



EUROPEAN
FEDERATION OF
THE ASSOCIATIONS
OF DIETITIANS



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Mission

To support member Associations in developing the role that dietitians have in reducing inequalities and improving nutritional health in Europe

EFAD is a not-for-profit organisation that does not pursue any political or religious ends

This report is produced by the European Federation of Associations of Dietitians (EFAD).

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Vision and Values

The Vision

EFAD, national dietetic associations (NDAs) and dietitians are recognised leaders in the field of dietetics and nutrition. We will continue to pro-actively initiate and grow partnerships in order to improve nutritional health, reduce socioeconomic health inequalities and contribute to economic prosperity.

To achieve our vision EFAD supports the highest quality of dietetic education, professional practice, research activity and partnership.

Our Values

The values of EFAD guide how we make decisions and define our approach to partnership and collaboration.

Our core values are: fairness, openness, non-discrimination, collaboration and independence. These are expressed more fully in the way EFAD conducts its business, observing our Code of Ethics and Code of Good Practice and being:

- democratic, transparent and inclusive
- independent and ethical
- discerning and open to new ideas and approaches
- credible, objective and honest
- an effective communicator
- supportive of opportunity, innovation, creativity and entrepreneurship
- respectful of the values that members hold and their capabilities
- a partner with clients, colleagues and others
- active in pursuing excellence

EFAD is a not-for-profit organisation that does not pursue any political or religious ends.

About EFAD

EFAD was established in 1978 in Copenhagen, Denmark with 10 member associations. It now has 29 full members and 4 affiliate members representing over 30,000 dietitians in 26 European countries.

Membership of the Federation is open to National Dietetic Associations (NDAs) from member states of the Council of Europe. The General Meeting is made up of delegates from each of the member Associations. The Federation is directed by its Annual General Meeting and represented by an Honorary President and Executive Committee.

EFAD has three standing Committees:

- Education and Lifelong Learning
- Professional Practice
- Research and Evidence-Based Practice

In 2010 the Education and Lifelong Learning Committee and the Research and Evidence-based Practice Committee began work on developing further the EU-funded Thematic Network '*Dietitians ensuring education, teaching and professional quality*' (DIETS2), which ended on 31 December 2013.

Aims of EFAD

The aims of EFAD are to:

- promote the development of the dietetic profession
- develop dietetics on a scientific and professional level in the common interest of the member Associations
- facilitate communication between NDAs and other organisations: professional, educational, and governmental
- encourage a better nutrition situation for the population of Europe.

EFAD pursues these aims in co-operation with the member Associations and with international organisations. Our stakeholders include dietetic associations, dietitians, citizens, key national ministries, higher education institutions, non-governmental organisations, food industry, policy-makers and other health professionals. Our engagement with these groups reflects our independence and acts in the best interest of the populations we serve.

By embedding dietetic education, professional practice and research activity in dietetics throughout Europe, we enable high quality engagement at all levels, thereby addressing health determinants and creating supportive environments for healthy lifestyles and prevention of disease through nutrition.

EFAD communicates its aims and objectives by fostering exchange of knowledge, best practice promotion and action with and between our stakeholders.

Honorary President's Report

'Punching above your weight' is a phrase often used to describe institutions which achieve much even though they are small by comparison to others. I believe EFAD can be described as such a body. There is no doubt that nutrition and dietetics are very near the top of the agenda both in each of the European countries where dietetic associations are active and also in Europe. Reading this Annual Report one cannot help but be struck by the activity which is going on promoting the work, expertise and capability of dietitians to be pro-actively engaged in advocating better food and nutrition for health.



When the WHO European Region published its draft Food and Nutrition Action Plan for Europe (FNAP) early in 2013 EFAD responded, emphasising that while prevention of ill health through nutrition was essential, the role of the dietitian both in this area and in supporting those already with a chronic disease was as just as important. To reinforce this message EFAD attended the Ministerial Conference in Vienna, held to discuss nutrition and non-communicable diseases in the context of Health 2020. EFAD lobbied ministers and has subsequently contributed to statements with other Non-Governmental Organisations (NGOs) concerning the FNAP, health and nutrition in Europe. The voice for dietitians at European level is also heard through our contribution to the JPI Healthy Diet for a Health Life; EFAD is part of its stakeholders group; being part of the EuroDish project which is seeking to set-up a nutrition research infrastructure and contributing to the EIP on Active and Healthy Ageing. Dietitians are much sought after and we are definitely 'punching above our weight' by joining these initiatives.

While the DeBate project has now finished (it was investigating how dietitians in five countries work with obese patients) papers are being written to share the findings to promote a wider understanding of not only dietitians, but dietitians as researchers. Additionally the group who worked on preparing the Advanced Competences for Dietitians (adopted by EFAD in 2012) presented at the International Union of Nutrition Sciences conference in Spain in September. Dietitians engaging in research and making known the expertise of dietitians will also be the subject of a new project which is currently being planned on food labelling. This initiative is the result of the launch of EFAD's report on Health in the Workplace (2012) and the interest this generated at the European Parliament level.

The DIETS2 project finish in 2013 but the legacy of this project is to be seen in the many papers and strategies/policies that have been generated and subsequently adopted by EFAD. There have been six DIETS conferences and the 7th EFAD/DIETS conference was a legacy of the project. Of particular note were the meetings of the European Specialist Dietetic Networks (ESDN) which were held at the conference. From humble beginnings the specialist networks have been growing to become groups where dietitians specialising in diabetes, obesity, public health and other areas come together to share best practice and research. The ESDN obesity network is busy planning a symposium at the invitation of ECO 2014. The 7th conference attracted sponsors who wish to work with EFAD over the longer term making a commitment to the promotion European dietetics just as Kelloggs again sponsored the student prize. EFAD is becoming increasingly well recognised for the initiatives it is taking and the longer term mutual benefits that partnerships can bring.

Our three Committees continue to build on the work started through DIETS2 and the Operating Grant. Investing in the education of dietitians across Europe to diversify practice placements, embedding the nutrition care process and standardised language and an e-journal are just a few of the initiatives which have been and are being taken forward.

Once again I am grateful for the work of the Secretariat, the Executive Committee, all the Dietetic Associations and our many supporters and collaborators for their commitment to EFAD. Without this support EFAD would certainly not have the impetus and enthusiasm which characterises European dietitians working together for better nutritional health in Europe.

Anne de Looy, Honorary President of EFAD

Honorary Treasurer's Report



In 2013 EFAD had a total income of 149.853 €

This sum includes

- 87.122,00 € from fees (two Associations paid their fees for 2014 in December 2013)
- 14.676,00 € from conferences
- 5.306,00 € from sponsoring
- 38.897,00 € from DIETS
- 2.163,00 € from interest from money on deposit
- 16.700,00 € from outstanding invoices & sponsoring

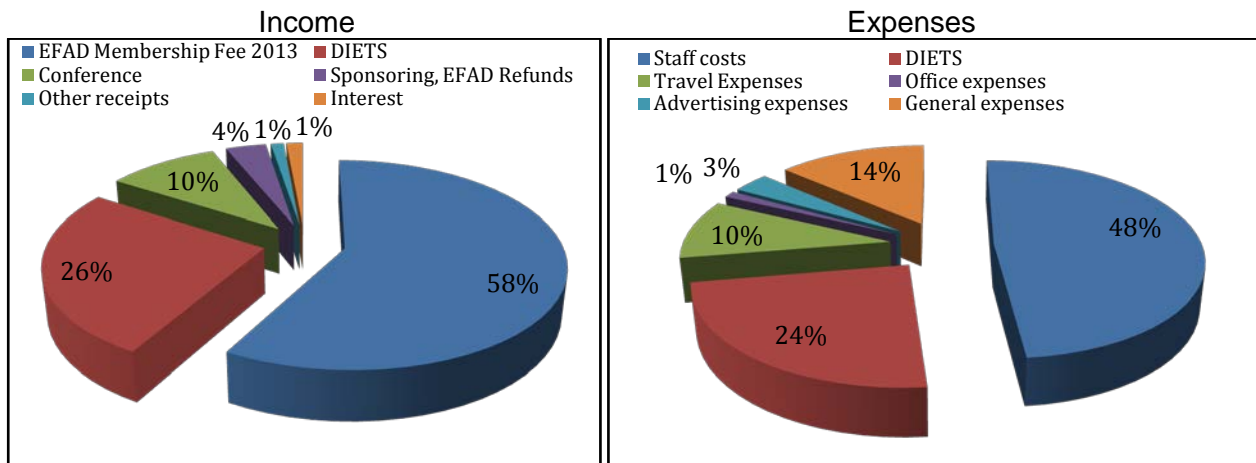
The total expenses for 2013 were 121.807,00 €, so that EFAD closed the books for 2013 with a surplus of 28.047,00 €

Unfortunately, this result is not as good as it appears, because a lot of invoices for 2013 were received late.

15.000,00 € (approx.) of commitments, paid in January 2014, will affect the result from 2013.

6.200,00 € from fees for 2014 paid in December 2013, has to be subtracted from the income. The Honorary Treasurer recommends that in 2014 all invoices should be issued and paid in the appropriate financial year.

In addition the repayment of the EAHC Grant of 2012 is due. This will be a sum of 33.000 €



Manuela Thul

Honorary Treasurer of EFAD

Ulrich Hühmer

Retired Honorary Treasurer

Secretary General's Report

2013 was a year of consolidation. Position papers and reports from 2012 were widely disseminated and translated for use by members' members. Work on Standardized Languages and the Nutrition Care Process continued, informed by reports from surveys undertaken in 2012. The communication strategy guided promotional activities, including the EFAD newsletters, conference, web site and social media, with the EFAD LinkedIn group achieving over 200 members.



To improve transparency the Executive Committee drafted policies on Life Long Learning, the selection of EFAD representatives, the recognition of experts and on publishing, which the General Meeting adopted along with the EFAD Pedagogic Standards for Dietetic Placement Teachers. Guidelines for EFAD Committees, Networks, Experts and Representatives have been developed as part of the ongoing improvements to governance and a „Representatives Introductory Pack” has been opened on the web site to make life easier for those new to EFAD (and perhaps those not so new!) see www.efad.org/folders/3814

EFAD has continued to collaborate with several organisations, ably supported by an increasing number of representatives. Partnership in the EU Platform for Diet, Physical Activity and Health and the EU Innovative Partnership “Active and Healthy Ageing” and membership of the stakeholder boards of the European Food Safety Authority and the Joint Programming Initiative “Healthy Diet for a Healthy Life” continue to raise the profile of dietitians at EU level. This was evidenced when EFAD was asked to comment on the WHO European Food and Nutrition Action Plan 2014-2020 and invited to attend the WHO European Ministerial Conference on Nutrition and Non-communicable Diseases in Vienna, July 2013, as an observer.

EFAD's membership of ENHA will help dietitians to play a pivotal role in implementing screening for malnutrition throughout Europe.

The DIETS Thematic Network produced many deliverables which will be of interest and use to EFAD members, including a lifelong learning (LLL) strategy, a database of LLL courses, a toolkit for recording LLL, an eJournal, eCourses and an eGuide. Networking with staff and students from Higher Education Institutes across Europe has enriched the work of EFAD, by giving us evidence-based outcomes, including point of qualification and advanced competence statements and practice placement standards for both students and teachers. In addition DIETS has given EFAD members access to a network of enthusiastic and skilled colleagues. We do not want to lose this valuable resource, so a new category of Education Associate Membership was introduced to enable EFAD to continue to network with Higher Education Institutes.

This is one strand of EFAD's strategy for future sustainability. As our application for external funding from an EU Operating Grant for 2014 was not successful, alternative sources of funding are being actively pursued. One such project was the collaboration with EUFIC on the DeBATE project and this will continue with a new project MyPace, which will explore how dietitians can use new technology to support weight loss. The work plans for 2014 are ambitious, but with the support of the Professional Practice, Education and Research Committees, projects suitable for external funding will be identified and pursued.

I started by saying that 2013 was a year of consolidation. EFAD now has stronger governance and financial planning in place, a growing network of committed individuals and organisations and a clear vision for the future. I am confident that EFAD is in a position to continue to develop and promote the profession of dietetics in 2014 and beyond.

Judith Liddell
Secretary General of EFAD

Professional Practice Committee Report

The committee had one face-to-face meeting (May) and six virtual meetings in 2013. The PPC put out a call for nomination of members and recruited two new members with EC approval. Where the monthly virtual meetings are useful for monitoring progress, a face to face meeting is indispensable for discussing in depth where the PPC is heading. The May 2013 face-to-face PPC meeting was attended by its new members Lene Thoresen and Naomi Trostler, EFAD President Anne De Looy, and BDA Officer Sue Kellie. The PPC has actively collaborated with the other two committees (Education and Research) to align overlapping activities and commitments.



The focus of the work during 2013 was a continuation of previous work:

- 1. Standardised Language (SL)** In this project the PPC aims to support the decision making processes of National Dietetic Associations' (NDA's) regarding adoption and implementation of standardised terminology for the care process. Building on previous survey work conducted by the PPC (lead Ylva Orrevall), a second European wide survey was conducted on NCP/SL. Key points, results of this work, and other related documents may be found under the PPC button on EFAD's extranet. Using the collected survey data, a Vision Paper on NCP/SL was written to outline the way forward for Europe. This paper was submitted to the EC (see Appendix 1 for draft) and circulated to all NDAs. To create opportunities for members to share views and experiences related to the pros, cons, barriers and resources for implementation of a standardized terminology, the initiation of beginning to build a network for exchange and assistance is now in progress (individuals interested in joining should contact any PPC member). PPC has coordinated a workshop focused on SL applications on malnutrition. The intent was to present new information in this area with presentations about ICF-dietetic and IDNT. Outside of Europe, PPC has been involved in an ICDA IDNT workgroup and an Academy (former ADA) workgroup. This is on-going and involves the integration of IDNT into SNOMED in collaboration with the National Library of Medicine. PPC has been interested to follow developments of the English translation and approval of the ICF- Dietetic by the Dietitians from the Netherlands. It is of particular interest to monitor when ICF-Dietetic will be available for wide dissemination. This is another SL that will have an influence on the practice of dietetics in Europe. This work is also ongoing.
- 2. Registration project** The PPC following the EFAD strategic plan wants to contribute to reduce inequalities in professional quality Europe-wide. At the moment it is almost impossible to assess quality assurance procedures given the huge differences in legislation and circumstances between European countries. A PPC subgroup (lead: Pauline Douglas) is currently preparing a paper to go to the Executive committee of EFAD to gain a consensus on the way forward with this area (see Appendix 2 for draft). The paper will address how to assess the views of national dietitians related to pros, cons, barriers and chances for a European registration system of dietitians.
- 3. Recommendations on how to improve/support current Code of Ethics** At the EC Meeting in Brussels 2013 there was much discussion and comments on the need within EFAD for revisiting its current code of ethics. There are for example new areas that affect practice such as social media. PPC have had initial discussions on this topic and appointed its two new members to provide recommendations based on current needs and literature. A recommendation paper has been written (for draft see Appendix 3). There needs to be further clarification and/or agreement on the direction sought from the General Meeting.
- 4. Further activity:** The PPC initiated and contributed to the development of a Publication Policy for EFAD, to the Scientific Committee for program development of the annual EFAD conference (Italy, 2013), to the Terms of Reference for the specialist groups of EFAD (known as ESDNs), and the EFAD governance document which is in development.



Constantina Papoutsakis, Chair, Professional Practice Committee

Constantina Papoutsakis
PPC Chair

Pauline Douglas
PPC member

Ylva Orrevall
PPC member

The Education and Lifelong Learning Committee Report

Between October 2010 and December 2013, the work of EFAD's Education and Lifelong Learning Committee (ELLLC) was performed through two work packages from DIETS2; WP2 (*Second and third cycle specific dietetic competences*) and WP3 (*Life Long Learning for Dietitians in Europe*). WP2 finished its work in October 2012 while WP3 started in January 2012 and finished in December 2013 when the DIETS2-project ended.

A large number of activities were performed by the Education and Lifelong Learning Committee (see below); all the materials which were developed and recorded webinars are available on the EFAD homepage:



- European Dietetic Advanced Competencies (EDAC) was adopted by EFAD at the General Meeting in Portoroz, Slovenia 2012. A webinar on how to use EDAC for planning LLL-activities was done in July 2013.
- Strategies for lifelong learning for EFAD, National Dietetic Associations (NDAs) as well as for individual dietitians were presented at the General Meeting in Portoroz and were discussed and adopted at the General Meeting in Garda, Italy 2013.
- A database was developed providing a list of available courses/materials/modules/programmes suitable for LLL for dietitians & nutritionists in Europe. This was based on a call to all Higher Education Institutions (HEIs) and NDAs who were partners of DIETS2 and a web search (detailed for the Netherlands) for suitable LLL-providers outside DIETS2 partners. The database is open to search (public) and it is possible to add/edit courses (at the moment just for partners through the internal page). The database was advertised through a press release at the opening and announcements through Facebook, Twitter and LinkedIn. All DIETS2-partners were encouraged to add/edit the database and to link to their homepages, and through a Newsletter dietitians were invited to search the database. A poll on the DIETS2-homepage was prepared to ask for opinion/omissions and a report on results of the first call was written.
- To improve learning about ECTS and LLL a power point was prepared and three webinars were held during spring 2013. A press release was made to advertise the webinars and records of the webinars are available. For dissemination a link was made to a discussion board and a paper about ECTS was written and sent out to HEIs and other institutions.
- A toolkit to be used by dietitians to record, plan and evaluate LLL was developed. It was based on a call to DIETS2-partners for tools, internet searches and development of new materials. During development DIETS2-partners were consulted through a press release linking to a wiki-LLL-toolkit (working-shape of the toolkit) to allow viewers to try the tools and answer a questionnaire about their use and suggestions for improvements. In addition parts of the tools were presented in a workshop at the annual Congress of the German Dietitian Association (VDD) and a follow-up article was written in the VDD newsletter. Anne de Looy held a 1.5 day workshop in Vienna/Austria. Feedback from both occasions and from the questionnaire was used to further develop the toolkit.
- A Guide to Lifelong Learning for Dietitians in Europe – “How to manage your competences“ was developed. The guide was published in September together with a CD and is available as a pdf on the DIETS2/EFAD-homepages. It was also printed as a booklet for all 180 participants at the EFAD/DIETS conference in November 2013 in Italy and mailed to those NDAs that didn't attend. All NDAs, HEIs and other network partners were informed when the guide was ready to download.

EFAD wishes to continue the Education and Lifelong Learning Committee and a call for nominations of members was made in October 2013.

Prof. Agneta Hörnell
Chair of Education Committee

Research and Evidence-based Practice Committee Report



The Research Committee held ten meetings in 2013. In addition, the editorial board of the DIETS student e-journal had two meetings.

The objectives of the Committee are:

- to develop a strategy for promoting, introducing and implementing an evidence-based approach to practice for European Dietetics that supports the strategies of Member Associations
- to promote an evidenced-based approach for dietitians working and studying within Europe, using best practice of Member Associations and HEIs
- to encourage opportunities to use, share and discuss best practice in multidisciplinary, multi-professional or interdisciplinary research as it affects the nutritional health of European people
- to proactively liaise with European (health) professional groups, HEIs and others to contribute to dietetic research in Europe

The Committee and its work was undertaken jointly with the EU-funded Thematic Network project 'Dietitians ensuring education, teaching and professional quality' (DIETS2).

This was the third year of the Committee. In 2013 a database became available to share information about research and evidence based practice. Four e-course units are freely available on the DIETS website to all dietitians. The e-course units are about sample size determination, questionnaire design, reflective learning and evidence based practice. The units can be used in the dietetic study programmes in universities, but can also be used by qualified dietitians to improve or recall their skills and knowledge. Both the e-course units and the database have been evaluated by students and dietitians. These evaluations provided useful information to improve the database and (future) e-course units.

In June, the first issue of the DIETS student e-journal was launched. It contained 21 abstracts, submitted by students from 8 countries.

There is still much to be done to promote and implement an evidence-based approach but it is hoped that through the integrating activities of EFAD and DIETS2, more can be achieved.

Over the past year EFAD has established a list of 'specialist' dietitians. These dietitians are practicing and also undertaking research that will lead to the promotion of more evidenced practice. The Committee will need to consider how it is possible to support the dissemination and exploitation of this expertise more widely.

Plan for the Research Committee 2014:

1. Feasibility of a European Dietetic Journal (on-line)
2. Develop an e-course to support dietitians working towards evidence based dietetics
3. Produce guidance of funding opportunities building on information from DIETS2

EFAD wishes to continue the Research and Evidence-based Practice Committee and a call for nominations of members was made in October 2013.

Dr. Elke Naumann
Chair Research Committee

European Specialist Dietetic Network (ESDN) Reports

ESDN – Administrative Dietetics

In 2013 the activities in the network for administrative dietetics included contact by mail and one meeting. The contact by mail was information or different kinds of questions initiated by EFAD or the network leader. In all about 30 persons are included in the mailing list, although some have lost contact. At the ESDN networks meeting at DIETS/EFAD conference in Garda 2013 twelve people from six different countries participated.

At the meeting the discussion was focused on different kinds of questions and some were goals for the future and others were plans for 2014. One goal for the future was to initiate research and specific research questions for administrative dietitians. Evidence based research is needed for this area of work and all participants agreed that the discussion will be continued. The workshop also included a discussion concerning the name administrative dietitian and if other names such as foodservice dietitians or catering dietitians could better describe the field of work (however administrative dietitian is used internationally). However the name of the ESDN has to be administrative dietetics or foodservice (this because it is important to clearly include clinical dietitians who interested in this field).

Plans for 2014 are to write a position paper (responsible is Helena Avila from Portugal) and to rewrite an EFAD Report of specific interest for administrative dietitians that not has not yet been published (responsible is Ylva Mattsson Sydner from Sweden).

Ylva Mattsson Sydner

ESDN - Diabetes

The Diabetes ESDN had a successful workshop at the 7th EFAD/DIETS Conference at Lake Garda in November 2013, which included attendees from all over Europe, across a variety of areas including clinical practice, research and education. The group provided feedback to EFAD re: advanced competences in diabetes regarding medication adjustment and specific population groups who may need more specialised approaches to diabetes management.

The ESDN Diabetes folder on the EFAD website currently contains links to diabetes dietary guidelines, diabetes resources and the EFAD Diabetes Position and Briefing papers. Further planned additions include diabetes dietary resources in various languages, and resources on the carbohydrate content of foods from various countries.

The group is hoping to forge greater links with both the International Diabetes Federation and the European Association for the Study of Diabetes. Last year, the Diabetes ESDN represented EFAD and the IDF on World Diabetes Day at a breakfast meeting in the European Parliament – highlighting the importance of health promoting public policies in the battle against Type 2 diabetes to politicians and policy makers. To mark World Diabetes Day 2013, the ESDN workshop ended with a 15 minute walk, where pairs of attendees from different countries ‘walked and talked’ sharing their experiences of working as a dietitian in diabetes in varying health care systems across Europe. This activity was logged as 25,000 steps on the IDF website, as part of the Take a Step for Diabetes Campaign. We hope in 2014 to focus on creating links with EASD in relation to the development of European dietary guidelines for diabetes management.

Cathy Breen

ESDN - Public Health

In 2013, the public health group directed its activities towards establishing mutual connections and exchanging of some documents dealing with dietetics in the public health sector. The efforts were directed into identification of the specific competences a public health dietitian needs to achieve. Documentation to prepare a draft position paper was collected with the intention to specify the field of activities of public health dietitians. At the meeting in Garda, advancements in the group's activities were achieved. Priorities based on dietitians' needs were established. It is planned that in 2014 a position paper on public health dietetics will be finalized. It is important to set up a database that will include dietitians active in the sector in question. The database will enable mutual communication and exchange of knowledge and experiences of dietitians who are based in various environments. Through the use of informational technology and social networks we wish to establish an environment to enable stakeholders to exchange various information sources. Collecting and exchanging of information in scientific, professional, programme-related and other events and documents as well as presentations of projects and examples of good practice will contribute to higher quality work of European public health dietitians. We also plan to establish a system that will enable prompt collecting and exchanging of significant political documents dealing with national and European sectors of public health and dietetics. There is an evident need for meetings which we will try to encourage through electronic media.

Stojan Kostanjevec

ESDN – Ageing

In specific focus becoming a specialist within geriatric nutrition denotes profound knowledge:

- of gerontological theories, how age affect physiological and psychological processes and nutritional needs of the aging body.
- about age-related disease, geriatrics, and how it affects the human body, and about how to treat nutritional problems in older adults.

The aim of the workshop was to discuss how the specialist group within geriatric nutrition could support EFAD members and EC within the specialist field.

The workshop started with an introduction ([Workshop presentation 2013](#)) including basic definitions within gerontology and geriatrics. Some reflexions were made regarding the part of the population defined as older adults covering more than a generation and including a wide range of health conditions from physically and mentally healthy active to frail individuals with multifactorial disease. The knowledge and focus of the specialist dietitian within geriatric nutrition must therefore span from primary prevention to treatment of disease related malnutrition. The workshop had 14 participants from different parts of Europe working within different areas, some from industry, some teachers and some working clinically.

Hot topics:

- Vitamin D - a vitamin with several important functions in the body, but hard for older adults to get enough of through food intake and sun exposure. The prevalence of low levels is high among the elderly. In Greece people hide from the sun, use sunscreen and do not have fortified foods. Should consider it when recommending the levels. Finland has fortified milk 2 ug/dl; all milks are fortified in Finland. Norway has three types of milk fortified with 0.4ug/dl. There are great differences between countries when it comes to fortification of foods.
- Disease related malnutrition a challenge in all European countries.

Issues discussed:

The need of sources for knowledge for dietitians as ESPEN LLL courses and UK both e-learning courses. Finland and Netherland have leaflets with information that provide older adults with information on food and health. An idea came up to produce such an EFAD-leaflet that would ensure the same message given by dietitians around Europe according food and health in old ages.

Elisabet Rothenberg

Appendix 1: What EFAD achieved 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 EU Platform on Diet, Physical Activity and Health and the European Innovative Partnership on Active and Healthy Ageing; the BAPEN and Irish EU Presidency Conference; the stakeholder boards of the European Food Safety Authority, the JPI on Active and Healthy Ageing and the Food4Me project; the trustee meetings of the European Nutrition for Health Alliance; a EuroDISH workshop; a European Forum for Primary Care (EFPC) conference, the European Open-Space-Conference Food and Health - Research 2020 and a PEARL Summit

The Italian Dietetic Association hosted the 24th EFAD General Meeting (which was attended by 26 of the 33 EFAD member associations) and 7th Conference (180 delegates) in Garda, Italy from 7-9 November 2013. The General Meeting resolved to extend membership of EFAD to include an additional category of membership called "Education Associate Member", which would be open to all Higher Education Institutions in Europe that were recommended by all the NDA members of EFAD in their country (where such NDAs exist) and were teaching (or working towards teaching) the European Dietetic Academic and Practitioner standards and other EFAD educational standards.

The EFAD Life Long Learning Policy and the EFAD Pedagogic Standards for Dietetic Placement Teachers were adopted, as were the Selection of Representatives Policy, the Publishing Policy and the Recognition and selection of Expert Dietitians Policy.

The General Meeting 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 workpackage.

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.

Judith Liddell EFAD Secretary General

Appendix 2: 24th General Meeting Report

The Italian Dietetic Association hosted the 24th EFAD General Meeting and 7th Conference in Garda, Italy from 7-9 November 2013, which was attended by 26 of the 33 EFAD member associations. Ulrich Hühmer, who had been the Honorary Treasurer of EFAD for 10 years, stepped down and was replaced by Manuela Thul, also of the German Dietetic Association. Constantina Papoutsakis was elected Chair of the Professional Practice Committee and the committee was extended to 5 members. Elke Naumann was elected chair of the Research and Evidence Based Practice committee, while Agneta Hörnell was elected chair of the Education and Lifelong Learning committee. These committees would be populated in early 2014, to continue the work of DIETS, which ended on 31 December 2013.

The General Meeting resolved to extend membership of EFAD to include an additional category of membership called "Education Associate Member", which would be open to all Higher Education Institutions in Europe that were recommended by all the NDA members of EFAD in their country (where such NDAs exist) and were teaching (or working towards teaching) the European Dietetic Academic and Practitioner standards and other EFAD educational standards.

The EFAD Life Long Learning Policy and the EFAD Pedagogic Standards for Dietetic Placement Teachers were adopted, as were the Selection of Representatives Policy, the Publishing Policy and the Recognition and Selection of Expert Dietitians Policy.

The General Meeting ratified several Executive Committee decisions including selection of Sophie Rodebjer, of Swedish Clinical Dietitians, to represent EFAD on 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 workpackage.

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.

AdL presented an overview of the WHO Food and Nutrition Action Plan and the Vienna Declaration by Ministers of Health (2013).

Delegates formed small working groups to consider the following topics:

- Monitoring of safe nutritional care and the promotion of improved patient care through Nutrition Care Process and Standardised Language
- Dietitians role in cooperation, cross-border care and health (networks, toolkits and registration)
- Specialist networks and professional development
- Role of dietitians in education, training and development of health workers for a healthier Europe

The Hellenic Dietetic Association will host the 2014 General meeting from 9-12 October 2014 in Divani Caravel, Athens.

The 26th General Meeting in 2015 will be hosted by EFAD, probably in Cologne, Germany.

Appendix 3: Education Associate Membership

Adopted by the 24th EFAD General Meeting 7 November 2013

Nowhere is there a better example of partnership working than in the DIETS Networks (2006-2009 and 2010-2013)(www.thematicnetworkdietetics.eu). These thematic networks have brought together dietetic professional associations, higher education, industry and non-governmental organisations. Over the years that the two networks have been funded by the EU there has been significant improvement not only in valuing each other and the unique contributions from each partner, but also outcomes which have now been adopted by members of The European Federation of the Associations of Dietitians (EFAD) to strengthen the dietetic profession. European standards and guidance for education, practice placement, competence and Lifelong Learning have all been generated through the DIETS Networks and then promoted and used Europe-wide by EFAD. The networks have also influenced research and evidence-based practice as well as fostering an information, communication and technology (ICT) literacy among European dietitians. The Networks had definite benefits and produced change and development of the dietetic profession. In many countries Higher Education Institutes (HEIs) and National Dietetic Associations (NDAs) meet regularly, but as far as we know there is no European “meeting point” except DIETS. EFAD does not believe that the HEIs within the DIETS network will stay organized at a European level by themselves after the end of DIETS project. EFAD has the opportunity to meet the challenge of Health 2020 through leading a partnership in which the dietetic professional associations and higher education institutes 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 higher education institutions in Europe that are:

- recognized by the NDA member(s) of EFAD 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 advantages for the 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
- Strengthened advocacy capacity through increased representation of 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 Plans see <http://www.efad.org/iextranet/2578/5/0/70>
- To pay the annual subscription fee (currently 300 Euro per year)

A call for applications has been sent to all DIETS Higher Education Institute partners.

To apply for Education Associate Membership please contact Judith Liddell, EFAD Secretary General on secretariat@efad.org

Appendix 4: Standards, Strategies and Policies adopted in 2013

EFAD Strategy for Lifelong Learning within EFAD

Adopted by the 24th EFAD General Meeting 7 November 2013

According to the European Commission lifelong learning (LLL) is defined as *'all learning activity undertaken throughout life, with the aim of improving knowledge, skills and competence, within a personal, civic, social and/or employment-related perspective.'*

Part of the mission and aims of European Federation of Associations of Dietitians (EFAD) is to support member associations in developing the role that dietitians have in reducing inequalities and improving nutritional health in Europe.

This proposed strategy for LLL is aimed at dietitians in Europe through their National Dietetic Associations (NDAs) and written by the Work Package *'Second and third cycle competences for dietitians'* of the Thematic Network of Dietitians (DIETS2, www.thematicnetworkdietetics.eu).

The purpose of the strategy is to support NDAs and the profession in Europe to fulfil the Mission and aims of EFAD by promoting the development of the dietetic profession and developing dietetics on a scientific and professional level in the common interest of the member Associations. This should also ensure fulfilment of the professional code of ethics and good practice adopted by EFAD, which states that European Dietitians should have;

"Continued competence and professional accountability

- *Ensure accountability to the public*
- *Accept responsibility for ensuring practice meets legislative requirement*
- *Maintain continued competence by being responsible for lifelong learning and engaging in self-development."*

EFAD will help to develop and support NDAs who in their turn will be committed to the constant development and commitment of their members to improve their competence as they progress through their careers. This will not only benefit the people, that dietitians' serve, to gain and maintain their health through improved food choice and nutrition, but also advance the status and reputation of the dietetic profession in Europe.

Aims of the EFAD Strategy for Lifelong Learning

1. To create a culture of LLL and professional development amongst dietitians in Europe.
2. To support individual NDAs to develop their commitment to LLL for/of their members.
3. To work with education providers, directly and through NDAs to develop learning opportunities, the promotion of these and the subsequent dissemination across Europe.
4. To work with all constituents who would benefit from professional engagement with dietitians in order to advance their learning about the contribution that can be made to the improvement of health through nutrition.
5. To provide basic and advanced level benchmark competence statements and a 'toolkit to record LLL' for European dietitians and to support individual NDAs to adapt to national requirements.
6. To monitor the development of the profession in Europe together with the NDAs as opportunities are introduced for LLL.

Cont/

* EFAD (2009) *European Dietetic Competences and their Performance Indicators Attained at the Point of Qualification and Entry to the Profession of Dietetics*. Available at www.efad.org *European Dietetic Advanced Competences (EDAC)*. Discussed and adopted at EFAD General Meeting in Portoroz, Slovenia 2012. Available at www.efad.org

Recommended actions for NDAs

1. For Countries that do not yet have an accreditation or credit system, EFAD would recommend the NDAs and/or their education providers establish a system for rewarding learning (professional development and LLL) wherever it may occur.
2. Consider, adopt and promote a system for recording on-going professional development, for example using a portfolio-based or an internet based log system, to monitor the individual's professional progress in achieving their learning goals.
3. Exploration and implementation of a Specialist Dietitian title by the NDA as a means of showing advancement as a professional and so create new career developments and opportunities.
4. The adoption either at national (competent authority level) or by the NDA of a mechanism to systematically monitor, ensure and publically list all dietitians they consider are safe and competent practitioners and a transparent system to identify those that are not competent (which may include reporting by colleagues or the public).

EFAD Pedagogic Standards for Dietetic Placement Teachers

Adopted by the 24th EFAD General Meeting 7 November 2013

Standard Number	Pedagogic Standard for Dietetics Placement Teachers	Source/ Reference
<i>The dietetic placement teacher</i>		
1	The dietetic placement teacher is a person with a qualification in Nutrition & Dietetics recognised by national authority	EFAD(*)
2	The dietetic placement teacher has a pedagogic certificate or equivalent formal education and training in facilitation of learning in practice	standard 15 of EPPSD 2010(**)/ Gazette Austria(***)
3	The dietetic placement teacher normally has at least one year of dietetic professional experience in a professional field relevant to the practice placement teaching	standard 15 of EPPSD 2010/ Gazette Austria
<i>The dietetic placement teacher as a professional</i>		
4	The dietetic placement teacher applies lifelong learning regarding his/her discipline	standard 15 of EPPSD 2010
5	The dietetic placement teacher provides evidence based pedagogic practice as a teacher by seeking evaluative feedback from students and the HEI at the end of the practice placement experience	standard 18 of EPPSD 2010
6	The dietetic placement teacher participates in the support and training provided by the Awarding Institution (HEI) concerning practice placement teaching	standard 14;15 of EPPSD 2010
<i>The dietetic placement teacher and their role in formal academic education</i>		
7	The dietetic placement teacher arranges the learning environment in practice to meet the academic standards and quality specified by the Awarding Institution (HEI) and documents this in written policies and procedures	standard 5 of EPPSD 2010
8	The dietetic placement teacher knows, understands and applies correctly the learning outcomes specified by the HEI.	standard 2 of EPPSD 2010
9	The dietetic placement teacher knows, understands and applies correctly the evaluation system specified by the HEI	standard 3 of EPPSD 2010
10	The dietetic placement teacher attends planned meetings between the practice placement partners and the HEI/awarding institution, with student involvement, to improve quality and advance the understanding of the effectiveness of placement learning.	standard 17 of EPPSD 2010

<i>The teaching, learning and education programme</i>		
11	The dietetic placement teacher plans together with the student the programme of study for the student to meet the learning outcomes with the HEI	Standard 1; 2 of EPPSD 2010; RCN 2006(****); DIETS 2 LLL toolkit 2013(*****)
12	The dietetic placement teacher facilitates/encourages the learning process of the student in terms of a planned process	RCN 2006; DIETS 2 LLL toolkit 2013
13	The dietetic placement teacher provides time for reflection, feedback and monitoring of students' progress	RCN 2006; DIETS 2 LLL toolkit 2013
14	The dietetic placement teacher ensures that students have constructive feedback, with suggestions on how to make further improvements to promote progress	RCN 2006; DIETS 2 LLL toolkit 2013
15	The dietetic placement teacher is willing to share their knowledge with the student and the HEI contact person relevant for practice placement teaching	Standard 8; 17 of EPPSD 2010; RCN 2006; DIETS 2 LLL toolkit 2013
16	The dietetic placement teacher establishes and makes known the procedures to be followed if problems occur during the practice placement or a complaint needs to be made	standard 12 of EPPSD 2010
<i>The practice placement environment</i>		
17	The dietetic placement teacher identifies specific learning opportunities that are available within the practice placement to the student	EUE-net Guidelines for PP of students (2010)(*****)
18	The dietetic placement teacher provides a safe work environment	EUE-net Guidelines for PP of students (2010)
19	The dietetic placement teacher facilitates and encourages the integration of the student in the team/company	EUE-net guidelines for PP of students (2010)

(*)EFAD: European Federation of the Association of Dietitians; (**)EPPSD: European practice placement standards for dietetics; (***)Gazette, Austria; (****)RCN: Royal College of Nursing ;(*****):DIETS 2 LLL Toolkit: Pedagogic skills of dietitians; (*****EUE-net guidelines: European University Enterprise Network

Full report available on <http://www.efad.org/everyone/3969/5/0/32>

EFAD Policy on Selecting representatives, committee members & working group members

Adopted by the 24th EFAD General Meeting 7 November 2013

Background

The work of EFAD has increased rapidly in recent years, to the extent that the Executive Committee can no longer undertake every opportunity to promote and advance dietetics themselves. To ensure that EFAD can advocate for dietetics effectively and on an increasing scale it is necessary to appoint representatives who are able to undertake this role.

In addition the work plans of EFAD have increased to the extent that they can no longer be delivered by the EC members alone. There are currently three standing committees (Professional Practice, Research and Education) and there will be a need for more committees in future, either on a permanent basis or as small ad hoc committees or working groups, who will be convened to undertake a specific task and then disbanded.

A policy is required to enable suitable EFAD representatives, committee and working group members to be selected in a fair and transparent manner.

Policy

The primary purpose of EFAD representatives, committee members and working group members is to contribute towards meeting and advancing the aims, missions and adopting the values of EFAD, as described in the Strategic Plan.

Process

1. A call for nominations will be made on the EFAD web site and by email to EFAD delegates. Depending on the role to be filled a call for nominations might also be sent to the EFAD/DIETS networks, the European Specialist Dietetic Networks or other stakeholders, and might also be placed on the EFAD LinkedIn group or the EFAD Facebook.
2. The call will be accompanied by the following information:
 - a. A description of the role
 - b. The time frame for which representation is required
 - c. The deadline for receipt of nominations
 - d. A list of documentation required to support the nomination
 - e. The address to which nominations should be sent (usually the Secretary General)
 - f. The selection criteria
3. The Executive Committee will decide on the selection criteria and which of their members will be involved in the selection process.
4. After the deadline for nominations has passed all nominations and supporting documentation will be forwarded to the selection panel.
5. Their decisions will be forwarded to the Executive Committee for approval.
6. The decision of the Executive Committee is final, and discussion with candidates or nominating organisations will not be entered into.
7. All candidates will be informed of the decision of the Executive Committee by email.

This process will be followed whenever possible, but there may be circumstances when it cannot, such as in cases where a representative is required on an ad hoc/temporary basis at short notice.

EFAD Policy on External Publication

Adopted by the 24th EFAD General Meeting 7 November 2013

BACKGROUND:

Professional Practice, Research, and Education and Lifelong Learning Committees have realized that there is no formal policy for external publication (e.g. publication in a peer-reviewed journal) of EFAD materials that may be used or applied outside the organization/committee.

It is important that work produced by EFAD Committees and/or “officers” are disseminated to a wider circle of readers. This includes health care professionals and stakeholders. Such an approach will support dietitians to be acknowledged by others who may not necessarily receive EFAD information.

This will raise the profile of dietitians at national, European and indeed international levels. Documents produced by a committee or other EFAD working group will be an important way to further express the work of EFAD.

It is generally accepted that peer-reviewed journal articles must adhere to the strictest of standards. With this in mind, the present policy is developed to ensure high quality papers for peer-reviewed journals as well as other types of EFAD publications. Certain considerations will apply to all publications from EFAD in order to promote the Federation and provide a unity of approach according to EFAD’s Communication Strategy (2012).

1.0 General and overall policy

All EFAD publications should:

- i. Be consistent with EFAD mission and vision,
- ii. Be endorsed for consistency with EFAD mission and vision by the EFAD executive committee
- iii. Be in English and subsequently may be translated into other languages
- iv. Always clearly state the origin of the data and role of EFAD. Normally this will be acknowledged in the title of the publication or prominently within the publication
- v. Provide contact details for EFAD; the minimum will be www.efad.org
- vi. Papers submitted to peer reviewed journals should also be in line with the requirements of the journal.

Where the report/paper/article is to be written by groups within EFAD the following will also apply;

- vii. Be approved by the members of the committee or other EFAD working group standing as authors.

2.0 List of authors and contributors

Authorship should follow Uniform Requirements for Manuscripts Submitted to Biomedical Journals (see *Uniform Requirements for Manuscripts Submitted to Biomedical Journals: Ethical Considerations in the Conduct and Reporting of Research: Authorship and Contributorship* http://www.icmje.org/ethical_1author.html) unless there is a stated and acceptable reason for not doing so.

- i. Authorship credit should be based on 1) substantial contributions to conception and design, acquisition of data, or analysis and interpretation of data; 2) drafting the article or revising it critically for important intellectual content; and 3) final approval of the version to be published. Authors should meet conditions 1, 2, and 3.
- ii. Acquisition of funding, collection of data, or general supervision of the group alone does not constitute authorship.
- iii. All persons designated as authors should qualify for authorship, and all those who qualify should be listed.
- iv. Each author should have participated sufficiently in the work to take public responsibility for appropriate portions of the content.

On publication the following format is suggested when an EFAD committee or working group is the author of the publication.

Authors (N.N, M.M, etc),

Author affiliation (i.e. university, hospital etc)

Name of EFAD committee/working group

Endorsed by *Executive committee of EFAD*

Name and address of corresponding author from the relevant group

3.0 Submission process

Before submitting a manuscript for publication, the group should identify the individual who accepts direct responsibility for the manuscript (corresponding author). Individuals should fully meet the criteria for authorship/contributorship defined above, and editors will ask these individuals to complete journal-specific author and conflict-of-interest disclosure forms. When submitting a manuscript authored by a group, the corresponding author should clearly indicate the preferred citation (the email address will be created by the Secretariat so that the correspondence is displayed as such correspondingauthor@efad.org) and identify all individual authors as well as the group name. In the case of peer-reviewed journals, journals generally list other members of the group in the Acknowledgments. Any publication should be submitted to the EC to ensure consistency with guidelines of this publication policy. Response of the EC should be provided within one month to the corresponding author.

4.0 Ethical standards

EFAD conducts its data collection and all research activities in agreement with the Helsinki Declaration. The Declaration of Helsinki is a comprehensive statement of ethical principles for health research involving human subjects, including research on identifiable human material and data (<http://www.wma.net/en/30publications/10policies/b3/>). When data collection takes place, EFAD collects information from dietitians throughout Europe in an effort to scope and monitor aspects of professional work and practice. In doing so, each dietitian responds on his/her own initiative, provides information voluntarily, and his/her participation may be invoked at any time. In research projects, where ethical approval is mandatory, ethical approval should be sought prior to data collection from an appropriate body; such as a Bioethics Committee affiliated with the Principal Investigator's institution.

In all submitted peer-reviewed publications, the methods protocol should contain a statement of the ethical consideration involved and should indicate compliance with the principles enunciated by the Helsinki Declaration.

5.0 EFAD publications jointly with DIETS2 or data solely collected by DIETS2

In addition, all DIETS-related manuscripts are bound to the DIETS publication policy that is in effect (as of March 2011). See addendum for this document.

Recommendation:

EFAD would benefit from forming a Research Ethics Committee for future projects intending to publish in peer-reviewed journals. Its standing purpose would be to independently review the need or not for further formal institutional review board approval.

Proposal submitted by Committee chairs:

Constantina Papoutsakis, Professional Practice Committee

Elke Naumann, Research Committee

Agneta Hörnell, Education and Lifelong Learning Committee

Date submitted: 8 Nov 2012

Adopted by Executive Committee: May 2013

Suggested revision date: May 2018

EFAD Policy on Recognition and Selection of Expert Dietitians

Adopted by the 24th EFAD General Meeting 7 November 2013

Background

EFAD is often called upon to give an opinion or advice on specialist areas of dietetics and nutrition. To enable EFAD to respond promptly to such requests requires a pre-selected group of recognised dietetic experts.

A policy is therefore needed to enable suitable experts to be selected in a fair and transparent manner.

Policy

The primary purpose of EFAD experts is to contribute towards meeting and advancing the aims, missions and values and policies of EFAD, as described in the Strategic Plan.

To obtain recognition as an "EFAD Expert Dietitian" a candidate must:

- Have a qualification in dietetics
- Have at least 5 years of experience (practical and/or research) in the specialist field. An advanced practitioner/specialist may also be considered an expert (see Guidelines for EFAD Committees, Networks, Experts & Representatives).
- Be able to demonstrate advanced competence in the specialist field (see EDAC for definitions and competences)
- Be supported by two referees to provide further evidence of expertise

Role of experts

Persons recognised as experts by EFAD will be expected to:

1. Give independent critical insights and expert advice on strategies, position papers and other papers which EFAD wishes to initiate, promote and publish
2. Be willing to be consulted for expert advice by members of EFAD, colleagues, stakeholders and others on their specialty field
3. Be willing to represent EFAD to stakeholders

Experts will not be reimbursed for their advice, but any previously approved expenses incurred on behalf of EFAD will be reimbursed

Process

1. A call for nominations will be made on the EFAD web site and by email to EFAD member associations, the EFAD/DIETS networks and the European Specialist Dietetic Networks.
2. The call will be accompanied by the following information:
 - a. A description of the fields for which experts are required
 - b. The time frame for which representation is required
 - c. An initial deadline for receipt of nominations, although nominations of experts will be welcome at any time
 - d. A list of documentation required to support the nomination
 - e. The address to which nominations should be sent (usually the Secretary General)
 - f. The selection criteria
3. The Executive Committee will normally delegate the selection process to the Research and Evidence Based Practice Committee.
4. Their recommendations will be forwarded to the Executive Committee for approval.
5. The decision of the Executive Committee will be final, and discussion with candidates or nominating organisations will not be entered into.
6. All candidates will be informed of the decision of the Executive Committee by email.

This process will be followed whenever possible, but there may be circumstances when it cannot, such as in cases where an expert representative is required on an ad hoc/temporary basis at short notice.

EFAD Briefing Paper on the Role of the Dietitian in Older Adults

Dietitians, as members of integrated interdisciplinary and multi-disciplinary teams, play a key role in the prevention and management of nutrition-related disease in older adults.

They are uniquely qualified to apply scientific evidence to the promotion of healthy eating, individualised nutritional therapy and counselling to individuals and groups.

To perform their role in the prevention and management of nutrition-related disease in older adults, dietitians must demonstrate key competences in the knowledge, skills and attitudes which underpin gerontology and geriatric nutrition, i.e. dietitians should demonstrate an understanding of:

- basic principles of gerontology and geriatrics,
- age-related changes in physiology and metabolism leading to i.e. sarcopenia¹ and frailty²,
- age-related changes in nutritional requirements and their nutritional implications (such as anorexia of ageing which can result in loss of body weight, increased risk of morbidity, infection, length of hospital stay, loss of autonomy and mortality),
- common age-related diseases and their nutritional impact (such as cardiovascular disease, stroke, cancer, fracture risk, renal disease, depression, dementia, Parkinson's disease, pressure ulcers and common nutritional deficiencies such as vitamin B12, B6 and D deficiency).
- the impact of multiple nutritional co-morbidities that may exist at the same time in the same individual,
- an awareness of the typical environments associated with older adults care, e.g. the home environment, step-down rehabilitation care, long term residential care, nursing homes, rehabilitation units or in hospital,
- relevant aspects of research in older adults care,
- functional and organic mental health,
- socio- economic consideration relevant to older age: loneliness, poverty, depression, loss of spouse, etc,
- evidence based practice.

The report continues with the following topics:

Older adults in the EU

The ageing process

Role of the dietitian in active and healthy ageing

Prevention of malnutrition within the healthy older adult and with frail older adults

Treatment of healthy older adults

Treatment of sick and/or frail older adults focusing on under-nutrition malnutrition

Strategic level and Educational level

Public target groups and Professional target groups

Clinical level, Research level, Administrative level, Evaluator level

Nutritional Screening

Conclusion

References & Addendum

Further Reading & Acknowledgements

The full report is available

on <http://www.efad.org/downloadattachment/3165/5504/EFAD%20Briefing%20paper%20Older%20Adults.pdf>

¹ Sarcopenia is associated with diminished muscle mass and function and changed metabolic conditions.

² Frailty is associated with elderly people who exhibit sarcopenia, low physical activity, decreased walking speed, low muscle strength, unintentional weight loss and exhaustion.

Appendix 5: Independent Auditor's Report 2012



INDEPENDENT AUDITOR'S REPORT

To: The European Federation of the Associations of Dietitians

We have audited the accompanying financial statements 2012 of The European Federation of the Associations of Dietitians, Oss, which comprise the balance sheet as at December 31, 2012, the profit and loss account for the year then ended and the notes, comprising a summary of the accounting policies and other explanatory information.

Management's responsibility

Management is responsible for the preparation and fair presentation of these financial statements and in accordance with generally accepted Dutch accounting principles. Furthermore management is responsible for such internal control as it determines is necessary to enable the preparation of the financial statements that are free from material misstatement, whether due to fraud or error.

Auditor's responsibility

Our responsibility is to express an opinion on these financial statements based on our audit. We conducted our audit in accordance with Dutch law, including the Dutch Standards on Auditing. This requires that we comply with ethical requirements and plan and perform the audit to obtain reasonable assurance about whether the financial statements are free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial statements. The procedures selected depend on the auditor's judgment, including the assessment of the risks of material misstatement of the financial statements, whether due to fraud or error.

In making those risk assessments, the auditor considers internal control relevant to the entity's preparation and fair presentation of the financial statements in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by management, as well as evaluating the overall presentation of the financial statements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

Opinion with respect to the financial statements

In our opinion, the financial statements give a true and fair view of the financial position of European Federation of The Associations of Dietitians as at December 31, 2012 and of its result for the year then ended in accordance with generally accepted Dutch accounting principles.

Haarlem, May 22, 2013

Spaarne Accountants & Belastingadviseurs B.V.



M. Blom AA

Initial for authentication:



Appendix 6: List of Committee Members, ESDN leads, Scientific Reference and Advisory Group, Honorary Members and Secretariat

Executive Committee

1. **President:** Prof Anne de Looy, Plymouth University, United Kingdom (2010-2014)
2. **Honorary Treasurer:** German Dietetic Association represented by Ulrich Hühmer (2010 – 2013) and Manuela Thul (2013-2015)
Committee Members:
 3. The British Dietetic Association represented by Carole Middleton (2010-2014)
 4. The French Association of Nutritionist Dietitians represented by Thérèse Libert (2012-2016)
 5. The Dutch Dietetic Association represented by Annemieke van Ginkel-Res (2012-2016)
 6. Chair of Education and LLL (ELLLC) Committee Agneta Hörnell (2010-2017)
 7. Chair of Research and Evidence Based Practice(REBPC)Committee Elke Naumann (2010-2017)
 8. Chair of Professional Practice Committee (PPC)Constantina Papoutsakis (2012-2015)

Professional Practice Committee

Chair: Constantina Papoutsakis – the Cyprus Dietetic Association

Members:

Pauline Douglas (British Dietetic Association)
Ylva Orrevall (The Swedish Association of Clinical Dietitians)
Lene Thoresen – Norwegian Association of Clinical Dietitians
Naomi Trostler – Israeli Dietetic Association

Education and Lifelong Learning Committee

Chair: Agneta Hörnell, the Swedish Association of Clinical Dietitians & Umea University

Research and Evidence Based Practice Committee

Chair: Elke Naumann, the Dutch Association of Dietitians & HAN University

European Specialist Dietetic Network Leads

Obesity

Ellen Govers, Dutch Association of Dietitians
Maria Hassapidou, Hellenic Dietetic Association – Technologists of Nutrition

Gerontology

Elisabet Rothenberg, Swedish Association of Clinical Dietitians

Diabetes

Cathy Breen, Irish Nutrition and Dietetic Institute

Administrative

Ylva Mattsson Sydner, Swedish Association of Dietitians

Public Health

Stojan Kostanjevec, Slovene Nutritionist and Dietetic Association

Oncology

Pedro José Robledo Saenz, Spanish Foundation of Dietitians-Nutritionists

Scientific Reference and Advisory Group

Glenis Willmott, MEP Leader, European Parliamentary Labour Party

Johanna Dwyer, D.Sc., RD Senior Nutrition Scientist, OD/Office Dietary Supplements/National Institutes of Health; USA Government

Chris Trimmer, PhD Executive Director, International Association for the Study of Obesity

Honorary Members

Anneke Krijger – Honorary Secretary 1978 – 1988

Renate Frenz – Honorary President 1984 - 2000

Irene Mackay – Honorary President 2000- 2006

Karin Hådel – Honorary President 2006 – 2010

Secretariat

Judith Liddell - Secretary General

Reka Kegyes Bozo - Administrative Assistant

Appendix 7: EFAD Members and Delegates 2013

Association	Delegates
The Austrian Association of Dietitians	Andrea Hofbauer Trudy Giesinger
Cyprus Dietetic Association	Eleni Andreou Christiana Philippou
The Danish Diet and Nutrition Association	Ghita Parry Mary Ann Sørensen
The Association of Danish Clinical Dietitians	Ginny Rhodes
The Flemish Professional Association of Nutritionists and Dietitians	Marleen Genetello
Union Professionnelle des diplômés en Diététique de Langue Française (U.P.D.L.F.)	Serge Pieters Aude Dillis
The Association of Clinical and Public Health Nutritionists in Finland	Leena Rechartt-Rajakangas
The French Association of Nutritionist Dietitians	Isabelle Parmentier Thérèse Libert
The German Dietitians Association	Ulrich Hühmer Daniel Buchholz
Hellenic Dietetic Association	Eirini Bathrellou Amalia Tsagari
The Hellenic Association of Dietitians – Technologists of Nutrition	Catherine Karakike
The Hungarian Dietetic Association	Bernadett Tóth
The Irish Nutrition and Dietetic Institute	Deidre McCormack
The Icelandic Dietetic Association	Heida Bjorg Hilmisdottir
The Italian Association of Dietitians	Giovanna Cecchetto Ersilia Troiano Anna Laura Fantuzzi
Luxembourg Dietetic Association	Anne Zimmer
The Dutch Association of Dietitians	Wineke Remijnse Annemieke van Ginkel
Norwegian Dietetic Association	Marianne Lidstrøm Arnt Steffensen
Norwegian Association of Clinical Dietitians affiliated with The Norwegian Association of Researchers	Sissel Urke Olsen
Polish Dietetic Society	Danuta Gajewska
Portuguese Dietetic Association	Vania Costa Zélia Santos Maria Graca Raimundo
Portuguese Nutritionist Association	Helena M Ávila, Hugo de Sousa Lopes
Slovene Nutritionist and Dietetic Association	Stojan Kostanjevec Tamara Poklar Vatovec
Spanish Dietetic Association	Giuseppe Russolillo Manuel Monino

The Swedish Association of Dietitians	Marianne Schroder-Maagaard
The Swedish Association of Clinical Dietitians	Elisabet Rothenberg
The Swiss Association of Registered Dietitians	Beatrice Conrad Gabi Fontana
The Turkish Dietetic Association	Zehra Büyüktuncer Demirel Dilek Ongan
The British Dietetic Association	Carole Middleton Pauline Douglas
Affiliate members	
Nutritionist – Dietitians’ Association of Latvia	Daina Erdmane Solveiga Niedra
Israeli Dietetic Association	Naomi Trostler Edva Heiman
Romanian Association of Dietitians	Kinga Laczkó Diana Suciu
Romanian Nutrition and Dietetic Association	Florina Ruta

Appendix 8: Organisations with whom EFAD collaborates

ICDA

International Confederation of Dietetic Associations www.internationaldietetics.org



WHO

World Health Organisation Regional Office for Europe www.euro.who.int/nutrition
(representative Anne de Looy)



EU Platform

EU Platform for Action on Diet, Physical Activity and Health <http://ec.europa.eu/health>
(representatives Anne de Looy, Judith Liddell)



EFSA

European Food Standards Agency www.efsa.europa.eu
(Representatives Alison Nelson, Mary Flynn)



EPHA

European Public Health Alliance www.ephah.org
(Representative Judith Liddell)



ENHA

European Nutrition for Health Alliance www.european-nutrition.org
(representatives Anne de Looy, Judith Liddell)



EFPC

European Forum for Primary Care www.euprimarycare.org
(Representatives Sophie Rodebjer)



EUFIC

European Food Information Council www.eufic.org
(representatives Anne de Looy, Judith Liddell)



BiB

Breakfast is Best www.breakfastisbest.eu
(Representative Judith Liddell)



GDS

Global Diabetes Survey www.globaldiabetessurvey.com



IASO

International Association for the Study of Obesity www.iaso.org



EUROFIR

European Food Information Resource www.eurofir.org



JSI

Josef Stefan Institute www.ijs.si

Appendix 9: Projects and Collaborations

DIETS2 (2010-2013)

“Dietitians Ensuring Education, Teaching and Professional quality”

(www.thematicnetworkdietetics.eu)

Lead partner: Plymouth University, England

EFAD led the Quality Assurance work package and undertook the Management of the network.

The Thematic Network was funded by a grant from the European Commission EACEA Socrates

Erasmus fund: 2010-3475_177201-LLP-1-2010-1-UK-ERASMUS-ENWA

Income: EFAD received €55,695 over 3 years. As a co-funded project EFAD contributed €18,565 over 3 years.

EFAD was represented by Judith Liddell and Reka Keyes

DeBATE (2011-2013)

“Dietitians’ Energy Balance Tools for Engagement”

Lead partners: EUFIC (www.eufic.org) and Brunel University, England

EFAD was a member of the Advisory Board.

This project was funded by Brunel University

Income: EFAD received €10,000 over two years

EFAD was represented by Anne de Looy

FibeBiotics (2011-2016)

“Dietary Fibers supporting Gut and Immune Function - From polysaccharide compound to health claim”

Lead partner: Dienst Landbouwkundig Onderzoek, Food & Biobased Research, NL.

EFAD is a member of the Scientific Advisory Board.

This project is funded by grant FP7-KBBE-2011-5

Income: Travel and subsistence for an EFAD representative attending one meeting a year of about €1600

EFAD is represented by Annelies Rotteveel

Food4Me (2011-2015)

“Personalised nutrition: An integrated analysis of opportunities and challenges”

http://cordis.europa.eu/fetch?CALLER=FP7_PROJ_EN&ACTION=D&DOC=1&CAT=PROJ&QUERY=0130f43406d1:8d58:586d9904&RCN=98657

Lead partner: The Institute of Food and Health, University College Dublin, Ireland

EFAD is a stakeholder in the Ethical and Legal issues workpackage (WP5).

The project is funded by grant FP7-KBBE-2010-4 (Contract no 265494).

Income: Travel and subsistence for an EFAD representative attending WP5 stakeholders meetings

EIP Active and Healthy Ageing

http://ec.europa.eu/research/innovation-union/index_en.cfm?section=active-healthy-ageing

Lead Partner: European Commission

EFAD is a member of a joint action to prevent frailty through screening for malnutrition, together

ENHA. The project is not funded. EFAD travel and subsistence expenses are met by ENHA

EFAD is represented by Elisabet Rothenberg& Judith Liddell

JPI Healthy Diet for a Healthy Lifestyle

www.healthydietforhealthylife.eu/

Lead partner: Instituto de Salud Carlos III

EFAD is a member of the Stakeholder Advisory Board (SHAB). Partners include Ministries from 21 Members States. The project fund SHAB members’ expenses.

EFAD is represented by Anne de Looy

EATWELL (April 2009-March 2013)

www.eatwellproject.eu/en/

„Interventions to Promote Healthy Eating Habits: Evaluation and Recommendations”

Lead partner: European Food Information Council (EUFIC)

EFAD is a stakeholder

The project is funded by FP7 grant (Contract number 226713)

Income: Travel and subsistence for an EFAD representative to WP5 stakeholders meetings

EFAD was represented by Kerry Yuill

ILC-UK Steering Group

Review of policy relating to constipation management in residential care homes across Europe

Lead partner: International Longevity Centre – UK www.ilcuk.org.uk

Income: travel and subsistence for an EFAD representative to attend steering group meeting

EFAD is represented by Grainne Flanagan

HabEat Project (2010-2014)

Determining factors and critical periods in food Habit formation and breaking in Early childhood: a multidisciplinary approach

Lead partner: Institut national de la recherche agronomique (INRA) – FR www.inra.fr

PEARL

It is part of a series of pediatrician-led initiatives, has been designed and developed by the EIP Institute (www.excellence-in-paediatrics.org) in response to the need for greater active healthy living, with a clear focus on prevention. The aim is to enable healthcare providers to better address and manage lifestyle related health questions and conditions that they now meet in their everyday clinical practice connected to obesity, diet and exercise. The initiative aims to help 5,000 healthcare providers per year to access free e-learning resources that will in turn help hundreds of thousands of parents raise healthy and happy generations of children.

EFAD was represented by Caroline Haube, a Belgian member of European Club of Childhood Dietitians (<http://www.cede-nutrition.org/>)

EuroDISH

EFAD was represented by Susanne Maunz

Appendix 10: Meetings Attended 2013

Date/deadline	Place	What	EFAD Representative
January			
31.01.2013	Brussels	4th SHAB meeting - JPI-HDHL	Anne de Looy
February			
26.02.2013	Brussels	ENHA Trustees Meeting	Judith Liddell
28.02.2013	Brussels	Platform Meeting	Anne de Looy
March			
5.03.2013	Brussels	"LiveWell for LIFE 2nd Stakeholder Workshop"	apologies
7-8.03.2013	Berlin	JPI Invitation to the Networking Meeting	Anne de Looy
25-26.03.2013	Parma	21stEFSA Stakeholder Consultative Platform	Alison Nelson
April			
24.04.2013	Brussels	Invitation to workshop on newborn Infants	apologies
24.04.2013	Brussels	Alcohol and cancer - Royal College of Physicians & the Alcohol Health Alliance UK	apologies
25.04.2013.	Brussels	EP EU Breakfast Roundtable on "Nutrition Policy of the Future"	apologies
May			
15.05.2013	Brussels	International Food & Beverage Alliance Stakeholder Outreach Forum	apologies
17.05.2013	Paris	5th World Stevia Organisation Conference	apologies
24.05.2013	Dublin	BAPEN and Irish EU Presidency Conference "Effective Health Care Requires Good Nutritional Care"	Richelle Flanagan, Carmel O' Hanlon and Philomena Flood
30.05.2013	Brussels	Invitation to an AIM and European Parliament lunch debate on health & well-being on 30 May 2013	apologies sent
June			
04.06.2013	Paris	Bonduelle Invitation	Therese Libert
10.06.2013	Brussels	Food4Me stakeholder meeting	Judith Liddell
10-11.05.2013	Vienna	Lecture to students - University of Applied Sciences Wien	Anne de Looy
12.06.2013	Brussels	22nd EFSA Stakeholder Consultative Platform	Mary Flynn
13.06.2013	Brussels	ENHA Trustees Meeting	Judith Liddell
13.06.2013	Brussels	EPA June PCM	apologies sent
17.06.2013	Brussels	Towards a more sustainable healthcare in Europe	apologies sent
17-18.06.2013	Brussels	EuroDISH phase one workshop	Susanne Maunz
19.06.2013	Brussels	Platform Meeting	Judith Liddell
20.06.2013	Brussels	Breakfast is Best	Judith Liddell
20.06.2013	Brussels	High Level Group & Platform meeting	Judith Liddell
24-25.06.2013	Brussels	Call to express interest to the Citizens' Summit	apologies sent

July			
3-4.07.2013	Brussels	EIP AHA A3 Action Group meeting	Judith Liddell
August			
September			
02-04.09.2013	Brussels	EPHA General Assembly 2013	Apologies
04-05.09.2013	Brussels	EPHA 4th Annual Conference workshop	Judith Liddell
9-10.09.2013	Istanbul	EFPC Conference	Sophie Rodebjer
17.09.2013	Brussels	ICCR conference: Eat well, drink well & move	Apologies
26.09.2013	Brussels	Platform Meeting	Anne de Looy, Judith Liddell
October			
11.10.2013	Brussels	5th SHAB meeting	Anne de Looy
12-14.10.2013	Dalian, China	1st Annual World Congress of Nutrition & Health 2013	apologies sent
November			
06.11.2013	Brussels	EPHA HWF Seminar	Apologies
12.11.2013	Brussels	Diabetes in Europe with Commissioner Borg	apologies
12.11.2013	Brussels	UIA Associations Round Table 2013	Apologies
14.11.2013	Brussels	EPHA Policy Coordination Meeting (PCM)	Apologies
15.11.2013	Brussels	European Open-Space-Conference Food and Health - Research 2020	Julia Eisenblaetter
20.11.2013	Brussels	ENHA meeting November 20, 2013	Anne de Looy
20.11.2013	Brussels	EFSA Stakeholder Consultative Platform meeting	Alison Nelson
27.11.2013	Ghent	Presentation to students KaHo Ghent	Judith Liddell
28.11.2013	Brussels	"What role for diseases and patients in shaping Horizon 2020?"	Apologies
28.11.2013	Brussels	Platform Meeting	Judith Liddell
December			
04-07.12.2013	Doha, Qatar	EiP Institute's conference and annual PEARL Summit	Caroline Haube
04.12.2013	Brussels	Invitation by ESA President Philip Myers to Food Policy Roundtable	apologies sent
12.12.2013	Brussels	EFSA Transparency Subgroup meeting	Apologies
12.12.2013	Brussels	EPHA Policy Coordinating Meeting	Apologies
13.12.2013	London	MyPace meeting	Anne de Looy

Appendix 11: DIETS/EFAD Conference Programme



Non-Communicable Diseases – the dietitians’ response to Health 2020

What are the perspectives and predictions about Non-Communicable Diseases (NCD) in Europe, what can the profession do and how can research and education contribute?

This conference will explore the role of the dietitian in preventing and treating NCDs using evidence based practice and will facilitate meetings of European Specialist Dietetic Networks for diabetes, obesity, oncology, ageing, public health and food service. The products of DIETS2 work packages will also be presented.

Draft Programme

Friday 8th November 2013		Speakers
8:00 - 9:00	Registration	
8:30	Student briefing/ networking	Koen Vanherle, Ursula Lukas
9:00	Welcome	Anne de Looy, Giovanna Cecchetto
9:30	Key-note: The challenge of Non-Communicable Diseases for Health in Europe implications for dietitians	Trudy Wijnhoven Technical Officer Nutrition Surveillance Nutrition, Physical Activity and Obesity Programme WHO European Region
10:00	Nutrition, Cancer and outcomes in Europe and in particular focusing on colon, breast, prostate and lung cancer	Inger Thune Professor/Senior Consultant in Oncology Oslo University Hospital
10:30	Health 2020 – the opportunities for European dietitians	Prof Anne de Looy Professor of Dietetics University of Plymouth
10:45	Break	
11:30	Diabetes - the pandemic waiting to happen	Cathy Breen Irish Nutrition and Dietetic Institute
12:00	Poster presentations	Maria Hassapidou University of Thessaloniki
12:45	Lunch	
14:00	Food security for households and individuals – are dietitians the balance key?	Helena Avila Association Portuguese Nutritionists
14:30	Foodservice for vulnerable groups – in practice and research	Ylva Mattsson Sydner Uppsala University
15:00	Break	
15:30	Workshops: “Non-Communicable Diseases and the role of the dietitian”	Facilitator

	Administrative dietetics	Ylva Mattsson Sydner
	Obesity	Maria Hassapidou & Ellen Govers
	Diabetes	Cathy Breen
	Cancer	tbc
	Ageing	Elisabet Rothenberg
	Public Health dietetics	Stojan Kostanjevec
17:15	Poster presentations	Maria Hassapidou
18:15	Presidents meeting	Anne de Looy
18:15	Students meeting: Networking & exploring collaborative research projects	Koen Vanherle, Ursula Lukas, Lucy Frost
18:15	Delegates/ Key Contacts meeting: Sustaining the EFAD & DIETS Networks	Judith Liddell Bernadett Toth
20:00	Conference dinner	

Saturday 9th November 2013		
9:00	Can e-health be the way for dietitians to engage with their obese clients?	Dr Avril Collinson University of Plymouth
9:30	Micronutrients in prevention of non-communicable diseases	Prof. Dr. H. K. Biesalski University of Hohenheim
10:00	The effects of flavonoids in diabetes	Dr Duane Mellor University of Nottingham
10:30	Break	
11:00	Dietetic Intervention – identifying and promoting the health and cost benefits	Annemieke van Ginkel Dutch Dietetic Association
11:30	Workshops Standardised Language on malnutrition: applications in practice and dietetic education	Constantina Papoutsakis, Naomi Trostler - EFAD Professional Practice Committee Wineke Remijnse Dutch Dietetic Association
	European Advanced Dietetic Competences and specialist dietitians	Agneta Hörnell EFAD Education Committee
	Dietetic Intervention – how can we identify the benefits?	Annemieke van Ginkel Dutch Dietetic Association
	Nutrition Care Process: how do the different models suit the different areas of dietetics (administrative, clinical & public health)	Sue Kellie British Dietetic Association
	Dietetic Research - Which topics should be explored at a European level?	Elke Naumann EFAD Research Committee
	Student's workshop – learning outside the classroom	Koen Vanherle, Ursula Lukas, Lucy Frost
13:00	Lunch	
14:30	Workshops Standardised Language on malnutrition: applications in practice and dietetic education	Constantina Papoutsakis, Naomi Trostler - EFAD Professional Practice Committee Wineke Remijnse Dutch Dietetic Association

	European Advanced Dietetic Competences and specialist dietitians	Agneta Hörnell EFAD Education Committee
	Dietetic Intervention – how can we identify the benefits?	Annemieke van Ginkel Dutch Dietetic Association
	Nutrition Care Process: how do the different models suit the different areas of dietetics (administrative, clinical & public health)	Sue Kellie British Dietetic Association
	Dietetic Research - Which topics should be explored at a European level?	Elke Naumann EFAD Research Committee
16:00	Break	
16:30	Preparing students for the new roles of dietitians in Europe	Prof. Anne de Looy University of Plymouth
17:00	Lifelong Learning: developing your portfolio	Uta Köpcke German Dietitians Association
17:30	Student Award for Best Poster Close	
18:00	Cocktail event to discuss Standardised Language	Hosted by EFAD Professional Practice Committee

Appendix 12: Acronyms used within EFAD

AND	Academy of Nutrition and Dietetics (formerly American Dietetic Association)
APEL	Accredited Prior Experiential Learning
BiB	Breakfast is Best
CPD	Continuous Professional Development
DG	
SANCO	Directorate General for Health and Consumers
EASO	European Association for the Study of Obesity
EBP	Evidence Based Practice
EC	Executive Committee
ECO	European Congress of Obesity
ECOC	EFAD Conference Organising Committee
ECPC	EFAD Conference Programme Committee
EDAC	European Dietetic Advanced Competencies
EDBS	European Dietetic Benchmark Statement
EDC	European Dietetic Competences and Performance Indicators
EFAD	The European Federation of the Associations of Dietitians
EFPC	European Forum for Primary Care
EFSA	European Food Safety Authority
EIP AHA	European Innovative Partnership Active and Healthy Ageing
ELLL	Education and Lifelong Learning Committee
ENHA	European Nutrition for Health Alliance
EPHA	European Public Health Alliance
ESDN	European Specialist Dietetic Network
ESPEN	European Society of Clinical Nutrition and Metabolism
EUFIC	European Food information Council
FNAP	Food and Nutrition Action Plan (WHO)
GDS	Global Diabetes Survey
GM	General Meeting
GMMA	General Meeting of Member Associations
HEI	Higher Education Institute
IASO	International Association for the Study of Obesity
ICD	International Congress of Dietetics
ICDA	International Confederation of Dietetic Associations
IDEAs	Improving Dietetic Education through Associates
IDF	International Diabetes federation
IDNT	International Dietetic Nutritional Terminology
JPI HDHL	Joint Programming Initiative Healthy Diet for a Healthy Life
LLL	Lifelong Learning
MEP	Member of the European Parliament
NCP	Nutrition Care Process
NDA	National Dietetic Association
PEN	Practice-Based Evidence in Nutrition
PHN	Public Health Nutritionist
PI	Performance Indicator



Platform	European Platform for Action on Diet, Physical Activity and Health
PPC	Professional Practice Committee
REBP	Research and Evidence Based Practice Committee
RLO	Reusable Learning Objects
SAB	Scientific Advisory Board
SHAB	Stakeholder Advisory Board
SL	Standardised Language
SNOMED	Systematized Nomenclature of Medicine
SRAG	Scientific Reference and Advisory Group
WHO	World Health Organisation
WP	Workpackage

