

National Association Reports

Adding the preventive nutritional approach to WHO 'Smart in the Sun' guidelines

2010

Vol. 17 Issue 2

Country: Israel

Following extensive work regarding the potential of a nutritional contribution to sun protection recently published by Dr. Niva Shapira, member of the Israeli Dietetic Association (Nutrition Reviews (2009; 68(2):75-86), the Israel Cancer Association adopted the nutritional approach and included it in their 'Smart in the Sun' WHO guidelines for the first time, with a press conference and release on May 3, 2010 to coincide with the beginning of national Skin Cancer Awareness Month. There has since been of high public interest including multiple media interviews and communications, with people adopting the concept that 'Smart in the Sun' also includes a nutritional dimension with associated dietary guidelines.

External strategies attained limited compliance and risk reduction

Where external sun protection strategies recommended by the WHO's widely publicized 'Smart in the Sun' program – including avoiding peak illumination hours, wearing appropriate body cover, and frequent application of sunscreen – have not attenuated the globally increasing epidemic of skin cancers (especially melanoma), research has shown that some nutrients reduce sun-induced photo-oxidative damage, while others may increase it, suggesting that a nutritional approach could play a preventive role.

Critical role of diet in sun-protection

The nutritional approach to sun protection recently became relevant following the understanding of the photooxidation sun-damage mechanism, whereby ultraviolet radiation oxidizes skin DNA, protein, and membrane lipids, initiating oxidative radical damage that triggers inflammatory and potential carcinogenic processes and undermines the immune system, compromising both skin repair and general health. A highly antioxidative diet combining dietary antioxidant vitamins, minerals, and phytochemicals – especially those accumulated in skin, i.e. carotenoids lycopene and beta-carotene plus factors supporting antioxidative enzymes – with anti-inflammatory n-3 polyunsaturated fatty acids, especially from marine sources, and anti-genotoxic n-9 monounsaturated fatty acids from extra-virgin olive oil, as well as low-fat dairy products and low amounts of pro-inflammatory n-6 polyunsaturated fatty acids, red meat, and alcohol (save for red wine), has been associated with reduction in risk of skin cancer processes.

These elements in the traditional Greek-style Mediterranean diet (in addition to long-advised good sun habits and medium-sensitive skin type) may have contributed to the low rates of melanoma in Crete, Greece, and in other Mediterranean countries, despite high regional levels of solar radiation. Application of such a nutritional model is expected to be relevant to other populations for lifelong internal support of sun-protection mechanisms. Dr. Shapira and the Israel Cancer Association are currently working toward expanding the nutritional dimension to

WHO's international 'Smart in the Sun' guidelines and educational efforts.

Nutrition research leading a policy change in health behavior

This is an example of how nutrition research conducted by clinical dietitians can initiate national policy and expand it further to the international level.

ICDA is a most relevant stage to present the dietary approach to sun-protection, in conjunction with Australia's own advanced research in this direction and dietitians and scientists the world over, to empower the profession and promotion of health behavior.

Dr. Niva Shapira

Clinical Dietitian

Institute for Nutrition Research, Rabin Medical Center/Beilinson Hospital, Petah Tikva, Israel

Consultant to the Israel Cancer Association

Announcements

16th International Congress of Dietetics 2010 Vol. 17 Issue 2 Country: Australia
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>

National Association Reports

Australian dietitians tackling food sustainability

2010

Vol. 17 Issue 2

Country: Australia

There is growing interest in the environmental impact of the production, distribution and consumption of food. Climate change, competition for use of water, pollution, land degradation and anticipated rising cost of oil or “inputs” into the food system are issues that are expected to impact on the food system. The implications for global food security are immense, making the quest for a sustainable, healthy and equitable food supply one of the most significant issues facing our profession and indeed the world.

The Food and Environment Interest Group (FEIG) was established in January 2009 with the following objectives:

- To provide a forum to discuss food and environment issues, such as food sustainability and climate change
- To share research, evidence-based information, publications and opinions in the area of food and the environment
- To provide education and networking opportunities for members
- To work towards the development of a DAA position on food and the environment

One of our first tasks was to survey the membership in order to gauge their concerns and needs.

Respondents believed food and environment issues were important for their professional practice but only a small proportion acted on this at least some of the time. Most respondents were only ‘somewhat’ confident in their knowledge of food and the environment advice. They also identified a significant number of barriers to practising “enviro-dietetics”. However, respondents clearly wanted evidence based information and education on this topic. There was a high level of support for DAA to develop a position statement and engage in broader advocacy strategies in relation to this issue.

Our first CPD event in February 2010 was titled ‘Is our food costing the earth- balancing the social, economic and environmental aspects of our food system?’ It provided the 87 delegates with foundation knowledge and a broad overview of the ‘triple bottom line’ approach to sustainability. Topics included: the major environmental problems around food; sustainable agriculture; local vs global food; the social aspects of our food system; sustainable manufacturing; food waste; and the place of nutrition in the sustainability debate. This event evaluated very well and can be viewed at by anyone who is an overseas affiliate of DAA.

Another engaging and entertaining event was conducted at the DAA National Conference in May 2010: a futuristic hypothetical panel discussion ‘What are we eating in 2050?’ In a first for

DAA, the hypothetical was moderated by a TV science presenter and will be broadcast free-to-air on one of Australia's national TV channels. This was an excellent way to promote the profile of dietitians on a topic of high public interest. You can view the program online at the following link <http://www.abc.net.au/tv/bigideas/stories/2010/06/15/2927258.htm>

A key issue that the FEIG has taken on for 2010 is food waste. Australian consumers threw away \$5.3 billion worth of food in 2004 - the equivalent of one in every five bags of groceries - over half of which was fresh food such as fruit and vegetables. We are not alone. Wasting food diverts nutrition from the mouths of the hungry but is also a waste of the resources, water, and energy used in the production, transport and supply of food. Food waste also contributes to climate change from the greenhouse gas emissions of food waste decomposition in landfills.

The FEIG worked with DAA staff to raise awareness of food waste through a media release, which was distributed at the time of Clean Up Australia Day (March 2010). The group also developed a 'Stop food waste' fact sheet. A working group is currently developing a DAA Position on food waste to assist DAA in awareness and advocacy activities. An educational event is planned in early 2011 to inform dietitians about how they can take action on reducing food waste in a variety of ways in a range of settings.

The Dietary Guidelines for Australians are currently being reviewed. The National Health & Medical Research Council aims to include food sustainability as one of many factors in the development of an updated national healthy eating guide. The draft discussion paper has already drawn criticism for its suggested limit on fish and meat intake for sustainability reasons: an obvious point of conflict between eating for optimal nutrition and environmental sustainability. Australian dietitians will seek to be part of the solution both locally and globally and invite dietitians all over the world to do the same.

Nicole Senior AN APD
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Awards

International Awards and Fellowships available from the ADA Foundation.

2010

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Colgate Palmolive Fellowship in Nutrition, Oral Health/Dental Education

This grant is given to support research in nutrition and oral health or dental education by student in a masters, doctoral or post-doctoral program in dietetics/nutrition or public health nutrition and have an expressed interest in nutrition and oral health/dental education. . Grant amount: \$15,000. Non-US residents may apply. Deadline to apply, March 1, 2011.

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

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. Award amount: \$2,000. Deadline to apply, December 1, 2010. The 2009 FIND recipient was Caroline Karani who is currently a dietetic intern at Bowling Green State University and a second year graduate student pursuing a masters in public health from the North West Ohio Consortium of Public Health,. Her long term goal is to serve her native country Kenya in the areas of health promotion and disease prevention.

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

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. The 2010 essay topic is: Describe the application of innovative technologies (example solar or telehealth tools), policies or interventions to raise the nutritional health of a community. The project described should be easily adaptable to a variety of situations. Deadline to apply, December 1, 2010. The 2009 essay award recipients are Penny E. McConnell, RD, SNS (<http://www.eatright.org/Foundation/content.aspx?id=6442452445>) for her essay entitled: Global Child Nutrition Forum (GCNF) Country Planning Process for Sustainable School Feeding Programs and Diane D. Stadler, PhD, RD (<http://www.eatright.org/WorkArea/linkit.aspx?LinkIdentifier=id&ItemID=6442452020&libID=6442452016>) for her essay entitled: Growth Assessment and Nutritional Intervention among High-Risk Children in Rural Honduras: Partnerships among OHSU, Medical Teams International, and PREDISAN. To red their essays please visit <http://www.eatright.org/foundation> .

All ADA Foundation award applications are available online at www.eatright.org/foundation .
For more information contact Beth Labrador at 800/877-1600, ext. 4821 or
blabrador@eatright.org .

National Association Reports

Being a freelance dietitian in Hungary

2010

Vol. 17 Issue 2

Country: Hungary

To become freelance self-employed in Hungary, dietitians with a university degree need authorisation from the National Public Health and Medical Officer Service (NPHMOS), a detailed professional programme, and personal identification documents. Freelance dietitians can show their ambition in fields where a state employee cannot or can do so only with bigger compromises.

Authorised by the NPHMOS, dietitians are obliged to take part in professional courses regularly and maintain an up-to-date professional knowledge.

It is possible to work as self-employed part-time (besides a full-time job), or full-time either as the owner/contractor of a company or on their own behalf.

The members of the Hungarian Dietitians Association (HAD) or experienced colleagues can help in getting started, and to obtain the necessary documents. The HDA also regularly mediates jobs between companies and members of the Association, playing an important role in getting opportunities as a contractor.

Új Diéta (New Diet), the professional journal issued by the Association, has a separate column where interested readers can get practical, up-to date news about this topic.

Being self-employed as a dietitian means that one can counsel individuals and groups, plan and give an expert opinion on sample menus, analyse food diaries and participate in nutritional studies.

Entering into a barter contract and becoming the expert of a website in exchange for free advertisement opportunity, dietitians can give on-line advice for the readers. It is very common that printed magazines or websites ask dietitians to be their expert, write articles and answer readers' questions.

Often, usually together with a specialist doctor, one can get a job by writing and publishing recipe books and booklets. In the fitness and wellness industry, there are more and more dietitians working in bodybuilding centres, wellness hotels, beauty salons, although these usually mean only occasional employment.

In case of common diseases such as diabetes and various food allergies, there is usually a dietitian, occasionally working as self-employed, helping the doctor. Similarly, we can meet dietitians practicing at private clinics, too.

Besides outpatient care, dietitians having expertise in clinical nutrition can practice in the fields of hospice and home care nursing, where they can help patients by selecting the appropriate type and doses of enteral or parenteral nutrition products.

It is not uncommon that food delivery companies hire a dietitian to plan the menu, give dietary advice, or plan personalised diets. Similar, but not so common yet, is when food marts hire a regular dietitian who informs customers about nutrition related news. Dietitians, as consultants of companies in the food industry, can also contribute to informing the public about the physiological importance of products that are part of a healthy diet.

Freelance dietitians can get occasional opportunities as presenters at conferences or public health events. These events are good opportunities for giving advice and getting new clients.

The most important as an entrepreneur is constantly delivering work of the highest quality, and thus building up a professional reputation, credit, and a well functioning network of professional relationships. With good references, it is much easier to advance professionally. In recent years, healthy eating and lifestyle have become very popular and highly controversial topics, resulting in much competition amongst a wide variety of experts. We need to gain reputation in our profession so that we are asked for advice rather than neighbors, hairdressers, or self-declared experts without qualification. There is also a challenge to create a need for patients that require a special diet, to meet a dietitian as early as possible, either by the recommendation of the GP or any other specialist. Freelance dietitians can play a key role here besides state-employed dietitians working in in-and-outpatient care.

It is also very important to appear as experts in the media as often as possible. These are without compensation, but can be useful for building new relationships.

In general, being freelance is not easy, but the daily challenges and the diverse, interesting work can provide opportunities for fast and visible professional development, which pays for the sacrifices and risks taken.

Judit Schmidt, dietitian, Hungarian Dietitians Association (HDA), Editorial Board, deputy editor of Új Diéta

Anita Klima, dietitian, HDA, Communications Committee

Calendar of Events

23rd biennial congress of the Nutrition Society of South Africa

2010

Vol. 17 Issue 2

20 – 22 September 2010

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

Durban, South Africa

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

2010 The Wimpfheimer-Guggenheim International Lecture

2010

Vol. 17 Issue 2

November 9, 2010

2010 The Wimpfheimer-Guggenheim International Lecture

Frances Davidson, PhD, MSc is presenting The Wimpfheimer-Guggenheim International Lecture at the ADA Food & Nutrition Conference & Expo (FNCE) in Boston, Massachusetts, Tuesday, November 9, 2010. The topic of her lecture is: From Global to Local: Opportunities and Challenges Utilizing Programming Science. Ms Davidson is the Health Science Specialist in the Global Health Bureau at the United States Agency for International Development (USAID). For more information about this lecture or other event at FNCE, please visit the ADA FNCE website at <http://www.eatright.org/fnce/>

Food & Nutrition Conference & Expo

2010

Vol. 17 Issue 2

November 6-9, 2010

Food & Nutrition Conference & Expo, sponsored by the American Dietetic Association
Boston, Massachusetts, US

showcases more than 130 education sessions, 400 poster presentations, 350 exhibits and numerous networking opportunities. <http://www.eatright.org/fnce/>

5th Asian Congress of Dietetics
2010
Vol. 17 Issue 2

November 10-12, 2010
Bangkok, Thailand

Thai Dietetic Association has organised the 5th Asian Congress of Dietetics in November 10-12, 2010 in Bangkok, Thailand. For more information visit <http://www.acd2010.org>

The World Congress of Nephrology
The World Congress of Nephrology
will be held in Vancouver, Canada.

National Association Reports

Dietitian Contact Centres in Canada Enhance Access to Trusted Nutrition Advice

2010

Vol. 17 Issue 2

Country: Canada

Canada is a large country with 10 provinces and three northern territories. Three provinces now provide a province-wide, government funded dietitian contact centre. Dietitian contact centres have evolved in Canada due to a greater emphasis on nutrition as a key risk factor in prevention and management of chronic diseases. Dietitians are identified by Canadians as the most trusted source of nutrition advice and yet access to dietetics services has been limited due to geography, wait times, user fees and not enough dietitians available to meet the population's health needs. Dietitian call centres are part of the solution to supporting better access to dietitians. Now, almost half of the population of Canada can access a dietitian directly by phone through these three call centres.

The Practice-based Evidence in Nutrition (PEN) knowledge database (<http://www.dieteticsatwork.com/pen/>) developed by Dietitians of Canada (DC) provides the foundation to assure evidence-based, consistent responses to client nutrition and healthy eating questions. DC has enhanced PEN for use in the contact centre environment to support quick navigation, knowledge translation for consumer audiences, efficient call lengths, distribution of follow-up materials to clients, community service referrals, data collection and reporting. This custom version of PEN is licensed to provincial governments to support dietitian contact centre activities. Feedback data indicates that this customized PEN supports dietitians to answer over 90% of the incoming calls.

For the most populated province of Canada, Ontario, DC also manages the operations of the contact centre. EatRight Ontario contact centre provides 3 ways to connect with the expertise of a Registered Dietitian (RD):

- toll-free telephone line – open 5 days a week from 9am to 5pm, with evening hours 2 days a week
- an Email-a-RD service
- web site at www.ontario.ca/eatright

Who is using the EatRight Ontario service?

- 92% of calls are from general public; 8% are from health intermediaries
- Almost 80% of users are women
- Majority of clients are 31-50 years; have completed higher education
- 98% of calls are in English
- There is good distribution of use from all regions of the province.

What are people calling about?

- most popular topic is general healthy eating, with lots of questions about feeding infants and

young children, menu planning, food purchase and preparation, nutrients

- next popular category is chronic disease, especially diabetes
- weight management
- digestive issues

What are callers saying about the service?

- Users are extremely satisfied with the service. Almost all would recommend service to others.
- The features that they value include --- the service was easy to use, trustworthy nutrition information, convenient hours, ability to talk to a Registered Dietitian
- Over 90% self-reported a positive change in food choices.

How is the Contact Centre infrastructure being used to support provincial policy and strategies?

Now that EatRight Ontario (ERO) provides quick and easy access from all regions to Registered Dietitians, the existing infrastructure can be used to support policy implementation and programs of the provincial government Health ministry, as well as other government ministries.

Some examples include:

- ERO is supporting the Ontario Diabetes Strategy with prevention activities, such as culturally adapting diabetes-related client resources to target populations at increased risk for diabetes; enhancing PEN database with more diabetes content; developing more interactive or dynamic tools for ERO web site e.g. videos and menu planning tool; needs assessment with cultural groups at increased risk for diabetes
- ERO RDs are a resource for parents who have participated in preschool nutrition screening program
- The Education ministry has released a policy for schools that limits what foods can be served; ERO is a key contact point for teachers, caterers, manufacturers to help them understand and implement the policy.
- A collaboration with Agriculture ministry on recipe development using local products and food preparation videos.

We at Dietitians of Canada are familiar with dietitian contact centre services in Canada. However, we would be excited to learn more about dietitian contact centres operating in other parts of our global community.

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National Association Reports

Food advertising in prime-times for children: the French Association of Nutritionist Dietitians (AFDN) with 21 medical societies of experts and specialists move to regulate!

2010

Vol. 17 Issue 2

Country: France

Obesity has doubled in 20 years in the industrial nations. 17 % of the adults and 3 to 4 % of the children in France are obese.

As measures for a national plan to fight obesity are going to be announced by the President of the Republic, 22 societies of medical experts and specialists including the French Association of Nutritionist Dietitians (AFDN) drafted a press release asking that the food advertising in prime-time television for children should be regulated.

This communiqué is a reminder of the charter that France as well as most of the European countries had signed in 2006, on fighting obesity.

This charter stipulates "that the impact on the objectives of public health should be a priority consideration during the elaboration of the economic policies" and "that the measures have to be articulated around the main concerned domain of activity, for example production, marketing and information on products,".

Mrs Kelly, member of High Council of Media sector and journalist of Le Monde (first French newspaper) on 17 February 2010 said "If the abolition of food advertising during children's programs is an effective instrument to fight obesity, its economic consequences would on the other hand impact our sub-financed media sector".

This however is not the scientists' point of view.

A report (1) by the International Obesity Task Force (IOTF), structure in charge of policies of the International Association for the study of Obesity, consisting of 10000 scientists and obesity specialists from 55 countries, underlines that the great majority of food advertisements presented during programs for children, encourages the consumption of high density energy food and drinks.

These foods are reprehensible on no account in themselves but their excessive consumption can eventually raise health problems.

AFDN and the scientific societies support this report by specifying that the regulation of advertising in prime-times for children is a measure of coherence with multiple actions to facilitate good eating habits and hygiene of life favorable to health and to reduce behavior towards nutritional risk.

The aim is to prevent the promotion of food which can contribute to an excess consumption of sugar, or fat or salt. This is a recommendation of public health known in all the countries of the world and believed in France by the PNNS (2).

AFDN stresses upon being active in fighting obesity and so joined this press release.

(1) The challenge of obesity in the WHO European region and the strategies for response :
summary. F. Branca, H. Nikogosian and T. Lobstein, 2006

(2) Plan National Nutrition Santé: National Health Nutrition Plan

<http://www.mangerbouger.fr>

From the Chair of the Board of Directors

2010

Vol. 17 Issue 2

During 2010, the Board of Directors has been working on those activities that we identified in our work program for 2008-2012, within the three key result areas: ICDA Leadership, Strong Networks and Profile for the Profession. These continue to bring our mission to life.

As part of our plan under Leadership, we have been promoting membership of ICDA more widely and have welcomed several new members this year. We sincerely thank the American Dietetic Association Foundation who will be establishing a named Welcome Fund to assist those dietetic associations which may be just starting out, or where the profession is quite small, to be able to join ICDA. We recognise that in times of financial crisis such as we have recently seen, or where organisations are new and developing, that there can be real barriers to joining, so this should be a really big help. The details of how to access these funds will be on our website soon. To be able to join ICDA is an important step for dietetic associations and we are really pleased to be able to offer this additional help. A very big “thank you” to the ADAF for this.

This year we have also been working on our communication network. We have commissioned a new logo and upgraded our website. After many years we saw that this was necessary. Our old image and logo has served us well, but needed refreshing. We felt that the website did not always make it easy to find out about our great developments, so that an upgrade was necessary. So our new site being launched this year will make finding our materials and information easier for everyone which will enhance sharing. Member associations are welcome to use the logo in publicising ICDA and linking with us. You can put it on your masthead on your web for example. Specific details of its use will be on the site, but if you have any queries about its use just contact us. We are excited about the new concept which strengthens our image of the whole world.

We have also been advancing our work on the International Dietetics and Nutrition Terminology and developing an international understanding of Evidence Based Practice. These represent really important international tools which will be able to advance the profession and our professional standing worldwide. More information about both these programs is on our website, so make sure you take a look at these.

To finish I would like to thank all the Board members for their diligence and hard work to get our plans in place during the last year. We have been increasing our profile, participating in the WHO global networks on health care, working with and supporting other geographical dietetics groups, such as the European, Asian and Latin American Federations of Dietetic Associations. However, we need you, our members, to help us. We need your ideas and feedback on what we are doing. We need you to tell us what you are doing and what you want to see us do. That way, our mission will really come to life.

Sandra Capra
Chair, Board of Directors
ICDA

National Association Reports

Indian Dietetic Association Upgrades Its Website – www.idaindia.com

2010

Vol. 17 Issue 2

Country: India

The Indian Dietetic Association (IDA) had launched its website in December 2003, at the thirty sixth Annual National Conference. It was then a static website which gave information on the Registration Board, related information about the registration exam and how to become a registered dietitian. It also listed information on all the local chapters of IDA, with contact details of chapter presidents. The facility to download the life membership form was available on the website.

From time to time the website was slightly modified and new information was being added on. The traffic to the website was constantly increasing and the contact persons were faced with questions on several details that were not on the website.

Soon the need for upgrading the website and giving it a facelift was felt. The task was taken up by Ms. Sheela Krishnaswamy and Dr. Dharini Krishnan. After several weeks of co-ordination and commitment, the upgraded website went live in August 2010. The website url is <http://www.idaindia.com>

The new website has brighter colours and a user friendly interface. The focus has shifted towards IDA on the whole, as against the focus on the Registration Board previously. Some of the features of the upgraded IDA website –

‘Registration Board’ section gives all details related to the registration exam. Standardisation has been created by conducting a workshop called ‘Train the Trainers’, so that the internship for the registration is uniform in all hospitals. Hospitals where dietitians can take their internship, sample question papers, detailed syllabus and text books for reference have been listed.

Names of all registered dietitians in India have been listed on the website.

An advertising section has been created for nutrition related companies to place their advertisements.

The ‘About Us’ section talks about the executive committee, awards and prizes.

The feedback / contact us section gives the user an opportunity to reach the Board for any queries related to IDA.

The ‘sign-in’ section is the interactive part of the website, where each life member will be given a login and password. This will allow the life members to read the Journal of the IDA called

JIDA, when it goes online. We are planning to have a community section where life members of the association can voice their opinion, brainstorm, exchange news, views and information related to the profession.

In future, we hope to address the needs of our community by upgrading our website from time to time.

Dr. Dharini Krishnan
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International Workshop on Capacity and Leadership Development in Nutritional Sciences

2010

Vol. 17 Issue 2

Country: Singapore

I was privileged to attend the International Workshop on Capacity and Leadership Development in Nutritional Sciences from the 4 to 6 September 2008 in Seoul, Korea. The workshop was held in the Hoam Convention Centre, in Seoul National University. Organized by the International Union of Nutritional Sciences and the Korean Nutrition Society, this workshop successfully lived up to its aim to develop young, promising nutritionists to be the next generation of leaders. The international workshop had three objectives, which were:

1. To promote leadership skills among young nutrition scientists of Asia
2. To strengthen capacities for innovation and cooperation
3. To build network among the next generation of Asian nutrition scientists

Twenty-six young nutritionists were selected from 13 Asian countries and Australia. The local national nutrition association of each country recommended them and the International Workshop committee finalized the list. I am deeply grateful for the recommendation support by the Singapore Nutrition and Dietetic Association (SNDA) to enable my participation in the International Workshop.

The workshop program offered opportunities to build up leadership skills and to strengthen scholarship skills. Building a long-lasting network among the young invited scholars was heavily promoted. The international workshop program was largely divided into six sections – capacity development for leadership, leadership roles for nutritionists, professional writing for nutritionists, nutrition in Asia, capacity development for actions and a field trip.

Capacity development for leadership –

This segment addressed the necessary skills to become an effective leader, not only in the nutrition world but to become an influential person in general. Three sessions were created for this section, which were:

a. Leadership development

Topics covered include an aspect on self-leadership, leadership to others and the importance of personal competency versus character towards becoming an effective leader.

b. Coaching skills

Participants learned the definition, utility, and effective skills of coaching to become an effective and influential leader. The session tapped on the importance of emotional intelligence, problem solving, communication skills to influence and coach appropriately.

c. Communication skills

The session provided opportunities to uncover how nutritionists can work effectively with the mass media and other health professional towards a common goal of promoting and protecting the health of the people.

Leadership roles for nutritionists –

This section covered topics on research opportunities and leadership roles in nutrition. The importance of learning and reciprocate by mentoring came across as essential to maintain our professional career.

Professional writing for nutritionists –

This segment provided the fundamental knowledge on writing grant proposals and getting published in prominent academic journals. The participants also received valuable guidance on the components of writing for publication.

Nutrition in Asia –

The Nutrition in Asia section was an exciting session, held intermittently throughout the 3-day workshop. It consisted of “Country Reports”, which were snapshots of current nutritional focuses of the participating countries. The participating countries were Australia, Bangladesh, China/Taiwan, India, Indonesia, Japan, Korea, Malaysia, Mongolia, Pakistan, Philippines, Singapore, and Sri Lanka. There were priceless opportunities to learn about the current nutrition problems and directions of these countries. It clarified the problems that were common or unique in Asia and Australia.

Capacity Development for Actions –

This last session aimed to promote collaboration among the young participants through harmonization of nutritional goals, standards, and policies across nations.

Research and nutrition policies are inter-related through five scenarios: 1) Setting nutrition standards, 2) Food-based dietary guidelines, 3) National Nutrition Surveys, 4) Criteria for food labeling, 5) Nutrition assistance programs.

Dr Ricardo Uauy from the University of Chile and the current President of International Union of Nutritional Science (IUNS) provided a motivating segment on partnerships with the food industry. He inspired the young participants to widen the scope of nutritional problems beyond their country’s own. The 2008 Lancet series on maternal and child undernutrition was highlighted and the current consensus on effective international actions against undernutrition was discussed through international nutrition system and action.

After thoughts

All in all, it was an educational and inspiring experience to be part of the international leadership workshop: “Capacity and Leadership Development in Nutritional Science”. The holistic approach of this workshop has further enriched my journey to nourish and develop the profession of nutrition and dietetics in Singapore. It has certainly put Singapore on the regional map in terms of our unique nutritional health promotion directions and efforts. Hopefully, it will lead to further effective collaborations and multi directional learning with the other countries in Asia.

A report by Ann Selina Chang Chia Yin, Singapore Nutrition & Dietetics Association, Singapore.

Procedures for Use of ICDA Logo by Member Associations

2010

Vol. 17 Issue 2

A dietetic association that is a Member of ICDA is permitted to use the ICDA logo on the masthead of its association newsletter, website or on other association publications as follows

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- The logo must be accompanied by the following statement –
[name of Association] is a Member of the International Confederation of Dietetic Associations.
- Use of the ICDA logo must not imply that ICDA approves the content of the publication.
- An association that discontinues its membership or fails to pay its membership fee shall immediately remove the logo from the masthead of its publication.

The Host country of the Congress is permitted to use the ICDA logo in connection with promotion of the International Congress of Dietetics (ICD). No other use of the logo and name of ICDA by Members is permitted without the express written permission of the Secretary of the ICDA.

To obtain a copy of the ICDA logo, the ICDA Representative of the member country may contact Lydia Couture-Comtois at the Secretariat by writing to lydia.couturecomtois@dietitians.ca

National Association Reports

Role of dietitians in food sustainability: position of the Italian Association of Dietitians (ANDID)

2010

Vol. 17 Issue 2

Country: Italy

In the last six years, the Italian Association of Dietitians (ANDID) developed some positions on the professional role of the dietitian.

The positions regarded clinical and public health areas where a fundamental, non-replaceable role for the dietitian has been documented by the most recent scientific evidence, with reference to high quality studies performed by dietitians or by working groups involving dietitians. The position released until now include the role of dietitian in malnutrition, chronic renal disease, diabetes, artificial nutrition, bariatric surgery, public health, cardiac rehabilitation and prevention, professional autonomy and responsibility.

During 2009, ANDID established a working group comprising of expert dietitians working in public health, to develop a position paper on food sustainability. This group shared their experience and knowledge with some colleagues of the American Dietetic Association, Andie Tagtow and Jennifer Wilkins, who had great expertise in this field.

During ANDID National Meeting, which took place in May 2010, Stefania Vezzosi, the working group chairperson, presented the ANDID position on the role of dietitians in food sustainability. ANDID thinks that talking about sustainable food means stimulating critical thinking and promoting a sense of community and responsibility towards the world we live in.

Food sustainability comprises all the components of the food chain (production process, processing, distribution, access, consumption and waste management) and aims to evaluate their effects according to the human health, the environment, the society and the economy.

As community well-being has to be considered as the heart of all the economic and social policies, sustainable food is strongly linked to the affirmation of specific ethics and equity prerequisites in the use of natural resources, in social justice, to decrease poverty, food and environmental security.

It is the position of the Italian Dietetic Association that all Dietitians have to encourage sustainability-responsible practices. Dietitians have to:

- Consider the health needs of the population within a global food system, promoting consumption that supports sustainable agriculture, biodiversity and natural resources preservation, minimize waste and promote environmental sustainability
- Work with various professionals, government agencies, institutions and public sector actors, private and civil society in the implementation of theoretical models linking natural resources, food production and global health

- Possess basic training and continuous training on issues related to sustainable food systems
- Constantly evaluate their actions in terms of effectiveness, efficiency and pertinence

ANDID also hopes dietitians will be more represented and involved in committees and local, national and international authorities, to promote and support policies that encourage development of sustainable food models.

The English version of this document will be soon available. For request, please contact ANDID (info@andid.it).

Ersilia Troiano, Stefania Vezzosi, Anna Laura Fantuzzi, Giovanna Cecchetto – on behalf of ANDID Working Group on Public Health and Food Sustainability (C. Benvenuti, C. Cremonini, A. L. Fantuzzi, M.P. Langellotti, A. M. Rauti, E. Tomassetto, E. Troiano, S. Vezzosi)
Italian Association of Dietitians (ANDID)

Secretariat Report

2010

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Announcing new members

The Board of Directors recently approved member applications from the Asociación de Nutricionistas y Dietistas de El Salvador (ASONDES) and Associação Brasileira de Nutrição (ASBRAN). A warm welcome is extended to our colleagues in Brazil and El Salvador!

Both national dietetic associations qualify as recipients of the new ICDA Welcome Fund described in the Chair's Report in this newsletter. National dietetic associations which meet the criteria for membership in ICDA and that have not been a member of ICDA within the past three years are eligible recipients of a Welcome Fund Grant made available through the American Dietetic Association Foundation. For further information about ICDA membership and the Welcome Fund for national dietetic associations, contact the ICDA Secretariat at <http://www.internationaldietetics.org/contact.asp>

We are pleased to report that forty (40) national dietetic associations are members of ICDA.

New ICDA web site to be launched in November

The new ICDA web site includes both a fresh face for the profession and our international organization as well as new technology to support ICDA communications, to raise awareness and promote ICDA's work on international standards undertaken in collaboration with members, and to facilitate dietitian-to-dietitian networking. For site users it will be easier to find information, such as ICDA's ongoing studies on the education and work of dietitians and international standards of good practice, the upcoming International Congress of Dietetics and reports from member countries published in the ICDA newsletter Dietetics Around the World. The new web site will provide more information about the national dietetic associations that shape ICDA and our profession on a global basis. A new discussion forum will be easier to use and it will allow dietitians to set up more specialized discussion groups. As in the past, specialized discussion groups will each require a moderator who agrees to assist with managing the forum. The web site URL will remain the same; remember to visit <http://www.internationaldietetics.org> often to stay abreast of developments of the profession and your global colleagues.

Annual Meeting of Member Associations

As required by our articles of incorporation (Canada) the annual meeting is being held in September. Up to two Representatives appointed by the Board of Directors of each national dietetic association that is a Member of ICDA will participate in the meeting by teleconference.

At the annual meeting new members are welcomed, the Board of Directors provides reports on the progress and financial health of ICDA and a few key decisions are made by those in attendance, such as the appointment of the auditors. Official Representatives have committed to share news from ICDA with their national dietetic associations.

The “c” in dietitians – a long history and fading future (maybe)

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The correct or preferable spelling of Dietitians, has been a long-standing matter for the profession of Dietetics. In the early 1960s dietetic associations, under the auspices of the International Committee of Dietetic Associations (ICDA), worked together to standardize information about Dietitians under the International Standard Classification of Occupations. When the International Labour Office confirmed the dietetic profession’s classification in 1967, it also adopted the spelling “dietitian” at the request of the international dietetic community. This information can be found in the documentation held by ICDA and by the International Labour Office (ILO).

Recently the ILO has issued new documents spelling dietitians as ‘dietician’. It seems the matter has not been permanently put to rest. From our research into the development of language and dictionaries, we have learned that the evolution of words and spelling is not a simple matter.

History of ‘dietitian’ and the variant ‘dietician’

Spelling of dietitian with a “c” does not pre-date spelling as ‘dietitian’ which first appeared in print in 1846. The variant spelling "dietician," is found in print in a 1917 issue of Nation and in the Oxford English Dictionary in 1906. The origin is an evolution of physician specializing in diet – dietician. Merriam-Webster has a letter from a professional editor dated May 5, 1923, in which it is stated that "I never find any other spelling of this word than c-spelling. Hospitals and nurses invariably write it 'dietician'." This statement is supported by a review of early published literature. Merriam-Webster has gone on to say to us that, “Admittedly, today's members of the professional community of dietitians do read "dietician" as a misspelling, and one would be hard-pressed to find an example of that spelling in publications put out by that community.”

Can we not correct the source of this annoyance?

According to Merriam-Webster, a leading producer of dictionaries, dictionary inclusions are based on word usage. The usage of dietitian spelled with a “c” is long standing and has become more common as the use of computer spell-check systems has increased and as the body of literature referring to dietitians has increased. Spellings, of course vary by country, as common words are often spelled differently from one English speaking country to the next. As an example, the Microsoft spell-check only recognizes the variant of dietitian with a ‘c’ in the English Canada version but in the USA both forms of the word are recognized.

We have addressed concerns over the proper spelling of dietitian, over many years, with some limited success. Recent correspondence from Merriam Webster offers some comfort, “You may be happy to hear that research for your correspondence has alerted us to the fact that "dietician" may not be used as often, or as equally often, as "dietitian." (Perhaps because of the combined efforts of dedicated professional dietitians like yourself.) If this turns out to be

the case upon further review, we will label the variant spelling with "also" instead of "or" when we next revise our dictionaries. "Also" implies that although the variant exists it is not as commonly used as the main entry spelling. So you might consider such a change a small victory on your part." Recent correspondence from Microsoft offers further assurance ... "we have forwarded your concerns to Houghton Mifflin Company, who are the third-party provider of our spell-checker's dictionary. We trust that they will perform the required due diligence to accommodate the changes you are requesting."

The above replies are encouraging, yet we will not be spending less time correcting the spelling of dietitians anytime soon. It will continue to be important to use both versions in your literature search strategies. The dictionaries used in spell-checking applications are not frequently updated and once changed a further period of time would need to pass before a majority of users have applications with the updated dictionary.

Marsha Sharp
CEO, Dietitians of Canada
Director – ICDA Board