

The Wimpfheimer-Guggenheim Essay Collection: Reflecting on the growth of international awareness by the Academy of Nutrition and Dietetics 1993-2019

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Background

In 1993, the first Wimpfheimer-Guggenheim Competitive Essay competition was offered by the American Dietetic Association Foundation (ADAF) and thereafter by the Academy of Nutrition and Dietetics Foundation (ANDF), hereafter referred to as the Foundation. The essays were generously supported through the Wimpfheimer-Guggenheim Fund for International Exchange in Nutrition, Dietetics, and Management. The goal was to engage the membership to become aware of and share their international activities to promote networking.

This year, 2020, the award is being “retired” by the Foundation at the request of the creator, Alice Wimpfheimer. The scope of international work and awareness of the members of the American Dietetic Association (ADA) and thereafter by the Academy of Nutrition and Dietetics (AND), hereafter referred to as the Academy, has broaden immensely over the past 27 years. As a result, new awards for international efforts have been created to expand the opportunities for global impact in nutrition and dietetics.

The purpose of this final Wimpfheimer-Guggenheim Essay is to review the summary of the past nearly three decades of awards and to reflect upon the impact the essays has had on the Academy pathway for growth towards expanded international collaboration. The Wimpfheimer-Guggenheim Essays started it all!

Summary of Wimpfheimer-Guggenheim Competitive Essay Awards 1993-2019

Table 1 summarizes the history of the essays over time from 1993 through 2019. Each year a theme was generated by a committee to reflect the current perceived need area for shared information. The theme was published as part of the Foundation annual slate of awards each year. Submissions were due each February. A minimum group of three peers reviewed and scored the submitted essays independently based on scoring criteria. A winner was selected collaboratively based on consensus.

The author of the essay with the highest peer score was awarded a plaque and a monetary gift. The awardee was also invited to the Foundation Gala each year to network with past awardees. In some years, the award was shared by multiple essays if appropriate. As a result, a growing body of dietitians interested in global outreach naturally grew.

Throughout the 27 years, more than 43 projects were identified. They highlighted work in more than 20 countries including Benin (West Africa), Cameroon, Chile, El Salvador, Ghana, Guatemala, Korea, Honduras, India, Iraq, Jamaica, Lao People’s Democratic Republic, Malawi,

Mexico, Mongolia, Nicaragua, Philippines, Sierra Leone, Syria, Tanzania, Thailand, Zimbabwe, and the larger African continent. The Nutrition Foundation of India, the Global Child Nutrition Forum, and St. Jude's Hospital in Memphis were some of the many organizations that the essay work partnered with for enhanced synergy.

International Awareness Effect of the Essays Within the Academy

International Affiliate of the Academy of Nutrition and Dietetics (IAAND)

When the essay award was initiated in 1993, only the American Overseas Dietetics Association (AODA) affiliate existed for American Dietetic Association members who did not have a state affiliate. Membership was focused on dietitians who were educated in the United States but practiced or lived outside of the United States. With the expansion of membership to include "international members" in 2002, the AODA's membership grew to include international dietitians who did not have reciprocity from the Commission on Dietetic Registration (CDR) but had comparable credentials from their own country. With this change and the ADA name change to AND, the affiliate also was renamed IAAND (International Affiliate of the Academy of Nutrition and Dietetics). The membership now includes a mixture of international dietitians as well as dietitians who were trained and credentialed in the US and are living and practicing abroad OR live in the US but have decided to choose the IAAND instead of selecting a US state affiliate. The monthly newsletter now provides a cohort of activity reports by country representatives.

Starting in the mid 2000's, the official presentation of the essay award winners was included as part of the annual IAAND Reception held at FNCE. Many of the past essay awardees continue to be active in the IAAND because the essay topics always had an international focus. An active website is maintained to keep electronic communication sharing vibrant. In the October 2020 issue of the Journal of the Academy of Nutrition and Dietetics, the IAAND reported membership of more than 1200 members from 84 countries.

Member Interest Groups of the Academy

Increased international and cultural interest grew within the Academy membership as the essay award winners disseminated their experiences. Members began to informally share their international volunteering and cultural identity scenarios with each other. They did not, however, necessarily want to live or work abroad nor have an interest in international dietetics practice that IAAND would provide.

The result was a new and expanded opportunity for members to align with individual interest areas in a coordinated manner. The Academy responded by creating member interest groups (MIGs). The Food and Nutrition Conference and Exposition (FNCE) provides a programming option for each MIG to plan a spotlight education session, networking event, and member-interest showcase to share. During the membership year, these groups also have grown to provide an array of diverse options that produce mentoring, networking, and education

opportunities (electronic listserv, frequent blogs, sharing of education materials, continuing professional education formats, monthly electronic newsletters, scholarships, meeting grants, special project funding).

The newest group, The Global Member Interest Group (GMIG), is a direct result of dietitians inspired by the Wimpfheimer-Guggenheim Fund Essays with a special interest in humanitarian and malnutrition issues. The majority of GMIG founding members were essay award recipients. The GMIG is designed to focus on low to mid resource countries or regions. It has a strong humanitarian nutrition component with an emphasis on empowering locals (community health care workers, struggling health clinics, etc) in grassroots nutrition care. Many have created sustainable programs in areas such as Central America, Lao People's Democratic Republic, and Ghana.

This group has continued to volunteer internationally on a regular basis with an emphasis on collaboration. To avoid duplication, they maintain a learning resources database in multiple languages of education materials and programs. They have an evolving database of international volunteer opportunities and education exchange experiences for dietitians and students.

For a description of how IAAND and GMIG relate to each other see

<https://eatrightinternational.org/iaand-collaboration-wth-global-mig/>

International Awareness Effect of the Essays on Academy Collaboration

International Confederation of Dietetic Associations (ICDA)

When the essay award was initiated in 1993, the Academy was already a member of the International Confederation of Dietetic Associations (ICDA). The Wimpfheimer-Guggenheim Fund originally supported the inaugural issue of Dietetics Around the World in 1994. The newsletter was renamed in 2020 to Dietetics and Nutrition Around the World. The Fund also continues to welcome more people and countries into the ICDA through initial support of ICDA membership until they can establish their own country organizations. Any individual can sign up for the newsletter on line.

Dietetic Education Curriculum International Expansion

Since the first essay in 1993, dietetic education programs accredited by the Academy (ACEND: Accreditation Commission of Education in Nutrition and Dietetics) have increasingly recognized the role of international exchange in dietetic education. Initially, there was directory of programs that included option international experiences. In 2006 policies evolved to recognize "Substantial Equivalency" status of some international programs as comparable in content and experience to a US based ACEND accredited programs. Graduates of Substantially Equivalent programs were eligible to take CDR's credentialing exam for dietitians. In 2012 ACEND developed new standards for international programs, The International Dietitian Education (IDE) standards prepare foreign graduates to practice in the US. The Foreign Dietitian Education (FDE) standards

prepare graduates who plan to practice in their home country. Today, there are many programs that offer established international collaborations and exchange programs that are part of the standard dietetic internship experience as well as six dietetics education programs that are recognized by ACEND in UAE, Qatar, Lebanon, Mexico and South Korea.

First International Practice Education Award

In 2019, the Wimpfheimer-Guggenheim Fund created a new award: International Nutrition and Dietetics Education and Practice Program. The inaugural recipient, Nathalie Judith Neumann, from Germany completed an education exchange with two dietetic education programs in the United States led by former essay winners at University of Iowa with [Erin Bergquist, MPH, RD, CNSC, LD](#) and University of Oregon with [Diane D. Stadler, PhD, RD](#). She returned to Germany to disseminate and share among her German peers the nuances of this international exchange. The award will provide new ways to experience international awareness and exchange.

Summary

This summary of the Wimpfheimer-Guggenheim Essay Awards has attempted to outline the influential pathway of international awareness that this essay has accomplished.

Alice has been a pioneer in international dietetics and nutrition awareness. Her famous mantra is to “collaborate, not duplicate”. She immigrated to the United States in 1939 but never stopped traveling and connecting dietitians around the world. She has attended many international conferences over the years and personally introduced countless mentors between countries. Her outreach is so great that it cannot be truly quantitatively measured.

Alice is recognized champion for international dietetics collaborations within the Academy. The Academy Foundation is proud to retire the essay format simply because it has outgrown its initial goal of awareness and now aligns with global awareness and collaboration on all levels. Thank you, Alice, for your gift of wisdom and determination to all of us.

Table 1: Wimpfheimer-Guggenheim Essay Competitive Theme and Awards, 1993-2019

Year	Topic/Theme	Award
1993	Propose or describe an existing program to combat world hunger in developing countries	<u>Barbara N. Benson, MS, RD</u> Fish Farming Project in Tanzania: Women's Involvement as Key to Alleviating Hunger
1994	Describe the benefits and potential input of a nutrition program (proposed or existing) through an international alliance with the American Dietetic Association or the International Committee of Dietetic Associations	<u>Judith A. Beto, PhD, RD</u> Beneficial Nutrition Program Through International Alliance (Nutrition Foundation of India) with ADA or ICDA
1995	Describe a specific nutrition project that benefits the world community through global linkage of dietitians in the same practice area	<u>William D. Evers, PhD, RD</u> Linking the World's Nutrition Educators Via Cyberspace <u>Amanda Frye, MS, RD</u> Nutri-Net: Proposed use of a geographic information system (GIS) to link dietitians
1996	Describe a specific, well-organized, innovative, international distance teaching program for nutrition or dietetics professionals, preferably with a developing country	<u>Ninfa Saturnino Springer, PhD, RD, FADA</u> Clinical Computer-Assisted Simulation Exercise (CCASE) as a Strategy for Distance Learning in the Philippines
1997	Describe a new (preferably established within the past two years) or proposed project by a professional nutritionist or dietitian in cooperation with one or more international, national or local government agencies that works to alleviate hunger or enhance the nutritional well-being of a developing country	<u>Bernadette Lucas, MS, RD</u> Amesbury for Africa and Esabalu Self Help Group: Sister Villages Ending Hunger Through Local Partnerships
1998	Describe an innovative private industry project that enhances the nutritional well-being of a developing country.	<u>Sal J. Attanasio, RD, LD</u> FoodLinks: Promoting More Equitable, Sustainable Trade Between North and South (Less versus More Developed Countries)

1999	Topic: Describe an innovative interdisciplinary team approach, in cooperation with health, social or management professionals to solve nutritional problems in a developing country	<u>Jennifer Shaw, MPH, RD</u> Chronic Disease: The New Face of Poverty in Chile <u>Teresa M. Kemmer, MS, RD,</u> Field Surveys to Assess the Nutritional Status of Burmese Refugees in Thailand: Basis for Recommendations for Humanitarian Programs
2000	Describe an existing resourceful consumer education program done in collaboration with an organization, institution or the media to benefit a large segment of the population in a developing country	<u>Stacia M. Nordin, RD</u> Improving Nutrition Through Permaculture in Malawi
2001	Describe a program to eliminate food waste in a city or cities, which would then benefit the hungry directly.	<u>John Krakowski, MA, RD, CDN</u> Food Rescue: A Safe Place at the Table
2002	Describe an international partnership to advance the nutritional well-being of a specific population. The essay must describe the applicant's professional involvement in a program to raise the nutritional standard of a particular population group such as the elderly, children or those living with HIV or AIDS	<u>Christine Lindell Detweiler, MPH, RD</u> Baby Weighings and Village Folklore Groups: Mobilizing communities to improve the nutritional health of infants and young children in rural Benin, West Africa
2003	Describe an innovative international team approach to solve a nutritional problem in neighboring countries. The essay must describe the applicant's professional involvement in a program across national borders, preferably in a developing country	<u>Mary Cocke Read, RD, LDN</u> What are the Typical Dietary Patterns in Aleppo, Syria? A Collaboration
2004	Describe a new and innovative approach to solving nutritional problems in a developing country through creating policies, outcomes	<u>Varsha, PhD, RD</u> Partnerships in Action: Medical-Nutrition Synergism for Clinical Nutrition/Dietetic Practice and Nutrition Education in the Indian Subcontinent

	research or original fund-raising activities	
2005	Describe a resourceful educational food, nutrition or dietetic exchange program or study tour with an institution or organization of a foreign country	<u>Carolyn M. Bednar, PhD, RD, LD</u> Mexican/American Exchange for Cross-Cultural Nutrition Education <u>Sunny Ham, PhD, MS</u> An International Partnership Between the Yellow Window Association in Korea and the Mongolian University in Mongolia: From the Initiation to the Expansion of School Foodservice Programs in Mongolia
2006	Describe innovative ideas to improve the nutritional health of the population, or a segment of the population such as the elderly, preferably in a developing country through an income generating project or projects	<u>Prisca N. Nemapare, PhD, CNS</u> Helping Restore Livelihoods and Build Self Confidence through Sustainable Strengthening of Resource Base of Caregivers in Their Struggle to Improve the Well-Being of Orphans in Zimbabwe <u>Barbara L. Jendrysik, MS</u> Incorporating Nutrition Education, An Affordable, Nutritious and Convenient Weaning Food and Income Generation into an Infant Feeding Project in New Delhi, India
2007	Describe ADA as the link to global nutrition.	No award given
2008	Describe a new methodology and or technology used to transmit nutrition education or to alleviate food insecurity through sustainable agriculture	<u>Rosanna Agble</u> The Ghana Experience: Given the Opportunity, Communities can Improve on their Lives
2009	Describe an existing regional collaboration or partnership between at least two countries preferably from developing nations. The project must raise the nutritional health such as practices, education or awareness of the population served. The author, a professional dietitian or nutritionist, must be involved in the actual project. The collaboration described	<u>Patricia Thompson MS, RDN, SNS</u> Developing and Sustaining School Breakfast Programs in Jamaica

	in the project should be easily adaptable to a variety of situations.	
2010	Topic: Describe a plan to create a regional nutrition or dietetic association preferably in a developing country or countries or describing an effective mass feeding program for special groups such as the elderly, malnourished or disaster victims in a developing country. The project described should be easily adaptable to a variety of situations	<u>Penny E. McConnell, MS, RD, SNS</u> Global Child Nutrition Forum (GCNF) Country Planning Process for Sustainable School Feeding Programs <u>Diane D. Stadler, PhD, RD</u> Growth Assessment and Nutritional Intervention among High-Risk Children in Rural Honduras: Partnerships among OHSU, Medical Teams International, and PREDISAN
2011	Describe the application of innovative technologies (example solar or telehealth tools), policies or interventions to raise the nutritional health of a community. The project described should be easily adaptable to a variety of situations. The author must be a professional dietitian or nutritionist and must be involved in the actual project	<u>Peggy Lynn Gregson, MPH, RD, LD</u> The Implication of Pilot Solar Technology Projects in El Salvador <u>Terezie Tolar Mosby, MS, RD, LDN</u> Training Program for International Dietitians, St. Jude Children's Research Hospital, Memphis, Tennessee
2012	Describe a food and nutrition system improvement coordinated with an allied partner to work toward raising the nutritional standards of a community. Examples could include (but are not limited to): foodservice, teaching or public instructions. The project described should be easily adaptable to a variety of situations.	<u>Nireshnee Reddy, BS</u> The Health Promoting Schools Essay Writing Project on "How Do I Use Nutrition to Make My School a Health Promoting School" – collaboration between government and private sector targeting communities faced with poor socioeconomic conditions. <u>Kudakwashe Chimanya, MPH, MS, RD</u> Improving Nutrition Status in Zimbabwe: A Call to Action
2013	Describe an original approach for the dissemination of nutrition, dietetic, and/or management information to an underserved area in the world	<u>Kristine Rose Caiafa, RD</u> Experience as Education: Participatory Research as a Means for Transferring

	community. Examples could include social media messaging (email, blogs, chatrooms, Facebook pages, etc), distance learning programs as well as approaches that do not require the use of electronic devices.	Nutrition Knowledge To Youth and Community in Freetown, Sierra Leone <u>Dixie Havlak, RD</u> Mobile Health Education Kits in Rural Nicaragua <u>Terezie Tolar Mosby, EdD, RDN, IBCLC</u> Development and Testing of Educational Tool for Low Literacy caregivers of Children with Cancer Teaching About Food Safety
2014	Describe innovative ways or an example of how to communicate the latest research or practice procedures in the field of nutrition, dietetics, and/or food service management. Examples could include social media messaging (email, blogs, chatrooms, Facebook pages, etc), distance learning programs as well as approaches that do not require the use of electronic devices	<u>Prajakta Khare-Ranade MSc, RD, LD</u> International Diabetes Education Program: A simplified Distance Education Program Focused at Training Diabetes Educators in Rural India <u>Beatriz Dykes, PhD, RDN, LD, FADA, FAND</u> Beyond Borders: A Vision on Dietetics Education, Credentials, and Practice
2015	Describe innovative global inter-professional teamwork by communicating effective roles and values of a dietitian/nutritionist as a member of the inter-professional healthcare team worldwide	<u>Erin Bergquist, MPH, RD, CNSC, LD</u> Establishing an International Community Nutrition Partnership <u>Jennifer Brewer, RDN</u> Dig In! Improving Nutrition in Developing Countries Through Home and Community Gardens
2016	Describe new approaches, including the application of technology, to feed the hungry by maximizing underutilized food resources or through a fresh produce program reducing food wastage. The project described should be adaptable to a variety of settings.	<u>Chris Vogliano, MS, RD</u> Cultivating Climate-smart Agriculture Interventions to Increase Nutrition Security in Rural Africa
2017	Describe a groundbreaking education program or model aimed at solving malnutrition. Essay submissions describing non-traditional educational	<u>Joanna Cummings, MS, RD, LD, and Diane Stadler, PhD, RD, LD</u> The Children of Sticky Rice: Building Clinical Dietetics Capacity to Address

	methods are encouraged. The project described should be adaptable to a variety of settings.	Malnutrition in the Lao People's Democratic Republic
2018	<p>Describe how to improve the nutritional health of the world's communities and solve global dietetics and nutrition problems by:</p> <ul style="list-style-type: none"> • Maximizing collaboration • Minimizing duplication • Emphasizing marketing and outreach • Collecting information from available international resources 	<p><u>Rupal S. Shah, MSc, CDE</u> Healthy India Campaign</p> <p><u>Andrea P. Guzmán, LN</u> Nutrition and Agriculture: Organizations collaborating together to fight malnutrition in rural Guatemala</p> <p><u>Pradtana Tapanee, MSc</u> International Culture Classroom: Study abroad in Thailand</p> <p><u>Ahmed C. Saddam, MS</u> Strategies for the Control of Malnutrition in Iraq</p>
2019	Describe dietitians engaged in sustainable nutrition outreach in developing countries	<p><u>Laurie Sauerwein, MS, MScPH, RD</u> Cameroon: An Exemplary Nutrition Program Scaleable in Low- and Middle-Income Countries</p> <p><u>Peggy C. Papathakis, PhD, RDN</u> The Past and Present of Dietetics Education in Malawi: A Model of Collaboration for Other Countries Building Dietetic Practitioners</p>