



EFAD Press release

EFAD calls member associations to bring forward the role of dietitians in diabetes management

14 November 2017

In the light of World Diabetes Day on 14 November 2017, the EFAD European Specialist Dietetic Network (ESDN) for Diabetes calls on dietitians in Europe to play a key role in educating women about the need to prioritise diabetes management

The [European Federation of the Associations of Dietitians \(EFAD\)](#) and its European Specialist Dietetic Network (ESDN) for Diabetes proudly support the [International Diabetes Federation \(IDF\)](#) on [World Diabetes Day \(WDD\)](#) focusing this year on women and diabetes and would like to **emphasize the significant role dietitians can have in diabetes management.**

Dietitians in Europe have an integral role to play in helping people with diabetes to develop an individualized eating plan and to manage more effectively their diabetes. Furthermore, aiming to support in promoting the importance of equitable access for all women at risk for or living with diabetes to essential self-management knowledge required to achieve optimal diabetes outcomes, **dietitians can contribute the most to educating women on the importance of lifestyle changes and nutrition therapy** as core components of the management of their disease.

Diabetes management as a key priority in women's life

According to IDF, by adopting healthier lifestyles and eating habits, up to 70% of type 2 diabetes cases can be prevented or delayed. Therefore, we strongly support that diabetes can be managed, if people set their diabetes management as a key priority in life. In this context, we are pleased to have contributed to the **development of engaging online materials by providing scientific support to the International Sweeteners Association (ISA)** in ISA's activities in support of WDD, under the umbrella theme ['Do it for you'](#).

The core of **'Do it for You'** online activity programme consists of an animated video and an engaging infographic, which **aim to help raise awareness among women that handling diabetes might sound scary at first but it can be easily manageable**, by placing glucose regulation on the top of their priority list and by making small steps towards a healthier diet and lifestyle. For more information on the **'Do it for you'** online materials, you may visit the dedicated page on the ISA website by [clicking here](#).

A focus on gestational diabetes

In a report developed by the ESDN for Diabetes in light of WDD 2017, we provide an overview of the latest data regarding diabetes prevalence in women with an additional focus on gestational diabetes mellitus (GDM), a condition that is often neglected despite affecting approximately one in seven births globally. You may download and review the ESDN Diabetes report including latest evidence about the nutritional management of gestational diabetes by clicking here: www.efad.org/folders/6662/5305



ABOUT EFAD

EFAD is the voice of 35.000 European dietitians - more than half the profession – and is the only organisation advocating for dietitians in Europe.

EFAD alerts European politicians, the European Commission, WHO European Region and others about how dietitians, as key nutrition professionals in Europe, are contributing to a healthier Europe.

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 national dietetic associations and other organisations – professional, educational, and governmental
- Encourage a better nutrition situation for the population of the member countries of Europe.

Membership of the Federation is open to all National Associations of Dietitians in Europe. EFAD currently has 35 member associations and 38 Schools of Dietitians representing over 35,000 dietitians and 9,000 students in 29 European countries.

You can find out more from the EFAD web site www.efad.org

Contact:

The European Federation of the Associations of Dietitians
Judith Liddell RD
EFAD Secretary General
+49 2822 68367
secretariat@efad.org

Dr Aimilia Papakonstantinou,
European Specialist Dietetic Network (ESDN) for Diabetes
apapakonstantinou@gmail.com