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- ICDA workshop on the Sustainable Food Systems Project

## Feature Article

### Emphasizing the importance of nutrition in the treatment of COVID-19 in Hungary

The COVID pandemic is here with us for almost one and half years now. Various media are loaded with information on the relation between obesity and serious COVID-outcomes - but we rarely hear about the relation between malnutrition and COVID.

In the last few months, the Hungarian Dietetic Association (HDA) addressed this issue on many different media platforms.

Nutrition therapy introduced by professional dietitians is a crucial factor in treating COVID infected patients and in the survival of critically ill COVID patients and the ones with its complications.

One of the most common symptoms of COVID is the loss of sense of smell and taste which, arm in arm with high fever, coughing, severe fatigue, immobility, can easily lead to the loss of appetite or the will to eat. Many patients that need hospitalization or intensive care arrive at the hospital already in a malnourished state. Therefore, COVID patients must go through malnutrition screening at the hospital admission. Medical nutrition therapy should be subscribed based on the screening results. The professional dietitians' job is to plan the nutrition therapy of these patients, including enteral/parenteral feeding if necessary. Adequate energy and protein intake directly affect the outcome of hospital COVID-treatment, and it is a critical factor in rehabilitating or treating long COVID symptoms.

Many patients with COVID infection need respiration support. These patients typically spend days or even weeks on the machine, during which period they are unable to eat or or drink independently, it can even be impossible to implement oral feeding for them.

It is essential that both during the period of active COVID infection and long COVID minimize the loss of muscle mass. In these cases, the loss

of muscle mass can measure up to 70% of total weight loss, which is a relevant risk factor that negatively affects the chances of full recovery and can also be a risk factor for increasing the possibility of developing severe complications extending hospital stay. Moreover, these risks increasingly affect the elderly and those already living with chronic diseases, emphasizing well-planned and individualized nutritional strategies.

Even after release from the hospital in the case of chronic loss of appetite, the proper energy and protein intake should be provided by nutritional formulas if necessary.

The HDA addressed this issue on different media platforms:

- two posts were published on Facebook, which reached nearly 13K people and generated hundreds of activities and shares

- two press materials were released in February ("The Risks of Malnutrition - Malnutrition can lower the chances of COVID survival by 20%") and March ("Hints and tips in case of COVID-19 infection"). Results: 120K EUR PR value was generated, outreach: 4.3 Mio readers

- stakeholder engagement: in close collaboration with the Hungarian Society of Clinical Nutrition, the HDA sent out an information letter on the importance of proper nutrition in IC to its members

## Information and Reminders

International Congress of Dietetics (ICD), 2021

# 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

Register for the ICD 2021 meeting to be held virtually on 1-3 September 2021: http://www.icd2021.com/index.php/register

# INTERNATIONAL CONGRESS OF DIETETICS 2021

**1- 3 SEPTEMBER 2021 • www.icd2021.com**

ICD 2021 VIRTUAL CONGRESS

## KEYNOTE SPEAKERS

**Simon Barquera, Mexico**
Medical doctor with a Master and PhD in Nutrition from Tufts University. Currently serves as a leader in the line of obesity, diabetes and cardiovascular risk and is Director of the Nutrition and Health Research Center at the National Institute of Public Health of Mexico.

**Jeannine Baumgartner, Switzerland**
Senior Scientist at the Human Nutrition Laboratory of ETH Zürich in Switzerland and an Extraordinary Associate Professor at the Centre of Excellence for Nutrition of the North-West University (NWU) in South Africa. She holds an MSc in Food Science and Nutrition and PhD in Human Nutrition from ETH Zürich.

**Renee Blaauw, South Africa**
Associate Professor in Therapeutic Nutrition at the Division of Human Nutrition, Stellenbosch University, South Africa. Main research interests include Nutrition support of critically ill patients, Hospital malnutrition, Nutritional management of gastro-intestinal diseases; Pre- and Probiotics and Nutritional Epidemiology.

**Edith Feskens, Netherlands**
Professor in Global Nutrition at Wageningen University, Netherlands. Strong interest in research methodology, and is involved as Principal Investigator in several European research projects on e.g. glycemic index, sugars and sweeteners, and food metabolomics.

**Stuart Gillespie, United Kingdom**
Non-Resident Senior Fellow with the (IFPRI) and an Hon Associate with the (IDS). He has led a range of different programmes during his 22 years with IFPRI incl: an ADB-funded consortium on the double burden of malnutrition in Asia, a global initiative on agriculture and health research, the Regional Network on AIDS, Livelihoods and Food Security (RENEWAL), Transform Nutrition, Leveraging Agriculture for Nutrition in South Asia (LANSA), Stories of Change, TANDI, TNWA and the SPEAR flagship of the IFPRI-led Agriculture for Nutrition and Health (A4NH) program.

**Corinna Hawkes, United Kingdom**
Currently Director of the Centre for Food Policy at City, University of London, UK. She has worked for 20 years with UN agencies, governments, universities and NGOs at the local, national and international level to support the design of more effective food policies to improve diets and prevent obesity and non-communicable diseases.

**Amos Laar, Ghana**
Ph.D, University of Ghana, and President, African Nutrition Society. He currently leads the implementation of INFORMAS' (International Network for Food and Obesity/NCDs Research, Monitoring and Action Support) modules in Ghana with support from colleagues and collaborators. Founder of hm2r (a global mentoring think tank).

**Imtiaz Sooliman, South Africa**
Qualified as a medical doctor at the University of Natal Medical School in 1984, and worked in private practice, which he terminated in 1994 to concentrate on Gift of the Givers Foundation (GOTG) which he founded in 1992. GOTG developed into one of the world's most respectable humanitarian organisations.

**Kevin Whelan, United Kingdom**
Professor of Dietetics and Head of the Department of Nutritional Sciences at King's College London. In 2012, he was awarded the Nutrition Society Cuthbertson Medal for clinical nutrition, in 2017 was appointed a Fellow of the British Dietetic Association and in 2018 delivered the Dr Elsie Widdowson Memorial Lecture.

## WORKSHOPS

4 September 2021
R500 | $35

Limited to 50 delegates per workshop
2-3 hours in duration

| | |
|---|---|
| 1 | A Balancing Act: Ensuring optimal child nutrition and preventing conflict of interest |
| 2 | Developing an international consensus on Entrustable Professional Activities and milestones for entry level dietetics. |
| 3 | Evidence-informed nutrition: getting the evidence right |
| 4 | How to create healthier food environments: lessons on the roles of public and private sector action |
| 5 | How to Publish in an International Nutrition Journal |
| 6 | Managing the Emerging Epidemic of Food Allergy |
| 7 | One Blue Dot – Showcasing how dietitians can influence and shape national policies on environmentally sustainable diets |
| 8 | One Million Strong: Empowering dietitians to transform the food system - Sustainable Food Systems Master Class |
| 9 | Podcasts and email marketing: Tune in to the perfect value-adds for Dietitians |
| 10 | Qualitative research methodology in dietetics and nutrition |
| 11 | Research protocol development |
| 12 | Sports nutrition – through a wide angle international lens |

Draft Scientific Programme available on the website www.icd2021.com

Reminder to pre-book workshops! All info available on the website

CPD points available

## VIRTUAL CONGRESS RATES:

*R = South African Rand (ZAR)

| | |
|---|---|
| ADSA & NSSA Members | R 2300 |
| Low-and middle-income countries, including South Africans who are not ADSA or NSSA members | R 2700 |
| High-income countries | R 3600 |
| Students – South African Participant/University | R 1900 |
| Students – Non South African Participant/University | R 2500 |

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Academy of Nutrition and Dietetics
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FRESENIUS KABI caring for life
FUTURELIFE
IUNS INTERNATIONAL UNION OF NUTRITIONAL SCIENCES
RESAF NUTRITION
saMRC advancinglife
Unilever
UNISA university of south africa

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

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

President, ADSA

## National Dietetic Association Reports

Country –United States of America

News from The Academy of Nutrition and Dietetics and its Foundation

### IAAND Shifts with the World

COVID-19 continues to dramatically affect our members through job loss, the risk from viral exposure at work and swift adaptation from in-person services to telehealth to support patients devastated by the physical and emotional impacts of the pandemic. To support our leaders and members, IAAND President Monique Richard pressed on to offer engaging webinars about functional nutrition, traditional Japanese foods, sustainable diets and a symposium on the Intersection of Culture and Nutrition that celebrated differences and highlighted IAAND members with expertise in Ayurveda and Diversity Equity and Inclusion (DEI) from a global perspective. Be on the lookout for the recording and material of this symposium to be available soon on eatrightSTORE.com.

Though IAAND is geographically diverse, with leadership representing 11 countries and members in over 80 countries, IAAND has reflected upon improvements in operation and strives to be more equitable and inclusive. This year, IAAND is developing a DEI training for IAAND leaders, a DEI webinar for Sudanese dietetics students on diverse cultures, and will be dispensing Kids Eatright International mini-grants to qualified applicants to translate and test Kids Eat Right International materials into Chinese.

### IAAND Collaborates

Developed by dedicated leaders, the E-Global Collaboration/Mentorship Program launched this summer to foster professional growth for IAAND members and interdisciplinary professionals from outside of the Academy. IAAND is also funded the Academy pilot project for the Nutrition Care Process Global Trainer program in Mexico; a webinar will present the results in July. IAAND will collaborate with the South African Dietetic Association to develop a Country Information Sheet.

If these products and opportunities resonate with you, we encourage you to join us as a member, supporter, or subscriber and contact us at iaand.general@gmail.com.

**GMIG**

The Global member interest group focuses primarily in regions with few nutrition professionals. GMIG has an extensive bilingual **Resource Library** (GMIG.eatright.org) free for use around the world. Because we want to be a hub for resources, we welcome other groups to share our library and send us relevant resources to include.

**Promoting Dietitians Around the Globe**

Another goal of GMIG is to promote the use of dietitians. In many regions, they do not exist despite malnutrition being the most pressing health problem. Our **Talent Pool** enables members and nonmembers to search for dietitians with knowledge in geographic or areas of specific focus. We are always looking to connect our members with those in need, so please let us know of groups who could benefit from our services.

GMIG makes a positive impact in the world by working with other cultures to combat malnutrition. We are two years old and still growing, so please help us by sharing resources, opportunities for involvement and information about global nutrition happenings. Visit our public page and consider joining us by becoming a member of the Academy as a regular or associate member and then adding the Global Member Interest Group. Connect with us at GMIG@eatright.org.

## Country –Nigeria

News from Dietitians Association of Nigeria

Greetings from Dietitian Association of Nigeria (DAN)

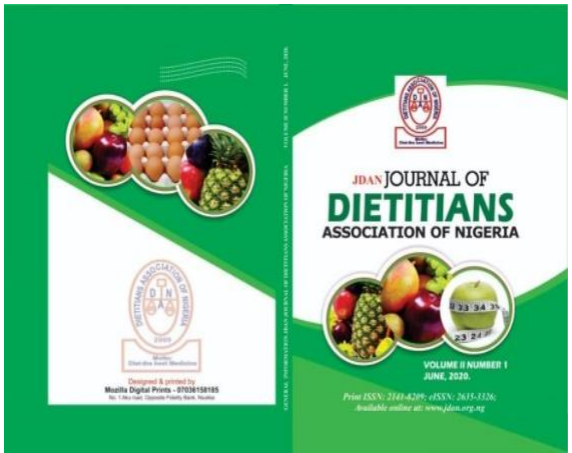
The global corona virus pandemic has brought a general change in mode of gathering and association in Nigeria. Most of the association's event have been virtual, in tandem with keeping to the recommended precautionary measures against Covid 19 which remains the gateway to staying safe. The association has kept her members updated and informed via virtual collaborative workshops as shown:

The year kick-started with the test of professional proficiency examinations and induction of newly registered dietitians across the nation. A total of 190 Dietitians were inducted into the association for the year 2020.

To ensure a qualitative and uniform practice, the association in her wisdom organized the first ever training of trainers (ToT) in conjunction with the Federal Medical Centre, Umuahia, at the kickoff of her maiden unified Dietetics internship programme, titled "Harmonized Internship Training, Foundation for Qualitative Practice". The workshop aimed at reiterating the codes and ethics of dietetics practice, documentation of nutrition and dietetic practice using the Nutrition Care Process and reviewing the curriculum for dietetics internship in Nigeria.

In commemoration of the World Obesity Day, the President of DAN, Prof. Elizabeth Ngwu made a webinar presentation titled "Obesity, Diabetes & Dietary considerations: Actions for better outcomes. The association was also represented at the 1st Hollandia Dairy Day Conference and emphasized "The Role of Diary in Achieving Optimal Health and Nutrition".

The Dietitians Association of Nigeria is also happy to announce that AJOL (African Journals Online) has completed the assessment of the Journal of Dietitians Association of Nigeria(JDAN) and (www.jdan.org.ng) has been accepted for indexing and hopes to achieve a three-star tier soonest. JDAN also celebrates 12 years of uninterrupted publication. DAN hopes to



commission a comprehensive website for the association soon, watch out!

Stay Strong!

Stay Nourished!! and

Stay Safe!!!

Pat Chimah M.Sc. RDN- Associate Editor for DAN-DNAW articles

Prof. Olivia Afam-Anene- Chairman, Education Committee, DAN

Dr. Aloysius Maduforo- Associate Editor, JDAN

Dt. Emmanuel Ogbuigwe- National Secretary, DAN

## Awards/Grants

### News from the Academy of Nutrition and Dietetics Foundation

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

The Welcome fund provides financial support to new ICDA members. Contact Nicci Brown at nbrown@eatright.org for information.

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

The FIND Fellowship for Study in the USA, administered by the Academy of Nutrition and Dietetics Foundation, is given on an annual basis to assist a foreign national pursuing postgraduate work in the USA with a clearly articulated plan to return to his or her country. To date, this fellowship has been bestowed to students representing 20 countries.

Congratulations to the 2021 recipient, Yea Jin Kim, BBA, BS, AD (South Korea). Yea Jin is currently pursuing a Master of Science in nutrition education at Teachers College, Columbia University. By 2023, Yea Jin aims to become an RDN and go back to South Korea to research and build a healthy school meal system and develop nutrition education materials.

Upon receiving the award, Yea Jin stated "Above all, I love the feeling that I belong to the Academy of Nutrition and Dietetics Foundation, where international nutrition professionals are cohesively working together for world health enhancement. Being a part of the Foundation and connected to the professionals is a great steppingstone to join this global project."

## Announcements & Calendar of Events

### Academy of Nutrition and Dietetics Virtual Food & Nutrition Conference & Expo™ (FNCE®) October 16-19, 2021

Academy's virtual Food & Nutrition Conference & Expo™ (FNCE®) takes place October 16 to 19, 2021. Online registration opens on July 14, 2021 for all attendee categories. Advance Registration rates are valid July 14 – August 31; Standard Registration rates are valid September 1 – September 30, and Late Registration rates are valid October 1 – October 19. Virtual attendees will have access to the conference platform through May 31, 2022 as an added benefit. For more information, visit www.eatrightfnce.org and https://eatrightfnce.org/fnce-2021-virtual-event-faqs/.

**ICDA Annual Meeting of Members**
The ICDA Annual Meeting of Members will be held virtually on 31 August 2021. Please look out for the meeting notice and submit your attendance response. After the formal meeting there will be an informal discussion on ICDA activities and your opportunity to prioritize actions for the ICDA Strategic Plan to 2024.

**ICDA LinkedIn site**
The ICDA Marketing committee is working to create an ICDA LinkedIn page. If you have items of interest you want to share, such as an upcoming NDA conference, a NDA award and its recipient, an NDA project or research initiative, or meeting that you would like to promote on the ICDA LinkedIn site, please have your country member representative send us the information. You can contact jrodrigu@unf.edu

**Host for the International Congress of Dietetics**
Selection of Host for the International Congress of Dietetics 2028 is The Irish Nutrition and Dietetic Institute. The ICD will be held in Dublin, Ireland. Congratulations to INDI. Thank you and commiserations to all of the NDAs that submitted bids and to everyone who voted.

**ICDA workshop on the Sustainable Food Systems Project**
An ICDA workshop on the Sustainable Food Systems Project is scheduled for 1 September. Please check the program for details.
Encourage your members to download and use the **ICDA Sustainability Tool Kit**. It includes a variety of resources such as learning modules, case studies, infographics, tools for practice and information on emerging research. You can also subscribe to the ICDA-SFS toolkit newsletter, GROW at https://icdasustainability.org/ Moreover; there are English, Spanish and French options. https://icdasustainability.org/#