

# EFAD

## The Voice of European Dietitians

[www.efad.org](http://www.efad.org)



## Annual Report 2017



EUROPEAN  
FEDERATION OF  
THE ASSOCIATIONS  
OF DIETITIANS





# Mission

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

## 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.



## 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



At the end of 2017, EFAD had six standing committees and two *work groups*:

- Education and Lifelong Learning
- Professional Practice
- Research and Evidence-Based Practice
- Shadow Business and Finance
- EFAD Conference Organising
- EFAD Conference Scientific Programme
- *Communication Work Group*
- *Work Group on Registration of Food Service Dietitians*

## About EFAD

EFAD was established in 1978 and now has 29 full members (National Dietetic Associations), 5 affiliate members and 37 education associate members (Higher Education Institutions) representing nearly 34,000 dietitians in 29 European countries.

We also had 10 European Specialist Dietetic Networks (ESDNs):

- Diabetes
- Older Adult
- Obesity
- Public Health
- Food Service
- Oncology
- Primary Care
- Higher Education
- Gastroenterology
- Sports and Physical Activity

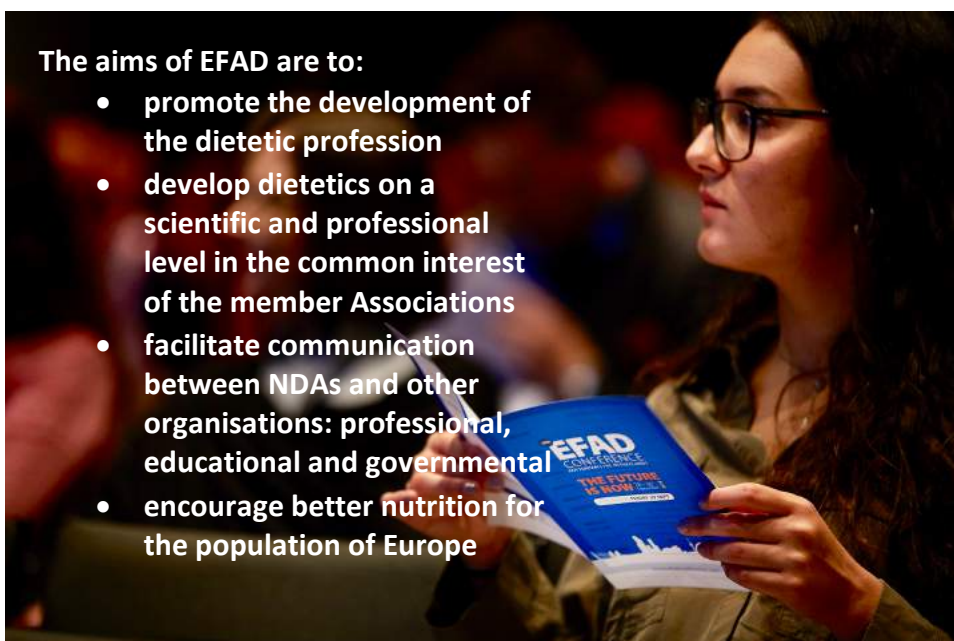
plus a European Network of Dietetic Students with over 1600 members.



EFAD pursues these aims in co-operation with our NDAs and other stakeholders such as national ministries, higher education institutions, non-governmental organisations, the food industry, policy-makers and other health professionals. Our engagement with these groups reflects our independence and enables us to act in the best interest of the populations we serve.

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 better nutrition for the population of Europe



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.





## Report from the Honorary President Anne de Looy



What does it mean to be *The Voice of European Dietitians*? This is a question I have been reminded about this year as I represented EFAD around Europe in person and online. It seems that these days, everywhere there are countless "experts" on food and

nutrition. Also, most people can so easily find "expert" advice on the internet. In discussion with their patients and others, dietitians in Europe hear this every day. Our National Dietetic Association members and our Higher Education Associates heroically support their members nationally as the voice of dietitians. My meetings with the leaders of our National Associations reveal the successes, diversity and issues that we all face in bringing better and evidence-based nutrition information into Europe.

The voice of dietitians has been heard through our collaborations with other European Associations such as the European Association for the Study of Obesity and at the EU Platform Diet, Physical Activity and Health, Joint Program Initiative: *A Healthy Diet for a Healthy Life, Optimal Nutritional Care for All*; the *European Healthy Hydration Awareness Campaign*; *Joint Action on Nutrition and Physical Activity* and two EU H2020 projects.

Our European Specialist Dietetic Networks continue to make their voices heard through opinion, briefing and position papers, responses to EU consultations (eg on the Common Agricultural Policy) and providing their specific dietetic expertise at meetings throughout Europe, eg the *International Conference on Mediterranean Diet and Health: a Lifelong Approach*, Ostuni, Italy.

This year our conference had the highest attendance yet. We also celebrated with 200 colleagues who volunteer to support EFAD and who ensure that the voice of dietitians is heard. The theme of the conference was '*The future is now*' and I believe we can rightly justify now, more than ever, that EFAD is *The Voice of European Dietitians*.

*Anne de Looy*  
*Honorary President, EFAD*  
*Professor of Dietetics*



# EFAD Achievements in 2017

EFAD continued to build on our successes and to deliver our strategic plan in 2017. A 5-year plan for building human resources was agreed and Samantha Cushen was appointed as project manager. By the end of the year, several projects were already running (see EFAD Projects on p6) and discussions with several potential collaborators had been started.

We established a new Communication Work Group, chaired by Executive Committee member Despina Varaklas. Another EC member, Grigoris Risvas, took responsibility for co-ordinating the work of the European Specialist Dietetic Networks.

## Advocacy

EFAD continued to act as *The Voice of European Dietitians* and to advocate on behalf of our NDA members. Some 50 meetings were attended by 21 EFAD representatives.



EU Platform on Diet,  
Physical Activity and Health



EFAD had three active commitments to the *EU Platform on Diet, Physical Activity and Health*:

- *European Dietetic Action Plan (EuDAP)*. The EFAD EuDAP report was distributed to Ministers of Health at the high level group meeting in Luxembourg and at a joint WHO/Food & Agriculture Organisation (FAO) summit in Budapest.
- *European Guidelines on the Management of Obesity* written with the European Association for the Study of Obesity (EASO)
- *Tip A Day* together with the European Food Information Council (EUFIC), EASO and the International Sport & Culture Association (ISCA) will in 2018 research into the effectiveness of social media (Instagram in particular) in giving evidence-based health messages.

EFAD also prepared responses to the consultations on: *Modernising and Simplifying the Common Agricultural Policy, The Framework of the Food Science & Nutrition Forum in Europe and Central Asia, and Industrially-produced Trans Fatty Acids (iTFA)*s)

*Judith Liddell*  
*EFAD Secretary General*

The 10th EFAD Conference at the imposing World Trade Centre in Rotterdam was attended by 440 participants, the highest number ever. Evaluation of the conference indicated a high level of satisfaction with the scientific programme, the social programme and the venue. Especially popular were the innovation mile and the extensive industrial exhibition.



Approximately one third of the those attending were from a National Dietetic Association, one third came from a higher education institution and a quarter were students. Almost all of the specialty work fields of dietitians were represented. The industrial exhibition was the largest ever at an EFAD conference with 18 companies present. The students again organised a *Students Day* programme that was well attended.

Participants said the main reasons for attending, included the scientific programme (60 speakers) and learning opportunities (14 presentations and 80 posters of original research). Abstracts of all presentations are available on the conference website.

Networking opportunities were also important to participants and the *Meet the Expert* sessions, which were organised for the first time, were well received.

Over half of the participants thought that the EFAD conference was improving year on year and nearly all said they would recommend the conference to others. Feedback from delegates included:

*"I had an amazing experience at EFAD 2017 conference, thank you for organizing such a great event."*

*"Thank you so much for this wonderful time!"*



*Editor's Note: The 11th EFAD Conference will also be in Rotterdam, in September 2018*





# EFAD Projects

At the end of 2017, EFAD was involved in the following Partnerships/Projects:

- *European Health Hydration Awareness Campaign (EuHHAC)*
- EU H2020 project *PRevention Of Malnutrition In Senior Subjects (PROMISS)*
- Improvement of Education and Competences in Dietetics (IMPECD)
- *European Dietetic Action Plan (EuDAP)*
  - Translated into 6 languages
  - Abstract published in *Ann Nutr Metab* 72:65–79 DOI: 10.1159/000485443
  - Executive Summary of the 2016 Report published on EFAD website
- Platform commitment with the European Association for the Study of Obesity (EASO) on *European Guidelines for Management of Obesity in Adults and Children*
- ESDN Diabetes contributed to the development of online materials by providing scientific support to the International Sweeteners Association (ISA) in its activities in support of World Diabetes Day.
- EFAD was also invited to join the International Stakeholder Advisory Board of the EU H2020 project "*How to tackle the childhood obesity epidemic?*"

The EFAD Research & Evidence-based Practice Committee co-managed research projects with the Project Manager.



*Samantha Cushen,  
EFAD Project Manager*



*Elke Naumann, Chair  
Research & Evidence-based Practice Committee*

## Selected EFAD Publications

These publications may  
be found on the EFAD  
website:  
[www.efad.org/reports-and-papers/](http://www.efad.org/reports-and-papers/)

### Role Statement Papers

- Public Health Dietitian
- Oncology Dietitian
- Dietitians in the Prevention & Management of Nutrition-Related Disease in Older Adults

### Policy Papers

- Guidelines for Preparation of EFAD Papers
- EFAD Policy on Endorsement
- EFAD Policy on Termination of EFAD Committee Membership
- EFAD Policy on termination of Membership of EFAD

### Others

EUDAP Report

Briefing paper on "*The Role of European Public Health Dietitians*"



# Achievements of EFAD Committees in 2017



## Professional Practice Committee

- Dedicated workshop for EFAD Delegates to the General Meeting on registration guidance (roadmap and best practice), regulation and lifelong learning
- Workshop on Outcomes Research for the EFAD Conference in Rotterdam
- Draft paper prepared on the ethics of nutrigenomics/nutrigenetics - in collaboration with renowned experts

*Constantina Papoutsakis*  
*Chair, Professional Practice Committee*



## Education & Lifelong Learning Committee

- Workshop on *Steps to Regulation* at the General Meeting
- Draft Revised Academic Standards produced together with ESDN Education
- Article on LLL published in the EFAD Newsletter
- Webinar showcasing EFADs LLL toolkit and providing examples
- Draft guidelines for EFAD Voluntary Registration of Food Service Dietitians (Specialist/Advanced Practice) with Food Service Work Group

*Fiona McCullough*  
*Chair, Education & Lifelong Learning Committee*





# Highlights from our European Specialist Dietetic Networks (ESDNs)

## ESDN Obesity

- Presentation at an EU policy meeting in Brussels in March
- Represented EFAD at the round table at the European Congress on Obesity (ECO) in Porto.
- Wrote a position paper in collaboration with the Nutrition Working Group, on dietary guidelines for management of obese adults. The paper is the result of our commitment with the European Association for the Study of Obesity (EASO) in the EU Platform of Diet, Physical Activity and Health.
- Roundtable session and presentations at the 10<sup>th</sup> EFAD Conference in Rotterdam
- Produced webinar on "*The UK Childhood Obesity Plan*"

*Maria Hassapidou & Ellen Govers*



## ESDN Food Service

- Organised a workshop: "*Food-away-from-home impact on health*" at the 10<sup>th</sup> EFAD Conference. The four presentations covered aspects of school meals and nutritional care practice in elderly care in Sweden, a report about the Austrian nutrition survey 2016 as well as nutritional care for people with mental and multiple disabilities in Belgium.
- Drafted EFAD Voluntary Registration Guidelines for Food Service (Specialist/Advanced Practice) with the Education and Lifelong Learning Committee.

*Agneta Hörnell*



## ESDN Oncology

- Published Statement Paper on "*The Role of the Dietitian in Oncology*"
- Organised a workshop at the 10<sup>th</sup> EFAD Conference in Rotterdam
- Produced a press release for Europe Against Cancer

*Clare Shaw*



## ESDN Public Health

- Published a briefing paper on the role of European public health dietitians.
- Published a role statement for public health dietitians.
- Reviewed advanced competences for public health dietitians.
- Published roadmap to carry out a food literacy survey and accompanying fact sheet.
- Delivered a review of EUDAP on what public health dietitians can do: this was the basis for the conference "*Meet the Expert*" session.
- Responded to the public consultation on "*Modernising and Simplifying the Common Agricultural Policy (CAP)*".
- Drafted responses for EFAD to the consultation by the Food Security and Nutrition Forum: "*Promoting sustainable food systems for healthy diets in Europe and Central Asia: the key role of school food and nutrition programmes*".
- Responded to the public consultation on industrially-produced trans-fatty acids.
- Produced an EFAD consultation paper about the feasibility of collaborating in a platform promoting awareness of salt consumption and food reformulation.
- Provided feedback for a meeting in Brussels on how dietitians can participate in the Federation of European Nutrition Societies (FENS) working group on Food Based Dietary Guidelines (FBDG).
- Delivered an opinion on a new scheme for food labelling.

*Manuel Moñino*



# ENDietS - European Network of Dietetic Students



- Increased membership by 23% to over 1700
- Organised 10 webinars
- Organised Students Day during the 10th EFAD Conference
- Formed EFAD's database of Study courses in Europe (ENDietS worked on the content, EFAD will set it on the webpage)
- Launched the EFAD Student of the Year Award
- The number of Facebook followers increased from 405 in 2016 to over 1400 in 2017, reaching more than 2100 members in our Facebook group
- 50% increase in subscriptions to our YouTube channel to 207
- Monthly bulletins sent out
- Set up monthly executive committee meetings

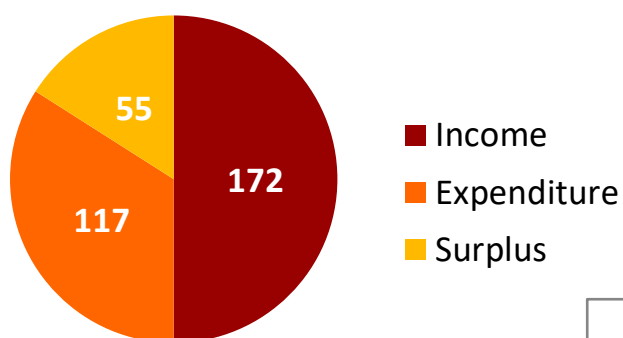




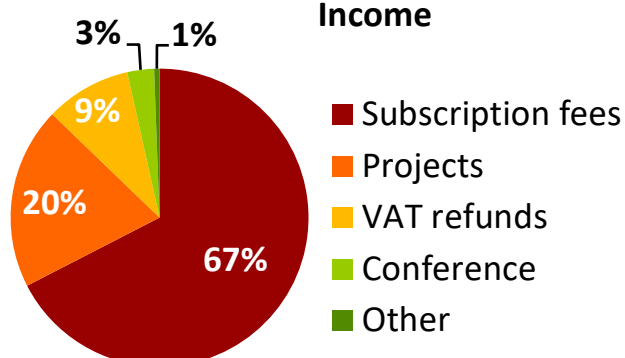
# Financial Report

Total income was €172k (€36k higher than budgeted) and total expenditure was €117k. Income came from subscription fees (€116k or 67%) and projects, which raised €34k (20%). The annual conference produced a surplus of €18k.

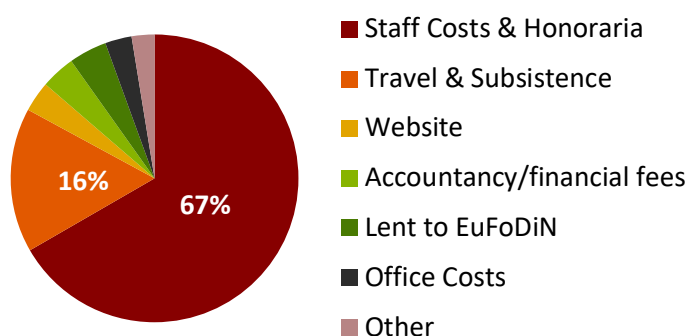
**EFAD Budget 2017**  
€k



**Income**



**Expenditure**



As a result of the income and expenditure outlined here, EFAD generated a surplus of €55k in 2017. Consequently, EFAD will be able to continue, or even accelerate, the planned growth in human resources in 2018 and beyond.

*Manuela Thul*  
*Honorary Treasurer*



# [www.efad.org](http://www.efad.org)

Register on our website for  
our Newsflash service & quarterly Newsletter

## EFAD Officers

Honorary President:	Anne de Looy
Honorary Vice President:	Annemieke van Ginkel Res
Honorary Treasurer:	Manuela Thul

Secretary General:	Judith Liddell
Administrative Assistant:	Reka Kegyes Bozo
Project Manager:	Samantha Cushen

**Contact:** [secretariat@efad.org](mailto:secretariat@efad.org)

EFAD is registered with the Dutch Chamber of Commerce as a "*Vereniging met volledigerechtsbevoegdheid*", which translates as an "*Association with full legal jurisdiction*".

EFAD is a non-governmental organisation that maintains independence and integrity at all times and does not pursue any political or religious ends.

**Copy Editor:** Terry Hyde



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