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# European guidelines on obesity

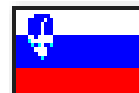
From a dietetic perspective

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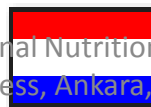
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- The European Federation of the Associations of Dietitians (EFAD) was established in 1978 in Copenhagen, Denmark with 10 member associations.
- EFAD now has 29 full members and 4 affiliate members representing over 30,000 dietitians in 26 countries.



03/04/2014

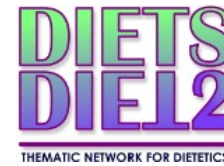
IX. International Nutrition and Dietetics  
Congress, Ankara, Turkey





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# Partnerships & Collaborations





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# Design

- Aims and objectives
- Methods
- Outcomes
- What do these outcomes mean in general
- What do the outcomes mean for dietitians
- Conclusions
- Recommendations



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# Aims and objectives

Motive: guidelines on obesity may improve the quality of prevention and management

Objective: to map guidelines on obesity in Europe with the aims:

1. to make the first step in comparing guidelines across Europe (use and quality)
2. To stimulate working according to guidelines to improve quality and evidence based care



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# Methods

## Collection of data

- Request to members of ESDN obesity
- Request to EFAD members (Ass of Dietitians)
- Search Pubmed
- Search Google

## Analysis



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# Outcomes

- 8 European guidelines identified
- 7 through ESDN/EFAD
- 1 through Pubmed
- Google: only USA, Australia, Canada, India
- Countries: 7
- Languages: 6
  
- 2 guidelines adults only
- 6 guidelines adults + children
- 4 countries guidelines specific for dietitians (Ger, Gr, It,NL)



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# Specific outcomes

- Belgium: (Flemish) Consensus concerning balanced nutrition and exercise, for health professionals. Brussels: Ministry of Wellbeing, Health and Families, 2012. Expected: Script on management in adults
- Germany: Leitlinien zur Adipositas-Chirurgie (2010) (Chirurgische Arbeitsgemeinschaft für Adipositaschirurgie); Leitlinien zur Prävention und Therapie der Adipositas (Deutsche Adipositasgesellschaft) 2014
- Great Britain: NICE Obesity, identification, assessment and management of overweight and obesity in children, young people and adults, 2014
- Greece: Expert Group on Weight Management of Hellenic Dietetic Association: Position Paper on Weight Management, 2012
- Italy: Linee Guida Italiane Obesità, LiGIO 1999: prevention & management
- Netherlands: Diagnosis and management of obesity in adults and children, 2008; Bariatric surgery guideline, 2010
- Sweden: Dietary treatment of obesity; a Systematic Review, 2013





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# Content

## Subject

- 1) Epidemiology/aetiology
- 2) Evidence based, level evidence
- 3) Treatment
- 4) Diet
- 5) Exercise
- 6) Behavioral/Psychological
- 7) Combined therapy
- 8) Medication
- 9) Surgery
- 10) Weight Maintenance

## Present

- 1) Be, Ger, GB, Gr, It, NL, Swe
- 2) Be, Ger, GB, Gr, It, NL, Swe
- 3) Be, Ger, GB, Gr, It, NL, Swe
- 4) Be, Ger, GB, Gr, It, NL, Swe
- 5) Be, Ger, GB, It, NL, Swe
- 6) Be, Ger, Gr, NL
- 7) Ger, NL, Swe
- 8) Ger, NL
- 9) Ger, NL
- 10) Ger, GB, NL, Swe



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# Supplementary subjects

## Subject

- HPs, criteria PC treatment
- Eating disorders
- Obesity global org
- Effect of the crisis
- The “Diet Industry”
- Diagnostic flow chart
- Knowledge gaps
- Compliance
- HP – patient relationship

## Country

- Ger
- Gr
- It
- Gr
- It
- NL
- Gr, Swe
- Gr, Swe
- Ger



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# Diet

## Nutrients

1. Macronutrients based on general dietary guidelines
2. 500-600 (800) kcal deficit
3. Fat reduction
4. Low carbohydrate diets
5. GI
6. Mediterranean diet
7. High protein
8. Fiber
9. Fat quality
10. Individual diet
11. Sweetened Beverages

## Country

1. Be, NL
2. (Ger), NL, GB
3. Be, Ger, NL, Swe
4. NL, Swe
5. Swe
6. Swe
7. NL, Swe
8. Be, NL, Swe
9. Swe
10. Ger, NL, Swe
11. Be, NL, Swe



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# Other diet outcomes

## Nutrients

- Dairy products
- Meal replacements
- Micronutrients
- Water
- Alcohol
- Meal structure
- No snacks
- Caffeine
- Epigallocatechin 3- gallate
- Energy expenditure

## Country

- Be, Gr, Swe
- Ger, NL, Swe
- Be
- Be
- Be, NL
- Be
- Be
- NL, Swe
- NL
- NL



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# Treatment goals

## Subject

- 5-15% weight loss
- 10% weight loss
- BMI 25 - 35 kg/m<sup>2</sup> > 5 %
- BMI >35 kg/m<sup>2</sup> >10%
- 5 years weight maintenance
- 2 years weight maintenance

## Country

- NL
- It
- Ger
- Ger
- GB, It
- NL



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# Meaning of outcomes for patients

- In most guidelines it is not clear which treatment the patient can expect in which stage of obesity (except Ger)
- It is not clear which competencies HPs need
- Emphasis has been laid on quality of the evidence



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# Meaning of outcomes for dietitians

- Role of dietitian not explicit in most guidelines
- A few countries have specialised guidelines for dietitians (Be, Ger, Gr, It, NL)



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# Conclusions

- Guidelines are thorough in research and weighing of data
- The emphasis lies on different parts, depending on the committee that wrote it (physicians and scientists only, or including other health professionals, e.g dietitians & psychologists)
- Diet is not always specifically analysed, mostly general guidelines
- Competencies are not specifically mentioned





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# Recommendations

- A European guideline on (prevention and) management is desirable (joint venture of EASO and EFAD)
- A guideline on which dietary components are essential in management should be a part of this guideline
- Competencies of HPs needed for prevention and management need to be identified



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