International Confederation of Dietetic Associations

Dietetics and Nutrition Around the World

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Feature Article

Measuring What Matters: How the Academy of Nutrition and Dietetics Supports Nutrition Practice and Research

ANDHII Research Project Senior Manager, Data Science Center, Academy of Nutrition and Dietetics

Documentation is not just an administrative task - it's existential. While David Hage spoke these words in the context of social work, they absolutely apply to nutrition and dietetics, too. Hage wrote: "When done properly, high-quality documentation can serve many beneficial purposes, including but not limited to serving as a justification of clinical reasoning, a point of reference for the documenter, a communication tool between care providers, and a way to prove legal and regulatory compliance." Data are integral to nutrition and dietetics not just for evidence-based care but also to monitor cohort progress and treatment efficacy. Data are important for demonstrating this efficacy to stakeholders and decision-makers, including other public health officials and other members of the medical care team.

The Academy of Nutrition and Dietetics Health Informatics Infrastructure (ANDHII) is a secure web-based tool that allows dietetics professionals to collect, track, and analyze nutrition care using standardized methods and terminology (NCPT). ANDHII is user-friendly, can be accessed from anywhere in the world, and is suitable for clinicians, researchers, educators, and students.

Like many other aspects of medical care, dietetics professionals have often been advocates for continuity of care. Adequate and streamlined data collection facilitates that goal. However, the 'next step' in this is to bridge gaps between providers, facilities, and systems. Conceptually, this process (interoperability) is straightforward: different systems speaking the same language.

The Academy is leading a study (CONNECT – funded by the United States Administration for Community Living) to track the effectiveness of medically tailored meal intervention in the community setting for older adults facing malnutrition and food insecurity after they are discharged from a hospital. As part of this study, clinical dietitians evaluate the study participants in the hospital, document care in ANDHII, and then refer the participant to a community-based meal organization. A dietitian at the community organization can track the patient's medical and nutrition history in ANDHII and add their own follow-up visits.

The CONNECT Study will test the feasibility of this referral process itself as well as the use of interoperability between hospital site electronic health record (EHR) systems and ANDHII. Using the HL7 FHIR standard, numerous data elements from the EHR can be transferred automatically via an API call into ANDHII: anthropometrics, demographics, patient contact information, biochemical values, etc. This has the capability to increase the quality of data (reduced errors) as well as to lower the administrative burden of data entry into ANDHII - freeing up the dietitian to spend more of their time providing hands-on patient care. As mentioned earlier, data are crucial for documenting and proving efficacy, but that does not preclude lowering the level of effort involved.

Interoperability is a large topic with many varietals including across campuses of the same organization, patient-facing portals, between EHRs of different vendors, and from an EHR to non-EHR applications. In any case, interoperability helps improve visibility of critical healthcare data, contributes to continuity of care, and helps harness the power of data while mitigating the need for burdensome data entry. We invite all to imagine how standardized documentation (as in ANDHII) and interoperability could benefit practitioners in your own countries and practice settings.

More information regarding the CONNECT Study can be found at:
https://www.eatrightpro.org/practice/research/current-studies/connect-study

More information about ANDHII can be found at:
https://www.eatrightpro.org/practice/research/about-dietetics-research/andhii and
https://www.andhii.org

Cody Jordan, MS

National Dietetic Association Reports

News from the German Association of Dietitians (VDD)

Updating Professional Guidelines: Reaffirming the Core of the Dietetic Profession

In May 2025, the German Association of Dietitians (VDD) adopted a revised and expanded edition of its Professional Guidelines – Mission Statement and Principles for the Professional Conduct of Members. This update is more than a formal revision: it is a contemporary reaffirmation of what it fundamentally means to be a dietitian in an increasingly complex, digitalized, and sustainability-oriented healthcare landscape.

A Clear Professional Identity in a Changing World

Dietitians occupy a unique position within healthcare systems. In Germany, dietetics is the only nationally regulated health profession in the field of nutrition, with a protected professional title and standardized state-regulated training. The updated guidelines emphasize this distinct professional identity and clearly define dietetics as an independent, responsible, and process-oriented healthcare profession. Dietitians are described as enabling, supporting, and accompanying individuals and groups toward diets that are therapeutically appropriate, safe, culturally sensitive, and sustainable .

By explicitly outlining therapeutic, rehabilitative, palliative, preventive, and health-promoting roles, the guidelines strengthen international understanding of dietetics as an integral component of multidisciplinary healthcare rather than an auxiliary service.

Ethics as the Foundation of Professional Practice

At the heart of the revised guidelines lies a strong ethical framework aligned with the principles of autonomy, non-maleficence, beneficence, and justice. These principles, rooted in the International Code of Ethics of the International Confederation of Dietetic Associations, are explicitly extended to new contexts such as digital health tools and artificial intelligence .

Informed consent, participatory decision-making, and respect for human dignity are emphasized as non-negotiable foundations of dietetic care. Importantly, the guidelines acknowledge the complexity of patients' lives by requiring dietitians to consider social, cultural, psychological, religious, and biographical factors when designing nutritional interventions.

Evidence-Based and Process-Oriented Care

The updated document reaffirms that dietitians must practice lege artis—in accordance with the current state of scientific knowledge and recognized professional standards. Evidence-based practice is paired with a structured, process-oriented approach, such as the Nutrition Care Process, ensuring transparency, quality assurance, and cost-effectiveness in care delivery .

This clarity is particularly relevant internationally, as it aligns German professional standards with globally recognized best practices while providing a concrete model for countries seeking to further professionalize dietetic services.

Sustainability and Social Responsibility

A notable expansion in the 2025 revision is the explicit integration of sustainability and food security into professional responsibility. Dietitians are called upon to advocate for nutritionally adequate and environmentally responsible food systems, while minimizing harmful climate and environmental effects .

This reflects a broader shift in the profession worldwide: nutrition therapy is no longer viewed solely through an individual health lens, but also as a societal and planetary responsibility. By embedding sustainability within ethical and therapeutic standards, the guidelines position dietitians as key actors in addressing global challenges such as climate change and health inequities.

Legal Accountability and Professional Integrity

The guidelines provide detailed guidance on legal compliance, including duties of information, documentation, confidentiality, and professional independence. By clearly articulating these obligations, the document reinforces trust in dietitians as accountable healthcare professionals who act free from improper influence and commercial bias .

Rules on advertising and remuneration further underline the balance between professional autonomy and ethical restraint, ensuring that public communication serves the credibility of the profession rather than undermining it.

Lifelong Learning and Collaboration

Finally, the update underscores continuous professional development as both an ethical obligation and a cornerstone of professional identity. Lifelong learning, interprofessional collaboration, and

collegial respect are framed as essential to maintaining quality of care and advancing the profession within healthcare systems .

Conclusion

The revised Professional Guidelines of the German Association of Dietitians articulate a modern, internationally relevant understanding of dietetics: ethically grounded, evidence-based, legally accountable, and socially responsible. In doing so, they not only guide professional conduct within Germany, but also contribute to a shared global vision of dietitians as indispensable healthcare professionals committed to individual well-being and public health alike.

Manuela Thul

ICDA Delegate

News from the Austrian Association of Dietitians

Dietetics Austria is pleased to share an update on recent developments within the Austrian dietetics profession. Over the past year, the association has been strongly engaged in legislative work, policy dialogue and professional advocacy. These activities gained additional momentum following the establishment of Austria's new federal government in spring 2025, which opened the door to several introductory meetings with key political leaders. These meetings provided an important opportunity to highlight the essential role of dietitians in prevention, chronic disease management and the overall strengthening of Austria's healthcare system.

A significant milestone for the profession was the entry into force of the new MTD Act on 1 September 2024. This legislation created a modern and clear legal foundation for all medical-therapeutic-diagnostic health professions, including dietitians. One of the most important innovations is the formal anchoring of the Dietetic Process, which defines the professional profile, responsibilities and competence areas of dietitians more precisely than ever before. The Act also introduced an important improvement for preventive work: individuals can now access dietetic therapy in primary and secondary prevention without the need for a medical referral. This shift supports earlier intervention and makes dietetic care more accessible to the public. In addition, the new law establishes the basis for future specializations and higher qualifications within the profession. The former designation "Medical-Technical Services" was replaced by the more fitting term "Medical-Therapeutic-Diagnostic Health Professions," reflecting a broader and more contemporary understanding of professional roles in healthcare.

These legislative changes have shaped much of Diaetologie Austria's advocacy work. In recent months, the association has participated in several meetings with the State Secretary for Health, the Minister of Social Affairs and regional health leaders. Each meeting was an opportunity to present both current challenges and forward-looking solutions. A recurring topic has been the limited availability of dietitians in Austria's outpatient sector, which significantly restricts access to nutrition therapy for people living with chronic conditions. Diaetologie Austria emphasised the need to integrate dietitians into multidisciplinary care models, strengthen their visibility within digital health infrastructures and ensure reimbursement options that allow more individuals to benefit from professional dietetic support.

A central element in these discussions was the presentation of the joint 3-Point Plan developed with MTD Austria. This strategy outlines a shared vision for strengthening the medical-therapeutic-diagnostic professions across Austria. The first pillar focuses on ensuring contemporary and accessible patient care, including stronger integration of MTD professions into national insurance structures and digital health systems. The second pillar aims to modernize education and training, proposing federally funded Master's and Doctoral programmes, expanded training capacities and a robust framework for continuing professional development. The third pillar addresses professional recognition, calling for stronger participation of the MTD professions in regional health planning processes and policy development. Diaetologie Austria continues to emphasise these priorities in all policy conversations and sees them as essential building blocks for a future-oriented healthcare system.

Alongside these political developments, the Austrian dietetics community celebrated a major professional highlight: the 42nd Annual Nutrition Congress in Vienna, which took place under the theme "Power Nutrient Protein." The congress was met with remarkable enthusiasm, selling out completely within just a few weeks. The high level of interest demonstrated the relevance of protein-related topics in clinical nutrition, sports, ageing and public health. Participants enjoyed a wide range of lectures, workshops and discussions, all reflecting the profession's commitment to evidence-based practice, innovation and continuous learning.

Building on this success, preparations for the upcoming 43rd Annual Nutrition Congress are already well underway. The event will take place on 19–20 March in Vienna and will focus on “Micronutrients and Bioactive Compounds.” Experts from clinical nutrition, research, education and public health will come together to explore new scientific developments, practical applications and interprofessional perspectives. With its combination of high-quality scientific content and vibrant professional exchange, the congress continues to be one of Austria’s most influential platforms for advancing nutrition science and promoting best practice in dietetics.

Dietetics Austria looks forward to deepening its collaboration with national and international partners and to continuing its work toward a strong, visible and future-ready dietetics profession in Austria.

Anja Rathgeb, BA M BSc.

News from the Hellenic Association of Dietitians-Nutritionists

The 18th Hellenic Congress of Nutrition & Dietetics, organized by the Hellenic Association of Dietitians-Nutritionists, took place on 4–6 December 2025 at the Athens Concert Hall, bringing together 1,798 participants from Greece and abroad. The Congress united scientists, dietitians, health professionals, researchers, and students in a comprehensive scientific programme spanning research, clinical practice, public health, and nutrition policy. Through keynote lectures, roundtables, workshops, and research presentations, it addressed major challenges including obesity, cardiometabolic health, ultra-processed foods, healthy ageing, malnutrition, mental health, and nutrition in special populations, with strong emphasis on interdisciplinary collaboration, patient-centred care, and public health action.

ΠΑΝΕΛΛΗΝΙΟ ΣΥΝΕΔΡΙΟ
Διατροφής &
Διαιτολογίας
4-6
ΔΕΚ.
2025
Μέγαρο Διεθνές Συνεδριακό
Κέντρο Αθηνών
ΑΘΗΝΑ

The President at the Parliament

The Hellenic Association of Dietitians-Nutritionists actively participated in the parliamentary process for the establishment of a new public legal body for dietitians–nutritionists in Greece. The President presented scientifically grounded proposals, emphasizing the profession's institutional strengthening and the critical staffing shortages in public hospitals.

Guide to Inclusive Language

The Diversity, Equity and Inclusion Committee of the Hellenic Association of Dietitians Nutritionists brings together distinguished dietitians–nutritionists who are members of the Association and is dedicated to promoting inclusive language across all forms of written and spoken communication. With respect for each person's individuality and a clear commitment to challenging stereotypes and discrimination- based on age, gender, nationality, sexual orientation, religion, health status, disability, or any other characteristic- the Committee supports the creation of a professional and social environment where everyone feels seen, valued, and respected.

Participation in congresses

The Hellenic Association of Dietitians-Nutritionists actively participated in the scientific discourse through presentations delivered by its representatives at the following scientific events:

- ONCA (Optimal Nutritional Care for All) Conference, co-organized by the Hellenic Dietetic Association (HDA) and the Greek Society for Enteral and Parenteral Nutrition (GrESPEN), Athens, Greece (May 2025).
- "Career Days" 2025, organized by Harokopio University and the University of Peloponnese, Athens and Kalamata, Greece (May 2025).
- 3rd Conference of the Society of Metabolism, Nutrition and Well-being (EMEDE), Athens, Greece (October 2025).
- Oncology Meeting, jointly organized by the Turkish Society of Clinical Enteral and Parenteral Nutrition and the Hellenic Association of Dietitians–Nutritionists, Riga, Latvia (October 2025).
- Geriatrics Conference, organized in collaboration with the Academic Society of Geriatrics, Riga, Latvia (November 2025).

Organisation of the Clinical Nutrition Working Group conference

The conference of the Clinical Nutrition Working Group of the Hellenic Association of Dietitians-Nutritionists was successfully held on Saturday, 10 May, at Harokopio University, focusing on the topic "Nutritional Management of Kidney Diseases". The event drew strong interest from dietitians and nutritionists, with more than 100 registered participants underscoring the vital role of nutrition as a cornerstone in the management of renal function and related conditions.

News from Dietitians Association of Nigeria (DAN)

Advancing Nutrition and Dietetics through Evidence-Based Practice and Global Collaboration

The Dietitians Association of Nigeria (DAN) remains steadfast in its commitment to promoting optimal nutrition and dietetic practice across the nation. As the leading professional body for dietitians in Nigeria, DAN continues to champion evidence-based, culturally sensitive, and globally aligned nutrition strategies that improve health outcomes for all age groups. Our mission is deeply rooted in the principles of safety, scientific integrity, and inclusivity, in alignment with the standards set by the International Confederation of Dietetic Associations (ICDA).

DAN actively collaborates with key opinion leaders, healthcare professionals, academic institutions, and policymakers to ensure that dietetic practice in Nigeria reflects both local realities and international best practices. Through these partnerships, we foster a professional environment that supports continuous learning, ethical conduct, and innovation in nutrition science.

In this edition, we highlight our nationwide engagement in the 2025 World Breastfeeding Week (WBW) celebration, a global initiative endorsed by the World Health Organization (WHO). DAN proudly joined the international community in advocating for exclusive breastfeeding as a cornerstone of infant and maternal health. All state chapters of the association participated in this impactful campaign, reinforcing our dedication to public health and nutrition education.

Our WBW activities were extensive and inclusive, reaching urban centers, rural communities, healthcare institutions, and media platforms. DAN members delivered lectures on the importance of support systems for effective breastfeeding, proper positioning, and latching techniques. These sessions were conducted in hospitals, clinics, and local health centers, where practical demonstrations helped empower mothers and caregivers with essential skills.

Members educating mothers at the GOPD

Media advocacy by DAN Imo state chapter

Nutrition Education session for mothers at the GOPD

Enugu State Chapter, creating awareness of WBW at the PHC level

To amplify our message, DAN collaborated with media houses across the country, offering expert interviews and educational segments on radio and television. These broadcasts emphasized the benefits of exclusive breastfeeding for the child, mother, and broader community. Additionally, our state chapters organized road walk awareness campaigns in city centers and remote areas, ensuring that no demographic was left behind in this vital health advocacy.

Beyond public outreach, DAN continues to invest in the professional development of its members. We regularly host workshops, seminars, and conferences at both state and national levels, providing platforms for knowledge exchange, skill enhancement, and policy dialogue. These initiatives are

designed to equip dietitians with the tools they need to deliver high-quality, evidence-based care that meets the evolving needs of the Nigerian population.

As we look ahead, DAN remains committed to strengthening its role as a catalyst for nutrition transformation in Nigeria. We will continue to uphold the standards of ICDA, foster global partnerships, and advocate for policies that prioritize nutrition as a fundamental pillar of public health. Our vision is clear: a healthier Nigeria through the power of informed, inclusive, and culturally relevant dietetic practice.

In closing, we extend our gratitude to ICDA for providing a platform that amplifies the voices of dietitians worldwide. We are proud to contribute to this global dialogue and reaffirm our dedication to advancing the profession, improving lives, and building a future where nutrition is recognized as a universal right and a shared responsibility.

News from Singapore Nutrition and Dietetics Association (SNDA)

SNDA Members' Learning Experience and Professional Enrichment

As part of SNDA's organisational strategy, SNDA has been active in organising events for the professional enrichment of its members. In January 2026, SNDA organised a NUS Site Visit to the National University of Singapore (NUS), and a networking session, hosted by our Corporate Member, RATIONALE AG. These initiatives provided valuable opportunities for members to stay updated on advancements in nutrition research, food science, public health, and food service technology.

Site Visit to NUS Food Science & Technology Department & Saw Swee Hock School of Public Health, NUS

On the 30th of January 2026, we all gathered to gain a deeper understanding of NUS's focus areas on nutrition, food science, and public health research. The visit offered us a glimpse on how NUS bridges academic research with real-world public health challenges and how NUS bridges academic research with real-world public health challenges and how science, data and policy come together to support evidence-based health decisions and strive for long-term population wellbeing.

Key Highlights & Takeaways:

- Exploration of their teaching and research laboratories covering food processing, sensory science, food safety and foodomics, biochemistry and clinical nutrition.
- Learning about sustainability, alternative protein, and alternative protein innovation at the NUS Bezos Centre for Sustainable Protein.
- Gaining insights into large-scale cohort studies at the Singapore Population Health Studies Operations Site and understanding how population data informs national health strategies.

SNDA Networking Session

Our first SNDA networking event of 2026 was hosted by our corporate member, RATIONALE AG on 31 January 2026. Members enjoyed an insightful afternoon where they explore how combi-oven technology can support healthier cooking practices while networking with other members.

Our members experienced firsthand how technology enables remote control of the cooking process, while built-in safety and hygiene features ensure confidence in the kitchen. The highlight was a generous spread of freshly prepared dishes, with plenty to take home afterwards.

This networking event provided a valuable platform to:

- Discover the latest innovations in food preparation technology
- Strengthen connections with industry partners
- Stay informed on equipment that supports nutrition, food safety and operational excellence in practice

Through these initiatives, SNDA continues to foster professional development, knowledge exchange, and industry collaboration for the benefit of our members and the communities they serve.

Belinda Leow, Loh Hui Xin, Derrick Ong | PR and Resources Team, Singapore Nutrition and Dietetics Association (SNDA)

Announcement

Important Notice from the ICDA Secretariat

The ICDA Secretariat requests that all National Dietetic Associations kindly check that the ICDA Secretariat has the most up to date contact person/email for their Association. Please contact the Secretariat via icda@internationaldietetics.org if the contact person/email has changed at all over the past 12 months.

ICND2028: The INDI are hosting the ICND2028 in Dublin and look forward to welcoming you, please find out more and register your interest here https://icnd2028.com

The German Association of Dietitians is pleased to announce the 68th Congress, in cooperation with BDEM · DGEM · DAEM · VDOE

VDD & Friends - Together there's MORE inside!
Nutrition therapy and nutritional medicine:
professional, individual, and interdisciplinary.
Save the Date
May 7-9, 2026
CongressPark Wolfsburg

Congress link Ab 15. Januar zum Kongress anmelden! | VDD

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