



European Dietetic Action Plan

Executive Summary of the 2016 Progress Report

Purpose of the European Dietetic Action Plan (EuDAP):

is to demonstrate the commitment of dietitians in Europe to achieve better nutrition and sustainable health, through pro-active engagement with Health 2020, the European Food and Nutrition Action Plan (2015-2020), other EU initiatives.

“Of the six WHO regions, the European Region is the most severely affected by NCDs, which are the leading cause of disability and death; cardiovascular disease, diabetes, cancer and respiratory diseases (the four major NCDs) together account for 77% of the burden of disease and almost 86% of premature mortality”.

In September 2014, the World Health Organization published the *European Food and Nutrition Action Plan 2015–2020*¹(FNAP) which is aligned with existing global policy frameworks for nutrition and for the prevention and control of noncommunicable diseases (NCDs). The European Federation of Association of Dietitians (EFAD) has committed to support the FNAP²by adopting **The European Dietetic Action Plan (EuDAP)**³at the 26th EFAD General Meeting, October 2015. It is for all European Dietetic Associations to use, in order for

them to show how European dietitians are contributing to *Health 2020* and the FNAP. There are approximately 60,000 practising dietitians in Europe of which EFAD represents over half (34,000). Dietitians have a responsibility as a profession to support the improvement of nutritional health of the people of Europe through evidence based approach and are key to

¹WHO 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)

²FNAP priorities

1 Create healthy food and drink environments.

2 Promote the health gains of a healthy diet throughout the life-course, especially for the most vulnerable groups.

3 Reinforce health systems to promote healthy diets and provide diet-related services.

4 Support surveillance, monitoring, evaluation and research on the population's nutritional status and behaviours and the status and effectiveness of the policies implemented.

5 Strengthen governance mechanisms, alliances and networks to ensure a health-in-all-policies approach, and empower communities to engage in health promotion and prevention.

³European Dietetic Action Plan EuDAP (2015-2020) (<http://www.efad.org/eudap>)

the implementation of food and nutrition policies across Europe. This executive summary contains the most important results and recommendations drawn from the full report of the EuDAP survey 2016 (available on www.efad.org).

The **five EuDAP objectives** are based on FNAP and may be achieved at *national, organisation or local level*; recognising the contribution that dietitians make at all levels of society;

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 **(cost) 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

Results from the 2016 Survey

- Twenty-two people, from nineteen different countries⁴, completed the online questionnaire via Survey Monkey. The respondents represented nineteen different dietetic associations: **response rate of 57%**
- Eight (44%) dietetic associations informed their key opinion leaders about EuDAP (ministry of health and collaboration partners)
- Currently 6 countries have translated EuDAP into their own national language
- Two countries have actively undertaken embedding EuDAP amongst their members by incorporating into their strategic plan and undertaking a survey amongst their members.

⁴ Austria, Belgium, Croatia, Denmark, Finland, France, Germany, Greece, Iceland, Ireland, Israel, Italy, Norway, Portugal, Spain, Sweden, Switzerland, The Netherlands and United Kingdom

Examples of activities undertaken by dietitians which meet EuDAP objectives

More activities and examples, as well as references, can be found at www.EFAD.org

EuDAP Objectives	Examples from NDA's
<p>Objective 1. Ensure that healthy food and nutrition is <u>accessible, affordable, attractive</u> and sustainable</p>	<p>The Netherlands: "interlocutor for Stichting Ik kies bewust" (Foundation I choose consciously) http://www.hetvinkje.nl/organisatie/stichting-ik-kies-bewust/,</p> <p>Norway: "Appetitt på livet" (healthy food in all catering outlets)</p> <p>Italy: Collaborating with "Italian Association of Celiac disease" to realise a communication campaign on coeliac disease.</p> <p>United Kingdom: Collaborations including Breastfeeding Alliance, Eating Better and Children's Food campaign https://www.bda.uk.com/about/workwithus/alliance_list</p> <p>Sweden: Guidelines for school meals https://www.livsmedelsverket.se/matvanor-halsa--miljo/maltider-i-var-d-skola-och-omsorg/skola/</p> <p>Finland: The Nutrition Council of Finland is responsible for the promotion of the <i>Effects of Nutrition on Health</i> to the population of Finland.</p>
<p>Objective 2. Promote <u>the gains of a healthy diet and nutritional support throughout the life course</u>, especially for the most vulnerable groups in clinical settings and the community</p>	<p>The Netherlands: Screening malnutrition in hospitals, elderly homes, nursing homes and primary care</p> <p>Norway: Screening malnutrition in hospitals, follow up after exit hospitals to primary care and nursing homes</p> <p>United Kingdom: Nearly all local health systems have screening for malnutrition in place</p>
<p>Objective 3. Use dietitians as <u>educators and experts</u> in community and clinical settings to <u>advise the general population</u>, other health professions, authorities (for example ministries, health insurance companies), mass media and industry</p>	<p>Italy: FLS-IT (Italian Food Literacy Survey) project: in collaboration with the University of Salerno. The research project aims at defining a validated tool to investigate the Food/Nutrition literacy in a population sample. (This is the first research experience in Italy on this topic)</p> <p>Germany: Dietitians are involved in organising trainings for other health care professions in the workplace</p> <p>The Netherlands: Study report: The social costs and benefits of dietetics for malnourished patients in hospital, SEO Economic Research, April 2015</p> <p>Greece: Dietitians are responsible for developing guidelines and fact sheets for healthy weight loss (www.hda.gr)</p>
<p>Objective 4. Invest in establishing the <u>(cost) effectiveness of dietitians</u> in the delivery of better health through improved nutrition</p>	<p>Italy: Professional practice: Nutrition Reference Centre™ subscription; free for ANDID members.</p> <p>The Netherlands: Dietitians are running a research project entitled "Feel good!": an integrated approach to obesity and experiencing unhealthiness in underprivileged families.</p> <p>Ireland: Structured dietetic led group education project for diabetes</p> <p>The United Kingdom: Dietitians produce the BDA Key Facts https://www.bda.uk.com/improvinghealth/healthprofessionals/keyfacts/home</p>

Objective 5. Strengthen governance, alliances and networks for a Health-in-all-policies approach

The Netherlands: Dietitians are participating in research project 'Stichting Lezen en Schrijven'(foundation literacy) , www.lezenenschrijven.nl

The United Kingdom: NNedPro collaboration: <http://www.nnedpro.org.uk/>

Germany: Dietitians are involved in projects with inter-sectorial cooperation to engage partners:Kita/Schulverpflegung, Gesundheitstage, Nutrition day, Betriebliche Gesundheitsvorsorge

Ireland: Dietitians produced the *Nutrition and Hydration in Stroke*, National Guidelines

ANDID, The Italian Association of Dietitians; NDA's, National Dietetic Associations

Summary

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 we can clearly see from the evidence presented in this report that dietitians across Europe are doing this. EFAD will use the EuDAP report to communicate the actions of European dietitians to relevant national stakeholders, demonstrating dietetic commitment in a very transparent and proactive way. This report provides confirmation that EFAD **does** have sufficient '*evidenced information*' to provide key stakeholders at European and national level with information about the profession. Noteworthy examples and projects from across the European Region have been identified to inform policy and practice. However, gaps and challenges remain if Member States are to meet the EuDAP objectives and promote cross-sectoral collaboration. EFAD will continue to implement the EuDAP in partnership with member states and play a supportive role by providing briefing papers and dissemination between NDAs e.g. in the EFAD e-journal and newsletters.

Interagency dialogue, communication and surveillance are all essential to monitoring successful change and improvement. National Associations, their dietitians and EFAD⁵ are committed to a healthy Europe through improved nutrition and food choice.

For further information please contact the Secretary General of EFAD at secretariat@efad.org

⁵About 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 MEPs, the European Commission, WHO European Region and others about how dietitians, as key nutrition professionals in Europe, are contributing to a healthier Europe.

Membership of the Federation is open all National Associations of Dietitians from member states of Europe. EFAD currently has 34 member associations, representing over 35,000 dietitians in 27 European countries.

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