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AODA Passport

Quarterly Newsletter of the

american overseas dietetic association

an affiliate of the Academy of Nutrition and Dietetics

Issue 38-4

Letter from the President

We are almost at the end of this year and it is an opportunity to see what has been done and look forward to the future. We went through a change in our organization chart and added a Strategic Communications Chair. We want to welcome Erin Kappelhof in this position. From the beginning, she has been working to improve our communications among the leadership team, with our members, and to other stakeholders. Our affiliate is going through some substantial changes, including a strategic planning initiative, which you will hear more about soon. We will keep you informed of this process and other important updates along the way.

Our leadership team is working hard for a new face for our web page. We want to have a more interactive site where you can find very useful resources. Also, we will want to showcase

information from the extraordinary international community we are, so soon we will ask you to participate on this as well.

The Kids Eat Right International Campaign is one of the most important projects AODA has at this moment. We encourage you to use all the resources already developed by KER and impact your community through nutrition education. You can apply for a mini-grant, which is available to all KER volunteers. If you have a question, don't hesitate to contact Jamie Wise (jamie.m.wise@gmail.com) or Abigail Navarro (abigailypunto@yahoo.com), the leaders of this campaign.

We have two important scientific events coming up next year. First, the Malaysia conference (MDA-AODA), which will be held in Kuala Lumpur in May 2016. AODA is co-chairing this event with the Malaysia Dietetic Association. The due date for abstracts is **December 31**. As an AODA member, you can apply for economic support. AODA is supporting two AODA members to attend this event.

In addition, if you already applied for a FNCE 2016 session, you can also apply for support from AODA. Our objective is to support such scientific opportunities so our members can share their extraordinary expertise and knowledge with the world.

And, very importantly, we need you to be part of our Leadership Team. We still have two open positions, the Professional Development Chair and Fundraising Chair. Also, we need Country Representatives from several countries. If you are interested or have a question you can write to Carrie Kiley, our Executive Director.

We want to hear from you!

All the best,

Virginia Tijerina Walls
AODA President
president@eatrightoverseas.org

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AODA Session at the XVII Congreso de la Sociedad Latinoamericana de Nutrición (SLAN 2015)

Written by Camella Rising, MS, RDN, CR-USA

From 8-12 November, the Congress of the Latin American Society of Nutrition was held in Punta Cana, Dominican Republic. Held every three years, this year's event was attended by approximately 1300 participants from numerous countries around the world. Country Representatives Chair, Marianella Herrera, coordinated an inspirational AODA session at SLAN 2015, which I had the honor of moderating.

With a clear message about the adaptability of Kids Eat Right (KER) materials and beautiful photos to capture her work in Mexico, Vicky Tijerina Walls (AODA President) shared with the audience how AODA is advancing KER to international communities through AODA's Kids Eat Right International (KERI) initiative. Marianella Herrera followed with a similar message about the adaptability of Academy of Nutrition and Dietetics Foundation resources by presenting her research that involves applying the Energy Balance for Kids with Play program to a very low income community in Caracas, Venezuela. Both presentations showcased that the KERI initiative provides a meaningful way to engage with parents, children, schools, and communities about the power of optimal nutrition and physical activity.

Presentations by these two AODA leaders were followed by those from Academy leaders, Sylvia Escott-Stump, former President of the Academy and current ICDA Representative on behalf of the Academy, and Katie Brown, Chief Global Nutrition Strategy Officer of the Academy's Foundation. Sylvia shared a fascinating look at vitamin D and its dynamic roles in the body, which have only been discovered more recently. Surely, the audience left with a greater understanding about why this micronutrient (or hormone, Sylvia questioned reflectively) has garnered a tremendous amount of attention from researchers and clinicians. Finally, Katie closed the session powerfully with her presentation entitled "Healthy Food for a Healthy Planet: Improving Lives and Strengthening Communities." A key message was the importance of expanding and creating new educational and work opportunities for dietitians to play an influential role in nutrition across the entire food system (including, yes, agriculture!). That registered dietitian nutritionists and similar professionals can and should play a part in reducing the global burden of food insecurity and malnutrition was emphasized.

Collectively, these presentations made clear the innovative thinking and hard work of our AODA and Academy leaders.

Global Nutrition Forum

Written by Stacia Nordin, CR-Malawi

The European Federation of the Associations of Dietitians (EFAD) and Academy of Nutrition and Dietetics brought together a small group of nutrition professionals for two days in Amsterdam to discuss what we can do better together to address global nutrition problems. Our group of just over 20 included dietitians; experts from agriculture, food, health and nutrition; an economist; researchers; donors; professors; and dietetic association leaders from around the world. Bringing together the multi-stakeholder group had many benefits and enriched the nutrition discussion and the direction that we are forming.

Kudakwashe Chimanya, MPH, MS, RD, LD, a Nutrition Specialist from the Dietetic Association of Zimbabwe, served as Chair for the forum and began the conference with the analogy that fixing malnutrition will require many tools from the collective toolbox. She asked each of us to identify what unique tool we contribute, which helped us get to know each other.

Lawrence Haddad, International Food Policy Research Institute (IFPRI)'s Senior Research Fellow,

started us off with an overview of the second Global Nutrition Report (GNR). The opening presentation was a wake-up call to everyone in the room. The highly respected GNR (2014 and 2015) had been completed without contribution from even one dietitian or dietetic association.

Some information shared from the GNR was that malnutrition exists in many forms, and all countries face one or more types of malnutrition; this is now considered the 'new normal.' This was also highlighted in the Academy's Position Paper: Nutrition Security in Developing Nations: Sustainable Food, Water and Health.

Many countries are investing in nutrition, but the lack of analyzed and disseminated country-level data continues to be challenging. Greater prioritization and investment in nutrition is needed by governments and donors, and data is important to secure that support, as well as to see where we are doing well and where we need to improve. Opportunities for improving nutrition exist all along the food system, such as improving food environments and getting involved in connecting nutrition, agriculture, and our environment.

As the co-author of the GNR, Lawrence admitted that he was unaware of the role dietitians play in malnutrition and didn't know any dietetics organization. After our meeting together, he posted a blog stating that: Dietitians "are an incredible resource in the fight against global malnutrition**."** He also proposed that we consider creating a **World Nutrition Day**, as nothing currently exists for the whole globe to come together around nutrition.

After each of us presented information on our work, we found we had a huge amount of resources just in our room in each of our circles, covering almost all aspects of nutrition and the world. The group agreed we had a compelling reason to work together, and we identified that the major aim of our initiative should be to work together to: **"Increase nutrition on the global nutrition agenda".**

Three priority work streams were identified: Communications, Mapping, and Data, which are being developed in small groups as drafts and will be circulated shortly along with a proceedings paper from the meeting. The group agreed that the Academy would serve as the Secretariat to help follow up on issues, document, and communicate. Funding to support infrastructure for the initiative will be sought, with a Fellow to manage the initiative. A session about the initiative will be submitted to the International Congress of Dietetics (Granada, Spain; September 7-10, 2016).

For more information contact:

EFAD, Hon President, Anne de Looy, adelooy@plymouth.ac.uk

AND, Chief Science Officer, Alison Steiber, PhD, RDN, ASteiber@eatright.org

Or me, Malawi AODA Country Rep, Stacia Nordin, NordinMalawi@gmail.com, www.NeverEndingFood.org

The meeting was funded by the Academy of Nutrition and Dietetics Foundation.

Taking Care of our Planet through Good Food and Nutrition

The Real Challenge to Producing Healthy Food for a Healthy Planet

Written by Marianella Herrera, MD, PhD, AODA CR-Chair

Living in today's world is challenging, as achieving a good quality of life might not be easy. People in general, do not think about the place they live in and hang around; they take it for granted, walking through their precious space as if it will always be there at the same place in the same conditions. Also, people eat food and might not be fully aware of what the consequences might be in terms of inadequate food production, inappropriate food waste and the relationship between nutrition and these events. This association might not be clear enough for many people. As a group of health professionals involved with nutrition and ultimately with wellbeing, we might want to explore these relationships that would be key for enjoying the life we want: healthy, productive, prosperous and sustainable.

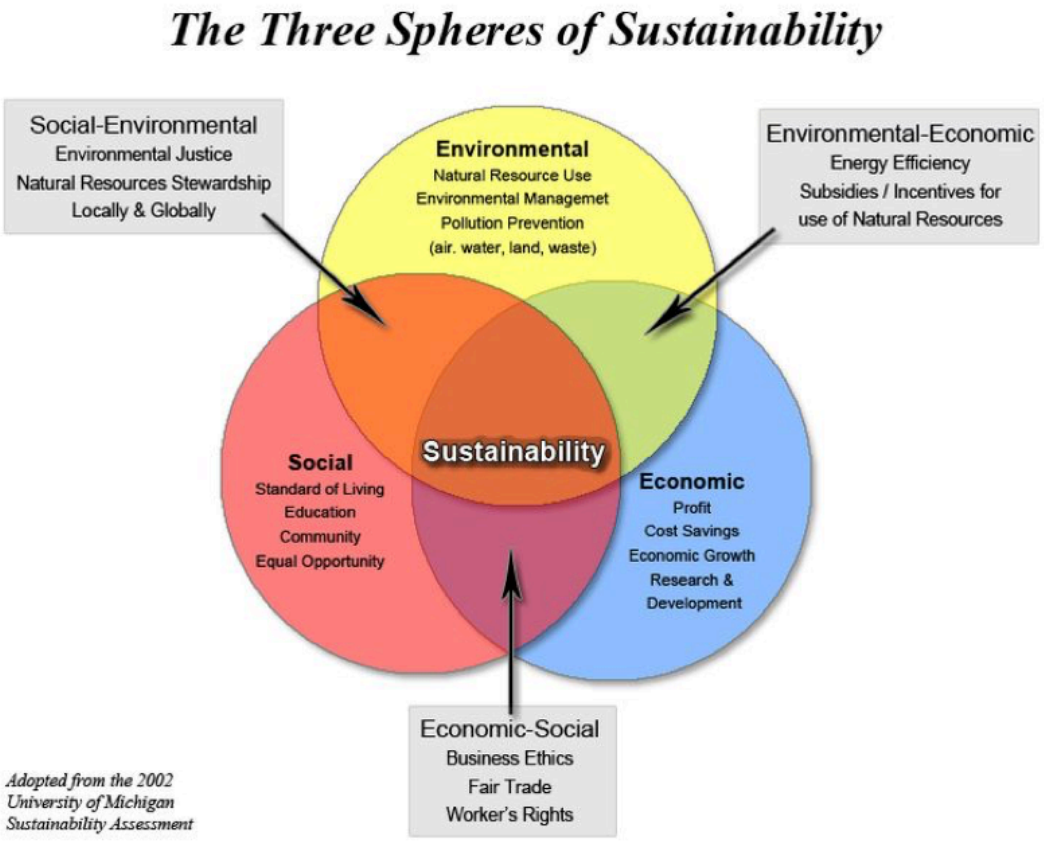
The last word, sustainability, deserves a moment to stop and think about its meaning. According to the Encarta English dictionary, sustainability means "able to be maintained", and this term could then be applied to many aspects of society: science, technology, social programs and of course food and nutrition. How we transform adequate nutrition into a sustainable system, by being able to maintain it through a healthy safe chain of components, constitutes the real challenge.

Modern societies are introducing new values to catch up with technological advances, scientific

discoveries and emotional and psychological challenges, just to mention some events. In other words, the world is changing, and we might not be aware that we are witnessing the changes, many of them presented as problem being solved or amelioration of some situations. Yet, we are also challenged because improvements are always changes, but not every change implies an improvement, thus creating complex conflicts that are difficult to accept and solve.

This is somehow what has been happening to the good quality food and nutrition and food production dilemma. Changes towards improvements to achieve higher production of foods in order to feed the world have been made, and great progress has been made in understanding the relationships between food intake and chronic diseases; still, we should face the consequences of food production on climate changes. This is an example of what we mean in how to approach changes for the good; we should be aware of the fact that many changes might not be perfect or at the end could be a major problem, thus requiring a global effort in order to find the appropriate solution.

In 2002, the University of Michigan proposed a Sustainability Assessment, illustrated as three spheres of Sustainability: social, economic and environmental all “melded” at the center, which constitutes Sustainability (see graphic). Of course, social environmental factors such as social environmental justice, natural resource stewardship and economic environmental factors (energy efficiency, subsidies and incentives for alternative energy utilization) should be brought to the table as well as education, equal opportunities for all and economic growth. All of these factors together will promote maintenance of positive changes, while controlling negative changes.



The Academy of Nutrition and Dietetics is aware of the dietitian's role in sustainable nutrition, and this is part of the Academy Foundation's Future of Food initiative (FOF), which started in 2012. As part of the FOF initiative, a Healthy Food for a Healthy Planet working group has been established, comprised of ~15 representatives from Academy DPGs and the AODA. The working group members have been meeting to develop vetting criteria for resources to be available on a new Healthy Food for a Healthy Planet (HFHP) Academy webpage. The HFHP webpage aims to be a one-stop site for quality resources in the intersection of agriculture, nutrition, and health. It is important to reinforce channels for education related to this important topic; there are so many things we should learn and explore in order to make our planet a better place to live in, and this initiative is a wonderful one that will give input to dietitians, healthcare professionals and ultimately to everyone interested in living in a better place.

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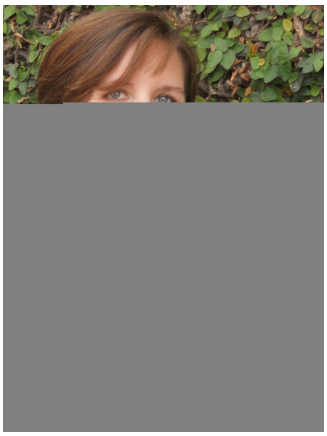
2. Rodríguez SI, Roman MS, Sturhahn S and Terry E. Sustainabilty Assessment and Reporting for the University of Michigan's Ann Arbor Campus. A report of the Center for Sustainable Systems. University of Michigan Ann Arbor. April 2002.

Acknowledgments: Katie Brown, Academy of Nutrition and Dietetics Foundation; Jamie Sheard, American Overseas Dietetic Association

AODA Member Corner: Meet our Members

Compiled by Hope Peterson

Featuring Rebecca Skyhart from São Paulo Brazil



Rebecca Skyhart MS RD, from the United States and currently living in São Paulo Brazil, realized her passion for nutrition in college when she made changes to her own eating patterns and experienced the immense difference it made in her mood and focus. She went on to teach health and wellness to high school students and families, as well as presenting cooking classes and participating in nutrition research. Rebecca has now been teaching, advocating, and studying in the nutrition and wellness industry for about eight years. Rebecca has more recently become a dietitian and member of AODA in the past two years. She has also lived in São Paulo for about two years, quickly moving after obtaining her RD license to be with her spouse, who was transferred for work.

São Paulo Brazil is located in the state of Sao Paulo, where people call themselves "Paulistanos" and have a diverse profile because of immigration and the business boom in 2008. The 20 million Paulistanos include people from Japanese, Portuguese, Afro-Brazilian, Italian, and Eastern European heritage. It is the industrial capital of South America and is similar to NYC in its concrete jungle feel. Most people living in São Paulo are Christian or Catholic, and everyone speaks Portuguese. As with the rest of Brazil, the people of São Paulo are extremely nice and, fortunately for Rebecca, love Americans.

Brazil is comparable in size to the United States with flavors and dishes varying according to region. In the area of São Paulo, rice, beans, and beef are staples. A dish usually includes rice,

beans, chicken/fish/beef, and a side of salad or fries. Fresh fruit and vegetables are also very popular and quite cheap in comparison with the U.S. Paulistanos easily access these at markets similar to farmers markets, held every day in various neighborhoods, one of the best parts about living in São Paulo, according to Rebecca. Brazil is known for its delicious barbecued beef, or Churrasco, and you can not leave Brazil without trying the national drink, Caipirinha, a fermented sugar cane, similar to rum, with limes and sugar. Brazilians do not like spicy foods and prefer their desserts and sweets. A common dessert is called a “Brigadeiro". This is a small fudge-like ball usually rolled in coconut, sprinkles, or nuts. Fresh squeezed natural juices are also very popular and come in various flavors, Rebecca’s favorite being pineapple with mint. With no added sugar, Rebecca finds them to be much more refreshing than those in the United States.

Dietetics is not a new field in Brazil as The Brazilian Association of Nutrition was founded in 1947 and “aims to promote the strengthening of training in the nutritionist specialization, while also encouraging research and contributing to the dissemination of nutrition in Brazil”. Dietitians, called nutritionistas, complete a 5-year undergraduate course, very similar to the rigorous education in the U.S., but are not obligated to participate in an internship or take a licensing exam. To acquire a dietetic license, as a foreigner, there are many steps, costs, and time involved, such as getting your high school diploma and all of your course work from college validated at an accredited college in addition to passing a Portuguese fluency exam. Because of the slow bureaucratic process, this can take up to 3 years and costs $R2,000 Brazilian Reais or more. While dietitians in the U.S. are paid more and are more prevalent in the media, Brazilian nutritionistas have a high level of power in clinical settings and are allowed to prescribe hospital diets or supplements and order lab work. For those with healthcare insurance, dietetic visits are often covered, and prevention is given a larger focus. While malnutrition and hunger are still a problem in Brazil, it has been targeted and alleviated to some extent since the implementation of the Zero Hunger Campaign of 2003. Other problems Brazilian dietitians face include iron deficiency in children, overconsumption of salt, and an increasing trend in obesity as processed food becomes more prevalent and less expensive. Currently, São Paulo is experiencing a drought, which is causing a decrease in crop abundance, an increase in fruit and vegetable prices, and making it more difficult to eat healthy and access clean water.

While living in Brazil, Rebecca taught English, co-authored the Brazil section of AND’s recently published “Cultural Competency for Nutrition Professionals”, worked with the University of São Paulo on a research project addressing physical activity and diet in teens, and now focuses her

time on building her virtual nutrition counseling practice and discussing international policies, practices and behaviors on her site. She would say language was one of the biggest barriers to working in Brazil, but has become easier as fluency increases.

Rebecca loves traveling, which she believes to be the best part about living abroad. She finds South America to be quite beautiful and welcoming and recently returned from a trip to Argentina, where she attended a cooking class and learned a traditional Argentine dish of lentils and butternut squash. In her spare time, Rebecca enjoys practicing yoga, jogging, and volunteering with the expatriate communities in her city. She enjoys helping fellow expats “find their feet” as the cultural shock after first moving to a new country can be isolating.

In five to ten years, Rebecca hopes to be working more closely on nutrition policies that affect the aging population and developing research on gut microbiota and its changes with diet. Rebecca invites guest writers from the AODA community to give their input about nutrition news in their country! Feel free to contact her at r.skyhart@gmail.com if interested. Checkout her site here www.thenutritioncondition.com.

Country Representative Corner

Compiled and edited by Marianella Herrera, MD, PhD, AODA CR-Chair

This is the summary of the activities undertaken by AODA Country Representatives (CRs) worldwide. Many of our CRs are involved in media, research, and educational activities. Some of our CRs are supporting Academy of Nutrition and Dietetics activities. Information about joining the Academy and AODA is a common request for all of our CRs. Also, many of our CRs hold other leadership positions at AODA. For example, our CR from Mexico, Virginia Tijerina-Walls, is the current AODA President; our CR for Japan, Melinda Boyd, is the current President-Elect; and our CR from the Netherlands, Erin Boyd Kappelhof, is our Strategic Communications Chair. Their work is highly valuable for the international community as well as an important source of information, and we care about all of you and thank them for their wonderful work.

Informational activities:

During April to June 2015, many CRs promoted our association: **Melinda Boyd**, CR-Japan, promoted AODA at the Asian Congress of Nutrition in Yokohama, Japan. **Romina Defranchi and Cecilia Morales**, CRs-Argentina, advised a dietitian in the process of becoming an Academy

member and responded to a request from a US student interested in opportunities in South America. **Erin Boyd Kappelhof,** CR-the Netherlands, was contacted by two AODA students members and gave advice for their career plans. **Elena Paravantes** (CR-Greece) provided information for dietitians interested in working in Greece. **Rezan Khan and Nilofer Safdar** (CRs-Pakistan) have been in touch with AODA members in their country. **Rubina Hakeem** (CR-Saudi Arabia) assisted with becoming an AODA member and the benefits. **Dervisé D Ugursal** (CR-South Korea) is continuously promoting AODA among nutrition community members in South Korea. **Pablo Hernández** (CR-Venezuela) gave information to one dietitian and two students about joining the Academy and AODA**.** Charmain Tan (CR-Hong Kong) promoted a get together among AODA HK dietitians. **Ellen Edwards** (CR-UAE) has been in touch with many patients from UAE and Saudi Arabia during her work at a children's hospital, and **Camella Rising** (CR-USA) answered requests from dietitians and Academy staff.

Educational activities:

Outstanding educational activities have been occurring in many countries, and we all know the importance of maintaining regular activities that can be of help to dietitians from around the world to keep updated with the last information, promote scientific discussions that enrich knowledge, and highlight some of the controversial topics in the nutrition field. These occur in many local health institutions, dietetic organizations, universities, or even in conjunction with the Academy of Nutrition and Dietetics. Let's see what happened around the world:

Vicky Tijerina Walls, CR-Mexico, participated in a workshop for experts that will develop indicators for evaluating the national strategies for the prevention and control of overweight, obesity and diabetes. **Romina Defranchi,** CR-Argentina, is developing recipes for the Academy Food and Nutrition magazine. Liyan Lin**,** CR-China, presented about how to become a Registered Dietitian and developing the career path at the Biennal Chinese Science Conference. **Mary Easaw** is preparing the Malaysian conference (MDA-AODA) in conjunction with AODA. **Elena Paravantes,** CR-Greece**,** was invited to talk in NYC at the Mediterranean Roundtable event. **Romina and Elena** are also contributing to the Academy's cultural competency book. Isabel González**,** CR-Panamá, gave a lecture at Universidad Interamericana de Panamá and conducted lectures on herbs and spices for the management of diabetes to segments of the labor force at the Panama Canal Authority. **Rezzan Khan** (CR-Pakistan) was involved in several talks and workshops related to weight management, critically ill patients nutrition care, and the Nutrition Care Process. **Nilofer Safdar** (CR-Pakistan) is leading the first BS-Nutrition students at the Dow University of Health Sciences and was recognized by the Journal of Pakistan Medical

Association's editor as a reviewer. **Rubina Hakeem**, CR-Saudi Arabia, facilitated translation of NCPT educational material into Arabic and guided the development of two books about Arabic diets and nutrient contents. **Pablo Hernandez** (CR-Venezuela) is collaborating as a professor on a program on diabetes education certification at the Central University in Venezuela and published a paper of a food photography atlas in Venezuela. Fusun Atayata (CR-Turkey) conducted training about healthy nutrition in several schools and was involved in the writing of a booklet about food waste. During the AODA symposium at the Latin American Society of Nutrition Conference in November 2015 (SLAN) in Cape Cana, Dominican Republic, called Defeating malnutrition at a regional level in Latin America, the moderators were **Camella Rising** (CR-USA), **Vicky** (CR-Mexico) and myself. The KERI initiatives in Mexico and Venezuela were described, and we were accompanied by Katie Brown from the Academy Foundation and Sylvia Escott-Stump (Past-President of the Academy). **Pablo Hernandez** will present a poster about the KERI initiative in Venezuela. The KER initiative is interesting to our members, and CRs around the world have been promoting, including one of the most active CRs in this area, **Charmain Tan** (CR-Hong Kong), who gave a talk in a community using KER tools.

Media is also important, whether traditional media or digital or social media, as through these important tools, we give the right nutrition information. **Rezzan** (CR-Pakistan) was interviewed by the Express tribune and **Pablo** (CR-Venezuela) was interviewed by the top radio morning show in Venezuela about the Life Standard Conditions Survey in Venezuela, and **Elena** (Greece) continued her job at her blog olivetomato.com, blogging for Huffington post and being an editor for Olive Oil Times.

CRs are also present in the following countries:

Austria: Jenny Dietrich

Brazil: Bia Rique

Burkina Faso: Alexandra Kuznetzov

Canada: Patricia Baker-Buono

Costa Rica: Alexandra Rosabal

Czech Republic: Terezie Mosby

Egypt: Mohmaed Radwan

France: Amy Morel L'Horset

Germany: Mary Norrito-Koller and Nicole Erickson

India: Poornima Shankar

Israel: Brigitte Kochavi

Italy: Marta Rahm

Jamaica: Patricia Thompson

Lebanon: Nahla Hwalla

Malawi: Stacia Nordin

New Zealand: Andrea Braakhuis

Philippines: Betty Dykes

Qatar: Mandy Rother, Sara Zaidan

Saudi Arabia: Rubina Hakeem

Singapore: Laura Zubrod

Sweden: Maria Gustafsson

Taiwan: Leh-Chi Chwang

Thailand: Helen Caldwell

US Government: Peggy Ann Cain

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AODA Mission: Empower members to be international food and nutrition ambassadors.

AODA Vision: Optimize health internationally through food and nutrition.

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