

Dietetics Around the World

The Newsletter for the International Confederation of Dietetic Association



Volume 20 Issue 3 – Fall 2013

ICDA Board of Directors

- From the Chair of the ICDA Board of Directors

National Dietetic Association Reports

- Pakistan Nutrition and Dietetic Society: Nutrition Research Symposium: 2013
- APN in partnership with the Portuguese Government
- Report from the Association for Dietetics in South Africa (ADSA)
- Academy of Nutrition and Dietetics Uses Research and International Networks to Promote Member Expertise in Food, Nutrition and Health

Resources

- Online tool for busy practitioners
- Work packages of DIETS2

Awards and Grants

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

Calendar of Events

- 7th EFAD/DIETS General Meeting and Conference near Lake Garda, Italy, on 8th and 9th November, 2013
- 12th Hellenic Dietetic Association Congress, 5-8 December 2013
- The 17th ICRNM in Wurzburg, Germany from 6-10 May 2014
- 6th ACD in Taipei, Taiwan from 21-24 August, 2014
- CONBRAN 23rd edition, 17-20 September, 2014, in Vitória, ES, Brazil

ICDA Board of Directors

From the Chair of the ICDA Board of Directors

Hello everyone and I hope the year is going well for you all. On September 12th we held the 7th annual meeting of the ICDA. Unlike that of 2012, we held it by teleconference - always a challenge and thank you to those Official Representatives who joined us, especially those who had to join at 4am!! Timing is always so difficult with it ranging from 4am through until 11pm starting times when we hold meetings this way.

I thought I would provide some highlights of my annual report. I am especially proud of the achievements of the last year, which included:

1. Achieving a "Certificate of Continuance" in Canada, allowing the ICDA to continue into the future.
2. Developing a new strategic plan, which will be available on our website shortly. Our vision remains the same – for an integrated communication network, enhancing the profession and working on education and standards, but we will be updating the language a little. We have developed new targets for action.
3. Setting a very full agenda for progressing work, with Directors taking leadership roles in achieving our work plan.
4. Enhancing our website further.
5. Increasing the frequency of our newsletter to three times per year, which indicates our growth in membership and interest in our activities
6. Reaching out to other interested partners and groups in the international arena suggesting that our relevance in the international community is growing.
7. Increasing our capacity through strategies such as appointing individuals to assist the Board in our work.
8. Speaking and advocating for international dietetics and the profession generally at every opportunity.
9. Streamlining Board processes and introducing the use of internet based tools for easier communication among us.
10. Rethinking and updating many of the policies and practices to align with the new legislative requirements for "not-for-profit" organisations in Canada.

I think that this shows the level of maturity of our organisation and how we have moved forward in the last year.

I would like to take this opportunity, on behalf of the Board, to wish everyone best wishes for the rest of 2013 and a happy new year. 2014 will be another great year for the ICDA. 2014 will be one of consolidation of ideas and strategies and actions to achieve goals. So we also need your help and input across the year. Watch out for our calls for assistance.

Sandra Capra
Chair, Board of Directors, ICDA

National Dietetic Association Reports

Country – Pakistan

Pakistan Nutrition and Dietetic Society: Nutrition Research Symposium: 2013

On June 29, 2013, Pakistan Nutrition and Dietetic Society (PNDS) organized a full day 'PNDS Nutrition Research Symposium: 2013' in Karachi, Pakistan, to commemorate the 10 year anniversary of the Society. Around 200 health care professionals attended the Symposium. In the past the training of nutritionists and dietitians in Pakistan has primarily emphasized on clinical competencies rather than on developing research capabilities. However, PNDS recognizes the importance of nutrition research relevant to the cultural context of the country and encouraging a research culture among the nutrition and dietetics professionals. The Symposium aimed to:

- Help the participants understand the basics of conducting research
- Provide a platform for nutrition professionals to share their research findings and experiences
- Develop expertise to critically evaluate published researches in the field of Nutritional Sciences
- Develop a cadre of researchers to inform, educate and alleviate the problems associated with malnutrition in Pakistan

The prime purpose of the Symposium was to bring together early career scientists and experienced mentors from Pakistan to explore and debate the issues relating to nutrition research, and to understand the cultural and socioeconomic barriers in conducting research. The intention of the organizers of this symposium was to provide a learning ground by exchanging ideas among colleagues and to develop mutually beneficial research links to identify new, sustainable solutions to chronic malnutrition through research and development.

The symposium program included welcome address by the PNDS Honorary Life-time President, Dr Salma H. Badruddin, who emphasized on the importance of critical and analytical thinking for doing research and reminded the young researchers that computers and software programs are just tools - the important thing is the “Brain” using the computers. The Chief Guest of the program, Dr Fatema Jawad, Chief Editor, Journal of Pakistan Medical Association reiterated on the importance of nutrition in medicine and health sciences and how it can be beneficial in the prevention of diseases. She suggested that PNDS senior members should provide training and opportunities for their younger members to look at the nutrition related problems in Pakistan and provide solutions to build the health of the nation.

The scientific program included the Plenary Lecture by Dr Nilofer Fatimi Safdar, Director Nutritional Science Program, School of Public Health, Dow University of Health Sciences and PNDS President on 'The Importance of Research: Putting Pakistan on the Nutritional Map'. The presentation highlighted some of the gaps and challenges in nutritional surveys, research and interventions in Pakistan because of lack of nutrition experts in the team. She illuminated some of the ways in which nutrition professionals can change the health science landscape in Pakistan. She concluded her talk by encouraging young nutrition scientists to take help from the PNDS senior experts in developing research abilities. Dr Fatima Mir, Pediatrician researcher from the Aga Khan University shared her thoughts on translating clinical experiences of nutrition professionals into publications. Her talk included simple tips for young researchers to start and

eventually finish a manuscript. Dr Syeda Kanwal from School of Public Health, DUHS, spoke on how to critique a research article? She also enumerated various guidelines that a keen scientific reader can use to recognize good quality research papers.

There were number of oral and poster presentations by young researchers on various health related topics. Few are listed:

- 'Perceptions on Infant Feeding Practices of Women in Balochistan' by Ayesha Zahid Khan from Aga Khan University, Karachi
- 'Risk Factors for Gestational Diabetes Mellitus in Women with Polycystic Ovary Syndrome' by Maleeha Mohsin of the Indus Hospital, Karachi
- 'Compliance with Use of Micronutrient Sprinkle for Children aged 6-24 Months: The Qualitative Aspect' by Shelina Aamir of the Aman Foundation, Karachi

The Best Oral Presentation certificate was presented to Ms. Tooba Lateef from Jinnah University for Women for her topic 'Effects of Flavonoids in Apricots on Hyperlipidemia'. The Best Poster was given to Ms. Sidra Sirajuddin on 'Eating habits of Children of Home Economic mothers versus non Home Economics' from The Tabba Heart Institute. The symposium concluded with acknowledgment to the organizers and supporters.

*Dr Nilofer Fatimi Safdar
Nutrition Program Director, School of Public Health
Dow University of Health Sciences, Karachi
Past President (2011-2013) PNDS, Country Rep ICDA*



Guests and participants of Nutrition Research Symposium: 2013



Scientific and Organizing Committees, PNDS Research symposium: 2013

Country – Portugal

APN in partnership with the Portuguese Government

The Portuguese Association of Nutritionists (APN) organizes, throughout the year, various activities not only for its members but also for other health professionals and the general public. Besides activities on its own initiative, APN develops other activities when invited by numerous partners including the state itself. During the year 2013 APN once again responded to this perceived need by the government which collaborated with the Nutritionists (represented by their professional association) on issues related to food and nutrition.

Here are examples of their active participation:

Health Week – This was celebrated between 5 and 12 April 2013 with the theme "The practical integration of health for the general welfare" by Ministry of Agriculture, Sea, Environment and Spatial Planning. During the health week, APN conducted a set of activities aimed at contributing to health promotion and disease prevention:

- sent mailers to all the staff in the ministry about the importance of healthy nutrition in health promotion,
- promoted a workshop entitled "Starting the day healthy at the table" and
- conducted a nutritional check up for the employees of the ministry.



Health in Parliament – The 4th edition of this activity took place this year between 6 and 18 May, in which APN provided a range of activities aimed at sensitizing participants to the best practices in health:

- sent emails daily with information about nutrition and food, and activities to develop the journeys,
- performed a nutritional check-up for all employees of the Parliament and promoted a workshop in the area of healthy eating.



It has been almost a year since the government requests were made and we believe, this will continue until December!

Helena Ávi la M.
Presidente da Direcção
ASSOCIAÇÃO PORTUGUESA DOS NUTRICIONISTAS

Country – South Africa

Report from the Association for Dietetics in South Africa (ADSA)

ADSA's vision is to represent and develop the dietetic profession to contribute towards achieving optimal nutrition for all South Africans. As registered professionals in the field of dietetics and nutrition we support and promote the continued growth of the profession of dietetics in South Africa. The primary aims of the association are to serve the interests of dietitians in South Africa and promote the nutritional wellbeing of the community.

The year saw the term of the old executive coming to an end, and a new executive taking over. The past executive, under the presidency of Ms Berna Harmse, did an excellent job and they have, amongst their achievements, ensured that the biggest ever nutrition congress in Africa was held in South Africa from 30 September 2012 to 4 October 2012. The theme of the congress was "Transforming the nutrition landscape in Africa". The congress was a joint scientific meeting of the 24th Congress of the Nutrition Society of South Africa, the 12th Congress of the Association for Dietetics in South Africa and the 5th African Nutrition Epidemiology Conference.

The congress was attended by around 1000 experts, researchers, nutritionists, and policy makers in nutrition from all over Africa and abroad.

The 2013-2015 Executive Committee takes office

The new ADSA Executive Committee for the 2013-2015 term was announced on the 1st of July 2013, which was the day on which they officially took charge; and their term will end in June 2015. The core executive committee, together with the branch chairpersons of the 11 branches, met at the VDW offices in Bryanston at the end of July 2013. The new team is committed to promoting dietitians and the profession and various aspects were discussed to take the association and profession forward.

Some exciting changes and projects ADSA will be focussing on include a comprehensive PR and communication strategy that will include upgrading our website and linking it to our social media platforms – Twitter and Facebook. So be sure to visit www.adsa.org.za by the beginning of October and start following ADSA on Twitter. Social media and conventional media platforms will be used more actively to communicate key messages to the public and our members utilising the expertise of dietitians with various fields of interest (our ADSA Spokespeople).

ADSA continues to be an association which is prepared to listen to its members and to serve them to the best of its ability. Herewith, the committee which is entrusted with the responsibility of serving dietitians in South Africa for the next two years:

Name	Portfolio
Claire Julsing Strydom	President
Maryke Gallagher (van Zyl)	Public Relations
Wellington Mokoena	Communications
Alpha Rasekhala	Representation
Robin Dolman	CPD
Lila Bruk	Sponsorship
Pontsho Malibe	Public Sector
Jenny Meyer	PPD
Linda Drummond	Membership

National Nutrition Week 2013

The National Nutrition Week has grown in leaps and bounds over the past few years and it has indeed become the flagship nutrition celebration and awareness on the South African health calendar. The initiative is led by the National Department of Health, and focuses on a new theme each year. The theme drives the kind of initiatives that can be implemented during the week and it runs from 9th – 15th October every year. In recent years a common element has been the work done to generate media coverage on the key messages of the awareness week. The theme for 2013 is “*Eat less: Choose your portion with caution*”. Obesity levels, as well as diseases of the lifestyle are steadily rising in South Africa and one of the mitigating factors is the portion sizes which are consumed by people.



The three key messages for 2013

- Choose a variety of foods from different food groups and only eat recommended amounts
- Make portion control a daily way of life
- Use salt and salt-containing foods sparingly

ADSA sponsors the website for the partners for the week; www.nutritionweek.co.za. This site also hosts archives of material from past weeks, especially those resources that can be used on other occasions.

Wellington Mokoena
ADSA Executive Committee - Communications Portfolio

Country – United States

Academy of Nutrition and Dietetics Uses Research and International Networks to Promote Member Expertise in Food, Nutrition and Health

Promoting the Registered Dietitian (RD) and Registered Dietitian Nutritionist (RDN) as the food, nutrition and health expert is a major goal of the Academy of Nutrition and Dietetics (Academy). Some of the programs used to achieve the goal include the importance of enhancing the use of science-based knowledge, outreach to the community with programs focused on optimizing health, and networking with other health professionals to showcase the profession's food and nutrition expertise.

Research at the Academy is a major priority as seen by the development and support of the Evidence Analysis Library (EAL) and the Nutrition Care Process and Standardized Language (NCP-SL). The Research team has recently expanded its focus to become a global resource for the profession of dietetics and nutrition. The EAL is enhancing its content and updating existing topics with 24 projects in progress ranging from vegetarian nutrition, spinal cord injury, and advance technology in food production. The NCP-SL group is working collaboratively with partners from HL7, international representatives, and research to ensure the International Dietetics Nutrition Terminology is accessible, valid and representative of differing countries and cultures.

Another Academy initiative, the Dietitian Practice-Based Research Network (DPRN) has doubled in size over the past six months and is taking on relevant projects such as a hospital staffing study, validation of malnutrition characteristics, and working with breast cancer survivors. A new clinical data warehouse, Academy of Nutrition and Dietetics Health Informatics Infrastructure – ANDHII, has been developed to assist clinicians both nationally and internationally in data collection and aggregation for local quality improvement projects and multicenter research studies. This work, in addition to the support provided to the Academy's position paper process, will increase publications and literature that will enhance and support the dietetics practitioner's expertise. The recent Academy positions on "Functional Foods" published in August, 2013 and "The Role of Health Promotion and Chronic Disease Prevention" published in July, 2013 are examples of the collaboration between research and practice professionals. These positions are available on the Academy's website, www.eatright.org.

Strengthening the Academy's outreach to the global community, the international affiliate the American Overseas Dietetic Association (AODA) with over 1000 members in 70 countries has been collaborating on a number of international nutrition projects. AODA has come to an agreement with the organizers of the 6th Asian Congress of Dietetics and is coordinating educational sessions to be presented by AODA and Academy members. They also will be collaborating with the Turkish Dietetic Association on a joint educational event, which is planned and will be held in Turkey during 2014. Recently AODA leaders and Academy Research team members attended the International Union of Nutrition Sciences (IUNS) conference in Granada, Spain to expand their international networks.



IUNS attendees (L--R), Alison Steiber, Academy Research Team, Stephanie Meyer, AODA, Erin Boyd Kappelhof, AODA, Paula Ziegler, Academy Research Team, Glenna McCollum, Academy President

AODA also has been coordinating Kids Eat Right (KER) International. The activities of this project are consistent with the US national campaign www.eatright.org/kids in striving to support public education and programs that address childhood overweight and obesity while providing members with resources that are international in scope. Some AODA members have received mini-grants to support the use of KER presentations; examples include Charmain Tan, Hong Kong, who translated the "Family Meals: Anytime, Anyplace" toolkit into Chinese and presented it to audiences in Hong Kong and the United Kingdom. Vicky Tijerina Walls, Mexico, presented the "Healthy Breakfast Everywhere You Go," toolkit to elementary school children. Through future funding AODA plans to provide members with more opportunities like these, as well as additional promotional materials adapted to language and culture.

.....4

The Academy looks forward to networking with international visitors and exhibitors at the annual Food and Nutrition Conference which will be held in Atlanta, Georgia, October 18-21, 2014.

*Sylvia Escott-Stump, MA, RD, LDN
 US Representative for ICDA
 Dietetic Internship Director
 East Carolina University
 North Carolina*

Resources

Online tool for busy practitioners

Dietitians of Canada just released a new on-line practice tool - the Quick Sync Service (QSS). The QSS provides busy practitioners with an overview of a practice topic that can be completed in about an hour. Each module includes a backgrounder, a tool kit for review and a self-scoring quiz with feedback to help users apply the information in practice.

Content is based on the practice guidance system - [Practice-based Evidence in Nutrition®](#) used in Canada, Australia, New Zealand and the United Kingdom. A subscription to PEN® is not required.

Topics include;

- Bariatric Surgery
- Cardiovascular Disease
- Child Growth
- Complementary Feeding – Infant Nutrition
- Lactation
- Obesity and Dietary Supplements
- Osteoarthritis

Visit Dietitians of Canada's [Learning on Demand](#) centre to learn more:
www.dietitians.ca/elearning

Corinne Eisenbraun
Director, Professional Practice Support
Dietitians of Canada
Corinne.eisenbraun@dietitians.ca

Workpackages of DIETS2 have prepared a briefing paper on their achievements.

These briefings could serve as a clear overview of what Deliverables you can share and use within your organization.

The briefings can be seen on the following
link: <http://www.thematicnetworkdietetics.eu/everyone/3850/5/0/30>

Bernadett Tóth
Dissemination Workpackage
DIETS2 Thematic Network
info@thematicnetworkdietetics.eu

Awards and Grants

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

The Competitive Essay Award of the Wimpfheimer-Guggenheim Fund for International Exchange in Nutrition, Dietetics and Management supports the international exchange of needed nutrition, dietetics and/or management information that benefits the nutritional health of the world community. The 2013 essay topic was: Describe an original approach for the dissemination of nutrition, dietetics, and/or management information to an underserved area in the world community.

This year's award recipients were Kristine Caiafa, RD, Dixie R. Havlak, RD and Terezie Mosby, EdD, RDN, IBCLC. Ms. Caiafa's essay, *Experience as Education: Participatory Research as a Means for Transferring Nutrition Knowledge to Youth and Community in Freetown, Sierra Leone*, describes her work with 22 Sierra Leone teens to improve the durability and reach of nutrition information. Ms. Havlak's essay, *Mobile Health Education Kits in Rural Nicaragua*, chronicles the use of nutrition training kits in underserved Prinzapolka river communities. Ms. Mosby's essay, *Development and Testing of Educational Tool for Low Literacy Caregiver of Children with Cancer Teaching about Food Safety*, discusses an education program for Guatemalan parents of children with cancer that focuses on a low bacteria diet. To read these essays or past essay submissions, please visit:

<http://www.eatright.org/Foundation/content.aspx?id=7031>.

The 2014 essay topic is: *Describe innovative ways or an example of how to communicate the latest research or practice procedures in the field of nutrition, dietetics, and/or food service management to an underserved area in the world. Examples could include: social media messaging (email, blogs, chat-rooms, Facebook pages, etc), distance learning programs as well as approaches that do not require the use of electronic devices.* The author must be a professional dietitian or nutritionist and be involved in the project. The deadline to apply is February 1, 2014. The award amount is \$1,000. Up to two awards may be given. For more information or to download an application, please visit:

<http://www.eatright.org/Foundation/content.aspx?id=6998>

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

The First International Nutritionist/Dietitian (FIND) Fellowship for Study in the USA is given to assist a foreign national who is pursuing postgraduate work in the USA and has a clearly articulated plan to return to their country. This year's recipient was Miyoung Kim, MSC from South Korea who is currently enrolled in the coordinated program at a master's level in nutrition at the University of Illinois at Chicago. Upon completing her program in Chicago and returning to South Korea her goal is to become a professor in a clinical dietetics program. She wants to make a contribution to the development of younger dietitians by combining her knowledge and experience that she learned in the United States with her experience of clinical nutrition in South Korea. Kim said about receiving the award, "*This will provide me with a great foothold to reach my goals. I hope to one day contribute to the Korean Dietetic Association and the Academy of Nutrition and Dietetics, exchanging programs or opening international seminars in South Korea for the Korean dietitians*".

The deadline to apply for the 2014 FIND Award is February 1, 2014. The award amount is \$2,000. For more information or to download an application, please visit: <http://www.eatright.org/Foundation/content.aspx?id=6998>

Colgate Palmolive Fellowship in Nutrition, Oral Health/Dental Education

The Colgate Palmolive Fellowship in Nutrition, Oral Health/Dental Education is given 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 2013 recipient is Terezie Mosby, EdD, RDN, IBCLC for her research proposal titled: *"Association of dental caries of children in mixed dentition age with food choices related to mutations in taste receptor genes."*

The deadline to apply for the 2014 Colgate Fellowship is April 1, 2014. The award amount is \$15,000. Non-US residents may apply. For more information or to download an application, please visit: <http://www.eatright.org/Foundation/content.aspx?id=6998>

International Lecture at US Annual Conference

The Academy Foundation was proud to present the 2013 Wimpfheimer-Guggenheim International Lecture: "Integrating Nutrition into Healthcare Systems: A Collaborative International Approach" this October in Houston, Texas. This impactful session showcased three unique international nutrition projects, from Nicaragua, Guatemala and Sierra Leone. Sources of US food and nutrition aid programs to Africa and the need for a greater presence of nutrition into health care were also discussed. An audio recording of the session can be found on the Foundation's website: <http://www.eatright.org/Foundation/content.aspx?id=6442462482>

Edna and Robert Langholz International Nutrition Award

The Edna and Robert Langholz International Nutrition Award is the highest honor bestowed by the Academy of Nutrition and Dietetics Foundation and is presented to a person whose contribution to nutrition has had international significance. The 2013 recipient is Esther Myers, PhD, RD, FADA. Dr. Myer's many accomplishments include a distinguished career in the United States Air Force (1975-2000), serving as Chief Consultant to the USAF Surgeon General and most recently served as the Academy's Chief Science Officer (2000-2012). Dr. Myers tireless efforts to connect the Academy globally led to the establishment of a standardized language for dietetics, the International Dietetics Nutritional Terminology (IDNT). The development of this language involved the coordination of input from 12 countries. To-date 23 countries are already using IDNT and nine countries are in the process of translating IDNT for their adoption and use. Under her direction, several cross cultural research studies were done including the International Diabetes Outcomes Study that engaged Israel, Turkey and Lebanon in a ground-breaking effort.

Calendar of Events

The 7th EFAD/DIETS General Meeting and Conference will take place near Lake Garda, Italy, on 8th and 9th November, 2013. The title of the conference is Non-Communicable Diseases – The Dietitians' Response to Health 2020. Please visit the EFAD website <http://www.efad.org/everyone> for more details.

12th Hellenic Dietetic Association Congress, Athens, Greece 5-8 December 2013

The 17th ICRNM will be held in Wurzburg, Germany from 6-10 May 2014. This will be an important congress for all dietitians involved in the nutritional care of patients with Kidney Disease, whether Acute or Chronic. A dedicated website for the ISRNM 2014 Congress will be added to the ISRNM website: www.renal-nutrition.com and please follow any updates.

6th ACD will be held from August 21 to 24, 2014 at NTUH International Convention Center, Taipei, Taiwan. The conference theme is “Advancing health through innovating dietetic practice across Asia”. Major topics include Clinical Nutrition, Food Service Management, Community Nutrition, Dietitian Education and Certification, Research and Application, etc. The First Asian Dietetics and Nutrition Student Forum will also be held.

Please visit the website <http://www.acd2014.org> for more detailed information, and please note the important due dates of calling for papers (Feb 15, 2014) and early bird registration (March 31, 2014).

The Brazilian Association of Nutrition – ASBRAN, along with Nutrition Association of the State of Espírito Santo - Anees is promoting CONBRAN which is in its 23rd edition. The event will take place between 17-20 September, 2014, in Vitória / ES, with the XXIII Brazilian Congress of Nutrition | V Iberoamerican Congress of Nutrition | III Symposium Ibero-American Sports Nutrition | II Symposium Ibero-American Production Dining and II Symposium Ibero-American Symposium of Clinical Nutrition.

Visit www.asbran.org.br for updates.