



The Voice of

European

Dietitians

President's Farewell Message

This is my last Newsletter message as Honorary President of EFAD. After over seven years as President, I have decided that now is the right time for me to step down and for new blood to take EFAD forward.

Our Honorary Vice President Annemieke van Ginkel Res will take over the responsibilities of the President until the scheduled election of new honorary officers in September.

We have a splendid team at the top. They are strong and well able to continue to advance EFAD with new ideas and innovative solutions to the many professional challenges in Europe. I have every confidence that my stepping down will be the merest of blips in the smooth running and function of EFAD.

In 2003, the President at the time, Irene Mackay, first asked me to come and work with EFAD and since then I have experienced this time as one of enormous personal development and incredible camaraderie. I have always loved the profession of dietetics and that love has only grown from knowing so many dietitians across Europe.

I thank you all and wish EFAD the very best of good fortune in the future.

Anne de Looy



Sports & Physical Activity: Formation of new European Specialist Dietetic Network

In line with our mission of promoting dietetic knowledge amongst our members, EFAD has created a new specialist network: **ESDN Sports and Physical Activity** that involves specialists from across Europe.

The newly formed ESDN comprises two branches: **Sports Nutrition** and **Physical Activity**. Sports Nutrition will focus on nutritional techniques that may enhance performance. The Physical Activity branch will promote physical activity in the community, by pointing out the benefits that physical activity can have in health and quality of life.

The first tasks of this newly formed ESDN will be to define its mission and vision, to create a role statement and to collaborate with the other ESDNs, in order to promote physical activity. Future goals will include: educating colleagues via webinars, educating the community about the benefits of physical activity and educating athletes about sports nutrition.

The ESDN members have already planned a workshop on Sports Nutrition and Physical Activity at the EFAD Conference in Rotterdam in September.



*Papaspanos Nikolaos
Clinical Dietitian
Sports Scientist
Leader of ESDN Sports & Physical Activity*



Hungary

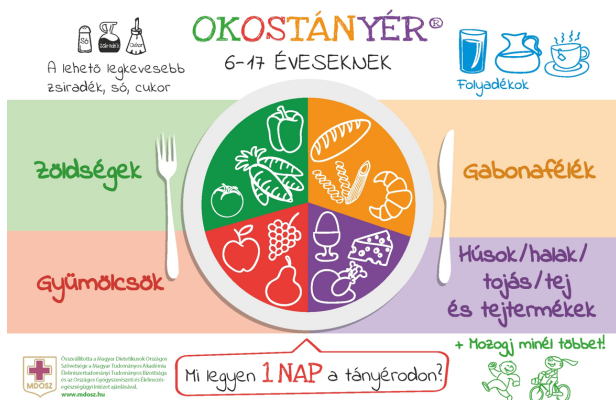
Smart Plate (Okostányér®)

The Hungarian Dietetic Association has prepared new dietary guidelines for young people aged between 6 and 17 years.

Eighteen months after working out the dietary guidelines for the Hungarian adult population, the Hungarian Dietetic Association (MDO SZ) has now prepared guidelines for young people aged between 6 and 17 years.

The new guidelines take into account the latest scientific evidence and specify the food groups that should be included in meals and the comparative amounts. This age group has a far less uniform energy requirement compared to adults and so portion size becomes an important issue.

We have described recommended portion size not in terms of grams or spoonfuls, but in terms of the size of everyday articles that young people will be familiar with or might be carrying around with them every day, eg smartphone, CD, notepad, marker etc.



Instead of applying the nutrient-based dietary recommendations, our dietitians chose the food-based approach. In the past, the design of a chart that demonstrates dietary guidelines has typically been in the shape of a pyramid or a house. However, we have chosen the plate format (shown here), which is much more eater-friendly as it makes it easier to visualize the different food groups and their ratios on a plate.

As an innovative tool, MDO SZ has prepared a separate energy requirement calculator and portion guidance for the kids' Okostányér®. From now on caring parents or youngsters will be able to choose appropriate food in sensible portion sizes for their meal boxes or their plates.

The Hungarian Academia of Sciences and the National Institute of Pharmacy and Nutrition have recommended this Okostányér® and it is available on the Association's website:

<http://mdosz.hu/uj-taplalkozasi-ajanlasok-okos-tanyer/>



MAGYAR DIETETIKUSOK
ORSZÁGOS SZÖVETSÉGE

Bernadett Kiss-Toth
Senior Nutrition Specialist, Nestlé Hungary
Member, ESDN Public Health



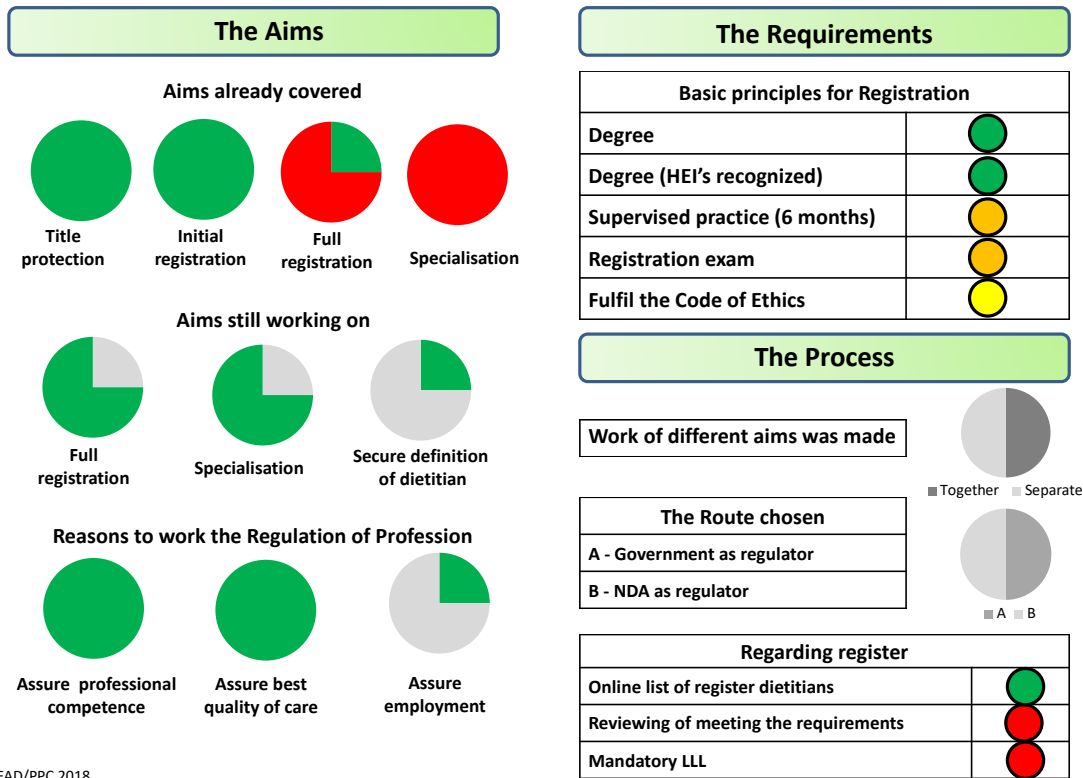
Professional Practice Committee

Dashboards as a Tool for Monitoring Significant Professional Progress

A dashboard is a visual display of the most important information needed to achieve one or more objectives; consolidated and arranged on a single screen so the information can be monitored at a glance. An example of how a dashboard might look is shown here.

Regulated Profession Dashboard

(analysis of 4 countries)



EFAD/PPC 2018

Traditionally, dashboards have been used as a business tool to display in a single image the goals and key performance indicators of an organization in their strategic plan. This is an easy way for the viewer to absorb large amounts of data. Dietitians can develop dashboards that may feature charts, graphs, maps etc to suit their own specific needs.

Excel is the best place to start in designing a dashboard, but it is not simply a case of pasting in some data and generating some charts. In order to maintain and update information at minimum cost, the spreadsheet should be connected to the data source. You will find several examples of dashboards online, some of them are free. Dashboards are now being used successfully for clinical decision support, improving efficacy on practitioner performance and clinical outcomes.

We are enthusiastic about the potential of this tool and are currently analysing data on registration and on standardized language: watch this space!

Your feedback and ideas on how to best use dashboards would be much appreciated! Please contact the Chair of the PPC at cpapoutsakis@nurs.uoa.gr

Ana Catarina Moreira
For the EFAD Professional Practice Committee

United Kingdom

Workforce Strategy for Dietetics 2020-2030



The British Dietetic Association (BDA) is undertaking a programme of work, *Future Dietitian 2025*, to ensure the profession remains relevant in a rapidly changing world and that dietitians and the wider dietetic and nutrition workforce are fit for the future

Prof Mary Hickson and the team at Plymouth University, England were commissioned to carry out research to inform the development of a workforce strategy for dietetics for 2020-2030. The research report and recommendations were published as a peer-reviewed paper in the *Journal of Human Nutrition and Dietetics*:

<http://onlinelibrary.wiley.com/doi/10.1111/jhn.12509/full>

The research aimed to understand the drivers for future national, international and cultural influences on the development of the profession and to identify and prioritise the most important skills, knowledge and behaviours required by dietitians to prepare them for registration and future professional practice.

In the UK, dietitians are the **only** nutrition professionals regulated by law and are governed by an ethical code to ensure that they always work to the highest standard. Dietetics in the UK is a fully autonomous profession with a growing evidence base and the right to prescribe prescription-only drugs. The current profession is well respected and enjoys a high profile within the health community. Despite this, there was a clear message from over 700 dietitians in the research that they wanted a clearly defined and prominent role within health and social care provision; one where their expertise and contribution are valued. The research revealed a great appetite for the evidence-based professions of dietetics and nutrition to work more closely together.

In particular, dietitians identified tensions between the roles of the dietitian and the 'nutritionist':
If, as dietitians, we struggle to identify the differences between these roles, how can we help the general public understand the difference between dietitian, 'nutritionist', 'nutritional therapist', 'diet expert' etc?

Evidence-Based Dietetic Practice: Getting the Message Out

- The BDA and individual members use social media extensively.
- Many dietitians have their own personal or business websites.
- The BDA website is used by over 330,000 non-members each year and our spokespeople generate hundreds of mentions in the press across the world.
- EFAD, its members and all dietitians have a role to play in helping dietitians be **visible** and **audible**.
- The research identified a need for dietitians to be clearer about our positive impact on health outcomes.

Advances in Science and technology

Dietitians strongly emphasised the central position of research and evidence-based practice to the future growth and continuing credibility of the profession. Dietitians will continue to be engaged in generating and testing the evidence that informs dietetic practice and evaluating the impact of dietetics on health. We are also excited by the technological advances in food science, healthcare and computing that will bring about changes in the practice of dietetics. Over 50% of web views are now carried out on a mobile phone and consultations can be carried out with mobile technology. Websites and apps with powerful algorithms in the background provide education and support for those with long-term conditions. Dietitians want to be leading, influencing, innovating and informing this technology.

Dietetics as a Passport to a World of Opportunity

Dietetics is international. There are benefits when dietetic associations across the world work together in order to tackle issues in workforce planning and in confronting ill-informed challenges to our practice.

Dietitians are very excited by the diverse opportunities available and especially the opportunities for the professional to influence beyond the traditional spheres of dietetic practice. We described the celebration of such diversity and also the need for a career framework that enables dietitians to develop their expertise in a variety of different settings.

Strong Foundations, Structure and Direction

The development of the dietetic profession will build on strong foundations and a framework that provides pathways for different career options. A creative and dynamic curriculum will support this development and provide an educational framework that will include foundation education for support workers and assistant practitioners as well as graduate dietitians. It will also provide choices and routes to enable support workers to move to study at graduate level and onwards to any one of many career opportunities; some of which may not be obvious yet.

What next for the BDA?

The results of this research are now informing the development of a postgraduate development framework that dietitians can use in any setting. We will also be producing a new pre-registration curriculum and a programme to help newly qualified dietitians develop into fully able and confident practitioners. One participant in the research described her future as follows:

I am proud to be a dietitian because I can change lives by changing eating. I have created a healthier world I am confident because I am the go-to professional for eating advice. I can use the technology; have all the tools and ways to communicate accurate education to the public in a way they understand.



*Sue Kellie
Deputy Chief Executive
British Dietetic Association*

Save the Date



<http://efadconference.com/>

Deadline for submissions for the next Newsletter is 30 June 2018. Send your article to: editor@efad.org

See Editorial Policy and Guidelines for Authors on the next page

Register on our website for our Newsflash service & this quarterly Newsletter.

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European Dietitians

Editorial Policy

The EFAD Editorial Board comprises the Honorary Vice-President, the Secretary General and a Committee or ESDN lead (to be consulted in rotation or as required), with assistance from the non-executive Editor. The Board will decide the content of each Newsletter and their decision is final. Articles should reflect EFAD's core values: **fairness, openness, non-discrimination, collaboration and independence**. The Editorial Board welcomes suggestions from members for improving and developing the Newsletter. **In order to reflect EFAD's mission statement, articles for the Newsletter should always refer to 'dietitians' or 'dietetics' in the text.**

Guidelines for Authors

- Please read previous editions of the Newsletter available at: www.efad.org/everyone/3147/5/0/32
- Your article should be in English and emailed to me, Terry Hyde: editor@efad.org
- Your article should be about 500 words (2,500 characters with spaces) but can be up to 1000 words if it is particularly important.
- Please send **your own** photographs or ones that are **copyright-free** or **free-to-use for non-commercial purposes**.

Who is the audience?

This is the first and most important question that any editor or author must answer before they start work. I will edit all articles to meet the needs of a very wide audience: undergraduate students, dietitians, academics, journalists, Ministers of Health and senior figures at WHO European Region. The first language of most of our readers will not be English. Therefore, I will also edit to ensure that the writing is concise, the meaning is clear and the language is free of bias. I will use **plain English, modern English usage** and **open punctuation**.

What is plain English?

Some of the principles of plain English are:

- use short words rather than long words
- write in short sentences rather than long ones
- use the active verb rather than the passive, eg '*I edit the Newsletter*' not '*The Newsletter is edited by me*'
- use lists where possible
- avoid jargon, acronyms and abbreviations

In science and education, the last point is the most difficult to follow. All of our readers will know what EFAD and EU and UN mean (and probably WHO), but how many will know what FNAP means? For more information on plain English, go to www.plainenglish.co.uk

What is modern English usage?

English is a living language in constant change; in particular it absorbs words from other languages and treats them as its own. New words arrive every day and others drop out of use. Existing words change their meanings or develop extra meanings. A few years ago, the only thing that could be stored in a **cloud** was water vapour, but now.... Spellings and constructions also change. So, in modern English usage the word '*lifelong*' is written as one word (no space, no hyphen); similarly with the words '*online*' and '*website*'. Part of my job is to reflect these changes in usage and spelling etc. For more information on modern English usage, see Burchfield RW (2004) *Fowler's Modern English Usage* 3rd Ed Re-revised OUP Oxford.

What is Open Punctuation?

Open punctuation reduces the number of keystrokes needed to type a document. It does this by removing unnecessary punctuation and capital letters. So:

Ph.D. → PhD B.Sc. → BSc e.g. → eg Dr. → Dr

..Doctors, Dietitians and Physiotherapists... → ...doctors, dietitians and physiotherapists...