



The Voice of

European

Dietitians

President's Message

The lazy days of summer are here and I wish you all a relaxed and restoring summer vacation.

This issue brings news of celebrations in Germany for one of our National Associations who celebrated their 60th anniversary last month. Many congratulations to them and it looks like a splendid time was guaranteed for all the members.

In October, the Swiss Association of Registered Dietitians will be celebrating 75 years of promoting the professional development of dietitians. In my role as Hon President of EFAD, it is often my pleasure to join these celebrations and at such times we should remember how much our associations have done and achieved for their dietitians.

These are just a few achievements that our elected representatives have made on behalf of those that they serve:

- legal protection of the job-title
- registration of dietitians nationally
- advocacy on behalf of the profession
- raising the profile of the profession and its development

On the next page I will tell you about our 10th EFAD conference (in September). In particular, I am also looking forward to hearing about new initiatives for dietitians such as **the ability to prescribe, which is being introduced in the UK**. At our next EFAD General Meeting (before the conference), we will be discussing how we will celebrate 40 years of EFAD itself in 2018. We must be inspired by dietitians of the past, who had the foresight and the enthusiasm to establish national associations. And of course the foresight and work still continue.

This newsletter brings particularly interesting updates on two projects that EFAD is involved in; the first is the PROMISS project (to be featured at the conference) and also the ONCA initiative. The promotion of multidisciplinary and cross-country cooperation is a very strong feature of ONCA and will again be picked up during the conference as dietitians from different European countries as well as internationally share their insights for the future of dietetics.

There is much to celebrate and look forward to, but first of all let us wind down a little and enjoy the summer.

Anne de Looy



10th EFAD Conference

September 29 and 30, 2017
Postillion Convention Centre, World Trade
Centre¹, Rotterdam, Netherlands

The programme for our 10th EFAD conference is nearly complete, the website <http://efadconference.com/> is open for poster submissions and applications and the conference exercise programme and dinner is settled. The student programme is also available on the website; their YouTube² invitation is posted and ready to view and their socials are booked! It all seems to be coming together nicely.

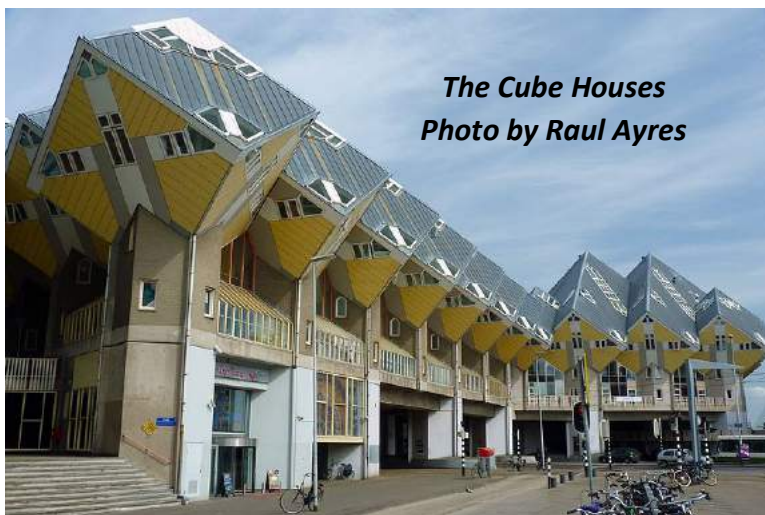
From where I sit there is plenty to listen to and discuss in four parallel streams, so much so that it might be hard to decide where you want to go. Each of our European Specialist Dietetic Networks (ESDNs)³ have a session, during which speakers and the ESDN members themselves will be looking at current and future professional opportunities and evidence-based practice in Europe and internationally. There will also be discussion and decisions to be made about starting two more ESDNs in gut health and sport & exercise – come and have your say.

EFAD committees will also be running sessions with varied topics, eg *‘Quality and outcomes – are we getting results?’* and *‘Nutrition and dietetic care outcomes: sharing the journey and discussion of next steps’*. Other sessions will bring experts to engage with dietitians to ask those questions that will be important to all of us in the near future. There will be sessions on

- Microbiota
- Diabetes
- Personalised Nutrition and Nutrigenomics
- Disabilities and Nutrition
- Using Social Media

Plenary sessions will run between other sessions and introduce topics such as *‘Understanding nutrition economics and its impact on dietetic services’*.

There will be scheduled time to ‘Meet the expert’ at roundtable meetings and quiz some of our speakers outside the more formal environment of the session itself. There will be time for discussion in the sessions and, for those of you who have been to EFAD conferences before, there will be plenty of space and opportunity to engage with friends and others from across Europe who share your passion for all things dietetics.



Rotterdam is easy to get to from Amsterdam and is a fascinating city – the architecture is quite unusual and very memorable! So if the conference is just too rich, there will be the opportunity to have a walk and enjoy the city.

Come and join us in September.

Anne de Looy
Chair, Scientific Planning Committee

¹ <https://en.rotterdam.info/agenda/10th-conference-of-the-european-federation-of-the-associations-of-dietitians-efad/>

² <https://www.youtube.com/watch?v=Paq4SX1LHUQ>

³ Find the ESDN information on www.efad.org

Prevention Of Malnutrition In Senior Subjects in the EU (PROMISS)



The EU's Horizon 2020 research and innovation programme has funded PROMISS for the next five years. The PROMISS consortium aims to improve our understanding of protein energy malnutrition in seniors and ultimately prevent it. PROMISS will contribute to improvements in active and healthy ageing. The consortium contains worldwide expertise in a wide range of academic disciplines. It builds on strong collaborations with the food industry and small/medium enterprises. Dietary and physical activity strategies and food products will be specifically developed with the involvement of older consumers in order to meet their needs and fit their preferences. In close collaboration with stakeholders, PROMISS will translate these strategies into practical recommendations to guide policy and health professionals at EU and Member States level. Dissemination and implementation will take place using partners operating on a European level and linked to national networks across Member States. The work in the project will be undertaken in 10 Work Packages (WP). EFAD is included in WP9 (Dissemination and Implementation), together with other organisations, such as ESPEN (European Society for Clinical Nutrition and Metabolism), and is led by AGE (Age Platform Europe).



The project kick-off meeting was held in June 2016 and consortium members are shown here. In addition to a general assembly, each WP had its own meeting. In the WP9 meeting we agreed a timeline for work to be able to produce the requested deliverables on time. WP9 has asked each WP to report on their progress regularly. These reports will be available on the website and in the newsletters. Some of the work already undertaken includes the following:

- AGE has built a website www.promiss-vu.eu that links to EFAD and other Consortium partners.
- EFAD contributed to the dissemination and exploitation plan in 2016, as well as checking and commenting on the PROMISS website.
- AGE has also designed a logo as well as publishing an attractive [leaflet](#) on time.
- The PROMISS e-newsletter will be published this month and will include a report on progress and first results.
- WP9 activities in 2017 will include symposia and presentations in the conferences of EUGMS (EU Geriatric Medicine Society), ESPEN and also EFAD.

In order to facilitate dissemination of the project concept and already available results, in the upcoming EFAD Conference entitled "The Future is Now" (Rotterdam, September 2017) there will be a session introduced by Marjolein Visser, with the following presentations about PROMISS:

- Development and validation of a short food questionnaire to assess low protein intake in community-dwelling older adults (Hanneke Wijnhoven)
- Poor diet quality and long-term risk of incident protein-energy malnutrition in community-dwelling older adults (Linda Hengeveld)
- Protein intake pattern over the day and the risk of low total protein intake in Dutch older adults (Jolanda de Boer)

From these presentations, dietitians will gain insight on a hot topic for the ageing society of Europe. Moreover, members of individual WPs will present their early results.

Reka Kegyes Bozo
Dietitian
EFAD Project Officer for PROMISS



<http://efadconference.com/>

Germany

The German Association of Dietitians: 60 Years Young



The German Association of Dietitians celebrates its 60th Anniversary this year.



1937



2017

At the VDD annual conference last month, the newly elected VDD President Uta Köpcke is shown here, cutting the cake with help from the former President Ina Lauer. The conference featured many accredited speakers across the broad spectrum of dietetics and nutrition and was also an opportunity for EFAD members of our specialist dietetic workgroups to meet in person and exchange views and information.

Dietetics in Germany has a long history. In the 1920's nurses were trained to take care of the special nutritional needs of patients, but eventually it became clear that an additional qualification was needed and the first Schools of Dietetics were established. By 1937 the job title “Diätassistentin” was protected and training took two years. After WW2, East Germany (DDR) extended training to three years, but it was not until 1994, after German reunification, that three-year training for dietitians became established nationwide. We have come a long way since the 1920's, for example, our colleague Ursula Lukas (shown here) recently gained her MSc Advanced Professional Practice in Dietetics from Plymouth University, England: a double celebration!



VDD International committee and international guests, from the left:

- Ann-Christin Lindenau*
- Manuela Thul*
- Ursula Lukas*
- Arnt Steffensen*
- Judith Liddell*
- Amelie Kahl*
- Uta Köpcke*

***Manuela Thul, Dietitian
Chair of VDD International, European and Strategy Committee
EFAD Honorary Treasurer***

In 2005, a group of European health and nutrition professionals gathered in Amsterdam. The key topic on the agenda was this:

Except for dietitians, why is it that most health care professionals and other stakeholders in the European arena of public health & health care have little or no interest in nutritional care topics (apart from the usual suspect of obesity)? And what can we do about it?

Underlining these questions is the fact that that patients with chronic diseases who suffer from undernutrition and/or disease-related malnutrition, require significantly greater resource use, estimated to cost European healthcare systems as much as €170 billion each year⁴. To answer these questions, the group established the European Nutrition for Health Alliance (ENHA). ENHA members and partners work together to help implement science outcomes for better nutritional care for citizens across Europe: to maintain health, prevent disease and strengthen patients with disease in order to optimise clinical outcomes. Members include:

- EFAD
- European Hospital and Healthcare Federation
- International Longevity Centre - UK
- European Nurse Directors Association
- European Union Geriatric Medicine Society
- Medical Nutrition International Industry
- International Association of Mutual Benefit Societies
- International Association of Gerontology and Geriatrics
- Pharmaceutical Group of the European Union
- European Association for Homes and Services for the Ageing - The European Ageing Network

ENHA has also established successful collaborations with the European Parliament and is one of the founding organisations of the European Innovation Partnership on Active and Healthy Ageing: http://ec.europa.eu/health/ageing/innovation_en

Another key step in establishing solid commitment and leverage towards European and national stakeholders was the participation of European patient organisations. In 2012, ENHA signed a Memorandum of Understanding with the European Patients Forum (EPF) and the Patients Network for Medical Research and Health (EGAN). At the 2013 EPF conference in Dublin, there was a dedicated nutrition and health meeting with representation from more than 30 disease-specific patient organisations. The Dublin meeting was the first time that nutrition and health was featured on their shared agenda. Since then, EPF & EGAN, ENHA and the country delegations have worked together and patient representatives have participated in the national platforms. At the third ONCA conference in Madrid, EPF & EGAN organised a dedicated session in which parents, patients and representatives from the national Spanish patients organisation discussed the nutritional care needs of patients as well as in related scientific research.

How do we translate the scientific evidence and policy support into better nutrition and nutritional care in daily health practice?

The ONCA campaign, which started in 2013, attempts to answer this question. There is overwhelming scientific evidence on the prevalence of malnutrition/undernutrition and the value of nutritional care in maintaining health and preventing disease, but these topics are notably missing from the agendas of

⁴ Ljungqvist O, de Man F (2009) Undernutrition: a major health problem in Europe *Nutr Hosp* 24 369-70

many health professionals. ONCA is designed to improve nutritional screening and follow-up care, thus decreasing malnutrition and undernutrition in Europe. It aims to encourage the implementation of national plans and best practices in each country, bearing in mind that at least 33 million adults in Europe are at risk⁵.

The ONCA programme:

- contributes to improved health through prevention programmes and in healthcare
- drives public private collaboration in nutrition and health
- helps to make nutritional care an integral part of health and health care
- creates continuous innovation by sharing good practices among the countries

Full implementation of the ONCA campaign will significantly drive quality of care, improve the health of patients and reduce costs⁶ across Europe. The ONCA Steering Committee and experts developed a 'dashboard' in order to measure progress and this was described in the December 2016 EFAD Newsletter (pp 2-3)

In order to change daily health care practice, ENHA engaged with and supported individual countries to implement the ONCA campaign nationally. ENHA member organisations connected with their national leaders to gauge their interest in joining a multi-country campaign whereby they would encourage their national societies and associations to establish national, multidisciplinary platforms. We started in 2014 with 8 countries working together. Today, 16 countries participate and a couple of others are knocking on the door.

To guide and accelerate the national implementation efforts, ENHA and the country delegations developed a set of tools and templates. By sharing resources and good practice, the country delegations work along the same lines, with the liberty to diverge and choose tailored, national solutions. As in national health care systems, one size does not fit all.



Sixteen ONCA Countries - 2017

The Future

The challenge for the near future will be to keep the pace, secure sustainability and manage growth. ENHA is working with individual countries on the 2018-2020 strategy and action plan. A key target will be to refresh and accelerate communications, in order to highlight:

- the relevance and added value of nutrition and nutritional care
- the potential of combining citizen-driven health & health care with improvements in quality of life and reduction in costs
- the progress that is being made at the level of the individual nation states and Europe as a whole

ENHA is working with the European Association for Homes and Services for the Ageing (EAHSA) in order to explore the feasibility of launching 'Care with Stars' (working title), a programme to measure the quality of hospitality, including food and nutrition, in health care institutions across Europe. Another priority for the near future is applied research, for instance to measure the cost-benefit ratio of nutritional care at country level. National figures have been shown to have more impact on policymakers than outcomes of international studies.

Frank de Man, Secretary General, ENHA
David Eaton, Secretary, ENHA

A longer version of this article may be found here:

<http://www.paneuropeannetworks.com/health/optimal-nutritional-care-for-all/>

⁵ Ljungqvist O, van Gossum A, Sanz ML, de Man F. (2010) The European fight against malnutrition *Clin Nutr* 29 149-50

⁶ Guest J, Panca M, Baeyens J-P, de Man F, Ljungqvist O, Pichard C, Wait S, Wilson L (2011) Health economic impact of managing patients following a community-based diagnosis of malnutrition in the UK *Clinical Nutrition*



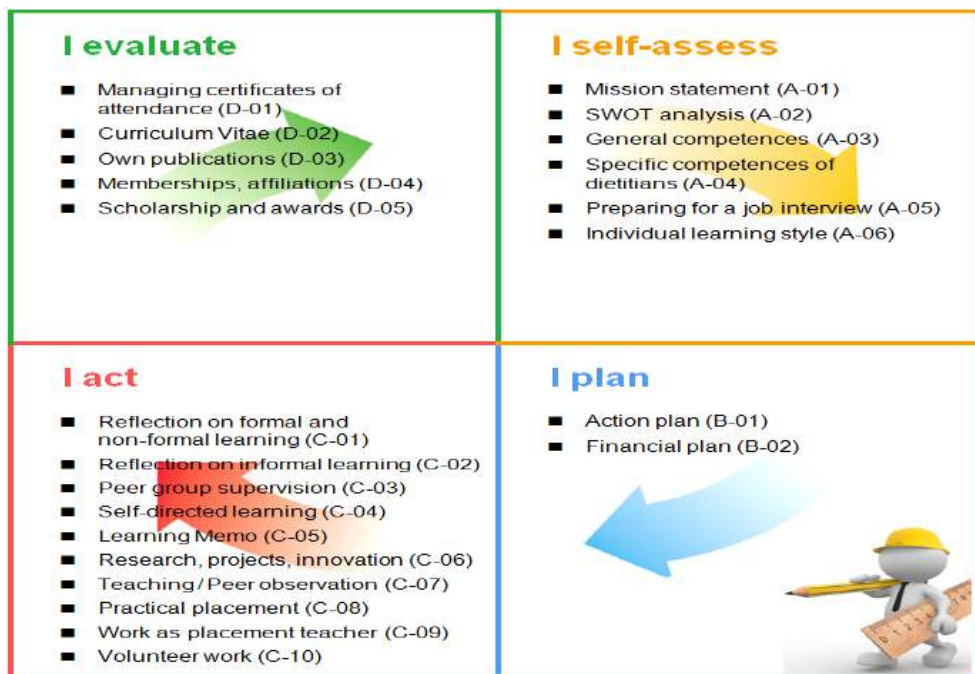
Education & Lifelong Learning Committee

Guide for Lifelong Learning (LLL) For Dietitians

The aim of this EFAD Committee is to enhance the practice of individual dietitians through education and continuous professional development (CPD). We are committed to supporting our member countries, through the production of resources. The DIETS2 Guide for Lifelong Learning for Dietitians (2014) remains a relevant resource. This handbook is divided into three parts:

- an overview of lifelong learning in Europe
- an explanation of how to develop professional competences
- the Toolkit

The **Toolkit** is the main part of the Guide and is an assortment of tools where each dietitian chooses the tools to meet individual needs. *Tools* are materials ready to use to describe, reflect, plan and evaluate learning activities and are in the form of spreadsheet, pdf or Word documents. Some of them are suitable for adaption to personal use.



For countries with limited or no materials available presently from their National Dietetic Association, the **Toolkit** is a great resource to support the members in their CPD activities. **The Guide can also be of use to HEIs in order to help students acquire LLL competences.** We recommend translation into your native language in order to support your members/students in their everyday usage of the **Toolkit**. The EFAD homepage has the long version of the Guide and the tools in English. Short versions with tools in Spanish and French are available for all EFAD members. We would be delighted to upload a version in your language!

Uta Köpcke
ELLCC



The PEN system condenses and summarises the entire nutrition and dietetic evidence-base on more than 190 nutrition and dietetic-related topics, then gives you practical guidance to help apply to dietetic practice! For a handy 'How-to' PEN guide, click [here](#).

Have you heard of Trending Topics?

'Trending Topics' are pieces that are published in response to recent media headlines. This month they included:

Dementia, Stroke and Sugary Artificially Sweetened Drinks

There have been two papers recently published by Pase *et al* using data from the Framingham Heart Study that have been highlighted [in the news](#). Here is the [PEN analysis](#)

Leaky Gut Syndrome

What is leaky gut syndrome and is it the direct cause of widespread health problems? Here is the [PEN article](#)

Saturated Fat Intake and Heart Disease

A recent [editorial](#) by Malhotra *et al* made headlines claiming that reducing saturated fat intake has no effect on coronary heart disease. Here is the [PEN analysis](#)

Practice of Sharing Human Milk

The practice of sharing unpasteurized donor human milk (UDHM) is increasing. Here is the [PEN article](#)

Have you heard of PEN eNews?

PEN eNews is a bi-monthly newsletter covering news and features. Have a look at previous issues [here](#).



Save the Date



The EFAD Annual Report 2016 is now available from the website.

Deadline for submissions for the next Newsletter is 31 August 2017. 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 means (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...