ePassport

July 2023

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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 Esteemed IAAND Members,

Warm greetings to each one of you, Members! I would like to take this opportunity to welcome our new

members, students, and supporters. We must acknowledge that we are a diverse group who have to apply the Academy of Nutrition and Dietetics' Inclusion, Diversity, Equity, and Access Action Plan. We are all IAAND's ambassadors in our area of practice and thus need to apply IDEA in our work. This is achieved through respect, avoiding bias and discrimination, and considering other's cultures. From the rising rates of chronic diseases to the ongoing fight against malnutrition, IAAND's members' expertise is crucial in shaping sustainable solutions and advocating for policies that prioritize health and well-being. We are recommended to provide personalized nutrition care that resonates with individuals from various backgrounds. Let us celebrate the beauty of our differences and recognize the strength that comes from working together as a global community.

Furthermore, IAAND's Board Members are currently busy representing IAAND and preparing the Plan and Program of Work for the year 2023-2024. This is fulfilled through the incorporation of IAAND's Strategic Plan with an emphasis on Research, Development, and Diversity. You are all welcome to send your ideas and what you want to see achieved by IAAND.
In terms of the current vacancies, we are still looking for a website manager. Interested members are invited to send their resumes to this email.

Upcoming Events
During August, the first informal social event, the Coffee Break will be held. All IAAND members are cordially encouraged to join. Further information will be sent through social media and Google Group. Members who didn't join the Google Group yet, please contact our wonderful Executive Director Melisa.
Look forward to our free Webinars, approved POWs, and our Nutrition Initiatives that bring nutrition education, support, and resources to underserved populations.

IAAND's Board and Leadership Team are committed to your success and well-being. If you have any questions, suggestions, or concerns, please do not hesitate to reach out to us. Your voices matter!

Ahlam Badreldin El Shikieri, PhD, MBA, CPHN, CCNutr

Free Webinars

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

Plans for Front-of-Package Food Labeling Still Unrealized in the EU

By Susan Burke March, MS, RD

Consumer education and information are key to making healthful choices. Many countries mandate that packaged foods carry Nutrition Facts Labels depicting nutrients and other ingredients in the food, including energy (calories and kilojoules), additives and potential allergens. The US and EU present the information differently.

The updated 2022 US NFL is superior showing sugars, saturated fats, salt, and additives per serving size. The label is easy to read, with bold text and readable fonts. The EU label is less useful and difficult to read where the print is quite small with very close line spacing. Calories and all nutrients are expressed per 100 g or 100 ml, not serving size, and the label is not required to list as much information about nutrients. Instead of spelling out the name of the food additive, the EU assigns food additives a three- or four-digit code, requiring the consumer to look up the information.
Nonetheless, many consumers do not have the time or education to utilize the NFL to make healthful choices. Front-of-package labeling has been shown to help consumers make more nutritionally meaningful choices within acceptable ranges of sugar, fat, saturated fat and salt. Globally, just a few countries mandate FOP labeling. Instead, there is a myriad of schemes in use to help consumers understand which packaged foods are “healthy” and which are excessively high in calories, sugar, salt or saturated fats. In the US, there is no mandate for FOP labeling, although the FDA is finalizing an update to the term “healthy” to help consumers “build a healthy eating pattern.”

In 2017, the WHO predicted an “obesity crisis of vast proportions by 2030,” and urged governments to do more to restrict unhealthy food marketing and make healthful food more affordable. The European Action Plan on Childhood Obesity plans to limit the marketing and advertising of junk food to children. They concluded, “Experience and evidence point to the fact that voluntary action may require regulatory measures in order to be more effective.”

In Peru, mandatory FOP warning labels were shown to incentivize the food industry to reduce the content of regulated nutrients in products. While in 2016, Chili was the first country to implement FOP warning labels,

leading to a 73% drop in children's exposure to TV advertisements for food exceeding legal thresholds for calories, sugar, salt or saturated fat.

In May 2020, the European Commission published its Farm to Fork Strategy, promising FOP labeling by the fourth quarter of 2022. One such FOP labeling scheme is the Nutri-Score, "a five-color nutrition label and nutritional rating system," however, Italy has rejected this scheme and established its own FOP labeling. It is critiqued negatively by others.

Spain leads the EU in obesity where 40% of children are living with obesity or overweight and these rates have doubled in the past 20 years. There is also a significant decrease in physical activity as Spanish adolescents spend an average of 294 minutes daily on screens. In October 2021 Spain announced a proposed ban on junk food advertisements targeting children on TV, radio, print media, websites, electronic applications, and social media; however, it has not yet been implemented. Further, despite the pronouncements, as of yet, none of the EU countries have mandated FOP labeling.

Research published in May 2023 showed that although there is not one labeling scheme recommended, mandatory FOP labeling does influence food manufacturers' product reformulation, lowering sodium, sugar, and calories in problematic foods.

Click here to view the references.

Biography

After 15 years in car sales and insurance, Susan returned to university in her thirties obtaining her certified diabetes educator credential. She then used her business experience with start-up eDiets.com, helping them become a leading online weight management company. After working and volunteering for six years in Cuenca, Ecuador, Susan and her husband Ken retired to Valencia, Spain. Susan was the first country representative to Ecuador, and as of June 2021 to Spain. Before moving to Ecuador she 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 77 exchanges in the past 11 years in the US, Canada, South America, Europe and Oceania. In 2022, they completed seven exchanges in Spain and France, summer exchanges in the Netherlands where Susan met up with the Netherlands' CR, and with a "digital nomad dietitian" in Amsterdam and

Brussels. Susan hopes to meet with more traveling RDNs and CRs this year! You can reach out to Susan via her email.

Nutrition Month: July Kickoff in the Philippines

By Zenaida Velasco, RND, MAP, REB

The Presidential Decree number 491 of 1974 declared July as Nutrition Month in the Philippines. On its 49th year of celebration, the National Nutrition Council, the highest policy-making and coordinating body on nutrition, declared the theme “Healthy Diet, Affordable for All.” The theme showcases how the rising prices of certain commodities such as food, can affect Filipinos’ access to proper nutrition; thus, advocating for a more food-secure Philippines which can eradicate hunger whilst promoting a nutritious diet for all.

On July 1, the Nutritionist-Dietitians’ Association of the Philippines organized a ceremonial kickoff for this year’s Nutrition Month Campaign where various heads of government agencies and civic organizations were invited to show their support for this year’s Nutrition Month theme. Senator Christopher Lawrence (Bong) Go, the chairperson of the Senate Committee on Health and Demography, gave the keynote address to further solidify the collaboration between the national government and various health institutions in strengthening nutrition policies and widening the scope of the government healthcare programs. These include taxation, subsidies, and price control measures to make nutritious food options more economically feasible. Collaborative measures between policymakers, food industry stakeholders, researchers, healthcare professionals, and fitness experts are vital not only to address these challenges but to also foster sustainable solutions.

The ceremonial kickoff serves as a significant call to action to provide healthy, affordable foods by sourcing out local indigenous foods, promoting home gardening, supporting plant-based diets and reducing food waste.

Access to affordable healthful diets is a basic human and universal right inherent to us all that must be prioritized, regardless of nationality, sex, national or ethnic origin, color, religion, language, or any other status. It is

incumbent upon governments, communities, and individuals to work collectively in implementing national policies, educational initiatives, active lifestyle interventions, and local food systems to create an environment where affordable and nutritious diets will become the norm.

Biography

Zenaida Velasco is a retired faculty member of the University of Santo Tomas, department of Food and Nutrition awarded as the Most Outstanding Nutritionist-Dietitian in 2013 and Excellence Award in 2019 by the Professional Regulation Commission. She has 38 years of experience in nutrition, health and wellness having pioneered the first live-in spa program in the Philippines. She was a member of the Philippine Olympic Committee Team during the 2017 SEA Games in Kuala Lumpur. She has also appeared in numerous major television programs. She is the president of the Nutrition and Emotional Wellness Center, immediate past president of the NDAP, international facilitator of John Robert Powers International, and the strategic communications chair of the International Affiliate of the Academy of Nutrition and Dietetics.

IAAND Members: Published Research Articles

IAAND would like to congratulate our member Emily DeLacey on being published in the journal *Nutrition and Health.* Please find below a summary of the systematic review article tackling the use of mid-upper arm circumference measurement among children with disabilities.

This study describes Mid-upper Arm Circumference use among children with disabilities. Evidence is limited on optimal nutritional assessment for children with disabilities, who are at high risk for malnutrition.
Key findings included that MUAC is being used in the assessment of the nutritional status of children of all ages with various disabilities in several countries within different settings. However, methods for obtaining MUAC measurements and reporting methods were non-standard. Although its speed and simplicity afford MUAC great potential for assessing children with disabilities, more research is needed to understand its appropriateness, and how it performs at identifying nutritionally high-risk children in comparison to other measures. Without validated inclusive measures to identify malnutrition and monitor growth and health, millions of children could have severe consequences for their development.

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

Connect with IAAND Members

Have you joined the IAAND Google Group yet? Click here to sign up!

- Connect with IAAND members around the world
- Ask questions of other nutrition experts
- Share resources and insights with your peers

Questions? Email us!

Save the Dates: Upcoming Conferences and Events

Global Malnutrition Composite Score Townhall Meeting, Commission on Dietetic Registration (CDR)
Virtual, August 3, 2023

WCMN 2023 3rd World Congress on Medical Food and Nutrition
Dubai, United Arab Emirates, August 3-5, 2023

Dietitian Licensure Compact Stakeholder Review Webinar, Council of State Governments
Virtual, August 2 or 17, 2023

ESPEN 45th Congress on Clinical Nutrition and Metabolism
Lyon, France, September 11-14, 2023

Food & Nutrition Conference & Expo (FNCE)
Denver, Colorado, October 7-10, 2023

Sociedad Latinoamericana de Nutrición (SLAN)
Cuenca, Ecuador, October 22-26, 2023

12th Cyprus Dietetic & Nutrition Association Conference and Expo
Nicosia, Cyprus, December 1-3, 2023

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