

CHANGING FACE OF NUTRITION & EVOLUTION OF DIETETICS IN ASIA

Winnie Chee, PhD
Division of Nutrition & Dietetics
International Medical University
Kuala Lumpur, Malaysia

4th October 2015
8.00 am



Learning Outcomes

At the end of the session, participants would be able to :

Explain how the rapid economic transition and multi-cultural factors impact diet, nutrition and health status in Asian populations

Describe a situational analysis of dietetics development in Asia

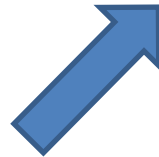
Gain insights on the role of Asian Federation of Dietetics Association (AFDA) with case examples of successful initiatives in member countries



1 Early beginnings & Asian food culture



2 Changing landscape of Diet, Nutrition & Health



3



Evolution & Situation Analysis of Dietetics in Asia



4 Challenges & the Way Forward

Key Point Summary 1

Centuries of traditional dietary approaches continue to influence the health seeking behavior of many Asian population – pave the way for integrated dietetics practice

Asians maintain our cultural identities with our food practices, values, and beliefs.

Cultural competence is most essential for dietitians in Asia.

Key Point Summary 2

Rising lifestyle related diseases due to rapid economic growth

High awareness of the importance of diet & lifestyle changes in chronic disease prevention



Crisis opportunity for dietitians!

Key Point Summary 3

Into the 21st century, Asian dietitians strengthen the registration status of the profession

NDAAs set own national agenda for education, training, standards of practice and services provided to improve nutrition situation

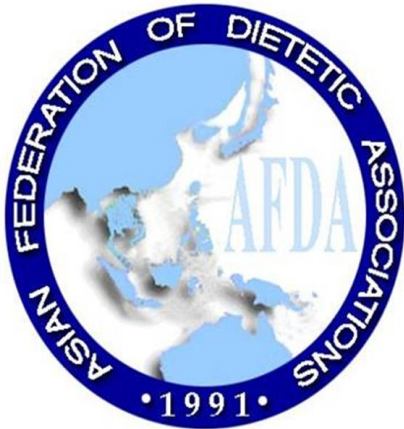
Milestones and standards vary across Asian countries

No harmonization of standards and practice as yet



- Platform to deliberate on the common concerns and cross cultural disparity in dietetics practice
- Harmonise standards for dietetics education in Asia benchmarked to international standards
- Harmonise standards of practice for member countries to improve service quality.
- Build a critical mass of leader dietitians
- Set up alliance for cross-border expertise exchange and learning
- Advocate for the profession so member countries can influence government to upgrade the profession

The Way Forward for AFDA



- Set our ambition - Mission, Vision & Strategic Plan
- Declaration on actions for a common outcome to lobby governments
- Leadership Courses
- Form strategic alliance with global dietetic organisations

Conclusion– what can be learnt from Asian dietetics?

Dietitians in Asia need to be culturally competent to be effective

We have been successful to keep up with current developments in the practice of dietetics but we are still striving strongly to raise the image and standard of the profession

We see AFDA as the platform to harmonise the enhancement of education, standards of practice & professional status of dietitians in Asia