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IAAND Passport

Quarterly Newsletter of the

iaand

International Affiliate of the Academy of Nutrition and Dietetics

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Issue 40.4

Letter from the President

From the President:

As we move through this Fiscal Year our IAAND Board and Leadership Team are working hard on maintaining or creating services and products that you will value.

Our Country Representative program continues to be one of our most unique member benefits. As a member you have the ability to access the Country Information Sheets (in the Members Only section of our website) to gain insights into nutrition and dietetics practice in the country as well as nutritional issues. We currently have a network of over 40 Country Representatives.

Our professional development offerings with almost monthly webinars feature topics of special interest to IAAND members. And with all the time zones, it is worth noting that almost all the webinars are recorded and available on the website for 2 years (with CPE credits). We also select a conference to partner with and offer professional development offerings at least every other year. This summer we partnered with the 7th Asian Congress of Dietetics in July. Photos show highlights as we offered a program session, an exhibit, and a post conference cultural culinary tour.

(www.eatrightinternational.org), and e-newsletter. Our newsletter editors work very hard to create monthly E-News that keeps you up-to date with current IAAND activities, deadlines for awards, grants, nominations and future events of interest to IAAND members. These are all available on the Newsletter page on the Members Only section of our website. The Quarterly Passport and E-News also feature summaries of IAAND activities, such as Kids Eat Right International (KERI), Conference participation of IAAND or IAAND members, reports from activities from research grants/awards from IAAND, and interviews from IAAND members.

This year we are starting a new initiative to create an Affiliate Media Representatives program under the leadership of Lisa Dorfman (Past Academy of Nutrition and Dietetics Media Spokesperson. Over the next two years she will be developing a vision for what the program will entail and what types of training and resources will be needed o make this a valued IAAND member benefit. Initially the focus will start with empowering selected Country Representatives and enhancing their media skills. More details to follow throughout the year.

Another new initiative started last year is to develop a process to identify and select International Research Projects OR Program Initiatives that expand IAAND member opportunities to participate and enhance professional skills. We anticipate being able to announce which project(s) were selected for IAAND support later this year. We are also supporting an Academy Foundation project developed based on the Middle East Dietetics Needs Assessment.

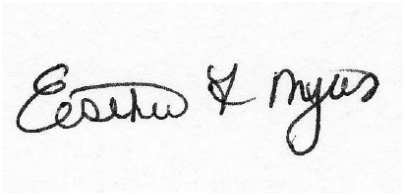
We hope to see many of you at our main networking event, the FNCE International Reception. This serves as our annual meeting of members, so if possible make plans to join us. Sign up now.

To make sure that we are focusing on what will be important to our members in the future, we will have a series of strategic discussions at our every other monthly teleconferences in addition to our usual business. These strategic discussions take the work done last year in updating our Name (now the International Affiliate of the Academy of Nutrition and Dietetics -- IAAND). Mission, Vision, Values and Strategic Plan. These documents were used to create our program of work for each of the Volunteer Leadership positions. The following topics are the ones identified at the beginning of the year, however they may be adjusted if needed throughout the year.

- What are the ideal types of activities to should be supported by IAAND to achieve our vision/mission?
- What is our vision of successful collaboration with the Academy/Foundation?
- What types of organizations (outside the Academy) do we want to develop/maintain relationships with to assist us in achieving our mission/vision?
- How will we know we are being successful (measurable goals and tracking metrics)?
- How can we engage our members in contributing toward the vision/mission and meet their needs for networking, leadership development, and professional development/achievement?

- What changes are needed in IAAND operations to operate better in the next year?

The hyperlinks throughout this message take you to the webpages related to the information being discussed. If you haven't already discovered all the new content on the Members only section of the website, be sure to request a password and log in to the "Members Only sections". We have wonderful talented volunteers who are passionate about international dietetics! Stay tuned…the best is yet to come!!



Esther F Myers, PhD, RDN, FAND
IAAND President, 2018-2019
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Introducing the Academy's Council on Research to the IAAND Members

By Marianella Herrera-Cuenca and Gabriela Proaño

the International Affiliate of the Academy of Nutrition and Dietetics and I am a professor and researcher. In the new phase after my IAAND presidency, I was appointed to join the Council on Research within the Academy as the international representative and afterwards became the Chair-Elect. My passion is research and the curiosity associated to it. I love to ask why, when, how many, where! There are so many questions for a researcher, and as such, one needs to address evidence-based knowledge every day. Whether one is writing an article, providing edits as a reviewer, working in the middle of a research project, or in the process of implementing actions: all of these need to be evidence-based. Globally, science and the generation of knowledge are the key processes for development of nations and ultimately what aids individuals growth: professionally, economically, biologically, psychologically and as part of society. How does the Academy reinforce this? One important group you might not be familiar with as an international member is the Council on Research (I myself discovered it in the past recent years!) and so we want to share what is it about and cordially invite you to share your expertise if you are interested by joining one of the subcommittees that conforms the different fields of work.

The Academy of Nutrition and Dietetics' Council on Research is a Committee whose mission is to provide strategic direction and coordination to meet the current and future research needs of the Academy of Nutrition and Dietetics. The Council was formed to guide research priorities and research activities, ensure alignment of research efforts and viability and relevance of Academy research projects, and monitor consequences of current and future research-related methodologies and recommendations. For the 2018-2019 year, the Council on Research has undergone a restructuring process to ensure efficiency, maximize member input, and increase output and accomplishments from the groups within the committee.

The Council on Research is comprised of nine main Council members. These members offer a wide breadth of representation from public health, clinical research, international research, guideline development, Foundation, Industry, Government, the Journal of the Academy (JAND), and the Board of Directors. The ex-officio members also include representation from multiple Academy committees and stakeholders.

The Council is charged with multiple functions. These include providing final approval for studies and publications resulting from Research International and Scientific Affairs (RISA)/Council projects, providing commentary on regulatory issues, and reviewing and approving scientific documents from both internal and external organizations. The work will also be driven heavily by the subcommittees that fall under the Council. These subcommittees have been voted to be as follows: dissemination, survey review, work group selection, scientific integrity, and implementation. The Council is currently reviewing applications for the subcommittees and official appointments should be sent out in the next two months. To learn more about the subcommittees

If you are interested, please go for it! As I am getting more and more into it I can say it has been an enrichment to my career and so it will be to yours. It has been a pleasure to work along with the Council of Research ‘s team and Gabriela Proaño, the staff liaison for the Council, has been a wonderful support. We want to have you involved and hear your perspective and knowledge. If you have any questions, please feel free to write me as IAAND past president or Gabriela at gproano@eatright.org.

House of Delegates Fall Update Update

Naomi Trostler, PhD RDN, FAND
naomi.trostler@gmail.com
September 2018

Fall 2018 HOD Meeting
The topic for the fall meeting is T*he Deliberative Body’s Role in Leading Together for Good Governance*. It will continue the deliberations from the Spring 2018 HOD Culture Assessment, to move forward with the next steps in the of exploration of how the HOD can best support the Academy's Strategic Plan.

IAAND Members can Audit the Fall Meeting.
The deadline to register to be an auditor is September 6. The link is in the Tweet below
Tweet

September Spotlight on Malnutrition
During the month of September, the Academy’s spotlight on malnutrition will aim to increase awareness and underscore the role that registered dietitian nutritionists and nutrition and dietetic technicians, registered play in prevention and treatment of malnutrition for pediatrics, adult and senior populations, special populations, and global malnutrition.

- The Academy will feature free webinars, events, and research and practice resources throughout the month. Please share this information with your members. Here are the following areas which have corresponding research, events, and educational opportunities during each week of September:
- Pediatric Malnutrition: September 4 to 7
- Adult and Senior Malnutrition: September 10 to 14
- Special Populations and Malnutrition: September 17 to 21
- Global Malnutrition: September 24 to 28.

New MNT Provider
The August 2018 edition of the MNT Provider newsletter is now available.
Some of the following questions each MNT provider has asked her/himself many times: What do right turns have to do with a MNT business practice? Why aren’t patients meeting with a RDN despite studies showing MNT may slow chronic kidney disease? Find out in the latest issue of the MNT Provider. Previous editions of our newsletter can be found here.

Journey to IAAND Culinary Tour:

with Local RDNs
by Charmain Tan, RDN, AD, IAAND Country Representative – Hong Kong

"In November 2016, Charmain Tan, Erin Kappelhof and I were dining over a traditional Chinese meal in London after a great day of sessions at the Food Matters Live Conference. We started to think about ways to involve IAAND more in international conferences and help our members have a truly unique cultural learning experience. We often visit these countries for a brief time to attend a conference, but do not always get the chance to leave the hotel or conference center and explore the local food and culture, much less with someone who is knowledgeable about the local food. Many times, we see something but shy away from trying it because we do not know what it is and are not sure how to ask because of language barriers. This sparked a conversation about hosting a post-conference food and culture tour where local IAAND members could volunteer their knowledge and time to offer visiting IAAND members a taste of the local culture. The Asian Congress on Dietetics in Hong Kong gave us a great place to start, and hopefully set the example for future international conferences." - Melinda Boyd, IAAND Country Representatives Chair

Charmain Tan, CR-Hong Kong, Erin Boyd Kappelhof, past-president, and Melinda Boyd, CR Chair in November 2016 in London attending Food Matters Live

It has always been my dream to lead a culinary tour, especially for international colleagues who share the same interest in food and nutrition. I always thought how great it would be to end a conference with a local tour, to learn more about local food, culture, and customs! And as a bonus, it would be nice if CPE credits were awarded! With this passion in mind, I submitted a proposal to the IAAND Professional Development Chair, and am grateful Romina Barritta, the Professional Development Chair, offered me 100% support. Thank you, Romina for your unfaltering support, and to all who helped me with the background work so that I could focus on the Tour. Special thanks to the Organizing Committee of ACD as well, which gave us all the trust and full authority to arrange the tour and provided support whenever needed.

We have 67 IAAND members in Hong Kong. Most of them are quite active, so it was not hard for me to recruit volunteers to organize the Tour. It is my honor to be able to work with such a wonderful crew: Grace Lam, Michelle Lee, Sharon Chan, Tammie Kong and Winnie Lin as Tour

However, having been within the IAAND Leadership Team in the past, I have had lots of experience working with people around the world at different time zones. The beauty of it is that most of the queries were answered by the time I woke up!

The planning was going quite smoothly, and we were about to promote the event when a big turning point occurred in March! News came from Dr. Marianella Herrera, our past-president, that PureCircle Stevia Institute* was interested in sponsoring our culinary tour! The local RDN team got busy again to find a venue with a private room. Thanks to our sponsor, we were able to offer this tour with luncheon at very low cost and we were able to showcase the local food and customs of Hong Kong.

Six Tour Guide RDNs showcasing HK food and culture. left to right, top to bottom:
Tammie Kong (food customs) and Charmain Tan (breakfast)
Winnie Lin (lunch) and Michelle Lee (dinner)
Grace Lam (snacks and desserts and Sharon Chan (vegetarian meal).

The Day of Tour (8 July 2018, the last day of the Asian Congress of Dietetics)

50 dietitians from 15 different countries joined our Culinary Tour: *Walking Through Unique Hong Kong Culinary Treasures with Local RDNs.* Despite slightly chaotic transportation and a spot of rain, the tour completed quite smoothly. Dr. Priscilla Samuel delivered a very informative presentation on *Stevia: A Natural-Origin Sweetener, it's Benefits for Weight Management and Diabetes*. Attendees were able to try out 5 different dim sums before her presentation, followed by 6 authentic local courses. The tour guide RDNs sat interspersed amongst the attendees to introduce the dishes. Before dessert, each RDN presented different aspects of Hong Kong food and culture, focusing upon: local customs,breakfast, lunch, dinner, snacks, desserts, and vegetarian meal. Following dessert, and a group picture, we took off to Wan Chai via the iconic star ferry. It was a short but fun ride (after a heavy downpour). Click here to see the video!

popular egg tarts and buns at the local bakery. A video of the walking tour captured all the fun.
The rest of the pictures are uploaded here.

A Note of Appreciation

It is truly my honor to be a part of the first ever IAAND RDNs Guided Culinary Tour. Two CPEs were awarded to attendees. I cannot thank enough all the people that were involved in this project; we made the impossible possible, and finished it safe and sound. We consider this a very successful collaboration, accomplished with IAAND leadership team members around the world. Further, on behalf of the Tour Guide RDNs and IAAND Professional Development Committee, I would like to thank all attendees for their support, understanding, and cooperation to make this a safe and exciting event. We are hoping to offer more Culinary Tours in future. Feedback was positive, and encouraged us to turn the presentation into a webinar so that others can benefit from it. Thank you all for the encouragement! We will surely continue to pursue this opportunity, so stay tuned. It was a pleasure meeting you all, and I hope to see you all again at future conferences.

*The meal and presentation were provided as part of a sponsorship agreement with PureLeaf Stevia.
IAAND does not endorse companies, brands, or products.

Five Dim Sums, six courses and a dessert. Not pictured: steamed fish and dessert. Knowing most attendees had attended the Gala Dinner on day 1 of the conference, we changed most dishes to dim sum, and added more vegetarian dishes. No red meat was served

Puerto Rico One Year Later: Dietetics after Maria

Elsa Pinto López is an Associate Professor in the Nutrition and Dietetics Program within the College of Natural Sciences at the University of Puerto Rico (UPR), Rio Piedras. At the University of Puerto Rico, she completed a B.Sc. in Nutrition and Dietetics and a Master's degree in Environmental Health. She obtained her Ph.D. in Nutrition and Dietetics at the Florida International University. Her two main research foci are measuring dietary intake and addressing childhood obesity. She has also worked in substance use research. She teaches Research Methods in Nutrition and Human Biochemistry to undergraduate students. In 2017, she received an award for Outstanding Educator, by the Academy of Nutrition and Dietetics, Puerto Rico Affiliate. Besides conducting research and teaching, Elsa enjoys providing nutrition education and designing group nutrition interventions for Latino children and adolescents. She lives in San Juan, Puerto Rico with her husband and two daughters. Click here to read the full interview!

Meet a Member: Bailey Martin of Nome, Alaska

Interview Conducted by Molly Rooy, RDN, LD

Bailey Martin has been a dietitian and member of IAAND since 2016. She attended Mississippi State University to obtain her bachelor's degree and went on to Tulane University School of Public Health and Tropical Medicine to complete her dietetic internship. Her passion for nutrition, wellness, and helping the community around her is undeniable.

Born and raised deep in Alabama, United States, she was surrounded by delicious southern style cooking. As a teen, she traveled internationally where she was introduced to a variety of foods "I discovered that my love for food went well beyond fried chicken, corn, and greens made with bacon grease" Bailey recalled. In college, she began experiencing some food allergies and set out to learn what was causing her issues. She changed her major from Biology to Nutrition and began learning more about food and the importance of nutritious eating. The profound self-discovery

energy, have confidence in treating her body, and ultimately led her to pursue a profession in dietetics.

What are some demographics about the place where you live and work?
Bailey currently resides in the northwest border of Alaska in the town of Nome, which is composed of roughly 50 Alaskan Natives and 50% other ethnicities, primarily White.

What kind of food / cuisine is eaten in your region?
Nome can only be reached by airplane in the winter, therefore produce is oftentimes soft and overripe by the time is reaches the community. There are two small grocery stores in Nome that carry a small representation of the vast Alaskan options found in the larger cities. “One amazing aspect of the city I live in is that we get a lot of food from the land. We hunt and subsist for things such as blueberries, salmon-berries, salmon, trout, moose, caribou, musk-ox, seal, whale, greens, and more. There is also a community garden in the summer that provides fresh greens and veggies for a short while. Where our stores may not have the freshest products, there’s just something about subsisting on the offerings of the land. Some local physicians suspect that the digestive systems of members of this population have adapted to better metabolize the large amounts of fat and protein found our sea mammals here.

Bailey works within the wellness department of a hospital and is partly grant funded, so there is some flexibility in her work. Because Nome is so rural and unique, they are trained to work in all areas of nutrition. During the summer she hosts a 6-week long Diabetes prevention camp with over 200 children. Throughout the fall, winter, and spring, Bailey travels to the local rural villages and screen residents for Diabetes. Throughout the year, she works with long-term care, inpatients, and outpatients. The Dietetics team has dubbed Bailey the “pediatric guru” because she is oftentimes in her office working with a complex pediatric patient. Although she works in the United States, the culture of Nome and the surrounding villages is very unique and English is oftentimes not the first language of her clients. “Learning the people’s nonverbal and verbal communication has been a challenge I am grateful to have and is vastly different from growing up in the south” says Martin.

Where do you see yourself professionally, 5 to 10 years from now?

In the future, Bailey would like to work in pediatric nutrition and women’s health, while blogging about the importance of nutrition for a healthy lifestyle. Outside of work you will find her hiking, canoeing, and adventuring with her labradoodle, Cooper. Bailey’s energy and love for those around her shines bright and will bring amazing successes to her life and career. “I am thankful to be a part of this community – and hope this article gives people an opportunity to reach out to me and make connections. What is more powerful than a group of women and men trying to help

Spanish!"

Networking Opportunity!

Want to get to know Bailey better? Bailey is moving Cusco, Peru, later this year, and looking for anyone who may be able to provide suggestions! Please contact her at baileymartinak@gmail.com!

Country Representatives Corner

4th Quarter FY 2017-2018

Compiled and edited by Melinda Boyd, DCN, MPH, MHR, RD; CR Chair

A big hello to all IAAND members! Thank you for taking the time to read the Passport and especially for making it all the way to the end. Here you will find updates from many of our Country Representatives, or CRs for short. CRs serve as a liaison between IAAND, our members in each country, and the dietetics community at large in those countries. It's hard for the IAAND board to be everywhere so having CRs means members local to a country have a contact person to better serve them on a more individual level. Additionally, CRs work hard to answer are inquiries from various individuals asking questions about different countries. Many times, these are from (future) IAAND members who were looking to make a move to a new country and want to work as a dietitian there. All in all, CRs do many different things to help keep the organization running smoothly for our members on a more personal and location specific basis.

One very special case of how CRs help locally deserves mention this month. Charmain Tan, Hong Kong CR, worked very hard over the last nearly year to bring to life the Hong Kong walking tour that took place after the Asian Congress of Dietetics this past July. As the CR of Hong Kong, she went above and beyond basic CR duties to recruit RD volunteers to be tour guides and worked

delicious local meal that many of our members attending AOD participated in after the conference. We thank Charmain from the bottom of our hearts for her hard work and dedication. Also, as this was the first activity of its kind, we thank her for paving the way for future CRs to undertake similar activities when major international conferences may be hosted in their home countries.

-Melinda Boyd

Argentina (Romina Barritta)

Wrote an article about Argentina in the section ¨My Global Table¨ for *Food and Nutrition Magazine*. Also, a student from NDSU coming to Argentina requested information about the profession and how to get in contact with local dietitians. Provided the student with information and able to meet in person with her to exchange experiences information. Stay tuned for the student's interview to appear in the Passport.

Australia (Lily Chen)

Sent a welcome email to 55 IAAND members in Australia and received a positive response to networking among members.

Canada (Mireille Najm)

Promoted our complimentary webinar (Global Taste of cultural food practices webinar series: Middle East) and DC National Conference with Canadian IAAND members. Presented the benefits of ADA/CNM DPG to the Table of Chief of Clinical Nutrition Managers of Quebec and 1 joined IAAND as a result of this meeting. Moderated 2 sessions at DC Conference on behalf of Clinical Nutrition Managers Network.

China (Liyan Lin)

Presented on China Food Culture during our IAAND "A Global Taste of Cultural Food Practices Webinar Series: Asia". Assisted the Director of PureCircle Stevia Institute in locating nutritionists in China who could potentially work as consultant.

Ghana (Laurene Boateng)

Provided information when contacted about the prospects of working as nutrition professional in Ghana. Helped current IAAND members in Ghana renew their Academy membership.

Hong Kong (Charmain Tan)

Continues to serve as the contact person between IAAND and the Asian Congress of Dietetics planning committee to ensure IAAND is well represented at the conference. This includes significant work with the IAAND Professional Development Committee to be able to provide CPEs

in July. This conference has now taken place and you can read all about it in the article above.

Italy (Marta Rahm)

Worked on updating the Italian credentialing information on the CIS sheet and consequently on the website.

Jamaica (Patricia Thompson)

Presented at a local symposium on “Nutrition in Gastronomy and Enhancing Tourism”. Provided communication to country members related to developments locally including research opportunities, continuing education events, and IAAND updates.

Jordan (Tatyana El-Kour)

Responded to 3 requests from American dietitians visiting Jordan. Two will be relocating to Jordan and were requested information about practice. Also responded to 3 requests from American students who were interested in being mentored about issues relevant to the Middle East. Met with the Jordanian Dietetic Association to formally introduce herself as the Country Representative of IAAND. Currently chairing the committee of international relations, so we will be exploring collaborative opportunities once the committee is formed.

Lao PDR (Joanna Cummings)

No updates

Mexico (Maria Virginia Tijerina Walls)

Assisted Mexican nutritionists interested to become Academy and IAAND members. Also working with LAHIDAN (Latins and Hispanics in Dietetics and Nutrition), one of the Academy MIGs.

New Zealand (Chris Vogliano)

Working on arranging some networking get togethers among local members living in NZ.

Pakistan (Rubina Hakeem)

Arranged a conference on the theme “Home Economics the key to sustainable development goals” http://chek.edu.pk/phea-rlakche-conference-2018/. Delivered a lecture about “Carbohydrate counting” for local dietitians for the occasion of NNM 2018. Published *Association of dietary patterns with glycated haemoglobin among Type 2 diabetics in Karachi, Pakistan* *http://www.journalofdiabetology.org/article.asp?issn=2078-7685;year=2018;volume=9;issue=2;spage=59;epage=64;aulast=Hakeem*. Also published *Maternal Nutrition during Early Pregnancy and Cardiometabolic Status of Neonates at Birth* *https://www.hindawi.com/journals/jdr/2018/7382946/abs/*

Philippines (Beatriz Dykes)

Has been requested, as in the past, to provide speakers for the annual Convention of the Nutritionists-Dietitians Association of the Philippines (NDAP) held in February each year. As in the past, will take key Academy members to provide workshops and speakers for the annual NDAP convention. Speakers will include Academy past presidents, Academy BOD members, and IAAND leadership and members. The 2019 NDAP Convention program will include 5 RDNs and 2 Academy Professional staff.

South Korea (Dee Dee Ugursal)

A get-together among South Korean IAAND members is being arranged in Seoul for August. A dietitian from Guam inquired about culturally relevant nutrition education materials/ information about traditional food in Korea and these were provided.

The Netherlands (Emmy Steiner)

No updates

Turkey (Füsun Atayata)

No IAAND related updates this quarter, but has been staying busy professionally by providing a variety of webinars to students and employees of multiple large companies.

United Arab Emirates (Lamees El-Derbi)

Responded to a request asking about academic institutions in UAE to collaborate in the future with IAAND. Also responded to a request asking about the potential role of IAAND in the Special Olympics.

United Kingdom (Emily Spees)

Assisted with multiple requests regarding information about becoming an RD in the UK, specifically how the process works and how people can obtain jobs and work visas. Personally, has just returned from a 3 week trip to South America. Upon returning to the UK, has started a new job in community dietetics.

From the Editor:

Thank you for reading this quarter's edition of Passport. If you have any feedback or ideas for this publication, please send them to newsletter@eatrightoverseas.org! Looking forward to helping you connect to your international RD/RDN community.

IAAND Newsletter Editor

WIC Nutritionist-RD

Tacoma, Washington, USA

IAAND on Twitter IAAND on Facebook IAAND on the Web

IAAND Mission is…

Empower members though professional development and promote international collaboration in the global nutrition and dietetics community

IAAND envisions a future where there is …

A global community of dietitians engaged in food and nutrition related health initiatives with diverse populations

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