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Calendar of Events

ICDA Board of Directors

From the Chair of the Board – Come on Down!!

Welcome to 2012 everyone – and of course this is one of our big years, with the Congress coming up. How exciting!! Its held only once every 4 years so we are all excited about meeting you in person once again. Planning is well forward now. We hope you have seen the great program planned which is available on the website www.icd2012.com and are already planning your trip.

Also every four years is the chance for Directors to listen to you, the members of our member associations. And… this year, for the first time ever, the Board of Directors is presenting a series of interactive workshops on issues of interest to the international dietetics profession.

One of these workshops is on using "society" or the general community to help us advance nutrition issues and programs within countries. There are many instances of using voluntary organisations to undertake food and nutrition programs, of the power of the society generally to influence the political or social agenda of a nation and the role of non-government organisations in health services. Across the world many dietetic associations use the "civil society", that is these other groups of volunteers, non-government organisations and groups, to help them deliver nutrition programs and to affect great change. They are a way of increasing our capacity to provide education, information and to create change through increasing awareness. To do that though, we must be clear what we want and how we can work with our general societies to make a difference. Sometimes it is not coordinated or is not planned.

We will be exploring this topic at one of our workshops. Look out for the workshops on the program and sign up for them if you can. We will be asking for members to give us advice about what you do now with regard to your harnessing of societal structures, what your policy and practices are, how you evaluate the programs, how you resource them. Do you have anything written or do partnerships and activities arise almost at random? Our aim is to learn from each other and to determine how we can all work together to support the strength we have in numbers to advance both the profession and the work of the profession.

This is just one of the Board topics we are offering. Others include practical issues around the IDNT, implementing evidence based practice, new models of practice, consideration of the development of minimum standards for dietetics education, exploring accreditation by ICDA, developing marketing plans and open conversations with Directors to help guide our planning for the period 2012-2016.

I look forward to seeing you all there.

Sandra Capra AM, PhD
Chair, Board of Directors, ICDA

Feature Article

ICD 2012 Workshops

At the 16th Congress in September, we want to learn from you. The Board wants to work with the international community to advance topics of interest around the world. As a result, we have 9 workshops set down in the program. These range from learning how to use our website to raising issues about implementing the International Dietetics and Nutrition Terminology, evidence based practice and new models of practice to working on marketing the profession, open discussion opportunities with Directors and working out how to harness the "civil society" (that is the non political/government groups) to assist us in our work.

Do sign up for these workshops to learn more about it and provide feedback to ICDA.

Workshop on Evidence Based Practice – from definition to implementation

The recently adopted definition of Evidence Based Practice (EBP) is the focus of this workshop. The aim is to provide detailed information on the international definition of EBP for dietetics. The workshop will assist participants to both understand the process of development and to consider methods of implementation. The ICDA is seeking input from the international community on how it can best assist in the process of global uptake.

Workshop on Models of Practice for Dietetic Professionals

One of the strategies for enhancing the image of the dietitian worldwide has been to work on models of practice for the professionals; models of practice that better reflect client-collaborative care and inter-professional practice. This workshop is designed to explore the topic in some depth, seeking input from members where these have been successfully implemented. We are looking to talk about how new models of practice fit with the traditional nutrition care process

and ways that ICDA can assist member countries in implementation as well as understanding possible barriers.

Workshop on International Dietetics and Nutrition Terminology – implementation issues and strategies

The Board of the ICDA sees the implementation of the IDNT developed by the Academy of Nutrition and Dietetics (formerly American Dietetic Association) as critical to increasing the quality of outcomes for dietetics professionals across the world. There are many challenges worldwide and this workshop is designed to explore barriers and enablers to implementation. The workshop brings together members from many nations to share ideas and knowledge of implementation. The ICDA is seeking recommendations for action to improve our support to members.

Workshop on International Accreditation for Dietetics – is there a need?

The ICDA is often asked to "accredit" or "register" dietetics, especially in countries where dietetics is developing as a new profession. This workshop aims to explore this topic and determine if this is an appropriate goal for ICDA, how it might work, the basis for any such program, and barriers to this type of activity. ICDA is looking to understand the accreditation processes around the world by professional disciplines and to provide advice and guidance to the ICDA on this topic.

Workshop on Minimum Standards for Dietetics Education and Practice

The ICDA has, as part of its strategic plan, a vision to build on the definition of a dietitian with the minimum standards for dietetics education and practice, as part of the program of work to enhance the image of the profession. This workshop is a step in seeking input and views from experienced practitioners from around the world. In the last eight years many developments have happened across the world with a general move towards using competence to practice as an important consideration. This workshop aims to share views and experiences in implementing changes in standards, with a view to commencing a new process for improving upon the current ICDA definitions that make up international standards.

Workshop on Advancing the Profession – agreed position statements for dietitians

This workshop is part of the ICDA commitment to the need for worldwide advocacy on food and nutrition through collective action. The purpose of the workshop is to commence the process of developing statements that can be used by dietitians no matter where they are. The ICDA would like to use the principles of the "civil society" approach, which draws on voluntary collective action across country and institutional boundaries. It is hoped that at least one statement can be finalised.

Workshop on ICDA – Have your say

The ICDA is an organisation with more than 40 member countries with more than 180,000 members between them. The Board of Directors is composed of individuals elected by the national dietetic associations to work for the international community of dietitians. These Directors are volunteers and do this work in their "own" time. This workshop provides the opportunity for dietitians from anywhere to come and talk to members of the Board of Directors

about the ICDA itself, the role of the Directors, opportunities to contribute and raise issues if any.

Workshop on Advancing the Profession – Marketing Dietitians and Dietetics in an International Arena

Part of the ICDA mission is to effectively market the profession for its advancement. At present the primary strategy is to use the website and the newsletter (also on the website). However there can be other ways that the ICDA could market the profession. The aim of this workshop is to provide guidance and to develop marketing messages of value in the international arena. The workshop seeks to explore ways that this can be done as well as to develop marketing tools and common statements for the international dietetics community.

Workshop on International Credentiality and Mobility

Many dietitians are interested in volunteering, working, studying or carrying out research outside their country. This workshop aims to explore the possibility of international credentiality with reciprocity. ICDA will initiate a healthy dialogue about the need and desire for professional migration. In this workshop, ICDA hopes to discuss on how to proceed with this activity and the possible time frame if taken forward.

Announcements

A Reminder about ICD 2012

As a world leader in nutrition, DAA is proud to be hosting the 16th International Congress of Dietetics (ICD), to be held in Sydney from 5-8 September 2012.

A key priority for DAA is to share knowledge with nutrition and dietetics professionals from around the world. And ICD provides an amazing avenue for dietitians to collaborate and share ideas with international colleagues, explore new directions and debate topics with experts from across the globe.

Delegates will explore the theme – *LEAP: Leadership, Evidence and Advancing Practice* through an exciting program. Sessions will consist of lectures by high profile international speakers, and interactive workshops and seminars. And participants will have access to a wide range of submitted papers.

For more information, visit: www.icd2012.com and follow us on Twitter at www.twitter.com/icd2012 If you are interested in further information on the Congress, including regular updates, please register your interest at the 'Expressions of interest' section on the home page of the ICD website.

After the 2000 Olympic Games in Sydney Juan Antonio Samaranch said it was 'the best games ever'. DAA, along with our colleagues at Dietitians New Zealand, plan to make this the best ICD ever. Don't miss it!

ICDA wants to hear from YOU

At the 16th Congress in September, we want to learn from you. The Board wants to work with the international community to advance topics of interest around the world. As a result, we have 9 workshops set down in the program. These range from learning how to use our website to raising issues about implementing the International Dietetics and Nutrition Terminology, evidence based practice and new models of practice to working on marketing the profession, open discussion opportunities with Directors and working out how to harness the "civil society" (that is the non political/government groups) to assist us in our work.

Don't forget early bird (reduced) registration is now open. Members of dietetic associations from Brazil, El Salvador, Hungary, India, Indonesia, Nigeria, Pakistan, Philippines and Slovenia are also entitled to reduced registration fees. Check with your national association about this.

New Member

Portuguese Nutritionists Association (APN)

The Portuguese Nutritionists Association was established in 1982. It is a professional association, representative of the Nutritionists in Portugal. This association has as main objective the protection and development of the professional interests of its members. All graduates in Nutritional Sciences from National or International Universities may be members of this Association, as long as the Degree is recognized by the Portuguese Public University. The Association also accepts graduates from other degrees, as long as approved by the APN Board and there's curriculum equivalence for the development of the Nutritionist activity.

As of 2010, Portugal had licensed a total of 1250 Nutritionists (1 for each 8510 inhabitants in Portugal). In the last few years, the professional work of Nutritionists have been extending their field of action, which includes health, sport, food and collective catering, food technology / food science, scientific research, education and training. It is a profession of healthy future!

ICDA looks forward to a long and fruitful association with APN.

National Dietetic Association Reports

Country – Argentina

Argentina's AADYND

Last September, the Argentinean Association of Dietitians and Nutritionist-Dietitians (*Asociación Argentina de Dietistas y*

Nutricionistas- Dietistas -AADYND) became a new member of the International Confederation of Dietetic Associations (ICDA). AADYND is a national scientific and professional organization of Dietitians, Nutritionist-Dietitians and Licentiates in Nutrition with a vast trajectory and is now very proud of being part of the international dietetics field through a recognized organization like ICDA. Along with Brazil, Mexico and El Salvador, AADYND is now another Latin American National Dietetic Association (NDA) that has a voice and a representation in the ICDA world.

AADYND was created in Buenos Aires in March of 1947 by a group of 50 professionals with Lydia Pertusi Esquef and Margarita Santamaria as leaders. The association was born with the spirit to represent and support the dietetic profession and to promote the continuing education of its members. After more than 60 years of distinguished trajectory, AADYND is still today committed to advance the science of nutrition and to promote its translation into healthier lifestyles for Argentineans. One of its main goals is to promote initiatives related to food and nutrition security, identifying and supporting social and economic policies that contribute to the nutritional well-being of the public. The Dietary Guidelines for the Argentinean Population ("*Guias Alimentarias para la Población Argentina"*) are one of those initiatives. The Guidelines (currently being updated) represent an educative tool designed to address the nutritional problems of Argentinean while respecting their food culture.

Figure. Argentinean Dietary Guidelines (Guías Alimentarias para la Población Argentina)

Members of AADYND are experts in food and nutrition with the professional title of "*Licenciado en Nutrición*" (Licentiate in Nutrition). In Latin America, "nutritionist" is considered a broader term than "dietitian", which is barely used. *Nutricionista* accurately covers our wide scope of practice: clinical nutrition, food service administration, community nutrition, education and research. To be Licentiate in Nutrition, an individual must complete a five-year college degree that includes 800 hours of supervised practice. It is estimated that ten thousand Licentiates in Nutrition are working across the country in many fields and areas: clinical dietetics in hospitals and clinics,

long term care, food service management, public health, schools, sport nutrition, consulting services in pharmaceutical and food companies, education, research and in the media, just to name the most common.
AADYND is also a member of the Argentinean Federation of Graduates in Nutrition (*Federación Argentina de Graduados en Nutrición, FAGRAN*). The Federation is an organization that brings together 18 dietetic organizations across the country. At the same time, FAGRAN is member of CONFELANyD (Latin American Confederation of Nutritionists and Dietitians) as well as CONUMER (Committee of Nutritionists of the Mercosur), which works on the integration of dietetics education and practice, code of ethics, food standards and food safety among member countries of the Mercosur (Argentina, Brazil, Uruguay and Paraguay).

With its dynamic leadership and trustworthy scientific strength, AADYND provides continuing education resources and opportunities for professional development, as well as accurate communication of nutrition messages to the public. AADYND has a quarterly peer reviewed publication called DIAETA to communicate scientific knowledge and research in the field of human nutrition at a national and regional level. DIAETA is indexed in LILACS and Scielo Argentina databases, and is also available online in AADYND website.

This website, www.aadynd.org.ar, is also a dynamic tool with colorful sections to provide online continuing education, promote networking, communicate policies and standards, news and events as well as job opportunities. There is also a great presence of AADYND in social media, with more than 5000 followers on Facebook.

Eighteen years ago AADYND started to organize professional meetings with the goal to promote scientific knowledge exchange and camaraderie between colleagues from Argentina and from overseas. AADYND organizes and participates in national and international dietetic and nutrition conferences.
AADYND is looking forward to work actively with ICDA and to help foster global partnership among food and nutrition experts with the aim to strengthen the dietetics profession on an international level. Even though regional differences exist, we share similar challenges and opportunities and the same passion for our profession.

Country – Canada

Canada promotes the IDNT

Dietitians of Canada has been making positive strides in bringing the Nutrition Care Process (NCP) and the International Dietetics and Nutrition Terminology (IDNT) to the attention of parliamentarians and policy makers, as well as encouraging members to adopt it in their daily practice. Two opportunities to let decision-makers learn about the IDNT and to advocate for its incorporation into system–wide electronic health record planning were acted upon recently.

On November 1, 2010 Brenda Hotson and Carlota Basualdo, leaders in the IDNT in Canada, with support from DC and ADA staff, presented to the Canada Infoway Terminology Representation and Services Standards Collaborative Working Group (SCWG9), a national Canadian task force charged with making nationwide decisions that affect the adoption and

implementation of standard terminology databases for use in electronic health records. The presentation included information on the purpose of the language, its use and uptake in Canada, the tools available to encourage uptake of the language by Canadian dietitians and referenced support for the language internationally. The presentation also provided data from benchmarking studies undertaken in several large centres in Canada and data from a national survey of DC members, asking about the awareness and uptake of the INDT into dietetic practice. ADA shared results of similar studies showing as awareness of the language grew, there has been increased adoption of it across the USA over the last several years.

Later in November, DC submitted a report to the Senate Committee on Social Affairs, Science and Technology which advocated for the adoption of the IDNT (among other things) as a means of providing quality health care services in Canada. This report may be accessed at http://www.dietitians.ca/Dietitians-Views/Health-Care-System.aspx
Copies of the presentation to SCWG9, may be requested from Dietitians of Canada by writing to centralinfo@dietitians.ca

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Country – Mexico

The GEMM Family Study

GEMM stands for *Genética de las Enfermedades Metabólicas en México* (Genetics of Metabolic Diseases in Mexico). GEMM is a newly-established, multi-center collaborative study of the genetic epidemiology of the metabolic syndrome, a complex of disorders related to type 2 diabetes, obesity and the risk of cardiovascular disease. The scientific oversight of GEMM is provided by members of the Department of Genetics at the Texas Biomedical Research Institute, located in San Antonio, Texas. My University in Monterrey, Mexico has established strong collaborative connections with our colleagues from Texas to develop the GEMM study. I serve as the research coordinator and Co-PI in Monterrey. My task is to oversee the recruitment of individuals in extended families. Volunteers are brought into a dedicated diagnostic facility at the Metropolitan Hospital in Monterrey, to provide a medical history, be measured on a variety of anthropometric and other clinical traits relevant to metabolic diseases, provide a blood sample for biochemical analysis and DNA for genotyping, biopsies of subcutaneous fat and muscle as a basis for genome-wide expression profiling, and postprandial measurements after a mixed meal. The entire study is projected to take 3-5 years.

The aim of this project is to study gene expression before and after a well-defined meal to characterize normal variation in postprandial metabolism. This expression profiling is expected to find genes contributing to the metabolic flexibility of individuals in the Mexican population, by utilizing the latest advances in genomic science focused on studies based on an integrated systems approach to human biology. Such a focus on the genetic response following the

consumption of a nutritionally defined meal at the level of the specific tissues involved (i.e., fat and muscle), will produce new insights into the genetic architecture of individual variation in metabolism of carbohydrates, fats and proteins, and how this variation in response relates to risk for a variety of chronic diseases including obesity, diabetes and heart disease.

Our first preliminary data has been accepted to be published in the newest journal from The American Society for Nutrition (ASN) called Advances in Nutrition, launched November 16, 2010, in response to the growing demand for a prestigious, high-profile publication that gathers the current state of knowledge in all facets of the field.

The basis of our paper stems from the novel study of transcriptomics, also referred to as expression profiling, which examines the expression level of mRNAs in a given cell population or tissue. Gene expression measurements reflect quantitative variation in transcript-specific mRNA levels and represent phenotypes lying close to the action of genes. We were able to obtain synchronous *in-vivo* expression profiles of lymphocytes, muscle, and subcutaneous fat from healthy Mexican men. Our results showed that most genes were expressed at detectable levels in multiple tissues, and RNA levels were correlated between tissue types. A subset of transcripts with high reliability of expression across tissues (estimated by intraclass correlation coefficients) was enriched for *cis*-regulated genes, suggesting that proximal sequence variants may influence expression similarly in different cellular environments.

We concluded that understanding the genetic basis of gene expression will provide insight into the processes that connect genotype to clinically significant traits representing a central tenet of system biology. In addition to the international benefits of the GEMM Family Study to both Mexico and the United States in terms of biomedical research and health care, the study is structured to enhance the scientific capacity of my University, by providing technical training and research opportunities for local students in collaborative projects using GEMM data.

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Country – Mexico

Nutrition and Wellness Education Programs in Mexico

The Nutrition and Wellness Bachelor Program

The Nutrition and Wellness Bachelor Program of Instituto Tecnológico y de Estudios Superiores de Monterrey is a 5 year program that consists of 7 semesters and 6 trimesters. During the first three semesters, the student gathers the basic knowledge in anatomy, physiology, chemistry and biology with courses such as: chemical basis of metabolism and physiology, cell biology, research and technology in health sciences, nutrition and exercise basis, biostatistics, metabolism and functional biochemistry, developmental biology, principles of health management, microbiology and

parasitology, musculoskeletal and digestive systems, biocontrol systems and exercise physiology. During this fundamental period, the students share the classroom with other health mayors such as physicians and surgeons, dentists, nursing, biomedical engineer and bachelor in management of health systems with the objective to learn to work in a multidisciplinary team.

After this crucial period, students commence their formation in five distinct areas: community nutrition, food sciences, wellness, investigation and clinical nutrition. From fourth to seventh semester they have courses such as: community, exercise and life cycle, nutrition and life cycle, food chemistry, clinical nutritional assessment, food assessment and planning lab, methodology of physical activity, clinical propaedeutic, diet assessment and planning, health psychology, global health and preventive medicine, design of physical exercise programs, nutrition and nutrigenomics, food sciences, research and intervention programs in nutrition and physical exercise, obesity and metabolic syndrome, nutrition therapy in eating disorders, nutrition therapy in obesity and metabolic syndrome and alimentary services administration.

The final part of the bachelor program consists of 6 trimesters during which clinical nutrition is thoroughly revised. This last year and a half consists of 4 core trimesters and 2 elective trimesters. The core trimesters are divided in pediatrics, surgery, internal medicine and gynecology, obstetrics and geriatrics. And the elective trimesters are used for national or international rotation in which the student chooses one of the 5 areas seen throughout the bachelor program (clinical nutrition, community nutrition, food sciences, wellness or investigation).

The Nutrition and Wellness Clinical Bachelor Program

The Nutrition and Wellness Clinical Bachelor Program of Instituto Tecnológico y de Estudios Superiores de Monterrey is a 5 year program that consists of 7 semesters and 6 trimesters. The first 7 semesters, students acquire basic knowledge and commence their formation in 5 specific nutrition areas: community nutrition, food sciences, wellness, investigation and clinical nutrition. In the final part of the clinical bachelor program, the students focus during 6 trimesters mainly in clinical nutrition and practical experience. This last year and a half consists of 4 core trimesters and 2 elective trimesters which are used for national and international rotations.

The 4 core trimesters are divided in 1) Pediatrics; 2) Surgery; 3) Internal medicine; and 4) Gynecology, Obstetrics and Geriatrics. During this final period, the students have daily exposure to clinical nutrition and practical experience 35% (20 hours per week) of the curricular time by visiting 9 different private and public hospitals or institutions in Monterrey, Mexico. In order to evaluate the students' development, there is an evaluation system that gathers and grades the activities the students perform during the trimester, activities such as: nutritional interventions, institutions/hospitals' evaluations, etc.

The 2 elective trimesters consist of practical experience 100% of the time. For these periods, students choose one or two of the 5 areas seen throughout the bachelor

program (clinical nutrition, community nutrition, food sciences, wellness or investigation), then they apply to hospitals or institutions throughout the country and the world to do their 2 elective trimesters. Around 45% of the students have international experience by doing either 1 or 2 elective trimesters in countries such as United States (Houston, North Carolina, New York, Dallas, Michigan, San Diego), Brazil (Campinas, Porto Alegre), Spain (Madrid, Barcelona), Italy, Switzerland, Austria, Australia, Germany, and Guatemala among others. The rest of the students do national or local electives in places such as México, D.F., Guadalajara, Guanajuato, San Luis Potosí, Coahuila and Monterrey.

Country - Singapore

Singapore Nutrition and Dietetics Association and the Healthy Youth Committee

Background

The Healthy Youth Committee (HY-Com) is an inter-agency workgroup set up in 2006 to promote the health and well-being of the children and youth in Singapore. Led by the Ministry of Education, and presently chaired by Senior Parliamentary Secretary of Education Mr Hawazi Daipi, it constitutes key agencies involved in promoting the health of our children and youth, such as the Health Promotion Board, the Singapore Sports Council, as well as professional organizations such as the Diabetic Society of Singapore and the Singapore Nutrition and Dietetics Association.

The HY-Com focuses its work on the children and youth at various ages, from pre-schoolers to teenagers. Some of the committee's activities include developing strategies to manage childhood obesity through promoting healthy eating and physical activity in schools, as well as promoting the importance of mental health through mental health literacy programs.

Every two years, the HY-Com also organizes the Educating for Health Conference to showcase the health promotion efforts of agencies, educators and the youth. The 3rd Educating for Health conference was held in November 2011, with a focus on mental wellness. Speakers included health professionals and educators engaged in promoting mental health.

Caption: Ms Gladys Wong speaking on nutrition and mental well-being

Nutrition and Mental Health

During this conference, Ms Gladys Wong, chief dietitian of the Khoo teck Puat Hospital, Singapore and member of SNDA, presented a talk entitled "Nutrition and Mental Well-being - Are We What We Eat?" In her presentation, Ms Wong highlighted the importance of healthy eating for mental health, especially for the youth.

Healthy eating is commonly linked to better physical health, but a more nutritionally balanced diet may also reflect better mental health. A study by Jacka et. al. (2010) showed that a diet high in processed, fried and sugary foods was positively associated with psychological symptoms like depression and anxiety in adult women. In another study by Fang and Veugelers (2008), it was found that healthy eating and exercise not only prevents overweight and chronic diseases, it also improves school performance and self-esteem in 10-11 year olds. As the number of overweight children in Singapore increases, educators need to pay more attention to the food that children are eating in school. To support the schools in promoting healthy eating, the Health Promotion Board and the Ministry of Education initiated the Healthy Eating in Schools Program, where dietitians and nutritionists work with canteen vendors to ensure that meals are nutritionally balanced.

Breakfast has always been considered to be the most important meal of the day, to kick-start the body's metabolism. Timlin et. al. (2008) showed that children who skipped breakfast had higher body weight than those who ate breakfast. In addition, breakfast has been shown to correlate with better mood and behavior and higher scholastic performance in children, making breakfast even more important for their mental well-being. Unfortunately, in Singapore, school starts as early as 7.30am, resulting in children to skip breakfast (Ho, 2010). Some schools have encouraged breakfast by starting classes later, or providing students with a nutritious snack before school. Despite such measures, the educators who were present at the talk commented that children still skip breakfast, possibly because they do not recognize its importance. These students may benefit from nutritional education on the benefits of eating breakfast.
Parents play a key role in setting healthy eating habits and providing nutritionally balanced meals for children. Singaporean parents also look towards "brain foods" to improve their child's cognitive function and academic performance. For example, omega-3s like Docosahexaenoic Acid (DHA) and Eicosapentaenoic Acid (EPA) have been shown to aid brain development in infants, thus many parents give their children DHA and EPA supplements. However, the NEMO study group (2007) found that DHA+EPA supplementation improved memory, but did not improve overall intelligence in healthy children. Ms Wong cautioned that, while studies have found that nutrients can be linked to brain function, we ultimately eat food, not nutrients. It is more important for parents to focus on balanced meals that provide a variety of vitamins and minerals.

In summary, Ms Wong concluded that nutrition affects mental health both directly and indirectly. The agencies in HY-Com have made commendable efforts in improving the nutritional status of the children in Singapore. Nevertheless, continuous effort is needed in educating and empowering youth with nutritional knowledge for optimal physical and mental health.

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Country – South Africa

Recent Activities of Association for Dietetics in South Africa (ADSA)

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

Above: The 2011 – 2013 ADSA Executive Committee: From left: Nireshnee Reddy, Maria van der Merwe, Karen Horsburgh, Karen de Klerk, Berna Harmse, Carol Browne, Jenny Meyer, Alpha Rasekhala, in front – Philna Eksteen.

Currently the association has approximately 1200 members spread across the 9 provinces and practic ing in a multitude of areas in dietetics. ing in a multitude of areas in dietetics.

RECENT ACTIVITIES

National Nutrition Week 2011 - Feeding Smart from the Start.

National Nutrition Week has grown from strength to strength in recent years. It is a wonderful opportunity for many stakeholders in the nutrition arena in South Africa to come together and focus communication efforts on one theme. The initiative is led by the National Department of Health, and focuses on a new theme each year. The theme drives the kind of initiatives that can be implemented during the week; in recent years a common element has been the work done to generate media coverage on the key messages of the awareness week. ADSA Executive's Public Relations Portfolio holder Carol Browne, facilitated ADSA's contribution to the campaign. Consequently, many members from ADSA assisted by making themselves available to be interviewed. Some ADSA members organised events at a local level thus enhancing the overall communication effectiveness.

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

Community Service Dietitians Booklet

In 1997, the South African government legislated that only after completion of a compulsory community service year are graduates legally entitled to register with the Health Professions Council of South Africa (HPCSA). The year of compulsory community service falls within the period of supervised practice. It allows the

inexperienced dietitian to develop skills and critical thinking as well as professional behaviour and a work ethos, thereby contributing to the competence of the professional. In South Africa, it also aims to achieve equitable distribution of health professionals across the country, particularly in rural and underserved communities. In an effort to assist community service dietitians in particular ADSA's Public Sector Portfolio, headed by Maria van der Merwe developed a booklet. The booklet provides a wide variety of information that a newly employed dietitian would find highly useful as well as a CD containing the relevant documents they will require pertaining to work related matters, e.g. forms for HPCSA registration and for registration as a tax payer. It also provides reference material for use in the public sector including national policies and guidelines. The first publication of this booklet has been distributed to approximately 200 new dietitians and the feedback from universities and public sector officials has been very positive.

ADSA Bursary Scheme

The ADSA Bursary Scheme was launched in 2008 in order to support academically strong dietetic students from financially disadvantaged backgrounds. The scheme aims to identify students that have already begun a dietetics degree and have demonstrated academic excellence and a passion for nutrition and community upliftment in their letters of motivation. The recipient of the bursary is able to carry on with their degree without the stress of the financial burden that education often carries. The student is supported for the remaining years of their studies.

Sindiswa at her graduation

Poverty and inability of students to continue studying when faced with escalating fees and the demands of higher education makes the South African Graduation rate one of the lowest in the world. It is against such a background that the ADSA Bursary Scheme originated. In 2008, Sindisiwa Qungani from the University of the Western Cape was awarded the bursary. Sindisiwa graduated last year, and is completing her community service at the Kwamhlanga Hospital in Mpumalanga. Sindisiwa's graduation was a culmination of hard work and sacrifice, and a realisation of the objective of the bursary scheme. In thanking ADSA for the bursary she reiterated that without the bursary from ADSA, her dream of becoming a dietitian might not have been realised.

This year, after assessing 18 deserving applications, the decision was taken to award the bursary to Sibulele Pango, also from the University of the Western Cape. Sibulele hails from the Eastern Cape and has excelled academically despite enduring difficult personal circumstances. We hope that this bursary scheme will contribute to creating dietitians that will make positive changes in nutrition and the field of dietetics.

Nireshnee Reddy
ADSA Executive Communications PortfolioRecent Activities of Association for Dietetics in South Africa (ADSA)

Country – Sweden

Administrative Dietitians in Sweden

The Swedish Association of Dietitians represents administrative dietitians. We have about 1100 members in our association.

An administrative dietitian works mostly as health caterer in communities and in hospitals. In Sweden we also have a sector that is unique which is catering for

schools. All children in Sweden are supplied with a free meal in school, that's statuted by law.

One of the new aspects for our Association to deal with is the Education Act effective July 2011. In addition to the school lunch being free the new education act mandates that this lunch be nutritional. We, in our association, have been working very hard to reach that goal. Earlier the school could serve whatever they wanted for lunch and some schools did so. But now there are nutritional requirements for lunch.

We are now working together with the authorities to find out how we can bring out nutritional values in a simple and realistic way.

County councils in Sweden have created a network for better service at hospitals. Five administrative dieticians from different parts of Sweden where selected to start benchmarking with focus on meals for patients. They looked at the whole process, from the loading platform to the ready meal for the patient. One of the conclusions they reached is that it's most efficient and least expensive to provide the hospital departments with kitchen staff. The team is still working on the project.

On behalf of the ministry of Health and Social affairs our association has also compiled good examples from hospital catering and these will be published this winter. The project was called "The best food at hospital" and the conclusion is that a good meal for the patient is all about communication and a dialogue between care staff and kitchen staff.

We are also working on how to deal with the law of public procurement. In Sweden the law of prevention of cruelty to animals is stricter than in the rest of the EU. For example animals mustn't be transported for more than 8 hours before slaughter. But those who work with public catering can't ask for Swedish meat because that is inhibitory for competiveness for the rest of the countries in Europe. We don't think that's fair, and when our guests ask for Swedish meat we can't supply it to them. We are discussing these concerns with our Minister for Rural affairs and we are also implementing "conceptual modulating" together with scientists and the concerned authorities.

It would be interesting to find out if our colleagues around the world have similar projects and problems to solve.

Marianne Schroder Maagaard

Country – Switzerland

Harmonising nutrition and dietetics terminology and implementing NCP (Nutrition Care Process) in Switzerland

The Swiss Association of registered dietitians has 1000 members and represents about 90% of all dietitians working in Switzerland. There are two universities of applied science where nutrition and dietetics can be studied. The Swiss Association is working closely with these universities. Thus, it seems to be easy to implement standards and to get together in order to have common projects and to get to a national consensus.

But Switzerland has three parts and each part speaks a different language. Additionally, there are notable cultural influences from Italy in the Italian speaking part, from France in the French speaking part and from Germany and Austria in the German speaking part. Of the two universities, one is located in the French speaking part, the other one in the German speaking part of Switzerland.

That's why the Swiss Association of registered dietitians decided to start a project in order to work on a common language and a common nutrition care process. One of the universities has already started some years ago with adapting and implementing the NCP with their students. As EFAD is willing to work on an international nutrition and dietetics terminology, Switzerland decided to contribute to this work and at the same time start implementing NCP and IDNT (international dietetics and nutrition terminology). To build on existing international documents allows us to involve every part of our country. Hence, in addition to the two universities and the Association, members representing all regions and fields of work are represented in the working group of this project.

At the same time, the Swiss Association is working on an internet-based evidence based practice tool and is very much interested in working with the PEN-Nutrition Database.

Switzerland has already been involved in the EBP (Evidence Based dietetics Practice) project of ICDA and is also involved in the IDNT reviewing process. An international framework is very important for us. This helps us to raise awareness and to promote dietetics across our country. In March, during the annual conference "Nutridays", IDNT and NCP will be one of the important topics on the agenda. We are happy to welcome an international speaker who has already experienced implementing IDNT in her country.

Beatrice Conrad Frey

President
Swiss Association of registered dietitians

Country – Turkey

Nutrition and Dietetic Education in Turkey, a SWOT Analysis

Nutrition and Dietetic (N&D) education started at 1962 in Hacettepe University in Ankara. Up until 1998, Hacettepe University was the sole institution that gave N&D education with 50 graduates every year. In 1998, Eciyes University (Kayseri) and in 1999 Baskent University (Ankara) started N&D education. As of 2011, there are 30 universities giving this education all around Turkey each of which give approximately 50 graduates every year. Correspondingly the number of graduates has increased in the last ten years.

Even though there are differences in the content of the curricula, N&D education is bachelor's degree (four years and a voluntary preparatory year for English education) in all institutions. First three years constitute of practice supported theoretic education and the fourth year is internship at hospital and kitchen settings. In the curriculum, in addition to nutritional courses such as fundamentals of nutrition, food chemistry, community nutrition, clinical nutrition, pediatric nutrition and mass catering systems, there are medical courses such as anatomy, physiology, biochemistry and social courses such as sociology, psychology and economy.

Today there are approximately 2500 graduates working in public and private sector. Main working areas are hospital clinics and catering firms although food industry is also an emerging working area.

SWOT Analysis of the N&D Education in Turkey

Strengths

- *Settled bachelor's degree education programme*. Even though, there are many different universities that give this education, they all give bachelor's degree after four years.
- *Settled occupational organization*. Turkish Dietetic Association (TDA) is the main representative of the occupation recognized by Ministry of Health and other authorities. When it was first constituted there was only the head office in Ankara and as the number of dietitians in bigger cities increased, branches have been formed in İstanbul, İzmir and Antalya. TDA is also a member of EFAD and ICDA.
- *Journal of Nutrition and Diet*. The dietitians started publishing Journal of Nutrition and Diet in 1970. Since then this journal had been published twice a year.
- *Standards of the occupation.* Dietitians were defined and standardized first by International Labor Organization in 1961. In April 2004, Turkish Standards Institute, defined and set the missions of a 'dietitian'. Eventually in 2011, 'dietitian' was defined in the Law of Health Care Personnel and now in order to be called as a dietitian one must study N&D for four years.
- *Community awareness.* In the last 50 years the Turkish community has learned that there is a special occupation dealing with nutrition apart from the physicians, nurses and food engineers. It is a popular and favored occupation nowadays.
- *Opportunity for higher education.* N&D graduates may continue higher education (masters and PhD) in nutrition area as well as public health and physical education departments. Hacettepe University may be counted as the main higher education centre with three masters and one PhD program.
- *Academic staff who teach at many N&D departments.* For forty years N&D education was given by dietitian academic staff, parallel to the philosophy 'dietitians must be raised

by the dietitians'. In Turkey, we have approximately 30 professors teaching at N&D departments with many assisted professors and research assistants associated with the departments.

Weaknesses

- *It is not obligatory to become a member of TDA.* Unfortunately after graduation not all dietitians join TDA. Thus, participation to in-service education is voluntary. TDA can't impose any sanctions on ethical issues besides excluding his/her membership.
- *Even though dietitians work in many different areas, they are not enrolled in primary health care facilities.* In the four service compartments of health - prevention, improvement, treatment and rehabilitation - dietitians work in hospital clinics and services, mainly in treatment compartment. However, our main concern should be preventing disease. Dietitians should work in primary health care setting and teach people how to consume a healthy and balanced diet.
- *In private sectors dietitians can't have a consulting room by themselves; they must work under a physician.* Even though dietitians are educated for four years on nutrition we are not allowed to have our own consulting rooms. Legally in Turkey, only physicians may have a private consulting room. Because of this, dietitians who want work privately make an agreement with a physician.

Opportunities

- *Nutrition has an emerging importance.* In order to be healthy, people seek advice on nutrition. World Health Organization and Ministry of Health emphasize on healthy nutrition and healthy life style. Media is also open to this topic; every new discovery on nutrition is debated on TV screens right away.
- *Many new N&D departments mean many new young scientists and ideas.* In last ten years many new N&D departments have been opened. These departments are trying to build their academic structure. Many youngsters have taken up higher education hoping to be an academician in one of the new departments.

Threats

- *Many new N&D department without proper groundwork.* Opening of too many N&D departments rapidly around Turkey has caused some problems. In some of the faculties there is no dietitian as an academic staff and other disciplines (biochemist, nurse, physician, food engineer etc.) try to teach N&D to the students. In some of them there is no laboratory for students to practice. In a few of them there is no proper hospital for students to practice on cases or to do their internship.
- *Unstandardized education.* In Turkey, there is no standard education program for N&D departments defined by the Higher Education Council. Each department may construct its own curriculum and there's no authorized body. TDA has no right to conduct a central examination for dietitian to become a 'registered dietitian'.
- *Unemployment within 5 years.*From 1969 up until now, there were roughly 2500 N&D graduates in Turkey. We estimate that our graduate numbers will double within five years. Even though nutrition is an emerging area, we might be facing unemployment issues soon.

Conclusion

N&D education has strengths, weaknesses, opportunities and threats. We, as the dietitians, should try to solve our weaknesses and convert threats to opportunities.

Reci Meseri
Turkish Dietetic Association
Ege University İzmir Ataturk School of Health, Dept. of Nutrition and Dietetics

Country – United States

New Name, Same Commitment to Public's Nutritional Health: American Dietetic Association Becomes Academy of Nutrition and Dietetics

As the field of dietetics evolves to meet the needs of the United States' growing and diverse population, the American Dietetic Association (ADA) is changing as well. To emphasize its commitment to improving the health of the public, delivering science-based information and services, ADA changed its name in January 2012 to the**Academy of Nutrition and Dietetics**.

Since its beginnings in 1917, the Association has valued the importance of public education and advocacy. The new name reinforces our focus: the nutritional well-being of the public and the responsibility the dietetics profession has to use scientifically based nutrition information in our practice. The name "Academy of Nutrition and Dietetics" promotes the strong science background and academic expertise of our members, primarily registered dietitians. Nutrition science underpins wellness, prevention and treatment. The definition of an academy is "a society of learned persons organized to advance science." This term describes our organization and immediately emphasizes the educational strength of our members' advice and expertise.

By adding nutrition to our name, we communicate our capacity for translating nutrition science into healthier lifestyles for everyone. Keeping dietetics in the name supports our history as a food and science-based profession. Thus, the Academy of Nutrition and Dietetics quickly and accurately communicates our identity – who we are and what we do.

Whether planning nutritious meals for children in day-care centers or schools, teaching individuals with diabetes about managing their blood sugar or saving lives with complex nutritional interventions after surgery, registered dietitians are the best qualified providers. The name change communicates that *we are the nutrition experts* in the United States.

While our name is changing, we still have the same mission, the same powerful "Eat Right" message, and the same quality of nutrition advice as we have for nearly 100 years. Therefore, our award-winning website remainswww.eatright.org to find the latest information on the implementation of our name change and to see the many resources that are available. We hope to see you at the ICD meeting in Sydney!

Sylvia Escott-Stump, MA, RD, LDN
A.N.D. President and ICDA Board member

Resources

WHO Growth Charts Training Package – Now Available

A new self-instructional, web-based learning package on the use and interpretation of the WHO Growth Charts adapted for Canada is now available to support your professional development. Seven leading health professional associations and agencies, including Dietitians of Canada, Canadian Paediatric Society, the College of Family Physicians, Community Health Nurses of Canada, Canadian Obesity Network, National Aboriginal Health Organization and NutriSTEP®, have worked collaboratively to produce this training package based on the most current evidence.
Each module in the training package provides 45-60 minutes of study using a self-pacing narrated PowerPoint video, case scenarios and reflective practice questions, self-scoring pop quizzes, pre/post knowledge evaluation, references and resources for further study and a personal certificate of completion.
Topics addressed in the modules include:

- Introduction to the WHO Growth Charts
- Monitoring Growth: Measurements and Calculations
- Interpreting the WHO Growth Charts
- Childhood Obesity
- Counselling to support Healthy Growth and Development

For more details and to access this free 5-module training package visit
www.dietitians.ca/growthcharttraining
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Nutrition Screening On-line

Dietitians of Canada has just released a new self-directed on-line learning program on Nutrition Screening with information appropriate for dietitians and other professionals in clinical or community settings. This program is made up of four 2 hour lessons that review what screening is and why it is relevant; criteria and examples of good screening tools; considerations for selecting appropriate tools for practice; and guidelines for implementing and evaluating a screening program.

After completion of this course, learners will:

- describe the complexity of identifying a definition for malnutrition and how this affects development of screening tools
- understand how screening fits into nutrition care
- describe key steps in the development of good nutrition screening tools
- be able to critique if a tool is appropriate for their practice setting

- identify if screening is appropriate for their setting and the form of screening that could be undertaken
- differentiate a screening tool from a screening program,
- describe the components of an ethical screening program, and
- formulate an implementation and evaluation plan for their practice setting.

The program is based on current research literature and defines best practice in nutrition screening using examples from around the world to illustrate key concepts. Concepts are transferable to other forms of measurement such as dysphagia screening and measurement tools.

This self-paced program is broken into sections easily covered in short periods of time and includes an extensive bibliography, case studies and reflective practice questions, glossary, and a final exam with a personal certificate of completion. Course author Heather Keller, PhD RD FDC, Schlegel Research Chair, Nutrition and Aging at the University of Waterloo, Canada, has extensive experience in nutrition screening research and practice and is a co-chair of the Canadian Malnutrition Task Force. She states "…this course is essential for every dietitian, providing them with the knowledge and skills needed to practice in complex health environments where nutrition care is integral to health and quality of life."

For more information about this and other on-line learning programs offered by Dietitians of Canada, visit the DC website after April 1 at http://www.dietitians.ca/Knowledge-Center/Events-and-Learning/Online-Courses.aspx

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AAPI's Nutrition Guide to Optimal Health : Using Principles of Functional Medicine and Nutritional Genomics

Functional medicine and Nutritional Genomics is the wave of the future. This book is written as a service to the global community. The AAPI (American Association of Physicians of Indian Origin) President Sunita Kanumury, MD and myself would like to share the information in this book with everyone. One can access this e-book from American Association of Physician of Indian Origin's website www.aapiusa.org

Rita Kashi Batheja, MS RD CDN
Founder, Indian American Dietetic Association (IADA)
New York

Awards and Grants

The Academy of Nutrition and Dietetics Foundation makes available over $46,000 each year to international nutrition professionals, students and organizations through awards, fellowships, and grants. To download an application click here.
Please contact Beth Labrador at blabrador@eatright.org for more information.

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. The annual deadline to apply is December 1st. The award amount is $2,000.

Wimpfheimer-Guggenheim Fund for International Exchange in Nutrition, Dietetics and Management Essay Award
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. The annual deadline to apply is December 1st. The award amount is $1,000. Up to two awards may be given. To read past essays please click here.

American Overseas Dietetic Association International Project Award

The purpose of this fund is to foster collaboration and the sharing of knowledge and skills among food and nutrition professionals in the international community. An award will be given to AODA members who intend to work in partnership with another food or nutrition professional on a project that will benefit the local community of one of the individuals. The premise is that the AODA member and colleague will have somewhat different knowledge and skill sets that, when brought together, will serve to fulfill a special project. The annual deadline to apply is December 1st. The award amount is $3,000.

Colgate Palmolive Fellowship in Nutrition, Oral Health/Dental Education
This Fellowship is given to support master's thesis research on nutrition and oral health/disease or nutrition and dental education or doctoral or postdoctoral research on nutrition and oral health/disease or nutrition and dental education for individuals working in dental and nutrition education. Non-US residents may apply. The annual deadline to apply is April 1st. The fellowship amount is $15,000

Wimpfheimer-Guggenheim ICDA Welcome Fund
This fund supports new members of the International Confederation of Dietetic Associations. New member organizations will receive $500 (US) to provide resources for further development of their participation in ICDA activities. A country is eligible to receive the grant once.

Edna and Robert Langholz International Nutrition Award

This award recognizes an individual for his or her outstanding contribution to the field of nutrition. This award is considered the highest honor bestowed by the Academy of Nutrition and Dietetics Foundation and carries a $25,000 cash prize for the recipient. Nominees are selected annually by a Selection Committee appointed by the Academy of Nutrition and Dietetics Foundation Board of Directors.

Calendar of Events

The Israeli Nutrition Week and AODA Regional Conference on 'Mediterranean Diet in the Life Cycle' will be held at Tel Aviv, Israel from June 12 to 14, 2012.
Visit www.israelnutritionweek.com for details.

The 16th International Congress (**the First Renal Nutrition Week**) will be held in 2012 in Honolulu, Hawaii from 26-30 June.
Visit www.renalnutritionweek.com and email info@kidneyhi.org

DAA is proud to be hosting the **16th International Congress of Dietetics** (ICD), to be held in Sydney from 5-8 September 2012.
Delegates will explore the theme – *LEAP: Leadership, Evidence and Advancing Practice* through an exciting program. For more information, visit www.icd2012.com and follow us on Twitter at www.twitter.com/icd2012

The **Nutrition Congress Africa 2012** being held in Bloemfontein, from September 30 to October 04, 2012, is a joint scientific meeting of the 24th congress of the Nutrition Society of South Africa, The 12th congress of the Association for Dietetics in South Africa and The 5th African Nutrition Epidemiology Conference. It is hosted jointly by the Nutrition Society of South Africa (NSSA), ADSA and the African Nutrition Society (ANS). The theme of the congress this year is transforming the nutrition landscape in Africa.