



EUROPEAN
FEDERATION OF
THE ASSOCIATIONS
OF DIETITIANS

The Voice of European Dietitians

www.efad.org
secretariat@efad.org
0049 2822 68367



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EFAD urges member associations to lobby for national strategies to tackle obesity

20 May 2017 The Hague

In the light of European Obesity Day 20 May 2017 (EOD), the yearly event organised by EASO, the European Association for the study of Obesity, the EFAD European Specialist Dietetic Network (ESDN) for Obesity calls on dietitians in Europe to engage in actions to tackle obesity.

According to EASO, too few European countries have effective strategies in place to tackle obesity and some have none at all. "Despite the growing epidemic, many plans consist only of collections of vague goals rather than concrete measures," says EASO President, Professor Hermann Toplak. EU Member States are being called on to do more to tackle the growing obesity epidemic or they could face crippling costs of providing medical care in the future. Several reports have shown that if obesity and overweight continue to increase at such an alarming rate, it will affect more than half of all European citizens by 2030. In some countries this figure may be as high as 90%.

In line with the warning by EASO, the ESDN Obesity calls on all EFAD member associations to help develop comprehensive strategies in their country that cover all aspects of weight management.

This should include the promotion of healthier lifestyles and the reduction in demand and consumption of excessive amounts of high-calorie food and drinks, as well as the treatment of obesity to help prevent the many other diseases on which it impacts. Type 2 diabetes, cardiovascular diseases and some cancers are among a number of non-communicable diseases (NCDs) and chronic conditions attributable to excess weight.

The ESDN Obesity asks EFAD members to help their specialist groups of dietitians working in obesity to organise actions to help tackle the epidemic in their countries. Local initiatives as well as national cooperation with health care institutes are needed. EASO has branches in all European countries that can also be approached for joint collaboration on developing national strategies.

Further details of how to support European Obesity Day and where to find more information on obesity, and obesity prevention and treatment, are available on the European Obesity Day website: www.europeanobesityday.eu. Activities can also be followed on Twitter (@EOD2017 and #EOD2017) and on Facebook: <https://www.facebook.com/EObesityD/>



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ABOUT EFAD

EFAD is the voice of 35.000 European dietitians - more than half the profession – and is the only organisation advocating for dietitians in Europe.

EFAD alerts European politicians, the European Commission, WHO European Region and others about how dietitians, as key nutrition professionals in Europe, are contributing to a healthier Europe.

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 and other organisations – professional, educational, and governmental
- Encourage a better nutrition situation for the population of the member countries of Europe.

Membership of the Federation is open all National Associations of Dietitians from member states of Europe. EFAD currently has 35 member associations and 38 Schools of Dietitians representing over 35,000 dietitians and 9,000 students in 29 European countries.

You can find out more from the EFAD web site www.efad.org

Contact:

The European Federation of the Associations of Dietitians
Judith Liddell RD
EFAD Secretary General
+49 2822 68367
secretariat@efad.org

Ellen Govers, RD,
EFAD European Specialist Dietetic Network on Obesity
+31(0)643890145;
egovers@amstelring.nl

Maria Hassapidou,
EFAD European Specialist Dietetic Network on Obesity,
mnhass@gmail.com

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