

European Specialist Dietetic Networks

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Office Manager



Who we are



The **European Federation of the Associations of Dietitians** (EFAD) exists to support its member organizations in developing the role that dietitians have in reducing inequalities and improving nutritional health in Europe.

Aims of EFAD



- ▶ Promote the development of the dietetic profession
- ▶ Encourage a better nutrition situation for the population of the member countries of Europe.
- ▶ Develop dietetics on a scientific and professional level in the common interest of the member associations
- ▶ Facilitate communication between national dietetic associations and other organisations – professional, educational, and governmental

Vision



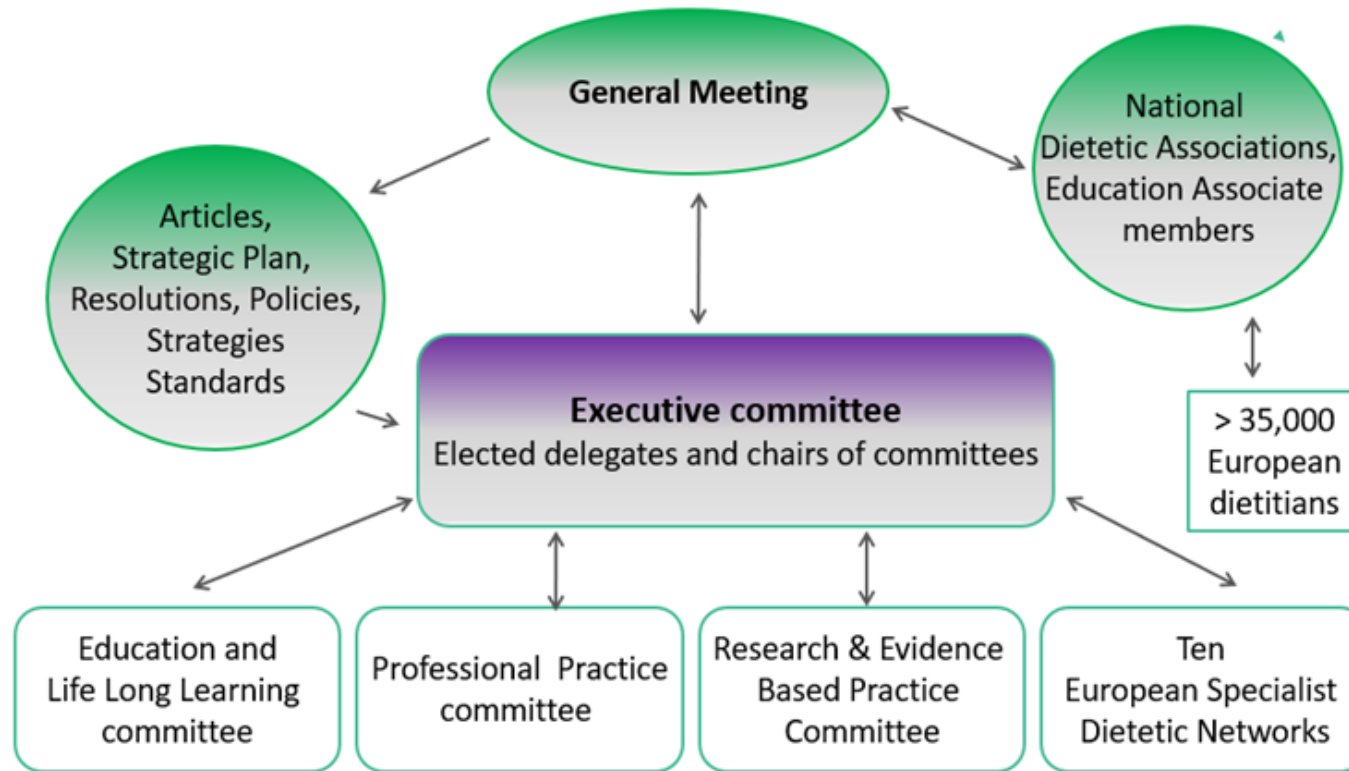
Registered dietitians positively impact the nutritional health of clients, patients and the wider community.

Every European citizen has access to safe and appropriate dietary and nutritional interventions.

Strategic Objectives

- ▶ ▶ **We lead**
▶ ▶ to impact health of Europeans
- ▶ ▶ **We connect**
▶ ▶ to advocate and promote profession
- ▶ ▶ **We build**
▶ ▶ to support and serve our members

Structure of EFAD



Supporting Staff:

- Ex. Director
- Office manager
- Project manager

A map of Europe with country codes labeled on each country. The codes are: LU, AD, MC, LI, VA, MT, PT, ES, FR, BE, NL, DE, CH, AT, SI, HR, BA, ME, CS, MK, AL, GR, IT, GB, IE, DK, NO, SE, FI, EE, LV, LT, BY, PL, CZ, SK, HU, RO, ME, UA, RU, GE, AM, AZ, TR, CY, and CT.

of education in dietetics

health systems and health status

health problems

European Specialist Dietetic Networks



EFAD has 9 ESDNs and a Student network

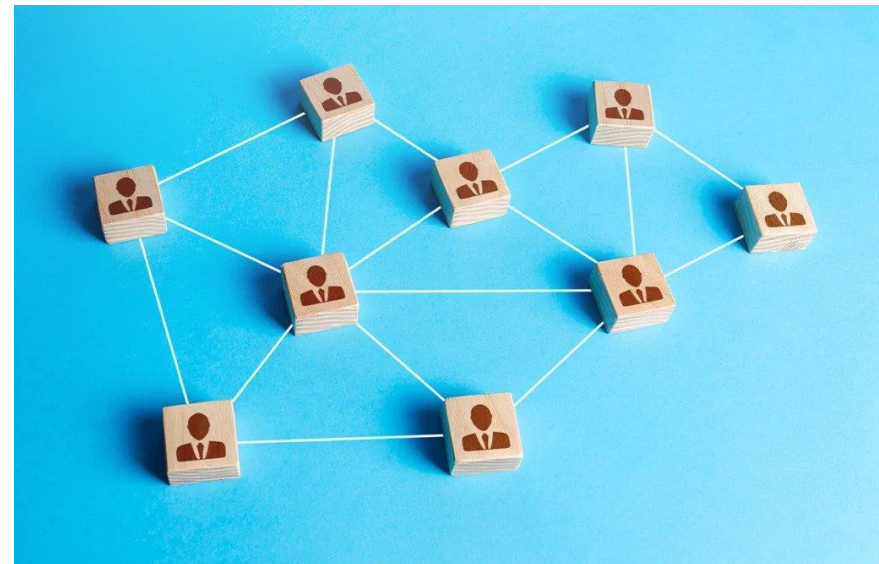
- ▶ Diabetes
- ▶ Food Service
- ▶ Gastroenterology
- ▶ Obesity
- ▶ Older Adults
- ▶ Oncology
- ▶ Primary Care
- ▶ Public Health
- ▶ Sports and physical activity



How is EFAD working

... to implement the aims of EFAD?

- ▶ organizing meetings and conferences
- ▶ participating in multi-stakeholder projects
- ▶ developing definitions, standards and position papers



Standards & Papers



European Practice Placement for Dietetics

Assembled by the European Federation of Associations of
Dietitians (EFAD)



The Voice of European Dietitians

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EFAD ESDN Oncology Statement Paper on the Role of the Dietitian in Oncology

Dietitians, as experts and leaders in human nutrition, are uniquely qualified to develop and implement strategies to optimise dietary intake for adults and children diagnosed with cancer. They have a key role in the multi-disciplinary team to ensure that nutrition is optimised from diagnosis and the beginning of the treatment pathway through to rehabilitation, cancer survivorship as well as to palliative care and end of life. They work in a variety of care settings including cancer centres, general hospitals, hospices and the community.

Dietitians are essential to the development of policy and guidelines for the management of malnutrition, disease related nutritional problems (short and long term) and quality of life associated with cancer and its treatment in addition to research and education of all health

Lifelong Learning Programme

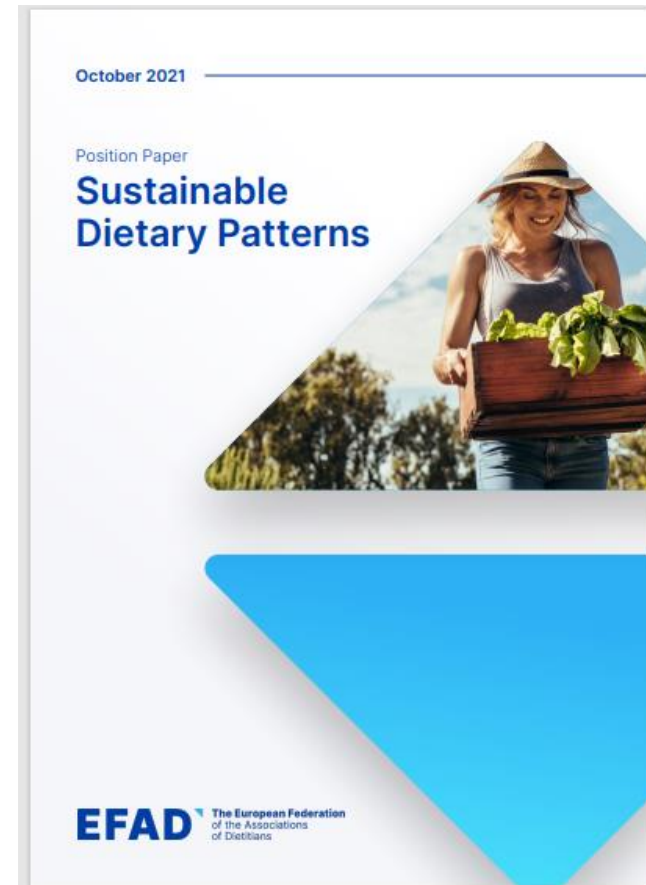
Strategy for Lifelong Learning within EFAD

the 24th EFAD General Meeting 7 November 2013

Commission lifelong learning (LLL) is defined as '*all learning out life, with the aim of improving knowledge, skills and 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

Standards & Papers



Connections – collaborations

- ▶ Diabetes
- ▶ Gastroenterology
- ▶ Obesity
- ▶ Older Adults
- ▶ Oncology
- ▶ Primary Care
- ▶ Public Health
- ▶ Sports and physical activity



Projects

▀ Different committees involved



Results - papers

▶ Responses

▶ Guidelines

▶ Journal articles

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of the Associations
of Dietitians

29, July 2022

CALL FOR COMMENTS ON THE DRAFT WHO GUIDELINE: POLICIES
TO PROTECT CHILDREN FROM THE HARMFUL IMPACT OF FOOD
MARKETING

Response of European Specialist Dietetic Network (ESDN) for Public
Health of the European Federation of the Associations of Dietitians
(EFAD)¹.

We really welcomed the opportunity to participate in this
consultation, and we hope our comments are helpful for the
development of this guidelines:

Considerations and implications for adaptation and implementation
of the guidance

- We welcome the suggestion of using nutrient profile models to
identify foods whose marketing should be restricted. Nutrient
profile models must be consistent for preventing obesity and
other non-communicable-diseases and should be based on
national food-based dietary guidelines, which could be applied
to all products and with a clearly defined cut-off. In addition,

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CONTRIBUTION OF NUTRIENT PROFILE MODELS TO THE
PROMOTION OF HEALTHY EATING ENVIRONMENTS:
PROFILING SNACKS

Worldwide, governments and health organizations increasingly recognize the importance of using
objective methods for policy and regulatory purposes. Nutrient Profile Models fit this purpose
through the implementation of measures to reduce access and exposure to unhealthy food, while
enabling consumers to identify healthier food choices.

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**Kompass
Nutrition & Dietetics**

EFAD

HEALTHCARE

Karger

EFAD^Y LEARNING

- ▶ courses are dietitian-led and evidence-based, with materials to embed in practice and take your learning in new directions.
- ▶ online resources educational platform that will host courses, podcasts, webinars, etc.
- ▶ flexible and self-directed courses
- ▶ developed for all career stages from students to experienced dietitians.



Sustainability in Dietetics

[Read more](#)

- ▶ **Module 1** - Sustainable Food Systems and Diets
- ▶ **Module 2** - Strategies towards Sustainable Diets
- ▶ **Module 3** - The Food Cycle
- ▶ **Module 4** - Sustainability in Dietetic Practice



Health Through Gut

[Read more](#)

- ▶ **Module 1** - The Human Microbiome
- ▶ **Module 2** - The role of diet and gut microbiota in health and disease
- ▶ **Module 3** - Probiotics
- ▶ **Module 4** - Prebiotics



- ▶ **Module 1** - Why using social media?
- ▶ **Module 2** - Get started on social media
- ▶ **Module 3** - Create text and infographics
- ▶ **Module 4** - Create your own website
- ▶ **Module 5** - Build and engage with your audience
- ▶ **Module 6** - Measure success and engagement rates
- ▶ **Module 7** - Standards of Ethics and Professionalism
- ▶ **Module 8** - General Data Protection Regulation

Webinars

- ▶ Own committee webinars
- ▶ Webinars in collaboration

Webinars



21/06/2022

**ESDN Oncology
Webinar:
Nutritional**



08/06/2022

**From athletes to
older adults:
food-focused**



31/05/2022

**Applying
Sustainability in
Dietetic Practice**

vol^{••}nteer

do good, feel good



The Future

... of Dietitians in Europe

looks promising



More information?

www.efad.org

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subscribe to our EFAD Newsflash



Thank you for your attention

Wishing you all the best!



**EFAD Executive Committee
& Staff**