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July 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,

Greetings from Chennai India.

July is a month packed with historical celebrations and successful achievements that shaped our lives today! From national and

From that, as much as it would have been exciting to witness this technological moment, let us instead create our very own telecommunication moments. As I said, many yearly celebrations occur during July month that I thought to share a few more with you!

Did you know

- US national ice cream, chocolate, French fries, and hot dog days are celebrated in July
- The first ever rabies vaccine was administered by Louis Pasteur on July 6, 1885
- Neil Armstrong was the first human to set his foot on the moon on July 20, 1969.

If so much is celebrated and achieved in one month, then I am certain there would be numerous events happening in the lives of all IAANDites across the globe. For that, I invite you to keep on sharing with us your exciting news, the good and the bad, your dreams and aspirations, and above all your expectations from the IAAND organization!

As you may know, FNCE is returning this year in its in-person format, while it is proposed to have a hybrid international IAAND reception as it is important to have all our members engaged and where the success of this year's event is not only by physical participation but also with your valuable suggestions. I hope to see you all at IAAND's reception in Orange County Convention Center, Orlando, Florida, USA!

Varsha, PhD, MS, RD, CCN, CNIS

Free Webinars

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

Children Learning Through Healthful Competition: Barbados Nutrition Month 2022

By Sade Haynes, MS, RD

Worldwide, approximately 170 million children are overweight and the prevalence is rising in most countries. Poor food choices among children contribute to obesity and non-communicable diseases like type two diabetes and hypertension. Furthermore, health behaviors acquired during childhood persist into adulthood, and metabolic consequences increase early morbidity and mortality. Similar childhood obesity trends have been observed in the Caribbean region including Barbados and present significant concerns to the public's health.

The Global School-Based Student Health Survey conducted in 2011 revealed that about one-third of Barbadian children 13 to 15 years of age were overweight and 14 percent were obese. This has drawn the attention of several stakeholders including government, health care professionals, school administrators and staff, civil society, corporate entities, parents, and children alike where intervention among school-aged children is critical to prevent childhood obesity and its long-term

Registered Dietitians and Nutritionists in Barbados celebrated Nutrition Month in May 2022 under the theme “Good Nutrition without Boundaries.” To celebrate, a hospital-based clinical nutrition team collaborated with the Ministry of Education, Technological and Vocational Training to host an essay and poster competition for primary and secondary school students on the island. Nutrition education in schools has been shown to improve nutrition knowledge and eating habits, where this year's competition created an opportunity for students to learn about good nutrition, healthful eating and lifestyle habits.

The poster theme “Healthy Me Every Day: At Home, School and Play” allowed students to think about influences and actions in various environments and creatively express their ideas. The essay competition topic was “How can all stakeholders improve the diet and nutrition environment to promote good health and well-being in Barbados?” This challenged students to explore the key players that influence the health and well-being of the Barbadian population and their roles, and propose solutions to current diet and nutrition-related health challenges in Barbados.

Fifty students-participants from 15 schools with ages ranging from three to 14 years submitted a total of well-researched and thoughtfully written 25 essays and 28 posters. The students identified the government, health care professionals, supermarkets, citizens, and themselves as stakeholders while the poster designs promoted exercise, hydration, sleep, hygiene, healthy eating, gardening, and mental and social well-being. Additionally, the essays suggested solutions such as community surveys, health promotion in schools together with television and social media, revision of school cafeteria menus, seedling and greenhouse projects to increase production, lowered costs on healthy foods, cooking demonstrations, and encouraged consumption of more traditional foods versus the Western diet and even tackled wearable technology and mobile applications.

The first to third place winners, in each competition, were individually rewarded for their efforts. Also, monetary prizes were awarded to their respective schools through sponsorship by corporate entities where the prize money will be used to implement health or agriculture-related initiatives at the various schools. The latter further

competition committee to lend guidance to the schools and monitor the implementation and growth of these projects. Inspired by the enthusiastic reception and response, the competition is now earmarked to be an annual event.

Click here to view the references.

Biography

Sade Haynes is a Registered Dietitian with a Master of Science in Human Nutrition. She is a strong advocate for the critical role of nutrition in the prevention and management of disease and in supporting recovery from illness. As a clinical dietitian, she works with individuals of every age and life stage leading to diverse experiences and interests within the field. Her responsibilities include inpatient care in critical illness, general surgery and pediatrics. She also provides nutrition counseling for several disease states in the outpatient setting. Sade recently undertook a new role as a university lecturer and is keen to continue to support the growth of the dietetic profession and future practitioners in Barbados.

A Call for Volunteers With IAAND

New opportunities to explore and experience await you!

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 members.

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

The 8th Asian Congress of Dietetics (ACD2022)

Yokohama, Japan, August 19-21, 2022

Dietitians of Canada National Conference

Virtual Conference, September 15-16, 2022

Food & Nutrition Conference & Expo (FNCE)

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

International Diabetes Federation Congress (IDF)

Lisbon, Portugal, and Virtual December 5-8, 2022

International Congress of Nutrition

Tokyo, Japan, December 6-11, 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
Theresa Cividin
Deborah Martinussen
Lisa Slack

GHANA
Esumaba Asaam

JAPAN
Masako Arisawa

KUWAIT
Jumana AlMubarak

MALAYSIA
Chun Sui Chua

NEW ZEALAND
Shuofei Hou

PAKISTAN
Asmaa Bilal

PHILIPPINES
Sinag Ramos

SAUDI ARABIA
Ma. Concepcion Rosales

UNITED STATES
Rasha Al-Aseili
Andrea Atkin
Mina Da Costa Conceicao
Christine Hylton

Li-Ling Peng

Melissa Chlupach

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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