

# EFAD

## The Voice of European Dietitians



EUROPEAN  
FEDERATION OF  
THE ASSOCIATIONS  
OF DIETITIANS

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





# 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







## About EFAD

EFAD was established in 1978 and now has 29 full members (National Dietetic Associations), 5 affiliate members and 36 education associate members (Higher Education Institutions) representing nearly 34,000 dietitians in 29 European countries.

At the end of 2016, EFAD had six standing committees:

- Education and Lifelong Learning
- Professional Practice
- Research and Evidence-Based Practice
- Shadow Business and Finance
- EFAD Conference Organising
- EFAD Conference Scientific Programme

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

- Diabetes
- Older Adult
- Obesity
- Public Health
- Food Service
- Oncology
- Primary Care
- Education

plus a European Network of Dietetic Students with over 1400 members.

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



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.

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

### *EFAD continues to be the voice of European Dietitians*



**Our new Vice President**  
Annemieke van Ginkel Res, is greatly supporting the work of EFAD by leading both EuDAP and The European Healthy Hydration Awareness Campaign and chairing the conference organising committee.

The year 2016 will be remembered I am sure for some very significant and game-changing events! For EFAD there have been three significant initiatives: The production of our new Strategic Plan for 2017-2021, the establishment of a charitable body for European dietitians and the appointment of an Honorary Vice President for EFAD.

Our new Strategic Plan emphasises partnership and communication. Already in 2016 we have seen a strong partnership developing between the European Specialist Dietetic Network for Obesity (ESDN) and the European Association for the Study of Obesity in developing European guidance for the treatment of obesity.

Our work with the European Nutrition for Health Alliance supporting the initiative Optimal Nutritional Care for All (ONCA) is going from strength to strength.

Our charitable foundation, The European Foundation for Dietetics and Nutrition (EuFoDin) was registered as a charity in 2016. Projects that contribute to advancing the profession and dietitians will now have a funding source specifically dedicated to the work of the profession to improve European health through food and nutrition.

The European Dietetic Action Plan (EuDAP) was launched in 2016 and has provided dietitians across Europe with a focal point for joint actions and a plan by which dietitians can showcase their work.

There are over 100 colleagues who voluntarily take forward the work of EFAD. With their help we can justifiably claim that EFAD continues to be: ***"The Voice of European Dietitians"***.

# EFAD Achievements in 2016

## Projects

- The European Healthy Hydration Awareness Campaign
- EU H2020 project 678732 – PROMISS (Prevention Of Malnutrition In Senior Subjects in the EU)
- The European Dietetic Action Plan was translated into 6 languages



## Membership

EFAD retained all Full Members (29) and Affiliate Members (5) and now represents almost 34,000 dietitians in Europe. Also retained were the 36 Education Associate Members with a further 4 in the process of joining; together they are responsible for the education and training of over 9,000 student dietitians.



## Representations

Expert dietitians represented EFAD at over 40 European and international meetings.

## European Network for Dietetic Students (ENDietS)

Membership grew to over 1400 during the year.





Professional Practice >	Research >	Education >
Specialists Networks >	Students >	EuDAP >
Webinars >	EFAD 2015 Conference >	EFAD 2017 Conference >

Changing Behaviour >

10th **EFAD** CONFERENCE  
ROTTERDAM | SEPT 29 & 30 - 2017

<p>Homepage</p> <p>About EFAD</p> <p>Partners</p> <p>Reports and Papers</p> <p>News</p> <p>Events</p> <p>Contact</p> <p>Email: <a href="mailto:Secretariat@EFAD.org">Secretariat@EFAD.org</a></p>	<p>Professional Practice</p> <p>Research</p> <p>Education</p> <p>Students</p> <p>European Dietetic Action Plan</p> <p>Specialist Network</p> <p>Changing Behaviour</p> <p>Copyright © 2015 EFAD</p>	<p>Transparency</p> <p>Disclaimer</p> <p>Forgot password?</p> <p>Keep in touch</p> <p>EUROPEAN FEDERATION OF DIETITIANS</p>
---	---	---

**Website**

In July, EFAD launched its new website [www.efad.org](http://www.efad.org) that features additional areas for:

- behavioural change techniques
- webinars
- conferences



**Consultations/Advocacy**

EFAD circulated a survey on behalf of WHO Europe on “*Nutritional Care and Obesity in Hospitals and Primary Care*” to members. This was the first time WHO Europe has asked EFAD to collaborate in this way and marked the start of a closer relationship between the two organisations.

In response to European Obesity Day, EFAD circulated a press release to stakeholders and EU press. It was published in the European Commission Health-EU e-newsletter - Issue 174, 26 May 2016 entitled “*European Dietitians Committed to Reducing Obesity*”.

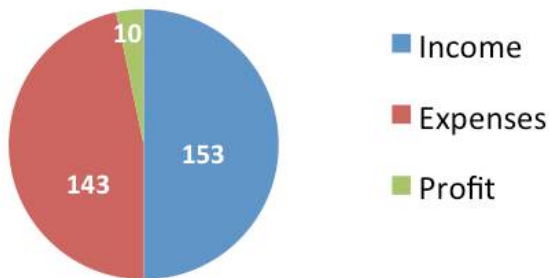




# Report from the Honorary Treasurer Manuela Thul

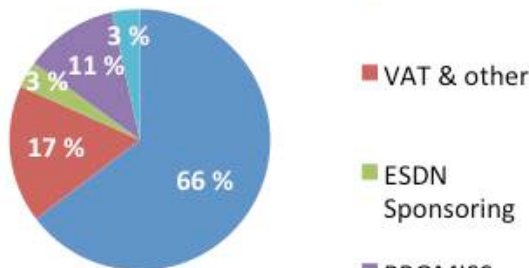
Our income in 2016 was €153,000 of which 66% came from subscription fees. The remainder was raised through financial management of projects and reimbursement of tax from the 2015 conference. The budgeted expenditure was strictly adhered to, so that consequently EFAD closed the year with a profit.

**EFAD 2016  
€000**



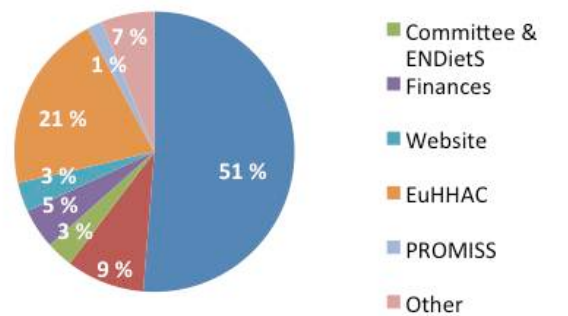
- Income
- Expenses
- Profit

**Income**



- Fees
- VAT & other
- ESDN Sponsoring
- PROMISS

**Expenses**



- Staff
- Travel costs EC
- Committee & ENDietS
- Finances
- Website
- EuHHAC
- PROMISS
- Other

Implementation of the new Strategic Plan will increase expenditure. To cover this expenditure the General Meeting agreed to increase subscription fees. The Executive Committee, all other EFAD committees and the ESDNs will make every effort to secure EFAD's sustainability over the coming years by pro-actively seeking external funding and participating in funded projects.

A 'shadow' Business and Finance Committee has been set-up with external experts to make recommendations to the Executive Committee and support the increasing workload of the Honorary Treasurer.

# Achievements of EFAD Committees in 2016



## Professional Practice Committee

1. Establishment of an EU network of experts in Nutrition Care Process (NCP) and Terminologies
2. Support for the application of ICF-Dietetics to WHO.
3. Joined the advisory board of IMPECD, (an EU funded project lead by a group of European HEIs) to develop an online educational course for dietitians and students to apply a care process.
4. Development of a position paper on nutrigenetics/nutrigenomics for the Supplement to the current Code of Ethics

*Constantina Papoutsakis  
Chair, Professional Practice Committee*



## Education & Lifelong Learning Committee

Published 3 reports:

1. Statement on "Dietitians in Europe . Definition, Profession and Education"
2. Revised "Dietetic Competence and the 6 Domains of Dietetic Competency in Europe"
3. Registration, Regulation, Professional Practice and Lifelong Learning (in collaboration with the PPC): conducted an interview survey and prepared a report on registration

*Agneta Hörnell  
Chair, Education & Lifelong Learning Committee*





## Research & Evidence-based Practice Committee

- Published one EFAD e-journal
- Evaluated the database for research dietitians
- Organized a webinar on "Interpreting dietary guidelines"
- Managed EU and privately funded research projects

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



## Selected EFAD Publications

The following publications may be found on the EFAD website:

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

### Standards

Revised Dietetic Competence and the 6 Domains of Competency  
Revised Definition of a Dietitian

### Position Papers

Position Paper on the Role of the Food Service Dietitian  
Position Paper on the Role of the European Dietitian in Public Health

### Reports

Registration, Regulation, Professional Practice and Lifelong Learning - National Dietetic Association Status in 2014

### Briefing Papers

Briefing paper on the Role of the Dietitian in the Prevention and Management of Nutrition-related Disorders in Older Adults

### Discussion Papers

EFAD discussion paper about Fiscal (and other) measures which influence food and non-alcoholic drink consumption

# Achievements of the European Specialist Dietetic Networks (ESDNs)

## ESDN Food Service

A position paper on the role of the food service dietitian was adopted. We also worked on:

- Mapping the education in food service for dietitians in Europe
- Mapping the work field of food service dietitians in Europe
- Formulating a draft set of academic standards for food service dietitians in Europe
- Formulating a draft set of competences specific for food service dietitians in Europe
- Investigating the feasibility of registration for food service dietitians

*Ylva Mattsson Sydner*



## ESDN Oncology

- Published a position paper on the role of the dietitian in oncology

*Clare Shaw*

## ESDN Obesity

- Made a commitment jointly with EASO to the European Platform for Action on Diet, Physical Activity and Health
- Surveyed Centres of Obesity Management and EFAD dietitians
- Made a presentation to the ECO conference in Gothenburg
- Supported EASO on European Obesity Day and in their requests for the European Parliament to declare obesity as a disease
- Created webinar on insulin resistance

*Maria Hassapidou & Ellen Govers*



Photo courtesy of Wikipedia, labeled for re-use

## ESDN Primary Care

The ESDN Primary Care was founded in early 2016.

- Published articles on the role of the primary care dietitian in the EFAD newsletter
- Now EFAD representative on the Board of the European Primary Care Forum

*Lorna Hall*

## ESDN Public Health

- Published position statement and briefing paper on the role of public health dietitians
- Published Position paper on fiscal measures for food and drink
- Proposed amendments to Common Agricultural Policy and entered debate on classification of obesity as a disease

*Grigoris Risvas*



## ESDN Education

EFAD has now has 36 Education Associate Members in 15 countries teaching over 9000 student dietitians. The ESDN Education was founded in 2016 and started to work on:

- The vision, mission and tasks for the coming four years.
- Academic standards for dietetic education.

*Ane Kruse*

## ESDN Older Adults

- Published position paper on the role of dietitians in prevention and care of older adults and the enhancement of the profession of the geriatric dietitian
- Published articles in EFAD Newsletter
- On the steering committee of the EU project Malnutrition in the Elderly Knowledge Hub (MaNuEL)

*Elisabet Rothenberg*



## ESDN Diabetes

For World Diabetes Day, we prepared:

- a scientific review of materials and their endorsement as scientific-based information
- infographics
- interactive communication

We are now looking for new members to take forward our work in this important area.

*Aimilia Papakonstantinou*



world diabetes day  
14 November



## ENDietS - European Network of Dietetic Students

Achievements in 2016 included:

- 1417 ENDietS members, with new members this year from Tunisia, Russia, Croatia, Indonesia, Slovenia, Hungary, Kuwait, Moldova, Azerbaijan, Pakistan and Bangladesh
- the creation of 2 cooking demonstration videos
- the creation of 8 webinar presentations with an average of 49 attendees - all webinar presentations are available on our YouTube channel
- student conference at the ICD in Granada
- 1919 members in our ENDietS Facebook group
- 405 followers on our Facebook page
- 138 followers on our YouTube channel
- 39 followers on Twitter



**17th** International  
Congress of Dietetics  
**GRANADA  
SPAIN 2016**  
7, 8, 9 and 10 September



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

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



[www.facebook.com](http://www.facebook.com)



[www.linkedin.com](http://www.linkedin.com)

### 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

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

© EFAD 2017 . All rights reserved.

Copy Editor: Terry Hyde