Volume 24 Issue 1 – March 2017

ICDA Board of Directors
- News from the ICDA Board

Feature Article
- The British Dietetic Association's Journey to Acquiring Prescribing Rights for Dietitians in the UK

Announcement
- Introducing Chika Ndiokwelu, the new editor of *Dietetics Around the World*

International Congress of Dietetics (ICD)
- News from the Association for Dietetics in South Africa (ADSA)
- ICD 2016 experiences at Granada, Spain

National Dietetic Association Reports
- ADSA's Position Statement on the Proposed Taxation of Sugar-Sweetened Beverages in South Africa
- Report from the AADYND
- Report from Austria
- Conbran – Brazilian Congress of Nutrition
- Germany – Summary of a Round Table Presentation at the ICDA Conference in Granada/Spain 2016
- Croatia – Summary of the ENDietS, dietetic students day at the ICDA Conference in Granada/Spain 2016

New Members

- We welcome six National Dietetic Associations (NDAs) as new members of ICDA.

Awards and Grants

- International Awards and Resources through the Academy of Nutrition and Dietetics Foundation

Resources

- Just launched . . . new Dietitians Association of Australia website
- New Perspectives on Nutrition – Definition and Practice

Calendar of Events

ICDA Board of Directors

News from the ICDA Board

The new ICDA Board of Directors met from 28th February - 2nd March 2017 with the main purpose of developing a Strategic Plan for 2017-2020.

a) Strategic Plan

The aspiration of ICDA is for a stronger dietitian-nutritionists workforce making health improvements through food and nutrition.

The objectives in the draft plan are focussed on:

- Producing dietitian-nutritionists that meet international competency standards for safe, ethical and evidence-based autonomous practice;
- Improved knowledge transfer;
- Decision makers in health, agriculture and food being able to readily access advice from dietitian-nutritionists on sustainable food systems that promote healthy diets;
- Health agencies and health professionals being increasingly able to identify that dietitian-nutritionists are key members of the teams who contribute to reducing the burden of malnutrition and;
- Develop a stronger network.

Actions to meet each objective will:

- Advance the profession;
- Market the profession;
- Create opportunities for the profession to make its contributions;
- and/or Build network capacity.

When considering the objectives and actions, feedback to the Board from members was taken into account. Feedback was received from the 2016 Survey of Education and Work of Dietitian-Nutritionists, the Members Workshop held before the Annual General Meeting in Granada, ICDA led workshops in the International Congress of Dietetics and from individual members.

Work commenced by the previous Board of Directors relating to the education of dietitian-nutritionists and accreditation of education programmes for dietitian-nutritionists will be taken forward by a newly created ICDA Commission for Dietitian-Nutritionist Education and Accreditation (I-CDEA) accountable to the Board.

The International Competence Standards for Dietitian-Nutritionists 2016 were adopted and will be published on the website. Further examples of the application and assessment of competence along with a toolkit will be developed.

The International Accreditation Process for Education Programs for Dietitian-Nutritionists 2016 was adopted with agreement for a pilot phase on the implementation to run for one year, 2017-2018. At the end of the pilot phase applications for accreditation will be considered dependent on the capacity of Reviewers appointed to undertake the process.

A Board Communications Committee (BCC) has been established to strengthen communication with and provide support to National Dietetic Association Representatives. Additional committees have been proposed to increase the capacity of the Board and will be created in due course. All committees will have terms of reference with clear roles, responsibilities and accountability.

The Strategic Plan will be published on the website when it has been finalised.

b) Dietitian-Nutritionists around the World. Their Education and their Work 2016.

The 2016 report is now available on the website.

Every four years the ICDA Board conducts a survey of the National Dietetic Association members of ICDA focussed on major changes in the profession, basic and continuing education and areas of work. The 2016 report provides an insight into how the profession is evolving, showing that more countries have registration for dietitian-nutritionists, their education continues to move towards meeting the International Standard for Dietetics Education and they are working in different ways across a more diverse range of settings.

c) Summary Report of the International Congress of Dietetics from the Spanish Academy of Nutrition and Dietetics (formally the Spanish Foundation of Dietitians-Nutritionists).

Nearly 1500 dietitians and nutritionists from around the world attended the XVII International Congress of Dietetics, Granada 2016.

Congress received 867 abstracts from 54 countries around the world. Spain, Canada, Australia, Japan, United Kingdom, Turkey, USA and Argentina had the largest participation in the "Call for Abstracts".

In the Call for Abstracts call, the expectations of the Scientific Committee were exceeded. Almost 50% of the abstracts received were assigned to the areas of Community Nutrition and Public Health and Clinical Nutrition and Diet Therapy, the rest were distributed in the other 15 topics.

The scientific program had 103 sessions in 9 simultaneous rooms, of which only 18 were sponsored. The sessions were distributed in 54 round tables, 6 plenary sessions, 22 short conferences, 8 oral communication sessions, 15 workshops and 12 symposia.
The Spanish Journal of Nutrition and Dietetics has edited a special issue that includes all of the abstracts received. The contents can be found at:
http://renhyd.org/index.php/renhyd/issue/view/31/showToc or **https://goo.gl/ulSMvr.**
To see the video summary of the ICD Granada 2016 click on the following link:
https://youtu.be/NsLHKtHiQ18

The Sustainable Eating documentary is now available to all ICDA Member Associations.
The Sustainable Eating documentary was premiered in Granada on 7 September 2016 under the framework of the XVII International Congress of Dietetics Granada 2016 with enthusiastic acclaim of all dietitians-nutritionists assembled.

National Dietetic Association (NDA) members of ICDA can contract the broadcasting rights and present the documentary exclusively to the professionals of their country.
You can also hire the personalization of the teaser for the documentary with the logo of your organization and subtitles in your language.

NDAs interested in the film, the special teaser or subtitles in the language of the country, can send an email requesting more information to **c.sabater@academianutricion.org**
To access the dossier presentation of the documentary with all the information, click on the following link:
http://www.academianutricionydietetica.org/archivos/sustainableating.pdf
or **https://goo.gl/aZDpti.**

Carole Middleton
Secretary, ICDA Board of Directors

Feature Article

The British Dietetic Association's Journey to Acquiring Prescribing Rights for Dietitians in the UK

Many words can be used to describe the characteristics of dietitians. In this case, resilience and determination are the terms that best describe our journey leading to prescribing rights for the UK Dietetic profession in March 2016.

Medicines management was one of the biggest challenges for us as the legislation surrounding medicines is highly complex. There are two mechanisms which patients can use to obtain the

medicines they need; Supply and Administration (SAM) and Non-Medical Prescribing (NMP). A significant aspect of our journey involved using the right terminology and demonstrating we understood the differences between, and the limitations of, each mechanism.

SAM

This mechanism allows certain trained and experienced healthcare professionals to supply or administer a course of medicines at the request of a Doctor. The type of medicine, dose and patient(s) are identified in advance. No changes can be made to any of these parameters, if the patient's circumstances change for instance. These mechanisms were primarily intended for use with patients who required a short supply for a specific condition, (e.g., chloramphenicol for eye infections).

NMP

This mechanism allows specific professional groups to train as prescribers in order to be able to provide patients with a prescription for the medicines they require to manage their condition. There are two types of prescribing rights:
Independent prescribing – where the healthcare professional makes the diagnosis, assesses and treats the condition and manages the medicine, without prior agreement of a doctor.

Supplementary prescribing - where the patient is firstly diagnosed by a doctor, who then delegates responsibility for medicines management to the appropriate healthcare professional.

The Review of Prescribing, Supply and Administration of Medicines in 1999, proposed that prescribing rights be extended to a range of health professionals in order to improve services to patients, make better use of the skills of professional staff and thus make a significant contribution to the modernisation of the health service. This review marked the start of our journey to becoming prescribers. In 2003, legislation was changed to enable dietitians to use SAMs with their patients. Unfortunately, this was never going to be an ideal solution to the challenges facing dietitians when treating their patients where diet and medicines are the main criteria for managing long term conditions (e.g. insulin and diabetes, phosphate binders and chronic kidney disease and pancreatic enzymes and cystic fibrosis).

After many years of lobbying, the Department of Health considered extending supplementary prescribing rights to the dietetic profession. We were finally given the opportunity to present our case of need to NHS England and the Non-Medical Prescribing Board. Our case was accepted and we were given the green light to proceed to an eight-week public consultation, and presentation to the Medicines and Healthcare products Regulatory Agency (MHRA) who would ultimately advise Government Ministers whether to accept our case, and change legislation in parliament.

Each stage of this journey required the preparation of detailed documents that described our specialist knowledge, skills and training; how changing legislation would improve patient care, reduce risks, and provide economic benefit. We had to produce reports, impact analyses and

case studies as requested whilst also gathering support from key healthcare professions such as doctors, nurses and pharmacists and also patient representative groups.

The BDA strongly believed that dietitians had a robust case for being able to prescribe for their patients. However, the reality of the NHS under great pressure to increase delivery of patient services at a time when resources are limited, perhaps made the biggest difference to progressing this agenda. Ultimately the time was right. Each time someone told us it was too difficult, or asked us to evidence our knowledge, skills and experience, we met the challenge and remained focused on the goal. Fundamentally, we believed passionately that we could make a real difference to patient outcomes and NHS services.

The story doesn't end there though; we continue to build the case for independent prescribing rights, which will allow us to transform dietetic care across the acute hospital and community settings.

Carole Middleton / Prescribing Project Lead
Head of Education & Professional Development
The British Dietetic Association

Announcement

Introducing Chika Ndiokwelu, the new editor of Dietetics Around the World

Chika Ndiokwelu, dietitian-nutritionist and ICDA Representative from Nigeria is the new editor of DAW.

Chika comes with a rich professional experience of 35 years in clinical and academics fields. She also writes for print and electronic media and is featured regularly in state and national radio and television programmes as a guest artist.

I take this opportunity to thank all the member countries and the ICDA Representatives for your support and regular contribution of articles when I was the editor of DAW. I'm sure that you will extend the same co-operation to Chika too.

Warm Regards
Sheela Krishnaswamy
Former Editor, DAW (2008 to 2016)

International Congress of Dietetics (ICD)

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

SAVE THE DATE

ICD 2020 – Have your say in the programme development!

As you may know, the ICD 2020 Conference will be hosted by the Association for Dietetics in South Africa (ADSA) in beautiful Cape Town, South Africa. As the ICD 2020 Committee begins to plan the conference programme, we invite members to share ideas on what you would like to see at the conference. The call for abstracts will be launched in January 2019, but in the interim to ensure that members' needs are considered, we have created this platform for you to share your ideas with us. We welcome any ideas for workshops, speakers, symposiums and general sessions from all members.

Click **here** to submit your suggestions. The committee will review and consider all information in due course.

Should you have any queries, please email **tanya@easternsun.co.za**

ICD 2016 experiences at Granada, Spain

Samuel Durán Agüero – Chile
ICD 2016 in Granada has been a wonderful experience for Chilean nutritionists (Chilean College of Nutritionists) we were able to share our work, we also learned about the work of nutritionists and dietitians from all over the world and bring those experiences to Chile. Nutritionists in Chile have spent 77 years working for the health of Chileans in the past and contributed to eradication of childhood malnutrition. We are now working to reduce obesity and chronic diseases.

Chika Ndiokwelu and Lauretta Ejei-Okeke – Nigeria
Granada ICD 2016 was a great experience for dietitian-nutritionists from Nigeria. It was a wonderful time for brain-storming and experience sharing with professional colleagues from other nations of the world. The social aspects which included twin festival, conference dinner, organized tour to watch flamenco dancers were pleasant opportunities to relax, enjoy the Spanish cultural and social activities.

The paper presentations provided opportunities for academic interaction with colleagues from different parts of the world. It was a great opportunity to compare dietetic training and practice in Nigeria with that in other countries and to make useful contacts. We learnt a lot from those presentations.

The exhibitions created opportunity for interaction with multinational companies and gave us the opportunity to purchase Food replicas from Kellogg. Our trip to Spain was quite educative and enriching. It was worth every naira we spent on the trip. A member's husband (a Professor of Dentistry) who accompanied us on the trip will forever remember the conference. The vegetarian meals were of special delight. Ever since that trip, there has been a deep yearning within our hearts and it centres on "when shall we start having these experiences in Nigeria, our sweet home?

Chika Ndiokwelu, PhD, RDN,
ICDA Representative, Nigeria/DAW Newsletter Editor
Retired Deputy Director(Dietetics), Lecturer, University of Calabar, Nigeria

Members from Nigeria and South Africa
(L to R) – Maryke Gallagher, Hannah Chinyere Enuka, Etisiobi Ndiokwelu, Chika Ndiokwelu, Claire Julsing Striding, and Loretta Ejei-Okeke.

National Dietetic Association Reports

Country - South Africa

ADSA's Position Statement on the Proposed Taxation of Sugar-Sweetened Beverages in South Africa

From April 2017, a tax on sugar-sweetened beverages (SSBs) will be introduced in South Africa to help reduce excessive sugar intake in the South African population. ADSA acknowledges that many South Africans are at a greater health risk due to the high consumption of free/added sugars, and is in support of the proposed taxation of SSBs. Further, it is ADSA's position that there is a need for multiple additional interventions across multiple sectors to improve the population's diet, address undernutrition and protect against overweight, obesity and non-communicable diseases

It is ADSA's view that, while a tax on SSBs has the potential to reduce the consumption of free/added sugars and improve obesity, a tax on SSBs must be viewed as only one piece of the puzzle to address the complex problem of obesity in South Africa, and the other forms of malnutrition. Education around healthy choices and creating an enabling environment to make those choices easier for the public will still need to be a priority for all South Africans. In addition to reducing the consumption of SSBs to prevent obesity and promote long-term health, ADSA continues to recommend a healthy diet which includes whole grains, fruist, vegetables, nuts, legumes, healthy oils, proteins such as lean meats and seafood, and a reduced intake of processed meats and salt, accompanied by regular physical activity.

To read ADSA's full position statement on the proposed taxation of sugar-sweetened beverages in South Africa, go to

http://www.adsa.org.za/AboutUs/PoliciesandPositionStatements.aspx.

Catherine Day, President ADSA

Country - Argentina

Report from AADYND

During the year 2016 the Argentinean Association of Dietitian and Nutritionist -Dietitians (AADYND) carried out face-to-face, distance workshops and training courses. A total of 650 professionals and students participated in these activities. Some of the topics addressed in the face-to-face courses were: anthropometric and nutritional assessment, nutrition in the critically ill patients, diabetes, obesity, neuro-linguistic programming, ontological coaching and bibliographic research. The Diploma in Diabetes was continued through AADYND´s online platform, covering topics such as type 1 diabetes, type 2 diabetes in adults and gestational diabetes. In relationship with the virtual courses, the same were: child nutrition, community nutrition, food

manipulation, audit, tools to improve adherence in chronic disease treatments, nutrition in gastroenterology and the elderly.

Furthermore, AADYND carried out the Food and Nutrition Congress in the city of Buenos Aires on August 29th, 30th and 31st, under the slogan "Going through new scenarios". Twenty-nine round tables, symposia and conferences took place including a total of 75 speakers. A total of 700 professionals and students participated in the Congress. In addition, the Nutrition and Pregnancy Day was held on November 4th in the City of Buenos Aires. The following topics were addressed: critical nutrients in pregnancy, caffeine and artificial sweeteners, overweight, gestational diabetes and vegetarianism during pregnancy.

The latest activities carried out at our headquarters between November 16th were and 29th were: A Family Recipes Illustration Workshop and a Symposium about adherence to oral supplements and wound healing. Finally, on December 15th, the Executive Committee held the end-of-year meeting with a group of colleagues, former presidents, university career directors, authorities of other Associations and Federations, as well as AADYND´s employees.

Lucia Rey

Country - Austria

Report from Austria

In Austria, registration for Members of the Medical Health Professions has now been enacted by law. By 01.01.2018 registration will be manadatory.

For many years, the subject of "registration" has occupied the High Level Medical Health Professions (Medizinisch Technische Dienst) as well as the Medical Health Profession Associations. A legislative process with many hurdles and struggles could now lead to a satisfactory end for all parties involved.

On 27 September 2016, the law was published in Federal Gazette I No. 87/2016. By January 1, 2018, all High Level Medical Health Professionals as well as graduate Nursing staff in Austria will be required an entry in the register.

Long-term negotiations and intensive debates with the Federal Ministry of Health, the Federal Chamber of Labor, the Chamber of Commerce, the Austrian Trade Union Federation (ÖGB) and other authorities have now been successful.

What does this law mean for Dietitians in Austria?

Graduate dietitians who wish to pursue their profession in Austria are legally required to enter in the register. Registration is a prerequisite for professional practice!

In addition to registering the members of the profession, the Health Care Register also provides further measures. According to the law, a registrar's advisory board is to be set up at the Federal Ministry of Health. This registrar's advisory board consists of representatives from various ministries, institutions, associations, etc.

In particular, the registrar's advisory board is responsible for tasks such as:

- Consultation and recommendation on fundamental questions of quality assurance in the registration as well as the management of the register,
- Recommendation on the further development of the registry, in particular the acceptance of other health professions in the health care register.

The registrar's advisory board started its activities in 2017 and will undertake all preparations for setting up the registration.

The establishment of the register for medical health care professions ensures the long-term demands for quality assurance and patient safety. This creates more transparency for patients and service providers. It will then be possible to compile and supply data for the planning and management of care to patients/clients.

Literature:

http://www.ots.at/presseaussendung/OTS_20160708_OTS0002/mtd-austria-begruesst-gesundheitsberuferegister-gesetz-gbregg;

http://www.bmgf.gv.at/home/Gesundheit/Berufe/Gesundheitsberuferegister/;
https://www.ris.bka.gv.at/Dokumente/BgblAuth/BGBLA_2016_I_87/BGBLA_2016_I_87.pdf

Andrea Hofbauer MSc, MBA, President of the Austrian Association of Dietitians
Trudy Giesinger, Delegate for the Austrian Association of Dietitians

Country- Brazil

Conbran - Brazilian Congress of Nutrition

Conbran (Congresso Brasileiro de Nutrição), the largest nutrition congress in Latin America, was conducted in late October 2016 by Asbran (Associação Brasileira de Nutrição), the Brazilian Nutrition Association, and was attended by more than 3,500 people. For the first time this year, the event was promoted in accordance with the new partnership criteria, which excludes exhibitors and supporters that generate conflicts of interest with healthy and proper eating.

Just over a year ago, Asbran published norms prohibiting partnerships with industries, companies, and institutions that market, promote, advertise, or encourage drinks of low nutritional content, alcoholic beverages, foods that are transgenic or contain high amounts of sugar, saturated fat, trans fat, or sodium, or products for weight loss or "esthetic nutrition" for which there is no supporting scientific evidence. The ban also affects companies that commercialize ultra-processed foods, fast-food chains, and policies and practices that conflict with health.

“Organizing the Brazilian Congress of Nutrition in this new model required great determination in order to break with sponsorships that generate conflicts of interest in the field of nutrition," stated the president of Asbran, Dr. Daniela Fagioli Masson. The president also said that Asbran’s stance shows its alignment with the growing mobilization in Brazil to protect public health policies from the interference of commercial interests.

With the mobilizing theme "Knowledge and Strategies in Food and Nutrition: Multiplying Experiences and Defining Sustainable Paths," Conbran 2016 sought to redefine directions for nutrition in Brazil, establishing new goals and strategies aligned with the concepts of healthiness and sustainability. It also gathered dozens of professionals from the Ibero-American community.

The congress took place in an atmosphere critical of the increase of fatness and obesity in the Brazilian population, a fact that impelled the adoption of the agenda proposed by the

Sustainable Development Goals and the implementation of the Decade of Action on Nutrition guidelines (led by WHO and FAO) and Dietary Guidelines for the Brazilian Population, which give visibility to sustainable food systems, thereby expanding the role of Nutrition in this theme.

Over these three days, the participants discussed issues that confronted science and practice in the areas of Clinical Nutrition, Sports Nutrition, Collective Feeding, Food Technology, Collective Health, and Professionalization, defending actions to guarantee healthy eating environments, including regulatory and fiscal measures as well as professional practices in tune with this critical scenario.

A document was issued at the end of the event expressing their collective wishes and recommendations to public authorities, especially regarding the strengthening of policies and programs in support of health and of Food and Nutrition Safety (Segurança Alimentar e Nutricional – SAN), prioritizing the segment of family farming in agroecological actions and public policies on food and nutrition.

The text also recommends action in defense of fair and sustainable food systems to assure food sovereignty, fighting harmful practices such as the use of pesticides and genetically modified seeds and integrating nutritionists on all policies related to the guarantee of social rights, such as the right to food, and the policies to protect children and adolescents, women, men, and the elderly (**http://www.asbran.org.br/arquivos/CARTA_PORTOALEGRE.pdf**).

The document also reaffirms the commitment of the professionals gathered at CONBRAN 2016 to guarantee the Human Right to Adequate Food as well as Food and Nutrition Safety, reaffirming that eating is a political act, which requires that the Nutritionist perform beyond the technical aspects.

Marina Romano
Coordenadora Executiva, ASBRAN

Country – Germany

Summary of a Round Table Presentation at the ICDA Conference in Granada/Spain 2016 and it's further outcome

International Professional Development: Building cultural competence and sharing dietetic knowledge through travel

This international exchange program took place in August 2015, after a request by the co-founder/director of Dietitians Explore! Education Exchange Inc. (DE), a non-profit organization located in Toronto, Canada, to the ICDA representatives from the German National Dietetic Association. Through intense e-mail communication, a dynamic itinerary was developed to give an overview of the key fields in which German Dietitians work. Prior to arriving in Germany, the

co-founder/director of DE! worked with each student individually to select an assignment to be presented at the end of the trip and to set learning goals that would be pursued throughout the trip. The three Canadian students (in their third and fourth year of University studying food and nutrition), accompanied by the cofounder/director of DE!, participated in an interactive and professional development program and were mentored by German Registered Dietitians.

The program took place during one week. On Monday, the experience started by spending the day at the VDD /German NDA in Essen. The President, Ina Lauer welcomed the students and explained the main goals of the German NDA. A report about German nutritional standards and eating habits rounded out the induction day. On Tuesday, the Canadian students joined German students for a day in a German Dietitians' school. The timetable provided lectures in Dietetic education in Germany and a practical, menu planning course in the afternoon. The day allowed plenty of time for networking between the students. On Wednesday, the morning was spent visiting a local market guided by the German NDA president and the afternoon allowed the students to have some free time for touring and working on their presentation. Thursday offered a different experience, with an in-hospital foodservice tour and a lecture on Sousvide.

(left: Lilisha Burris, Ursula Lukas, Manuela Thul und German NDA President Ina Lauer)

This included a demonstration of the technology used to collect meal requests from patients, the process of how this system regenerates the menu components and finally delivers meals to the patient on the ward. The students also had the opportunity to taste samples of the meals. Later that day, each student shared a presentation about the learning that had taken place throughout the exchange. The presentations highlighted professional development in cultural competence with specific examples related to food, dietetic practice and social cultural experiences. On Friday, the last day of the program, the students visited a clinical dietitian team at a hospital and gained insight into enteral nutrition, including patient observation and sampling of enteral feeding products. They also learned about screening for risk of malnutrition.

To conclude the experience, the co-founder/director of *DE!* had individual meetings with each student to reflect on learning and evaluation.

There are as well positive outcomes to mention for the organizers: The abstract was accepted to be presented in a round table presentation at the ICD in Granada in order to inform participants about that traveling experience. Moreover, students reported about their trip at their universities which may lead to a co-operation in the near future, eg. practical placements for Canadian students in Germany. One student discovered their wish to gain more international dietetic experience and decided for an internship in Australia.

Manuela Thul
Diätassistentin, DKL VM/DGE, Ernährungsberaterin/DGE
Referatsleiterin Internationales Komitee, VDD
VDD Delegierte für EFAD, ICDA

Country – Croatia

Summary of the EN*Diet*S, dietetic students day at the ICDA Conference in Granada/Spain 2016

Students of today, dietitians of tomorrow

The second EN*Diet*S Student Day was held along with the ICD in Granada on the 6th September 2016. The program started with Spanish students presenting their country's food habits and local specialties and continued with lectures and workshops. Students were given the opportunity to present projects they've been a part of and share their internship experiences which was very motivational for their younger colleagues in the audience. The workshops encouraged students to be creative and work together in small groups. It was interesting to see how each group had a different approach in designing a research plan on food and lifestyle habits of students on international exchange. Furthermore, participants were placed in the shoes of a dietitian facing a real existing obstacle in communication and religious differences during the refugee crisis.

The program was interrupted by a funny and educational quiz while the day ended making new friends among students in a tapas bar.

ENDietS continues to provide European and international students with unique experiences, not only in the dietetic field, but also in communication and networking.

Karla Ferk[1], Lore D'Helft[2], Evangelia Tzorovili[3], Ursula Lukas[4]

[1]EN*Diet*S president, dietetic MSc student, Croatia, Contact: karla.ferk@hotmail.com

[2]EN*Diet*S president dietetic student, Belgium, Contact: lore.dhelft@student.ap.be

[3]EN*Diet*S anchor for students programme, dietetic student, Greece, Contact: <e.tzorovili@hotmail.com>

[4]EN*Diet*S anchor to EFAD-ECOC, MSc, Klinikum Bielefeld Mitte, Germany, Contact: ursula_lukas@yahoo.de

EN*Diet*S anchors attending the ICD

New Members

It is with pleasure that we welcome the following National Dietetic Associations (NDAs) as new members of ICDA:

1. dietetiArgentina - Argentinean Federation of Graduates in Nutrition (FAGRAN)
2. Belgium - Union Professionnelle des Diplômés en Diététique de Langue Française (UPDLF)
3. Chile - Colegio de Nutricionistas Universitarios de Chile A.G.
4. Greece - Union of Dietitians Nutritionists Greece (ED-DE)
5. Norway - Norwegian Association of Dietitians affiliated with The Norwegian Association of Researchers (KEFF)
6. Portugal - Ordem dos Nutricionistas – Portuguese Council of Nutritionists

Awards and Grants

International Awards and Resources through the Academy of Nutrition and Dietetics Foundation

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

The Competitive Essay Award of the Wimpfheimer-Guggenheim Fund for International Exchange in Nutrition, Dietetics and Management supports the international exchange of needed nutrition, dietetics and/or management information that benefits the nutritional health of the world community. The annual deadline to apply for the essay award is February 1st. The author must be a professional dietitian or nutritionist and be involved in the project. The program described should be easily adaptable to a variety of situations. The award amount is $1,100. Up to two awards may be given. For more information, please visit: **http://eatrightfoundation.org/scholarships-funding/#Awards**

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

The First International Nutritionist/Dietitian (FIND) Fellowship for Study in the USA is given to assist a foreign national who is pursuing postgraduate work in the USA and has a clearly articulated plan to return to their country. Since its establishment, the fellowship has been bestowed to students representing 16 different countries, including: Ghana, Hong Kong, India, Iran, Jamaica, Japan, Jordan, Kenya, Malaysia, Mexico, Rwanda, Singapore, South Korea, Tanzania, Vietnam and most recently Iraq. To see the complete list of FIND winners, please visit: **http://eatrightfoundation.org/scholarships-funding/#Awards**

The annual deadline to apply for the FIND Fellowship is February 1st. The award amount is $2,200. For more information or to download an application, please visit: **http://eatrightfoundation.org/scholarships-funding/#Awards**

Colgate Palmolive Fellowship in Nutrition, Oral Health/Dental Education

The Colgate Palmolive Fellowship in Nutrition, Oral Health/Dental Education is given annually to support research in nutrition and oral health or dental education. The award amount is $15,000. Non-US residents may apply. The deadline to apply in June 1st. For more information or to download an application, please visit: **http://eatrightfoundation.org/scholarships-funding/#Grants**

Wimpfheimer-Guggenheim ICDA Welcome Fund

This fund supports new members of the International Confederation of Dietetic Associations. The fund provide resources for further development of their participation in ICDA activities. Please contact Beth Labrador at **blabrador@eatright.org** for more information.

The Foundation offers International Directories for Dietetic Professionals and Students

The Directory of Resources for International Food, Nutrition and Dietetics Professionals is designed for use by practitioners, graduates with baccalaureate (or equivalent) or graduate degrees in nutrition (biomedical), food, dietetics, public health, agriculture, foodservice management, food science, food science technology and related areas. Individuals pursuing a professional degree, or professionals who are seeking continuing education, training or work experience nationally or internationally, will find this directory helpful. Contact information and general guidelines for numerous organizations that offer financial assistance for studies in the United States and other countries are provided.

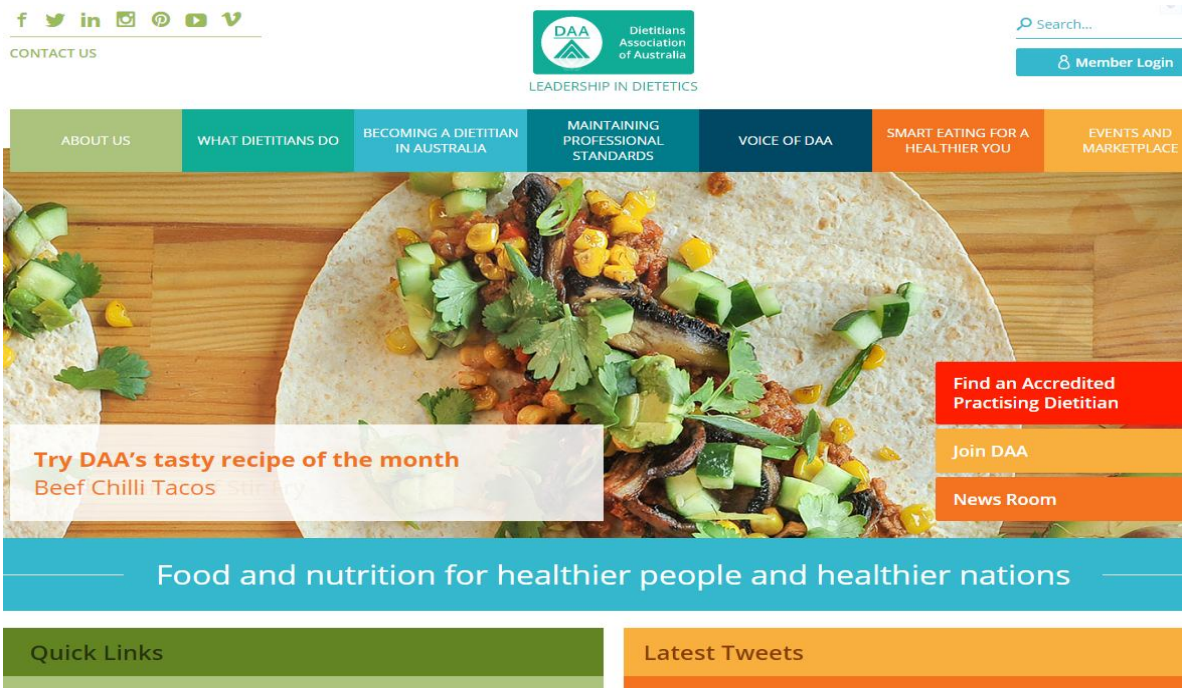
The International Directory of Nutrition, Dietetics, Foodservice Management and Health Sciences Collaborations is a comprehensive global directory identifies nutrition, dietetics, foodservice management and health sciences collaborations. This project seeks to document international collaborative relationships existing within U.S. colleges, universities and other organizations sponsoring entry-level dietetics education programs accredited and approved by the Commission on Accreditation for Dietetics Education. Other international community collaborative relationships are also included. It is anticipated that additional collaborations exist and will want to be listed. Some institutions or organizations may be interested in forming partnerships. If you have any questions, please contact Beth Labrador at: **blabrador@eatright.org**.

Nutrition Education Resources for Health Practitioners

Nutrition resources for developing areas of Central America are now available through the Academy's Foundation. Supporting health professionals' humanitarian assistance efforts, this open-access collection includes: background information on key nutrition-related topics in Central America, including how to explain health and nutrition concepts to this population, educational illustrations to help teach key nutrition-related topics in Central America and a collection of food illustrations and nutrient comparison charts unique to the local food supply. For more information, please visit: **http://www.eatrightpro.org/resources/practice/practice-resources/international-nutrition-pilot-project**

Resources

Just launched . . . new Dietitians Association of Australia website



The Dietitians Association of Australia has seen 2017 in with a bang . . . launching a new website in January!

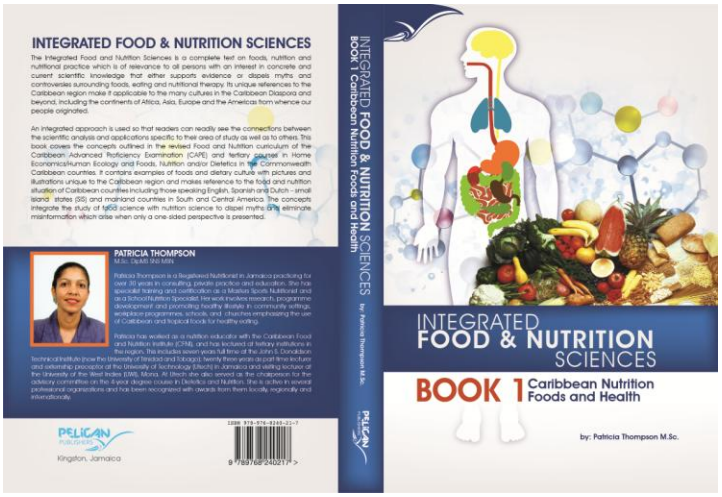
In addition to a new look and better layout, the functionality of the new website is much improved. A more efficient search function on the home page is a critical gateway to the rest of the content on the website. And for DAA members, a personal dashboard (a first - introduced with the new website) allows easy access to important news and announcements from DAA.

Smart Eating for a Healthier You, the nutrition hub for the public, has been revitalised. And the new website has a 'Voice of DAA' section – a one-stop-shop for updates on advocacy work, submissions and media releases. As a second phase addition, DAA will soon be launching a new 'Marketplace' section, which will allow DAA members to interact to sell their goods and services to each other and to the public.

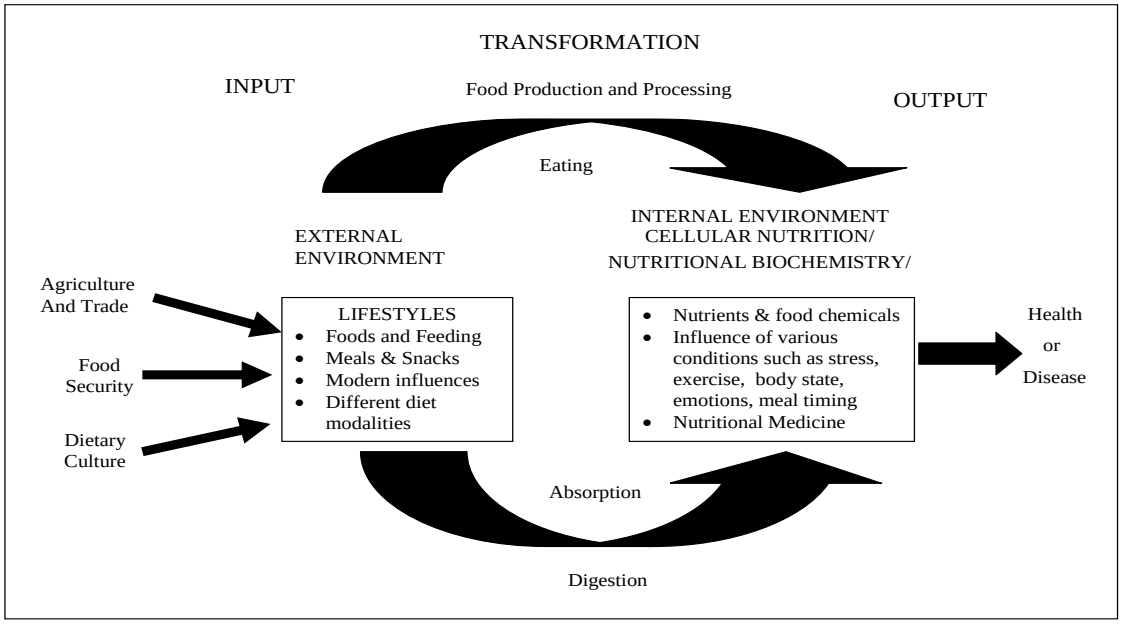
DAA has already received positive feedback from members and stakeholders on the new website. Check it out at **www.daa.asn.au.**

New Perspectives on Nutrition – Definition and Practice

The generally accepted definition of nutrition is “The study of the nature and composition of foods and their relation to health”. This definition makes a direct link between foods and health and ignores completely ‘who consumes the food and who is experiencing the health?’ Current concepts strongly indicate that the individual should be placed squarely at the centre of this equation and should be cognizant of the many factors that intervene between foods and health that must be captured in the definition.



This perspective calls for nutrition to be recognized as a system and be reflected in the definition. It recognizes that processes at the macro level such as agricultural practices can affect nutrition at the cellular level. It also recognizes the variability among individuals and the many factors including epigenetics that will influence how food components are utilized by the individual at the cellular level to influence health status. Cultural practices and technological advances intervene between food in the raw state and what is actually consumed. Foods are merely inputs into the system and really tools to be used appropriately to generate the metabolic effects desired inside the human body. Food combinations, ratios and preparation methods are all learnt behaviours that are adaptations to the prevailing environment of communities, cultures and individuals.



Food and Nutrition as a System
Source: Patricia Thompson (2009)

Nutrition is indeed concerned with the constituents of food but the purpose is to provide nourishment to the body from an adequate diet leading to health status. The process connecting the two is not as standard and universal as dietary guidelines are usually presented. A concise systems definition places more emphasis on individual behaviour and food utilization such as “nutrition is the science behind feeding, eating and utilizing food components to human advantage”. The practice of nutrition would be defined as ‘an analysis of the food and nutrition situation of individuals, groups and populations whereby foods and the chemicals in food interact with the environment (both externally and internally) to support and promote health or result in disease’.

This perspective on nutrition practice can be captured with the acronym ACEM meaning:

A. **Analysis** of assessment data
C. **Consumption** of food – The components that are usually considered for prescription can be represented by an additional acronym notably TCAP meaning:
   T= Nutrient **timing** or eating scheduling
   C= Food **combinations** and resultant properties for nutritional balance
   A= **Amounts** eaten based on nutritional needs
   P = Inherent **properties** of people and foods consumed
E. **Environmental** - nutrition adaptation
M. **Monitor -** changes over time

This fits in with the SMART acronym as follows:
S = Specific to target persons being assessed and analysed
M = Measurable in terms that can demonstrate outcomes
A= Accurate and appropriate – reflecting the factors of consumption
R= Relevant - depends on the specific environmental factors
T= Time variations - nutritional needs are dynamic as are behaviours and must be continually monitored and adjusted over time.

These concepts are captured in my new publication “Integrated Food and Nutrition Sciences – Caribbean Nutrition, Foods and Health” which was written primarily to satisfy the needs for our newly revised Advanced Caribbean school curriculum in Food and Nutrition and is also relevant for higher education and other regions.

Patricia Thompson M.Sc., Registered Nutritionist, Jamaica

Calendar of Events

Dietitians Association of Australia 34th National Conference
18 – 20 May 2017, Hobart, Australia
Theme – Cultivating Fresh Evidence
http://daa2017.com.au/

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

2017 National Meeting of Dietitians NZ
31 August – 1 September 2017 at Te Papa Museum, 55 Cable Street, Wellington, NZ
More details to come

10th EFAD Conference
28 – 30 September 2017, Rotterdam, Netherlands
Theme – The Future is Now
www.efadconference.com

Food & Nutrition Conference & Expo™
21 – 24 October 2017, Chicago, USA
Theme – Celebrating 100 Years
http://eatrightfnce.org/

19th Congress on Nutrition and Metabolism in Renal Disease
26-30 June 2018, Genoa, Italy
Save the Date

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**