

Dietetics and Nutrition Around the World

The Newsletter for the International Confederation of Dietetic Associations



Volume 28 Issue 1 – March, 2020

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- Wimpfheimer-Guggenheim ICDA Welcome Fund
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Announcements & Calendar of Events

- International Congress of Dietetics (ICD), 2020; Cape Town, Sept. 15-18, 2020.
- Cultivating Possibilities at the DC National Conference June 10 to 13, 2020, Saskatoon, Saskatchewan.
- Brazilian Nutrition Association Conference (Congresso Brasileiro de Nutrição), (COBRAN) will hold at Belém – Brazil. August, 12-15, 2020.

- Academy's Food & Nutrition Conference & Expo, Indianapolis, Indiana, October 17-20, 2020.
- Academy of Nutrition and Dietetics Membership

EFAD News

- Breaking professional boundaries in Berlin/Germany

ICDA Board of Directors

Alert from the ICDA Board

COVID-19 ALERT

All representatives of ICDA member countries, please check the home page of ICD 2020 every week (www.icda2020.com). Updates on COVID-19 and ICD 2020 are being posted by the organizing committee. Kindly inform your members, especially those who plan to attend the ICD 2020.

Feature Article



Front of Pack Nutritional labeling regulation: news from Israel

Carmit Safra RD BSc, MSc ¹, Ronit Endevelt RD, Bsc, Msc, Ph.D. ^{1,2}

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² School of public health University of Haifa

On 1 January 2020, regulations concerning the nutritional labeling came into force. This action was a breakthrough, which requires a prominent red mark on the front of the food packaging, if sodium, saturated fat and/or sugar, exceed threshold values. This move was initiated and led by the Nutrition Division of the Health Ministry under the management of Prof' Ronit Endevelt and the Division staff, together with the Food Service and other departments of the Public Health Services at the Ministry of Health, and the lead of the general manager of the Ministry of health and his vice manager.

As dietitians and nutritionists, we know about the big gap between the written dietary recommendations, and the supermarket, where decisions are made. We always explain to our patients/friends/family what to eat and what to buy, but at the point of sale, with habits and temptations, it is difficult to make the right healthy decisions.

The purpose of the icons on the front of the pack is to help consumers in various food stores to choose better. The icons will help the general population, and patients get answers to questions that arise in the shopping path. Like which yogurt should I choose? That's a cereal deal, does it contribute to my health too? Or - which crackers contain less sodium?

Indeed, for years there has been no significant change in the incidence and prevalence of obesity in adults and children and in diabetes, and chronic morbidity is increasing in Israel. At the same time, the food industry is developing ready-to-eat products with increasing availability. These products are often rich in sugars, saturated fats, and sodium and ultra-processing. These components are associated with overweight, obesity and chronic comorbidities.

Many studies in the field show that front of pack labels help consumers understand the nutritional content of the product and make a more informed decision than having the information on the back of the packaging. Indeed, in Chile, many report a more informed choice, a significant reduction in not-recommended food consumption, and less attention to marketing statements. Dozens of other countries have also opted for the front of pack labeling voluntarily or regulatorily.

Judgmental symbols in the front of the pack enhance the food environment, as they are understandable among all consumers for their range of understanding, including children even before reading. In addition, such symbols encourage product reformulation.

To create the change, the World Health Organization recommends Judgmental symbols on the front package as part of comprehensive measures to promote a healthy diet. In recent years, dozens of countries have led or supported the development of FOPNL (Front of pack nutritional labeling). Based on this, the Israeli Ministry of Health has set regulations on that matter. The regulations include two main issues:

1. A prominent front of pack logo indicating that the food contains a high amount of sodium, sugars and / or saturated fats
2. Additional information at the nutritional information, back of the pack, including the amount of sugars from the total carbohydrate and expressing this amount in household measures. For example, the amount of sugar in (g) in one teaspoon: 4 grams of sugar in a teaspoon

The following table lists the red icon threshold values. These values will change in 2021 and will be stricter:

Nutrient	In 100 grams	In 100 ml	In 100 grams	In 100 ml
	2020	2020	2021	2021
Sodium mg	500	400	400	300
Sugars gram	13/5	5	10	5
SFA gram	5	3	4	3

As with any rule, there are exceptions. The regulations specify red symbol exemptions and sugar spoon expression in products such as Food supplements, infant formulas, and food containing only one component and very small packages.

An important section in the regulation emphasizes that the fact that food is not marked with red symbols does not justify its marketing as if it is recommended or meets the requirements of the Ministry of Health.

Indeed, we already know about a very significant decline in the sugar, sodium and saturated fat levels of various products. The food industry has done a great job of reducing these components to avoid the red symbols.

But as with all realities, there are going to be conflicts. For example, diet drinks, which are not recommended by us especially for children, will not be marked with a red symbol, Tahini (Sesame spread) with salt added not for technology reason is not just one component of food, and therefore will no longer be exempt from the red symbol and will be marked by for its saturated fat values.

This is the red FOPNL



To complete the move, the Ministry of Health recommends a green, voluntary symbol, reflecting the new nutritional recommendations.

The ministry has appointed a committee to determine the conditions for the green symbol. The principles that accompany the committee's work are:

- The new dietary guidelines for Israel, in light of the Mediterranean diet.
- Attention to the whole food and the degree of processing and not only on its components

- Determine food groups and conditions for the symbol according to the best foods and not the best product relative to the category

The food groups agreed to the green symbol include milk, yogurt, cheese, tofu, soy drink, certain vegetable oils, seeds and nuts, grains, legumes, tahini, tahini salad, fish, eggs, poultry, fruits and vegetables. Each group was assigned separate nutritional profiling that constitutes the conditions for the symbol.



This is the green labeling

It is also important to know that green markings may also contain unpacked foods, such as fruits, vegetables, nuts, whole grains, and unprocessed fish and eggs.

The green labeling will be on products but also as shelf signs

This picture demonstrates an example of shelf signs



Information and Reminders

International Congress of Dietetics (ICD), 2020

2020: IT'S TIME FOR ICD!

2020 is the year that the world of nutrition comes to Africa. Register online for the International Congress of Dietetics (ICD) at www.icda2020.com. Early bird registration closes on **31 March 2020**.



REGISTRATION FEES	EARLY BOOK & PAY BY 31 March 2020	LATE BOOK & PAY AFTER 31 Mar 2020	LAST MINUTE BOOK & PAY AFTER 1 Sep 2020
ADSA and NSSA Members			
Member: Full Registration	R 4 700.00	R 6 000.00	R 7 300.00
Member: Day Registration - Day Rate	R 2 350.00	R 3 000.00	R 3 650.00
NON- MEMBER of NSSA & ADSA - South Africa & Developing Country Delegates			
Non-Member: Full Registration	R 5 500.00	R 6 000.00	R 7 300.00
Non-Member: Day Registration - Day rate	R 2 750.00	R 3 000.00	R 3 650.00
NON-MEMBER of NSSA & ADSA - Developed Countries			
Other: Full Registration	R 7 300.00	R 8 300.00	R 9 300.00
Other: Day Registration - Day rate	R 3 650.00	R 4 150.00	R 4 650.00
STUDENT REGISTRATION FEES: (Applies to Non-Earning Students Only)			
Student: Full Registration			R 3 800.00
Student: Day Registration - Day rate			R 1 900.00
WORKSHOPS			
Workshops are not included in the registration fee and will be held on Wednesday 16 September 2020 from 08h00-12h00. Only one workshop can be attended.			R500.00
SOCIAL FUNCTIONS			
Welcome Function: 16 September 2020			R 50.00
Congress Dinner: 17 September 2020. Congress Delegates only. Seats are limited.			R500.00

ICD TOUR PACKAGES

Enjoy some downtime after the congress with four culturally rich tours around the beautiful city of Cape Town. The tours will take place on Sunday 19 September and are limited to 40 people per tour. Go to <http://www.icda2020.com/index.php/tours> for more detailed information on the ICD Tour Packages.

KEYNOTE SPEAKERS

INTERNATIONAL CONGRESS OF DIETETICS 2020

CAPE TOWN INTERNATIONAL CONVENTION CENTRE • SOUTH AFRICA

15 - 18 SEPTEMBER 2020 • www.icda2020.com



Simon Barquera, Mexico

Medical doctor with a Master and PhD in Nutrition from Tufts University. Currently serves as a leader in the line of obesity, diabetes and cardiovascular risk and is Director of the Nutrition and Health Research Center at the National Institute of Public Health of Mexico.



Jeannine Baumgartner, Switzerland

Senior Scientist at the Human Nutrition Laboratory of ETH Zürich in Switzerland and an Extraordinary Associate Professor at the Centre of Excellence for Nutrition of the North-West University (NWU) in South Africa. She holds an MSc in Food Science and Nutrition and PhD in Human Nutrition from ETH Zürich



Renee Blaauw, South Africa

Associate Professor in Therapeutic Nutrition at the Division of Human Nutrition, Stellenbosch University, South Africa. Main research interests includes Nutrition support of critically ill patients, Hospital malnutrition, Nutritional management of gastrointestinal diseases; Pre- and Probiotics and Nutritional Epidemiology.



Edith Feskens, Netherlands

Professor in Global Nutrition at Wageningen University, Netherlands. Strong interest in research methodology, and is involved as Principle Investigator in several European research projects on e.g. glycemic index, sugars and sweeteners, and food metabolomics.



Stuart Gillespie, United Kingdom

Senior Research Fellow with the Poverty, Health and Nutrition Division of the International Food Policy Research Institute (IFPRI), CEO of the Transform Nutrition Research Program Consortium, Research Director of the Leveraging Agriculture for Nutrition in South Asia (LANSA) consortium, and leader of the SPEAR flagship (Supporting Policies, Programs and Enabling Action through Research) of the Agriculture for Nutrition and Health (A4NH) research program



Corinna Hawkes, United Kingdom

Currently Director of the Centre for Food Policy at City, University of London, UK. She has worked for 20 years with UN agencies, governments, universities and NGOs at the local, national and international level to support the design of more effective food policies to improve diets and prevent obesity and non-communicable diseases.



Amos Laar, Ghana

Ph.D, University of Ghana, and President, African Nutrition Association. He currently leads the implementation of 'INFORMAS' (International Network for Food and Obesity/NCDs Research, Monitoring and Action Support) modules in Ghana with support from colleagues and collaborators. Founder of hm2r (a global mentoring think tank), and President of African Nutrition Association (a learned society with members from all over Africa).



Yogan Pillay, South Africa

Deputy Director-General for health programmes in the national Department of Health. Prior to his appointment as DDG he held the positions of chief director for strategic planning and director for the district health system – all in the National Department of Health. He holds a PhD in public health from Johns Hopkins University.



Imtiaz Sooliman, South Africa

Qualified as a medical doctor at the University of Natal Medical School in 1984, and worked in private practice, which he terminated in 1994 to concentrate on Gift of the Givers Foundation (GOTG) which he founded in 1992. GOTG developed into one of the world's most respectable humanitarian organisations.



Kevin Whelan, United Kingdom


Professor of Dietetics and Head of the Department of Nutritional Sciences at King's College London. In 2012 he was awarded the Nutrition Society Cuthbertson Medal for clinical nutrition, in 2017 he was appointed a Fellow of the British Dietetic Association and in 2018 delivered the Dr Elsie Widdowson Memorial Lecture.

Abstract
submission closes
15 Oct 2019


Registration
launches
Sept 2019




WINELAND FOOD EXPERIENCE




BABYLONSTOREN GARDEN TOUR
An experienced gardener will be your guide on this tour during which there will be a walk through the herb, small and bushy walking through the garden. The garden is a mix of 17 distinct growing vegetable areas, some fruit, nuts, citrus berries, bees, herbs, ducks and chickens, a prickly pear, maize and more. Every one of the more than 300 varieties of plants in the garden is edible or has medicinal value.




STELLENBOSCH (Walking Tour 1 hour)
Explore the village of Stellenbosch, with its lovely old streets, lined with the water towers of the 19th Century. Admire the charm and harmony of the Cape Dutch architecture – Orange Street the narrow way to Cape Town is the oldest residential street in South Africa today. Historical buildings around the side of the Braak (Village-green). The Braak was proclaimed by Simon Van der Stel, the second governor to the Cape as an open space for the people.



DE VOLKOMBUIS RESTAURANT
In 1922 St. Herbert Baker designed suburban cottages which were constructed on the old farm formerly known as Vredenburg. In 1956 the property was acquired by Hansel House of South Africa, renamed and listed as a restaurant. During 2017 the property family initiated a full restoration and today the Volkombuis operates once again as a restaurant. A traditional South African set menu will be served.



SPICE ROUTE OF PAARL
Every artisan invited to be part of the Spice Route Destination community is handpicked and unique. From chocolate making and beer brewing to wine blending, baking and a taste from all corners of the world, the shared goal is to bring to unique strength and to the table, collective while supporting each other's individual trade.




DE VILLIERS CHOCOLATE
A hobby first started in a garage with machines built out of recycled home appliances. Led by the discovery of the richness and diversity of single origin chocolate, the journey developed into a chocolate obsession that continues to this day. The chocolate factory is housed in an old Cape Dutch home where visitors can see the making of chocolate. Before heading back, we will stop in for a wine tasting of the Spice Route Wine tasting room.

08:00 collection at the CICC – returning at 17:00
Costing based on minimum 20 / maximum 40 guests
R1 750.00 per person

Known as the "Rainbow Nation", South Africa's diverse culinary influences will be sampled on two local tastings and options of the Cape Winelands. Depending your hotel travel into the Winelands, a 45 minute drive from the city center.

INCLUDES:
Transportation with english speaking guide
Entrance & Tour: Babylonstoren Garden Tour
De Villiers Chocolate | Wine tasting of Spice Route Room
2 Course lunch & glass of wine at De Volkombuis Restaurant

EXCLUDES:
Any other entrance fees
Drinks with lunch



TOWNSHIP FOOD-GARDENS AND EATERY



DISTRICT SIX
District Six is a former densely residential area in Cape Town, South Africa. Over 60,000 of its inhabitants were forcibly removed during the 1970s by the apartheid regime. The area of District Six is now partly divided between the suburbs of Wainwright Estate, Zandvoort and Looen Westcliff, with the rest a undeveloped land. A background history of the area will be provided by your guide whilst you view the area exclusive to Kinyalaba.



DEPARTMENT OF COFFEE
Department of Coffee is South Africa's first township based urban coffee shop. Located opposite the new Bay Marketplace this urban initiative, starting from the local hardware to 300 chicken feet. Coffee will be prepared while watching the bustling vibe of the street. A unique opportunity to discover every day life in the part of the city.



SPINACH KING
Spinach King was established in 2011 by Luke Mkhanyane. The aim of the company is to provide the consumption of greens by producing innovative spinach products. Spinach contains all six major classes of nutrients. It is one of the most highly antioxidant vegetables in the world. Spinach King wants to make this nutritious product more easily accessible. Meet with Luke who will give you the background to his business.



ABALIMI BEZEKHAYA
Abalimi Bezekhaya meaning farmers of the home is a local, as a nonprofit, non-making organization that aims to provide basic human necessities by supporting impoverished communities to establish and maintain their own vegetable gardens to eat the produce from the gardens and contribute to their own security, (vegetable supply of food, and create livelihood). A walk around the facilities with Qoka by a representative from Abalimi Bezekhaya.



GQ BUTCHERY RESTAURANT
We make our way to the township of Gugulethu for lunch. When they are not making events, GQ's butchers instead for a quick lunch while getting your gas refilled by the petrol on the corner. They give generous portions of their meat, from picnic hams and pork chops, to the limited wings. Also a relaxing lunch food truck in place of desserts.

08:30 collection from CICC – returning at 17:00
Costing based on minimum 20 / max 40 guests per departure
R1950.00 per person


Cape Town's township has a rich and extraordinary history – largely being the oldest. It would like today to learn about each township's political history, its people and sample the food. In this day excursion you will be introduced to the people of this community where you'll get to interact with them in their places of work.

INCLUDES:
Transportation in minivan
English speaking driver/guide
Refreshments at Department of Coffee
Donation to Community garden
Barbecue lunch including 1 soft drink

EXCLUDES:
Any drinks not mentioned or entrance fees




HIKE LIONS HEAD + ORGANIC COOKING CLASS




body moving water gradient to enjoy the reflection of Cape Town's two lives – the outdoors and food.


HIKE LIONS HEAD
Dive head in the dramatic shaped mountain ridge at the top of Table Mountain. The view from the summit is not only Table Bay on one side and the ocean Atlantic Ocean on the other. On a clear day the view from the top of Table Mountain can include the Cape Peninsula and Robben Island. This is a great walk to be in the city, it is a walk that will keep you motivated. After the walk you will have a picnic lunch in the shade of the trees, before heading back to the city.



A public swimming pool set right on the beautiful in Sea Point, Cape Town. It is regarded by many as one of the most scenic public swimming pools in the world. It is surrounded by a beautiful view of the sea and the mountains. The pool is open from 08:00 to 18:00. It is a great place to relax and enjoy the view of the sea and the mountains.



located in the USA Winelands. As this community independent local farmers and seasonal food products market. Oranjezicht you get to give a shopping list with fresh and seasonal produce from local farmers. It is a great place to get fresh and seasonal produce and to support the local economy. The market is open from 08:00 to 18:00. It is a great place to relax and enjoy the view of the sea and the mountains.




The cooking experience will be a hands-on, interactive and fun. You will be guided by a professional chef who will show you how to prepare a delicious meal. The chef will be happy to answer any questions you have. The experience is suitable for all ages and is a great way to spend a day with the whole family. The experience is suitable for all ages and is a great way to spend a day with the whole family.

08:30 collection from CICC – returning at 17:00
Costing based on min 20 / max 40 guests
R2 250.00 per person

INCLUDES:
Transportation with two experienced hiking guides
Refreshments on your return to the vehicle after walking Lions Head
Entrance to Sea Point Swimming Pool
Bag with shopping list and lunch to purchase produce for lunch
Cooking class and refreshments

EXCLUDES:
Any other entrance fees




ICD 2020 CAPE TOWN TOURS



WINELAND FOOD EXPERIENCE
R1 750.00 per person

INCLUDES:
• Transportation
• English speaking guide
• Entrance & Tour: Babylonstoren Garden Tour
• De Villiers Chocolate | Wine tasting of Spice Route Room
• 2 Course lunch & glass of wine at De Volkombuis Restaurant


EXCLUDES:
• Any other entrance fees
• Drinks with lunch



WEST COAST YOGA, SEAFOOD & CRUISE
R1 950.00 per person

INCLUDES:
• Transportation
• English speaking guide
• Cruise on the Langkatsaar Lagoon
• Seafood lunch at Slipway Restaurant


EXCLUDES:
• Any other entrance fees
• Drinks with lunch



TOWNSHIP - FOOD GARDENS AND EATERY
R1950.00 per person

INCLUDES:
• Transportation in minivan
• English speaking driver/guide
• Refreshments at Department of Coffee
• Donation to Community garden
• Barbecue lunch including 1 soft drink

EXCLUDES:
• Any drinks not mentioned or entrance fees.



HIKE LIONS HEAD & ORGANIC COOKING CLASS
R2 250.00 per person

INCLUDES:
• Transportation
• Two experienced hiking guides
• Refreshments on your return to the vehicle after walking Lions Head
• Entrance to Sea Point Swimming Pool
• Bag with shopping list and lunch to purchase produce for lunch
• Cooking class and refreshments

EXCLUDES:
• Any other entrance fees



STAY IN TOUCH

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

www.facebook.com/ADSAorgza

www.twitter.com/ADSA

Blog: <http://nutritionconfidence.wordpress.com>

Website: <http://www.adsa.org.za>

Email: info@adsa.co.za or adsacomms@gmail.com

Executive Committee

Association for Dietetics in South Africa (ADSA) www.adsa.org.za

National Dietetic Association Reports

Country - Taiwan

News from Taiwan Dietitian Association

Nutrition for critically ill patients was seen in Taiwan

In 2015, a globally known public safety incident, the Dust Explosion at Formosa Fun Coast happened in Taiwan. The incident affected 499 patients with an average burn area over 40%, of which 95 patients received critically ill notification. All healthcare professionals were devoted at the rescue,

including Registered Dietitians as well. Non-stop case report meetings, rounds, multiple times of multidisciplinary team discussions daily, resulted in the world's lowest death rate of 3% in this incident.



Nutrition status has always been a critical but challenging area in the care of critically ill patients. The nutritional status of patients was significantly correlated with the incidence of complications, the length of ICU stays, the days of respirator use, and even the days of antibiotic use. The death rate of those with energy deficiency was 76%, which was significantly higher than 27% of those with sufficient energy. The challenges of nutritional care in the critically ill patients are that patients often have multiple comorbidities, complex complications and accompanied by multiple gastrointestinal symptoms, making nutrition intervention difficult to be implemented. Registered Dietitians' clinical judgement and competency of evidence-based practice are extremely important as the patient's condition change rapidly; the nutrition intervention has to be adjusted accordingly along the care process.

Taiwan values the importance of clinical multidisciplinary teamwork. The dietitians in critical care have already implemented nutritional care process in the ICUs. The Ministry of Health and Welfare, National Health Insurance Administration of Taiwan has provided compensation to the hospitals of each dietitian visit at the ICUs since October 2019. Taiwan Dietitian Association is honorably accredited as certification center of critical care dietitians. This acknowledges both Taiwan Registered Dietitian's profession, and contribution.

Sarah Wu, MS, RD, CNSC
Senior Dietitian, Dianthus MFM Clinic
Secretary of International Affairs, Taiwan Dietitian Association

Country – Germany

News from The German Association of Dietitians (VDD)

The integration of dietitians into the German Health Care system has changed over the years. Legal developments lead to new working fields even in financially tight times.

Background

The German Health System bases on the principle of social insurance. The major part of all inhabitants is obliged to join the social insurance. The social insurance in Germany consists of the health insurance, the pension fund, accident insurance, long-term care insurance and public unemployment insurance. A basic role in the German health care system plays the statutory health insurance. 90.5 percent of all citizens have to enter a statutory health insurance.

The statutory health insurance pays for

- hospital treatment
- costs for medicines as well as remedy (speech therapy for example) or aids (wheelchair for example)
- dentures and dental treatments
- Treatments by registered physicians
- other benefits such as sickness benefits, cures or administrative expenses

The Federal Joint Committee (G-BA) is the highest body of common self-government in the health system in Germany and decides on all deliverables of the health insurances.

Dietetic counselling

The profession of the dietetics has a long history in Germany. Nevertheless, dietetic counselling has just little relevance in the German Health system. Just about 3% of all hospitals have nutrition support teams. 12.000 -15.000 dietitians work all over Germany. About 70% work in hospitals, 30% work at least part-time as freelancer. Due to the force of cost-effectiveness more and more pressure is put on the clinic sector and dietitians have to fight for their jobs there. A shift to the ambulant sector might follow and legal changes might help.

Dietetic counselling by prescription

In contrast to physiotherapy, speech therapy or occupational therapy dietetic counselling in the ambulant sector did not belong to the mandatory service of the statutory health insurance. After years of legal claims initiated by the VDD the responsible authority (G-BA) decided in 2017 that CF patients and patients with congenital metabolism disorders like PKU will receive dietetic counselling by prescription. Dietetic counselling was the first remedy that was just accepted in the long list of remedies on the base of an evidence validation. As for the G-BA the evidence of dietetic counselling (not of dietetic therapy) was not clear for several indications like cancer for example, they just accepted those two indications because without dietetic therapy the patients will suffer major complications or death and studies would be unethical. Other indications were not integrated into the validation process due to multimodal therapeutic approach.

We hope that this is a start to change the health policy to easy access for all patients to qualified dietetic counselling. At the moment patients with other diagnoses have to ask their physician for diagnose, search for a dietitian, receive a cost estimate, hand it over to the health insurance and ask if they (voluntarily) refund the costs (partly). If they will, patients can start the treatment, pay and receive the money partly back. If not, they have to decide if they can afford to pay privately or not to receive advice. In respect to an easy access the VDD is very happy about the two diagnoses as remedy but hopes to improve the situation of the patients by further indications. Political lobbying is a big task of the VDD: to give evidence about the success of dietetic counselling and the financial benefit for the health insurances on the long run.

Prevention

In 2015 the so called prevention law included prevention activities like group programs and nutrition counselling for healthy people to the service of the statutory health insurances. Programs for different groups like children, elderly people or pregnant woman on the fields of physiotherapy and nutrition are run by the health insurances. A hot topic are the activities for employers. Companies have to spend a certain amount of money for preventive activities. The VDD is very active in this field and offers it

members a network for cooperation. The head of the network works on the development of consumer orientated conceptions (including nudging in the cafeteria, education of staff responsible for the food, hydration programs and nutritional information and further more), negotiates with health insurances and big companies and makes contracts. Members of the network receive assignments and benefit from the overhead.

After all the change of the laws open the workforce of dietitians new working areas. The next step will be to revise the education standard of dietitians and adopt it to the European competence standards. As Germany has a strong history in dual education this will be a hard task, but, the VDD will tackle it.

Uta Köpcke

President of the German Association of Dietitians (VDD e.V.)

Uta.Koepcke@vdd.de

Country – Australia

News from Dietitians of Australia (DA)



Supporting members and advocating for dietetic jobs in

Aged Care

On 1 July 2019, new [Aged Care Quality Standards](#) were introduced in Australia, providing an opportunity for DAA to support members working in this space. To help dietitians understand their role in meeting the new Quality Standards, DAA developed an online webinar series, [Translating the Aged Care Quality Standards](#). Delivered through our Centre for Advanced Learning, it also includes exploration of how dietitians can advocate for improved food and nutrition processes through practical case studies and information.

The commencement of the [National Aged Care Mandatory Quality Indicator Program](#), which includes reporting of unplanned weight loss in residential aged care, provides opportunity for DAA to raise awareness and influence stakeholders to act on malnutrition. To advocate for the importance of good nutrition and the role of dietitians, our Chief Executive Officer and Executive Manager, Policy & Professional Services met with the peak body for service providers in aged care, Aged and Community Services Australia. We discussed ways that DAA could work with their organisation, such as developing a template for a food and nutrition policy to be used by aged care providers. We have also just completed a [submission](#) to the Royal Commission into Aged Care relating to Program Design.

Supporting members at a grass roots level will help drive greater involvement by dietitians, which is needed to decrease the prevalence of malnutrition in our aging population. In Australia, dietitians generally act as consultants to service providers in aged care. Having the tools to work efficiently with this population can support dietitians to realise opportunities available. DAA is undertaking a project to update and extend our Menu Audit Tool, to assist dietitians in the assessment of food and nutrition systems, then make recommendations to inform improvements to aged care service providers.

DAA remains active in the Aged Care space while we wait for findings to be handed down from last year's [Aged Care Royal Commission](#). We continue to look for ways to improve the health and wellbeing of older Australians and to increase employment opportunities for dietitians.

DAA Member achievements

WHO intern appointment:



It is exciting times for DAA, one of our members, Joyce Haddad, APD has been appointed as an intern for the World Health Organisation (WHO). In February, Joyce will relocate to WHO Headquarters in Geneva, Switzerland for an 18-week internship within the WHO Department of Nutrition for Health and Development. Joyce is looking forward to contributing to projects with global impact and influence, to better the health of the population. We wish Joyce the best with her internship!

Australia Day accolades:

As a part of recent Australia Day celebrations on 26 January, it was great to see several dietitians recognised for their outstanding contribution within

their communities. DAA congratulates the following dietitians on their achievements:

- DAA Fellow, Professor Peter Williams OAM, recipient of a Medal of the Order of Australia
- Dr Megan Rossi, named as the Young Australian Achiever of the Year in the UK
- APD Jennifer Ellick recipient of an Australia Day Achievement Award from Metro North Hospital and Health Service (Queensland)
- APD Eden Barrett, recipient of the Young Australian Women Students of Achievement Award (New South Wales)

Smart Eating



Week

From 10 to 16 February, Accredited Practising Dietitians (APDs) around Australia will host events, to help build healthier communities through greater awareness of health and nutrition, and to educate the community of how an APD can provide support.

In 2020, the campaign's main focus will be APDs having an impact at the grass roots level. APDs are encouraged to host community events to present a 30-minute label reading session, with the session notes, presentation and consumer handout provided by DAA. APDs can adapt this to their audience as required, and may choose to develop a different presentation, or host an alternative activity, to meet their audience needs.

Through hosting events around the country, our collective voice will help raise awareness of the support APDs can provide, when health is prioritised. The Smart Eating Week campaign continues DAA's call for a new National Nutrition Policy, demonstrating the important role of nutrition education in our communities.

Sally Moloney

Country – Greece

News from Hellenic Dietetic Association

The Hellenic Dietetic Association celebrated its 50-year anniversary at the highly successful 15th Hellenic Congress on Nutrition and Dietetics.

The Hellenic Dietetic Association is proud to present the key features and success factors of the 15th Hellenic Congress on Nutrition and Dietetics that took place in Athens, Greece, on 13-15 December 2019. Being the most

important Greek scientific event on Nutrition and Dietetics, and one of the most successful nutrition events in Europe, the congress was attended by more than 2000 delegates.

One of the most important moments of the 15th Hellenic Congress on Nutrition and Dietetics was the plenary event to celebrate the launch of the Hellenic Dietetic Association 50 years ago. In a sentimental celebration, past presidents of the Hellenic Dietetic Association since its creation in 1969 were invited to give a speech and receive an honorary award.



For the scientific program of the congress, this year the Hellenic Dietetic Association joined forces with the **Hellenic Society for Clinical Nutrition and Metabolism (GrESPEN)** to co-organize the 15th Hellenic Congress on Nutrition and Dietetics together with the 4th Hellenic Congress on Clinical Nutrition and Metabolism. With the participation of 167 expert speakers, including leading academics, scientists and well-respected professional dietitians-nutritionists from Greece and abroad, the two major scientific events hosted 79 sessions, comprising of round tables and symposia, invited lectures, oral and poster presentation sessions as well as educational seminars, clinical tutorials and LLL courses.

The role of the Dietitian - Nutritionist in promoting health, nutrition education and scientific knowledge was a key topic of the scientific program. One of the success factors of the Hellenic Congress on Nutrition and Dietetics over the recent years is the level of advanced education and professional practice of Dietitians – Nutritionists in Greece. Research on diet, food, nutrition and their effects on health is progressing and constantly evolving in the last 20 years in Greek Universities, and Greek Dietitians –

Nutritionists are playing a key role by actively leading or participating in research projects. The bi-annual Hellenic Congress on Nutrition and Dietetics is a great opportunity for researchers dietitians – nutritionists to present their work and share their findings with their peers.



The congress also provided the opportunity for delegates to get informed on the most updated clinical nutrition recommendations on certain diseases, to attend the latest scientific evidence and public health policies regarding the prevention, management and care of obesity and related non-communicable diseases such as diabetes, cardiovascular disease and cancer, and to get an insight of scientific developments on emerging research topics such as sustainable diets, innovations in food science and technology, nutrigenomics and the effect of diet on gut microbiota, among a number of other subjects.

As socially responsible and sensitized members of the society, Dietitians-Nutritionists in Greece are actively supporting the notion that what and how people eat affects not only our body's' but our planet's health as well. In this context, during the preparation and the whole duration of the 15th Hellenic Congress on Nutrition and Dietetics, the Hellenic Dietetic Association took environmentally sustainable actions such as recycling, food leftover offerings and no-food-waste activities, meeting the standards of international conferences.

We are proud to have organized one of the most successful local nutrition and dietetics conferences in Europe and we look forward to the 16th Hellenic

Congress on Nutrition and Dietetics that will take place in Athens, Greece, in 2021.

15th Hellenic Congress on Nutrition and Dietetics and the 4th Hellenic Congress on Clinical Nutrition and Metabolism:

<http://www.hdacongress.gr/?lng=1>

Hellenic Dietetic Association: <http://www.hda.gr> (available in Greek)

Country – United States of America

News from The Academy of Nutrition and Dietetics

Undernutrition is a prevalent global issue, with 150 million children experiencing stunting and 20% being underweight¹. In Guatemala, stunting in children under 5 years old can range from 50% to up to 70% in areas with a high indigenous population, putting these children at risk for negative developmental and economic outcomes^{2,3}. It is important to look for feasible and realistic interventions for this global issue. Eggs are a rich source of all nutrients that the American Academy of Pediatrics considers critical for brain development during the first 1000 days of life. The Academy of Nutrition and Dietetics and its Foundation are partnering with Think Healthy Group and Wuqu' Kawoq/Maya Health Alliance for the project: The Effects of Complementary Feeding of Eggs on Infant Development and Growth in Guatemala: The Saqmoló Study. Through the help of Wuqu' Kawoq, study partner and non-governmental organization working with vulnerable indigenous communities in Guatemala, this study will examine the effects of a one egg per day intervention in children ages ~6-12 months in rural central Guatemala. Study planning is currently in progress and should begin later this year.

1. Black, R. E. et al. Maternal and child undernutrition: global and regional exposures and health consequences. *The Lancet* 371, 243–260 (2008).
2. Research Institute (IFPRI), I. F. P. *Global Nutrition Report 2016 From Promise to Impact Ending Malnutrition by 2030*. (International Food Policy Research Institute, 2016). doi:10.2499/9780896295841
3. Malnutrition. <https://www.who.int/news-room/fact-sheets/detail/malnutrition>. Accessed January 21, 2020.

Wimpfheimer-Guggenheim Global Information Sharing Experience in Nutrition and Dietetics at U.S. Universities

As a result of the very successful pilot program in spring 2019, the Academy of Nutrition and Dietetics Foundation (Foundation) is pleased to announce that it will again offer the Wimpfheimer-Guggenheim Global Information

Sharing Experience in Nutrition and Dietetics at U.S. Universities. This opportunity engages and promotes collaboration with members of the nutrition and dietetics international community

Collaborators from the 2019 program had positive things to say about the experience. Iowa State University in Ames, Iowa was the lead host for this project. "We were thrilled to be selected as the pilot site for the first Global Nutrition Exchange," said Erin Bergquist, senior clinician with the Dietetic Internship Program. "Our program has a strong commitment to engage in international nutrition. We've partnered with...the Academy Foundation in the past and have always found it to be a valuable partnership."

Nathalie Neumann, the inaugural recipient of this award, noted, "Despite differences, [global dietitians'] jobs and our goal remain the same. The common desire to help people [and] to advise patients based on the latest research...I learned a lot and realized once again how useful it is to invest in international exchanges to learn from each other and to support each other."

Diane Stadler, PhD, RD, LD, who hosted Nathalie at Oregon Health & Science University for the second part of Nathalie's time in the U.S., shared, "One of my favorite observations was seeing Nathalie participate in our interprofessional culinary medicine class...She jumped right in to help a team of medical students, dental student and nursing students prepare a healthy low-cost, nutritious meal for a family of four in 30 minutes. She taught the entire class how to make whole wheat spätzle from scratch! And shared other interesting facts about the foods she liked to eat, foods that were part of holidays and traditional celebrations, and current food trends in Germany."

Country – Brazil

News from Brazilian Nutrition Association (ASBRAN)

In 2015, Asbran published norms prohibiting partnerships with industries, companies, and institutions that market, promote, advertise, or encourage drinks of low nutritional content, alcoholic beverages, foods that are transgenic or contain high amounts of sugar, saturated fat, trans fat, or sodium, or products for weight loss or "esthetic nutrition" for which there is no supporting scientific evidence. The ban also affects companies that commercialize ultra-processed foods, fast-food chains, and policies and practices that conflict with health.

With the mobilizing theme "Commensality and society: where culture, science and food meet," CONBRAN 2020 will redefine directions for nutrition in Brazil, establishing new goals and strategies aligned with the concepts of

healthiness and sustainability. It will also bring together dozens of professionals from the Ibero-American community.

Over these three days, the participants will discuss issues of science and practice in the areas of Clinical Nutrition, Sports Nutrition, Collective Feeding, Food Technology, Collective Health, and Professionalization, defending actions to guarantee healthy eating environments, including regulatory and fiscal measures as well as professional practices in tune with this critical scenario.

Marina Romano

Executive Co-Ordinator (ASBRAN)

Country- France

News from The French Association of nutritionist -dietitians (AFDN)

The French Association of nutritionist -dietitians (AFDN) has been working since 2017 with the French Clinical Nutrition and Metabolism Society (SFNCM) on the harmonization of standard and therapeutic diets in health facilities, with the aim of:

- Covering patients' nutritional needs and adapting to them to patients' pathophysiological situation as well as the needs of hospitalization.
- Respecting the patient to give the diet its full meaning: nutritional, and personal preferences (taking into account the choices, the time of meals...).
- Rationalizing and harmonizing practices related to diet prescriptions.
- Reducing constraints that could lead to restrictions on the provision of meals (food choices for food preparations, implications of priced meals, consequences of palatability and consumption of dishes).

After a 2017 report on hospital feeding, the two associations formed a steering group made up of members of AFDN and SFNCM.

The steering group proposed recommendations based on the results of the 2017 report and data from the literature. These recommendations were submitted to 50 national experts (25 dietitians and 25 medical doctors) who formalized a consensus, according to the Delphi method.

This work culminated in 23 recommendations in 2019:

1. It is recommended that the food supply includes several choices.
2. It is recommended that the standard diet meets the recommendations for prevention and health promotion.
3. Apart from a personalized diet, it is recommended that the standard diet provides a minimum of 2000 kcal /day
4. It is recommended that the nutritional values (energy, proteins, lipids, carbohydrates) of the food supply are accessible, especially to the prescriber and the dietitian.

5. It is recommended that any diet should be prescribed at the patient's admission and fitted to the clinical situation.
6. It is recommended that all types of therapeutic diets should be reassessed during hospitalization and at discharge by the prescriber, and if necessary by a dietitian and / or a nutritionist.
7. It is recommended not to combine more than 2 restrictive therapeutic foods because of the risk of undernutrition.
8. It is recommended that meals supplied can be split by offering more than 3 meals a day.
9. It is recommended that the textures and adaptations be established according to the international IDDSI recommendations/guidelines
10. In hospital, apart from a specialist nutrition opinion, the prescription of a therapeutic diet aimed at weight loss is not recommended.
11. It is recommended to adapt protein intake according to the stage of Chronic Kidney Disease and nutritional status.
12. It is not recommended to prescribe a hypolipidic therapeutic diet (<35% of the Total Energy Intake), with the exception of primary hypertriglyceridemia major and chylous effusions where a strict restriction of lipids is needed (<30 g per day, excluding medium chain triglycerides)
13. The standard diet is suitable for the diabetic patient without excluding foods and desserts containing sucrose.
14. It is recommended that the standard diet provides a regular supply of carbohydrates with each meal.
15. It is recommended that the quantities of carbohydrates are known and provided in each dish served.
16. If a therapeutic low salt diet is indicated, it is recommended not to restrict the salt intake (NaCl) to less than 5g /day (i.e. about 2g of sodium /day), except in the event of severe acute decompensation (for a very short time)
17. That a diet titled "acid-free and / or spice-free" has no indication (except oral, digestive hypersensitivity or food allergy).
18. It is recommended not to exclude from the " strict low- fiber " diet (10-14g fiber / d, generally called low in residue or without residue), pulp free fruit juices, potatoes, white bread, milk and milk derivatives.
19. It is recommended to reserve strict low-fiber diet (10 to 14g / d of fiber) for therapeutic purposes in symptomatic intestinal strictures and for diagnostic purposes in some digestive explorations or for symptomatic purposes.
20. On medical prescription, a diet low in fiber (15-20g fiber / day) may have indications in the hospital in regard to digestive symptoms.
21. It is recommended not to exclude all dairy products as part of lactose intolerance.
22. Except where celiac disease is medically diagnosed, gluten-free diet is not recommended
23. For the prevention and management of undernutrition, it is

recommended to offer a diet enriched with energy and / or proteins to respond to the undernutrition.

**Ghislain Grodard,
Chairman**

Country- Finland

News from The Association of Clinical and Public Health Nutritionists in Finland

The Association of Clinical and Public Health Nutritionists in Finland: 50th anniversary this year

The Association of Clinical and Public Health Nutritionists in Finland is celebrating its 50th anniversary this year. This association was officially formed in the year 1970 and the very first post of a dietitian was also established same year in a Finnish hospital.

The number of dietitians working in the health care sector is now around 200. Compared to the zero situation about 50 years ago, the development is positive. However, the current number of is still insufficient and increasing the number, is a permanent task for our association.

We are celebrating our anniversary year by renewing our website and we will also organize a get-together party for our members. As a part of the program, we will be reviewing the achievements the association has made, evaluating the current situation and also forecasting future events.

We will especially, try to re-energize our members within this our anniversary year. The spirit of our current strategy is "Together we are more". We want to concretize it by inspiring our members to organize local Nutrition Days where the benefits of the work of dietitians will be made visible.

Leena Rechartt,
Executive Director

Country – Canada

News from Dietitians of Canada

Update of the Integrated Competencies for Dietetic Education and Practice Complete July 2020

A rigorous review and update of the education and practice competencies that underpin dietetic education in Canada is expected to be complete by the end of July 2020.

Over the last three years, a dedicated working group of educators supported by a practice indicator expert, has undertaken a major update to the Practice Competency (PC) and Practice Indicator (PI) statements that are used in curriculum development and for entry-to-practice regulation in Canada. At the same time, the Statement of Entry-level Proficiency has been modified and it has been recommended that programs use an adaptation of Miller's Pyramid of Clinical Competence to guide the nature of assessment required of the Performance Indicators. It is expected that after final consultation with stakeholders in dietetics education, regulation and the association in June, the updated ICDEPs will be publicly available in English and French.

This project was funded by PDEP, an unincorporated collaborative inter-organizational network bringing education, regulatory and professional association sectors together to work on priority issues at the intersection of their roles. The Integrated Competencies for Dietetic Education and Practice (ICDEP) Working Group is the task group formed by the Partnership for Dietetic Education and Practice (PDEP) to complete this work between 2017 – 2020.

Country – Caribbean

News from Caribbean Association of Nutritionists and Dietitians (CANDi)

The Caribbean Association of Nutritionists and Dietitians is the professional Association for all Nutritionists and Dietitians in the Caribbean. The Association promotes excellence in the practice of Nutrition & Dietetics thereby contributing to the improvement of the nutritional status and overall health of the peoples of the Caribbean Region.



**Introducing
The Caribbean Association of Nutritionists and Dietitians
Board of Directors
2019—2021**



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In lieu of the increases in chronic non-communicable disease, the USC HEALTH AND WELLNESS PROGRAM, caters to the faculty and staff of the South Caribbean Conference, and University of the Southern Caribbean.

The program covers physical activity where participants, once they have registered are required to go to the gym for approximately 3 days at their convenience.

On another day they participate in lecture/education sessions on nutrition or mental health catered to the work environment. On the final day they all participate in some food preparation sessions where they learn to make nutritious vegetarian dishes.

Additionally, each participant gets assessed by the gym instructors which is followed by nutrition assessments and counseling with is done in part by senior student dietitians supervised by the clinical instructors.

The program includes three cohorts and is directed by Dr Claudette Mitchell and Mr Leroy Pierre.

Mr. Akim Williams
Dietitic Intern (Prospective CANDi Member)



Delicious Vegan Taco



Akim (R) featured with colleague.

Dorothy Graham-Charles, MSc.
President
Caribbean Association of Nutritionists and Dietitians (CA

Awards and Grants

Academy of Nutrition and Dietetics Foundation Update

Wimpfheimer-Guggenheim ICDA Welcome Fund

The Academy of Nutrition and Dietetics Foundation Wimpfheimer-Guggenheim ICDA Welcome fund provides financial support to new ICDA members. Contact Nicci Brown at nbrown@eatright.org for information.

Wimpfheimer-Guggenheim Global Information Sharing Experience in Nutrition and Dietetics at U.S. Universities

As a result of the very successful pilot program in spring 2019, the Academy of Nutrition and Dietetics Foundation (Foundation) is pleased to announce that it will again offer the Wimpfheimer-Guggenheim Global Information Sharing Experience in Nutrition and Dietetics at U.S. Universities. This opportunity engages and promotes collaboration with members of the nutrition and dietetics international community. International dietetics

professionals and students are encouraged to [visit the Foundation's website](#) to apply to be selected for this opportunity.

Announcements & Calendar of Events

COBRAN 2020



(Congresso Brasileiro de Nutrição), the largest nutrition congress in Latin America, will be conducted on August 2020 by Asbran, the Brazilian Nutrition Association, and will be attended by more than 3,500 people. The event will be promoted in accordance with the partnership criteria, which excludes exhibitors and supporters that generate conflicts of interest with healthy and proper eating.

August 12-15, 2020 – Belém – Brazil

Registration and information: www.conbran.com.br

Academy's Food & Nutrition Conference & Expo™



Make plans to attend the 2020 Food & Nutrition Conference & Expo™, October 17-20 in Indianapolis, Indiana. Experience dynamic educational opportunities not available elsewhere. Gain access to new trends, perspectives from expert speakers and applications that you can apply to practice. Plus, review products and services from over 380 exhibitors showcasing the latest and greatest offerings in food and nutrition.

Visit www.eatrightFNCE.org to learn more.

Academy of Nutrition and Dietetics Membership

Apply for Academy membership by completing an **International Membership Application** and **International Verification Form** and

returning it to the Academy with payment. International Academy members can gain access to career enhancing benefits, such as member discounts on products and subscriptions, complimentary access to the *Journal of the Academy of Nutrition and Dietetics*, *Food & Nutrition Magazine®* and the Evidence Analysis Library®, as well as exclusive networking opportunities through dietetic practice group membership. Materials and additional information can be found [online](#).

For more information visit www.eatrightPRO.org or by phone at +1-312/899-0040, ext. 5000, Weekdays, 8 a.m. – 5 p.m. Central Time (callers within the United States can reach us at 800/877-1600, ext. 5000), or [email](#).

EFAD News



Breaking professional boundaries in Berlin/Germany

The German Association of Dietitians (VDD) was honored to host the 12th EFAD conference in Berlin/Germany last November. More than 400 dietitians from Europe and overseas followed the invitation of EFAD. The truly diverse range of topics included over 70 lectures, plus poster tours and the “meet the expert” opportunity. Related to the work fields of nutrition therapy, prevention, research and teaching topics for discussion reached from patient centered care, working with vulnerable groups, hot topics in research to media communication and clinical practice. In addition awarding outstanding colleagues for their contribution to dietetics was an encouraging and impressing part of the conference. There was also the possibility to discuss latest research and innovations with industry representatives in the exhibition area. The University of Applied Science Neubrandenburg under leadership of Prof. Luzia Valentini organized an assessment street with diverse assessment tools and trained staff that encouraged conference participants to experiences different techniques of physical assessment.

The conference (<https://efadconference.com/>) started Friday the 1st November with welcome notes by EFAD Honorary President Mrs. Annemieke van Ginkel-Res and the President of the German Association of Dietitians

Mrs. Uta Köpcke. Key notes to the role of dietitians in the important area of sustainability and the presentation of the representative of the Federal Ministry of Food and Agriculture/Germany, Mr. Lorenz Franken about Meeting the UN sustainable Development Goals – Germany's contribution regarding nutrition and sustainable consumption pointed out the important role of dietitians for the health care systems and society in general.

The pre-conference workshops and the Student's Day on Thursday 31 October attracted more than 100 students from all over Europe. Organized by ENDietS – The European Network of Dietetic Students the day started with details to the background of ENDietS presented by former president's Practical placement experiences abroad and thesis presentations from students for students and 2 workshops about ENLP – European Nutrition Leadership Platform concluded the day. ENDietS belongs to EFAD and has according to its guidelines a General Meeting as well and a social event for networking in a restaurant finished up a busy day.

Simultaneously to the student day the 30th General meeting of the European Federation of the Associations of Dietetics took place. 60 Delegates from 29 European Countries discussed, listened and voted on several business topics. Next to the classical business topics became the issue - Proposal to Extend Country of Origin of EFAD members to include WHO European Region member states – a positive vote which paved the path to accept the Association of Nutrition and Dietitians in Israel as Full Member. FINALLY!

At the non-business meeting in the afternoon Full, Affiliate & Education Associate members of EFAD were warmly welcomed. The presentation of the White Paper – Sustainable Health through the Life Span (<http://www.efad.org/en-us/reports-and-papers/efad-reports/efad-white-paper/>) was a good introduction to the topic Sustainable Health and a great document to share for the NDAs of the member countries. The following WHO Workshop lead by Dr. Julianne Williams, Technical Officer WHO Europe with the topic – How can dietitians support WHO in the prevention and control of NCD's across European Region, led to inspiring discussions how dietitians can contribute to sustainable health in diverse settings. The day became a round up with a Berlin sight-seeing bus tour followed by a visit to a food market for dinner. The 12th EFAD Conference including the pre-program was again a great chance to learn, share and network. It showed by a wide range of organizations invited to present results or options of cooperation with EFAD the active role of the European umbrella organization.

Manuela Thul & Uta Köpcke

ICDA Delegates of VDD - German Association of Dietitians