ANNUAL REPORT – 2019

PINES MAILING ADDRESS:

401 W. Michigan St,
Indianapolis, IN, 46202

PINES WEBSITE:

http://www.pinesnutrition.org
PINES BOARD OF DIRECTORS AND OFFICERS

The Board of Directors and Officers 2018-2019 term:

**President:** Fiona Pelly, PhD, APD, University of the Sunshine Coast, Queensland, Australia

**Vice President:** Hattie Wright, PhD, APD, University of the Sunshine Coast, Queensland, Australia

**Treasurer:** Jacque Scaramella, MS, RD, CSSD, United States Olympic & Paralympic Committee, Chula Vista, USA

**Secretary:** Nancy Clark, MS, RD, CSSD, FACSM, Sports Nutrition Services, Boston, USA

**Past President:** Susie Parker-Simmons, MS, RD, United States Olympic Committee, Colorado Springs, USA

**Memberships:** Shelly Meltzer, RD, MS, Sport Science Institute of South Africa, South Africa

**Communications:** Helen O’Connor, PhD, APD, University of Sydney, New South Wales, Australia

**Communications:** Kathryn Beck, PhD, NZRD, Massey University, New Zealand

**Education:** Louise Burke, PhD, APD, FACSM, Australian Institute of Sport, Canberra, Australia

**Education:** Petra Lundström, PhD Candidate, IOC Dip Sports Nutrition, dual MS, Swedish Sports Confederation, Sweden

**Sponsorships:** Aurora León, RD, IOC Dip Sports Nutrition, MS, AsDeporte, Mexico

**Sponsorship:** Morten Mørland, RD, IOC Dip Sports Nut, Norwegian Olympic Training Centre, Norway

**Partnerships:** Melinda Manore, PhD, RD, CSSD, FACSM, Oregon State University, Oregon, USA

**Partnerships:** Sharon Madigan, RD, PhD, Sport Ireland Institute, Ireland

**Executive Officer:** Rachael Thurecht, APD, PhD candidate, University of the Sunshine Coast, Queensland, Australia
The Board of Directors and Officers 2020 - 2021 term:

**President:** Fiona Pelly, PhD, APD, University of the Sunshine Coast, Queensland, Australia

**Vice President:** Hattie Wright, PhD, APD, University of the Sunshine Coast, Queensland, Australia

**Treasurer:** Jacque Scaramella, MS, RD, CSSD, United States Olympic & Paralympic Committee, Chula Vista, USA

**Secretary:** Nancy Clark, MS, RD, CSSD, FACSM, Sports Nutrition Services, Boston, USA

**Memberships:** Shelly Meltzer, RD, MS, Sport Science Institute of South Africa, South Africa

**Memberships:** Enette Larson-Meyer, PhD, RD, CSSD, FACSM, Virginia Tech, Blacks, VA, USA

**Communications:** Kathryn Beck, PhD, NZRD, Massey University, New Zealand

**Communications:** Petra Lundström, PhD Candidate, IOC Dip Sports Nut, dual MS, Swedish Sports Confederation, Sweden

**Communications:** Lachlan Mitchell, PhD, APD, University College Dublin, Ireland

**Education:** Floris Wardenaar, PhD, Arizona State University, Phoenix, USA

**Education:** Heidi Lynch, PhD, RDN, Point Loma Nazarene University, San Diego, USA

**Sponsorships:** Aurora León, RD, IOC Dip Sports Nut, MS, AsDeporte, Mexico

**Sponsorship:** Mark Kern, PhD, RD, San Diego State University, USA

**Partnerships:** Sharon Madigan, RD, PhD, Sport Ireland Institute, Ireland

**Partnerships:** Joanne Mirtschin, APD, AccSD, Australian Institute of Sport, Canberra, Australia

**Executive Officer:** Rachael Thurecht, APD, PhD candidate, University of the Sunshine Coast, Queensland, Australia
PINES GLOBAL COORDINATORS

Asia-Pacific: Daphne Wu, RD, IOC Dip Sports Nut, PhD, Hong Kong

Africa and Europe: Shelly Meltzer, RD, MS, Sport Science Institute of South Africa, South Africa

America’s: Catalina Fernández, RD, MA, IOC Dip Sports Nut, Costa Rica Olympic Committee

PINES GLOBAL REPRESENTATIVES

Asia-Pacific:

Australia: Lily Chen, MS, RDN, APD, FAND

India: Kinita Kadakia Patel, MS

Malaysia: Chai Wen Jin, IOC Dip Sports Nut

Singapore: Derrick Ong, APD

Taiwan: Karen Chia-Lun Lee, PhD

Africa and Europe:

United Kingdom: Sarah Chantler, RD, PhD candidate, IOC Dip Sports Nut

America’s:

Columbia: Johanna Ledesma, ND, IOC Dip Sports Nut

IOC SCHOLARSHIP Awardees 2019

Kim Abbott, New Zealand

Mercedes Muniz, Mexico
PINES Board is currently limited to 15 members. Officers must include a president, vice president, secretary and treasurer. Other officers can be appointed to the board and may include Strategic planning, sponsorship, partnership, network and education officers.
CURRENT STATUS OF MEMBERSHIP

Figure 1: Current breakdown of membership by country

Figure 2: Current breakdown of membership by profession and membership type
Figure 3: Membership by profession (Jan – Dec 2019)

Figure 4: New members by region (Jan – Dec 2019)
GROWTH IN MEMBERSHIP

Figure 5: Change in total membership July 2019 – April 2020

Figure 6: New members per month 2018-2020
Figure 7: Change in membership 2013 - 2020

* Data on different membership types (professional, student) are missing (thus column represented as a single total only).

Note that 2013 – 2016 includes Students of IOC Diploma. Thus 2015 is representative of breakdown of membership categories. Data for 2017 is not available.

Figure 8: Number of countries 2013 -2020

* Data missing for 2017 and 2018.
Table 1: Membership numbers over time

<table>
<thead>
<tr>
<th>Year</th>
<th>Total</th>
<th>Professional</th>
<th>Student</th>
<th># countries</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013</td>
<td>390</td>
<td>N/A</td>
<td>N/A</td>
<td>39</td>
</tr>
<tr>
<td>2014</td>
<td>445</td>
<td>N/A</td>
<td>N/A</td>
<td>26</td>
</tr>
<tr>
<td>2015</td>
<td>257</td>
<td>98</td>
<td>159</td>
<td>42</td>
</tr>
<tr>
<td>2016</td>
<td>406</td>
<td>N/A</td>
<td>N/A</td>
<td>50</td>
</tr>
<tr>
<td>2017</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
</tr>
</tbody>
</table>

Current executive (2018-2020)

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Professional</th>
<th>Student</th>
<th># countries</th>
</tr>
</thead>
<tbody>
<tr>
<td>2018</td>
<td>181</td>
<td>168</td>
<td>13</td>
<td>N/A</td>
</tr>
<tr>
<td>Apr-19</td>
<td>249</td>
<td>222</td>
<td>27</td>
<td>39</td>
</tr>
<tr>
<td>Apr-20</td>
<td>291</td>
<td>232</td>
<td>59</td>
<td>42</td>
</tr>
</tbody>
</table>

Statistics on membership is accurate as at time of preparing this report (April 2020).
**PINES PRESIDENT REPORT: Fiona Pelly**

We have reached the end of another year with continued growth and development of PINES. While this could be seen as a steady burn rather than a raging fire, we are definitely on the right trajectory.

Membership data shows that from 2018-2020, we have had a steady increase in across both categories of professional and student members (Figure 7). Unfortunately, we are now in an unprecedented global situation with the advent of COVID-19 and many countries (and thus members) will be impacted. I wish to pass on my personal best wishes to our PINES members during this difficult time.

This year marks the end of a two-year term for the current board. Some of our long-term members have decided to move onto other activities and I’d like to thank Louise Burke, Melinda Manore and Susie Parker-Simmons for their commitment to PINES over many years. They are all original members that helped establish PINES and have continued to support the organisation despite their own busy lives. While they will be greatly missed, I know that they will continue to offer their expertise and mentorship to any new members on the board.

Sadly, we lost one of our colleagues and a personal friend of mine Associate Professor Helen O’Connor who passed away from ovarian cancer in January 2020. Helen was integral to the development of sports nutrition both in Australia and internationally, and recently lead the re-invigorated communications committee. Please take the time to read the tribute to Helen on the following pages.

I would also like to acknowledge the work of ongoing board members and those that have put their hand up to contribute in new roles for a 2 year term. I look forward to the energy, enthusiasm and new ideas that all board members will contribute to further expand PINES. I’d also like to acknowledge the commitment of our executive (Jacque Scaramella, Nancy Clarke and Hattie Wright) and our hard-working executive officer Rachael Thurecht who has dedicated herself to all the administrative process for PINES in ensuring the continued smooth operation of our organisation.

All sub-committees have been busy with their various portfolios and the operational aspects of PINES to ensure divide of the workload is now in place. The communication committee has also been integral to our success in 2019 as they continue to ensure excellent quality articles and fact sheets are delivered are to the membership. Thanks again to Helen for her leadership with this group, and Kathryn (with support from Lachlan and Petra) for taking over the role from Helen when she became too unwell. Thanks also to Shelly and her team of global representatives and coordinators who ensure that the voice of PINES broadly into our sports nutrition communities. In 2020 they will be joined by Enette Larson-Meyer who brings her experience with Sports, Cardiovascular and Wellness Nutrition (SCAN) to this committee. Hattie has been busy establishing the future direction with the new members of the education committee and I look forward to their ideas on educational opportunities for PINES. The partnership and sponsorship committees have combined forces and will be looking at opportunities to expand their portfolio over the coming months as we look for new financial opportunities to support the running of PINES. I would like to thank Unit Nutrition who kindly provided financial support for our social event at the American College of Sports Medicine (ACSM) Annual Meetings in 2019.

In 2020, there were a number of events that PINES planned to have a presence at that have subsequently been cancelled due to COVID-19. Unfortunately, the ACSM Annual Meeting and PINES 10 Questions, 10 experts (10Q10E) session could not proceed, so we are looking at other educational opportunities for members such as recordings of this and previous sessions that may be available online. Prior to the cancellation, we had collaborated with the Nutrition Interest Group for ACSM in regards to the meeting, and we aim to continue building this relationship moving forward. I would to thank ACSM for their continued support of PINES. We also had a workshop accepted at the International Congress of
Dietetics in South Africa due to be held in September 2020. At the time of the report, we are unsure about what will occur in regard to cancellation and alternative offerings of this conference.

In 2019, PINES expert food provision review committee also undertook the review of the menu for the summer Olympic and Paralympic Games that was due to be held in Tokyo, Japan in July 2020. Thank you to all PINES members involved with this review. While the menu was released to teams in March 2020, subsequently the Olympic Games were delayed until 2021 due to COVID-19. This may provide us with future opportunities to comment on the menu before next year.

We also continue our ongoing relationship with the Japan Sports Nutrition Association and have been able to get articles translated for our Japanese members.

Given that we are entering into a new phase with a different board, I have reflected on our strategies to achieve our vision and mission from our 2018 strategic plan. Our overarching plan included the following:

1. **A platform for communication**: PINES provides an operational platform for professionals worldwide to connect and share experiences, opportunities and resources.
2. **Education opportunities**: Helping to identify and promote training and outreach through educational opportunities for students and professionals to enhance the delivery of nutrition for health and performance to active and athletic individuals.
3. **A community of practice**: Encouraging interactions among nutrition and exercise professionals, researchers, students and organisations to coordinate and advance evidence-based sports nutrition research and practice.
4. **Thought leadership**: Building evidence-based position statements, displaying thought leadership, and ensuring the organisation is recognized internationally.

While we have laid the foundations for achieving these goals in 2019, there is still work to do. In 2020, with the help of the new board, it will be time to review our strategic plan and increase our global reach. I look forward to the renewed energy and ideas that we all can bring. More now than ever, we need to globally support and connect with each other. Stay safe.
Dear PINES members, it is with much sadness that we pass on the news that one of the iconic leaders of our profession, Associate Professor Helen O’Connor, has passed away. Helen was a strong and significant leader of our profession, with incredible impact and reach. She was the inaugural President of Sports Dietitians Australia (SDA), from SDA’s inception in 1996 until 2000, and was a member of the PINES board also from inception until present. Helen was a visionary in her role in setting up SDA in Australia. She recognised the importance of building this organisation on strong foundations to ensure it could grow and develop and continue to raise the profile of sports dietitians both within Australia and internationally, and the importance of sports nutrition within professional and community settings.

She believed strongly in collaboration and this was showed in her negotiations in the early days with the Dietitians Association of Australia and Sports Medicine Australia to ensure that the formation of SDA had the support of both organisations. Helen was highly ethical and her diligence before making any directional decisions was admirable. Helen had an ability to hear different perspectives and negotiate to come to a common ground without losing focus on the ultimate goal. This shows her strength as a true leader.

Above all Helen was generous in so many ways and her focus was all about others, and creating opportunities for her fellow dietitians. This was particularly evident with the 2000 Sydney Olympic Games and how she was able to facilitate the involvement of Australian sports dietitians – giving them a career highlight, which to this day was a once-in-a-lifetime experience for so many. While many of us have brilliant ideas, it takes a person like Helen O’Connor to make them happen.

Stepping back from the SDA Presidency did not stop Helen from continuing to make important contributions to many sports nutrition professional activities. Helen was extremely talented at combining clinical judgement and experience into research questions, testing theories and ideas thoroughly, and answering relevant questions on behalf of the sports nutrition profession. Many of those questions no doubt came from her own work as a practitioner.

She was a pioneer of the profession, initiating performance nutrition services for the Australian Rules Football club the Sydney Swans back in 1986 and consulted to a number of other professional teams, including the Australian National Rugby League team, the Canterbury Bankstown Bulldogs, for 25 years. She also supported countless athletes like world Champion Australian boxers Kostya Tszyu and Jeff ‘the hitman’ Harding, and many elite athletes and teams including those at the NSW Institute of Sport. One of Helen’s claims to fame, as described in The Sydney Morning Herald...

Following his victory, viewers around the world listened as Harding publicly thanked O’Connor. “You don’t normally hear athletes thanking their nutritionist” she says. “I nearly fell over. I felt really satisfied that I’d been able to provide him with advice which had a positive effect.”

It’s fair to say that today, we are all benefitting from Helen’s work. Uniquely, Helen had the combination of great clinical engagement as a highly regarded Sports Dietitian, alongside an academic perspective from her role at the University of Sydney. She maximised that combination as effectively as anyone could; conducting ground-breaking, highly relevant and meticulously designed research in sports nutrition, energy metabolism and weight management. She was involved in well over a hundred
publications in journals, books and conference proceedings (not to mention many lay publications). Her recent major project work of assessing general nutrition and sports nutrition knowledge so that we can measure the impact of our work in sports, is incredibly valuable to us and will continue to shape our profession through the collaborative research Helen facilitated domestically and internationally. Helen invested significantly in this work over a decade, to provide the tools so needed in this field. A similarly valuable passion of hers was the optimal utilisation of body composition measures among athletes.

Helen was a mentor to many of the current leaders in sports nutrition and so many sports dietitians and students, past and present. Helen always had time for everyone. She took a personal approach with each individual and nurtured their specific gifts and talents in a way only Helen could, and again provided so many professional and career opportunities. She was a fierce advocate for the role of nutrition in sports, and her friendly, engaging and persuasive style worked wonders for representing what a great sports nutritionist or dietitian could bring to an athlete and to a sports program.

She recognised not only the physiological impact of nutrition on performance, but she also recognised and appreciated the psychological impact that the way in which nutrition support is delivered, can impact on the ability of an athlete to perform at their best. She fought hard to ensure that nutrition support was delivered in a way that best suited the athlete’s long-term health and wellbeing, while helping them to achieve their own goals.

More recently, Helen took on the role of leading the communication committee for PINES. With her usual commitment and drive for excellence, she established the PINES e-news to ensure credible and cutting-edge content is delivered to our membership every month. All of us who knew Helen, both personally and professionally, will miss her immensely.

Helen passed away due to ovarian cancer. Helen requested that respects paid via a donation to ovarian cancer research. A page has been set up for donations at https://protect-au.mimecast.com/s/imQ_CBNZK3UpoJ0BszoxeS?domain=ocrf.com.au. On behalf of the profession, PINES passes on our condolences to Helen’s family; husband Brad, and sons Nick (20) and Alex (16).
PINES VICE PRESIDENT REPORT: Hattie Wright

During this term all responsibilities were completed for the role of Vice President, such as actively engaging and contributing to Executive board meetings on strategic matters, reviewed International Olympic Committee (IOC) scholarship applications and developed a grant application form for Unit Nutrition. During 2019 I also contributed to a PINES workshop application at the 2020 International Congress of Dietetics (ICD) conference, however, unfortunately due to the Covid-19 pandemic this conference has been postponed. A final key activity was initiating the formation of a PINES Education committee after long-time board member Louise Burke stepped down from her Education Officer position. The initial meeting of the committee proceeded well and welcomed our new Education Officers, Floris Wardenaar and Heidi Lynch, to their position leading the Education committee.

Thank you to Louise for her support of PINES since the inception of the organisation in 2005 as Education portfolio holder. Her organisation and chair of the very successful the 10Q10E sessions at ACSM Annual Meetings, support through the IOC scholarships for PINES members, and other contributions is greatly appreciated. She’s played a pivotal role in promoting PINES through her networks. A warm thank you is also extended to Melinda Manore who has stepped down as Partnerships board member to PINES. Melinda has been an avid supporter and active board member since 2005. Melinda has been instrumental in advocating for PINES at various forums and contributed to all areas of PINES, she was instrumental in the success of the PINES 10Q10E session together with Louise. Both Melinda and Louise will be missed on the board but I’m sure we’ll still be in close contact on matters relating to sports nutrition. Finally, I’d like to thank our President, Fiona Pelly, for her continued hard work and commitment to PINES throughout 2019. Under her leadership PINES has gained new momentum and has been able to grow and maintain its membership.
MEMBERSHIPS: Shelly Meltzer

Memberships was included as a new board position in the 2019, and I took up this role in August 2019. The main activities linked to this portfolio are summarized as follows:

1. To gain an understanding of how PINES can grow globally and organisational membership, a survey on credentialing and training in different countries (and thus the relevance of PINES) as well as cost of memberships was compiled and distributed through the current PINES network.
2. In an effort to grow membership, a workshop under the auspices of PINES was designed for the ICD Conference 2020, targeting all dietitians interested and/or working in sports nutrition at all levels of performance, with the aim of providing the opportunity to share experiences, develop tools and resources, and extend the global network and visibility of evidence-based sports nutrition practice. This was accepted and the title of the workshop is “Sports Nutrition – through a wide-angle international lens”. For now, plans for the Conference are still underway, but could possibly change as a result of COVID-19.
3. Assisted with the promotion of PINES through International Sport and Exercise Nutrition Conference (ISNEC).
4. Working closely with the communications committee (especially Helen O’Connor) in coordinating and attaining material for the E-News from global and regional coordinators. Content included factsheets and biographies.
5. We asked new members in 2019, what is the greatest benefit they want from membership? The responses will be valuable for guiding which future directions and promotions.

Going forward it is going to be valuable to have an additional officer position added for the memberships portfolio and we welcome Enette Larson-Meyer (USA) to this role for 2020. Together with the global team we will continue to explore ways to encourage global membership growth.

Table 2: What is the greatest benefit PINES membership can offer you?

<table>
<thead>
<tr>
<th>Theme</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Learning</strong></td>
<td></td>
</tr>
<tr>
<td>Responses mentioned research, information, resources, education, professional development, knowledge and updates on supplement protocols</td>
<td>177</td>
</tr>
<tr>
<td><strong>Togetherness</strong></td>
<td></td>
</tr>
<tr>
<td>Responses mentioned networking, community, collaboration, connection to leaders, involvement.</td>
<td>133</td>
</tr>
<tr>
<td><strong>Opportunities</strong></td>
<td></td>
</tr>
<tr>
<td>Responses mentioned opportunities for jobs, research and board membership, notification/information on conference and events.</td>
<td>37</td>
</tr>
<tr>
<td><strong>Recognition</strong></td>
<td></td>
</tr>
<tr>
<td>Responses mentioning recognition as a professional and having membership for credible association.</td>
<td>5</td>
</tr>
<tr>
<td><strong>Promote sports nutrition in home country</strong></td>
<td></td>
</tr>
<tr>
<td>Three members were joining for the benefit of prompting the sports nutrition profession or evidenced-based sports nutrition practice within their home country. These members were from Taiwan, Philippines and Morocco.</td>
<td>3</td>
</tr>
</tbody>
</table>

Stats on membership information has been included below. Summary accurate as report production (April 2020).
COMMUNICATIONS: Helen O’Connor and Kathryn Beck

The communications committee wants to acknowledge the hard work and dedication of our previous chair Associate Professor Helen O’Connor (Australia) who sadly passed away in January 2020. Helen provided wonderful leadership and direction for the communications committee and it is the wish of the current members to continue to develop the platform Helen had set in place so well.

The communications committee continues with into 2020 with Kathryn Beck (co-chair, New Zealand), Nancy Clark (US) and Rachael Thurecht (Australia) with the addition of two new communication officers Lachlan Mitchell (co-chair, Ireland/Australia) and Petra Lundstrom (Sweden). We would like to thank Annalise Jefferies and Lily Chen for their assistance with PINES social media in 2018/2019 and welcome Caitlin Edmonds (Australia), who has taken the lead on social media co-ordination at the beginning of 2020. The communications committee meets monthly via Zoom. Our key forms of member and wider community communication are an E-newsletter (E-News), content for the PINES website and social media.

The E-News is produced monthly, however, occasionally when there is lots of content to communicate the E-News is split into a part-one and part-two. We aim to include three articles per month which are sent out to members. The type of articles includes feature articles, feature interviews, international factsheets, app road tests, case studies, conference previews, conference reports, research updates, etc. We also include links for new conferences, courses, workshops and job opportunities as well as upcoming international sporting events. Statistics show 60-70% of members are opening the E-News each month (see figure). The highest read/clicked on article was ‘Implications of low energy availability on iron regulation’. The E-News content is also available on the website.

![Figure 9: Percentage of E-News recipients who opened the email and clicked a link.](image-url)

In recent times, we have been able to make our communication more global. For example, with the assistance of Akiko Sato and the Japanese Sports Nutrition Association (JSNA), we have been able to
start getting PINES articles translated into Japanese. The communication committee has solicited and published seven international food factsheets to date, with several more planned for 2020.

Our second main form of communication is through social media. We post on both Facebook and Twitter three to four times a week. Currently, there are 3,473 people following the PINES Facebook page and 2,420 following PINES on Twitter. The committee is planning on expanding our social media presence by creating an Instagram account. This is still in the initial planning stages as we gather a bank of photos from board members to have enough content to launch mid-late 2020. Once the Instagram account is established the committee would like to invite members to submit photos they want to share from their own practice or research. We hope that this will foster a sense of community and involvement which members have expressed as a key benefit they would like to get out of their PINES membership.

As always, we need content to distribute and ask board members and our global connections (coordinators and representatives) to assist our committee with providing engaging, evidence-based information and emerging research updates that we can share with the membership. Thank you to all who have contributed content and thank you to all members of the communications committee who work extremely hard every month behind the scenes to ensure PINES stays globally connected.
EDUCATION: Louise Burke and Petra Lundström

The main activities undertaken by the education committee for 2019 were organising the session. In collaboration with Melinda Manore the Education Officers organising the 10Q10E session which was held at the 67th American College of Sports Medicine (ACSM) Annual Meeting. The session theme was Myth Busting in Sports Nutrition, co-hosted by Nancy Clark and Louise Burke. This year these presentations were recorded by ACSM and are being developed into vignettes. We aim to collaborate with ACSM to make these vignettes available to PINES members in 2020.

During the second half of 2019 planning commenced for the 10Q10E session for ACSM 2020. Unfortunately, the Annual meeting for 2020 has been cancelled due to Covid-19 pandemic and plans for the 10Q10E session have been placed on hold. We are currently waiting to learn from ACSM leaders if they plan to move the entire program that was planned for 2020 to 2021 (in which case the content developed for the 10 Questions session will be postponed until 2021). This depends in part upon if Dr. Kevin Hall will be presenting in person at ACSM 2021. He was supposed to be presenting at ACSM 2020 and he would also be a featured speaker for PINES. If this happens, PINES will likely do a virtual event this year (2020) and hold the planned content for 2021.

An additional activity undertaken by the committee was reviewing an application for a sports nutrition course to be listed on the PINES website. The application from the Institute of Performance Nutrition (IOPN) was reviewed and approved for listing their Diploma in Performance Nutrition on the website.

Ending 2019 Petra and Louise have both moved on from their education roles and have welcomed the new Education Officers for 2020, Floris Wardenaar (USA) and Heidi Lynch (USA). Long-time member Louise Burke will be standing down from her PINES board position, while Petra Lundström will be moving into a Communication Officer position for her next term. We express our thanks to both members for their commitment and service to PINES and in all that they have achieved for the education of the PINES membership.

For 2020 and 2021, the education committee will continue with evaluating sport nutrition courses applying to promote on the website and assisting with the 10Q10E session at the next ACSM Annual meeting (either virtually in 2020 or moved to 2021). Education, research updates, evidence-based information and professional development opportunities are key benefits the PINES members would like to get from their membership. The Education Officers are planning a new initiative for 2020 with an aim to provide delivery of these benefits. The new initiative will showcase student research in sport nutrition. This will be a shared place online to highlight work by undergraduate and graduate students who are mentored by PINES faculty in order to facilitate dissemination of research results quickly and more widely, especially for the sake of members who may not have access to published journal articles.
SPONSORSHIP: Aurora León and Morten Mørland

In 2019 PINES had one sponsor and during this time met all requirements for the sponsorship agreement with Unit Nutrition. PINES thanks unit Nutrition for their continued support which has helped the organisation host a social event for members at the 2019 ACSM Annual meeting.

Ending 2019 Morten Mørland has moved on from his sponsorship roles with PINES. We express our thanks to Morten for his service to PINES. Continuing in 2020 is Aurora León (Mexico) and new Sponsorship Officer Mark kern (USA) who plan to collaborate with the Partnership Officers to formulate a combined Sponsorships and Partnerships Committee to enhance the support and productivity of Officers. Key goals for the 2020 Sponsorship and Partnership Committee include developing criteria that can be used for establishing sponsors and partners as well as developing strategies that will entice sponsorship of PINES. The 2020 Sponsorship and Partnership Committee will leverage existing strengths of PINES including volunteers, social media, the website and E-News to develop and maintain sponsors and partners.
PARTNERSHIP: Melinda Manore and Sharon Madigan

In 2017, the Academy of Nutrition and Dietetics subgroup SCAN signed a PINES Partnership Memorandum of Understanding (MOU). Since the signing of this document, Melinda has worked with SCAN representative, Dr. Elizabeth Abbey, to brainstorm ways PINES and SCAN could work together on collaborative efforts. Elizabeth has stepped down from this role and is the incoming President of SCAN. She has been replaced by Linda Samuels, MS, RD, CSSD. Linda took over this role in April 2019. The two year memorandum has now expired, and we need to determine if PINES wants to review this agreement. Our collaboration over the last two years (2018-19) are years are bulleted below:

- PINES had a booth at the 2018 SCAN Symposium in Colorado Springs, Colorado.
- Manore gave an overview of PINES at the 2019 SCAN Symposium in Phoenix, AZ to all SCAN attendees and talked about SCAN’s relationship with PINES and invited people to the ACSM PINES 10Q10E session.
- Each organization has shared web links on their web sites.
- Each organization shared newsletter articles that were posted on the web sites. SCAN sent newsletter items for PINES and vice versa.
- PINES and SCAN have shared their mutual symposium announcements via email blasts and posts on the websites. PINES 2019 Symposium was held at ACSM Annual Meeting in Orlando, May 2019; the SCAN Symposium was held in Phoenix, Arizona, April, 2019. PINES information will be shared at the SCAN Symposium by PINES members. We have not shared this information for 2020 since the SCAN Symposium and the ACSM Annual Meeting have been cancelled.
- Nancy Clark (both a SCAN and PINES member) is co-hosted the 10Q10E session at ACSM. Thus, members are sharing expertise. Nancy is also a PINES Board member. Nancy is donating her time on behalf of SCAN and PINES. This was the plan for 2020 as well. Melinda Manore and Louise Burke were planning the symposium, and Nancy was doing to host with Louise Burke. Melinda was speaking at the PINES symposium, she is also a SCAN member.

Below are bulleted some future ideas for collaboration with SCAN:

- PINES submit a program proposal to the SCAN 2020 Symposium. This did not occur. Helen O’Connor and Melinda Manore were going to submit a proposal, but this did not occur since neither were sure we could attend. The meeting was eventually cancelled, but this is a great idea for 2021.
- PINES continue to include a SCAN member in future 10Q10E sessions.
- Continue to cross advertise research and educational events, web links and educational materials between the two organizations.
- Continue to share PINES materials on the SCAN list serve and vice versa.

Summary, the SCAN partnership has been successful due to the diligence of a few people, including Nancy Clark and Elizabeth Abbey. I would like to thank them for their hard work. Continuing to engage active SCAN members with PINES can help continue this partnership. We now need to engage SCAN again to see if we want to renew our partnership.

It might be time to consider partnership with other organisations, such as the European College of Sports Science (ECSS) and explore any opportunity for a PINES event at the future congresses of ECSS in
Glasgow, 2021. Submitting a PINES symposium to these meetings with PINES members who typically attend might be possible.

Ending 2019 Melinda Manore has moved on from her partnership role with PINES. We express our thanks to Melinda as a long-time PINES member and appreciate her commitment and service to PINES. Continuing in 2020 is Sharon Madigan (Ireland) and new Partnership Officer Joanne Mirtschin (Australia) who will be
GLOBAL COMMUNITY

ASIA-PACIFIC REGION: DAPHNE WU

For 2019 there was one global coordinator and four global representatives in the Asia-Pacific region, covering the mainland China and Hong Kong, Singapore, Malaysia, India and Taiwan. The activities conducted by the coordinators and representatives have been summarised below for each area.

China and Hong Kong:
There remain connections with academic programmes related to nutrition and sports in two main universities in Hong Kong. The PINES membership survey and the PINES website were promoted to these universities as well as Hong Kong Sports Institute Dietitian and Hong Kong Nutrition Association. A sport dietitian of China national team was contacted, and information was shared for further distribution. The global coordinator, Daphne Wu, also encouraged the connected persons to promote the survey and PINES website through their networks. An international food factsheet on the food culture in China and Hong Kong was drafted and provided to the communication committee for use in a future E-News.

Taiwan:
The Taiwan Society of Sports Nutrition (TSSN) held a meeting in 2019 and is planning a national conference in December 2020. The representative, Karen Chia-Lun Lee, is continuously announcing PINES information to friends and members of the TSSN.

India:
The representative, Kinita Patel, regularly posted about PINES on her social media platforms (Facebook, Instagram, Twitter and LinkedIn) that having approximately 16k followers on Twitter & Instagram and around 33k on her Facebook page. Any inquiries Kinita received were forwarded to the PINES website. Kinita promoted PINES during the ACSM Nutrition & Fitness Symposium, created videos on social media to encourage membership, forwarded PINES emails to student database to promote membership and got the Exercise Science Academy [approved by ACSM] to share the posts. Kinita was also able to forward some potential sponsors for PINES which were passed on to the appropriate board members. A final contribution was an international food factsheet on the food culture in India was also drafted and provided to the communication committee for use in a future E-News.

Singapore:
The representative, Derrick Ong, promoted PINES to local network of Singapore Nutrition and Dietetics Association (SNDA) as well as sports nutrition interest group and staff members of Sport SG.
AFRICA AND EUROPEAN REGIONS: SHELLY MELTZER

Africa:

As the coordinator for the Region, I continued to promote PINES in SA through existing networks, also making contact with potentially persons in other African countries. There have been a number of requests for mentorship, and this should be explored. An ongoing challenge is to grow membership in the current economic climate so exploring membership options is important. An International factsheet on dining in South Africa was prepared and going forward the idea is to get contributions from other African Countries.

Europe:

As the regional coordinator, Sarah Chantler has continued recycling and sending on of all PINES social media posts through her own channels. She also completed her own biography for the PINES profiles. She is following up on some contacts in Europe in terms of extending the network.
AMERICA’S REGIONS: CATALINA FERNÁNDEZ

August 2019 the Global Coordinator for the America’s region was transitioned from Nuwanee Kirihennedige (USA) to Catalina Fernández (Costa Rica). We would like to thank Nuwanee for her service to PINES in her role and would like to welcome Catalina as the new coordinator.

The activities from late 2019 and plans for 2020 are summarised below for the America’s region. Promotional actions taken include:

- Development of international food factsheets for Mexico and Costa Rica
- Catalina has promoted PINES through talks to advanced nutrition students and international dietitians, students, coaches, through an online sports nutrition conference.
- Promotion of PINES through personal communications with Latin American colleagues at events, such as the Pan American Games Lima 2019.

Over PINES history the membership and engagement from the America’s region has primarily focused on North America, with low participation and not much being developed for countries in South America. To address this gap the following strategic plan has been proposed for 2020:

1. **Increasing the number of representatives for “Team America”**: the idea is to have a team or global representatives in North and South America to cover the continent so we can have more information about activities/opportunities to increase the number of members and participation or naming of PINES in these events.
   Communications have been held with Johanna Ledesma (global representative, Mexico), but also with Renata Altamirano (Mexican RD who lives in the US and works as a contractor at the United States Olympic Committee). At the time of writing both contacts are informed about the strategic plan and willing to work to fulfil it.

2. **Expand the international factsheets for our region**: Colombia, Guatemala, Puerto Rico, Peru and Venezuela.

3. **Creating a directory of sport dietitians from America working in national entities** (i.e. institutes of sport, Olympic Committees, Sport Ministry) with their basic information like: name, country of residence, institution, email, phone, sports they work with, etc.

4. **Start communications with the Mexican Sports Nutrition Federation** to explore different actions we might have together.

5. **Develop a PINES online sports nutrition conference for Latin America**: the idea comes after participating in a similar event that took place April 3rd, 4th, 9-12th (2020) through Zoom that included 25 speakers from Mexico, Colombia, Venezuela, Chile, Argentina, Spain and Costa Rica (Catalina). It was an initiative and personal effort from MSc. Paola Rodriguez (Venezuelan RD taking her PhD in Stirling University) where up to 3000 people showed interest and 700+ were connected at the same time for the talks.
   This event showed the growing interest in sports nutrition in the region and, during the COVID-19 pandemic, virtual platforms have shown to be a reliable resource to provide education opportunities and a way to share and connect internationally with others – all key pillars of PINES mission and vision.
TREASURER REPORT: Jacque Scaramella

PINES saw a small gain in finances over 2019 ($1358), which is almost a $5,000 improvement from the end of 2018. Our biggest sources of income besides annual membership dues are the continued sponsorship support from Unit Nutrition and the organizational membership from Japan’s Sports Nutrition Association. This sponsorship agreement helped us host our Annual Reception during ACSM’s annual conference, as well as help offset some of our operating costs. Our Annual Reception is also our biggest expense of the year and we greatly appreciate Unit Nutrition’s continued support in order to help us provide a nice benefit to our members. Our other main recurring expense is our bi-annual honorarium payments made to our executive officer. This continues to be an essential volunteer-based role and further income would help us provide a more appropriate honorarium for the time and effort put forth by this position to help PINES run more effectively and efficiently.

PINES made some significant cost savings in expenses this year by finishing our last hosting payment (in January 2019) with DW Rome and transferred service over to BlueHost. This change will save us $2,500 or more per year and will help us reduce possible bandwidth limit overage charges. Additionally, we changed our credit processing service from Paymentech to Stripe on January 2019. This service is a bit less economical than Paymentech (~$10-15 more per month) but provides better integration with our website and offers more compatible international service, as well as proper software for managing transactions. In a continued effort to make updates to the website for the benefit of our members, we have had ongoing website redesign expenses throughout the year. However, at the beginning of 2019, we switched our website redesign developer to a more economical U.S. based source to limit additional fees from foreign transactions. We expect small ongoing expenses for updates to the website through the future, but nothing too significant financially.

With the establishment of a variety of new subcommittees working collaboratively towards finding new opportunities for growth, we are hopeful our membership base and financial structure will continue to grow as we broaden our offerings. Our new sponsorship and partnership subcommittee in 2020 will hopefully help to increase our income streams through a deeper network of partnerships and committed sponsors. Additionally, we are working with our global representatives to help foster deeper relationships with other countries in an effort to further build upon our organizational memberships. All of these efforts are being undertaken to increase our membership base to help cover our operating costs and executive officer position.

Thanks again to Tim Calvert for preparing the financial statements for PINES and ensuring our ongoing compliance with accurately recording of our financial activities.
### PINES

#### Summary Income Statement

*For the twelve months through January 1 to December 31, 2019*

<table>
<thead>
<tr>
<th>Ordinary Income/Expense</th>
<th>Income</th>
<th>Expense</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><em>Membership Dues</em></td>
<td>$7,303</td>
</tr>
<tr>
<td></td>
<td><em>Reception Income</em></td>
<td>$5,645</td>
</tr>
<tr>
<td><strong>Total Income</strong></td>
<td><strong>$12,948</strong></td>
<td><strong>$11,590</strong></td>
</tr>
<tr>
<td><strong>Net Ordinary Income</strong></td>
<td><strong>$1,358</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Net Income</strong></td>
<td><strong>$1,358</strong></td>
<td></td>
</tr>
</tbody>
</table>
# PINES
## Balance Sheet
### December 31, 2019

<table>
<thead>
<tr>
<th>ASSETS</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Current Assets</strong></td>
<td></td>
</tr>
<tr>
<td>Checking/Savings</td>
<td></td>
</tr>
<tr>
<td>Chase Bank 3369</td>
<td>$22,855.45</td>
</tr>
<tr>
<td>Total Checking/Savings</td>
<td>$22,855.45</td>
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<tr>
<td>Other Current Assets</td>
<td></td>
</tr>
<tr>
<td>Petty cash</td>
<td>$21.19</td>
</tr>
<tr>
<td>Total Other Current Assets</td>
<td>$21.19</td>
</tr>
<tr>
<td><strong>Total Current Assets</strong></td>
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<tr>
<td><strong>Fixed Assets</strong></td>
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<tr>
<td>Accumulated Depreciation-Website</td>
<td>($733.00)</td>
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<tr>
<td>Website</td>
<td>$2,223.04</td>
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<tr>
<td><strong>Total Fixed Assets</strong></td>
<td>$1,490.04</td>
</tr>
<tr>
<td><strong>TOTAL ASSETS</strong></td>
<td>$24,366.68</td>
</tr>
</tbody>
</table>

| LIABILITIES & EQUITY           |        |
| **Equity**                     |        |
| Unrestricted Net Assets        | $23,008.56 |
| Net Income                     | $1,358.12 |
| **Total Equity**               | $24,366.68 |
| **TOTAL LIABILITIES & EQUITY** | $24,366.68 |