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Feature Article

Do you want dietitians to step in the light? Start with a new graphical charter

Belgium, a small country of 11,000,000 inhabitants, has 3 regions: Walloon (where French is spoken), Flemish (where Dutch is spoken), German-speaking (where German is spoken). It has 2 national associations of dietitians: the VBVD (Vlaamse BeroepsVereniging of Diëtisten) and the UPDLF Union Professionnelle des Diététiciens de Langue Française (Professional Union of French-speaking Dietitians).

The two dietitians' associations have forged close ties and collaborate together on many issues of national significance. For the rest, each association evolves freely.

Hostess: "Who do I announce is here?" "

Dietitian-nutritionists: "The UPDLF"

Hostess: "Sorry, can you repeat it?" "

Dietitian-nutritionists: "The Professional Union of French-Speaking Dietitians"

Hostess: " Ah. Very good "

That was how we were greeted in the office of the web-designer we chose to entrust the redesign of our website. The hostess then stammered to our host's attention: "Your appointment is here. They are French speaking… "

At the time, it made us laugh.

The web-designer kindly shared his thoughts with us: “The UPDLF, other than dietitians who are members of your association, it doesn't speak to anyone. Neither health professionals, nor the general public, nor the media, nor government departments. This is your biggest handicap when it comes to visibility.

If it makes sense to overhaul your website and make it more current, livelier and more accessible using all your materials, the first thing to do would be to rework your name and logo ".

“Just tell me, who are you?” We answered in chorus: "We are Dietitians".

Our new graphic charter was born. From May 2020, even if in the official documents “the Professional Union of French-Language Dietitians” would keep its place, everywhere else and for everyone, especially in our letters and various publications as well as on social networks, we would be "the Dietitians".

New site? Start from a blank sheet of paper to build another scenario

Apart from the budget to be foreseen for its realization, designing a new website requires clearing the old one and asking ourselves, as a priority, what is expected of this new website, and also, what we do no longer want to find there. Answering them requires asking more specific questions, such as the following:

a. What is someone looking for when they visit our website?

i. A directory, the contact details of a dietitians

ii. Information relating to the fields of activity of dietitians

iii. Thematic publications

b. What is a dietitian looking for on our website?

i. Contact details of a dietitian.

ii. Details of affiliation.

iii. Tools, articles, information related to upcoming events.

iv. Information about the association and what is its purpose.

v. Details on the fields of activity of dietitians and on specialty groups of dietitians.

vi. Information on job offers.

c. How can we make our site more attractive to the public, and to dietitians?

i. By improving accessibility and readability from any computer equipment (PC, Iphone, Ipad, tablet, etc.).

ii. By updating the content, requiring the rewrite of all pages.

iii. By a judicious choice of illustrations related to the content.

iv. Through various tools (testimonials, videos, infographics, etc.)

d. How to optimize the search for information?

i. Through a clear tree structure to be designed.

ii. By updating the content of the pages.

e. What do we want to highlight?

i. Board members and members of the association

ii. The association's missions and the way in which the projects are structured and conducted.

iii. The areas of activity of the dietitian, based on the profiles and missions of dietitians in these different areas (Catering, Hospital, elderly homes, Public health, etc.).

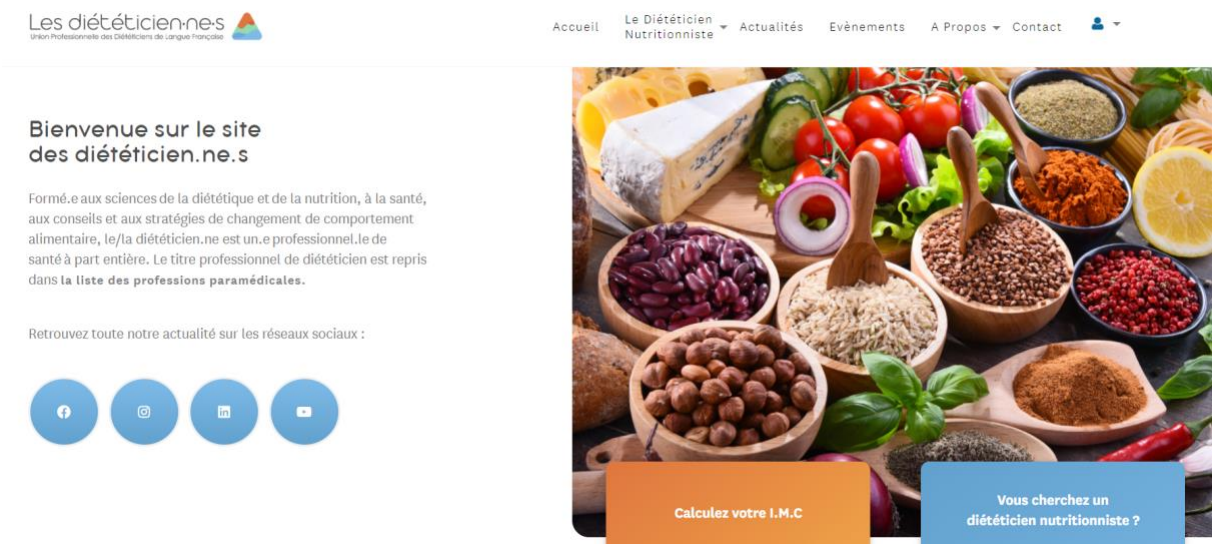
iv. Groups of dietitians, experts specializing in themes such as Diabetes, Geriatrics, Nephrology, Oncology, Psychiatry, etc. Each group must have a space on the website where they can explain their objectives, present the work done or to come, publish videos, present certain tools designed by its members.

v. Information material developed by the association and made available to dietitians or the public, such as thematic brochures.

vi. An agenda of all events (congresses, conferences, formations, campaigns) related to dietetics and nutrition.

vii. The formations that we, dietitians, offer to dietitians but also to other target audiences

viii. Our partners (associations of dietitians, scientific societies, ministries, etc.)



Even though we still have to solve some back-office issues related to the database, after more than 9 months of work, our brand-new website is now operational. It went live early this year and we are incredibly happy with it. Do not hesitate to visit it and let us know what you think:

www.lesdieteticiens.be ! Who knows, it might help you design your own!

Hélène LEJEUNE,

President of the UPDLF (Belgian French-speaking association of dietitians)

helene.updlf@gmail.com

Information and Reminders

International Congress of Dietetics (ICD), 2021

Please keep in touch with ICD 2020 and ADSA website for updates:

https://www.adsa.org.za/icd-2021

President, ADSA

INTERNATIONAL CONGRESS OF DIETETICS 2021

1- 3 SEPTEMBER 2021 • www.icd2021.com

ICD 2021 VIRTUAL CONGRESS

Dear Colleagues

We would like to thank you for your patience, well-wishes and support while we, the ICD Local Organising Committee (LOC), were engaged in deliberations to come to a decision about the format of ICD 2021.

After considering the possible challenges, risks and opportunities to be encountered over the coming year, the ICD LOC decided to continue as a virtual congress from 1-3 September 2021. Key considerations in this decision-making process included:

- the health and safety of congress participants,
- the unpredictability of travel and quarantine,
- financial limitations from participants from various countries considering the effect of COVID-19,
- time constraints in terms of planning logistics of an in-person congress considering how rapidly plans can change again with potential surges over the next year.

A very important consideration that thought-leaders around the world have shared over the past months, is that virtual congresses are here to stay, and associations would continue in the future, to combine hosting virtual and in-person congresses post-COVID. While among the many changes and challenges we have all faced the past year, being online continuously, can be a challenge - but it is worth recognising the benefits of a virtual congress rather than discounting it due to virtual fatigue alone, as this will very likely form a continued part of our professional lives in the foreseeable future. The substantially reduced costs to attend, and in our current global climate, the reliability and certainty that a virtual congress will take place regardless of surges, lockdowns, airline challenges and other life-changing world events, is important to recognise. The more we invest in this solution in the short and medium term, the better the success of it will be.

A survey was also sent to all current registered delegates and presenters during February this year, and the vast majority who voted confirmed they would continue to support the congress if held virtually. This critical information, among others, assisted us in making the decision to go virtual, which we believe would serve the best interests and safety of our delegates, our presenters and the ICDA.

We have reduced the rates significantly for the ICD 2021 Virtual Congress. Considering limited travel expenses involved, the cost of participation is substantially reduced, and we trust this will enable even more delegates to attend. The opportunity to access a number of keynote presentations, symposia, workshops, oral and poster presentations (which will be available on demand after the congress for a period of time) for a very reasonable cost, is considerable.

We recognise that for many the in-person networking is of great value. Therefore, our online platform will include a meeting hub where you can connect with other delegates as well as exhibitors and sponsors.

Together with the global nutrition fraternity, we yearned for the ICD to take place in a face-to-face format on the African continent. For now, it may not be our time, but we keep the faith that we will still see the ICD hosted on this beautiful continent in the future.

Looking back on the objectives we set for this congress, we will not be wavering from them. We still strive to host a world-class congress that upholds the purpose, mission, goals and objectives set out by the International Confederation of Dietetics Associations. In due course, more detailed information will be shared about the congress. We can confirm that it will include various keynote presentations, structured sessions, panel discussions, workshops, and discussion sessions. We look forward to meeting you in the virtual space at the ICD 2021.

Regards,
Dr Christine Taljaard-Krugell
Chairperson: ICD 2021 Organising Committee

Prof Lisanne du Plessis
Chairperson: ICD 2021 Scientific Committee

IMPROVING NUTRITION • UNLOCKING POTENTIAL • ACCELERATING CHANGE

VIRTUAL CONGRESS RATES:

*R = South African Rand (ZAR)

ADSA and NSSA Members & Students	R 1900 (Approx $130)
Low and middle income countries including South Africans that are not ADSA or NSSA members	R 2200 (Approx $150)
High income countries	R 2900 (Approx $195)

All registered Delegates & Presenters will be contacted directly via email and detailed and clear information will be communicated to each participant

DEADLINE DATES:

Early registration to qualify for the above rates - 30 April 2021
(from 1 May 2021 the rates increase as per the information on the congress website)

All Programme Presenters (Workshop, Symposia, Oral & Poster Abstract Presenters): to re-confirm participation by 9 April 2021

All information can be found on the congress website: www.icd2021.com

For more information please visit: http://www.icd2021.com

National Dietetic Association Reports

Country –Israel

News from The Israeli Dietetic Association (ATID)

ATID's First Virtual Conference

The Israeli Dietetic Association (ATID) is committed to keeping its members abreast of up-to-date developments and exciting news in the field of dietetics and the science of nutrition. This year of unusual challenges required innovative organisation and creative solutions, resulting in ATID holding its first virtual conference on November 4 with an attendance of over 540 dietitians.

15 different presenters shed light on the broad and varied spectrum of work in the dietetic field, both in Israel and the world. Lectures covered a wide variety of topics. Dietitian and physiologist Guy Shalmon provided a fascinating look into the storytelling ability of bones. Using evidence gathered from skeletons, teeth and mummified bodies he discussed how the agricultural revolution that took place around 15,000 years ago led to fundamental changes in nutrition, lifestyle, chronic diseases and health-related dilemmas that need to be dealt with in today's world. Dietitian and physiologist Sivan Abot-Barkan addressed the close relationship between sleep and obesity, and how simple steps can improve our sleep and lead to healthier lives. Participating dietitians were further intrigued by Prof. Ronit Machtinger's lecture on the presence of phthalates in our immediate environment and how they can consequently have an effect on the success of IVF treatments. And one cannot ignore the hot topic currently attracting attention – Nutri-Corona! Dr. Ronit Inbar discussed the central nutritional aspects involved in the fight against the Coronavirus and presented the Israel Ministry of Health's new guidelines regarding vitamin D supplementation during this period.

To the delight of the organisers, who laboured to ensure smooth operation of the event, the conference was hailed a great success and was highly praised by all

involved. All the lectures were pre-filmed in a professional studio to the highest audio-visual quality and were screened consecutively with built-in break periods in a specially designed graphic format. A chat window was available during each lecture, giving participants the opportunity to ask questions which were later answered via email. Each lecture lasted between 20 and 30 minutes and was available online for future viewing for two weeks following the conference.

Lectures were pre-recorded in a professional studio

Attendees home viewing CEO Amit Ganor's keynote address

Dr. Ronit Inbar on Nutri-Corona

Luba Plotkin

Vice President, Israeli Dietetic Association

Country – Hungary

News from Hungarian Dietetic Association

Promoting the dietetic profession in Hungary

The first Dietitian's Week in Hungary was held between 2 and 6 of June 2020, during which the Hungarian Dietetic Association showed the diversity of their profession and emphasized how they can help develop proper nutrition and diets for the treatment of certain diseases. The Facebook campaign aimed to make the general public aware that it is worth contacting dietitians with questions about nutrition because they are experts in this field.

In Hungary, college education dates back to forty-five years, and a dietitian degree can be obtained after four years of study. The degree entitles you to three areas: prevention, nutrition management, and clinical dietetics. The professional organization of dietitians, the Hungarian Dietetic Association (MDOSZ), has been representing and bringing together the profession, for almost thirty years.

According to a survey from 2018, the majority of the Hungarian adult population (61%) know what dietitians do and would turn to them primarily about their nutrition-related questions. The vast majority (89%) consider dietitians' opinions and advice to be the most authentic and understandable. However, for the word nutrition advice, Google will return 653,000 hits in a matter of seconds. The mass of information is difficult to adjust to, so they often turn to those without a dietetic education for advice, which is often very harmful.

Meanwhile, it has also been shown that closer integration of nutrition counselling into primary care could have several economic and public health benefits. Based on scientific evidence, proper nutrition reduces the risk and development of diet-related diseases, including obesity, diabetes, and cardiovascular disease, and could therefore reduce health care costs. International research shows that every Euro spent on nutrition advice saves 14-63 Euro to the society, not to mention an individual's health, quality of life, and well-being.

The Dietitians' Week initiative would like to raise the profile of dietetic practice as public health importance. From the 2nd of June 2020, for five days, the Hungarian Dietetic Association's Facebook page promoted the dietetic profession with informative posts and infographics.

The campaign (press release and SM activities) reached almost 1 million people and gained 27.000+ Euro earned media.

Zsuzsanna Szucs
chair of the Hungarian Dietetic Association

Country – Germany

News from German Association of Dietitians

A survey to strive for revision - update 2020/Germany.

In Germany, dietitians are a state regulated profession. Thus, governmental influence ensures patient safety as the content of education is regulated by federal Dietitian law. Like in many other countries around the globe, the professional requirements have changed because of an increasing number of multimorbid patients, the complexity of diseases and therapy and the increasing focus on evidence-based and interprofessional approaches. In addition, the focus from nutrition therapy has been expanded to include prevention as well as health promotion. Despite these massive changes in the health system and patients care the German dietitian law has not been changed since 1994.

In 2019 the Federal Ministry of Health announced the revision of the Professional laws of the so called "therapeutic health professions" which includes the professional laws of the physiotherapists, speech therapists, occupational therapists and dietitians. Beside the revision of the content of education of these professions, other aspects such as reserved professional actions are announced to be regulated.

To support these planned changes in the Dietitian law and to provide the Federal Ministry of Health with current data reflecting the demands and needs of the dietetic work force in Germany the German Association of Dietitians (VDD) conducted a survey in February 2020. Aim of the survey was to describe the work fields and professional actions of dietitians in Germany. About 1250 dietitians answered the online questionnaire about type and quantity of professional activities, working conditions and type of employment, continuing professional development (CPD), further education, additional academic degrees, and work-related satisfaction. In comparison to the analyses of the professional

work fields of dietitians in 2010 (Buchholz et al. 2021), The profession and work fields of dietitians in Germany (ernaehrungs-umschau.de) such as patient-centered actions (tailored nutrition counselling) among others, have grown from 85% in 2010 to 89% in 2020, while activities in the field of food service have decreased. In contrast to the increased percentage of nutrition therapy in outpatient setting, the majority (63%) of dietitians still work in hospitals or clinics in full or part-time. Only 10% of the participants of the survey work as freelance dietitian, while 12% work as full-time employees and 17% part-time employees, work as part time freelancer. The survey showed that about 56% of the participants invested about 20h/year on CPD and 27% more than 30h/year. Sixty six percent (66%) of the dietitians are holders of at least, one certified further education or further academic degree. 85% of the participants were satisfied with their professional and working conditions. Work experience and the number of competed hours of further education correlates positively with job satisfaction. The English version of the peer reviewed article is available online under DOI: 10.4455/EU2020.058.

The results of the survey have been handed over to the Ministry of Health by the German Association of Dietitians (VDD). The result of the survey supports arguments towards policy makers and stakeholders to adapt future education of dietitians to the needs of the changing work environment. The Ministry of Health has signaled to push forward the revision of the Professional laws of the so called "therapeutic health professions" but has been slowed down due to the COVID-19 pandemic.

Uta Köpcke

President

German Association of Dietitians

Country – Greece

News from the Hellenic Dietitian Association

"The role of nutrition in the COVID-19 era": Scientific conclusions based on a webinar organized by the Hellenic Dietitian Association

In this report, we present the main scientific conclusions of the webinar "The role of nutrition in the era of COVID-19: Prevention, treatment and the factor of obesity". The webinar was organized by the Hellenic Dietetic Association (HDA), in collaboration with the Groups of Specialists in Clinical Nutrition, Weight Management and Public Health. It was moderated by Dr. Dorina Sialvera, president of the HDA and Dr. Christina Katsagoni, President of the Specialist Group of Clinical Nutrition.

Unit 1:
"Scientific evidence on the role of nutrition in the prevention of COVID-19: the role of vitamins and other micronutrients":
Dr Anastasia Z. Kalea, Programme Director, MSc Obesity and Clinical Nutrition & MSc Clinical and Public Health Nutrition, Associate Professor, UCL Division of Medicine, Hon. Associate Professor, UCL Institute of Cardiovascular Science

- Inadequate nutritional intake of various vitamins and minerals is linked to a fragile immune system and often to poorer immunological response against pathogens.
- A vast variety of micronutrients is involved in the immune response pathways. Vitamins C, D and zinc are the three micronutrients most extensively studied for their potential role in strengthening the immune system
- Vitamin D is at the center of scientific interest. Vitamin D deficiency seems to be positively associated with COVID-19 severity and hospitalization. Vitamin D deficiency is common even in Greece, especially during the winter.

"Dietary habits during the lockdown and the role of healthy nutrition in the COVID-19 era" – Dr. Antonis Vlassopoulos, Research Fellow Agricultural University of Athens & International Hellenic University, Honorary Research Fellow University of Glasgow.

- The presentation included the first preliminary results of two studies in Greece[i] around the eating habits of children and adults during the first lockdown. Many of those continue recruitment during the second lockdown.
- The results about the changes in eating habits and physical activity during the first COVID-19 wave were:
    - Despite low adherence to the Mediterranean Diet, on average, participants reported improved eating habits during lockdown. Reduced intake of fast foods was the major finding, although larger improvements were seen in participants with healthier diets before lockdown. Participants also reported higher intake of homemade sweets and baked goods as well as spending more time cooking.
    - In the COVIDiet study, 45% of the participants reported reduced levels of physical activity with higher reduction among those with BMI>30 kg/m^2. Reduced physical activity and an increase in sedentary behaviours were also seen for children in the COV-EAT study.
- Weight gain was reported by 21% of the adults and 32% of the children and adolescents in the two studies. Weight gain was more common among individuals with BMI>25 kg/m^2 before the lockdown.

Unit 2:

"Obesity: a major risk factor for COVID-19 but also a result of restrictive measures. The paradoxical relationship with mortality "- Dr. Anastasia Kolombotsou, Dietitian-Nutritionist, Doctor of the Agricultural University of Athens, Hygienist M (Med) Sc

- The presentation included basic characteristics of the virus SARS-CoV-2 and explored the role of obesity in COVID-19 and vice versa.

- According to different reviews and meta-analysis, obesity seems to be an important factor for the development of the disease, the hospitalization in the intensive care unit as well as in mortality.
- COVID-19 plays a role in the increase in prevalence of obesity and vice versa. This seems to happen based on, food insecurity that results from the difficult social and economic situation that follows the political measures for dealing with the pandemic and also, due to the increase in psychological distress. All these reasons seem to influence food intake, nutritional habits and the nutritional behavior taking also in consideration the change in the levels of physical activity due to the periods of lockdown.
- Furthermore, obesity seems to also influence the effectiveness of the COVID-19 drug therapy in situations, where comorbidities exist, like in the case of hypertension, or in vaccination, due to decreased development of immunological response.
- However, it is still inconclusive, whether it is possible for "obesity paradox" to play a positive role in the mortality of COVID-19. "Obesity paradox" refers to a protective role of obesity in some infections, like pneumonia where, an obese person seems to have a better clinical outcome in comparison with a patient of normal body weight, probably due to the delayed cachexia as a consequence of increased body fat.

"Exploring potential mechanisms linking obesity to COVID-19" – Dr. Maria Baskini, Clinical Dietitian-Nutritionist, MSc, RD, PhD

- The presentation explored the complex biological mechanisms involved in the obesity/COVID-19 relationship.
- The increased adipose tissue increases the morbidity and mortality risk through biochemical, cellular, molecular and immunological dysfunctions. Moreover, obesity is related to various comorbidities, which are independently related toCOVID-19 severity. For example, insulin resistance seems to aggravate COVID-19 symptoms. Additionally, obesity is related to gut microbial dysbiosis and this may be another potent mechanism that may contribute to an unfavorable outcome.

- Weight loss in obese may lead to an increase in total lung capacity, reverse obese-related dysfunctions, decrease procoagulant factors and reduce insulin resistance.

Unit 3:

The closing session of the webinar included the clinical experience of colleagues regarding the nutritional management of patients with COVID-19, who need hospitalization. In these two presentations, distinguished clinical dietitians shared their knowledge of clinical practice within COVID-19 clinics, as well as recent recommendations for the nutritional treatment of patients:

"Nutritional management of patients with confirmed SARS-CoV-2 infection. Recommendations and experience in the hospital. "Dr. Paraskevi Detopoulou, Clinical Dietitian-Nutritionist, Head of Clinical Nutrition Department, General Hospital Korgialenio Benakeio.

- In the speech of Dr. Detopoulou, emphasis was placed on the assessment of nutritional status and the regular re-evaluation of patients with COVID-19 in order to prevent malnutrition and ensure nutritional coverage of patients. The importance of high-energy and protein-rich foods and beverages, oral nutritional supplements as well as the importance of early initiation of enteral and/ or parenteral nutrition (if required) were also discussed.

"A Case study: COVID-19 patient in the ICU"- Dr. Dimitris Karagiannis, Clinical Dietitian-Nutritionist, Head of Nutrition Department, GNA Evangelismos

Adequate energy intake while avoiding overeating and adequate protein intake were analyzed in depth in this talk, as critical factors in preventing severe loss of muscle mass and functional strength in patients with COVID-19.

[1] : COVIDiet study (Department of Food Science & Human Nutrition, Agricultural University of Athens): Multicenter study in 16 European countries, including Greece. In Greece, the study was conducted in April and May 2020 on 1488 participants.

COV-EAT study (Department of Nutrition Dietetics, University of Thessaly): Nationwide study in children and adolescents during the first wave of pandemic and inclusion, in 397 families.

Country – France

News from French Association of Nutritionist Dietitians (AFDN)

A step forward for the profession in France!

The French government grants annual global funding per patient, to allow access to dietary consultations outside hospitals in the care process after cancer treatment.

The Ministry of Health and Solidarity issued a decree related to the overall care process after cancer treatment, on December 22, 2020, agreeing to finance dietary consultations. If it is considered necessary by his or her General Practitioner or oncologist (pediatrician for children), each patient registered in this care process is entitled to an initial and up to 6 dietary follow-up consultations.

The dietitians commit themselves to stick to the recommendations of good practices established by the French National Authority for Health (HAS), the National Cancer Institute (INCa) and learned medical societies.

They also agree to use tools recommended by the HAS or scientifically validated.

As a member of the High Council of Paramedical Professions (HCPP), our association, the French Association of Nutritionist Dietitians (AFDN), has been strongly committed to engineering this measure and welcomes its

implementation for the patients follow up and the recognition of the role of nutritionist dietitians as well in France.

https://www.legifrance.gouv.fr/eli/arrete/2020/12/24/SSAS2035908A/jo/texte

Béatrice Carraz Déléguée (beatrice.carraz@alimentation-et-sante.com)
AFDN

Country- Australia

News from Dietitians Australia

2021 Dietitians Australia Membership Renewals

Dietitians Australia's membership renewals campaign kicked off during December 2020 and runs until the end of February 2021.

The process of renewing has evolved this year to be quicker and more convenient to aid busy members. Additionally, to support the membership during COVID-19, Dietitians Australia have waved additional administration fees and maintained the price of membership to be the same as 2020.

Members living and working overseas are reminded to renew their Affiliate or Overseas membership by Sunday 28 February 2021 AEDT.

Supporting our members

Evergreen courses:

We are continuing to offer a variety of online continuing professional development for our members through our Centre for Advanced Learning (CAL). Most notably, we currently have four Evergreen courses which are always available for members to access. Once they have completed the course, members have ongoing access to the learning material.

Courses currently available include Type 1 Diabetes Management for Dietitians, Clinical Dietetics for Bariatric Surgery, Translating the Aged Care Quality Standards, and Nutrition Support for Critical Care. We are also excited to be introducing four new Evergreen courses very soon. These will be Psychology of Eating, Weight and Body Image, Renal Nutrition for Dietitians, Gastrointestinal Nutrition for Dietitians, and Food Service Management for Dietitians. Each course has learning outcomes, and can be completed in as much or as little time as a participant would like to take. Those who complete the course receive a professional certificate and ongoing access to the learning materials so they can refresh their knowledge at any time.

Dietitians Week and Dietitians Day

From 22 – 28 March 2021, Australia's Accredited Practising Dietitians (APDs) will make as much noise as they can to promote and celebrate the benefits dietitians bring to communities and workplaces, nation-wide and overseas.

In 2021, APDs are encouraged to promote the work that they do as the go-to professionals for an informed take on nutrition. APDs can adapt their message to their audience as required, and may choose to make some noise via an event, presentation, activity, advocacy or form of promotion to meet their own professional needs.

Australia's Dietitians Day will also now be celebrated as a part of the week on 26 March 2021. On this day, APDs will be encouraged to make some noise by celebrating their achievements or those of extraordinary dietitians around them!

Through a range of activities and events around the country, our collective voice will help raise awareness of the essential support APDs can provide when nutrition is prioritised.

Advocacy Update

We have continued work in our three advocacy priority areas. The following video is an update from our Senior Dietetic Advisor, Simone Austin, about Dietitians Australia's recent advocacy activities. Watch here: https://bit.ly/2XrL5TB

Mental Health

- We have nearly completed a briefing paper ready to commence work on Dietitians Australia Position Statement and Paper on Mental Health.
- The Federal Government announced a new campaign, the "How's Your Head Today?" campaign, in response to COVID-19. It aims to help Australians prioritise their mental health, raise awareness about how to identify when something is wrong. Dietitians Australia wrote to the Minister for health, immediately to remind him of the important role nutrition and dietitians play in mental health and to offer assistance to ensure nutrition is highlighted in the campaign.

Disability

- We have nearly completed a briefing paper ready to commence work on Dietitians Australia Position Statement on Disability.
- A project team has been established to lead the review of Dietitians Australia accessibility and inclusion practices, and development of an accessibility and inclusion policy. A briefing paper will be prepared and shared with the Board.
- In response to the Government Royal Commission into Disability Dietitians Australia's 4th submission has been finalised along with a media release on week of 9 November.

Aged Care:

- Currently preparing a response to the Counsel Assisting's recommendations to the Government's Aged Care Royal Commission.
- A series of Position Statements on agenda topics to be discussed at the Maggie Beer Foundation Congress in February 2021 have been prepared covering a range of topics relevant to nutrition in aged care.

Food & Environment

- Healthy and environmentally sustainable diets brief has been completed with work commenced on developing Dietitians Australia's position Paper and Statement.

Hannah Ovens-Henig

mmo@dietitiansaustralia.org.au

Dietitians Australia

Country - India

News from Indian Dietetic Association

Success Story of Academic Opportunity in Pandemic Adversity'

The 53rd IDACON (2020) – Dietetics in the Digital Era- Opportunities and Challenges (21st November 2020 – 10th January 2021)

"There is nothing more difficult to take in hand, more perilous to conduct, or more uncertain in its success, than to take the lead in the introduction of a new order of things." - Niccolo Machiavelli

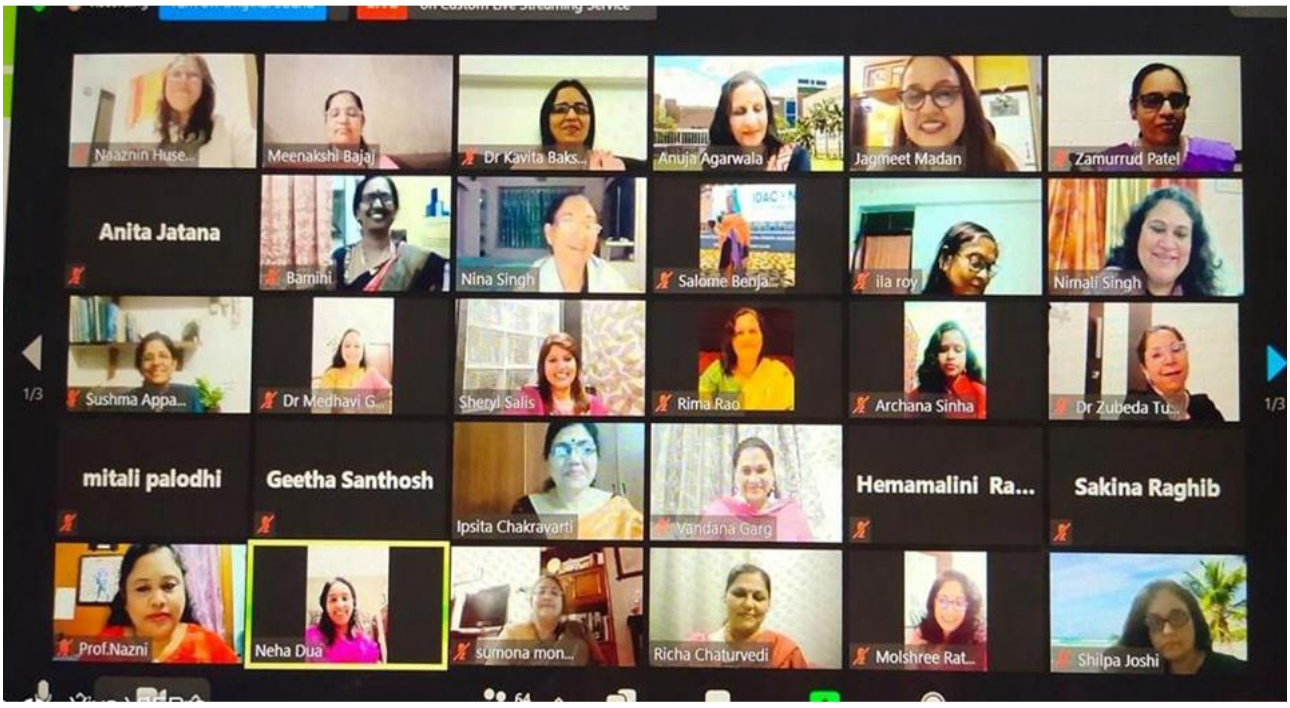
IDACON – The Annual National Conference of the Indian Dietetic Association (IDA) – an event hugely awaited every year for by the Dietetic fraternity in the country for its delivery of highly impactful scientific deliberations, its emphasis on the current research and very importantly the joy of congregating as a fraternity.

This year given the challenges of the Pandemic, the IDACON 2020 was in jeopardy of becoming a non-event. Events were being cancelled across the globe or being downscaled in lieu of the economy and the prevailing conditions

The Thought Transformation: The National Executive Committee deliberated on the possibilities and decided on a road of thought transformation – *The taller the*

mountain, the harder we climb. On this note, the IDA decided to take on the challenge of hosting a virtual conference. When the world was downscaling, we decided to upscale. The 53rd IDACON was converted from National to an International conference. The usual 3-day conference was turned into a virtual academic feast spread generously over 28 days with a national and global reach of more than 10,000 delegates.

The Annual National Conference of the Indian Dietetic Association
The 53rd IDACON (2020) – Dietetics in the Digital Era- Opportunities and Challenges



The Vision: IDACON 2020 was based on a very strongly prevailing vision – to turn a disadvantage to a complete advantage. The idea was to have intense academic evidence-based deliberations around a theme that is most prevalent to the current times as well as provide robust inputs to the dietetic professionals into niche areas in dietetics. The thought that was prioritised was to consciously celebrate and encourage the research being done in dietetics across the nation by young professionals and give them a significant platform to present their work.

The Theme: The theme for IDACON 2020 was formulated to lay the emphasis not only on the new normal but also on the needs of the coming times. The Pandemic situation has caused a massive shift in the way we conduct our lives and businesses and some of it will remain in the world even after it resolves. It has irrevocably changed the world and the digital way will influence a huge part of our lives in the future. The other ascent in the world is that of sustainable Entrepreneurship. These two areas were merged and blended with the emphasis on reflecting on the current emerging trends in the field to create a very unique theme of - Dietetics in the Digital Era: Opportunities & Challenges.

The Teamwork: Under the leadership of the visionary IDA National President, Dr. Jagmeet Madan as the Chairperson and the very effective dynamism of the Vice presidents of IDA (the Organising Secretaries) – Ms. Mitali Palodi, Ms. Anuja Agarwala and Ms. Shilpa Joshi, the Core team was formed, comprised of Joint Secretaries – Ms. Naaznin Hussein, Ms. Rima Rao, Dr. Nimali Singh, Dr. Kavita Bakshi and Ms. Sheryl Salis. This team was further supported by Ms. Bamini Murugesh (Chairperson of the Registration Board), Ms. Ipsita Chakravarthi (National Treasurer), Ms. Sumona Mondal (=

The Highlights: IDACON 2020 has a sparkling of many innovations and achievements…

The Annual National Conference of the Indian Dietetic Association
The 53rd IDACON (2020) – Dietetics in the Digital Era- Opportunities and Challenges

International Collaborations: For the IDA, this conference was a stepping stone to many more possibilities in the future – the first International, virtual conference in its history.

It brought together Associations and fraternities across the globe – the Hong Kong Nutrition Association, the Japanese Dietetic Association, the Chinese Dietetic society, Philippines Association of Nutrition, Dietitians Association of Nigeria, Bangladesh Academy of Dietetics and Nutrition and IAAND, which is an international affiliate of the Academy of Nutrition and Dietetics.

IDACON 2020 was the first annual conference that flew high on its own merit with only the good wishes of the Industry as we did not seek any financial support and with no registration charges for the delegates

Unveiling of Special Interest Groups (SIG): IDACON 2020 is the proud launcher of a novel idea to take dietetics ahead with the creation of Seven Special Interest Groups (Type 1 diabetes, Type 2 Diabetes, Renal Nutrition, Onco-Nutrition, Women's health, Public health Nutrition , Wellness Nutrition). The intent of each subject interest groups was to offer value addition in specific areas of dietetics training, practice and reach.

Research Awards: The main conference was held on the 8th, 9th and 10th of January 2021.

Two full days (8th and 9th) were focused on the presentation of research by our young professionals in several award categories, spearheaded by Dr Nimali Singh and Dr Kavita Bakshi. National and international participation across categories. Swaran Padak award, Pratima Kaushik Award, IDA Award-Food science, IDA Award –Community Nutrition, IDA Pune chapter Award- Clinical case study was witnessed. The Oral Presentations and Posters received more than 100 entrees. It was extremely heartening to see the emerging research been given so much of focus and attention, while being critically appraised as well as mentored by crucial suggestions and inputs. The awards were announced during the valedictory function on the 10th of January.

Dietetics Day Celebration with Scientific deliberations: The main conference saw a participation from 1600 delegates across the globe and was held on the National Dietetics Day – the 10th of January, 2021.The academic feast incorporated included Key note address by Dr Esther Meyers from USA, Dr John Mathias, President ISPGHAN , Dr B Sesikeran Former Director NIN, Hyderabad and a galaxy of eminent scientists across the globe including Dr Anoop Misra, Fortis Hospital, Delhi, Dr Anura Krupad, St Johns Hospital, India, Dr Chwang Leh Chii, Taiwan, Dr V Saroja Varuganti from USA. The panel discussions on Entrepreneurship and Dietetics; and Nutrition care process in various settings in COVID 19 provided a much-needed alternative, global and holistic perspective into both the future and practice of Dietetics in the Digital Era.

Collaborations: IDACON 2020 witnessed the launch of three initiatives with far reaching benefits to the dietetics fraternity.

- The RSSDI-IDA collaboration which offers a Certificate course in Diabetes Specific Nutrition Education – Commencing March 2021.
- The ISPHAGN – IDA collaboration which offers a niche course in Paediatric Nutrition Education commencing November 2021.
- The IAAND (International Affiliate of Academy of Nutrition and Dietetics USA) – IDA collaboration – the landmark Clinical Audit study to map the Clinical Dietetics Practice and Scope in India leading to the creation of database of our fraternity, understanding the relevance of Dietetics in India and further on help to create and implement policies for dietetics at the governmental level.

The Outcome: The 53rd IDACON leaves us with the flavour of success in our minds and the deep understanding of the power of coming together as a team and creating solutions to challenges faced. Hidden in this endeavour is a message from the Indian Dietetic Association and our fraternity that one can change circumstances with the resonance of wills and the steel of our spirits. It is high time the world fully recognises and accepts the pivotal role that Dietetics

and Nutrition plays in the creation of health. It is also the right time for the Dietetics fraternity to change thought processes, empower themselves and embrace the New Normal – the Digital Way! The 53rd IDACON has truly brought Dietetics to the forefront.

The greatest danger in times of turbulence is not the turbulence – it is to act with yesterday's logic."
– Peter Drucker

Dr Jagmeet Madan,

National President

IDA

Country – Taiwan

News from Taiwan Dietitian Association

Taiwan Dietitians in the community. What do we do?

The health consciousness of the public is getting stronger and the health of the elderly is also highly valued, but the authenticity of online information is difficult to distinguish. The question "Where can I find a registered dietitian to tell me right from wrong?" is becoming general public's concern. By answering to these questions relate to daily lives, dietitians can interact with people in a much direct and effective way.

Over the years, Taiwanese government has invested in the field of long-term care. Since 2017, the ministry of health and welfare has been working hard to promote the subsidy program for the disability community nutrition center. Through resource and cross-unit integration, it has provided the communities convenient, appropriate and professional nutrition services. The services include: Elderly nutrition screening, high-risk case management, community nutrition education promotion and activities, meal center training, community nutrition-related personnel training, healthy eating promotion and marketing, etc.

Through enthusiastic and energetic dietitians entering the community and working with the community, nutrition knowledge and status has significantly improved. The dietitians in the community, have been significantly helpful in preventing sarcopenia, delaying disability from happening, and promoting people to practice healthy lifestyle.

The community nutrition program is held by Taiwan Dietitian Association. Other than regular education and training programs, it also incorporates the "Community Nutrition Promotion Blueprint for the Next 5-10 Years" to improve community dietitians' quality and professionalism.

Country – United States of America

News from The Academy of Nutrition and Dietetics and its Foundation

2020 Food & Nutrition Conference & Expo™ (FNCE®) Virtual Event Delivers for Participants Worldwide

The global COVID-19 pandemic continues to create worldwide challenges across every profession, including how we as nutrition and dietetics professionals work and how we come together for education, networking and professional development.

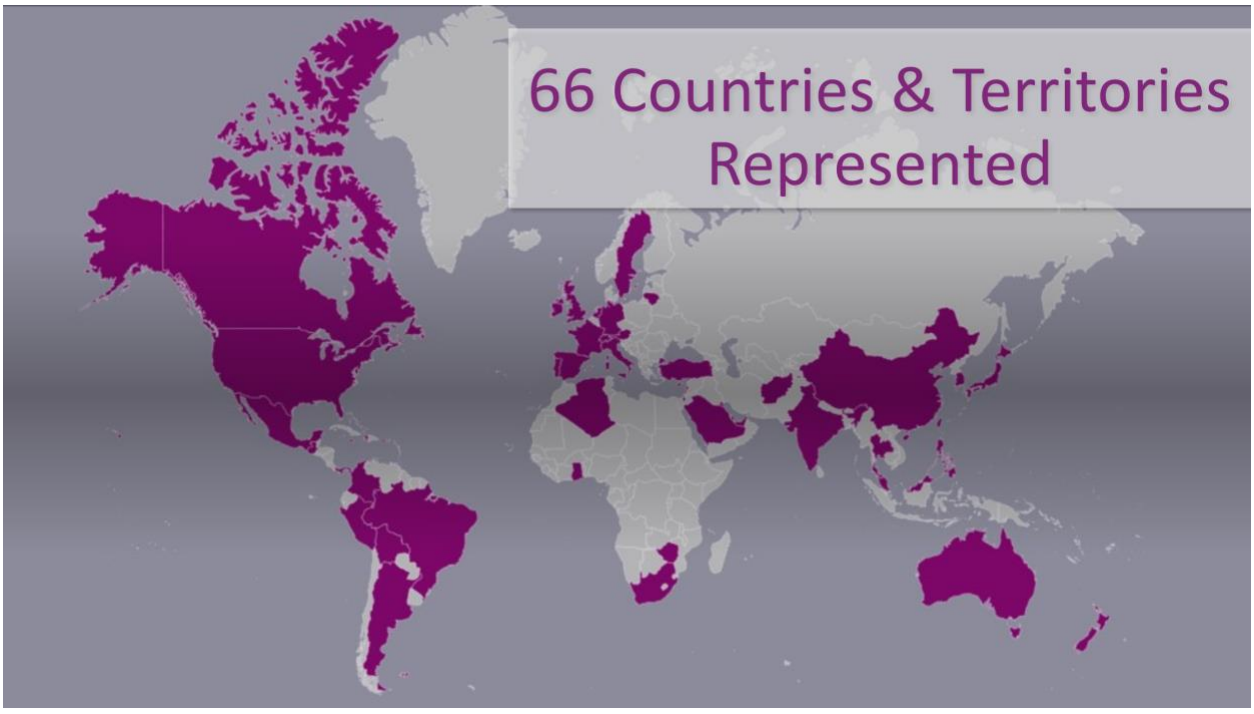
As an organization of health professionals, the Academy respects above all else the safety of our members, presenters, exhibitors, guests and employees of the

Academy and the convention center and hotels that would house FNCE® attendees.

Recognizing that the nutrition and dietetics profession is shaped by those who have courage to act and persevere through the most challenging of times, the Academy of Nutrition and Dietetics' Board of Directors determined that the 2020 Food & Nutrition Conference & Expo™, scheduled for October 17 to 20 in Indianapolis, Ind., USA, needed to shift to a virtual event experience, to be held on the same dates.

Shifting FNCE® from face-to-face to virtual was filled with unknowns – from how many people may choose to attend during an era of virtual fatigue, to leveraging how to boost engagement in a virtual space. Relying heavily on the expertise of Academy staff and vendors who quickly adapted their own professional skills to include digital event design and engagement, led to offering a truly immersive, live, virtual event.

Structuring a deep registration discount across all member and non-member categories opened access to the 2020 FNCE® resulting in more participants than any meeting in the Academy's history with a total attendance of 13,775 from 66 countries and territories. (see Image 1)



Offering extensive educational programming through more than 100 sessions, 400 research posters, 80 virtual exhibitors and booths posed challenges. Academy staff realigned workflows and deadlines to support the global attendance needs; dedicated staff across departments to support ongoing questions; developed self-directed microlearnings to become acquainted with the platform prior to the live event; and ensured engagement through an interactive help desk for extended live event hours

Extensive adjustments were also made to meet continuing professional education requirements through engaging dialogue, developing an interactive exhibitor environment and connecting participants in a virtual platform that was different than any other technology used to date in the profession. Evaluation data from the event supports the need to expand how attendees interact – with attendees' top request being the ability to connect on video chat with each other.

As the Academy navigated these changes and challenges, we were reminded that the most effective way to adapt to a rapidly changing world is through taking calculated risks and being innovative. FNCE® 2020 provided the Academy an opportunity to demonstrate the adaptability of our global profession by capitalizing on new technology to ensure we remain committed to the ongoing training and development of our collective knowledge and skills.

Moving into another year of the global pandemic, we remain committed to meeting in-person when it becomes safe for all parties, which means another year of opportunity to gather virtually from October 16-19 for FNCE® 2021.

The Academy, with all of our global nutrition and dietetics professionals, is excited to innovate, educate and celebrate our accomplishments and challenge each other as we move forward in this "new normal" of a virtual environment.

Joan Schwaba, MS, RDN, LDN

Director, Strategic Management

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Country – Spain

News from The Spanish Academy of Nutrition and Dietetics.

Annual report of the specialization groups of the Spanish Academy of Nutrition and Dietetics.

Through our social networks (Facebook, Twitter, Instagram and LinkedIn) we aim to publicise all the work that is done at the Academy: what services we offer, training, professional documents for consultation, achievements in the profession, etc., all to improve the day-to-day running of the profession.

In this newsletter, we will be publishing the work carried out by the Academy's specialised groups.

Despite the pandemic, 2020 has been a successful year for the Academy's specialization groups, not only because of the deliverables produced but also because of the new member applications and the new group created. To the 4 groups that bring together dietitians-nutritionists from the areas of food services, clinical nutrition, pediatrics and physical activity and sport, another one on food safety, nutrition and R+D+i, has joined. The new group has the mission of raising awareness on the importance of the dietitian-nutritionist’s role in the pharmaceutical and food and beverage industry, as well as responding to the needs of the sector to incorporate nutrition and dietetic professionals.

The specialization groups bring together more than 40 specialists who apply every two years through a public call in which they must accredit advanced competences and professional skills and expertise in their areas of knowledge.

The groups organize their work in coordination with the Academy by their strategic plans following the SMART system (specific measurable, assignable, realistic, time-related), whose follow up is reviewed every two months.

Among the outstanding deliverables are the publication of several fact sheets, abstracts submission, collaboration in interviews, the organization of the 2nd Responsible Food Forum and contribution to technical papers to help professional during the pandemic such as telenutrition.

Here you can access all the information the specialization groups of the Spanish Academy of Nutrition and Dietetics (ES)
https://www.academianutricionydietetica.org/grupos.php

Giuseppe Russolillo Femenías, RD, PhD.
Presidente, Academia Española de Nutrición y Dietética.
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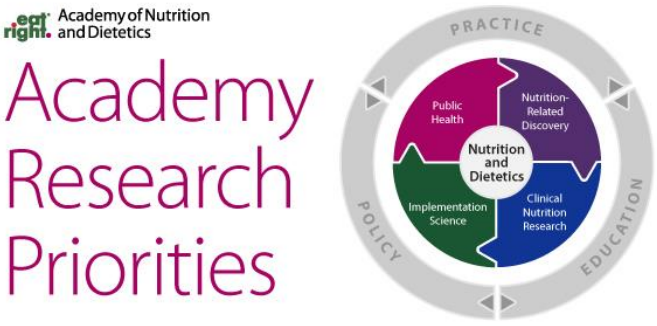
Announcements & Calendar of Events

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.



The Academy of Nutrition and Dietetics convened the Research Priorities and Strategies Development Taskforce to establish new research priorities for the organization.

The Taskforce used a 9-step process to develop priorities that fall under four main themes relevant to nutrition and dietetics research:

- Nutrition-related Discovery
- Clinical Nutrition Research
- Implementation Science
- Public Health

Influencing each of the themes is an overarching acknowledgment of the role that all priorities can play in informing nutrition and dietetics education, practice, and policy. The Academy research priorities are intended as a resource for both internal and external stakeholders and have applications for various areas of practice including education, clinical and community practice, management, and of course research and collaboration.

For more details including a webinar recording, manuscript, and final report, please refer to our Research Priorities website

We hope that you find these Research Priorities useful and possibly reference them in future projects/proposals or find inspiration for future collaborations.

If you would like to learn more about the research priorities and how you can put them into practice, please use the following link here to receive additional messages with more examples of how to put these priorities into action!

Annual congress of Dietetics – online for 22nd-24th April,2021.

*the conference will be in German language.

Request from WHO to members of ICDA:

The World Health Organization (WHO) is currently developing a science-informed guideline on the integrated management of infants and young children at high risk (excessive adiposity) and children and adolescents with obesity using a primary health care approach. As important stakeholders of this guideline, WHO would like to get the input of individual members for prioritizing the questions and outcomes that will need to be addressed in this normative work.

The prioritization exercise consists of an online questionnaire with a preliminary list of questions and outcomes for your assessment. You will have the opportunity to submit comments or suggestions or to propose additional questions and outcomes. There will be questions that will allow us to understand the background of respondents. Your details will not be linked with your responses in any report or publication.

Should you agree to participate, the questionnaire can be accessed here or by copying and pasting in your browser this link: https://bit.ly/3ac0RJ8

Responses submitted in other formats will not be considered. If needed, you can stop at any time, save your responses and resume later. We will be grateful if you can send us your responses by 10 March 2021.

If you have technical difficulties with the online questionnaire, please send an email to obesity@who.int with the subject "GDG Childhood Obesity".

Thank you very much for your consideration and we look forward to your contribution.

The 58th European Renal Association-European Dialysis Transplant Association (ERA-EDTA) Congress will be held in Berlin (Germany from 05/06/2021 to 08/06/2021 Visit congress@era-edta.org registrations@era-edta.org for details.