Dear AODA Members and Supporters,

Let me start off with a big thank you to our returning members and a very warm welcome to all of our new members. It is an honor to serve as the American Overseas Dietetic Association's President for the 2016-2017 fiscal year. I look forward to starting off our year again with just over 1000 members spread throughout 70+ countries. This is impressive! I am forever grateful for the network of nutrition professionals we have built as experts around the world. Your membership with AODA helps us strengthen our position as global leaders in nutrition and recognition as the "go-to" source for information on dietetics and nutrition around the world. As part of our organization you have access to many resources that
can help you build your career and knowledge in your home countries or wherever your work may take you. These resources come from both the Academy and within AODA.

In order to better serve our membership we need to know more about each of you. Be on the lookout for the AODA annual member survey. We are working on getting this out to members. Completing this will be helpful in ensuring the benefits we provide to you are the benefits you desire. In my role as President I want to make sure we are offering the right tools to our members and making your membership worthwhile. To help with this we are working on updating our strategic plan and will eventually work on a name change to better reflect our organization. I also plan to increase the number of webinars and continuing education opportunities for members. Another goal of mine is to increase the number of members applying for and receiving educational stipends. This benefit is often overlooked and I know many of you will benefit from attending and/or presenting your work at professional conferences. We plan to offer more opportunities for students as well.

Some other important areas that we are continuing to develop are the Kids Eat Right International program and our student member benefits. Stay tuned for more information throughout the year on developments with both of these. I would also like to see more of our wonderful members highlighted in our newsletters. Please don’t be shy! We are always looking for ways to share your work with others, as I know our members find what you do as inspiring as I do. One of my favorite parts of being involved with AODA is knowing that our members are truly making a difference in the world.

Lastly, we are always looking for members to be more involved, whether it be serving on a committee or taking on a leadership team position. There are many benefits to volunteering. I believe that everyone has something to offer. For me, as an American living overseas, the connections made through my service to AODA have helped me grow as a professional and learn about a whole world of nutrition practice that I didn’t know existed. Like I said, you all inspire me every day!

Thank you all for your support! I am looking forward to an excellent year serving as AODA President.

Sincerely,
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FNCE 2016

AODA has several events planned during the annual Food and Nutrition Conference & Expo on October 15-18, 2016 in Boston, MA, USA. We hope to see you there!

AODA International Reception at FNCE

Please join AODA in celebrating dietetics around the world. We will be hosting a reception for anyone interested in networking with AODA members and other internationally-minded conference attendees.

- When: Saturday, October 15th from 7pm to 9pm
Where: FNCE Headquarters Hotel: Westin Boston Waterfront (425 Summer St) in the Griffin Room

Register here

AODA Member Breakfast

Catch up with members on Monday at the AODA Member Breakfast! Breakfast will be served with your choice of pancakes or French toast served individually. Family style for the table will be bacon, homemade banana bread, scrambled eggs, fresh fruit, and your choice choice of beverage.

Cost for the breakfast will be $17.26 per person, and you must register in advance to be included.

- When: Monday, October 17th from 7am to 9am
- Where: South Street Diner: 178 Kneeland St
- Cost: $17.26/person – must be registered in advance
- Register here

AODA Booth at Member Marketplace

Stop by and meet the AODA Leadership Team members! We will be at the Member Marketplace on the Expo floor on Monday, October from 9am to 3pm!

- When: Monday, October 17th from 9am to 3pm
- Where: Booth 2415 on the Expo Floor in the Member Marketplace

Malaysian Dietitian Association and American Overseas Dietitian Association Conference May 2016

Written by Mary Easaw, Co-Chair of the Conference & AODA Country Representative for Malaysia

I would like to extend my heartfelt thanks to the President and Board members of the AODA 2015 to 2016 and the President and counsel members of the Malaysian Dietitian Association for all their contributions and cooperation for a successful conference. This is the second conference of this nature that was held in Kuala Lumpur. I organized the first AODA – MDA conference in 2009. Both of the conferences were organized in my capacity of the Country Representative of Malaysia for
AODA. I would like to thank Dr. Winnie Chee the President of MDA for working together with me to make this conference a success.

The MDA-AODA conference 2016 was held from 26 to 28 May at Double Tree by Hilton, Kuala Lumpur. The theme of the conference was Translating Evidence Based into Skills and Competencies. This conference was supported by the Ministry of Tourism and Culture Malaysia and Malaysian Convention and Exhibition Bureau (MYCEB). There were four plenary sessions, 12 symposia, five industrial symposia, four free paper symposia and two workshops. A total of 503 participants attended the conference with the majority from Malaysia, followed by Thailand, Indonesia and Singapore.

Virginia Tijerina Walls presenting Mary Easaw with the AODA Outstanding Dietitian of the Year award

There were 15 international speakers and 21 Malaysian speakers who presented on various topics. A total of 114 abstract and 16 free papers were presented. Of the total 60 were international abstracts and 54 were Malaysian abstracts. The best poster awards were given to Kanimolli Arasu from Malaysia, Maria E Bovill from Thailand and Kiew Siew Juan from Malaysia respectively. The best oral award went to Lee Ching Li from Malaysia, Harvinder Kaur from Malaysia and Lyutha K Al Subhi from Oman.
AJ Research & Pharma and Nestlé Products were the major sponsors. Ajinomoto Malaysia, Tate & Lyle and US Soybean Export Council were the main sponsors. They were supported by 28 other companies. Nestlé Products, Ajinomoto Malaysia, AJ Research & Pharma, Tate & Lyle and US Soybean Exports Council sponsored the industrial symposiums.

Overall, we received positive feedback on the overall organization of the conference. I was fortunate to be a part of this successful conference where I also received the Outstanding Dietitian of the Year from AODA as the affiliate of the Academy of Nutrition and Dietetics.

A Report of the 5th European Nutrition and Dietetics Conference (June 16-18 in Rome, Italy)

Submitted by Marta Rahm, RD, M.Ed., 2016 AODA educational stipend recipient and AODA Country Representative for Italy

This conference was interesting, since it featured research encompassing several areas in the nutrition field and experts who dedicated their lives to research, such as Mario Ciampolini, a feisty and passionate clinician. It also featured young researchers working around the world, which spanned from areas such as sustainable school nutrition intervention to food literacy programs. Since I work at an international school and run the edible garden project, I found the aspects
related to sustainability and literacy extremely useful and will apply them in my daily work at the
garden. Furthermore, since I also run a private practice, I will take advantage of the latest
research featured at this conference, summarized below, and apply it in counseling my patients.
Especially useful were the sessions related to diet, cancer and dietary supplements and the one
targeting the role of low-fat dairy foods and postmenopausal women, as many of my clients are in
this life stage.

![Image of a tray with Italian flag colors (green, white, red)]

Session Summary (a full session overview can be found [here](#)):

- **Martyn Caplin: Diet and Cancer: Can superfoods or dietary supplements help?** The results of a cross-sectional study were promising, but concluded that further research needs to be done in order to establish scientific-based relationships between various micronutrients and their effects on overall health.

- **Marica Bokavic: The effect of dietary choline on lipid partitioning and protection from metabolic syndrome.** If research findings are reaffirmed, choline supplementation could serve as a dietary intervention to stimulate fatty acid oxidation in patients with elevated obesity.

- **John Agens: Fourth year medical students required patient care reflections in patients with advanced illness and complete functional assessment: Are they including nutritional status?** Additional efforts need to be made within universities to increase medical students' awareness and knowledge of nutrition.
• Kaj Winther: *A randomized, parallel, double blinded and placebo controlled study of liquid rose hip in volunteers during the winter season with reference to the occurrence and symptoms of colds.* Results of a recent Norwegian randomized control study suggested that administration of liquid rose hip may be an effective treatment in reducing incidents and symptoms of the common cold.

• Jasminika Ilinc: *Evidence for the role of low-fat dairy foods in decreasing body fat compared to calcium alone or a control group in overweight/obese early-postmenopausal women over a 6-month weight loss intervention.* A randomized-controlled study of South Korean overweight/obese postmenopausal women concluded that a diet that incorporates four to five servings of low-fat dairy products may help obese patients facilitate weight/fat loss.

• Carolyn E Moore: *Nutrients of concern following bariatric surgery: Vitamin D and B complex vitamins.* Among bariatric surgery patients, daily supplementation decreased deficiencies in both vitamins D and B12, and increased vitamin B12 concentrations, suggesting that it may be necessary for patients to be prescribed dietary supplements following surgery.

• Elena T. Carbone: *Examining health literacy and its association with maternal child health and nutrition outcomes: Results of a scoping review.* Many factors contribute to health literacy and it is becoming increasingly clear that simply providing information is not an effective way to enhance health.

• Suhair Abdalla Khalil Abdallah: *Effect of nutritional counseling in the form of individualized meal plan on serum albumin level among hemodialysis patients.* Effective nutritional counseling, in the form of individualized diets, can have a positive effect on patient health outcomes.

• Gaspar Ros Berruezo: *Early life nutrition associated with healthy life? And if not, what to do?* Experimental studies show that nutrition in early life has a major impact on health into early adulthood, notably on cardiovascular disease risk, bone health and cognitive function.

• Claudio Adrian Bernal: *Metabolic implications of trans fatty acids from ruminant and industrial source on coronary heart disease risk: Experimental and observational evidence.* High intake of trans-fatty acids has been related with several adverse metabolic effects.

• Catherine Wickham: *Fuel up and Go!: Effectiveness of a food literacy program for low income adolescents to improve knowledge, attitudes and behaviors related to fruits and vegetables, sugar sweetened beverages and physical activities.* Results of this pilot program showed learning increases, but program changes can make it more effective.
• Regina Esiovwa Ahumareze: *The role of multivitamins in pediatric HIV management in Nigeria: A randomized controlled study.* Her study demonstrates that the use of multivitamins can be an effective method for improving health outcomes in HIV positive patients, regardless of the strength of the micronutrients.

• Jalene Mateko Azagba-Nyaco: *The tailored functional recipe approach: linking local resources with global science to create sustainable school nutrition intervention in Ghana.* These findings illustrate that the application science to indigenous nutrition knowledge could be a plausible tool in enhancing the nutritional sensitivity of school feeding, building local capacity as well as promoting food sovereignty.

• Susan Edgar Helm: *Understanding the influence of dietary folic acid as a biomarker of down syndrome with measurement of key regulatory enzymes and metabolites in methylation pathway of folate synthesis, using a cognitive mouse model Ts65Dn.* A significant difference in growth and behavioral characteristics between the Down Syndrome and control mice was seen, but further research is necessary.

• Conxita Mestres Miralles: *Food-drug interactions: Where are we now?* We need more research and knowledge regarding food-drug interactions.

• Hyojee Joung: *Household food insecurity is associated with lower dietary total antioxidant capacity of Korean adults.* Results of this study showed that 5.8% of male adults and 6.7% female adults were food insecure and had a decreased consumption of fruits, vegetables and legumes products.

• Sukru Gulec: *How does high glucose affect to genome-wide mRNA expression profile in fully differentiated human epithelial cell culture model.* Dietary recommendations or interventions could be established which prevent or reserve the observed effects on molecular pathways linked with obesity and Type- 2 diabetes.

• Raymond Gemen: *Bridging the gap between theory and practice in behavior change: Science based resources with instructional videos.* Gemen presented a program that could assist dietitians in facilitating behavior change in their clients.

• Alzahraa Mahmound Hassan Motawei: *Hypocholesterolemic effect of whole barley bread compared to whole wheat bread in diabetes induced hyperlipidemia rats.* Whole Barley Wheat may be used as a way prevent or decrease the effect of diabetes.

All and all the conference was extremely helpful to me professionally. However, at times, some of the research presented, especially by the young researchers, was limited due to the small population studied. One example of this is the study of liquid rose hip in volunteers during the
winter season related to the prevention of the common cold. Another good feature that would have been desirable was the sharing of hands-on experiences by dietitians in the field. Many of the speakers featured the results of their research, which at times where Ph. D dissertations, however, it would have been desirable to share practical examples and tips related to daily practice on various nutrition related topics. This could have been accomplished, for example, by using hands on workshops or round table discussions.

Argentinean Congress of Food and Nutrition

Written by Romina Barritta Defranchi, Licenciada en Nutrición (AR). Dietetic Technician Registered (US), AODA Country Representative for Argentina and Professional Development Chair.

On August 29-31, 2016, the Argentinean Association of Dietitians and Nutritionists Dietitians (AADYND) held their 1st AADYND Congress of Food and Nutrition in Buenos Aires, Argentina. Many colleagues from the country and from Latin America were presents and I had the pleasure to be invited as a speaker. Because of my experience in the US and in the international dietetics field, my topic was “Dietary Guidelines around the world, the Dietary Guidelines for Americans (DGA) 2015-2020”. The DGA have been always of a great interest at international level, especially because of its repercussion on food industry. The session was very interesting; a colleague presented how the latest 2015 Argentinean Dietary Guidelines (ADG) are being implemented. The ADG have a nice round icon similar to a plate were consumption of vegetables and fruits, drinking water, less salt and more physical activity are emphasized as many of the dietary guidelines in other countries (see pictures). There are 83 dietary guidelines around the world, but only represents 38% of the countries (and only 6% of low income countries have dietary guidelines). Only 4 dietary guidelines mention sustainability and environmental issues: Brasil, Qatar, Sweden and Germany. We concluded that food and nutrition experts are key players to communicate Dietary Guidelines and to empower people to make small dietary changes to improve their nutrition and health.

Other topics that, in my opinion, attracted much attention in the meeting were how we use new
technologies and how we as professionals position ourselves in social media, experiences in the sport nutrition field with colleagues that participated in Rio Olympic Games and dietitians role in research (we have potential to do much more in this field!)

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### AODA Stipends

Some of your benefits as an AODA member include stipends for educational conferences. We have stipends available for attendance at conferences, local to you or abroad, as well as stipends available to members presenting at conferences. In addition, we hope to add a student stipend in the near future. In this issue you will find an article by Marta Rahm, a recent recipient of an educational stipend to attend the 5th European Nutrition and Dietetics conference in Rome, Italy. Congratulations Marta and thank you for sharing about your wonderful experience at this conference!

Also, Maria Bovill was one of the recipients to present her poster at the MDA-AODA conference recently held in Kuala Lumpur, Malaysia. Here is a picture with Maria and her poster, entitled Bovill, M., Sataranon, P., Menefee, A., Silan E. and Wanphen W Nutrition Surveys in Refugee Camps Along Thailand/Myanmar Border. Her poster was awarded second place in the Best Poster Contest. Congratulations Maria!

AODA offers two $500 educational stipends per year available to any AODA member. The windows for applying annually are:

- June 1 through July 15 for conferences taking place June 1 through November 3
- July 15 through October 31 for conferences taking place December 1 though May 31 each year.

Are you interested in applying for an educational stipend? Contact aoda-general@gmail.com for more information on deadlines and to request an application.

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### AODA Member Corner: Meet our Members
Compiled by Jamie Sheard

Featuring Daniela Abigail Navarro (Herzl) from Kfar Saba, Israel

Daniela Abigail Navarro (Herzl), AODA member since 2012, currently lives in Israel, which has an approximate population of 8 million people, although she is originally from Mexico City, Mexico. She moved to Israel because she was awarded a scholarship to complete her Masters. Then she met a wonderful Israeli man who stole her heart and influenced her decision to make Israel her home. In Israel, the diet is predominantly Mediterranean.

Abi graduated from her nutrition and dietetics course in 2007 and was motivated to enter the dietetics profession by her passion and engagement to save the world or at least leave it better than she found it. In Mexico, dietitians undergo 5 years of university study including practical work and a one-year internship. In Israel, dietitians undergo 3 years of university study and a 6-month internship, followed by a Ministry of Health certification exam. Although she is not certain how many dietitians are currently present in Israel, there is a Facebook group of ~3,000 dietitian members.

Abi currently works at Ariel University as a teach assistant for Human Nutrition and Dietetics. She is also a PhD student, and her research is entitled “Meal presentation and its influence on hospitalized patients”. In addition, she works in private practice, providing workshops to mothers during their infants’ first 1,000 days of life. She really enjoys what she does and feels as if being a student gives her permission to learn anything at any time! When she initially arrived in Israel, she did not know any Hebrew, and it was challenging to learn a new language to continue her career in dietetics. Although she has faced other challenges, a current one that she faces is that of being a teaching assistant. She used to start her class on the first day of the semester by telling the students how many degrees she had, what she studies, and her experience. Then, she attended a workshop in which it was explained that students do not really care about “resumes” but about
what you to teach them in class. Therefore, she had to develop a good class to capture and maintain the students’ attention. She had to learn to be an "improved" version of herself, which is a continuing challenge because you are always in front of different people. Similarly, Abi finds it challenging when a mother is asking desperately what she should do for her child to eat, and she doesn’t have the answer. A particularly large challenge was to understand that we all make mistakes, because we are all human; it helped when an inspirational mentor explained that he was still afraid of making mistakes even after becoming a professor.

In the future, Abi wants to empower women to take care of themselves during pregnancy and their children during the first 1,000 days of life, to ensure their family’s health. She would like to move from doing this on a part-time basis to working in this area on a full-time basis. At the same time, she would like to employ other dietitians or students to help make their professional path as smooth as possible. Because she also enjoys research, a combination would be perfect! She would love the opportunity to translate her work to other languages such as Hebrew, English, and Spanish, and to continue teaching.

Abi now realizes that having multiple part-time jobs has afforded her the ability to sample many different professional areas and to have the flexibility to care for her 2.5-year-old daughter. She can earn as much as she wants in a country that has a diverse population and cultures. She would recommend saying “YES” to every opportunity presented at the beginning, to allow you to determine what is the best future path for you.

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**AODA Member Corner: Meet our Members**

*Compiled by Melinda Boyd*

**Featuring Kristen Heitman from Columbus, Ohio, USA**

Kristen Heitman has been an AODA member for 1.5 years. She is currently serving as the AODA Student Outreach co-chair. She currently resides in Columbus, Ohio in the United States, which has a population of approximately 800,000 residents. This is considered a Midwestern state and is known as the "bread basket" because so much wheat and corn is grown in this area. Despite this, Columbus offers a lot of diversity in dining options. Because it is a large US city, there is a fusion of people from all over the world! Kristen really enjoys eating food from different cultures, so it has been fun for her to explore the culinary world of Columbus.
In the United States, in order to become a dietitian one must complete an ACEND approved 4 year undergraduate degree in nutrition and complete a 1 year internship. Once the educational requirements are complete there is a national exam that needs to be passed in order to become a registered dietitian.

She has worked in dietetics for 4 years. She was encouraged to explore the medical field by her parents, both of whom work in the medical field. At a young age she recognized the significance of learning from the global community and sought opportunities to expand her horizons. Her interest in food and nutrition evolved in high school when she had the opportunity to shadow a registered dietitian. This experience opened her eyes to a profession she did not even know existed. The interaction with people, ability to manage health through food, and the incredible amount of knowledge necessary to become a successful dietitian attracted her to the field.

After attending Michigan State University for her undergraduate degree in dietetics, she knew the next step would be to receive a Master’s degree in nutrition from Case Western Reserve University. During this time she completed her dietetic internship at University Hospitals Case Medical Center. Her passion for dietetics has encouraged her to explore beyond her comfort zone. This included spending her summers away from home, immersed in dietetic practice. She has participated in a variety of work experiences including those in California, Alaska, New Zealand, Peru, and soon to be Guatemala. Through these wonderful and unique opportunities she has gained knowledge of nutrition care in the community, clinical, and food service settings, while broadening her worldview and developing skills in cultural competency.

Kristen currently works in clinical research. Her current position is very unique. As a research dietitian, she gets to engage in almost every area of dietetic practice. She often works with different investigators to develop and implement the nutrition portion of their research study. This can include anything and everything from administration of various dietary assessment methods
including food records, 24-hour recalls and Food Frequency Questionnaires (FFQ) to critically assessing diets of research participants. She performs a variety of anthropometric measurements, indirect calorimetry testing, and the BodPod procedure. Part of her position is managing the metabolic kitchen, where they create research meals for study participants. Some research software she utilizes includes Nutrition Data System for Research (NDSR), The Food Processor, ProNutra, and Research Electronic Data Capture (REDCap).

When asked where she expects to be professionally in 5-10 years from now she said she hopes to have another degree and be known as an expert in her field. One of her professional goals is to present at a nutrition conference. She also wants to continue to lead younger generations of dietitians. She would love to work internationally at some point during her career and be involved with the further development of nutrition programming in undeserved populations.

It isn’t just all work and no play for Kristen! She enjoys traveling and being active. She loves to try new foods, learn about different cultures and spend time outside surrounded by nature!

Lastly, Kristen would like to tell AODA members: “I am so excited to be a member and Student Outreach Chair for AODA! I look forward to seeing the academy push forward to become the global nutrition leader!”

Country Representative Corner

Compiled and edited by Lisa Dorfman, MS, RD, CSSD, LMHC, FAND and CR-Chair

It is with great honor & pleasure that I commence my Country Representatives Chair position with an amazing group of veteran and newly selected Country Reps. CRs have already started working hard on behalf of their countries, however we are still building our team, looking for members interested in taking this leadership role to collaborate & communicate with colleagues, the public and press globally.

Many of our CRs are involved in media, research, and educational activities. Their work is highly valuable for the international community and an important source of information. Thanks to them for their impressive backgrounds contributions to our field.
Our Current Country Representative Team:

Argentina: Romina Defranchi  
Germany: Nicole Erickson  
Hong Kong: Charmain Tan  
Israel: Brigitte Kochavi  
Jamaica: Patricia Thompson  
Jordan: Tatyana El Kour  
Malaysia: Mary Easaw  
Netherlands: Erin Kappelhof  
Russia: Maria Pastukhova  
Turkey: Fusun Atayata  

Egypt: Mohamed Radwan  
Greece: Elena Paravantes  
Iraq: Ahmed Chaloob Saddam  
Italy: Marta Rahm  
Japan: Melinda Boyd  
Malawi: Tessa Acker  
Mexico: Virginia Tijerina  
Pakistan: Dr. Rubina Hakeem  
South Korea: Dee Dee Urugusal  
USA: Camella Rising

The following CR activity summaries is just a “taste” of what is happening in dietetics worldwide.

**Argentina: Romina Defranchi**

Upcoming: Argentinean Congress of Food and Nutrition (Congreso Argentino de Nutrición y Alimentación) to be held on August 29-31. Romina will be a speaker about US Dietary Guidelines and to promote AODA/Academy. AODA Argentinean members will take part in the Professional Development Committee, Romina as a Chair; member Luciana Ambrosi as a non-leadership team (LT) volunteer.

**Jordan: Tatyana El-Kour**

Early August witnessed the launch of Jordan Dietetic Association, which is established to empower dietitians and nutritionists to work in the medical sector and in private practice. Another Jordan Food and Nutrition Association was also established in 2011 to raise the profile of food and nutrition professionals to lead projects in areas of sustainable agriculture, education, food security, among others.

Upcoming events: The First International Conference on Medical, Medicine and Health Sciences will take place on 1-2 October 2016 in Amman, Jordan. The conference is organized by Academic Fora and aims at providing a platform for networking, sharing, publishing and nurturing the potential growth of individual scholars across the globe. For more information,
emailajm576@academicfora.com. The Global Nutrition Cluster meeting will take place in Amman, Jordan from 18 to 20 October 2016. Side meetings of the Strategic Advisory Group, Cluster Coordinators, Information Management Officers, Global nutrition Cluster Task Forces are planned for 17 - 21 October. More information will become available using this link:
http://nutritioncluster.net/what-we-do/events/

**Hong Kong: Charmain Tan**

Upcoming events: 7th Asian Congress of Dietetics (ACD); 5-8 July 2018 at Jockey Club Auditorium, Hong Kong Polytechnic University, Hung Hom, Hong Kong. Theme – The Rise of Nutrition and Dietetics in Asia
Email – acd2018@hkna.org.hk

**Russia: Maria Pastukhona**

Russian Nutrition Congress took place in the Government Building in Moscow from 2nd to 4th of June. It was thematically devoted to the celebration of the 100th anniversary of the founder of Russian nutrition science, Alexey Pokrovsky, a variety of important topics was covered - https://rg.ru/2016/06/01/reg-cfo/v-moskve-projdet-vserossijskij-kongress-nutriciologov-i-dietologov.html .Upcoming Event: Health & Nutrition Forum and professional Fair will take place in Moscow, November 28-29, 2016 http://www.congress-pitanie.ru/.

**Japan: Melinda Boyd**

Upcoming events: The 63rd Annual Scientific Conference of the Japanese Society of Nutrition and Dietetics. Main Theme: Join up and bond together human, knowledge and skills through nutrition and dietetics Conference in Japan. Only 2 sessions will be in English. Link: http://kaizen63.com/english/

**Pakistan--Dr. Rubina Hakeem**

As a proud to be a founding member & former president of Pakistan Nutrition and Dietetics Society (PNDS); thrilled to learn about the growth in membership (approaching 1000) and participants of RDN exam. Promotion of Evidence Based Nutrition Care in PAKISTAN by Pakistan Nutrition and Dietetics Society (PNDS) - PNDS is doing a great job of promoting Evidence Based Nutrition Care (EBNC) in Pakistan. The society provides Continuing Nutrition Education through its chapters in several cities. At each CNE updates about EBN care of any particular condition is provided by experts. PNDS has now subscribed for access to AND EAL by all the RDNs. At its

http://us11.campaign-archive2.com/?e=[UNIQID]&u=3594c0b3bf3bd0cd6a395e8d6&id=ee83b9b344
13th AGBM PNDS invited me to deliver a lecture on EBNC. Participants were unanimously in favor of adapting Evidence based guidelines for local use and there was a very fruitful discussion about initiating this task and promoting conduction and publication of researches.

**Saudi Arabia: (former) Dr. Rubina Hakeem**

Nutrition education is propagating in Saudi Arabia and ministries of education provide excellent support. The title suited for RDNs here is “Clinical Nutritionist”. Health commission accredits various professions related to nutrition. Students I taught were wonderful ready to overcome all obstacles in a decent a manner to become a “Clinical Nutritionist”. Under my guidance, they translated most of NCPT text for their own understanding in Arabic; developed a recipe book of Arabian foods with energy and macronutrient values for each recipe; developed a book having sample menus for various age-gender groups and varying energy needs; designed, prepared and evaluated self-made height measuring tools; worked in real clinics as trainee dietitians and documented NCP using the relevant terminology; arranged a Kid’s Eat Right-based nutrition education program at a school. Several took AND membership on my suggestion. Saudi Dietetic Association and Saudi Society for Food and Nutrition could be a nice platform for RDNs in Saudi Arabia. One of our AOD colleagues Khalid A. Al-Madani, Vice President of Saudi Society for Food and Nutrition is actively working for these aims.

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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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