nutrition and Dietetics is to support the practice of Evidence-based nutrition and dietetics, the review, study and scientific positioning of human nutrition and dietetics and food science in such a manner that there is absence of conflict of interest; the dissemination of the science of human nutrition and dietetics and foods and how they affect the general interests of the population. It also contributes to the permanent training of dietitians-nutritionists and other nutrition professionals, amongst others. During crisis period such as the one we are experiencing, the Academy more than ever, fulfilled some of the objectives for its establishment which are to support its professionals and to help the population and other health professionals as much as possible in all matters relating to food and SAR-2.

In Spain, the state of alarm was declared on 14/03/2020 and at the beginning of the pandemic, many media outlets were echoing questionable home remedies to prevent COVID-19 and there was also some confusion as to whether food could be a vehicle for the disease. On 17/03/20 we published, in collaboration with the General Council of Official Colleges of Dietitians-Nutritionists, [recommendations on food and nutrition for the Spanish population in the face of the COVID-19 health crisis](#). This was in order to deal with the hoaxes on the subject, so that journalists and the public would have evidence-based information and that dietitians-nutritionists would have materials for their patients, on the subject matter.

This position paper includes more general aspects, such as what are coronaviruses and what is COVID-19, the symptoms of COVID-19, how to prevent contagion from COVID-19, as well as more specific aspects related to diet and dietetics, such as dietary recommendations for patients with COVID-19 with mild symptoms at home, and general recommendations for healthy

shopping, sustainable and responsible, what to buy during a period of quarantine, Pregnancy and lactation in COVID-19, as well as answering essential questions such as whether food can be a source or route of transmission of COVID-19 or whether to disinfect grocery shopping or home delivery.

Subsequently, we published another position paper on Vitamin D supplementation during the social distancing due to the health crisis of COVID19 in which we discussed, situations in vitamin D supplementation was advisable, its natural sources, [the importance of vitamin D in COVID-19 critical patients, among other aspects](#).

Taking into account that tele-assistance is an adequate and effective means of nutrition and dietary care for the population in situations such as the current crisis, we have published a guide to [good practices in tele-nutrition and tele-health](#). In other words, we present a resource for better access to clinical and nutritional care for patients, at this time when we must face special measures of protection and social distance.

The manual, prepared by the Spanish Academy of Nutrition and Dietetics in consensus with the General Council, contains the complete development for the implementation of telenutrition and tele-health systems in an efficient, safe and reliable manner, within the framework of current European and Spanish legislation and the International Code of Good Practice for Tele-health Services, taking into account those aspects applicable to nutrition and dietetic services.

These three documents are among the Academy's documents that have had the most interaction and impressions on social networks. On average, we have about 4,000 interactions with each document we publish (each interaction means that a user opens our post, clicks on the document, downloads it and/or watches it). But these documents have broken all our statistics, for example, the food and nutrition recommendations for the Spanish population in the face of the COVID-19 health crisis, we have had 80,000 interactions (20 times more) and with the guide to good practices in telenutrition and teledietetics, which is aimed at professionals, 15,000 interactions (4 times more) on average in the different social network channels we have.

We currently have the documents available in Spanish, but if any association or dietitian-nutritionist wants to translate the documents into any other language, we will be happy to collaborate.

Contact: [secretaria@academianutricion.org](mailto:secretaria@academianutricion.org)

## **Country – Sweden**

News from Swedish Association of Clinical Dietitians (DRF)

The Swedish Association of Clinical Dietitians (DRF) has been promoting the value of nutrition and healthy eating habits through various projects since 2013. Two years earlier, The Swedish National Board of Health and Welfare had released their "Evidence-based National Guidelines for Methods of Preventing Disease", presenting methods for disease prevention through supporting patients' efforts to change unhealthy habits, notably unhealthy eating, tobacco use, hazardous alcohol use, and physical inactivity. The same year, the Swedish government launched a fund where healthcare professionals' organizations could seek finance for promoting the use of these National Guidelines.

Since then, DRF has worked with projects on nutrition and dietary habits in relation to surgery, overall health, patient-centred care and patient-centred nutrition in hospitals, children and youth, migration, mental health, pregnancy, development of tools for preparing healthy meals targeting persons with functional disabilities, and an interprofessional collaboration with a rheumatology clinic. Our main project, however, is that focusing on nutrition and cancer prevention.

## Cancer prevention

DRF started the cancer prevention and nutrition project in 2015. At that time, neither healthcare professionals nor cancer organizations worked with nutrition and cancer prevention. Awareness of the subject was poor and some professionals doubted the evidence. Patients with cancer reported that healthcare professionals had told them that "*it doesn't matter what you eat – you cannot affect your risk of cancer through nutrition*", leading them to search for information elsewhere.

The aim of this project has been to increase patients' access to advice on healthy eating habits from healthcare professionals that is evidence-based, individualized and based on their needs.

### Dissemination of knowledge and agenda setting

Raising awareness and educating dietitians and other healthcare professionals has been central to the project. In 2016, DRF invited Rachel Thompson, Head of Research Interpretation at the World Cancer Research Fund (WCRF), to participate in one-day conferences held in three Swedish cities, giving lectures about primary and secondary cancer prevention, communication, and methods used at WCRF. We cooperated with the Swedish Food Agency, the Regional Cancer Centers (RCC), and local hospitals and non-governmental organizations (NGOs) in these cities, reaching wide audiences. The aim was to educate, but also to promote collaborations with other organizations. During 2017 to 2019 many people active in health care, in various professions, participated in conferences and lectures organized by DRF.

DRF has also translated into Swedish brochures from WCRF on primary and secondary cancer prevention, distributing thousands of copies to dietitians and other healthcare professionals in hospitals and primary health care.

### Collaboration with other actors

During the project DRF has collaborated with different actors such as RCCs, regions, professional associations, and the Swedish Cancer Society. We initiated these collaborations to raise their awareness about cancer prevention and nutrition and to encourage them towards working with the topic.

Cooperating with patient organizations has also been important, since patients want information about cancer and nutrition from the healthcare system.

National knowledge management

Two of the current project leaders are involved in the national knowledge management, facilitating influence over national guidelines related to prevention and treatment of cancer.

Results - Nutrition and cancer on the agenda

The project has raised awareness and contributed to increased knowledge about nutrition and cancer in several groups within health care, RCCs, patient associations and representatives of various authorities. The importance of food in primary and secondary cancer prevention is now on the agenda and the issue is raised more widely. The project has contributed to spreading evidence-based knowledge about healthy eating and cancer, optimising chances of healthcare professionals giving correct advice, thus increasing patient safety. Patients today are more likely to receive evidence-based and individualized advice based on their needs, preferences and values, and to benefit from discussing with their healthcare professionals advice found online.

The initiative was aimed at actors in all parts of health care, from patient associations to healthcare professionals and decision-makers: this breadth of initiative has increased the possibilities of influencing a patient-centred approach. Several organizations with whom we have cooperated now employ experts on nutrition and will continue working with cancer prevention even when DRF no longer receives project funding. The project has led to an increased focus on food and the importance of nutrition in connection with cancer prevention.

Susann Ask  
susann.ask@drf.nu  
Ordförande  
Dietisternas Riksförbund

## Country – Australia

News from Dietitians Australia



### **Introducing Dietitians Australia**

We have been busy here down under! In May, after nearly 12 months of planning, we evolved from the Dietitians Association of Australia to Dietitians Australia. We launched our new visual identity as well as a new member database and communications platform, Share Plate.

The new logo combines the 'D' and the 'A', with the lines representing the path to a healthier Australia through what we put on our plate.



The logo representing our Accredited Practising Dietitian (APD) credential has also been updated to a speech bubble, representing the conversation between APDs and their audience.

The contemporary look and feel have been welcomed by members, with the opportunity to engage and collaborate with fellow members around the country and overseas through Share Plate.

### **Supporting members through COVID-19**

In addition to these exciting projects, we have been busy supporting our members through the COVID-19 pandemic.

#### **Telehealth:**

While Dietitians Australia has been advocating for increased access to telehealth for some time, the COVID-19 pandemic made it a necessity. We led early with calls for telehealth to be supported by both Medicare and private health insurers. Members were offered opportunities to support these calls with letter and email templates to be sent to Members of Parliament. Through continued advocacy, dietitians are now able to use usual billing practices for telehealth consultations supported by government funding (Medicare). Major private health insurers also support telehealth dietetic consultations and smaller providers continue to come on board. We continue to advocate for ongoing access to telehealth.

#### **Support and professional development for members:**

In addition to advocating for access to dietitians via telehealth, we collated and communicated about resources and announcements, and answered many member questions related to professional practice and the pandemic.

We fast-tracked some online professional development courses through our [Centre for Advanced Learning](#) and provided a suite of professional development opportunities at low or no cost to members.

#### **Virtual plenary presentations:**

When the Dietitians Australia national conference scheduled for August 2020 was postponed due to the pandemic, we adapted quickly to present our plenary presentations virtually under the theme "Discover. Grow. Evolve". More than 300 delegates were inspired by speakers discussing Leadership, Implementation, Translation and Sustainability. As an outcome of the conference, Dietitians Australia is now a member of Climate and Health Alliance.

Emerging dietitians were treated to a plenary where they learned about some unique career paths of young leaders of our profession, as well as an online networking session.

Our online Board and Members forum provided members an opportunity to hear from our Board members and ask questions about their organization.

## **Dietitians Day 18 September 2020**



Dietitians Day is an annual opportunity to celebrate our wonderful dietetic friends and colleagues. Through this year's theme 'Dietitians make a difference', members were encouraged to acknowledge and celebrate the many Accredited Practising Dietitians that have influenced their career and that of others. It was great to see a flurry of activity of social media!

We also celebrated the 90<sup>th</sup> anniversary of dietetics in Australia on Dietitians Day. To help commemorate this milestone, we presented a historical webinar: The first 20 years of Dietetics in Australia – Dietitians that made a difference. Advanced APD and DA Board Member Glenn Cardwell hosted APDs Dr Beverly Wood and Virginia Fazio, who treated attendees to some fascinating insights!

## **Advocacy Think Tanks**

With our increasing focus on advocacy, we ran 'Think Tanks' in our priority areas- Aged Care, Mental Health, Disability and Food and the Environment, providing opportunity for members to highlight the priorities for the new Dietitians Australia Advocacy Priority Action Plan. A new board committee has also been established to help drive the work in this area, Advocacy and Policy Advisory Committee.

The Think Tanks gave us a good picture of member experiences in these areas of health care. Some common threads ran through all sessions.

- Cost-benefit analysis of the inclusion of dietitians and nutrition planning in each area.
- Recognition and training support for dietitians working in these areas.
- Greater recognition by Aged Care Quality Standards, Disability and Mental Health NDIS Care Planning processes and the need for Dietitians to advise on individual clients and their appropriate nutrition.

Subject Matter Leads have been appointed for each area to work with Dietitians Australia Policy staff and the board to further develop and implement action plans.

Sally Moloney APD | Marketing and Membership Administration Manager  
**Dietitians Australia** | [www.dietitiansaustralia.org.au](http://www.dietitiansaustralia.org.au)

## Country – United States of America

News from The Academy of Nutrition and Dietetics and its Foundation



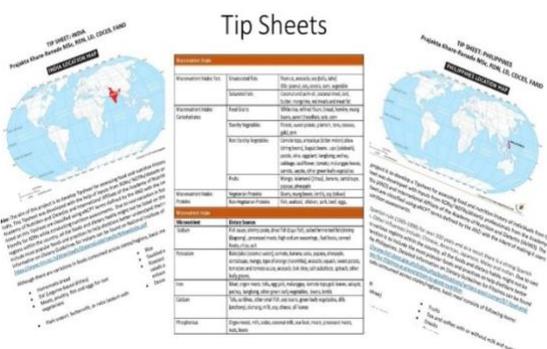
International Affiliate of the Academy of Nutrition and Dietetics [IAAND] and the Global Member Interest Group [GMIG]

The [IAAND](#) is an affiliate of the Academy of Nutrition and Dietetics focusing specifically on Academy members who live/work outside the United States or are interested in associating and/or collaborating with

international members.

While many disruptions have occurred due to the COVID-19 pandemic, IAAND has continued to provide professional development and networking opportunities.

Professional Development Chair Victoria Jarzabkowski Lindsay, MS, RDN, has continued IAAND's webinar series with topics such as cultural adaptation of nutrition education tools for Kids Eat Right International and the latest advances in patient communication strategies. A total of 33 recorded topics are [available](#) as an IAAND member benefit and to [non-members](#) by subscription.



**IAAND also supports other international projects directly. One project that was selected for support for the next two years is the [Tip Sheets for Assessing Food and Nutrition History of Diverse](#)**

### [Populations.](#)

IAAND provides support for international projects that promote collaboration is through the [Academy of Nutrition and Dietetics Foundation International](#)

[Project Award](#). This [award application](#) focuses on research or international projects that foster international collaboration. The application is due in February each year.

Due to the current shift towards the greater usage of online and virtual communication platforms, IAAND has adapted its own online outreach to continue to foster the international community of dietitians. We have increased our activity on [Facebook](#) and [Twitter](#) and started a LinkedIn [Group](#) and [Page](#). We hope to maintain and strengthen our network with these platforms to ensure all IAAND members are welcomed and supported. Please like, join and introduce yourselves so we can meet and get to know you!



Another of the Academy's member groups is the [Global Member Interest Group](#) (GMIG), whose mission is to enable professionals with a focus on global malnutrition to work together to share resources with each other and other organizations needing nutrition expertise. Our goal is to develop the capacity of our members to prevent and manage malnutrition in vulnerable people in regions where issues of poverty, sanitation, unclean water, agriculture, low literacy, cultural norms, economics and health care resources are all intertwined with nutritional health.

GMIG actively shares our Resource Library, with member created or submitted resources for many aspects of nutrition. It includes teaching tools, information on international surveys, articles on malnutrition, nutrition evaluations, vitamins, agriculture, maternal and child health, regional nutrition issues and much more. It includes a Spanish Resource Library and will soon expand to other languages and regions.

GMIG's Talent Pool Member Directory enables any organization to locate a dietitian with interest or expertise in the global arena. This makes our goal of collaboration attainable.

GMIG recently began offering webinars on nutrition work in the developing world. We welcome ideas and speakers on common nutrition goals to reach out and participate.

Through regular e-communications and active discussion board, we share information with GMIG members about our work, our resources and our questions and concerns. We offer mini-grants to GMIG members to attend international meetings and participate in service projects.

As a GMIG member, gain access to such career-enhancing benefits as member discounts on products and subscriptions; free access to the *Journal of the Academy of Nutrition and Dietetics*, *Food & Nutrition Magazine*® and the Evidence Analysis Library®; and exclusive networking opportunities through dietetic practice group membership.

#### Academy of Nutrition and Dietetics Foundation Update

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](mailto:nbrown@eatright.org) for information.

At the 2020 Academy of Nutrition and Dietetics Annual Food and Nutrition Conference and Expo®, which was held virtually, the Academy Foundation presented the 2020 annual Wimpfheimer-Guggenheim International Lecture on October 18. The session, titled, "*The Iodine Global Network: A Model for International Nutrition Collaboration*" highlighted the work of The Iodine Global Network and was presented by Dr. Jonathan Gorstein, PhD, University of Washington. He discussed the importance of National Universal Salt Iodization (USI) programs in supporting maternal and infant health. To view recordings of past Wimpfheimer-Guggenheim International Lectures, please visit the [Academy Foundation's website](#).

Apply for Academy membership by completing an International Membership Application and International Verification Form

<https://www.eatrightpro.org/membership/membership-types-and-criteria/international-member> and returning it to the Academy with payment.

For more information about membership in the Academy of Nutrition and Dietetics, visit [www.eatrightPRO.org](http://www.eatrightPRO.org); call 1-312/899-0040, ext. 5000, weekdays from 8 a.m. to 5 p.m. Central Time (outside the United States) or by [email](#). Inside the U.S., call 800/877-1600, ext. 5000.

Joan Schwaba, MS, RDN, LDN

Director, Strategic Management

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## Country – Philippines

News from Nutritionist-Dietitians' Association of the Philippines

### **66<sup>th</sup> Nutritionist-Dietitians' Association of the Philippines First Virtual Conference Set**

The country's largest accredited organization of health care professionals in the nutrition and dietetics fields, the NDAP , will again lead another series of scientific sessions that aims to address the most pressing issues impacting the profession in the upcoming 66<sup>th</sup> NDAP Annual Convention set from February 20 to February 27,2021 with the theme "The Power of Nutrition: Today and Beyond".

As with the previous years, the three-day congress will feature dynamic analyses led by a powerhouse lineup of internationally recognized speakers who will shed light on key topics and emerging trends that are shaping the health and wellness profession.

The congress aims to engage and benefit nutritionist-dietitians, food and food service industry, hospital sectors, academia, public health agencies, various government offices involved in nutrition researches, food regulation, pharmaceutical companies and the general public.

Prof. Zenaida F. Velasco , NDAP National president and Philippines and Country Representative of the International Affiliate of the Academy of Nutrition and Dietetics warmly extends the invitation to the Academy of Nutrition and Dietetics ,International Confederation of Dietetic Associations, Asian Federation of Dietetic Association, Federation of *Asian Nutrition Societies* (FANS),other Dietetic Associations. Mabuhay!

For more information on the upcoming NDAP Annual Convention please email the [secretariat@ndap.org.ph](mailto:secretariat@ndap.org.ph).



Prof. Zenaida F. Velasco  
NDAP National President

## Country - India

News from Indian Dietetics Association

### **Creating Whirlwinds of Knowledge – an offering in tune with the Indian Dietetics Day theme for 2020 - Reaching the Unreached.**

India stands on the threshold of health and looks forward to striking the balance between the depths of health challenges and the lamp of wellbeing.

Indian Dietetics Association has offered a strong support relentlessly working Nationally with a number of Government of India Initiatives – The National Nutrition Mission, The Eat Right India Initiative, NetProfan, IDA-FSSAI Collaboration- Ministry of Health and Family Welfare, to make India a country where health is a mission and vitality, a golden goal. Indian Dietetic Association has worked closely with Food Standards and Safety Authority of India, Ministry of Health and Family Welfare, Government of India to create a number of resources of evidence-based knowledge available to people at large in COVID TIME. Some of the resources created include Purple Book – A Handbook on Diets for Diseases; Eat Right During COVID 19; Eat Right – A Food Systems Approach.



In addition, a series of Infographics and factsheets are made available on IDA website for people at large [www.idaindia.com](http://www.idaindia.com).

## Initiatives for sustainable solutions for community health awareness through the National Nutrition Month celebrations- September, 2020

National Nutrition Month or Poshan Maah, was celebrated (with social distancing) through September 2020 under the Government of India's guidelines on two themes - Identification and tracking of children with Severe Acute Malnutrition (SAM) and promotion of kitchen gardens (Poshan ke liye Paudhe). Theme based activities to create a sustainable change included 80 webinars, online training, poster and recipe competitions and print and social media engagement. The challenge of social distancing was turned into an online education opportunity to spread knowledge through the 25 chapters and 17,000 members to create awareness about malnutrition in the first 1000 days of life and encourage the practice of kitchen gardening.

**Education Initiatives in the year 2019-2020 for the members of the Indian Dietetic Association** to create scientific temper in the fraternity.

**The Triple T (TTT) - Train the Trainer, an initiative by Registered Dietitian (RD) Board and Education – Research – Training Committee,** is specifically designed for RD trainers to gain knowledge and standardize training across the country. The series began in August 2020 with a session on Nutritional Care Process - Customizations to Indian clinical settings by Dr. Esther Myers from the Academy of Nutrition and Dietetics USA. From sensitization and adoption of global standards of Food safety, Food Hygiene in hospitals to Community based nutritional screening ; from developing informatics technology to creating robust nutrition education tools; from assessment to research competency development and an insight into advancements in the field, TTT aims to foster an array of cutting edge areas in dietetic care with more than 500 participants in each session.



**UJJWAL – The training initiative for the aspiring Registered Dietitian (RD) and the dietetic professional.**

The RD qualifying process and assessment in India is of high standards and maximal support to interns with regards to education, training, practice opportunities and resources have helped chisel competencies both in their dietetics practice and RD exam preparation. The online platforms has helped reach even remote parts of the country with limited resources. The modules include – Orientation Program, case study series discussion with experienced clinical dietitians, Refresher course for RD Examination.

**Subject Interest Groups (SIG):** IDA has constituted a novel approach to disseminate emerging concepts, research and practice advancement in special niche areas in Dietetics – through institution of SIG. Disseminating Evidence-based Practices, this dynamic communication and knowledge sharing touch point works with 9 key areas - Type 1 Diabetes, Type 2 Diabetes, Critical Care Nutrition, Renal Nutrition, Onco- Nutrition, Women’s Health, Sports Nutrition, Fitness and Wellness Nutrition, and Public Health Nutrition.

This is being achieved through collaboration with Pan India Specialized Experts from 25 IDA Chapters and Academic, Medical and Health Care Organizations.

The **Journal of the Indian Dietetic Association (JIDA)**, endeavours to promote exchange of information and ideas for the advancement of research, education and development of various aspects of dietetics including original research papers, reviews and case studies. JIDA is working towards the goal of an online journal with open access for its quality reach globally.

Media and Scientific Communication Committee

Indian Dietetic Association

## **Announcements & Calendar of Events**

- I am happy to Welcome Prof. Jagmeet Madan, as the new National President and ICDA Representative of Indian Dietetic Association. She took over the mantle of leadership from Sheela Krishnaswamy from 16th of September 2020. I look forward to our working together.

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- National dietetic associations are encouraged to inform the DNAW Newsletter Editor whenever there is a change in their ICDA representative so that it can be featured in DNAW. The email of the new ICDA member country representative should be included in the mail.

- The National Executive Committee of the Indian Dietetic Association (IDA) is delighted to host the 53rd Annual Conference, virtually this year.

The theme of IDACON 2020 is Dietetics in the Digital Era - Opportunities and Challenges!

The upcoming virtual conference IDACON 2020 will be held from 21st November to 10th January 2020. The virtual conference is unique this time as it spans over 8 weeks culminating on Dietetics Day! There are no registration charges.

The Main Conference will be on 8-10th of January 2020. The first two days will be dedicated to all awards and will focus on students' participation. The Finale will be on Dietetics Day, 10th of January 2020. The Scientific Program of the Main Conference will be shared by the three National Vice Presidents who are also the organizing secretary of IDACON 2020.

We look forward to a confirmation of the participation from all countries associations representatives. Please revert with the confirmation of your participation on or before 8th of November 2020. We would like to have a virtual meet with all participating country representatives preferably on 17th or 18th of November 2020. Kindly revert with your confirmation to participate at the earliest.

Dr. Jagmeet Madan,

National President, Indian Dietetic Association

## Resources

Please see attached ADSA's (South Africa), quarterly e-newsletter shared with members. This newsletter can be viewed

here: [https://issuu.com/ottography/docs/adsa\\_e-newsletter\\_vol\\_7](https://issuu.com/ottography/docs/adsa_e-newsletter_vol_7)