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International Affiliate of the Academy of Nutrition and Dietetics

an affiliate of the Academy of Nutrition and Dietetics

April 2022

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Message from the Editor

Hello IAAND Community,

We hope that you and your loved ones are all safe and healthy.

If you would like to share any nutrition news or updates, please feel free to send us an email.

Thank you for your continued interest and support.

Marise Abboud, LD
IAAND's ePassport Editor, 2021-2024

Message from IAAND's President

Dear IAANDites,

With the month of April coming to an end, I would like to express myself with a quote by Orison Swett Marden "Don't wait for extraordinary opportunities, seize common occasions and make them great" that would best describe the mentality of the Leadership Team

and Supporters

Also during this month, IAAND's Facebook posts urged each one of us to grab the opportunity to make a difference and identify issues to the global dietetics community, the type of issues that are meaningful to the dietetics profession and need to be addressed across many different practice areas and settings. I hope you contributed to the survey as we always strive for our members' professional opinions and contributions.

Varsha, PhD, MS, RD, CCN, CNIS

Free Webinars

Join us on Friday, May 27 for the FREE webinar, "Enhancing Cultural Competency in Dietetics through Development of a Quick GUIDEs© for Assessing Food and Nutrition-Related History of Diverse Populations."

competent dietitian in our upcoming live webinar on **Friday, May 27 at 12 p.m. (Eastern Standard Time)** presented by Prajakta Khare Ranade, MS, RD, LD, CDCES, FAND.
This webinar will highlight the Academy of Nutrition and Dietetics' efforts in developing culturally diverse nutrition resources for dietetic professionals, and familiarize attendees with the development and usability of the new Quick Guides as a tool to help dietitians gather food and nutrition-related information from clients who have a culture different from their own.

Participants will earn 1 CPEU for their attendance, so don't delay and register for this FREE webinar today!

As always, if you missed any of our previous webinars, you can access this website to watch them!

Dietitian-Nutritionists' Challenges in Spain

By Susan Burke March, MS, RD

foods, it, like most of the Western world is suffering from an obesity epidemic especially worrisome childhood overweight and obesity. As Spain's Country Representative, I was tasked to write the country information sheet where Aitor Sánchez, dietitian-nutritionist and food technologist currently residing in Spain was invaluable in his help and thoughtful feedback. From that, I decided to interview Sánchez tackling his impressive professional background and Spain's obesity epidemic with the purpose of better understanding the challenges that come along with the nutrition and dietetics profession in Spain.

I started my interview by asking Sánchez to share his career path in nutrition and his thoughts about dietetics as a profession in Spain. During Sánchez's high school years, he grew an interest in the fields related to science and health, especially in physiology and molecular biology stating "then I discovered the studies of Human Nutrition and Dietetics - now I had a clear path to a career" (A. Sánchez, personal communication, 2022). Although he pursued an education in nutrition with wanting to dedicate himself to this world, he added that having a career combining the fields of dietetics and communication with social media was never a pathway he thought for himself.
Sánchez is very involved in educating new nutritionists but laments the situation for dietitian-nutritionists in Spain "unfortunately, the profession of a dietitian-nutritionist in Spain is not very well regarded, we continue to be one of those countries that depend too much on other health professions such as medicine or nursing." He added that due to the lack of employment opportunities, most dietitian-nutritionists in Spain are self-employed and have to create their own opportunities "although little by little new professional opportunities are created and the image shown to the general population is getting better, we still have to create a large staff of professionals who can attend and provide public health services" (Sánchez, 2022).
Furthermore, as in most of the Western, and increasingly in all of the world obesity negatively impacts health. Subsequently, Spain's increasing childhood obesity rate is considered a major challenge with Sánchez noting this is seen mostly in those with financial challenges. Nevertheless and contrary to many other countries, Sánchez highlights that healthy and fresh food in Spain is both greatly produced and affordable, where there's a need to employ dietitian-nutritionists to help educate and to make healthy food

I then shifted to asking Sánchez about the reason he decided to join IAAND.

“For me, it was an opportunity to access modern and updated materials on different clinical practices. Unfortunately in Spain, our professional associations are still under construction and tend to focus more on administrative issues and representation of the profession in institutions and governments” (Sánchez, 2022). He has found that having access to an international perspective on nutrition and current credible information has enhanced his knowledge and practice. Also, he enjoys his membership in several dietetic practice groups including Dietitians in Business and Communications that support his professional endeavors specifically in preparing his TV scripts and radio shows.

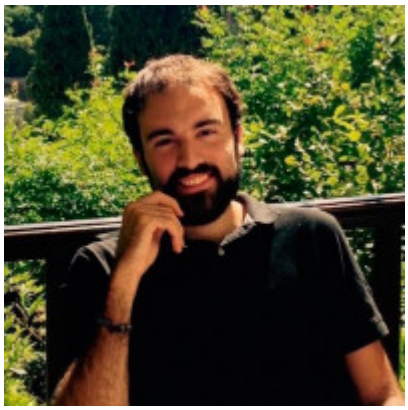
Sánchez’s current objective is to raise awareness of the profession in Spain both to healthcare professionals and by providing simplified evidence-based information to the public, along with having dietitian-nutritionists included in the public health program’s care teams. Also, he is working on promoting sustainable nutrition on his social media platforms as part of his awareness.

Biography of the Interviewer and Article Writer

After more than 25 years as a registered dietitian nutritionist, certified

Valencia, Spain in July 2020 after first living for six years in Cuenca, Ecuador. Currently, she volunteers as a Country Representative for the International Affiliate of the Academy of Nutrition and Dietetics and was the first CR for Ecuador and as of June 2021, for Spain. Before moving to Ecuador she had volunteered with the Academy of Nutrition and Dietetics Weight Management Dietetic Practice Group serving first as secretary and then as sponsorship relations director. Susan and her husband are home exchangers, having completed more than 50 exchanges in the past 10 years in various cities in the US, Europe, and Oceana. In 2022, they have completed five exchanges in Spain and France, and have another five scheduled for the summer and fall seasons.

Biography of the Interviewee



Aitor Sánchez is a well-known Spanish dietitian-nutritionist, food technologist, and a member of IAAND. His career began by focusing on research working toward his doctoral thesis at the University of Granada, the University of Bristol in the UK, and the Karolinska Institute in Sweden. In 2011, he began to focus on scientific dissemination with the creation of his blog, making the leap to mainstream media including Radio Nacional de España and RTVE. Aitor currently collaborates with different media and is the co-founder of the Aleris Nutrition Center in Madrid. In the last ten years, he has dedicated himself to volunteering as a trainer and educator in various youth entities and is unequivocally defined by his passions for food and scouting. You can reach out and connect with him by Email.

By Mary-Jo R. Overwater-Gervasio, MSc, MMSc, RD

John Lennon, Allen Saunders, Earl Wilson to Publilius Syrus, among a host of others have been credited for the quote “life is what happens to you while you’re busy making other plans.” Whatever its origins, it describes exactly how I felt when I found myself writing a book that I had no aspiration or intention whatsoever to write.

I was very busy with my practice in nutritional consulting that I sustained across six country moves since first leaving the US in 1986. Most of my clientele come from the expatriate, international, and multinational communities, who’ve lived in many countries, are multicultural and travel frequently. So often, I would listen to their concerns about untoward health conditions, diet, or nutritional issues experienced during, before, and after traveling such as gastrointestinal upsets, jet lag, dehydration, joint pains, headaches, vertigo, and general malaise.

My research for the book was borne out of their stories and needs, and from the information I would gather to deliver evidence-based recommendations to help them. I had amassed a huge dossier of resources from scholarly articles and textbooks on diet and nutrition, travel books, travel advisory links on embassy websites, public health guidelines from various countries, professional newsletters, diet and nutritional manuals from various countries, and anecdotal tips from frequent flyers. It was only after 30+ years, hundreds of consults across seven countries, and hearing over and over from enthusiastic, convinced clients “you ought to write a book about all of this stuff!” that I finally did it. My clients felt it would be extremely worthwhile to have what they considered such helpful information in one handy reference.

With that, from my client notes and that huge file of references, I began to write. I sorted, organized, and collated material where I started with an outline based on topics and fleshed out twelve chapters which I then narrowed down to eight. I wrote every day from 7 a.m. until midnight for about ten months and I did all the writing, but I humbly enlisted a team of five other people composed of two registered dietitians fellows, a good friend who’s a voracious reader, two other people who had written and self-published their own books

a graphic designer to make the visuals I developed look clear and professional. I also hired a book designer to create the size, finish, book cover, and flow of pages I wanted to turn my words into a proper book, noting that this whole process took another year.
Over the next two years and after several pitches to and rejections from publishers to accept and distribute my book, being told things like, “you’re a nobody, why would we take on your book?”, I gave up. The feeling of humiliation was intense. I walked away from it, convincing myself to be content with just writing a book. Then, during the Covid-19 pandemic and lockdown period, I gave it one last try. Happily, my book titled The Best Things To Eat and Drink When You Fly, found its first “home” and is now published on the shelves and website of an English-language selling book store in Amsterdam and it’s also available to be purchased online!

I’ve yet to promote and market it, but I’ve already sold 200+ copies and have gotten 5-star reviews! Readers have even sent me amazing personal messages on how much they’ve learned about nutrition and how much better their travels have been due to the information in the book, and I’m so glad I took that final bold push to publish despite initial rejections.

Biography

Maria Giusseppe (Mary-Jo) Rafaella Overwater-Gervasio obtained a BS cum laude in Home Economics/Dietetics at Immaculata College (now Immaculata University) in 1977. She worked in hospitals and nursing homes including Thomas Jefferson University Hospital in Philadelphia, Medical Center at Princeton, and Meadow Lakes

pediatric nutrition in 1984. She worked as the Senior Clinical Nutritionist in Henrietta Egleston Hospital for Children (now Children's Healthcare of Atlanta) from 1980 to 1986. She also obtained a master's in Epidemiology in 2001 at Erasmus Medical Center in The Netherlands. In 2014, she completed an International Coaching Federation certification at Teleos Leadership Institute in the US. Her main areas of interest and practice include prevention and treatment of obesity, medical nutritional counseling, and executive wellness coaching. Mary-Jo has been a member of the Academy of Nutrition and Dietetics, International Affiliate of the Academy of Nutrition and Dietetics, and the Obesity Action Coalition since 1977, 1986, and 2017 respectively alongside other professional organizations in the past. You can reach out and connect with her by Email.

You're Invited to Join IAAND's Google Group

You will receive an email within the next week inviting you to join our new Google Group.

IAAND is offering this communication channel to members in hopes that they ask questions, share resources, and network with each other. We encourage you to not only join the Google Group, but post and respond to topics that are of interest to you.
The more that is shared within our Google Group, the greater connection we can build amongst IAAND members around the world!

Educational Stipends Applications: May 8

Applications are now open where $250 or $500 towards your learning experience could be yours!

If you are a member of the International Affiliate of the Academy of Nutrition and Dietetics and planning to attend or present at the Food & Nutrition Conference & Expo, International Congress of Nutrition, or other upcoming nutrition-related conferences held between June 1

attendee, or $500 award for a presenter. The application's deadline is **extended till May 8**.

Criteria to receive the educational stipend:

- Verification of educational program attendance
- Expense documentation with receipts
- Event experience summary to be published in IAAND's ePassport Newsletter.

We are excited to present this opportunity to give back to the IAAND community. Start the application process today which takes less than five minutes to complete!

A Call for Volunteers With IAAND

New opportunities to explore and experience await you!

Being a volunteer with IAAND is a wonderful opportunity to connect with nutrition professionals around the world, build your resume, strengthen your leadership skills, and connect with a fun group of like-minded professionals.

We are constantly looking for volunteers! If you are ready to join our team, please fill out this application form which should take less than 5 minutes.

Spring Symposium Recording

The Spring Symposium Recording Is Now Available!

The International Affiliate of the Academy of Nutrition and Dietetics, Dietitians in Integrative and Functional Medicine and Vegetarian Nutrition Dietetic Practice Groups Spring Symposium Collaboration – **The Intersection of Culture and Nutrition: Our role in DEI and Sustainability in Dietetics** is now available to purchase through the Eat Right Store starting at 10 USD for students and 39 USD for

The covered topics include “Integrative Medicine for All,” “Plant-Based Diets, Sustainability and Transforming Healthcare,” “Spice Up Your Meals with Ayurvedic Wisdom,” and a panel discussion on “Working Together to Create a New Future: Creating a Call to Action for the Dietetics Profession.”

Check this link for more information or to purchase.

Save the Dates: Upcoming Conferences and Events

Partnership for Food Safety Education “BAC(k) to Basics” Webinar

Virtual Webinar, May 12, 2022

Today’s Dietitian 9th Annual Spring Symposium

Florida, US, May 22-25, 2022

WEON 2022 Dutch Epidemiological Conference

Nijmegen, the Netherlands, June 9-10, 2022

Virtual Conference, June 14-16, 2022

The 8th Asian Congress of Dietetics (ACD2022)

Yokohama, Japan, August 19-21, 2022

Food & Nutrition Conference & Expo (FNCE)

Orlando, Florida, and Virtual, October 8-11, 2022

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

New Members and Supporters

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

CANADA

April Saunders

Xiao Zhang

HONG KONG

Mei Ching Lam

INDIA

Anjali Velupuri

JAMAICA

Shanique Rose

MEXICO

Ana Victoria Monreal

PHILIPPINES

Vheejay Tampol

UNITED ARAB EMIRATES

Eman Faroukh

Alma Delgado
Thais Oliveira
Elisabeth Yeun
Lorelei Zuccarelli
Amanda Blake
Mary Ketchum
Megan Lalone
Kelly Lonergan
Lara Mayoral
Maria Puchulu

IAAND on Facebook IAAND on Twitter 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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