

## President's Letter

In our Strategic Plan for EFAD we state that we will "Develop the business capabilities of EFAD, its effectiveness, transparency, cost benefit and the impact it has on behalf of its member Associations" (Key result 5). One way we said we would monitor this result is to appoint a Scientific Reference and Advisory Committee. I am delighted to say that at the time of writing we have had acceptance from Professor Johanna Dwyer (Senior Nutrition Scientist, OD/ODS/NIH), Dr Chris Trimmer (Executive Director of IASO) and Glenis Willmott (MEP). We are waiting for the last invitee to respond. I am sure you will be delighted by these responses and the support we gain as we take forward our agenda.

I am also looking forward to the annual general meeting of EFAD and its delegates in Slovenia and especially to the scheduled meeting on Friday evening (26th October) when I can discuss our business plans in more depth with the Presidents and Chairmen of our Associations.

Have a restful summer



## EU Regulation classifies 222 permitted 'healthy food' claims

The EU has agreed a list of permitted health claims made on food. The Regulation gives industry until mid-December to adapt its claim-making.

The Regulation has been agreed after long negotiations. Of the many claims made, 222 have got permission and are listed. More than 1.600 claims have been rejected.

### D-Day

According to the Regulation, all health claims on food that is not listed, must be removed from the labels and from all commercial communications. Producers have got time until 14 December 2012 to adapt their labelling and marketing.

The Regulation and the listing can be found [here](#).

## INVITATION TO PARTICIPATE IN THE GLOBAL DIABETES SURVEY

EFAD members have been invited to participate in the Global Diabetes Survey, a project which aims to describe the condition of diabetes care around the world. The survey on the quality of diabetes care will gather data annually from participants in 19 focus groups (including patients, physicians, diabetes nurses, scientists and other stakeholders) worldwide. Following lobbying from EFAD, dietitians/nutritionists have been included as a unique focus group, affording EFAD members the opportunity to have their opinions on diabetes care in their respective countries heard alongside the other healthcare professional groups. The results will be presented annually on World Diabetes Day (November 14th) and it is hoped that they can be used to benchmark effective care strategies and to encourage policymakers to improve diabetes care around the world. For further information and to register to take part in the survey, see [www.globaldiabetessurvey.com](http://www.globaldiabetessurvey.com).



For further information and to register to take the survey or comment on the questionnaire, see also the link <http://www.globaldiabetessurvey.com>

PORTOROŽ, SLOVENIA 26-27 OCTOBER 2012



## 6th DIETS/EFAD conference Life Long Learning for a secure nutrition future

This year the conference theme is "Life Long Learning for a secure nutrition future" and the programme, registration details and poster applications are now open on both the DIETS and EFAD websites. We will be launching Specialist Networks for Dietitians, have special meetings for student dietitians, key contacts and Presidents of EFAD Member Associations, plus a host of workshops, research posters and specialist lectures.

Come and join us. Network partners will have their work package meetings on the 28th of October.

### Register now:

- EFAD Delegates 25th-27th October (Business Meeting 25th October, presentations & workshops on 26th-27th October as part of DIETS/EFAD Conference)
- Everyone 26th - 27th October DIETS/EFAD Conference
- DIETS2 Work package members 28th October for Work package meetings
- Students (special rate for all undergraduate students) 26th-27th October DIETS/EFAD Conference)

See [www.thematicnetworkdietetics.eu](http://www.thematicnetworkdietetics.eu) for full details

## OBESITY UPDATE 2012

The obesity epidemic slowed down in several OECD countries during the past three years. Rates grew less than previously projected, or did not grow at all, according to new data from ten OECD countries.



Child obesity rates also stabilised in England, France, Korea and United States. However, rates remain high and social disparities in obesity are unabated. Many governments have stepped up efforts to tackle the root causes of obesity, embracing increasingly comprehensive strategies and involving communities and key stakeholders.

### Taxation

There has been a new interest in the use of taxes on foods rich in fat and sugar, with several governments (e.g. Denmark, Finland, France, Hungary) passing new legislation in 2011.

This concludes the OECD in a policy brief presenting an update of analyses of trends and social disparities in obesity originally presented in OECD's report "Obesity and the Economics of Prevention: Fit not Fat" (2010).

See full OECD policy brief under :

[www.oecd.org/dataoecd/1/61/49716427.pdf](http://www.oecd.org/dataoecd/1/61/49716427.pdf)

## Nutrient Profile Modules Workshop in Slovenia

The Slovenian National Institute of Public Health and the WHO organized a workshop on the WHO Guiding Principles and Framework Manual for the Development or Adaptation of Nutrient Profile Models.

Nutrient profiling is the science of classifying or ranking foods according to their nutritional composition for reasons related to preventing diseases and promoting health (WHO, 2012). It can be used by national authorities to promote public health dietary goals. WHO is developing a Guiding Principles and Framework Manual to assist member states in developing or adapting Nutrient Profile models. The aim of the workshop was to plan the development or adaptation of a nutrient profile Model which could be used in Slovenia.

Participants of the workshop discussed the work carried out so far regarding nutrient profiling and specifically development of a nutrient profile model for food marketing to children. Different databases for comparing models were presented and Slovenian experts were acquainted with methods for comparing models using compositional databases.

Dietitians are important experts who can be included in the process of development of nutrient profiling models and that's the reason for planning discussions on the topic in Public Health workshop on the 6th DIETS Conference in Portorož.

## RESEARCH COMMITTEE DIETS2 TO LAUNCH FIRST PRODUCTS

**The Research Committee of the DIETS2 project is about to launch its first products. Focusing on research material and supports for students and dietitians, the three planned products will all be web-based and available for all interested parties.**

The Research Committee has planned three practical products. A first product is a database with materials and help for the teaching of research. It will contain articles, presentations and information sources for good research.

With the eJournal, the Research Committee wants to issue a digital magazine containing recent abstracts of theses from students. An editorial Board will assess the works and publish abstracts.

A last product is the development of eCourses. These courses will a.o. focus on the calculation of sample size, study designs, qualitative and quantitative research, and writing a research paper.

"We are still working on these products, but we hope to launch some of them already this autumn", says Elke Naumann, EFAD's Research Committee Chair. A pilot of the eCourses is planned for after the summer break.

### DIETS2

The Research Committee is one of the working groups of the DIETS2-project. Once the products are developed and launched, it is Naumann's hope that the developed research materials will stand alone and continue to offer help to students and dietitians in their research activities. Naumann will update the EFAD members during the General Meeting in October.

## Diet, Physical Activity and Health - a European Platform for Action

The last plenary session focused on consumer information including labelling. The plenary also discussed the preliminary findings of the Platform's Annual Report for 2011 as well as the follow up on Communication on the Platform discussed at the beginning of the year.

Finally the Platform heard about the first report on the implementation of the Audiovisual Media Service Directive by the European Commission. The Chair highlighted that the 2012 monitoring exercise reflects the Platform's continuous the area of 'Composition of foods (reformulation), availability of healthy food contribution to the Strategy for Europe on Nutrition, Overweight and Obesity-related health issues.

### New commitments

Stakeholders presented two initiatives in options and portion sizes. The European Vending Association (EVA) presented the initiative implemented in France, which investigates how the operators diversify food products in vending machines. The recommendation is that every machine should include healthy options consisting in two types of fruits, two products containing cereals, milk products and at least four beverages without sugar.

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# INTERVIEW WITH ...

**Carole Middleton, Member of the Executive Committee of EFAD**

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**How could EFAD more involve its membership in its work and Executive Committee?**

"I have been an EC member since 2006 and feel I and the BDA have gained considerably from this level of involvement in EFAD. You learn a lot about how dietetics is practised in other countries and get a greater understanding of what is happening in Europe which will affect the profession. As an active EC member you have the chance, and also the responsibility, to influence the direction and impact of EFAD to the benefit of the membership and of course for your own association. I would encourage EFAD member associations to put themselves forward for the upcoming elections and get more involved."

**What are EFAD's milestones of the last two years, and challenges for the next two years?**

"I think obtaining an Operating Grant has been a huge milestone. It enables us to progress our work and to do what our members are expecting from EFAD. We can raise our profile and get more engaged in European policy making. Over the last few years, EFAD has become much more recognised and is being consulted more than ever before.

The challenges we face as an organisation are in securing the resources we need to maintain and grow the representation and engagement we have achieved so far. We also need to help the member associations and individual dietitians to raise their profile. The current economic climate urges us, more than ever, to be very clear about our work, what is unique to dietitians and the added value we bring. We need to get better at selling ourselves and providing and publishing the evidence of our work."

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## Food for thought

### European Specialist Dietetic Networks

Throughout Europe dietitians are taking on advanced, expert and specialist roles in such areas as diabetes, obesity, public health, administrative dietetics, care of the ageing and paediatrics to name but a few.

Over the past year the DIETS2 Network has been working with these advanced practitioners to document their special and advanced competences which complements work going on around the world.

At our next EFAD General Meeting and the DIETS2 conference we will be launching Specialist Networks where dietitians can share their understanding of current practice and look forward to advancing knowledge and evidence-based practice.

They will also be discussing the proposed advanced competence statements. As recognition of dietetic expertise advances in Europe so too is special value placed on the work done in these specialist areas.

Increasingly dietitians are being recognised as nutritional experts and key members of multi-professional teams.

EFAD wants to support and encourage pan-European developments and by defining advanced competence this can be achieved through the ESDNs. Come and join us on this journey.

**Anne de Looy**

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## Diary Dates

### September

3-4 September 2012, Gothenburg, [European Forum for Primary Care 2012 Conference](#)

4-6 September 2012 Riga, Latvia, INTERNATIONAL CONFERENCE «NUTRITION AND HEALTH»

5-8 September 2012, Sydney, Australia, [16th International Congress of Dietetics](#)

15-18 September 2012, Strassbourg, France, [41st International EDTNA/ERCA Conference](#)

### October

25-27 October 2012, Portoroz, Slovenia, [EFAD General Meeting](#) and [DIETS/EFAD Conference](#)

### November

15-16 November 2012, Brussels, Belgium, Joint Meeting of Platform Members and High Level Group

### 2013

#### September

15-20 September 2013, Granada, Spain, [IUNS 20<sup>th</sup> International Congress of Nutrition](#)

**Any interesting meetings to announce?** Please send your information to [editor@efad.org](mailto:editor@efad.org)

## EFAD invites experts to actively work on reports and papers

In May, national specialist-dietitians were asked to help complete the reports ('The role of the dietitian in the provision of safe, nutritious, tasty and sustainable food' and 'The role of the dietitian in effective health promotion') and position papers ('The role of the dietitian in the prevention and management of diabetes' and 'The role of the dietitian in the prevention and management of nutrition-related disease in the elderly') that are in progress.

Now the Secretariat is reworking the documents with the received input of the experts. End of July the Secretariat will send the reviewed version of the EFAD position papers to all national specialist-dietitians. The final position papers will be presented to the EFAD General Meeting on 25 October 2012 for adoption. EFAD reports will only be reviewed by contributors.

If you missed the comment deadline and still want to contribute (since cooperating on an EFAD document will add more publications to your CV and demonstrate your specialist knowledge) let the Secretariat or Ria Vanderstraeten (EFAD Project Officer) know by sending an email to [secretariat@efad.org](mailto:secretariat@efad.org).



## EFAD participates in Action Group

EFAD, together with ESPEN, EUGMS, MNI/DANONE and EU patient organization EPF/EGAN will participate in the preparatory meetings with the European Commission for the Action Group Undernutrition, on behalf of the European Nutrition for Health Alliance.

At this meeting the European Commission wants to discuss the future activities of the various Action Groups of the European Innovation Partnership on Active and Healthy Ageing. EIP-AHA has invited interested parties to commit to the realisation of the goals set forward by the 2020 Strategy of the European Union. One of these goals is to increase the average healthy lifespan by two years by 2020.



## EFAD LinkedIN Group already at 35 members

**The European Dietitians (EFAD) group on LinkedIn has already 35 active members since its creation in May 2012.**

*The Group now represents a broad variety of dietitians and nutrition professionals from a wide range of European countries, and has lively discussions.*

*The group is called European dietitians (EFAD) and is open to all members of EFAD. The platform is meant for the exchange of news, ideas and best practices and enables to discuss topics and postings.*

*To join European dietitians (EFAD), simply go to [the group's LinkedIn page](#) and send a request for membership.*

## EFAD to become member of EFSA Stakeholder Consultative Platform

[The European Food Safety Authority \(EFSA\)](#) has accepted EFAD's application as a member of its Stakeholder Consultative Platform. EFAD responded to the public call for expression of interest for organisations who wish to be considered for membership. All interested EU-wide organisations operating in the food chain were invited to submit their expressions of interest in joining the Platform.



The Platform assists EFSA in the development of its overall relations and policy with stakeholders. It meets three times per year in plenary meetings and provides a forum for dialogue, exchange of ideas, information and views.

## Report Highlights European Dietitians' Activities in Health Promotion in the Workplace

The health of the workforce is one of the key determinants to ensure economic growth and competitiveness in the global market. Optimal health is an indispensable element of social protection of workers, yet often absent from programmes to improve working conditions and occupational safety.

However, their full potential for health promotion (HP) in this setting may not be realised or acknowledged by professional, organisational, or governmental bodies. EFAD recognizes the importance of the work that dietitians do in this area and is keen to have their efforts endorsed. Therefore, a report was commissioned to record the details of good practice in HP activities which were submitted to EFAD between autumn 2007 and summer 2009.

16 EFAD member countries (64%) responded, reporting active contribution to promotion of health in the workplace setting; Austria, Denmark, Finland, France, Germany, Greece, Holland, Ireland, Luxembourg, Norway, Poland, Portugal, Spain, Sweden, Switzerland, UK. This report will provide an overview of the activity of dietitians in Europe regarding workplace health promotion programmes and will make recommendations for future developments and activity.

Approximately 12,000 Europeans die every day due to heart attacks, strokes, and other cardiovascular diseases. Many adults spend a third of their day, or half their waking hours, at their place of work, therefore, it is a logical place to introduce a health intervention.

Dietitians are experts in nutrition, in health and disease, and, therefore, have a pivotal role to play in health promotion in the workplace. They have been encouraged to develop extended roles across professional and organisational boundaries.

For more information, contact the Secretariat or Kerry Yuill (EFAD Project Officer) at [secretariat@efad.org](mailto:secretariat@efad.org).