

Dec 23, 2014, New Delhi

IDACON 2014 is a huge success

Eminent scientists were invited as speakers on Day 3 of IDACON for the three scientific sessions.

Dr Ambrish Mithal spoke on 'Nutrition and Bone Health' and stated that osteoporosis is a pediatric disease with geriatric implications to control which children in the second decade of life must be targeted for intervention as a preventive public health strategy.

Prof IC Verma deliberated on 'Meeting the Challenges of Dietary Therapy in Inborn Errors of Metabolism in India'. He stressed that IEMs are treatable if diagnosed and called for screening of sick children and training of dietitians to tackle this problem through principles of diet therapy so as to achieve growth and optimal quality of life for the affected children.

Prof NK Mehra delivered a talk on

'Nutrition and Immunity' and described how immune response is affected by dietary factors such as vitamins, trace elements, phytochemicals, dietary fat as well as high and low intake of energy.

Dr Seema Puri, in her talk on 'Frailty, Sarcopenia and Malnutrition: Implications in the Elderly' defined frailty as a recognized state of increased vulnerability exhibited by at least three out of five phenotypic criteria such as low grip strength, low energy, slowed walking speed, low physical activity and unintentional weight loss. She laid ample emphasis on adequate food intake to maintain muscle quality and went on to describe sarcopenia as loss of skeletal muscle and cachexia as depletion of muscle and fat tissues resulting from a disease such as cancer.

Speaking on 'Assessment of Nutritional Status in Dual Nutrition Burden Era' Dr Prema Ramachandran traced the history of nutrition transition in India and deliberated on parameters for early detection of under- as well as over-nutrition. Stating that 80% of our children below 5 years are normally nourished, she stressed that the dual burden in India should be perceived as an opportunity. She emphasized that need for the hour is to identify the undernourished children and bridge the energy gap so as to reverse wasting and prevent stunting and to identify the overweight children to correct their lifestyle and achieve optimal weight status.

Ms Ashi Kathuria focused on 'Accelerating the Decline in Childhood Stunting in India: addressing the key determinants of nutrition' and underlined the 1000 day window of opportunity to prevent undernutrition. She emphasized that India has the potential to dramatically reduce child stunting through adequate feeding, environmental health and health care.

Dr Dhurandhar Hulyalkar spoke on Aseptic Technology for Food Packaging. (continued to page 2)



Inside this issue:

- **IDACON 2014 is a huge success** 1
- **Curtain is drawn on 47th IDACON** 2
- **Meet the Chairperson – Ms Rekha Sharma** 2
- **Comments from Convener, Scientific Committee- Dr SJ Passi** 3
- **Recipients of IDACON-2014 Awards** 3
- **Nutrition poll results** 4
- **My vision for IDA - Sheela Krishnaswamy** 4
- **Announcements** 4



Meet the Chairperson IDACON 2014



Ms Rekha Sharma
National President, IDA

IC: Now that the conference is coming to an end and it has been a huge success, how do you feel?

RS: I feel great and happy that we have had such a huge attendance of delegates from different parts of the country.

There has been a great appreciation of the programme content and in general about the management and organization. We have had sessions on all aspects of our theme, which have led to this success.

IC: Any special message you would like to give to the nutrition and dietetics community?

RS: I will appreciate if the delegates carry the messages from the scientific deliberations to the community for the benefit of all sections of population.

IC: Thank you Ms Sharma and heartiest congratulations on the success of the conference!

Curtain is drawn on the 47th IDACON



The valedictory function at the culmination of the scientific proceedings of the conference was something much awaited for by those who had presented research papers. The session started with a brief Conference Report by Dr Veenu Seth, Organizing Secretary of the conference, that gave an outline of the inaugural function with salient remarks of the Chief Guest Prof MC Misra and the Keynote speaker Prof KS Reddy. Also covered were the highlights of the Founders Oration by Dr Anoop Misra, the Amiya Bose Award oration by Dr Molly Joshi, the Plenary Lecture and the 6 Scientific Sessions, covering various facets of the theme of the conference on Dual Burden of Malnutrition.

The exciting part of this session was the announcement of the names of the award winners of the oral research presentations and poster presentations who received an award and special certificates. Certificates were also awarded to the candidates who successfully completed the IDA ERC specialized short-term refresher modules in clinical nutrition.

At the valedictory session, Ms Rekha Sharma, National President IDA gave her valedictory comments and thanked all for the success of the conference. This was followed by comments from Dr K Bhaskarachary, National Vice President, IDA and the final vote of thanks by Dr Veenu Seth.

As all good things have to end, the conference too ended but with feelings of great satisfaction for the whole organizing committee, constituted of members of Delhi Chapter of IDA and some DFI faculty.

IDACON 2014 is a huge success (continued from page 1)

Ms Anuja Agarwala spoke on 'Management of SAM from facility to community: a challenge'. Sharing her own experience at AIIMS, she discussed how SAM children after treatment at facility slip down in weight when they go back to the community and called for community mobilization and sensitization to tackle child undernutrition effectively.

Ms Richa Jaiswal focused on the other end of dual burden in her talk on 'Impact of Bariatric Surgery on Diabetes cure/remission'. Emphasizing on the effectiveness of bariatric surgery, she explained that the alterations in gut hormone result in metabolic changes, which lead to further weight loss beside the procedure. Delegates from different parts of the country were visibly satisfied with the scientific content as well as the organization of IDACON 2014.

**Comments from Convener
Scientific Committee
– Dr Santosh J Passi**



We received a total of 261 abstracts. Finally 146 scientific presentations speak for a highly pro-active participation by the delegates. During the oral sessions, 31 delegates presented their research work on a wide array of topics. Some of the studies had innovative themes and excellent study designs. Many of the studies were based on supplementation with nutraceuticals/nutrients such as FOS (fructo-oligosaccharides), amla powder and vitamin D while others laid stress on nutrition and health education. 'Nutripathshala' for street children drew the attention of several experts; and so did the studies carried out on critically ill, post-operative or cancer patients. Our young scientists/delegates must follow the guidelines appropriately, be it for abstract writing or oral/poster presentations. Language, clarity of expression and correctness of the research data/ findings must specifically be taken care of; and in case of the posters, the contents should be self-explanatory.

Recipients of IDACON 2014 Awards

	Title of Paper	Presenting Author
ORAL	Pratima Kaushik Award: Clinical Dietetics	
Award	Effect of nutrition education with special reference to consumption of <i>Zingiber Officinale</i> or <i>Mentha Arvensis</i> extract in managing chemotherapy-induced nausea and vomiting and improvement of nutritional status and quality of life of oncology subjects receiving chemotherapy	NB Harini
Consolation prize	Re-evaluation of functional assessment of anorexia/cachexia therapy (appetite scale) with nutritional intake of cancer patient	S.Amena Omer
ORAL	IDA Award: Community Nutrition	
Award	Metabolic Syndrome among employees (21-30 years) of business process outsourcing industry in National Capital Region: relation with eating habits and perceived stress	Ishu Kataria
Consolation prize	Coordinated school health approach in Indian schools may prevent the occurrence of dual burden of malnutrition among school children	Rujuta K Desai
ORAL	Founder's Award: Food Science	
Award	'Nutrispoon'- a web-based service provider to facilitate and assess dietary intake In Indian population using pictorial portion sizes of Indian recipes	Ankita Gupta
Consolation prize	Development and sensory evaluation of bread prepared by using malted cereal-legume blends for elderly	Shilpee Gupta
ORAL	Swaran Padak: Experimental Nutrition	
Award	Impact of vitamin D supplementation on glycemic and lipemic profile in subjects with Type 2 diabetes: a randomized control trial	Arti Muley
Consolation prize	Newer strategy to combat obesity amongst the employees of corporate sector of urban Vadodara- insights into its mechanism	Aparna Assudani
ORAL	Free Communications	
1st Prize	Decrypting food labels for consumers with food allergies	Meenu Singh
2nd Prize	Impact of high protein concentration supplements at low feed volumes on serum albumin and length of hospital stay in nutrition therapy of patients with severe burns	Rohini Sharma
POSTER	Clinical Dietetics	
President's Award	Malnutrition can persist in patients with chronic pancreatitis even after pancreatic enzyme replacement therapy	Mrudula MR
Consolation prize	Dietary intervention for propionic acidemia	Jatana A
POSTER	Community Nutrition	
President's Award	Dietary practices, lifestyle patterns and nutritional status of emerging male adults in different living arrangements	Gupta M
Consolation prize	To evaluate the influence of stress and lifestyle on health and nutrition in it profession	Jejani A
POSTER	Food Science	
President's Award	Sugar content in fruit juices and carbonated sodas and their consumption pattern among college girls	Jatrana L
Consolation prize	A study on the use of aloe vera gel as a fat replacer in the preparation of cakes	Arya S
POSTER	Experimental Nutrition	
President's Award	Cinnamon supplementation with high fructose diet modulated fat metabolism by sirtuin 1(SIRT 1) and sterol regulatory element binding protein (SREPB1c) gene expression in Sprague Drawly rats	Dalwadi K
Consolation prize	A study on thermal stability of linseed oil blended with palm oil	Saini P

Nutrition poll results

My vision for IDA
- Sheela Krishnaswamy
Incoming President, IDA



IC: Now that you have been elected as President of IDA, what is your vision for IDA and dietetics in the coming years?

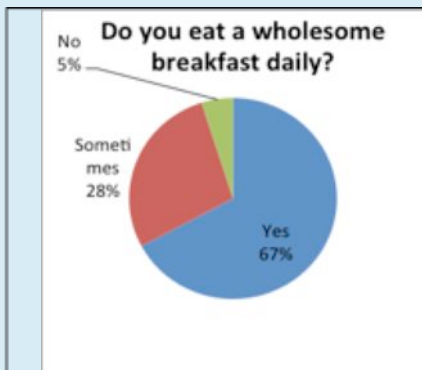
SK: I would like to see more visibility for IDA and more networking within IDA. As an organization of health professionals, we need to take the right nutrition messages to the community and run outreach programs to improve the nutritional status of our countrymen.

As for dietetics, bringing about standardization and uniformity in education and practice would be an important objective.

A nutrition poll was conducted on Days 1 and 2 at the conference on the following questions.

- ✚ Do you eat a wholesome breakfast daily?
- ✚ Do you exercise at least half an hour a day?

Poll results indicate that that out of 145 participants, 96 took a wholesome breakfast daily. However, only one-fourth of the 144 participants on the second day polled that they exercise for at least half an hour a day. These results highlight the need to focus on increasing physical activity among the participants of the conference who were primarily from the field of nutrition and dietetics.



Dietetics Day, 2105

Indian Dietetic Association will be celebrating Dietetics day on 10th January 2015. The theme for this year is

“A healthy girl becomes a healthy mother. Good nutrition is an investment like no other!”

48th IDACON - 2015

The next IDACON will be held in Bangalore on 19th -21st November 2015.

Editorial team

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INDIAN DIETETICS ASSOCIATION

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