International Confederation of Dietetic Associations

Dietetics and Nutrition Around the World

Volume 33 Issue 1 – March, 2025.

Table of Contents

News from the Board 2
Feature Article 3
National Dietetic Association Reports 5
News from the German Association of Dietitians (VDD) 5
News from the Academy of Nutrition and Dietetics 6
News from Dietitians Association of Nigeria 7
Announcements & Calendar of Events 9
Resources: 10
Announcements 11
ICDA Social Media Pages 11

News from the Board

At its meeting on 15 October 2024, the Board unanimously re-elected Giuseppe Russolillo as Chair. The current members of the ICDA Board are as follows:

Giuseppe Russolillo (Spain) – Chair

Martin Yadrick (USA) – Secretary

Jennifer Feighan (Ireland)

Kate Hall (UK)

Elizabeth Solís-Pérez (Mexico)

Mary Anne Smith (Canada)

Danielle Gallegos (Australia)

Strategic Priorities for 2025 Onwards

"The ICDA Board of Directors are proud to share with the members of the ICDA the new ICDA strategic priorities for 2025 onwards. Thank you to all members because it is only with the contribution from members through the survey, June 2024 workshop and from feedback shared in other ways we have been able to co-create the priorities and also re-confirm the values that the ICDA commit to. At the next ICDA AGM more details on the implementation of the strategic plan will be shared and a call out for those who would like to be involved in some of the projects will be made - so there will be lots of opportunities to get involved and help the Board deliver on the priorities."

New Law Passed: A Milestone for Austria's Healthcare Professions

On July 4, 2024, a significant milestone was achieved: the new MTD (advanced medical-therapeutic-diagnostic health professions) -Law was passed by the National Council. After more than 30 years, this reform was made possible through the tremendous efforts of professional associations and an extensive process of revision and consensus-building. While the law brings several positive changes for the MTD professions, some important demands remain unresolved and require further work.

For years, DIAETOLOGIE AUSTRIA, together with MTD-Austria and other professional associations, as well as relevant stakeholders, has been dedicated to improving the MTD Act. Their efforts have focused on ensuring patient safety, delivering high-quality healthcare to the population, and providing legal certainty for all MTD professionals. The responsibility now falls on the next federal government to continue developing this legislation to strengthen Austria's healthcare system in the long term.

Strong Interest in MTD Matters

The MTD Act has already generated significant interest, as evidenced during the consultation phase by over 460 submissions and thousands of expressions of support. However, crucial aspects remain unresolved, such as specializations with expanded responsibilities for efficient resource utilization and making the professions more attractive through publicly funded master's programs. There is still room for improvement in certain areas of the law to ensure a secure, targeted, and future-oriented healthcare system.

"After years of commitment, countless discussions, and numerous proposals for this reform, we have achieved important changes in the MTD Act for our professionals and patients. However, some proposals for optimal care were not considered, leaving room for action. We will continue to advocate for an attractive working environment for our professions to ensure the best possible care for our patients in the future."

– Mag.a Gabriele Jaksch, President of MTD-Austria

Key Changes in the New Act

Recognition of the Dietetic Process
The dietetic process (assessment, professional diagnosis, goal setting, intervention planning, intervention implementation, evaluation, and reflection) now forms the foundation of the profession and its competencies. This legal recognition marks an important step toward professionalization.

Direct Access to Dietetic Services
Access to dietetic therapy without a medical referral has been introduced for primary and secondary prevention. Secondary prevention includes early detection, prevention, and early treatment of diseases.

Specializations and Advanced Qualifications
The law includes provisions for specializations in professional fields, teaching, and management. A minimum scope of 60 ECTS has been defined. However, public funding for master's programs and the associated extension of competencies in certain areas are still lacking.

Prescriptions and Continuations
The new act allows dietitians to prescribe and continue prescribing specific medications and medical devices. The Federal Minister can define which medications and devices dietitians may prescribe independently or without medical/dental authorization.

Terminology Change
The term "medical-technical services" (MTD) has been replaced by "advanced medical-therapeutic-diagnostic health professions."

Aiming for an Improved Healthcare System

"I welcome the new MTD Act. Over the past 30 years, our profession has evolved significantly, and the new law establishes the foundation for professional, methodologically sound practices within our field. The legal recognition of the dietetic process and the ability to independently act in secondary prevention are key steps forward. However, missed opportunities remain. As a professional association, we will continue to advocate for improvements."

– Prof. Andrea Hofbauer, MSc MBA, President of DIAETOLOGIE AUSTRIA

The law aims to make healthcare professions more attractive, strengthen non-medical roles, and promote efficient and quality-assured care processes. This reform also emphasizes interdisciplinary and interprofessional collaboration on equal footing between all healthcare professionals.

The new regulations are designed to enhance access to MTD services for patients and elevate the status of MTD professions within Austria's healthcare system, reflecting their qualifications. Overall, the updated MTD Act seeks to provide greater legal certainty and clarity for MTD professionals.

Further details and interpretations of the new law will be shared following its publication.

National Dietetic Association Reports

News from the German Association of Dietitians (VDD)

Tackling Malnutrition: VDD's 2024 Achievements and Efforts

In 2024, the German Association of Dietitians (VDD) intensified its focus on combating malnutrition, addressing one of the most critical challenges in healthcare. Here's an overview of the key initiatives, events, and outcomes achieved by the VDD in this pivotal area:

Raising Awareness: Malnutrition Awareness Week

The Malnutrition Awareness Week 2024 was a cornerstone of VDD's efforts, emphasizing interprofessional collaboration. The campaign highlighted the widespread impact of malnutrition, affecting up to 50% of hospitalized patients, and underscored the role of dietitians in improving patient outcomes through effective nutritional interventions.

Key outcomes included:

Workshops and Training Sessions: Practical sessions equipped healthcare providers with tools to screen, diagnose, and manage malnutrition.

Public Outreach: Online Life-cooking-sessions and Online-Councelling engaged the public, raising awareness about recognizing and addressing malnutrition in vulnerable populations.

Information materials: Evidence based poster, flyer and postcards were developed and made available free of charge to dietitians for use in their own work environment

Collaborative Efforts: The VDD partnered with organizations, professional associations, patient associations, medical and nursing associations

Press Conference & Panel discussion: Information of and discussion with policymakers and press to emphasize the significant economic and health advantages of proactively addressing malnutrition

Raising public awareness about malnutrition through the media

Contributions to various professional journals and magazines: sharing insights and best practices with a broad audience help to raise awareness in health professionals

Additionally, the association leverages its presence on ist social media platforms to educate the public and healthcare professionals about the importance of addressing malnutrition effectively.

Integration into Healthcare Policy

Advocating for systemic change, the VDD engaged in extensive discussions with policymakers to highlight the economic and health benefits of addressing malnutrition proactively. This advocacy included:

Participation in hospital reform dialogues, pushing for greater recognition of therapeutic professions.

Collaborating with the Network for Health Professions (BiG) to integrate dietitians into national quality and reimbursement frameworks.

Educational Initiatives and Professional Development

Acknowledging the critical role of education, the VDD expanded its training opportunities in 2024:

Further education: Specialized courses focused on geriatrics, oncology, and pediatric nutrition provided hands-on expertise in managing malnutrition in diverse settings.

Digital Tools: A new open access validated tool equipped dietitians to leverage smart solutions in malnutrition screening and intervention.

Looking Ahead

The VDD’s commitment to addressing malnutrition continues into 2025, with plans to:

Expand further education by modules an assessment of malnutrition

Continue and improve interprofessional collaboration like the Malnutrition Awareness Week

Foster international collaboration through the European Federation of the Associations of Dietitians (EFAD) and the International Confederation of Dietetic Associations (ICDA).

By prioritizing malnutrition, the VDD has reinforced the vital role of dietitians in modern healthcare. These efforts not only improve patient care but also elevate the profession's standing in policy and practice.

Uta Köpcke

President, German Association of Dietitians

News from the Academy of Nutrition and Dietetics

JAND: Global Reports - New Journal Launch 2025

We are excited to announce the upcoming launch of JAND: Global Reports, a new Gold Open Access journal focused on advancing international nutrition science and dietetics practice. This companion publication to the Journal of the Academy of Nutrition and Dietetics (JAND) will debut in 2025.

The journal will:

- Publish rigorously peer-reviewed original research and review articles
- Focus on food, nutrition, and dietetics practice and science from a global perspective
- Emphasize international research and contributions from authors outside North America
- Cover the full spectrum of nutrition and dietetics specialties
- Maintain the high editorial standards established by JAND
- Provide open access to ensure worldwide availability of important research

JAND: Global Reports aims to expand the reach and impact of nutrition science by creating a dedicated platform for international research and fostering global scientific dialogue within our profession.

The editorial team is committed to maintaining rigorous peer review standards while highlighting diverse perspectives and research from around the world. We look forward to receiving submissions that advance our understanding of nutrition science and dietetics practice across different cultural and geographic contexts.

Stay tuned for more information regarding the launch of JAND: Global Reports as well as resources for authors and reviewers. In the meantime, if you are interested in submitting to JAND, please see the author guidelines at: www.jandonline.org/authorinfo.

Want to become a reviewer? See our Information for Reviewers at: www.jandonline.org/reviewer_information.

For any questions or comments, email journal@eatright.org

Patricia Shanks

Academy of Nutrition and Dietetics

News from Dietitians Association of Nigeria

Dietitians Association of Nigeria: Embracing Global Collaboration and Regional Innovation in 2025

As we stride into 2025, the Dietitians Association of Nigeria (DAN) reaffirms its dedication to advancing dietetics and fostering global collaboration. By actively engaging with the International Confederation of Dietetic Associations (ICDA), we aim to leverage our regional expertise to contribute meaningfully to the global nutrition dialogue.

The World Registered Dietitian-Nutritionist Day, celebrated every second Wednesday of March, was a pivotal moment for DAN this year. With the theme "Food Connects us" and we proudly uphold its messge. The day

was marked with significant activities across various state and regional chapters. These celebrations included interactive sessions among members, health talks at out-patient clinics, and widespread media outreach via television and radio. School sensitization programs were also conducted to empower young minds with vital knowledge about nutrition. Community outreaches, in collaboration with other healthcare professionals such as doctors and nurses, further emphasized the importance of nutritionists and dietitians in the healthcare sector. These efforts sought to educate the general public on the essential role dietitian-nutritionists play in promoting health and well-being for all.

These activities were carried out by various state chapters as shown in the picture gallery.

DAN has made remarkable strides in the first quarter of 2025. Over 100 interns were successfully trained and are now ready to become registered dietitians, showcasing our commitment to nurturing future professionals. Additionally, our participation in world medical calendar events, including World Cancer Day, highlighted the critical connection between nutrition and cancer management, underscoring the transformative power of dietetics.

DAN's dedication to professional excellence is reflected in the successful conduct of Test of Professional proficiency examinations earlier this year. State and regional meetings have provided ongoing opportunities

for professional development, knowledge-sharing, and collaboration among our members. Through these platforms, we continue to foster excellence in the profession and encourage interprofessional cooperation within the healthcare sector to deliver holistic care.

As we prepare for the 2025 National Workshop, Scientific Conference and Annual General Meeting, we remain committed to advancing our mission of nutritional excellence. These events will serve as platforms to exchange ideas, foster collaboration, and explore innovative strategies. By working closely with the ICDA, we aim to make significant contributions to the global dietetics community.Together, we are shaping a healthier Nigeria and strengthening our impact on the global stage. Through dedication, innovation, and collaboration, we move forward with confidence and purpose.

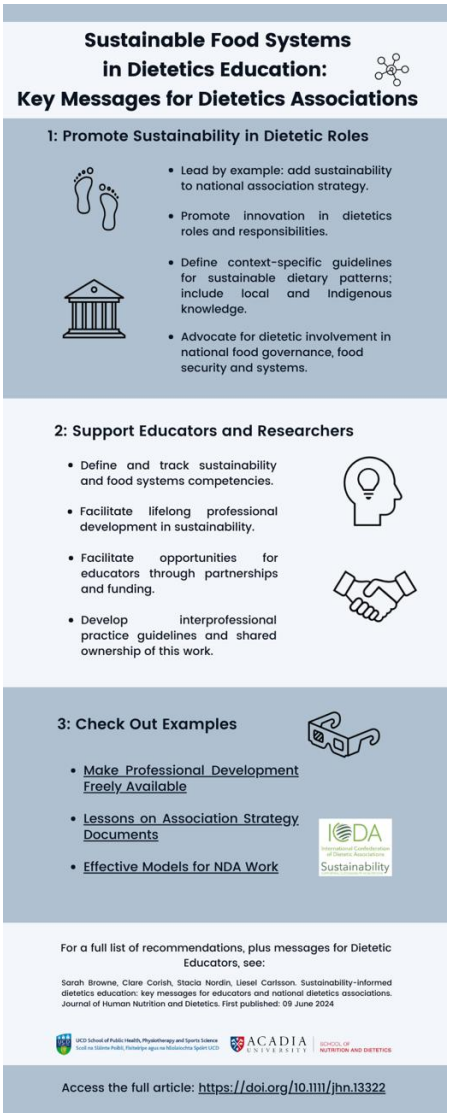
Charles Oguikpe (RDN)

For: Prof. Olivia Afam-Anene

President, Dietitians Association of Nigeria

Announcements & Calendar of Events

Resources:



Free new resources for NDAs from the ICDA Sustainable Food Systems toolkit:

We have created 2 infographics for you based on our article in the British Dietetic Association's Journal of Human Nutrition and Dietetics: *Sustainability-informed dietetics education: key messages for educators and national dietetics associations.* The infographics are a summary of key messages complete with links that will take you to the practical tools and examples. We hope you find the recommendations to educators and NDAs relevant and practical. They were generated and refined by 55 dietitians and nutritionists during a Global Networking Event on Sustainable Food Systems in Nutrition & Dietetics Education hosted by the University College of Dublin in collaboration with the #ICDAsfsToolkit. Download the infographics here.

We synthesized your members' input from our session at ICND2024 in Toronto into a document titled: Effective Sustainable Food Systems (SFS) Work: Key Messages for National Dietetic Associations. The session attracted a diverse group, including seasoned professionals, those completely new to the idea, and

those passionate about initiating networks at various levels. The diversity of voices resulted in a very rich synthesis!

We would 💔 to hear how you use these resources and any other feedback you have!

Speaking of feedback. Why not join one of these discussion groups to share with colleagues?

Connect with "Nutritionists for Sustainability" on social media. These communication groups were started by Dietitians-Nutritionists at ICND2024 in Toronto. They aim to improve peer-to-peer advice and support and to increase access to a range of practical, evidence-based, and context-specific tools and resources to support all Dietitians-Nutritionists to contribute positively to sustainability.

➤ Request to join the WhatsApp group at: https://chat.whatsapp.com/FUADEEbSgHQCusHcVKf4nK

➤ Request the LinkedIn group at: https://www.linkedin.com/groups/13059833/

Caption: Participants at the #ICDAsfsToolkit session at ICND2024

Stacia Nordin, RD

ICDA International Confederation of Dietetic Associations

Sustainable Food Systems Toolkit Coordinator

Announcements

Important Notice from the ICDA Secretariat

The ICDA Secretariat requests that all National Dietetic Associations kindly update their email address(es) on file with the Secretariat, including the recently added "Administrative Contact." The email address could be for a member of the NDA, who serves as the link between previous and newly elected representatives. Regardless, please ensure that the Secretariat always has the most current information.

ICDA Social Media Pages

ICDA LinkedIn page

NDAs 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 NDAs 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.

ICDA Instagram page

A new Instagram account has been opened for ICDA. The handle is icda_internationaldietetics. Please follow and share with all your professional contacts.