



European Dietitians

EFAD - The Voice of the Dietitians in Europe

The European Federation of the Associations of Dietitians (EFAD) was established in 1978. 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 national dietetic associations (NDAs) and other organisations – professional, educational, and governmental
- ◆ Encourage a better nutrition situation for the population of the member countries of Europe.

Our Ambition

- ◆ Realise the contribution that dietitians can make to the improvement of nutritional health in Europe.
- ◆ Support the role of all NDAs to contribute to the sustainability of economic and social health through influencing decision-makers both locally and in Europe
- ◆ Embed best quality and evidenced-based dietetic practice in Europe through collaboration and partnership
- ◆ Promote education and lifelong learning in order to raise and maintain European dietetic standards

Ethical Statement

EFAD bases its values on the International Code of Ethics agreed by the International Confederation of Dietetic Associations (ICDA), adopted in September 2008:

Dietitians practice in a just and equitable manner to improve the nutrition of the world by:

- ◆ Being competent, objective and honest in our actions
- ◆ Respecting all people and their needs
- ◆ Collaborating with others
- ◆ Striving for positive nutrition outcomes for people
- ◆ Doing no harm
- ◆ Adhering to the standards of good practice in nutrition and dietetics

Our Mission

It is our mission to support Member Associations in developing the role that dietitians have in reducing inequalities and improving nutritional health in Europe.

EFAD pursues its aims in co-operation within the NDAs and with international organisations. Our stakeholders include dietetic associations, dietitians, citizens, key national ministries, higher education institutions, non-governmental organisations, food industry, policy-makers and other health professionals.

“We support the highest quality of dietetic education, professional practice, research activity and partnership.”

Our 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.

Our Partnerships and Collaborations



World Health Organization



Our Structure

EFAD represents the interests of European dietitians and helps develop EU and national policies.

The General Meeting is the policy and decision making body of EFAD.

The work of EFAD is undertaken by several committees:

- ◆ *Executive Committee*
To implement the policies and decisions of the General Meeting.
- ◆ *Education and Lifelong Learning Committee*
To propose and implement a life long learning (LLL) strategy for European dietitians.
- ◆ *Professional Practice Committee*
To standardise the practice of dietetics in Europe and to enhance public safety through qualifications and registration.
- ◆ *Research and Evidence-Based Practice Committee*
To introduce an eJournal to promote an evidence-based approach and to encourage opportunities to use, share and discuss best practices.

Our Agenda

Monitor, map, analyse and report on differentials in the provision of dietetic care for acute and chronic conditions as they affect nutrition in member states, with a view to highlighting areas of concern and reducing health inequalities through nutrition.

Advise, review, contribute and advocate on those policies at a European level that will create optimal conditions for a strong dietetic profession.

Ensure enhancement of the quality and quantity of new dietetic practitioners and that opportunities for high quality lifelong learning and research-led practice are available to all practitioners, in order to guarantee a safe and competent dietetic workforce.

Develop networking, information provision and use of appropriate media to support dietitians in their communication, dissemination and exploitation capabilities.

Develop the business capabilities of EFAD, its effectiveness, transparency, cost benefit and the impact it has on behalf of its NDAs.



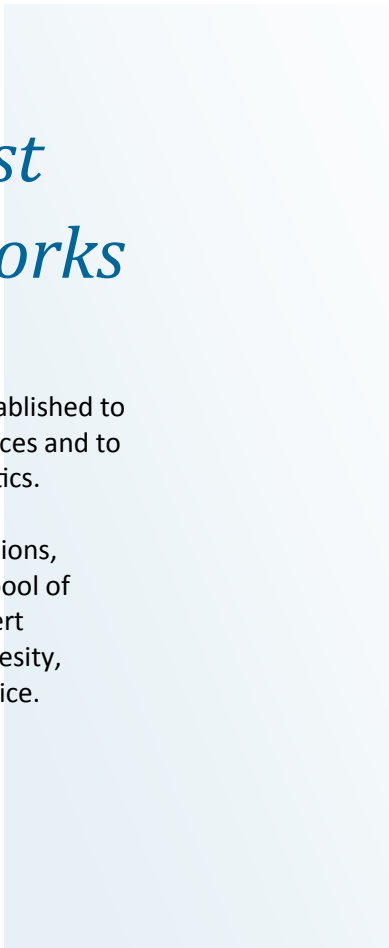

Our Scientific Reference and Advisory Group

- ◆ **Glenis Willmott**
MEP Leader, European Parliamentary Labour Party and
In the European Parliament she is a full member of the
Environment, Public Health and Food Safety Committee.
- ◆ **Johanna Dwyer D.Sc., RD**
Senior Nutrition Scientist, OD/Office Dietary
Supplements/National Institutes of Health;
USA Government
- ◆ **Chris Trimmer PhD**
Executive Director, International Association
for the Study of Obesity

Our European Specialist Dietetic Networks

EFAD European Specialist Dietetic Networks have been established to enable specialist dietitians to exchange views and experiences and to progress the development of European excellence in dietetics.

In addition, when called upon to respond to European opinions, consultations and other policy developments, EFAD has a pool of specialist dietitians who are ready and able to express expert opinions on specialist topics. The first five ESDNs are in Obesity, Diabetes, Healthy Ageing, Health Promotion and Food Service.



What's the importance of dietitians for a healthy Europe?

Dietitians give evidence based advice about food and nutrition for the promotion of health, prevention of disease and for the diagnosis, treatment and management of nutrition related disorders. Dietitians may supervise the preparation and service of food, develop modified diets, participate in research, and educate individuals and groups on good

nutritional habits. Dietitians work at local and national levels advising on nutritional policies and provide reliable and trustworthy information to inform decision makers. The goals of dietitians are to provide medical nutritional intervention, and advise on tasty, attractive, and nutritious food for patients, groups and communities.

Our Publications

- ◆ EFAD Report Health in the Workplace - The Role of the Dietitian in Europe (2012)
- ◆ EFAD European Dietetic Advanced Competences (2012)
- ◆ EFAD European Dietetic Practice Placement Standards (2010)
- ◆ EFAD European Dietetic Competences as the point of entry to the profession (2009)
- ◆ EFAD European Dietetic Academic and Practitioner Standards (2005)
- ◆ Position Statements on obesity and malnutrition

The European Dietetic Benchmark Statement adopted by EFAD indicates the three areas of specialization, , within the practice of dietetics in Europe. These are:

Administrative Dietitians focus and work primarily within food service management with responsibility for providing nutritionally adequate, quality food to individuals or groups in health and disease in an institution or a community setting.

Clinical Dietitians have responsibility for planning, education, supervision and evaluation of a clinically devised nutrition plan to optimize the nutritional intake of patients. Clinical dietitians can work in primary care as well as in institutions.

Public Health or Community Dietitians are directly involved in health promotion and policy formulation that enables individuals and groups to improve or maintain their nutritional health and minimizes risk from nutritionally derived illness.



EFAD Members

Membership of the Federation is open to all European NDAs. EFAD currently has 33 member associations, representing over 30.000 dietitians in 26 European countries.

- ◆ Full membership of the Federation is open to NDAs from any Council of Europe country who admit members meeting the EFAD definition of dietitian and whose level of education meets the European Academic and Practitioner Standards for Dietetics.
- ◆ Affiliated membership is open to all other relevant associations of dietitians.
- ◆ Honorary members are persons who have distinguished themselves in the service of dietetics.

Membership application forms are available from secretariat@efad.org.

Our Secretariat

For more information about EFAD, its members and activities,
please contact the secretariat :

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medical nutritional intervention,
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This brochure is produced by the European Federation of Associations of Dietitians (EFAD) which has received funding from the European Union, in the framework of the Health Programme. Sole responsibility for this publication lies with EFAD and the Executive Agency is not responsible for any use that may be made of the information contained therein.



Co-funded by
the Health Programme
of the European Union