



EUROPEAN  
FEDERATION OF  
THE ASSOCIATIONS  
OF DIETITIANS

*EFAD Newsletter, June 2014*  
[www.efad.org](http://www.efad.org)

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## *President's Message*

This edition of our Newsletter contains important information about dietitians and their associations across Europe. There are also calls for nominations for positions to take EFAD forward onto the next stage of its development and the contribution EFAD and dietetics can make to nutrition in Europe. EFAD is also working productively with its partner organisations across Europe and some of this information is also in this newsletter. But there are two very rewarding initiatives. Firstly there is a call for Higher Education Institutions to become Education Associates in EFAD. Delegates have extended the invitation to HEIs to promote productive partnerships in education and research. Secondly there is news about a student dietetic network and meeting. I am very pleased to see this initiative as it involves our future workforce in Europe. A big thank you to all those who have written articles or alerts, this is a newsletter for, by and with our dietetic colleagues and stakeholders to ensure better nutrition for Europe.



*Anne de Looy, EFAD Honorary President*

**VIII EFAD-DIETS Conference 9-12 October Athens, Greece**

<http://www.efadconference.com/en>

## Highlights from the DIETS2 Public Report

The DIETS2 Thematic Network has proved to be a fruitful opportunity for Partners across Europe to work together to promote excellence in the education of dietitians. The Network is a partnership of 101 European National Dietetic Associations (NDAs), Higher Education Institutions (HEIs), Non-Governmental Organisations (NGOs), private enterprises and six Associates, two of whom are internationally based.

DIETS2 has at its heart the aim to make a difference to a dietitian's preparedness to meet challenges of improving the nutritional health of Europe. Through facilitating partnerships between HEIs, practising professional dietitians and NGOs, the Network can use European expertise to encourage change. HEIs that teach new student dietitians and practising dietetic professionals are engaged within the Network to improve educational standards and prepare for Lifelong Learning (LLL). To do this, our Partners present a model of collaboration and interdependence that brings successful innovation. For example, EFAD is a major Partner in DIETS2 and it is estimated that in partnership, over 30,000 dietitians and over 60,000 student dietitians can access information and engage in activities of the Network.

Over the past 39 months DIETS2 has held 4 conferences (where student dietitians regularly attend) and it has published six newsletters about its activities. A consultation on 2nd cycle and 3rd cycle competences for dietitians working in Europe led to the EFAD publication of *European Dietetic Advanced Competences*. All 31 NDAs within EFAD have adopted these competences. EFAD has also adopted *A Lifelong Learning Strategy for European Dietitians* together with pedagogic standards for dietetic teachers and the DIETS2 LLL Toolkit published will provide support. The use of Information and Communication Technology (ICT) is a major theme of DIETS2 and surveys have been undertaken to assess barriers to its use. A Facebook page, YouTube presence and Twitter have all been established and populated together with interactive information on our website to encourage more widespread use of ICT. An e-journal for student research has released its 1st issue and Issue 2 is imminent. Four e-courses on methods used for enquiry-based learning have been devised. DIETS2 has used eSeminars or webinars to promote its products using synchronous and asynchronous access, which has demonstrated the versatility of this medium. By making use of ICT at every level, DIETS2 is positioning itself as a model for the future education and interactivity of dietitians in Europe.



Such is the interest in the activities of DIETS2 that a symposium specifically on the Network was held at the International Dietetic Congress in Sydney in 2012 (attendance >2000). DIETS2 is seen as a model for other countries at international level in terms of its vision, coordination, achievements and attention to quality. The future of DIETS2 activities are also secure as EFAD assumes responsibility for all outcomes and is committed to organising future partnerships between higher education and the profession. We look forward to a future of networking.

**Anne de Looy**  
**DIETS2 Network Coordinator**

## EFAD Achievements in 2013

EFAD participated in a consultation on the WHO Food and Nutrition Action Plan 2014-2020 and was invited to attend the ministerial conference in Vienna on the subject. EFAD also responded to a call for interest in the introduction of The European Professional Card. EFAD representatives attended meetings of the following:

- EU Platform on Diet, Physical Activity and Health
- European Innovative Partnership on Active and Healthy Ageing
- BAPEN and Irish EU Presidency Conference
- Stakeholder boards of the European Food Safety Authority
- JPI on Active and Healthy Ageing and the Food4Me project
- Trustee meetings of the European Nutrition for Health Alliance
- EuroDISH Workshop
- European Forum for Primary Care (EFPC) Conference
- European Open-Space-Conference Food and Health - Research 2020
- PEARL Summit

The 7th EFAD Conference in Garda, Italy in November was attended by 26 of the 33 EFAD member associations and 180 delegates. At the Conference, the EFAD General Meeting (GM) extended membership of EFAD to include: "Education Associate Member", which would be open to all HEIs in Europe that met the membership criteria. (See '*Call for EFAD Education Associate Membership!*' in this Newsletter.) The GM ratified several Executive Committee decisions including selection of an EFAD representative for the Advisory Board of the European Forum for Primary Care; signing of a Memorandum of Understanding between EFAD, EuroFIR and Jozef Stefan Institute to support access to "OPEN PLATFORM FOR CLINICAL NUTRITION" and membership of a consortium applying for funding of an Erasmus Plus Knowledge Alliance, where EFAD would lead the management work package.

The EFAD Communication Strategy was evaluated by means of interviews of conference attendees, conducted by EFAD executive committee members. Two thirds of the 34 interviewees described positive impacts resulting from EFAD activities.

On 31 March and 1 April in Dijon (France), the HabEat final symposium presented the results of a 4-year European project: [Habeat](#) (2010-2014), coordinated by INRA and involving 11 scientific partners. The research aimed to determine factors and critical periods in food habit formation in early childhood. The findings from HabEat are based on the analyses of data from cohort studies and experimental work among children up to 6 years of age. The research teams also presented practical recommendations for improving children's intake of fruit and vegetables. HabEat has developed recommendations for policy-makers and stakeholders, to promote the formation of healthy eating habits.

*Judith Liddell, EFAD Secretary General*

### DIETS News

After the DIETS2 project ends, the website will be merged with the EFAD website. Everyone who is registered to use the DIETS intranet will still be able to access DIETS information following the merger. The Key Contacts of EFAD Education Associate members will have access to the EFAD Education site and EFAD Intranet to be able to follow work going on in EFAD. More information will follow.

*Réka Kegyes Bozó, Administrative Assistant, EFAD*

## ***The Granada Declaration 2013: Protecting the Health of Migrants & Ethnic Minorities***

***"We call on all European governments to take concrete steps to protect the health of migrants and ethnic minorities in Europe and, specifically, to demonstrate that they will live up to their obligations under the International Covenant on Social, Economic and Cultural Rights and the European Social Charter to ensure the right of everyone to the enjoyment of the highest attainable standard of physical and mental health, and in particular to their obligation of refraining from denying or limiting equal access to healthcare for all persons, including undocumented migrants and minorities, highlighted in the General Comment No. 14 of the Committee on Social, Economic and Cultural Rights, so as to recognise the contribution that everyone, including migrants and ethnic minorities, make to the social and economic development of Europe."***



On 12 April the European Public Health Association (EUPHA) organized its 5<sup>th</sup> European Conference on Migrant and Ethnic Minority Health in Granada (Spain) thanks to the Andalusian School of Public Health. The participants felt when many European countries are implementing austerity policies, it is especially important that the public health community should speak out on behalf of the poor and marginalized. Among them are many migrants, who for various reasons are especially vulnerable at this time. A formal statement of concern was agreed at the conference and titled "The Granada Declaration". EFAD signed this Declaration and it was sent to a meeting of EU Health Ministers in Athens on 28-29 April, where the health of migrants was discussed. **EFAD** strongly supports the Granada Declaration.

## ***EuroFIR FoodBasket & FoodExplorer: Initiatives from one of our partners***

**EuroFIR** ([www.eurofir.org](http://www.eurofir.org)) is an international, member-based, non-profit association set up in 2009 to ensure sustained advocacy for food information. EuroFIR aims to develop, manage and exploit food composition data, and promote international cooperation in best practice and harmonisation of standards to improve data quality, storage and access as well as supporting comparable activities by organisations with similar goals. Members include food and biotech industries (particularly SMEs), research organisations and funding-bodies, regulators and policy-makers as well as individuals needing food composition data and access to tools and resources in order to deliver end-user information, such as nutritional content or health benefits in research. Among the tools available, **FoodExplorer** is an innovative interface for food composition data, which allows users to search information from most EU Member States as well as Australia, Canada and USA, simultaneously. **FoodBasket** supports users (particularly dietitians and SMEs) with the calculation of composite and prepared foods. The multi-lingual interface enables selection of any food composition dataset within **FoodExplorer**. For more information on the benefits of becoming a member, please consult '[membership](#)'. For a trial period or if you have specific questions, please contact [secretariat@eurofir.org](mailto:secretariat@eurofir.org) - subject: membership.



## ***Extracts from EFAD's response to “Public Consultation on Patient Safety and Quality of Healthcare”***

EFAD has welcomed the opportunity to contribute to this consultation and evaluation of the implementation of the Council of Europe Recommendation 2009 /C 151/1.

EFAD fully supports the EU initiatives relating to patient safety and quality of healthcare and feels that implementation of the Council recommendations are essential for the protection of the public.

From the EU Single Market Regulated Professions Database (2012), dietitians are reported as being regulated in 24 countries. However, several countries do not have protection of the title 'Dietitian' and this creates the risk of unqualified practitioners becoming involved in patient care and education. EFAD would appreciate EU support in raising the standards and addressing regulation of the profession for the protection of the public.

To ensure patient safety in the implementation of Directive 2011/24/EU *The Application of Patients' Rights in Cross-Border Healthcare* and Directive 2005/36/EC *Recognition of Professional Qualifications* is essential. Access to comparable levels of service should be expected from cross-border healthcare, but is not achievable in dietetics due to the great variation in the number of practising dietitians in the countries of Europe.

Collection of comparable data and the ability to share it using information and communication tools is essential in reducing risks to patient safety. EFAD has recently produced a vision paper: *The Implementation of a Nutrition Care Process and Standardized Language Among Dietitians in Europe* (EFAD, 2014). Optimum usage of data will only be possible by the incorporation of a recognised nutrition and dietetic terminology in information tools such as the electronic health record.

One area that is not covered in the Council recommendations is the important area of nutrition and hydration. All patients should receive appropriate and adequate (quantity and quality) food and fluid in a form they are able to take – this is a fundamental human right. Appropriate access to nutrition and hydration, however, is not always available in healthcare and presents a serious risk to patient safety. The EU should support the implementation and monitoring of initiatives to address nutritional screening and subsequent intervention strategies to tackle this issue, such as: the actions called for at the EU NutritionDay Conference 2010; the WHO Europe Food and Nutrition Action Plan 2014 -2020 (draft); the Health Programme 2014-2020; the zero draft of the political outcome document prepared by FAO and WHO secretariats for the Second International Conference on Nutrition 2014(ICN2).

Dietitians are ideally placed to provide high quality nutritional care for people with non-communicable diseases, especially obesity, diabetes and malnutrition. Nutritional care requires additional resource in light of the documented benefits and cost effectiveness of dietetic intervention (personal correspondence, EU conference *“Nutrition and Physical Activity from Childhood to Old Age: Challenges and Opportunities”* 2014).

EFAD would welcome the opportunity to work with the relevant bodies in addressing the issues raised and in taking forward the patient safety agenda.

# ***Call for EFAD Education Associate Members!***

EFAD has the opportunity to meet the challenge of Health 2020 through leading a partnership in which the dietetic professional associations and Higher Education Institutions (HEIs) work together to produce change and build on the success of the thematic networks. EFAD members have therefore agreed that an additional category of membership should be created to allow HEIs to become Education Associates.

## **Education Associate Membership is open to all HEIs in Europe that are:**

- recognized by the EFAD National Dietetic Association in their country (where these exist)
- teaching (or working towards teaching) dietetics at the level described in the European Academic and Practitioner Standards and other EFAD Standards documents concerning education – see <http://www.efad.org/everyone/2417/5/0/32>

## **The Benefits for HEIs:**

- Increased collaboration between HEIs within Europe
- Access to partners for joint research projects
- Support in efforts to get dietetic education recognized
- Exchange of knowledge, techniques etc
- Marketing of courses
- Improved relationship and increased cooperation between HEIs and practicing dietitians
- Increased opportunities for student and teacher exchanges (including practice placements)
- Opportunity to contribute to strategic planning for the dietetic profession
- Access to a network of guest speakers who can present information about dietetics in Europe to students and staff

## **Opportunities for EFAD and the HEIs**

- To continue the development of the work started in DIETS through active involvement of HEIs in committees
- To support the Education and Lifelong Learning Committee in monitoring and developing the Academic and Practitioner Standards, Practice Placement Standards, European Dietetic Competences, and European Dietetic Advanced Competences
- To support the Research committee in embedding evidence-based practice
- To strengthen advocacy capacity through increased representation of the profession

## **Rights of Education Associate Members**

- Attendance of non-business part of the EFAD General Meeting, where education, strategy and future opportunities are discussed
- Membership of EFAD committees, working groups, specialist networks, workshops

## **Obligations of Education Associate Members**

- To be involved and engaged in discussions about dietetic, educational, professional and research related matters
- To support EFADs mission, vision, aims and values
- To meet and contribute to EFAD's Strategic and Work Plan, see: <http://www.efad.org/iextranet/2578/5/0/70>
- To pay the annual subscription fee (currently €300 per year)

## ***Call for Nominations for Membership of EFAD European Specialist Dietetic Network (ESDN) Committees***

EFAD is looking to establish committees (steering groups) for each of the following ESDNs:

- Administrative
- Public Health
- Diabetes
- Ageing
- Obesity
- Cancer

The EFAD ESDNs have been formed over the last few years. To date anyone interested in a specialist area could join an ESDN workshop during an EFAD-DIETS conference. People who attended a workshop were then added to a mailing list and asked to contribute to the work of the ESDN between conferences. This has resulted in the publication of position papers and reports by some ESDNs, but has not resulted in a core of specialists committed to move the work forward.

Several ESDN leads have expressed the need to have a small steering group or committee of specialists to support them more formally in taking the work of the ESDNs forward. With this in mind, EFAD is now calling for nominations of specialist dietitians who would be happy to contribute to the work of the ESDN committees. Some of the advantages of committee membership will include:

- Increased knowledge of EU policy in field
- Recognition as an EFAD expert
- Possibility of representing EFAD or ESDN as an expert
- Access to a network of specialists

Committee members will not be reimbursed for their work, but any previously approved expenses incurred on behalf of EFAD will be reimbursed.

## ***Call for Nominations for the Offices of EFAD Honorary President & Executive Committee Member***

Anne de Looy's term of office as Honorary President of EFAD will finish after the 25<sup>th</sup> General Meeting in Athens. The Executive Committee now welcomes nominations for the office of Honorary President. The Honorary President will be elected in a personal capacity and the term of office will be four years. The position is an honorary one, but EFAD will pay the travel and subsistence expenses incurred by the President when attending Executive Committee meetings and General Meetings and when representing EFAD. There is also an allowance of up to €10,000 per annum payable to the President for time spent on EFAD activities. Nominations for this position should be submitted using the [form](#), together with a written profile of the candidate.

The term of office of one Executive Committee Member Association (The British Dietetic Association) will also finish after the 25<sup>th</sup> General Meeting. The term of office for Executive Committee members is four years. The position is an honorary one, but EFAD will pay the travel and subsistence expenses incurred by a delegate when attending Executive Committee meetings. The delegate's National Association will still meet expenses incurred when attending General Meetings. National Associations are invited to submit their nominations, together with a brief outline of the expertise that their Association could bring to the Executive Committee.

## **8<sup>th</sup> DIETS/EFAD Conference, Athens, 9-12 October** **Sustaining the Student Network!**

Are you a dietetic student and interested in adding an extra dimension to your learning? Are you eager to meet dietetic students from other countries and at the same time participate in a fascinating conference for dietitians? Well, keep on reading to find more about this unique opportunity to attend the 8th DIETS/EFAD Conference.

Last year, students from about 10 different countries attended the 7th DIETS/EFAD Conference in Italy and it was a huge success. We are very happy to announce that the 8th Conference again will have a specific student programme. Students will be able to participate in the general programme, but we will also be offering inspiring presentations, interactive sessions and enjoyable social events especially for the visiting students.

During the Conference, students will be able to share their work with a large international audience of dietitians by giving a poster presentation. There will be a prize awarded for the best student poster. Also, for the first time, a buddy system will be set up to match visiting students with local students to help them find their way through the city and give assistance in finding accommodation.

Day 1 will start with an opportunity to get acquainted and learn about networking skills to make the best out of the Conference. In the afternoon, there will be a presentation about working overseas as a dietitian, including a case study from a project in Africa. Afterwards, a guest speaker from an existing international student association will explain how to develop and sustain a student network. In the evening, visiting students will have the opportunity to discover Athens, guided by local Greek students.

Day 2 opens with an interactive workshop. Students will brainstorm on how to cross national borders in order to obtain professional experience. Furthermore, building on the good practice from the previous day, the role of the student network in international activities will be discussed.

The Conference will close with an informal dinner in a Greek taverna in the centre of Athens. Here we will be able to network, discuss the student network, look back on the past days, enjoy the local atmosphere and celebrate all the successful conference outcomes.

To encourage attendance, EFAD has greatly reduced the registration fee for students. Also, we hope that teachers will encourage their students to attend as this would make a valuable addition to a student's portfolio and fits perfectly within the framework of Lifelong Learning.

Besides all the professional benefits from the programme, students can enjoy the ancient city of Athens. Students will return home with a bag full of ideas, professional connections and international friendships. A student who attended last year said that the conference provided *"a wonderful, informative and exciting experience where you can meet very interesting people from all around Europe"*

Further information on the programme, registration forms, call for posters and practical information can be found on [www.efadconference.com](http://www.efadconference.com)

**Koen Vanherle – DIETS/EFAD Students Key Contact**



## Report on the European Public Health Alliance (EPHA) Professional Development Program (PDP) 24-25 March 2014, Brussels

The EPHA PDP is held twice a year, and is aimed at young professionals working primarily in health-related organizations. It provides an opportunity to:

- ☀ understand the basics of EU institutions
- ☀ gain insight on campaigning and advocacy
- ☀ understand the role of NGOs and how to improve advocacy at EU level
- ☀ learn about advocacy, communications and the EU as a whole

The Spring 2014 PDP was held in an oddly sunny Brussels where 19 professionals had the opportunity to mingle and participate. They represented NGOs, Patient, Professional and Student Associations, as well as European Committees and Councils. I had the opportunity to represent EFAD.

The training, coordinated by Javier Delgado, included modules on:

- ☀ media releases and the use of social media in advocacy
- ☀ effective coalition building (including tips on how to avoid blackmail)
- ☀ designing advocacy strategies
- ☀ NLP anchoring techniques and insights into the working plan of the European Council and the Council of the EU, and last, but not least:
- ☀ general working tips when inside the “Brussels bubble”



Attending the PDP was a great experience, providing me with a clear insight into the EU and enabling me to acquire various new aptitudes. But let's not forget that this gave me an opportunity to visit Brussels and take a break from work! Additionally, I was happy to take my hefty dose of vitamin B12 from mussels and also to fuel up on flavonoids and antioxidants from Belgian chocolates.

While photographing the Manneken Pis, I remembered the Nutrition Care Process and taking into account the amount of chocolates and waffles in the city, I came to the conclusion that he must be suffering from polyuria and thus, as an expert I would suggest immediate testing for diabetes diagnosis. Thank you EFAD!



***Maria Grammatikopoulou***

You can visit the EPHA at [www.epha.org](http://www.epha.org) | Twitter at [@EPHA\\_EU](https://twitter.com/EPHA_EU) and [Facebook](https://www.facebook.com/EPHA.EU)

## Implementation of 'A Healthy Diet for a Healthy Life'

On 28 March 2014 the Joint Programming Initiative 'A Healthy Diet for a Healthy Life' (JPI HDHL) officially handed over its Implementation Plan to **Máire Geoghegan-Quinn**, the European Commissioner for Research, Innovation and Science. This marks the start of the implementation phase of joint programming in the area of Nutrition and Health.



The aims of the JPI 'A healthy diet for a healthy life' are to better understand the factors that determine food choices and physical activity behaviours, and thus human health; and to subsequently translate this knowledge into programmes, products, tools and services that promote healthy food choices. JPI HDHL will contribute significantly to the construction of a fully operational European Research Area (ERA) on the prevention of lifestyle- and diet-related diseases by aligning national research policies and programmes; by enhancing networking and communication amongst the stakeholders in the field of food, nutrition and health and by launching joint calls involving countries member of the JPI.



**Collaboration:** The JPI aims to strengthen leadership and competitiveness of the food industry by effectively integrating research in the food-, nutritional-, social- and health sciences and to increase knowledge and deliver innovative, novel and improved concepts and products. 25 countries are involved with the JPI, including 23 European Member States as well as Canada and New Zealand, who joined this European level initiative as its first trans-continental partners.

**EFAD** is a member of the Stakeholders Advisory Board of this initiative.

**Next phase in joint programming:** With the official launch of its Implementation Plan at the 2nd Conference, on 28 March 2014, the JPI 'A Healthy Diet for a Healthy Life' has ushered in the next phase of joint programming: *implementation*.

**Implementation:** The process of implementation has already begun with the launch of three Joint Actions aligned to the three Research Areas (RAs) of the Strategic Research Agenda. But there is much more to do to fully realise an operational European Research Area of Nutrition and Health. The first Implementation Plan presents the roadmap for the next two years (2014-2015). This Implementation Plan describes how the JPI will achieve the remaining short-term goals (2012-2014) outlined in its Strategic Research Agenda. As joint programming is more than initiating new calls for research, special focus in the implementation plan is given to additional activities such as the alignment of national research programs and institutional funding; collaborations with adjoining initiatives and third countries; and seeking coherence with Horizon 2020 activities.

**More information – please go to:** - [The Implementation Plan](#), [Strategic Research Agenda](#) and [JPI HDHL](#).

## Member News



**The Swedish Association of Clinical Dietitians (DRF) has received 1,540,000 SEK (Over €170,000) for implementing National Guidelines for Disease Prevention Methods among dietitians and other health care professionals.**

Unhealthy lifestyles are responsible for 20% of the total disease burden in Sweden, with high costs for society and suffering to individuals. A good health promotion can improve public health. In 2011, The Swedish National Board of Health and Welfare published National Guidelines for Disease Prevention Methods to promote evidence-based intervention in order to support patients with tobacco use, hazardous use of alcohol, insufficient physical activity and unhealthy eating habits. Dietary surveys show that 20% of the Swedish population has significantly unhealthy eating habits.

As a part of implementing the new Guidelines in the Swedish health service, the National Board of Health and Welfare has given the health care professional associations the opportunity to apply for financial support. In 2013 DRF received 2m SEK (over €220,000) for spreading knowledge about the new guidelines among dietitians and other health care professionals. The project, which is called “*Dietitians Talk about Lifestyles*”, employs five part-time dietitians. They are situated in different parts of Sweden and each one is responsible for a geographical region. The overall aims for the project are:

- to collaborate with other health care professions
- to ensure that all dietitians should have knowledge of the new guidelines and exhibit a health-promoting attitude
- to serve as a means to boost the level of knowledge in the field of healthy eating habits among other professions



*Elisabet Rothenberg*



## **European Nutrition and Health Alliance (ENHA)**

The ENHA, an important partner with EFAD, has been developing national approaches to a screening strategy for malnutrition within four countries. They are working with all agencies that need to be involved in developing a unified approach. When more information is available we will report it here in the EFAD Newsletter.

# Member News



## Healthcare Reform in Austria

The President of the Austrian Association of Dietitians, Andrea Hofbauer warns: If the integration of dietitians in the new structures of primary health care are not defined by law, opportunities for huge cost savings will be lost. The results of a Dutch study supports this statement.

The Austrian health care reform law of 2013 determined that in-patient care should be reduced and outpatient care should be expanded. Health care must be adapted to the needs of patients and this can be achieved by increasing of primary healthcare in an outpatient setting. So, following the principle of " Best Point of Service" the establishment of multidisciplinary teams is one of the prerequisites for this, as we made clear in our press release of April 2014: *"In all European countries, where primary health care is already well established, dietitians are an integral part of these teams. Because these professionals are well trained in the area of prevention as well as in nutritional therapy in case of disease. It's not just about the best possible care for the patients and the purposeful, efficient implementation of proven effective preventive and therapeutic measures, but also about a significant cost-reducing effect, which is also required by law".*

## Higher quality of life - more productivity at work

A recent study in The Netherlands illustrated the enormous savings potential as a result of treatment by dietitians. The study estimated that the dietetic treatment of overweight individuals (BMI>25) (with additional risk factors such as diabetes, high blood pressure and/or blood lipids) brings within five years, savings 0.4 to 1.9 billion Euros. Better health of the population ultimately brings positive economic benefits, such as a decrease in absenteeism in the workplace and an increase in efficiency and productivity.

Dietitians can contribute significantly to achieve the legally required health savings without sacrificing quality. They work together with patients, providing individual strategies for a sustainable lifestyle change and thus increase the quality of life. An integration of dietitians in Primary Health Care benefits all.



Prof. Andrea Hofbauer

## Member News



At the end of last year, the **Danish Dietetic Association (FaKD)** elected **Sofie Wendelboe** as its new chairman. Sofie has been a member of the board since 2009.

The Danish Dietetic Association is a member of the Nordic Dietetic Association, which also includes national associations from Finland, Iceland, Norway and Sweden. This year the Nordic Meeting for Dietitians was held in Bergen, Norway. One of our members spoke at the conference, and our chairman participated in a panel discussion about the Nutrition Care Process (NCP). A member of our board participated in the conference, and FaKD gave away free tickets for two of our members to participate as well.

Our focus right now is on dietetic practice and the implementation of NCP in all aspects of our work, in particular we invite members to participate in workshops aimed at helping them implement NCP in their daily practice. In addition, this year we are offering a 3-day course in the low FODMAP diet. The course is very popular and shows a positive focus on the dietary treatment of IBS.

On 31 October we will have our annual meeting and general assembly. Our last annual meeting was a great success with more than 100 Danish participants and lots of positive feedback.



## *AFDN: Dietitians in the Treatment of Undernutrition*



On 19 February 2014, the "Haute Autorité de Santé", the French Health Authority published a notice about the extension of the role

of dietitians in the treatment of undernutrition, enteral and parenteral feeding, enabling them to replace physicians, following successful application. The president of HAS confirmed the authorization of dietitians specialized in undernutrition to evaluate the nutritional status, prescribe enteral and parenteral feeding and assure the follow-up of the nutritional status provided that:

- the professionals in charge of this protocol have validated the accurate training
- a meeting of all the professionals in charge of the patient's nutritional status is held every week
- the principal physician is constantly reachable
- a precise and formal list of indicators is established

# Member News

## **Portuguese Congress of Nutrition and Dietetics 2014 – Challenges 20/20**



On 4 and 5 April, the [Association of Portuguese Dietitians \(APD\)](#) hosted the Portuguese Congress of Nutrition and Dietetics 2014 – Challenges 20/20. This event was aimed at professionals but also to the wider community. The main purpose was to promote change, growth and partnership between public, civil society, private, social and scientific sectors around the idea of healthy eating in Portugal. This event was the first step to improving the health of the population

There were workshops in areas such as:

- nutrition in diabetes treatment
- nutritional evaluation
- food security management
- dietetics and nutrition in emergency care

In the plenary sessions several hot topics were debated:

- malnutrition intervention strategies
- marketing and social responsibility in food health
- sustainability of the Mediterranean diet
- health tourism; digital nutritional health

In a community context there was promotion of food literacy in children from 3 to 13 years old and their educators. Conference participants enjoyed physical exercise promotion activities and the participation of a cooking chef who taught healthy and economic Mediterranean cooking. The reducing food waste was promoted at the conference when delegates sent leftover foods from healthy breaks to the Re-food project, whose goal is to reduced food waste and help deprived families.

### **Action20/20**

On 15 May (World Family Day) APD launched 20 challenges to be tackled between now and 2020. These challenges are supported on a digital platform and in numerous activities that will take place throughout the country. The major goals are:

- to raise public awareness of the issues
- to challenge the public to commit themselves to a change in their eating behaviour and lifestyles
- to gain the long-term commitment of professionals in the areas of health, food, nutrition and dietetics

APD will convene an Executive Council for the definition, creation, monitoring and evaluation of an activities plan and protocols for the success of this mission.

## People in the News

### Duane Mellor & Grigoris Risvas

The EFAD Executive Committee agreed to appoint Duane Mellor as Lead of the European Specialist Dietetic Network for Diabetes and Grigoris Risvas as Lead of the European Specialist Dietetic Network for Public Health. Congratulations to both!

### Mary Flynn

Mary is the EFAD representative to the European Food Safety Authority. EFAD would like to congratulate Mary on winning the Nutrition Society inaugural Public Health Nutrition Medal. Title of lecture: Priority Areas for Public Health Nutrition Action Using the Ottawa Charter. The Public Health Nutrition Medal recognises excellence in the field of Public Health Nutrition. The competition is open to Nutrition Society members whose work has had significant impact on local, regional, national or international policy or delivery, or the evidence base in public health nutrition. See more info at: <http://www.nutritionociety.org/summer-meeting-2014-public-health-nutrition-medal#sthash.PB9A1pdC.dpuf>

## Behavioural Taxation In France

On 19 March 2014, the French Senate presented a report, '[Taxation and public health: evaluation of behavioural taxation](#)' proposing a junk-food tax on products that could increase NCDs. The tax aims specifically at soft drinks (with added sugar, energy drinks), which currently benefit from low taxes. In France, all food products intended for human consumption benefit from a reduced tax rate of 5.5%. Only four categories are taxed at 20%: confectionery, chocolates and all composite products containing cocoa or chocolate, margarine and vegetable fats and caviar. Behavioural tax aims to incite the population to change behaviour corresponding to the objectives pursued by public authorities aiming at counteracting poor dietary habits. This taxation could be a way to generate the funds necessary to offset the negative effects of unhealthy eating and to reduce healthcare cost. But the term "*behavioural taxation*" is moralistic and may make the citizens feel guilty. It could better be called a "*contribution to public health*" taxation.

## Courses and Training Opportunities

[OPEN Service Improvement Courses from the Results Driven Group](#)

[Master's Degree in Applied Nutrition Medicine](#) Graz, Austria, Spring 2015

[SCOPE School](#) 'Integrating Primary Care and Commercial Providers into Obesity Management' 27-28 October, London, England

[Summer Academy in Global Food Law and Policy](#) 21-25 July, Bilbao, Spain

[3rd International Advanced Course 'Exposure Assessment in Nutrition Research'](#) 25-29 August, Wageningen, The Netherlands

## ***Master's in Applied Nutrition Medicine Graz, Austria, Spring 2015***

This two-year part-time programme is specifically geared towards dietitians and doctors and leads to the degree of Master of Science in Applied Nutrition Medicine. The Medical University of Graz and FH JOANNEUM run the programme jointly as part of an innovative and unique cooperation model. The programme aims at providing participants with scientific and practical training in applied nutritional medicine. It will focus on interdisciplinary cooperation between dietitians and doctors and the mutual exchange of skills and experience.

Applicants will need a university degree in medicine or dietetics & nutrition from a university of applied sciences or the equivalent three-year training at a recognised educational institution (reference: 180 ECTS). Relevant professional practice or the completion of additional continuing education courses may be taken into account in exceptional cases.

The programme will be taught in German. However, participants will be expected to be able to read and understand English language learning material and to follow classes and lectures held in English. Find further information [here](#).

*Manuela Konrad*

### ***Employment Opportunities***

[Position for an experienced nutritionist in the field of infant nutrition](#) The Netherlands

[Tier 1 Canada Research Chair in Human Health and Chronic Disease Prevention](#) University of Guelph, Canada

[Two positions at the Nestle Research Centre](#) Lausanne, Switzerland

[Positions available at the Nestlé Research Centre for carbohydrate scientists](#) Lausanne, Switzerland

[Scientific & Regulatory Affairs Manager for Personal Care and Food](#) Brussels, Belgium

## *Dates for Your Diary 2014*

### **June**

[Nutrition Integrates Conference](#) 5 June, London, UK  
[MedicReS International CME Conference “Good Clinical Research”](#) 6-7 June, Istanbul, Turkey  
[47th Annual Meeting of ESPGHAN](#) 9-12 June, Jerusalem, Israel  
[Neurosciences & Marketing](#) 12 June, Paris, France  
[Find out the why EFSA will reject your next nutritional health claim dossier - Interactive Workshop at IPC2014](#) 23 June 2014, Budapest, Hungary  
[Pre-conference Symposium IPC2014](#) 23 June 2014, Budapest, Hungary  
[IPC2014](#) 24-26 June 2014, Budapest, Hungary  
[Targeting Liver Diseases 2014](#) 26-27 June 2014, Jerusalem, Israel  
[BACCHUS SEMINAR - Best practice guidelines for EFSA health claims dossiers](#) 27 June, Brussels, Belgium

### **July**

[8th International Conference on Diabetes & Obesity](#) 3-4 July 2014, Riga, Latvia  
[Summer Academy in Global Food Law & Policy](#) 21-25 July, Bilbao, Spain

### **September**

[Fifth EFPC bi-annual conference](#) 1-2 September 2014, Barcelona, Spain  
[14th International Nutrition & Diagnostics Conference 2014](#) 2-5 September 2014, Prague, Czech Republic  
[Discoveries and Innovations for Healthy Ageing](#) 3 September 2014, Brussels, Belgium  
[EPHA 5th Annual Conference](#) 4-5 September 2014, Brussels, Belgium  
[WPHNA Conference](#) 8-9 September 2014, Oxford, UK  
[NuGOweek 2014](#) 8-11 September, Castellammare di Stabia, Italy

### **October**

[VIII EFAD-DIETS Conference](#) 9-12 October 2014, Athens Greece  
[1st Congress on Food Structure Design](#) 15-17 October 2014, Porto, Portugal  
[FEDN Congress](#) 16-18 October 2014, Valencia, Spain  
[MedicReS World Congress on “Good Medical Research”](#) 16-18 October 2014, New York, USA  
[SCOPE School London](#) 27-28 October, London, UK

**Please submit articles, diary dates etc for the next EFAD newsletter (due September 2014) to: Judith Liddell, Secretary General, [editor@efad.org](mailto:editor@efad.org)**



HELLENIC DIETETIC ASSOCIATION



EUROPEAN FEDERATION OF THE ASSOCIATIONS OF DIETITIANS



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