

# Dietetics Around the World

The Newsletter for the International Confederation of Dietetic Associations



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## ICDA Board of Directors

### ICD 2020: Information and Reminders

ADSA is proud to be the host of the 2020 congress. It is the first ICDA congress that will be held on the African continent and ADSA promises to offer an unforgettable experience in the magnificent city of Cape Town. More information will be available about the congress in due course, so keep an eye out on the congress website: [www.icda2020.com](http://www.icda2020.com).

### Feature Article

#### Food Sustainability Program in Portugal

Since May 2017, the Portuguese Nutrition Association has been conducting a Food Sustainability Program that aims to reflect on the main pillars of food sustainability (e.g. sustainable and healthy diets, food by-products, food waste), to raise awareness and motivate change in the consumption pattern of the community.

In fact, the world population spends the equivalent of 1.6 planets and if this rate of consumption continues to be verified, by 2030 the equivalent of 2 Earth planets will have been spent. And if, on the other hand, we consume and waste a lot, we tend to forget that there are 900 million people who are hungry all over the world.

In this way, Associação Portuguesa de Nutrição has developed a set of initiatives inherent to this Program, such as:

- Book marker and exposure materials with five key messages supported by the five food sustainability axes of the Food and Agriculture Organization of the United Nations (FAO);
- E-book named "Feeding the future: a reflection on food sustainability", which succinctly compiles the information referring to the theme and has the institutional support of the General-Directorate for Health and the National Program for the Promotion of Healthy Food. The E-book is available in digital format, free of charge, from the PNA website.
- XVI Congress on Nutrition and Food, where the theme, program, materials and activities of the congress were based on the concepts of food sustainability. The official launch of the Food Sustainability Program took place, in this event.
- Educational games that were launched on the World Children's Day, so that children are awakened from this early stage;
- A set of conferences in several regions of the country, with a message on food sustainability defined in each of the cities / conferences based on FAO's axes;
- Training actions in secondary schools and institutions of higher education that teach the Nutrition sciences degree, reproducing in these institutions a documentary on food sustainability (SustainablEating). This measure will have interministerial institutional support;

- Plan of activities to be carried out by the members of the PNA, in their places of work, in the context of the World Food Day. Members also have access to free communication materials.
- Guide to healthy and sustainable meals so that people can be more informed about how to achieve day-to-day food that is both healthy and sustainable. This guide is not yet available because it will be released soon.

These set of initiatives were designed to generate discussion and elucidate action amongst both health professionals and the population on the theme. It is being essential to transmit these concepts to the younger public, educating them on the need to make better food choices. This is because small choices in our daily lives may be enough to make a difference, such as preferring local, fresh and seasonal foods; to consume less number of meals based on animal protein, while increasing consumption of foods of vegetable origin.

Due to the relevance of food sustainability, the reflections, discussions and joint decisions between Nutritionists and the other professionals in the Food and Nutrition area is fundamental so that, in this way, it is possible to build a common vision for food sustainability and agriculture.

## National Dietetic Association Reports

Country – South Africa

### News from the Association for Dietetics in South Africa (ADSA)



It's incredible to think that 2017 is nearly over. It seems that each year the time goes quicker. From an association perspective, we have had a very busy 2017. The new ADSA Executive Committee took the reins at the beginning of July and we have some exciting plans and goals for our term as we aim to unite the dietetic profession in South Africa.

### **National Nutrition Week**

In South Africa, National Nutrition Week took place from 9-15 October. The theme this year was *"Rethink your drink – Choose water"*. This is a wonderful initiative with various stakeholders (National Department of Health, The Heart and Stroke Foundation South Africa, the Cancer Association of South Africa (CANSA), the Consumer Goods Council (CGCSA) and Milk Consumer Education Project). Various media releases and media campaigns were conducted throughout the week. In addition, ADSA hosted a Twitter Talk on 11 October from 13:00 – 14:00 (11:00 GMT). The Twitter handle @ADSA\_RD was used with the hashtags #RethinkYourDrink, #NNW17 and #ChooseWater. The Twitter Talk is designed to bring everyone together in cyber space to discuss the National Nutrition Week theme.

### **South African Sugar Tax**

On 6 June 2017, ADSA's COO Jessica Byrne had the opportunity to present ADSA's Position Statement on the Proposed Taxation of Sugar Sweetened Beverages in South Africa in parliament.

The taxation of sugar-sweetened beverages, now referred to as the Health Promotion Levy (HPL), was presented in the 2017 budget speech and included in the 2017 Draft Rates Bill. Public comments to the Standing Committee on Finance around the HPL were presented at hearings that were held on 31 May and 6 June 2017 in parliament, where representatives from industry, NGOs, academics and public health bodies were given the opportunity to present their positions on the draft bill. Following this, the National Treasury and South African Revenue Service (SARS) shared a draft response document that addresses comments on the proposed HPL from written comments and during the hearings. In the draft response document, the National Treasury and SARS made some important revisions to the February 2017 draft rates bill that help strengthen the HPL for its stated purpose of health promotion. ADSA has had the privilege of being part of the consultation process, and has submitted comments to the committee on four occasions. The implementation of the levy has been delayed until April 2018.

To read ADSA's full position statement on the proposed taxation of sugar-sweetened beverages in South Africa, go to [www.adsa.org.za/AboutUs/PoliciesandPositionStatements.aspx](http://www.adsa.org.za/AboutUs/PoliciesandPositionStatements.aspx).

### **Dietitian's Week 2017**

In collaboration with the British Dietetics Association (BDA), Dietitian's Week was celebrated in South Africa from 12-16 June, with the 2017 theme "*Eat Fact Not Fiction*". This year's theme highlighted the important role of dietitians who are able to interpret nutrition science and dietary guidelines in order to customize nutrition advice for individuals. We thank all the ADSA spokespersons who assisted with media queries through Dietitian's Week, and took part in the BDA Twitter Chat on 12 June, [#dietitiationsweek](https://twitter.com/dietitiationsweek). The BDA infographic was adapted to the South African context and translated to Xhosa and Zulu, and is available for download on ADSA's website.

### **World Breast Feeding Week**

World breast feeding week was celebrated from 1- 7 August 2017 and ADSA was very involved in rolling out the campaign in South Africa. We aligned with the theme of "*Sustaining Breastfeeding Together*" with our "*Breast Feeding and work - Let's make it work*" campaign. We encouraged our members to engage with businesses to discuss the rights a mother has to continue breastfeeding once her maternity leave ends. We provided infographics, standardised letters, presentations and supporting resources to our members to assist them in spreading the message of the importance of infant nutrition through supporting breastfeeding in the work place.

## **National Nutrition Congress 2018**

Our National Nutrition Congress will be held from the 5-7 September 2018 at Misty Hills in Johannesburg. The theme is “*Nutrition: Past, Present and Future.*” Further information can be found on the congress website at [www.nutritioncongress.co.za](http://www.nutritioncongress.co.za)

Association for Dietetics in South Africa (ADSA)  
[www.adsa.org.za](http://www.adsa.org.za)

Country – Switzerland

### **75 years of the SVDE**

The Swiss Association of Registered Dietitians was founded on the 21st of April 1942. On that day, in the middle of the Second World War, around 20 dietitians met at Kongresshaus Zurich to establish what was initially called “Berufsverband des Diätpersonals Schweiz”. The purpose and motivation behind this association was “to maintain contact with professionals, to promote the exchange of experience and to take a position as a useful body serving the sick”. These objectives, along with others, are still pursued today.

Over the course of time, the requirements imposed on dietitians have changed considerably. We have taken this into account by also changing accordingly! Since 2005, basic education in our field has taken place solely on the level of universities of applied sciences – because today, a scientifically sound, practice-oriented way of working is essential. The curricula of degree programmes in nutrition and dietetics make full allowance for this.

Furthermore, one consequence of the education level being classified as that of universities of applied sciences has been that we, like other healthcare professions on the same educational level, have a legal basis in the Healthcare Occupations Act, which was passed by parliament last year. This law reinforces our status as legally recognised, authoritatively distinguishing us from all the self-proclaimed nutrition specialists who do not have sound expert knowledge. The SVDE wanted to make it possible to see who the legally recognised Dietitians are. This is why the label “Ernährungsberater/in SVDE” (SVDE dietitian) was created, which is protected under private law. This label may only be used by active or retired members of the SVDE. The label guarantees that its bearer has either a degree from a university of applied sciences or a qualification obtained according to previous regulations at “PET college” level, is legally recognised as per Article 50a of the Ordinance on Health Insurance (HIO/KVV), conducts their professional activity in a scientifically sound manner in accordance with the basic principles of professional ethics, maintains the skills required for this professional activity by means of regular further training, and has pledged to adhere to the association's rules of professional conduct and the code of ethics.

SVDE Dietitians have the right skills with which to exert a positive influence regarding future social and health policy-related challenges. SVDE dietitians are already getting involved in new future-oriented healthcare models today with a focus on interprofessional cooperation, whereby the handling of digital communication tools is a matter of course: for us, e-health is by no means an alien concept.

This professional association has enjoyed steady growth since 1942: when there were 20 members at the founding assembly, this figure had already grown to over 600 members by the time of the 50th anniversary in 1992, whereas now, 75 years after the founding, there are already more than 1100 members!

Despite this pleasing development, our professional association is one of the smaller ones in Switzerland. Nevertheless, we have to face the same challenges as all other healthcare professional associations, which means that we must plan our human resources, i.e. time, and financial resources, very carefully in order to achieve our goals.

*Gabi Fontana*  
*President of Swiss Association of Registered Dietitians*

Country – Singapore

### **Report from Singapore Nutrition and Dietetics Association**

According to Singapore Health Statistics, Diabetes is the 10th leading cause of death in Singapore accounting for 1.7 per cent of total deaths in 2016.

The projected number of diabetics by 2030 is 600 000. Armed with the latest statistics, the Singapore government decided to adopt a multi-pronged and comprehensive strategy to manage diabetes on five fronts. This includes prevention, screening, disease management, public education and stakeholder engagement. This falls as part of a whole-of-nation approach towards supporting Singaporeans with Diabetes.

In our efforts to support the government's initiative, Singapore Nutrition and Dietetics Association (SNDA) released a joint position statement with Health Promotion Board (HPB), a statutory board under Ministry of Health (MOH), advocating wholegrain consumption as one of the key approaches towards diabetes prevention and management. The report discussed the evidence of dietary carbohydrates in the management of diabetes and the urgency to move from secondary management to primary prevention at the population level.

The report also deliberated the need to move beyond addressing simple sugars to address the role of starchy refined staples and whole grains in our diet, as part of chronic disease management. The disparity between obesity and diabetes in Asia, with diet quality being a risk factor of diabetes, independent of obesity has been addressed. The association also organized a symposium on whole grains for the health professional working in school, hospital and industries.



Ms Tan Chew Sia (2<sup>nd</sup> from the right) and Ms Karishma Surtani (1<sup>st</sup> from the right) Dietitians from SNDA educating public.

Another initiative that SNDA took part in reaching to the public was the World Diabetes Day 2016. The association was invited by Diabetic Society of Singapore (DSS) to set up a series of activities and host educational talks to educate and empower the public in preventing and managing Diabetes. The educational talks were delivered by our Dietitians who spoke on the topic of 'Eating Right to Beat Diabetes' in both Mandarin and English. The activities were developed by students from the Diploma in Applied Food Science and Nutrition, Temasek Polytechnic and Diploma in Nutrition, Health & Wellness, Singapore Polytechnic under the guidance from Dietitians and Nutritionists from SNDA.

The activities included a virtual supermarket tour and games public in choosing healthier food and label reading.



Students from Temasek Polytechnic (1<sup>st</sup> and 2<sup>nd</sup> from left) discussing the amount of sugar in bottled drinks with the Minister for Health, Mr. Gan Kim Yong and Ms Gladys Wong, Chief Dietitian of Khoo Teck Puat Hospital (1<sup>st</sup> from right).

As the government continues its initiative to prevent and manage diabetes in the population, SNDA will continue to offer support with our nutritionists and dietitians working in tandem towards creating a healthier Singapore

*Kejendran and Karishma*

*(Singapore Nutrition and Dietetics Association, Event Subcommittee Chairpersons)*

Country – Argentina

### **Report from AADYND**

In recent months, the Argentinean Association of Dietitian and Nutritionist-Dietitians (AADYND) has carried out multiple academic activities. A workshop regarding the nutritional management of critical patients was carried out. In addition, the Vegetarian Nutrition Counseling Course and the Intensive Course of Nutritional Care of Diabetic Patients took place.



AADYND equally carried out distance learning courses such as "Pediatric Nutrition: from birth to adolescence" and "Community Nutrition". The courses "Nutrition in the Elderly", "Auditing Food Services", "Nutrition in Gastroenterology" and "Nutritional Care of patients with Diabetes I and II" are still ongoing.



The 7th Nutrition Conference of the Autonomous City of Buenos Aires "Nutrition, Science in Motion" was held on August 23<sup>th</sup> and 24<sup>th</sup>. In attendance were 230 professionals and students. Our study groups are still working in three different areas: Diabetes, Neuroscience and Eating Disorders. The "Nutrition and Kidney" study group will start shortly.



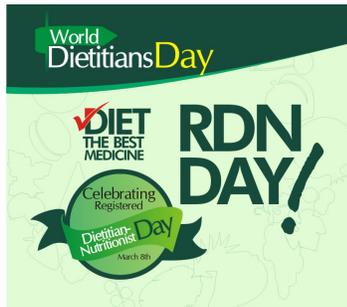
During the occasion of AADYND's 70th anniversary, a dinner celebration was held at the Tribeca Hotel. In attendance were, 115 colleagues and companies' representatives.

Lucia Rey  
AADYND

Country – Nigeria

Report from Dietitians Association of Nigeria

### World RDN Day



This year, 2<sup>nd</sup> Wednesday in March, was set aside to celebrate the contribution of Registered Dietitian Nutritionist to improving the health of clients and patients around the world. This year's World Dietitians Day was celebrated in Nigeria on Wednesday 8<sup>th</sup> of March, 2017 all over Nigeria. This year World RDN's day, Nigeria Registered Dietitian-Nutritionist Celebrated the day so as to commemorate the dedication of RDNs as advocates for advancing the nutritional status of Nigerians, especially the most vulnerable.

The day was jointly celebrated by Registered Dietitian-Nutritionist in Nigerian in their respective state chapters. Various states chapters organized activities to mark the day. State and regional chapters who participated included **Federal Capital Territory, Abuja, Lagos, Nsukka, Enugu and Calabar.**



F.C.T chapter paid advocacy visit to the Executive Secretary FCT Primary Health Care Board (PHCB) and to the Director of Hospital Services at Federal Ministry of Health. The aim of the visit was to clearly outline and emphasize the roles of Registered Dietitian-Nutritionists in the health sector especially at the Primary level of health care and to re-establish the need to recruit more Registered Dietitian-Nutritionists into the FCT-Board.

### ***Outreach/Health Talks at Family Health care center Garki Abuja***

As part of activities to mark the day, a health outreach was carried out to Family health care center. At the Primary Health Care (PHC), mothers were educated on the importance of



Exclusive breast feeding and proper positioning and attachment. Mothers were given the opportunity to ask questions on issues surrounding breastfeeding. Breastfeeding Educative materials were distributed to mothers.

Outreach/Health Talks at Family Health care center Garki, Abuja by RDNs

### ***Media Engagement and Coverage***

The reporters of Capital Fm 92:9 and Armed Forces Radio 107.7 covered the event. The Major highlight of the event was aired during 6: pm news on the 8<sup>th</sup> of March 2017. In Lagos state, Registered Dietitian-Nutritionist were invited for live radio discussion on healthy eating.

### ***Health Walk***

Registered Dietitian-Nutritionists who are staff of University of Nigeria Nsukka and Registered Dietitian-Nutritionist in Enugu urban created more awareness and visibility wearing crested vests specially designed for the day on the importance of Registered Dietitian-Nutritionist in the health care sector and communities.

### ***Advocacy visit to the Management of the University of Calabar Teaching Hospital, Calabar, Cross River State***

Lecturers at the Department of Human Nutrition and Dietetics at the University of Calabar, Calabar, Cross River State, Nigeria, seized the opportunity to pay an advocacy visit to the Management of the University of Calabar Teaching Hospital to conclude arrangements for clinical posting of students and to sensitize the hospital community on the Dietitians Day.



Advocacy visit to the Management of the University of Calabar Teaching Hospital

#### **Outcome of the event:**

- The Director PHC at the FCT-Board, promised to encourage the employment of more Registered Dietitian-Nutritionist once the opportunity arises. He also pledged his support to continue to support the work of Registered Dietitian-Nutritionist in FCT-PHC. He encouraged the Registered Dietitian-Nutritionists to be more focused in our work and be pro-active at all time.
- During the advocacy visit to the Director Hospital Services in Federal ministry of Health (FMOH), The Director pledged his support to the pursuit of the bill for the establishment of Dietitians Council in Nigeria. He further advised the executive members of Association to discuss with the Legal department of FMOH to know what they want in order to lobby for the Council Bill at National Assembly. He further recommended the need for top Level advocacy visit to be carried out to key stakeholders at the FMOH.
- At the Family Health center, the group Counseling/ discussion session with the mothers indicated an increase in knowledge on breastfeeding matters, about (50) Information and communication Materials were distributed to mothers on: How to breast feed (0 to 6months Baby), How to start complementary feeding etc. Key massages on nutrition and healthy eating was provided to primary school children who came to the facility for a visit.

In conclusion, the RDNs in Nigeria are working hard to merge into a single body (Association of Nigerian Dietitians) and this year's joint national conference has been tagged "Unity Conference". All Dietitians in Nigeria look forward to this merger because it will help facilitate a National Regulatory body for the profession which will open up a new horizon for the dietetics profession in Nigeria and put the profession on a more solid ground.

*Dtn Nnaemeka Ubah  
Events coordinator for Dietitians Association of Nigeria*

## Announcements

### International Lecture at US Annual Conference

The Academy Foundation is proud to present the 2017 Wimpfheimer-Guggenheim International Lecture: “*How Global Nutrition Collaborations Impact Change – Lessons from Four Continents*” on October 22 in Chicago, IL during the Academy of Nutrition and Dietetics annual Food & Nutrition Conference & Expo (FNCE).

The session will be presented by Dr. Richard Deckelbaum, MD, CM, FRCP(C), Professor of Pediatrics/Epidemiology and Director, Institute of Human Nutrition in the College of Physicians and Surgeons at Columbia University Medical Center. The session will highlight collaborations among institutions in countries differing in social, cultural, political and economic status. Emphasis will be placed on impacts on local health and nutritional status, capacity building and nutrition policy. Recommendations will be reviewed on “what not to do” and on “what to do for success.” Additional details can be viewed [here](#).

### Scientific Conference and Annual General meeting of Association of Nigerian Dietitians (AND)

Dietitians Association of Nigeria and Institute of Dietetics in Nigeria (Association of Nigerian Dietitians) is happy to announce her epoch making 2017 National Unity Conference tagged “AND Abuja 2017”. It is slated to take place from 14th to 15th November 2017. The conference theme is “Diabetes Management and Prevention in Nigeria: The Strategic Role of Dietitians”. It will be an opportunity for RDNs in Nigeria to join the global community to celebrate the World Diabetes Day.

## Resources

### Nutrition Education Resources for Health Practitioners

Nutrition resources for developing areas of Central America are available through the Academy’s Foundation. This open-access collection includes background information on key nutrition-related topics in Central America, including how to explain health and nutrition concepts to this population, educational illustrations, and nutrient comparison charts unique to the local food supply. For more information, please click [here](#).

Additionally, in June, the Foundation offered a free webinar about this resource and the Academy and Foundation’s international journey titled, “Advancing the Academy’s Second Century Commitment to Global Health.” To view the recording of the webinar, eligible for 1 CPE in the US, please click [here](#).

## International Directories for Dietetic Professionals and Students

The Foundation offers International Directories for Dietetic Professionals and Students. This directory is intended for use by practitioners, graduates with baccalaureate (or equivalent) or graduate degrees. It includes information and general guidelines for numerous organizations that offer financial assistance for studies in the United States and other countries. Additionally, the directory includes a list of collaborative relationships existing within U.S. colleges, universities and other organizations sponsoring entry-level dietetics education programs accredited and approved by the Accreditation Council for Education in Nutrition and Dietetics. Other international community collaborative relationships are also included. The directory can be viewed [here](#).

## Dietitians Association of Australia Journal Update

### Nutrition & Dietetics

Journal of the Dietitians Association of Australia

DAA's Journal, [Nutrition & Dietetics](#), has been undergoing a comprehensive strategic review over the past few years with the Journal's editorial team and committee undertaking a number of steps to improve the Journal's performance on the world stage. Two of the overarching goals of the review were to improve our Impact Factor and gain indexing in MEDLINE. This year, the Journal gained indexing with MEDLINE and our Impact Factor has increased to 1.089 – the highest ever in the Journal's history!

Other recent achievements include the welcoming of a greater international presence with the establishment of our first International Editorial Board. The Journal is now represented by experts in the field from Asia, the United States, Europe and New Zealand. Our Editorial Board, also welcomed the introduction of specialised editors to support quality research in the Journal. A systematic literature review editor, statistics editor, qualitative research editor, clinical trials editor and supplement editor were successfully recruited.

We are pleased to be able to now offer Open Access to particular articles to help highlight pivotal research in the field. Increased journal access is now available through mobile devices and tablets, with the introduction of our app for Apple and Android. The Journal's presence on social media has engaged people across the globe in the area of nutrition and dietetic research, with our [Facebook](#) and [Twitter](#) pages now attracting over 5,000 followers combined.

We plan to continue working towards further minimizing the time to publication, sharpening our publication processes, increasing our impact factor and attracting a greater international presence. We look forward to what's afoot for the Journal, and we expect there are many more exciting things to come!

For more information or to find out how to publish your work with us, contact [journalonline@daa.asn.au](mailto:journalonline@daa.asn.au).

## New Member

**We are happy to welcome a new member Association from Belgium: Vlaamse Beroepsvereniging van Diëtisten (VBVD)**

### ***About Belgium***

Belgium has more than 11 million inhabitants divided over 3 regions:

- Flandres with over 6 million inhabitants;
- Wallonia with over 3,5 million inhabitants;
- And Brussels with over 1 million inhabitants.

The Flemish Association of Dietitians (VBVD) became a member of ICDA earlier this year.

Since 1963, the association of currently 600 full paying members, represents Flemish dietitians with an official qualification in Nutrition & Dietetics recognized by the Federal Government.

The association aims to:

- Promote the development of the dietetic profession;
- Provide life-long professional learning/education as to guarantee that patients, etc. receive personalized evidence based advice/counselling and of the highest quality;
- Provide several education moments through the year. One big event in spring and one in autumn and on various themes;
- Raise the quality and profile of dietitians in Belgium;
- Facilitate communication between our members through the bimonthly magazine, the monthly electronic newsletter and several networking opportunities;
- Develop partnerships and relationships with stakeholders so that they fully understand the contribution of dietitians to health and/or the reduction of diseases. Members of the VBVD are also active in ENHA (The European Nutrition for Health Alliance) and Onca (Optimal Nutritional Care for All), an international initiative to facilitate greater screening for risk of disease-related malnutrition /undernutrition and nutritional care implementation across Europe;
- Promote the “Week of the Dietitian” yearly in March in association with UPDLF, the French speaking dietitians’ association in Belgium. In 2017, kids were celebrated with the theme “Healthy food for kids”. Theme of 2018 is “Malnutrition”.
- Prepare our members for innovations in and the new digital care delivery models.
- Collaborate with the Belgian government for updating the legal framework of our profession

- Collaborate with colleges providing education for (future) dietitians, for adapting their educational requirements to the legal framework
- Collaborate with the Belgian Government for the design of a structural change in Belgian health service. Special attention is paid to multidisciplinary care for non-hospitalised patients and chronically ill to ensure optimal care after hospitalization. Optimal nutritional care must be part of it.
- Negotiate with the Belgian Government for reimbursement of Oral Nutritional Support and reimbursement of dietetic consultations for all patients (now only existing for diabetes and renal insufficiency)

The VBVD can rely on more than 120 active volunteers in 15 commissions and regional networks. Dietitians in these commissions are specialized in a specific area (such as oncology, elderly, diabetes, ...) and share their expertise with colleagues in other areas.

*Ann-Sofie Pusceddu*  
*Coordinator.*

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