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Awards/Grants

Academy of Nutrition and Dietetics Foundation Wimpfheimer-Guggenheim ICDA Welcome Fund

- Academy of Nutrition and Dietetics Foundation Competitive Essay Award of the Wimpfheimer-Guggenheim Fund for International Exchange in Nutrition, Dietetics and Management
- First International Nutritionist/Dietitian (FIND) Fellowship for Study in the USA
- International Nutrition and Dietetics Education and Practice Program

Announcements & Calendar of Events

- International Congress of Dietetics (ICD), 2020; Cape Town, Sept. 15-18, 2020.
- Annual Conference of the Indian Dietetic Association – "IDACON2019", Ahmedabad, Dec. 19 to 21, 2019.

New Members:

- Haitian Association of Dietitians -Nutritionists (HADN)
- Association of Nutritionist-Dietitians of Benin (ASNUDIB-Bénin)

Secretary's Report:

ICDA Board of Directors

New Chair of the Board of Directors

At the ICDA Board Meeting of 27th June 2019, Marsha Sharp who has served as the Chair of the Board of Directors of ICDA from 2016 to 2019 stepped down from her role as Chair, Board of Directors and Member Representative for Dietitians of Canada. This is part of a planned transition and implementation of a succession plan for the Board and smooth transition of responsibilities. ICDA is grateful to Marsha Sharp for her leadership of ICDA and immense

contribution to the organization by her tireless work for almost two decades. Giuseppe Russolillo has been appointed by the Board as the next Chair till 2020.

New Board of Director, ICDA

The Board appointed a new Board Director, Ms. Corinne Eisenbraun, Member Representative for Dietitians of Canada to complete the term vacated by Marsha Sharp, until the September 2020 Annual General Meeting of Members."

Change of name of ICDA newsletter

At the recently held ICDA Board meeting, it was decided to change the name of ICDA newsletter, Dietetics Around the World (**DAW**) to Dietetics and Nutrition Around the World (**DNAW**). This change is with effect from November 2019 issue of the newsletter.

The ICDA Board expressed gratitude to the Newsletter Editor – Chika Ndiokwelu for editing and managing the newsletters well for the past 3 years and would want her to continue to do so till 2020. The Board would be happy for her to continue as the Editor of DNAW for the next tenure too (2020 to 2024). Chika has accepted the offer with gratitude.

Feature Article

Singapore Nutrition and Dietetics Association (SNDA)'s role in the "War on Diabetes in Singapore: A multi-Pronged and Whole-of-Society Approach Towards Winning"

Diabetes is a serious health problem in Singapore affecting 1 out 9 Singaporeans. Health Minister of Singapore, Mr Gan Kim Yong declared the War on Diabetes and a new task force was set up in 2016. The key strategic thrusts involved healthy living, better disease management, early detection and intervention, public education and stakeholder engagement.

SNDA is actively involved in the initiatives of two strategic thrusts: healthy living and public education respectively. Our President, Ms Izabela Kerner and Vice President, Dr Kalpana

Bhaskaran were invited, to a dialogue session on measures to reduce sugar intake from pre-packaged sugar-sweetened beverage in January 2019. This session was held with the Minister of State and involved government agencies such as Ministry of Health (MOH), Health Promotion Board (HPB), and other relevant
stakeholders.

Dr Kalpana Bhaskaran, Vice President of SNDA, speaking on the association's role in Winning the War on Diabetes at The Asian Congress of Nutrition, Bali, Indonesia (3-7th August 2019).

The SNDA Metabolic Syndrome Interest Group Members gathered at one of the public forums organised by Diabetes Society of Singapore to educate the public on sugar content in local beverages.

Furthermore, SNDA members have been invited to a working group to offer expert advice with regards to dietary management of Diabetes.

(from left to right) **Ms Win Nie Loh, Dr Kalpana Bhaskaran, Ms Sheetal Somaiya, Ms Maja Vukmirovic, Ms Shweta Singh, Ms Pavitra Shankar.**

One of the activities includes the development of the National Diabetes Reference Material. This is a resource for people with prediabetes and type 2 diabetes respectively. Our members offered expert advice on the dietary management of Diabetes for this resource.

Professional Development Opportunities

Our Continuing Education team organized a variety of educational opportunities and hands-on workshops to meet our member's professional learning needs.

Dietary Management of IBS/Functional Disorder 4th May 2019

Our Members were privileged to host the Monash FODMAPS Team from Australia, Consultant Gastroenterologist, Clinical Psychologist and a Local Singapore Dietitian to conduct an exciting participatory workshop focused on management of individuals with IBS/Functional Disorders.

It is a challenge to follow a FODMAP diet in Singapore given the wide variety of foods and ingredients used in the local cuisine. To broaden the knowledge, our members developed a local list of the top eating tips on how to follow a FODMAP diet whilst living or visiting Singapore.

Exercise is Medicine (EIMS) Exercise Prescription Course 18th & 25th May 2019

Our Members took on the challenge to acquire new knowledge and expand their ability to support patients as they journey towards a healthy lifestyle through the EIMS Course. Held as a 2-day workshop, "Exercise is Medicine Singapore" is a programme aimed to make physical activity and exercise a standard part of preventing and treating diseases.

It draws its principles from the "Exercise is Medicine" global initiative by the American College of Sports Medicine (ACSM). Individuals who have successfully completed the course are now qualified to prescribe exercise safely and effectively counsel, implement and lead exercise programmes for patient in collaboration with the patient's physician.

SNDA will continue to uphold the professional standards of the Nutrition and Dietetics community. In addition, we will work closely with relevant stakeholders to support public health promotion, and education efforts to activate our community in making positive food choices.

Karishma J. Surtani

Main Committee Member of Singapore Nutrition and Dietetics Association

Encomiums for Marsha Sharp - from fellow ICDA directors

Carole Middleton -

I have known Marsha for all the time I have been involved in ICDA, as she was already on the Board of Directors when I joined in 2004.

Marsha has contributed enormously to the profession over the years, striving to create a global network of Dietitian-Nutritionists. She was instrumental in the creation of ICDA in its current form and has worked tirelessly to raise the profile of the organisation, dietetics and Dietitian-Nutritionists. Under her leadership ICDA has become the constituted, professionally organised body which it is today.

Since taking over as Secretary to the Board of Directors I have realised how much behind the scenes work is needed to keep ICDA functioning and have the greatest admiration and respect for Marsha undertaking that role formally for 16 years alongside her day job, and informally for a number of years before that, when the main function of ICDA was to oversee the International Congress of Dietetics every 4 years.

I think Marsha has earned her retirement and I wish her every happiness and success in her next ventures.

Carole Middleton

Director, ICDA 2004 – 2020

Secretary to the Board of Directors 2016 - 2020

British Dietetic Association

Judith Rodriguez -

We have many reasons to thank Marsha Sharp. The International Confederation of Dietetic Associations has grown to be a recognized and respected association that supports national organizations of professional dietitians and nutritionists and their members. Marsha Sharp, who

served as a Chairperson of the ICDA and representative for the Dietitians of Canada has been a leader in the development and progress of ICDA. We are inspired and hopeful because her work and dedication have prepared the ICDA members and Board to continue to work to strengthen our organizations, their members and, internationally, the profession. Thank you, Marsha, and best wishes as you move to the next phase of your life.

Judith Rodriguez

Director, ICDA Board

Academy of Nutrition and Dietetics (U.S.A)

Sheela Krishnaswamy -

I have had the pleasure of working with Marsha Sharp on the ICDA Board from 2008 to 2012 and again from 2016 to 2019.

My heartfelt thanks to Marsha for her enormous contribution to ICDA for several decades. Her tireless work, her organised way of functioning, her friendship with the fellow Board members, her perfect way of documenting all information, her soft-spoken diplomatic approach, and her many great qualities will always be remembered. I'm truly happy to have worked with Marsha and learnt some things from her.

Thank you, Marsha. Wish you the best, always!

Sheela Krishnaswamy, RD
Director, ICDA Board
Indian Dietetic Association

Elizabeth Solis Perez, NC -

"Our gratitude and appreciation to Marsha Sharp for her contribution throughout the history of ICDA in the benefit of nutritionists worldwide. We wish you the best of success in your new ventures ..."

Elizabeth Solís Pérez NC, PhD

Director, ICDA Board

Mexican College of Dietitians

Giuseppe Russolillo –

Marsha, one always learns by your side.

Without a doubt, today, the profession is more united thanks to your work and dedication with much affection to the profession around the World.

I'll never forget you.

Giuseppe Russolillo

Director & Chair, ICDA Board

Spanish Foundation of Nutritionists-Dietitians

Information and Reminders

International Congress of Dietetics (ICD), 2020

The Association for Dietetics in South Africa (ADSA) is the professional organization for registered dietitians in South African. With 11 branches around the country, the aims of the association are to serve the interests of dietitians in South Africa and promote the nutritional well-being of the community.

ADSA is proud to host the **International Congress of Dietetics (ICD),** 15 – 18 September 2020 in the beautiful city of Cape Town. This is the first ICDA congress to be held on the African continent and ADSA promises to offer an unforgettable experience. Member country representatives are urged to assist in communicating information of the congress to their association members and equally share with colleagues and students in the field.

The above web banner is for distribution by members on social media, websites, academic journals, and as part of newsletters and other communication, in both PDF and JPG format.

Submissions for abstracts opened in April 2019. Like ICD 2020 Cape Town on Facebook, Instagram and Twitter for regular updates and more information on ICD 2020, or go to http://www.icda2020.com/.

Monique Piderit

Bsc (Wits),M. Dietetics (UP)

MARKETING COMMITTEE FOR ICD 2020

CAPE TOWN
BEYOND THE CONGRESS
ICD 2020
cape town
SOUTH AFRICA
REGISTRATION OPENS SEPTEMBER 2019
CAPE TOWN
A bucket list destination that is regarded as one of the world's most beautiful places to visit.
GETTING TO SA
Over 20 airlines fly to South Africa, and there are multiple daily flighs to various cities in South Africa.
FOODIE FAVOURITE
South Africans love their food. Amazing cuisine is available on offer in the Mother City to suit all tastes and budgets.
15-18 SEPT 2020
The International Congress of Dietetics (ICD) which is hosted by the International Confederation of Dietetic Associations will be hosted for the 1st time in Africa in 2020.
FINE WINE
South Africa has the longest wine route in the world! The fine wines on offer are internationally recognised.
TABLE MOUNTAIN
Table Mountain is a flat-topped mountain forming a prominent landmark overlooking the city of Cape Town in South Africa. It's a significant tourist attraction, with many visitors using the cableway or hiking to the top.
THEME
IMPROVING NUTRITION
UNLOCKING POTENTIAL
ACCELERATING CHANGE
WILDLIFE
South Africa has a large variety of wildlife, the best known of these are the famous Big Five: Elephant, Lion, Rhino, Leopard and Buffalo.
FOR MORE INFORMATION
www.icda2020.com

National Dietetic Association Reports

Country – Pakistan

News from Pakistan Nutrition and Dietetic Society (PNDS)

PNDS March Nutrition Month Activities:

Every year in March, Pakistan Nutrition and Dietetic Society (PNDS) organize Nutrition Month with various activities to provide nutrition related information and guidance to the public. This year's theme which was "Food for Health", focused on public awareness activities in relation to nutrition and health promotion messages to the public, through a media press conference and walk at Press Club. PNDS members participated in the campaign with great enthusiasm by organizing various public awareness activities during the month of March at all PNDS chapters in Islamabad, Lahore and Faisalabad.

A Press conference was organized on 21st March by PNDS at Press Club Karachi where PNDS spokes persons Dr. Nilofer F.Safdar, Fayza Khan, Rabia Anwer, Mozamila Mughat, Saima Rasheed and Shabnum Razi highlighted the role of nutrition in health and disease. Nutrition and dietetic professionals gathered at Karachi press club carrying slogans to promote healthy eating and physical activity.

Another goal, was to raise awareness and draw attention of government to assist in establishment of a National Nutrition and Dietetic Council which will help the government in making policy, standardize and regulate nutrition and dietetic education programs.

Some of the agenda points were:

- Media should ensure that nutrition advice is given only by qualified, registered and trained nutritionists/dietitians and not by non-technical persons that is often incorrect and misleading general public.
- Nutrition and dietetic qualified professionals should be employed to teach nutrition and dietetic programs running in the country instead of non-technical personnel or people from other disciplines.
- Positions for dietitians and nutritionists should be created in government hospitals for grade 17 or equivalent, and 17 grade in private hospitals.
- Number of dietitians per hospital or per department of any institution/organization should be increased based on the needs.

During the month of March various public awareness sessions and panel discussion to address food related controversies focusing on, Oils, Milk, broiler chicken and MSG were conducted which was attended by PNDS members as well as general public.

Fayza Khan,
Immediate Past President, Current PR Chair, PNDS

Country – Switzerland

News from Swiss Association of Registered Dietitians (SVDE ASDD)

A survey of dietitians in Switzerland.

In 2017 Andrea Mahlstein and Esther Weishaupt conducted a survey of dietitians in Switzerland. The work entitled ‘occupational statistics on dietitians in Switzerland – work settings, job conditions, education and professional development of dietitians as well as their assessment of the profession’s attractiveness’ was published at the end of 2018. Currently the report has been published in English. Below is a short summary of the work, the complete article can be found under the following link: http://www.svde-asdd.ch/ernaehrungsberatung-als-beruf/

Introduction: With 1440 qualified dietetics professionals from 1984 to 2017 [1], dietitians are one of the smaller professional groups in the Swiss healthcare system. Currently there are about 75 qualifications per year [1]. Since 2004 and 2007 respectively (French-speaking/ German-speaking Switzerland), training as a dietitian has been offered at Bachelor of Science level; previously it was a three-year vocational training course at higher vocational school level.
In general, little research has been conducted on the dietetic professional group in Switzerland - a last survey was conducted in 2010 [2]. For the development of the profession it is indispensable to have a well-founded and up-to-date database.

Method: From 23.06. - 06.08.2017 a survey was carried out via online questionnaire with the aim of asking all legally recognized dietitians in Switzerland about their work, education and professional development as well as their assessment of their profession’s attractiveness. The data was processed, cleaned and evaluated descriptively and analytically with SPSS statistical software.

Results: 756 of 1470 contacted dietitians took part in the survey. 705 participants (95.3%) were female, 35 (4.7%) male. 16 persons did not provide any information on gender. On average,

dietitians in Switzerland are 40±10.7 years old and have been working in the profession for 15.3±11.4 years.

Approximately one third of the participants (29.9%) have a diploma at higher vocational school level as their highest qualification, about two thirds (59.7%) have at least a Bachelor's degree. 46 persons (6.1%) indicate having completed a Master of Science (MSc) or Master of Arts (MA). Three persons (0.4%) have a doctorate.

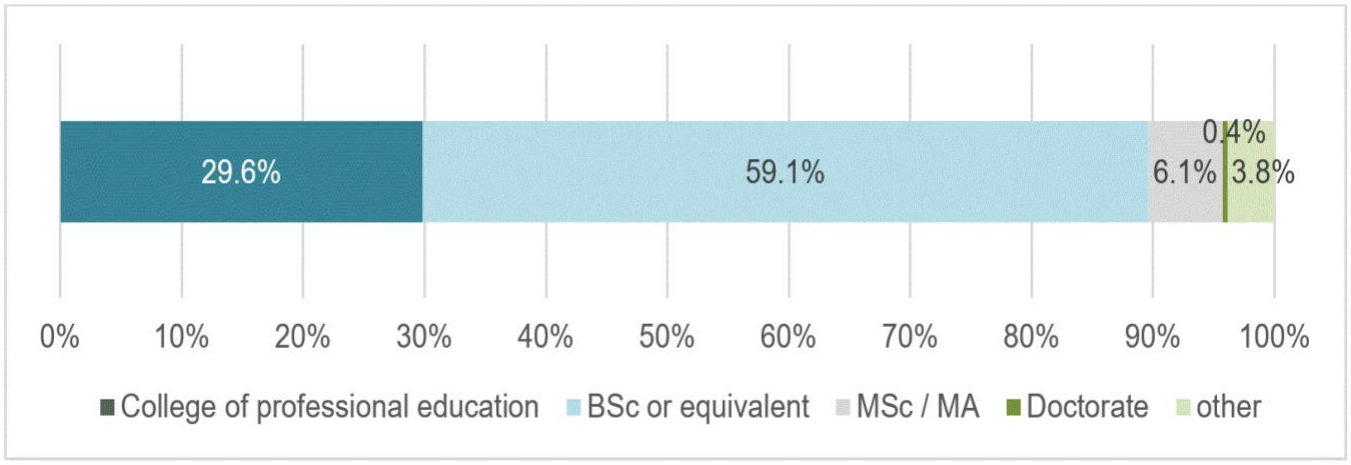


Fig. 1: percentage frequency of highest educational qualification (n=750)

Three quarters (74.4%) of the participating dietitians work exclusively in one job. 25.5% of working dietitians have two or more positions. Of the 870 positions filled by study participants, 651 positions (74.8%) were categorized as employed and 219 positions (25.2%) as self-employed. "Acute hospitals" and "dietetic practices" were the most prevalent places of work, whilst retirement- and nursing homes or insurance companies saw few active dietitians.

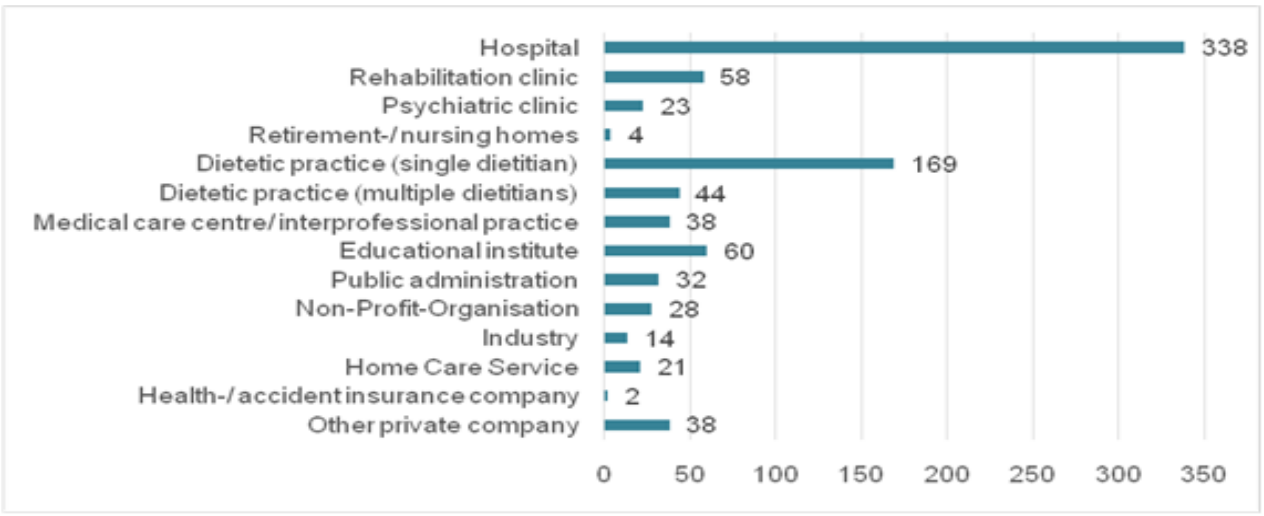


Fig. 2: Number of positions per work setting across all employments (n=869)

79.3% of the participants (498 out of 628) who gave information on their level of dietetic employment work 50 - 100%, whilst 20.7% (130 out of 628) work below 50%. The average employment rate is highest in the 21 - 30 years age category (the newcomers to the profession) at 85%.

In the evaluation of the profession's attractiveness, elements that were rated positively included "diverse and varied work", "compatibility of work and private life", "independent way of working" and the "opportunity to contribute one's technical skills as well as one's own ideas and visions in daily work-life".

Elements that tended to be rated negatively were the "profession's visibility", "sufficient job opportunities", "opportunities for promotion and further development" and "appropriate salary". The average gross annual salary for a dietitian in Switzerland is CHF 82,270. The average gross annual salary for employees in various work settings ranges from CHF 71,540 to CHF 110,500 in educational institutions.

Conclusion: The survey shows that dietitians are active in a broad range of work environments. The principal settings remain the hospital and the dietetic practice, whilst the retirement- and nursing homes settings show scope for expansion. The number of dietitians with an MSc/ Ma or doctorate remains very low in Switzerland. It is essential to educate more

dietitians to MSc or doctorate level for the profession's development. Furthermore, access to up-to-date wage data is important for professional development, to enable a stronger position in salary negotiations.

[1] Swiss Red Cross. (2017). Registered swiss diplomas and licences. Retrieved from https://www.redcross.ch/de/srk-dienstleistungen/anerkennung-auslaendischer-ausbildungsabschluesse/zahlen-und-fakten-aus-dem

[2] Soguel Alexander, L. (2010).Occupational statistics on members of the Swiss dietetic association. Retrieved from http://www.svde-asdd.ch/wp-content/uploads/2016/01/Berufsstatistik_2010_D.pdf

Mahlstein Andrea, Weishaupt Esther

Country – United States of America

News from Academy of Nutrition and Dietetics

Global Fellowships

The Academy's fellowship program aims to convene stakeholder groups of internal and external partners to create opportunities that engage credentialed practitioners at all career levels and align fellow experiences to support innovation projects in line with the Academy's new vision for the next 100 years. As the program continues to expand, there have been fellowships both in domestic and international settings with topics ranging from clinical nutrition to public health. Currently, the Academy's Applied Global Nutrition Research Fellow, Stephen Alajajian, RDN is working on a project with Maya Health Alliance/Wuqu' Kawoq in Tecpán, Guatemala. In this role, he is overseeing the implementation research and quality improvement aspects of a home gardens research project and participating in nutrition-related efforts for the organization. The intervention focuses on providing gardens in homes in a rural community with children ages 6-24 months who are chronically malnourished. For more information about the Academy Foundation's Fellowship Program, please visit www.eatrightfoundation.org/fellowships.

Family Garden

Member of MHA and fellow, Stephen Alajajian working to build gardens in area of Chutiestancia.

KERI-Kids Eat Right International

The International Affiliate of the Academy of Nutrition and Dietetics (IAAND) is the international arm of the USA-based, Academy of Nutrition and Dietetics. IAAND has over 1200 members/supporters in 84 different countries, with its mission and vision to be member-focused, collaborative and engage dietitians and members in diverse populations around the world.

One of the many programs within IAAND is the Kids Eat Right International (KERI) campaign. Launched in 2013, KERI supports public education and programs that address the health concern of overweight and obesity among many of the world's children. Through dissemination of resources, campaign volunteers lead prevention efforts within their countries and raise awareness among national populations about the importance of quality nutrition. Consistent with the Kids Eat Right (KER) national campaign (a joint effort of the Academy of Nutrition and Dietetics and its Foundation), the international campaign efforts aim to:

- educate key audiences about the necessity of a quality diet and consequences of poor nutrition
- advocate for quality nutrition to promote growth and development
- demonstrate the food and nutrition expertise of registered dietitian nutritionists through educational programming and leadership

Each year IAAND targets different regions of the world. Middle Eastern countries developing resources were grant awardees in years past (presentations available on our KERI website.) and in 2019 the mini-grants were awarded to Spanish speaking countries. For 2020, in alignment with ICDA being hosted in Cape Town, a new opportunity will be made available to support IAAND members in Africa to adapt and use KER resources with local communities.

If you want to learn more about IAAND and KERI, or how to become involved, please email Julie Joy, at KER@iaand.org or https://eatrightinternational.org/about-us/

Interested individuals can apply for Academy membership by completing an *International Membership Application* and *International Verification Form* and returning it to the Academy with payment. Information can be found online at: www.eatrightpro.org/international-member.

Joan Schwaba, MS, RDN, LDN

Director, Strategic Management
Academy of Nutrition and Dietetics

Country – Australia

News from Dietitians Association of Australia

Dietitians Day in Australia

On Thursday 19 September 2019, we celebrated Dedicated Dietitians working in Australia and abroad for Dietitians Day. Dietitians Day is an opportunity to recognise and celebrate the dedication and inspiring work of the many Accredited Practising Dietitians (APDs) going above and beyond to helpbuild healthier communities through better nutrition.

DAA members were invited to nominate a Dedicated Dietitian for recognition through DAA's website, emails and social media channels. We were thrilled to receive more than 60 nominations for APDs going above and beyond - meet some of them here.

To celebrate the many areas in which Dedicated Dietitians work, members in a variety of roles provided insights into a typical day in their job. From working in the media and private practice to clinical nutrition, the 'Day in the Life of a Dietitian' series explored some of the many paths an APD may take in their career. Find the series here.

Members were encouraged to participate using a series of prepared social media tiles and banners, social media posts, signature blocks and more. Search **#DietitiansDay** and **#DedicatedDietitians** on social media to check out the celebrations!

We look forward to doing it all again next year for Dietitians Day 2020!

Dietitians Association of Australia National Conference 2019

In August, we exceeded expectations and were thrilled to welcome to the Gold Coast more than 800 dietitians, students and nutrition professionals over three days for a huge program of inspirational plenary sessions, insightful workshops and seminars as well as exciting social events - search **#DAA2019** on social media to see all the action!

NAIDOC Week

During NAIDOC Week in July, the Dietitians Association of Australia celebrated the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. Our activities included

profiling the Indigenous Health plenary speakers joining us at the 2019 DAA National Conference the following month through media releases, via conference newsletters and on social media.

Recognising and promoting Aboriginal and Torres Strait Islander dates of significance is one of the actions in our second Reconciliation Action Plan (RAP), an Innovate RAP. Our Innovate RAP demonstrates our ongoing commitment to develop and strengthen relationships with Aboriginal and Torres Strait Islander peoples and engage staff and members in reconciliation. DAA advocates for improved food security, health outcomes and health equity for Aboriginal and Torres Strait Islander people living in remote, regional and urban parts of Australia.

We are committed to strengthening our engagement and partnerships with Aboriginal and Torres Strait Islander peoples in a meaningful way, which we will continue to develop throughout the Innovate RAP plan in 2020. Find out more about our Innovate RAP and our preceding Reflect RAP here.

Invitation to submit to Nutrition & Dietetics
Journal of the Dietitians Association of Australia

Nutrition & Dietetics is the official journal of the Dietitians Association of Australia. Covering all aspects of food, nutrition and dietetics, the Journal provides a forum for the reporting, discussion and development of scientifically credible knowledge related to human nutrition and dietetics. With open access options for Systematic Reviews and Randomised Control Trials, and expedited review, it is the journal for you! Read about author guidelines and submit your next paper here.

Country -Taiwan

News from Taiwan Dietitian Association

The aggravating ageing population is a common global phenomenon. Taiwan has the second fastest growing aging population in the world. Long term care health system is one of the most important welfare policies of the Taiwan government. In response to the aging population, the extension of Healthy Life Expectancy (HALE) is the main goal of the policy and improving

nutrition status is an extremely crucial step. In order to reach the goal, Taiwan launched the community nutrition education counselling program in 2017, and has selected three cities for test runs.

Taiwan Dietitian Association is responsible for the program development and implementation. In 2017, they have accomplished the following:

1. Established community nutrition promotion centres in three cities.
2. Handled community RD education and training courses to enhance core competence.
3. Completed the “Community Nutrition Promotion Handbook” and developed assessment indicators to analyse the program effectiveness.

Due to the excellent response from the community, Taiwan Dietitian Association was assigned to continue hosting, promoting and expanding the national program for 2018 and 2019. Within these two years, they have:

1. Established a community nutrition promotion centre in each county and city to create a friendly and healthy eating environment for the community.
2. Handled advanced education and training courses for community dietitians and continuously improving core competencies and skills.
3. Completed the “Handbook for the Maintenance of Nutritional Care in Disability Community” and prepared a “Handbook for Nutritional Care for Delayed Disability Community” according to the training targets, and conducted on-the-spot assessment, counselling and evaluation.

In addition to developing the care model, ensured consistent service quality and resource development.

RD (at the left) designed board games to play with residents in the community.

we also have also, established a preventive and delayed disability care service system for the local population's nutritional needs, and lead the community to work together for the neighbourhood residents and for the elderly. Together, we have worked hard for a everyone's healthy life.

Sarah Wu, MS, RD, CNSC
Secretary of International Affairs, Taiwan Dietitian Association
Email: wupengyuh@gmail.com

Country – Portugal

News from Congress of the Portuguese Council of Nutritionists

As diet is one of the determinants with the greatest impact on health, the Portuguese Council of Nutritionists is committed to define and clarify about the most appropriate policies and practices from a scientific and technical perspective, respecting the right of all citizens to quality nutrition.

In March 2019, the Portuguese Council of Nutritionists held its second Congress with the theme “Nutrition - a global vision”. Some of the most reputed national and international experts attended and contributed to such a decisive discussion. The scientific program included 5 courses, 5 meetings, 6 panels, 3 conferences, 5 oral communications and an exhibition of 26 scientific posters. 26 national speakers and 7 international speakers discussed issues such as sustainable dietary standards, promotion of healthy environments, nutrition and health gains, challenges for the millennium in clinical nutrition, and challenges of the nutritionists around the world.

Below we present some of the subjects that were discussed in this event:

- Sustainable diets aim to address the growing health and environmental concerns that are related to food production and consumption. As expected, topics such as the Mediterranean diet, the Nordic diets and the food and ecological footprint were addressed.
- We know that food choices have a big impact on policy decisions. The relationships of the food industry with health professionals, the possible conflicts of interest that may exist and current economic impact of the Nutritionists’ practices in different settings have been widely debated.
- Portugal is currently witnessing a profound change in its demographic and epidemiological profile, and this brings major challenges to society and the health system. The life expectancy of the Portuguese currently exceeds eighty years. Living longer and better is the big challenge. In this context, food must be a public health ally, social inequalities and

the right to adequate food should be considered, and the role of governments in economic nutrition policies is crucial.

- Admittedly, proper nutrition plays an important role in health protection and diet therapy, applied and monitored by nutritionists, has a potential positive impact on the health of individuals. The growing information about nutrition knowledge in scientific or non-scientific outlets, as well as the easy access of the public to this information, much of which without proper scientific validity, pushes nutritionists to refine and support their professional practice by the best current evidence. These will be some of the millennium challenges for clinical nutrition.
- Obesity and overweight continue to persist in Portugal. Its origin depends on multiple factors and the environmental factor is extremely relevant. We observed changing environments, excessive advertising to nutritionally unbalanced products and widespread availability of nutritionally unbalanced products in relation to healthy products. The promotion of salutogenic environments should be a priority.

Faced with the increase of tourism in Portugal, there has been a recent flow of tourists seeking medical treatment or health care for several reasons. Nutritionists should be a part of this market segment, contributing for the creation of added value in the sector.

The major challenges facing nutrition and the nutritionists were also discussed, ending with a panel entitled “Challenges of the Nutritionists Around the World”, which featured representatives from Spain, Portugal, the United Kingdom and the United States of America. This panel was intended to promote debate among representatives of various global professional associations of nutritionists, focusing on local regulatory models, challenges and opportunities for practitioners from the countries represented. Speakers were invited to briefly describe the organization and professional regulation of nutritionists in their countries, focusing presentations on the challenges and opportunities they currently face.

The congress began with an inaugural session that brought together a group of Portuguese nutritionists that work around the world, and culminated with the *Young Nutritionist Award*, which aims to unveil talents, to motivate the entrepreneurial and innovative spirit in the area of nutrition, to boost and promote nutrition research, to promote the dissemination of good professional

practices in nutrition, and invest in young nutritionists who seek to innovate in solving the challenges of Portuguese society.

This Congress, which had 625 participants, demonstrated the strength of nutritionists as a relevant profession in today's society, and contributed to reinforce the need of establishing evidence-based health policy measures focusing on food and nutrition.

Alexandra Bento

Bastonária

Country – Norway

News from Norwegian Association of Clinical Dietitians

The first national celebration of Norwegian Registered Dietitians!

Authorised clinical dietitians is a rapidly growing group of a fairly new profession in the Norwegian Health Care System (NHCS), and in private industry. The Norwegian Association of Clinical Dietitians affiliated with The Norwegian Association of Researchers has almost reached 600 members, which is a great increase from 20/25 members in the mid –80's.

In September 2019 it was about time we put the spotlight on our profession and the great work our members are doing for the inhabitants of our country. With the goal to inspire, celebrate and show the Norwegian people what we do, we thought it was about time to introduce a “National day for clinical dietitians”. With great effort from the board and our members, in both the smaller and larger parts of our country, we held our first celebration the 4th of September 2019. Numerous pictures, stands, blogg-posts and “insta-take-overs” coloured the Internet, with special emphasize on Social Media. The diversity of our work truly came out, and several dietitians used the opportunity to spread information about the importance of good and healthy nutrition.

The National Associations for Dietetics in our neighbouring Nordic Countries forwarded their kind greetings, and The British Dietetic Association (BDA) was kind enough to let us translate some of their factsheets to Norwegian. This was very well received as new and fresh input to our work – thank you! All the way from Australia KEFF even got a special offer to follow the Monash University’s Low-FODMAP online course, which we chose to offer as a gift to our members on our National day for clinical dietitians.

We can`t wait for next year and hope that our members, and all of you out there, remember to celebrate the great work that is being done, and continue to inspire both each other, decision makers, politicians, other health profession and also, the inhabitants of our countries!
Happy dietitians (day)!

Hilde Nordgård

Organizational Secretary

Country – Nigeria

News from Dietitians Association of Nigeria (DAN)

2019, has been an eventful year for Dietitians Association of Nigeria. The year has been adorned with impactful events organized by the Association for her members. The activities carried out within the year included the following:

World Dietitian Day;

All the States and Chapters colourfully and actively participated in celebrating this event on March 13, 2019. Activities organised by dietitians in different States/ Chapters included:

- Road walk for fitness and creation of awareness for the profession.
- Counselling sessions and free health check for general public.
- Health talks / presentation via various social media channels

Dietitians at the Federal Teaching Hospital Abakiliki, Ebonyi State Nigeria on road walk and sensitization of the public on the activities carried out by the Dietitian-Nutritionists and through the tweeter handle of the association.

National Workshop:

a. In June 2019, the Association organized a 3- day national workshop for her members and dietetic interns on standardization of dietary management of Diabetes Mellitus in adults and children with emphasis on carbohydrate counting in Abakaliki, Ebonyi State, Nigeria.
b. Later in the year, the association pursued collaboration with the paramilitary of the country in ensuring healthy weight maintenance for her officers.

Dietetic Internship

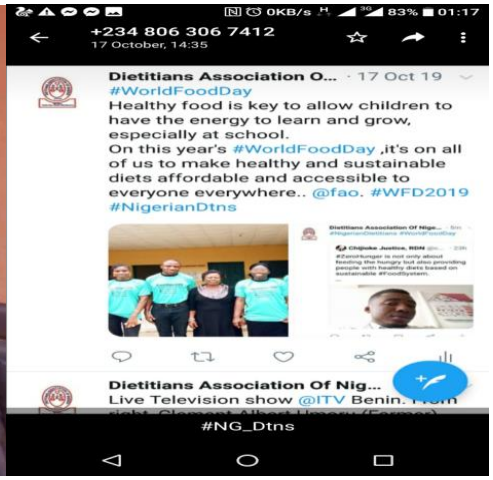
The year also recorded the birth of a new dietetic internship center at the University of Port Harcourt Teaching Hospital, Rivers State, Nigeria.

2019 World Breastfeeding Week

The association also came agog with the celebration of world breast feeding week, which saw every chapter engaged with various activities to promote exclusive breast feeding for the first six month of life with addition of complementary foods at 6 months and continued breastfeeding for two years and beyond.

2019 World Food Day

The world food day was passionately celebrated with activities ranging from food demonstration and exhibition including sensitization of the public on sustainable adequate diet using locally available food sources. Members actively participated in the use of the social media for information dissemination.



Pending activities for 2019

These include:

a. World Diabetes Day which will be celebrated in collaboration with the Endocrine Society of Nigeria.
b. Annual Scientific Conference and General Meeting of the Dietitians Association of Nigeria slated for 2nd to 6th December 2019. This will wrap up activities for the year.

Ms Patricia Chima

Assistant Editor for DNAW (DAN)

Awards/Grants

2019 Wimpfheimer-Guggenheim International Lecture

At the 2019 Academy of Nutrition and Dietetics Annual Food and Nutrition Conference and Expo in Philadelphia, Pennsylvania, the Academy Foundation presented the 2019 annual Wimpfheimer-Guggenheim International Lecture on October 27. The session highlighted the work of two Academy members, Tatyana El-Kour, MA, MS, RDN, FAND and Marianella Herrera, MD, SCD, MS. They discussed lessons learned from working with Syrian refugees and the Venezuela migratory crisis and food insecurity situation. To view recordings of past Wimpfheimer-Guggenheim International Lectures, please visit the Academy Foundation's website.

2020 First International Nutritionist/Dietitian (FIND) Fellowship for Study in the USA

The First International Nutritionist/Dietitian (FIND) Fellowship for Study in the USA, awarded by the Academy of Nutrition and Dietetics Foundation, is given to assist a foreign national who is pursuing postgraduate work in the USA and has a clearly articulated plan to return to his/her country. The fellowship has been bestowed to students representing 19 countries. The 2020 application will be available in December on the Academy Foundation's website. The deadline for applications is February 1, 2020.

Academy of Nutrition and Dietetics Foundation Wimpfheimer-Guggenheim ICDA Welcome Fund

The Academy of Nutrition and Dietetics Foundation Wimpfheimer-Guggenheim ICDA Welcome fund provides financial support to new ICDA members. Contact Nicci Brown at nbrown@eatright.org for information.

Announcements & Calendar of Events

Annual Conference of the Indian Dietetic Association - IDACON2019

Theme : Exploring Frontiers, Empowering Nutrition, Enriching Lives

December 19 to 21, 2019

Venue : The Forum, Club O7, RoadShela, Off Sardar Patel Ring Road, Ahmedabad 380058.

Contact person – Ms Rima Rao, Phone - +91 9879573753

Website :www.idacon2019.com

Annual National Scientific Conference and General Meeting of Dietitians Association of Nigeria.

Theme: Dietitian- Nutritionists in Sustainable Healthcare Delivery in Nigeria

Date: 2nd-6th Dec 2019

Venue: Nelrose Hotel/Federal Medical Centre, Asaba,Delta State, Nigeria

Website: https://www.jdan.org.ng/events/dietitian-nutritionist-in-sustainable-healthcare-delivery-in-nigeria/; Facebook: https://web.facebook.com/dietitiansng/?ref=bookmarks

EFAD Newsflash is back!

See the latest Newsflash for a roundup of the EFAD Conference, see policy and strategy updates and submit your abstract for ICD 2020 here.

New Member

It is my pleasure to welcome two new national dietetic association members approved by the Board. The new national association members and contacts are:

- Association of Nutritionist-Dietitians of Benin (ASNUDIB-Bénin) - Fawaz Kevin BOUSSARI, email: fawazkevin.boussari@yahoo.fr
- The Haitian Association of Dietitians-Nutritionists. – Jean-Claude Dorsainvil, email:uqueensland@gmail.com

Member associations are encouraged to send their welcome messages to the Member representatives.

Secretary's Report

As reported elsewhere in this Newsletter, the Chair of the Board of Directors is now Giuseppe Russolillo from Spain and also on the Board we have Sheela Krishnaswamy from India, Judith Rodriguez from the USA, Elizabeth Solis Perez from Mexico, Tatsushi Komatsu from Japan, Carole Middleton from the UK and we welcome Corinne Eisenbraun from Canada to fill the vacancy until the end of this term.

Since the last annual meeting we have approved 2 new members: The Association of Nutritionist-Dietitians of Benin and at the Board meeting in September, The Haitian Association of Dietitians - Nutritionists. There are now 52 members of ICDA representing around 200,000 Dietitian-Nutritionists around the world.

The Board has approved the change in the name of this newsletter to "Dietetics and Nutrition around the World", to reflect changes being made by ICDA members.

ICDA supported the FAO campaign of World Food Day on October 16 and would encourage all members to participate in this and World Water Day in March, each year.

In the last Newsletter, the Board reported on a snapshot survey of members, which has given an insight into the growing use of social media and information technology in the practice of Dietitian-Nutritionists and will contribute to the report on the Education and Work of Dietitian-Nutritionists around the World, which will be presented at the International Congress of Dietetics 2020 (ICD2020). I would like to thank those members who contributed to the survey, which is now published on the website.

In addition to the plenary lecture at ICD 2020, ICDA will also be holding 4 workshops: Understanding Education Competencies and Assessment; International Accreditation of Dietitian-Nutritionist Education Programs; Conflict of Interest; and Sustainable Food Systems. We are looking forward to meeting as many of you as possible in Cape Town.

ICDA has continued to use a Secretariat at Dietitians of Canada and I would like to thank them for their continued support. I would also like to thank my fellow Board members for their support and look forward to meeting Representatives and members at ICD 2020.

Carole Middleton
Secretary, ICDA Board and British Dietetic Association Member Representative.