



EUROPEAN
FEDERATION OF
THE ASSOCIATIONS
OF DIETITIANS

European Dietetic Action Plan

EuDAP 2017 Executive Summary Report



*Dietitians stating clearly their commitment to action for health improvement
through nutrition across the social gradient*

Adopted by EFAD 2015

Introduction

The European Dietetic Action Plan (EuDAP) 2015-2020 ¹ is a commitment by dietitians throughout Europe to take actions that will improve health for all, through sustainable food and nutrition. The action plan is designed to harness the power of collaboration among National Dietetic Association's (NDA's), to work together, proudly talk about and circulate the EuDAP report to all key stakeholders at their national level e.g. Ministers of Health.

This year's executive summary is the second in a series that will document progress on EuDAP, the European Federation Association of Dietitians (EFAD) strategic plan, adopted in 2015. This report is structured around the 5 objectives of EuDAP ² and the data in this report are based on 2017 dietetic activities. 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.

Summary of Key Findings

An online questionnaire was developed by EFAD and disseminated to the 34 NDA's that are (affiliate) members of EFAD, in the Spring of 2018, by email and via social media sites. The survey link went live for 5 months. One hundred and twenty-five dietitians, from seventeen different countries, completed the online questionnaire. Among the respondents, 81% were full members, 4.8% were affiliated members and 14.2% were education associate members; a total response rate of approximately **62% (21/34 NDA's)**. All participants surveyed declared their country of origin/residence, as shown in **Figure 1**, and their type of dietetic activity in **Figure 2**. Individual dietitians reported what activities they are conducting to meet specific EuDAP objectives ². Some of these are funded research projects others are projects and activities which dietitians undertake locally or nationally. **Table 1**. Provides some examples for each objective reported by dietitians in seventeen countries. They are grouped according to the EuDAP objectives². Full results from all one hundred and twenty-five respondents, including contact details, can be found in the full EuDAP report, which will be online (on the EFAD website) from October 2018.

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

²

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

Figure 1. Countries of Origin of Respondents

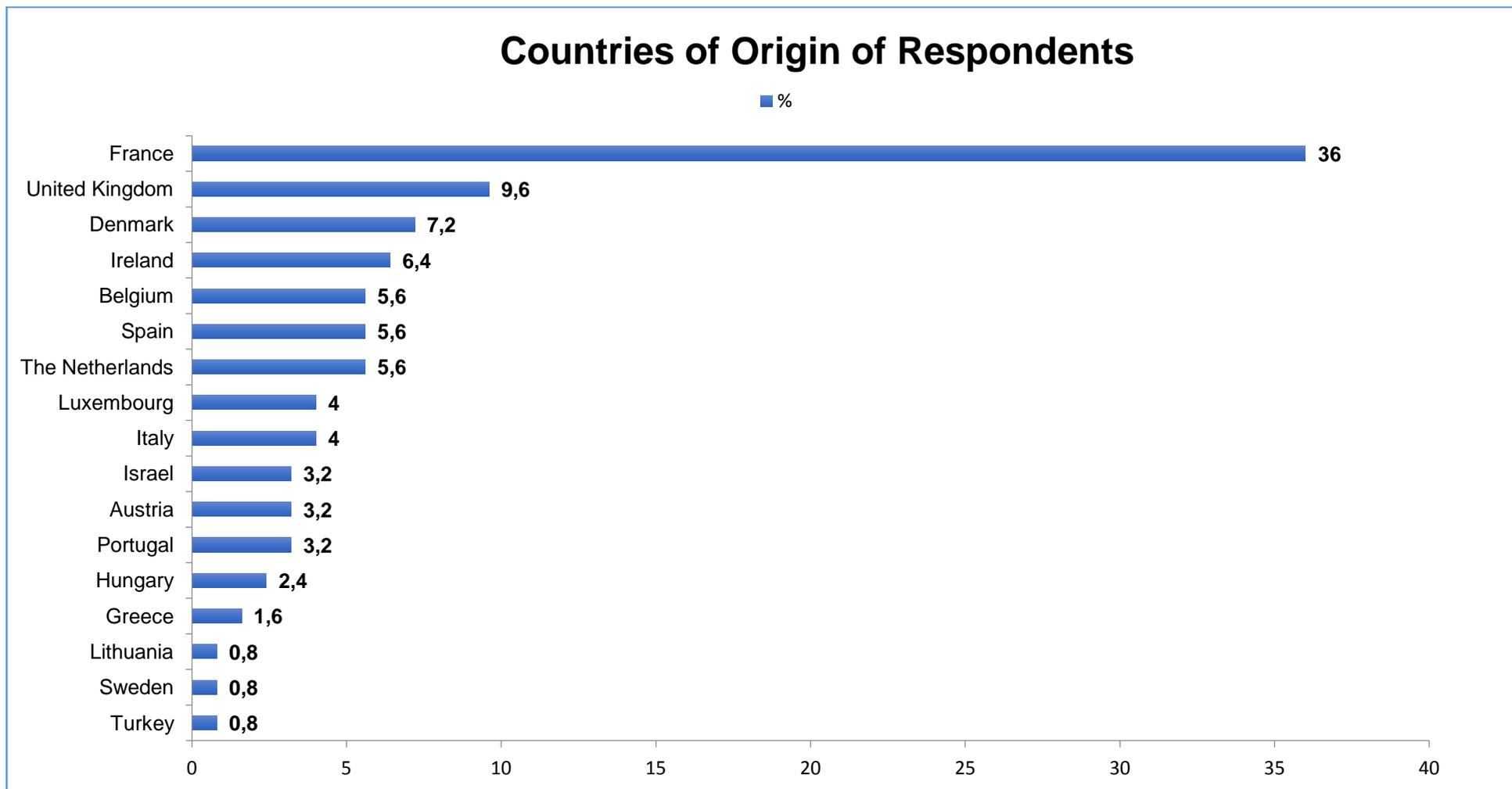


Figure 2. Dietetic Activity Type

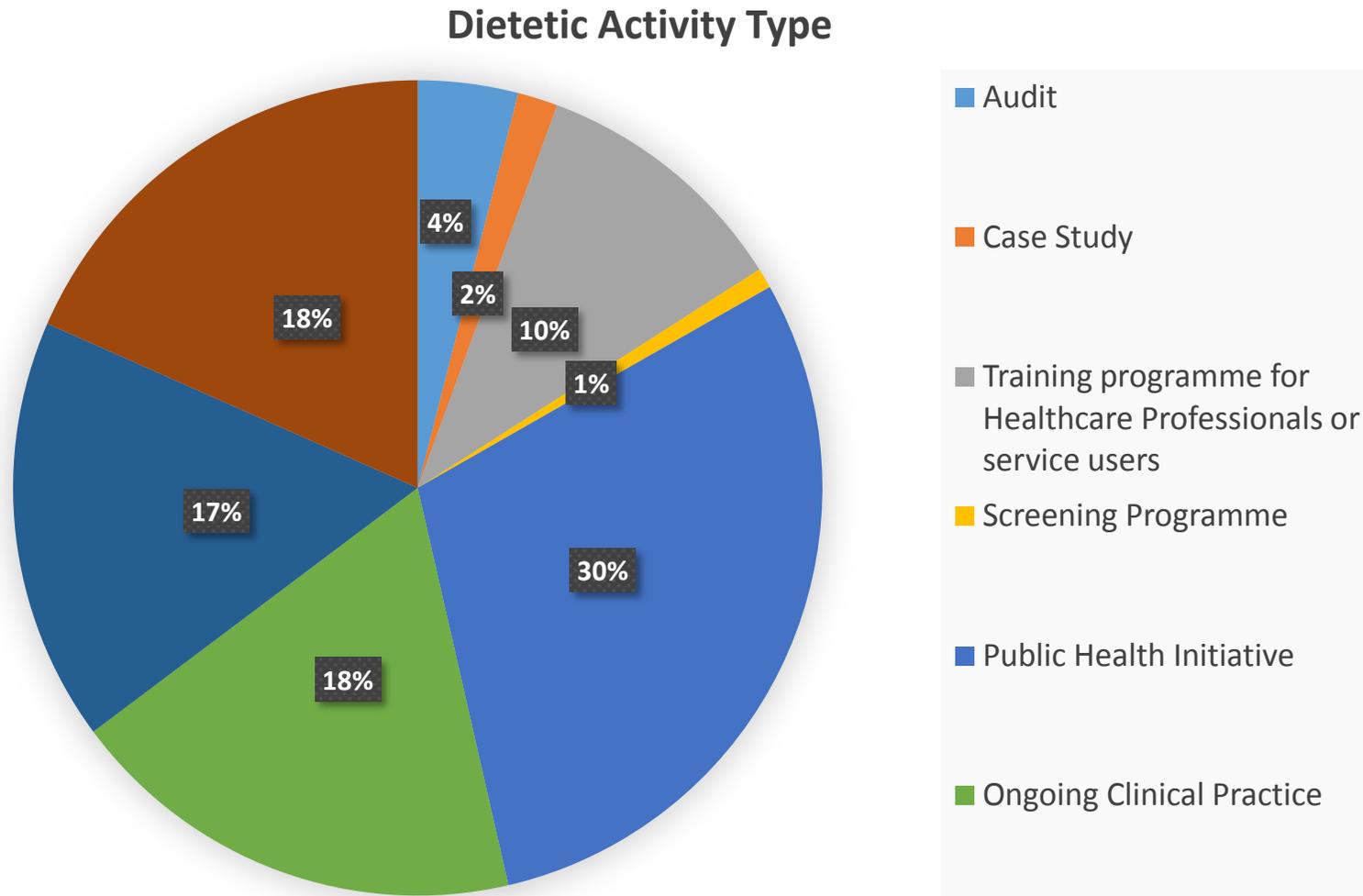


Table 1. Projects per Objective and per Country

Objective 1. Ensure that healthy food and nutrition is accessible, affordable, attractive and sustainable

Brief Summary of the Activity Type	Dietetic Activity Type	Status of Activity	Main Target Audience	Country
Implementation of food sensory at agricultural colleges to strengthen the nutrition literacy of students	Research	In progress/On going	Children and Adolescents; Educators	Austria 
Promotion of fruits and vegetables consumption as part of breast cancer prevention and " pink October".	Public Health Initiative	In progress/On going	General Public	France 
Pulses Campaign - production and distribution of some technical materials (e.g. eBook aimed to the professional use) in order to make awareness to the pulses consumption. Chef-created recipes with nutritional information and dissemination in a free platform.	Public Health Initiative	Complete	General Public; Industry; Health professionals; Local community	Portugal 
Anthropometry and nutrition assessment. Estimating of the total daily calorie intake and assessing patient's patterns of eating. Prescribing and explaining diet plans to patients.	Public Health Initiative	In progress/On going	General Public; Employees; Special groups	Greece 

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

Brief Summary of the Activity Type	Dietetic Activity Type	Status of Activity	Main Target Audience	Country
Screening of all inpatients for malnutrition using a validated screening tool	Screening programme	In progress/On going	General Public	Ireland 
Use of peptide feeds in patients with Motor Neuron Disease. Case study about using enteral peptide based feeds to help with diarrhoea in patients with MND.	Case Study	Complete	Health professionals	United Kingdom 
The Hungarian Dietetic Association prepared the new Hungarian dietary guideline for adults and children between the age of 6-17 yrs. The new guideline defines which food groups and in what ratio should get into the plate of the population, taking into account the latest scientific evidence. Instead of applying the nutrient-based dietary recommendations, the professionals chose the food-based approach, furthermore they switched from the pyramid and house-shape to the plate format, as it is much more consumer-friendly to visualize the different food groups and their ratios on a plate. As an innovative tool, the Association prepared a separate energy requirement calculator and portion guidance for children.	Public Health Initiative	Complete	Children and Adolescents; General Public; Educators; Health professionals; Local community; Parents; Policy Makers	Hungary 
Promoting 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	Research	In progress/ Ongoing	General Public	Turkey 

Objective 3. Use dietitian's 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

Brief Summary of the Activity Type	Dietetic Activity Type	Status of Activity	Main Target Audience	Country
Introducing NCP and Terminology in dietetic practice	Research	In progress/on-going	Educators; Employees	Israel 
Training programme for Healthcare Professionals or service users	Training programme	In progress/on-going	Health Professionals & Policy Makers	Lithuania 
Nutrition for elderly: cross-sectoral approach for training and coaching. The amount of elderly people in the EU is growing rapidly and will increase even more. Elderly are prone to an inadequate nutritional status and are therefore at risk to suffer from malnutrition. Employees from different sectors need specialized training to acquire (new) skills. Based on the input from all partners, exchange of best practices and cross-sectoral discussions, the project aims at establishing a handbook and e-learning units developed and tailored specific for catering/ delivery services, staff in the food industry and health care for elderly. In close cooperation with all partners the training concepts were developed, tested and evaluated.	Training programme	Complete	Healthcare Professionals	Belgium 
Leader of the " <i>Maison du Diabete</i> ", an education and information center for people with diabetes	Public Health Initiative	Complete	General Public; Health professionals; Special groups	Luxembourg

Objective 4. Invest in establishing the effectiveness of dietitians in the delivery of better health through improved nutrition

Brief Summary of the Activity Type	Dietetic Activity Type	Status of Activity	Main Target Audience	Country
Evaluation of cost effectiveness of dietitian's work	Research	In progress/on-going	General Public; Employees; Policy Makers	Italy 
Transformation of ONS prescribing practice for adults across a large rural health board to a predominantly FoodFirst approach. A new ONS formulary has been developed; guidance for prescribers has been distributed and prescribers have been directed away from a large number of products and long terms prescribing. Initial data from year one has generated significant recurrent community savings, released clinical capacity and a self care/management approach	Other	In progress/on-going	Health Professionals	United Kingdom 
Since 20th May, 2015, the Hungarian Dietitians Directory, created by the Hungarian Dietetic Association, has been actively functioning. This directory allows visitors to find a dietitian nutritional counselling. The visitors could search according to the main Hungarian regions to find the colleagues, closest to their inhabitance.	Other	Complete	General Public; Healthcare Professionals	Hungary 
PhD dietetic research establishing the effectiveness of dietitians in the delivery of better health through improved nutrition	Research	In progress/on-going	Educators; Health professionals; Policy Makers	Sweden 

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

Brief Summary of the Activity Type	Dietetic Activity Type	Status of Activity	Main Target Audience	Country
National Prevention Agreement; An agreement the national government is preparing on the subject's obesity, problematic alcohol use, smoking. As association we cooperate try to share our thoughts	Public Health Initiative	In progress/on-going	Policy Makers	The Netherlands 
The project <i>Ciencia en el Parlamento</i> (Science in the Parliament) is an independent citizen initiative that aims to make science and scientific knowledge more important in the formulation of policymaking. It aims to be a source of independent, balanced and accessible analysis of public policy issues related to science and technology for the Parliament. Spanish dietitians are involved in this project to ensure to ensure that topics of interest related to nutrition are discussed.	Public Health Initiative	In progress/on-going	Policy Makers	Spain 
Forum for malnutrition, is a collaboration between different associations, to promote and create awareness about the importance of proper nutrition for malnourished patients/citizens.	Public Health initiative	In progress/on-going	General Public; Educators; Employees; Industry; Health professionals	Denmark 

Discussion

This report provides insight on progress made within EFAD since the adoption of the EuDAP in 2015. 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 examples of evidence presented in this report that NDA's are doing this. 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. Often dietitians undervalue what they do and do not recognise the success of what they do perhaps because they do not have a way for letting significant others know what they are doing (e.g. papers, reports, conference presentations) or they do not report their success in a way that is 'politically valued', e.g. by demonstrating how their success/activities/work meets national or European strategic priorities or policies. 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 summary report provides confirmation that EFAD does have sufficient 'evidenced information' to provide key stakeholders at European or NDA level with information about the profession. This report would not be possible without talented, committed people – our members – on whom we rely to do much of this work voluntarily. Creating a culture that nurtures talent, recognizes and encourages sharing productive collaboration is critical to future success and EFAD will continue to implement the EuDAP in partnership with member states and play a supportive role by providing briefing papers and dissemination between NDA's e.g. in the EFAD e-journal, in newsletters and at the EFAD conference. EFAD will use the EuDAP report to communicate the actions of NDA's to relevant national stakeholders, demonstrating dietetic commitment in a very transparent and proactive way.