



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).

Title: EFAD Annual Report January 2013 - December 2013
Editor: Judith Liddell
Copy-editor: Reka Bozo Keyes
Date of Publication: 01.04.2014
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This is a shortened version of the full report, which also includes:

- *Reports from ESDNs,*
- *Standards, Strategies and Policies adopted in 2013,*
- *Names of member associations and committee members,*
- *Lists of meetings attended,*
- *Conference programme*
- *Acronyms used by EFAD.*

The full report is available on <http://www.efad.org/everyone/2847/5/0/32>

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

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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 there 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

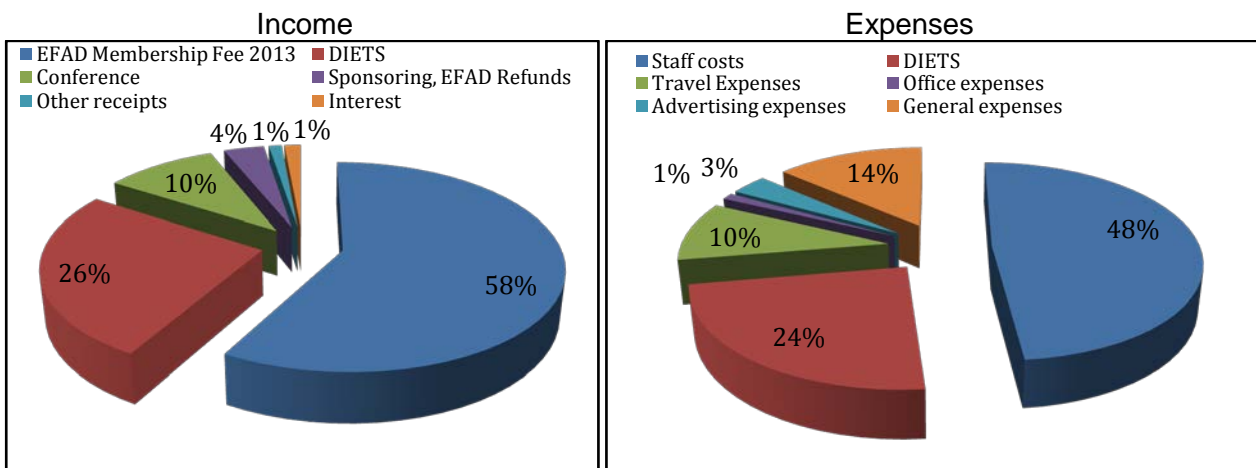
The total expenses for 2013 were 121.807,00 €, so that EFAD closed the books for 2013 with a surplus of 28.047,00 €

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

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: 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 3: 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 Member 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

