



Release of updated International Dysphagia Diet Standardisation Initiative Framework (IDDSI 2.0)

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Title:

Release of updated International Dysphagia Diet Standardisation Initiative Framework (IDDSI 2.0)

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Author Disclosures:

All authors are current members of the IDDSI Board of Directors.

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The IDDSI Board of Directors is a group of volunteers who do not draw a salary from IDDSI. They are offer their knowledge, expertise and time for the benefit of the international community.

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Abstract:

This letter informs readers of the release of the updated International Dysphagia Diet Standardisation Initiative (IDDSI) Framework (Detailed Definitions) and Testing Methods documents, as of July 31, 2019.

Letter:

Dear Editor,

The International Dysphagia Diet Standardisation Initiative (IDDSI) was founded in 2013 with the goal of developing new international standardised terminology and definitions to describe texture modified foods and thickened liquids used for individuals with dysphagia of all ages, in all care settings, and all cultures. Three years of work by the International Dysphagia Diet Standardisation Initiative Board of Directors culminated in the 2016 release and 2017 publication of the IDDSI Framework, consisting of a continuum of 8 levels (0-7), which are identified by numbers, text labels and color codes (Cichero et al., 2017).

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3 As of July, 2019 there has been widespread uptake of the IDDSI Framework around the world. Several
4 countries have formally announced decisions to move from previous terminology to the IDDSI
5 Framework, including, but not limited to New Zealand, the United Kingdom, Australia, Canada, the
6 United States of America, Israel, and Ireland. Official translations of the 2016 Framework documents
7 are available or in preparation in 28 languages other than English (<https://iddsi.org/translations/>). Labels
8 on commercially manufactured products for people with dysphagia are currently in a process of
9 transition, with many products displaying dual labelling using both previous and IDDSI terminology.
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14 As implementation of the IDDSI Framework grows around the world, there have been many questions
15 from different stakeholder communities including clinicians, patients and their caregivers, food service
16 professionals, government regulatory bodies, researchers, and industry. These questions have provided
17 opportunities for clarification and refinement and have prompted:
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- 20 • the development of resources to facilitate implementation (<https://iddsi.org/resources/>), such
21 as audit tools for testing and consumer handouts intended for both paediatric and adult user
22 groups;
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- 24 • a frequently-asked questions area on the IDDSI website (<https://iddsi.org/faq/>);
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- 26 • the development of a new “Level 7 Easy to Chew”, which is a sublevel of “Level 7 Regular”; and
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- 28 • formal review of the original framework documents.
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32 We are pleased to notify readers that updated versions of the *Complete IDDSI Framework (Detailed*
33 *Definitions)* and *Testing Methods* documents have been released as of July 30, 2019 (version 2.0) and
34 can be accessed respectively at: <http://bit.ly/2zn8OrZ>, and <http://bit.ly/2MGgtub>.
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3 The updated *Complete IDDSI Framework (Detailed Definitions)* document provides detailed descriptors
4 for all levels of the IDDSI Framework (see Figure 1). Descriptors are supported by simple measurement
5 methods that can be used by people with dysphagia or by caregivers, clinicians, food service
6 professionals or industry to confirm the level a food or drink fits into. This document is to be read in
7 conjunction with the *IDDSI Testing Methods 2.0 2019*, *IDDSI Evidence 2016* and *IDDSI Frequently Asked*
8 *Questions* (FAQs) documents, which can all be found on the IDDSI website (<https://iddsi.org/>).
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18 **Ethical Statements:**

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20 The authors of this letter to the editor are all members of the Board of Directors of the International
21 Dysphagia Diet Standardisation Initiative. Beyond this, the authors have no conflicts of interest to
22 declare. This letter does not pertain to any research involving either human or animal subjects.
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IDDSI Framework 2.0. 2019.

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