How Can Europe Achieve Sustainable Health Through the Lifespan?

Invest in Nutrition & Dietetics!

Treatment by dietitians is a cost-effective and cost-saving investment
For every €1 spent on dietary counselling, society gets a net €14 – €63 return.

Focusing on nutrition improves health outcomes overall
Patients who receive nutrition therapy are more likely to adhere to prescribed diets and experience reduced symptoms.

Sustainable diets lead to a healthier population
Incorporating sustainability into national food-based dietary guidelines can help people improve their health and reduce the impact on the planet.

Empowerment (not just information) is key to healthier diets
Dietitians are the experts trained in behavior change techniques to empower individuals and groups.

There is strength in numbers
Despite their proven effectiveness and efficiency, 35,000 EFAD dietitians in the EU is not nearly enough considering the 41 million deaths that occur each year from noncommunicable diseases. Other health professionals must join these efforts.

Food is an integral part of healthcare
A healthy diet can be preventative, anti-inflammatory, nourishing and healing.

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EFAD’s mission

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

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