



The Voice of

European

Dietitians

President's Message

Firstly, a very Happy New Year from EFAD!

I am looking forward to hearing news across Europe about what dietitians are going to do this year. Our 2018 conference theme says **'Let's Make a Difference'** and I think that this newsletter shows in a very positive way how dietitians are living up to that theme. Long may it continue.

At our 2017 conference in Rotterdam we saw an increased 'buzz' as we tried out new ways of engaging with each other. Networking and chatting are of course really important, but our opportunity 'to meet the experts' proved to be both enlightening and motivational. At our 2018 conference we will again have the opportunity to quiz our excellent speaker experts. The highly interactive trade fair and displays put on by our students, also attracted much praise. I cannot wait to see how 2018 builds on these successes. The programme will be finalised shortly, and registration will start in February and a programme. In addition to the 'buzz' of a conference we will also be celebrating 40 years of EFAD – how we are going to do this has yet to be revealed but plans are definitely afoot.

The word sustainability creeps into all we do and rightly so. In this edition we have several articles about how dietitians are thinking through and making a contribution to the discussion on sustainability. EFAD was especially delighted to be invited to join a panel discussion at the Regional Symposium for Sustainable Food Systems for Healthy Diets, part of the UN Decade of Action on Nutrition. You can read about this later in the newsletter together with reports from dietitians in France, Lithuania and Norway of their work to initiate and sustain healthy nutrition in Europe.

Speaking of sustainability, we can read of the success of our young dietitians with the 'Young Researcher' award from the Austrian Association and the increasing success of our own ENDIETS in promoting and showing webinars. Webinars will be increasingly used to promote and bring lifelong learning directly to your computer. This is such an important innovation and initiative for EFAD especially as we are now undertaking a project to develop more webinars and other educational tools about the importance of hydration.....watch this space (and our website).

Keep those articles coming in so we can celebrate together the work of dietitians in Europe.

Anne de Looy

La Dolce Vita - Diabetes and Nutrition **Austrian Association of Dietitians: Annual Conference 2017**

Our annual conference last year was dedicated to the complex area of diabetes and nutrition. About 500 participants and 50 speakers met in Vienna in order to expand their knowledge, to acquire new ideas for their work as well as to exchange experience with professional colleagues.

Nutrition plays a central role at every level of diabetic care, but in view of the complexity of the disease, nutritional therapy has to work alongside physical exercise and the necessary medication. Dietitians are aware of the importance of working with other health professionals in

interdisciplinary cooperation in order to achieve the best outcomes for the patient. We chose the slogan for the conference: *La dolce vita - diabetes and nutrition* in order to reflect the work of dietitians and other health professionals in the development of the **Austrian Diabetes Strategy**. We presented this diabetes strategy at the Federal Ministry of Health on the day before the conference.

In over 50 conference presentations, the complexities of diabetes were covered and discussed, including:

- **diabetes and obesity**
- **diabetological and dietary challenges arising from comorbidities that may affect various organ systems such as pancreas, nervous system, liver and kidney**
- **sugars and sweeteners: regulatory aspects, physiological conditions and challenges in dietary practice**
- **issues arising from the short-term popularity of very many 'fad' diets in the light of evidence-based dietary recommendations**
- **the special needs of children, the elderly and pregnant women**
- **flexibility and innovations in the management of blood glucose, eg glucose sensors**
- **transcultural communication**
- **health policy in the future**
- **the role of dietitians in primary care**

continued...

DIETAWARD

Also at the conference an interdisciplinary jury made two awards in the categories 'Young Researcher' and 'Innovative Dietary Practice' as follows.

The 'Young Researcher' award was open to graduates of the Universities of Applied Sciences who submitted their bachelor theses. The winner was Julia Plöchl of the University of Applied Sciences of Upper Austria, for her thesis *Analysis of the nutritional status of a study population for the Austrian Nutrition Report 2016 on the basis of the results of bioelectrical impedance analysis (BIA)*.

The second category 'Innovative Dietary Practice' was open to colleagues in professional settings. The award, which had been endowed with a prize of €1000, went to two dietitians in the health management team of the Health Insurance for Railways and Mining organisation: Dieter Feitek and Martina Moik. Their innovation was *Project to establish an outpatient diabetes prevention program*.

Info to Go

In the General Assembly of the Association, held alongside the Conference, participants were given a good insight into the many activities of the Association.

Under the motto *Info to Go*, six information stations were set up to inform participants with the help of posters on various themes such as membership management, professional policy, public relations and continuous education became visible. Each info-display station was staffed by a responsible person available to give a short presentation and answer questions.



Andrea Hofbauer
President of the Austrian Association of Dietitians

Trudy Verheugen-Giesinger
International Delegate



EFAD Survey on Standards, Guidelines and Tools

EFAD has been working hard over the past years to produce policies, standards, guidelines and tools for our members to use. Before we continue we would like to know how useful our members and practising dietitians find our work. So, we are conducting a survey among our members and asking them to forward the survey to their members and colleagues.

The survey is available online www.efad.org/survey/index.php?sid=29611&lang=en and all members and dietitians are requested to answer it and share their examples of using EFAD documents. We plan to share some of the examples in a report which will also be published in the newsletter.

EFAD would really appreciate your help in evaluating the work we do on behalf of our members - any and all feedback is welcome.

Judith Liddell
EFAD Secretary General

Continuing Education: Webinars and Videos

Over recent years, the number of ENDiets webinars has increased dramatically. The ENDiets team have taken over the preparation and moderation of all webinars and nine webinars took place in 2017 alone. The webinar topics ranged from practical dietetic information for healthy or diseased individuals to the presentation of the results of cutting-edge research and European funded projects. There is also a diverse range of presenters as well: university students, academics, established professionals and up and coming researchers have shared their knowledge and expertise with us. A major advantage of the webinars is the interaction between attendees and speakers. After the end of the presentations, most webinars conclude with a live Q&A session where the presenters can give more insight on their topic.

At the end of the webinars, all attendees receive a link to a survey where they can anonymously leave feedback. Once all personal identifiers are removed, the organizing team prepares the descriptive statistics of the survey and discusses the feedback received. Additionally, the presenters receive a copy of the survey statistics, so they can evaluate their presentation skills. By filling out the survey the attendees help the ENDiets team to improve the webinars. Additionally, attendees who leave feedback receive a certificate for the webinar they attended.

The first webinars for 2018 have already happened and we are very happy to announce that one of the goals of the ENDiets team was achieved. The 1st two-day webinar on “The use of social media” took place in early January 2018 and the team is actively preparing the upcoming webinars.

On 9 February, Teresa Rodrigues of the ESDN Public Health committee presented the webinar “EFAD briefing paper on the role of the European Dietitian in Public Health”. Later in the month, Dr Shelly Rachman-Elbaum will share her expertise on “High tech, high touch personalized nutrition assessment: implementing technology into clinical practice”.

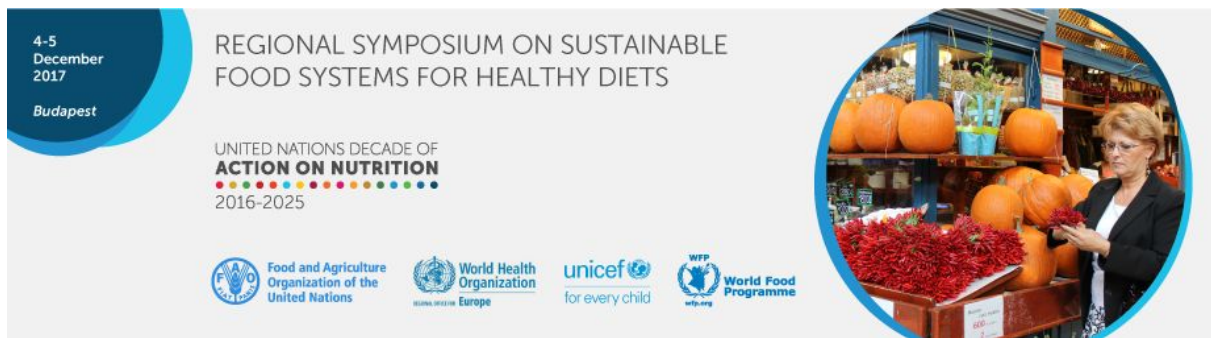
The webinars are recorded and uploaded to the ENDiets YouTube channel (www.youtube.com/channel/UCGVQo53TWLEIbTD1VxZCWnw) as well as the EFAD website (www.efad.org/education/5324/5/0/80) approximately two weeks after the live webinar, where they can be accessed anytime.

If you would be interested in giving a webinar or sharing your thoughts and ideas on the webinars with the organizing team, please e-mail endiets@efad.org.



Nena Karavasiloglou
Senior Education Anchor of ENDiets

Hungary



At this Symposium, EFAD was invited to participate in a panel discussion among non-state actors and to present our point of view on three topics:

- Food Demand and Food Environment
- Nutritional Guidelines for Sustainable Health Policies and
- Governance, Leadership and Accountability for Nutrition

We also distributed copies of EFAD's European Dietetic Action Plan (EuDAP) to attendees before the session. Linked to this symposium, the FAO's Forum on Food Security and Nutrition (FSN) invited online contributions on the topic of: [*Promoting sustainable food systems for healthy diets in Europe and Central Asia: the key role of school food and nutrition programmes*](#). EFAD's European Specialist Dietetic Network (ESDN Public Health) contributed to this topic, addressing three of the issues raised:

- Food Security and Nutrition Policies and Governance
- Awareness, Advocacy and School-based Food and Nutrition Education
- Role of the Private Sector in Supplying Healthy and Diversified Nutritious Foods

(www.fao.org/fsnforum/eca/activities/discussions/school-food)

The Symposium sessions and materials provided updates on malnutrition across countries in Europe and Central Asia. There was an overview of policies on food and agriculture, health and education, and experiences of individual countries in addressing all forms of malnutrition with focus on food insecurity and nutrition-vulnerable groups. Some other highlights included:

- Professor Eileen Kennedy (one of the high-level panel of experts) presented the work of the Committee on World Food Security.
- WHO launched its report *How to design effective sugar reduction strategies for Europe? An innovative approach to improving policy coherence through the sugar supply chain*.
- Christopher A Birt, President of the European Public Health Association stressed that each government should establish a statutory Sustainable Nutrition Task Force.

Some of the key issues for dietitians were:

- The need for healthy and sustainable nutrition and diet
- According to the UNICEF speaker, food systems in Europe did not support children sufficiently.
- A holistic approach was needed with coherence in trade, education and environment (Senior Nutrition Officer, FAO).
- Food reformulation wouldn't work and mitigated the problem (Joao Breda, WHO).
- 'Nudging' policy based on behavioural insights could work (Lucia Reisch, Professor of Consumer Behaviour, Denmark).
- Food procurement to be sustainable and engage local communities (Christopher A Birt, EUPHA).
- WHO/FAO regional offices could take a leading role in developing sustainable nutritional guidelines. This was a great opportunity to represent EFAD in such a high-level event, and to be able to introduce dietitians to an audience of different WHO/FAO representatives from across Europe and Central Asia.

Reka Keyes
Dietitian, EFAD Administrative Assistant

Norway

Elderly Care Reform in Progress

The Norwegian government continues the work on the elderly reform, *Living the whole life*. The reform work started in 2017 and will be put into practice in 2019. Food issues, including tempting, nutritious meals and the fight against undernutrition, is one of the reform's main topics.

The government reform is inspired by a report written by The Norwegian Diet and Nutrition Association and The Consumer Council in 2015, about the food quality in the elderly care. Our association has therefore sought actively to be a part of the reform work. We present the food service dietitian's perspective, participating in official workshops and governmental hearings.

The Department of Health is doing the actual work. They have plenty of qualified personnel, experts on health, medicine and nutrition. However, there is not a single person in the department with a kitchen background, who knows how a professional kitchen actually works. Some of the early reform suggestions were quite unrealistic, from a kitchen's point of view. So, we contacted the department, offering our insight on kitchen matters. They welcomed this and have already contacted us a couple of times.



Norwegian Minister of Health, Bent Høie, presenting the reform

One of the things we have suggested during this process, is to copy the Danish solution. The government in Denmark has earmarked a large pot of money for upgrading the kitchen facilities in local elderly care homes. The situation in Denmark and Norway is a bit similar. Many kitchens have closed in recent years, due to centralization. However, there is now a growing wish in society and among the politicians, that the food shall be made in the local institution, close to the patients. It is expensive to reopen and upgrade professional kitchens, therefore funds from the government will enable the changes.

The reform is not at all finished, but we were very pleased in January, when the government announced that they are going to copy the Danish solution, as part of the reform. We have already spoken to our colleagues at the Danish Diet and Nutrition Association, in order to learn from their experiences, both good and bad. Then we will pass this information on to the Department of Health, in order to make the elderly reform as good as possible.

Obviously, the government does not do everything we suggest, but results show that we are gently pushing them in the right direction.

Partnership between Dietitians and Higher Education Institutions (HEIs) to Enhance Dietetic Practice

According to WHO, human health mostly depends on the lifestyle. Determinants of health (body mass index, smoking, alcohol usage, stress, consumption of fruits and vegetables, physical activity) are among the European Core Health Indicators (ECHI), which are widely used in the preparation of strategies and policies to improve human health, to take preventive measures and monitor their implementation.

In order to have more healthy people in the future it is particularly important to develop the approach of young people to health, to encourage them to take care of themselves, their families and the surrounding environment. Public Health or Community Dietitians are directly involved in health promotion and policy formation to improve or maintain nutritional health and to minimize risk from nutritionally derived illness. In order to find out community expectations, it is very important to develop the research competences of dietitians. Partnership with HEIs in joint research will develop research competences. It will also enable dietitians to explain the needs of society and allow them to organize their professional activity purposefully, with regard to evidence-based practice.

An example of such cooperation was joint research last year between our university and dietitians within Vilnius City Municipal Public Health Bureau and Youth Affairs Department. The target population was 393 students aged between 20 and 24. The standardised Finbalt Health Monitor (FHM) survey was used to assess student lifestyles. The aim of the research was to assess the health implications of various lifestyles compared with FHM findings.

Eating Habits

More than 71% of respondents ate meals 3-4 times/day (as recommended) but more than 20% ate only twice per day. 74% of respondents had breakfast daily as recommended. 94% of the students ate in a rush or overate. We noticed, that the students did not eat enough fresh vegetables, fruits, cereals and other healthy products. When eating, 87% watched TV or surfed the internet. For 83% of students, the most popular snacks were potato crisps and sweets. Once again, these results are compatible with those obtained by FHM investigation. We concluded that the eating habits of students were typically not appropriate and healthy. Regularly eating breakfast, lunch and supper helps to maintain normal body weight. In this population, 74% of women and 65% of men had normal body mass index. However, 30% of men and 12% of women were overweight or even suffered from obesity (4% and 2% respectively).

Salt, Sugar & Exercise

62% of students added salt when their food was not salty; 31% never added extra salt. 45% of students added sugar to their hot drinks. Approximately 30% of women and 50% of men engaged in little physical activity: they typically took the bus or car every day and did not engage in structured exercise. Similar numbers engaged in moderate activity by walking or cycling. Only 20% of women and 30% of men took structured exercise 2-3 times/week. Those who were more physically active tended to eat healthier food.

We concluded that Public Health Bureaus in cooperation with HEIs should contribute to healthy lifestyle education, especially healthy eating habits, and the promotion of nutritional literacy.

In addition, it became clear that the dietitians involved had developed research competences and their professional activity was enhanced by evidence-based practice

Žymantė Jankauskienė, Erika Kubilienė, Rita Liepuonienė
Vilniaus Kolegija, University of Applied Sciences, Health Care Faculty

France

Mobilising for Sustainable Food



France is mobilising for sustainable food. Last summer, the President of the French Republic announced the launch of the 'Etats Généraux de l'Alimentation' (#EGalim) with the following aims:

- to relaunch value creation and ensure equitable distribution
- to enable farmers to live in dignity in their work by paying fair prices
- to support the transformation of production models to better meet the expectations of consumers
- to promote consumer choices that favour a healthy, safe and sustainable diet

To enrich the reflection, citizens have also been called upon to contribute via a large public consultation. This consultation began with 14 thematic workshops that took place from August to the end of November. AFDN dietitians featured in two of the workshops on the topics of facilitating everyone's adoption of a healthy diet and fighting against food waste. The exchanges within these workshops involved all the stakeholders:

- producers
- agro-food industries
- distributors
- consumers
- collective catering
- elected officials
- social partners
- actors in the health economy
- non-governmental organizations
- charities and international food aid
- banks and insurance companies etc

These contributions will serve to establish a national road map for sustainable food.



Therese Libert
Vice Presidente
Association Française des Diététiciens
Nutritionnistes (AFDN)



EFAD 10th Annual Conference, September 2017, Free access to extended abstracts available here:
www.karger.com/Article/Pdf/485443

Netherlands

Sport & Nutrition

2nd Conference, October 2017



More than 850 sports and nutrition professionals attended this conference, organised by the FrieslandCampina Institute. Here they heard about the most recent research in the world of sports supplements, nutritional recommendations for recreational athletes and how the optimum timing of nutrition can contribute to muscle protein synthesis.

A Good Basic Diet

*"Whether you are a top athlete or a recreational athlete, it is important to start with a good basic diet. The Dutch Dairy Organisation and Dutch Sport Dietetics Association have designed the Sports Nutrition Pyramid, which demonstrates what good basic nutrition is for an athlete. The bottom layer is a varied diet and is the starting point for each athlete, regardless of their level. The second layer contains sport-specific foods and fluids, which are important before, during and after training or competition. It gives the athlete just that little bit extra. The top of the pyramid contains the sports supplements, eg creatine and beta-alanine. Each individual will have their own specific requirements to which the diet needs to be adapted. A dietary intervention is a **practical** translation from theory to practice. Professional athletes should always seek advice from a sports dietitian or registered sports nutritionist."*



**Sita Veenstra, Sports Dietitian
AVS Nutrition and Sport Advisory Service**

Supplements

*"Many athletes use the Sports Nutrition Pyramid the wrong way around. They **start** with sports supplements instead of basic food groups. One study revealed that 57% of people in the Netherlands actively engaged in fitness use at least one supplement. There are real risks to health associated with the use of supplements without taking professional advice first. Health claims on the packaging that sound too good to be true, probably are. In Europe, the Food Safety Authority (EFSA) checks whether health claims are used correctly. At the moment, the EFSA permits health claims only for carbohydrate electrolyte solutions and creatine."*

**Nick Ledema
Lecturer, Sport & Exercise, HAN University of Applied Sciences, The Netherlands
Sports Dietitian for Team Nutrition
The Dutch Olympic Committee* Dutch Sports Federation (NOC*NSF)**

continued...



**Guest at the Conference:
Dutch Sprinter Dafne Schippers
200m World Champion
200m Olympic Silver Medalist
200m European Record Holder**

"It is important to me that I use the correct fuels and that they are as natural as possible. I have developed a diet for myself that fits who I am and that makes me feel good. I am an explosive athlete and consume few carbohydrates and a lot of protein. Meat and dairy are an easy way for me to consume a lot of protein. I always try to eat a high-protein meal or snack within 2 hours after training, such as a bowl of quark with fruit or a high-protein recipe. My most important advice to athletes: train your eating habits too. Plan your meals around your training schedules, so that you can see what you do and don't like."

Dafne Schippers

EFAD President's Note: *Calling all dietitians – what do you think of Dafne Schippers low carb/high protein diet? What would be your evidence-based advice to sprinters and other explosive athletes looking to improve their performance?*

Healthy Sports Canteens & Restaurants - Team:Fit

Fewer than 1 in 5 canteens sell fruit and 1 in 7 children are overweight. In Dutch sports canteens, the Team:Fit project (<https://teamfit.nl>) is helping such places to become healthier step-by-step. Drastic changes are difficult, but it is possible to make gradual changes to make the products on offer healthier in every sports canteen. Clubs who enrol in the Team:Fit project receive free advice from the advisors, after which a team within the club sets to work on improving the healthy range on offer in the sports canteen.

Sports canteens aren't the only facilities with room for improvement, various restaurants in hotels that provide accommodation for the Tour de France cyclists also leave a lot to be desired. Janneke Pieterse is a sports dietitian, chef and sports instructor and from 2012 to 2015, she cooked for the cyclists of team Giant-Alpecin, on location, in the kitchens of the hotels. *"Chefs in hotels often think that cyclists only eat pasta. I made different meals, offered variety and also provided a different experience. You have to bear in mind that cyclists eat at long tables in large halls during the Tour. On rest days I had free reign. For example, I let the athletes eat outside and sometimes provided a cold meal for lunch instead of the hot meal that they usually get."* Pieterse often eats with the athletes: *"I really recommend doing that as you see what they choose and can respond to this. Athletes tell you more when you sit at the table with them and they are more likely to listen to you."*

The full text of this report may be found on the website of the FrieslandCampina Institute:
www.frieslandcampinainstitute.com/

Save the Date



www.efadconference.com

**Deadline for submissions for the next Newsletter is
31 March 2018. Send your article to: editor@efad.org**

*See Editorial Policy and
Guidelines for Authors on the next page*

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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...