



European Dietitians

'Moving the profession forward'

EFAD 23rd General Meeting

This year's General Meeting, which is open to invited delegates only, will be important in continuing to move the profession forward within Europe.

During interactive presentations with EFAD's committees and project officers on the five strategic areas in which EFAD works (professional practice, education and research, advocacy, communication and sustainability) the work plans for 2013 and 2014 will be developed to ensure that EFAD can fulfil members' requirements. Members will discuss position papers on the role of the dietitian in healthy ageing and in the prevention and management of diabetes and a proposed strategy for implementing Life Long Learning.

The new European Advanced Dietetic Competence statements are on the agenda as well. The 23rd General Meeting, hosted by the Slovene Nutritionist and Dietetic Association, will be held on Thursday 25 October in Portoroz, Slovenia.

Judith Liddell, Secretary-general

President's Letter

I am very much looking forward to the EFAD/DIETS conference this year in Slovenia. Every year I marvel at what dietitians are doing in Europe and this conference is a tremendous opportunity to be inspired, share ideas and build new partnerships. But this year is special because for the first time we will have official "European Specialist Dietetic Networks" (ESDN).

Previously at DIETS conferences we have had meetings for dietitians with specific interests but EFAD is now promoting the specialist dietitian so that when called upon to respond to European matters we have specialist dietitians to respond. The second meeting that I am hosting is for Presidents and Chairmen of EFAD Member Associations. This meeting is intended to bring together the 'political' leaders of each Association so that they can form a vision for the strategic development of the profession in Europe. The Executive then can use this and General Meetings to guide the future plans for EFAD.

Both these meetings are key to the developing role and recognition of the dietitian in Europe.

Anne de Looy, Honorary President

[Fill out our online survey to better meet your expectations !](#)

EFAD Newsletter
in new lay-out

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Special interest

- Register for EFAD's LinkedIn Group
- WHO-EU Health 2020
- Call for comments on the EDC

The new WHO European policy for health – Health 2020

The WHO European Region adopted a sustainable policy to protect and promote the health of its 900 million citizens, particularly the most vulnerable. The comprehensive new policy, called Health 2020, was endorsed by the WHO Regional Committee for Europe, WHO's governing body for the Region, during its meeting in Malta.

At the sixtieth session of the WHO Regional Committee for Europe, Member States and partners gave WHO-Europe a strong, clear mandate to develop the new European health policy, Health 2020, to accelerate progress towards achieving the European Region's health potential by 2020. Its purpose is to strengthen health systems,

revitalize public health infrastructures and institutions, engage the public and a range of health actors, and develop coherent and evidence-based policies and governance solutions capable of tackling health threats and sustaining improvements over time.

Health 2020 will build partnerships for action and capture promising innovations to tackle the complex determinants and drivers of health and health equity. This, in turn, will shape commitments and the capacity to develop effective policy interventions and governance responses both now and in the future.

For more information about the WHO-EU Health 2020 strategy, click [here](#).

EFAD LinkedIN Group has more than 100 members!

The European Dietitians (EFAD) group on LinkedIn has already more than 100 active members since its creation in May 2012.

The group is called European dietitians (EFAD) and is open to everyone interested in nutrition, diets and EFAD's work. 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.

Participate in the Global Diabetes Survey !

European dietitians are invited to participate in a highly ambitious project - the Global Diabetes Survey. With this project, it's the first time that we, as people working in the diabetes area, have the chance to map the quality of diabetes prevention and care worldwide.

This gives us the chance to show political stakeholders as well as partners responsible for care management and research institutions a realistic picture about diabetes prevention and care worldwide.

To make this survey as representative as possible, people from each country and from each diabetes-stakeholder group, should participate on this survey. It would be of high importance if people related to diabetes care - especially you as dietitian - could participate in this survey.

We warmly invite you to go to <http://www.globaldiabetessurvey.com/>, to register and to fill out the questionnaire. You have the possibility to spread the Global Diabetes Survey in your country. Please invite more people related to diabetes to participate in this survey.



“Crossing Borders in Primary Care”

IVth Biannual EFPC Conference

The theme of the EFPC conference was “Transition and crossing borders”.

Professionals as well as citizens are moving away from traditional ways of life and types of care and this is reflected specifically in Primary Care. What was once performed in hospitals and by doctors is now often delivered in Primary Care, where health problems are often solved by nurses, physiotherapists and other health workers, including dietitians. Citizens who used to be passive recipients in health services are now considered main actors and are supposed to cooperate with health care professionals to improve health standards.

Professionals need to work with each other for better education, reorganization of work and resolution of health challenges in the population. Inter-professional teams are evolving in many countries and inter-professional education is needed to establish and improve teamwork. Social and personal drivers are moving

many across borders. An increasing number of patients come from difficult situations and need help in new surroundings.

The economic situation in the world and



Europe put extra demand on the health care system to deliver safe and fair care as health inequities rise.

Most countries in Europe also have rapidly ageing populations and Primary Care is essential for the care of most fragile elderly.

Karin Haby,
Swedish Association of Clinical Dietitians

Call for comments on the European Dietetic Competences (EDC)

Please comment on the use of the European Dietetic Competences (EDC) within Europe. EDC provide a benchmark for all involved in education, training and supervision of dietitians at the point of entry to the profession in Europe.

EFAD adopted the EDC in 2009 with the vision that dietitians who qualify in Europe achieve a threshold standard of competence and have capabilities to support initiatives to improve nutritional health, including the possibility of safe, competent, cross-border practice in Europe. It is now important to detect whether the EDC have met their aims.

The survey consists of a short questionnaire, currently available on your Association web-site, and on the EFAD extranet. See on <http://www.efad.org/everyone/3155/7/0/32>. The closing date is 31st October, 2012.

Please disseminate the questionnaire to students, and colleagues involved in dietetic training/ education/ supervision. When completed, the survey will inform EFAD to make adjustments which will guide the development of the profession throughout Europe, ensuring high standards of dietetic practice are achieved at the point of entry into the profession.

The EFPC conference provided an update on Primary Care in Europe and enabled dietitians to promote ourselves as obvious and useful professionals in Primary Health Care and related collaborators in the Future.

Through participation in the Market Place, where different health actors from Västra Götaland Region presented on-going projects and activities, we dietitians also had the opportunity to present how the dietitian can co-operate with other team members in a multi-professional setting in modern Primary Care.

JPI Healthy Diet for a Healthy Life newsletter

the first issue of the JPI Healthy Diet for a Healthy Life newsletter is now available. It can be downloaded [here](#).

Interested people are welcomed to subscribe and register to the JPI HDHL Meta Data Base to actively participate in the HDHL community.

Food for thought

The Role of Administrative Dietitians

The professional role of administrative dietitians is to manage and organize food provision to large numbers of people, while taking into consideration many different aspects involved. In the Scandinavian countries the role of the administrative dietitians is often related to the complex field of foodservice in the public sector. The food served in schools and preschools as well as in hospitals and other care settings, is a task for the administrative dietitians. In the different areas of foodservice the provision of food could raise issues of health promotion, i.e. helping people remain as healthy as possible as long as possible, or of medical care, including special diets. Irrespective of these issues, food and meals are strongly tied to every individual's social and cultural life and identity; thus, food and meals are also a question of dignity.

The administrative dietitians' professional role to provide food to different target groups (often vulnerable groups) not only includes the many needs and wishes of the clients – it also includes aspects in relation to e.g. management, organization, laws and regulations, economy and labour. All these areas are extensive and place lots of demands on the administrative dietitian, who consequently need to be well educated and have the capacity to draw together all the different aspects involved, while remaining open-minded to change and learning new things.

Ylva Mattsson Sydner, Ass. Professor and Head of Dept. Food, Nutrition and Dietetics, Uppsala University, Sweden

'Comer bem é mais barato'

Eating well is cheaper

Aiming to help Portuguese families have more balanced and healthy meals with a poor budget, the Portuguese Association of Nutritionists along with Fundação Calouste Gulbenkian, Deco (Consumers Defense) and SIC (TV channel) organized in 2011 the campaign 'Comer bem é mais barato'.

This project included the creation of seven nutritionally balanced menus each costing only €1. There was a recipe book - in simple and accessible language - available for download on the campaign website and the website of the partners.

The campaign had a huge impact by reaching all social and age groups. The campaign was visible in public transport, health centers and websites. During a road show the recipes were prepared on site by a Chef de Cuisine. TV channel SIC broadcasted a set of video clips to promote the menus.

EFSA publishes new flavourings list

The European Food Safety Authority (EFSA) has published a list of flavourings authorised for use in foods in the European Union, bringing clarity for consumer protection and industry.

Since 2003, the EFSA has played an important role in preparing this list by evaluating the safety of thousands of flavouring substances, publishing 170 scientific opinions to date. Currently, over 2,500 flavouring substances have been deemed fit for inclusion in the EU list which comes into force on 22 October 2012. This significant programme of scientific work, which is still on-going, has played and continues to play a critical role in ensuring that flavouring substances used in foods are of no safety concern for consumers. Of the substances evaluated to date by EFSA within the

"Flavouring Evaluation Programme" some 2,800 were already on the market while around 200 are new. This large number of substances needed to be evaluated under European legislation to ensure that they are safe when used as flavourings in foods.

EFSA's Scientific Panel on Food Contact Materials, Enzymes, Flavourings and Processing Aids (CEF) has said that the majority of flavouring substances do not give rise to safety concerns; however, seven flavouring substances for which EFSA, the Scientific Committee on Food and the FAO/WHO Joint Expert Committee on Food Additives (JECFA) raised toxicological concerns have been removed from the EU market. For more information about the positive flavouring list, [click here](#).

Already 180 registrations for EFAD-DIETS2 Conference

Jointly hosted by DIETS, EFAD, University of Primorska and Slovene Nutritionist and Dietetic Association are an EFAD General Meeting, a conference and DIETS workpackage meetings. The first day of the conference is also the second day of the EFAD General Meeting, so topics of particular relevance to practising dietitians will be addressed. These include Lifelong Learning and Continuing Professional Development for dietitians in Europe. Presentations about “NutritionDay” which has been running for 5 years already and “Nutrient Profiling” are both highly topical, as are the results of the feasibility study on Standardised Language. How EFAD communicates and promotes the profession of Dietetics in Europe will be explored and five European Specialist Dietetic Networks (Obesity, Diabetes, Ageing, Administrative and Public Health) will each meet for the first time to discuss how to move these specialities forward in Europe. We also have a workshop for students on learning from conferences and presentations of research by both students and practising dietitians. We know that this will be our most popular conference to date, having received 180 registrations at time of writing. If you hurry there is still time [to register](#)!

EFAD LLL Committee proposes EDAC Competence Statement

Agneta Hörnell, chair of the EFAD Education and Lifelong learning (LLL) Committee will present the European Dietetic Advanced Competences statement to the General Meeting and the DIETS2 Conference in October 2012.

The statement, based on a broad consultation and the input of many NDAs, is a follow-up on the earlier published statement on base-line competences.

The work of EFAD’s ELLL Committee started in 2010 and is undertaken jointly with the DIETS2 project. It consists of two work packages from DIETS2: Second and third cycle specific dietetic competences and Life Long Learning for Dietitians in Europe. The first will end soon with the delivery of the statement, while the latter started in January 2012 and will finish

in the autumn 2013. What form and activities the Committee will take after the end of DIETS2 is still under discussion.

The objectives of the Committee are to propose and implement a lifelong learning (LLL) strategy for European Dietitians which supports the strategies of Member Associations, to advise on mechanisms for promoting LLL for dietitians within Europe, using best practice of Member Associations and Higher Education Institutes (HEIs), to encourage LLL opportunities which are multidisciplinary, multi-professional or interdisciplinary, and to liaise as appropriate with European (health) professional groups, HEIs and others to contribute to LLL in Europe.

The conference in 2012 and beyond....

This is the last DIETS2 conference. In the DIETS2 bid we set aside funding for three conferences and the conference in Slovenia will be the 6th and final one funded by the project. But it is not all sad news as EFAD has joined with us again this year to make the conference a celebration of the work undertaken as a result of the Operating Grant and the results of our three EFAD Committees.

The first day of the conference will look very much at the profession in Europe and the future agenda. It also hosts the European Specialist Dietetic Networks, information on the survey about the Nutrition Care Process and welcomes student dietitians (our future). The second day continues the theme of professional development but this time relying more on the work of the DIETS2 project. Each year we are attracting more delegates and by shifting the emphasis to more professional matters we can encourage Lifelong Learning, collaboration and future vision for dietetics in Europe. So this is not the end but an optimistic beginning for EFAD to continue to host conferences for European dietitians.

Interview with ...

Bernadett Tóth, Hungarian Dietetic Association WP9 Lead, DIETS2

What's the importance of the upcoming DIETS-EFAD conference?

The topic of the 6th DIETS-EFAD Conference, "Life Long Learning for a secure nutrition future", has attracted even more professionals than last year and registrations are still coming. This will be the largest conference yet - that's good news! The conference itself gives an image of what DIETS has been working on over the past 2 years, including reports from workpackages on advanced dietetic competences and how learning and professional development could be sustained through innovative communication technologies. The Conference also addresses the improvement of communication among the representatives of different countries and from different fields of dietetics, as well as among the partners of the DIETS Network.

What can you tell us about the programme?

There will be workshops for the Specialist Networks and for standardized language. Separate meetings for the key contacts, a meeting for the presidents and last but not least a whole session for the students, who get the opportunity for listening in the plenary part, but also to participate in a workshop of their special interest. There will be four electronic poster sessions, which give all professionals the opportunity to present their research. The poster submission deadline has been extended until the 18th October. The best poster presented at the conference will be awarded the "Kellogg Barber award for excellence". Other supporters include European Food Information Council, European Breakfast Cereal Association, Unilever, Nutri-facts and Primorska University, Faculty of Health Sciences. Besides the high-quality content of the programme, we are proud of having Portorož, Slovenia for our venue, which provides a beautiful, seaside atmosphere for sharing knowledge. We encourage everybody to join us, because it's sure that all participants will enrich with knowledge hopefully get more involved in our work.

*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 regis-
tered 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.

Diary Dates

October

- 17 Driving Sustainable Economic Recovery, Brussels, Belgium
- 18 The Childhood Obesity Pandemic in Europe, Brussels, Belgium
- 18 FoodDrinkEurope Congress - Session 3: Creating Smart Green Growth, Brussels, Belgium
- 21-24 World Health Summit 2012, Berlin, Germany
- 23 9th Nutrition & Health Claims Europe, Brussels, Belgium
- 25 8ème Réunion Annuelle SFA/Science, Paris, France
- 31 International Conference: Lecturers and Health Professionals , Nijmegen, The Netherlands

November

- 1 2012 AICR Annual Research Conference on Food, Nutrition, Physical Activity and Cancer, Washington, USA
- 5-9 Epidemiology course, Utrecht The Netherlands, Utrecht, The Netherlands
- 9 14th Gut day symposium, Leuven, Belgium
- 14-16 5th International Symposium on Food Packaging: Scientific Developments Supporting Safety and Innovation, Berlin, Germany
- 15-16 10th Practical Short Course: Omega-3 and Nutritional Lipids, Frankfurt am Main, Germany
- 19 Food&Health Entrepreneurship Program, Barcelona, Spain
- 28 Advancing E-Health in Europe: Empowering Patients, Supporting Health Professionals, Brussels, Belgium
- 28-29 Fourth International Forum on Food and Nutrition, Milan, Italy
- 29 7th Cyprus Dietetic and Nutrition Association Conference, Nicosia, Cyprus

EUROPEAN FEDERATION OF ASSOCIATIONS OF DIETITIANS —EFAD

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