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# IAAND Passport

Quarterly Newsletter of the

iaand

International Affiliate of the Academy of Nutrition and Dietetics

an affiliate of the Academy of Nutrition and Dietetics

Issue 40.5

## Letter from the President

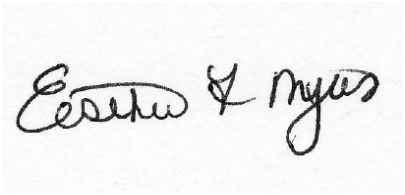
From the President:

February is a very important month for Academy members. One of the most important benefits and responsibilities of being an Academy member is the ability to vote for our leaders. The candidates for national office have been posted on the Academy website and voting started on Feb 1!

This year we have an unusual situation where there is an additional candidate for President. Linda Farr was added to the list of candidates based on obtaining enough signatures to petition for addition to the ballot. Therefore, we have a choice of three candidates instead of the usual two candidates.

Within IAAND we would normally have elections as well, however this year our nominating committee reviewed the applicants and has recommended that we have an "uncontested slate of officers" for the elected positions (one candidate for each position). The BOD has reviewed and approved the slate of officers forwarded by the Nominating Committee. Read later in the newsletter about

Please take a moment now to review the candidates for National offices and cast your ballot now - the last day to vote is Feb 15th!



Esther F Myers, PhD, RDN, FAND
IAAND President, 2018-2019
president@eatrightoverseas.org

## From the Editor:

In an effort to avoid redundancy, the January eNews was combined with the Second Quarter Passport Newsletter. Stay on the look out for the February eNews later this month!

Have something you'd like to contribute, a story you'd like to tell, or an experience to share? We want to hear it! Email newsletter@eatrightoverseas.org.

Best,
Ariana Haidari, RD
Newsletter Editor

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## Introducing Newly Elected IAAND Leadership

You voted, and the results are in. Presenting the newly elected officers:

President-Elect

Monique Richard, MS, RDN, LDN, FAND, RYT-200

Secretary/Treasurer

Daniela Abigail (Abi) Navarro, MSc, RDN

Professional Development Chair

Christine McIntosh, PhD, RD

Strategic Communications Chair

Lily Chen, MS, RDN, APD

Nominating/Awards Committee Chair-Elect-Elect

Marianella Herrera, MD, PhD

## Call for Nominations!

Are you interested in getting more involved in IAAND Leadership? The following positions are

Research Coordinator

Fundraising Chair

Kids Eat Right Coordinator

Membership Chair

Social Media Chair

Please fill out this application to nominate, and email Camella Rising at ncc@iaand.org with any questions.

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## KERI Grant Winner
## Julie Joy (Tom) CDN. RD. IAAND.KERI
## Kids Eat Right International UAE
## Adapted and translated ppt presentation of *Healthy Schools. It's a Team Effort*

First and foremost, let me thank our reputed and prestigious Academy, President Madame Ms. Esther, earlier presidents, forth coming president, all leadership team, and our UAE representative for providing me this opportunity to work in this Kids Eat Right International KERI. On behalf of UAE Abu Dhabi, we use this opportunity of conveying our regards to all our IAAND countries members.

The mini grant has provided me an opportunity to advocate and empower the role of registered dietitian nutritionist in School Nutrition and the Kids Eat Right International initiative. I was able to promote KERI IAAND in UAE Middle East and am glad to be part of it. The grant enabled me to conduct training to 80 teachers of preschool, grade 1-10th grade thereby reaches 1500 students and their families.

It was quite satisfying task aiding them to clear their Nutrition and Dietetics related inquiries and misunderstandings. We addressed ways to rectify the food related troubleshoots areas. We discussed topics such as how to improvise, food packing plastic reduction, how to minimize the cost of healthy food, how to reduce food waste, the importance of going organic, health issues and related recommendations, food groups and serving size importance, and the difference between “junk” food and “real” food. Topics also included how to manage or to reduce sugar and high fat food and go healthy, ways to prefer healthy fat, teachers and kids physical exercise requirements, movements, proper hydration, and the importance of healthy food availability and emphasis to families, kids, and teachers.

The adaptation emphasized on the above topics related to the presentation and translation processes involved educated influential Arabic women and an official translator. The main focus was the topic “healthy school.” It was a team effort, and included a related hand out on picky eaters. Our team included myself, Ms. Meriza Tom, Ms. Najla, and Ms. Reem. Each person provided value and respect to environmental, economic, social, and cultural factors in decision making process. We recognized diversity as our strength, too.

The materials were a great resource, and highly effective to adapt according to school nutrition requirements for schools/families /teachers /kids. More recent advancement and updated of the above said topics were discussed during the workshop.

A global community of dietitian’s initiatives spread out to Arab populations. KERI material extends widely across the nutrition education communities working with school students/kids in Abu Dhabi and Dubai and all the Emirates UAE but also across the Middle East who speak Arabic and would benefit from the translation in Arabic. It will continue to enable and empower professional development and promote international collaboration in the global nutrition communities.

In conclusion, it was a very enlightening experience working on KERI and these programs and initiatives are very much appreciated and required to promote. In busy modern society these updated evidence based and adapted material require to stretch out more and result in Healthy schools, families and kids and thereby healthy society! Consequently, guiding out nutrition and MyPlate to schools results in society welfare and individual family wellbeing. The process included many steps, such as communicating with authorities, organizing- plan -prioritize and check out the process. Following the policies, procedures and work ethics, elegant sound decent presenting styles, oversee the tasks are some of the executive functional responsible skills required for the success. Being transparent able to reach realistic goals and achievements is also necessary. Finally, reaching out to local community, dietitian and nutritional professionals to use material

Last but not least, my thanks for our coordinator, Ms. Jamie Wise. Once again, many thanks for this opportunity and our team put our earnest effort.

*School: Nursery, Grade 1-10 Grade students*
*School Toolkit: Healthy Schools. It's a Team Effort*
*Adaptation of Toolkit: Adopted in such a way picky eaters pattern often noticed in other grades too choosing certain groups and restricting other groups. Hence provided importance to cover all the grades and to develop maintain healthy school and related team effort.*
*Translation of Toolkit to Arabic: Ppt for school teachers and students of preschool grade 1-10 graders.*

**View Julie's Presentation**

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## A Look at Canada's Food Guide with Country Representative Mireille Njam

The new Canada's Food Guide was launched by Health Canada in Montreal on January 22, 2019.

Canada's Food Guide was established 1942. In its newest iteration, it is an online suite of resources for different users: the general public, policy makers and health professionals.

Canada's new dietary guidance  includes concrete advice for Canadians on healthy food choices and healthy eating habits such as:

- eating plenty of vegetables and fruits

- choosing whole grain foods

- making water your drink of choice.

Healthy eating is also more than the foods one eats. The Food Guide also encourages Canadians to:

- cook more often

- enjoy food

- be mindful of eating habits

- eat meals with others

Canada's food guide tools are more practical, evidence-informed guidance for healthy Canadians, two years of age and older.

Health Canada acknowledges that individuals with specific dietary requirements including those receiving care in a clinical setting need additional guidance or specialized advice from a **dietitian**.

## Country Representatives Corner

Country Representatives Corner (2nd Quarter FY 2018-2019)
Compiled and edited by Melinda Boyd, DCN, MPH, MHR, RD; CR Chair

Thank you IAAND members for taking the time to read the following summaries of the reports submitted by our Country Representatives. Below is a compilation of both their IAAND

quarter of Fiscal Year 2018-2019. This ranges from IAAND tasks like responding to emails from many of you (our members) and non-members with questions about nutrition or the practice of dietetics in other countries; to work related activities in CRs' daily lives as part of their professional development. Feel free to reach out to any of the CRs if you find their work interesting, have questions about their country, or have questions about anything found in their report. Contact information can be found here.

I'd also like to say thank you and farewell to Nicole Erickson, our Germany CR. She has served in this position for over 3 years now and is stepping down. This will allow for another Germany member to take over the position and pick up where Nicole has left off. In the coming months we will say farewell to other long-standing CRs as a result of a change in policy defining the CR term as a 3-year position.

-Melinda Boyd

**Argentina (Romina Barritta)**
Invited IAAND members in Argentina to participate in the new Media Representative Pilot Program.

**Australia (Lily Chen)**
Responded to a request from an American dietitian who recently moved to Australia inquiring about the Australian dietitian accreditation process.

**Canada (Mireille Najm)**
Let IAAND Canada members know about FNCE. Gave a presentation on Clinical Nutrition Management Challenges and a workshop on behalf of PEN Nutrition at Dubai International Nutrition Conference.

**China (Liyan Lin)**
Continued working on shared membership between the Academy and the Chinese Nutrition Society. The goal is to increase membership of Chinese nutrition professionals to the Academy and as a benefit they will also obtain membership to the local association in China.

**Egypt (Mohamed Radwan)**
Planning to run the Adult Weight Management certificate in Egypt through
CDR. This will enable us to recruit a large number of nutritionists to register as international member in the Academy.

Responded to two requests this quarter. The first was from a dietitian to volunteer in Ghana for 2 days in February 2019. The second was to request being a speaker to students visiting Ghana in May 2019.

**Hong Kong (Charmain Tan)**

Invited IAAND members in Hong Kong to participate in the new Media Representative Pilot Program. Provided a list of vegetarian restaurants in Hong Kong to an interested member.

**India (Rupal Shah)**

Spoke to a group of Nutritionists locally regarding IAAND & Academy membership. Attended FNCE and received the Outstanding Dietitian Award from the Indians in Nutrition and Dietetics (IND) MIG. Presented a talk on nutrition requirements for patients undergoing Dialysis in my state.

**Israel (Brigitte Kochavi)**

Responded to inquiry about nutrition conferences taking place in Israel in 2019. Published a Hebrew article about lactose intolerance in a religious magazine.

**Italy (Marta Rahm)**

Responded to a request from a dietetic student in Chicago who needed information related to dietitians from America who work in Italy.

**Japan (Amanda Berhaupt-Glickstein)**

Continues to regularly share information with Japan members regarding upcoming webinars, becoming a preceptor for dietetic internships, information about FNCE general, IAAND activities, and a pilot survey for Asia Pacific region. Volunteered at the FNCE IAAND booth, attended the international reception, and donated Japanese KitKats for the raffle (a perfect treat to share from Japan!). Received the CR Star award and was presented with this at the International reception. Had an initial Skype call with Japan member regarding a food tour with Japan member during upcoming events (i.e. Rugby World Cup, Tokyo 2020 Olympics).

**Jamaica (Patricia Thompson)**

Volunteered to participate in an ICDA survey on Food Sustainability. Participated in a radio interview dealing with nutrition and climate change alongside a bio-physicist from the University of the West Indies. Was contacted by a student from a local university – University of Technology – pursuing a post-graduate diploma in dietetics and nutrition inquiring about a one-week attachment to gain exposure into sports nutrition. The local professional association (JAPINAD) received funding and offered a 30-week supervised practice programme (SPP) and graduated 60 students for registration with a professional title primarily as

(RA) in community clinics they were not able to access an internship since graduating with their degree, some as long as 10 years ago.

**Lebanon (Rafika Ghrawi)**

Welcomed 6 new IAAND members in Lebanon! Spoke on a local radio show about diabetes and will be doing another one on Healthy Eating for children.

**Netherlands (Emmy Steiner)**

Responded to a request for information regarding studying in the Netherlands.

**New Zealand (Chris Vogliano)**

Shared information with members about FNCE and things to do in Washington, D.C.

**Pakistan (Rubina Hakeem)**

Remains in regular communication with members in Pakistan regarding local conferences, nutrition issues, and publications.

**Philippines (Beatriz Dykes)**

Initiated and successfully helped arrange workshops in the Philippines for the 2019 NDAP Convention in Manila. Will be joined by six other speakers from the Academy of Nutrition & Dietetics. Of these, two with four additional helpers will be providing two full-day workshops prior to the Convention.

**South Korea (Dee Dee Ugursal)**

Responded to one request regarding job opportunities for English-speaking registered dietitians in South Korea. Planning a get together for members in Seoul in the near future.

**Spain (Denine Marie Stracker)**

Has been in contact with an IAAND member in Japan who is originally from Spain.

**Sweden (Maria Gustafsson)**

Invited IAAND members in Sweden to participate in the new Media Representative Pilot Program. Provided information about FNCE to members.

**Taiwan (Winnie Lin)**

Nothing new to report.

**Turkey (Füsun Atayata)**

Healthy Eating Seminar in Kocaeli ODTÜ College for 30 adults. In October, provided a seminar titled “Eat Healthy, Improve Quality of Your Life" for 165 students in IDE Colleges. In November, provided the “Eat Healthy, Improve Quality of Your Life” seminars for 970 students Ted Isparta College, Konya Sinav College, DenizliODTÜ College, Salihli Doga College, Milas Sinav College, and Milas İMİ College. “Eat Balanced, Live Healthy” seminars provided to 1100 elementary school students in Konya Sınav College, Sehir College-Konya, ODTÜ College, Milas Sinav College, Milas İMİ Okulları, İzmir Dokuz Eylül College, İzmir Sinav College. “Smoothie Bike” activities provided for 860 elementary school students in Ankara Bestepe College, Bandirma American Culture College, Nisantasi College.

**United Arab Emirates (Lamees El-Derbi)**

Assisted a dietitian inquiring about the licensing process at the department of health in Abu-Dhabi. Professionally, currently training bariatric team members coming from different countries in our hospital on how to implement a bariatric surgery program. Bariatric team members include surgeon, psychologist, nurse, dietitian and bariatric coordinator.

**United Kingdom (Emily Spees)**

Continues to receive multiple contacts regarding how to become an RD in the UK and has been providing information as appropriate.

**United States (Becky Dorner)**

Contacted dropped and new members listed as being in the US.

**Venezuela (Marianella Herrera Cuenca)**

In November 2018, participated 2 opportunities for networking in Mexico:

1. The Developmental Origins of Health and Disease Society Conference of the Iberoamerican Chapter (DOHaD) (Cancún, Mexico)
2. The Latin American Society of Nutrition (SLAN) Conference (Guadalajara, Mexico)

There was attendee interest at both conferences, including the director of the Mexican Perinatology Institute at Cancún. In Guadalajara, I organized a gathering to explain more about IAAND. Officials from PAHO-CLAP Latin America, Unicef Latin America, and the Panama Minsitry of Health joined and received IAAND flyers and T-Shirts. An IAAND member who works at the Mexican National Institute of Health took flyers for distributing  at her work site, and I gave her the contact of Virginia Tijerina, the CR for Mexico.

Research Fellow, Non-Communicable Diseases

Institute of Tropical Medicine

Antwerp, Belgium

Post Doctoral Position

Food for Health Ireland

University College, Dublin, Ireland

Nutritionists/ Dietitians Needed Internationally

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 guinea pig.This organization has been ingenious in creating green houses 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, e.g. about diabetes and hypertension, and 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

finding that the moms know little about nutrition and would love nutritionists/ dietitians 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 to the lactating mothers who come for care; speaking in the community at large and perhaps even on the radio!

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.

Students, graduates, alumni and professionals in Nutrition or Dietetics are all needed. Both Bachelor's and Master's level accepted.
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
Immediately! It is smart to send your Questionnaire & resume by mid-February so you can 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.

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.*

## New Members and Supporters

**Italy**

Michele Chiari

**Mexico**

Daniela Gordillo

**Switzerland**

Camille Descloux

**United States**

Tejul Patel

Sarah Zeola

## Save the Date: Upcoming Conferences and Events

2019 National Conference of Dietitians of Canada, *Capitalize on our Connections!*
Ottawa, Canada, June 5 to 8, 2019
Note: DC accommodation rates are available.

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*

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

Best,

Ariana Haidari, RD

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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