

WISHH

World Initiative for Soy in Human Health

Enhancing human well-being through soy

April 2003

Welcome to the WISHH List. This electronic newsletter provides updates on the many activities of the World Initiative for Soy in Human Health (WISHH) Program. To save download time, we have embedded this issue and linked it to the WISHH website. Please email wishh@asaim.soy.org if you need the WISHH List sent to you as an attached file.

Inside This Issue...

- **WISHH offers many resources for nutrition and HIV/AIDS programs**
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International Experts Elevate Awareness of Importance of Nutrition in HIV/AIDS Responses

In the last four months, numerous experts made statements about the significance of meeting the nutritional needs of people with HIV/AIDS. On World Aids Day 2002, the International Food Policy Research Institute's Stuart Gillespie released, "The Nutritional Imperative in the War Against AIDS." It stated that, "**As the various battles against AIDS coalesce into a full-blown war—as they must, if the scale of the response is to match that of the pandemic—food and nutrition will need to be on the frontlines.**"

The Center for Strategic and International Studies (CSIS) HIV/AIDS leaders in February in Washington, D.C. where multiple speakers raised the topic of nutrition's role in the battle against HIV/AIDS. "**For those who are living with HIV, they need more energy and more protein,**" said Director of the United

WISHH Midwest Workshop Dates Set for August 13-15 in Illinois

Private Voluntary Organizations (PVOs) Can Get Hands-On Nutrition and Soy Experience

To provide ongoing educational opportunities about nutrition and the use of soy in food assistance, WISHH is hosting a Midwest Workshop for PVO staff to receive information and training on enhancing the nutrition in food assistance programs. The workshop will take place on August 13-15 in Illinois **go to page 2 for more details on the Workshop...**



Catholic Relief Services' David Macheria is launching a high-protein soy pilot project in Kenya using information he gained at the 2002 WISHH Midwest Workshop. Cooking with soy is a favorite component of the Workshop each year.

Experts on HIV/AIDS Nutrition cont.

Nation's (UN) Commission on HIV/AIDS and Governance in Africa Alex de Waal.

At the same event, WFP Executive Director James T. Morris said that, **“The evidence to support the value of integrating nutrition into response to HIV/AIDS is strong. Recent research has shown that nutritional status affects the progression of HIV in adults and the survival of HIV-infected individuals. Food is important to help ensure that treatment strategies work – many medications used for treatment of AIDS or opportunistic infections need to be taken on a full stomach.”**

Also in February, the World Health Organization (WHO) and the United Nation's Food and Agriculture Organization (FAO) released a dietary manual for people with HIV/AIDS. The groups stated that, **“Good nutrition is one of the easiest ways for the 42 million people worldwide who have HIV/AIDS to live better and potentially longer. Among other benefits, a good diet boosts the immune system, increases energy, maintains weight, supports drug treatments and prevents malnutrition.”**

The WISHH Workshop also provided opportunity for greater dialogue on HIV/AIDS and nutrition efforts when private voluntary organizations, government officials, farmer leaders and soybean processing representatives met on February 11-12 in Washington, D.C. They heard from HIV/AIDS speakers from the National Institutes of Health as well as government agencies and PVOs. There was increasing recognition that nutritional needs must be considered in food assistance programs for people with HIV/AIDS. **“Our government has taken an interest in the HIV/AIDS issue,” said World Vision Vice President Bruce Wilkinson at the workshop. “Food aid**

Midwest Workshop cont.



WISHH Midwest Workshop attendees visit soybean farms and processing facilities as well as participate in programs on soy product use.

From page 1... where PVOs can participate in sessions on easy-to-use soy products for food assistance, meet with industry representatives and tour processing facilities as well as farms where soybeans are grown.

Here's what previous participants have to say about the value of the Workshop...

"Working in international agricultural development and food aid for more than 20 years, I have come to recognize the importance of soy-fortified foods in feeding hungry children and their families around the world. However, the WISHH workshop that I attended last year at the University of Illinois really opened my eyes to the versatility of soy for ending malnutrition. Since that time, Counterpart has signed a memorandum of understanding with WISHH to use a variety of 'high-end' soy products (soy flour and soy isolates) in our U.S. Department of Agriculture school feeding program in Senegal. We intend to extend this productive relationship to our HIV/AIDS program in other countries where we will work together to mitigate the negative nutritional impact of this pandemic by fortifying local foods with high quality U.S.-produced soy products."

Thoric Cederstrom, Counterpart International

will be one of the resources to call upon.”

American Soybean Association members reinforced their commitment to providing soy as a resource for HIV/AIDS programs when they voted on priorities during their annual meeting on March 1. ASA delegates approved a resolution supporting U.S. government efforts to address the HIV/AIDS crises. They also expressed support for efforts to combat other devastating diseases, such as malaria and tuberculosis, where good nutrition is also key to improved health or recovery.

See page 4 for a list of WISHH HIV/AIDS Nutrition Resources

More on the Midwest Workshop...

“The exposure I got at the Midwest Workshop got us thinking about improved ways of using soy in our programs... I got to learn of various ways of preparing soy products that would be culturally acceptable. The fact that soy adopted the flavor of whatever it was cooked with was intriguing in that it would receive acceptability in any community.

David G. MACHARIA
Catholic Relief Services - Kenya Program

For more information go to <http://www.wishh.org>

Thanks to the Bayer Crop Science program and American Soybean Association (ASA), WISHH can share the information presented at soyfoods workshops with many other international groups. The ASA/Bayer Soybean Trade Expansion Program (STEP) funded video production and CD-ROM duplication for 500 sets of a 2-volume CD-Rom set. They offer video presentations, technical papers, recipes, and links to additional resources. Please go to <http://www.wishh.org> to request your copy of the CD-ROM set.

H.R. 1298 Calls for HIV/AIDS Programs to Address Nutrition

The House International Relations Committee approved on April 3 an important nutritional component in the “The United States Leadership against HIV/AIDS, Tuberculosis, Malaria Act of 2003” (H.R. 1298). The Bill authorizes the President's \$15 billion initiative to fight the global AIDS epidemic. It reads:

“In recognition of the fact that malnutrition may hasten the progression of HIV to AIDS and may exacerbate the decline among AIDS patients leading to a shorter lifespan, the Administrator of the United States Agency for International Development shall, as appropriate--

- (1) integrate nutrition programs with HIV/AIDS activities, generally;
- (2) provide, as a component of an anti-retroviral therapy program, support for food and nutrition to individuals infected with and affected by HIV/AIDS; and
- (3) provide support for food and nutrition for children affected by HIV/AIDS and to communities and households caring for children affected by HIV/AIDS.”

The Company, US Soy, Makes Inaugural Sale to Turkey

The US Soy Company set in motion a new international business relationship on January 23 when it loaded two shipping containers of high-quality food-grade raw soybeans at its Mattoon, Illinois headquarters. The containers went to Turkish firm HIPRO Company in Istanbul. ASA and WISHH consultants helped introduce US Soy and its products to Turkish companies and helped during negotiations of the agreement. “This is a new market for us,” says US Soy Sales Manager Ed Zimmer.

Soy Sale to Turkey cont...

HIPRO wanted the U.S. product because of its high quality. The company intends to market the identity preserved soybeans to Turkish food industries, including retailers, tofu producers, vegetarian restaurants and others. In addition to expecting more sales of raw soybeans to Turkey, US Soy is also sending samples of its processed products, such soy flour, roasted soy nuts and soy milk powder.

WISHH had presented soyfoods workshops at 2002 annual ASA Regional Soybean Conference in Istanbul. This year, WISHH is planning a series of three one-day workshops, one each on soy flour, Textured Soy Protein (TSP) and soymilk. In successful trials with a Turkish regional government and a food economist, WISHH has shown the suitability of soymilk blending with cow's milk for yogurt and cheese production. Turkey has a shortage of cow's milk so the soy addition is of great interest to food processors. Soy can bring more nutrition without changing the tastes or character of foods that are already well received in local foods

WISHH Resources for HIV/AIDS Nutrition

Since its formation in 2000, WISHH set out to identify greater roles for soy in the battle against HIV/AIDS. WISHH and its team of experts can provide technical support to international organizations that work to improve human health by integrating soy into sustainable nutrition programs, business development programs, and other market development initiatives. Resources from WISHH include:

- **WISHH technical consultants** can provide on-the-ground technical guidance as well as U.S.-based training and support. <http://www.wishh.org/resources/projtemps.html> provides templates for kinds of projects that WISHH can do with PVOS and non-governmental organizations. For further information, contact WISHH at email wishh@asaim.soy.org
- **The searchable HIV Literature Database** is online at http://www.wishh.org/hiv aids/hiv_database.cfm The content for this database covers research and reports of interest to persons or organizations who wish to explore more about the experiences and potential use of soy in human health. The primary topics covered include food research on the properties and health benefits of soy, nutritional issues in disease that may benefit from soy-based food intervention, and research on the use of soy and nutrition intervention to improve health in persons at high risk for malnutrition
- **The WHO/FAO dietary publication, "Living Well with HIV/AIDS:** A manual on nutritional care and support for people living with HIV/AIDS" is online at the WISHH website <http://www.wishh.org/hiv aids/publications.html> Soyfoods are among the strategies listed to improve the quality and quantity of nutrients in foods eaten to keep weight on people with HIV/AIDS. Recipes using local foods are presented that can readily be enhanced by adding versatile soy products such as soy flour and textured soy protein. See the WISHH recipe section at www.wishh.org for information on how to improve the protein content of these FAO/WHO recipes.
- WISHH offers an **online protein kilocalorie calculator** at www.wishh.org/humanitarian/economics.html To create a balanced diet, it is very important to have the minimum amount of protein in the diet. This calculator determines the cost of providing a pound of protein and 1000 Kcals to an aid recipient.

WISHH at Work

Washington Workshop Draws More than 70 Features Partnerships in Food Assistance as well as HIV/AIDS Symposium

More than 70 people took part in the WISHH Workshop on Feb. 12-13 in Washington, D.C. Representatives of PVOS, World Food Programme, the U.S. Agency for International Development (USAID), U.S. Department of Agriculture (USDA), soybean processors and farmer leaders joined WISHH in looking at successes with soy in international food assistance programs as well as explored new opportunities. The February 12 program included a panel discussion on partnerships. It featured USAID Director of Food for Peace Lauren Landis, USDA Foreign Agriculture Service General Sales Manager Kirk Miller, World Vision Senior Vice President Bruce Wilkinson and the World Food Programme's Gro Tjore. WISHH also hosted an HIV/AIDS Nutrition Symposium that included USAID Policy Analyst Rene Berger, International Food Policy Research Institute Senior Research Fellow Stuart Gillespie, and Food and Nutrition Assistance Technical Assistance (FANTA) Project HIV/AIDS Senior Programme Officer Eleonore Seumo. Daniel Raiten of the National Institutes of Health/National Institute of Child and Human Development also spoke about distinguishing between food insecurity and nutrition.

Soyfoods Luncheon is a Hit

The ASA featured WISHH as part of its first Soyfoods Luncheon program for Members of Congress on April 1. More than 300 people, including Members and Congressional staff, took part in the event that offered good tasting and healthy soyfoods made by leading chefs. White Wave, Solae, Soyatech, Inc., and the Soyfoods Association of North America (SANA) sponsored the event.



House Agriculture Committee Chairman Robert Goodlatte (R-VA) is interviewed during the ASA Soyfoods Luncheon where he and other Members of Congress heard about WISHH as well as domestic soy programs.

WISHH Team Action Update

WISHH Program Director Jim Hershey, Illinois Soybean Association Executive Director Lyle Roberts as well as WISHH consultants Anna Pavlova and Cade Fields-Gardner participated in the Center for Strategic and International Studies (CSIS) program "The Destabilizing Consequences of the Global HIV/AIDS Pandemic" in Washington, D.C. in late February.

In addition to making numerous visits to U.S. PVO offices, new WISHH Project Development Manager LeRoy Duvall made his inaugural overseas trip for WISHH in late January and February. Duvall met with Catholic Relief Services and food processors in Kenya. He also traveled to Uganda

for conversations with ACIDI/VOCA, USAID, World Food Programme and Catholic Relief Services. Duvall is following up with his Hot Loaf Bakery leadership in Kampala because the bakery is interested in using soy to bolster the nutritional content of their bread products. In South Africa, Duvall met with WFP and Humana People to People.

The National Soybean Research Laboratory (NSRL) hosted WFP associates Wafa Sidahmed and Rauf Yusupov in Illinois following the WISHH Washington Workshop in February. They received additional training in soy product use to build upon 2002 trials with soy flour and other products in Afghanistan, Pakistan and Tajikistan.

Organizers of the "Soyfoods Summit 2003" invited WISHH consultant Frank Daller to give a presentation on "Soyfoods in Developing Countries". While participating at the conference in February in Miami, Daller was also able to initiate research on opportunities in Central America for WISHH since many attendees and presenters were from that region.

WISHH HIV/AIDS Nutrition Advisor Cade Fields-Gardner has met in person in recent months with Washington, D.C. area groups, including Catholic Relief Services, Salesian Missions as well as USAID and FANTA at the Academy of Educational Development.

Coming WISHH Events

WFP Executive Director James T. Morris will provide the keynote speech at the agribusiness briefing on HIV/AIDS and nutrition that WISHH and the Illinois Soybean Association are hosting on April 16 in Chicago. CSIS African Program Director J. Stephen Morrison will speak along with Cade Fields-Gardner at the event. WISHH team members Pradeep Khanna, Anna Pavlova and Karen Edwards will participate.

In mid-April, Brian Harrigan of Malnutrition Matters heads to Zimbabwe and South Africa to install a SoyCow in Africare-led projects in each country. The systems will be set-up and local Africare and partner NGO staff will be trained on making a variety of soymilk -derived foods for use as a small business. Participants will also receive training on key business and marketing issues related to operating a SoyCow-centered business. After these installation and training sessions, Africare will have installed 10 SoyCows in 7 African countries, and will have indirectly led to a number of SoyCow shipments to other groups elsewhere in Africa.

WISHH team members Anita Parker, LeRoy Duvall and Anna Pavlova go to the USDA Kansas City Food Aid conference the week of April 13.

In early May, Megan Puzey of NSRL heads to Senegal to provide technical assistance to Counterpart International, which is implementing soy into their Global Food for Education program.

Want to know more about WISHH ...

Because of soy's important role in international diets, the United Soybean Board, state soybean organizations and the American Soybean Association support WISHH. To learn more about WISHH, go to the WISHH website at <http://www.wishh.org/> or email wishh@asaim.soy.org

