UPDATE FROM 21st IUNS-ICN, BUENOS AIRES
How time flies!! We are almost at the end our 4-year mandate (2013-2017). In 4 years a lot has happened. Let’s see how the global nutrition terrain has changed. In 2013, there was the high-level Nutrition for Growth event by the UK Department for International Development (DFID) which pulled in resources over $4 billion USD to address undernutrition. Following this, the Global Nutrition Report (GNR) was born and it released its first report in 2014 on Actions and Accountability to accelerate the world’s progress on nutrition. We are now on the 4th release of the GNR2017. The Global Panel on Agriculture and Food systems for Nutrition was launched and has released several policy and technical briefs to provide guidance to policy makers on how their agricultural policies and investments can influence nutrition. In 2014, FAO and WHO jointly organised the 2nd International Conference on Nutrition. This resulted in the Rome Declaration on Nutrition in which countries made ten commitments for improving nutrition. In 2015, the world received the UN 2030 Agenda of the Sustainable Development Goals. This has been described as the most sweeping and ambitious goals the global community has ever set for itself. It comes with the pledge of “leaving no-one behind”. In 2016, the UN General Assembly for the first time declared a Decade of Action on Nutrition (2016-2025). Nutrition is at the top of the global agenda and we must take this opportunity to convert these commitments to action and impact within the decade.

On the IUNS front a lot has also happened in 4 years. We now have the revised Statutes and Rules of IUNS. These clearly set out our vision and mission and how as a global community of nutrition scientists we move forward with nutrition. An early career re-orientation grant was established. Three awardees from Africa, Asia and Latin America received $10,000 USD each to support the development of their professional careers in their countries. IUNS now has a home — a secretariat hosted by the Nutrition Society of UK.

We are actively preparing for the IUNS-International Congress on Nutrition to be hosted by the Argentinean Nutrition Society from 15th — 20th October 2017, in Buenos Aires, under the theme “from Science to Nutrition Security”. Expect to see and hear the latest developments in nutrition science research. IUNS awarded about 70 travel fellowships to early career nutrition scientists from all regions of the world to enable them to attend the congress in Argentina.

We invite you all to join us there in discussing the achievements of nutrition science.

Considering this will be my last “Message from the President” in our newsletter, I take this opportunity to thank our Adhering Bodies and Affiliated Bodies and the entire IUNS Council of 2013-2017, for the huge support and cooperation during my tenure of office. I salute my Council Members for their support in making the workload lighter — Alfredo Martinez (President-Elect, Spain), V. Prakash (Vice-President, India), Catherine Geissler (Secretary-General, UK), Helmut Heseker (Treasurer, Germany), Godwin Ndossi (Council Member, Tanzania), Reynaldo Martorell (Council Member, USA), Teruo Miyazawa (Council Member, Japan), Andrew Prentice (Council Member, UK), Swapan Kumar Roy (Council Member, Bangladesh) and Lynette Neufeld (Council Member, Canada).

Finally, I thank the Food and Agriculture Organization (FAO) of the United Nations for making it possible for me to wear two global hats at the same time — as President of IUNS and as the Director of Nutrition at FAO.

Thank you
The 21st International Congress of Nutrition (ICN) of the International Union of Nutritional Sciences (IUNS) will be held in Buenos Aires from October 15th –20th 2017. The IUNS-ICN is a four-yearly meeting that has been held since 1946. The 2017 Congress has been organized jointly by the Sociedad Argentina de Nutrición (SAN) and the IUNS Council, with the collaboration of the Organizing, Scientific and Executive Committees. The congress title is “From Sciences to Nutrition Security”. The aim of the congress is to promote the exchange of knowledge in all aspects of Nutritional Sciences. The scientific program includes 6 plenary lectures, 40 keynote lectures, 8 debates, 116 parallel symposia, 31 sponsored symposia, and 24 satellite symposia.

The congress will cover all areas of nutrition with a wide variety of topics, which will be dealt with from different perspectives in order to enrich the understanding of the participants. The programme is arranged in tracks as follows:

1. Advances in Nutrition Research
2. Nutrition Through Life Course
3. Public Health Nutrition and Environment
4. Nutrition and Management of Diseases
5. Nutrients and Nutritional Assessment
6. Functional Foods and Bioactive Compounds
7. Food culture practices and Nutritional Education
8. Agriculture, Food Science, and Safety

The main goal is to offer a high-level scientific meeting focused on addressing the key aspects of nutrition in a multicultural environment, from state-of-the-art reviews to cutting edge nutritional science. Sessions are planned to deliver latest investigations and outcomes concerning a wide range of issues: the impact of nutrition on homeostasis and body metabolism; on dietary intake and nutritional status of the population and the individual, from precision nutrition, gene-diet relations, and the role of dietary guidelines in disease management and prevention; translational research on the design and implementation of strategies and approaches to change dietary behavior and develop policies; public health issues; nutrition education; climate change; and food and agriculture for health maintenance and sustainability. Six plenary sessions will frame the program with eminent speakers covering health aspects in the life cycle and on food security.

A supplement will be published in the Annals of Nutrition and Metabolism to include 2062 abstracts, an additional 297 abstracts selected from oral communications, and the summaries of more than 350 selected guest speakers participating in the scientific symposia.

In the current worldwide economic hardships and financial crisis it has been a challenge to build a solid nutrition congress avoiding conflicts of interest. However, this provides an exceptional opportunity to link the multidisciplinary areas of nutritional sciences, basic and applied research in nutrition and food with health, food safety, food production, and environmental sustainability.

A special fee rate for students and participants from low- and middle-income countries is offered to encourage their participation. Travel grants, registration fee discounts, and accommodation reductions for selected young investigators and other awardees have been made possible by contributions from international agencies and the private sector. IUNS has granted 70 travel scholarships to Adhering Bodies in good financial standing.

We look forward to a very successful IUNS 21st ICN.
IUNs introduces its three re-integration grant recipients

In 2016 IUNS Council chose three candidates to receive the IUNS Re-Integration grant. Three grants are available for graduates from the regions Africa, Latin America and Asia. Successful applicants must be early career scientists who completed their doctoral studies in a developed country and have returned to their home country to continue their career. Here we introduce our three Re-Integration grant recipients and how they utilised their funding.

**Dr Susan Keino, Kenya**

Currently, I am a lecturer of food and nutrition security at School of Public Health, Moi University and also a head of section. I graduated with a PhD from Maastricht University, The Netherlands. The IUNS reintegration grant is a great opportunity for me to develop research and collaboration as well as allowing me to enhance Nutrition Society activities in Kenya through the Kenya Coalition for Action in Nutrition (KCAN), which is an Adhering Body of the IUNS based at Kenyatta University, Nairobi. I have been working closely with Prof. Judith Kimiywe who is the chairperson of KCAN. We have initiated the revival of KCAN which has been dormant recently although the registration has been ongoing. During the Scaling Up Nutrition (SUN) symposium that was held in Kenya last year we had the privilege of presenting a paper in collaboration with Master of Public Health in Nutrition students. The students were sponsored through the IUNS grant to attend the symposium, additionally they assisted at the symposium registration desk and distributed KCAN fliers. Through IUNS I also produced the brochures/fliers to promote nutrition society activities and to encourage registration in the KCAN body.

In addition to this the IUNS grant has been used to fund a one-day training course for Nutritionists from the Uasin Gishu County in Kenya and neighbouring counties on nutrition and public health. This was held in partnership with Kenyan/ North American coalition AMPATH (Academic Model for Providing Access to Healthcare) and Rutgers University. The remainder of the grant will be used for dissemination of work by IUNS, KCAN, ANS (African Nutrition Society) and AGSnet (African Graduate Nutrition Students Network), purchasing equipment for my office and purchasing research equipment for the benefit of myself and other nutrition researchers in the department.

The IUNS re-integration grant has opened a lot of opportunities for me and my department and I am very grateful for the award.

**Dr Marie Claire Chamieh**

I obtained my BSc and MSc degree from AUB (the American University of Beirut), Faculty of Agriculture and Food Sciences/Department of Nutrition and Food Science, and received my Doctorate from the School of Medicine and Health, Durham University, UK. Before joining AUB, I worked as a nutritionist and clinical dietician in both private and public health institutions in Lebanon and abroad. I also held a consultancy position in the Ministry of Health in Oman. My research interests are in investigating covariates of obesity in adults; ethnic, cultural and economic determinants in relation to dietary habits and physical activity.

My goal is to contribute to the development of effective strategies to address the rising burden of obesity in Lebanon. In my research project “Demographic, socioeconomic, dietary and physical activity determinants of obesity in a large nationally representative sample of the Lebanese adult population” I investigated the prevalence and determinants of obesity among Lebanese adults aged ≥20 years. Of the potential determinants were socioeconomic status, marriage, diet and physical activity, with varied effect on weight status by gender and age group.

I aim to use the Re-integration grant I received from the IUNS in support of the implementation of qualitative research for an in depth exploration of factors influencing eating and physical activity behaviours among adults of various age groups. Funds will cover the purchase of a laptop and field equipment, reference textbooks, stationery, transportation and research assistance fees, statistical consultation etc. I will also use the fund to support activities of the Lebanese Academy for Nutrition and Dietetics (LAND), such as a workshop or seminar on related research.

**Dr Eliana Meza**

I returned to Paraguay two years ago after finishing my postgraduate studies at the University of Cordoba, Spain. I am currently working at the National University of Asunción, at the “Centro Multidisciplinario de Investigaciones Tecnológicas”. My research interests include nutrigenomics, food biotechnology, nutritional epidemiology, older adults, body composition and obesity.

In Paraguay, scientific studies are still challenging for researchers because resources are limited, however, we are still in the fight. Obtaining the re-integration grant from IUNS is a great help to me because researchers returning to the country practically have to start from scratch. This means that we must seek funding sources to provide us supplies from library materials to human resources if necessary.

I have several plans for the funding. I have already used some of the funds to purchase anthropometric tools for the laboratory. We are now in the process of evaluating a project entitled “Effect of a brief educational food intervention in adolescents aged 15 to 17 who attend the San Francisco agricultural school”. The IUNS grant will be used to cover all the expenses generated by the project, from logistics expenses to the payment of human resources and it will contribute to the costs of publishing our results.

I am very grateful to IUNS as this grant will help me at the beginning of my career as a researcher. It will also help with the establishment of a laboratory equipped to accompany projects in the area of nutrition. I hope this is the beginning of a long relationship between Paraguay and IUNS in the development of nutrition as a science.
The 13th China Nutrition Science Congress (CNSC) was held in Beijing from May 22nd to 24th, 2017. The Theme was “Innovation-driven Nutrition Development — from Foundation to Application”. More than 2,000 representatives in the field of nutrition research, hospital systems, disease control, food science, and agriculture came to the congress and shared their most up to date research results. Experts from the International Union of Nutritional Sciences (IUNS) and UNICEF delivered speeches including Dr. V. Prakash, Vice President of IUNS. CNS has a total membership of 24,000. The Congress was hosted by Professor Yuexin Yang, the current and recently re-elected President of Chinese Nutrition Society.

The congress centered its discussion on the science and related achievements in the field of Nutrition in China. It presented developments in nutrition and public health as well as cutting-edge results in the field, and it attracted great attention from the public, industry and academia. The CNS has facilitated the growth of the nutritional science both in China and globally and brought the level of fundamental research and industrial development to a higher orbit and catalysed the advancement of National Nutrition Policies and health work. The Centenarian Nutritionist Prof. Xuecun Chen’s presence was the hallmark of the meeting and CNS, an Adhering Body of IUNS, greatly thanked IUNS for its support to the CNS in extending its Nutritional activities in China.
The prevalence of obesity and Non Communicable Diseases (NCDs) are increasing in Indonesia, as in many countries. Now NCDs have become the first cause of death in Indonesia, caused by an unhealthy lifestyle. Risk factors of NCDs in Indonesia include an unbalanced diet (low consumption vegetables and fruit and excess consumption sugar, salt, and fat), smoking, low physical activity, stress and less rest.

The government of Indonesia through the Health Ministerial Decree No 30 of 2013 defined the inclusion of information about the content of sugar, salt, fat and health messages for processed and ready-to-eat foods. The implementation of the regulation will begin in 2019. For the implementation of this regulation, various inputs are required from stakeholders especially government and the private sector, such as strategies to improve food consumption, food and nutrition education, and regulation for the prevention of NCDs. Based on these considerations, the Food and Nutrition Society of Indonesia (PERGIZI PANGAN Indonesia) and Unilever Indonesia organized a Discussion and Workshop on “Food and Non Communicable Diseases: Implications for Products, Education and Regulations” on 20th July 2017 in Jakarta. The Director of Community Nutrition, Ministry of Health, Ir Doddy Izwardy MP and Dr V Prakash, Vice-President of IUNS, delivered Keynote and Presidential addresses.

Discussions in the workshops recommended to the government, especially the Ministry of Health, to carry out the following 10 focused points before the implementation of Health Ministerial Decree: (1) Establishment of cross-sector and multidisciplinary working groups, (2) Preparing a roadmap and guidelines, (3) Conducting studies to obtain required evidence, (4) Educational activities to prevent obesity and NCDs with positive messages on food labels and mass media, (5) Determination in processed foods, their recipe and sugar, salt and fat content, (6) Provide accredited laboratories to analyze the content of sugar, salt and fat, (7) Establishment of regulation and related programmes (8) encourage cross-sectoral and multidisciplinary cooperation, (9) Provide funds to subsidized the reduction of sugar, salt and fat content in products of small industries and (10) Testing the implementation of the regulations prior to the full implementation according to the roadmap.