Wimpfheimer-Guggenheim International Lecture: Opportunities for International Nutrition Work

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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
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

Central America bike trip*

Study Abroad

Spanish language*

BS & MS*

Nutrition Studies

1st overseas job*

Interaction with HQ staff

2nd overseas job*

University professors

US-based position with international projects*

ProPAN*

Current job in Colombia*

International consultancies*

International site for PhD*
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 ➔ 1st Overseas Job
Central American Bike Trip ➞ 1st Overseas Job

Photos: May Ewers Ludwig
Interaction with HQ Staff → 2nd 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

Map: 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)

– Conduct nutrition research at the intersection with food science
– Raise funding for research
– Supervise students completing theses or internships
– Manage staff
Personally Satisfying Work

Feeding Ambitions - improving childhood nutrition in Colombia
by CIAT Colombia
3 months ago

http://www.youtube.com/watch?v=w5oyFBqobpM
Nationally Relevant Work

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
- Omery 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
Brazil
Turkey
El Salvador
Italy
Cuba
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 1st 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.idealist.org](http://www.idealist.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

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
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!