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AODA Passport

Quarterly Newsletter of the

aoda

american overseas dietetic association

an affiliate of the Academy of Nutrition and Dietetics

Issue 39-3

Letter from the President

Dear AODA Members and Supporters,

While many of us are anxiously awaiting Spring, I know many of you are just finishing up the Summer months and bracing for cooler temperatures. Whichever season may be upon you, I hope you plan to take advantage of the seasonal produce available locally. For those with favorite vegetables and fruits that the rest of us around the world may not be as familiar with, I encourage you to take a picture, write a short blurb that highlights the nutritional content, perhaps add in a recipe, and send it to us for inclusion either in the next newsletter or on social media.

This brings me to other exciting news. We have a new social media chair appointed and we look

forward to having a greater presence in forums like Facebook and Twitter. Stay tuned for more information about how to submit pieces of interest to us for sharing through social media. In addition to this position, we also have six newly appointed leadership team members. As we get closer to the new fiscal year we will share a little about each of them. We also have the results of our elections. Please join me in congratulating everyone:

Esther Myers- President Elect
Kristen Heitman- Secretary/Treasurer
Joanna Cummings- Strategic Communications Chair
Naomi Trostler- HOD Delegate
Ahlam Badreldin el Shkieri- Research Coordinator
Halit Tanju Besler- Scientific Committee/Conference Chair
Terezie Mosby- International Projects Coordinator
Jamie Wise- Kids Eat Right International Coordinator
Maria Vitullo- Social Media Chair
Sylvia Klinger- Member Services Chair

This is my last AODA Passport issue as President. I want to thank Emmy, our Newsletter Editor, for all of her hard work and dedication to providing all of you with great and relevant content each quarter. We are still seeking a co-editor for this position and would love to see someone new involved. As always, even if you aren't able to contribute as an editor, we welcome your contributions for content. One of the reasons I love serving AODA is because I get to work with amazing professionals impacting nutrition and health worldwide. You all have stories to share, research contributions worthy of our members' attention, and ways you are impacting your communities. Don't hesitate to share with us your accomplishments. Although I may not be in the role of President forever, AODA will forever hold a special place in my heart thanks to each and every one of you.

Sincerely,

Melinda Boyd, MPH, MHR, RD
President, American Overseas Dietetic Association
president@eatrightoverseas.org

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Academy of Nutrition and Dietetics' New Vision, Mission, and Principles

At its February 24 meeting, the Board of Directors approved the Academy's new vision, mission and principles.

The Academy's new vision: A world where all people thrive through the transformative power of food and nutrition.

The Academy's new mission: Accelerate improvements in global health and well-being through food and nutrition.

The Academy's new principles: The Academy of Nutrition and Dietetics and our members:
- Integrate research, development and practice to stimulate innovation and discovery
- Collaborate to solve the greatest food and nutrition challenges now and in the future
- Focus on system-wide impact across the food, wellness and health care sectors
- Have a global impact in eliminating all forms of malnutrition
- Amplify the contribution of nutrition practitioners and expand workforce capacity and capability.

A great deal of hard work has been done to get the Academy to this point. The Board is grateful to all

members who were involved in the process of developing the organization's new vision, mission and principles. More information is available online on these exciting developments for the Academy's future.

Fall 2016 HOD Meeting, Boston, October 14-15, 2016

Report from Naomi Trostler, AODA Delegate to HOD
Fall 2016 HOD meeting, Boston, October 14-15, 2016

Two topics were on the agenda of the face-to-face meeting of the HOD: Training for delegates on Appreciative Inquiry; and, Wellness and Prevention initiative. Appreciative Inquiry (AI) is a post-modern approach to social science; a method for engaging a small or large group of people in studying the best examples of whatever they are interested in creating more of; a dialogue approach to organization development and change.

The training on AI was provided by David Cooperrider, PhD, from Case Western Reserve University. Future discussions and consultations in HOD meetings will be guided by the AI principles. The objectives of the training were: to develop a basic understanding of AI by delegates; experience the AI discovery process; learn how to create an AI process; begin the AI process in the leadership role within the Academy. The second topic on the Fall HOD agenda was Wellness and Prevention. The mega question is: “How can we as Academy members capitalize on our strengths to create a future where credentialed food and nutrition practitioners play an integral role in wellness and prevention?”

The discussion was based on the backgrounder and members’ experience. Members identified and expended new opportunities for RDNs in wellness and prevention programs; they identified skills and strengths and opportunities RDNs need to acquire and build on to be active and effective in wellness and prevention; they identified how and who to engage to assist in designing strategies and collaborate with for successful promotion of wellness and prevention. Check out the HOD Backgrounder.

Expanding the Associate membership to additional professions and changing the requirement of BSc as minimum to also include trade certificates in the Academy. Recent vote outcomes:

Motion#1: Associate Membership Category Change - Associate’s Degree as Minimum Required

Education for Specified Trades

Motion 1: 84 supported/ 13 opposed – motion carried

Motion #2: Associate Membership Category Change- Addition of Professions

Motion 2: 71 supported/ 26 opposed – motion carried

Motion #3: Associate Membership Category Change- Addition of Education Backgrounds

Motion 3: 73 supported/ 24 opposed – motion carried

Motion #4: Associate Membership Category Change- Dues Reduction

Motion #4: 56 supported/ 41 opposed – motion carried

Next steps: MSAC will be notified of the HOD's vote. The change in the Associate Membership Category was effective as of February 16, 2017.

Questions and comments can be addressed to Naomi Trostler

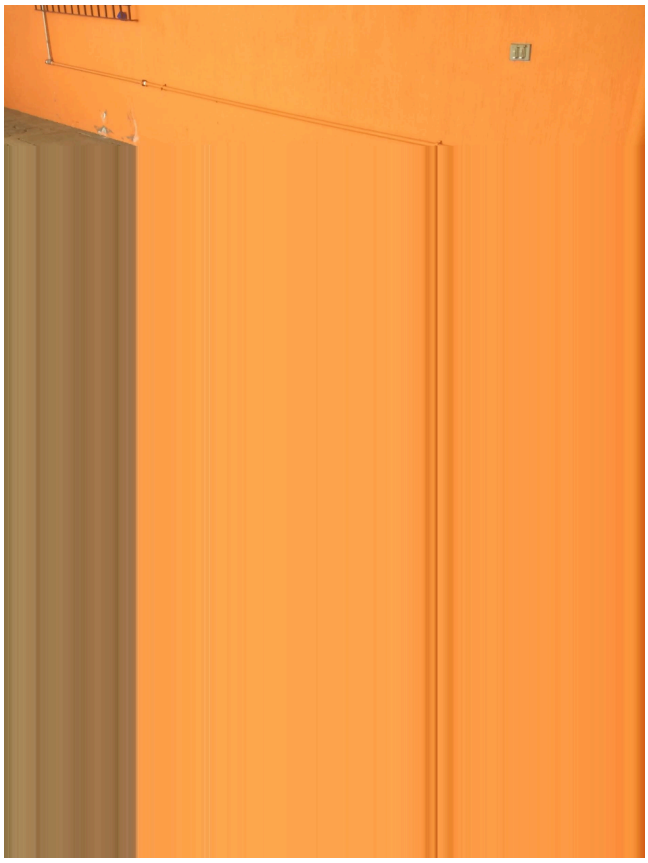
Guatemala Experience

Written by Kristen Heitman, MS, RDN, LD, research dietitian at The Ohio State University and student outreach co-chair for the American Overseas Dietetic Association.

I recently traveled to Chimaltenango, Guatemala on a mission trip to provide nutrition education and dietary counseling to local people. In preparation for the trip, I utilized resources from the Academy's International Nutrition Pilot Project; a collection of educational materials focused on Central America. Information in this report was helpful to me in understanding the people, culture, and food that I was immersing myself into. Although my trip was only one week, I felt like I was able to connect with the people and experience aspects of their culture. I was a part of a multidisciplinary medical team that traveled to different villages to provide free consultations, medications, vitamins, dental care, and noninvasive procedures. I also spent a day working at the mission's feeding center: a place where kids can go after school to receive a free healthy meal, get help on their homework, and have time to play! While there, I taught a nutrition lesson to the kids that was focused on "MiPlato". Each child drew a balanced plate with their favorite fruits, veggies, proteins, grains, and dairy products.

Kristen passing out tortillas to children at the mission's feeding center. These tortillas were made by hand from locally sourced corn. They are thicker and smaller than corn tortillas in the United States and Mexico. Kristen is wearing the traditional Guatemalan clothing known as guipil (shirt) and corte (skirt).

The various types of colorful fruit and veggies were being sold by a young girl in the streets of Antigua. You could choose to have your purchase topped with lime juice, sugar, or ground pepitas (pumpkin seeds).



Children at the feeding center drawing “MiPlato” during their nutrition lesson.

Nutrition Care Process and Terminology (NCPT) Member Experiences

Previously published in The Academy Affiliate Newsletter

ICD 2016 in Granada, Spain, was a very successful meeting, bringing together dietitians from around the world sharing their professional expertise of food, nutrition and dietetics. Among the large variety of topics discussed, the Nutrition Care Process and Terminology (NCPT) was featured in several presentations. These and more can be viewed in the ICD Conference Proceedings {Rev Esp Nutr Hum Diet 2016; 2016: 20 (Suppl.1)}

Swedish dietitians Elin Lövestam, Ylva Orrevall, Afsaneh Koochek and Agneta Andersson’s presentation was titled: Documenting dietetics - experiences of the NCP and standardized dietetic language implementation in Sweden in which they shared the process on implementing NCPT in Sweden. Ylva Orrevall coordinates the NCP/SL (Nutrition Care Process/ Standardized Language) expert

network for the Professional Practice Committee (PPC) of EFAD (European Federation of Associations of Dietitians).

Naomi Trostler from Israel and a current member of the International NCPRO workgroup and the NCPRO Committee of the Academy and Sue Kellie from the United Kingdom, a previous International NCPRO member, presented on behalf of the international workgroup. The title of their presentation was: Building a Global Practice with Nutrition Care Process Terminology: Uses and Application with Malnutrition. Their presentation discussed NCPT's contribution to the practice of dietitians globally and why there is a need for a standardized nutrition related language.

Varitha Kinghorn, Amanda Devine, Therese O'Sullivan, Leesa Costello and Angela Vivanti's presentation title was What Do Clinical Dietitians Want in Order to Use the Nutrition Care Process (NCP)?. They presented the results of an exploratory study which aimed at the development of a website Dietitians Online Nutrition Care Process (DoNCP) intended to assist dietitians globally in the process to adopt NCP into practice. Angela Vivanti is the current Chair of the International NCPRO workgroup.

A variety of meetings supporting the NCP work took place in Granada seizing the opportunity of so many people from different countries being present. INIS (The International NCP Implementation Survey) co-investigators from over ten countries held a study meeting. Also, EFAD's NCP/SL network met informally so that experts from different European countries could meet in person and share updates of related activities in their country. The ICD Congress was one more venue which showcased how

NCP and Terminology have been embraced by nutrition and dietetics professionals around the globe to advance the profession.

AODA Member Corner: Meet our Members

Written by Valerie Wright.

Kate Campbell, RDN,CLT,RYT, AODA member since 2012, is currently working in Saipan, a US

Commonwealth island, to recover a local hospital's dietary department. She is originally from the United States, but made the move overseas in 2012.

Before making it in Saipan, her interest in nutrition had begun in college. Experimenting with different majors lead to taking an Intro to Nutrition class. She loved it! After being educated on possible careers in the field, she settled into the Dietetics major. Since Saipan is considered US territory, RD's must become a licensed dietitian in the US. The island doesn't offer nutrition curriculum, so nutrition courses and the dietetic internship is completed mainland. She completed her internship in 2006, and continues pursuing the career today!

Kate describes Saipan as a beautiful mix of cultures, with a complex history. With a density of about 48,000 people the 5 by 12 mile island is native to the Chamorro and Caorlinian people groups. More than that the island features people from the surrounding islands and countries nearby including: Yap, Chuuk, the Phillippines, Korea, Japan, China, Bangladesh, and Russia. Staple foods for those residents of the island include white rice and spam- with extra doses of salt, soy sauce, and MSG. A snack enjoyed by many in Saipan includes a mixture of coarse salt and dry Kool-Aid powder. Sometimes used as a dip for pickled foods, and other times enjoyed by itself. Common methods used to prepare their foods include grilling, frying, or barbequing. With the variance in people brings a lot of cultural foods including Noodles, Sushi, Ramen, and Dumplings. Kate noted the addition of healthy restaurants including vegetarian, healthy Nepalese, and smoothie restaurants within the past 4 years in Saipan.

The beginning of her work in Saipan involved more food service management. Specifics included creating menus, writing policy, budgeting, keeping working equipment, and staff training. When food service had reached a certain stability, Kate was able to improve the efforts in the Clinical setting of the dietary department. Similar procedures were done for clinical improvement—writing policy, training nurses, and creating templates. Since the completion of the rebuild, Kate has continued to stay in Saipan to help maintain the structure of the hospital's dietary department with a focus in Clinical and Administrative work.

Quick, adaptive thinking has been the measure Kate is used to using to overcome the adversity in

Saipan. When resources have delayed arrivals or are even scarce Kate has found her self-developing this “out of the box” thinking in times of desperation. Developing sustainable fixes for necessary equipment when it was broken, feeding plans when food is scarce, and developing in-house solutions to patients who cannot afford expensive PEG tube formulas. Other hurdles include the multiple definition/terms used for popular foods consumed on the island due to the diverse populations having terms that coincide with their distinct food culture.

Her love for nutrition and fitness finds balance with her love watching movies and sweet treats. Since her move to Saipan, she and two friends traveled to India to gain training in efforts to become yoga teachers. After their successes a yoga studio in Saipan was brought to fruition. She recently received a Personal Training certification. A life-long learner! Outside of the field she enjoys snorkeling, scuba, games with friends, reading. Lastly, she is an ultimate fan of The Walking Dead.

Fulfilled with her work done in Saipan, Kate and her husband are ready to head back to the mainland and to be with family again. She leaves us with this “Dream big, take risks, and remember that even the darkest times can lead to the brightest paths. At the time I decided to move overseas, Saipan and the hospital were in turmoil, the government nearing shutdown, and hospital staff at risk of not getting paid due to funding struggles. People thought I was crazy for taking the job and making the move, but I was so anxious to get out of a dark situation in my life and career that I decided to take a leap of faith and move here. And I am so glad that I did! It has been one of the most enriching, eye opening, fulfilling decisions I have ever made.”

AODA Member Corner: Meet our Members

Written by Valerie Wright.

Our new president elect, Esther F Myers, PhD, RDN, FAND has been an AODA member since 2013. She joined just after she retired from the Academy of Nutrition and Dietetics. She lives in Illinois during the winter months and Beach, North Dakota during the summer season. Though she resides in the United States now, much of her work with the military and with the Academy was spent overseas in Japan, Sweden, Norway, Germany, Israel, England, Canada, Africa, and the Philippines. Just before her interview she was preparing to go to the Philippines, where she will host a workshop. The Philippines and Oman are a couple of the countries she recently offered Nutrition Care Process workshops.

Growing up her mother would cultivate gardens through organic gardening and without the using fertilizer; that was in the 1950's when rarely anyone spoke of those mechanisms of gardening. She wishes her mother was here today to see the progress that has been made since the 2000's. Alongside her mother's love of gardening was her desire to learn about nutrition. Esther was inspired by her mother's passion for these unique subjects. In high school she took a Nutrition class that pushed her to think about her career goals. She mentioned her desire to pursue Home Economics. When choosing which field in HUEC she would consider, she was inspired by a Nutrition professor, Susie Crockett, who challenged her to pursue a double major of Home Economics Education and Nutrition/Dietetics. Esther continued to see Susie throughout her career, and is always touched by remembering the influential figure that Susie has always been.

Dietitians in the United States are required to complete the approved Dietetic Program curriculum, continue to an internship, and take the Registered Dietitian exam. Esther completed her undergrad at North Dakota State University. She completed her internship with the United States Air Force. She was commissioned as an officer as a Lieutenant and then retired as a full Colonel. Other training included the officer basic military training for medical staff, going to Academic Instructor School, and Squadron Officer school in residence, and Air Commander and Staff and Air War College by seminar. Esther went further to get a MS at Ohio State University in Education and Food Systems Management with a thesis focused on impact on military career field if the Air Force hospital food service was contracted, and then her PhD at Kansas State focusing on management decision making and delegation.

Esther explains that Dietetics is similar but different across the places that she has worked. We are all focusing on improving nutritional status through food. Differences across the states include how dietitians are prepared or how they were educated. For example in Japan the knowledge base is stronger in the foodservice system versus in Israel much of the focus is on nutrition and dietetics role is more related to clinical nutrition. However there is this shared vision to improve human nutrition, but how countries do that depends on what country they live in and on how the role of dietitians have been defined based on the needs of the country.

Esther is multifaceted in that she has had experience in many areas including foodservice, nutrition

education, evidence based practice, nutrition care process, and practice based outcomes research. She has recently been given the opportunity to be a columnists for *Nutrition Today*. You might look for her published column “Nutrition Research Integrity: To Believe or Not to Believe” in one of the previous issues. She is also currently helping to collaborate a systematic review on caffeine, which should be published some time this spring in *Chemical Toxicology*.

One of her greatest joys with traveling is enjoying the various cuisines of the countries that she travels to work for. Every time she travels to a new country she likes to bring back a new cookbook. Esther has a bookshelf the length of her kitchen full of these cookbooks from across the world. She does say that cooking from the recipe book doesn’t guarantee that the foods will taste the same as if they were made in their native country.

Some of the greatest challenges for Esther that have turned into learning lessons while conducting international research has been the ability to relate to dietitians or other professionals from the variety of countries she has worked in. When working with people of differing backgrounds it is important to know that background, and understand the context they are applying their work skills. Understanding has helped her relate and communicate the importance of evidence based practice.

Esther has always loved to cook- especially those dishes from different countries. She grew up with horses and continues to take care of her own; during the winter she visits her horses in the stables of Illinois, but during the summer she takes her two horses with her into North Dakota.

Country Representative Corner

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

Happy National Nutrition Month from the Country Representatives.

It has been a busy 2017 year so far as our CRs have been providing lectures, mentoring fellow and future dietitians, and providing interviews to the press, for our AODA website and social media channels.

Please be sure to visit and read about all our amazing CRs from Iraq, Argentina, Jamaica, Barbados & Dominica & Laos & stay tuned for more in upcoming weeks from Italy & Jordan!

We have also started to create the first AODA CR Media Directory to share with the Academy, fellow AODA members, the public and press.

And please apply! We are still looking for CRs to represent Canada, European Countries and South America.

Here is some recent activities reported by our team.

Jamaica-9 members
Patricia Thompson

A student from Indiana University applied to shadow me. She is pursuing the B.Sc. in Dietetics currently in second year. She applied through an international placement service for overseas volunteers for candidates to work/study in Jamaica.

Israel—3 members
Kochavi Brigitte

Gave presentation to Israeli dietitians which drew attention from an Israeli RD living in Hong Kong who wanted to become a member. Inquiry received from American RD interested in doing training in Israel.

Philippines-1 member
Beatriz U. Dykes, PhD, RDN, LDN, FADA, FAND

Responded to questions on the PRC/CDR reciprocity, Philippines one of the four countries with this. Attended & provided presentations to the NDAP members at their conventions; been a Balik Scientist through the Philippine's Department of Science & Technology (DOST) 3 times which includes teaching at universities, providing nutrition/dietetics seminars to those in the country. Brought AND leaders to provide seminars and workshops including Dr. Esther Myers, Dr. Naomi Trostler, Dr. Milton Stokes who will also join me in giving presentations at its 62nd Annual Convention.
Nutrition & Dietetics education.

Mexico-29 members

Virginia Tijerina

Requests for AODA membership information; provided members from Mexico with FNCE abstract submission deadlines while continuing working within AODA Board as Past-President.

Czech Republic –1 member
Terezie Tolar Mosby

We will be providing Study Abroad Class to Czech Republic as part of Global Nutrition Course.

Argentina-7 members
Romina Barritta de Defranchi

Invited AODA members to apply for Leadership Team position nomination; met personally with some of the members; Presented educational session for Kids Eat Right as a Tossed Treasures mini grant recipient; Promoted Academy/AODA membership in the Argentinean Association of Dietitians and Nutritionists Dietitians (AADYND) giving away cards with discount code. Continued developing recipes for the Academy´s Food and Nutrition Magazine, and contributed a blog post for the FNM website: http://www.foodandnutrition.org/Romina-Defranchi/

Hong Kong—62 members
Charmain Tan

AODA-HK members are very active through WhatsApp, they announced job openings and had discussions about food and nutrition issues. Set a date for our annual gathering in February; attended Food Matter Live in London in November and had a chance to network with AODA-UK members and AODA-LT.

Japan—26 members
Melinda Boyd

Recruited a new Japan CR, Amanda Berhaupt-Glickstein.

Brazil –5 members

Ana Beatriz Rique

Appeared in national talk show on body image and self-esteem, “eating in shape” for summer; Gave conference in the State of Rio to lay public about food, diet and lifestyle.

AODA on Twitter AODA on Facebook AODA on the Web

AODA Mission: Empower members to be international food and nutrition ambassadors.
AODA Vision: Optimize health internationally through food and nutrition.

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