International Confederation of Dietetic Associations

Dietetics and Nutrition Around the World

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Dr. Chika Isabelle Ndiokwelu- Editor

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News From the Board

Timely Communique is our formal route to keep you updated with ICDA Board of Directors activities following on from their meetings so, the September, 2025 edition of Timely Communique came directly following our September annual face to face meeting and ICDA AGM. We hope you find the quick updates via this route helpful and providing news via your DNAW is a great way for us to keep you connected with all things ICDA in between Timely Communiques.

We have just started the electoral process for the ICDA Board of Directors as 3 members come to the end of their first term in September 2026 so, we have just sent out an email with the details and encouraging all NDA members to consider.

The I-CDEA is growing with the new Steering Council having just formed with representation from the world and you can find outmore about I-CDEA and its work and members here https://internationaldietetics.org/i-cdea/ (details will be further updated by the end of November so please continue to revisit this page!)

The Implementation plans for the ICDA to be able to deliver on its strategic objectives is in progress and the development of the objectives has been possible through co-creation with NDA members.

A key priority for us as a Board is to keep connected and facilitate connections/networking. To help further enhance the ICDA links with you as members and also so we can ensure we are giving everyone the opportunity to provide feedback/share experiences/challenges/successes in as many ways as possible, the Board has created a new dedicated role for one of the Board of Directors. Jennifer Feighan, one of the ICDA Board of Directors, has taken on this new ICDA Board of Director NDA liaison role.

With 2025 soon moving into 2026, it will not be long before ICND28 is just around the corner and so regular updates will soon be shared, but for now, we urge you to visit the website https://icnd2028.com to find out the latest news and dates.

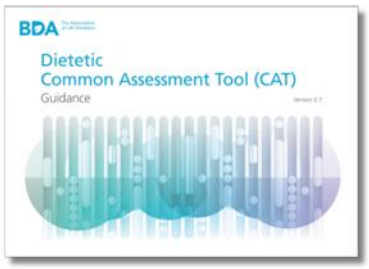
We are looking forward to updating you soon and please do get in touch with us if you have any questions or things to share.

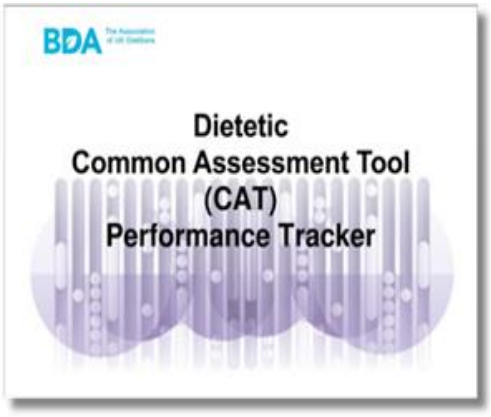
Giuseppe Russolillo, Chair of the ICDA Board of Directors

Kate Hall, Chair of the ICDA Communications Committee

Feature Article

Introducing the Dietetic Common Assessment Tool





All accredited dietetic programmemes deliver against the learning outcomes in the BDA Dietetic Curriculum Framework. What a student learns is standardised and successful completion of the course leads to eligibility to join the national register (Health and Care Professions Council HCPC) and to use the protected title. However, how each university decides to deliver and assess students' practical placement learning, may be different.

https://www.bda.uk.com/practice-and-education/education/dietetic-education-training/placements.html

After extensive consultation with students, universities and our placement providers the BDA developed and launched the first UK-wide Dietetic Common Assessment Tool (CAT) to include evaluation. The aim was to standardise assessment, reduce variation and support expansion of placement providers across the UK.

The CAT may be defined as a "standardised method of assessing all dietetic students, undertaking the practical placement part of their course, in all practice settings, regardless of which UK university they attend". Dietetic students include undergraduate and postgraduate students and apprentices. This report reflects on the factors that informed the development of the Dietetic CAT.

Standardised dietetic capabilities

Dietetic programmemes in the UK currently vary in the number of different learningo utcomes,

competencies or capabilities used within practical placements. The Dietetic CAT uses the term 'capabilities', reflective of a student's ability to perform an activity or task in the workplace.

The Dietetic CAT includes 12 standardised capabilities and intentionally provides opportunities for the student to develop across the four dietetic pillars of practice (Table 1). All are essential to dietetic practice, wherever they work. As they progress through their careers, additional descriptors show how each capability may be developed.

The capabilities are fully aligned with the BDA curriculum and updated standards, for example 'self-care' and 'advocacy.'

Terminology

The Dietetic CAT recognises the value of placement settings within and outside the National Health Service NHS. The term 'service user' refers to patients, clients and stakeholders. Practice educators include registered and non-registered healthcare professionals and others.

Consistency in volume and format

Processes for evidencing achievement of learning outcomes, competencies or capabilities also vary across programmemes. The commonly used forms in our programmemes (reflection, observation, weekly progress and assessment) remain core to the Dietetic CAT.

Authentic learning activities or tasks advocated within the Dietetic CAT help students to understand the systems in which we work, and student-held 'live' calendars see the student taking responsibility for their workload from the outset of their practical placement.

A daily Performance Tracker is used to capture timely student reflection and educator feedback. Benefits include faster improvement, enhanced motivation, clearer expectations and stronger professional relationships. In-Depth Reflections allow Students to take a deep dive into a specific capability, while the Weekly Review Summary, Halfway Review and Final Assessment offer formal opportunities to summarise progress.

Common supervision and assessment processes

The Dietetic CAT links progression to supervision levels. Supervision can be direct, indirect or remote and mirrors the BDA definitions.

Students progress when they are ready. Practice placement providers trust them to work more independently, knowing that the student is safe and that they will ask if they do not know or cannot do something. The Dietetic CAT fosters confidence and a lifelong learning ethos in students so they can thrive in the complex, changing environments in which they now work.

The Dietetic CAT defines three progression stages. UK dietetic courses will determine where stages fall within their placement provision. Students must meet the minimum supervision levels at the end of a placement stage to progress.

The Dietetic CAT provides common ground from which to build placement capacity across the UK, fosters student confidence and strengthens dietetic workforce capability.

The BDA provided detailed training and resources for universities and placement providers to assist them in the use of the new CAT.

Dr Ruth Boocock is Associate Professor at Teesside University and BDA Subject Matter Expert for the Common Assessment Tool.

DIETETIC PILLAR	CAPABILITY	CAPABILITY STATEMENT

(4 Pillars of Healthcare Practice)		
Professional practice	Practice	Practising safely and effectively within their scope of practice
	Self-care	Maintaining health and wellbeing
	Communication	Communicating effectively, using appropriate media and channels for the audience
	Service user focus	Providing services that are respectful of service user preferences
Research and evidence	Evidence-based practice	Assessing need and prioritising focus to inform practice
	Strategy and outcomes	Producing strategy and outcome data
	Quality improvement	Improving and assuring the quality of service
Facilitated learning	Information and resource development	Developing resources and sharing knowledge and skills with others to support service delivery
	Self-development	Assuring and developing knowledge, skills and behaviours
Leadership	Strategy and vision	Contributing to organisational strategy
	Managing change	Working within a changing environment
	Advocacy	Contributing to advocacy efforts related to nutrition and health

Table 1: The 12 BDA dietetic capabilities within the Dietetic CAT

Najia Qureshi

Director of Education and Professional Practice

British Dietetic Association

National Dietetic Association Reports

News from the Turkish Dietetic Association

Strengthening the Profession: the Turkish Dietetic Association's 2025 Highlights

Hülya Gökmen Özel, Aslı Akyol Mutlu, Hande Mortaş, Ezgi Bellikci Koyu, Funda Tamer, Emel Cemile Düzenli, Koray Tenekeci

In 2025, the Turkish Dietetic Association (Türkiye Diyetisyenler Derneği, TDD) advanced its mission to strengthen the profession of dietetics through regulatory advocacy, professional education, research dissemination, and collaboration with national and international stakeholders. The year was marked by initiatives addressing policy challenges, promoting evidence-based nutrition practices, and supporting both practicing dietitians and future graduates.

Policy Advocacy and Collaboration with Health Authorities

A key priority was active engagement in the "Regulation on the Practice of Freelance Health Professionals." TDD held meetings with the General Directorate of Health Services at the Türkiye Republic Ministry of Health, voicing dietitians' concerns about recognition, rights, and responsibilities. The association also visited provincial health directorates to present action plans and highlight the role of dietitians.

Further advocacy included a dedicated meeting with dietitians living with disabilities to discuss professional integration and employment issues. TDD also initiated consultations with authorities about the challenges faced by dietitians in primary healthcare and hospital settings, while emphasizing the importance of workforce planning to ensure effective allocation of dietitians across levels of care. These activities reinforced TDD's role as a strong advocate for inclusivity and evidence-based workforce strategies in Türkiye.

Contributions to Education and Curriculum Development

Through academic members in the Council of Health Sciences Deans, TDD contributed indirectly to the revision of the National Nutrition and Dietetics Core Curriculum (UÇEP). Updates included greater alignment with international standards, incorporation of innovative skills such as leadership, communication, problem-solving, and project-based learning, as well as competencies in digital health, sustainability, and evidence-based practice.

Expanding Knowledge through Webinars and Seminars

TDD organized a wide range of professional webinars in 2025, reflecting its commitment to continuing education. Topics included:

- Nutrition in patients with diabetes and malnutrition
- The milk ladder approach in cow's milk protein allergy
- New standards in enteral nutrition for tube-fed patients
- Preventing lean body mass loss in individuals with abnormal glucose metabolism
- Nutritional assessment training
- Guidelines for nutrition therapy in chronic kidney disease
- Dietitians' Day panel and celebrations
- Global and local perspectives on dietary supplements
- Artificial Intelligence in Nutrition and Dietetics

These programmes enhanced professional capacity and created opportunities for interdisciplinary and international exchange.

Supporting Students and Young Professionals

On Dietitians' Day, TDD engaged with final-year students and new graduates, sharing updates on projects, advocacy strategies, and professional plans. These interactions supported a smoother transition from education to practice, helping young professionals feel part of the wider dietetic community.

Publications and Resources

A significant academic contribution in 2025 was the publication of a special issue of the Journal of Nutrition and Dietetics (Beslenme ve Diyet Dergisi), prepared with the support of TDD. The issue offered a comprehensive overview of the profession's historical evolution and current status in Türkiye, covering topics such as educational programmes, employment trends, competency analyses, regulatory changes, and ethical dimensions. By compiling data and reflections from different periods, the special issue provided valuable insights for both academics and policymakers.

Expanding Organizational Presence

To further strengthen its structure and outreach, TDD appointed provincial representatives in 2025. This step enhanced communication between the central organization and local dietitians, enabling the association to better respond to regional needs and increase its visibility across the country.

Media Engagement and Public Awareness

Public communication was another focus. Through national TV appearances, TDD experts addressed common nutrition questions with evidence-based answers. This helped combat misinformation while promoting dietitians as trusted voices in public health.

Looking Ahead

In 2026, TDD plans to expand its professional development programmes, launch new webinars, enhance student mentorship, and strengthen regional collaborations. The association also aims to increase its contributions to international platforms, further positioning itself as a bridge between Turkish dietitians and the global community.

Conclusion

The year 2025 highlighted TDD's dedication to advocacy, education, publications, and public engagement. By addressing national challenges and fostering international collaboration, the association reinforced the essential role of dietitians in healthcare and society. TDD remains committed to safeguarding professional standards, empowering its members, and contributing actively to global nutrition dialogue.

News from the Academia Española de la Nutrición y Dietética

Nutriendo | ACADEMIA ESPAÑOLA DE NUTRICIÓN Y DIETÉTICA

"Nutriendo": a tool to nourish nutrition knowledge among citizens

The Academia Española de la Nutrición y Dietética presents Nutriendo — from the Spanish verb "nutrir," meaning to feed, give life, and strengthen — a digital platform launched in 2022 with the aim of nourishing nutrition knowledge among citizens. The portal was created with a clear mission: to offer accurate, accessible, and ethical information on food and nutrition, promoting healthy and sustainable eating habits across Spain. Over the past year, Nutriendo has achieved more than four million clicks, demonstrating its growing impact and relevance in society.

Nutriendo is a communication space where health journalists work closely with dietitians-nutritionists, researchers, and other health experts to transform technical and scientific knowledge into clear, engaging, and reader-friendly content. Each post is written by professional health journalists who translate scientific evidence into accessible language, ensuring that complex nutrition concepts reach the public in an understandable and appealing way. This approach reflects the Academy's ongoing commitment to rigor, credibility, and public trust.

All content is published in a post-based format designed not only for the general public but also to serve as a reliable source of information for the agri-food industry, journalists, government institutions, and professionals in academia. Through this approach, Nutriendo has become a reference space for responsible and evidence-based communication on nutrition and health in the Spanish-speaking world.

With this initiative, the Academia Española de la Nutrición y Dietética reinforces its commitment to transparency, nutrition education, and the transfer of scientific knowledge to society — contributing to the development of a more informed, sustainable, and evidence-driven food culture.

More information: www.nutriendo.es

Martina Miserachs //Academia Española de la Nutrición y Dietética

News from the Hellenic Dietitians and Nutritionists Association (HDNA)

A New Chapter for Dietitians in Greece: Advancing the Profession and Protecting Public Health

Introduction: A Historic Step for Greece

Across the globe, dietitians and nutritionists play an essential role in promoting health, preventing disease, and guiding individuals toward better quality of life. Yet the scope and recognition of the profession varies significantly from country to country. For Greece, 2025 marked a turning point — a historic milestone that has redefined the practice of dietetics and nutrition within our borders.

With the creation of the Hellenic Dietitians and Nutritionists Association (HDNA) as a legal entity under public law, supervised by the Ministry of Health, Greece has entered a new era of professional clarity, public protection, and scientific advancement. This legislative achievement not only strengthens the standing of Greek dietitians and nutritionists but also ensures that the Greek public receives care that is evidence-based, ethical, and safe.

The Legislative Milestone

The reforms were made possible through the legislative initiative of Minister of Health Adonis Georgiadis, who recognized both the challenges and opportunities facing the profession in Greece. For many years, dietitians-nutritionists worked with limited regulatory clarity, leaving room for unqualified individuals to impersonate professionals and, at times, compromise patient safety.

The new law established the HDNA as a legal entity under public law, a status that reflects the importance of dietetics and nutrition as part of the national health system. By being placed directly under the supervision of the Ministry of Health, the association has the legitimacy and authority to define professional standards, protect the profession, and promote public health in close alignment with national policy.

This step represents much more than bureaucratic reform. It is an acknowledgment that nutrition is fundamental to health and that the professionals who practice it deserve clear recognition, protection, and support.

Defining Professional Practice

Perhaps the most critical part of the legislation is its clarity in defining professional practice. Until recently, the boundaries of dietetics and nutrition were blurred, allowing individuals without appropriate training to claim expertise.

The law now sets out in precise terms:

- What constitutes a dietetic act and who is authorized to perform it.
- What constitutes a nutrition act and who may rightfully deliver it.

This clarity is transformative. It not only empowers qualified professionals but also provides the public with confidence that when they consult a dietitian nutritionist, they are receiving advice from someone who is properly trained, scientifically grounded, and legally recognized.

Safeguarding the Public and the Profession

The legislation goes further by addressing one of the most pressing issues: protection against impersonation and malpractice. For the first time, Greece has introduced penal provisions to deter and punish those who falsely present themselves as dietitians or nutritionists.

This is not about protecting a professional title for its own sake. It is about protecting the public from misinformation, unsafe practices, and harmful interventions. Nutrition is often underestimated in its complexity, yet inappropriate advice can have serious, even life-threatening, consequences.

Equally significant are the provisions concerning malpractice. By setting out legal consequences for professional negligence, the law reinforces the seriousness of dietetic and nutrition practice. It aligns the profession with other health disciplines where accountability is essential, ensuring that ethical and scientific standards are not just encouraged but legally enforceable.

The Role and Mission of HDNA

With its new legal foundation, HDNA is positioned as far more than a professional guild. Its mission is threefold:

1. Representation of Professionals – HDNA serves as the official voice of dietitians and nutritionists in Greece, ensuring that their contributions are recognized within the healthcare system and that their rights are protected.
2. Advancement of Science – The association is committed to promoting research, fostering professional development, and ensuring that practice is grounded in the best available evidence.
3. Safeguarding Public Health – By defining practice, setting standards, and upholding accountability, HDNA contributes directly to the health and well-being of the Greek population.

This holistic approach reflects an understanding that dietetics and nutrition are not only about individual consultations but also about public health policy, disease prevention, and national well-being.

Building an Evidence-Based Future

Looking ahead, HDNA aims to be a catalyst for scientific collaboration and innovation. Nutrition science is rapidly evolving, with new insights emerging in areas such as microbiome research, personalized nutrition, and the role of diet in chronic disease management.

HDNA intends to:

- Support research initiatives in Greece.
- Build bridges with universities, hospitals, and international associations.
- Create opportunities for continuing professional education, ensuring that dietitians and nutritionists remain at the cutting edge of knowledge.

Just as importantly, Greece hopes to share its regulatory model with other nations. By providing a clear framework for defining professional practice, protecting the public, and promoting scientific excellence, the Greek experience may serve as inspiration for countries facing similar challenges.

Challenges and Next Steps

Of course, legislation is only the beginning. The success of this reform will depend on how effectively it is implemented and embraced. Some of the key challenges ahead include:

- Raising awareness among the public so that they understand the difference between qualified professionals and unregulated practitioners.
- Ensuring compliance, so that the provisions against impersonation and malpractice are enforced consistently and fairly.
- Supporting continuous professional development, so that dietitians and nutritionists remain equipped to meet the changing needs of the population.
- Strengthening inter-professional collaboration, integrating dietetics and nutrition more deeply into primary care, hospitals, and community health initiatives.
- These challenges are significant, but they are also opportunities. Each step toward stronger implementation is a step toward better health outcomes for the Greek people.

Conclusion: A Collective Achievement

The creation of HDNA as a legal entity under public law is more than a national milestone; it is a collective achievement of professionals, policymakers, and advocates who believe in the power of nutrition to transform health.

For Greek dietitians and nutritionists, it marks the beginning of a new era of recognition, responsibility, and opportunity. For the Greek public, it offers assurance that nutrition care is safe, ethical, and scientifically grounded. And for the international community, it provides an example of how legislation can align professional representation, scientific advancement, and public health protection.

As we move forward, HDNA remains committed not only to serving its members but to upholding the trust of society. We stand ready to collaborate with colleagues across Europe and the world, sharing insights, challenges, and successes in the shared mission of advancing dietetics and nutrition.

Panagiotis Lempesis

Secretary General,

Hellenic Dietitians and Nutritionists Association (HDNA)

News from the Dietitians'Association of Sri Lanka

Feeding Leftovers to Animals: Building Sustainable Food Systems

Food systems encompass every stage of food production and consumption, from farming, processing, and distribution to cooking, eating, and disposal. A sustainable food system ensures food security and nutrition for present and future generations while conserving environmental, social, and economic resources. However, approximately one-third of all food produced globally, about 1.3 billion tonnes, is lost or wasted annually. Reducing food loss and waste (FLW) is vital to achieving global food security. Estimates suggest that using less than one-fourth of this wasted food could end hunger for nearly one billion people worldwide. Recognizing this, the United Nations' Sustainable Development Goal (SDG) 12.3 aims to halve per capita global food waste by 2030, contributing to several other SDGs linked to nutrition, sustainability, and environmental protection.

The "food waste hierarchy," endorsed by the USEPA and FAO, provides a ranked framework for managing food waste. The most preferred option is prevention, followed by redistribution to humans, conversion to animal feed, composting, energy recovery, and finally, disposal in landfills as a last resort. Feeding food waste to animals, an ancient practice seen in early China, Japan's Edo period, Victorian England, and early 20th-century America, illustrates a circular, resource-efficient system. Though modern food safety laws have restricted the practice, when properly regulated, it remains a sustainable and economically beneficial method to reduce waste.

Using food scraps as livestock feed embodies the principles of a circular economy by transforming waste into value. It reduces reliance on landfilling, cuts greenhouse gas emissions, and supports sustainable livestock production. For smallholder farmers, particularly in developing countries, this approach lowers feed costs; which often make up 60–85% of total production expenses, improving profitability and resilience. This practice aligns with the "reduce, reuse, recycle" philosophy, promoting both environmental stewardship and economic sustainability. Environmentally, diverting

food waste from landfills reduces methane emissions; economically, it provides a low-cost feed source, allowing farmers to save money and operate more sustainably.

Global experiences highlight the effectiveness of well-regulated food waste-to-feed initiatives in promoting sustainability. Japan's Eco-Feed Program recycles over 800,000 tons of food waste annually into safe animal feed through strict biosafety and regulatory frameworks. South Korea, since 2005, has mandated food waste separation and banned landfilling, fostering strong environmental protection and public participation. Taiwan enforces a controlled swill feeding policy requiring heat treatment to prevent disease, ensuring biosafety in livestock feed. In the United Kingdom, "The Pig Idea" initiative revives traditional swill feeding under modern safety standards, encouraging responsible food waste use and public engagement. The United States employs systematic federal and state regulations to maintain safety and compliance, while China combines technology with peri-urban pig farming to optimize efficiency, sustainability, and disease prevention.

Sri Lanka demonstrates notable progress, converting about 82% of its urban food waste into pig feed; reducing landfill use and production costs. However, it still faces biosafety and disease control challenges. By learning from Japan and Taiwan's safety regulations, South Korea's public involvement, and China's technological innovation, Sri Lanka can strengthen its circular economy model. Integrating stricter biosafety measures, effective regulation, and greater community awareness will enhance sustainability and food system resilience.

Despite the promise of these practices, challenges persist. Using food residuals as animal feed requires strict regulation and nutritional balance to avoid disease risks and ensure livestock health. Historically, bans on swill feeding were introduced after outbreaks such as foot-and-mouth disease, highlighting the importance of biosecurity. Some processed foods may also contain ingredients unsuitable for animal consumption, necessitating careful monitoring and adherence to safety protocols.

Nevertheless, these obstacles can be overcome through science-based regulation, proper feed formulation, and public education. The balance between safety, sustainability, and efficiency is crucial. When implemented responsibly, feeding food waste to animals aligns with global sustainability goals, reducing greenhouse gas emissions, supporting smallholder farmers, and cutting feed costs.

Feeding food waste to animals offers a viable pathway toward environmental sustainability, food security, and economic resilience. It diverts significant waste from landfills, lowers greenhouse gas emissions, and promotes resource efficiency in agriculture. For developing nations, this approach can meaningfully reduce production costs and enhance food system sustainability. However, robust biosafety and regulatory frameworks are essential to safeguard both human and animal health. Through international collaboration, technology integration, and public engagement, the transformation of food waste into animal feed can become a cornerstone of a circular, sustainable global food economy.

F.A.Z.Firouse,

Past President,

Dietitians' Association of Sri Lanka

News from the Italian Scientific Association of Nutrition and Dietetics (ASAND)

THE ROLE AND COMMITMENT OF ITALIAN DIETITIANS SPECIALISED IN INHERITED METABOLIC DISEASES

Giorgia Gugelmo1, Martina Tosi2, and Alice Dianin3

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2 Technical Scientific Association of Food, Nutrition and Dietetics (ASAND); Dietetics and Nutrition Working Group, Italian Society for the Study of Inherited Metabolic Diseases and Newborn Screening (SIMMESN)

3 Vice-President Italian Society for the Study of Inherited Metabolic Diseases and Newborn Screening (SIMMESN); Strategic Group on Ketogenic Diet Therapy, Technical Scientific Association of Food, Nutrition and Dietetics (ASAND)

Inherited metabolic disorders (IMDs) are a large group of rare genetic diseases, over 1,600 identified, often involving enzyme deficiencies. These metabolic alterations can severely affect organs such as liver, brain, heart, muscles, and kidneys. Nutritional management is a key component of care, involving strict dietary restrictions, specialized foods, nutrient supplementation, and tailored protocols during illness to prevent metabolic crises. Thanks to early diagnosis and improved treatments, life expectancy for patients with IMDs has increased, making long-term nutritional outcomes an area of growing clinical interest. Dietitians, as qualified healthcare professionals (HCPs), play a crucial role in managing IMDs through Medical Nutrition Therapy, offering personalized care plans and patients' education. The role of metabolic dietitians has expanded with emerging new therapies and the growing use of telemedicine, now recognized as an essential and well-established tool for providing nutritional support to these patients.

Since 2016, Italian law has greatly expanded newborn screening including over 50 IMDs (1), positioning our country among those with the highest number of genetic diseases screened at birth and allowing many newborns to benefit from early, life-saving dietary therapies that help prevent severe complications.

Two surveys were conducted among Italian dietitians working with IMDs, the first in 2014 and the second in 2024 (2). These surveys aimed to assess the status of Italian dietitians in the IMDs field, identify critical gaps in workforce distribution, training, and service accessibility, and provide insights and strategies to improve care and promote equity within the national healthcare system.

The 2014 survey included 17 questions across four thematic areas: general information, clinical activities, team composition, and training. The 2024 survey, updated to reflect current challenges, featured 27 questions and added sections on telemedicine and full-time equivalent (FTE) staffing. Both were submitted to the Nutrition and Dietetic working group of the Italian Society for the Study of Inherited Metabolic Diseases and Neonatal Screening (SIMMESN).

In 2014, 20 HCPs responded to the IMD survey; in 2024, responses increased to 37. 45% of the 2014 respondents were younger than 45 years, while in 2024 most (86%) were under 45. Both surveys showed a predominance from northern regions, with limited representation from southern regions

and islands. In both years, most participants were registered dietitians. IMD-specific training was mainly acquired through congresses or short courses, with only a few reporting formal university education on IMDs (often gained abroad). Permanent employment increased from 60% in 2014 to 80% in 2024. Despite this, over half in 2024 had an FTE below 0.5, and 60% were responsible for more than 100 patients. Multidisciplinary collaboration remained common, but workload and emergency management were perceived as significant challenges. Telehealth use increased substantially, often beyond contracted hours. Service facilities were the main setting for IMD care, while research and hospital ward time remained low represented. Respondents highlighted unmet needs including limited compensation for extra tasks like telehealth, and a lack of standardized national guidelines. They called for more formal education opportunities, dedicated roles for IMDs, and stronger research involvement. Participation in scientific work rose from 45% in 2014 to 80% in 2024, though time spent on research remained low. Many expressed interests in contributing to guideline development and a national IMD dietitian network.

Despite improvements in job stability and professional qualifications, major disparities persist in geographic distribution, patient load, and FTE assignments. Over half of 2024 respondents dedicated less than 50% of their time to IMD care, with many managing over 100 patients with limited support. Telemedicine, essential in IMD care, is widely used but often unrewarded and untracked. Dietitians reported limited time for inpatient care and research, despite growing interest in scientific work. The complexity of IMDs demands specialized roles, yet formal education programmes, recognition, and adequate compensation are lacking. Participants stressed the need for national nutritional guidelines, better training access, and collaborative networks. SIMMESN, SSIEM (Society for the Study of Inborn Errors of Metabolism), GMDI (Genetic Metabolic Dietitians International) and European networks like MetabERN could promote research and clinical standardization. Expanding the dietitian's role in policy-making, clinical and research protocols, and patient-centered digital tools would enhance their impact. Recognition of IMD nutritional care activities and full core competences is crucial to ensure care quality and professional development of metabolic dietitians.

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News from The Singapore Nutrition and Dietetics Association (SNDA)

A COLLABORATIVE EFFORT FOR HEALTH

SNDA Members in Action at the 2025 Public Health Service Event

On 16–17 August 2025, members of the Singapore Nutrition and Dietetics Association (SNDA) actively participated in the Public Health Service (PHS) event, an annual community health initiative organised by the Yong Loo Lin School of Medicine, National University of Singapore (NUS). Held at the Frontier Community Club, the event was led by the NUS Medical Society, with the aim of improving the health of the local community through both primary and secondary prevention strategies.

The PHS event offers free health screenings and educational exhibitions to promote public health awareness, encourage individuals to take personal responsibility for their well-being, and connect them with local healthcare resources. This initiative not only provides accessible health services but also nurtures a sense of community-driven care.

SNDA's Role in Empowering Health Choices

SNDA members played a key role in the success of the two-day event. Nutritionists managed the Health Exhibition booth, engaging 128 participants with interactive displays and information about the impact of nutrition on overall health. Meanwhile, Dietitians provided personalised dietary consultations to 99 members of the public, offering practical and evidence-based advice for managing metabolic conditions such as diabetes, high blood pressure, and high cholesterol.

By collaborating with the NUS Medical Society, SNDA created a valuable platform for its members to contribute meaningfully to community health efforts. Our volunteers brought not only their professional knowledge but also a compassionate and people-centred approach to healthcare, helping individuals understand their nutritional needs and make sustainable dietary changes.

Ongoing Commitment to Community Health

The SNDA's participation in PHS 2025 reflects its strong commitment to advancing public health through nutrition. By dedicating their time and expertise, our members are actively shaping a healthier future for the community.

We thank all our volunteers for their dedication and commend the NUS Medical Society for organising this impactful event. Together, we continue to build a stronger bridge between the public and the healthcare system, one conversation, one consultation, and one healthy habit at a time.

Credit to our volunteers involved

Belinda Leow
Chik Xiao Si Faye
Kua Pei San
Tang Sin Loon
Tang Ge
Chew Soo Cheng
Gauri Ramachandran
Joanna Ang Lu Peng
Loh Win Nie
Amanda En Qi Goh
Seah Gek Kiam
Shroff Padma Phani
Suwaathi Seager
Pavitra
Yap Mei Chin
Teo Chun Yi
Shreenidhi Srinivasan
Serene Wenghan Lam
Monika Pushkarna
Loh Hui Xin
Shandhiya Venkatesan
Renie Shazleena Binte Rosmadi

News from The Academy of Nutrition and Dietetics

The Academy of Nutrition and Dietetics publishes a statement against Global Famine

The Academy of Nutrition and Dietetics publishes public statements on major health issues. A very important statement on the problem of global famine was released in April, 2024. The Academy is urgently calling on world leaders and policymakers to work together to end global hunger. The Academy aims to improve people's health through food and nutrition, and in the statement on famine, the Academy emphasizes that it is a moral duty to ensure everyone has access to food and water.

The call to action against famine highlights four key areas:

- Guaranteed access: Allocate resources to ensure that everyone, everywhere, has access to food and water.
- Stop using hunger as a weapon: End the deliberate restriction of food and water in times of conflict.
- Protect aid workers: Support and protect humanitarian workers who are trying to deliver life-saving supplies.
- Prevent famine: Implement effective strategies to stop famine before it starts.

Famine is most often triggered by conflict, particularly when access to food and water is deliberately restricted or destroyed and people are forcibly displaced from their communities. Environmental contributors include drought or flooding, extreme temperatures, insect infestations and diseases affecting crops and livestock. Economic crises exacerbate the situation by increasing unemployment and poverty and reducing resources to address food needs for vulnerable populations. Famine devastates communities, disrupts economies and deepens global inequalities — and it must be prevented through concerted action, innovative policies and sustained commitment to our collective humanity.

The statement on global famine is a blueprint for action to drive transformative change as highlighted in the newly released strategic plan of the Academy for 2025-2030. The new strategic

plan prioritizes professional empowerment of nutrition and dietetics professionals as a key approach to serve communities and advance professionally.

The message is a powerful one: the international community must make ending suffering from starvation and malnutrition a top priority, without exception.

To access and read the Academy's complete statement on famine, please go to: https://www.eatrightpro.org/about-us/who-we-are/public-statements/famine-statement

To access and read the Academy's strategic plan, please go to: https://www.eatrightpro.org/about-us/our-work/academy-strategic-plan

Constantina Papoutsakis, PhD, RD

Senior Director, Data Science Center

News from The Association for Dietetics in South Africa (ADSA)

The Association for Dietetics in South Africa (ADSA) is the professional organisation for registered dietitians in South African. The aims of the association are to serve the interests of dietitians in South Africa and promote the nutritional well-being of the community.

1. Introducing the new ADSA Executive Committee (2025 – 2028)

ADSA proudly introduces the newly elected Executive Committee of ADSA. This dedicated group of professionals has volunteered their time and expertise to lead the association over the next three years, with a clear focus on advancing the profession of dietetics across the country. During this term, the committee will focus on four key operational priorities: Finance, Membership, Continuing Professional Development, and Communication. These areas are critical to ensuring that ADSA remains a sustainable, relevant, and supportive professional home for all dietitians in South Africa.

2. Care2Care Project

In 2024, ADSA embarked on the Care2Care project, in partnership with The Nutrition Society and funded by Global Health Partners. The overarching aim of the project was to strengthen the mental well-being and resilience of healthcare professionals by equipping them with knowledge and tools to better manage mental health challenges, both in themselves and in their professional environments.

The project delivered three key outcomes:

1. A national needs assessment conducted among healthcare workers to identify the most pressing challenges related to mental health support. The findings informed the content and structure of the self-directed learning course.
2. A self-directed online learning course, designed to build foundational knowledge and promote mental health literacy among healthcare professionals. The course is freely available on the ADSA Learn platform (**https://adsa.org.za/courses/care2care/**).
3. A facilitator training guide, developed to support the delivery of in-person or virtual workshops, ensuring scalable and sustainable impact beyond the duration of the project.

At project completion on 30 June 2025, 151 participants enrolled for the course, representing 12 professions registered under the Health Professions Council of South Africa, with 52 participants completing the course in time for statistical analysis. 81.1% of participants demonstrated an increase in knowledge and awareness on the subject matter post assessment. The feedback on the self-learning course as well as the workshop has been overwhelmingly positive, highlighting the need for similar initiatives and interventions post project completion.

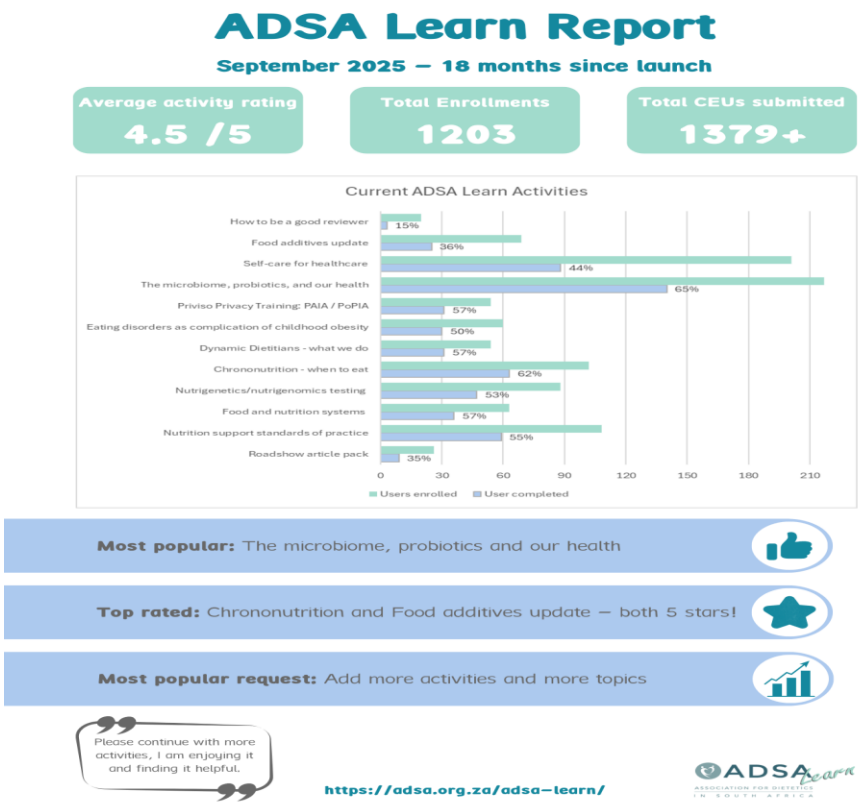
ADSA was delighted to host Sabrina Sangha, the NHS volunteer for the project, in Cape Town. Sabrina currently works as a Senior Specialist Women's Health Dietitian in the UK. Sabrina shared a bit about her experience as a volunteer:

"During my trip to South Africa as an NHS England volunteer, I had the privilege of supporting the creation and delivery of facilitation sessions for the Care2Care Project. One of my key reflections was to consider the role of facilitation over teaching. I saw first-hand how facilitation empowers people to share their own insights and experiences, making the learning far more impactful. I also learnt the importance of keeping sight of the aim. It's easy to go off on tangents or add new ideas, but this can risk derailing the core purpose of a project. Finally, I discovered that for any future international work, hospitality and generosity are fundamental languages. They are what truly build trust, relationships, and collaboration. These lessons have been invaluable in my new role setting up a women's health dietetic clinic in North East London with Barts Health Trust. I'm incredibly grateful to ADSA for their time, warmth, and generosity. It was an unforgettable experience."

3. ADSA Learn

ADSA is proud to have launched our very own online continuous professional development (CPD) and learning platform, **ADSA Learn** - a platform where dietitians and other healthcare professionals could learn, share, and grow together. ADSA's goal is to make learning accessible, engaging, and valuable to anyone. ADSA Learn hosts a wide range of CPD activities, offering something for every learning style - webinars, journal articles and insights (short self-directed learning lessons).

The current collection of activities on ADSA Learn offers 32 continuing education units, of which 12 are for ethics. This includes 3 activities that are available free of charge, and 3 activities aimed at all health professionals. ADSA Learn is open to anyone to register an account on the platform, and new activities are added monthly.



4. **Stay In Touch**

Stay in touch with ADSA and help us spread the word to promote optimal nutrition for all South Africans:

- http://www.adsa.org.za
- info@adsa.org.za or coo@adsa.org.za
- www.facebook.com/ADSAorgza
- https://www.instagram.com/adsaorgza/
- https://x.com/adsaorgza
- https://www.linkedin.com/in/adsa-rdsa-045088305?utm_source=share&utm_campaign=share_via&utm_content=profile&utm_medium=ios_app
- https://www.youtube.com/@adsa-associationfordieteti7038

News from the Indonesian Dietitian Association (AsDI)

The 9th National Dietitian Workshop: Transforming Hospital Nutrition Services in Indonesia

Indonesia continues to strengthen its role in advancing hospital-based nutrition services through professional development and accreditation initiatives. The 9th National Dietitian Workshop was convened by the Indonesian Dietitian Association (AsDI) at Ijen Suites Hotel, Malang, East Java, on August 21-23rd, 2025. The workshop carried the theme: Achieving Superior Competence of Nutrition

Professionals in Patient Management as an Effort to Optimize Quality and Standards of Hospital Nutrition Services for Health Service Transformation." This theme underscores the importance of professional competence as a foundation for hospital nutrition services that are standardized, accredited, and aligned with Indonesia's broader health transformation agenda.

Pic 1: The opening ceremony by traditional local dance "Reog Ponorogo" performance

The event was attended by 600+ dietitians from across Indonesia, reflecting the profession's unity and growing momentum. The opening ceremony was marked by the traditional local dance "Reog Ponorogo" performance, a cultural symbol of East Java's resilience and artistry. The plenary session that followed featured distinguished experts from Indonesia and abroad, who addressed global and national perspectives on nutrition competence, hospital accreditation, and interprofessional collaboration.

Among the speakers were Ir. Dody Izwardi, BSc, MA, PhD, who spoke on the development of human resources in nutrition to meet global challenges; Dr. Djoti Atmodjo, Sp.A, MARS, FISQua, CI, CRP, who emphasized the role of dietitians in patient-centered care and hospital accreditation; and Prof. Dr. Susetyowati, DCN, M.Kes, who highlighted Recognition of Prior Learning (RPL) in dietitian education. International perspectives were provided by Prof. Dr. Barakatun Nissak of Universiti Putra Malaysia (UPM) on obesity management, and Ms. Jamila Abdul Jamil of International Medical University (IMU) Malaysia on implementation of the nutrition care process.

In addition to plenary discussions, participants also engaged in specialized workshops that addressed both advanced clinical nutrition practice and strategic areas of service management. Topics included medical nutrition therapy for critical illness, cancer, diabetes with complications, kidney disease, and pediatric intensive care, as well as workshops on food safety management and nutrigenetics. Certification programmes—CHNMP (Certified Hospital Nutrition Management Professional) and CCNCP (Certified Clinical Nutrition Care Professional)—were introduced, providing participants with pathways to recognized professional credentials.

A defining feature of this year's workshop was the collaboration between Indonesian Dietitian Association (AsDI) and the Hospital Accreditation Committee (KARS), marking the first joint effort to ensure that nutrition services within Indonesian hospitals meet standardized and accredited benchmarks. This collaboration not only raises the professional profile of dietitians but also integrates nutrition care into national health priorities.

The 9th National Dietitian Workshop thus represents more than professional training; it is a milestone in Indonesia's effort to transform hospital nutrition services through competence, accreditation, and international collaboration. The outcomes of this workshop are expected to ripple across the country, ensuring that patients in hospitals receive nutrition services that are both evidence-based and globally respected.

Anna Maria Ariesta Putri, RD

for Indonesian Dietitian Association (AsDI)

News from Swedish Association of Registered Dietitians (DRF)

The Swedish Association of Registered Dietitians (DRF) are very honoured to have hosted the EFAD Congress 2025, from October 24-25, in Malmo, Sweden. This is the first time the congress has been hosted in Sweden, and several Swedish dietitians have been involved in developing the programme for the congress, as part of the scientific committee. The theme of this year's congress was "Rethink. Reform. Sustain. Dietitians at the Forefront of Change" with a broad range of topics, including artificial intelligence, obesity/NCDs, sustainable public meals, and career development.

Description of professional competencies

DRF are currently developing a description of professional competencies for registered dietitians in Sweden. Similar descriptions have been developed by registered nurses and occupational therapists in Sweden, among others. The purpose is to provide a description for our members of their competencies, but also to share with healthcare providers, managers and others in order to highlight

the extensive competences of Swedish dietitians. The description encompasses dietetics, the nutrition care process, person-centred care, collaboration, evidence-based care, quality improvement, e-health, supervision, pedagogy, and patient safety.

PUSH - Platform for User-centric Sustainable Health through food

DRF is taking an active part in a project trying to reform the Swedish food system with a focus on establishing a food system that promotes a healthy life for all by 2035. The project has identified a number of areas were change is needed, including limiting the promotion of unhealthy foods to children through advertising and lowering taxes on healthy foods, such as fruit and vegetables, alongside a voluntary commitment by food producers to develop and promote healthier foods. All stakeholders in the food system need to commit to change and transformation, including politicians and other decision-makers.

Improving our newsletter

Our bimonthly digital newsletter is one of our most important communication channels for our members. Thus, we try to regularly see how we can make improvements. A year ago, we introduced a new segment called “Hi member!” where we present an interview with one of our members to provide an insight into their career and area of work. This way our members, both students and practicing dietitians, can inspire each other and become curious about all the different areas of work and possibilities as a dietitian.

Susann Ask, Kjell Olsson

News from the Colegio Mexicano de Nutriólogos (CMN)

30 Years of History and Commitment to Nutrition in Mexico

In Mexico, the Colegio Mexicano de Nutriólogos (CMN) is the only organization officially recognized by the Directorate General of Professions of the Secretariat of Public Education (SEP). It holds the authority to oversee professional standards and the certification of Nutrition practice nationwide. Since its founding in 1995, it has played a key role in consolidating the profession, serving as a technical and ethical benchmark that promotes excellence, scientific evidence, and responsible professional practice among dietitians in Mexico.

Over the past three decades, the CMN has achieved significant milestones that have strengthened the professional standing of Mexican dietitians. Among its accomplishments are the establishment of the National Certification System for Dietitians, the creation of the Ethical Code for Professional Practice, and the development of continuous education programmes that have benefited more than 10,000 professionals across the country. The CMN has also been an active participant in the formulation of national nutrition policies and has promoted collaboration with universities, research institutions, and international organizations to advance evidence-based nutrition.

In 2025, the CMN is renewing its vision toward 2035, focusing its mission on strategic collaboration, social recognition, and international engagement. This new stage is grounded in the integration of the Sustainable Development Goals (SDGs), inclusion, equity, the promotion of human rights, and the daily practice of universal ethical values. These principles create a space that fosters scientific, academic, and professional growth for nutrition experts across the country.

Currently, in a nation where there is approximately one dietitian for every 19,400 inhabitants, the CMN’s work, carried out in synergy with international organizations, serves as a reference point for building bridges that strengthen ethical, evidence-based professional practice. Guided by this vision,

on March 22, 2025, the 2025–2027 Board of Directors was inaugurated under the presidency of PhD Edwin Martínez Leo, NC, reaffirming the institution's commitment to strengthening professional identity and leadership among Mexican dietitians. This new Board builds upon the solid foundation laid by previous leaderships, whose contributions have ensured institutional growth, transparency, and sustained professional recognition over the years.

Aligned with this mission, on June, 2025, the CMN hosted the 7th International Congress of Nutrition and the 10th Ibero-American Congress of Nutrition of the Ibero-American Nutrition Alliance (AIBAN). The event brought together 506 participants and featured five keynote lectures, four panel discussions, five working modules, 42 speakers, and 46 research presentations.

During this event, the CMN celebrated 30 years of continuous work in support of nutrition in Mexico, recognizing its founding members and the dietitians who achieved the CMN's formal registration with national authorities. Special recognition was awarded to two distinguished Mexican dietitians: Dr. Martha Kaufer Horwitz, NC, who received the Award for Academic Excellence in Nutrition, and PhD Elizabeth Solís Pérez, NC, who received the Award for Innovation and Social Change in Nutrition. These honours, conferred for the first time by the CMN, acknowledge outstanding professional achievement and lifelong contributions to advancing nutrition science and practice in Mexico.

As an active member of the International Confederation of Dietetic Associations (ICDA), the CMN promotes global collaboration and professional exchange among dietitians. This international engagement will reach a historic milestone in 2032, when Mexico will host the International Congress of Nutrition and Dietetics (ICND), organized by the ICDA. This event will represent a unique opportunity to showcase Mexico's scientific progress, leadership, and innovation in Nutrition to the world.

Thirty years after its founding, the CMN stands as the technical and ethical voice of Nutrition in Mexico, leading a profession that continues to evolve in response to global challenges. Its history is a testament to leadership, unity, and scientific commitment; its present, a platform for innovation, collaboration, and professional development; and its future, a promise of ongoing transformation that transcends borders. In this new chapter, the CMN projects Mexican Nutrition onto the international stage, consolidating a legacy that honours its past while shaping a future in which every dietitian contributes—through their profession

Ph.D Edwin Martínez-Leo, NC

President of Colegio Mexicano de Nutriólogos

Ph.D Elizabeth Solís Pérez, NC

Full time Professor, Administrative Director, Universidad Autónoma de Nuevo León

News from Dietitians Australia

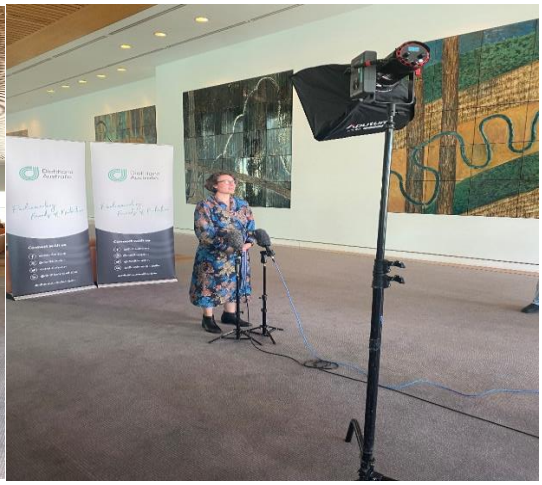
Dietitians in Australia launched a national call to action on the safe and effective use of weight loss medicines. On 25 August 2025, Dietitians Australia made national headlines across Australia with the launch of a powerful call to action at Australian Parliament House, urging the Federal Government to ensure that anyone prescribed weight loss medicines is also supported with access to a dietitian.

The event marked the highest-performing media day in Dietitians Australia's history, with coverage across every major national television network and widespread attention in print, radio and online media.

In Australia, GLP1s are not yet available on the public subsidised pharmaceutical benefits scheme for weight management, however, there is an application pending approval with the domestic advisory committee due to be announced in December this year. There is increasing public and political interest in the use of these medicines which is playing out in advocacy communities and in the media. Dietitians Australia is working to position the profession as a critical safeguard for safe and ethical care.

No weight loss drugs, without dietitians

Dietitians Australia called together a National Press Gallery Media Stand Up following it's Parliamentary Friends of Nutrition Event on weight loss medicines. As part of the press stand up, Dietitians Australia President Dr Fiona Willer delivered a simple but powerful message, "Where a prescription for weight loss medicine is placed in an Australian's hand, for any purpose, a letter of referral to an accredited practising dietitian should be placed in the other hand.



“We must not overlook the importance of nutrition when it comes to the safe use of these medicines,” Dr Willer said. Dr Willer cautioned that GLP-1 medicines can profoundly suppress appetite, putting people at risk of malnutrition, muscle and bone density loss, and disordered eating if not appropriately supported.

Ongoing national advocacy and public positioning

The Canberra press event built on our ongoing media campaign, positioning dietitians at the centre of the national weight concern conversation. Earlier in 2025, Dietitians Australia sent strong signals to foreshadow our call to action in the media, when headlines emerged that the Royal Australian College of General Practitioners (RACGP) was actively lobbying for weight management medications to be subsidised under Australia’s Pharmaceutical Benefits Scheme.

“We acknowledge the strong and growing evidence base on the efficacy of semaglutide medicines for inducing weight loss and regulating blood sugar, as well as the significant side effects experienced,” Dr Willer said at the time. “We know these medications can have a major impact on people’s appetite and nutrition, and it is critical they are well supported by their GP and dietitian.

Working more closely with our General Practitioners and the Medical Community

To launch our call to action, we positioned ourselves as critical partners with the General Practitioner community. We held the media stand-up in collaboration with Dr Terri-Lynne South, Chair of the RACGP’s Obesity Management Specific Interest Group, herself an accredited practising dietitian, to deliver a unified message.

“Obesity is a complex health issue that requires comprehensive solutions, it’s not just about losing weight, it’s about gaining health,” Dr South said.

“Dietitians play a key role in helping patients maximise benefits and minimise side effects when using GLP-1 medicines.

This is the first time Dietitians Australia has united our voice with GPs in the public sphere, and it has been incredibly impactful for us to support our authority and legitimacy in our ongoing advocacy discussions on this issue.

Continued lobbying to ensure dietitians are well integrated in chronic disease care

Dietitians Australia has also continued to press for structural health reform to make nutrition care accessible to all Australians using weight management medicines.

“Many Australians being prescribed these medicines live with chronic disease,” said Chief Executive Officer, Magriet Raxworthy.

“They need affordable access to accredited practising dietitians for ongoing support and behaviour change. We’ve long called for at least 12 sessions of government-funded dietetic care each year for people managing chronic conditions. Currently in Australia, there are only 5 public funded sessions, which are shared across all allied health professions in one calendar year. We know this is grossly inadequate for anyone living with a chronic condition or multiple chronic conditions.

“In our conversations with Parliamentarians, we are continuing to emphasise that spending public money on weight pharmacotherapy, without adequate dietetic support, is a wasted and unsustainable investment of public funds.

We would love to hear from our international dietetic community

We know we aren’t alone in this campaign effort, and what we are experiencing in Australia reflects a global shift as governments and healthcare systems navigate the surge in weight management medicines.

Dietitians Australia warmly invites collaboration and insights from our ICDA community who have completed or are undertaking comparable initiatives. Sharing learnings and strategies will help strengthen ethical, evidence-based frameworks that keep nutrition and dietitians at the heart of weight concern care. You can connect with us via email info@dietitiansaustralia.org.au

Amy Phillips | Media Manager

Dietitians Australia

Announcement

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

Don't forget to follow the ICDA on LinkedIn and Instagram for more updates. www.linkedin.com/company/internationaldietetics and ICDA_internationaldietetics. Do not forget to share with all your professional contacts.

Sustainability https://icdasustainability.org - Don't forget to check out the sustainable food systems project - https://icdasustainability.org . Check to see if your region or country has a sustainable food systems regional contact SFS Toolkit Regional Contacts – Sustainability (icdasustainability.org). If not ask us how your NDA can get involved.

ICDA Strategy: The strategic priorities for the ICDA for 2025-2029-was shared in March this year https://internationaldietetics.org/icda-strategic-plan/ We look forward to sharing some of the implementation details at the AGM in September.