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ICDA Board of Directors

New Chair of ICDA Board – Marsha Sharp

Marsha Sharp, RD, MSc was re-elected as ICDA Director 2016 – 2020, and the new ICDA Board has appointed her as its Chair. Marsha has been the official Representative of Dietitians of Canada since 1988. During this time, she has promoted ICDA by establishing the ICDA Secretariat, providing leadership for the Mission 2000 Task Force which ended in agreement of national dietetic associations to establish ICDA; continuously serving on the Board and as Secretary; proposing Articles for Incorporation of ICDA in Canada providing legal status and protection for the ICDA volunteers (2006); and when the Government of Canada enacted a new law, proposing Articles and General Operating By-law to meet the requirements of the Not-for-Profit Corporations Act and continuance of ICDA under Canadian law (2012). She has represented ICDA at meetings of dietitian-nutritionists in Asia, Europe, Middle East, and South and North

America. “I look forward to meeting more of you while serving as Chair of the ICDA Board or Directors”, says Marsha.

Marsha Sharp is the Chief Executive Officer (CEO) of Dietitians of Canada. She is a founding Director of the Canadian Foundation for Dietetic Research (CFDR 1991), and continues to serve on its Board of Directors. In addition to serving on national Boards, government policy committees, in alliances of organizations, she has created opportunities for international collaboration, such as, planning for the International Congress of Nutrition (IUNS 1997 Montreal), International Congress of Dietetics (2004 Chicago), Government of China workshops and conference (2014) and Practice-based Evidence in Nutrition® offered with national dietetic associations in Africa, Asia, Australia and Europe.

Marsha began her career as a clinical dietitian-nutritionist in patient care, practice research, inter-professional education, and clinical nutrition management and as a volunteer with her professional associations.

ICDA wishes Marsha Sharp the very best in her new role as the Chair of the Board!

From Marsha Sharp, Chair of ICDA Board of Directors

The 17th International Congress of Dietetics (ICD) Granada, Spain is over, but not done! On behalf of ICDA colleagues, I am expressing congratulations to the Congress President, Giuseppe Russolillo and his Team, for a high quality, fun, and authentic ICD on the theme “*Going to Sustainable Eating*”. For more than 1300 who enjoyed this rewarding experience, we extend thank-you for the commitment, hard work and endless enthusiasm of dozens of volunteers of the Spanish Foundation Dietitians-Nutritionists (FEDN) and its partner the General Council of Dietitians-Nutritionists (Spain). The documentary film SustainablEating, supported by FEDN, ICDA and Fundación MAPFRE and directed by Carlos Sabater Calafat, artfully brought together expert guidance and film stars from the profession with expert guidance and film stars from among food producers provided food for thought from the first to the final moments of this Congress. We will post information on the ICDA website as soon as it is available describing how to access the film and its use as a resource to help keep the conversation about SustainablEating going. The authenticity of the Congress was experienced in many ways from Twinning international guests with dietitians-nutritionists of Spain and events for Twins to meet and greet, trialing a paperless Congress and offering food and beverages oriented toward a vegetarian eating pattern emphasized the sustainability theme, and by promoting the 18th ICD to be held in Cape Town, South Africa September 15 – 18, 2020 with complementary registrations for authors of three top abstracts, as announced by Manuel Moñino, Chair of the Scientific Program Committee. Although ICD2016 is over, its contributions will go on as those in attendance continue to share stories in Dietetics Around the World and continue to foster the new relationships formed over the days in Granada.

The International Congress of Dietetics provided a venue for the forty-nine (49) Member national dietetic associations of ICDA to meet, to build stronger relationships, to review ICDA progress, and to give direction for the way forward. Representatives met on two days before the Congress. In a Workshop, we considered key achievements 2012 to 2016 on priorities for progressing international standards of the profession and studying advances in the work and education of Dietitians-Nutritionists around the world since the last ICDA report in 2012, adoption of Dietitian(s)-Nutritionist(s) for use by ICDA, adoption of International Competency Standards for Dietitians-Nutritionists describing what dietitians-nutritionists are all able to do, progress on international accreditation of education programs for Dietitians-Nutritionists, and for advancing ICDA through new operating procedures for election of directors and for selecting the host association for ICD, and we discussed the benefits ICDA ought to produce over the next four years.

At the annual meeting of members (the business meeting) Sandra Capra, Chair of the Board of Directors, recapped the progress on ICDA's strategic plan adding in efforts to raise awareness of the international standards through conferences, supporting letters, and ICDA publications and to align the profession with others around issues of importance society using key messages linking dietitians-nutritionists with World Food Day, World Water Day and International Year of Pulses. The 2012 – 2016 Board of Directors Sylvia Escott-Stump (USA), Carole Middleton (UK), Giuseppe Russolillo (Spain), Rekha Sharma (India), Niva Shapira (Israel), and Marsha Sharp (Canada) were thanked for their contributions.

A deserving tribute was made to Sandra Capra by the Members for outstanding leadership and commitment to ICDA and advancement of the profession as Chair of the ICDA Board of Directors (2004 – 2016).

Representatives made key decisions: 1) Amendment to the By-law for membership eligibility; 2) Annual Member fee; 3) Host for ICD 2024; 4) Election of the Directors; and 5) Appointment of SF Partnership (Toronto, Canada) as the Auditor. *Details are highlighted in figure below*.

During the Congress the 2016 study on "Dietitians Around the World: their education and their work" was presented by the author Carole Middleton (UK). The Report will be made available on the ICDA web site as it is finalized for publication. In addition, ICDA Board members hosted

five (5) Symposia to further explore **International Competency Standards for Dietitians-Nutritionists,** International Accreditation for Education Programs for Dietitians-Nutritionists, Increasing Dietitian-Nutritionist Autonomy for Professional Expansion and Leadership, Blurring the Boundaries of Dietitian-Nutritionist Practice, Inter-Professional Education, and a workshop "Have Your Say". Over the days of the Congress, ICDA leadership arrived at an updated understanding about the *common ground* that defines our profession, its *aspirations*, and the *value we can provide to society*.

The newly elected Board of Directors will use its new and deeper understanding to enhance the benefits to be realized from ICDA through a new strategic plan 2016 – 2020 across two broad priorities: 1) a Stronger Leadership Profile, in the form of increased recognition of the international standards, a future vision for continuous advancement of the standards, increased capacity for sharing good practices in marketing the profession, raising nutrition on the "agenda" of more decisions makers, and greater understanding of the role and contributions of dietitians-nutritionists to sustainable healthy eating, and 2) a Stronger Network in the form of increased capacity for ICDA leadership and progress, increased Member engagement, and reduction of barriers to national dietetic association participation.

Marsha Sharp
Chair, Board of Directors
ICDA

KEY DECISIONS BY ICDA REPS

1. Dietitian-Nutritionist:

A dietitian-nutritionist is a professional who applies the science of food and nutrition to promote health, prevent and treat disease to optimise the health of individuals, groups, communities and populations.

2. Amended Membership By-law:

Members shall be national dietetic associations from all countries of the world which meet the conditions for members set forth in the definition that follows and which make timely payment of the Membership Fee payable by them. A "national dietetic association" is a professional society or association of members, at least 65% of whom meet the definition for Dietitian-Nutritionist and meet the international education standard Up to two national associations in a country may be members. An application from a national federation of associations will be treated similarly to a national dietetic association. Members as at May 6, 2016 will be continued as long as fees are paid. On lapse of membership, the new criteria for membership would be applied on reinstatement.

KEY DECISIONS BY ICDA REPS

3. Member Fee

Effective April 1, 2017 the annual fee is $0.42 (US) per member in the national dietetic association

4. Host ICD 2024

Dietitians of Canada

5. Board of Directors 2016 – 2020

Sheela Krishnaswamy, India
Tatsushi Komatsu, Japan
Carole Middleton, UK
Judith Rodriguez, USA
Giuseppe Russolillo, Spain
Marsha Sharp, Canada
Elizabeth Solis, Mexico

Feature Article

The Evolving Profession of the Dietitian-Nutritionist

ICDA is the largest world-wide body of dietetics professionals.
It supports National Dietetic Associations (NDA) and their members, beyond national and regional boundaries, by providing:

- Guidance, development and increased awareness of the standards of education and training that underpin the profession.
- Leadership in dietetics in various contexts, with a focus on evidence based nutrition and dietetics practice.
- An integrated communications system for members
- Networking and professional development opportunities
- Promotion of the role of nutrition and the dietetics professional in enhancing health, supporting human development, and reducing disease.[1]

To achieve its mission ICDA needs an understanding of the status of dietetics and the NDA in member countries and conducts a survey of the Education and Work of Dietitian-Nutritionists every 4 years for presentation at each International Congress. A Report of the 2016 survey will be published on the ICDA website later this year.

ICDA currently has 49 members in 42 countries (coloured blue on the map) representing approximately 210,000 Dietitian-Nutritionists. \

Regulation of the profession

Regulation is important primarily for protection of the public as it involves setting and monitoring of standards both in education and working practices and registration is something all NDAs have been striving for. Registration serves as a kitemark so that clients know that the Dietitian-Nutritionist is appropriately qualified and competent to practice.

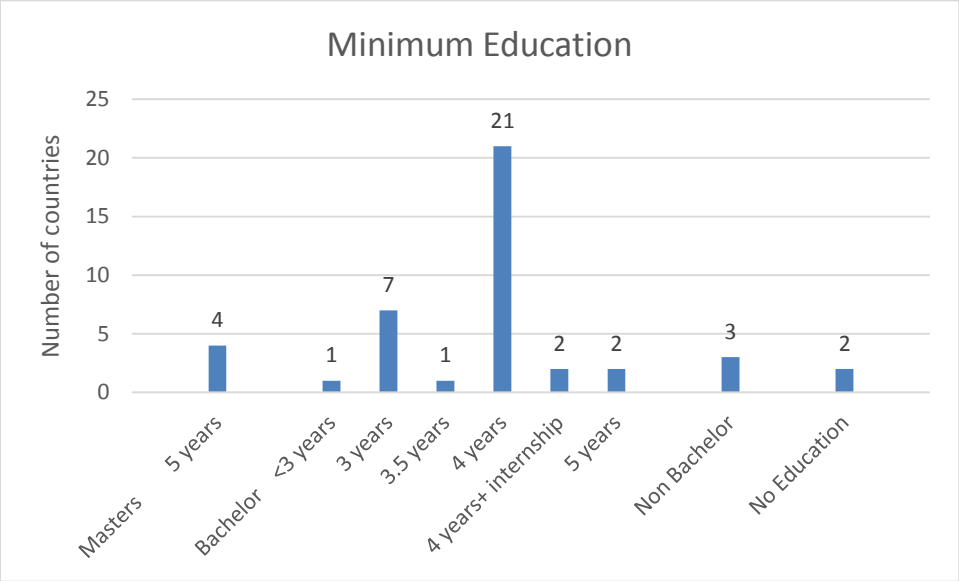
Since 2012 changes in legislation which will impact on dietetic practice have come into force in 7 countries. Registration bodies have been established in 5, the NDA in Italy has been legally recognised by the Ministry of Health as the representative body for dietitians and in the UK legislation has been enforced to allow suitably qualified dietitians to become supplementary prescribers under the Human Medicines Regulations.

The number of countries with a professional title protected by law has steadily grown to 79% in 2016 (33 out of 42 countries), from 69% in 2008 (18 out of 26 countries), though in Denmark and Sweden the title is only protected for clinical dietitians and not for those in food service or public health.

Registration also includes working within a recognised code of ethics, practice and/or conduct. There is an expectation that the professional will behave to a high set of standards. Codes vary but generally include the basic principles of respect, consent, confidentiality, appropriate and effective communication, maintenance of skills. In 2008 ICDA adopted an International Code of Ethics and Code of Good Practice.[2] Within ICDA, countries with a recognised code has again grown steadily with 95% now having their own code or have adopted the ICDA codes. This compares very favourably with the 2004 survey when only 35% had a code and is a sign of the growing maturity of the profession and individual associations.

Education

In 2004 ICDA adopted an aspirational international standard for dietetic education. This is no longer aspirational and has been refreshed in 2016 as:



The minimum level of education for entry into the profession is a bachelor degree in nutrition and dietetics and a period of supervised professional practice of at least 500 hours, which together meet international competency standards.
In the 2016 survey entry level is less than a bachelor degree in only 3 countries (7%) compared to 7 countries (23%) in 2008.

The supervised practice element of the international standard is also being met in the majority of countries with 92% reporting a compulsory practicum of more than 500 hours as part of the dietetic program.

The third element of the ICDA education standard relates to assessment of competence. 31 countries report having competency standards students must meet, compared with 28 in 2012.

Continuing competence

Having demonstrated competence at qualification many countries now expect Dietitian-Nutritionists to demonstrate continued competence to practice. All professional practice is expected to be up to date, evidence based, safe, effective and efficient. Most Codes of Practice/Conduct include a statement about maintaining competence by being responsible for lifelong learning and engaging in self-development.
However, ongoing study is a requirement for continuing to work as a Dietitian-Nutritionist in only 29 countries (70%) and 2 NDAs commented that it is not enforced. A further 3 NDAs recommend that their members engage in Continuing Professional Development (CPD). This is a significant increase on the 22 (59%) in 2012 and 14 (50%) in 2008. The type of ongoing study varied, with examinations, practice assessment and CPD in different combinations quoted. In many countries credits or points for a range of activities are collected over a timespan ranging from 1 to 5 years. In some countries, the amount of CPD is not specified and Dietitian-Nutritionists are expected to self-assess, with random checks by the regulatory body.

Work

Historically Dietitian-Nutritionists have worked in hospitals in food service or clinically on the wards and in outpatient clinics. This continues to be the case with 100% of countries reporting hospitals as a location for employment but over the last 4 years there has been an increase in the number of countries reporting a more diverse range of settings.
The greatest increase has been in public health, dietetic involvement in both health and food related Government departments, military food service, working in both Community Health Centres and Long term care and in academia and research. Many countries also reported private practice, self-employment and consultancy as growing areas of employment.

In addition to location there have also been changes in the way Dietitian-Nutritionists are working, with greater involvement in:

- Multi and inter-professional teams particularly in primary care locations,
- Clinical care outside of hospitals,

- Extending their scope to include exercise, working in sports facilities and gyms; or in clinical practice taking on tasks such as placing nasogastric tubes usually undertaken by nurses or doctors,

Entrepreneurship, creating businesses and private practice.

However, by far the biggest change reported was in the use of technology. Some of the examples include:

- Online resources for many purposes including finding evidence for practice using the PEN Practice Based Evidence in Nutrition Global Resource and the Academy of Nutrition and Dietetics Evidence Analysis Library.
- Use of standardised languages for recording the nutrition care process.
- Webinars, web conferencing, distance learning.
- Social media for general communication, and communication and consultation with clients.
- Use of blogs, nutrition apps and telemedicine were also reported.

All of these examples are designed to improve services, interactions with clients, colleagues and students, allow greater flexibility and reduce the need for time consuming and expensive travel to improve the efficiency and effectiveness of services.

Conclusion

The dietetic profession has changed dramatically and will continue to do so as nutrition becomes embedded in the global agenda.

The education, role and scope of the Dietitian-Nutritionist is constantly evolving to meet the needs and expectations of clients and employers, to cope with the demands on services being provided in a changing environment and to seize opportunities as they arise.

The rate of evolution will vary across the world as it is influenced by the differing environments in which the profession is practised and the stage of development of the profession in each country.

To enable promotion of the dietetic/nutrition professional in the global arena a greater understanding of what they can and are doing is required.

1. International Confederation of Dietetic Associations Mission Statement. ICDA. 2014
2. International Code of Ethics and Code of Good Practice. ICDA. 2010

Carole Middleton
Director, ICDA
Representative, British Dietetic Association

Encomiums for Sandra Capra – from fellow ICDA directors

Irene Mackay –
I had the pleasure of working on the Board with Sandra from 2000 – 2004 and would like to record my thanks to her for her friendship and the enormous contribution she has made to dietetics worldwide. She has worked tirelessly on behalf of the profession and under her leadership ICDA has made great progress achieving agreement on work identified in ICDA's 2000 Mission Statement and progressing the 2012 - 2016 Strategic Plan. This is in no small part due to her commitment, energy and enthusiasm. Thank you, Sandra, and all good wishes for the future. I would also like to wish the new Board every success.
Irene Mackay
Chair, ICDA Board 2000 – 2004
British Dietetic Association

Marsha Sharp –
Sandra Capra is a motivational leader, inspiring others to follow to achieve goals. She has served ICDA and thus the profession in a global context tirelessly and selflessly since 2000, moving ICDA from a fledgling idea to an international organization capable of shaping international standards and encouraging their uptake as a means to advance the profession for the benefit of its members and for society. As Chair of the ICDA Board of Directors (2004 to 2016) and Chair of the International Congress of Dietetics in Sydney, Australia in 2012, Sandra taught ICDA Members and the ICDA Board of Directors to find common ground by building on principles we could all agree to, by respecting diversity of experience, language, culture, and
capacity of Members, by listening more intently to more people, and by using humour for achieving greater harmony (when her highland bagpipes were not at hand). Working beside Sandra has been inspirational, demanding, and fun. Her friendship brings me great joy, and I look forward to continuing our ICDA relationship in new ways.
Marsha Sharp
Director, ICDA Board 2000 – present
Dietitians of Canada

Mary-Ann Soerensen –
Sandra and I first met in 1986, when my friend and I travelled to Australia. She welcomed us at the food service department of a hospital in Queensland. 18 years later I had the privilege to meet her again as newly elected director of ICDA.

Sandra's enthusiasm is contagious, and the way she embraces the profession of dietitians/nutritionists taking into consideration how different we are around the world, has helped ICDA take a quantum leap for the good of the profession.
On top of it all, it has been great fun to work with Sandra, and what she does, she does without pomposity.
Mary-Ann Soerensen, Food Service Dietitian
Director, ICDA Board 2004 - 2010
The Danish Diet and Nutrition Association

Carole Middleton –
It has been a privilege to work with Sandra on the Board of ICDA and I have much appreciated her guidance, support and leadership over the last 12 years. Sandra is a great champion for the Dietitian-Nutritionist, looking for the common ground across the world, constantly striving to raise the standard of education and practice and the profile of the profession. Board meetings are always hard work but we have achieved a lot and had a lot of fun along the way.
Carole Middleton
Director, ICDA Board 2004 – present
British Dietetic Association

Teiji Nakamura –
Sandra has been the president of our organization and I feel proud that she is one of my friends. Japanese nutritionists and dietitians have learnt many things from her. Her dedication has made ICDA an international organization. She is the true leader of the nutrition and dietetics internationally. In 2004, we competed against each other to hold ICD in either Sydney or Yokohama in 2008. This fight was very exciting and fair. I shall never forget this fight and also the good ICDA board members in the past - Sandra, Marsha, Naomi, Jose and Irene. I love and respect them even now. I wish Sandra all happiness in the future!
Teiji Nakamura PhD RD
Honer President:Japan Dietetic Association

Sheela Krishnaswamy –
When I first met Sandra in 2008 in Yokohama, Japan, I was very impressed with her leadership skill. Over the next few years, I got to know her better and admired her intelligence, diplomacy, commitment and cheerfulness. I enjoyed working with her on the Board of ICDA from 2008 to 2012. The icing on the cake was the time we spent together when she visited Bangalore, my home town in India. I wish her the best in her professional endeavours and also wish her good health and happiness, always.
Sheela Krishnaswamy
Director – ICDA Board 2008-2012 & 2016-2020
Indian Dietetic Association

Sylvia Escott-Stump –
My first international experience beyond North America was to the ICD in Edinburgh, Scotland in 2000. There, I heard wonderful lectures, presented a short talk, and connected with Sandra Capra and her colleagues who were proposing an ICD in Australia. Since that time, I have had the opportunity to work with Sandra in ICDA, observe her managerial aptitude, and collaborate with her on many projects. Sandra sets the bar high but helps everyone reach it. Her work in ICDA has been inspirational and I hope to continue working with her!
Sylvia Escott-Stump, MA, RDN, LDN, FAND
Director, ICDA Board 2010-2016
Academy of Nutrition and Dietetics, USA

Niva Shapira –
Prof Sandra Capra has contributed significantly to ICDA. She has the cultural openness and empathy required for a multi-national organization. Her academic excellence and expertise have supported her voice in scientific and professional healthcare systems, and her political wisdom has promoted the goals of ICDA.
Her commitment, responsibility, and integrity have contributed tremendously to the achievements attained throughout her chairmanship, including in the field of international accreditation and competencies. Her warmth and humour add fun to the meetings and strengthened group adhesion. Personally, I enjoyed being a board member with her, and hope that she retains her spirit and continues to find rewarding ways of contributing to dietitian-nutritionists around the world.
Dr. Niva Shapira
Director - ICDA Board 2012-2016
Israeli Dietetic Association

Announcement

Launching AFDA Website

We are happy to announce the launch of newly designed website for AFDA on the Asian Dietitians Day - Sept. 19, 2016. September 19 was chosen because it commemorates the founding of AFDA in 1991.

The objective of the Asian Dietitians Day is to celebrate and honor the important role of dietitians in providing nutrition care and promoting healthy diet and lifestyle for disease prevention and treatment.

AFDA now consists of 11 full member associations and 1 affiliate member association. In order to effectively communicate among member associations, a resolution to set up a website was made during the 5th Asian Congress of Dietetics (ACD) held in Bangkok in 2010. We are

grateful that Hong Kong Nutrition Association has contributed its valuable time and energy to develop and launch this website.

The AFDA website features its history, progress and updated activities. It will serve as a platform to link and network dietitians in Asia and the world.

Enjoy surfing at **www.afda-dietitians.org**

Chwang Leh-Chii, DrPH, RD
President
Asian Federation of Dietetic Associations (AFDA)

ICD 2016 at Granada, Spain

Judith Rodriguez – USA

The ICD 2016 was a wonderful learning, social, and professional development and personal experience in 5 ways:

1) learning about the rich history, foods and beauty of Granada
2) meeting and making new contacts and friends from around the world who share common the interest of improving health of populations through food and nutrition
3) getting updates on the latest evidence and information about nutrition and initiatives at the many sessions
4) understanding the work and important role the ICDA is playing at the global level to promote health, the profession and dietitians-nutritionists
5) getting a boost of inspiration from the enthusiasm and dedication demonstrated from attendees.

Judith Rodriguez, PhD, RDN
New Director, ICDA Board
Academy of Nutrition and Dietetics member
Professor, University of North Florida, U.S.A

Members from USA and South Africa
(L to R) – Judith Rodriguez, Maryke Gallagher, Donna Martin, Claire Julsing Striding, Lucille Beseler, Pat Babjak and Catherine Christie

Sylvie Borloz – Switzerland

Granada ICD 2016 was a great experience for me as Swiss Dietetic Association representative. It was good to meet colleagues at the ICDA meetings before the congress, and also during the congress especially during coffee breaks. In front of the posters exhibition, I met colleagues from Italy and Canada and we discussed about the treatment of obesity and a strange new operation which is used to empty the stomach of patients with a pump. After my oral presentation some colleagues from Argentina and Belgium came up to ask me for some references to mindful eating of children. For me the congress was an opportunity to discuss about the daily work, to debate about how to defend our profession & become more visible and also share new experiences in the dietetics world. Granada also gave me few more days of summer time in a beautiful place!
Sylvie Borloz
ICDA Representative
Swiss Dietetic Association

Sylvie Borloz, ICDA Representative with Gabi Fontana, President, Swiss Dietetic Association

Thérèse Libert – France

The 17th ICD in the beautiful city of Granada in Spain was an opportunity for dietitians from 45 countries around the world to meet with the same objective of moving dietetics forward. We benefitted from an excellent scientific program under the theme “Going to sustainable eating”.

It was an enriching experience to hear about professional practices from all around the world. It was not only an opportunity to gain knowledge from research and practice in other countries, but also to present our actions. Our president, Isabelle Parmentier, presented the role of dietitians in the nutrition policies in France, and Florence Rossi, presented a nutrition research project on oral nutritional supplements in geriatrics.
In addition to the congress, we visited the Alhambra Palace which is really "one of the wonders of the world"!! It was a fantastic experience!
We highly recommend this event to all dietitians and students of dietetics. The next one will be in 2020 in South Africa. Take note!

Thérèse Libert
AFDN Vice-president - AFDN delegate for ICDA

Therese Libert with other dietitians

Maryke Gallagher – South Africa

ICD 2016 in Granada has been an event that we as the Association of Dietetics in South Africa (ADSA) have been looking forward to for such a long time. Not only was it an opportunity for us to learn from and engage with colleagues from around the world, but we got to show case and present our own beautiful country, South Africa. Cape Town is the host for ICD 2020. Sustainability was the theme for the congress and one of the quotes on the first day that we found to be so valuable to set the scene for the days that would follow, were those of Mahatma Gandhi "The world has enough for everyone's need, but not enough for everyone's greed." One of the key messages from this conference was that nutritionist-dietitians will need to play a key role in shifting people's eating patterns to provide food for the future while preserving the planet.

Maryke Gallagher
President, ADSA

Danielle Gallegos – Australia

Over 50 Australian delegates made their way to Granada to catch up with old dietetic friends and to make new ones. Spain did not disappoint! From the fantastic Flamenco dancing and opera singing at the opening ceremony to a wonderful program which had something for everyone. Whether you were a dietitian working in public health, food service, medical nutrition therapy or education there were practical strategies to think about and potentially implement. The focus on sustainability caused us to stop and reflect on the ability of food to not only feed but to nourish - our earth, our bodies and our relationships. Dietitians Association of Australia (DAA) has just undertaken a process of competency and accreditation standard renewal so it was particularly interesting to contemplate the ICDA's progress towards international standards and the challenges and opportunities these pose for many countries. Finally, after over 16 years of outstanding service we would like to publicly acknowledge the commitment made to the ICDA and the international community of dietetics by Professor Sandra Capra. Thank you Sandra!

Danielle Gallegos
ICDA Representative for Australia

Melanie McGrice – Australia

I had the privilege of attending the International Congress of Dietetics in the beautiful Granada, Spain recently. Very few dietitians travelled as far as us Aussies did; it took me nearly 30 hours from leaving my home in Melbourne, Australia, to arrive in Spain – but it was worth it! I had the privilege of spending three weeks travelling around Spain, learning about the Spanish culture, and best of all, the amazing Spanish food! I concluded my trip by heading to Granada for the Congress. The theme was 'sustainability' and there was much debate about the role of dietitians in agriculture and food industry. One of my favourite parts of the conference was a symposium on the latest research on low calorie sweeteners, and as someone who is usually quite sceptical about artificial sweeteners, it was helpful to hear an update of the evidence of their benefits from some prestigious researchers. The next ICD will be held in Cape Town, South Africa, and I would whole-heartedly recommend

it as a great way to gain an understanding of what is being done in dietetics around the world, so mark it in your diary!

Melanie McGrice
Member of the Dietitians Association of Australia

Viviana Corteggiano – Argentina

The 17th ICD began with the opening ceremony led by the Congress President, Giuseppe Russolillo, a film on “Sustainable Eating” and continued with simultaneous symposia and round tables in different auditoriums.

AADYND presented three dissertations: “Nutrition Education Projects” by Corteggiano V, “Review process of the Dietary Guidelines for Argentinean Population” by Stankievich M. L., and “Ethics and Professional Responsibility” by Gonzalez, G.

At the closing ceremony, the president in his speech distinguished AADYND as an entity that includes all professionals from Dietitians to Nutritionist-Dietitians, remarked about the evolution of the professional degree in Argentina and the presence of AADYND during this process.
We are really grateful for being able to participate in this wonderful event and we appreciate the opportunity to interact with other colleagues around the world.

Viviana Corteggiano
President, AADYND

Viviana Corteggiano (AADYND President), Giuseppe Rusolillo (ICD Chairperson), Maria Lujan Stankievich (AADYND Treasurer) and Graciela Gonzalez (AADYND Former President).

Corteggiano V., Gonzalez G. and Stankievich M. L. (AADYND members), Risso Patron V., Arribas A., Sivori D., Fidelix M., Rodriguez R., Saby M. (Argentina, Brazil, Colombia, Guatemala and Peru representatives) together with Giuseppe Russolillo.

Janice Macdonald – Canada

There were 60 enthusiastic Canadian dietitians in attendance at the 17th ICD in Granada, Spain. More than half of the Canadian delegation received travel grants from Dietitians of Canada (DC) based on a successful program proposal to the scientific program committee.

One of the DC Travel Award recipients offered this feedback – similar comments were heard from other delegates - *"In addition to being a part of the scientific program, I was able to network with colleagues with similar interests and have developed a network of colleagues … I was so proud to be a part of the amazing Canadian contingency!"* Natasha Haskey, RD

Watch this short video to capture the essence of the event from the Canadian perspective!

Dietitians of Canada looks forward to hosting colleagues from around the world at ICD 2024 to he held in Toronto, Ontario.

Janice Macdonald, MEd, RD, FDC
Director, Communications
Dietitians of Canada

The Canadian Delegation at ICD 2016

Arnt Steffensen – Norway

I congratulate FEDN for a very well organized congress; you have every reason to be proud of it! From a Norwegian point of view, the heat was a challenge! It was highly appreciated that there were so many water bottles at the congress, even if plastic bottles are not sustainable. That is, however, totally forgiven for without them I would not have survived. ☺

This was a congress with a purpose. It was about seeing the big picture. We can't ignore the fact that food production and sustainability are linked together. As health professionals it is part of our duty to pay attention to this, in cooperation with the kitchen staff and the food service managers.

It was interesting to meet old and new colleagues from around the world. Exchanging views and experiences is important. No matter what problem you have in your country, you can be sure that somebody else has experienced the same, and maybe has found a solution.

In one of the workshops, there was a long discussion about why ICDA is not more visible in public and how we could move the organization forward. Social media can be a powerful tool. It is an efficient way to spread a message, and to tell the world that you exist. Not only Facebook, but also Instagram and Twitter. If ICDA wants to make a difference, we must think differently.

Arnt Steffensen
President, Norwegian Diet and Nutrition Association

Arnt Steffensen

Niva Shapira – Israel

ICDA conference 2016 in Granada was a very special experience. The theme – sustainable diets, an urgently needed subject to be studied thoroughly and lead by the dietitians/nutritionists - was introduced in the grand opening ceremony through an educational movie, and was followed by great scientific program that emphasized the vision, mission and potential contribution of the world dietitians-nutritionists' organizations to the food-environment challenge! The Spanish warmth, Granada's beauty/culture and friendly atmosphere enabled inspiring social/professional exchanges. Well-prepared workshops facilitated professional development of the dietitian-nutritionists' competencies, accreditation, autonomy and leadership, inter-professional function and enabled bottom-up 'have-your-say' feedback.
Israel proudly sent around 15 leading professional delegates. Most of them presented important scientific papers and posters, and actively participated and contributed in the professional encounters.

Applause for the Spanish dietetic-association President, Giuseppe Russolillo, Prof. Manuel Moñino, scientific chair, and their team for an unforgettable conference experience!

Niva Shapira, Ph.D., R.D., Agr.
ATID – Israeli Dietetic Association

Niva Shapira with Sandra Capra

Fayza Khan – Pakistan

This was the first time Pakistan Nutrition and Dietetic Society (PNDS) participated at any ICDA Congress. As the current President of the Society, I represented PNDS at 17th ICD, at Granada. It was indeed an unforgettable experience. I also presented a paper titled "Nutritional status of children in a remote village of desert region Tharparkar Sindh, Pakistan" in the session of Community Nutrition and Public Health and Innovation in food, nutrition and dietetics.
Latest Scientific information provided during the sessions and workshops will surely help the participants in improving dietetic practice worldwide. The most interesting part of the conference was to meet and interact with hundreds of nutrition and dietetic professionals from 49 different countries under one roof.

Fayza Khan
President, Pakistan Nutrition and Dietetic Society (PNDS)

Fayza Khan at the ICD 2016

Adela Jamorabo-Ruiz – Philippines

The 7-member Philippine Delegation to the ICD 2016 consisted of former NDAP Presidents Nieves C. Serra and Dr. Celeste C. Tanchoco; Zenaida Velasco, Dr. Imelda Agdeppa, Catrisse Dizon and Jocelyn Bacayo of Cebu City, along with me. I presented a research paper on "Developing a New National Nutrition and Dietetics Degree Program in Pursuance of an Outcomes-Based Quality Assurance System" in an oral communication session on Teaching, Education and Training of the Dietitian-Nutritionist and Regulation of the Profession while Dr. Imelda A. Agdeppa of the Food and Nutrition Research Institute-Department of Science & Technology had a digital poster presentation.

We savored the educational lectures, research presentations, and various symposia and workshops which offered a rich tapestry of the versatility of the dietetics profession. Other events such as the twins festival, Quixote dinner, exhibitions, and tours provided platforms for mutual exchange and communication among participants, companies, and organizations. Having a paperless Congress was a new experience in the way we exchanged professional experiences and scientific views to make the event sustainable and respectful of the environment.

Prof. Dr. Adela Jamorabo-Ruiz, RND
President, Nutritionist-Dietitians' Association of the Philippines
ICDA Representative

Clockwise: Dr. Adela Jamorabo-Ruiz delivering research presentation at the 17th ICD in Granada, Spain; Delegates from the USA Academy of Nutrition and Dietetics who are NDAP honorary members– Dr. Beatriz Dykes, Professor Sonja Connor; Ms. Jessie Pavlinac and Dr. Ethan Bergman with Dr. Ruiz at center; and with fellow Presidents of National Dietetics Associations from Asia: Taiwan, India, Malaysia and South Korea

Sheela Krishnaswamy – India

15 members of the Indian Dietetic Association were in attendance at the ICD 2016 in Granada, Spain. Right from the time we got to shout 'Hola' and cheer for our country flag at the inaugural ceremony, up until we said goodbye to many of our friends after the closing ceremony, we created many memories. We learnt from the symposia, we discussed at the workshops, we bonded during tea & lunch breaks, we made new friends, we laughed, talked, exchanged information at the wonderful dinners.

The Indian delegation presented papers, posters, conducted workshops and enthusiastically participated in all the events of the conference. We even managed to dine at an all-vegetarian restaurant in Granada, thanks to our ICDA friends.

The most poignant moment for us was when the Father of our Nation, Mahatma Gandhi, was quoted in the inaugural ceremony - "The world has enough for everyone's need, but not enough for everyone's greed".

Sheela Krishnaswamy
President
Indian Dietetic Association

Some members of the Indian Dietetic Association at the Spanish Twins Festival

National Dietetic Association Reports

Country – Argentina

I Food and Nutrition Congress in Argentina

Argentinean Association of Dietitians and Nutritionists-Dietitians (AADYND) organised the I Food and Nutrition Congress in the city of Buenos Aires on August 29th, 30th and 31st of 2016. Under the slogan "Going through new scenarios", the Congress sought to consolidate multidisciplinary actions to address the issue of nutrition in different situations. The Congress enabled to debate, discuss and share local, national and international academic research results. The presence of doctors, physical education teachers, physical therapists and lawyers, with their complementary disciplines enriched the knowledge of our profession. Twenty nine round tables, symposia and conferences took place including 75 speakers in total addressing the following topics: premature infant nutrition, strengthening the rights of mother and child to give and receive breast milk, nutritional approach to children with chronic kidney disease, marketing and communication tools for effective listening, nutritional profiles and their potential impact when applied to population, nutrition in the first 1000 days of life, the role of dietitians as auditors in the management area, digestive functional disorders from an interdisciplinary perspective, dysphagia in neurological patients, diabetes through different life stages, optimizing nutritional support in critically ill patients, the role of dietitians as researchers, nutritional management of older adults, development of active lifestyles, innovative experiences of nutrition education in the community, important relationship between fats, sodium and cardio metabolic diseases, role of dietitians in high performance sports, nutritional supplementation in sports, the Latin America point of view of food security, new Dietary Guidelines and experiences from other countries, and law and nutrition.

A total of 700 professionals and students participated in the Congress. 88 posters were presented and 18 scientific papers were exhibited, within the following categories: adult clinic, pediatric clinic, management, food, education and community nutrition.

Lucia Rey
AADYND

Maria Lujan Stankievich (Treasurer),
Viviana Corteggiano (President), Beatriz Ravanelli (Vice President)

Auditorium

Country – Australia

DAA Spokesperson's Program

The Dietitians Association of Australia's (DAA's) Communications and Marketing Manager Dr Sara Grafenauer has recently returned from attending ICD 2016 in Spain. Sara presented on the achievements of our successful Spokespersons Program. In a workshop co-facilitated by representatives from Dietitians of Canada and the British Dietetic Association, Sara discussed how DAA evaluates our successful Spokesperson's Program, to be confident we're making a difference in promoting evidence-based nutrition and raising the profile of DAA and Accredited Practising Dietitians (APDs).

'Dietitians are increasingly working in a competitive space. Every day unqualified 'experts' push their views on diet and nutrition, including through the media. As a profession, we have an important role in communicating credible, accurate, practical and engaging nutrition messages that will help people lead healthier lives. The public and the media are hungry for nutrition and health information, meaning real opportunities for dietitians to shine!' said Dr Grafenauer.

DAA Spokespersons Program: 17 years . . . and still going strong

Over many years, DAA has built a strong media profile – in large part due to our Spokespersons Program. DAA has 23 media-trained spokespeople across Australia, who collectively undertake an average of 75 media interviews per month, with support from DAA. We also have a database of more than 90 'APDs willing to speak with the media', and another database of APDs able to be interviewed by journalism students. These members contribute to our media reach and provide another opportunity for dietitians to have their message heard.

Since its launch in 1999, the Spokesperson's Program has grown to provide an important channel to:

- Communicate accurate and practical nutrition information
- Increase recognition of APDs as the experts in nutrition
- Increase recognition of DAA as the peak body for dietitians.

DAA provides support for Spokespeople through:

- Annual media training and as needed phone coaching
- Key message briefings
- Regular email updates and an annual teleconference
- Robust policies and procedures
- Media resources for professional development
- Networking opportunities
- Mentoring for newer spokespeople
- Recognition of contribution, among DAA members and others

All DAA Spokespeople are given skills in 'mapping', a strategic method for crafting messages. And for each media call out, DAA's media team provide key messages to help with preparation of the main points to emphasize. As an added extra, the media team coordinates the editorial with health care and consumer magazines. Many APDs contribute here – but DAA assists with the 'pitch' and ensuring editorial. Last year the value of this work was 345K (AUD) in advertising equivalents.

Evaluating DAA's media influence

Media monitoring, particularly online monitoring, and consumer and journalist surveys form the basis of evaluating DAA's media influence. Evaluation includes:

- Media monitoring: External agencies provide DAA with daily monitoring reports, capturing media pick-up of the key words 'Dietitians Association of Australia' and 'Accredited Practising Dietitian'. During the 2015 calendar year, this revealed 9.6 billion opportunities to see (the number of people who had the opportunity to see or hear DAA keywords through print, broadcast and online media) and 9,565 mentions in the media (which has grown from 424 in 2004 and 1,604 in 2009). Each person in the team can see the overnight media report of all online content. We use this for risk management, detecting trends and so we can tweet the articles in which our spokespeople have featured. Many of our Spokespeople are engaged on twitter – so it is a great way for them to build their profile. After all, we are #StrongerTogether.

- Consumer survey: For many years, DAA has been tracking awareness among the public of APDs, along with other measures – such as awareness of news stories about nutrition featuring a 'Spokesperson for DAA'. In 2016, this survey (n=1,200) found public awareness of news stories about nutrition featuring a 'Spokesperson for DAA' at 13% - a great result given the wealth of 'news' available in our fast-paced and digital world.

- Journalists survey: A survey of Australian journalists (n=64) in late 2015 revealed 85% rate DAA Spokespeople as either 'very well informed' or 'well informed', and 69% come to DAA for nutrition-related stories (more so than any other organisation). This annual survey has been rolled out since 2012.

DAA also surveys spokespeople annually to assess their satisfaction with the support provided by DAA staff.

For further information about DAA's leadership in these areas or to tap into DAA's expertise and resources in implementing a Spokesperson's Program, contact Dr Sara Grafenauer (Communications and Marketing Manager) on **sarag@daa.asn.au** or Maree Hall (Senior Public Relations Manager) on **prmanager@daa.asn.au**

DAA would like to thank all DAA Spokespeople for their passion and dedication towards helping the Association achieve its strategic objectives!

Country – Canada

Canada launches a new website to assist Internationally Educated Dietitians

A new website has been launched to assist Internationally Educated Dietitians (IEDs) interested in exploring dietetic practice in Canada. It provides an orientation to dietetic practice and the opportunity for IEDs to self-assess their level of knowledge and skill compared to the standards required to practice dietetics in Canada.

The new Canadian Dietetic Practice Orientation and Self-Assessment Tool (OSAT) website is one of the tools that was developed as part of a larger competency assessment project.

The website is available at: **www.dietitianselfassessment.ca**

The Canadian Dietetic Practice Orientation and Self-Assessment Tool (OSAT) tool is free to use. After reviewing the information on the website, click on "Complete my Self-Assessment" to assess your level of knowledge and skill compared to the standards required to practice dietetics in Canada.

Corinne Eisenbraun,
Director, Education Policy and Programs
Dietitians of Canada

Country – Hungary

Hungarian Success Story of EPODE

Obesity is a growing public health issue, which affects nearly 70 percent of adult and more than 20 percent of Hungarian child population. Number of obese children has tripled in Hungary in the last two decades. To overcome the obesity epidemic the WHO recommends to improve one's lifestyle by promoting healthy eating habits and physical activity in all socio-economical settings.

The GYERE ("Children's Health") program aims to prevent childhood obesity in Dunaharaszti city by focusing on the behaviour of the whole family, changing its environment and community norms. The three-year pilot program was initiated by the Hungarian Dietetic Association in 2014 and implemented with co-operation from the Semmelweis University, Faculty of Health Sciences, the National Institution for Children's Health and the State Secretariat of Health, in close collaboration with other local political and private partners like the municipality, schools and the healthcare system.

The GYERE program adopted the EPODE four pillars approach (high level political engagement, sustainable resources, coordination and support services, scientific evidences to prove project efficacy) for early engagement with children and involvement of all stakeholders, including families and communities. To measure results anthropometric data was collected at baseline and at the end of the project. According to data of the baseline survey a considerable proportion (26.5%) of 6-12y children in Dunaharaszti was obese or overweight. Prevalence of obesity and overweight was the highest among 10y girls (30.6%) and also significant among 12y boys (26.8%). As part of the health education five thematic campaigns - fruits and vegetables, healthy hydration, protein sources, milk and dairy, grains - have been implemented so far. Importance of being active has also been emphasized. The program is using various communication channels, e.g. in-class lectures, drawing and recipe competition, GYERE menu in school canteens, Facebook posts and educative articles, involving all the children below 18y and their families in the city.

The GYERE pilot program in Dunaharaszti will end in 2017, aiming to reduce prevalence of obesity among the intervention group by at least 5 percent through significant improvement in lifestyle and health consciousness of the whole local community. In the meantime the Hungarian Dietetic Association already has started the second GYERE Program on the eastern and more disadvantaged region of the country in Szerencs.

Zsuzsanna Szucs, Member, Executive Committee, Hungarian Dietetic Association
Jolan Kubanyi, President, Hungarian Dietetic Association

Country – India

Report of the Annual Conference of Indian Dietetic Association – IDACON 2016

IDACON 2016 was conceived and executed with the theme "Joining Hands to Nourish India- Nutrition beyond Nutrients", which had an appeal to all stake holders in the area of health and wellness. This was held on the 23rd, 24th & 25th of September 2016, in Mumbai, organized by the IDA Mumbai Chapter, at Hotel Sahara Star.

The conference hosted a wide variety of pre-conference workshops: Entrepreneurial Workshop, Food Composition Data in association with FAO, Clinical Nutrition in ICU, Food Safety, Health and Nutrition in association with the Association of Food Scientists & Technologists (India), and Renal Nutrition - a synergy between Nephrologists and Nutritionists in association with Global Hospitals.

Parallel workshops were hosted on the days of the conference – Diabetes Workshop in association with the Research Society for the Study of Diabetes in India, Obesity Workshop titled "From Flab to Fat" in association with All India Association for Advancing Research in Obesity, Cardiac Workshop in Association with the Association of Physicians of India and Nutritional Issues in Gynecology Workshop in association with Mumbai Obstetrics and Gynecological Society.

The conference featured the Founders' Oration which was awarded to Dr. V. Mohan, who spoke on "Prevention of Diabetes" and Prof. Amiya Kumar Bose Memorial Lecture, awarded to Ms. Gourpriya Koppikar, who gave a spellbinding oration on the changing face of dietetic practice over 36 years. A host of topics nutrition topics were covered during the scientific sessions; to name a few - the role of the modern nutritionist, science of nutrigenomics, pre and probiotics, endocrine disruptors, handling nutrition issues in pediatric population with cancer, nutritional issues in the elderly, micronutrient requirements of women and a panel discussion on interpreting nutrition guidelines for the patient.

A unique aspect of the conference was the hosting of a CEO Conclave - A Formal Networking Dinner amongst the industry, institutes, regulatory bodies, various nutrition related associations and IDA. A "JOB CELL" was unveiled to benefit young dietitians in; this is the first of its kind in IDA.

A Public Forum was organized to create a platform for interaction between the dietitians and the community, with a wide variety of lectures on myriad topics as well as demonstration of healthy recipes. It also featured the release of "Nutrilink", a publication created solely for the education, participation and benefit of the community.

IDACON 2016 had some first time initiatives –

- Green initiative translating to e-registration and electronic poster presentations.
- Incorporation of fitness breaks in the conference by trainers of yoga and belly dance.

- Creation of an anthem based on the theme of the conference to inspire the dietetic fraternity.

The Indian Dietetic Association stands united as a community of nutrition and dietetics professionals, holding hands with allied fields, leaping towards health supported by like-minded groups.

Naaznin Husein
Organising Secretary – IDACON 2016
IDA Mumbai Chapter President

Calendar of Events

4th International Conference on Nutrition and Growth (N&G 2017)
March 2-4, 2017, Amsterdam, The Netherlands
http://2017.nutrition-growth.kenes.com/

62nd Annual Convention of Nutritionist-Dietitians' Association of the Philippines
March 8-10, 2016 at the Marriott Hotel, Manila, Philippines.
Email NDAP at **secretariat@ndap.org.ph or** see our website: **www.ndap.org.ph** and our facebook page "Nutritionist-Dietitians' Association of the Philippines" (organization).

Dietitians of Canada 2017 National Conference
June 7-10, St John's, NL, Canada
http://www.dietitians.ca/conference

7th Asian Congress of Dietetics (ACD)
5-8 July 2018 at Jockey Club Auditorium, Hong Kong Polytechnic University, Hung Hom, Hong Kong
Theme – The Rise of Nutrition and Dietetics in Asia
Email – **acd2018@hkna.org.hk**