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International Affiliate of the Academy of Nutrition and Dietetics

an affiliate of the Academy of Nutrition and Dietetics

March 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,

In this newsletter, I want to start by thanking IAAND's Country Representative Chair Rupal Shah for her leadership in soliciting responses from the CRs contributing to the National Nutrition Month, Media Representative Chair Karla Padrelanan for her amazing work

Save the Dates

New Members
and Supporters

President Monique Richard for her unique contribution on the topic!

I extended an invitation in my last month's message to contribute to IAAND in multiple areas and I am so glad to see that the country representatives acted on that! With that, I want to thank all the CRs who rose to the occasion in the shortest possible time:

ASIA PACIFIC
Rupal Shah – India
Reiko Hashimoto – Japan
Zenaida Velasco – Philippines
Janet Malanga – Taiwan

BARBADOS and CANADA
Sade Haynes – Barbados
Rim Mouhaffel and Nadine Moukheiber – Canada

CENTRAL and SOUTH AMERICA
Luciana Ambrosi – Argentina
Eva Weston – Colombia
Maria Gabriela Cucalon – Ecuador
Pablo Fernandez – Venezuela

EUROPE
Elina Angastinioiti – Cyprus
Susan Burke March – Spain
Melisa Karabeyoglu – Turkey
Charmain Tan – United Kingdom

MIDDLE EAST
Karla Padrelanan – Qatar
Ala Zaidan – United Arab Emirates

Lastly, I further invite the CRs to contribute significantly in planning our next year's IAAND Activity Agenda by making a 3 to 5 minutes short video presentation about your country, plans, and IAAND activity for your fellow country members. Keep up the good work!

Varsha, PhD, MS, RD, CCN, CNIS

Free Webinars

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

Food Allergy in Colombia: A Brief Overview

By Eva Weston, RDN, NBC-HWC

Any reproducible adverse health effect that arises from a specific immune response following exposure to a given food is defined as a food allergy. There is compelling data suggesting a global increase in food allergies in both Western and developing countries. The cause is multifactorial, likely due to less microbial exposure and increased adoption of the standard western diet impacting the gut microbiome.

allergic reaction, there are eight dominant allergens that are dairy, eggs, finfish, shellfish, tree nuts, peanuts, wheat and soy. A ninth, sesame, has been recently added to the list and will be included on all food labeling in the United States by 2023. Continually, Colombia is moving towards increasing the education of healthcare professionals to better understand and treat the increasing prevalence of food allergies.

The Colombian Association of Allergy, Asthma and Immunology was founded on September 11, 1958, by six doctors passionate about this specialty. The ACAAI later became a member of one of the four chapters of the Latin American Society of Allergy and Immunology that was founded in 1964 and is currently a member of the World Allergy Organization. Despite this professional interest, Colombia did not have accredited university programs in the area of Clinical Allergology until 2003, when the University of Antioquia in Medellín opened the first Clinical Allergology course. Prior to 2003, any formal medical education in allergology was carried out abroad. In 2019, the UA published a statement acknowledging the lack of data in Colombia and Latin America on the subject, which makes it difficult to treat patients with food allergies in Latin America. In order to know the treatment, proper diagnosis is key where diagnosing food allergy in Colombia requires extra steps in an already multistep process. Nevertheless, laboratory work is often sent to more developed countries, which may cause patients to delay or avoid concrete diagnoses.

Patient education, including clear food labeling, is an integral part of the food allergy primary treatment that is strict avoidance of the offending allergen. Enacted in 2005, Colombian food labeling resolution 5109 requires clear labeling of food products, derivatives, or byproducts containing gluten, crustaceans, eggs, fish, peanuts, soybeans, milk, nuts, and greater than 10mg/kg of sulfites. Moreover, the use of multiple names or the grouping of names on products can lead to consumer confusion. For example, the word “peanut” may be labeled as mani or cacahutes, which are more specific words for peanut in the Spanish language. However, it can also be listed as nueces (nuts, walnuts, pecans), seco nueces or fruitos secos (dried walnuts, nuts, or dried fruits), and still comply with federal labeling

allergens is necessary to reduce the potential for accidental exposure.

The Institute for Immunological Research at the University of Cartagena has doctors working in an international collaborative effort for the World Allergy Organization to characterize and standardize the language of allergens. Currently, no information can be found on the ACAAI website on emerging therapies including oral immunotherapy. Nonetheless, interviews with an allergist in Bogota indicated the possibility of practicing these emerging therapies in some of the major healthcare facilities throughout Colombia.

Proper diagnosis and food allergen avoidance are essential for food allergy management. While Colombia is making great strides alongside the rest of the world to better understand, diagnose, and treat food allergies, it still requires the guidance of better-established organizations in the allergology field.

Click here to view the references.

I would like to share with you that The Journal of Allergy and Clinical Immunology has created a global edition, The Journal of Allergy and Clinical immunology -Global (JACI-G), which is open access to the public! I encourage you to check the first online edition that was recently published in February 2022.

Biography

Eva Weston has a passion for helping those with food allergies and intolerances to better understand how to manage and pursue their best quality of life. She has both personal and professional experience with food allergies and intolerances and is always looking to connect with other nutrition professionals who are interested in impacting this global epidemic. Her most recent success is establishing a Food Allergy and Intolerance Community Support Group in Bogota, Colombia, which she hopes to use as a blueprint to create other support groups throughout South America. You can reach out and connect with her by Email.

Country Representatives Corner: 3rd Quarter FY 2021-2022

Compiled and edited by Country Representative Chair: Rupal Shah, MSc, RD, CDE

Thank you IAAND members for taking the time to read the following summaries of the reports submitted by our CRs. Below is a compilation of both their IAAND involvement and personal/professional work taking place during the 3rd quarter of FY 2021-2022. We have had a challenging year and it is nice to see that everything is gradually going back to normal. Dietitians and nutrition professionals were highly active throughout it all and essentially around the world. Feel free to reach out to any of the CRs if you find

information can be located on this website.

Australia (Kristen MacKenzie-Shalders)
Answered a request received regarding placements in Australia. Australia's borders are now internationally re-opened.

Barbados (Sade Haynes)
Answered a request about grant opportunities to fund the accreditation of a program.

Canada (Rim Mouhaffel and Nadine Moukheiber)
Sent welcoming and dropped out emails. Received a request about education and training requirements to become an RD and eligibility for registration. Attended webinars on food insecurity in Canada and policy responses offered by the Canadian Nutrition Society. Attended a webinar on "Equity, Diversity and Inclusion" offered by the Dietitians of Canada, and participated in the public consultation.

Colombia (Eva Weston)
Shared information regarding IAAND to RDs who met through the American Women's Club of Bogota. A dietetic intern reached out via email requesting information on a possible rotation in Colombia, and an RD from New York reached out via email requesting information on transferring her credential and working as an RD in Colombia. Reached out to many potential members and planning to have an IAAND meeting with them in April. Worked with the American Women's Club of Bogota to help create a health and wellness policy to vet potential speakers, group leaders, or products the AWC offers at any of their holiday markets or events. Working with the US Embassy Bogota to facilitate and supervise a Food Allergy and Intolerance Community Support Group. Participated in a "slow food" tour of a Dutch cheesemaker producing Gouda cheese in Bogota.

Cyprus (Elina Angastinioti)
Answered a request regarding the criteria of becoming a dietitian and working in Cyprus. Attended seminars held by the Cyprus Dietetic Association.

Czech Republic (Victoria Hawk)

standards for dietetics education. Reported seeking the information to prepare a presentation for a global audience. Provided information from the country information sheet regarding the education standards in the Czech Republic.

Ecuador (Maria Gabriela Cucalon)
IAAND members were contacted to know more about ACEND accreditation programs. Connected with IAAND president and shared common foods consumed in Ecuador. Approved study about "Undernutrition in Ecuador" in the rural area of Guayaquil. Also, approved for publication on the "First COVID-19 Case in Ecuador" in Bionatura Journal. Conducted the first study on undergraduate students' risk for eating disorders in a local university.

Ghana (Ivy Frimpong)
Sent a message through the WhatsApp platform to remind members about the renewal of their membership for 2022-2023.

Hong Kong (Macy Chow and Michelle Lee)
Emailed dropped members. Answered questions about the new "e-badge" of RDN licenses.

India (Rupal Shah)
Sent out a reminder to vote for the Academy election. Responded to a request from a Dietitian in India who wants to join IAAND. Professionally, published an article in the local newspaper on Fad Diets. Contributing to blogs for multiple websites.

Italy (Marta Rahm)
Answered an inquiry regarding information about the possibility of practicing in Italy and provided pertinent information and a country information sheet. Studying Ayurvedic nutrition and cooking with the Ayurvedic Institute in New Mexico and with two Indian-American RDs.

Japan (Reiko Hashimoto)
Sent out IAAND CR term expiration notice and public invitation for candidates interested in becoming CR for Japan. Sent emails to dropped members.

an inquiry received from IAAND's website regarding job opportunities in Japan for dietitians with foreign qualifications and Japan supplement regulation.

Lebanon (Rafika Ghrawi)

Working on a project and on a series of presentations relating to cultural humility in the workplace. Answered requests regarding finding opportunities in the US and Egypt. Joined the mentorship program and met Wendy Madarasz. Wrote an article on AlQarar's online newspaper about affordable meals that parents can send to school with kids.

Attended the following workshops "Carbohydrate Restriction for Obesity and Diabetes: What Does the Evidence Say with Simply Good Foods," "Critical Nutrients to Support the First 1000 Days of Life with Kendra Shriener," "The Science of Sweetness with PepsiCo." "Key Trends in Food, Nutrition & Health 2022 webinar with Bell Institute of Health and Nutrition," "Juice Up Your Content webinar with PepsiCo." "Nutrition and Your Immune Health webinar with PepsiCo." "Translating the Science: Smart Principles for Communicating Nutrition webinar with PepsiCo."

Philippines (Zenaida Velasco)

Invited DPG-Academic/Research attendees to join IAAND. Answered requests from a Facebook page for all nutritionists and dietitians called the ND updates, NDAP website, and NDAP National Viber Group. Posting about membership, and video presentations of what an RDN work includes.

The Nutritionist-Dietitians' Association of the Philippines recently held its 67th Annual and Virtual Conference on February 19, 24 to 26, 2022 with the theme "Leading with Impact: F.A.S.T. (FAST innovation, Agility, Sustainability and Transformation)." One of the keynote speakers was Ms. Diane Enos chief learning officer of the Academy of Nutrition and Dietetics together with other Academy speakers. A total of 42 speakers shared their expertise on evidence-based practice and on how to lead with impact.

Qatar (Karla Padrelanan)

Nothing major to report.

nutrition students of Aitor Sanchez, an IAAND member/professor and owner of Aleris Academy, who offers a master class in Clinical Nutrition in-person and online. The presentation was titled “International Students: Steps to becoming a Registered Dietitian Nutritionist.”

Sweden (Maria Gustafsson)
Sent out an email to find if someone wants to take over the role of CR as my term is ending.

Switzerland (Louise Pollard)
Sent a reminder regarding IAAND elections. Answered requests for information regarding training or accreditation requirements for dietitians in Switzerland. Applied practice using the Intuitive Eating approach, specialized in helping women and their families improve their health and well-being without dieting, food deprivation and mealtime stress.

Taiwan (Janet Malanga)
Sent out a reminder to Taiwan IAAND members to vote in the Academy election.
In December, met Huei-min Chin president of the Taipei Chapter of the Taiwan Dietitian Association, and other dietitians throughout Taiwan at the Healthcare+ Expo. Virtually attended the International Life Sciences Institute-Taiwan Conference and Seminar. Met Sirpha Chan, PhD, and chief innovative officer with JoyTech Bioengineering Consultancy, adjunct professor to National Taiwan University and National Taiwan Ocean University at the Healthcare+ Expo 2021. Visited the chocolate and nut butter processing machinery manufacturing company, FELI in the Taishan District of New Taipei City. Met with the leadership team at the American Club Taipei and Jeffrey T Liou, MD, to discuss a possible combined speech on weight loss. Also, Taipei Resident and Food Manufacturer Prashantha Lachanna was interviewed for an article being written on diet and mood for the American, plant-based magazine, Peaceful Dumpling. Article on body positivity and weight loss was published in the February issue of Centered on Taipei magazine.

Turkey (Melisa Karabeyoglu)

dietitians and explained IAAND's purpose and mission. Created a group for RDs and Nutritionists who got their degrees from North America (Canada and US) and residing in Turkey and continued with meetups and WhatsApp group communication.

United Arab Emirates (Ala Zaidan)
Started the year with a Nutrition Care Manual grant on January 19, 2022, where past CR Chair Melinda Boyd hosted the zoom meeting for manual description. Made an IAAND WhatsApp group where information is shared and everyone can stay connected. Answered requests through the LinkedIn platform that included clinicians asking about opening Nutrition Clinics in the country. Also, answered requests through IAAND's email and website about getting registered in the UAE. Following up on a webinar about foreigner registration by Eat right and ways to do so with professors in the UAE.

United Kingdom (Charmain Tan)
Welcomed a new member. Answered an inquiry about Certificate of Attendance, and multiple inquiries on post-internship and job opportunities. Answered a few requests about inquiries on Telehealth. Networked with dietitians in Hong Kong during a visit there.

USA (Elizabeth Marino-Costello/Dustin Reed)
Answered a request on how to connect a US-based nutrition company with international contacts. In January 2022, published a manuscript on Global Health: Science and Practice Journal.

Venezuela (Pablo Hernandez)
Attended Erica J. Charles' request about dietitian practices in the world, found via IAAND's website.
Accepted as Review Editor on the Editorial Board of Nutritional Epidemiology (specialty section of Frontiers in Nutrition). Published along with Marianella Herrera (Past CR Venezuela) the research paper "Energy Imbalance Gap, Anthropometric Measures, Lifestyle, and Sociodemographic Correlates in Latin American Adults—Results from the ELANS Study" on the Int. J. Environ. Res. Public Health. Awarded with the "Honorable Mention" award for applied scientific research Dr. Luis Razetti, in its Twenty-Sixth Edition, for the research work "Evaluation of the nutritional content of dairy products in the

Pan-American Society of Neuro-epidemiology, held virtually on December 10, 2021.

The Ukrainian Conflict: Providing Humanitarian Aid

In line with universally accepted international humanitarian law, the Red Cross has called for the protection of noncombatants and critical infrastructure such as water and power systems in Ukraine, so all humanitarian actors will be able to have access to civilians needing help.

Charitable donations can be made to organizations including the Red Cross, UNICEF and World Central Kitchen.

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

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.

Affiliate Award Nominations: April 1

It’s time for the Annual Affiliate Award Nominations!

Do you know an International Affiliate of the Academy of Nutrition and Dietetics member that is deserving of one of the annual affiliate awards? The below five awards are open to IAAND members who have been involved with leadership and service, in addition to their

1. 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.
2. Outstanding Dietetics Student Award: The Outstanding Dietetics Student Award recognizes the emerging leadership and achievement of students in ACEND-accredited dietetics education programs and encourages their participation in the Academy of Nutrition and Dietetics.
3. Outstanding Dietitian of the Year Award: Each year the Academy recognizes those individuals who receive the affiliate's top member award (one per affiliate).
4. Recognized Nutrition and Dietetic Technician of the Year Award: The Academy recognizes the professional contributions of dietetic technicians and encourages their continued participation in the community and Academy activities.
5. 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 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.

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

1. Country Representative Award
2. IAAND Service Award

To nominate someone, please send an email here providing 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 **April 1,** and applications must be completed no later than **May 1**.
Please consider nominating a deserving IAAND member. We welcome self-nominations as well!

Seeking Nominations: President's Strategic Advancement Groups

In accordance with the Academy of Nutrition and Dietetics' Strategic Plan, President Kevin L. Sauer, PhD, RDN, LD, FAND, is appointing Strategic Advancement Groups consisting of Academy members.

The groups will increase members' engagement in determining the direction of the Academy that includes accelerating inclusion, diversity, equity and access by creating a pipeline for a diverse pool of members to participate in new pathways to volunteer leadership. You can learn more through this link.

All members are invited to nominate themselves or other members for potential service on Strategic Advancement Groups by sending a nomination to this email.

Save the Dates: Upcoming Conferences and Events

Obesity for Pediatrics and Adults, Commission on Dietetic Registration (CDR)
Virtual Course, April 26, 2022 (Check the website for all the dates)

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

American Society of Nutrition (ASN) Nutrition 2022
Virtual Conference, June 14-16, 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

Suresh Kumar K M

Michelle Turnbull

QATAR

Sirine Abou Al Hassan

Sabina Aliieva

TRINIDAD AND TOBAGO

Dianne Buckmire

UNITED ARAB EMIRATES

Lamees El derbi

UNITED STATES

Viktorija Cepule

Kimberly Marrese

Jennifer McAlister

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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