



European Dietitians

Cost-Benefits of Dietary Intervention made clear

The Dutch NVD has published an interesting report about cost benefits of dietary intervention. The report comes to the conclusion that dietary advice turns out to be very cost effective, especially compared to other medical treatments.

Due to the low cost of dietary advice in the Netherlands (€58 per hour) every €1 spend on dietary counselling could present society with net benefits of €14 to €63 over a period of five years. In other cost-benefit studies conducted by SEO Economic Research they report that €1 spent on a (medical) intervention approximately returns a net €3 to €5. EFAD is currently undertaking a translation of the report into English so that a fuller and more detailed analysis can demonstrate the evidence base for these calculations. Dietary advice is of course only cost effective if it is followed as is drug therapy.

It has been calculated that the total benefits of the treatment of by dietitians of patients with obesity and comorbidities such as diabetes, hypertension, hyperlipidaemia/hypercholesterolaemia could yield a saving of €0.5 to €2.3 billion over a period of five years in the Netherlands. Other benefits of treatment by a dietitian include higher quality of life, and more productive workers.

President's Letter

The year that EFAD obtained major external funding (the Operating Grant) is coming to an end and it certainly has been a year of achievement. So I must firstly thank and praise our team in the EFAD office for all that has been achieved and to the readership of this Newsletter for your continued willingness to provide evidence and information.

We also record that Mary Ann Sørensen, who has been the delegate from Denmark for the past 25 years, left the Executive Committee of EFAD after 16 years. We owe Mary Ann a huge vote of thanks for all she has achieved on behalf of EFAD.

I will end on a very positive note and that is that EFAD and the DIETS2 Network had a most successful conference in Portoroz Slovenia. The sun shone and the next day the snow fell but for those of us that were there it was the best ever attended conference with a student prize, courtesy of Kellogg, for the best poster. Plans are now underway for the next conference in 2013 in Italy so please watch this space.

Have a very peaceful Christmas and a Happy and prosperous New Year.

Anne de Looy, Honorary President



[VISIT THE EFAD WEBSITE](#)

Special interest

- EFAD GM elected new Executive Committee
- Denmark scraps fat tax
- EIP-AHA integrates under-nutrition

“Under-nutrition” as an integral part of the European Innovation Partnership

On 7 November 2012, the European Commission launched the European Innovation Partnership on Active and Healthy Ageing (EIP-AHA) Market Place in Brussels. The overall goal of the partnership is to add two more healthy life years to EU citizens. Under-nutrition is one of the key issues in the presented Action Plan.

The EIP-AHA gathers more than 200 organizations and regions across the EU to work together by combining their current activities into an integrated, consolidated European-wide plan of actions. EFAD is taking part in the work of the Partnership via the European Nutrition for Health Alliance (ENHA), which will chair the work package on Screening. ENHA will contribute by

offering its Nutritional Screening and Nutritional Care Implementation Plan to the partnership, and its deliverables will be added to the Partnership's deliverables. Participation in the EIP-AHA will provide recognition and extra support from key European healthcare stakeholders for ENHA's Implementation Plan. The joint Nutritional Screening and Care campaign is now becoming a key component of EU policies in prevention and disease management.



Denmark scraps 'fat tax'

Denmark has scrapped its tax on foods that are high in saturated fat after it emerged people were travelling to Germany to buy food and the levy had led to a loss of 1.300 jobs. The tax was introduced as a move to help increase the average life expectancy of Danes. According to Danish health authorities 47% of Danes are overweight and 13% are obese.

In October 2011, Denmark introduced what was believed to be world's first fat tax. Butter, milk, cheese, pizza, meat, oil and processed food became subject to the tax if they contained more than 2.3 % saturated fat.

Governments and stakeholders join forces against rising obesity levels

On 15 November, The Platform for Action on Diet, Physical Activity and Health and the High Level Group on Nutrition and Physical Activity discussed the follow-up of the Strategy for Europe on Nutrition, Overweight and Obesity.

As obesity levels are increasing throughout the EU, work by the Platform's stakeholders aimed at implementing the EU strategy becomes increasingly important. There are more than 300 commitments by the food industry; public health advocates non-governmental organisations advertisers and medical professionals in the framework of the Platform as well as several national strategies by government organisations. These range from awareness campaigns to advocacy and consumer actions on the importance of healthy diets and physical activity to advertising restrictions, labelling requirements and other specific actions. Stakeholders and governments agreed to

keep up the momentum in the work by, for example, the commitment of the EU food industry on front-of-pack GDA - labelling of food, the addition by advertisers of nutrition criteria in defining foods not to be advertised to children as well as the results of Member States' efforts to reduce salt in food. These are all activities in a follow-up to the Council Conclusions of 2010. EFAD's commitments have included the development of a position paper on the role of the dietitian in preventing and managing obesity and surveying the role of the dietitian in promoting health in the workplace.

Risk-factors

The joint efforts of stakeholders and governments of the EU is increasingly relevant to the worldwide efforts to prevent non-communicable diseases which are responsible for up to 63% of all deaths in the world and are linked to risk factors such as unhealthy diets and physical activity.

EFAD's new Executive Committee

The members of the General Meeting have elected a new Executive Committee. Annemieke van Ginkel of the Dutch Dietetic Association and Thérèse Libert of the French Association of Nutritionists and Dietitians were elected as EC members for 2012 – 2016 and Dr Elke Naumann was elected chair of the EFAD Research Committee 2012-2013. Mary Ann Sørensen retired from the EC. The meeting was kindly hosted by the Slovene Nutritionist and Dietetic Association.



On Thursday 25 October EFAD's General Meeting took place at the occasion of the DIETS2/EFAD conference in Portoroz, Slovenia.

185 delegates attend successful DIETS-EFAD Conference in Portorož

The two-day joint DIETS/EFAD conference was attended by 185 delegates and five European Specialists Dietetic Networks met to discuss their areas of speciality (Obesity, Ageing, Diabetes, Administrative Dietetics and Public Health dietetics). Some 40 students, the dietitians of tomorrow, also attended the conference.

Feedback from the meeting and conference was overwhelmingly positive, with everyone looking forward to the next meeting in

Verona from 19-21 September 2014.

The Kellogg Barber award for excellence for best poster at the DIETS/EFAD Conference was awarded to two poster presenters: Elisabeth Stock for her presentation "Practices to achieve a short-term weight reduction prior to competition in taekwondo" and Johanna Lhotta for her presentation on "The benefits of nutrition information on food labels for a healthy diet: A survey on the opinions and habits of Innsbruck's consumers".

EFAD GM discusses new Work Plans 2013

The General Meeting of EFAD has discussed Work plans for 2013. The Professional Practice Committee will continue to work on standardised language, registration and regulation. EFAD also continues to build dietitians' capacity to advocate at local and national level.

The Education Committee will work on embedding competence statements and promoting lifelong learning while the Research Committee should develop an eJournal, eLearning courses and a database of materials used to teach enquiry.

The GM suggested that the 2014 Work Plans should include organising e-courses, expanding the eJournal to practising dietitians, certifying schools of dietetics, endorsing courses offered by other organisations, Nutrition Care Process, Standardised Language, organising conferences, lobbying in the European Parliament and reviewing previous EFAD publications.

Position papers

The GM also agreed to adopt the European Advanced Dietetic Competence Statements and two new position papers on the role of the dietitian in healthy ageing and diabetes. All position papers have now been translated into Spanish, with other languages to follow.

Click for the [Diabetes position paper](#), and the [Health in the workplace report](#).

Presidents' workshop

A Presidents' workshop was attended by the Presidents of 17 member associations, who discussed the issues most relevant to their own associations and identified issues which they felt EFAD could support them in at European level, such as standardised education and defining what a dietitian is, with a view to protecting the title and work fields.

Food for thought

Looking back on 2012 it is amazing how things have changed for EFAD as a result of our Operating Grant funding. With the additional €100.000 income we have been able to produce two position papers, three reports and two briefing papers which we have used to promote the work of dietitians to many of our stakeholders. We've organised virtual and face-to-face workshops which have helped us to get a better understanding of the needs of our members and stakeholders, while supporting new associations in their development. We now have a better understanding of how Standardised Languages and Nutrition Care Processes are viewed in Europe and how the competence statements are being used.

Our new brochure and newsletters have also proved really popular in promoting the profession, while our new stakeholder database has enabled us to promote the work of dietitians to a much wider group of stakeholders and to forge new collaborations. Now that we know just how much we can achieve with additional funding, EFAD must continue to explore all possible ways of increasing our income in future.

It is with sadness that we must say goodbye to our two project officers, Kerry Yuill and Ria Vanderstraeten, and our communications manager Marcel Smeets. They have each contributed so much to EFAD this year and will be missed. Hopefully we will be in a position to recruit staff again soon, so that we can increase our efforts to effectively promote the role of dietitians, while improving the nutritional health and safety of the people of Europe.

Judith Liddell, Secretary General

EFAD SUPPORTS WORLD DIABETES DAY IN THE EUROPEAN PARLIAMENT

EFAD was represented in the European Parliament, supporting the International Diabetes Federation (IDF), in marking World Diabetes Day, which provided an excellent opportunity to highlight the problem of diabetes to key policy makers.

The IDF, along with Simon Busutill MEP, had organised a series of activities in the Parliament including a breakfast meeting, healthy lunches on offer all week in the canteen, a diabetes exhibition and the awarding ceremony of the first IDF Europe Prize in Diabetes. Dietitians were very well represented throughout the day. In the morning, at the MEPs breakfast meeting, dietitian Anne Marie Van De Sompel spoke about dietary guidelines for the management of diabetes as well as a diabetes management software programme called SweetBee.

Following this, Cathy Breen (Lead of the EFAD European Special Dietetic Network) spoke about 'diabesity' from a policy perspective, highlighting the 'health in all policies approach' advocated by the IDF and EFAD. Topics covered included the regulation of the marketing of unhealthy food and unhealthy food taxation

as well as EU schemes that have had a positive effect on healthy eating such as the EU School Fruit Scheme. In the afternoon, we were also joined by Serge Pieters, President of the French-speaking Belgian dietitians, at the exhibition stand for an event called "Debunking the sugar myth". Over 1000 fruit cakes were used to break the myth that people with diabetes cannot eat sugar and to highlight the importance of healthy eating and regular physical activity. It was a wonderful opportunity for EFAD to showcase its expertise in the area and disseminate the new Diabetes position paper. For more information click [here](#). *By Cathy Breen*



World Diabetes Day in the European Parliament was a big success.

BDA Research Symposium

The British Dietetic Association hosted another successful Research Symposium on 30th November. Dietitians from all over the United Kingdom gather to listen to a wide variety of e-poster presentations.

Four streams were addressed by researchers; Malnutrition in keeping with the BDA campaign to “Mind the Hunger Gap”, Public Health, Practice Evaluation and research from dietitians in the early stages of their research training. Prizes were awarded for the best e-poster presentation in each stream of the symposia. Winning dietitians were; Public Health, Eleanor Donaldson “Importance of a multi component approach to weight management”, Malnutrition, Lisa Williams “An investigation into food provision and consumption in an orthopaedic hospital in Scotland”. Practice evaluation, Liane Reeves “Learning needs of registered dietitians working with individuals with

food hyper-sensitivities in the UK”. Dietitians new to research, Susan Ovington “A multi-centre randomised trial to assess whether dietary fibre intake produces healthy bowel performance and reduces laxative requirement in free living peritoneal dialysis patients”. The conference was sponsored by Yakult and The Coffee Association.

For more information see also :
BDA campaign to “Mind the Hunger Gap” at <http://www.mindthehungergap.com/>

The abstract booklet can be accessed at <http://www.bda.uk.com/conference/research/searchSymposiumAbstracts2012.pdf>.

Editors note: are there any more meeting such as this? Please let us know at editor@efad.org

Practice based Evidence in Nutrition

Practice based Evidence in Nutrition (PEN) is the foremost practitioner focussed, global evidence base for dietetic practice. Topics in PEN address the broad spectrum of practice in nutrition and dietetics including institutional care, primary health care, public/community health, consulting/private practice, food service management, professional education, food and the pharmaceutical industry and government. Recognised authorities on each topic or Knowledge Pathway addressed in PEN contribute to the identification of relevant literature from filtered and original sources and critically appraise, grade and synthesise that literature into key practice points or answers to practice questions. Additionally, best practice client and professional resources and other tools that are consistent with the evidence are included in PEN to support practice, along with standard Knowledge Pathway tools including

backgrounds, evidence summaries and practice guidance summaries. As new science emerges, components of a Knowledge Pathway are updated in a timely way to ensure practice guidance always keeps in-step with change. Each Knowledge Pathway undergoes a complete review at regular intervals. Whether you are looking for a succinct answer to a practice question when you are pressed for time, or you want to review the evidence in more depth, PEN is the practice tool for all reasons.

Following negotiations between the British Dietetic Association and Dietitians of Canada PEN will now be available to dietitians across Europe. Associations who have already expressed an interest will be contacted in January 2013 to discuss options.

For further information about PEN, and to sign up for a 15 day free trial go to www.peneurope.co.uk

Online Petition Water and sanitation are a human right!

“Water is a public good, not a commodity”. A European Citizens' Initiative invites the European Commission to propose legislation implementing the human right to water and sanitation as recognised by the United Nations, and promoting the provision of water and sanitation as essential public services for all. The EU legislation should require governments to ensure and to provide all citizens with sufficient and clean drinking water and sanitation.

Sign [here](#) the online petition!



EFAD virtual workshops for capacity building and advocacy

In order to initiate the process to realise the potential of dietitians to effect change in this area, the EFAD commissioned two online advocacy workshops. The aim of the workshops was to introduce and develop advocacy skills for less-established NDAs.

Established NDAs related their knowledge and experience to emerging NDAs to support sub-national dietetic engagement in local and national policies, to share best practice, to support lifelong learning and to facilitate safe professional practice across borders. Virtual workshops and future web discussion forums will be used to create dietetic networks for all members, but especially 'new' NDAs working with more established NDAs.

The online workshops were conducted during October and November, 2012. These workshops produced two new professional relationships: the British Dietetic

Association (BDA) and the Romanian Dietetic Association; and, dietitians from the Netherlands (Nederlandse Vereniging van Diëtisten –NVD) and the Section of Nutrition and Nutrition Care of the Czech Nurses Association. The first workshop resulted in a follow-up, face to face meeting between the BDA-representatives and the Romanian dietitians. The second workshop saw the NVD adopt a mentoring role for the Czech dietitians. Both groups have committed to an ongoing relationship.

Dietetic knowledge and expertise can only be used effectively if the dietetic profession actively engages in advocacy and policy development. Initiation of, and response to, policies that can positively affect nutritional health requires dietitians at European, national, and local level to engage strategically with key stakeholders and to enhance their professional profile.

By Kerry Yuill, Project Officer

Interview with ...

Birgitta Szekely, Asociatia Dieteticienilor Din Romania

About international collaboration between NDAs

What was the cooperation between the RDA and BDA about ?

The Romanian Dietetic Association had a virtual workshop with the British Dietetic Association about advocating for dietitians and problems that newly founded dietetic association faces with.

What is according to you the added value of international cooperation ?

In a country where the profession is very young and unregulated it is very hard to find the place and role of dietitians. An experienced association like the BDA, can help and advise us on how to cope with these problems. For us the added value was to get in touch and to build closer relationship with an established dietetic association that already passed these steps towards recognition and acceptance. The BDA offered us their continuous support for further development. We plan to organise at least one more virtual meeting in order to ensure follow up.

How could EFAD stimulate international cooperation among EFAD members ?

Keeping this virtual workshop system about advocating alive will stimulate international cooperation among EFAD members. The RDA is open for further workshops, and to discussions to learn from other EFAD members, too.

Any interesting meetings to announce?

Please send your information to editor@efad.org

For more information about the events featured in Dairy Dates please go to the [EFAD website](http://efad.org).

If you have not yet registered to use the EFAD extranet please do. It is free and will ensure that you have access to all the latest information for dietitians in Europe.

JOB OPPORTUNITIES

[Click here to see a list of job opportunities](#)

TRAINING & COURSES

[Click here to see a list of training & courses](#)

Dairy Dates

January

- 01 Later Life: Quality Care Matters, London, UK
- 12 EPHA Policy Coordination Meeting, Brussels, Belgium
- 24 Joint Meeting of the Intergroup on Ageing and Intergenerational Solidarity and the MEPs Against Cancer, Brussels, Belgium
- 25 Communication workshop for Platform members, Brussels, Belgium

February

- 07 Probiotics Summit - Discussion Platform for Regulators, Scientists, Industry & Consumers, Brussels, Belgium
- 08 European Public Affairs Action Day, Brussels, Belgium
- 09 EU Platform for Action on Diet, Physical Activity and Health, Brussels, Belgium
- 09-10 Conference on Diabetes, Brussels, Belgium
- 21-23 International Scientific Conference on Bacteriocins and Antimicrobial Peptides – BAM P2012, Kosice, Slovakia
- 28 LiveWell for Low Impact Food in Europe (LIFE), Brussels, Belgium
- 28 Eating Our Way to a Healthy Planet, Brussels, Belgium

March

- 01 Workshop on Food Policy, Brussels, Belgium
- 08 next EPHA Health Professionals WG, Brussels, Belgium
- 12-14 23rd Andid Congress, Milan, Italy
- 14 Food Safety and Nutrition Live, Glasgow, UK
- 14 Invitation 1st SHAB Meeting on JPI-HDHL, Brussels, Belgium
- 23-24 The image of dietetics in the Polish health care system: National Conference of Dietetics Students, Lodz, Poland
- 27-28 6th Annual European Nutrition and Lifestyle Conference, Brussels, Belgium
- 28 -5 April 18th European Nutrition Leadership Platform (ENLP) seminar, Luxembourg

April

- 03 Tackling Childhood Obesity in Europe, Brussels, Belgium
- 04-08 VIII. International Nutrition and Dietetics Congress, Antalya, Turkey
- 5-7 Nutrition and Dietetics Professional Competency Symposium 2012, Kuala Lumpur, Malaysia
- 12 ENHA Trustees Meeting, Brussels, Belgium
- 20-21 54th German Dietetic Association Congress, Wolfsburg, Germany
- 24 First annual European Breakfast Day
- 25 Invitation to EMF meeting
- 25 -27 EMTC 2012 – the European Medical Travel Conference, Berlin, Germany

EUROPEAN FEDERATION OF ASSOCIATIONS OF DIETITIANS —EFAD

The European Dietitians' Newsletter is an initiative of the European Federation of Associations of Dietitians (EFAD) which has received funding from the European Union, in the framework of the Health Programme. Sole responsibility for this publication lies with EFAD and the Executive Agency is not responsible for any use that may be made of the information contained therein. Responsible editor : Judith Liddell. For more information or suggestions, please contact the EFAD secretariat at editor@efad.org.

