

15th International Congress of Dietetics - Report
2009
Vol. 16 Issue 2

Please accept my heartfelt thanks for your cooperation with and participation in the 15th International Congress of Dietetics (ICD 2008 Yokohama).

Teiji Nakamura, PhD, RD
Chairperson, Organizing Committee
15th International Congress of Dietetics

Some 20 years after we first dreamed of bringing it to Japan, and 8 years after we got down to the business of preparing to do so, the 15th International Congress of Dietetics was held with great success from September 8 to 11, 2008, at Pacifico Yokohama. The event turned out to be an international conference on a scale seldom seen in recent years, with a total of 8,028 participants, 4,621 of whom were registered, representing 59 countries.

Everyone responsible for the event has been delighted to hear from participants from many countries that the Congress was rich in rewarding content, excitement, and hospitality, and that it was the best international conference in memory. The goal of the Congress was to harness the perspective of nutrition to blend contradictory concepts such as principle and practice, prevention and treatment, undernutrition and overnutrition, rich and poor, East and West, and generational and regional differences. After the conclusion of the Congress, I realized that some participants had taken to referring to it as the “3E” Congress, in reference to Eating, Ethics, and Evidence.

At the close of the 20th century, we dreamed of a 21st century in which the people of the world could live in health, happiness, and peace. However, with eight years of the new century behind us, it is apparent that things have not gone as we would have wished. For example, each year we see more people suffering from undernutrition due to insufficient food, illness, and old age, and from obesity and lifestyle related disease caused by overeating. This session of the Congress provided an opportunity for specialists in nutrition and food to reconsider from a global perspective how humankind can live in health and happiness. Having made our mission the resolution of humankind’s most basic challenge—the question of how people can best obtain the nutrients that are essential to life—we now see our role gaining in importance as environmental and social changes sweep the world. I hope you will not forget the serious discussions held over the course of a week in Yokohama as dietitians and nutritionists gathered from around the world during this important time in human history.

Older dietitians praised the Congress and described their joy at having lived long enough to participate, while professionals active on the front lines of our field spoke of a dream coming true and being inspired to pursue more ambitious goals. Young dietitians expressed satisfaction at having entered the discipline and noted the new self-confidence they felt after participating.

Allow me to extend once more my heartfelt gratitude to the officers of the International Confederation of Dietetic Associations and to everyone who participated in the 15th Congress. Thank you all.

View photos from ICD 2008:

<http://picasaweb.google.com/ICDAgallery/ICD2008?authkey=Gv1sRgCP-Stu6S7rbtBQ&feat=directlink>

Announcements

16th International Congress of Dietetics

The 16th International Congress of Dietetics (ICD) is in Sydney, Australia – plan now!

For our invitation and preliminary information please visit the website <http://www.icd2012.com>

Awards

Colgate Palmolive Fellowship in Nutrition, Oral Health/Dental Education

2009

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This grant is given to support research in nutrition and oral health or dental education by doctoral students seeking a doctorate in nutrition and oral health or dental education. Deadline to apply is December 1, 2009. Grant amount: \$15,000. Non-US residents may apply.

All award applications are available online at <http://www.adaf.org> or by contacting Beth Labrador at 800/877-1600, ext. 4821 or blabrador@eatright.org .

Awards

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

2009

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This award is given to assist foreign nationals who are pursuing postgraduate work in the USA and have a clearly articulated plan to return to their country. Deadline to apply is December 1, 2009. Award amount: \$2,000.

All award applications are available online at <http://www.adaf.org> or by contacting Beth Labrador at 800/877-1600, ext. 4821 or blabrador@eatright.org .

Awards

Wimpfheimer-Guggenheim Fund for International Exchange in Nutrition, Dietetics and Management

2009

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This award is given to provide for the international exchange of needed nutrition, dietetic and/or management information for the benefit of the nutritional health of the world community. Award amount: \$1,000. Up to two awards may be given. Deadline to apply is December 1, 2009.

All award applications are available online at <http://www.adaf.org> or by contacting Beth Labrador at 800/877-1600, ext. 4821 or blabrador@eatright.org .

Awards

Edna and Robert Langholz International Nutrition Award

2009

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Nominate yourself or someone you know for the prestigious Edna & Robert Langholz International Nutrition Award that honors the person whose contribution to nutrition has had the greatest international significance. The recipient will receive the award in person at American Dietetic Association's Food & Nutrition Conference & Expo in Boston, Massachusetts, November 6-9, 2010. The recipient will receive a bronze statue representing the award and a \$25,000 award (US). The nominee may be a citizen of any country. No resident or citizen of any one country may win consecutively (any applicant from the Denmark is therefore not eligible in 2010). Award Application deadline is October 5, 2009.

All award applications are available online at <http://www.adaf.org> or by contacting Beth Labrador at 800/877-1600, ext. 4821 or blabrador@eatright.org.

Awards

The Wimpfheimer-Guggenheim International Lecture

2009

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The ADA Foundation is currently accepting proposals for the Wimpfheimer-Guggenheim International Lecture taking place at FNCE in Boston, Massachusetts, November 6 to 9, 2010. The focus of the lecture is to raise the nutritional health of the world community by highlighting original international projects in food and nutrition, dietetic education, research and foodservice management. Practical application of innovative, creative or novel yet feasible solutions to local problems that can be applied in a variety of settings will be strongly considered, especially in developing countries. The lecture may also focus on work that international not-for-profit organizations are doing to improve the nutritional health of the world community. Registered dietitians (or International Equivalent) nutritionists, health professionals, officers of international health organizations or government agencies promoting partnership for improving global nutrition and universal well-being are eligible to be selected for the lecture. To be considered as a lecturer, please complete the proposal located on the ADAF website, www.adaf.org, and provide a CV/résumé for a potential lecturer, lecturers or panel of lecturers. All proposals are due to Beth Labrador, by October 26, 2009.

All award applications are available online at <http://www.adaf.org> or by contacting Beth Labrador at 800/877-1600, ext. 4821 or blabrador@eatright.org.

Calendar of Events

October 17-20, 2009 - American Dietetic Association Food & Nutrition Conference & Expo - Denver, CO

2009

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American Dietetic Association Food & Nutrition Conference & Expo

October 17-20, 2009

Denver Convention Center, Denver, Colorado

More than 130 educational sessions, 400 posters and 300 exhibitors

<http://www.eatright.org/fnce>

Early Registration Rates close September 10, 2009

January 28-30, 2010 - 1st International Congress on Abdominal Obesity - Hong Kong, China

2009

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1st International Congress on Abdominal Obesity

January 28-30, 2010

Hong Kong, China

Description: The 1st International Congress on “Abdominal Obesity: Bridging the Gap between Cardiology and Diabetology” organized by the International Chair on Cardiometabolic Risk [<http://www.cardiometabolic-risk.org/>], will take a multidisciplinary approach to the assessment and management of abdominal obesity as a key risk factor for the development of diabetes and cardiovascular disease. The Congress will examine and discuss novel approaches, and share scientific and clinical data to benefit regional healthcare professionals, clinicians and scientists for the fight against the epidemic of abdominal obesity, diabetes, and cardiovascular disease.

2009 Congress Highlights include:

- o Assessment of abdominal obesity, metabolic syndrome and related cardiometabolic risk
- o Pathophysiology of abdominal obesity and related cardiometabolic risk
- o Assessment of global cardiometabolic risk
- o Drivers of CVD risk in abdominal obesity and type 2 diabetes
- o Management of abdominal obesity and global cardiometabolic risk: physical activity/exercise
- o Nutritional management of abdominal obesity and type 2 diabetes: From dieting to eating healthy

For further details please visit the congress website at: <http://www.kenes.com/abdominal-obesity>

September 20 – 22, 2010 - 23rd biennial congress of the Nutrition Society of South Africa and the 11th biennial congress of the Association for Dietetics in South Africa

2009

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23rd biennial congress of the Nutrition Society of South Africa and the 11th biennial congress of the Association for Dietetics in South Africa

September 20 – 22, 2010

Durban, South Africa

<http://www.nutritioncongress.co.za>

From the Chair of the Board
2009
Vol. 16 Issue 2

The Board of Directors sets the direction of ICDA for the next 4 years.

In April, The Board met in Turkey to work on the strategic and action plans for the period 2008-2012. Thank you so much to the Turkish Dietetic Association whose hospitality was just wonderful. We were able to move forward on a range of issues which I would like to share with all our members. I hope you will be as excited as we are with the direction that we want to follow. The new plan continues to bring our mission to life. We will need all our members to make this happen and will be needing your input even more than we have in the past.

Why is this important? We think that by making the plans more formal, we will be able to monitor our progress more closely. We have been really excited to have the platform of our definitions, standards and codes of good practice now in place. We want to build on this foundation to make sure the profession achieves its rightful place in improving health. Together we can learn from each other and we can support each other.

We have selected three key result areas: ICDA Leadership, Strong Networks and Profile for the Profession. Under each of these areas we have identified strategies and actions that will help us, and then action plans with timelines and outcomes. The full plan will be on the website – so don't forget to have a look at it.

Just to give you some examples, under Leadership, we want to develop a framework for leadership – how we can work better together within ICDA. One action is to promote membership of ICDA more widely. Under Strong Networks we want to strengthen communication and one action is to enhance our website and a second is to identify ways to fund yearly meetings of the national representatives. Under Profile for the Profession, we want to increase our representation at international meetings. You can see these are ambitious plans but we are confident that we can progress them.

The Board has also determined that where one of our members is already a leader in an activity, we will support and promote that activity, rather than trying to develop our "own". The first of these is the International Dietetics and Nutrition Terminology developed by the American Dietetic Association. The ICDA is pleased to support and promote this as a major way forward for the profession. We have asked Dietitians of Canada to take leadership in the development of our first international position, which will be the development of a definition for evidence based practice. We feel that these actions will promote dietetics universally and will provide tools that can be used by all member countries.

To finish I would like to thank all the Board members for their diligence and hard work to get our plans in place. A very special and big thank you goes to Mary-Ann Sørensen, from Denmark

who is not able to continue as a Director after nine years service. We wish her well and thank her for her most significant contribution to international dietetics.

Sandra Capra
Chair, Board of Directors

Learning to Appreciate Diversity First Hand: My Experience as an Intern in Hong Kong
2009
Vol. 16 Issue 2

Country: Canada

Last November, I was fortunate to have the opportunity to finish my integrated internship at McGill University with a six-week community rotation at St. James' Settlement (SJS) in Hong Kong. Though I have visited my birthplace every couple years since I immigrated to Canada at the age of 3, I was eager to find out how dietitians in Hong Kong approach nutrition education. A quick look at SJS's website showed that the organization offered a variety of community services, so I knew there would be lots to learn!

Most of my work at SJS involved a series of workshops for families with children aged 4-10 years in a low-income community. My main duties were to gather and compile data for our reports to the grant that funded this project, and I was also able to help out and participate in the different activities that were planned for each session. Some of the workshops were presentations given by the dietitian, while others were more interactive, including a Tai Chi class, a grocery store tour, and a cooking class.

Unlike some programs I have seen where the focus was just on one food group, the purpose of the workshops was to increase participants' general nutrition knowledge as well as to improve their overall eating habits - a tall order! One of the tools we used was a food pyramid published by the Hong Kong Department of Health (The Government of Hong Kong Special Administrative Region Department of Health, 2003); it is very similar to the former US food pyramid. This surprised me somewhat as milk and dairy are not major parts of the traditional Chinese diet. This was reflected by the fact that dairy intake was low amongst workshop participants, though this may also have been due to the melamine scandal. To address this issue, we advised participants to drink milk from suppliers known to be safe, and we used the workshops as a forum for the participants to try dairy alternatives such as plain yogurt, low-fat cheese, and fortified soy milk.

Although the general nutrition messages were the same as they would have been in Canada, there were differences in the details. Food availability and traditional foods were considered, and some of the food combinations and preparation techniques that we recommended (such as tuna salad with corn and raisins, and stir-fried cucumber) might not sound appetizing to some Canadians.

I also learned to view fibre a little differently. In Canada, people associate fibre with whole grains, but in Hong Kong where white rice is a staple, consumption of whole grains is less common. White bread is also preferred for its soft texture, perhaps because traditional breads are steamed. As a result, vegetables, fruit, and legumes are viewed as the main sources of fibre, although some people are beginning to incorporate brown rice and Thai red rice into their diets as well.

The phenomenon that was the most interesting was how concepts from Traditional Chinese medicine were integrated into the health practices of the families I worked with. At home, I experienced this on a small scale. My mother always told me to avoid eating fried foods because they are full of “hot air” and can cause acne and sore throats. I could not help but be tongue-tied when some workshop participants asked me if infant formula was unsafe because of its “hot air”, and if it is safe to boil different types of meat together in a broth.

There is a strong “food therapy” component in Traditional Chinese medicine where certain foods are believed to have specific healing properties. I felt that this was a barrier in teaching clients to eat a balanced diet because they wanted to learn about foods that were the “best” to eat in large amounts, and foods they should avoid instead of eating a variety of foods in moderation. I learned that there is even a word in Chinese for “eliminating foods from the diet”!

As an ethnic minority in Canada, I was always a little put off by diversity seminars and workshops where I felt that I was essentially being told by someone else how I would like to be treated. However, learning so much about my own culture during my internship made me realize that people from different cultures do have different needs. Although having knowledge of various ethnic foods is a start, my placement in Hong Kong showed me that this alone is inadequate. I believe that in order to enhance the effectiveness of our practice in a multicultural setting, we as dietitians need to take the time to learn about the food customs and health beliefs of different cultures so that we can provide counseling that goes beyond meeting only the nutritional needs of our clients.

Reference:

The Government of Hong Kong Special Administrative Region
Department of Health. (2003). 6-12 years old food pyramid. Hong Kong:
Department of Health.

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Recent developments of the Irish Nutrition & Dietetic Institute
2009
Vol. 16 Issue 2

Country: Ireland

The Irish Nutrition & Dietetic Institute (INDI) is the national organisation for clinical nutritionists/dietitians in Ireland. The INDI's mission is to encourage, foster and maintain the highest possible standards in the science and practice of human nutrition and dietetics, to positively influence the nutrition status and health of the individual and the population in general. This incorporates clinical nutrition, community nutrition, business and industry, research, education and private practice. The INDI through its varied workload further the cause of dietitians both on a national and international basis. Below are summaries of recent developments:

Oral Nutrition Supplements (ONS) – due to the current economic downturn all aspects of budgets within the health service are being reviewed. The efficacy of ONS came under scrutiny. The INDI brought an Irish and international evidence based case for ONS (both from economic as well as patient health perspectives) to the attention of the relevant authorities. The INDI are lobbying hard for the continued ONS under dietetic supervision in hospitals and the community setting.

Ability to prescribe ONS – at present dietitians in Ireland do not have the authority to write and sign prescriptions for ONS – this is despite being the expert. In all cases a medics signature is required in order for the prescription to be acknowledged and filled.

State registration – until recent years the issue of the lack of state registration for dietitians had not been addressed and was of great concern to the INDI. Not having the title of dietitian protected, meant it was open to potential abuse. The INDI in addition to other health care professional representative groups e.g. The Irish Society for Chartered Physiotherapists lobbied to bring about the required protection for the relevant professions. Success was finally attained in 2008. Currently the required legislation is going through the Irish political system and the INDI look forward to it coming into law in the next few months. Continuing Professional Development will become an integral part of all clinical nutritionists/dietitians daily practice with the imminent arrival of statutory registration. Clinical and non-clinical meetings are held as part of this developing area on a variety of specialist topics. Guest speakers from a diverse range of backgrounds, as well as own members present at these meetings.

Obesity and Advocacy -

In 2008 INDI Council identified obesity as one of the areas where they would concentrate in relation to advocacy for the coming year.

1. In December Minister Mary Wallace (Junior Minister for Health Promotion) set up the Inter Sect oral Group on Obesity whose task was to re-examine the progress to date on the Obesity Taskforce report (2005) and to prioritise areas for action. The group was made up of several

government departments such as Education, Health, Environment, and Transport as well as agencies such as Food Safety Authority of Ireland (FSAI), Safefood, Irish Sports Council, and representations from academia and industry. INDI were the only professional body represented on this group. The group met, reviewed and reported on the existing Obesity Taskforce report. Recommendations were made to government on future priorities for obesity prevention. The INDI were also represented on the Communications and the Obesity Treatment sub groups. The Intersect oral group presented its interim report to government on 17th April and can be found at http://www.dohc.ie/publications/report_ntfo.html

In October 2008 Safefood (a North/South Body) hosted the first meeting of the All Ireland Obesity Action Forum. INDI were invited to sit on this group. The group was made up of members from Northern Ireland along with various stakeholders from the Republic like the FSAI, Institute Public Health, Industry representatives, Irish Heart Foundation and Department of Health and Children. There were many similarities between the jurisdictions so sharing of experiences and knowledge will be beneficial.

Finally the INDI now are also represented on the National Health Promotion Obesity Public Awareness Campaign - Little Steps. INDI support this initiative and were invited to put forward ideas and comments on the forthcoming resources for this three year campaign of which we are in year 2.

The INDI are represented on all government and national groups who are examining Obesity. They are represented at the coal face and can use their experience and knowledge to influence policy. This is very important for long term relationship building within these groups and will be of benefit in further areas.

Resources

American Dietetic Association Releases New Position Papers and Practice Guidelines
2009
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The American Dietetic Association has released new or updated position papers on Food and Water Safety, Obesity, Reproduction and Pregnancy Outcomes and Vegetarian Diets.

The Association also has published evidence-based practice guidelines for nutrition care for Patients with Spinal Cord Injury and Patients with Celiac Disease.

All of the materials can be accessed on the ADA website, <http://www.eatright.org> . Some access is limited to ADA members or EAL subscribers. You will receive appropriate messages while reviewing the material.

Resources

Establishment of the “Review and Positioning Group of the Spanish Association of Dietitians-Nutritionists” (GREP/AED-N)
2009
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The review and positioning group of the Spanish Association of Dietitians-Nutritionists (GREP / AED-N) is a newly formed group within the Spanish Association of Dietitians/Nutritionists (AEDN) which is responsible for activities such as:

- Preparing scientific positioning documents.
- Translating and adapting consensus documents
- Creating tools for food and nutrition education useful for dietitians/nutritionists.
- Updating library (books and journals) resources.
- Writing articles in the journal “Dietetics Activity” and other journals.
- Actively participating in national scientific committees on nutrition and dietetics.
- Acting as the Scientific Advisory Committee of the AEDN, including providing advice to dietitians on their relationships with industry or other national organizations.

Head: Eduard Baladía

Members: Eduard Baladía, Julio Basulto, María Manera & Raúl Bescós

info@grep-aedn.es

<http://www.grep-aedn.es>

Resources

Scientific Journal of the Spanish Association of Dietitians–Nutritionists: “Dietetics activity”
 (“Actividad dietética”)

2009

Vol. 16 Issue 2

Dietetics Activity (Actividad dietética), is the official journal of the Spanish Association of Dietitians-Nutritionists since 1997 and it is open to professionals who wish to contribute to the work of dietitians and nutritionists.

It is published every three months (four per year) and comprises different aspects of nutrition and dietetic practice including professional updates (clinical, public health and management), original research articles, reviews of professional and scientific events and other relevant news from the Spanish Association of Dietitians-Nutritionists.

During 2009, the journal will be incorporated to the following databases: scopus, doyma, indexmedicus and embase. In addition, work is ongoing, that if successful, will see the incorporation of this journal into Pubmed during 2010.

Editor in chief:

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<http://www.aedn.es/larevista.php>

New member - The Board of Directors is pleased to announce that a national dietetic association in Nigeria has joined ICDA. The Dietitians Association of Nigeria has approximately 200 members. The Aim of the Association is to promote the study and clinical practice of the profession in its widest sense. Some immediate priorities are: To advance the knowledge and techniques and development of dietetics as a means of promoting good health; to enhance DAN publications (e.g. Journal, newsletter, web site) as a means of enhancing the profile of the profession in Nigeria; and to ensure the Dietitians Registration Board Bill is enacted in law. Welcome to the Dietitians of Nigeria!

ICDA Strategic Plan 2009 – 2012 - The Board of Directors has developed a strategic plan to 2012 based on input from national dietetic association Members of ICDA. The plan will drive ICDA actions to achieve results in three key areas: ICDA Leadership; Strong Network; and Profile for the Profession.

ICDA Leadership

Goal: stronger leadership within and of ICDA

Strategies:

- Representation on key international groups impacting on food, nutrition and dietetics
- Foster alliances with international health professional groups/associations
- Increase participation in the development of relevant international policy and programs
- Build ICDA leadership capacity
- Encourage more national dietetic associations to join.

Strong Network

Goal: stronger integrated communication systems

Strategies:

- Build and maintain the network of national dietetic associations
- Enhance information technology capacity (e.g. for studies, for policy development)
- Build common language
- Build the knowledge base (e.g. role statements)
- Develop the networking and collaborative action of the Congress
- Meeting of national dietetic association Representatives between Congresses
- Support and encourage communications between and among national dietetic associations

Profile for the Profession

Goal: Enhanced image for the Profession with others (external focus)

Strategies:

- Develop international standards of education, training and practice
- Promote ICDA international standards

- Ongoing study of dietetics education, standards and practice
- Use Congress as a key professional development event.

To follow developments for the 2012 International Congress of Dietetics to be held in Sydney, Australia September 5 through 8, 2012 be sure to visit the ICD 2012 website at <http://www.icd2012.com> . The ICD 2012 theme is LEAP: Leadership, Evidence and Advancing Practice.

Annual meeting of member associations - the third annual meeting of national dietetic association members of ICDA will take place by teleconference on September 29th. We hope that most of the approximately 40 ICDA national dietetic associations who are members of ICDA will be represented to hear reports from the Board of Directors and to deal with other matters of ICDA business. National dietetic association Representatives serve as a primary communication link between ICDA and national dietetic associations and their members. The Representative of each national dietetic association to ICDA is listed on the ICDA web site (url for member association page). From Representatives learn more about ICDA activities under each priority in the strategic plan.

What are we doing in Hungary? The duties and roles of the Hungarian Dietetic Association
2009
Vol. 16 Issue 2

Country: Hungary

The Hungarian Dietetic Association (HDA) was established in 1991 to serve as a professional organization of dietitians. The registered dietitian members are specialized in different fields of nutrition such as hospitals and catering, social institutions, food industries, sport nutrition, or research institutes as scientific supports. The main aim of the Association is to achieve the development, preservation and promotion of health from the point of dietetics. These endeavors and achievements expand to clinical dietetics as well as to public health.

The Association became a member of the European Federation of the Associations of Dietitians (EFAD) in 1994 and Budapest got the honour to greet the participants of the 5th Forum of EFAD held in 2003, first time in Eastern Europe.

The HDA joined ICDA in 2008, with which it has been getting into the international circle of dietetics.

The Association has created a stable cooperation with the Hospital Association - including both professional dietitians and financial leaders - which resulted in a cost-saving and efficient network. By the end of 2007 the network resulted in the rise of raw material cost from 280 into 550 Hungarian Forint and it also built a flexible and varied menu system, which was an enormous step for developing and raising the nutrition of patients to higher quality. The constitution of protocols regarding the diet therapy and prevention of different diseases such as cardiovascular diseases, metabolic syndrome, chronic heart failure, is also included in the tasks of the Association. Comprehensive researches were carried out over the status of dietetics in Hungary and proposals were worked out for developing the role and efficiency of the profession. Continuous surveys are also made by the HDA over different tasks of nutrition for finding problems, sharing them with the professionals and making recommendations or opinions about the given tasks.

The Hungarian Dietetic Association has been working on getting into the public sphere with the help of all the possible tools of media. It has a separate PR agency to use the most modern and efficient tools for advertising healthy eating.

It has a strict relation with the food industry and would welcome several Programs, Academic Associations and Firms from the field of Nutrition as its partners.

HDA is one of the founders of the Nutrition, Lifestyle and Physical Activity (TÉT) Platform on the basis of WHO proposal, which is the result of the network of civil organizations, the science of nutrition, the Hungarian government and the business sphere. As health education and the nutrition of children has always stood in the center of attention, with the help of HDA and TÉT Platform, several educational material have become available online. From 2008 January, a

personal consultant service is also available for the public and the need for dietetic advice has been growing in the last years.

The professional journal of dietitians “Új Diéta” (New Diet in English), published every two months from 1992, includes all the news, appeals, innovations, researches and reports, which stand in the interest of dietitians and health professionals.

The goal of HDA is to keep continuous and up-to-date communication with its members, and is publishing three newsletters: Scientific Lifestyle Recommendations, which is always about a chosen, actual science-based topic; Media Monitoring newsletter collects the materials published online over the topic of dietetics, healthcare and healthy lifestyle; while Nutritional Academy newsletter informs hospitals, pharmacies of the basic principle of healthy nutrition. The Association owns a homepage www.mdosz.hu, where all the important tasks, such as current news, scholarships, activities, job opportunities, information about conferences or online educational materials can be found. The HDA holds trainings three times a year for the press representatives about frequent subjects to make them more informed.

The Association also organizes conferences, where professional presenters are invited - even from abroad - to focus on important and popular topics. The next conference of the series will be held this year; its topic is nutrition for people above the age of 50. The previous ones included current subjects like wellness and sport nutrition, catering and nutrition of children. Various scholarships and awards, such as the Dietitians of the Year or the Academic Student Conference Award, are given to professionals by HDA.

In summary, the Hungarian Dietetic Association tries to do its best in the field of nutrition and dietetics - using the tools of media and right relations - to be in the service of health-prevention and promotion.

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'Train-the-Trainer' Workshop

2009

Vol. 16 Issue 2

Country: India

The Indian Dietetic Association strives to promote, encourage and improve the status of dietitians, to maintain and increase their professional knowledge, ability and competency, and to regulate standards of training and practice of dietitians.

To this end, the Registration Board (commonly referred to as 'RD Board') of the Indian Dietetic Association, the official national body of dietitians in India, plans to revamp the training program and credentialing process for Registered Dietitians in the country. Its aim is to make dietetic internship uniform throughout India, to train the interns in all the skills necessary including soft skills and to ensure that entry level competency is achieved at the end of the internship.

The RD Board will hold one day 'Train-the-Trainer' Workshops, free of cost, at three centers in India shortly, to introduce the new RD internship format and regulations to all senior dietitians in the country who conduct internships. These workshops will be held in Mumbai, Delhi and Chennai to enable senior dietitians from all parts of the country to use this facility.

A Competency Booklet has been formulated as a framework for the internship. Its use will be explained to workshop participants and feedback on all aspects will be solicited, before finalizing the internship program.

The competencies to be developed and completed during this time fall under the categories of Clinical Dietetics (Clinical nutrition and dietetics, communication, education, management skills in clinical dietetics), Food Service (The menu system, personnel management, food supply, procurement and control, food production, food service distribution, financial management) and Management Skills (Universal management tools, management of the Department). The number and categories of patients for nutrition care during clinical rotations are also specified.

The supervising RD will do well to select the interns carefully, as it helps to make a good start. Suitable education and training, relevant experience, leadership potential, organizational skills, decision making abilities, stress tolerance, an interest in food, maturity, insight, initiative, compassion, communication skills and interpersonal skills are some of the attributes to look for in a future Registered Dietitian.

Armed with the academic preparation and internship work experience, the dietitian should be able to meet the standards set by the RD examination.

Competent dietitians will win respect and acceptance for their profession from other healthcare professionals while making a successful career for themselves. The ultimate aim is to produce Indian dietitians of a calibre that is second to none in the world!

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