

The Voice of

European

Dietitians

President's Message

This is my first newsletter message as Honorary President of EFAD. I would like to thank the members who unanimously elected me at the 29th General Meeting in Rotterdam for their confidence in me.



During the 11th conference in Rotterdam we celebrated 40 years of EFAD. View the conference video here:

<https://efadconference.com/>

to see how EFAD conferences are growing not only in numbers but also in quality.

At the celebration, we also recognized the contribution of some of the longer-serving

members with the award of honorary memberships (details later in this newsletter). As EFAD moves forward, we can build on the years of dedication by professional dietitians, who recognised the importance of a European Federation.

In September, the 68th WHO Regional Committee of Health Ministers in Europe accredited EFAD as a non-state actor and invited EFAD to participate in future sessions of the committee. This offers EFAD an excellent opportunity for lobbying and to advocate for health in Europe, as well as showcasing how dietitians can contribute to that.

An advocacy task force will soon be writing an EFAD Position Paper on EU policy on food and nutrition. They will determine the message we want to convey and work to include EFAD's agenda in the development of Health 2030. Their aims will be to promote health by demonstrating the added value that dietitians bring and by defining concrete policy objectives. This is an excellent opportunity for the leading voice of European dietitians to be heard.

Together with its two new members, the Executive Committee is developing work plans for 2019 and organizing the next conference in Berlin.

Annemieke van Ginkel Res



40 Years The Voice of European Dietitians

EFAD was established in 1978 and in September this year, at our General Meeting in Rotterdam, we celebrated this anniversary.



Right to Left:

New Honorary President, **Annemieke van Ginkel Res** (Netherlands)

Retiring President, **Anne de Looy** (England)

Chief Executive, **Judith Liddell** (Germany)

From Greece: Newly elected Honorary Vice President, **Grigoris Risvas** with **Maria Hassapidou**. Maria was made an Honorary Member of EFAD; she co-leads the EFAD European Specialist Dietetic Network for Obesity and as an eminent academic, she chairs the EFAD Conference original research awards panel.





Newly elected member of the Executive Committee, **Daniel Buchholz** (Germany) with **Maria Hassapidou** (Greece)

Newly elected Honorary Treasurer, **Pauline Douglas** (Northern Ireland)



From the right: Newly elected member of the Executive Committee, **Sissi Stove Lorentzen** (Norway) with EFAD Administrative Assistant, **Reka Kegyes** (Hungary)



Honouring The Past

At the EFAD 40th Anniversary celebration, several dietitians were recognised as Honorary Members of EFAD for their outstanding contributions to the profession over the last four decades and more:



Anneke Krijger (Netherlands)

Founder Member of EFAD &
Honorary Secretary 1978-1988

Edith Elliot (Scotland)

EFAD Executive Committee Member, 1992-2001
and Honorary Treasurer.
In the period 1976-1987 Edith was Treasurer and
then Chairman of the British Dietetic Association
(BDA) and was later made a Fellow of the BDA.



Carole Middleton (England) congratulated by Reka. Carole was an EFAD Executive Committee member, 2006-2014. She served as Treasurer and Chairman of the BDA and in 1994 was made a Fellow. Since 2004, she has been a Board Director of the International Confederation of Dietetic Associations (ICDA). In 1997 she was honoured with an MBE (Member of the British Empire).

Ylva Orrevall (Sweden)

Ylva has been an active member of the EFAD Professional Practice Committee since it started.



Mary-Ann Soerensen (Denmark)

EFAD Executive Committee Member, 1996-2012.
Board Director ICDA, 2004-2010.

Renata Frenz (Germany)

EFAD Honorary President, 1984-2000



Karin Hädell (Sweden)

EFAD Honorary President, 2006-2010
Board Director ICDA, 2000-2004

Irene Mackay (Scotland)

EFAD Honorary President, 2000-2006.

Fellow of the BDA.

Irene was the first Chair of the ICDA Board of Directors, 2000-2004.



Anne de Looy (England)

EFAD Honorary President, 2010-2018.

Fellow of the BDA.

Director and Founding Fellow of the UK Association for Nutrition (2012).

Trustee of ONCA (Optimal Nutritional Care for All) since 2010.

In 1975, Anne became the first Dietitian in the UK to hold a PhD.

In 1989, she became the first UK Professor of Dietetics.



Some Conference Abstracts

Some of the 2018 EFAD Conference Abstracts have now been published in the Annals of Nutrition & Metabolism, and are available here: www.karger.com/Article/Pdf/494773

All presentations from the 2018 conference, along with a video and photos, are now available at <https://efadconference.com/>



Report from the EFAD 29th General Meeting, Rotterdam, September 2018

Twenty full member associations attended the business meeting, which elected Annemieke van Ginkel-Res as the Honorary President 2018-2022, Grigoris Risvas as Honorary Vice President 2018 – 2020 and Pauline Douglas as Honorary Treasurer 2019-2023. Daniel Buchholz and Sissi Stove Lorentzen were each elected as Executive Committee members 2018-2022.

Members were informed that EFAD had been accredited as an official non-state Actor by the WHO Europe region – meaning that EFAD can now contribute to the Regional Committee meetings of Health Ministers from 53 WHO region member states.

The meeting adopted the revised Academic Standards and the revised Mission & Vision paper of the Professional Practice committee.

Delegates joined a workshop on “policy and lobbying” which concluded that dietitians should be promoting health by ensuring that food and nutrition is accessible, affordable, attractive and sustainable in the EU during the lifelong path and by showing the added value of dietitians. To do this an advocacy task force will define concrete policy objectives.

Representatives from 22 Education Associate members, along with affiliate members and European Specialist Dietetic Network (ESDN) leads joined the afternoon session of the General Meeting.

As Executive Director, I presented highlights of EFAD's year, including the accomplishments of each of the standing committees, the ESDNs and the student network (ENDietS).

Delegates joined workshops on voluntary registration and embedding evidence-based practice, while separate meetings for ESDN leads and Education Associate members took place. EFAD also hosted a meeting of other health professionals, which was attended by:

- Standing Liaison Committee of EU Speech and Language Therapists and Logopedists
- Council of Occupational Therapists for European Countries
- European Region of the World Confederation for Physical Therapy / Physiotherapy
- The European Federation of Radiographer Societies
- International Federation of Podiatrists

EFAD plans to work together with all of these professions to effectively promote the work of each. Delegates then attended the 40th Anniversary celebration where awards were given to honorary members, both old and new. The 11th EFAD conference followed, where the first EFAD Dietetic Fellowship award was given. The conference, with 450 delegates and 22 exhibitors, was the largest and most successful to date.

The 12th EFAD conference will be in Berlin 1/2 November 2019.

Judith Liddell
EFAD Executive Director



EFAD Dietetic Fellowship

The award of the Dietetic Fellowship is the highest honour that EFAD gives at the present time. EFAD Fellows are those who are seen to add value to the profession, often through their leadership skills. **This year, the very first EFAD Fellowship was awarded to Agneta Hörnell, Professor at the Department of Food and Nutrition, Umeå University, Sweden. Her citation reads:**

" For continuous, outstanding and significant contribution to the advancement of dietetic practice, research and education, at national, European and international level."



Agneta is a fine teacher whose knowledge and clarity of purpose has made her an excellent speaker who is also willing to embrace new technologies in her teaching. As a speaker at conferences she is always in demand and was offered the opportunity to address the High Level Conference *"Healthy lifestyles: nutrition and physical activity for children and young people at schools"* in 2015 as part of the Latvian government's initiative during their presidency of the EU. She made several successful webinars as the lead of the Work Package in DIETS2 on Lifelong Learning and subsequently on Competence.

As a researcher and professor, she is also passing on her expertise in doctoral supervision. where these projects are collaborative with other universities, for example the University of Iceland. They also demonstrate the breadth of her interest and the promotion of dietetics in other disciplines, for example gender studies and education. Her publications indicate that these collaborations are often grounded in dietetics. For example, one publication is concerned with coeliac disease and gender. This demonstrates how she is able to demonstrate the impact of her own research themes (which are of interest to other disciplines) in moving forward both applied and theoretical research, but also in the professional approaches of dietitians with their clients.

Agneta has moved across traditional boundaries to ensure the best for dietitians in the future. When she stepped down as lead of the EFAD Committee for Education and Lifelong Learning she took on the role of supporting the small working group which is investigating the European Voluntary Registration of Food Service Dietitians.

Agneta has worked and is continuing to work with vision and the ambition. She has raised the quality and profile of dietitians through her contribution to various initiatives; for example, in leading her EFAD Committees to produce competence statements at both undergraduate and post-qualification (advanced) level. Her own work as a published researcher, doctoral supervisor and communicator means that evidence-based practice is the richer in dietetics through her work. Agneta provides a role model for others concerning the value of collaboration and partnership to achieve high quality and sustainable outcomes. Agneta will give deliver the first EFAD Fellowship address at the 2019 Conference in Berlin in November.

Anne de Looy
EFAD Honorary President 2010-2018



Nominations for EFAD Dietetic Fellowship

The EFAD Fellowship is reserved for individuals who have been nominated and supported by their peers in recognition of outstanding professional qualities. A Fellowship profile states the area in which the person has had the biggest impact. This varies depending on the individual. Adding value to a profession can be achieved in many ways, through influencing the manner in which the profession is practiced and/or the way the dietetic profession is perceived. In the latter case the contribution to the profession through scholarly activity can influence practice, but also build prestige and recognition of the work and expertise of members of the dietetic profession. The application form gives several examples:

- Outstanding contribution to the profession as an inspirational teacher and researcher in the field of dietetics and nutrition
- Recognition of outstanding contributions to scholarly research
- Outstanding advocacy for school and children's food and nutrition services and teaching materials for nutrition education for children and school teachers
- A committed mentor to others developing their careers in the profession and work as a driving force behind the dietetic mentor-training programme
- An outstanding contribution to higher education, research and teaching and engagement in national projects to raise the profile of food literacy in deprived areas

The award is made by dietitians to a dietitian and more than one can be nominated and awarded during any one year. Applications are now open, please contact me for more information: secretariat@efad.org

Judith Liddell
EFAD Executive Director



Change of Editor

This will be the last EFAD newsletter to be edited by Terry Hyde. EFAD wishes to thank Terry for all his hard work and support in editing innumerable documents, reports and articles for EFAD and DIETS over the past 12 years. We wish Terry all the best in pursuing his charity work and freelance writing, now that he will have some more spare time and we thank him gratefully for all he has done to promote EFAD over the years. In future the newsletter will be edited by staff from the British Dietetic Association, although the address for submitting information and articles remains the same: editor@efad.org



Judith Liddell



Research & Evidence Based
Practice Committee

The Work Settings of Dietitians Across Europe – Do We Have Data?

To continually enhance the profession, it is essential to know the settings in which dietitians are working across Europe. Pursuing this goal, the Research and Evidence-Based Practice Committee (REBPC) conducted a survey among delegates from National Dietetic Associations (NDAs) in 2018. This first action was to identify any data already collected at a national level and if a relevant report was available.

We contacted 32 NDAs of which 15 answered* (47% - until 18.11.2018) and we are very grateful for their precious collaboration. It is still possible to participate if you have not done so before. Please use the following link to answer our very short survey:

https://docs.google.com/forms/d/e/1FAIpQLSdEkaNYCvX2SL26WFP6Sbme54qkMZ2V60poH9Q-7VORDfubKg/viewform?usp=sf_link

In the question “**Does your national association have statistics regarding the settings in which dietitians work in your country?**” only half (7/15) of the NDAs answered 'yes'. When we further asked if there has been a survey exploring work settings among dietitians in their country at a certain time, only 5 Associations replied positively, although reports were not all available to share.

Delegates shared important information that will certainly help us to go further in our data collection project. In particular, they reported that in some countries, especially in Scandinavia, statistics exist at a national level, but are kept confidential by national ministries and are not available to professional associations. They reported that some of this information was sensitive, for internal use only, and could not be shared without first seeking permission from the participants. Finally, from the data we received, we observed important discrepancies in how work settings were explored or classified. As an example, the distinction between private and public settings is important in some countries, but is not recorded in others.

With the precious contribution we received from NDA delegates, the REBP Committee will continue our work in order to provide EFAD with data that supports professional development. We will continue to seek information and advice from NDAs with regard to this complex process and we thank them in advance for their support.

***EFAD Research and Evidence Base Practice Committee
Contacts for the survey:
Ludivine Soguel ludivine.soguel@hesge.ch, Switzerland
Meropi Kontogianni mkont@hua.gr, Greece***

* The National Association of Dietitians from Luxembourg (ANDL), the German Association of Dietitians (VDD), The Portuguese Association of Nutrition (APN), The Danish Dietetic Association, The Hungarian Dietetic Association, The Association of Clinical and Public Health Nutritionists in Finland, The Union of Dietitians and Nutritionists of Greece, The Hellenic Dietetic Association (HDA), The Professional Union of French Speaking Dietitians from Belgium (UPDLF), The Irish Nutrition and Dietetic Institute, The Norwegian Association of Clinical Dietitians, The Turkish Dietetic Association, Flemish Association of Dietitians (VBVD), The French Association of Dietitians Nutritionists (AFDN) and The Swedish Association of Clinical Dietitians.

United Kingdom



In our last EFAD newsletter article we introduced Practice-based Evidence in Nutrition® (PEN)– The Global Resource for Nutrition Practice: www.pennutrition.com/home.aspx an online searchable database to help you keep up-to-date with the latest science in food and nutrition. We also shared the link to tours and video tutorials: www.pennutrition.com/toursvideotutorials.aspx to support you to get the most out of PEN. If you have not already signed up, you can access a free trial to PEN here: www.pennutrition.com/signup.aspx. With access to PEN, you will be able to join the PEN community of over 20,000 subscribers benefiting from all of the PEN resources. The ‘Trending Topics’ section www.pennutrition.com/TrendingTopics.aspx provides a timely evidence analysis or comment, and dietetic practice implications on recent newsworthy topics. Recent trending topics include:

- dairy intake, mortality and CVD
- Mediterranean diet - How does the retraction and republication of the PREDIMED trial affect recommendations for a Mediterranean diet?
- salt intake and CVD: the ongoing debate

PEN has 199 knowledge pathways (topics areas) and is sure to include many that interest you. These include: diabetes, COPD, malnutrition, oncology and 195 others! Visit PEN knowledge pathway webpage to find the complete list of topics areas: www.pennutrition.com/toc.aspx

The background information section of the knowledge pathway is a really useful summary to provide you with an overview on a topic area you may be less familiar with. Example background areas include: creatine in sports nutrition, autism, lupus and the alkaline diet.

You will also find practice questions within knowledge pathways. These are generally formulated using the PICO approach (Population, Intervention, Comparison, Outcome). They reflect everyday questions clients may ask in practice and summarise the evidence of these for you. An example from the Migraine knowledge pathway is “*What dietary components, if any, are triggers for migraine?*”. In this example, PEN makes a recommendation summarises the level of evidence according to the GRADE system.

Look out for the next article on PEN in January’s EFAD newsletter. In the meantime, you may want to follow PEN on social media:

Twitter: Pennutrition LinkedIn: PENNutrition Instagram: PEN Nutrition Facebook: PENnutrition

Don’t forget to sign up to PEN eNews letter to keep up to date with new evidence, resources and features available in PEN:

www.pennutrition.com/casl.aspx?ReturnURL=/enews_archive.aspx



Eleanor Johnstone
Policy Officer
(Education & Professional Development)
British Dietetic Association

Save the Date

Deadline for submissions for the next Newsletter is
31 January 2019. Send your article to: editor@efad.org

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



EFAD Officers

Honorary President:	Annemieke van Ginkel Res
Honorary Vice President:	Grigoris Risvas
Honorary Treasurer:	Manuela Thul (From Jan 2019: Pauline Douglas)

Executive Director:	Judith Liddell
Administrative Assistant:	Reka Kegyes
Project Officer:	Samantha Cushen

Contact: 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.

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Copy Editor: Terry Hyde

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Newsflash service & this quarterly Newsletter.

www.efad.org



www.facebook.com

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 mean (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...