

eNews

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International Affiliate of the Academy of Nutrition and Dietetics

 an affiliate of the
Academy of Nutrition and Dietetics

November 2018

Lots of opportunities this month!

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Greetings IAAND Members,

This edition of the eNews is full of exciting ways YOU be an active member in IAAND. Be sure to read this edition for leadership positions, stipend opportunities, and a chance to voice your opinions to the Academy's House of Delegates. And, as always, feel free to send me, your newsletter editor, any updates you would like to be shared with the rest of the IAAND for the next newsletter.

Thank you again for your continued interest and support,

Ariana Haidari, RD

Newsletter Editor

A Note from the President



Hello from Cyprus,

As I write this message I am attending the 10th Cyprus Dietetic and Nutrition Association Conference with International Participation in Nicosia. The presentations are high quality science and very inspiring. I am continually impressed by dietitians' contributions around the world. One of the topics presented that I found very interesting and timely was from Prof Anne De Looy, past President of European Federation of Associations of Dietitians (EFAD). In her presentation, "The role of a dietetic and nutrition association plays to help advance our profession and organization," Anne challenged us to ask ourselves following questions.

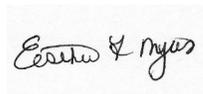
1. What is your Professional Target?
2. What can we (IAAND) do to help you achieve your target?
3. What can you do to help the association (IAAND) help you (and others achieve their targets)

Dr. De Looy stressed the importance of communicating the answers to these questions with one's professional organization. This will allow the members to include activities, resources, and funding to support the things most important to these priorities.

Also in attendance were three IAAND past presidents: Dr. Eleni Andreau, Dr. Constantina Papoutaskis, and Robin Bernadot. I was asked to participate in the opening ceremony, with a welcome from IAAND, as well as provide a presentation on the Nutrition Care Process. We distributed information on IAAND organization and benefits of membership or subscription to specified products and services, which will start

Please watch for my blast emails to provide your input between December and February on what you would like to see in our newsletters (Monthly E-News and quarterly Passport), what you consider to be the most important member benefit, and what topics you would like to see for future webinars.

Sincerely,



Esther Myers
IAAND President

President's Video Podcast: A Conversation with Eleni Andreou, former IAAND President

[Watch the Video](#)

Call for Nominations

It's time again to consider yourself and IAAND colleagues for open positions within IAAND. These positions will be open for the start of the next term beginning in June 2019. This is a great way to develop your leadership skills and help shape the future of IAAND.

IAAND Board positions: These positions will be on the IAAND ballot for member voting and the term will start in June 2019. Board members receive reimbursement for travel-related expenses to attend annual Board meeting after FNCE.

President Elect

Treasurer/Secretary

Nominating Committee Chair Elect

Strategic Communications Chair

If you are interested in one of those positions and would like more information please fill out [this application form](#) and send a CV or resume and a headshot to [Carrie Kiley](#), Executive Director of IAAND. Deadline to submit your application is December 15, 2018.

Educational Stipends

IAAND is proud to offer \$500.00 USD Educational Stipends to members who would like to attend a food/nutrition related conference and \$1000 for members who are presenting. Awardees are members who qualify for the stipend and complete the application form according to the guidelines. IAAND members are encouraged to read about the criteria to see if they qualify for the stipend. To download the application (which includes the criteria), click [HERE](#). All applications are submitted online.

For a conference held between Jun 1st –Dec 30th, the deadline for applying is May 31

For a conference between January 1st – May 31st, the deadline for applying is Dec 15

For more information about this award, please contact the IAAND Member Services Chair at ncc@iaand.org.

Local Meet-Up Mini Grant Opportunity

New member benefit coming soon! IAAND will be offering a new mini-grant to Country Representatives. This will provide funding to CRs to assist in setting up local networking events for IAAND members residing in their country.

We know networking can be hard when we have 1200+ members in 70+ countries, so these mini grants will be a way

educational component as well. We will be encouraging CRs to arrange meet ups in conjunction with local dietetic/nutrition association meetings to maximize IAAND member attendance benefit.

If you know of an upcoming opportunity for incorporating IAAND networking in your country, please reach out to your CR. All CR contact information is available here: <https://eatrightinternational.org/country-representatives/>. Applications will be available from **January 15-31**. This will support local networking occurring between February and May 31, 2019.

House of Delegates Update: Your Input Requested

What do you need to do?

Read the document below explaining the 3 topics and indicate your preference for House of Delegates Dialogue Topic. Rank the 3 topics from (1 to 3) in order of priority (1 = top priority).

Please [send your ranking in an email](#) to Naomi Trostler, your HOD delegate, NO LATER THAN FRIDAY December 14th:

Review Topics for the HOD

FNCE Through the Eyes of a Dietetic Intern: Student Stipend Award Recipient Tara Flora

By Tara Flora

Dietetic Intern at University of Kentucky Hospital/Lexington Veterans Affairs, USA

October 23, 2018

Imagine a place where you can both reconnect with old friends and make new ones. Imagine a place where you can learn more about any aspect of nutrition and learn how to further

candy. All of this can happen at the Food and Nutrition Conference and Expo.

This week I was lucky enough to attend my first FNCE, held in Washington D.C. I knew this was going to be a great educational experience for me as a Dietetic Intern, and eagerly counted down until the first day of the conference. What I did not know was just how amazing, dynamic and expansive this conference is. The atmosphere was so energizing. There is something about being in the same space as colleagues from all over the world, students and long-time practicing registered dietitians alike, that words cannot describe accurately enough. We fed off each other's energy and reinvigorated our constant passion for the Dietetics field.

As a student co-chair of IAAND, it was wonderful to finally meet the board members, country representatives, and fellow members of the organization. While it is a pleasure working with these dietitians online, it is always nice to put a face to a name. Everyone was just as lovely as I imagined, and it was nice to have everyone in one spot. I was also able to connect with other interns and dietitians while exploring the expo booths and listening in at the Learning Lounge sessions. I got to meet dietitians from California to Australia. I love that a passion for nutrition and health can bring such a variety of people together.

I was also able to reconnect with friends from my undergraduate studies and learn where their dietetic paths are taking them. It was nice to swap internship stories and be reminded of the support from others who are going through the same rigorous pathway as I. I was also able to meet up with my former DPD director, which was a blessing. She was my mentor and role model during undergraduate studies and through the internship application process. I firmly believe that everyone needs a mentor, especially one that can help guide you in all aspects of life. All dietitians should welcome being preceptors and mentors so our community can grow even stronger.

nutrition therapies, such as Mineral Bone Disease in Chronic Kidney Disease, Artificial Intelligence in Health Care, Efficacy of Intermittent Fasting, and more. My only complaint is that there was often more than one session I wanted to attend happening at the same time. It's a good thing that the FNCE app allows me to access every session handout, because I intend to use those as reading material while traveling.

In between lecture sessions I was able to learn more about medical nutrition therapy, food science and community health by attending the poster sessions. Each poster looked great, and I enjoyed learning more about the research topics from the authors themselves. It was also beneficial to hear about their educational background and their plans for the future. Their works are inspiring and I hope to present my own poster at FNCE within the next few years.

Right next door to the poster sessions was the Expo Hall with over 370 Exhibitors. These included companies that specialized in food products, cooking products, nutritional assessment tools, educational resources tools, and more. I was able to learn about nutrition resources I had not heard of before and try new foods that I may not have tried otherwise. All the food products were amazing, and I think my favorite was a cauliflower-crust pizza – it was so delicious! There was such a variety of food choices for different nutritional considerations such as Low-FODMAP bars, allergen-free products, gluten-free bars (and even gluten test kits) - the list goes on. I feel confident that I can offer future clients easy options for their individualized needs.

This conference was also a great experience for developing professional and networking skills. I am naturally an introvert, so I try to overcome my nature by putting myself in social situations. The only way to improve is to practice! I believe traveling solo was even more beneficial than if I had traveled with a group, as I probably would not have branched out from the people I already knew. I had the choice to either talk to myself for four days or improve my communication skills with dietitians that can help further my career. I chose the latter,

if I pursue a global nutrition position. No country has the “right” idea of how to improve our health, but together we can work to find better ways.

If you have not attended FNCE, I strongly urge you to register for the next conference. I improved my networking skills, increased my food and nutrition-related knowledge, and learned more about different career paths I can take as a dietitian. I will carry this experience with me throughout the next year, and I cannot wait until FNCE 2019 in Philadelphia. I hope to see you all there next year. Pro tip- if flying, be sure to save space in your luggage for the plethora of free food samples you’ll want to take back with you on your return flight!



Job + Volunteer Opportunities

Do you know of an open nutrition position in your country or region? Please send job postings to newsletter@eatrightoverseas.org to be included in the next eNews.

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

Events

[Food and Nutrition Conference and Expo \(FNCE\)](#)

Philadelphia, Pennsylvania, USA

October 26-29, 2019

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

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

[International Congress of Nutrition](#)

Tokyo, Japan, September 14-19, 2021

Note: Training events are not necessarily endorsed by IAAND or the Academy of Nutrition and Dietetics

New Members and Supporters

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

BELGIUM

Chloe Allegre

CANADA

Heather Lovelace

CHINA

Michael Chen

HONG KONG

Kit Yan Ho

ISRAEL

Brigitte Kochavi

LEBANON

Hiba Awarki

Rachelle El Haber

Rola Hamdan

Sahar Nassour

Anunziata Morris

SAUDI ARABIA

Mona Aldosari
Dalal Alsharif
Fatimah Mufreh

SWEDEN

Marie Assarsson

TURKEY

Merve Tigli

UNITED STATES

Lauren Brandl
Lucia Isac
Valeria Jose de Trujillo
Aaron Paprocki
Maria Pastukhova
Nicolle Putnam
Anna Rosales
Afiya Saleem

VIETNAM

Nhung Luong



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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