

IUNS

Promoting the advancement of nutrition  
science, research and development through  
international cooperation



August 2015

## Message from the President

### Dates for your diary

20-23 Oct 2015	12 <sup>th</sup> Federation of European Nutrition Societies (FENS), Berlin, Germany
8-12 Nov 2015	Federation of Nutrition Societies of Latin America (SLAN), Punta Cana, Dominican Republic
22-27 Oct 2017	IUNS 21 <sup>st</sup> ICN, Buenos Aires, Argentina

How time flies!!! Already we are almost mid-term in our four-year mandate. I can assure you a lot has happened in less than two years. We have totally revamped our Statutes to make them clearer, and much easier to implement. Our Statutes, which is the fabric of our existence, has now been separated from our Rules. Both of these documents, IUNS Statutes and IUNS Rules, currently in draft will be presented to you for formal approval at our General Assembly in Argentina.



Talking about Argentina, we are working hard with the Local Organising Committee to give you a "Palatable menu" based on cutting edge science. A draft of the scientific programme will be available early next year and our Adhering Bodies will have the opportunity to provide feedback.

As you know my Council approved nine Task Forces at the beginning of our term. We have already started harvesting results from some of the Task Forces in the form of publications. All Task Forces will hold sessions of their activities at IUNS-ICN2017, in Argentina.

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## IUNS Congress of Nutrition 2017

"From Science to Nutrition Security", Buenos Aires, Argentina  
22-27 October 2017



## Continued:

This is the time to block your calendars for IUNS-ICN2017 for 22-27 October 2017.

We are working to transform our website. You will be seeing a transformed IUNS; transformed in our Statutes and Rules, transformed Secretariat and transformed in the way we do business with our Adhering Bodies. The Capacity Task Force, which operates under the President, has set up a re-integration grant for early careers nutrition scientists who have completed their doctoral training and are going back to their home countries to start their careers.

This grant is to help them to settle in quickly and get engaged with nutrition work in their countries. Details will be on our website soon.

Going forward we will be contacting our Adhering Bodies on important issues regarding IUNS elections. Please update your Adhering Body's contact with the Secretariat if you have not done so already. Don't be left out of the crucial decision-making process.

I take this opportunity to wish you a nice summer.

Enjoy your well-deserved vacation.

Dr. Anna Lartey

IUNS President

In collaboration with its Adhering and Affiliated Bodies, the African Nutrition Society (ANS), the American Society for Nutrition (ASN), the Federation of African Nutrition Societies (FANUS) and the Nutrition Society of UK and Ireland (NS), the IUNS is proud to announce the launch of the new global charity, the eNutrition Academy (eNA).

The eNA is a global organisation. It has been created to help teach nutrition science to a new generation of nutritionists around the world, free of charge, especially in parts of the world where people are most at risk of malnutrition such as Africa, South Asia and South America.

Working in partnership with local universities and colleges, the eNA will support undergraduates, postgraduates and those already in work seeking continuous professional development.

Launched in July 2014 at the 6<sup>th</sup> African Nutrition Epidemiology Conference (ANEC VI) in Ghana, the eNA will focus on Africa in the first instance and plans to extend its reach to other parts of the world in the next



few years. The eNA is looking for more partners worldwide. This includes academics and teaching experts ready to commit their time, equipment and materials to support our online library. The eNA is also looking for partners with and support from other organisations willing to help the project broaden its reach and impact around the world over the longer term.

The IUNS and the eNA hopes you can join us in this important initiative. Your involvement as donor, contributor or student – could make a difference to millions of people around the world.

For more information on the eNutrition Academy, please go to [www.enutritionacademy.org](http://www.enutritionacademy.org)

# Report of Council

The President has mentioned some of the issues covered by our last Council meeting. What follows is a summary report of the meeting:



## IUNS 55<sup>th</sup> Council Meeting in London 9-10 April 2015

The IUNS Council held its annual face to face meeting at the offices of the current Secretariat, The Nutrition Society, in London, on the 9<sup>th</sup> and 10<sup>th</sup> of April 2015. The main items of discussion and decisions made included the following:

**IUNS Statutes:** The Council is currently revising the Statutes to clarify and remove any ambiguities in relation to interpretation and to bring them up to date for the electronic age. It was decided to separate the Statutes from the Rules to allow for greater flexibility in changing the Rules while maintaining the constitutional composition of the Statutes.

**IUNS-ICN Conference:** Plans for the next IUNS-ICN Conference in Argentina in 2017 are progressing well. It is scheduled for the 22-27<sup>th</sup> October 2017 in Buenos Aires. The International Scientific Committee is currently receiving names of speakers for the selected themes. The programme has made space for all IUNS Task Forces to hold sessions.

**IUNS Secretariat:** The Nutrition Society (UK and Ireland) is hosting the secretariat facilities for IUNS, effective 1 January, 2015. The Council reviewed progress in the services so far and decided to extend the contract until December 2017.

**Re-integration Grant:** Council has agreed to establish re-integration grants for post-docs who have completed their training in developed countries and seek to start their careers in their home countries. An application form will be downloadable from the IUNS website soon. Applicants should provide an outline of what they are planning to do with the grant. IUNS will provide a grant for each of the following regions: Africa, Asia and Latin America.

Conflict of Interest document to cover all areas of business, including Task Forces.

**IUNS Website:** The website is being revised to enable a simple and logical set up to give greater functionality for



example, each Task Force will have its own page. The new website will be launched in the autumn of 2015.

**Mailshots:** The Council discussed the need to communicate more effectively with the Adhering Bodies. It was agreed that the frequency of mailshots would remain the same, including a newsletter twice a year.

**Unilever:** The Scientific collaboration with Unilever will focus on salt and fat reduction, as well as capacity development of young nutrition scientists.

**Task Forces:** Task Forces should report to Council on an annual basis by providing a written report in September which will be disseminated to the Membership through the website. The Council also discussed the progress of the eNutrition Academy (eNA).

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**Conflict of Interest:** The Council agreed to prepare a

# Report of Council

**Continued:** As global initiative, eNA have decided to focus on Africa in line with their three-year plan. Once completed the eNA will focus on other regions.

**IUNS Leaflet:** The Council agreed that an information leaflet on IUNS and member benefits should be produced for dissemination at conferences. Information will cover vision, mission, history, membership benefits, activities and Task Forces.

**IUNS Representation at Conferences:** It was agreed that members of Council would represent IUNS at the following:

- ◆ 12<sup>th</sup> Asian Congress of Nutrition (FANS): Yokohama, Japan 14-18 May 2015
- ◆ 12<sup>th</sup> China Nutrition Science Congress: Beijing, China 16-18 May 2015
- ◆ Federation of African Nutrition Societies (FANUS): Arusha, Tanzania 25-29 May 2015
- ◆ ISFAN Symposium, Jakarta, Indonesia 3-6 June 2015
- ◆ 12<sup>th</sup> Federation of European Nutrition Societies

## ISFAN Symposium Jakarta, Indonesia

ISFAN (International Symposium on Food and Nutrition for Sustainable Health and Wellbeing) was a great success, led by the Food and Nutrition Society of Indonesia, which is one of the Adhering Bodies of IUNS. Dr Prakash attended and made a presentation on behalf of Dr Anna Lartey, President of IUNS

The conference started with key addresses including Prof Mark Wahlqvist, Dr Winarno, Prof Hardinsyah (Coordinator) and young scientist and industry representatives presented in the afternoon session. Both sessions were followed by lively discussion, which focused on the path to follow in applied nutrition. Topics included micronutrients, the supplementation and complementation of iron and folic acid and addressing the double burden of nutrition as well as issues of stunting and obesity. It was encouraging that young scientists, and especially students participated actively in the discussions.

On the second day, Dr Prakash delivered the inaugural address. He read a brief message from the President of IUNS, Dr Anna Lartey and then delivered his address on the subject of micronutrients, nutritional pathways and



The talk focused on nutrition and traditional foods, traditional wisdom, the food processing practices of south-east Asian countries. He put this in the context of today's lifestyle, with an emphasis on exercise and a holistic view of food and nutrition. Dr. Prakash also discussed food based approaches for many NCD problems which can be prevented or the onset delayed or intensity reduced through altering lifestyle and incorporating proper balanced foods.

Other sessions covered public-private partnerships, nutrition and higher education, capacity building and scaling up nutrition in villages. At the end of the last day, Dr Prakash gave a brief valedictory message on behalf of IUNS and complimented the Adhering Body of IUNS of Indonesia for having conducted this successful international symposium. The meeting ended with a vote of thanks by Prof Hardinsyah to all participants, industry, academia and IUNS for their support.

Photo from left to right: Dr. Prakash (Vice-President of IUNS); Prof Hardinsyah, (President, Food & Nutrition Society of Indonesia); and Prof Prof Hisanori Kato (Coordinator/chair IUNS-ICN 2017)





Picture from left to right: Dr. LD Wang, Vice Minister of Health, China and Academician of the Chinese Academy of Engineering; Barry Popkin of the ASN (Awardee); Anna Lartey (IUNS President); Ibrahim Elmadfa (Awardee); Mark Wahlqvist (Awardee); Professor Ge, Honorary President of the Chinese Nutrition Society.

## The Chinese Nutrition Society

The Chinese Nutrition Society (CNS) was founded in 1945 in Chongqing, China with the name, The Association for Nutrition Science. Hsien Wu (1893-1959), a biochemist of international repute (referred to as the father of Biochemistry in China) was instrumental in bringing together his fellow biochemists to establish the Society. In 1946, the Chinese Journal of Nutrition was established.

The Society hit the ground running, as it had to grapple with widespread hunger and poverty brought about by the war time situation. The Society stood the test of time and today can boast of 18,000 members, 18 academic committees, and branch societies. Among its specialised committees are the Maternal and Child, Nutrition of the Elderly, Public Nutrition, Food and Nutrition, Medical Foods, Functional Foods and Basic Nutrition.

Dietary Guidelines since 1988, and has supported and promoted legislation on nutrition since 1982

The CNS has a high reputation as a scientific body within China. Since 1952, the Society has published 6 editions of the Chinese Dietary Reference intake (DRI), formulated and updated 4 editions of the Chinese legislation on nutrition since 1982.

CNS joined the IUNS in 1985 as an Adhering Body. The Society is also a member of the Federation of Asian Nutrition Societies. The Society, through its science and technology innovations and publications, has contributed significantly to improvements in the quality of life for the Chinese

To support the anniversary celebrations, the Presidents of the IUNS (Dr. Lartey) and the American Society for Nutrition (ASN) (Dr. Strover) were invited. The highlight of the day was the International Friendship Awards given to persons who have contributed to the work of CNS. Among these were two past Presidents of IUNS: Mark Wahlqvist (200-2005) and Ibrahim Elmadfa (2009-2013).

# Spotlight on Council Members

We plan to put a spotlight on two of our Council members in each Newsletter. The first presented here is the Vice President



Dr. V. Prakash,  
Vice President, IUNS

Dr. Prakash had his early education at Bangalore and has his B.S. and M.S. from

the University of Mysore and received his PhD degree in 1976. After his post doctoral stint from 1976 to 1980 in the USA at Texas medical Center (TMC), Houston, Texas and Boston University, MA (in the area of metabolic diseases) he returned to India in 1981 to Central Food Technology Research Institute (CFTI), Mysore and rose to the position of Director of CFTRI, Mysore, India in 1994, a tenure that he held until retirement in 2011.

Dr. Prakash is currently serving as Distinguished Scientist of SDIR-INDIA. He has spearheaded many missions at different policy levels of Food and Nutrition, Scientific R&D and implementation at the government and global level and had been central to many important decisions in the area of nutrition. With his drive for nutrition, backed up by a passion for science, he sits on the steering group of Scale up Nutrition (SUN) in the UK and continues to play a major role, reaching out to nutrition globally. Dr Prakash is the Immediate Past President of the Nutrition Society of India and has been decorated with a number of awards for outstanding contribution in the area of food and nutrition. On the basis of some of innovative ways, along with the national push for mid-day meals in India, more than 120 million children are able to see a more nutritious noon meal programme in India.

Dr. Prakash also steered the United Nation's University as its Head at CFTRI, Mysore, India during his 17 year

tenure as Director of the Institute where he devised innovative ways of Capacity building with a focus on developing Countries in the area of nutrition, including women empowerment in sustainable nutrition.

Dr. Prakash has more than 200 research papers, in national and international peer reviewed journals. Has has more than



Mid-Day Meal Programme India

670 presentations in national and international seminars, symposia, conferences and as Keynote speaker, convention addresses, Lead Speaker and Inaugural Talks as Chairman. He is author of 10 books and 45 review chapters in books and journals, in addition he holds more than 55 patents to his credit, including patents in the US and Europe. He has guided nearly 50 PhD and Master's students and continues to play an active scientific role in the field of Food Science, Food Technology, Biotechnology, Nutrition and Nutraceuticals and networking in regards to Applied Nutrition for Sustainable Health and Wellness.

Dr. Prakash has been decorated with a number of awards such as the prestigious Science Award of India, Shanti Swarup Bhatnagar Prize in Biological Sciences, Fellow of the RSC, UK, Fellow of IFT, USA and the prestigious award of India Padmashree by the President of India and the Life Time Achievement Award of IUFOST.

He continues to serve the Food and Nutrition world with his hard work and dedication.

# Member Survey 2014

In 2014 IUNS conducted a survey among its Adhering Bodies (ABs) to learn a little more about them.



In 2014 IUNS conducted a survey of its Adhering Bodies (ABs) to learn a little more about their legal status, the kinds of membership, the number of members and the occupations of the main members, the maintenance of a permanent office and the number of employees, the annual budget and last but not least, the main tasks of an Adhering Body.

IUNS developed a short questionnaire and sent it by email to all current ABs. In this newsletter we present a brief report of this data. During the period of our study, 45 of our 81 ABs returned the completed questionnaire.

To our knowledge, this is the first AB survey. One third of our ABs are national registered organisations with charity status. In some countries our AB is linked to the government or is more or less a private organisation.

In the majority of countries, mainly private individuals are members of ABs; in about one quarter, ABs are mainly supported by public organisations and, in two countries, by private companies.

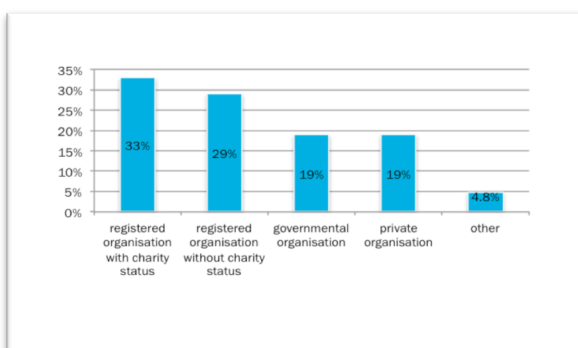


Figure 1: Legal Status of IUNS Adhering Bodies

The occupation of the individual members of ABs shows a wide range of professions and expertise; nutritionists, medical doctors, dietitians, public health practitioners, consumer representatives and private individuals.

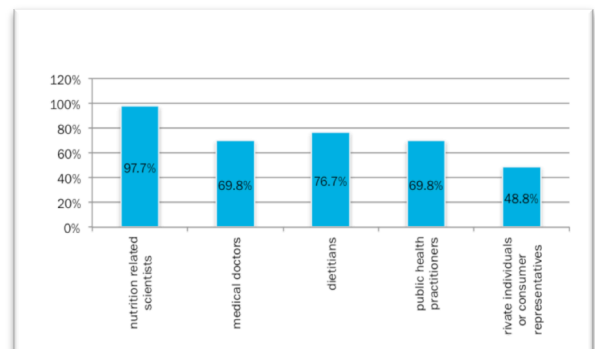


Figure 2: Occupation of the members of IUNS ABs

In order to maintain the good standing of ABs, and an effective way of working, the maintenance of a permanent office is of great importance. About 60% of the ABs managed to set up a permanent office in their country.

The two largest ABs (American Society for Nutrition (ASN) and the German Nutrition Society (DGE)) have between 4000 and 5000 individual members, whereas others have no individual members and less than ten public organisations or private companies as their members. The majority of ABs have between 251 and 2500 members.

**In the majority of countries, mainly private individuals are members of ABS**

The question concerning the main tasks and responsibilities of the ABs also shows a wide range of results. All ABs are dealing with either nutrition or food related issues. About one half have a strong focus on clinical nutrition, whereas more than one third are responsible for national dietary reference intakes and food based dietary guidelines. Giving nutritional policy advice and conducting annual nutrition related scientific conferences are also important activities of many ABs. About 40% are involved in

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# Spotlight on Council Members

## Professor Catherine Geissler, Secretary General of IUNS

Professor Geissler spent her early life in Edinburgh, Scotland where she was born and went to school and University, graduating in Dental Surgery. She then decided to expand her horizons and spent a year in Paris with a grant from the French Government, carrying out research in a Paris hospital and meeting students from all over the world. After working for a while as a Dental Surgeon in Scotland she moved to California, taught Dental Radiography in San Francisco State College then obtained a dental nutrition research post in the University of California, Berkeley, at the same time studying for a Masters degree in Human Nutrition. This was followed by two years in Tehran, Iran, where she worked in various projects in the Nutrition Institute including field work for her own project in lactation which led to her obtaining a PhD in Human Nutrition from Berkeley on her return to California.

She is currently Professor Emerita of Human Nutrition, King's College London and the current President of the Nutrition Society (UK and Ireland). Her main research interests are in international public health nutrition; energy metabolism and obesity; and iron metabolism, and she has supervised many MSc and PhD student projects in these topics.

Prof Geissler was first appointed to the University of London as Lecturer in Nutrition at Queen Elizabeth

College which was subsequently merged with King's College, London. She was then promoted to Senior Lecturer and later to Professor of Human Nutrition. She was then promoted to Senior Lecturer and later to Professor of Human Nutrition. She was head of the Division of Health Sciences at King's College, London. She was Director of the national Higher Education Academy Subject Centre for Health Sciences and Practice 2000-2011.

She has served on many professional committees including the Ministry of Agriculture, Food and Fisheries (MAFF), the Food Advisory committee, and the British and American Nutrition Societies. She has served as a consultant to the food industry and more extensively to international development agencies including the World Bank, CGIAR, FAO, WHO, UNICEF, and the British Council. This involved work in many countries including Iran, Haiti, Mauritius, Sierra Leone, Niger, Benin, Senegal, Ghana, Ethiopia, Yemen, Thailand, Philippines, Singapore, Indonesia, Malaysia and China.

Professor Geissler has more than 200 academic publications and several books including the textbook, Geissler & Powers: Human Nutrition (Elsevier 12<sup>th</sup> edn) and with Vaughan – The New Book of Food Plants (Oxford University Press, 2<sup>nd</sup> edn).



## Member Survey 2014

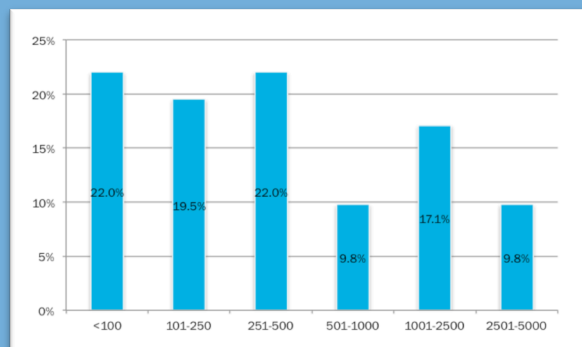


Figure 3. Number of members of IUNS ABs

nutrition counselling.

The results of this member survey show a large variation between our Adhering Bodies. This includes, not only size and organisational structure, but also a broad spectrum of expertise. The results could be used to bring ABs with similar tasks and responsibilities closer together and intensify the exchange between them.

IUNS thank all participating ABs for supporting us in conducting this survey.

Helmut Hesecker (IUNS Treasurer)



## 12<sup>th</sup> Asian Congress of Nutrition (ACN2015)



The 12<sup>th</sup> Asian Congress of Nutrition was held in Yokohama at the PACIFICO Yokohama Convention Complex from 14-18 May, 2015 on the theme *Nutrition and Food for Longevity: For the Well-Being of All*.

Two members of the IUNS Council represented IUNS. The Chairman of the Organising Committee, Professor Teruo Miyazawa, was Chairman of the Organising Committee and is now President of FANS (Federation of Asian Nutrition Societies) for the next four years is a member of IUNS Council. Professor Helmut Hesecker, Treasurer of IUNS, attended the Congress and represented the IUNS President, Dr Anna Lartey, presenting a message from her.

Professor Teruo Miyazawa, in his report of the Congress extended his cordial thanks to all the participants and the organising committee, business corporations and foundations who supported it both physically and intellectually. The Congress was the biggest congress ever on nutrition in Asia with 4162 participants from 52 countries, including Japan. Their initial purpose was to activate Japanese societies on food and nutrition and advance their research. Hosting ACN2015 and inviting IUNS-ICN2021 was a vital part of this purpose. Participants remarked how younger researchers were very active and how much they energised the congress. Professor Miyazawa was confident that they will lead the congress and research into a more global and brighter future. The Young Investigator Award, Urakami Foundation Travel Award, ACN2015 Travel Award offered by IUNS, made a great contribution by subsidising 72 young researchers to attend. The congress programme was excellent, thanks to the programme committee and included the following lectures:

Prof. Teruo Miyazawa of Tohoku University, Japan gave the Presidential Lecture on *Membrane Lipid Peroxidation in Human Nutrition and Aging*.

Plenary lectures included:

*Leptin and the Regulation of Food Intake and Body Weight by*

Prof. Jeffrey Friedman, Rockefeller University, USA; *Sciences of Nutrition and Functional Foods in Special Reference to Sensory Recognition* by Prof Keiko Abe, The University of Tokyo, Japan; *The Present Role of Industrial Food Processing in Food Systems and Its Implications for Controlling the Obesity Pandemic* by Prof Carlos A. Monteiro,

University of São Paulo, Brazil; *Multi-stakeholders and Multi-strategic Approaches for Food and Nutrition Security* by Prof Kraissid Tontisirin,

Mahidol University, Thailand; and *Chemistry for Safeguarding Marine Resources from Natural Contaminants* Prof Takeshi Yasumoto, Tohoku University, Japan.



Plenary Lecture, Dr J Friedman

The 13 Educational Lectures included:

*The Importance of Inter-Tissue Communication Mediated by NAMPT/NAD+/SIRT1 in Mammalian Aging/Longevity Control: Is it Anti-Aging Intervention Realistic?* by Prof Shin-ichiro Imai, Washington University School of Medicine, USA; *The Impact of Overweight and Obesity on Adolescence: Consequences on Metabolic Biomarkers* Prof. Ascension Marcos, Institute of Food Science, Technology and Nutrition, Spain; *Nutrition and Health Promotion – From Molecular to Physiological Modulation* by Prof Sue-Joan Chang, National Cheng Kung University, Taiwan; *Food-Based Dietary Guidelines of Southeast Asia: An Analysis of Key Messages* by Prof E. Siong Tee, Southeast Asia Public Health Nutrition Network, Malaysia; *Why Do Behavior Interventions Fail? Insights from Behavioral Economics* by Prof Ichiro Kawachi, Harvard University, USA; *Food and Nutrition Security for Healthy Aging* by Prof Mark L Wahlqvist, Zhejiang University, China; *Achieving Coherence for Addressing the Double Burden of Malnutrition: A Global Challenge* by Dr Chizuru Nishida, Department of Nutrition for Health and Development, WHO; *Obesity Epidemic in Asia: Issues and Challenges* by Prof Mohd Ismail Noor, Taylor's University, Malaysia; *Nutrient*

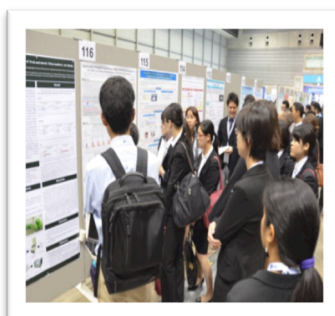


*Standards* by Prof Hee Young Paik, Seoul National University, Korea; *The early life of origins of non-communicable diseases: An*

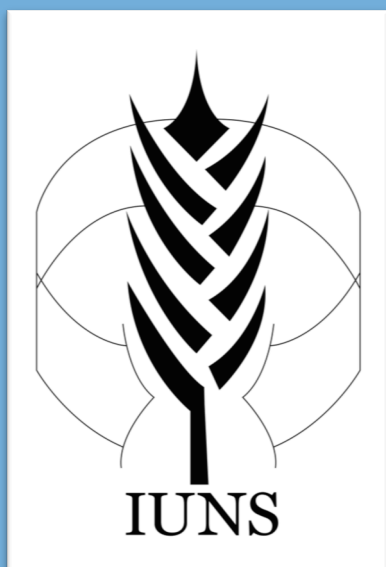
*overview of recent advances* by Prof Graham C. Burdge, University of Southampton, UK; *There is an Obesity metabolic Program in Muscle* by Prof G. Lynis Dohm, East Carolina University, USA; *Nutrigenomics and Nutrigenetics: The new paradigm for optimizing health and preventing diseases* by Prof Michael Fenech, CSIRO Food and Nutrition Australia; and *Type 2 diabetes in Asians: Can diet make a difference?* Prof Jeyakumar Henry, Clinical Nutrition Research Centre, Singapore Institute of Clinical Sciences, A\*STAR, Singapore.

The opening ceremony, the welcome party, the congress dinner, the closing ceremony were all excellent, including the thundering beats of the traditional drums at the dinner and the flashback movie played at the closing ceremony. Prof Miyazawa concluded his report by saying that he is so grateful for this opportunity to organize such and unforgettable, excellent and unique Japanese congress and that they will now begin preparing for ICN2021. He will do his best working on issues related to food and nutrition in Asia for four years to come as the President of FANS.

Clockwise: Closing Ceremony; educational tour fieldtrip; and poster presentations at ACN 2015



## International Union of Nutritional Sciences



The Council is delighted to announce the launch of the new IUNS website in Autumn 2015.

All ABs, who have not already done so are requested to contact the Secretariat with their up to date contact details.

C/O The Nutrition Society  
10 Cambridge Court  
210 Shepherds Bush Road  
London  
W6 7NJ  
United Kingdom

email: [office@iuns.org](mailto:office@iuns.org)

web: [www.iuns.org](http://www.iuns.org)