



International Confederation of Dietetic Associations

Dietetics and Nutrition Around the World

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Table of Contents

Feature Article.....	2
Information and Reminders.....	4
ICDN: International Congress of Nutrition and Dietetics (ICND).....	4
National Dietetic Association Reports	5
News from Singapore Nutrition and Dietetics Association.....	5
News from German Association of Dietitians	8
News from the Hellenic Dietetic Association	11
Awards/Grants	13
Academy of Nutrition and Dietetics Foundation News	13
Announcements & Calendar of Events	13
ICDA LinkedIn page	14

Feature Article

Academy of Nutrition and Dietetics

President's Page: A Critical Need for International Engagement

The Academy is, of course, the world's largest organization in the field of nutrition and dietetics, with unparalleled reach and influence. And in return, we draw on the entire international community for ideas and opportunities to collaborate with other associations while expanding our reach, now and in the coming years.

I noted at the 2023 Food & Nutrition Conference & Expo that the entire world looks to us for our example, our ideas, our expertise, and our results when it comes to helping citizens of all corners of the globe to get and stay healthy.

In July, I wrote of my recent life-changing experiences working with dietitians, students, instructors and other health professionals in Ghana. While there, I was proud to represent the Academy at the announcement of Ghana's first food-based dietary guidelines. In the photo on this page, I'm pictured with Matilda Asante, PhD, RD (left) and Anna Lartey, PhD.

In February [2023], Ghana became the eighth country in Africa and fourth in West Africa to launch food-based dietary guidelines. As I noted at the time: "This is such an important tool for promoting health, preventing non-communicable diseases and, informing policy. Bravo to the multi-stakeholder technical task team and chair, the amazing Dr. Anna Lartey, for their diligence in developing these guidelines. Truly a historic game changer for the health of Ghana!"



There is a critical need for international engagement by the nutrition and dietetics profession in general and the Academy and our members in particular,” says Beth Leonberg, DHSc, RDN, CSP, FAND, LDN, chair of the Global Member Interest Group (MIG). “The challenges of the multiple burdens of malnutrition, chronic disease management and, food insecurity transcend borders and demand our involvement,” Leonberg says. “We can provide technical and capacity building leadership and be key influencers on global policy, establishing the Academy as a global leader.”

I asked Beth for ideas on how we can best confront our global challenges and seize our opportunities. She suggests: “Proactively engage with global stakeholders like international organizations, government bodies, and non-governmental organizations (NGOs). This will strengthen the Academy’s relationships with humanitarian relief and sustainable development organizations, crucial for addressing international nutrition and health challenges.”

“Support member experts to participate in global conferences and hold positions in international organizations. These platforms allow us to showcase our expertise, foster collaborations, and contribute to the global nutrition dialogue, shaping policies and practices.”

Global MIG: Initiatives and Resources

Global MIG members are working to address issues related to emergency humanitarian relief, sustainable development, research, and education.

GMIG has developed an extensive library, in English and Spanish, for globally minded nutrition and dietetics practitioners, with links to organizations, articles, training, and educational resources on 40 topics.

The Academy’s Research, International and Scientific Affairs team has spearheaded an agreement with SNOMED International, the organization that creates the largest clinical terminology in the world, so Nutrition Care Process Terminology (NCPT) can be part of SNOMED. The NCPT’s integration with SNOMED was recently completed and a standing SNOMED group for nutrition terminology is in place.

The Academy is also the lead organization for SNOMED’s nutrition group, which is responsible for ensuring nutrition terminology is included into electronic health records globally. “While this seems technical, it is extremely important to dietitians worldwide who want to document nutrition problems in their medical records,” says Alison Steiber, PhD, RDN, the Academy’s chief science officer.

These are just a few examples of how and why the Academy is and will continue to be engaged in the international dietetics and nutrition community. Increased activity and dedicated resources will help us achieve the Academy mission of accelerating improvements in global health and well-being through food and nutrition.

By Lauri Wright, PhD, RDN, LDN, FAND

Excerpts Reprinted and adapted with permission from J Acad Nutr Diet, 2023;123(12):1699-1700.

Information and Reminders


ICND: International Congress of Nutrition and Dietetics (ICND)

The 19th International Congress of Nutrition and Dietetics is coming to Canada



ICND2024 is Just Around the Corner!

Get ready for an extraordinary experience at the International Congress of Nutrition and Dietetics (ICND2024)! With the program finalized, we're thrilled to unveil an array of exciting events designed to enrich your experience and expand your knowledge.

 Save the Dates:

Pre-Congress Workshop - Dysphagia Assessment and Management: June 10 and 11, 2024

Congress Dates: June 12-14, 2024

Unmissable Tradeshow and Posters: June 13-14, 2024

Social Night - Taste of Toronto Food Tour: June 13, 2024

And so much more!

 Taste of Toronto Food Tour

Embark on a culinary journey through the heart of Toronto! Taste of Toronto Food Tour promises to tantalize your taste buds while showcasing the city's diverse culinary scene. Don't miss the chance to savor the flavours of Toronto and connect with fellow attendees in a relaxed setting.

Unmissable Exhibit Hall

Explore the latest innovations, research findings, and industry trends in our exhibit hall. Engage with exhibitors and poster authors, discover cutting-edge products and services, and exchange ideas with colleagues from around the world.

Register Now!

Secure your spot at ICND2024 and take advantage of this unparalleled opportunity to learn, network, and be inspired. [Register](#) now to ensure your place at the premier event in the nutrition and dietetics profession.

Explore More

Visit the ICND2024 [website](#) for updates or follow us on social media on Instagram at dietitiansca and on LinkedIn at Dietitians of Canada.

National Dietetic Association Reports

News from Singapore Nutrition and Dietetics Association

The Singapore Nutrition and Dietetics Association (SNDA) is pleased to share key activities carried out at the National level during these recent months.



(Members at SNDA AGM 2023)

Salt Reduction

SNDA held an informative session on Singapore's Sodium Reduction Strategy during its annual general meeting on 25 March 2023. Dr Eunice Pang, Deputy Director from the Health Promotion Board (HPB), was invited to share about the Strategy which is in line with the World Health Organisation's effort to reduce salt intake. Amongst the various information shared was the target to reduce the population's daily sodium intake by about 15% over 5 years, from 3600mg in 2022 to 3100mg in 2026. Various salt reduction approaches effected includes the Whole-of-Government policy (which mandates the use of lower-sodium ingredients for food preparation in catering services in government premises), salt substitution (replacing regular salt with lower-sodium salt alternatives), re-formulation of sauces and seasonings, and public education efforts.

Healthier SG

Singapore has a new national initiative by the Ministry of Health (MOH) focusing on preventive health. -- the Healthier SG.

Launched on 5 July 2023, the Healthier SG focuses on preventive care to help Singapore Citizens and Permanent Residents to stay healthy, detect health issues early and manage them well. Under this program, residents are encouraged to be seen by one family doctor (at a Healthier SG clinic) who will support them in developing and adopting a health care plan. The enrolments are being carried out in phases, prioritizing those who are more likely to need medical care or suffer from chronic illnesses, and followed by seniors. Dietitians are working with healthcare professionals to provide a more holistic care. Dietitians have been involved in its roadshows, and some polyclinics have them in their core teams.

Nutri-Grade

Singapore has recently implemented the mandatory labelling system called Nutri-Grade. Beverages are graded as "A", "B", "C" or "D", according to their sugar and saturated fat contents. With grade "A" containing the least to "D" with the highest. The goal is to reduce the incidence of diabetes and other non-communicable diseases. Singaporeans, on average, consume 12 teaspoons (60g) of sugar daily, and packaged drinks consumed were found to contribute to more than half of their daily sugar intake. First instituted on 30 December 2022, this mandated labelling encompasses beverages pre-packed in bottles, cans, cartons or packets, and from automated dispensers such as fountain drinks and coffee machines. The Ministry of Health and HPB are extending similar measures to freshly prepared beverages sold at specified settings in Singapore and is scheduled to be implemented on 30 December 2023. Both dietitians and nutritionists have been bringing awareness on the Nutri-grade mark to the public and helping them to be more informed on how to choose healthier beverages.



ICANS 2023

International Conference on Adaptations & Nutrition in Sports (ICANS 2023)

ICANS was organised by Temasek Polytechnic, an institute of higher learning in Singapore on 19 – 21 July 2023. Asian Nutrition Society for Sports and Health (ANSSH) had chosen Temasek Polytechnic to host and organise the event. SNDA was one of the supporting organisations along with National University of Singapore, National Youth Sports Institute, Singapore Institute of Technology, Sports Medicine Association Singapore and Singapore Sport Institute.

It was an exceptional occasion for leading scientists and research organisations to present their latest knowledge on how sports nutrition improves human performance, medicine and metabolic condition and exercise training science. SNDA president Dr Kalpana Bhaskaran, was the co-chair for this conference along with A/Prof Jason Lee, both being the executive committee members of Asian Nutrition Society for Sports and Health (ANSSH). SNDA members, Derrick and Belinda represented SNDA in this event.

Community Nutrition Outreach Programmes

SNDA has been actively engaged in community nutrition volunteering. The “Neighbourhood Health Service Kids” – a local community health service project that targets children aged 0-6 years from low-income families, living in rental flats in Singapore – was successfully carried out on 17 and 18 June 2023. SNDA provided dietetic consultation to a total of 48 families.

Two other programmes, both happening in August, are the Tsao Foundation Learning Festival (“Tsao Foundation”) (11-12 August) and the NUS Medical Society Public Health Service (“PHS”) event (26-27 August). The objective of the Tsao Foundation is to provide education on eating

well in the golden years, while the PHS is a public health screening event with a target group of 1,000 people.

Social Media Platforms

SNDA's redesigned website has been successfully completed at: <https://snda.org.sg/> for better reach-out to both members of SNDA and the public. In addition, we are also on both closed LinkedIn and Facebook groups to bring its members together.

Ms Soh Wan Keem and Ms Belinda Leow

Singapore Nutrition and Dietetics Association

News from German Association of Dietitians



Planetary Health in the Training of Dietitians

German Association of Dietitians, developed in collaboration with KLUG e. V. and School for Dietitians at the University Hospital of Münster, a model curriculum for Planetary Health and the Planetary Health Diet.

Humanity is facing the enormous challenge of nourishing a steadily growing world population with healthy food from sustainable food systems. According to the EAT-Lancet Commission is health without a healthy planet impossible. At the same time is nutrition the strongest lever to optimize both human health and environmental sustainability. After all, a healthy and sustainable nutrition, such as in the concept of Planetary Health Diet, helps to protect the environment and sustains our well-being, preventing numerous diet-related diseases and promoting overall physical, intellectual and social well-being.

Recognizing the pivotal role of dietitians in health promotion through nutrition, it is essential for them to assess the environmental impact of their recommendations. They play a crucial role as an intermediary in the transition to sustainable food systems, by providing guidance and advocating measures to facilitate the uptake of sustainable dietary patterns. Through individual counseling,

development of gastronomy or catering standards and other measures in the field of health promotion, they can shape eating habits and thus enhance the sustainability of food systems.

It is therefore crucial that Dietitians are fully aware of their potential role in promoting planetary health and sustainable food systems, equipped with the necessary knowledge and skills. A collaborative effort with the German Climate Change and Health Alliance (KLUG), funded by the German Federal Foundation for the Environment (DBU), has led to a project, focused on education and training.

Model Project in Münster

Dietitians play a major role in establishing a sustainable diet. They reach people as experts and multipliers directly. To engage and qualify aspiring dietitians for the topics around sustainable nutrition, the School for Dietitians of the University Hospital of Münster, under the leadership of the school principal Dennis Papanouskas, collaborated with KLUG and developed a model curriculum on Planetary Health and the Planetary Health Diet.

The transformative teaching concept was piloted in Münster in November during a project week with 16 participants and is currently undergoing evaluation.

It will be available nationwide, accompanied with a "Train the Trainer" program for dietitian schools. The course covers knowledge on health effects on global environmental change, the role of agriculture and concepts for implementing the Planetary Health Diet. It also emphasizes the diet's significance for preventing and treating a wide range of diseases from a nutritional therapy point of view providing the participants with professional and action-oriented skills.



Identify Training Needs

The next step is to determine training needs of already trained dietitians and nutritionists. Based on the model curriculum, suitable training formats will be developed. In collaboration with the VDD Sustainability Specialist Group and KLUG representatives, interested colleagues will be interviewed to understand how to implement the Planetary Health Diet in prevention and therapy, addressing their training needs. A survey with 17 questions, designed by the Specialist Group and KLUG, will inquire about attitude and further training needs.

Details on project and evaluation will be presented at ICND 2024 in Toronto/Canada by the delegate of the German Association of Dietitians Manuela Thul. The presentation will be held on Wednesday, June 12, 2024, at 1:00 PM - 2:30 PM and the title is "German example on integrating sustainability in dietetic courses".

Manuela Thul & Uta Köpcke

Delegates of German Association for Dietitians (VDD)

News from the Hellenic Dietetic Association

"The 17th Hellenic Congress of Nutrition and Dietetics, the first in-person conference since 2019, took place at the Athens Concert Hall from 8 to 10 December 2023 and was completed with great success.

The Congress, with the core message "Access to Nutritional Care is a Human Right", aimed as always to showcase the latest scientific evidence and practices in the field of Nutrition and Dietetics. The Congress was an impressive amalgam of scientific activity and debate. It covered a broad range of topics in the field of nutrition and dietetics including obesity, food behavior, food innovation, diabetes mellitus, sweeteners, sports nutrition, cardiovascular disease, chronic diseases and of course the latest scientific guidelines and recommendations.



Participants exceeded 2000 and oral presentations reached a number of 123. Participation in open tutorials and tutorials amounted to 1120 and 498 respectively, highlighting the interest and momentum of the event. On the scientific side, 171 speakers shared their knowledge through 19 Lectures and 25 Round Tables, while three Satellite Sessions added dimensions of collaboration with other institutions and associations.

Of particular interest was the speech by the Deputy Minister of Health, Mrs Agapidaki, about Health Policies to prevent childhood obesity, with reference to the Ministry's forthcoming Action, soon expected to move from the planning to the implementation.

A special moment was the award presented to Professor Mary Giannakoulia as a token of respect and universal appreciation for her dedication and contribution to the science of Dietetics and Nutrition.

During the Closing Ceremony, awards were given to best oral and poster presentations and to the winners of the Student Competitions. The Conference concluded with an open invitation by the President of Hellenic Dietetic Association (HAD) to all HDA members to actively participate in all future activities of the Association, renewing our appointment in 2025 and the 18th Hellenic Congress of Nutrition and Dietetics."



More photos and info can be found in the congress website <https://www.hdacongress.gr/?c=48&lng=2>

Hellenic Dietetic Association Representative

Christos Derdemezis

Awards/Grants

Academy of Nutrition and Dietetics Foundation News

- The Wimpfheimer-Guggenheim ICDA Welcome Fund provides financial support to new ICDA members. Contact nbrown@eatright.org for information.
- The Wimpfheimer-Guggenheim Resource Grant for International Dietitians provides funding for resources from the Academy to support dietetics practice. Eligibility requirements include having the Registered Dietitian credential or equivalent in the applicant's home country. The application is open year-round and is awarded on a quarterly basis. To apply and learn more, please visit the application.
- A Foundation maintains Directories of Global Resources and Collaborations, which include information for food and nutrition and dietetics practitioners and those pursuing a professional degree or continuing education credit. You can see the updated directories [here](#).

Announcements & Calendar of Events

The 66th German Congress - Interdisciplinary Nutrition Therapy 2024, organized by VDD - a member of ICDA - 11.-13.April 2024, in Wolfsburg/Germany.

60+ invited speakers will present and discuss the most up-to-date evidence on science and the relevance to evidence-based practice. The annual conference devotes to the topic: Dietetics and Networking live in Wolfsburg again!

More than 1000 participants will have the opportunity to attend the congress.

Learn more and register here (the official language of the congress is German): [66. VDD-Bundeskongress: „Diätetik & Netzwerken live in Wolfsburg“ vom 11. bis 13. April 2024, CongressPark Wolfsburg | VDD](#)

Manuela Thul

Registered Dietitian
Delegate EFAD/ICDA

e-mail: manuela.thul@vdd.de

web: <https://www.vdd.de/english>

ICDA LinkedIn page

NDA's are requested to encourage its members to follow and promote the ICDA LinkedIn page: ICDA - International Confederation of Dietetic Associations, at <https://www.linkedin.com/company/internationaldietetics/>

If you have not already done so, please send a short description of your NDA (about 150-200 words in your language but also in English) that includes your organization's name, mission, and contact information, your logo (with your approval to post that the logo). You can also include a written quote from your organization's President or a designated leader. We will be featuring NDA's on the LinkedIn page. Please send the information to ICDAsocialmedia@gmail.com

Share your news on social media. Send information to: ICDAsocialmedia@gmail.com
Please allow approximately one week for posting.