International Confederation of Dietetic Associations

Dietetics and Nutrition Around the World

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Nutrition Issues in Asia and Further Collaboration Between AFDA and ICDA

1) The “ADF2025” was held at Expo 2025 Osaka, Kansai, Japan. The “Osaka Nutrition Declaration 2025” was issued.

The Asian Federation of Dietetic Associations (AFDA) held “the Asia Dietetic Forum (ADF2025)” on August 5, 2025, at Expo 2025 venue. AFDA is Asia’s largest dietetic organization, comprising dietetic associations from 13 countries and regions across Asia. All presidents of the member associations were invited to the ADF2025, and Dr. Giuseppe Russolillo, Chair of the International Council of Dietetic Associations (ICDA), participated as a special guest (Photo 1).

Asia boasts the world’s largest land area and population. It is the world’s most vast and dynamic region, characterized by a complex and fluid interplay of politics, economics, natural environments, climate, and religion. Many countries, whilst possessing a long history and traditional culture, are undergoing increasing modernization and urbanization driven by economic development under the influence of the West. Nutritional status is also in flux: while obesity and non-communicable diseases (NCDs) are on the rise among the affluent, hunger and nutritional deficiencies persist in rural areas and among the poor who have been left behind by economic development. In recent years, as the commercialization of food has progressed, the availability of cheap, ultra-processed foods has increased, disrupting traditional dietary habits and giving rise to new nutritional problems.

However, in many Asian countries, public interest in nutrition and diet remains low, and government initiatives in this area are insufficient. At the ADF2025, measures to address a wide range of nutritional issues were discussed, with particular emphasis placed on the need for human resources involved in nutrition improvement. It was pointed out that while nutritionist exist within government and academia, the education, training, and institutionalization of registered dietitians—who serve as frontline leaders in nutrition and dietetics improvement—remain underdeveloped. In many countries, although guidelines and targets for nutritional improvement have been established, these goals cannot be achieved because there are no professionals to implement them.

In April 1945, four months before the end of World War II, Japan established a legally mandated dietitian system as a national policy to overcome starvation caused by food shortages, and deployed dietitians to government agencies, kindergartens, schools, hospitals, factories, and welfare facilities. Through the implementation of nutrition education and food service management by dietitians, Japanese society was created where the public could access adequate nutrition regardless of where they ate, and nutritional deficiencies were resolved in a short period. This served as a brake on the Westernization of diets, obesity, and NCDs that followed the subsequent period of rapid economic growth, and became the foundation for building a nation known for healthy Japanese cuisine and longevity. The Japan Dietetic Association (JDA) refers to this approach to nutritional improvement, centered on human resource development, as “Japan Nutrition” and is promoting it to people across Asia.

It is of great significance that we were able to release the outcomes of the ADF2025 as the “Osaka Nutrition Declaration 2025” in collaboration with ICDA Chair Giuseppe Russolillo. The Declaration states that research in practical nutrition, strategic policies and practices, and the training of nutritionists and dietitians are essential, and that AFDA must strengthen its collaboration with ICDA (Photo 2).

2) Contributions of “Japan Nutrition” to Asia

In September 2012, a comprehensive educational partnership agreement was signed among Jumonji University, Kanagawa Prefectural University of Human Services, Hanoi Medical University, the Vietnam National Institute of Nutrition, and the JDA, leading to the establishment of Vietnam’s first registered dietitian training program. To date, Vietnam has registered the profession in its government occupational code, mandated the placement of one registered dietitian per 100 beds in public hospitals, and established training programs at 12 universities nationwide.

In December 2025, in Laos, a neighboring country of Vietnam, the University of Health Sciences of Lao PDR and the JDA signed a Memorandum of Understanding (MoU) to develop the “Laos-Japan Nutrition Project” with the goal of training dietitians.

At the signing ceremony, the Lao signatory, Prof. May Fong Mayxai, President of the University of Health Sciences of Lao PDR, stated, “I believe that Japan’s 100-year history of nutritional improvement will serve as a model for Laos,” while the author remarked, “I hope this project will become a model not only for Laos but for the world.” This project also includes parallel efforts to improve maternal and child nutrition in Santhong District, encompassing initiatives such as training for staff at district hospitals and health centers, holding weaning food classes, developing educational materials, and introducing assessment tools.

Figure 1: The presidents of the 13 AFDA member countries and the president of the ICDA gathered at the Expo 2025 Osaka, Kansai

Osaka Nutrition Declaration 2025

From Sunday, August 3 to Saturday, August 9, 2025, the Japan Dietetic Association offered a variety of programs which allowed participants to experience the nutrition and food of the future at the Osaka Healthcare Pavilion during EXPO 2025 in Osaka, Kansai, Japan.
On this global stage, the 2025 Asian Dietetic Forum was held with the participation of dietitian associations from 12 regions and countries to discuss contemporary issues and future nutrition strategies under the theme "Making all people in Asia healthy and happy with the power of nutrition." As a result of this effort, we hereby adopt the "Osaka Nutrition Declaration 2025" and relay it to the rest of the world.

1. Nutrition is the foundation for the achievement of the SDGs, not only in terms of health, but also in areas such as the healthcare system, social welfare, education, labor, gender equality, economic development, and environmental sustainability.
2. Eliminating all forms of malnutrition is necessary for the health and well-being of all people.
3. When it comes to eradicating malnutrition, both food security and nutrition-related policies are essential.
4. Practical research in nutrition, promotion of strategic nutrition-related policies, and development of human resources in the field of nutrition are required.
5. It is necessary to train and educate dietitians in accordance with international standards and to establish systems that support these efforts.
6. In order to achieve the above objectives, international cooperation is essential, particularly with the International Confederation of Dietetic Associations.

ember Association	Signature
AFDA	
The Chinese Dietetic Society, Taiwan CHING-HWA CHIU	
Hong Kong Nutrition Association Terry TING Ho Yan	
Indian Dietetic Association Jagmeet Madan	
Indonesian Dietetic Association Fitri Hudayani	
The Korean Dietetic Association Seungmin Lee	
Malaysian Dietitians' Association Barakatun-Nisak Mohd Yusof	
Nutritionist-Dietitians' Association of the Philippines Zenaida Velasco	
Pakistan Nutrition & Dietetic Society Fayza Rani/Khan	
Singapore Nutrition & Dietetic Association Kalpana Bhaskaran	
Dietitians Association of Sri Lanka FATHIMA AMAL ZAFFROON FIROUSE	
The Thai Dietetic Association PATNAPA SRICHOMCHEY	
The Japan Dietetic Association Teiji Nakamura	
Honorary President of AFDA Chwang Leh-chii	
ICDA	
President Giuseppe Russolillo Femenias	

6 August 2025, Osaka, Japan

Fig 2: The AFDA, together with the ICDA, issued the "Osaka Nutrition Declaration 2025" to the world

Teiji Nakamura

President of the Japan Dietetic Association

President of the Asian Federation of Dietetic Associations

National Dietetic Association Reports

News From Caribbean Association of Nutritionists and Dietitians (CANDi)

Caribbean Nutrition Month

The Executive of the Caribbean Association of Nutritionists and Dietitians (CANDi) is very pleased and excited to promote the theme for Caribbean Nutrition Month (CNM) – June 2026. This regional initiative commences on June 1, 2026, Caribbean Nutrition Day.

This year's theme is "Healthy Eating, Active Living: Promoting Caribbean Foods as Medicine". Members are encouraged to plan and implement activities to support the theme, especially highlighting the role of local foods along with active lifestyles to improve the health and wellbeing of Caribbean people and thus contribute to preventing or managing the non-communicable diseases across the Caribbean region. Education and community initiatives can raise awareness about the health benefits of traditional diets, support local agriculture and make healthy foods accessible and affordable.

Pillars for the Theme

Three pillars are shared to guide implementation of the theme:

1. Eat Local—support local food production and reduce dependence on imports.
2. Explore Food as Medicine—improve diet quality and prevent non-communicable diseases (NCDs).
3. Move More—encourage physical activity through engagement with natural environments (e.g., walking, swimming, gardening).

Food as Medicine

Food as medicine emphasizes using whole, natural foods to support health and prevent disease. In the Caribbean context, this involves for example:

- Utilizing Traditional Foods: Embracing indigenous and locally grown foods that are rich in antioxidants, vitamins A, C and E as well as polyphenols that can help with reducing inflammation and oxidative stress. Some foods are callaloo, mango, paw paw/papaya, guava and even sorrel, a traditional holiday (Christmas) drink. Chronic inflammation is a common factor with many chronic diseases.
- Incorporating Herbs and Spices like ginger, turmeric, garlic, and cinnamon that have medicinal qualities, including antimicrobial and anti-inflammatory benefits.
- Promoting Plant-Based Diets that include frequent intake of fruits, vegetables, legumes, roots & tubers and whole grains which can help reduce the prevalence of metabolic disorders.

  Research has demonstrated that dietary patterns typical of traditional Caribbean diets can help manage blood sugar levels, reduce blood pressure, and improve lipid profiles. The switch from traditional, fiber-rich foods to imported, heavily processed diets is recognized as a primary driver of diabetes and obesity in the Caribbean. It is further noted that diets high in fiber from root crops and fruits are associated with lower risk of type 2 diabetes among various populations.

Opportunities for Action

CANDi has suggested activities that can promote:

- Strengthening local food systems to improve dietary intake and population health. Local food production is embedded in rich socioecological traditions, employing local and Indigenous knowledge and ecological resources that have been mostly overlooked in shared histories of dietary colonialism and dependence on food imports. Traditional Caribbean foods also provide functional health benefits, with bioactive compounds that support immune and anti-inflammatory function and other therapeutic properties.
- Increasing consumption of locally produced foods that are associated with higher intake of fibre and plant-based nutrients. Reclaiming local foods could offer opportunities to bolster a more traditional plant-based and fibre-rich diet, thereby providing nutritious and minimally processed alternatives to an otherwise energy-dense imported food supply.
- Maintaining food sovereignty thus supporting the capacity of populations to shape food systems that are culturally appropriate, sustainable, health-promoting, and aligned to regional strategies.

Call to Action

CANDi's call to action reiterates and encourages multisectoral engagement during CNM 2026 through:

- Nutrition education
- Culinary demonstrations
- School and community gardening
- Physical activity initiatives.

These activities aim to reinforce culturally relevant practices, improve nutrition and health literacy, and support sustainable food systems.

Conclusion

Food as medicine in the Caribbean is not just a concept but a practical and culturally relevant approach to improving health outcomes. By embracing traditional diets and educating the population about the healing power of local foods, the Caribbean can combat its burden of chronic diseases and foster a healthier future.

CNM 2026 provides an opportunity for a coordinated and collaborative regional platform to restore healthy dietary patterns, promote local agriculture, and reduce the burden of NCDs. Emphasizing Caribbean foods as medicine supports both public health and food system resilience.Updating Professional Guidelines: Reaffirming the Core of the Dietetic Profession

Dorothy Graham Charles

ICD Representative

For the Caribbean Association of Nutritionists and Dietitians

News from The Academy of Nutrition and Dietetics

The Supporting Diversity Pilot Study: Why Representation Matters

As the nutrition and dietetics profession faces ongoing racial/ethnic and socioeconomic disparities among researchers and educators, there is an increasing need to recognize that traditional "one-size-fits-all" mentorship models may not be adequate to support students from historically underrepresented backgrounds in the United States (US). This trend is further driven by calls for culturally responsive education, community-engaged research, and workforce diversity across health professions.

The lack of racial and ethnic diversity in the US nutrition and dietetics workforce begins early in the educational pipeline, where the majority of students enrolled in undergraduate dietetics programs are White.1 Undergraduate training represents one of the most important time points in determining the course of a student's career.2 Without early exposure and supportive mentorship, many students may leak out of the nutrition pipeline.

The nutrition and dietetics academic pipeline has several leaks, including lack of financial support, systemic barriers, lack of representation, and lack of mentoring, which are just some of the areas that require attention in supporting diversification.3 The required Master's degree to sit for the RDN exam in the US and the unpaid supervised dietetic internship increase the time and financial burden of becoming an RDN. These barriers are amplified among students who self-identify as Black, Indigenous, People of Color (BIPOC). There is little information on the lived experiences of Black,

Indigenous, and People of Color (BIPOC) undergraduate students in nutrition and dietetics who are interested in pursuing nutrition research.

The Academy of Nutrition and Dietetics conducted the Supporting Diversity Pilot Study – Focus Group Interviews. The pilot aimed to understand the educational, research, and mentoring experiences of BIPOC undergraduate students interested in nutrition research. This is a cross-sectional qualitative study in which four semi-structured virtual focus groups were conducted in September 2025 with U.S.-based BIPOC undergraduate nutrition and dietetics students.

The semi-structured focus group interviews explored mentorship experiences, research interests, professional development experiences, and navigation of the academic pathway. Audio and video recordings from each interview were transcribed verbatim and analyzed using qualitative research methods that interweave the researcher's own lived experiences into the interpretation and analysis.4

Across the four focus group interviews, a total of 15 undergraduate BIPOC students were included in the final analysis to understand their lived experiences navigating the nutrition and dietetics pipeline, including mentorship and nutrition research experiences. The students represent five U.S. regions, and 10 states, with the majority self-identifying as cisgender female, Black or African American race, and pursuing a Nutrition & Dietetics major.

Preliminary emerging themes include financial constraints, resilience, a lack of BIPOC representation, a need for mentorship and supportive communities, and a call for improved cultural competence/cultural humility. These findings suggest that culturally responsive mentorship, peer networks, inclusive curricula, and financial support may strengthen the nutrition research pipeline by fostering a sense of belonging, resilience, and confidence, as well as sustained research interest among BIPOC undergraduates.

Results may inform future practice by encouraging programs and institutions to move beyond informal mentorship toward equity-driven mentorship models for undergraduate BIPOC students. The pilot shows the need to pair mentorship with structural financial supports, as students are now required to remain in training longer to obtain a graduate degree (Master's-Level) for entry into the Nutrition and Dietetics profession. Financial barriers that can include tuition, unpaid research experiences, exam fees, and living expenses disproportionately affect BIPOC students and their persistence in nutrition and dietetics pathways. Acknowledging these barriers and facilitators can contribute to more inclusive nutrition research training environments, improved student preparation and retention, as well as sustained diversification of the future nutrition and dietetics research workforce.

For more information and future updates of this research study visit: the Academy's research web page

FUNDING :

This pilot is a project of the Academy's Data Science Center (DSC), conducted jointly with Diversify Dietetics. Funding support has been provided by the Academy Foundation through a grant by the National Dairy Council. Support for the project was funded through a grant to the Academy of Nutrition and Dietetics Foundation from the National Dairy Council (NDC).

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Solange Saxby, PHD, RDN

News from The Hong Kong Dietitians Association (HKDA)

Championing a New Era of Territory-Wide Weight Management in Hong Kong

In March 2026, the Hong Kong Department of Health launched a landmark policy document: the Action Plan on Weight Management. With the age-standardised prevalence of overweight and obesity among local adults rising to over 51% in recent years, the Hong Kong government has demonstrated a strong determination to tackle this complex public health challenge. The new Action Plan marks a profound strategic shift from fragmented, short-term measures to a systematic, life-course approach that integrates health into all policies.

The comprehensive framework outlines five key directions, ranging from strengthening health education and fostering supportive social environments to enhancing health service delivery. Crucially, the government recognizes that obesity is a multifaceted issue requiring a whole-of-society effort. For the dietetics profession, this initiative is a monumental step forward. The plan explicitly highlights the necessity of multidisciplinary teams—comprising physicians, dietitians, nurses, physiotherapists, and clinical psychologists—to deliver holistic weight counselling and personalized care plans across primary, secondary, and tertiary healthcare settings.

The Hong Kong Dietitians Association (HKDA) is proud to actively support and align with this territory-wide initiative. Recognizing that successful weight management relies heavily on accurate health literacy and collaborative clinical efforts, HKDA has initiated a strategic partnership with the Hong Kong Obesity Society. Together, we are working to bridge the gap between medical treatment and practical, evidence-based nutritional interventions.

As part of this collaboration, HKDA has been providing accessible, culturally tailored nutritional information to the public. To combat widespread misconceptions about weight status and dietary habits, we have launched targeted mass media health promotion campaigns. These campaigns utilize various multimedia platforms to educate citizens on interpreting food labels, making healthier food choices from market to table, and understanding the vital role of medical nutrition therapy. By doing so, we directly support the government's objective to enhance public awareness, reduce societal stigma, and empower individuals with self-management skills.

Furthermore, HKDA is dedicated to equipping our members by organising webinars with the latest evidence-based guidelines to support the government's life-course preventive care strategies. Whether it is providing prenatal nutrition counselling, supporting school-based healthy eating programs, or delivering specialized interventions for adults with comorbidities, dietitians are essential at every life stage.

Hong Kong is taking decisive action against the obesity epidemic, and HKDA remains a committed partner in this journey. We look forward to sharing our ongoing progress with the global dietetics community as we work together to build a healthier, more vibrant Hong Kong.

Matthew Fung, Eddy Chan

External Affairs & Editorial Team,

Hong Kong Dietitians Association (HKDA)

News from Association Nationale des Diététiciens du Luxembourg

Fueling Excellence: The Integral Role of Sport Nutrition Services in a High-Performance Institute.

The crucial role of nutrition in injury and illness prevention is well-established, in a challenging context where physical and mental demands of high-performance athletes (HPA) require the support of specialized staff. Sports dietitians aim to deliver evidence-based nutritional guidance promoting both health and performance of athletes. The purpose of this presentation will be to expose specialized sports nutrition services (SNS) to a sports medicine public in a newly created High Performance Institute in a small country. Their definition of primary roles, their implementation and figures on adherence by HPA will be analyzed. The working hypothesis was that the latter will be high once integration and definition of primary roles will be established.

The Luxembourg Institute for High Performance in Sports (LIHPS) was created in 2018. From the start SNS were part of the service offered to HPA and were provided by three sports dietitians (SD) working on a consultancy basis. They were embedded in a number of services delivered by a variety of healthcare providers and SDs were integral members of healthcare and performance teams. While the overarching goal of SDs was to support athletes throughout their sporting progression or return-to-sport processes, their primary roles were to provide education and the latest knowledge to individuals, teams and entourage, to establish evidence-based and safe dietary strategies and to implement the latest innovations in a fast-moving scientific environment. From a healthcare perspective, Relative Energy Deficiency in Sport (REDs)-, as well as body composition-management were part of the SDs work. Main daily practice variables were sport specificity, cognitive and physical challenges and season planning. Figures on implementation and adherence by HPA have been analyzed retrospectively over a 5-year period.

From 2019 to 2023, the LIHPS recorded 630 direct nutritional interventions (annual average 126; range 77-182) for 96 HPA. Among the athletes annually supported by LIHPS services, 34.4% (annual range 20.3-51.9) made use of the SNS. The authors identified 11 different types of preventive or therapeutic services (e.g. consultations interdisciplinary meetings, meal plan establishments, REDs prevention and treatment, safe supplement management, competition support). Individual consultations to HPA (n=266; 42%) and dietary plan establishments (n=147, 23%) were most frequently used. The number of interventions varied according to the HPA's level of nutritional education and the number of newly eligible athletes.

SNS were rapidly adopted by HPA, thereby confirming the nutritional experts' responsibility to secure performance and recovery, not only during periods of training and performance, but also during phases of injury and illness. Likewise, an education effect could be identified among HPA. The ntegration of SDs into the support team, with common goals, ensures athletes' adherence as a driver of success.

Myriam Jacobs

Luxembourg Institute for High Performance in Sports

Secretary Association Nationale des Diététiciens du Luxembourg

Announcement

Important Notice from the ICDA Secretariat

Member Contact Details: 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. The theme for the congress is Food, Integrity and Sustainability. Please register your interest here https://icnd2028.com

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

ESPGHAN AHP Autumn School applications now open

Applications are now open on the ESPGHAN website: https://www.espghan.org/knowledge-center/courses/2026/AHP-Autumn-School

Moriam Mustapha (she/her)

Lead Neonatal Dietitian, London Neonatal Operational Delivery Network