



# European Dietitians

[www.efad.org](http://www.efad.org)

## President's Letter

At the time of writing EFAD has just sent its response to the first draft of the *WHO European Food and Nutrition Action Plan 2014-2020 (FNAP)*. This plan seeks to engage all member states in Europe in proactively tackling poor nutrition but one central point is that we need to share outcomes so that we can build on best practice. The EFAD response therefore said *"The FNAP could be much strengthened if there was more emphasis on how inter-sectorial alliances across Europe (between member states) could be enacted especially to undertake evaluation of the impact and success of the various individual European initiatives"*. I am aware that there is much good work being done by dietitians in member states but we do not share this information as often or as fully as we could do. The report *'The role of the dietitian in workplace health promotion'* (EFAD, 2012) was a wonderful example of how dietitians across Europe are contributing to health improvement. But we need more such information. This Newsletter once again demonstrates that dietitians across Europe are dedicated to improving nutritional health - please continue to share initiatives and successes.

Anne de Looy

EFAD Honorary President



## EFAD Publications 2012

included: position papers and briefing papers on diabetes and healthy ageing; reports on Standardised Language, Health in the Workplace, Cost-Benefit analysis of dietetic intervention, European Advanced Dietetic Competences; Life Long Learning strategy, Communication strategy; EFAD brochure and Annual Report

Every member association of EFAD has been asked to disseminate the publications widely and report back on their actions. Preliminary analysis of feedback shows that associations have posted many of the publications on their own web sites and plan to use some of them in future negotiations with stakeholders, including ministries. Additional feedback would be welcome.

Each of the publications is available on <http://www.efad.org/iextranet>

## Special Interest

### 7th EFAD/DIETS General Meeting and Conference

**EFAD has been invited to attend the WHO European Ministerial Conference**

**DIETS and EFAD on social media**

**Medical Health Insurance Company offers its clients reimbursement for dietary consultation**



We are glad to invite you to the **7th EFAD/DIETS General Meeting and Conference**, taking place near **Lake Garda, Italy on 8/9 November 2013**.

The title of the conference is the **Non-Communicable Diseases – the dietitians' response to Health 2020**.

This conference will explore what the profession can do and how research and education can contribute; as well as the role of the dietitians in preventing and treating NCDs using evidence based practice. This conference will also facilitate meetings of European Specialist Dietetic Networks for diabetes, obesity, oncology, ageing, public health and food service. After 3 years of productive work the DIETS2 workpackages will also present their products and achievements.

*The Conference is open to all, including practising dietitians, teachers, students and other related stakeholders.*

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**The EFAD General Meeting**, hosted by the Italian Dietetic Association (ANDID), will be on Thursday 7 November. Admission to the General Meeting is restricted to delegates of National Dietetic Associations who are members of EFAD.

You can see the preliminary programme, registration, travel and accommodation details on the EFAD web site [www.efad.org](http://www.efad.org)

Membership of the Stakeholder Platform provides EFAD with an influential position in shaping how nutritional sciences are used in risk assessment and related public health issues at EU level. Current EFSA work includes aspartame, endocrine disruptors and horse meat contamination, as well as considering transparency in the scientific risk assessment process, including procedures used for dietetic/nutrition products.

EFAD has raised the issue of the need to ensure that public health is represented and also how the health claims process (where authorised claims on nutrient function will never be realised due to consumers in EU not being deficient in the nutrient in question) could be addressed by better communication and links between risk assessment and risk management.

EFAD is represented on the EFSA Stakeholder Consultative Platform by

Alison Nelson, Food and Health Policy Officer for the British Dietetic Association and

Mary Flynn Chief Specialist Public Health Nutrition, Food Safety Authority of Ireland.

<http://www.efsa.europa.eu/en>



## WHO European Action Plan for Food and Nutrition

The WHO Regional Office for Europe works with the 53 Member States in the WHO

European Region developing, implementing and evaluating their national health policies. They are currently in the process of preparing a new draft of the WHO European Action Plan for Food and Nutrition (FNAP) 2014-2020. It touches upon key risk factors of unhealthy diet and physical inactivity in terms of reducing the burden of diet-related non-communicable diseases, in the light of the new Health 2020 policy, which embraces governance and the social determinants of health.

EFAD accepted the opportunity to review the FNAP 2014-2020 as a guidance document for nutrition policies development.

EFAD has been invited to attend the WHO European Ministerial Conference, 4 – 5 July 2013 in Vienna, Austria.

[http://www.euro.who.int/en/eat\\_move\\_live\\_MinConf](http://www.euro.who.int/en/eat_move_live_MinConf)

This will be the first conference to address nutrition, physical activity and non-communicable diseases (NCD) in the context of Health 2020. It will convene health ministers and national delegations nominated by health ministries of Member States in the WHO European Region, as well as representatives and observers of relevant international intergovernmental and nongovernmental organizations. It is anticipated that the Ministerial Conference will culminate in the adoption of a Vienna Declaration on Nutrition and NCDs in the Context of Health 2020.



The month of May saw a major landmark as the pan-European campaign Water is a Human Right! became the first European Citizens Initiative (ECI) to collect over 1.5 million signatures across Europe and to have seven EU Member States pass the minimum number of signatures required. The campaign is now empowered to propose legislation to the European Commission to guarantee clean drinking water and quality sanitation for everyone living in Europe.

### New Promotional Materials



Members of the EU Platform for Action on Diet, Physical Activity and Health, including EFAD, have been informed of two new promotional materials which we and our members can use:

1) Video on EU action on nutrition & physical activity;

2) 1 page visual explaining the EU Platform's work as discussed with stakeholders at the communication workshop.

They can be downloaded on the official "Nutrition and physical activity" website of the

European Commission: [http://ec.europa.eu/health/nutrition\\_physical\\_activity/platform/index\\_en.htm](http://ec.europa.eu/health/nutrition_physical_activity/platform/index_en.htm)

You are invited to use the video and the visual in your communication activities and contacts with stakeholders.

## CALL FOR RECOGNITION OF MALNUTRITION AS A CRITICAL HEALTH PRIORITY



Dublin, 24 May 2013 - Patient groups and international nutrition experts, including the Irish Nutrition and Dietetic Institute (INDI) called Irish and other European Governments to take action to prevent older people and patients with chronic diseases becoming malnourished. They met at the conference entitled "*Effective healthcare requires good nutritional care*" to launch a call for action with key recommendations. They emphasized the importance of, and urgency to secure good nutritional care to prevent health complications and reiterated that malnutrition is avoidable and easy to manage.

INDI, the European Nutrition for Health Alliance (ENHA) and the Irish Society for Clinical Nutrition and Metabolism (IrSPEN) launched a call to action entitled "*Every Patient Deserves Good Nutritional Care*". The document outlines key recommendations designed to eliminate avoidable malnutrition for older and chronically ill patients. They also asked the Irish Minister for Health, Dr James Reilly, to implement four key actions to combat malnutrition:

### Public awareness and education

**Mandatory screening** - for patients admitted to hospital, attending an outpatient clinic or receiving care in a community setting.

**National nutritional quality standard** - focussing on delivering the best possible outcomes for people who use services by reducing the risk of dying prematurely and enhancing a patient's quality of life;

**Nutritional training** for all healthcare professionals

## Access to the OPEN Platform for nutritional screening

EFAD has signed a Memorandum of Understanding (MoU) with the Jožef Stefan Institute and EuroFIR (a DIETS partner), establishing an institutional scientific cooperation, particularly in the area of electronic resources using food information to support dietitians in their work.

This is to be undertaken through access to the online programme OPEN Platform for Clinical Nutrition, and its further development based on feedback and expectations from dietitians. OPEN is an online pro-

gramme aimed to support dietitians and their patients in dietary assessment and diet planning. It allows dietitians to run nutritional screening, food and physical activity tracking, with semi-automated menu planning and recipe calculation, including a food lexicon. Diets for different allergies and food intolerance, food recording by photos and exchange with wireless kitchen scales, are examples of additional supported features and content. Moreover, OPEN can use any food composition dataset that conforms to the EuroFIR standards for food composition and management. To provide dietary recommendations, OPEN applies national guidelines and recom-

mendations, as well as international experts' recommendations given by bodies like ESPEN (European Society for Clinical Nutrition and Metabolism), ESPGHAN (Society of Paediatric Gastroenterology, Hepatology and Nutrition) and WHO (World Health Organisation). This MoU means that EFAD will support the use of the OPEN Platform beyond the duration of the DIETS2 project.

Feedback to the platform would be very much appreciated.

To benefit from this great opportunity and request your access details saying that you are from the DIETS Network, please contact: Assist Prof Barbara Koroušič Seljak (barbara.korouasic@ijs.si) from JSI, Slovenia.

## Dietitian Energy Balance Tools for Engagement (DeBATE) – Going atMyPace



In 2011 the European Food Information Council (EUFIC), Brunel University and EFAD embarked on a project to understand dietitians experiences when delivering weight loss advice and to develop tools to support dietitians in their practice around weight loss, particularly around energy bal-

ance. As part of this project we undertook extensive qualitative research with dietitians to explore the nature of, and difficulties surrounding, dietetic practice in five diverse European countries: France, Germany, Portugal, Hungary and the United Kingdom. The data from this research was used to develop technology to complement and support dietitians in their routine practice.

The dietitian/patient tool, called MyPace, was created out of this research (<http://mypaceapp.com/>). MyPace was designed to connect dietitians and patients between face-to-face dietetic consultations when compliance with weight loss advice can be difficult to maintain. The tool supports an integrative, 'small steps' approach to weight loss, incorporating automated but personalised monitoring and motivation features.

The tool exists as a web app where dietitians electronically enter a patients' weight loss programme. This programme is flexible and can be changed as the weight loss advice for the client changes.

Reminders and notifications about agreed SMART goals or small steps are scheduled by the dietitian to be delivered to the clients' MyPace mobile or web app.

Patients are not only reminded about their agreement with their health professional but their progress in achieving planned goals is

also logged and tracked. Patients' thoughts as they progress through the programme can also be entered so dietitians and patients can track experiences and emotions on good and bad days. MyPace maps these layers of data alongside each other to build an overall picture of eating, activity, weight and mood patterns for each patient over time. Both dietitians and patients can quickly and easily access this progress data on their web or mobile app.

As it is rooted in routine dietetic practice, MyPace incorporates relevant tenets of the behaviour change literature into its functioning. The tool provides an excellent conduit for expert, relationship-based, ongoing care that can be shaped to match patient needs and adjusted as required. The patient and the dietitian can discuss the role they wish the tool to play within the consultation. The tool's functions are fully customisable, and the degree of technological integration with established practice can be changed to match different patient and dietitian preferences. The tool is not meant to replace established and routine dietetic practice but to be integrated into it, where relevant, to support those patients who seem particularly suited to benefit from technological interventions.



We are now nearing the end of the project and MyPace is undergoing a small scale, in practice evaluation to evidence how it functions in a practical, real life setting. We intend to follow this up with a randomised control trial within the UK National Health Service.

If you are interested in learning more about MyPace or trying it out in your practice you can contact the researchers at: [julie.barnett@brunel.ac.uk](mailto:julie.barnett@brunel.ac.uk)

To keep up with the latest news about MyPace, please register for the MyPace newsletter at <http://mypaceapp.com/>.

*Michelle Harricharan and Julie Barnett, Brunel University*

## Low-grade Inflammation: A High-grade Challenge

### *Biomarkers and Modulation by Dietary Strategies*

ILSI Europe, in collaboration with ILSI North America and ILSI Southeast Asia, is organising the workshop entitled 'Low-grade Inflammation: A High-grade Challenge. Biomarkers and Modulation by Dietary Strategies'. The event will be held on 15 September 2013, at Hotel Macia Real De La Alhambra, in Granada, Spain. The workshop will take place prior to the official opening of the IUNS 20th International Congress of Nutrition (ICN 2013). **Registration is now open!**

**Important note:** Due to the limited number of seats, registration will be on a 'first come first served' basis. Therefore, we strongly advise you to register at your earliest convenience.

**Contact:** Scientific Programme: [Ms Athanasia \(Nancy\) Baka](#);

Registration, venue and accomodation: [Ms Ruth Marquet](#)

For more detailed information on this event, please visit our [website](#)

## DIETS and EFAD on social media

In order to reach more stakeholders, DIETS and EFAD are active in social media. The online presence of DIETS and EFAD is complementary, but also differs in content and target population. While EFAD mainly targets European dietitians and National Dietetic Associations, DIETS aims to attract a broader population, including students, lecturers and non-dietitians, so different online platforms were selected for each organisation.

### Facebook

Both DIETS and EFAD are active on Facebook, which is the largest social network worldwide and already used intensively in daily life. EFAD shares information through a closed Facebook Group (<http://www.facebook.com/groups/167920649185>), which can easily be consulted after membership acceptance. DIETS uses an open Facebook Page (<http://www.facebook.com/DIETS2>), and by *liking* this Page users receive regular updates about the Networks activities and other nutrition related news. Currently, the EFAD Group has over 800 members with a lot of interactivity, whereas the DIETS Page has almost 2000 unique “Likes” and has new posts regularly.

### LinkedIn

EFAD is also present on LinkedIn, the major social medium for professional activities, with the “European Dietitians EFAD” group which already has 185 members and is growing daily. Request to join the group on <http://www.linkedin.com/groups>

### Twitter & YouTube



DIETS recently opened Twitter ([https://twitter.com/DIETS\\_Network](https://twitter.com/DIETS_Network)) and YouTube (<http://www.youtube.com/DIETSNetwork>) accounts, which will be used more frequently in future.

In the long term, DIETS and EFAD will continue to engage actively on social media, recognizing the importance of connecting all dietitians and stakeholders in future. Finally, we kindly invite you to visit us on these social media sites and get inspired!

Koen Vanherle (Artesis Plantijn University College, Antwerp)  
DIETS Facebook manager  
[Koen.vanherle@plantijn.be](mailto:Koen.vanherle@plantijn.be)

## Lifelong learning (LLL)

The European Commission defines lifelong learning (LLL) as ‘*all learning activity undertaken throughout life, with the aim of improving knowledge, skills and competence, within a personal, civic, social and/or employment-related perspective.*’

A draft “[Strategy for Lifelong Learning within EFAD](#)” is now [available](#) and will be presented to the EFAD 24<sup>th</sup> General Meeting in Italy on 7 November 2013 for adoption.

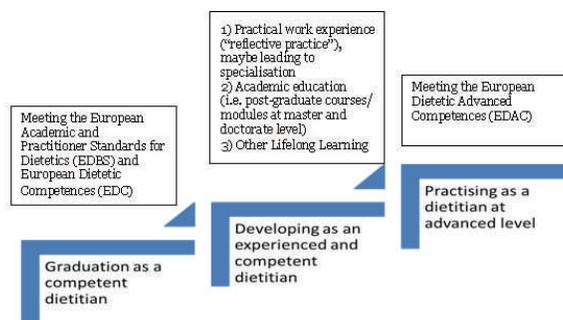
The purpose of the strategy is to support National Dietetic Associations (NDAs) and the profession in Europe in fulfilling the Mission and Aims of EFAD by promoting the development of the dietetic profession and developing dietetics on a scientific and professional level in the common interest of the Member Associations.

### Aims of the EFAD Strategy for Lifelong Learning

1. To create a culture of LLL and professional development amongst dietitians in Europe.
2. To support individual NDAs to develop their commitment to LLL for/of their members.
3. To work with education providers, directly and through NDAs, to develop learning opportunities, the promotion of these and the subsequent dissemination across Europe.
4. To work with all constituents who would benefit from professional engagement with dietitians in order to advance their learning about the contribution that can be made to the improvement of health through nutrition.
5. To provide basic and advanced level benchmark competence statements and a ‘toolkit to record LLL’ for European dietitians and to support individual NDAs to adapt to national requirements.

To monitor the development of the profession in Europe together with the NDAs as opportunities are introduced for LLL.

### Progression through Lifelong Learning LLL



## DIETS NEWS

The Database of materials and e-courses on research and teaching enquiry consist of materials, which can be used for recapturing learning on research, using materials in teaching students and to show what dietetic research is.

The toolkit to record LLL will provide help on developing a portfolio to document LLL, including how to analyse competences, identify learning needs and plan further activities to improve quality of practice.

Please note, that the project can be a success only if you give us enough feedback on how you disseminate and use its products! We would like to ask all of you to report any dissemination and exploitation activities (how, to whom you disseminate/publish the DIETS2 Deliverables; how, for what you use them and if they result in any changes of your work) to the following email address:

[info@thematicnetworkdietetics.eu](mailto:info@thematicnetworkdietetics.eu)

Suggested actions and examples are available on the following link: <http://www.thematicnetworkdietetics.eu/everyone/3838/7/0/30>

Bernadett Tóth  
Lead of WP9, DIETS2

Prof. Agneta Hörnell, Lead of WP2, DIETS2

**A turning point for the profession in Spain.** The Spanish Dietitians take off from Valencia toward new challenges.

In April 2013 the Constituent Assembly of General Council Dietitians-Nutritionists of Spain was held in Valencia. As agreed at the General Assembly 2011 in Valladolid the Spanish Association of Dietitians-Nutritionists AEDN was reborn into two new entities: General Council of Dietitians-Nutritionists of Spain (CGDN) and Spanish Foundation of Dietitians-Nutritionists / AEDN Foundation (FEDN). An overview of the major milestones that led to this decision was given. Relevant people such as Pilar Cervera, Yolanda Sala and Nahyr Schinca were recognized. Some decisive moments were identified, such as the creation of AEDN in 1988, the professional profile signed in 2003 by AEDN and the Spanish universities, the recognition as a regulated profession in the Law of Health Professions, the

Barcelona Pact which gathered all regional associations of dietitians-nutritionists to AEDN and finally the creation of Regional Professional Bodies.

The CGDN will be the Professional Body, responsible for regulating and representing the profession nationally and internationally, and the interlocutor with the competent national authorities.

The FEDN will be responsible for the scientific and educational role of profession. It will support Life Long Learning, promote the profession and the interaction with citizens through health promotion strategies.

Despite the current difficulties in Spain, CGDN and FEDN share sufficient strength, optimism and confidence to be able to overcome the challenges and secure the rightful position for the dietetic profession in Spanish society.

*Manuel Monino, FEDN*



### Medical Health Insurance Company offers its clients reimbursement for dietary consultation

The Austrian Association of Dietitians developed, in cooperation with the "Sozialversicherungsanstalt der gewerblichen Wirtschaft" ("SVA" - a Medical Health Insurance Company), a Nutrition and Health Concept.

This project offers a great chance for free-lance Dietitians in Austria. For the first time a health insurance company has agreed to pay for nutrition consultation.

The outline of the program includes, through changing nutritional habits, that the quality of life can be enhanced and health can be sustained or improved.

The program includes support to clients in reaching particular goals, such as weight-loss, weight maintenance, blood pressure and miscellaneous blood counts.

Outline of the nutrition program in cooperation with a Dietitian:

First appointment: Nutrition Assessment, Nutrition Diagnosis, BIA-measurements, defining goals with the client, Nutrition Intervention, setting up a daily meal diary

Three consecutive appointments: Including among other topics analysis of the meal diary, shopping training, product knowledge, aid to health behavior changes, new goals.

Final appointment: BIA-measurement, reflecting on changes in the daily eating habits, defining behavior modification management.

Follow-up appointment: after six months. This appointment serves the purpose of checking sustainability of the applied nutritional adjustment.

Benefits for the dietitian:

The program has been developed and accurately defined by the Austrian Association of Dietitians. Participating Dietitians enroll in a free of charge information course and receive counseling materials (brochures) for their clients.

Aside from the advantage of client acquisition by the insurance company the Dietitian has the benefit of receiving appropriate compensation of her work and has a chance to treat highly motivated clients.

Networking within different regions of the country is an additional advantage.

*Trudy Giesinger, Dietitian; Professor Andrea Hofbauer, President; Austrian Association of Dietitians*



### Nutritional Support Teams in Greece

There is a discrepancy between European countries, regarding the foundation of Nutritional Support Teams (NST). Recently in Greece, a new legislation was launched to promote NST in all public hospitals. This was a result of a combined effort of the Hellenic Dietetic Association (HDA), the Hellenic Association of Hospital Dietetics (PASINOD) -both representing dietitians- and the multidisciplinary Society for Clinical Nutrition (GrESPEN).

The Nutrition Support Team should function for the most part through its multidisciplinary links, since nutritional care is, and should be, a multi-disciplinary responsibility, whereas the integration of activities from various disciplines is absolutely essential. To further promote the proper functioning of NST's in Greece, GrESPEN in

collaboration with HDA and PASINOD, will host relevant courses on how to establish and become a successful member in a NST, to which all different disciplines involved will be invited.

Among the core objectives should be the delivery of appropriate nutrient intake for all patients, according to their nutritional status, length of stay and possible changes regarding their clinical situation. Taking into account the current economic situation in Greece, it becomes even more important that the NST always focus on the implementation of the use of the simplest, safest, most cost-effective means of nutrient intake acceptable to the patient.

*Michael Chourdakis, MD, PhD, MPH, Hellenic Dietetic Association*

### Independent Professional Supervision and Evaluation System in dietetic practice in Hungary

It is a breakthrough in Hungarian dietetic practice, for which the Hungarian Dietetic Association has been fighting for years: a decree has just been published on the professional supervision-, professional evaluation system and the quality supervisors of the healthcare professionals, among them the dietitians. It gives a great opportunity for ensuring the quality of dietetic practice, as it affects the supervision of the proper documentation, nutrition care process, as well as the correspondence to the best professional standards, protocols and competences. *Bernadett Tóth, Hungarian Association of Dietitians*

## NCP & IDNT in Sweden



The Swedish Association of Dietitians has approved a position statement regarding the implementation of Nutrition Care Process (NCP) and the International Dietetics and Nutrition Terminology (IDNT)

At the 2013 annual meeting of the Swedish Association of Dietitians (DRF) a position statement was approved recommending its members to implement NCP and the IDNT.

In 2010 the Swedish Association of Dietitians (DRF), in cooperation with Karolinska University Hospital, became the first dietetic association in Europe to contract with the Academy of Nutrition and Dietetics (AND) for the right to translate and publish terms and definitions from the third edition of the IDNT-manual. Since the publication of the Swedish version of this IDNT-manual, dietitians throughout the country have begun to adopt a working practice applying the NCP and using the IDNT terminology in patients' medical records. The fourth edition of the IDNT manual was translated during the autumn of 2012. The aim is that dietitians in Sweden use a standard working practice model and standard terminology. To date, several NCP/IDNT courses have been held in Sweden and NCP/IDNT is included in the curriculum at the Universities teaching dietitians.

With the support of the ICDA, the Swedish Association of Dietitians (DRF) recommends that registered dietitians in Sweden adopt a working practice in line with the NCP and IDNT. The full statement is published on the [association's website](http://drf.nu/about-DRF-in-english.php) (<http://drf.nu/about-DRF-in-english.php>).

Elisabet Rothenberg, President, Swedish Association of Dietitians

## Reference textbook of the International Dietetic and Nutrition Terminology (IDNT) available in French.



Our colleagues in the Academy of Nutrition and Dietetics (AND) have been working since 2002 on the standardisation of the terminology used by dietitians when recording care of patients. This work led in 2006 to the publication of the first edition of the "International Dietetics & Nutrition Terminology" (IDNT). In 2012, the

fourth edition was published and is now available in French, translated by our Canadian colleagues.

AFDN strongly encourages dietetic professionals to use IDNT. The standardisation of the language used to describe the process of care implemented for a person or group of people facilitates exchange about practice, enables comparison of results and optimises research.

The textbook will be available for sale in France from July 2013 and will be launched on Friday, 31 May 2013 at the stand of the publisher DeBoek during the AFDN conference.

AFDN will distribute, at a discounted price to its members only, up to a maximum 1 copy per participant. EFAD member associations in Belgium, Luxembourg and Switzerland have also been gifted a copy.

Thérèse LIBERT

French association of nutritionist dietitians (AFDN)

## Interview with ...



There are dietitians around Europe who do a lot for the development and professional acknowledgement of dietitians by acting pro-actively. **Ursula Lukas** is one of those dietitians who, in addition to practising as a clinical dietitian at Kreiskrankenhaus Dormagen in Germany, also works on establishing a supporting network with St. Francis Referral Hospital, Ifakara, Tanzania.

*How did you start your networking with Tanzania?*

A Tanzanian patient was unhappy with the meals he received while staying in the German hospital where I work. He invited me to Tanzania for a holiday in order to teach me African Cooking. There I networked with Spiritans at Bagamoyo Mission for several years.

I was also invited to write a diet plan for St. Francis Hospital in Ifakara, where I noted a lack of protein and energy. I suggested new gardening crops and species, protein combinations, introduced waffles and a small rabbit farm. We also discussed cool-rooms, renewable energy and sewage-plants, when I learned from specialists. Through personal contacts I was offered much needed equipment for hospital use. It took courage to start alone but eventually around 2000 volunteers and donors contributed to sending a container to St. Francis Hospital.

*What advantages do your supporters and you have from this network? How can you learn from each other?*

Companies and donors receive gift-certificates which they advertise on their homepages, the Kreiskrankenhaus administration works on further networking, the pharmacy can buy larger quantities, Spiritan Mission sells first-hand East-African Goods in their Monastery-Shop. A photo-presentation of African Food made supporters network and brainstorm to find new ideas. Donors know that 100% of their donated money and goods is used and they can receive tax-exemption-certificates.

I think I receive more than I give. It is further education, especially in malnutrition, organization and languages. Networking means respecting cultural and administrative differences, visits are planned.

*How would you encourage other European dietitians to start networking? What kind of tips would you give them?*

Respect and address others, be authentic, trustworthy and open. This is my basis for successful networking, also confirmed at the last DIETS2 students' workshop. Someone had an idea, tried it out and now there are many members working on the same goal, with increasing numbers of students meeting during annual EFAD-DIETS Conferences. Make your diagnosis, think about it, then start! Keep relaxed.

## New president for the Swiss Association of Registered Dietitians

Switzerland, April 2013

After a 12 year period of leading the association, Beatrice Conrad Frey stepped down from the role of president of the Swiss association.

Gabi Fontana, the former EFAD delegate was elected from the General Assembly as the new president. Gabi was already a member of the board since 2005. She knows the association very well and is motivated for this big task.

Beatrice will stay in touch with EFAD as the new delegate. She's still working in different national Working groups and will continue with her own business as a freelance-dietitian.



## 7<sup>TH</sup> EFAD/DIETS CONFERENCE—PRELIMINARY PROGRAMME

### Non-Communicable Diseases – the dietitians’ response to Health 2020

What are the perspectives and predictions about Non-Communicable Diseases (NCD) in Europe, what can the profession do and how can research and education contribute?

This conference will explore the role of the dietitian in preventing and treating NCDs using evidence based practice and will facilitate meetings of European Specialist Dietetic Networks for diabetes, obesity, oncology, ageing, public health and food service. The products of DIETS2 work packages will also be presented.

Registration for the General Meeting and Conference is now open – please visit <http://www.efad.org/everyone/3664/5/0/32> for full details.

#### Preliminary Programme

Friday 8 <sup>th</sup> November 2013		Saturday 9 <sup>th</sup> November 2013	
8:00	Registration	9:00	Can e-health be the way for dietitians to engage with their obese clients?
8:30	Student briefing/ networking	9:30	Micronutrients in prevention of non-communicable diseases
9:00	Welcome	10:00	The role of flavonols in Type 2 Diabetes
9:30	Key-note: The challenge of Non-Communicable Diseases for Health in Europe	10:30	Break
10:15	Nutrition, cancer and outcomes for Europe	11:00	Dietetic Intervention – identifying and promoting the health and cost benefits
10:45	Break	11:30	<b>Workshops</b> Standardised Language on malnutrition European Advanced Dietetic Competences and specialist dietitians Dietetic Intervention – how can we identify the benefits? Nutrition Care Process: how do the different models suit the different areas of dietetics (administrative, clinical & public health) Dietetic Research - Which topics should be explored at a European level? Student’s workshop – learning outside the classroom
11:30	Diabetes - the pandemic waiting to happen	13:00	Lunch
12:00	Poster presentations	14:30	<b>Workshops</b> Standardised Language on malnutrition European Advanced Dietetic Competences and specialist dietitians Dietetic Intervention – how can we identify the benefits? Nutrition Care Process: how do the different models suit the different areas of dietetics (administrative, clinical & public health) Dietetic Research - Which topics should be explored at a European level?
12:45	Lunch	16:00	Break
14:00	Food security for households and individuals – are dietitians the balance key?	16:30	Preparing students for the new roles of dietitians in Europe
14:30	Foodservice for vulnerable groups – in practice and research	17:00	Lifelong Learning: developing your portfolio
15:00	Break	17:30	Student Award for Best Poster Close
15:30	<b>Workshops</b> “Non-Communicable Diseases and the role of the dietitian”	Evening	An informal student dinner will be arranged locally
	Administrative dietetics		
	Obesity		
	Diabetes		
	Cancer		
	Ageing		
	Public Health dietetics		
17:15	Poster presentations		
18:15	Presidents meeting		
18:15	Students meeting: Networking & exploring collaborative research projects		
18:15	Delegates/ Key Contacts meeting: Sustaining the EFAD & DIETS Networks		
20:00	Conference dinner		

# Diary Dates

## June

[EATRIS Conference June 4, Amsterdam](#) 4 June 2013, Amsterdam, The Netherlands  
[7th World Congress on Polyphenols 2013](#) 6-7 June, 2013, Bonn, Germany  
[2013 International CME Conference "Good Clinical Research"](#) 7-8 June, 2013, Istanbul, Turkey  
[Changes in Horizon 2020](#) 10 June 2013, Kosice, Slovakia  
[BDA Vision - leading for tomorrows profession](#) 10-11 June 2013, Birmingham, UK  
[International Scientific Conference on Probiotics and Prebiotics – IPC2013](#) 11-13 June 2013, Kosice, Slovakia  
[HabEat European project - 3rd stakeholder workshop](#) 13 June 2013, Warsaw, Poland  
[ICCAS 2013 | 8th International Conference on Culinary Arts and Sciences - Global, National and Local Perspectives](#) 19-21 June 2013, Oporto, Portugal  
[Breakfast is Best roundtable](#) 20 June 2013, Brussels, Belgium  
[ADA Congress Chicago June 21-25, 2013](#) 21-25 June 2013, Chicago, USA  
[Call to express interest to the Citizens' Summit](#) 24-25 June 2013, Brussels, Belgium  
[Invitation to a breakfast debate - Promoting a balanced diet in the workplace](#) 26 June 2013, Brussels, Belgium  
[7th Annual European Nutrition and Lifestyle Conference](#) 26-27 June 2013, Brussels, Belgium

## July

[Oxidative Stress, Redox States & Antioxidants world congress](#) 3-4 July 2013, Paris, France

## August

[INDC 2013 Conference](#) 26-29 August 2013, Olomouc, Czech Republic  
[29th World Congress of the International Association of Logopedics and Phoniatrics](#) 25-29 August 2013, Turin, Italy

## September

[EPHA General Assembly 2013](#) 2-4 September 2013, Brussels, Belgium  
[EPHA 4th Annual Conference](#) 4-5 September 2013, Brussels, Belgium  
[EFPC Sept 2013 Istanbul conference](#) 9-10 September, Istanbul, Turkey  
[NuGOweek 2013](#) 9-13 September 2013, München, Germany  
[NUTRIMENTHE International Conference](#) 13-14 September 2013, Granada, Spain  
[Low-grade Inflammation: A High-grade Challenge Biomarkers and Modulation by Dietary Strategies](#) 15 September 2013, Granada, Spain  
[IUNS 20th International Congress of Nutrition, 15-20 September 2013](#) 15-20 September 2013, Granada, Spain  
[EFBW Symposium on Adequate Water Intake - A Public Health Rationale International Congress of Nutrition](#) 18 September 2013, Granada, Spain

## October

[7th International Conference on Diabetes & Obesity](#) 24-25 October 2013, Riga, Latvia

## November

[AICR 2013 Research Conference](#) 7-9 November 2013, Washington DC, USA  
[24TH GENERAL MEETING OF THE EUROPEAN FEDERATION OF THE ASSOCIATIONS OF DIETITIANS \(EFAD\) AND 7TH EFAD/DIETS CONFERENCE](#) 8-9 November 2013, Garda, Italy  
[17th International Nursing Research Conference](#) 12-15 November 2013, Lleida, Spain  
[ECOG Congress 2013](#) 13-15 November 2013, Liverpool, UK



The [EFAD Annual General Meeting \(7 November\)](#) and [7<sup>th</sup> EFAD-DIETS conference \(8/9 November 2013\)](#) will take place on in Garda, Italy.



## Employment opportunities

Join EFSA's Scientific panels (ANS and CEF) [www.efsa.europa.eu](http://www.efsa.europa.eu)

## Courses and training opportunities

[Observatory Venice Summer School 2013](#)

Database of Life Long Learning Opportunities now open! Please visit <http://www.thematicnetworkdietetics.eu/everyone/3646/5/0/30> to see the full list of courses on offer (over 190 so far and growing!)

[DIETS2 Webinars](#)

EPHA Master Class on Public Health [Registration link](#)

TDS-Exposure Summer School 2013 <http://www.tds-exposure.eu/?q=summer-school-2013-external>

[www.efad.org](http://www.efad.org)

Please submit articles for the next EFAD newsletter (due December 2013) to responsible editor: Judith Liddell, Secretary General, [editor@efad.org](mailto:editor@efad.org)