



# European *Dietitians*

## ***President's Message: A Spring in our Step!***

The period from January to April often seems very long. I think this is the effect of the dark days of winter, but as the light of spring begins to return so we notice new 'shoots' emerging. EFAD is emerging with a new mandate for European dietetics. Building on the EUROPEAN Food and Nutrition Plan 2015-2020, a European Dietetic Action Plan 2015-2020 (EuDAP) is being developed and piloted soon. It will require all of our National Dietetic Associations to take a leaf from the Norwegian campaign book (see Arnt Steffenson's article on the next page). Interacting successfully with politicians is crucial on many levels and Arnt provides an excellent plan.

Preparation is the key and when dietitians contact those in leadership positions, it allows us to say 'why it is important for *them* to meet *us (dietitians)*'. As a profession we do and can make a difference to the nutritional health in Europe but as our colleagues in Norway learned, meetings help us to explain who we are and what we can do. EuDAP will provide us with that opportunity **but** it is only going to be useful if we arrange those meetings. Let Spring bring new opportunities for dietitians in Europe.

*Anne*

***Anne de Looy,  
President, EFAD  
Professor of Dietetics,  
Plymouth University, England***



**EFAD General Meeting and Conference  
Amsterdam, The Netherlands, 21-25 October 2015  
Dietitians Meeting the Food and Nutrition Action Plan**

## Norway: Lobbying Politicians Can Work!



Bent Høie  
Minister of  
Health and  
Care Services

About a year ago, I sent letters to the various health spokesmen in each of the political parties in the Norwegian Parliament, and to the Minister of Health and Care Services, Bent Høie. I introduced myself and the Norwegian Dietetic Association (NDA) and briefly described what we are doing and why it was important for *them* to meet *us*, and suggested a meeting. I did my research into the parties and knew that the Socialist Party was interested in school meals; the Christian Party: care for the elderly; the Peasant Party: care for food production; the Environment Party: sustainability etc. So, I was able to

focus on those items in my mailing to specific individuals.

The result was good: during the next six months I had meetings with all the political parties. Such meetings are necessarily short (politicians are very busy), but I was able to highlight the work of the NDA and what we stand for, concentrating on three or four key issues. Obviously, meeting politicians does not mean that your strategic plan will be adopted, but generally the politicians that I spoke to listened carefully and asked serious questions. At the end of each meeting we exchanged business cards, but this was not just a formality, but part of building a long-term productive relationship that will take some time. The exchange of cards after a meeting establishes a contact that can be mutually beneficial in the future. Individuals and organisations that want something are always approaching politicians; but if any issue relating to food, nutrition and health crosses the desks of the politicians that I have met, they will eventually realise that the NDA should be their first call for advice

Does such lobbying actually work? Yes. At the moment I am focusing on unhealthy food that is being served in sport arenas. These places only exist to do good things for your body, and yet they serve junkfood. So I mailed my political contacts, and got some very positive responses. I also lobbied our national sport organizations on the same topic.

Another example: the Norwegian Labour Party is in opposition at the moment, and is creating a new health and social policy. As I was a familiar name, I got invited to a brainstorming meeting with them, to present what the NDA believe is important. The Labour Party is now in favour of school meals, which they were not before. Political lobbying works!

We must remember that politicians want to do the right thing for society, but obviously they cannot know everything about everything, and must make difficult choices. Politicians do not necessarily know about professional food service or dietetic work in hospitals. They may have heard of such things, but do not know about the challenges and the obstacles. It is therefore our duty as dietitians to get that message across. This applies not only to high-level central government politicians, but also to people with power at the local level. Example: In December I heard about a swimming pool that served only junkfood in the café. I wrote an article about this in the local newspaper, and sent a very polite letter to the county mayor, telling him our view. In February the county decided to take away all the junkfood from the café.

This highlights another method of lobbying: writing letters and articles for local newspapers, magazines and online publications. When I approach editors on a food/nutrition/health related topic, they know that, as a dietitian, my voice is worth hearing.

Political lobbying is not rocket science; it's all about communication. It's about trying to convince politicians that your way of thinking is best for the country and perhaps more importantly, best for voters and their children. In order to lobby successfully, you need to understand how your country's political system works and who are the people in power that you must contact. But never forget to talk to the opposition parties. Today's opposition is tomorrow's government.



**Arnt Steffensen**  
**President, Norwegian Dietetic Association**  
**Chair-elect, Healthcare Caterers International**



## Austrian Dietitians Help Create a 'Disease Prevention Vacation'



Austrian dietitians have combined with the German Hiking Association and the Wipptal Tourism Association to create a 'Disease Prevention Vacation'. The positive effects of a health promotion (salutogenesis) programme such as this have already been documented. This particular promotion comprises 'Healthy Eating' (designed by Tyrolean dietitians in line with the German '10 Rules for Healthy Eating') plus 'Hiking for Health' (the exercise programme of the German Hiking Association). More than 120 German health insurance companies with over 50 million members recognize the Wipptaler disease prevention vacations; indeed most of these insurance companies will reimburse their clients up to 80% of the cost of the programme.

### **Who should go on this vacation?**

The target group for this programme is mainly the not-so-young who do very little physical exercise, but this is not a weight-loss programme. There will be no food supplements or weigh-ins or other measurements taken; this is a disease-prevention, health-promotion programme.

### **How long is the vacation and how long are the hikes?**

The vacation is 8-10 days, featuring an accompanied daily hike of 3 to 5km (depending on terrain and condition of the hikers) lasting about 90 minutes.

### **Is the programme officially recognised?**

The programme is recognised and certified by the German 'IN FORM' National Action Plan to sustainably improve the dietary habits and patterns of physical activity in Germany: [www.bmel.de/](http://www.bmel.de/)

### **Will there be lectures?**

Qualified dietitians will be there to deliver educational modules on the topic of healthy eating, plus practical help for the implementation of an everyday healthy diet at home. They will also be able to highlight the errors in numerous 'fad' diets created by non-experts and found in bookshops everywhere and on the internet. The newly acquired nutrition knowledge and the positive experiences of the hiking course complement one another: after exercise, the healthy appetite is satisfied with appropriate healthy regional foods.

### **If I don't like the food - can I sneak off to a local restaurant for double cheeseburger and fries?**

Local businesses have cooperated in this initiative: hotels, restaurants lodges etc have designed their menus to comply with the healthy eating guidelines.

*Austrian Association of Dietitians*

## Vegetarianism – Between Moral Duty and Biological Impact



The main topic of this scientific conference was vegetarianism. Speakers from different professional groups, including dietitians and doctors of medicine, contributed to this very current subject.

- The dietitian Klaus Nigl, MA (number 6 in the photo) opened the conference and provided the audience with the basic terms of the topic ranging from *flexitarian* to *windfall vegan*.
- Hanni Rützler (4) is an Austrian nutrition scientist and food researcher, who observes and analyses future trends in her studies. She discussed the food of our future by posing the question: *Are vegetables the new meat?*
- Erwin Lengauer (3) from the University of Vienna examined the ethical aspects of vegetarianism.
- Martin Schlatzer (7) works at The University of Natural Resources and Life Sciences, Vienna. He compared the omnivore diet and vegetarian nutrition with particular reference to the environment, the climate and health issues.
- Felix Hnat (1) from the Vegan Society Austria, provided an insight into market research on veganism and vegetarianism.
- Senior Physician Dr Thomas Schickmair, who is working in the field of acute geriatric care, questioned whether vegetarians are aging in a healthier way compared to others.
- Tanja Holzinger (2), BSc, a graduate dietitian, closed the fascinating afternoon by presenting her empirical bachelor thesis entitled '*Well supplied with vegan cuisine*'. In her research paper she addressed the potential loss of critical nutrients in a vegan diet that occur through the omission of animal products. As a result, she laid great emphasis on dietetic support for those thinking of embarking on a vegan diet!

Hosts for the Conference were Marianne Tammegger (5), Head of the Bachelor Degree Programme in Dietetics; and Dr Rainer Schöfl (8), Primarius Universitätsprofessor at Upper Austria's Elisabethinen Linz Convent Hospital. Marianne and Rainer concluded the formal part of the Conference and afterwards the participants had the chance to hold further informal discussions on these topics.



**Sonja Grünzweil, BSc**

## Standardized Dietetic Languages in Europe

Recently, European dietitians have begun to realise the advantage of defining and using a specific terminology to document their care. The EFAD Professional Practice Committee (PPC) has investigated the growing use of standardised language in several publications (1, 2, 3) and has organized several workshops on this topic during EFAD Conferences. The PPC will have a face-to-face meeting in Stockholm at the end of May and will discuss plans for the standardised language network. There are two standardised languages currently in use: NCPT and ICF-Dietetics.

### NCPT

In eight countries, the Nutrition Care Process Terminology (NCPT; former IDNT) is being implemented. The latest version of this terminology is published in electronic format (<http://ncpt.webauthor.com/>). Several associations are also involved with translation of the NCP terminology into their local language and the Swedish translation is included in the electronic version. Others are on their way.

### ICF-Dietetics

The International Classification of Functioning, Disability and Health for Dietitians (4) is used in the Netherlands, which is also the country that developed the dietetic part of the language. ICF-Dietetics is well suited for countries where ICF is used in the health care system and has been translated into English by the Dutch association. Associations in four other countries have expressed interest in this language but have not yet made a final decision.

### EFAD Representation in the International NCP Committee

With the increasing numbers of countries in Europe using the NCP and its terminology, European dietitians need to communicate their views on this development. The chair of the PPC, Tina Papoutsakis, is the EFAD representative in the International NCP group and in June will take over as Chair of the group. Tina welcomes the views and ideas of dietitians to inform the work of the group: [ylva.orrevall@karolinska.se](mailto:ylva.orrevall@karolinska.se)

### Call for Key Contacts for Standardized Dietetic Languages in Europe

The EFAD website lists key contacts from member associations in 13 countries who are active in the implementation of standardized language. (Click on 'Professional Practice' on this page: [www.efad.org/iextranet/2327](http://www.efad.org/iextranet/2327) ) If your country is not yet on the list and you would like to be a key contact, please contact Ylva Orrevall [ylva.orrevall@karolinska.se](mailto:ylva.orrevall@karolinska.se)

### References

1. EFAD (2012) *Report on Knowledge and Perceived Use of a Nutrition Care Process & Standardised Language by Dietitians in Europe*
2. Papoutsakis C, Orrevall Y, EFAD Professional Practice Committee (2012) *The use of standardized language among dietitians in Europe* *Dietistaktuellt XXI* (1) 32-33
3. EFAD Professional Practice Committee (2014) *Vision paper: The implementation of a Nutrition Care Process (NCP) and Standardized Language (SL) among Dietitians in Europe*
4. Dutch Dietetic Association (Dutch ICF-Dietetiek) (October 2012) *Derived Dietetic Classification on Dutch Translation of the WHO International Classification of Functioning, Disability and Health (ICF) and WHO ICF-CY (Children & Youth)*



**Ylva Orrevall**  
**Clinical Dietitian, Karolinska University Hospital, Stockholm, Sweden**  
**EFAD Professional Practice Committee**



In your work as a dietitian, how do you keep up with:

- the most up-to-date scientific evidence to inform your dietetic practice?
- food and nutrition resources and tools that are aligned with the latest science?
- the growing body of evidence in food and nutrition, reliably evaluated?

Just keeping up with the latest research seems like an impossible task:

- In its 24 million citations, PubMed contains more than 310,200 nutrition citations. In 2014, a further 24,097 **new** nutrition citations were added
- There are 79 journals published in the field of Nutrition & Dietetics

### Practice-based Evidence in Nutrition (PEN) is the answer

The BDA has joined in partnership with Dietitians of Canada and Dietitians Association of Australia to make available Practice-based Evidence in Nutrition (PEN): the evidence base for practice available to dietitians in Europe.

PEN uses very robust processes that are accredited by the Health on the Net Foundation ([www.healthonnet.org/](http://www.healthonnet.org/)) to produce evidence-based, practice-focused answers to the questions that the public, patients, health professionals and dietitians encounter on a daily basis. PEN is based on knowledge pathways that are designed in a question-and-answer format. Each includes a collection of questions, evidence-based answers, references, tools, resources, practice-guidance summaries and background information. There are more than 169 knowledge pathways, 1040 practice questions and over 3343 resources.

- hyperlinks take you directly to the full text or abstract
- all practice points are graded so you can understand the quality of the evidence
- practice-guidance summaries, toolkits and resources help you apply the evidence in your practice

We will very soon be announcing great news that will make PEN accessible to members in Europe for less than the cost of a small textbook. In the meantime, to truly appreciate the Power of PEN, sign up for a free trial here: [www.pennutrition.com/subscribe\\_bda.aspx?c=1](http://www.pennutrition.com/subscribe_bda.aspx?c=1) and create a PEN account

If you have any questions, want to know more about how you could use PEN in your practice or your Association is interested in joining the PEN community, then get in touch:

[Globalpen@bda.uk.com](mailto:Globalpen@bda.uk.com)

Or contact Sue Kellie, Deputy Chief Executive [s.kellie@bda.uk.com](mailto:s.kellie@bda.uk.com) Tel +441212008070



## myPace: Online Behaviour-change Resources for Dietitians

Nutritional counselling is increasingly drawing on the evidence around behaviour change: supporting people to change their dietary/physical activity habits in a sustainable way. Our research with European dietitians has shown that there is a need for this evidence to be more easily accessible in order to impact dietetic practice. The existing scientific literature can often be seen as a minefield of confusing psychological theories and sometimes overlapping concepts that dietitians do not always find straightforward to apply.

With that in mind, one of the key objectives of the myPace project is to develop online behaviour-change resources to support European dietitians in their practice. We hope that by presenting the existing evidence in a language that is appropriate and practical to dietitians, the resources will provide useful insight on when, and for whom, different behaviour-change techniques might be effective.

### Collaboration with Dietitians

Working closely with dietitians is key to ensuring that the resources match their actual needs. It allows us to assess what dietitians already know about behaviour-change techniques and how confident they feel applying this knowledge. It is also important for identifying areas where more knowledge and guidance is required, and for deciding on how these can be most appropriately delivered.

Our first engagement with European dietitians was at an interactive workshop that took place during EFAD's annual conference: October 2014, Athens, Greece. The objective was to understand the existing knowledge of dietitians and the use of behaviour-change techniques in their practice, and to get their opinions on the composition and delivery of resources.

The findings from the workshop, together with the results from the scientific literature ([www.ucl.ac.uk/behaviour-change](http://www.ucl.ac.uk/behaviour-change)), formed the basis for a second phase of the research, which we have extended across the EFAD network. It takes the form of an EU-wide online survey, currently underway (see below for details). In the final stages of development, we will hold a second workshop for dietitians to comment on the resources. Once the behaviour-change tool is ready for use, we will make it publicly available.



**Complete the Survey:  
5 Dietitians Will Win a  
Free Place at the EFAD  
Conference in  
Amsterdam!**

Are you a qualified dietitian working with weight-loss patients, who wants to share your knowledge and experience in order to contribute to behaviour-change resources? If so, then please access the online survey (English only) at: <http://debate.vizzata.com/bcresources/group/bcsurvey>

As an incentive to complete the survey, we are offering **free places** (registration and accommodation) for five dietitians at the upcoming EFAD Conference on 23-25 October 2015 in Amsterdam, The Netherlands. For one of these lucky dietitians, we will also pay travel expenses (European travel only, at standard rates). The draw for the prizes will take place on 13 April 2015.

**Closing date for completing the survey: 30 March 2015**

### myPace Project

myPace is a multidisciplinary collaboration between the University of Bath, EFAD, White October (web development agency), and the European Food Information Council (EUFIC). If you would like to keep up-to-date on the progress of the behaviour-change tool and/or myPace technology, leave your contact details at <http://mypaceapp.com/> For questions, contact [Raymond.gemen@eufic.org](mailto:Raymond.gemen@eufic.org)



### **What is ENDietS?**

ENDietS is a network of dietetic students established in 2014 in the students workshop of the 8th DIETS-EFAD Conference in Athens.

### **Who can be a Member?**

Membership of ENDietS is open to any student of dietetics in Europe. Membership is free.

To join, click here: [www.efad.org/survey/index.php?sid=47181&lang=en](http://www.efad.org/survey/index.php?sid=47181&lang=en)

### **How is ENDietS Organised?**

A voluntary executive team of students lead EnDietS and EFAD representatives provide coaching and to ensure the network's sustainability. We hold regular virtual meetings and attend the annual EFAD conference. ENDietS is embedded within EFAD, which represents the interests of all European dietitians and dietetic students and promotes the development of the dietetic profession.

### **What is the vision of ENDietS?**

Our vision is to provide a platform to unite, connect and empower dietetic students. We want to share our experience and expertise in dietetics-related health issues from the dietetic student's point of view. Our network is inspired by cultural diversity, sustainability and friendship. ENDietS aims to develop activities for dietetic students and by dietetic students. The network also offers us the opportunity to speak as the one voice of European dietetic students when dealing with student associations in different health fields and policy makers.

### **What are the benefits of joining ENDietS?**

ENDietS gives members the opportunity to:

- collaborate in research
- share data
- publish interesting papers and articles
- discuss a range of issues that affect students
- engage in lifelong learning, eg via webinars and other online resources
- learn about exchange opportunities

**YouTube:** [www.youtube.com/watch?v=WdGdfaORzq0](http://www.youtube.com/watch?v=WdGdfaORzq0) - t=14

**FaceBook:** [www.facebook.com/groups/ENDietS/?fref=ts](http://www.facebook.com/groups/ENDietS/?fref=ts) - \_\_=

**EFAD Contact:**

*Koen Vanherle*  
[ENDietS@efad.org](mailto:ENDietS@efad.org)





## Dietitians run a dedicated workshop at the World Summit 2015 for Gut Microbiota & Health, Barcelona, Spain

This March, the Gut Microbiota & Health initiative of the European Society of Neurogastroenterology and Motility (ESNM) invited EFAD to nominate dietitians to run a workshop at their international conference. The workshop was: *Practical Dietary Recommendations to Modulate Gut Microbiota*. We believe that this is the first time that dietitians have taken such an important role in Europe in organising a workshop in this area. The Workshop included the following dietitians:

**Moderators:** Amalia Tsagari (Athens, Greece), Eugenia Gonzalez (Barcelona Spain)

**Presenters:**

- Ingela Marklinder (Uppsala, Sweden)  
*Intestinal microbiota composition throughout the life cycle: dietary consequences*
- Amalia Tsagari (Athens, Greece)  
*Menu planning in long-stay, residential care and its impact on gut microbiota*
- Luzia Valentini (Neubrandenburg, Germany)  
*Dietary effects on gut microbiota to improve cardiovascular health*

### Learn More about Gut Microbiota

In his article about gut microbiota, Philip Hunter calls it 'The secret garden' (2009, EMBO Rep.10: 1082–1086). Bacteria in huge numbers inhabit our gut and our dependence on these extragenomic microorganisms, or microbiota, for health is slowly being unpacked. Our gut flora have a very important role in nutrition and disease and the term 'microbiome' is used to describe the microbial genes—and their products—that interact with our own genome to strongly affect the functions of our metabolism and immunity.

If you want to learn more about the Gut Microbiota then the website 'Gut Microbiota for Health' ([www.gutmicrobiotaforhealth.com](http://www.gutmicrobiotaforhealth.com)) is promoting 'GUT MICROBIOTA E-LEARNING 2014: The Gut Microbiota Package', available in English, Spanish and German. The e-learning package is a set of e-learning slides and contains a selection of scientific information about the human gut microbiota. The package was developed in cooperation with the World Gastroenterology Organisation (WGO) and is in four parts: Introduction, Diarrhoea, Colonic Diseases, Questions from Patients.

*Anne de Looy, President, EFAD*



On behalf of the 15<sup>th</sup> International Nutrition & Diagnostics Conference (INDC 2015) we are pleased to invite you to participate in this scientific conference. The conference registration process is online:

[www.indc.cz/en/registration/registration-form/](http://www.indc.cz/en/registration/registration-form/)

Early registration is available before 15 June 2015. The Czech Society for Nutrition and the Czech Society of Probiotics and Prebiotics will support the Conference. The INDC conference series represents an invaluable resource for dietitians, nutritionists, medical doctors, analytical chemists, biochemists, chemists, and those involved in clinical diagnosis seeking new technologies and new approaches in the field of nutrition, food diseases, food components and health trends. The conference will feature an extensive scientific programme of lecture and poster presentations that will focus on the latest research results. Leading academic and industrial scientists from the USA, Russia, China, Australia and Czech Republic will deliver the keynotes. The preliminary scientific programme is here:

[www.indc.cz/en/programme/scientific-programme/](http://www.indc.cz/en/programme/scientific-programme/)

### Call for Papers / Abstracts

Please submit your abstracts for oral and poster presentations through the conference website:

[www.indc.cz/en/registration/abstracts/abstract-registration-form/](http://www.indc.cz/en/registration/abstracts/abstract-registration-form/) Please submit oral presentations by 30 April 2015, poster presentations by 15 May 2015. **Conference Contact:** [info@indc.cz](mailto:info@indc.cz)

# Save the Dates

<sup>9th</sup> **EFAD** CONFERENCE

Dietitians meeting the Food and Nutrition Action Plan



**AMSTERDAM**  
THE NETHERLANDS  
**23-24** October 2015



[www.efadconference.com](http://www.efadconference.com)

***[www.efadconference.com](http://www.efadconference.com)***

**Deadline for Submissions for the Summer  
Newsletter: 31 May 2015  
[editor@efad.org](mailto:editor@efad.org)**

***[www.efad.org](http://www.efad.org)***  
***European Dietitians***