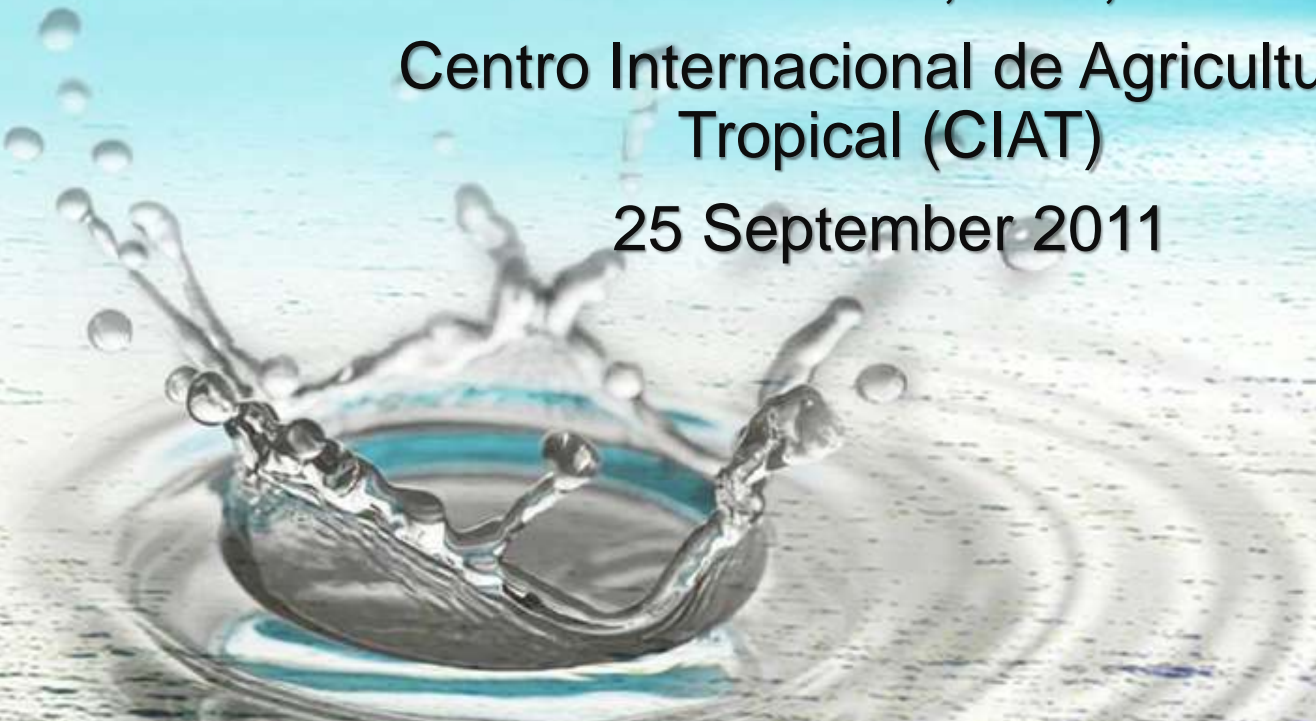


ADA FOOD & NUTRITION  
CONFERENCE & EXPO

**IMPACT**

# **Wimpfheimer-Guggenheim International Lecture: Opportunities for International Nutrition Work**

Helena Pachón, PhD, MPH  
Centro Internacional de Agricultura  
Tropical (CIAT)  
25 September 2011



# Disclosure

Helena Pachón

- Consultant
  - Pan American Health Organization
- Employee
  - Centro Internacional de Agricultura Tropical
- Research Support
  - HarvestPlus, Instituto Colombiano de Bienestar Familiar, OPEC Fund for International Development



[http://www.ciat.cgiar.org/AboutUs/People/Pages/profile\\_helena\\_pachon.aspx](http://www.ciat.cgiar.org/AboutUs/People/Pages/profile_helena_pachon.aspx)

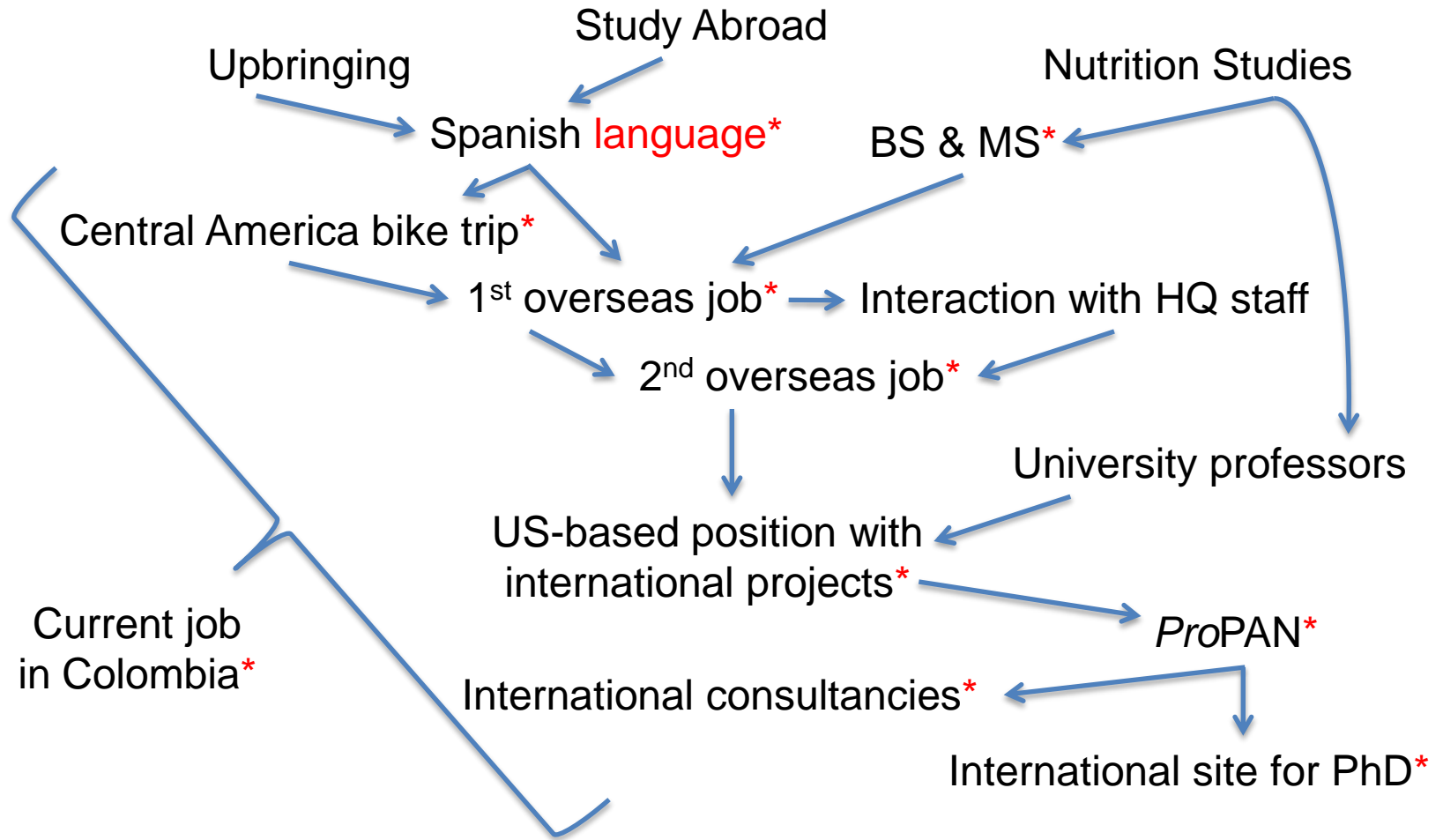
# Objectives

- Learn about international nutrition job opportunities
- Get tips on how to get started in an international career



Photos: Neil Palmer

# My Non-Linear Path to International Work



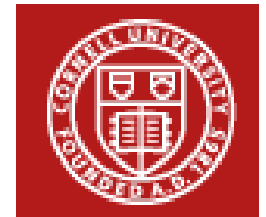
# Upbringing → Spanish Language



# Study Abroad → Spanish Language



Photo: wikipedia.org



# Nutrition Studies → BS and MS

BS in Biology; Thesis: Perinatal maternal nutritional status and litter size interactively affect time spent nursing in Sprague-Dawley rats



MS in Nutrition; Thesis: Breastfeeding among limited-resource Hispanic women in New York



# Central American Bike Trip → 1<sup>st</sup> Overseas Job



# Central American Bike Trip → 1<sup>st</sup> Overseas Job



Photos: May Ewers Ludwig



# Interaction with HQ Staff → 2<sup>nd</sup> Overseas Job



# University Professors → US-based Position with International Projects



Huatecalco, Mexico

# University Professors → US-based Position with International Projects



Lima, Peru



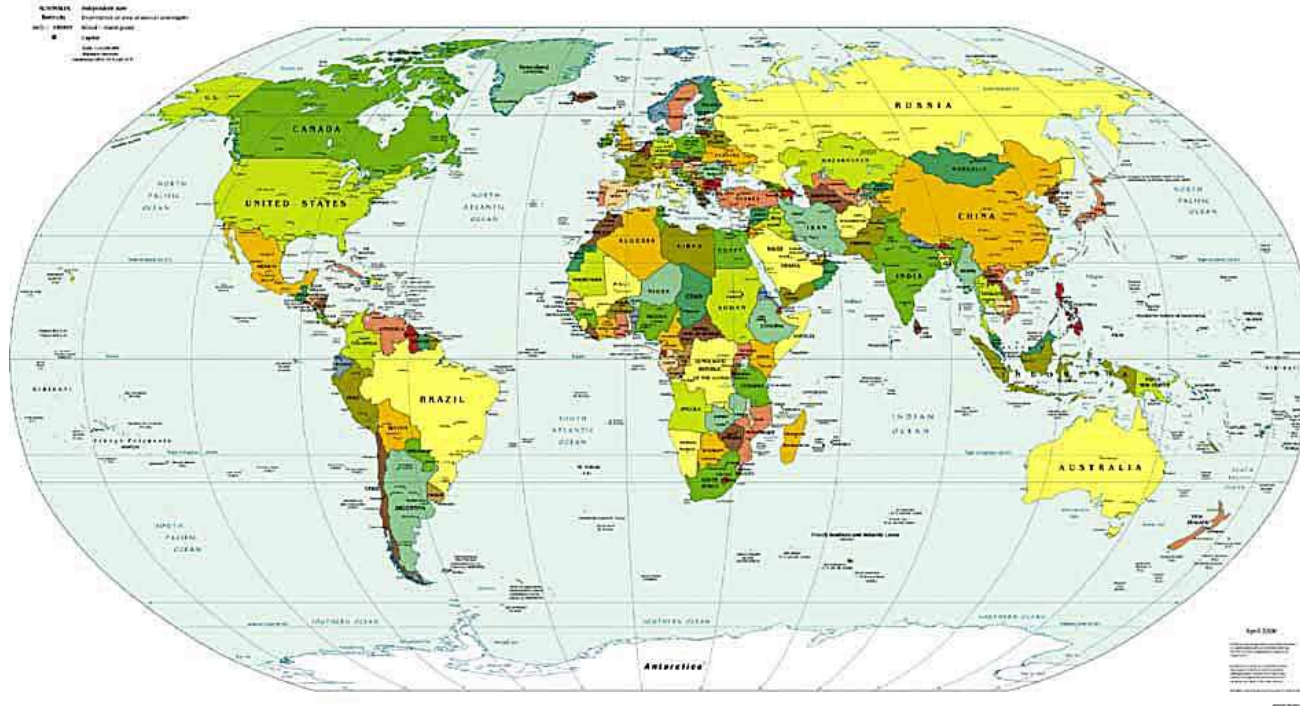
# University Professors → US-based Position with International Projects



Phu Tho Province, Viet Nam

# ProPAN → International Consultancies

Political Map of the World, April 2000



Map: [www.hawaii.edu](http://www.hawaii.edu)



Honduras  
Bolivia  
Ecuador  
Colombia  
Bangladesh

# Contacts → International Site for PhD





# Current Job in Colombia



- Why I applied
- What I do ([http://www.ciat.cgiar.org/ourprograms/Agrobiodiversity/Nutrition\\_Initiative/Pages/Nutrition.aspx](http://www.ciat.cgiar.org/ourprograms/Agrobiodiversity/Nutrition_Initiative/Pages/Nutrition.aspx))
  - Conduct nutrition research at the intersection with food science
  - Raise funding for research
  - Supervise students completing theses or internships
  - Manage staff

# Personally Satisfying Work



The image shows a YouTube video player interface. At the top left is a blue square icon with a white smiley face. To its right, the video title "Feeding Ambitions - improving childhood nutrition in Colombia" is displayed in green text. Below the title, it says "by CIAT Colombia" and "3 months ago". The main video frame shows a close-up of a young child's face looking through a window with a metal frame. The "AgroSalud" logo is overlaid on the top left of the video frame. On the right side of the video frame, there is a vertical menu with icons for "LIKE", "LATER", "SHARE", and "EMBED". At the bottom of the video frame, there is a play button, a progress bar showing "03:57", and a "HD" icon.

<http://www.youtube.com/watch?v=w5oyFBqobpM>

# Nationally Relevant Work



**DETERMINACIÓN DE LA  
COMPOSICIÓN NUTRICIONAL  
DE ALIMENTOS AUTÓCTONOS  
CONSUMIDOS POR POBLACIÓN  
INDÍGENA COLOMBIANA**

Darwin Ortiz<sup>1</sup>, Ingrid Aragón<sup>1</sup>, Sonia Carolina Pazos<sup>2</sup>, Ximena Rivas<sup>2</sup>, Silvana Castillo<sup>3</sup>, Helena Pachón<sup>2</sup>

<sup>1</sup>Nutrition Quality Laboratory, Centro Internacional de Agricultura Tropical (CIAT), Colombia; <sup>2</sup>Consultant, Colombia;  
<sup>3</sup>Subdirección de Nutrición, Instituto Colombiano de Bienestar Familiar (ICBF), Colombia

Presentación final  
2011



[http://www.ciat.cgiar.org/ourprograms/Agrobiodiversity/Nutrition\\_Initiative/Pages/project\\_portfolio.aspx](http://www.ciat.cgiar.org/ourprograms/Agrobiodiversity/Nutrition_Initiative/Pages/project_portfolio.aspx)

# Input from Colleagues

- Jean Anderson, Iowa State
- Mary Arimond, UC Davis
- Annabelle Bonvecchio, INSP Mexico
- Omary Dary, FHI
- Kirk Dearden, Boston University
- Emmanuel d'Harcourt, IRC
- Jessica Escobar, U So Carolina
- Amy Frith, Ithaca College
- Anna Herforth, World Bank
- Lora Iannotti, Washington U
- Tricia Kariger, California
- Shibani Kulkarni, Emory University
- Cornelia Loechl, IAEA
- Grace Marquis, McGill University
- David Marsh, Save the Children
- Monica Orozco, Guatemala
- Keriann Paul, Cornell University
- Juan Pablo Peña Rosas, WHO
- Tita Picado, Nicaragua
- Sara Sousa, N Carolina
- Ulla Uusitalo, U So Florida
- Doris Weismann, Germany
- Olga Wollinka, World Relief
- Monica Woldt, FHI

# International Work Opportunities: Why?

## PROFESSIONALLY

- NOT to provide THE solution
  - NOT to impose your models
  - To jointly learn
  - To collaborate
  - To contribute to development (individuals, communities, countries)
- Therefore, act ethically, considering feasibility and sustainability of our work

# International Work Opportunities: Why?

## PERSONALLY

- Learn
- Fun
- Travel
- Challenge



Panama



Italy



Brazil



Cuba



El Salvador



Turkey



India

# International Work Opportunities: Issues to Consider

## ROLE

- Academic, program supervisor/implementer, donor, volunteer, food industry representative, policy wonk, government official, NGO employee, missionary, advocate, UN representative, international bank worker, others
- Work closely with different disciplines; good relations are important
- Travel (within/between countries)
- Face more public health issues than clinical nutrition or dietetic opportunities

# International Work Opportunities: Issues to Consider

## SETTING

- US-based or abroad
- Work visa (entry level vs. higher level)
- Language (KEY!)
- Licensing required
- Length of commitment
- Job opportunity for spouse (LGBT)
- Schooling for children
- Pets
- Managing homes in 2 places
- Hobbies
- Security
- Climate
- Health services available
- Acceptance of foreigners
- Home leave
- Communications
- Urban vs. rural
- Transportation modes available



# International Work Opportunities: Issues to Consider

## MANAGING EXPECTATIONS

- Placement in country/region that is not 1<sup>st</sup> choice
- Bureaucracy / corruption
- Things taking longer than planned
- Delays; may not meet objectives



# International Work Opportunities: How to Get Started

## SHORT-TERM “GETTING YOUR FEET WET” EXPERIENCES

- Volunteer: church, NGO (sponsor a child), [www.idealists.org](http://www.idealists.org)
- Study tours organized for international conferences: Micronutrient Forum, International Congress of Nutrition
- Rotary Youth Exchange Program
- Embassies/consulates: Scholarly and cultural exchange programs
- Language training in a foreign country
- Emergency situations (for those with specialized training)
- Job fairs: Global Health Council, American Public Health Association
- Students: thesis, internship, study abroad, short courses

# Community Dietetics Internship Rotation in Rural Ghana

IOWA STATE UNIVERSITY  
College of Human Sciences and  
College of Agriculture and Life Sciences

Calendar | Directory | College Search

## Dietetics Academy

Didactic Program in Dietetics  
Dietetics B.S.  
Diet and Exercise B.S./M.S.

Dietetic  
Internship

Online Graduate  
Degree Program

Continuing  
Education

[Internship Homepage](#)

[Admission Guidelines](#)

[Iowa Based Option  
Application](#)

[Nationwide Application](#)

[Nationwide Option  
Additional Information](#)

## NEW! International Option

[International  
Community Nutrition  
Opportunity](#)

[Int'l Iowa Based  
Application Information](#)

[Int'l Nationwide Based](#)

## Community Dietetics Internship Rotation in Rural Ghana



<http://www.dietetics.iastate.edu/intern/international.php>

# International Work Opportunities: How to Get Started

## LONGER-TERM EXPERIENCES

- Peace Corps: *“Best two-year investment I ever made”*
- Fulbright International Educational Exchange Program
- Mickey Leland Congressional Hunger Center
- University of Michigan Population Fellows Program
- USAID Global Health Fellows Program
- CRS International Development Fellows Program
- World Bank Junior Professional Associates
- Teacher in English-language private schools
- Multinational companies with offices in other countries
- Universities with “global health” projects or programs (Cornell, Emory, Johns Hopkins, Harvard, UC Davis)
- Universities with “international agriculture” projects or programs (land-grant universities)
- PVOs
- Unpaid internships: UN agencies
- Low-paying or not-so-relevant jobs

# International Work Opportunities: How to Get Started

- Leveraging domestic experiences
  - Ex: Health care work with migrant farm workers & immigrant communities
- Financing international work
  - Ex: CGIAR Gender and Diversity Program:  
<http://www.genderdiversity.cgiar.org/>



*“The Asia Society Northern California strives to offer fresh perspectives on the forces and issues that are shaping Asia's relations with California, the United States, and the rest of the world.”*  
<http://www.facebook.com/asiasocietync>

# Conclusions

- International nutrition opportunities (and funding to make them happen) abound
- Be proactive to find the opportunity that best meets your needs and wants

Photo: Neil Palmer

# International Opportunities for Dietetic Professionals



## The Wimpfheimer-Guggenheim International Lecture

Jenny Taylor Bond, PhD, FADA (RD for 30 years)

Michigan State University

Professor Emerita and former Assistant Dean of International Studies and Programs

and Acting Director of Women in International Development

2011

# **Disclosure**

## **Jenny Taylor Bond**

- **Retiree of Michigan State University**
- **Former Board Member of Child Fund International and Christian Children's Fund**
- **No research funding**
- **No consultantships**



# Objectives

- **To provide opportunities for greater participation in international activities**
- **To provide resources to use in selecting volunteer/paid international experiences**
- **To share examples of international experiences of dietetic professionals**

# Benefits Are Priceless!



# Targeted Audiences and Approach

- Dietetic Students and Interns
- RDs, CDEs, etc.
- DTRs
- Retired dietetic professionals
- Paid and Volunteer Positions
- Short-and long-term Positions



# Ways Students Can Prepare

- **Formal coursework-foreign language, development, sociology, anthropology, women studies**
- **Study abroad or Spring break work trip**
- **Volunteer with a professor doing international research**
- **Work with/befriend/live with international students**
- **Seek out schools with a track record of international nutrition research & programs.**
- **Contact authors of research articles that interest you.**
- **Apply for the Mickey Leland International Fellow Program through the Congressional Hunger Center**
- **Investigate the Boren Awards**

# **How Faculty Can Facilitate Student Experiences**

- **Encourage students to learn another language, take courses outside of the major, and consider a study abroad**
- **Encourage participation in clubs, seminars and activities related to global issues, especially health**
- **Support student-organized efforts to offer assistance to those in need internationally**
- **Know the international programs and support systems on your campus**

Become aware of interventions that have been tried and their impact.



# **Worksheet for International Experience**

## **Adapted from Zahara Heckscher**

- **In what field do I want to work/volunteer?**
- **In what geographic area?**
- **For what type of organization?**
- **Timeline? Budget?**
- **What skills do I already have?**
- **What skills do I need/want to develop?**
- **What will be my initial approach?**
- **Who can be a practical and encouraging ally as I seek to find an experience?**
- **What are my next steps?**

# Selected International Opportunities

- **Global Health Fellows Program**
- **Global Service Corps**
- **Building Bridges Coalition**
- **Cross Cultural Solutions Volunteer Abroad Program**
- **International Volunteer Programs Association-  
Transitions Abroad.com**
- **Devex.com-Serves a community of 500,000  
development professionals and 1000 donors and  
organizations**
- **Volunteeroverseas.com for the book How to Live  
Your Dream of Volunteering Overseas.**



# Faith-based Opportunities for International Experiences

- Catholic Relief Services
- Presbyterian Church
- Thrivent Financial for Lutherans
- United Methodist Committee on Relief
- Southern Baptist Disaster Relief
- American Jewish World Service
- Islamic Relief USA
- Adventist Development & International Relief Agency
- Many additional ones

# **Additional Activities**

- **Participate in a Service Club with International Projects and Support--example: Rotary or Rotaract**
  - **Polio Plus, Water Projects, Group Study Exchange, Grants for Higher Ed, Ambassadorial Scholarship**
- **Does your city have a Sister City organization?**
- **Consider applying for a Fulbright Fellowship**
- **Take an Elderhostel Road Scholar Program**

# Become aware of problems in the area



# Opportunities to serve and grow

- **Go on a study or work tour with Heifer International, Catholic Relief Services, Sister City, Habitat for Humanity, MADRE**
- **Become informed about the world situation. What countries are now food insecure due to drought, conflicts, etc.?**
- **Where is the World Food Program delivering today?**
- **Support efforts to improve conditions of communities “at risk”**

# Preparation for All Groups

- Travel-observe outside of the “tourist spots”
- Participate in local internationally focused activities-UNICEF, CROP Walk
- Work with refugees in your area
- Participate in internationally-related activities or initiate them

# Go beyond the “tourist” areas!



# **Review Activities of Wimpfheimer-Guggenheim Essay Winners**

- **Initiation of a training program for pediatric oncology dietitians around the world.**
- **Implementation of a solar cooking project into several rural impoverished villages and barrios in El Salvador**
- **Co-founded an NGO and established the Institute for The African Child at Ohio University-now focusing on AIDS orphans in Zimbabwe**
- **Helped develop a Mexican/American Exchange for Cross-Cultural Nutrition Education**
- **Other RDs undertook projects in India, Syria, Benin, Malawi, Thailand, Kenya, Honduras, Tanzania, and the Philippines**

# **Incorporate International Activities Into Your Current Position**

- **Participate in research in an international setting, initiate a study abroad, assist an NGO as part of your current position if appropriate**
- **Link with others involved in these activities**
- **Example: Lorraine Weatherspoon, PhD, RD of Michigan State is working with groups in Botswana and Tanzania to improve the nutritional status of children with HIV/AIDS**

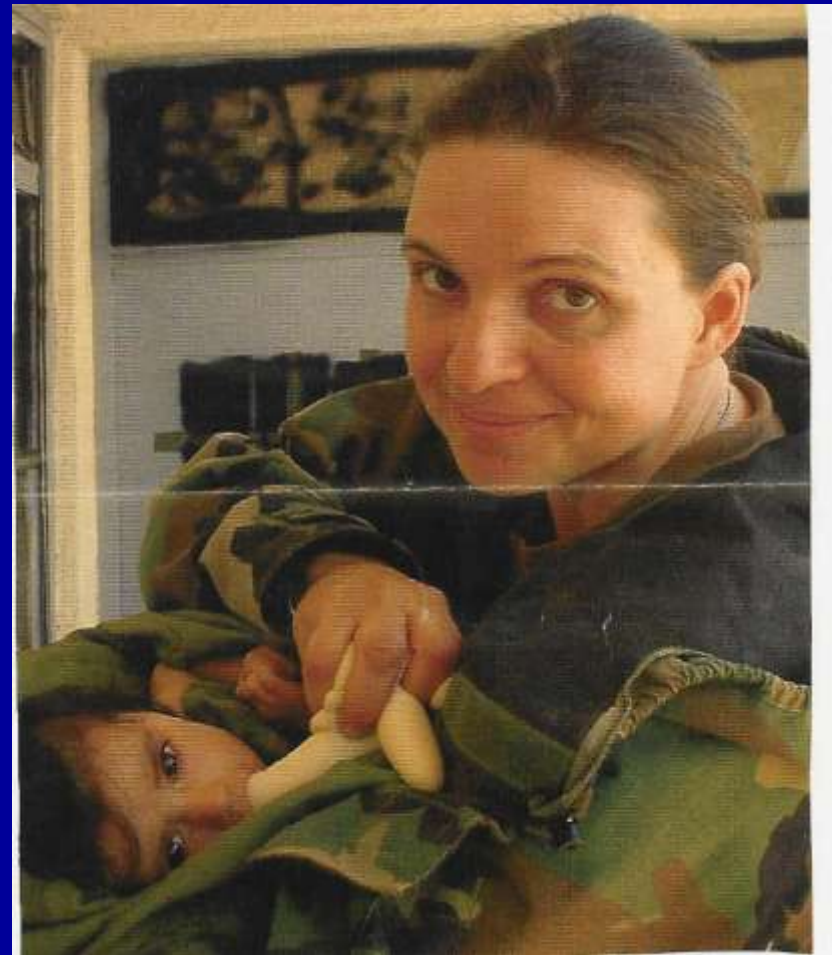


# **Dietitians making Global Contributions**

- **Betty Krauss and Sandy Parker, both RDs and CDEs spent 4 weeks in the Marshall Islands. Diabetes Care and Education 29 (1): 10-11, 2008**
- **NGO Trinity Health International-4 week mission trip to assess medical care & diabetes self-management**
- **“There is so much more that we can do besides individual counseling and teaching classes. We can actually go in as experts and help health care providers and governments improve the situation with diabetes.”**

# Dietitians making Global Contributions Through the Military

- **Army Major Christine L. Edwards, MS, RD, CSP, FADA**  
*Operation Iraqi Freedom and Kuwait*
- **Air Force Captain Laurie Flagg**  
*Humanitarian Assistance to Honduras Ministry of Health*



# Dietitians making Global Contributions

- **Alice A. Wimpfheimer, MS, RD, CDN**  
*Extraordinary contributions to fund international efforts for US and global members and mentor to many of them*
- **Dr. Ruth Dow -Volunteer extraordinaire with solar ovens and gardening in 22 Latin American countries**
- **Stacia Nordin, RD- Malawi**  
*for 15 years improving nutrition through permaculture and now working with the Ministry of Education*

# Memories Last a Lifetime!

