

# 4th Quarter Update

2021



## Membership Renewal

Thanks to the support of our members, 2021 was a busy, productive year for the WNF. In addition to publishing the Health Technology Assessment - Naturopathy (HTA), we published three reports (Rapid Reviews, Naturopathic Educational Programs and Technology Enhanced Education). Our volunteer driven committees and Regional Support Groups remained active. Looking ahead to 2022, two of our key priorities are disseminating the HTA to policy makers and working with naturopathic educational institutions in preparation for updating the WHO Benchmarks on Training in Naturopathy.

Our membership numbers have remained steady throughout the pandemic. There has been significant interest in Educational applications and sponsorship has shown strong growth in the past 18 months.

Membership renewal letters will go out early in the new year, followed by a PayPal invoice (our preferred method of payment) in early February. If you have any questions about your WNF membership, please contact us. We look forward to your ongoing support and count on your membership to ensure naturopathy continues to be recognized on the world health-care stage.



## Health Technology Assessment - HTA

The HTA - Naturopathy was created to provide an evidence-based summary of naturopathic practices and the outcomes of naturopathic care. It's aim is increasing recognition (especially by government) of the naturopathic profession. The HTA's launch will occur in three phases:

1. **Sneak Preview:** This current phase is to provide members with a look at the Health Technology Assessment (HTA) - Naturopathy.
2. **Official Launch:** Once we have the hard copies of the book (late January/early February), several events will be organized to officially inform the greater naturopathic community. Social media will play an important role, and we encourage members to share the posts.
3. **Release to Government:** Look to the WNF for effective ways to support your efforts increase government recognition of the naturopathic profession in your country.

Please take our Government Relations Survey! This 4 minute survey will help inform the WNF on how we can assist you with your government relations efforts in utilizing the Health Technology Assessment on Naturopathy. Here is the link.



## Rapid Reviews Update

Interest in the World Naturopathic Federation's COVID-19 Rapid Review Special Issue published in Advances in Integrative Medicine in 2020 has continued into 2021. Two additional rapid reviews started as part of the WNF project but not completed in time to publish in the Special Issue have since been published. The first, a rapid review of honeybee products (e.g., honey, propolis) was published in January 2021 in the journal Integrative Medicine Research (access it here). The second is the completed rapid review of zinc of which the team published in draft in the Special Issue with the final version published in BMJ Open this month (access it here). Both reviews are among the top 5% of research outputs attracting interest globally, through engagement on Twitter and publication in online news outlets. Our original Rapid Reviews have also continued to generate interest in the research community, including:

- **Vitamin D review:** used to inform a detailed meta-analysis of the potential for vitamin D supplements to treat SARS-CoV-2 positive patients
- **Echinacea review:** informing a recent blog in Medical Daily "12 Best Immune Booster Vitamins and Supplements for COVID-19 and Flu", and included in a research article overviews potential therapeutic and preventive interventions for COVID-19
- **Multivitamins review:** referenced in a study that found an association between women taking multivitamins and their likelihood of SARS-CoV-2 infection.
- **Elderberry (Sambucus nigra) review:** identified in a study reporting the development of a new natural health product to boost immune competence and sports performance.
- **Quercetin review:** included in a study of potential immunonutrient-based supplements treating COVID-19 via ACE-2 inhibition

When combined with the reach and impact of the Reviews in 2020, this last year of activity shows how our earlier efforts continue to contribute to the global response to COVID-19.



## Environmental Health Committee

The Environmental Health Committee is currently working with the WNF Communications Committee on a public education, social media campaign about toxic pollutants, the effects of these pollutants on health and what each person can do to protect themselves. This 2-year campaign (two posts a week, 8 weeks per topic, on our 4 platforms) has reached over 25,000 people since last August. Please help us by sharing the messages widely through your channels.

The campaign began with food, including the effects of processed food on health, how additives to food affect children's health, and the effect of sugar on health. It continues with the effect of EMFs on our lives.

## Communications

The Communications Committee explored a strategy for the launch of the Health Technology Assessment on Naturopathy in 3 phases - the WNF will keep you in the loop on such activities. If you plan your regional launch events the WNF is there to support. The Environmental Health Campaign running since summer has had a broad engagement to our community on social media with 160 posts that had 35,000 reaches to date.

## Membership

The recent activity of the Membership Committee was proofing the criteria on a number of programs that applied for educational membership. The WNF keeps on focusing on membership growth by working closely with other committees, regional support groups and members to investigate the landscape of naturopathic associations and schools that would like to join the WNF.

## Naturopathic Books

The WNF's Comprehensive Listing of Books Written by Naturopaths / Naturopathic Doctors, was originally published in 2019 and updated in 2020. To stay current, we encourage you to review the list and let us know if we are missing any new publications. Please contact us with any new additions/omissions.

## Website

The WNF website has been updated to ensure tighter security and to provide more flexibility in design. We do recognize that some members were having challenges with the member's login feature and the donations feature. These have all been fixed. If you have any questions, please contact us.

