

# eNews

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International Affiliate of the Academy of Nutrition and Dietetics

 an affiliate of the  
Academy of Nutrition and Dietetics

October 2018

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Hello All!

Interest and submissions to the eNews has been growing, thanks to all of you! This is a quick reminder to click "view entire message" at the bottom of this email to ensure you are viewing ALL of the content. The last section includes the names of our newest members and supporters - if you see those, you know you're reading it all!

Thank you again for your continued interest and support,

Ariana Haidari, RD

Newsletter Editor

## Here's to a Fantastic FNCE!

Thanks to all who attended our member events and stopped by our booth at FNCE 2018! It was a pleasure to see familiar faces and meet new members as our community continues to grow. Stay tuned for a summary of our FNCE events!

Thank you also to the IAAND members who made all things FNCE a success. It is with your tireless planning, attention to

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## Free Live Webinar November 15

*Presented by IAAND Professional Development Committee*

### **NOVEMBER 15 - FREE LIVE WEBINAR**

*Presented by IAAND Professional Development Committee*

#### **Managing diet for suspected food sensitivity**

**Speaker:** Joan Breakey

This webinar addresses patient concerns related to symptoms of food sensitivity. It provides a process for relevant information to obtain, how to formulate the initial baseline trial diet, and, importantly, how to challenge and gradually broaden the diet to include as many foods as possible while acknowledging individual variation in tolerance.

**Date:** November 15th

**Time:** 4:00 pm EST (16:00 EST)

**Registration:** Please [Click here](#)

#### **Speakers Bio**

Joan is a Registered Dietitian Nutritionist with over 35 years experience specializing in food chemical sensitivity, food allergy and intolerance. She has conducted clinical research, both in child mental health clinics and in private practice, helping literally thousands of families. She also held the public health position of Adviser in Nutrition and Dietetics to the Department of Health in Queensland from 1979 to 1983. She then worked as a part-time Dietitian for Child Mental Health 1984 to 1994. She completed a Masters Degree on the controversial role of diet in behaviour and ADHD. She has written many articles and books on allergy and food chemical intolerance, including "Are You Food Sensitive?," "Fussy Baby," "Tolerating Troublesome Foods," and "A Dietitian's Manual: Diet Detective Method." She is semi-retired

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at [www.FoodIntolerancePro.com](http://www.FoodIntolerancePro.com)

**Learning Objectives:** At the end of this session participants will be able to:

- Understand diet investigation for possible food sensitivity
- Appreciate that each patient will need their own diet pathway plan
- Accept that this is a different skill than managing allergy
- Improve your understanding of diet investigation

**CPE Level:** 1

**Suggested Learning codes:**

4150, 5110, 5410, 6020

**Performance indicators:**

8.1.2

8.4.1

8.4.4

**Register Here**

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## **Kids Eat Right International (KERI) Update**

Kids Eat Right International (KERI), as a part of IAAND, awarded 4 grants for \$500 for the adaptation and translation of a Kids Eat Right Toolkit (1 presentation and related handout).

Our first featured awardee is Tatyana El-Kour who adapted and translated the Toolkit *Healthy Breakfast Everywhere You Go for Teens*. Check out her experience below, and be sure to view the adorable video on the IAAND website! Her adapted Toolkit (presentation and handout) will soon be added to the IAAND website for all to reference and/or use.

**Watch the Videos!**



From Tatyana El-Kour, Kids Eat Right Mini Grant

Recipient:

The mini grant was an opportunity for me to highlight the role a registered dietitian nutritionist can play in advocating for a healthy breakfast in high schools. The grant money enabled me to bring together a multidisciplinary team of professionals in teaching, education, motherhood, branding and nutrition. It was great to converse over what teens think of breakfast and how breakfast is losing its cultural and traditional symbolism and meaning when more and more teens are skipping it. The adaptation and translation processes sparked various discussions on cultural, religious, technological and social dimensions that were not quite addressed in both the presentation and handout when the mere focus was on what types of food should a teen eat at breakfast. The materials were highly flexible and adaptable with various opportunities for us to work towards bringing in the Arabic society's facet. More trendy activities with topics discussed among teens need to be addressed, and these were included as questions in the activity, including how eating a healthy breakfast is influenced by relationships with peers, body image issues, health weight obsessions, family dynamics, and mobile technology adoption. The intention is to distribute the material widely across the nutrition and education communities working with high school students in Jordan, but also across the Middle East who speak Arabic and would benefit from the translation in Arabic. We recognize though that some foods may be different in some parts of the Gulf region, so further adaptations may be needed.

In summary, the experience was excellent and very much needed. There is a deficiency in evidence-based and attractive nutrition education materials locally when educating teens at schools. By providing these adapted and translated materials,

communities at large, and more personally at home. Every intention will be made to share the materials widely and provide support for local nutritionists and dietitians to use them at work. This will include a specific session at Jordan's National Scientific Day for nutrition and dietetic professionals on November 24, 2018, as well as a meeting with members of the Jordan Dietetic Association on December 15, 2018. Thank you very much!

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## **News from the World Health Organization regarding Iron + Folic Acid and Anemia**

WHO just released a brief entitled "[Weekly iron and folic acid supplementation as an anaemia-prevention strategy in women and adolescent girls](#)". This brief aims to reinforce the common understanding among multiple stakeholders of the significance of investing in the weekly iron and folic acid supplementation (WIFS) programme for non-pregnant women of reproductive age, including adolescent girls and adult women ranging from 15 to 49 years of age.

The barriers to be addressed for effective implementation of WIFS programmes are illustrated by drawing lessons from programmatic examples and WHO recommendations to scale up programmes nationally are also presented.

[Read the Full Report](#)

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**Report of the 8<sup>th</sup> Africa Nutritional Epidemiological Conference (ANEC) held in Addis Ababa, Ethiopia**



**Reporter:** Alice Koryo-Dabrah, Lecturer, Department of Nutrition and Dietetics, University of Health and Allied Sciences, Ho, Ghana and currently a PhD Nutrition student at the University of Ghana. IAAND Educational Stipend Award Winner.

**Conference:** 8<sup>th</sup> Africa Nutritional Epidemiological Conference (ANEC)

**Date:** 1<sup>st</sup> -5<sup>th</sup> October, 2018

**Venue:** Capital Hotel and Spa, Addis Ababa, Ethiopia

I am very indebted to the International Affiliate of the Academy of Nutrition and Dietetics (IAAND) for the assistance and the opportunity to participate in this year's Africa Nutritional Epidemiological Conference (ANEC III) held at the Capital Hotel and Spa, Addis Ababa, Ethiopia, from the 1<sup>st</sup> - 5<sup>th</sup> October, 2018. The Africa Nutritional Epidemiological Conference is organised every two (2) years and it is the largest African nutrition gathering on the continent. The conference is aimed at capacity development for nutrition

international organizations, policy makers and industry) all over the globe to showcase and share their research findings and experiences. The conference does not only showcase the works of nutrition scientist but to learn best practices from the developed countries. The conference theme for this year's ANEC was '***Multi-stakeholder nutrition actions in Africa: Translating Evidence into policies, and programs for impact.***' The theme stresses the significant roles by various sectors to address nutritional problems. The promotion of nutrition cannot be done by nutritionist alone, industry now is a major player and this requires partnership and the generation of evidence to support nutrition programs to have the needed impact.

My abstract was titled "***Assessment of Minimum Acceptable Diet among 6-24 Months Old Ghanaian Children.***" The abstract was selected for a poster presentation which was presented on Tuesday, 2<sup>nd</sup> October, 2018 from 1:00pm – 2:00 pm. I wish my abstract was selected for an oral presentation, however I was excited with the number of participants who visited the stand for the detailed interaction, taking feedback and suggestions for new ideas. Another abstract I co-authored was selected for oral presentation, and it was a delight to witness the interest expressed by the audience during the question and answer session.



On Wednesday, 3<sup>rd</sup> October, 2018 the conference organizers planned a breakfast session for students and early career scientist to have interactions with experienced mentors in the

work and also took feedback and new ideas to improve my work. The mentors were willing to support me any time I call on them and for me it was reassuring. Aside from the breakfast meeting I interacted with other senior professors in the field of nutrition. I had the privilege of meeting other PhD nutrition students from other Universities during the African Graduate Network Symposium (AGSNet).

Furthermore, as part of the Conference, the organizers put up pre-conference and post-conference workshops. I participated in two of the workshops. I registered for Nutrition Leadership and Statistical Guide to Nutrition Research. The nutrition leadership course was to enhance and broaden my knowledge on leadership as well as acquire some leadership skills. The aim of the workshop was to challenge participants to rise up to nutrition leadership in order to undertake multisectoral nutrition actions to address and harness current challenges facing the continent as well as leverage on opportunities. My motivation for participating in the nutrition leadership course is to go into nutrition advocacy and build communication skills as well as acquire leadership competencies to advance nutrition in Ghana. Besides that, the Statistical Guide to Nutrition Research workshop was to build my competency and capacity in Statistics as a researcher and also for my PhD thesis. I am immensely indebted to IAAND for their support because without it I couldn't have acquired these additional knowledge and skills from the conference.

The tea breaks during the conference were always an opportunity to interact and seek feedback from academics, researchers and professionals. These are nutrition giants whose articles I have read over the years and having the opportunity to personally meet with them was a privilege. This has increased my professional and academic network.

Attending the conference and listening to all the presentations is now my biggest motivation to continue to make strides in the field of nutrition especially in Africa and Ghana where we are faced with numerous nutritional challenges.

contribution and impact of nutrition nonetheless there are greater opportunities to harness in order to bridge the identified nutrition gaps with sound cross cutting edge studies and programming particularly in Africa where we are experiencing the double burden of malnutrition.

My motivation for attending the conference and expectations were met. I had the privilege to learn from the two workshops I attended and more so from the oral sessions and plenary lectures which has increased my knowledge base and built my capacity as a young faculty.

Take home messages from the conference were: emphasising the need for multisectoral nutrition approach to accelerate growth, nutrition policies and programming should be based on the generation of sound evidence, and the Africa Nutrition Society should prioritise capacity and leadership development to address the gaps in nutrition research.

I want to express my gratitude and appreciation to the IAAND for providing and giving me this great experience and exposure. I returned from the conference with first-hand knowledge on current issues in nutrition in Africa and the world today. I am very motivated and looking forward to attending the next ANEC.

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## **Job + Volunteer Opportunities**

### [Post Doctoral Fellowship Program](#)

McGill University  
Montreal, Canada

International Volunteer Opportunities from NGO Abroad:  
Nutritionists/ Dieticians Needed Internationally!

Want to put your skills to the test? In parts of the world that are hungry, you are needed!

**PERU:** Nutrition & Monitoring & Evaluation

In the High Andes, it is hard to grow crops, so the people eat

to grow vegetables to increase the nutrition for the people. They would like Nutritionists to augment their Nutrition program; and to Monitor & Evaluate the program if you have M&E skills also. Spanish is essential; and if you can speak Quechua, a real plus. This site is a great location for exploring Machu Picchu/ the Sacred Valley, Cuzco, Lake Titicaca and the Amazon.

**CAMEROON x 2:** Remote, Rural Villages

In the rural villages, people only have the food in their fields to feed themselves.

When their harvested food is all used up, they eat "bush meat." Cameroon's most revered food is fermented cassava root, which is not very nutritious. Come teach villagers what crops they could plant that would be higher in nutrition, e.g. moringa. They grow peanuts. Teach them how to complement to make a complete protein. Cameroon is a tropical country where tropical fruits grow without much coaxing, but the villagers do not take advantage of the fruits. Teach them the benefits.

Other Cameroonian Nutrition opportunity: work with clinic staff to do talks in community about Nutrition and how good nutrition can improve one's health. Incorporating Nutrition into health programs is relatively new, so come be a pioneer!

**JORDAN:** Syrian, Iraqi & Palestinian Refugees

Busy clinic that serves Syrian, Iraqi & Palestinian refugees welcomes a nutritionist. The Nutritionist must speak fluent Arabic so that they can do awareness sessions about diet and nutrition, including about diabetes and hypertension. Must provide one-to-one consultations with refugees in Arabic. You work side-by-side with Jordanian staff to assist their work.

**UGANDA:** Teaching Parents about Nutrition for their Kids

The Ugandan director just got her MPH and has launched a new Nutrition initiative. They are finding that the moms know little about nutrition and would love nutritionists/ dieticians to teach them how they can provide a better diet on a zero budget. You would be speaking to villagers when they come for ante-natal care and

**ECUADOR:** Nutrition & Indigenous

Work with the indigenous Andean communities to organize a demonstration garden and to identify the nutritional needs of its community members. Experience with nutrition, agriculture and project management needed. Spanish fluency is a must.

Interested?

**HOW TO APPLY**

Please read NGOabroad website

<http://www.ngoabroad.com/>

and send BRIEFLY answered Questionnaire and resume to:  
info@NGOabroad.com

These are volunteer opportunities.

Applications are accepted on a rolling basis.

Start date and duration can usually be fit to your schedule.

**WHEN TO APPLY**

\*People are already beginning to apply to volunteer in June, July & August.

We send this first announcement in Oct or Nov for those that like to get a leap on their summer plans. We will send a 2nd, sometimes slightly revised, announcement in Jan or Feb.

It is smart to finish application process by March so you have time to prepare to go to another country.

Our volunteer programs do not just run in June, July & August - that is simply when the most people can go. Except primary & secondary schools that have school schedules to adhere to, most of our programs run year round.

*Note: Positions are not necessarily endorsed by IAAND or the Academy of Nutrition and Dietetics.*

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**Free Online Training Course from the  
British Nutrition Foundation**

The course is suitable for anyone with an interest in nutrition and would be of particular use to those wanting to have a better understanding of fats in our diet. It is suitable for health professionals who may find an introduction or a refresher in this important area of nutrition useful. It will also be of interest to those working in the food industry whether manufacturing, retail and catering.

The course consists of six self-contained modules and participants can choose which ones they would like to complete:

- Module 1: What is fat and why do we need it?
- Module 2: How much fat should we eat? How much fat do we eat?
- Module 3: Fat and health: friend or foe?
- Module 4: Function in food: from cakes to salad dressings
- Module 5: Future of fat: reformulation?
- Module 6: Special interest module: Sources of fats in healthy dietary patterns

**Check Out the Course on YouTube!**

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## **Save the Dates: Upcoming Conferences and Events**

[10th Cyprus Dietetic & Nutrition Association Conference with International Participation](#)

Cyprus, November 22-15, 2018

[International Congress of Dietetics \(ICD\)](#)

Cape Town, South Africa, September 15-18, 2020

[International Congress of Nutrition](#)

Tokyo, Japan, September 14-19, 2021

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## **New Members and Supporters**

The IAAND would like to extend a warm welcome to our new members and supporters:

### **AUSTRALIA**

Amelia Bandera  
Tara Diversi  
Ghiwa Mohra El Salhani

### **BANGLADESH**

Farida Rahman

### **BRAZIL**

Regina Teixeira

### **CANADA**

Erica Cervi  
Molly Schoo

### **ISRAEL**

Nourit Houminer

### **JAMAICA**

Suzanne Soares-Wynter

### **KUWAIT**

Hanan Al-Amiri

### **LEBANON**

Lina Fleifel  
Krystal Haydamous

### **MEXICO**

Maria Fernanda Bernal Orozco  
Brenda Ceballos  
Daniela Gordillo  
Maria Cristina Medina

Sherreli Alano  
Julius Navarro

**SAUDI ARABIA**

Maram Tobaigy

**SINGAPORE**

Fei Li  
Mei Chin Yap

**SPAIN**

Malin Garemo  
Sara Younes El Fakhani

**TRINIDAD AND TOBAGO**

Ronique Thomas

**UNITED ARAB EMIRATES**

Hala Abu Taha

**UNITED KINGDOM**

Peter Binkiewicz

**UNITED STATES**

Kathryn Cleffi  
Ashleigh Comber  
Eun Dennis  
Jennifer Hartmann  
Catherine Hayden  
Carmen Koning  
Shannon McMahan  
Monica Menser  
Laura Morroni  
Rocio Rivera Ortega  
Barbara Rose  
Temple Stewart  
Summer Taylor

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[IAAND on Facebook](#) [IAAND on Twitter](#) [IAAND on the Web](#)

IAAND Mission is...

Empower members through 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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