ePassport

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December 2024

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Message from the Editor

Hello IAAND Community,

As the new year approaches, I am taking the opportunity to reflect on all of IAAND's activities and fun over this past year! It's been a busy year, filled with much collaboration and chances for members to meet together and with others in our nutrition communities to make connections and promote IAAND's mission.

We started early in the year as Judy kicked off with IAAND's Virtual Reception in February. It was a fun way to meet, since we had not had many chances during the COVID years to meet in person and we certainly learned how to become experts at on-line meetings. February was also busy with IAAND members and many of our leadership team joining and presenting during the First International Symposium on Nutrition Research Collaboration held in Kochi, India, and the 69th Annual Convention of the Nutritionist-Dietitians Association of the Philippines.

In March, IAAND's Virtual Conference: Dietitians for Global Health: Making a Difference was held, with presentations on Nutripreneurship; Hunger and Food, and Nutrition Insecurity; Innovative Global Nutrition Strategies Through the Life Cycle; and Technology Innovations in Nutrition and Dietetics. The presentations and discussions were engaging, with opportunities for attendees to interact virtually. We learned a lot to apply as the planning is already underway for the 2025 Virtual Conference!

About mid-year, our IAAND Member Services Chair, Vilasavathi Venkatachalam, with an innovative idea, started the monthly Coffee Hour Show. During this hour, there have been many

interesting discussions, exploring ideas and ways forward on various topics in our dynamic field of nutrition and dietetics. I'm looking forward to listening in again in 2025.

IAAND members were again active, traveling to Toronto, Canada for the 19th International Conference of Nutrition and Dietetics. There were numerous poster presentations by IAAND members and six former IAAND Presidents were in attendance!

Of course, we know October was busy with FNCE, including IAAND's International Reception, where IAAND's 40th anniversary was commemorated, as well as IAAND's Breakfast and Member Showcase.

In between all of these events, we also managed to update IAAND's website, host webinars and expand sections in our newsletter to include a monthly Website Highlight, Global Flavors – My Plate and Cultural Holidays Around the World.

I'm incredibly proud to be a part of IAAND and the work that each of you are involved in each and every day. I look forward to another productive and happy year together in 2025!

If you have any ideas for either the monthly ePassport or quarterly Gazette, please feel free to send us an email. Your contributions and diverse experiences are most welcomed!

We look forward to hearing from you. Thank you for your continued interest and support.

Maria Bovill, DrPH, RD
IAAND's ePassport Editor, 2024-2025

The Academy of Nutrition and Dietetics Foundation Award

The IAAND International Project Award recognizes and empowers visionary projects that drive meaningful change across borders. By supporting innovative initiatives, this award fosters collaboration, amplifies global impact and accelerates progress toward a more sustainable and inclusive future.

Award amount: $2,500

Applications for the 2025 Award are now available online, under awards.

Link: https://www.eatrightfoundation.org/apply-for-funding/awards.

The deadline to apply is **February 24, 2025**.

2024 Award Announcement

Congratulations to the 2024 Award winner, Shanthi Dhandapani, Ph.D.

Project Title: Dietetic Practice Audit - Identifying the dietetic practice activities in selected Asian Countries.

Look for the full story on Dr. Shanthi Dhandapani's award in the upcoming 3rd Quarter Gazette, Member Spotlight, Featured Articles!

Free Webinars

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

Report on the 2024 Global Child Nutrition Forum, Osaka, Japan, December 9-13

By Judy Beto, PhD, RDN

This networking forum is held every two years organized by the Global Child Nutrition Foundation in cooperation with a cohort of other global non-profit groups and governments. The program focuses on sharing best practices and features several small group workshops to discuss challenges, opportunities and barriers to providing low-cost sustainable meals to school children around the world. The organization also collects data on school lunch programs around the world, compiled in graphic form on their website.

One of the highlights of the forum for me was the traditional visit of attendees to local school lunch programs. Japan has one of the most developed school lunch programs completely supported by the Japanese government after World War II. The attendees were sent to selected Japanese schools to observe the mandatory nutrition education curriculum as well as the privilege of eating lunch in the classroom

with students. Attendees were paired together and two of us ate with a first-grade class at Osaka City Nakanoshima Elementary and Junior High School.

All the food is prepared in a central kitchen using a cycle menu. The food is then distributed to each classroom in bulk containers. The children first sweep the floors of their classroom and move their desks to make a large circle around the room with a central table to distribute the food. Each child puts on a white chef hat and coat. They clean their desktop and place a fabric placemat on top. They wash their hands in a common sink in the hallway, then take turns bringing the bulk food to their classroom. The teacher (also in head covering and apron) assists in distributing the food to three-compartment trays. Milk, chopsticks and napkins are also distributed. My meal consisted of five items: a carton of milk; a main dish (simmered chicken and vegetables); a portion of rice; and two side dishes (turnip with yuzu and deep-fried beans with dried young sardines). Prior to eating, children can return unwanted food to avoid food waste and take any other food items others returned. After the 30-minute lunch period, the children clean up and return to classroom activities. An amazing experience to see Japanese school lunch in action!

Global Flavors - What have you eaten today?

Global Flavors: Sharing your favorite national dish. We are embarking on a delightful journey across the globe

through the lens of food. After all food connects us all.

Share a meal with a picture and description, name and location so we can all learn more about global food. As IAAND President, I am starting this sharing column this month. Please send your contributions to newsletter@iaand.org.

From Sai Suprathika, India

South Indian Meal

Indulge in the rich flavors of South Indian cuisine with a meal plate that brings together a symphony of tastes and textures. Start with a fresh cucumber and carrot salad, offering a crisp, refreshing bite that awakens the palate. This is followed by the hearty sambar, a warm lentil stew brimming with vegetables and seasoned with aromatic spices, delivering the perfect blend of tangy and savory notes. Complementing this is the crispy papad, paired with a spicy mirchi, adding a delightful crunch and a burst of heat to the meal. The star of the plate is the chicken curry, where tender pieces of chicken are slowly cooked in a spicy gravy, rich with the flavors of curry leaves, mustard seeds, and traditional masalas. Finally, cool down with smooth and creamy curd, balancing the spices and leaving your palate refreshed. This South Indian meal plate is not just food; it's an experience that celebrates the region's culinary traditions, offering a satisfying and harmonious blend of flavors that will linger long after the meal is over.

Gutti Van kaya (Stuffed Brinjal Curry)

Ingredients:
- 8-10 small brinjals (eggplants)
- 2 tbsp oil
- 1/2 tsp mustard seeds
- 1/2 tsp cumin seeds
- 1 onion, finely chopped
- 2-3 green chilies, slit
- A pinch of asafoetida
- 1 sprig curry leaves
- Salt to taste
- Fresh coriander leaves for garnish

For the Stuffing:
- 1/4 cup roasted peanuts
- 2 tbsp sesame seeds
- 1 tbsp grated coconut
- 1 tbsp tamarind pulp
- 1 tsp red chili powder
- 1/2 tsp turmeric powder
- 1 tsp coriander powder
- 1 tsp cumin powder
- 1 tsp jaggery (optional)
- Salt to taste

Instructions:

1. Prepare Brinjals: Wash and slit the brinjals crosswise without cutting through the stem. Soak in salted water to prevent discoloration.

2. Make Stuffing: In a blender, grind roasted peanuts, sesame seeds, grated coconut, tamarind pulp, red chili powder, turmeric, coriander powder, cumin powder, jaggery and salt into a coarse paste.

3. Stuff Brinjals: Drain brinjals and carefully stuff with prepared masala paste.

4. Cook Curry: Heat oil in a pan, add mustard seeds, cumin seeds, asafoetida and curry leaves. Once they splutter, add chopped onions and green chilies. Sauté until onions are golden.

5. Add Brinjals: Place stuffed brinjals in pan, add any leftover masala and cover with a lid. Cook on low heat for 20-25 minutes, turning occasionally, until brinjals are tender and cooked through.

6. Garnish and Serve: Garnish with fresh coriander leaves and serve hot with steamed rice or roti.

Enjoy the rich, spicy flavors of this traditional telangana dish—Gutti Van kaya, a deliciously stuffed brinjal curry that's sure to be a hit at any meal!

December Coffee Hour

IAAND Dietitians' Work in Public Health in Developing Countries: Career Journey and Lessons Learned

If you missed the online Coffee Hour this month, here is a summary!

In this feature, we delve into the inspiring journeys of two accomplished dietitians, Kuda Lamin Bangura and Maria

Bovill, whose impactful work in public health spans continents. Their experiences offer a rich tapestry of lessons for dietitians aspiring to address global nutrition challenges. This article provides a comprehensive overview of their career journeys, practical strategies and the broader implications of their work.

Career Journey of Kuda Lamin Bangura

Kuda Lamin Bangura's remarkable path began with her migration from Zimbabwe to the United States at the age of 16, driven by her passion for nutrition and dietetics. After completing her undergraduate and postgraduate education in the U.S., Kuda gained extensive clinical experience in maternal, newborn and child health, working with underserved populations. Her career then pivoted toward public health, focusing on nutrition governance and community-based interventions.

While working with UNICEF in Zimbabwe, Kuda led the first national micronutrient survey, uncovering critical gaps in nutrition and spearheading the development of a national food fortification strategy. Her work extended across Africa, implementing fortification and supplementation programs in Malawi and advising on maternal and child health nutrition programs in 21 countries in Eastern and Southern Africa. Today, Kuda leverages her expertise as Senior Vice President for Scientific Affairs at the National Dairy Council.

Career Journey of Maria Bovill

Maria Bovill's career embodies resilience and dedication. Transitioning from her role in the U.S. Army to humanitarian work, Maria focused on improving nutrition for vulnerable populations in Thailand. She worked in refugee camps along the Thailand-Myanmar border, addressing the nutrition needs of displaced populations, many of whom had lived in the camps for decades.

Maria's initiatives included implementing fortified flour programs for children aged 6 to 23 months and pregnant and breastfeeding women. She emphasized behavioral education, empowering communities to incorporate local, nutrient-rich foods into their diets. Despite limited resources, Maria's commitment to conducting nutrition surveys and fostering resilience ensured tangible nutrition improvements, particularly in stunting within the refugee camps.

Lessons Learned: Insights from Public Health Nutrition Work

Working in public health requires innovation, cultural sensitivity and a long-term vision. Both Kuda and Maria emphasized the importance of community engagement and leveraging existing local knowledge. Here are key insights from their work:

1. **Fortification and Supplementation Strategies:**
    - **In African Nations:** Kuda's work highlighted the transformative power of food fortification programs, such as those implemented in Zimbabwe and Malawi, where staple foods like maize, wheat and sugar were fortified with essential micronutrients.

    - **In Thailand Refugee Camps:** Maria utilized fortified flours, while integrating education on local food systems to encourage sustainable nutrition practices.
2. **Concept of Scaling Down:**
    - Kuda addressed the challenge of balancing immediate nutritional needs with sustainable solutions. Her work in Malawi demonstrated how to transition from supplementation to promoting nutrition-sensitive agriculture and indigenous food practices.
    - The "Vitamin A Scale-Back Framework," developed by Global Alliance for Vitamin A, and Kuda was involved in during her time in Africa, serves as a global model for reevaluating fortification and supplementation programs to align with evolving public health needs.

Summary of Key Points

- **Resilience and adaptability** are vital for dietitians in public health roles, as they often work with limited resources in challenging environments.
- **Collaboration with local governments and communities** ensures programs are culturally relevant and sustainable.
- **Continuous monitoring and evaluation** are essential to refine interventions and scale back programs responsibly.

Through their dedicated efforts, Kuda Lamin Bangura and Maria Bovill exemplify the pivotal role dietitians play in addressing global nutrition challenges. Their experiences inspire us to rethink how we approach public health nutrition, ensuring that interventions are both impactful and enduring.

The Coffee Hour video recording was transcribed by https://otter.ai with article summary produced by ChatGPT.

IAAND Member of the Month December 2024

IAAND would like to recognize IAAND members around the world who have interesting work and also contributed to the growth of IAAND. This month, we would like to introduce Varsha Tarvady from India.

Prof. Varsha Tarvady is an internationally renowned clinical nutritionist, author, educator, researcher and Founder Chair of the Indian Institute of Nutritional Sciences. Her academic journey included specialized training in Nutrition Injury in Phoenix, Arizona, USA, and pediatric parenteral nutrition at Birmingham Children's Hospital, UK and the University of Malaysia Hospital, KL. She also served as a Research Assistant to Dr. Mitch Kaminski Jr. in Chicago, USA.

Currently, she holds the esteemed position of Adjunct Professor at the Institute of Human Nutrition and Food, College of Human Ecology, University of the Philippines. She is also the Professor and Course-Coordinator for the BSc Clinical Nutrition Program at the Institute of Diabetology, Madras Medical College. Furthermore, she has served as Prof Emeritus at Wayamba University, Sri Lanka. She has significantly contributed to the field through her role as a Panel Member for the WHO Guidelines for Nutrition Practices in South-East Asia and as the Principal Investigator India for the Diabetes in India Nutrition Guidelines Study. Her expertise is also reflected in her contribution as a Resource Person for the API Textbook of Medicine – 9th and 10th Edition, specifically for the chapter on Enteral and Parenteral Nutrition Support.

Prof. Tarvady's leadership in the field is evident from her roles as President of the Indian Society for Parenteral & Enteral Nutrition (2005-2022), IAAND President (2021-2023) and currently, IAAND Secretary-Treasurer (2024-2026). She also serves as the Indian Dietetic Association Country Representative for the International Confederation of Dietetic Associations.

Her dedication and contributions to the field of clinical nutrition have been recognized through numerous awards, including the Juliet Low World Friendship Award, the Cilag Scholarship for Renal Nutritionist, the Prof. Oreopulius "Best Paper Award" in Renal Nutrition, the Wimpfheimer-Guggenheim Fund Award for International Exchange in Nutrition, Dietetics and Management, and the Smt Malathy Endowment Award in recognition of her valuable contributions to the field of nutrition from the Woman Doctors Association, Tamilnadu.

Prof. Tarvady's extensive experience, research contributions and leadership roles have established her as a prominent figure in the global nutrition community. The IAAND extends its sincere gratitude to Prof. Varsha Tarvady for her invaluable contributions and unwavering dedication.

Know any IAAND member that should be acknowledged or highlighted? Nominate them here. For more info, you can send an email to ncc@iaand.org.

IAAND Countrv Representatives' 2nd Quarterly Report

Compiled and edited by CR Chair Rupal Shah
RD, MSc, 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 that the CRs have participated in during the 2nd quarter of FY 2024-2025. This ranges from IAAND tasks like responding to emails from many IAAND members and also non-members that have questions about nutrition or the practice of dietetics in other countries to work related activities that the CRs are doing in their daily lives as part of their professional development. Feel free to reach out to any of the CRs if you find their work interesting, have questions about their country, or have questions about anything found in their report. Their contact information can be located on the list found here.

Argentina (Jessica Lorenzo)

Sent email about grants and conferences to members. Answered to a request from student of Grand Valley State University in Allendale, Michigan in the United States about a Dietetic Student Supervised Practice Interest with National hospital “Cetrangolo”, Buenos Aires.

Colombia (Christine McCullum-Gomez)

Helped a student Dietitian from Colombia to join Academy and IAAND. Invited to speak at the annual conference of the Colombian College of Nutritionists and Dietitians (COLNUD) in Barranquilla, Colombia (November 15-16, 2024). My presentation was on the

human health and environmental benefits of plant-based diets. Presentation was delivered in Spanish (Espanol) at this national conference on November 15, 2024. The slides for presentation are available at: Dietas Basadas en Plantas (COLNUD, Barranquilla,Colombia) https://nebula.wsimg.com/ce79af584d8cf0bf56ff9c65e8a53a90AccessKeyId=574755C9F606C23AD25E&disposition=0&alloworigin=1.

INDIA (Sohini Shah)

Attended one request from an academy member.

JAPAN (Shinta Nishioka)

Answered the question about the RD examination in Japan. Answer the inquiry about the opportunity to have a meeting with a Japanese diabetic-specialized dietitian. Answer the question about EAL EBNPG.

MALAWI (Getrude Mphwanther)

Presented a poster at FNCE IN Minneapolis on gestational diabetes in Malawi. Emailed the association of Dietitians in Malawi about the IAAND 2025 virtual conference.

SWITZERLAND (Stephanie Fiorito)

Answered to a request received through the NCPTC committee meetings and enquiry from IAAND website. Contributed an article to the quarterly IAAND Gazette Nov 2024. Shared functional medicine and nutrition knowledge via a local newsletter and pediatric workshops on physiology and nutrition with children from a local school.

Website Highlight

Food4Education mainstreams school feeding programs across Africa by designing blueprints, operating them, then supporting replication. The founder, Wawira Njiru, was a speaker at the recent Global Child Food Forum in Osaka, Japan. Her model can be replicated across the globe, but her vision is fueled by a passion to feed children which began in her home country of Kenya. Founded in 2020 as a “dream”, Food4Education is now scaled up to feed over 50 million hot, affordable, nutritious meals at just $0.30 per meal.

The website is full of information on how Food4Education operates, including African on-site coordinators, utilizes tech-enabled operations and serves nutrient-dense meals from verified-safe central kitchens. It also features information on how their leadership composition and directors feature global composition along with a wide range of talents and skills.

Save the Dates: Upcoming Conferences and Events

The IAAND Virtual Conference 2025
Building Global Nutrition and Dietetics Workforce
April 2, 5 and 9, 2025
More details will be shared soon!

The European Congress on Obesity and Weight Management
Barcelona, Spain, April 10-11, 2025

More details can be found here.

The American Society for Nutrition
Orlando, Florida, May 31-June 3, 2025
For more details, check here.

23rd International Congress of Nutrition, “Sustainable Food for Global Health”
Paris, France, August 24-29, 2025
Abstract Submission Deadline: Friday, 13 December, 2024, 23:59 (GMT+02)
Click here for more information.

Food and Nutrition Conference & Expo
Nashville, Tennessee, October 11-14, 2025
More details can be found here.

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

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iaand.general@gmail.com

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