ePassport

May 2023

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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, and sending my birthday greetings to all our Gemini members.

I begin this last message with mixed feelings, unable to decide where to begin and end it.

I will start by paying homage to Former IAAND President Patricia Anthony. Patricia's LinkedIn Profile states "Retired Nutrition Professional, May 2023." Her profile picture on LinkedIn conveys very justly her zest for life and the one I share, her commitment to work and both together defies "retirement." In recent times I missed her on two occasions, the first when I was soliciting her acceptance to come back on the IAAND board as past president and the second was her active participation in the Parenteral and Enteral Nutrition Society for South Asia 2022 at Hyderabad India, which she adequately facilitated as the Senior Director, Organizational Growth, ASPEN. My association with her spans over four decades beginning with her being the head of medical affairs at Nestle Healthcare Nutrition and senior director, medical affairs, clinical nutrition at Fresenius Kabi. Esther Myers, Naomi Trostler, and Madhu Sririwardana, Head of Nestle Health Science who was instrumental in introducing Pat to me join me in our prayers for her departed soul, resting in peace would not capture her true spirit. In India and Hindu culture, we always say instead "Atma ki Sadgati Ho" which translates in English to "May Her Soul Progress to Higher Realms."

I move on to convey my sincerest gratitude to the IAAND BOD and Leadership Team. It has been challenging, especially with Amanda withdrawing from her presidential position 2 months into her tenure but it has been a rich learning experience under the guidance of Esther Myers. For that, I want to thank Esther for teaching me to fly high! I dreamt and wished for many things going into the position and my 10,000 memberships have reached 1,000 to start with and hence can state with satisfaction that I not only survived but thrived in these two years (2021 to 2023). Furthermore, I consolidated the efforts to proudly pass on the baton to the competent hands of Ahlam El-Shikieri. Ahlam, you have stretched and spread yourself thin even before your term started as president-elect. I promise you; I am there with equal passion if not more.

A special thank you to Victoria who was the professional development chair when I took charge, Late Debra Hook, scientific committee and conference chair, and above all to Tania Lee Xu Yar, for stretching yourself and being there for the late-night WhatsApp calls. I want to also thank Maria Bovill, your expertise as past president brought forward into the present has been valuable and was of most precious support. Sylvia Klinger, for your infectious positive energy, you make a wonderful travel partner, and scientific sessions co-speaker! Rupal Shah for being my right hand, not only you patiently heard me out but went the extra mile to coordinate and implement the activities at short notice. Keep up the spirit in years to come and wish to see you as IAAND's President one day!

Marise Abboud our newsletter editor, I greatly appreciate your patience, tolerance, and accommodation of my last-minute ePassport submissions. Thank you is a small word to convey my gratitude to you!

I welcome the new incoming IAAND BOD and Leadership Team, especially Judith Beto, president-elect, and Zenaida Velasco, strategic communications chair.

Finally, I would like to give a virtual big hug to all IAAND's country representatives and members for being an integral part of the IAAND family!

Peace, prosperity, and God bless.

Varsha, PhD, MS, RD, CCN, CNIS

Free Webinars

Join us on **Wednesday, June 7** for the free webinar "Evidence-Based Nutrition Practice: Decision-Making for Individuals and Populations."

Join IAAND on **Wednesday, June 7 at 8:00 a.m. (Central Daylight Time)** where in this webinar Bradley Johnston, associate professor in the Departments of Nutrition, Epidemiology and Biostatistics at Texas A&M University will present:

1- Evidence-based practice principles and competencies
2- Absolute estimates of effect and certainty of evidence for estimates of effect
3- Health-related value and preference sensitive decision-making.

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!

IAAND Mini-Grant: Food as Medicine Webinar Insights, Nutrition Month 2023

In March 2023, Dietitians of Barbados celebrated Nutrition Month by hosting a webinar on the topic of "Food as Medicine." The webinar explored this concept within the healthcare system, and across clinical, community, and retail settings.

The continuing education event was partially funded through a Country Representative Local Meet Up mini-grant from the International Affiliate of the Academy of Nutrition and Dietetics, an association based in the United States. IAAND boasts a membership of over 1,000 nutrition and dietetic professionals. It connects members and supporters across more than 70 countries. The grant assisted with video conferencing and marketing of the webinar and Barbados' IAAND members enjoyed complimentary attendance.

The Food as Medicine webinar featured two registered dietitians, Edward Bitok and Alexis Williams, who presented on the topic from unique perspectives. Bitok discussed the available evidence on program models that target populations with chronic illness and food insecurity. Research demonstrated positive outcomes such as improved food security and diet quality, better glycemic control and decreased body mass index. He also emphasized benefits to the healthcare system including fewer hospital admissions and lower costs. Whereas Williams focused on the numerous opportunities in the retail sector. Examples were incentive programs, health promotion, and personalized nutrition services. One highlight was the connection between retail initiatives and public health issues, such as chronic illnesses or nutrient deficiencies. She gave examples of nutrition resources

like shopping lists for diabetes or the top ten food sources of calcium that shoppers can access.
Additionally, the webinar identified some limitations of Food as Medicine programs. Funding shortages and the lack of training of non-nutrition professionals to recognize food insecurity may limit the access of those who would most benefit. Furthermore, there is a need for more robust research on Food as Medicine programs and results.

In the Food as Medicine movement, dietitians are key players and the importance of their role was emphasized throughout the webinar. Attendees were also sensitized to the work, membership eligibility, and member benefits of DB and IAAND. They were encouraged to join these associations to take advantage of future professional development and networking opportunities.

Overall, the event was a valuable resource for nutrition professionals, and anyone interested in the potential of food as medicine to improve health outcomes.

Biography

Sade Haynes is a registered dietitian with a Master of Science in Human Nutrition. As a clinical dietitian, she works with individuals at every age and life stage, leading

to diverse experiences and interests within the field. Her areas of expertise include enteral nutrition support, intensive care, nutrition education and counselling.
Sade is passionate about the role of nutrition in the prevention and management of disease, and to support recovery from illness and is a strong advocate for the role of the registered dietitian in the health care team. She enjoys passing her knowledge and experience on to aspiring dietitians through mentorship, preceptorship, and as a part-time university lecturer.
Sade is keen to continue supporting the growth of the dietetic profession and future practitioners in Barbados. She currently serves as the president of Dietitians of Barbados and Barbados' country representative for the International Affiliate of the Academy of Nutrition and Dietetics.

Nutrition and Food Literacy

By Victoria Hawk, PhD, RD

Adequate nutrition knowledge, optimal dietary behaviors, and the ability to maintain an ideal body weight are recognized as modifiable risk factors in health promotion and chronic disease prevention. Poor diet contributes to the development and progression of many chronic conditions including obesity, diabetes, cancer, and cardiovascular disease. As healthcare professionals, dietitians recognize the important role of nutrition in the prevention, management, and treatment of many diseases, but making decisions about health may be complicated for patients. The motivation and ability of individuals to gain access to, understand, and use information in ways to promote and maintain good health is known as health literacy (HLit). Surveys conducted in several European countries report that nearly half of the respondents showed limited or insufficient health literacy. This is important because limited health literacy has been associated with difficulty managing chronic health conditions and poor health outcomes. While nutrition is related to HLit, nutrition literacy and food literacy are distinct, and definitions are evolving. Nutrition literacy (NLit) is defined as the degree to which individuals have the capacity to obtain, process and understand nutrition information and skills in order to make appropriate nutrition decisions. This is complemented by Food Literacy (FLit) which represents the everyday practicalities associated with navigating the food system and using it in order to ensure a regular food

intake that is consistent with nutrition recommendations. Overall in the context of HLit, NLit and FLit explicitly focus on HLit skills in a food context and both concepts have emerged as key components in promoting and maintaining good eating habits and behaviors.

In recent years several tools have been developed to measure and assess NLit and FLit in different countries around the world. While these tools represent an important step forward for assessing different populations, some challenges remain for utilizing these tools in a wide variety of settings. These include:

- A lack of shared meaning and consensus about how to measure NLit and FLit
- Wide variation in methodological rigor used when developing and validating some tools
- Several tools were developed and validated with very specific sub-groups of the population
- The potential difficulty of translating and adapting tools that focus on food and nutrition systems in different countries and cultures.

Thus, opportunities remain for the development of a tool that may be applicable and adaptable for a general population assessment of the domains associated with NLit and FLit.

Currently dietitians at Masaryk University in Brno, Czech Republic are leading a research team to develop a tool to measure and assess NLit and FLit in adults. With funding from the European Union as part of the SYRI project, the researchers were inspired by the existing tools along with the methodology utilized in the development of the European Health Literacy Survey.

Further, the team aims to address the limitations identified in existing tools and anticipates that a new tool to assess both NLit and FLit will be available for validation and testing in the coming months.

Click here to view the references.

Biography

Victoria Hawk is a dietitian and research fellow at Masaryk University in Brno, Czech Republic. She practiced clinically in the United States for more than a decade, focusing mainly on adults with chronic diseases. Her research interests include nutrition education for health professionals, along with health, nutrition, and food literacy.

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

WEON 2023 Dutch Society for Epidemiology Conference
Rotterdam, the Netherlands, June 22-23, 2023

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

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
Carlene Johnson-Stoklossa

DENMARK
Christine Bennett

GHANA
Elizabeth Osafo

INDONESIA
Dian Luthfita Prasetya Muninggar

IRAQ
Zinah Laylani

MEXICO
Aneliza Arana Loaiza

TAIWAN
Joy Wilwayco

UNITED ARAB EMIRATES
Mona Al Shehhi
Rania Al-Halawani

UNITED STATES
Marissa Black
Flavia de Moura
Susanne Walker Stewart