



European Dietetic Action Plan EuDAP

EXECUTIVE REPORT 2018

*The commitment of dietitians in Europe
to achieve better nutrition and sustainable health*

The European Federation of the Associations of Dietitians

This executive report was prepared by The European Federation of the Associations of Dietitians and is adapted summary of EuDAP Report 2018.

Full EuDAP Report 2018 and online database of initiatives is available here: <http://www.eudap.org/>

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The European Federation of the Associations of Dietitians (EFAD) was established in 1978 and its role is to promote and develop dietetics on a scientific and professional level in the common interest of the member associations.

In 2018, EFAD had 33 National Dietetic Association (NDA) Members, representing over 35,000 dietitians in 29 European countries and 38 Education Associate Members (HEI), covering an additional two EU countries.

The European Dietetic Action Plan (EuDAP) 2015-2020¹, launched by EFAD in October 2015, is a commitment by dietitians throughout Europe to take actions that will achieve better nutrition and sustainable health, through pro-active engagement with Health 2020² and the European Food and Nutrition Action Plan (FNAP) (2015-2020)³. The action plan is designed to harness the power of collaboration among NDA's and HEIs, to work together, proudly talk about and circulate the yearly EuDAP report to all key stakeholders at their national level e.g. Ministers of Health. The EuDAP contains **five key objectives**, based on the FNAP. These objectives may be achieved at national, organisation or local level; recognising the contribution that dietitians make at all levels of society.

The EuDAP key objectives:

1. Ensure that healthy food and nutrition is accessible, affordable, attractive and sustainable.
2. Promote the gains of a healthy diet and nutritional support throughout the life course, especially for the most vulnerable groups in clinical settings and the community.
3. Use dietitians as educators and experts in community and clinical settings to advise the general population, other health professions, authorities (for example ministries, health insurance companies), mass media and industry.
4. Invest in establishing the effectiveness of dietitians in the delivery of better health through improved nutrition.
5. Strengthen governance, alliances and networks for a health-in-all-policies approach.

¹ European Dietetic Action Plan EuDAP (2015-2020) (<http://www.efad.org/en-us/eudap/>)

² Health 2020: a European policy framework and strategy for the 21st century. Copenhagen: WHO Regional Office for Europe; 2013

³ WHO Europe. European Food and Nutrition Action Plan 2015-2020

This year's progress report is the third in a series that will document progress on EuDAP and EFAD's strategic plan, adopted in 2015. This report is structured around the objectives of EuDAP. The data in this report are based on European dietetic activities from 2018, which were collected in 2019 EuDAP Survey.

This report will be used to help drive our common focus on facilitating collaboration between European dietitians and allow EFAD to catalogue dietetic activities / initiatives for use by NDA's and HEIs.

EuDAP Survey 2019

Participants

Five hundred and six dietitians, from 30 different countries, completed the online questionnaire with questions regarding their activities in the year 2018. The respondents represented 30 different NDAs and 31 HEIs (Annex, Figures 4-5).

Respondents of EuDAP Survey 2019 represent a variety of dietetic specialisations, as presented in Figure 1. It gives a good insight into European dietitians work, which is not only centered around clinical dietetics.

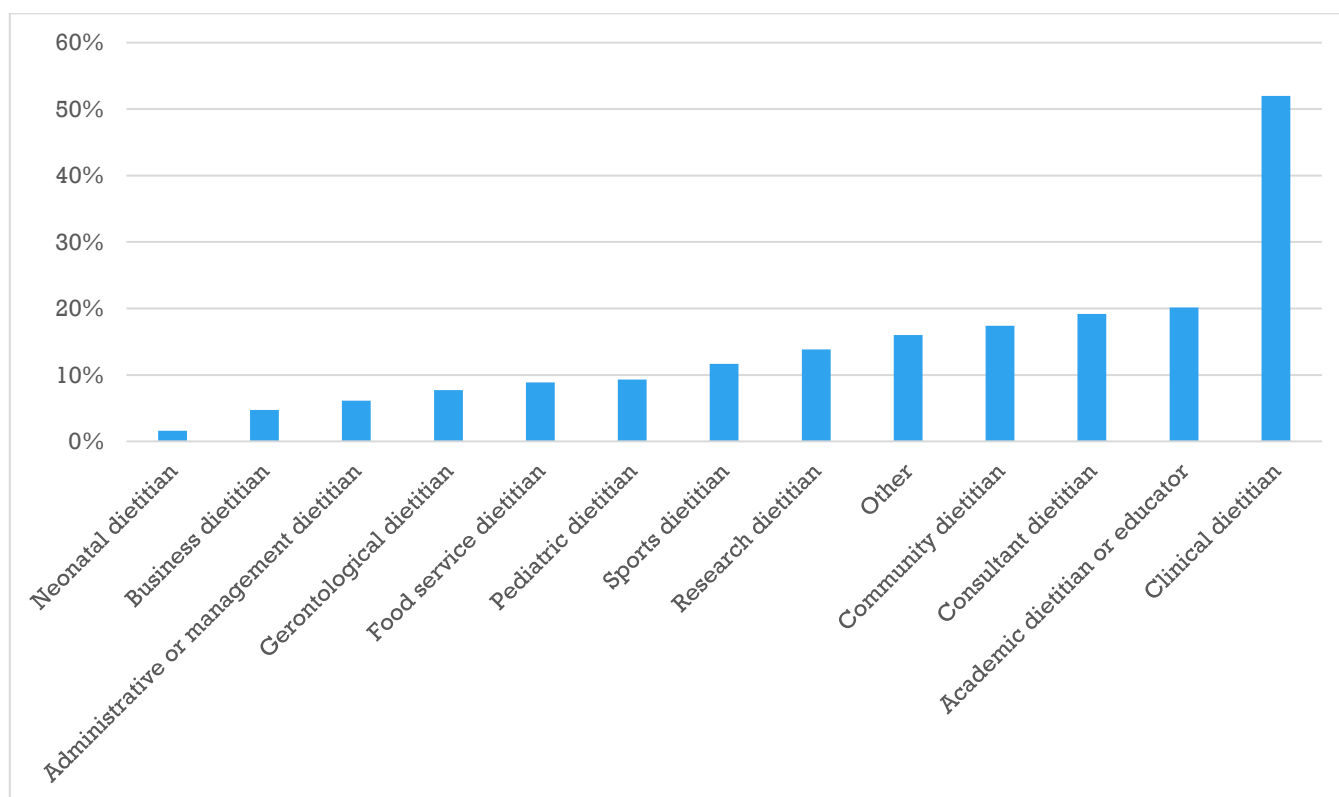


Figure 1. Dietetic profession of EuDAP Survey 2019 respondents

Results

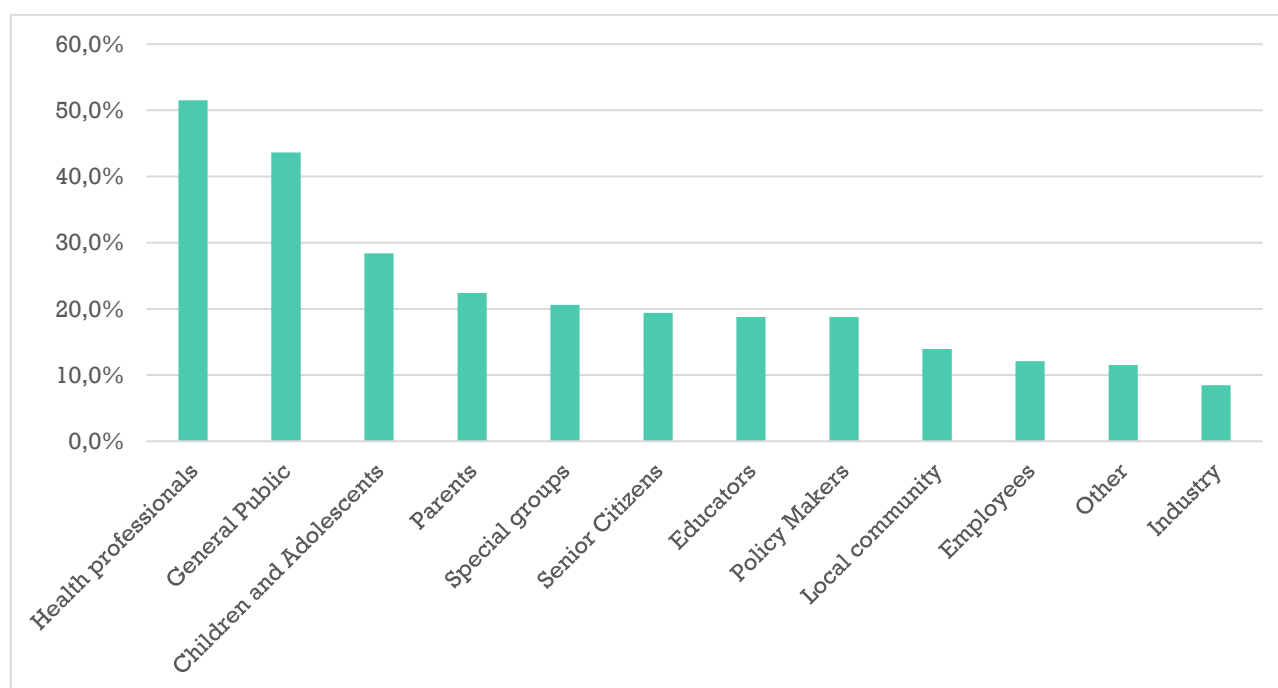
Individual members reported the work that dietitians are doing to meet EuDAP objectives and therefore also the objectives of the FNAP. There were 165 initiatives reported. Some of them were funded research projects others were projects and activities, which dietitians undertake locally or nationally. Many of the activities involved other stakeholders and therefore allowed dietitians to share their nutritional expertise and contribute to policy or further initiatives, which will improve health through better nutrition.

NUMBER OF DIETITIANS' INITIATIVES FROM 2018 AVAILABLE IN ONLINE DATABASE

<http://www.eudap.org/>:

126

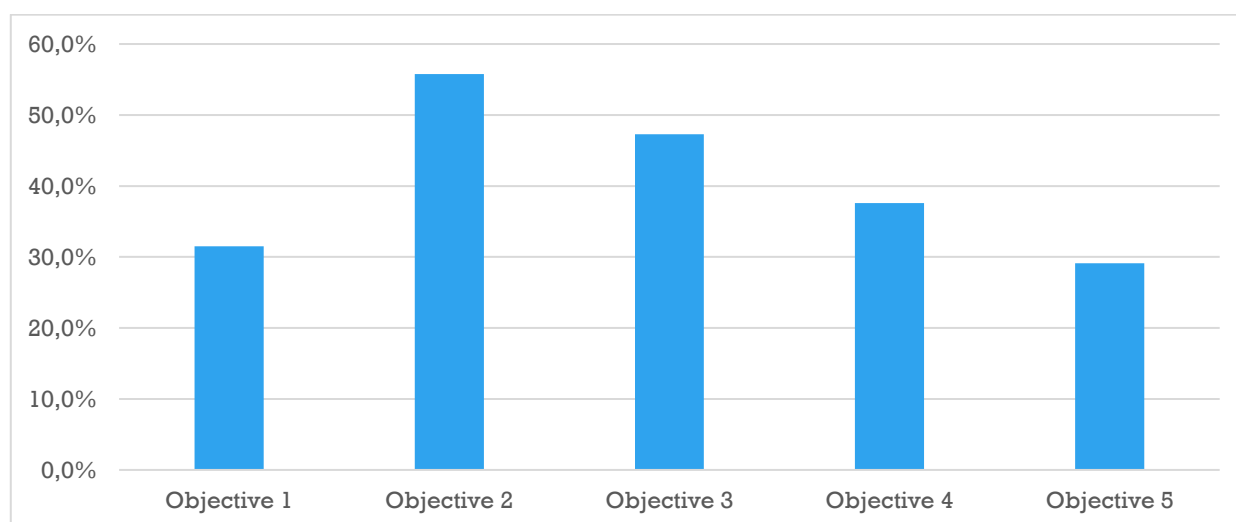
EuDAP Survey 2019 confirmed that European dietitians are following the life-course approach to the prevention and control of diet related NCDs and malnutrition in all its form. As suggested by FNAP⁴ the approach starts by addressing maternal nutritional status and health before and during pregnancy and continues with proper infant feeding practices, including promotion of breastfeeding. Action to encourage healthy diets for children, adolescents and young people is reinforced and sustained by promotion of a healthy diet during the working life, nutrition for healthy ageing and nutritional care for elderly people (Figure 2).



⁴ WHO Europe. European Food and Nutrition Action Plan 2015-2020

Figure 2. Activities of the European dietitians according to targeted audience

EuDAP Survey 2019 results represent only a small number of projects being undertaken by dietitians in Europe but they already cover a range of activities from all EuDAP objectives (Figure 3.).

**Figure 3. Activities of the European dietitians collected in 2019 EuDAP Survey assigned to the EuDAP objectives**

The results from EuDAP Survey 2019 show that EFAD members have different projects to work on, under the five objectives (Annex, Table 1.). The variety within European dietitians initiatives and differences between every country's actions are a very important data which can and should be shared and used by other members.

Further chapters provide some examples for each objective reported by dietitians.



Objective 1.

Ensure that healthy food
and nutrition
is accessible,
affordable, attractive
and sustainable



First EuDAP objective is consistent with the first FNAP 2015-2020 objective which calls to create healthy food and drink environments. We've collected 32 dietitians' activities around this topic. Initiatives were targeted to various groups from different environments, from big data analysis to local activities.

Project: Big Data against Childhood Obesity

Country: (consortium) Greece, Ireland, Spain, Sweden, The Netherlands



Target group: 9000 children & adolescents aged 9-18, parents, educators, industry, health professionals, policy makers

Scope: BigO collect and analyze Big Data on obesogenic behaviours and environments to enable public health authorities to plan and execute effective programs against childhood obesity.

<https://bigoprogram.eu/>

Project: research on allergen declaration of unpacked foods in Switzerland

Country: Switzerland

Target group: special groups

Scope: The project examines how the declaration of allergens in open foods can be designed so that it is understandable for consumers and can be implemented by suppliers and complies with the requirements of the new food law.

<https://www.bfh.ch/de/forschung/referenzprojekte/allergenkennzeichnung/>

Project: Person Centered Meals

Country: Sweden

Target group: special groups, health care professionals, policy makers

Scope: A pilot study at a orthopedic ward to test and evaluate methods around the nutritional care process and how person-centered meals can be a part of personal-centered care, before introducing person-centered meals at hospitals in the region of Kronoberg. Tackling with malnutrition, food waste, working hours for health care professional, food safety, patient safety and nutrition, awareness of gaps in the nutrition care process.

Results: Patients ate more when they got involved. Food waste decreased. The new serving structure provided more efficient work and saved time. Food and patients safety improved.

Objective 2.

Promote the gains of a healthy diet and nutritional support throughout the life course, especially for the most vulnerable groups in clinical settings and the community



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Second EuDAP objective seems to be the main area of European dietitians work. In 2019 EuDAP survey we've collected 67 initiatives which aim was to support the society in healthy food choices through promotion, education and nutritional counseling.

Project: **PROTEIN, PeRsOnalized nutriTion for hEalthy livINg**, an EU Horizon 2020 programme

Country: (consortium) Greece, Luxembourg, Spain, United Kingdom, Portugal, Italy, The Netherlands, Serbia, Germany, Belgium, Ireland



Target group: EU citizens

Scope: Develop tools using the latest communications technologies and machine learning strategies to provide personalized nutrition and physical activity support.

<https://protein-h2020.eu/>

Project: **The schools' education programme "Yemekte Denge" (Balanced Nutrition)**

Country: Turkey



Target group: children aged 6-10, educators

Scope: educational project that was developed by the Sabri Ulker Food Research Foundation together with the Turkish Ministry of Education's Elementary Schools General Directorate to contribute developing healthy eating behaviors in school children. The aim of the Balanced Nutrition in Meals education project is to develop adequate and balanced diets of children so that they may have the chance for longevity and a physiologically and psychologically qualitative life.

<https://www.yemektedenge.org/>

Project: **Public Health initiative - workshops at 2030whenigrowup.org**

Country: Luxembourg



Target group: children 4-11 years old, local community

Scope: During this class, children interact in a playful manner while mentors cook together with them. Children get to see the positive effects of healthy eating and understand the importance of embracing a sugar-free approach, so that they will find it easier to grow up into healthy adults with healthy eating behaviors.

Objective 3.

Use dietitians
as educators and experts
in community and clinical
settings to advise
the general population,
other health professions,
authorities, mass media
and industry

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Project: **Klasse2000**



Country: Germany

Target group: children aged 6-10 continuously from elementary school grades 1 to 4, parents

Scope: the largest program in German elementary schools aimed at promoting healthy living and preventing violence and addiction. It inspires children's interest in a healthy lifestyle and equips them with the knowledge, attitude and ability to do so. Topics discussed include nutrition, exercise, relaxation, life skills and saying 'no' to tobacco and alcohol.

<https://www.klasse2000.de/>

Project: **the platform "Kilometer cero"**

Country: Spain

Target group: industry, local community, general public

Scope: Promotion of small producers of fresh food (vegetables, fruits, fresh fish, fresh meat, honey, oil, artisan cheese) who have very good products but don't have resources to promote them through the platform. Posts about healthy properties of the fresh food and recipes.

Project: **E-health - digital documentation**

Country: Denmark

Target group: health professionals

Scope: Workgroup for the Danish Patient Safety Authority. Making nutrition easily understandable in primary health care. Tackling with staff having limited nutrition knowledge and limited time with the elderly.

<https://stps.dk/da/nyheder/2019/maalepunkter-for-digitale-sundhedsfaglige-og-kosmetiske-behandlingssteder-i-hoering/>

Project: **training for health professionals in EHPAD on the nutrition of the elderly person suffering from Alzheimer's or related dementias**

Country: France

Target group: health professionals, senior citizens

Scope: Real life training, tasting of food preparations, demonstration of the making of healthy meals. Focused on adaptation of the material, textures, setting up of the hand eating, cooking for patients with the memory, swallowing disorders.

Objective 4.

Invest in establishing
the effectiveness
of dietitians
in the delivery
of better health through
improved nutrition



Project: Optimal Nutritional Care for All (ONCA)

Country: Belgium, Croatia, Czech Republic, Denmark, France, Germany, Israel, Italy, the Netherlands, Portugal, Republic of Ireland, Slovenia, Spain, Sweden, Austria, Poland Turkey and the UK.



Target group: health professionals, special groups, senior citizens, children and adolescents, policy makers, industry

Scope: A multi-stakeholder initiative to promote screening for risk of disease-related malnutrition/undernutrition and implement nutritional care across Europe. The ONCA campaign supports collaborative efforts to combat malnutrition across Europe.

Results: multiple good practice examples e.g. in Portugal mandatory nutritional screening legislation framework was published in 2018 and since the current year the screening tools (NRS-2002 & STRONGkids) are available electronically at all public hospitals, e-Screening effective implementation will generate data on disease-related malnutrition and the creation of a monitoring system

Project: regulation of the profession

Country: Spain

Target group: policy makers, dietitians and nutritionists

Scope: A systematic review about the costs and effects of the dietitians-nutritionists' work at the hospitals and at the primary care presented to the politicians. Advertising campaign about the clinical dietitians.

Project: KCE report 315: Organization and reimbursement of enteral and parenteral nutrition in and outside the hospital in Belgium

Country: Belgium

Target group: health professionals

Scope: the dietitians carried out a TPN project in a general hospital (AZ Sint Lucas Bruges). Aim - to improve nutritional care of patients using (home) enteral or parenteral nutrition using evidence based guidelines. Achieved major costs savings by eliminating improper TPN use and developed tools for dietitians and doctors to prescribe EN, TPN according evidence based best practice guidelines. Submitted a similar project to the Belgian Health Care Knowledge Centre in order to determine the use and care of patients in need of EN, PN in hospitals nationwide in Belgium.



https://kce.fgov.be/sites/default/files/atoms/files/KCE_315_Enteral_and_parenteral_nutrition_Report_1.pdf

Objective 5.

Strengthen governance,
alliances and networks
for a health-in-all-policies
approach



Dietitians assigned 31 activities to the fifth EuDAP objective, which is consistent with FNAP objective of strengthening governance and networks. Dietitians initiate and take part in such activities both on the European and national arenas.

Project: Md.net project (Interreg)

Country: Albania, Bosnia and Herzegovina, Cyprus, Croatia, Greece, Italy, Spain, Portugal, Slovenia, Spain



Target group: general public, local community, public and private health organizations

Scope: Project challenges the problems of currently neglected and undeveloped opportunities of the Mediterranean Diet. The main objective of the project is to strengthen exploration of the Mediterranean Diet according to the UNESCO Med Diet Convention, blending comprehensive Mediterranean Diet concepts with innovative tools. The project will use both traditional and creative measures (as sharing economy) starting cooperation of quadruple helix stakeholders in order to lift the MD economy to new quality levels.

<https://mdnet.interreg-med.eu/>

Project: the social causes of diet related NCDs - from income, social capital, laws to informal norms and values

Country: Spain

Target group: policy makers, general public, children and adolescents, special groups

Scope: Implementing intervention projects together with NGOs - working with the local (Barcelona) and regional (Catalonia) government to implement the results of researches on the minimum cost of a healthy diet. Collaborating with schools from vulnerable contexts to promote a healthy diet in low income adolescents through social capital.

Results: Carrillo-Álvarez E., et al. *Food reference budgets as a potential policy tool to address food insecurity: lessons learned from a pilot study in 26 European countries*. Int. J. Environ. Res. Public Health., 2019, 16.1: 32.; Cussó-Parcerisas I. et al.. *What is the minimum budget for an adequate social participation in Spain? An estimate through the reference budgets approach*. Child Indic. Res., 2018, 11.1: 263-290.; Carrillo-Álvarez E., et al. *Social influences on adolescents' dietary behavior in Catalonia, Spain: A qualitative multiple-cases study from the perspective of social capital*. Appetite, 2018, 123: 289-298.

Project: European Dietetic Action Plan (EuDAP)

Country: countries of EFAD Members – Austria, Belgium, Croatia, Cyprus, Czech Republic, Denmark, Finland, France, Germany, Greece, Hungary, Iceland, Ireland, Israel, Italy, Lithuania, Luxembourg, Norway, Poland, Portugal, Romania, Slovenia, Spain, Sweden, Switzerland, Turkey, The Netherlands, United Kingdom.

Target group: health professionals - dietitians, policy makers

Scope: The purpose of the EuDAP is to achieve better nutrition and sustainable health, through pro-active engagement with Health 2020, the European Food and Nutrition Action Plan (2015-2020) and other EU initiatives. The action plan is designed to harness the power of collaboration among NDA's and HEIs, to work together, proudly talk about and circulate the yearly EuDAP report to all key stakeholders at their national level.



Project: 5th phase of Childhood Obesity Surveillance Initiative (COSI) from WHO Europe

Country: Over 40 Member States of the Region participate in this project. EuDAP Survey collected activities from Greece and Portugal

Target group: children & adolescents, policy makers

Scope: COSI is a unique system to measure trends in overweight and obesity among primary school aged children. Activities in Portugal - regional coordination of the Programme in the Public Health Department of the Northern Regional Health Administration. Activities in Greece - data collection from 35 municipalities in Greece and data management of all results throughout Greece.

Results -Portugal: In the 5th round COSI Portugal, held during the school year 2018/2019, 7210 children between 6 and 8 years old from 228 participating schools were evaluated. This sample is the largest of all phases so far. According to preliminary data from the 5th phase of COSI Portugal, a child nutrition surveillance system integrated in the WHO / Europe Childhood Obesity Surveillance Initiative study, from 2008 to 2019 there was a reduction of 8.3% (37.9% to 29.6%) and 3.3% (15.3% to 12.0%) in the prevalence of overweight and childhood obesity, respectively.

<http://www.euro.who.int/en/health-topics/disease-prevention/nutrition/activities/who-european-childhood-obesity-surveillance-initiative-cosi>



Conclusions

The purpose of the EuDAP Survey is to ensure information exchange between the NDA's and HEIs in different countries on how they are contributing to the EuDAP objectives whilst also encouraging a methodical approach to data collection and data storage and systematic analysis. EuDAP is designed to position dietitians as valuable and effective health professionals that can contribute to improved health outcomes across patient groups from birth to old age and noteworthy examples and projects from across the European Region have been identified in this report, to inform policy and practice. The capability and capacity for dietitians to make a difference in many countries and at local, national or European level is not always recognised or valued for many diverse reasons. EuDAP is therefore designed to be a mechanism for NDA's to encourage and enable their dietitians to demonstrate to key stakeholders their ability to make a significant impact in a 'political language' recognised by governments, employers and others.

This report provides confirmation that EFAD does have sufficient 'evidenced information' to provide key stakeholders at European or NDA/HEI level with information about the profession and dietitians contribution to implementing FNAP.

FNAP 2015-2020 suggests that „*Member States should work together to develop common tools, share experiences, improve the availability of data and enhance capacity for monitoring and surveillance*” and the EuDAP is exactly responding to those needs. The EuDAP Survey is giving better results every year and we hope that it will become the tool which will be commonly used by EFAD members.

EFAD's further steps will include the creation of widely available European dietitians' activities database, which will be used by EFAD members to learn from each other to work even better for the shared vision of a European Region in which the negative impacts of preventable diet-related NCDs and malnutrition in all its forms – including overweight and obesity – have been dramatically reduced, and all citizens have healthier diets throughout their lives.



Annex

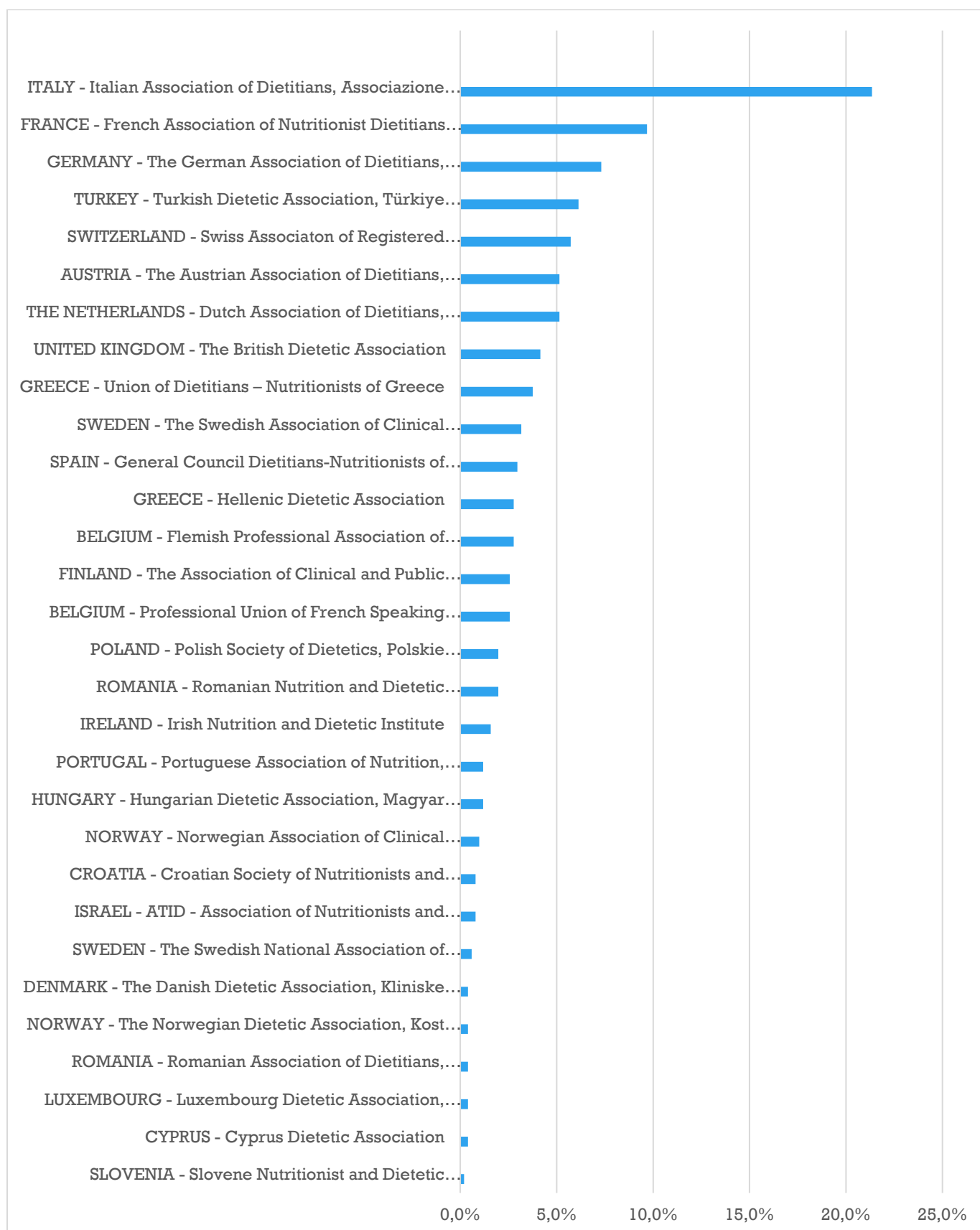


Figure 4. National Dietetic Associations of EuDAP Survey respondents

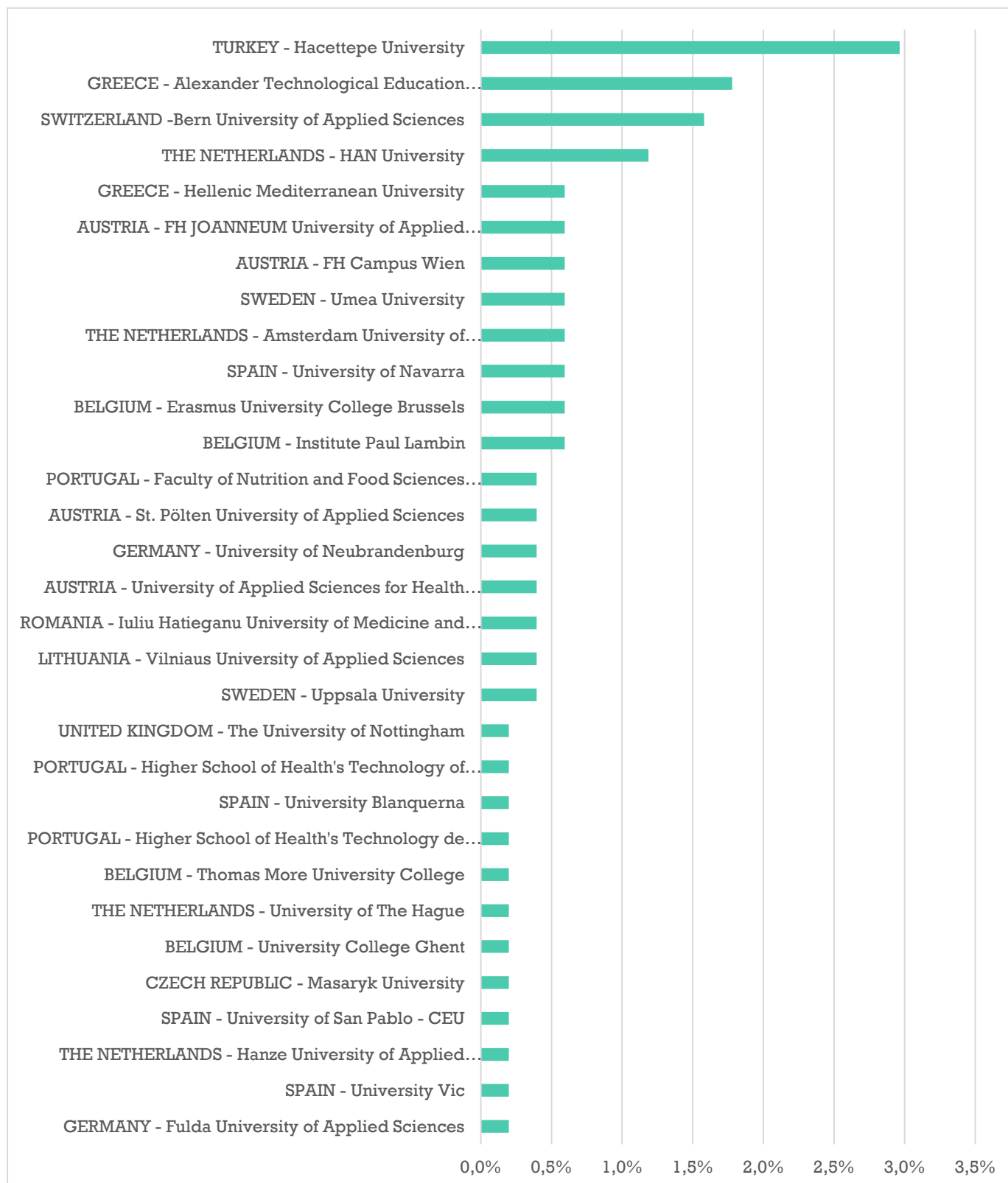


Figure 5. EuDAP Survey participants' Higher Education Institutes (employees or students)

Annex

Table 1. Number of activities assigned to 5 EuDAP objectives affiliated to each NDA

National Dietetic Association	EuDAP objectives				
	1	2	3	4	5
AUSTRIA - The Austrian Association of Dietitians, Verband der Diätologen Österreichs	-	-	1	1	-
BELGIUM - Flemish Professional Association of Dietitians, Vlaamse Beroepsvereniging van Diëtisten (VBVD)	3	3	2	3	1
BELGIUM - Professional Union of French Speaking Graduated Dietitians (U.P.D.L.F.), Union Professionnelle des diplômés en Diététique de Langue Française	1	2	3	5	2
CROATIA - Croatian Society of Nutritionists and Dietitians, Hrvatsko društvo nutricionista i dijetetičara	-	2	2	-	-
CYPRUS - Cyprus Dietetic Association	-	1	1	1	1
DENMARK - The Danish Dietetic Association, Kliniske Diætister (FaKD) i Kost & Ernæringsforbundet	-	2	2	-	1
FRANCE - French Association of Nutritionist Dietitians - AFDN, Association Française des Diététiciens Nutritionnistes	9	12	9	6	3
GERMANY - The German Association of Dietitians, Verband der Diätassistenten-Deutscher Bundesverband e.V.	3	4	4	4	2
GREECE - Union of Dietitians – Nutritionists of Greece	3	3	2	1	5
HUNGARY - Hungarian Dietetic Association, Magyar Dietetikusok Országos Szövetsége	-	1	-	-	-
IRELAND - Irish Nutrition and Dietetic Institute	2	5	3	1	1
ISRAEL - ATID - Association of Nutritionists and Dietitians in Israel	1	2	2	4	4
ITALY - Italian Association of Dietitians, Associazione Nazionale Dietisti (ANDID)	8	15	10	7	5
LUXEMBOURG - Luxembourg Dietetic Association, Association Nationale des Diététiciens du Luxembourg	1	1	1	1	1
NORWAY - Norwegian Association of Clinical Dietitians, KEFF Kliniske ernæringsfysiologers forening tilsuttet forskerforbundet	1	2	2	2	1
POLAND - Polish Society of Dietetics, Polskie Towarzystwo Dietetyki	-	-	1	-	-
PORTUGAL - Portuguese Association of Nutrition, Associação Portuguesa de Nutrição	1	1	2	1	3
ROMANIA - Romanian Nutrition and Dietetic Association, Asociatia Romana de Nutritie si Dietetica	-	3	1	1	1
SLOVENIA - Slovene Nutritionist and Dietetic Association, Strokovno zdruzenje nutricionistov in dietetikov	1	1	-	-	-
SPAIN - General Council Dietitians-Nutritionists of Spain (GCD-NE), Consejo General Dietistas-Nutricionistas de Espana	3	1	2	1	3
SWEDEN - The Swedish Association of Clinical Dietitians (DRF), Dietisternas Riksförbund	2	3	2	2	3
SWITZERLAND - Swiss Association of Registered Dietitians, Schweizerischer Verband diplomierter Ernährungsberater/innen	3	7	4	8	2
THE NETHERLANDS - Dutch Association of Dietitians, Nederlandse Vereniging van Diëtisten	1	6	3	1	2
TURKEY - Turkish Dietetic Association, Türkiye Diyetisyenler Dernegi	4	5	9	4	2
UNITED KINGDOM - The British Dietetic Association	2	7	6	5	3

EFAD bears no responsibility for the accuracy, topicality and completeness of the information presented in the Table as we rely on respondents self-reported data.

Acknowledgements

The authors would like to thank all of the people who contributed in gaining insight in the National Dietetic Association's (NDAs) and Education Associate members (HEIs) status in regard to achieving EuDAP objectives.

Food photo created by Freepik

