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International Affiliate of the Academy of Nutrition and Dietetics

 an affiliate of the
Academy of Nutrition and Dietetics

December 2019

Message from the Editor

[From the President](#)

Hello IAAND Community,

[President's Podcast](#)

We hope that you have been enjoying the holiday season and have had a wonderful start to 2020!

[Free Webinar](#)

As always, if you would like to share your nutrition and dietetics with the international community, please email newsletter@IAAND.org.

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Thank you for your continued interest and support,

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Marion Eckl, RDN
IAAND Newsletter Editor, 2019-2021

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Dear IAAND Members and Supporters,

[New Members and
Supporters](#)

Happy Holidays! December is a month of joy, celebrations, and re-evaluation. As we wrap-up of the first part

accomplishments and our direction in the coming months.



As you know, the mission of IAAND is to "empower members through professional development and promote international collaboration in the global nutrition and dietetics community". During these first six months, IAAND has provided many opportunities to its members to participate in activities that honored this very mission. The Professional Development Committee organized four free, live webinars according to the most voted topics. Our most recent webinar, *Enhancing Whole Grain Consumption Through the Power of Oats*, was made possible thanks to one of our sponsors. This webinar along with the other 24 webinars are still available in our [webinar archives](#) and are available to view on demand to get your CDR CPE certificates!

Additionally, IAAND has continued to promote international collaboration through the support of projects like [TIP SHEETS FOR ASSESSING FOOD AND NUTRITION HISTORY OF DIVERSE POPULATIONS](#). The 2019 IAAND International Project Award through the Foundation was granted to the project "Building Capacity for Assessing Nutrition-Sensitive Food Systems in the Solomon Islands". The Kids Eat Right International campaign has also awarded three mini grants for the translation and adaptation of resources into the Spanish language. Furthermore, the Country Representative (CR) program continues being IAAND's signature feature with more than 40 CRs across the globe. Five mini grants have also been awarded to Hong Kong, Argentina, Pakistan, Ghana, and Taiwan in order to organize local networking events.

Furthermore, IAAND has continuously participated in international conferences like the Argentinean Food Congress of AADYND and the Cyprus Dietetic & Nutrition Association International Conference, SLAN. Of course, we also had a great turn-out and success at our FNCE events with some of the International Lectures being awarded to IAAND

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In 2020, you can all stay tuned for upcoming monthly webinars, including topics ranging from cultural food practices, intuitive eating, nutrigenomics, and much more. We plan to be present at several [conferences](#), including the Nutritionist-Dietitian Association of the Philippines (NDAP) on February 26th as well as an IAAND pre-convention workshop about social media. We are also preparing to participate at [ICD 2020 in Cape Town](#) in September 2020. In terms of grants, we plan to continue supporting CRs to become members of their local dietetics associations, KERI mini grants are planned to be awarded to members in Africa, and we will continue having educational stipends for conference attendance. There will be many more initiatives to come, but please reach out to us and let us know how we can better satisfy your needs.

All of these achievements would not be possible without our volunteer leaders and executive directive TEAMWORK. I see how this African proverb is so true: "if you want to go fast, go alone. If you want to go far, go together." So a big THANK YOU to all. Best wishes for 2020!



Romina Barritta
IAAND President, 2019-2020

President's Podcast

- Season's greetings!
- Free live webinars
- Award deadlines
- Elections

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Free Webinar

Cultural Foods and their Impact on Nutritional and Health

Status: Sudanese Scenario

Date: January 16, 2020

Time: 10:30 A.M. | EST

Speaker: Ahlam Badreldin El Shikieri, PhD, MBA, PgDip, BSc

Click [here](#) to register for the webinar.

Oats and Metabolic Health

**Disclaimer: This article was sponsored by our sponsor, Quaker. It is for professional and academic purposes only.*

A Spotlight on Metabolic Health

Metabolic health has long been defined rather simply as the absence of metabolic syndrome. More recently, researchers have acknowledged metabolic health as a proactive state in which individuals have optimal levels of the markers used to define metabolic syndrome; for example, waist circumference, blood glucose, blood pressure, triglycerides and high-density lipoprotein and not taking any related medication. By that definition, according to a recent study, only 12.2 % of Americans are metabolically healthy. With so few people considered metabolically healthy, researchers are asking whether specific diet elements could improve metabolic health. One food of interest is oats.

Dietary Strategies to Improve Metabolic Health

To date, researchers have examined multiple dietary patterns that can enhance metabolic health. The Mediterranean diet, Dietary Approach to Stop Hypertension (DASH), a Nordic diet and all types of vegetarian diets have been shown to positively affect the markers for metabolic syndrome. All these dietary patterns include and encourage a consumption of whole grains in addition to fruits, vegetables, dairy, and monounsaturated and omega-3 fatty acids.

grain intake and metabolic health have been inconclusive but epidemiological research largely supports the hypothesis that whole grain intake is inversely correlated with markers of metabolic syndrome and the incidence of cardiovascular disease mortality. In multiple studies, whole grain intake significantly reduced one or more markers of metabolic syndrome such as elevated blood glucose, postprandial plasma insulin, triglycerides concentrations and prevalence of prediabetes.

Why Oats

Oats are one of the most studied whole grains that have health benefits extensively documented. The use of health claims with oat beta-glucan containing foods is allowed in several countries including but not limited to US, Canada, UK, Finland and Sweden. Beta-glucan, a soluble fiber in oats, has had a demonstrated positive effect on several of the markers of metabolic syndrome. Thus, oats have a great potential to be included in a dietary pattern intended to counteract the symptoms of metabolic syndrome.

Oat Beta-Glucan's Potential for Metabolic Health

The hypocholesterolemic effect of oat beta-glucan is well-established and this is the primary reason why oats are considered a heart-healthy food. A significant body of research has demonstrated that oat beta-glucan helps reduce low-density lipoprotein (LDL) cholesterol levels. Oat beta-glucan has also been shown to improve glycemic control. Several studies have shown that oat beta-glucan attenuates postprandial glucose and insulin response in healthy, diabetic as well as hypercholesterolemic individuals. Emerging scientific evidence suggested that oat beta-glucan could be beneficial in reducing the risk for hypertension in humans. However, only small to modest decreases in blood pressure have been observed upon oat beta-glucan intake in hypertensive adults so additional evidence is needed to confirm this effect. In addition, while there has been no conclusive research linking beta-glucan or oats to a reduced risk of obesity, oat beta-glucan intake has been shown to have a promising effect on gut hormone responses and subjective

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its ability to generate viscous solutions at low concentrations in the gastrointestinal tract and to undergo fermentation in the colon.

The prebiotic potential of oat beta-glucan is being explored and, based on in-vitro studies, it's been hypothesized that beta-glucan from oats may help to normalize the gut microbial composition of the individuals with metabolic syndrome. However, further evaluations are needed to confirm this effect.

Overall, based on scientific evidence, oats are a promising food that could provide benefits in the form of modifying risk factors associated with the metabolic syndrome.

*Click [here](#) for the article's references.

Country Representatives Corner

Compiled and edited by Melinda Boyd, DCN, MPH, MHR, RD, FAND; CR Chair (2nd Quarter FY 2019-2020)

Argentina (Luciana Ambrosi)

Has been working on the IAAND Kids Eat Right translation project. Organized a seminar/workshop on November 7, 2019 about healthy eating with other colleagues at Osde Foundation and was able to introduce IAAND Kids Eat Right toolkit of Hunger/Obesity. Connected with an RD that recently relocated back to Argentina after living in the US for a number of years.

Canada (Mireille Najm)

Nothing to report this quarter.

Ecuador (Susan Burke March)

Met with a nutritionist from Guayaquil. Discussed the state of affairs of the profession in Ecuador. As of today, there is no national certification for dietitian/nutritionists in Ecuador, and the new dietetic organization [ANNE](#) is still just that, an organization without a credentialing arm.

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maintain the historical integrity of Cuenca's UNESCO World Heritage Site designation. Together with the Director of Áreas Históricas and the Department of Public Works, we have participated in weekly "mingas" or community gatherings in order to remove tagging and gang graffiti from walls throughout the Historic District and restore the walls with fresh paint. This is an ongoing, city-supported initiative. The Facebook group is called "Keep Cuenca Beautiful."

Ghana (Laurene Boateng)

Assisted a past member in rejoining IAAND.

Greece (Ivi Papaioannou)

Nothing to report this quarter.

Hong Kong (Macy Chow and Michelle Lee)

Had planned for a gathering with members but due to unsafe traffic conditions it had to be postponed.

Israel (Brigitte Kochavi)

Nothing to report this quarter.

Italy (Marta Rahm)

Contacted an IAAND member for participation in the Sustainability webinar for March 2020. Professionally, participated in collaboration with American Academy Sustainable Food Project and with Rome Lay Center Chefs to make menu designs with sustainable and local principles.

Japan (Reiko Hashimoto)

Updated IAAND members in Japan about FNCE activities. Received request from Japanese dietitian who plans to move back to Japan in February about job opportunities for dietitians with foreign credentials.

Lao PDR (Joanna Cummings)

Nothing to report this quarter.

Lebanon (Rafika Ghrawi)

Nothing to report this quarter.

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Participated in establishing the first dietetics program in Malawi, which trains at the post-graduate diploma level. One cohort of students has completed training and the second cohort is nearly done with the 20-month program. At the moment, we are working a publication that explains the process of creating a new program and building the profession up in a country where there was virtually no dietetics practice.

Malaysia (Siew-Lan Ng)

Nothing to report this quarter.

Netherlands (Allison Pigatto)

Nothing to report this quarter.

Saudi Arabia (Mona Aldosari)

Nothing to report this quarter.

Sweden (Maria Gustafsson)

Directed someone through a Facebook group to IAAND for an inquiry about how things work in other countries. Checked in with IAAND Sweden members to see if anyone would be attending FNCE.

Taiwan (Winnie Lin)

Reached out to members preliminarily for the first ever Taiwan members' meet in 2020.

Turkey (Melisa Karabeyoglu)

Attended local meeting for sustainability food and agriculture in Turkey and discussed involvement with IAAND. Networked with non-IAAND members and Turkish dietitians and explained IAAND's purpose and mission. Professionally, assisted in the development of the translation of the Physician Committee's training from English to Turkish. The Physician Committee is to be held in Turkey in 2020 for health professionals.

United Arab Emirates (Lamees El-Derbi)

Received an inquiry from a member asking about the requirements for obtaining a dietitian license in Abu-Dhabi. Contacted by another member regarding a job opportunity in

United States (Becky Dörner)

Attended FNCE and networked with IAAND members.

***Message from Becky to all IAAND members:** In December, our Foundation is welcoming the new year by opening our 2020 [Award and Research Grant applications](#). I encourage everyone to check out our application portal for a long list of opportunities available to all Academy members. There are [awards](#) for students as well as seasoned professionals such as continuing education, recognition, international and program development. [Research grants](#) range from demonstrating the value of registered dietitian nutritionists to nutritional epidemiology. Unless otherwise indicated, the application deadline for all awards and grants is **February 1, 2020**. These awards and grants empower our members and elevate our profession. Spend a few moments and watch how our awards and grants are making a difference in our profession and impacting the overall health of the general public.

**Awards and Research Grants:
Deadline February 1st**

The Academy of Nutrition and Dietetics Foundation is accepting applications for the 2020 Awards and Research Grants. With 27 awards and 7 research grants available, a wide range of opportunities exist for credentialed food and nutrition practitioners at all levels of practice and students at all levels of study.

Available applications include continuing education, recognition, program development, and international awards as well as grants for research in food service management, breastfeeding and infant feeding practices, diabetes medical nutrition therapy, and much more.

Applications can be accessed within the Foundation's

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applications will not be accepted or considered for funding. All applications have a deadline of **February 1, 2020, at 11:59 pm (Central Time)**, unless otherwise indicated.

Any questions should be directed to Elisha Reichling, MS, RDN, LDN, Foundation Program Coordinator, at ereichling@eatright.org.

IAAND Board Positions: Still Available!

Student Co-Chair

The Student Co-Chairs are responsible for recruiting student members and boosting membership. They provide updates to student members via a quarterly newsletter and act as liaison between the leadership team and student members. The term length for student co-chair is 2 years, unless re-appointed.

Website Manager

The Website Manager manages IAAND website content by maintaining electronic files of all webpage work, text, images, photos, and correspondence. Additionally the Website Manager edits the website as appropriate and manages website content by working closely with the Executive Director to develop new content areas. The term length for Website Manager is 2 years, unless re-appointed.

If you are interested in one of those positions and would like more information please:

1. Fill out the following [application form](#)
2. Send a CV or resume and a headshot to Carrie Kiley, Executive Director of IAAND

Educational Grants: Deadlines January 31st & April 30th

IAAND is proud to offer \$500.00 USD Educational Stipends to

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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. All applications must be submitted online. To download the application (which includes the criteria), click [HERE](#).

Next Deadline:

- **January 30th** - for educational events held between January 1st and May 31st
- **April 30th** - for educational events held between June 1st and December 31st

For more information about this award, please contact the IAAND Nominating and Awards Committee at ncc@iaand.org.

Job + Volunteer Opportunities

[Adjunct Instructor of Public Health & Nutrition](#)

Lamar Institute of Technology
Beaumont, Texas

[Freelance Editor - Medicine, Life Sciences, and Physical Sciences](#)

Cactus
Worldwide, Telecommute

[Nutrition Specialist](#)

Nestle
la Tour-de-Peilz, Switzerland

[Post-Doctoral Research Fellow in Physical Activity and Nutrition](#)

National University of Singapore
Singapore

[Quality Specialist - Labeling & Specifications](#)

General Mills

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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

[Nutritionist - Dietitians' Association of the Philippines \(nDAP\)](#)

The Philippines, February 26-28, 2020

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

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

[XVII Congreso Latinoamericano de Nutrición Clínica, Terapia Nutricional y Metabolismo \(FELANPE\)](#)

Guayaquil, Ecuador, September 25-29, 2020

[International Congress of Nutrition](#)

Tokyo, Japan, September 14-19, 2021

[Sociedad Latinoamericana de Nutrición \(SLAN\)](#)

Asunción, Paraguay, October 31-November 4, 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 give a warm welcome to our new members and supporters:

AUSTRALIA

Maxine Fabre

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Aridia Vasquez

INDONESIA

Fitri Hidayani Chairil

JAMAICA

Suzanne Soares-Wynter

KUWAIT

Fatima Abugaith

PHILIPPINES

Aiza Kris Bernardo

UNITED ARAB EMIRATES

Reem Khoury

UNITED STATES

Joelle Abi Kharma

Sara Dschoutezo Gordo

Theresa Jardine

[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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