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Mission

To support member Associations in developing the role that dietitians have in reducing inequalities and improving nutritional health in Europe

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.

This report is produced by the European Federation of Associations of Dietitians (EFAD).

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Vision and Values

The 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 Values

The values of EFAD guide how we make decisions and define our approach to partnership and collaboration.

Our core values are: fairness, openness, non-discrimination, collaboration and independence. These are expressed more fully in the way EFAD conducts its business, observing our Code of Ethics and Code of Good Practice and being:

- democratic, transparent and inclusive
- independent and ethical
- discerning and open to new ideas and approaches
- credible, objective and honest
- an effective communicator
- supportive of opportunity, innovation, creativity and entrepreneurship
- respectful of the values that members hold and their capabilities
- a partner with clients, colleagues and others
- active in pursuing excellence

About EFAD

EFAD was established in 1978 and has 34 dietetic association members and 36 higher education institute members representing nearly 35,000 dietitians and 10,000 students in 29 European countries. The Federation is directed by its Annual General Meeting and represented by an Honorary President and Executive Committee.

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 NDAs and other organisations: professional, educational and governmental
- encourage a better nutrition situation for the population of Europe.

EFAD pursues these aims in co-operation with the member Associations and with international organisations. Our stakeholders include dietetic associations, dietitians, citizens, national ministries, higher education institutions, non-governmental organisations, food industry, policy-makers and other health professionals. Our engagement with these groups reflects our independence and acts in the best interest of the populations we serve.

By embedding dietetic education, professional practice and research activity in dietetics throughout Europe, we enable high quality engagement at all levels, thereby addressing health determinants and creating supportive environments for healthy lifestyles and prevention of disease through nutrition.

Honorary President's Report



Dietitians, as never before, are taking the initiative and are on the move! A European Dietetic Action Plan 2015-2020 (EuDAP) has been prepared which will unite dietitians across European borders to meet the European Food and Nutrition Action Plan (2015-2020). Each EFAD member Dietetic Association will respond in a way that reflects their own national plans but the five overarching objectives of EuDAP will provide a framework for dietitians to showcase their contributions to Health 2020.

Competent and safe dietetic practitioners across Europe remain our most valuable contribution to Health 2020. The Professional Practice Committee has published a paper on the status of registration and recognition of practitioners across Europe. And the National Associations in both Romania and Cyprus are moving the dietetic profession closer to professional recognition. The use of a Standardised Language of Nutrition and Dietetics is being promoted through a network of dietitians and again demonstrates how the profession is collaborating to improve practice.

EFAD has confidently promoted and moved the health, food and nutrition agenda in Europe forward in 2015. Our next planning phase will build on the undoubted strengths of European dietitians.

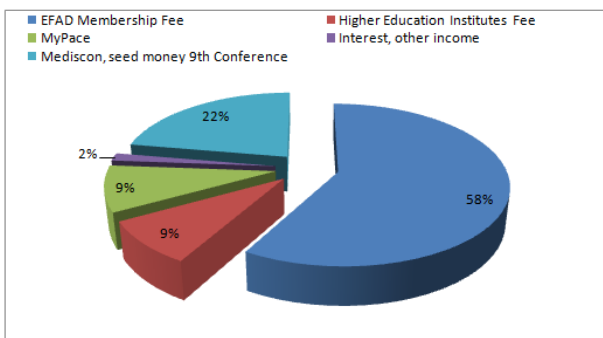
Anne de Looy, Honorary President of EFAD

Honorary Treasurer's Report



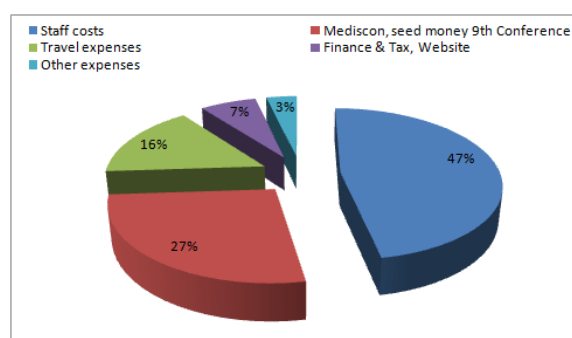
Income 2015

EFAD Membership Fee	86 692,38 €
Higher Education Institutes Fee	12 900,00 €
MyPace	13 750,00 €
Interest, other income	2 306,07 €
Mediscon, seed money 9th Conference	33 132,00 €
TOTAL	148 780,45 €



Expenses 2015

Staff costs	78 889,58 €
Mediscon, seed money 9th Conference	45 000,00 €
Travel expenses	26 247,18 €
Finance & Tax, Website	11 264,40 €
Other expenses	6 123,58 €
TOTAL	167 524,74 €



Manuela Thul
Honorary Treasurer of EFAD

Secretary General's Report

I am happy to report that EFAD continues to grow in strength and influence. The number of dietitians within our member associations reached almost 35.000 in 2015. We believe this represents 50% of all dietitians in Europe, which makes EFAD a credible and influential voice when advocating for the profession.

EFAD was represented on 39 occasions in 2015, including at six European Commission events and a WHO stakeholder consultation event.



EFAD continued to advocate on behalf of dietitians and contributed to European Commission consultations on the School Fruit and Milk Scheme and the ESCO consultations on the definition, skills and work fields of dietitians and dietetic technicians in Europe.

EFAD's stakeholder database was extended and the Facebook pages and LinkedIn group attracted more users. The number of registered website users increased by over 25%. All users now receive weekly newsflashes and a quarterly newsletter which promotes dietetic activity as a priority.

I would like to express my thanks to all the many colleagues who voluntarily take forward the work of EFAD. With their help we can justifiably claim that EFAD is:

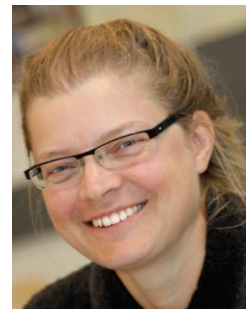
“the voice of European Dietitians”.



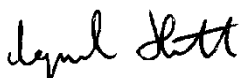
Judith Liddell
Secretary General

The Education and Lifelong Learning Committee Report

The ELLLC focused on revisions of the *European Academic and Practitioner Standards for Dietetics* and the *European Dietetic Competences*. A revision of the definition of a “dietitian” was started and a report to guide recommendations about Continued Professional Development (CPD) in Europe was written together with the Professional Practice Committee (PPC).



A consultation on the feasibility of EFAD certifying or endorsing LLL courses for dietitians was undertaken and a report written.



Prof. Agneta Hörnell
Chair of Education Committee

Professional Practice Committee Report

The focus of the work during 2015 continued to advance 3 projects of previous years:

1. Nutrition Care Process (NCP) and Terminologies: A group of country experts has been identified and is available on the EFAD website. The PPC coordinated a workshop on the application of a NCP and terminologies in Higher Education Institutions.

2. Registration project An executive summary of the report described the current situation on dietetic registration in Europe and specific action-oriented recommendations. In the coming months the full paper will also be finalized.

3. Supplement to the current Code of Ethics A substantive summary of the supplement was published along with an application-oriented case study



*Constantina
Papoutsakis*

Constantina Papoutsakis
Chair, Professional Practice Committee

Research and Evidence-based Practice Committee Report

The REBPC published the 3rd issue of the eJournal¹ in February 2015. The journal aims to encourage students and dietitians to write about their research and to share knowledge and expertise across Europe.

The REBPC created a database² for dietitians working in research, which by July 2015 contained 154 registered dietitians from 13 countries and organized a round-table session at the EFAD conference on “evidence based working in dietetic practice”.

To encourage dietitians to run research projects, a presentation on writing to obtain funding was published³. The REBPC advised EFAD on its participation in research projects.



Dr. Elke Naumann
Chair Research Committee

¹ <http://www.efad.org/research/5348/5/0/80>

² <http://www.efad.org/research/4738/5/0/80>

³ <http://www.efad.org/research/3383/5/0/80>

European Specialist Dietetic Network (ESDN) Reports

ESDN – Food Service



ESDN Food Service (previous ESDN Administrative dietitians) changed the name in order to clarify the focus of interest and competence.

We hosted a roundtable session at the conference on the subject “Creating healthy food and eating environment in hospitals” and wrote a position paper on the Role of the Food Service Dietitian⁴ During 2015 we recruited key contacts (with the aim to have one key contact representing each country in EFAD) and created a Facebook account.. A mission & vision for ESDN food service (based on EFADs mission & vision) was resolved in agreement within the network of food service dietitians who have participated in workshops at EFADs conferences in previous years.

Ylva Mattsson Sydner

ESDN Oncology



The ESDN for Oncology was convened in 2015 and hosted a roundtable on oncology at the conference.

The knowledge that poor nutritional status can affect outcomes for oncology patients has led to an increase in the number of dietitians working in oncology. However, there continues to be a lack of consensus in the diagnosis of malnutrition and the best ways of providing nutritional support.. International exchange among the dietitians should take place in order to care for oncological patients in a standardized and evidence based way. Our hope is to connect with other European Oncology Dietitians to discuss evidence and share practice

Carolina Bento, Julia Lobenwein and Clare Shaw

ESDN – Older Adults

Our mission is to translate scientific knowledge on ageing and geriatric nutrition to evidence-based practical information and tools, enabling dietitians in Europe to improve dietetic care of older adults.

A revision of a briefing paper was undertaken and presentations on “Attitude and practice regarding to diagnosis and treatment of starvation, cachexia and sarcopenia” were made at the EFAD conference.

Elisabet Rothenberg

⁴ <http://www.efad.org/specialists/5312/7/0/80>

ESDN - Public Health



In 2015 the ESDN Public Health agreed our Mission and Vision and worked on policy issues, proposing amendments to various public consultations (on EU School Fruit and Milk Schemes and EuDAP) and endorsement of the manifesto for planetary health by The Lancet and EGEA statement. We are preparing a statement on use of nutrient profiles to promote healthy eating. We established a system that enables prompt collection and exchange of significant political documents dealing with national and European sectors of public health and dietetics and delivered a roundtable at the EFAD conference discussing fiscal measures on food and drinks.

Grigoris Risvas

ESDN – Obesity



The ESDN Obesity aims:

1. To improve dietetic obesity management through evidence based treatment methods
2. To define competences needed for obesity management in Europe
3. To enlarge the scope of the ESDN by inviting specialists on bariatric surgery and prevention from EFAD member countries to be members of the ESDN
4. To improve communication between the ESDN Obesity and the other ESDNs by appointing linking persons

In 2015 the ESDN Obesity accomplished four commitments:

- 1) Hosted a round table on European dietary guidelines on obesity at the European Conference on Obesity (ECO) May 2015
- 2) Submitted a joint commitment to the EU Platform on Diet, Physical Activity and Health in cooperation with the Nutrition Working Group of EASO to develop Dietary guidelines for prevention and medical nutrition therapy for treatment of obesity
- 3) Mapped obesity expert groups of dietitians in European countries
- 4) Presented an ESDN Obesity round table at EFAD conference, Amsterdam, October 2015

Plans were started to cooperate with the ESDN diabetes in a joint project “Preventing tomorrow’s chronic diseases today” which aims to improve knowledge and skills of dietitians in Europe, and to increase awareness among other health professionals and politicians of the role and importance of the dietitian in prevention and management of both obesity and diabetes.

Ellen Govers and Maria Hassapidou

ESDN – Diabetes



ESDN Diabetes undertook a survey of dietitians working in diabetes across Europe which showed a wide diversity of expertise, practice and approaches in the work of dietitians.

We were involved in World Diabetes Day activities in social media and are increasingly involved in research activities both as stakeholders within European projects and in the planning of future work.

Duane Mellor and Aimilia Papakonstantinou

ENDietS - European Network of Dietetic Students



ENDietS was launched on the 9th February and members were officially welcomed by a video from the presidents of ENDietS. ENDietS now has more than 1000 registered members and 1596 Facebook followers!

Since February we have offered our members three free webinars and have produced three cooking videos with dishes from different countries for the members. All our webinars and videos can be found on the ENDietS YouTube channel⁵. In March 2015 ENDietS started to send regular bulletins to its members. At the 2015 EFAD Conference in Amsterdam ENDietS presented its own students program which contained two lectures and two workshops as well as a general meeting and a committee meeting.

ENDietS presidents received the “Students of the Year” award from CN Magazine in the UK.

We are very happy with the goals we have achieved in such a short time and we have ambitious objectives for the upcoming year which have been outlined in the work plan for 2016.

Amelie Kahl & Ann-Christin Lindenau

⁵ https://www.youtube.com/results?search_query=Endiets

Appendix 1: What EFAD achieved in 2015

Membership

EFAD retained all Full Members (29). The Croatian Society of Nutritionists and Dietitians joined as Affiliate Members, raising the number of Affiliate Members to five.

EFAD now represents almost 35.000 dietitians in Europe.

Education Associate Members increased to 36 with a further 4 in the process of joining. Together they teach over 10.500 dietetic students.

European Network for Dietetic Students (ENDietS)

Had over 1000 members by December 2015

Committees

The **Education and Lifelong Learning Committee** (ELLLC) produced a “Definition of a Dietitian” report, a “Lifelong Learning Certification” report and, together with the PPC, worked on a “Registration Survey” report.

The **Professional Practice Committee** (PPC) worked on the “Nutrition Care Process (NCP) & Terminologies” report.

The **Research and Evidence Based Practice Committee** (REBP) published two eJournals⁶ and a report on the “EFAD Research Database”⁷. They steered increased involvement in research activities both as partners and stakeholders within European projects (two applications were successful) and in the planning of future projects.

European Specialist Dietetic Networks (ESDN)

An ESDN for Oncology was added to the five established ESDNs (Obesity, diabetes, older adult, public health and food service) while calls for nominations to ESDNs for Primary Care and Education were made.

The ESDN Obesity collected guidelines on Obesity from EFAD members so that they could produce European Obesity Guidelines. They presented this work to ECO2015 and have, jointly with EASO, submitted a commitment to the EU Platform on Diet, Physical Activity and Health to develop European Guidelines on Dietary Treatment of Obesity.

The ESDN Diabetes undertook a “Survey of Dietitians working in Diabetes Management across Europe.

The ESDN Food Service developed a position paper on the “Role of the Food Service Dietitian”.

The ESDN Public Health worked on developing an EFAD position on “Fiscal measures on foods and non-alcoholic drinks” and a Position Paper on “The role of the Dietitian in Public Health Dietetics”.

These reports, guidelines and positions are due for publication in early 2016

Publications

EFAD Work Plans and Business Plans for 2016⁸

Standardised Language/ Nutrition Care Process vision paper⁹

Continuous Professional Development report¹⁰

⁶ <http://www.efad.org/research/4821/5/0/80>

⁷ <http://www.efad.org/research/4738/5/0/80>

⁸ <http://www.efad.org/aboutefad/2847/5/0/80>

⁹ <http://www.efad.org/professionalpractice/5216/7/0/80>

¹⁰ <http://www.efad.org/downloadattachment/3881/6209/Embedding%20Lifelong%20Learning%20Policies%20in%20Europe.pdf>

Events

26th General Meeting – 24 Full Member Associations attended the business meeting with 3 Affiliate and 25 Education Associate Members joining them for the strategic planning meeting. The 9th EFAD conference had 404 registrations, 40 presentations and 48 original research abstracts

Consultations

- School Fruit and Milk Scheme
- European Skills Competences Occupations (ESCO) “Definition of a Dietitian”

Representations

EFAD was represented 39 times (44 times in 2014), including:

- 6 European Commission events
- 1 WHO event
- 2 European Food Safety Authority Stakeholder Platform meetings
- 2 Joint Programming Initiative Stakeholder Advisory Boards
- 2 European Nutrition for Health Alliance meetings
- 4 EFAD member association events
- 3 European Public Health Alliance meetings
- ECO/Food4Me/Gut Microbiota/PiSCE/EFPC/Milan Expo 2015

Appendix 2: 26th General Meeting and 9th Conference Report



The EFAD26th General Meeting and 9th Conference took place in Amsterdam on 22-24 October 2015 and was the largest ever EFAD General Meeting.

The Business Meeting was attended by 24 of the 29 full member associations who agreed that EFAD should:

- adopt the European Dietetic Action Plan
- establish a charity to raise funds to support European dietetics
- elect an Honorary Vice President
- increase income in coming years
- accept the business and work plans for 2016
- work further on the definitions of “dietitian” and “dietetics”

The German Dietitians Association, represented by Manuela Thul, was elected as Honorary Treasurer 2015-2019.

The meeting was then joined by 3 affiliate member associations, 25 education associate member organisations and representatives of the students network and each European Specialist Dietetic Network. Judith Liddell, in her Secretary General’s report, presented “EFAD - Voice of European Dietitians” which highlighted how EFAD promotes the profession.

Three workshops enabled delegates to discuss:

- Recognition of Professional Qualifications and the importance of Registration, Lifelong learning and Ethics
- The European Dietitians Action Plan adoption and implementation process
- The EFAD Strategic Plan 2017-2021 and to participate in a Foresight brainstorm to start the process of identifying future priorities for the profession

The 9th EFAD Conference, which was attended by 404 delegates from 36 countries, had over 40 lectures and 48 original research presentations. The conference was supported by 11 different organisations. Most of the presentations are available for download on <http://efadconference.com/>

A conference “photo gallery” is available on <http://efadconference.com/photos/>

Appendix 3: Organisations with whom EFAD collaborates

ICDA

International Confederation of Dietetic Associations www.internationaldietetics.org



WHO Europe

World Health Organisation Regional Office for Europe www.euro.who.int/nutrition
(representative Anne de Looy)



EU Platform

EU Platform for Action on Diet, Physical Activity and Health

http://ec.europa.eu/health/nutrition_physical_activity/platform/index_en.htm

(Representatives Anne de Looy & Judith Liddell)



EFSA

European Food Standards Agency www.efsa.europa.eu

(Representative: Michael Gore)



EPHA

European Public Health Alliance www.ephpa.org

(Representatives Judith Liddell, Seniz Ilgaz and Amanda Avery)



ENHA

European Nutrition for Health Alliance <http://www.european-nutrition.org>

(Representatives Anne de Looy & Judith Liddell)



EFPC

European Forum for Primary Care <http://www.euprimarycare.org>

(Representative: Dimple Thakrar)



EUFIC

European Food Information Council <http://www.eufic.org>

(Representatives Anne de Looy & Judith Liddell)



BiB

Breakfast is Best <http://www.breakfastisbest.eu>

(Representative Judith Liddell)



GDS

Global Diabetes Survey <http://www.globaldiabetessurvey.com>

(Representative Duane Mellor)



World Obesity

www.worldobesity.org

(Representatives Maria Hassapidou & Ellen Govers)



EASO

European Association for the Study of Obesity www.easo.org

(Representatives Maria Hassapidou & Ellen Govers)



Appendix 4: Projects, Collaborations and Consultations

FibeBiotics (2011-2016)

“Dietary Fibers supporting Gut and Immune Function – From polysaccharide compound to health claim”

Lead partner: DienstLandbouwkundigOnderzoek, Food & Biobased Research, NL.

EFAD is a member of the Scientific Advisory Board and represented by Annelies Rotteveel

Food4Me (2011-2015)

“Personalised nutrition: An integrated analysis of opportunities and challenges”

http://cordis.europa.eu/fetch?CALLER=FP7_PROJ_EN&ACTION=D&DOC=1&CAT=PROJ&QUERY=0130f43406d1:8d58:586d9904&RCN=98657

Lead partner: The Institute of Food and Health, University College Dublin, Ireland

EFAD is a stakeholder in the Ethical and Legal issues workpackage and represented by Anne de Looy and Judith Liddell

EIP Active and Healthy Ageing

http://ec.europa.eu/research/innovation-union/index_en.cfm?section=active-healthy-ageing

Lead Partner: European Commission

EFAD is a member of a joint action to prevent frailty through screening for malnutrition and represented by ENHA

JPI Healthy Diet for a Healthy Lifestyle

www.healthydietforhealthylife.eu/

Lead partner: Instituto de Salud Carlos III

EFAD is a member of the Stakeholder Advisory Board (SHAB) and represented by Anne de Looy & Duane Mellor

The Optimal Nutritional Care for All (ONCA) campaign

<http://www.european-nutrition.org/>

A multi-stakeholder initiative launched in 2014 to facilitate greater screening for risk of disease-related malnutrition/undernutrition and nutritional care implementation across Europe

Lead Partner: ENHA, of which EFAD is a member

EFAD is represented by Anne de Looy

Feel4Diabetes study

<http://feel4diabetes-study.eu/>

“Families across Europe following a hEalthy Lifestyle 4 Diabetes prevention”

A European study aiming to promote healthy lifestyle and prevent type 2 diabetes in families from vulnerable population groups

Lead Partner: Harokopio University, Greece

EFAD is a member of the International Advisory Board and represented by Duane Mellor