Volume 29 Issue 3 – November, 2021.

Feature Article

- PNDS 6th Strategic Planning Meeting Update.

ICDA Board of Directors

- ICDA Board of Directors Report, November 2021.

Information and Reminders

- International Congress of Dietetics (ICD), 2028.

National Dietetic Association Reports

- News from The Spanish Academy of Nutrition and Dietetics.
- News from The Academy of Nutrition and Dietetics and its Foundation, USA.
- AADYND (Argentina Dietitians and Nutritionists Dietitians Association).
- Singapore Nutrition and Dietetics Association (SNDA).
- Caribbean Association of Nutritionists and Dietitians.
- Swedish Association of Clinical Dietitians.

Awards/Grants

Academy of Nutrition and Dietetics Foundation Information Update:

- Wimpfheimer-Guggenheim ICDA Welcome Fund.

Feature Article

PAKISTAN NUTRITION AND DIETETIC SOCIETY(PNDS)

PNDS 6th Strategic Planning Meeting Update:

The 6th Strategic Planning Meeting was organized in January 2020.Meeting was led by Dr. Romaina Iqbal. Members from previous Executive Councils & PNDS Chapter representatives participated in the meeting. Society's strategic planning for next three years was developed, keeping in view the aims/objectives of PNDS, review of last strategic plans as well as on needs-based assessment and suggestions from members. Goals and activities were planned in the following streams.

- Capacity building —Group leader: Romaina Iqbal
- Networking and collaboration—Group Leader: Fayza Khan
- Advocacy & public awareness—Group Leader: Rabia Anwer

Each team comprised of 7 volunteer members from different provinces of Pakistan & Chapters of PNDS; Lahore, Islamabad, Faisalabad & KPK.

Media Wing Activities:

Pakistan is facing a huge triple burden of health issues. It has a high prevalence malnutrition. Under the context of PNDS Strategic goal for 2020-2022, Advocacy, and public Awareness, PNDS collaborated with media professionals
and organized a Panel Discussion on "Promotion of Good Nutrition and Health by Media Professionals in Pakistan" in November 2020. Dr. Romaina Iqbal, Associate Professor, Department of Community Health Sciences moderated the panel discussion. The panelists included media professionals from different areas; radio broadcaster, cooking expert, CEO Food Fusion which is a famous social media cooking channel, health journalists from a local newspaper & a social media blogger and TV anchor & senior producer. The objective of the Panel discussion was to brainstorm with media professionals and devise strategies for dissemination of accurate nutrition and health related messages to the public to enable them adopt healthy behaviours and make healthy dietary choices. The discussion concluded with panelists willing to offer full support for future collaboration with PNDS.

PNDS Media Committee was led by Rabia Anwer, Vice President PNDS. PNDS collaborated with local radio channel as part of March Nutrition Month activity on FM107 in which the Media Wing RDNs did a series of programs on different health related topics like Teen Nutrition, Elderly Nutrition, Nutrition in Kidney diseases, Healthy diet for women, Nutrition in Anemia, Immunity Boosting Nutrition etc. A Social Media TV show Campaign was also run during the month of Ramadan. 12 programs were recorded and aired on a social media TV Channel RAAH TV in which PNDS RDNs disseminated evidence-based nutrition information on different health issues. PNDS intend to expand its media campaigns in future like cooking programs with cooking experts on healthy recipes, Panel Discussions/Appearance of RDNs on TV shows and opening of PNDS social media YouTube channel that can help PNDS nutrition and dietetics RDNS reach broader audiences and connect directly with the public.

Continuing Nutrition Education Webinars: Due to covid-19, the society's activities were mostly conducted online during the last year as webinars for its members. A number of National as well as International Speakers were invited for the sessions on the following topics, all PNDS chapters participated in organizing the sessions.

1. "Managing GERD with Diet and Nutrition" Dr Rustam Khan, Maimoona Salim, RDN (Karachi)
2. "Conflict Management and Negotiating Skills" Ayesha Bella Malik, Corporate Trainer, Karachi
3. "The Dietitian Making a Difference" by Professor Sandra Capra
4. "Using Excel More Effectively in Professional Life" by Mr. Irfan Bakaly
5. "Medical Nutrition Therapy Of Hospitalized Covid 19 patients by Ms.Zainab Ghayoor,RDN Islamabad Chapter.
6. Nutritional Considerations In Respiratory Diseases by Sidra Arsalan,RDN, Lahore
7. "Total Parenteral Nutrition: A brief overview by Ms.Ayesha Nasir, Faislabad Chapter
8. Nutrition Interventions to Save Babies Born Too Soon" by Ms Lubna Pervaiz, Faislabad Chapter

9. Role Of Dietitians in Food Service Settings of a Hospital, Farasat Iftikhar, Canada
10. Genetics And Dietary Factors to The Variation in Eating Behavior by Dr Rezzan Khan, Islamabad Chapter.
11. Critical Appraisal Skills for Nutrition Research by Professor Vimal Karani, UK

PNDS-Registration Exam

13th RDN Exam was conducted on 30th Jan 2021 at Karachi, Lahore, Islamabad and Faisalabad. 62 candidates appeared for the examination and 52 successfully passed the exam. Overall result was 83%

Rabia Anwar (Vice President, PNDS)
Fayza Khan (President, PNDS)

ICDA Board of Directors

ICDA Board of Directors Report, November 2021

On August 31, 2021, the Annual Meeting of ICDA members was held virtually and attended by 28 representatives from 23 National Dietetic Associations (NDA).

The meeting comprised a series of reports and routine business, as there were no special resolutions presented, followed by an informal discussion with breakout rooms to aid participation by representatives.

Giuseppe Russolillo, Chair of the Board of Directors commended NDAs on how they had risen to the challenges created by the Covid-19 pandemic and the work they had done in publishing consensus documents, working protocols, and delivering virtual scientific and educational events in difficult circumstances. He congratulated and thanked the Association for Dietetics in South Africa for their dedication and perseverance in turning the International Congress of Dietetics 2021 into an exciting virtual conference.

Carole Middleton, Secretary to the Board of Directors, presented the new Board elected at the Annual Meeting in 2020.

She highlighted a worrying trend being seen in the membership of the NDAs. Though the number of NDA members of ICDA has grown over the years the overall number of Dietitian-Nutritionists they represent has fallen, with more than a third (38%) reporting a reduction in their membership figures. Some of the suggested reasons given for the fall were:

- mandatory registration costs have increased, and membership of NDAs is optional
- NDA membership fees are high and questionably not value for money
- Older members have left, and younger graduates are not joining
- student membership has fallen.

International Congress of Dietetics 2028

The process for the selection of a host for the International Congress of Dietetics 2028 was extended due to the Covid-19 pandemic and held on-line. Nine submissions were received and four shortlisted. The shortlisted candidates presented their submissions on YouTube and were available to answer questions from members at a number of Zoom sessions. The Irish Nutrition and Dietetic Institute were congratulated on being selected by the members to host ICD2028 and all the candidates thanked for their high quality, professional bid documents and videos.

Sustainable Food Systems (SFS) Project

Danielle Gallegos updated members on the SFS project. The vision of the project is for Dietitian-Nutritionists to bring a deep understanding of SFS into their practice and make a positive contribution to sustainability through their key role in creating healthy communities.

The objectives are:

•to provide accessible, relevant and transferable information on the interconnections of SFS and human health;

•to provide practical, evidenced-based tools for incorporating sustainability into dietetic practice in a diversity of roles and cultural contexts;

•to facilitate peer-learning and collaboration to deepen understanding and support incorporation of sustainability into dietetic practice.

The toolkit is available at https://icdasustainability.org or through the link on the ICDA website and includes resources, case studies, infographics, a community of practice and emerging research. There is the opportunity for professional development through learning modules and podcasts and webinars to aid integration of ideas into practice.

The project will continue to be developed to include a wider, more diverse range of resources.

ICDA Commission for Dietitian-Nutritionist Education and Accreditation (I-CDEA)

I-CDEA was established in 2017 as the authorised committee of the Board for the accreditation of education programmes preparing Dietitian-Nutritionists around the world. The initial work has been developing the ICDA educational standards and putting the necessary processes and resources in place to enable accreditation.

Communication

The ICDA Board Communication Committee has established 2 marketing subcommittees – a Social Media Team which has created an ICDA LinkedIn page www.linkedin/company/internationaldietetics and are looking at other suitable social media platforms, and an Outreach Team who are creating infographic and marketing materials. Members were encouraged to join and use the LinkedIn page.

If members have any national association information to be shared on ICDA Social Media, do write to ICDAsocialmedia@gmail.com

All of the projects presented are ongoing and will be included in the ICDA Strategic Plan 2020 – 2024 which is being developed.

Carole Middleton, Secretary to the ICDA Board

Information and Reminders

International Congress of Dietetics (ICD), 2028

The International Congress of Dietetics (ICD), 2028 will be held in Dublin, Ireland.

National Dietetic Association Reports

Country – Spain

News from The Spanish Academy of Nutrition and Dietetics**.**

Scientific Knowledge Management Area of the Spanish Academy of Nutrition and Dietetics.

Since 2019, the Spanish Academy of Nutrition and Dietetics has opened a line of research. The Academy conducts research financed by private centers under the following ethical and transparency conditions of: (1) registering a protocol prospectively, (2) freedom of research design, (3) mandatory publication of data (interest or not to the financing party), both through a complete report and through a scientific article, and (4) make a public declaration of conflicts of interest and financing conditions.

As a result of this new line of work, the following investigations have already been carried out:

1. **Knowledge, attitudes and practices survey on fad diets in the Spanish population: "DiMilagro" cross-sectional study. Link al informe completo. Link al artículo científico. Summary:**

   Introduction: The recurrence of fad diets could be due to the difficulty of the population to modify their lifestyles and improve its adherence to therapeutic interventions. The objective of this work was to evaluate the level of knowledge, attitudes and practices on fad diets in a panel of consumers with socio-demographic characteristics assimilated to the Spanish population. **Material and methods:** Cross-sectional study through an on-line survey of knowledge, attitudes and practices, not validated and developed according to FAO guidelines, carried out on a sample of individuals between 18 and 65 years of both sexes. **Results:** 2,604 surveys were valid (50% women). The majority (57.9%) recognized some characteristics of fad diets and were able to identify them (65.8%). 90% of respondents believe that fad diets do not work and their effects are mainly negative

(82.6%). 487 people (18.7%) reported having followed one or more fad diets, between 15 days and more than 6 months, used an associated product (56%) from herbalists (52%) and pharmacies (30%), and perceived some of the promised effects (57%), although 33% perceived some minor adverse effect. 73.7% of the total sample believe that fad diets are a problem and 78.6% believe that are dangerous. 82.1% do not feel vulnerability to follow a fad diet. **Conclusions:** The knowledge on fad diets is medium in the population studied, most perceive them as a problem but do not feel vulnerable or prone to follow a fad diet. However, 22% of the sample followed some kind of fad diets although only 18.7% recognize it. New research is needed to further explore how the population's level of knowledge and attitude towards fad diets is related to their practices.

2. **Common practices and beliefs in the preparation of complementary infant feeding in a Spanish sample: a crosssectional study. Link al artículo científico. Summary:**

   Introduction: complementary feeding together with breast milk should cover the nutritional needs of children from 6 months onwards. Thus, inadequate dietary practices can lead to poor nutritional intake. The objective of this study was to examine infant food handling and cooking in Spanish households. **Methodology:** a cross-sectional study was carried out using an online survey in non-institutionalized adults living in Spain who usually prepare infant food for children under 2 years of age. **Results:** a total of 1,944 people (37.4 ± 6 years; 65.5 % women) answered the survey. Of these, 72 % prepared mainly mashed foods and 21 % used store-bought baby cereals frequently. Zucchini (39 %), chicken (62 %), hake (64 %) and banana (44 %) were the most commonly used foods. Boiling (63 %) and freezing (59 %) were the most widely used culinary and preservation practices. An inappropriate use of salt and some unsafe foods (large fish and chard) was identified, whereas olive oil and eggs were offered below the current nutritional recommendations. **Conclusion:** the population surveyed preferred to use mashed foods to feed children under 2 years of age. Even though they were aware
   that homemade food is nutritionally better, on certain occasions they offer store-bought baby cereal. Furthermore, some inappropriate feeding practices were detected, highlighting the need to implement nutritional education policies regarding infant food preparation.

3. **Adherence to a Mediterranean Dietary pattern, consumption habits and practice of recreational physical activity in the Spanish population: RECREA-DIET a cross-sectional study. Link al informe completo. Artículo científico en revisión. Summary:**

   Introduction: establish the level of adherence to the Mediterranean diet and the level of recreational physical activity (R-PA), is of interest for decision-making. The aim of this research was to describe the degree of adherence to a Mediterranean dietary pattern (MD) and the level of R-PA in a sample of the Spanish population, establishing their relationship. **Material and methods:** Cross-sectional descriptive study using a self-administered

online questionnaire composed of: Mediterranean Diet Adherence Screener (MEDAS) and the R-PA domain of the Global Physical Activity Questionnaire (GPAQ). 5,700 randomly and stratified pre-selected subjects (general population,> 16 years old, both sexes, all Spanish regions, proportional to census data). Statistical analyzes performed, as appropriate: mean, median, standard deviation, interquartile range, Kolmorogrov-Smirnov test), t Student, U Man Withney, χ2 of Person, ANOVA, Kruskal Wallis. **Results:** 4,302 valid interviews. The mean score for adherence to MD was 6.34 (2.00). 70.8% practiced R-PA at least once a week. Moderate intensity prevailed over vigorous or intense (85.3% vs. 61.2%). The level of adherence to Mediterranean diet (MD) among those who practiced sports tended to be higher (0.5 points; mean: 6.49 [2.00]) than those who did not practice (mean: 5.98 [1.95]). The higher the mean score of adherence to DM, the shorter the sitting time (sedentary behavior). **Conclusions:** Adherence to MD was low, while the level of R-PA was moderate-high. A high percentage of the population reported having sedentary behaviors. Adherence to the MD pattern tended to be higher among those who performed R-PA (20% PA vs. 10% non-PA), this increase being dependent on the intensity of PA and the amount of time spent.

4. **Impact of broccoli consumption on human health: systematic review and meta-analysis. Artículo científico pendiente de enviar a revisión. Summary:**

Background: Cruciferous consumption seems to be associated with a lower risk of suffering from some chronic diseases, however, the role of broccoli consumption is uncertain. **Objective:** to evaluate the impact of broccoli intake (high or low intake) on different health outcomes. **Methods:** a systematic review with meta-analysis was carried out, and this report was written following the PRISMA 2020 guidelines. ***Eligibility criteria:*** exposure to broccoli consumption (extracts were excluded) and study design (cases and controls, cohorts and randomized controlled trials) **.** ***Information sources:*** PubMed, Cochrane Library and Epistemonikos were searched and completed with a snowball search strategy for included studies (last search performed: 03/22/2021). ***Assessment of risk of bias:*** the Newcastle-Ottawa scale (cohort and case-control studies) was used. ***Synthesis:*** a meta-analysis was carried out with a confidence level of 95% and 3 digits of precision (the index of heterogeneity [I2] was analyzed). **Results:** of the 733 articles retrieved, 53 were included in the review and 30 in the meta-analysis. The risk of bias was considered moderate. The analysis suggests that individuals with some type of cancer would have a lower level of broccoli intake (OR: 0.58, 95% CI: 0.50 to 0.67, n = 17 case-control studies, I2 : 29.68% - low heterogeneity), this association being statistically significant for some specific types of cancer. Broccoli consumption could also be associated with a lower risk of cardiovascular events (RR: 0.63: 95% CI: 0.49 to 0.80; n = 3 cohort studies; I2: 3.54% - low heterogeneity) and could reduce constipation and improve intestinal flora (n = 1 randomized controlled trial). **Conclusions:** The high consumption of broccoli compared to a low or no consumption, could have an impact on the prevention of cancer in general or of some specific types (low quality evidence - cohort studies;

and very low quality - cases and controls) and lower risk of cardiovascular events (low-quality evidence - cohort studies), although there is uncertainty about the strength of the available evidence.

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President, International Confederation of Dietetic Associations (ICDA).

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Country –United States of America

News from The Academy of Nutrition and Dietetics

Maya Health Alliance Collaboration

The Academy of Nutrition and Dietetics, in collaboration with Wuqu' Kawoq/Maya Health Alliance, implemented a pilot study from January 2019 to July 2020 to evaluate the addition of a nutrition-sensitive garden intervention to a local standard of care nutrition package for Maya children with stunting compared to the nutrition package alone. Participation in the home garden intervention improved child growth and the variety and nutritional quality of crops that families grew at their homes. Please read more about the study results here.

Source: Wuqu' Kawoq | Maya Health Alliance

Global Food Security Research Task Force

The Academy's Council on Research launched a Global Food Security Research Task Force in April 2021. This task force includes representation from both internal and external global food and nutrition security leaders such as the International Affiliate of the Academy, the Academy's Global Member Interest Group, the Academy's Hunger and Environmental Nutrition Dietetic Practice Group, the Food and Agriculture Organization, Scaling up Nutrition, the World Food Programme and Save the Children. The task force is finalizing a concept paper on the role of nutrition and dietetics professionals in advancing the food and nutrition security research agenda. This will serve as a background for a larger virtual roundtable that will take place in January 2022.

Feeding Recommendations for Infants and Young Children Under Age 2

The Academy recently published a commentary highlighting the findings of a U.S. National Academies of Sciences, Engineering and Medicine report that describes current feeding recommendations for infants and young children in high-income countries (full report available here). The commentary highlights differences and commonalities across current recommendations from different countries and opportunities for registered dietitian nutritionists around the world to be involved in collaborative efforts to harmonize and implement future infant and young child feeding guidelines. Please read the commentary here.

Clinical Practice Guideline for Nutrition in CKD: 2020 Update

The Academy develops evidence-based nutrition practice guidelines based on systematic reviews. A recent update to the 2020 Kidney Disease Outcomes Quality Initiative Clinical Practice Guideline for Nutrition in Chronic Kidney Disease was developed as a collaboration project between Academy and the National Kidney Foundation. The expert panel was selected with specific attention paid to geographic spread and diversity, both of which are important to developing guidelines that can be implemented across the globe. The Academy is conducting research activities to understand the barriers and facilitators related to implementation of the guidelines and their impact on outcomes. Visit the Academy's Evidence Analysis Library to access the executive summary of recommendations here and the peer-reviewed publication here.

2021 Wimpfheimer-Guggenheim International Lecture at FNCE®

At the Academy of Nutrition and Dietetics 2021 Food & Nutrition Conference & Expo™ virtual event, the Academy's Foundation presented the annual Wimpfheimer-Guggenheim International Lecture on October 17. The session, titled, "Global Capacity Building in Early Life Nutrition" discussed the importance of global nutrition research and capacity-building. Jeannine Baumgartner, PhD, senior scientist at ETH Zurich, Switzerland, shared tips on how nutrition professionals can get involved in global nutrition as well as how to establish global collaborations. As an example, she discussed the Improving Early Nutrition and Health in South Africa capacity-building project. To view this lecture as well as recordings of past Wimpfheimer-Guggenheim International Lectures, visit the Academy Foundation's website

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Country – Argentina

News from AADYND (Argentina Dietitians and Nutritionists Dietitians Association)

Since 03-20-2020, decree 297-2020 was declared in the Argentine Republic, the Preventive and Mandatory Social Isolation by COVID-19.

During this COVID-19 pandemic, AADYND worked hard to provide its partners with validated scientific information and also made several protocols and recommendations. Since May 2020, they began to be published on our website: "Recommendations for the Nutrition degree holder who works in hospitalization areas", "Protocol of attention in Nutritional Clinic, with informed consent", "AADYND (COVID-19) Recommendations for food purchase, treatment and storage", "Nutritional management in Geriatric Nursing Homes, in the COVID-19 context "," AADYD (COVID-19) Recommendations for hemodialysis patients ".
In July 2020, through the AADYND Legal and Professional Affairs Committee we begin to deal with the issue of a Telework Law, oriented to the particularities of our practice, in order to evaluate a regulatory framework that protects and benefit the professional practice of nutritionists.

From August 10th to 14th 2020, the "Nutritionist Week" was held virtually, celebrating the nutritionist day in Argentina (August 11th) through the zoom platform and IG live, with free activities for members and not partners. Interviews and conferences on different topics were carried out such as: Professional exercise of nutritionists; Nutrition and Vegetarianism; Sport Nutrition; Food security, Gender and work.

To continue with Nutritionists members and non-members training all the courses taught by AADYND were virtual. Three online courses were held on our platform with 86 enrolled, 8 courses shared on another platform with 370 professionals, 17 Athenaeums, through the Zoom AADYND platform, with excellent participation (1770 attendees). Some of the topics were: Diabetes and physical activity , Mindfulnes in eating disorders, Vegetarianism in children and adolescents, Key points in breastfeeding, Nutritional interventions in patients with palliative care, Nutritional interventions in older adults.

In the month of November 2020, the "I AADYND Virtual Conference" was held, whose motto was: New perspectives in nutrition science, with 245 participants. The "II Virtual Conference" took place from August 9th to 13th of this year, with 280 attendees.

Regarding our scientific journal DIAETA, 3 issues were published during 2020. Launching DIAETA as a new open access journal. New colleagues from different countries were incorporated as Reviewers of the journal and external collegaues were also contacted, for peer evaluation.
On October 29th 2020, the bill on frontal food labeling was approved in the Chamber of Senators of the Argentine Republic and now passes to the Chamber of Deputies. A very important step, a breakthrough on this issue.

Our social networks increased their followers, we currently have: Instagram, LinkedIn, Facebook and Twitter, all aimed at health professionals. In April 2019, the Instagram account "Comer Bien AADYND" was created, with the intention of having more presence in the community among social media.
Finally, on December 22nd 2020, a virtual toast for the end of the year was organized, with important recognition to the former presidents during the 70s, 80s and 90s, for their work, their commitment and effort.

Viviana Corteggiano

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Country – Singapore

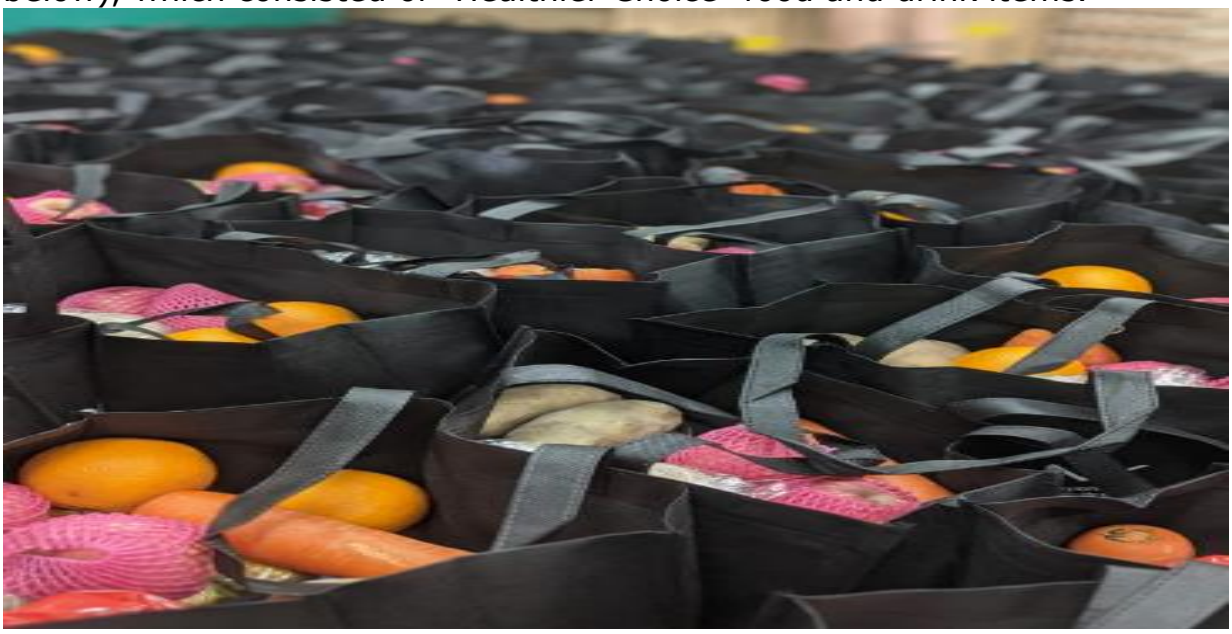
News from Singapore Nutrition and Dietetics Association (SNDA)

Community Engagement - Collaboration with The Food Bank

COVID-19 has affected the economies and lives of many people around the world. Despite Singapore being a generally affluent country, households of lower socioeconomic status do encounter food insecurity. The loss of jobs and incomes has exacerbated this.

Hence, in commemoration of Registered Dietitian Nutritionist Day on 7 March 2021, and also for the first time in our association's history, the Singapore Nutrition and Dietetics Association (SNDA) collaborated with The Food Bank Singapore to come up with the "SNDA Joy in Every Bundle" [1] campaign to help more families and individuals gain access to healthier and nutritious foods and drinks.

Firstly, we raised funds online. SNDA members, along with their family and friends, donated generously towards this initiative and we exceeded our donation goal by 31%. This amount enabled us to sponsor 131 healthier food bundles (pictured below), which consisted of "Healthier Choice" food and drink items.



Healthier Food Bundles

Following the fundraising campaign, eight SNDA volunteers came together to pack and distribute these food bundles to appointed beneficiaries.

The campaign brought cheer to the beneficiaries, and feedback from members were very encouraging. The community welcomed this initiative and hence, there are plans to consider making such activities, which aim to give back to the community, a more regular affair.

SNDA members volunteered to pack and distribute the Healthier Food Bundles.

Virtual Annual General Meetings, Continuous Education, World Diabetes Day 2020 Events

As the world adjusts to virtual meetings being the new normal due to the COVID-19 pandemic, all the association's Annual General Meetings, Special Interest Group meetings, Continuing Education events have been held online since 2020, including the main committees' meetings. It has been a year since the new committee was elected, and we have been meeting virtually regularly. Although we have already been working together for more than a year, some of us have yet to even meet in person. What an interesting time we live in!

Since the pandemic started, the first virtual event SNDA was invited to participate in, was the Singapore World Diabetes Day 2020 event which was organised by Diabetes Singapore. It was the first time it was held virtually with hundreds of public registrants. We supported this event by giving a nutrition talk on "Decoding Food Labels", curating content for a virtual booth and worked with Temasek Polytechnic students to come up with interactive virtual nutrition games to help engage and educate the public on healthy eating for diabetes. Several members also helped run the "Ask a Dietitian/Nutritionist" chat rooms to answer nutrition-related questions from the public.

Winning the war on diabetes – Role of SNDA in the National Diabetes Reference Materials Tier 2 Workgroup

As part of Singapore Ministry of Health's war on diabetes, the Diabetes Prevention and Care Taskforce was set up. A workgroup under the Taskforce, comprising of cross-sectoral professionals with diverse perspectives, has since developed resources called the National Diabetes Reference Materials (NDRM). Based on the feedback from public engagements, the NDRM were developed to contain in-depth information to raise awareness on diabetes care, and to ensure the provision of consistent information across various care settings. SNDA members Ms Li Juen, Ms Pei Ling and Dr Kalpana Bhaskaran were involved in the development of NDRM Tier 1 materials [2], which were completed and uploaded onto Health Hub in December 2019.

Building onto that, the NDRM workgroup is currently developing tier 2 of the materials, with an emphasis on raising awareness and promoting adoption of the NDRM to provide consistent information across care settings for patients and their caregivers.

[1] SNDA Joy in Every Bundle donation page
https://www.giving.sg/campaigns/snda_joy_in_every_bundle
[2] Tier 1 National Diabetes Reference Materials
https://www.healthhub.sg/sites/assets/Assets/Programs/WOD/PDFs/language/DiabetesHub-CareTeam-En.pdf

Miss SOH Wan Keem,
Miss Priscilla DARMAWIRYA,
Miss Jacqueline JOOSE
(SNDA Public Relations Sub-Committee)

Country –The Caribbean

News fromThe Caribbean Association of Nutritionists and Dietitians

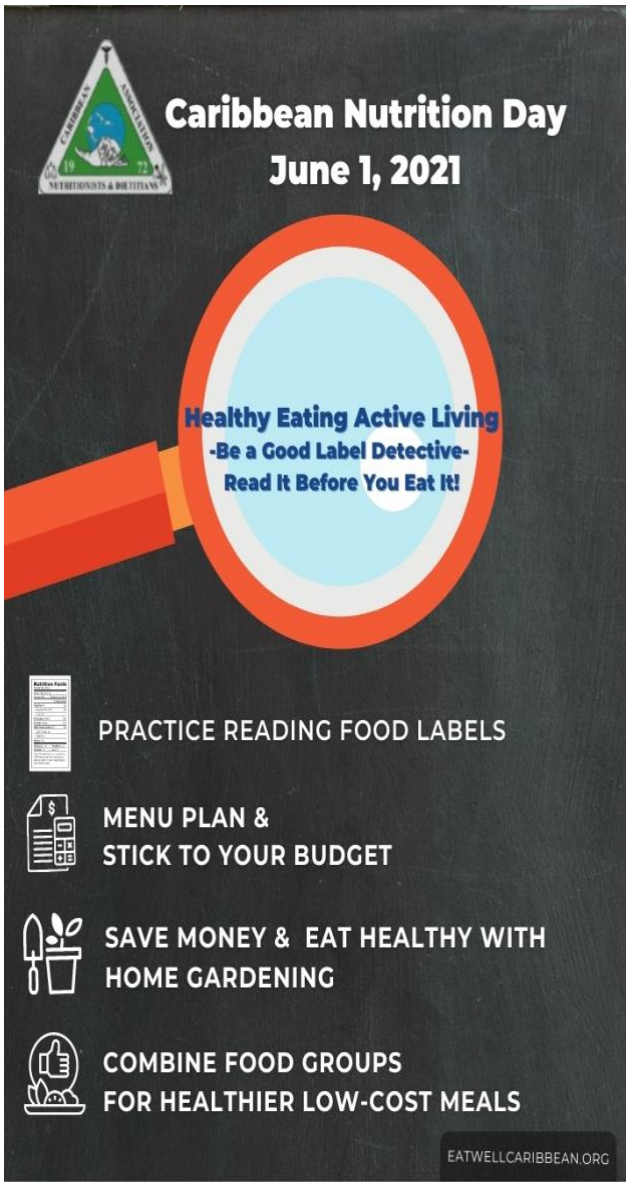
Caribbean Nutrition Day 2021

Theme: Health Eating Active Living

Caribbean Association of Nutritionists and Dietitians

Caribbean Nutrition Day is recognized every year on June 1st. This day was originally coined by the Caribbean Food and Nutrition Institute (CFNI), a specialized Centre of the Pan American Health Organization/World Health Organization (PAHO/WHO), which was established in 1967 to forge a regional approach to solving the nutrition problems of the Caribbean.

As stakeholders in the Caribbean Islands work toward the adoption of the octagonal "High in" front-of-package warning labels (FOPWL) as part of the regional labelling standard for pre-packaged food; this year's theme ("Healthy Eating Active Living : Be a Good Label Detective - Read It Before You Eat It!") focused on the importance of improved consumer health literacy which includes the understanding of nutrition label terminology and how to negotiate front and back of package labelling.



Rationale for 2021 Theme & Activities

The Caribbean notably has one of the highest burdens of obesity in the Americas region, where approximately 1 in 3 Caribbean children and adolescents (5-19) is overweight or obese, which is well above the global average for this age group[1,2] . Given this nutrition epidemiological transition has been even more marked in small developing state settings where half of Caribbean countries import over 80% of foods consumes and most of which are processed and ultra-processed products[3]. There is clear evidence that links the consumption of processed and ultra-

[1] Healthy Caribbean Coalition. Childhood Obesity Prevention. Available from: https://www.healthycaribbean.org/childhood-obesity-prevention/

[2] WHO. Obesity and Overweight, 2020). Available from: https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight

[3] Healthy Caribbean Coalition. NCDs and Trade Policy in the Caribbean, 2017. https://www.healthycaribbean.org/wp-content/uploads/2017/11/Trade-Brief_web.pdf

processed foods high in fats, sugar and sodium to the development of obesity and NCDs [4,5,6,7].

Partners and stakeholders were encouraged to engage in activities to reflect the theme for this year. Part of the activities for the month of June in recognition of Caribbean Nutrition Day, included a Region wide label reading seminar on step-by-step approaches to understanding and negotiating nutrition labels.

The Caribbean Association of Nutritionists and Dietitians which spearheads Caribbean Nutrition Day, provided key messages to be shared in each island:

1. Consumers have a right to clear information about the products they purchase and consume.
2. Label reading education helps consumers make informed decisions about the food they purchase for themselves and their families.
3. Four components of understanding nutrition labels are:
    a. Knowing how to identify and count various nutrients.
    b. Understanding what ingredients mean.
    c. Understanding Nutrition Definitions
    d. Knowing how to identify hidden ingredients to include Trans Fats and allergens.
4. Strategies to the limited income to stretch to COVID pandemic challenges.
    a. Plan low-cost meals using the Multimix Principle.
    b. Try home gardening. This will save money while providing nutritious foods.
    c. Make a shopping List.
    d. Stick within your budget.
    e. Store foods properly and freeze immediately.
    f. Compost food scraps.
    g. Save seeds for replanting.

Partners in the various Caribbean countries were encouraged to embrace the theme for Caribbean Nutrition Day and build awareness in their respective communities to foster a healthier Caribbean region.

Dorothy Graham-Charles
Immediate Past President
Board of Directors 2021 - 2023
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[4] Nardocci M, Leclerc BS, Louzada ML, Monteiro CA, Batal M, Moubarac JC. Consumption of ultra-processed foods and obesity in Canada. Can J Public Health. 2019;110(1):4-14.

[5] Fiolet T, Srour B, Sellem L, Kesse-Guyot E, Allès B, Méjean C, Deschasaux M, Fassier P, Latino-Martel P, Beslay M, Hercberg S, Lavalette C, Monteiro CA, Julia C, Touvier M. Consumption of ultra-processed foods and cancer risk: results from NutriNet-Santé prospective cohort. BMJ. 2018;360:k322.

[6] Hall KD, Ayuketah A, Brychta R, Cai H, Cassimatis T, Chen KY, Chung ST, Costa E, Courville A, Darcey V, Fletcher LA et al. Ultra-Processed Diets Cause Excess Calorie Intake and Weight Gain: An Inpatient Randomized Controlled Trial of Ad Libitum Food Intake. Cell Metabolism. 2019; 30, 1–11.

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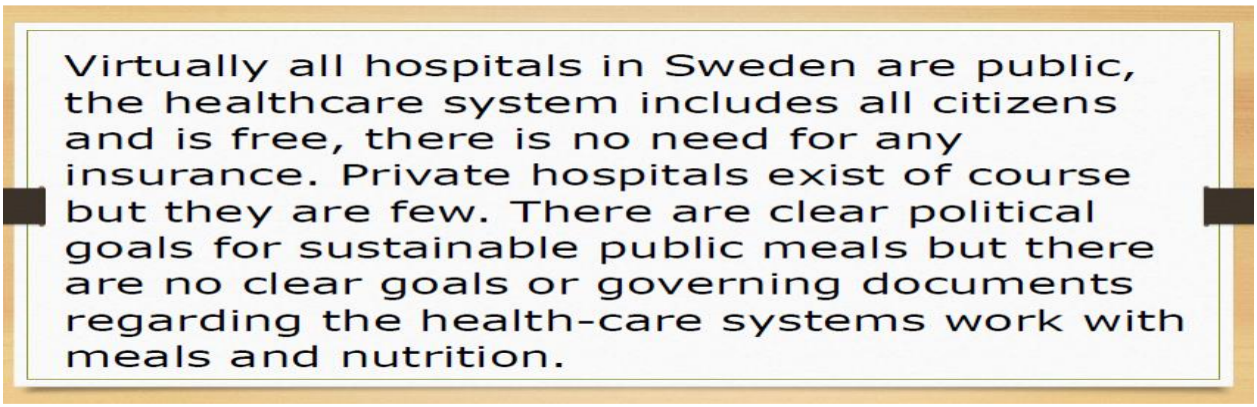
Country –Sweden

News from The Swedish Association of Clinical Dietitians



The health care in Sweden is highly trusted among its population and therefore it is very important to convey the same advice to patients and the population. Which foods we eat have a great impact on our health, which the report "Global burden of disease" also shows, and to achieve change, the same message needs to be conveyed. In most cases, it is impossible to evaluate health-promoting effects on the food that is served during a period of inpatient care. We believe that the hospital meals can be used as an educational tool to convey the same recommendations that are provided for the population so that patients eat more according to the recommendations even after the inpatient period. The World Health Organization (WHO) have in their report "Action framework for developing and implementing public food procurement and service policies for a healthy diet" urged governments to increase their focus and work with health- promoting public meals. We see our project as a contribution to this urge.

The Swedish Association of Clinical Dietitians have received government funding to work with health-promoting hospital meals since 2020. We have identified how the healthcare system and hospitals in Sweden currently use food and what wishes there are to use it differently. When patients are treated for malnutrition, whatever the underlying disease is, the main focus of food is trying to achieve energy - and protein requirements regardless of the source. If the patients are not at risk or suffer from malnutrition, they are not given any food advice and are served the same foods as the patients who do. There is a great potential to show and educate the majority of inpatients, who do not suffer from malnutrition, which foods prevent disease and why. The food could be more integrated into healthcare as a part of the treatment. This enormous potential is not utilized. Patients primarily demand food that is tasty, but also wants food which suits their medical condition, as well as more fruit and vegetables. At the same time, the food needs to engage patients and be person-centered and meet many other needs.

The Swedish Association of Clinical Dietitians has after the initial identification period participated in and held seminars and workshops with politicians and authorities with hope that the food in hospitals will be given higher priority. We also collaborate with several associations to spread knowledge and try to affect hospital meal routines. We have contacted medical and nursing educations to see how much nutritional training they have in their curriculum and if they see the

need to increase it. During this past year we have also published a couple of debate articles in medical magazines as well as in daily newspapers.

We are often asked if there are any good examples of how food in hospitals can work even better with more focus on health. We have many talented and committed people who work in both kitchen and healthcare in Sweden, but we are still looking for new contacts and experiences to inspire further progress, as we believe that much more can be done.

Are there any similar projects out there, or projects in specific hospitals / areas to change the view of how food can be used for a health-promoting purpose? Do you have ideas or thoughts about how to work with health-promoting hospital meals?

Please contact us!

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Awards/Grants

News from the Academy of Nutrition and Dietetics Foundation

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

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

2022 First International Nutritionist/Dietitian Fellowship for Study in the USA

The First International Nutritionist/Dietitian Fellowship for Study in the USA, awarded by the Academy of Nutrition and Dietetics Foundation, assists a foreign national who is pursuing postgraduate work in the United States and has a clearly articulated plan to return to his/her country. The fellowship has been awarded to students representing 20 different countries. The 2022 application will be available in late November on the Academy Foundation's website. The deadline for applications is February 1, 2022.

Academy's International Membership Application

International members of the Academy can gain access to career enhancing benefits such as member discounts on products and subscriptions, free access to the *Journal of the Academy of Nutrition and Dietetics*, *Food & Nutrition Magazine*® and the Evidence Analysis Library®, as well as exclusive networking opportunities through dietetic practice group membership. Complete an International Membership application and international verification form and return it to the Academy with payment. Materials and additional information can be found online.

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