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International Affiliate of the Academy of Nutrition and Dietetics

 an affiliate of the
Academy of Nutrition and Dietetics

December 2018

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Hello IAAND Members across the globe!

I would like to draw attention to a mistake I made in the last issue of *Passport*. The article

"KERI Award Winner" featuring Julie Joy included a link which said "View Julie's Presentation." The attached presentation was actually produced by Sara El Baba, RDN, LD, HAAD., who also won a KERI award. Please accept my apologies for this error.

Ariana Haidari

Newsletter Editor

A Note from the President

[New
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&
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The IAAND Board and the Leadership Team wants to ensure that we, as the leadership, are supporting the activities that have the most value to our IAAND members. In our December teleconference, the leadership bodies identified potential measures for:

- Enhancing IAAND communications/ member engagement
- Developing and supporting IAAND research initiatives and collaborations
- Supporting leadership development of IAAND Members
- Refining IAAND operational infrastructure and financial status

The Board has received requests through our members to provide some information for international dietitians who are not able to be Academy and IAAND members. Therefore, IAAND is now offering annual subscriptions to some key non-member products to colleagues in other countries. We have developed a special pricing based on the economic status of the countries that is based on DOHAD criteria. View the non-member annual subscriptions [here](#).

In the near future, we will be developing materials describing the non member products for you to share with other international dietitians who may not yet be Academy members.

YOUR INPUT NEEDED: This month, as the Leadership Team starts making plans for next year, we will be asking for you to tell us which of the member benefits you have used and which were most useful to you. Some of the member benefits include:

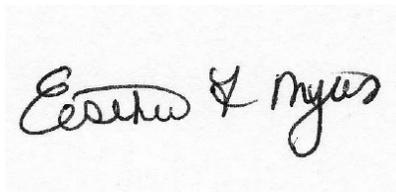
- IAAND Quarterly Newsletter
- IAAND Monthly e-news
- IAAND E-Blasts on specific topics
- Kids Eat Right International (KERI)

- IAAND Webinars (live and recorded)
- IAAND Foundation International Project Award
- IAAND Networking events (FNCE, EFAD, ACD< SLAN)
- International Projects (MEDNA, Tip Sheets survey, KERI, or Special Olympics)
- Electronic networking - Facebook or twitter

Please watch for the special Blast email inviting you to participate in our survey to ensure that we know what you value the most and provide us with input for other ideas that you think we should pursue as a member benefit. Or, [take the survey now!](#)

IAAND is here to develop and support programs and initiatives that are important to our members, so please share your opinions.

Thank you in advance for letting us know what you think!

A handwritten signature in black ink on a light-colored background. The signature reads "Esther F. Myers" in a cursive script.

Esther F Myers, PhD, RDN FAND
IAAND President 2018-2019

**Educational Stipend Recipient:
Larissa Loufman at the Health
Children Project International
Breastfeeding Conference**



Current International Advancements in Human Lactation

By Larissa Loufman, MPH, RD, LD, CLC, CCRC

For 25 years, Healthy Children Project, Inc. Center for Breastfeeding has hosted its annual International Breastfeeding Conference. Healthy Children Project, Inc. is a non-profit institute “dedicated to improving child health outcomes.”¹ Located in beautiful Deerfield Beach, Florida, the aim of the conference was to provide a fun spin on lactation education for diverse, multidisciplinary international and national healthcare professionals. Breastfeeding advocates learned the latest trends, best practices, knowledge, and skills in the field of lactation and had the opportunity to be a part of a community of like-minded professionals who are looking for innovative ways to support breastfeeding.

From the moment that I arrived at the conference, I was warmly greeted by the friendly faces of the Healthy Children Project faculty and staff. Breastfeeding is regarded as the best form of nourishment for newborns and the World Health Organization recommends exclusive breastfeeding for at least the first six months of life.² Influenced by evidenced-based research and practice, speakers provided their innovative strategies and well-researched findings on how to promote breastfeeding in a variety of settings. As the presentations progressed, important themes in current trends soon

Combating Maternal Mortality

While most of the world has seen improvements in maternal mortality rates, US rates continue to climb.³ Though there are widespread efforts focused on reducing infant mortality rates, it has become clear that there also needs to be a shift towards preventing fatalities among women - especially within the first year postpartum when rates are highest. Last February, the first Maternal Mortality Review Report was released which included data from the nine states who were collecting this information as well as recommendations for building capacity to review and prevent maternal deaths.⁴

Breastfeeding has shown to provide both short- and long-term benefits for mom and baby and may be an important strategy to reduce maternal and child mortality.⁵ A speaker with a background in anthropology noted that mother's milk is truly bespoke. It has been shaped over the last 300 million years as the best nourishment for mammals because of its unique composition and ability to provide food, medicine, and important protective properties.⁶ One common birth practice that can impact breastfeeding success and lead to postpartum depression is the use of synthetic oxytocin during labor.⁷ The addition of this labor medication has been found to result in dysregulation of mother's naturally occurring oxytocin, uterine hyperstimulation, and the crossing of the fetal blood brain barrier.^{7,8} Health professionals should be aware of common practices that may help or hinder breastfeeding success.

Uninterrupted, Skin-to-Skin Contact

Encouraging uninterrupted, skin-to-skin contact (SSC) immediately after birth for at least one hour has shown to have many benefits for babies and parents alike and results in a higher likelihood of leaving the hospital exclusively breastfeeding.^{9,10} SSC will help to ensure that infants have the opportunity to go through the nine instinctive stages after birth that have both short- and long-term physical and psychological advantages.¹¹ In Uganda, a team of Swedish and Ugandan health professionals implemented a study focusing on the introduction of SSC practices immediately postpartum which have resulted in positive outcomes for mom and baby.¹² SSC has shown to help regulate infant temperature and has decreased hypothermia, a

control via educational sessions stand to benefit given the opportunity for SSC which can help counteract negative hormonal, mental, and physical consequences of this intensive surgery and increase the success rate of those who chose to breastfeed.¹⁴

Overcoming Racial & Socioeconomic Disparities & Inequities

Geographic locations with high rates of poverty and minority populations and low rates of education tend to also have lower rates of breastfeeding. Moreover, individuals living in environments with toxic stress, or in prolonged stressful conditions, are at-risk for negative health outcomes.¹⁵ Having social support, especially during and after pregnancy, can reduce stress and inspire breastfeeding practices. Increasingly popular, community-based care seeks to bring needed assistance and resources directly to families and can be provided by community health workers, lactation consultants, doulas, midwives, or other health professionals. One mom presenting at the conference noted that it did not matter who provided the support, the only thing they cared about was that she could relate to them. In close-knit communities such as those in Appalachian Ohio, understanding cultural norms and building trust is vital to improving breastfeeding rates.¹⁶ Several speakers recommended creating culturally appropriate, educational materials that cater to a wide-range of literacy levels to increase breastfeeding knowledge and improve understanding. Recognizing and implementing approaches to mitigate racial and socioeconomic disparities is a critical step to increasing health equity and, consequently, reducing maternal mortality.

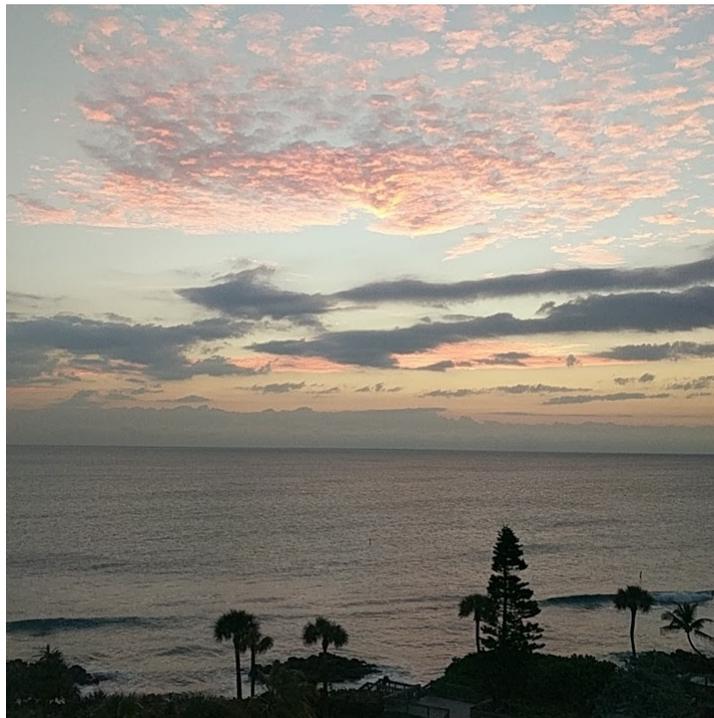
Improving Self-Efficacy & Inclusiveness

With health behaviors (and breastfeeding is no exception), researchers have investigated self-efficacy as an important indicator of performance of future behaviors. From my own work, I presented about increasing breastfeeding initiation rates in one community where they were extremely low compared to national standards. One of the learnings from this research was that boosting client's confidence was key to breastfeeding initiation.¹⁷ In response to the all-important question of how to increase self-efficacy in breastfeeding, another speaker developed a new, theory-driven tool to measure self-efficacy and breastfeeding intention which is currently being piloted.¹⁸

A big takeaway for lactation professionals was how to successfully

Barriers to care can occur when healthcare professionals neglect to create a culture that is accepting of diverse individuals such as those within LGBTQI+ families.^{19,20} In addition, it is imperative to include family and friends who are important to the birth parent in the breastfeeding discussion. For example, men can play a crucial role to both promote breastfeeding and SSC practices, but are frequently overlooked by the healthcare team.²¹ If they are acknowledged and included in the conversation, they can play a huge part in lactation support.

No matter what breakout sessions you chose, you were guaranteed to learn about innovative, captivating, and thought-provoking lactation practices at this conference. In addition to the wonderful variety of hot topics presented for continuing education credit, there were also plenty of breaks for networking, optional opportunities including participation in a scavenger hunt that encouraged collaboration with other attendees, the chance to donate to a good cause, and, of course, the luxury of treating yourself to a beautiful beach view! Please visit <https://centerforbreastfeeding.org/education/conferences/> for more information.



Citations:

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DEADLINE APPROACHING: Annual Affiliate Award Nominations!

Nominations due March 15th

Applications due March 31st!

Do you know an IAAND member that is deserving of one of the annual affiliate awards? These are open to IAAND members who have been

The awards include:

Emerging Dietetic Leader Award: The Emerging Dietetics Leader Award recognizes the competence and activities of members, regardless of their age, who are at the beginning of their dietetics careers.

Outstanding Dietetics Student Award: The Outstanding Dietetics Student Award recognizes the emerging leadership and achievement of students in ACEND-accredited and approved dietetics education programs and encourages their participation in the Academy of Nutrition and Dietetics.

Outstanding Dietitian of the Year Award: Each year the Academy recognizes those individuals who receive the affiliate's top member award (one per affiliate).

Recognized Nutrition and Dietetics Technician of the Year Award: The Academy of Nutrition and Dietetics recognizes the professional contributions of dietetic technicians and encourages their continued participation in the community and Academy activities.

Recognized Young Dietitian of the Year Award: The purpose of the Recognized Young Dietitian of the Year Award is to recognize the competence and activities of younger dietitians in the Academy of Nutrition and Dietetics and to encourage their continued participation in Academy affairs.

For more information about the award selection criteria and requirements, please see the Academy's website, <https://www.eatrightpro.org/leadership/honors-and-awards/affiliate-awards>.

In addition to the Academy Affiliate Awards, IAAND also offers two unique awards to our members. These include:

- Country Representative Award
- IAAND Service Award

To nominate someone, please email Camella Rising at ncc@iaand.org and provide the name of the award you are nominating them for, the name of your nominee, and their email address (unless you are self-nominating). The Awards Committee will contact your nominee and provide them with application information.

Nominations are due by **March 15, 2019**. Applications must be completed no later than **March 31, 2019**.

Please consider nominating a deserving IAAND member. We welcome self- nominations as well!

Sincerely,

IAAND Awards Committee

Call for Nominations!

Are you interested in getting more involved in IAAND Leadership? The following positions are open for nominations:

Fundraising Chair
Kids Eat Right Coordinator
Membership Chair
Social Media Chair
Newsletter Editor

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

Educational Stipends

IAAND is proud to offer \$500.00 USD Educational Stipends to members who would like to attend a food/nutrition related conference

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

New Enhanced Website Feature!

Now you can use the **same** username and password for the www.eatrightinternational.org website as for the main Academy www.eatright.org!

If you change your Academy log in information, it will automatically update the IAAND website within 24 hours. In the past, it was necessary to register for our website separately and create a username and password. Our Executive Director has been working with our technology company and with the Academy to connect the website databases so they can talk to each other.

Over half of the content on the IAAND website is password-protected, and available only to members after you log in from the "MEMBERS" navigation tab.

Job + Volunteer Opportunities

[Research Fellow, Non-Communicable Diseases](#)

Institute of Tropical Medicine

Antwerp, Belgium

[Nutrition Senior Manager](#)

Glanbia

Kilkenny, Ireland

Karlsruhe, Germany

[Associate, Food Fortification](#)

Global Alliance for Improved Nutrition

London, UK

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.

Save the Dates: Upcoming Conferences and 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:

AUSTRALIA

Gill Ashton

CANADA

Wala Al Shaikh Yasin

Taylor Breuninger

ITALY

Michele Chiari

MALAYSIA

Yee Voon Ng

MONGOLIA

Enkhtsetseg Gankhuyag

NETHERLANDS

Marion Eckl

Emily Swan

NORWAY

Sissi Stove Lorentzen

PAKISTAN

Muhammad Nuwaz Khan

Muhammad Shahazad Manzoor

PHILIPPINES

Kristine Bea Mendoza

SAUDI ARABIA

Sultana AlOtaibi

UNITED ARAB EMIRATES

Thahnah Almansouri

Ruqaya AlShamsi

UNITED STATES

Corinne Ador Dionisio

Claire Bailey

Andrea Bair

Joaquin Bernal

Arthur Bogdanove

Camilla Dare

Sarah Greer



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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