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To our readers

Happy New Year! We are excited to share our latest news and updates.

We would like to congratulate IAEA Deputy Director General, Najat Mokhtar, on becoming Chair of UN-Nutrition!

Check out the recordings of our October meeting on using nuclear techniques to address nutritional challenges. Users of nuclear techniques will find lots of new information – from a community of practice to the certification of e-Learning courses to insights on capacity building.

We are also calling for members of the IAEA Body Composition Database Management Group. Share with us any nice photos or videos from studies using nuclear techniques. Read about the preparation of the new TC Programme Cycle and the launch of a new Master of Nutrition and Nuclear Techniques.

Would you recommend our newsletter? Let us know by responding to our poll.

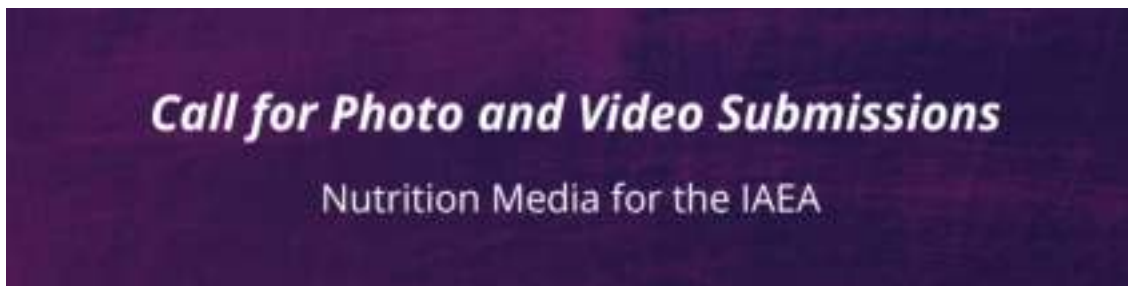
Best wishes for 2024,
Cornelia and the NAHRES team

News



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NAHRES organized a Technical Meeting last October which evaluated recent developments in nuclear techniques to address current nutritional challenges. The meeting provided valuable insights as to how nuclear techniques can be harnessed to better comprehend the causes and prevention of nutrition-related diseases, measure bodily functions and evaluate the efficacy of nutrition interventions. [You can listen to the discussions here.](#)



We need your help! To make NAHRES materials more engaging and effective, we would like to use photos and videos from real-life situations or simulations. Please keep reading if you or your team have creative ideas for engaging multimedia resources. Demonstrations of best practices and/or common mistakes of isotope procedures are especially welcome. [You can submit your photos and videos here.](#)



To support the new Body Composition Database, the IAEA is looking to form the IAEA Body Composition Database Management Group. The Management Group will oversee the Database in terms of submissions, requests, queries and any decisions related to variables and the use of data. To express your interest in being a part of the Management Group of the IAEA Body Composition Database, [please fill out this form.](#)





The new Technical Cooperation (TC) Programme cycle for 2026-2027 is now open. If you have an interesting project idea, please get in contact with the IAEA National Liaison Officer (NLO) in your country **immediately** as the deadline for submitting project outlines to the IAEA is **31 May 2024**. Your respective NLO will be able to provide guidance on the format and process. Please contact NAHRES (nahres@iaea.org) if you don't know who your NLO is or you need additional support and information.



Our comprehensive e-Learning course on body composition, featuring the deuterium dilution technique, is now available in French and Spanish. You can choose between the standalone module or the full course - the latter of which will award a certificate of completion after passing a final quiz. Engage with the content through quizzes, calculation exercises, and scenarios for an interactive experience and benefit from our expanded language support. [Check out the module here](#).



To expand the use and application of stable isotopes in human nutrition in low- and middle-income countries, the IAEA nutrition team launched a Stable Isotope User Group, with the continued support and contributions of subject matter experts globally. The user group has recently launched the "Ask the Expert" webinar series, which focuses on diverse nutrition-related topics. The next session is being planned for March 2024 to address infant body composition. [You can join it and participate in its activities here](#).

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Body composition of infants in the first two years of life

A series of papers have been published in the second half of 2023, in the European Journal of Clinical Nutrition, using the recently released work on the infant body composition reference charts from 0-24 months.

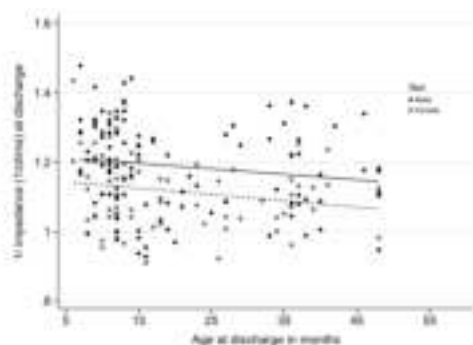
[Read one](#), [read two](#), [read three](#) >>



Greater male variability in energy expenditure through puberty

Activity and total daily energy expenditure, associated with many morphological and physiological traits combined, do exhibit greater male variation most prominently during the reproductive life stages.

[Read more](#) >>



Body composition in Ethiopian children after treatment for severe acute malnutrition (SAM)

Using whole-body bioelectrical impedance, experts have found that children maintained deficits in body composition 5 years after treatment for undernutrition, identifying the need for effective public health and clinical interventions for SAM.

[Read more](#) >>



Variations in temperature and humidity on the estimation of exclusive breastfeeding (EBF)

Simulations have shown that indoor humidity and temperature can impact the calculation of non-milk water intake. This underscores the need to carefully interpret the estimation of EBF based on the deuterium oxide dose-to-mother technique.

[Read more](#) >>



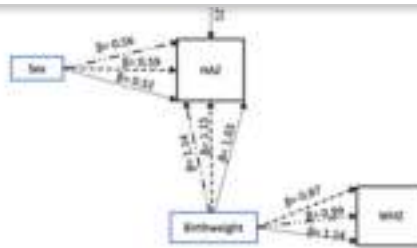
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Dissent in exclusive breastfeeding (EBF) in the first 6 months of life: A multi-country study in Asia

Agreement between maternal recall and the deuterium oxide dose-to-mother technique to classify EBF was low. Simplifying the protocol is needed for the method's wider use in evaluating EBF promotion programmes.

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Infection, nutrition and body composition at birth and at 6 months in South African infants

Based on study results, the authors suggest the importance of intensifying efforts to prevent infection in infants in the first 6 months postnatally. These efforts should concentrate on access to safely managed sanitation facilities.

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Multimedia



Nuclear in Nutrition Interview Series - Episode Two, Capacity Building

In this episode, experts talk about their experiences advising and training new groups on the use of nuclear techniques in nutrition. They discuss the IAEA's continued assistance in capacity building for nutrition and how the Agency can better support the needs of its' Member States. [Check it out here.](#)



Would you recommend our content?

[Of course](#) [Yes](#) [Maybe](#) [Not Really](#) [No](#)

Success stories



Paving the Way for Nutrition Action Using Nuclear Techniques

More than 40 international nutrition experts and specialists came together at the IAEA to review new methods and areas of nuclear applications for nutrition. In doing so, they identified nutrition research gaps and provided the Agency with concrete recommendations on how to better assist countries to improve nutrition through the use of nuclear techniques.

[Read more here.](#)



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Key Role of Nuclear Techniques in Assessing Protein Quality

An International Symposium on Dietary Protein for Human Health was co-organized by FAO, Wageningen University and the Riddet Institute, in cooperation with the IAEA. The symposium discussed ways in which stable isotope tracer techniques can measure protein quality and generate much-needed data on how well novel and underutilized food sources can meet protein needs. [Read more here.](#)



5th Federation of African Nutrition Societies (FANUS) Conference

A Master of Nutrition and Nuclear Techniques curriculum, powered by an IAEA-supported regional Technical Cooperation project across 22 countries, was officially launched on 21 November 2023 in Dakar, Senegal during the FANUS Conference. The curriculum aims to provide students with the skill set to use stable isotope and nuclear techniques in nutrition. [Read more here.](#)

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EVENTS



A new coordinated research project on long term iron absorption and loss during inflammation was initiated.

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NAHRES actively participated in several conferences and meetings in the second half of 2023.
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NAHRES Special



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who serves as the IAEA Deputy Director General and Head of the Department of Nuclear Sciences and Applications at the IAEA.



UN-Nutrition 2023 Newsletter, Issue Three. [Read more here.](#)

Read about the nutrition-related messages from the UN Climate Change Conference, COP28, and learn more about the key outcomes from the 51st session of the Committee on World Food Security.



With special thanks to H. Sedutto and S. Oenema,
UN-Nutrition Secretariat

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