



The Voice of

European

Dietitians

Vice President's Message

I have the honour to follow Professor Anne de Looy as acting President. What a job! Anne has said *au revoir* after almost eight years of excellent work as President of EFAD. We are very happy that she did such a marvellous job and we thank her. She leaves us with a healthy organization ready to face new challenges and to take advantage of all the opportunities we have as dietitians in a changing environment.

In particular, when Anne became President in 2010, she identified a major strategic aim for EFAD, which was finally achieved last month when EFAD was proposed for accreditation as a regional non-State actor in official relations with WHO Europe. As a result of this, EFAD hopes to join the 68th session of the WHO Regional Committee meeting in September. For more on this important development, see Anne's article on the next page. At the EFAD conference in Rotterdam next month we hope to report back on progress towards the deliverables that are part of our agreement with WHO. The conference programme is available here:

<http://efadconference.com/>

I hope to see many of you in Rotterdam, in particular our colleagues from Austria, where from 1 July, following a change in the law, graduate qualified dietitians who wish to practice in Austria must be entered in the national Health Care Register. The establishment of this register for medical health care professions ensures long-term quality assurance and patient safety. Congratulations Austrian dietitians!

Annemieke van Ginkel Res



The World Health Organisation (WHO) directs and coordinates responses for international health within the UN. They provide leadership through partnership, shape research agendas (including evidenced-based policy options), set standards, provide technical support and monitor health situations and trends (surveillance). Each region of the world has its own unique profile and needs, so there are six regions each with their implementation policies, reports and surveillance data which contribute to world health. We are part of the European Region of 53 countries.

The WHO European Regional Committee meets annually in September and next month **EFAD will be invited for the first time as an accredited non-State actor**. Member States are usually represented by their Ministers of Health. At these meetings the following topics are typically addressed:

- formulation of regional policies
- supervision of the activities of WHO European Region
- comment on the regional component of the WHO proposed programme budget

Within the European WHO Region, EFAD has identified The Division of Noncommunicable Diseases and Life-course as critical to our strategic planning, in particular the team currently working in Nutrition, Physical Activity and Obesity. The significance of this division and its work on nutrition and obesity for European dietitians in public health and primary care cannot be underestimated. They are responsible for European Nutrition (and physical activity) policies and surveillance data that are used by all National Dietetic Associations, Higher Education Institutions and individual dietitians at some point in their careers.

In 2013, the European Ministers of Health from all 53 countries in WHO Europe, published the *Vienna Declaration on Nutrition and Noncommunicable Diseases in the context of Health 2020* and called on the WHO Europe to produce the *European Food and Nutrition Action Plan (2015-2020)*¹ (FNAP), which was adopted at the 2014 Regional Meeting. In response to this plan, EFAD prepared and then in 2015 adopted the *European Dietetic Action Plan (EuDAP)* 'to demonstrate the commitment of dietitians in Europe to achieve better nutrition and sustainable health, through pro-active engagement with the European Food and Nutrition Action Plan (2015-2020), Health 2020, and other EU initiatives.'²

The work of dietitians in EFAD supports the achievement of the goals of FNAP and specifically the health goals of our governments in Europe. Our reports to the WHO Europe Regional Committee will be seen by all 53 member countries and offer potential for further recognition of the importance of dietitians in promoting health through food and nutrition. In particular EFAD will be reporting specifically on the activities of dietitians in the following five priority areas (next page).

The accreditation of EFAD as a non-State Actor means that we will be promoting the role, work and expertise of dietitians across Europe, beyond our present membership.

¹ WHO European Action Plan for Food and Nutrition Policy 2015-2020
http://www.euro.who.int/_data/assets/pdf_file/0008/253727/64wd14e_FoodNutAP_140426.pdf?ua=1

² European Dietetic Action Plan EFAD (2015) <http://www.efad.org/en-us/eudap/>

Identified Priority Area for EFAD and European Dietitians	How we intend to gather and report on outcomes 2018 - 2020
Achievement of actions identified in FNAP	Through annual data collection and reporting on dietetic activities as identified by EuDAP
Guidelines/Recommendations for the treatment of obesity for health professionals (dietitians, physicians and others) and for obese adults and children.	<ul style="list-style-type: none"> a) A joint commitment between EFAD and European Association for the Study of Obesity (EASO) to the EU Platform for Action on Diet, Physical Activity and Health to develop and disseminate evidence-based best-practice European dietary & lifestyle guidelines for Management of Obesity in Adults and Children b) Embed the guidance through workshops at the European Conference for Obesity (ECO) and disseminated through publications and at EFAD and other conferences.
Behaviour change to improve competence in nutritional and health care by dietitians and other health professionals primarily in primary care	<p>Create and build learning support materials in:</p> <ul style="list-style-type: none"> a) Behaviour change; using currently developed materials disseminate and enter into dialogue to promote their use and evaluate b) Physical activity and lifestyle; through EFAD's European Specialist Dietetic Network (ESDN) for Sport and Physical Activity develop, promote widely and evaluate efficacy for promoting change c) Evaluating hydration and promoting the essential nutrient water for a healthy life; develop learning materials and guidance documents to promote hydration in older people and more generally using EFAD European Specialist Dietetic Networks (ESDNs)
Improve hospital nutrition	Support the revitalisation of <i>the WHO Hospital Nutrition European Action Network</i> , particularly drawing on the expertise of European Food Service Dietitians and others with special emphasis on malnutrition, through engagement with the Member State tasked with leading the initiative (Israel).
Support the work of the WHO European Region	Engage European dietitians in surveys and other initiatives promoted by the WHO European Region, working with European Member States and other actors to disseminate findings through EFAD nutrition and dietetic networks both within Europe and internationally.

Professor Anne de Looy
EFAD President 2010-2018

Belgium

Belgian Dietitians Week 2018 – HAP Homemade | Adjusted | Personal



Nelle Dierynck on national radio with Jan Hautekiet



On March 19, the 14th *Belgian Dietitians Week* started with a lot of media attention. Live on a national radio station, dietitian Nelle Dierynck answered questions about healthy food from listeners. The live streaming on Facebook had over 6300 views.

The theme this year was *Homemade – Adjusted – Personal* or HAP for short. This highlighted the expertise and practical coaching of dietitians to enable people to make appropriate lifestyle and food choices. The focus was on improving the consumption of fruit and vegetables, and on maintaining hydration. The national consumption poll of 2014 indicated that most of the Belgian population do not eat enough fruit, eats only 145g of vegetables a day and does not drink enough water or unsweetened drinks.

New this year was the integration of social media like Facebook and Instagram, which was very successful as measured by the large number of posts during this week.

Below you can find some of the actions organized during the week:

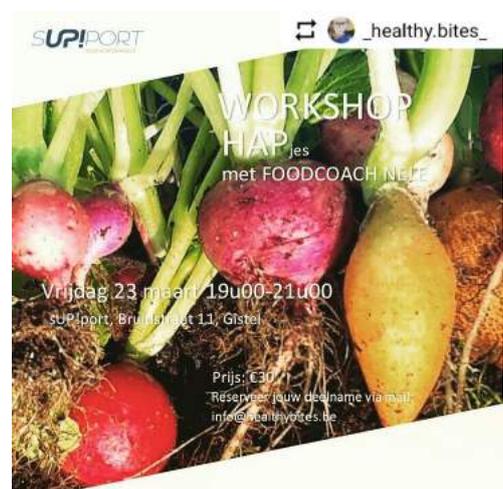
Bootcamp Class



Because sporting activity can contribute to a healthy lifestyle, sports dietitian Didier Verlee organized a bootcamp session featuring a full-body workout. At the end of class, everybody received fresh fruit.

Healthy Bites Workshop

This was a workshop about preparing healthy appetizers.





Alignment Dance Company Prepared for their Dance Tour

The dancers of the Alignment Dance Company trained for more than six months for their tour. A dietitian provided free nutritional advice in the dance centre and gave each dancer a factsheet with nutritional *Do's and Dont's* for dancers. On the day of the premiere, a dietitian served healthy bites and each dancer had a bright green VBVD drinking flask to ensure they maintained hydration.

Free Granola at Antwerp Railway Station

The dietitians of the “De voedingsbrug” Nutrition Centre provided free granola to all train passengers at Antwerp railway station.



Take a look in the kitchen of the dietitians in the “De Ridder” Nutrition Centre.

This was an opportunity for our clients to literally take a look in our kitchen!

Ann-Sofie Pusceddu
Coordinator, Flemish Professional Association of Dietitians (VBVD)



SAVE THE DATE
Belgian Dietitians Week: 18 – 24 March 2019

France

Hydration for Health 10th Annual Scientific Conference



The 10th Annual Hydration for Health Conference in Évian-les-Bains took place in June, sponsored by Danone Nutricia Research. Researchers from around the world presented robust and updated evidence on hydration for health. The agenda included lectures on:

- Water Metabolism
- Hydration and Renal Health
- Hydration in Children
- Water and Fluid Intake
- Hydration and Exercise Performance
- Safe Water and Health

EFAD and Danone Nutricia Research gave the opportunity for 20 dietetic students to attend the conference. Students acquired knowledge on topics of high importance in dietetics, such as:

- methods for assessing fluid intake (Dr J Gandy)
- clinical markers of dehydration (Dr E Perrier)
- the different types of fluids (Dr M Wakolbinger)
- methods to create a hydrogenic environment (Dr E Guelinckx)

“Some of the researchers that presented during the conference have written articles that I actually read. Therefore, it was very inspiring for me to hear them speak.”

N.S., dietetic student, member of EFAD

The conference also included a two-hour course specifically for dietitians. The Acting Honorary President of EFAD, Annemieke van Ginkel-Res, introduced the course and referred to the Healthy Hydration Awareness Campaign (EuHHAC), as part of the EFAD European Dietetic Action Plan (2015-2020). The Campaign aims to promote healthy hydration and develop evidence-based educational materials for dietitians to use in daily practice.

The leader of the EuHHAC, Pauline Douglas, delivered a session on the role of dietitians in hydration education. This included the terminology of total water and total fluid intake, the recommended intakes by the European Food Safety Authority and how to recognise early signs of dehydration. The students heard practical advice on how to help people stay hydrated and discussed the mixed messages that they often encounter, such as whether drinking fruit juices contributes to healthy hydration.

The last part of the session focussed on older people and those living in long-term residential care. In particular, the session looked at the health consequences of dehydration as well as the use of subcutaneous fluids for rehydration in cases of mild or moderate dehydration. In the final practical activity, students were asked to list potential barriers and facilitators in the fluid intake of older people living in care settings. Students highlighted barriers such as: lack of appetite or thirst, mobility problems, and inadequate knowledge and assistance of staff. Facilitators included: meeting individual fluid preferences, increased availability of fluids and the value of the social aspect of drinking.



Katerina Belogianni
Dietitian & PhD Researcher
Kingston University & London University

SHARE.CREATE.TASTE.

The Foodture

ANTWERP FEBRUARY 09 2018



Belgium

ENDietS contribution to the Foodture Symposium

All dietetic schools in Belgium hold an international week in February each year. This year in Antwerp, Artesis Plantijn University College and The Hague University of Applied Sciences organised *The Foodture* symposium. This event was the conclusion of a week on sustainability and entrepreneurship.

Throughout the week leading up to *The Foodture*, groups of international students within the field of Nutrition and Dietetics worked together to create a sustainable business plan. In the symposium day, during the breaks, each group of students presented their conclusions relating to sustainable dietetics, food processing and production, together with marketing and the behaviour spectrum of consumers.

During this day ENDietS was also present, giving students the opportunity to get to know the organization, ask questions and find out more about the network.

The symposium itself included many international speakers within the theme of food sustainability and innovation, allowing a very interesting exchange of ideas between teachers, students and colleagues. After sharing all this knowledge and ideas, it is clear that as dietitians and future professionals, it is imperative that we take into consideration food sustainability in all of our decisions. Our future has to be a sustainable future!



Beatriz Neves
ENDietS International Anchor
Inês Ramalho
ENDietS International Anchor
Íris Sousa
ENDietS Secretary General

Editor's Note: At similar events in Ghent and Geel, EFAD staff Judith Liddell and Reka Kegyes Bozo presented information to students about EFAD and the future of dietetics.

United Kingdom



PEN[®] is an online searchable database designed **for** dietitians **by** dietitians. PEN[®] helps **you** be a leader in evidence-based practice. As busy practitioners, it can be challenging to stay abreast of the latest science in food and nutrition - especially in today's ever-changing environment. Diet manuals and textbooks served practitioners well in the past but are often limited in their scope and can be out-of-date even before they are published.

To address the above need, Dietitians of Canada developed PEN: Practice-based Evidence in Nutrition[®] – The Global Resource for Nutrition Practice. PEN is a dynamic knowledge translation tool – interpreting evidenced-based research into practical information to support dietetic practice on more than 190 nutrition and dietetic-related topics. It is managed by a collaborative partnership comprising the British Dietetic Association, the Dietitians Association of Australia and Dietitians of Canada. Specialist dietitians from this collaboration create and review PEN content ensuring it is transferable into practical advice.

As PEN covers a wide breadth of knowledge, it is a useful tool used by a range of professionals working within different sectors such as; dietitians in practice, those in research with an interest in diet and nutrition, students and many more. As there is such a breadth of information, PEN can be used to support patient consultations as well as a reference to background information on a rare condition you may be less familiar with.

Knowledge pathways have been created to separate each nutrition and dietetic-related topic. There are four main knowledge pathway categories: Population Health/Lifecycle Issues, Health Condition/Disease, Food/Nutrients and Professional Practice. Click here to view a list of the knowledge pathways: www.pennutrition.com/toc_public.aspx These are structured, simple to navigate and offer a range of evidence-based information including background information, evidence summaries, practice guidance toolkit and further related tools and resources. Practice questions are also included for some knowledge pathways which provide answers to the questions encountered in every day practice.

Interested to learn more? Please sign up for a free trial here: www.pennutrition.com/signup.aspx There are many resources including a dashboard tour and video tour to support you to get the most out of PEN, these tours can be found here: www.pennutrition.com/toursvideotutorials.aspx

Trending Topics are published on the PEN website in timely response to recent media and journal articles, position statements, clinical guidelines, etc. Since they are based on the most recent evidence/publications, they may not be consistent with PEN evidence in other PEN content areas. As soon as possible, when this occurs, the PEN content will be reviewed and updated as needed. Current and past trending topics can be found here: www.pennutrition.com/TrendingTopics.aspx

Want to keep up to date with new evidence, resources and features available in PEN? Sign up here www.pennutrition.com/casl.aspx?ReturnURL=/enews_archive.aspx for the PEN eNewsletter, which is published every two months.



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



Special Olympics
Health

MADE POSSIBLE BY FOUNDATION
Golisano

Belgium

Golisano Health Leadership Award for Dietitian

On 27 June, Special Olympics handed out the Golisano Health Leadership Award to dietitian Diane Buekers, Clinical Director Health Promotion of Special Olympics Belgium for her outstanding efforts and enthusiastic hard work.



Left to Right:

Eva Kennis

Editor in Chief, 'Voeding en Diëtetiek', VBVD

Rian van Schaik

Chairman of the Board of Directors, VBVD

Diane Buekers

Clinical Director Health Promotion of Special Olympics, Belgium

Suzy Vereecken

Dietitian and Coordinator, ONCA Belgium Alliance

The Special Olympics Healthy Athletes Program aims to evaluate both physical and mental health of the participating athletes since physical discomfort or problems in disabled people often go unnoticed or are not diagnosed in time. The Program offers free health screening during the Special Olympics, carried out by health care professionals such as dietitians assisted by students from different universities and high schools. Dietitians provide personalized dietetic and physical exercise advice with referral to a medical caregiver where necessary.

Diane was also involved in a project called '*Eten is een feest! Eating is a party!*' for people with multiple mental and physical disabilities living in a care home, particularly those with swallowing and chewing problems.

Diane has brought the nutritional needs of children and adults with multiple mental and physical disabilities in care homes to the attention of decision-makers in Belgium. She also showed how the expertise of a dietitian and personalized evidence-based nutritional interventions for mentally and physically disabled persons, play a major role in providing adequate care. This is an outstanding example of good practice by a dietitian and Diane provides an excellent role model for dietitians and all professionals who have an interest in clinical nutrition.

Finally, Diane has become involved with the ONCA (Optimal Nutritional Care for All) initiative <https://european-nutrition.org/>, and will be an invited speaker at the next Annual ONCA European Congress in Portugal.



Rita Stiers
Coordinator

Flemish Professional Association of Dietitians (VBVD)

The Annual Nutrition Congress of the Austrian Association of Dietitians (VDO) Vienna, March 2018: The Healthy Gut

There was a new attendance record at this year's congress and notable guests included the Federal Minister of Social Affairs and Health, and the President of the Chamber of Labor.

Diseases of the intestinal tract are a particular challenge, where dietitians can contribute significantly to enable patients to again eat with pleasure and thus regain a better quality of life.

Each year, about 1.4 million people worldwide develop colorectal cancer. This common form of intestinal cancer occurs 20 times more frequently in industrialized countries than in developing countries. Research suggests that a combination of proper diet and exercise would prevent half of all colon cancer cases.

In her opening speech, Professor Hofbauer, President of the VDO, commented on the growing importance of the dietitian in the health care system and the enormous interest shown by scientists and the general public in the congress theme. The gut has now moved into the centre ground of scientific research in areas such as the gut microbiome and intestine-brain axis. Today, we also know that the gut and psyche are very closely interlinked and that a major part of the immune system is organized in the intestine. With a particular focus on the connection between science, medicine and evidence-based dietetics, the congress was interdisciplinary in the best sense of the word. Professor Hofbauer also mentioned the wide range and increasing number of food intolerances that patients complain about.

Frequently, unqualified 'experts' administer questionable tests and offer nutritional advice involving restrictions on eating certain foods, which make those patients affected become insecure and afraid of eating at all. In their practice, dietitians often hear phrases such as: "If I had only known earlier that there are dietitians, then I would have been spared a lot of suffering!"

Dietitians: More and More in Demand

Whether in prevention or in therapy - dietitians are **the** nutrition experts when it comes to giving advice to people on food and drink in an acceptable way. The positive influence of nutrition on the recovery process and on human wellbeing is becoming ever clearer. The demand for dietitians in the medical health care process is therefore increasing. The Minister of Health, Ms. Hartinger-Klein acknowledged her full approval: *"In our Primary Health Care Centres, dietitians play a key role in the interdisciplinary cooperation with physicians and therapists"*. She went on to emphasise the importance of dietitians as key communicators with patients.

Referring to the current changes in society and the pending changes in the health system, Professor Hofbauer emphasised the importance of an active role for the dietitian: *"We need to position ourselves in this 'new' market and tackle the challenges. The VDO will continue to play an important role in the professionalization, development and positioning of our profession."*

Trudy Giesinger
Delegate for the Austrian Association of Dietitians

Save the Date



<http://efadconference.com/>

Deadline for submissions for the next Newsletter is 31 October 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 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...