



European Dietitians

President's Message: See You in Amsterdam!

EFAD represents over 32,000 dietitians in Europe and we are the recognised healthcare professionals in nutrition and dietetics and the 'go-to-experts' for advice and action. At the General Meeting of EFAD members in October, the Dietetic Associations requested that a European Dietetic Action Plan (EuDAP) be drawn up that should announce our own contribution and plans for health improvement in Europe through improved nutrition. This plan will not only compliment FNAP, the European Food and Nutrition Plan 2015-2020 (WHO, 2014) with emphasis on prevention and public health nutrition, but also it recognises the impact that dietitians can make for those with clinically defined illness where nutrition is key to their therapy.

The EuDAP consultation has now finished and the final draft will be presented for ratification and adoption at the 2015 General Meeting in Amsterdam and presented at the EFAD conference in Amsterdam. In this newsletter one of our dietitians in Germany explains how her activities meet not only with one of the FNAP objectives but also with one of the draft objectives in EuDAP. I hope this will be the first of many such examples that show how dietitians are making a difference to nutritional health in Europe.

Another example of dietitians meeting both FNAP and EuDAP objectives (4 & 5) is a new partnership activity that will have a much-needed impact in the area of obesity. In May I chaired a seminar at the European Congress of Obesity in Prague, where three dietitians, representing the European Specialist Dietetic Network in Obesity (ESDNOB), presented papers summarising their audits of obesity guidelines for adults, children and behavioural management of obesity in Europe. They identified a lack of consensus that needed further investigation/resolution. The ESDNOB will continue in their work to formulate guidance on obesity management for Europe in partnership with the European Association for the Study of Obesity. Please enjoy this newsletter and I hope to see many of you at our conference in Amsterdam.

Anne

*Anne de Looy, President, EFAD
Professor of Dietetics, Plymouth University, England*

9th EFAD CONFERENCE
Dietitians meeting the Food and Nutrition Action Plan
AMSTERDAM
THE NETHERLANDS
23-24 October 2015

Book Now!
Early Bird
Registration
Available Until
30 June

www.efadconference.com



EFAD General Meeting and Conference
Amsterdam, The Netherlands, 21-25 October 2015
Dietitians Meeting the Food and Nutrition Action Plan

- This year we are limited to 300 participants, so book early: the Early Bird registration fee for this Conference has been extended to 30 June: www.efadconference.com
- We have confirmed speakers from the European Food Safety Authority and the European Commission.
- There will be roundtables presenting latest research on Obesity, Diabetes, Malnutrition, Oncology, Food Service and Public Health Dietetics.
- Professional Practice, Education and Research will also feature strongly, and there are special meetings for Education Associate Members and Student Members.
- EFAD will launch the European Dietitians Action Plan. This Plan is a call to action for European dietitians to really show what they are doing at all levels to meet the European nutrition and health agenda.

And The Winners Are.....

In the Spring Newsletter, dietitians were invited to complete a survey entitled: '*Resources for changing behaviour: supporting European dietitians using behaviour change in their practice*'. As an incentive to complete the survey, myPace* funded prizes for five dietitians, selected randomly from the 589 who took part. The results were:

Winner of an all-expenses paid trip to the EFAD Conference:

- Rea Kuehl (Switzerland)

Runners-Up who each each win registration and accommodation at the Conference:

- Eliz Arter (Cyprus)
- Valeria Brembilla (Italy)
- Lavinia Lorena Pruteanu (Romania)
- Madalina Todea (Romania)

Congratulations to them all!

Judith Liddell

EFAD Secretary General

*myPace is a multidisciplinary collaboration between the University of Bath, EFAD, White October (web development agency), and the European Food Information Council (EUFIC). If you would like to keep up-to-date on the progress of the behaviour-change tool and/or myPace technology, leave your contact details at <http://mypaceapp.com/> For questions, contact Raymond.gemen@eufic.org



Attention Students: Join the European Network of Dietetic Students at the 9th EFAD Conference

Last year, the 8th EFAD Conference in Athens was a great success and attracted 325 students of dietetics from across Europe. It was here that the first European Network of Dietetic Students (ENDietS) was established. Students from Austria, Belgium, Estonia, Germany, Greece and Sweden were nominated as the first anchors.

This year at the 9th EFAD Conference in Amsterdam, students will be welcome to attend the main sessions, but the conference program also includes special activities alongside the main program that are specifically aimed at students. The student programme can be found on the official website of the conference: <http://efadconference.com/students/>

On Day 1, the ENDietS presidents will welcome the students and explain a bit more about the Network. This will be followed by two presentations for students:

- Sue Kellie (British Dietetic Association) will give a talk on practice-based evidence in nutrition (PEN) and how HEIs can gain access to the database for their staff and students.
- Sandra van Dijk (International Federation of Medical Students' Associations) will discuss the topic of nutrition, lifestyle and health promotion projects within IFMSA.

There will be two parallel workshops for students:

- What is the role of ENDietS in public health?
- Guidelines for a successful CV and job application

Following the ENDietS General Meeting there will be a social event including an informal dinner where students from many European countries will have the chance to exchange ideas and share their experiences.

Call for Student Poster Presentations: Win €500!



We are delighted to announce that at the Conference there will be two prizes of €500, kindly donated by Kellogg's, for the best student poster presentations. The deadline for abstract submission is 1 July 2015. For more information, go to: <http://efadconference.com/posters/>

On Day 2, after the main conference program, students are welcome to attend the ENDietS Committee Meeting. The executive team for the upcoming year will be established. Furthermore, in a second social event the ENDietS team will celebrate its new beginning in a restaurant in central Amsterdam.

ENDietS is strongly promoted through HEIs with full support from EFAD and has over 1000 members. You can find out about our activities through our Facebook page. ENDietS conducted its first webinar in March 2015 with 61 attendees. Another was held in May: watch out for future webinars.

Evangelia Tzorovili
Conference anchor - ENDietS

Germany

Kindergarten: a brilliant place to teach, learn & live healthily

In 2009, the Bavarian Ministry of State for Nutrition, Agriculture & Forestry developed a plan for health improvement through better nutrition based on nutrition education and community involvement. The aim was to implement programmes that encourage the adoption of realistic and enjoyable eating habits with a regional 'flavour' throughout Bavaria. The programmes work with the family initially and then they are sustained in school and adult education, ultimately impacting on society as a whole. The plan also includes care facilities.

The following practical example shows how a dietitian working with a school kindergarten class introduced a six-step programme about food and nutrition. The plan involves children as well as their parents and aims to demonstrate healthy nutrition in everyday life.

Step 1: "Breakfast" Week



Children come with an empty lunch box each morning and they are provided with a healthy lunch while the parents prepare different healthy snacks and smell, taste and touch different and new foods. There is plenty of time for chat and discussion with the dietitian.

Step 2: Let's talk food and advertising

The dietitian talks about "Truth and untruth – what advertising promises about children's food" and is aimed at making parents aware of what food contains, eg too much sugar, artificial sweetener, saturated fat and the health hazards for children.

Step 3: Child-parent cooking

Using basic recipes and a lot of ideas, a cooking session with parents provides an opportunity to show that with only a little work effort they can create new meals and snacks together as a family that everyone might like and try out.

Step 4: Visiting a farm

Children brought up in the city often have no idea that originally milk comes from a farm and not the cooling shelf in the supermarket! A trip for the class to the farm introduces them to cows and how milk arrives in our supermarkets along with other dairy products.



Step 5: Experience Picnic

Parents and dietitian prepare tasty, healthy snacks for the picnic, like fruit skewers, vegetable sticks with dip, breadsticks, sandwiches and sweet wraps. Then a physical therapist shows everyone activities and games for 3-6 year olds. Afterwards everybody enjoys a picnic in the garden.

Step 6: Family Olympics

The physical therapist, dietitian and the kindergarten teachers plan a competition for families where each challenge is rewarded with points. Challenges may include cycling or walking to kindergarten for one week, blind tasting or guessing how many sugar cubes are in a bottle of

lemonade. During an afternoon event, the winning family is announced

This six-step programme is designed in a very fun and practical way in order to appeal to children. Using approaches like this, dietitians can **'Promote the gains of a healthy diet throughout the life course, especially for the most vulnerable groups'** as recommended in EFNAP and EuDAP (see the President's Message on page 1 of this Newsletter.)

Manuela Thul
Dätassistentin

Ethical Issues for Dietitians: An End-of-Life Case Study

A 65 year-old male with colorectal cancer had his chemotherapy stopped because of serious side effects. He was put on nil per os due to a suspected fistula through the intestine to the abdomen. He was referred to the gastrointestinal surgeon for a decision on treatment for the fistula. Meanwhile, the oncologist suggested intravenous feeding. The palliative care unit referred the patient to the clinical dietitian for counselling and an intravenous nutrition plan. However, two weeks before, the dietitian had counselled the patient on the need for intravenous feeding, but he had refused. The oncologist did not want the patient to starve before eventual surgery and thought it was in the best interest of the patient to feed him, thereby minimizing risk during surgery.

The ethical issues facing the dietitian here include: **Autonomy, Consent and Capacity, Truth-Telling and Integrity, Futile Treatment** and **Beneficence**. For example, should the dietitian respect the patient's earlier decision to refuse intravenous feeding? This would respect the patient's autonomy, but the situation two weeks later, has changed dramatically. The dietitian needs to inform the patient about his new clinical status, and ensure that he comprehends the information and that he is capable of making a decision. This case demonstrates the sort of situation (beneficence versus autonomy) that dietitians may face and where consideration of the ethical issues is part of the approach.

Ethics Update in Dietetics

EFAD adopted the International Code of Ethics and Code of Good Practice in 2008, but new ethical issues in the practice of dietetics can arise at any time and so EFAD regularly reviews its Code of Ethics. A work group of EFAD's Professional Practice Committee (PPC) has developed a supplementary document to the current EFAD Code of ethics. The work group used input from the delegates at the annual Conference in Garda 2014 and from literature search. Topics covered in the document include **end-of-life issues** as illustrated in this case study as well as **inequality, diversity, research, social media, neutragenetics and genetics**. In EFAD's annual conference in Athens, 2014, the work group gave a presentation titled 'Snapshot on Ethics, where many of these issues were discussed. The supplementary document, which details the updated ethical issues, can be found on the EFAD website www.efad.org/iextranet/2327 at the Professional Practice button.

PPC Work Group:



*Lene Thoresen, Clinical Dietitian, PhD
University Hospital Trondheim, Norway*

*Naomi Trostler PhD, RD
Institute of Biochemistry, Food and Nutrition Sciences,
Hebrew University of Jerusalem, Israel*





European Researchers Database

Dietitians have opportunity to register in the EFAD European Researchers Database. The aim of the database is to bring together in one place an overview of European dietitians involved in research and to facilitate collaboration between them.

The database can be accessed through: www.efad.org/iextranet/4738/5/0/70

To register or change information, please click:

https://docs.google.com/forms/d/1LXqh6I95GwZ1jz5fR-IU4DxAZbTlnr_z92GEyyZzVk/edit

EFAD e-journal

The DIETS e-journal has now been changed into the EFAD e-journal, enabling not only students but also dietitians to present abstracts of their research work. Abstracts can be submitted continuously. For more information, check the website: www.efad.org/iextranet/4287/5/1011/70
Here you will find information for authors and previous issues.

Research Materials Database

The research materials database contains information about research (eg statistical analysis, scientific writing, and guidelines for reviewing the literature) and can be accessed through www.efad.org/iextranet/4869/5/0/70 If you have materials about research that you would like to share and have no permission to upload them, please contact me.

*Elke Naumann, Chair
EFAD Research and Evidence Based Practice Committee (REBPC)
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Hungary

Directory of Dietitians Now Active



On 20 May 2015, the Hungarian Dietitians Directory became active. The Hungarian Dietetic Association (MDOSZ) created the directory and it enables visitors seeking nutritional counselling to find a local qualified dietitian. Only properly qualified dietitians with a minimum of two years experience can be found in the directory. The Directory will be continually updated and extended and will assist all member dietitians if they need to refer patients on to the right professional. The Directory is accessible through the website of the Hungarian Dietetic Association: www.mdosz.hu/indexeng.html

Magyar Dietetikusok
Országos Szövetsége

Austria

Dietetics 2020: Nutrition Congress of The Austrian Association of Dietitians, March 2015, Vienna



This year's Congress focused on health policy issues. The experts agreed that encouraging a stronger integration of the dietetics profession in the health care system is needed to meet the challenges of the future. In her opening statement Prof Andrea Hofbauer, President of the Austrian Association, reflected on the achievements of the last 10 years. In particular, the law in Austria has been revised, whereby dietetics students now complete a 3 year Bachelor Degree and graduate as a 'Diaetologe', their new occupational title.



The Austrian Secretary of Health, Dr Sabine Oberhauser, mentioned that healthy nutrition is the greatest political challenge her administration encounters. She explained that in order to create a turnaround, everyone has to face up to this issue and dietitians play an essential role. *'The new ideas within the health care reform in Austria will make the area of responsibility for dietitians additionally visible.'* said Dr Oberhauser.

Dr. Josef Probst, General Manager of Austrian Social Insurance, spoke of primary care being at the centre of health care reform in Austria: *'Dietitians must urgently feature in a comprehensive model of primary care. Their expertise brings added value to the health care system. The dietetic diagnosis can support physicians, and patients benefit from science-based nutritional therapeutic treatment and counseling.'*

In her state of the art address, Prof Anne de Looy (EFAD President) illustrated the positive effects of evidence-based dietary treatment at various levels. The health of patients improves; they have a better quality of life and display fewer sick-leave days. There is less strain on the health budget. According to WHO Europe: coronary heart disease, diabetes, cancer and chronic obstructive pulmonary disease are the causes of up to 77% of illnesses and up to 88% of early deaths. With this in mind, the European Ministers of Health adopted in 2013 "The Vienna Declaration on Nutrition and Noncommunicable Diseases in the Context of Health 2020". In this declaration unhealthy nutrition and lack of exercise are mentioned as essential risk factors for a healthy life.

In conclusion Andrea said: *'Dietitians can, due to their specific and excellent qualifications, not only display an important contribution to the health and well-being of people, they can also help to reduce health care costs. We are as a professional group also aware that the treatment of diseases requires an interdisciplinary approach. The demands are getting more and more diverse. We are ready to meet them.'*



Prof Andrea Hofbauer, MSc, MBA
President of the Austrian Association of Dietitians
Trudy Giesinger, Dietitian Delegate

England



Critical Dietetics 5th Annual Conference Manchester, 15-16 August 2015

*Doing Justice: Shaping Change Through
Experience, Science and Creativity*

Critical Dietetics originated as a movement in June 2009 and embraces multiple disciplines, perspectives and voices. We actively welcome contributions from allies who share our aims. We have previously convened conferences in Canada, Australia and the USA and we expect this conference will spark critical conversations about novel ways of approaching the complex social, political, and cultural issues encountered in the broad field of dietetics and nutrition practice, research and education. Keynote speakers already confirmed include:

Clare Gerada is a London-based general practitioner and was Chair of the Council of the Royal College of General Practitioners for three years from November 2010.



Geoff Tansey is a writer, broadcaster and consultant on Food Policy and helped to found and edit the journal of the same name. He is currently an honorary research fellow in the Department of Peace Studies at Bradford University and at the Centre for Rural Economy, Newcastle University.

The aim of this conference is to promote new understandings for advancing health equity, food justice and nutritional wellbeing using diverse means of knowledge creation to enrich our practice. By 'doing social justice', we will be seeking to be the change that challenges health inequity. For full details and registration see <https://criticaldieteticsblog.wordpress.com>

Lucy Aphramor RD PhD
Advancing health in every respect with HAES® www.well-founded.org.uk
Visiting Research Fellow, University of Chester
Recent Publication: [*Body Respect*](#)
Occasional training newsletter: [*sign up*](#)

France

Integration of Nutritional Monitoring in Nursing Homes

Legislation currently going through the French National Assembly looks set to integrate nutritional monitoring in nursing homes into the Code of Public Health. MPs insisted on raising the issue of prevention and undernutrition as a priority within public health policies given that undernutrition is a pathological state affecting around 800,000 people in France and is one of the main causes of dependency among the elderly. This innovation in nursing homes will include:

- assessment of nutritional status
- screening for systematic undernutrition
- implementation of preventive actions if there is potential risk
- implementation of individualized dietary care in cases of undernutrition

This is an opportunity for French Dietitians to assert their skills in this area (in partnership with medical doctors and care-providers) as they are the only competent health professionals trained in these activities.



Thérèse LIBERT
Diététicienne Nutritionniste
Vice-présidente AFDN

Italy



I recently had the honour of attending the AGM of the Italian Dietetic Association in Rome and was so pleased to hear that EFAD guidance papers and other documents were being actively used to guide policy in the Association. I thought it would be useful to remind us about these key EFAD documents that have been published to support the continued development of a quality dietetic profession in Europe. They are all available on the EFAD website:

European Standards for newly qualified dietitians

European academic and practitioner standards for Dietitians (EFAD, 2005) revised 2015

European Dietetic Competences and their Performance Indicators Attained at the Point of

Qualification and Entry to the Profession of Dietetics (EFAD, 2009)

Guide to best practice; dietetic practice placements in Europe (DIETS 2, 2013)

Pedagogic Standards for practice placement teachers (EFAD, 2013)

European standards for continued and advanced competence

European Dietetic Advanced Competences (DIETS2, 2012); Strategy for Lifelong Learning within EFAD (EFAD, 2013)

Tools to enable Lifelong Learning (LLL)

"Toolkit" Guide to Lifelong Learning for Dietitians in Europe (DIETS2, 2013)

ECTS: Use and Benefits for Lifelong Learning in Nutrition and Dietetics (2013) by A García, U Brehme and F Pfister

Lifelong learning courses, modules and others

Database at DIETS2 website - to be used for uploading information and searching for LLL opportunities and continuous professional development

The current state of the art

Report: Embedding Lifelong Learning Policies in Europe; reports from National Dietetic Associations and Higher Education (2013) by the DIETS2 Working Group 'Embedding and driving change'

Anne de Looy
President, EFAD



PEN as a Tool for Dietetic Education Programs

Using Practice-based Evidence in Nutrition (PEN) for education and training of dietitians

PEN is a dynamic online tool that is designed to improve health outcomes of the public and put dietitians on the leading edge of evidence-based practice in food and nutrition. PEN provides evidence-based answers to your everyday practice questions with just a click of your computer mouse. Individual dietitians use it to support their practice and allow them to rapidly provide the evidence-based answers to the questions that everyday dietetic practice produces. It gives dietitians access to the appraised literature, a rapid answer to the question and tools to help implementation.

Universities and dietetic educators across the world use PEN to provide learning experiences that build critical appraisal skills and a knowledge of evidence-based practice that the student will use throughout their professional career,

PEN is used:

- as an online reference (in place of journals and textbooks) to gain new knowledge in dietetic practice
- to gain an understanding of systematic literature searches and critical appraisal of research and the synthesis of evidence into practice

From the first year of dietetic education PEN can be used as the basis of exercises that help the student develop critical appraisal skills, familiarity with the evidence base for dietetic practice and tools to implement the evidence into their practice.

Assignments will give you the opportunity to:

- evaluate tools and resources from sources external to PEN (eg government, dietetic association etc) for addition to Knowledge Pathways
- develop or update PEN client handouts using the evidence in PEN
- write a “News-making Evidence” piece by appraising a single paper
- answer new individual questions or update existing questions in a Knowledge Pathway
- creating a new knowledge pathway, add a significant amount of new information to an existing knowledge pathway or complete a special project related to the PEN Service. These are usually completed as the requirements for an applied Master’s project

After you register, a detailed guide will be available on your home page. It will show how universities in Canada use PEN to satisfy entry-level competencies and different types of assignments and projects that meet these needs.

Different ways to find out more about PEN

- Register for a 15 day trial through the BDA www.pennutrition.com/subscribe.aspx
- Sign up for PEN eNEWS www.pennutrition.com/enews_archive.aspx
- Contact the BDA Sue Kellie, s.kellie@bda.uk.com for details of site licenses, individual licenses or the opportunity for dietetic associations to partner with PEN



Save the Dates

^{9th} **EFAD** CONFERENCE

Dietitians meeting the Food and Nutrition Action Plan



AMSTERDAM
THE NETHERLANDS
23-24 October 2015



www.efadconference.com

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**Deadline for Submissions for the Autumn
Newsletter: 31 August 2015
editor@efad.org**

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