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AODA Passport

Quarterly Newsletter of the

american overseas dietetic association

an affiliate of the Academy of Nutrition and Dietetics

Issue 39-2

Letter from the President

Dear AODA Members and Supporters,

As we enter what is known as the holiday season in many of our countries, I want to take this time to say how thankful I am for all of you. AODA is an important part of my life and I am always thankful for the opportunities provided to me, plus the connections it provides between so many great nutrition practitioners around the world. I know our members all celebrate different holidays, have different traditions, and enjoy different foods this time of year. Despite this, December provides a common theme for all of us. That is reflection and a time to recognize what we are thankful for. As the year comes to a close, take some time to think about all of the positive things you have been involved with this year. Think

about what you have to be thankful for in your life. Consider the positives rather than dwell on those negative moments of the past year. As AODA members, we are change agents in our countries, and we do have the power to make an impact. We can be powerful players in the health of our communities.

With that being said, AODA hopes to soon have an International Public Policy position that will aim to help get everyone started with grass roots efforts to impact change in your countries. We want to know what is happening in your country to help improve health. Maybe your government has a lesson learned that could be shared with countries similar to your own. Maybe you work with an NGO that is helping to improve malnutrition and you have evidence to show the strength of your program in impacting positive change. These are the success stories we hope to share over the next year with all members. The work you do can inspire us all!

I also want to take this time to thank all of you that attended FNCE and stopped by our events. Things were kicked off on the right foot as our own Naomi Trostler was presented with the Majorie Hulsizer Copher Award, the highest honor presented by the Academy, during the opening session. Later that evening we came together for some good food and networking. I am pleased to say that our international reception was a huge success! We hosted a more intimate breakfast get together at the South Street Diner. We had an excellent turn out and the food was almost as good as the company! Lastly, our booth was well visited and had lots of potential members. An extra special thank you and welcome to those new members that just joined after meeting us at FNCE. So glad you have decided to join us.

The last thing I want to mention is our desire to bring more of an AODA presence to social media. If you haven't liked us on FB yet or followed us on Twitter make sure to do so now. Once the social media chair position is filled we will be looking for contributions from all members (sent to the social media chair for "official" posting). This could be anything from a new study in your country, to new nutrition guidelines, to a government initiative targeting obesity. The possibilities are endless and we definitely want to make sure everyone's country is included in the sharing of interesting nutrition world events.

Sincerely,
Melinda Boyd
AODA President

president@eatrightoverseas.org

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2016 Marjorie Hulsizer Copher Award - Naomi Trostler

In case you missed the FNCE opening session or the short article in the October eNews, we wanted to again share our congratulations to long-time AODA member and leader, Naomi Trostler, PhD, RD, FAND, as recipient of the 2016 Marjorie Hulsizer Copher Award, the highest honor bestowed upon a member of the Academy of Nutrition and Dietetics. For nearly 50 years, Naomi has served the Academy and AODA in many capacities – from AODA President to Delegate to the House of Delegates, and in many roles in between – always working to advance the profession through her research and leadership. Naomi's steadfast dedication to AODA helped shape our affiliate into what it is today. We cannot think of a more deserving recipient for this prestigious award. Thank you, Naomi, for all that you have done and continue to do for AODA! We are honored and forever grateful. Congratulations!

Read more about Naomi's award in the November issue of the Journal of the Academy of Nutrition and Dietetics.

Submit National Honors and Awards Nominations

Do you know an AODA member as inspiring as Naomi? Now is your chance to nominate members for this and other national honors. Candidates should be an outstanding role model who has advanced the nutrition and dietetics profession, exhibited leadership and shown devotion to serving others in both dietetics and allied fields. If so, please recognize their accomplishments and contributions by nominating them for an Academy National Award.

Indicate your Intent to Nominate by January 15, 2017. Begin an online nomination and enter your name, the name of your nominee, and the award. Then, complete the remainder of the online nomination by March 1, 2017. Award recipients will be announced in May 2017 and recognized at the Academy of Nutrition and Dietetics' 2017 Food & Nutrition Conference & Expo™ in Chicago, IL.

Food Matters Live Conference

Written by Melinda Boyd, MPH, MHR, RD, AODA President

The annual Food Matters Live conference took place in London, England on November 22-24, 2016. This conference is described as "the UK's only cross-sector event brining together food and drink industry, retailers, food service providers, government and those working in nutrition, to enable collaboration and innovation to support a sustainable food landscape for the future". Simply put, this conference aims to bring together multiple players in the discussion of our food supply and the role this plays in health and the environment. Unlike many other conferences that target just one area, this allows professionals to engage in discussion together about how they can enable each other to positively impact food, nutrition, and health. It is important to have nutrition professionals working with food industry, rather than alone, or even against them, to help improve the food choices available to consumers. One of the biggest take away messages from this conference is that we can't address our nutrition problems alone.

The format is quite unique. There are conferences that typically include a panel of 4 experts on a topic, mostly from different backgrounds, all coming together to present their stance on an issue or share how they are aiming to fix an issue. This is followed by questioning from a moderator, as well as questions from the audience. Some of this years conferences included "Changing dietary behavior: the retailer perspective," "The future of nutrition and food design," "Sugar and society," and "Putting sustainable diets at the top of the menu."

In addition to conferences, there are seminars. These are sessions with 3-4 speakers split up individually (20-30 minutes each) to share a presentation of their work or a specific topic they work with every day in the field. This format also allows for questions from the audience. This is where dietitians can best obtain learning on a topic, not to mention continuing education credits. However, the real fun takes place on the expo floor. This isn't the same as what we expect from an event like FNCE. There are food vendors and many booths offering samples, but the content of these is a little different. Vendors have different target audiences. Remember, the conference isn't just for dietitians, so this gives a different feeling to the presentation of foods and information. There is a section for entrepreneurs, too. This gives new products a chance to do market testing of their products and seek out potential distributors. Some of these products aren't even for sale yet, but they hope to be soon. It's a unique way for small food businesses to launch their products. Some products are well established and already for sale in stores. Well-established companies go there to launch new products under their brand name. Large food

service providers also use this time to showcase their products. As you can see, big and small business can both benefit from this event.

There are also universities there to share about their programs in nutrition, agriculture, and food science. This is a way for them to share their research with food industry leaders as well. For nutrition professionals this area may be the most interesting because it is a novel look at the "behind the scenes" work that goes into our food supply. We all remember taking food science in college, but we might not know about all of the advances and current research in this relevant field.

Lastly, the expo floor has specially designed areas to serve different functions. This includes "The Evidence Base", where food industry and nutrition professionals share about the evidence on certain foods and health, the "FEED Sensorium", where scientific developments in food industry are showcased, and the "Growth Lab", where new and developing food and beverage businesses can meet with professionals that are there to help teach them how to grow their businesses. There's even an experimental café where visitors can purchase foods and participate in a research study on food behaviors and the decision making process.

This year there was a big focus on obesity. Not just in adult populations, but more so in children. Conferences and seminars addressed this topic from all angles. The idea is to engage nutrition professionals to walk through the issues with food industry to help see where they can help, while at the same time allow food industry to share with nutrition professionals what they are already doing and plan to do in the future to help. Fixing the obesity epidemic isn't just the job of one group of people so all professionals need to work together to improve the food environment. Seminars covered nutrition in pregnancy, infant feeding, childhood food choices, and spanned across adulthood and the elderly. Many health issues were covered, but the majority of the focus always seemed to come back to obesity. Food industry can have the greatest impact here and this forum allows nutrition professionals to share this message with big name companies. Change will take time, but it is reassuring to know that the lines of communication across these professions are open and collaboration is welcomed.

To make for an even better experience, some AODA members were able to meet up one morning for coffee and networking before the conference day began. Time was spent discussing personal experiences working in England, sharing similarities in health issues between the US and UK, and

discussing the health issues we feel need more focus. It was a time to reflect on our profession and how we can help make an impact. But the main thing was that everyone was having fun! An AODA member meet up for dinner was also arranged so that we could continue to network. Dee Dee Ugursal-Lee, the AODA Country Representative for South Korea, currently lives in London and selected a South Korean restaurant known for it's authentic and delicious food. Some AODA members were able to attend for this unique cultural experience. We tasted some traditional dishes and enjoyed the flavors common to South Korean cooking. Additionally, Charmain Tan, the AODA Country Representative for Hong Kong, arranged for some members to have dinner at an authentic Chinese restaurant on one of the other nights. It was nice for members to gather and experience something a little different while enjoying time in London.

Left to right: Melinda Boyd (President), Deborah David, Kim Haider, Erin Kappelhof (Strategic Communications Chair), Ashleigh Comber, and Charmain Tan (CR- Hong Kong)

Left to right: Kate (a new friend of AODA and a UK RD), Melinda Boyd (AODA President), Dee Dee (CR-South Korea), Erin (Strategic Communications Chair), and Charmain (CR-Hong Kong)

AODA Member Corner: Meet our Members

Written by Erin Kappelhof, MS, MPH, RDN, AODA Strategic Communications Chair

NAME: Joan Breakey, BSc. MAppSc. Cert Diet. DNFS TTTC
AODA MEMBER FOR: Two years
LIVES IN: Australia
FROM: Australia

How long have you been in the dietetics profession and what brought you into this field? This December I will have been a dietitian for 50 years. I was interested in home economics teaching first, and then learned I could change to the three-year diploma in nutrition and dietetics in Melbourne. I carried out my final year to obtain the Certificate of Dietetics at Royal Perth Hospital and then completed teacher training back in Melbourne, and then became a lecturer to student dietitians only three years younger than I was, at what is now RMIT, in Melbourne.

How are dietitians trained in your country? There are slightly different degrees with masters courses in the several states in Australia, but all must be accredited nationally.

Can you give us some demographics about the place where you live and work? I live in the sunny south-east part of Queensland [pop 3.4 mil], where Brisbane [2.0 mil] is the biggest city.

What is the kind of food / cuisine that is eaten in your region? Typical western diet.

What is your line of work in the dietetics profession? Dietitian/Nutritionist, Home Economist, Teacher and Food Sensitivity Researcher. I have specialized in the practice of diet investigation for possible food chemical intolerance and allergy since 1976, now 40 years.I faced the challenge of professional criticism for investigating the role of diet in hyperactivity when it was first a very controversial area of dietetics. I conducted clinical research into my findings and completed a Master of Applied Science in the area. I have provided much information in the broader area of the many symptoms food intolerant patients have (including migraine, IBS, eczema and other allergic conditions), in over 70 articles on my website and through four books available from anywhere. I was also appointed Adviser in Nutrition and Dietetics to the state of Queensland at a time when it was usual for the main hospital in each of the big cities to have only one dietitian.

I have been a constant contributor to and was the National Convenor of the Dietitians Association of Australia's Food Allergy and Intolerance Special Interest Group in 2008. I collated the research into four books for the public and to pass on my work to dietitians: Are You Food Sensitive? Fussy Baby, the Dietitians Manual, the Masters Thesis and Tolerating Troublesome Foods, fully describing my Diet Detective Method. I have written many papers on food sensitivity. Many free Articles are available on my website, as well as interesting blogs and information about my books on www.FoodIntolerancePro.com.

What are your other interests? I enjoy the company of my husband, a child psychiatrist; my daughter, a lecturer in tourism; and my son, a philosopher; and my three special grandchildren. I live out among hills, near a creek and with gum tree views from all windows. I love to travel. I have a special interest in the taste and flavour of all foods as the flavour of foods is an important part of enjoyment, and of possible food intolerance in some people.

Where do you see yourself professionally, 5 to 10 years from now? I expect to be fully retired, enjoying family life, friends, travel, and perhaps occasionally responding to emails and blogs on my website.

AODA Member Corner: Meet our Members

Written by Erin Kappelhof, MS, MPH, RDN, AODA Strategic Communications Chair

NAME: Maree Ferguson
AODA MEMBER FOR: I can't remember exactly, I think for at least the last eight years.
LIVES IN: Australia
FROM: Australia. I also lived in Malaysia for four years when I was growing up and I worked in the United States for eight years.

How long have you been in the dietetics profession and what brought you into this field?
I've been a dietitian for 21 years now. I had an amazing home economics teacher at high school who taught me about nutrition – both the science and the practical food aspects. This is what led me to pursue a career in dietetics.

How are dietitians trained in your country? In Australia, dietitians are required to complete a degree in science, including human physiology, biochemistry and food science studies. There are undergraduate and postgraduate degrees available. Dietetic students are also required to complete practical placements in clinical, community and foodservice settings. Some student dietitians undertake a research project and others may pursue further studies in public health, counselling and/or private practice and business.

Can you give us some demographics about the place where you live and work? I currently live in Brisbane. Brisbane is the capital of the state of Queensland in Australia. It is the third most populous city in Australia after Sydney and Melbourne with a population of more than 2.5 million, including many immigrants and refugees.

What kind of food / cuisine is eaten in your region? Brisbane has a diverse range of cuisine, inspired by the cultural diversity here. The city has a strong Asian influence, so plenty of Japanese, Thai, Chinese and Indian food. Queenslanders love their seafood and beef/lamb and even more so when they are combined. There is a lot to choose from! Coffee shops are always popping up and lately, Mediterranean inspired cuisine.

What is your line of work in the dietetics profession? (egs – clinical, public health, food service, governmental agency, private practice) I have worked in a few areas over my career. After completing my PhD developing the malnutrition screening tool (now used around the world), I worked in Research & Development for a nutrition company in the United States for eight years. I then moved back to Brisbane, Australia, to take up a management position in a large hospital as Director of Nutrition and Dietetics. I now work in a rather unique role as the founder and director of my own business Dietitian Connection.

Dietitian Connection is an online business, which provides professional development resources, webinars, podcasts, the latest news and research, and events to dietitians who reside in Australia and even those across the globe. We are a small team who aim to inspire and empower dietitians to realize their dreams. Dietitian Connection was born four years ago. I have overcome many challenges since starting my own business. Transitioning from a management position, where I was leading a team of clinical dietitians and researchers, to going solo during the beginning Dietitian Connection was certainly a challenge. The transition from a regular paycheck to having to create business opportunities to generate an income was also rather challenging but I wouldn't have it any other way!

What are your other interests? Travelling

Where do you see yourself professionally, 5 to 10 years from now? Not entirely sure; I seem to change careers within dietetics every eight years or so. Hopefully, I will be helping even more dietitians realize their dreams through Dietitian Connection.

Country Representative Corner

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

Happy Winter!

It is an incredible experience meeting all the Country Representatives who attended FNCE in Boston this year. Wonderful to have faces with the names; be able to spend quality time getting to know one another at our reception, breakfast and board meetings.

While there, I also had the chance to recruit a few new '16-19 CRs to our team from Ghana, Japan, Scotland & Laos, a total of 26 CRs worldwide!

While we have exciting things planned for the upcoming New Year, and several new CRs, 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 as we have a total of 78 countries represented in our group!

Please apply directly if you are interested in representing AODA in your country to your country colleagues, potential new members, the public and press! Contact me**.**

Welcome to Our '16-19 Country Representative Team:

Argentina: Romina Defranchi

Barbados & Dominica: Aloma Cassell

China: Liyan Lin

Czech Republic: Terezie Tolar Mosby

Dominican Republic: Dr. Anayanet Jaquez

Egypt: Mohamed Radwan

Germany: Nicole Erickson

Ghana: Laurene Boateng

Greece: Elena Paravantes

Hong Kong: Charmain Tan

Iraq: Ahmed Chaloob Saddam

Israel: Brigitte Kochavi

Italy: Marta Rahm

Jamaica: Patricia Thompson

Japan: Amanda Berhaupt

Jordan: Tatyana El Kour

Laos: Joanna Cummings

Malawi: Tessa Acker

Malaysia: Mary Easaw

Mexico: Virginia Tijerina

The Netherlands: Emmy Steiner

Pakistan: Dr. Rubina Hakeem

Phillipines: Beatriz Dykes

Russia: Maria Pastukhova

Scotland: Emily Spees

South Korea: Dee Dee Urugusal

USA: Camella Rising

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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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