



Annual Report 2020

EFAD Officers

Honorary President: Annemieke van Ginkel-Res

Honorary Vice-president: Grigoris Risvas

Honorary Treasurer: Pauline Douglas

Executive Director: Judith Liddell

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EFAD is registered with the Dutch Chamber of Commerce as a “Vereniging met volledigerechtsbevoegdheid”, which translates as an “Association with full legal jurisdiction”.

EFAD is also a non-governmental organisation that maintains independence and integrity at all times and does not pursue any political or religious ends.

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Presidents Report

Who would have ever thought that 2020 will be remembered as the year of great change due to the Covid-19 pandemic? Uncertain times, worries about the virus, the lockdown and the global nature of Covid-19 impacted all our lives and those of our family and friends.

Dietitians have impact, and continued to demonstrate this during this time! The EFAD briefing paper "role of dietitians in the fight against COVID-19" summarizes the crucial role of dietitians in creating the care pathways in dietary treatment of patients. We are proud of the dietetic workforce in the EFAD community.

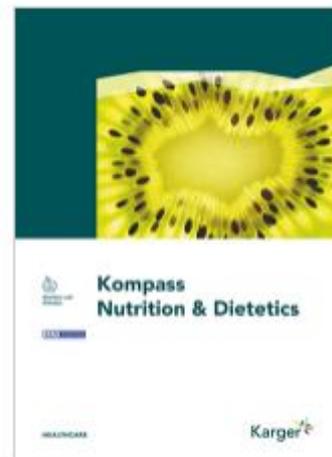


EFAD shared all this important work and more through its newsletters, website and webinars.

Other great work by dietitians is shown in the European Dietetic Action Plan (EuDAP) Database.

The EuDAP website was launched in 2020, showcasing best practices to achieve better nutrition and sustainable health all over Europe.

I would also like to mention the launch of the EFAD journal in conjunction with Karger: Kompass Nutrition & Dietetics. This supports the importance of building an evidence base. This journal will contribute in showing how dietitians translate science into practice



One of our strategic goals is building strong partnerships. We usually do this face2face at meetings. Within the EFAD Executive Committee we were already used to meetings via a virtual platform, and in 2020 all meetings have taken place virtually. This too was the case for our General Meeting in 2020.

The collaboration with ESPEN is signed. We were also present in WHO Regional Committee meetings.

The voice of European dietetics was heard in the response to the Ad Hoc Advisory Group on the Farm-to-Fork Strategy and the comments to the agenda of the 70th session of the World Health Organization (WHO) Regional Committee for Europe on the European Programme of Work, 2020–2025. "United Action for Better Health in Europe".

In 2020 we finalized the consultation for the EFAD Strategic plan which hopefully will be adopted in the General Meeting of 2021.

Great work has been done by all the volunteers in the EFAD community!
On behalf of the Executive Committee, I would like to thank you all for 2020's achievements.

It was a great experience to maintain our working by meeting each other virtually, but we are looking forward to meeting again in person hopefully within the near future!

Annemieke van Ginkel-Res

Honorary President

Executive Directors (General Meeting) Report



For the first time in EFAD's history, due to the COVID-19 pandemic, the 31st EFAD General Meeting was held virtually.

Annemieke van Ginkel-Res, Elke Naumann and Judith Liddell broadcast the meeting from a recording studio in the Netherlands, supported by presentations from members and guest speakers from around Europe.

Highlights of the meeting included presentations from "changemakers":

Dr Hans Kluge of WHO, Stella Kyriakides of European Commission, Rocco Barazzoni, President of ESPEN and Nathalie Farpour-Lambert, President of EASO.

Pauline Douglas and Manuel Monino presented the results of the EFAD members survey. Ana Catarina Moreira presented the results of the PPC Dashboard survey. Delegates then joined interactive breakout rooms to work on the 2022-2026 EFAD Strategic Plan.

The business meeting was attended by delegates from 25 full member associations.

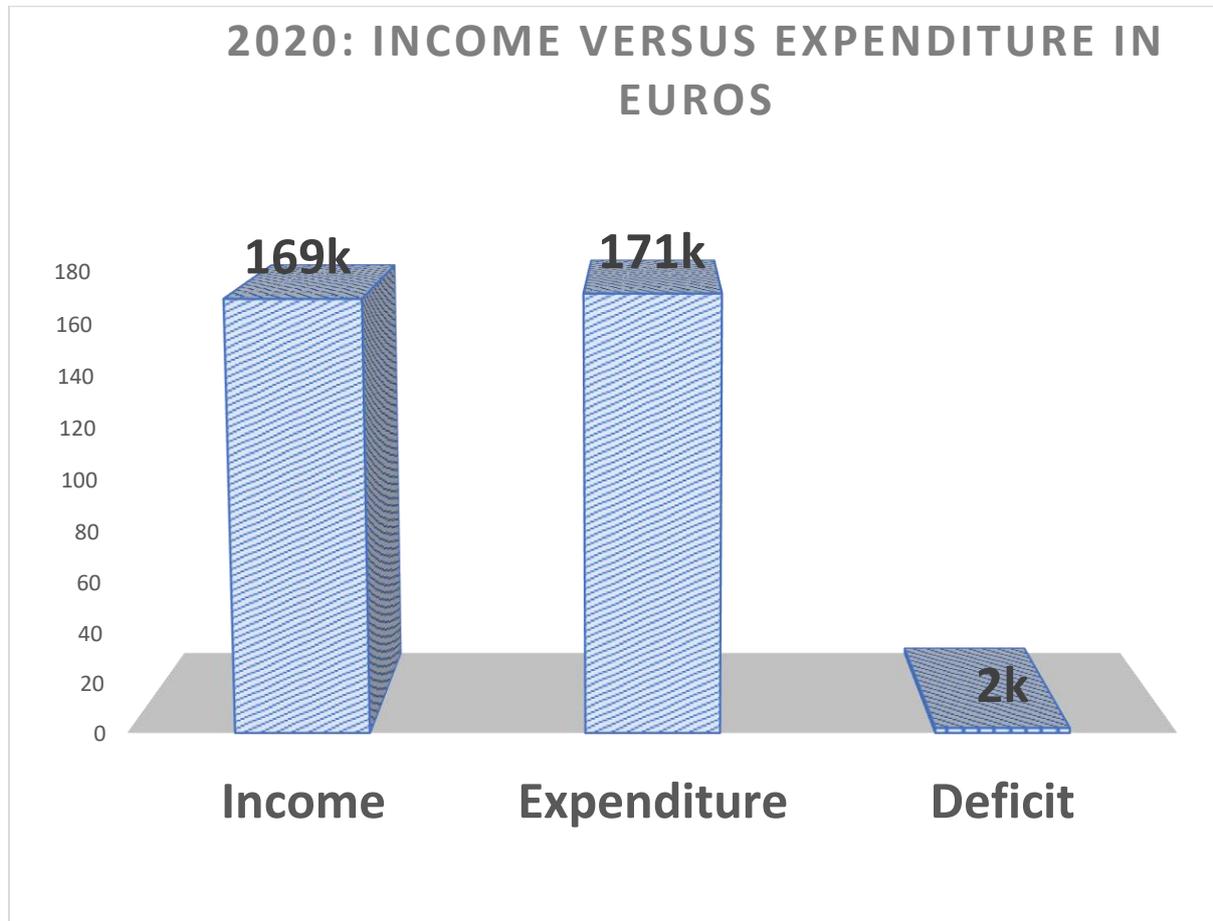
Decisions taken at the meeting included:

- Adoption of the policy paper: "The importance of Outcomes Management in Dietetics"
- Adoption of the paper: "Principles and Guidelines for Transparent Collaboration"
- Adoption of REBPC Research Fact Sheet
- Grigoris Risvas was re-elected as Vice President.
- Sharleen O'Reilly was elected as Chair of REBPC.

Judith Liddell
EFAD Executive Director

Treasurer's Report

The 2020 Accounts showed EFAD to be in a stable position financially, with an income of €168.890 and expenditure of €170.852, leaving a deficit of €1.962 at the end of 2020.



There was no conference in 2020 as the International Congress of Dietetics was planned. This resulted in 74% of the income coming from subscriptions. While 25% of the income is coming from projects there was a corresponding expenditure. There was €4k that came into EFAD as a fee for handling all aspects of project delivery.

Expenditure was down as there was limited travel due to the pandemic.

The resulting deficit of €2k was achieved against an agreed 2020 budget deficit of €43.600,00.

Standing Committees' & ESDNs' achievements

Education and Lifelong Learning Committee (ELLLC)

Associated partner in the INPRO Project
Work in developing the Education Hub

Professional Practice Committee (PPC)

Policy paper on the Importance of Outcomes Management in Dietetics
List of standardized language experts maintained

Research and Evidence Based Practice Committee (REBPC)

EFAD Journal published with cooperation of Karger – 2 issues
Factsheet about dietitian's role in research: [Practice and Research: a perfect dietetic match](#);
Survey on workplaces of dietitians in Europe
Advised EC on participation in projects or project proposals (ongoing)
Explored use of database to share best practices (with project manager)

ESDN Older Adults

Collaboration with European Ageing Network, together with ESDN Food Services
Contribution to strategic collaboration with ESPEN and ENHA/ONCA
Twitter chat held in October 2020

ESDN Obesity

Participation in OPEN-EU Project

ESDN Oncology

Booklet for the NutriCaNurse Project

ESDN Public Health

[EFAD response to the Ad Hoc Advisory Group on the Farm-to-Fork Strategy](#)
Responses to consultations of European Commission
Comments on working draft of the EU Code of Conduct on Responsible Food Business and Marketing Practices
Fact sheet on Nutrient profiling
Contribute to the European Public Health Week with EUPHA
Consultation in the Advisory group of Codex Alimentarius

EFAD Papers

Policy Papers

[EFAD Policy on Selecting representatives, committee members and working group members](#)

[EFAD Principles and Guidelines for Transparent Collaboration](#)

[EFAD Policy on Claiming Reimbursement](#)

[EFAD Policy on Declaration of Interest](#)

[EFAD Policy Paper on The importance of Outcomes Management in Dietetics 2020](#)

[Practice and Research: a perfect dietetic match](#)

Position Papers

[Role of Dietitians in the fight against COVID-19 EFAD Briefing Paper](#)

EFAD Responses

[EFAD response to the Ad Hoc Advisory Group on the Farm-to-Fork Strategy](#) (ESDN Public Health)

EFAD Journal published with cooperation of Karger

[Kompass Nutrition & Dietetics 2021, Vol. 1, No. 1](#)

Press Releases

[EFAD Press Release after the EFAD COVID webinar](#)

[EFAD Press release on Role of Dietitians in the fight against COVID-19 EFAD Briefing Paper](#)

Advocacy & Collaborations

EFAD attended to the 70th WHO Regional Committee meeting of Health Ministers held virtually in 2020. We sent comments to the agenda of the 70th session of the World Health Organization (WHO) Regional Committee for Europe on the European Programme of Work, 2020–2025. “United Action for Better Health in Europe”. <https://www.euro.who.int/en/about-us/governance/regional-committee-for-europe/past-sessions/70th-session/statements-from-non-state-actors/associations-of-dietitians-4>

Invitations

March

[21 SHAB Meeting](#) – Meropi Kontogianni
[Swedish National Association of Dietitians \(SDF\) Conference](#) – Annemieke van Ginkel Res, Tina Papoutsakis

May – June

[EHMA & HFE EU Health Policy Platform WEBINAR](#) – Judith Liddell
[Ad hoc meeting of the Advisory Group on the Farm-to-Fork Strategy](#) – Manuel Monino
[EUFIC's Joint face-to-face members' meeting](#) – Judith Liddell
[Hydration for Health Digital Conference 2020](#) – Pauline Douglas, Katerina Belogianni
[EFSA Stakeholder engagement - virtual info session - Transparency Regulation “dissemination portal”](#) – Gülden Pekcan
[Meeting EP Cross-Party Alliance on PKU](#) – Christina Katsagoni, Judy Gore

September

[70th session of the WHO Regional Committee for Europe](#) – Annemieke van Ginkel-Res
[ESPEN Congress](#) – Annemieke van Ginkel Res, Harriet Jager-Wittenaar
[EFPC2020 General Assembly](#) – Trude Mortensen

October

[EUFIC Food Systems Dialogue meeting in October](#) – Manuel Monino
[Digital event series on the evolution of EFSA's stakeholder engagement framework - kick of meeting](#) – Gülden Pekcan
[OPEN-EU EU4Health Programme Meeting](#) – Ellen Govers
[Initiative for comprehensive information around healthy & sustainable food](#) – Judith Liddell
[Associations World Congress UK](#) – Judith Liddell
[Farm to Fork 2020 conference: Building sustainable food systems together](#) – Manuel Monino
[Second STOP Stakeholders Dialogues](#) – Maria Hassapidou
[ENHA Trustees, Members & Partners meeting](#) – Annemieke van Ginkel-Res, Judith Liddell
[JPI HDHL joint SAB/SHAB meeting](#) – Meropi Kontogianni

December

[EFSA Discussion group on Emerging Risks meeting](#) – Gülden Pekcan
[Advisory Group meeting on the “Code of Conduct for Responsible Business and Marketing Practices”](#) – Manuel Monino

Consultations

EFAD responded the public consultation on the draft of *The European Programme of Work (2020-2025) – “United Action for Better Health in Europe”*

EFAD is part of the Ad Hoc Advisory Group on the Farm-to-Fork Strategy. The two meeting attended gave us the opportunity to take part on the discussion of the several proposals expected to be issued by the COM from the development and implementation of the F2F Strategy, i.e. Code of Conduct for responsible business and marketing practices. We produced a response supporting the Strategy and giving our help to facilitate transition to healthier and more sustainable diets <http://www.efad.org/media/2026/efad-response-to-the-ad-hoc-advisory-group-on-the-farm-to-fork-strategy.pdf>

Collaborations/ representations

EFAD has formed partnerships and collaboration over the years with various institutions and programs which seek to improve nutritional health, restore optimal health, support sustainable diets in Europe. The collaborations take many forms from advisory boards to research projects and professional development ensuring that the dietitians voice is heard and acted upon. In 2020 an exciting and new collaboration was started with the European Society for Clinical Nutrition (ESPEN) and Metabolism. We believe that the best quality evidence-based nutrition and dietetic practice can only be achieved through interprofessional cooperation.

EFAD has applied to become an International Non-Governmental Organization (NGO) in observer. We believe it would be an appropriated platform to share our knowhow and knowledge and take part in important decisions that end up being a reference for EU and members state.



Projects Manager's Report including Educational Platform

Role of a Project Manager

Responsible for delivery of all EFAD projects on time, in budget and within contractual obligations.

Projects portfolio includes:

1. Internal EFAD's projects
2. Cooperation with public sector
3. Cooperation with private and voluntary sector
4. EFAD Learning



Katarzyna Janiszewska, PhD
EFAD Project Manager
since January 2019

List of Projects & Achievements in 2020

1. Internal EFAD's projects

EuDAP – The European Dietetic Action Plan

During the year 2020 EuDAP online database <https://www.eudap.org/> had 2218 views. We have reached global audience as the 3 most common countries of the 653 database users were Spain, United Arab Emirates and the United States of America.

Most initiatives collected during 2020 were really valuable resources created by EFAD Members as a reaction to the COVID-19 pandemic.



2. Cooperation with public sector

- **PROMISS - PRevention Of Malnutrition In Senior Subjects in the EU** funded by the European Union's Horizon 2020 grant number 678732.



The scientific and technological mission of PROMISS is to conduct ground breaking research to contribute to the prevention of malnutrition in community-dwelling older adults and to support active and healthy ageing. EFAD, within Work Package 9, aims to give visibility to the PROMISS project and raise awareness on its objectives and activities. Projects ends in 2021.

EFAD joined the consortia and applied for grants from different calls: COST European collaboration in science and technology, JPI HDHL calls – PREVNUT and PREPHOBES, Testing and demonstrating systemic innovations in support of the Farm-to-Fork Strategy and ERASMUS.

From several projects proposals, three were accepted and will be officially started in 2021:

- **PROMED-COG: PROtein enriched MEDiterranean diet to combat undernutrition and promote healthy neuroCOGNitive ageing in older adults**

EFADs role: collaborating stakeholder; cooperation with ESDN Older Adults

- **SO – NUTS: Preventing obesity, sarcopenia, and Sarcopenic Obesity in retirement – digital personalized interventions for healthy NUTrition and physical activity for Seniors**

EFADs role: collaborating stakeholder; cooperation with ESDN Older Adults

- **INPRO: Interprofessionalism in action! Aligning interprofessional education and collaboration in practice, using promising regional experiences for international exchange**

EFADs role: associated partner, cooperation with EFAD ELLLC

3. Cooperation with private and voluntary sector

- **EuHHAC – the European Healthy Hydration Awareness Campaign** – supported by Danone Research



After creating EuHHAC Hydration Resource Center, EFAD and Danone prepared new plan of cooperation. New ambition for EUHHAC is to empower EFAD members to access knowledge and resources about the health benefits of water, for them to develop skills to encourage healthy hydration habits throughout the lifespan. Raise the level of awareness and understanding to key stakeholders about the impact hydration can have on sustainable health.

- **Role of Prunes in Dental Health** - research project supported by California Prunes Board

Task – preparation of scientific article with results of dietitians & dentists survey. Scientific article “Health professionals’ knowledge, views and advice on diet and dental health: a survey of UK and Ireland dietitians and dentists” prepared and submitted for publication.

„Health professionals’ knowledge, views and advice on diet and dental health: a survey of UK and Ireland dietitians and dentists” published in Journal of Human Nutrition and Dietetics on 07 January 2021 <https://doi.org/10.1111/jhn.12842>

- **Survey „European dietitians’ knowledge and attitudes towards prunes”** – project supported by California Prunes Board, conducted in Italy in collaboration with ANDID – 8 prizes of ANDID virtual conference fee were distributed among Italian dietitians.

- **Nutrition in Elderly Care** – project led by European Ageing Network.

The project goal was to create guidelines about nutritional care in social services facilities for elderly. EFAD was represented by ESDN Older Adults.



- **NutriCaNurse: Nutrition in Cancer** – the project was organised by the European Oncology Nursing Society (EONS) and conducted in collaboration with The European Society for Clinical Nutrition and



Metabolism (ESPEN). The project was supported by educational grant from the Medical Nutrition International Industry Association (MNI)

The main aim of this project was to provide guidance regarding the knowledge, skills and competencies in nutrition for nurses who care for people affected by cancer. There were three outputs from this project: Webinar on Nutrition in Cancer – this took place on 26 November 2020; Booklet – a practical guide for cancer nurses and scientific article – an overview of the current status of knowledge, gaps and recommendations.

- **Webinar „Nutritional Rehabilitation after COVID-19 Infection: Homeward-Bound after Hospital Discharge”** – supported by Nutricia



- **Webinar „Sugar reduction and low/ no calorie sweeteners in dietary practice: the case of obesity and diabetes”** supported by International Sweeteners Association Hosted by ESDN Obesity and ESDN Diabetes



4. EFAD Learning

In 2020 EFAD received unrestricted educational grants from Danone and Nestle to create the educational platform and develop online courses. EFAD is really grateful for this exciting opportunity as it will help to collect (and find!) all educational materials in one place. In December 2020 EFAD has started development of the first three new Programs: Sustainable Dietary Patterns, Health Through Gut and Digital Nutrition Communication.

Planned launch of the EFAD Learning in 2021.

ENDietS report

The European Network of Dietetic Students (ENDietS), embedded within EFAD, represents the interests of more than 5000 European dietitians and promotes the development of the dietetic profession. It unites, and connects all the European Nutrition and Dietetic students, into one platform that offers space to create, collaborate, support, and empower.

ENDietS Executive Team devoted 2020, the 1st year of the pandemic, ensuring the sustainability and stabilization of the network, focusing on building strong roots and a clear aim and vision for the years to come.

In 2020, 18 National Key Contacts (NKC)s from 9 European countries were recruited. NKC)s are the bridge between their countries' and ENDietS, encouraging HEI's and students to strengthen the bonds with ENDietS.

ENDietS held the very 1st virtual Students' Day "Empowering Students", on December 5th, 2020, in which more than 600 European Students met online and attended a 4-hour program. Students' Day 2020 received very positive feedback on its outcome, leaving space for improvement that will be incorporated into Students' Day 2021.

A very exciting cooking competition was organized "The story behind the food"; Dietetic students were called to submit a national recipe, with or without a more modern twist, that has a traditional meaning, cultivating and inspiring cultural diversity.

ENDietS supported the organization and moderation of 5 EFAD webinars and 3 ENDietS webinars, that are available to watch on-demand at ENDietS Youtube channel, which counts 1130 subscribers.

Marianna Kalliostra and Stella Miric, ENDietS Presidents

Structure & members

At the end of 2020, EFAD had five **standing committees**:

- Education and Lifelong Learning
- Professional Practice
- Research and Evidence-Based Practice
- EFAD Conference Organising
- EFAD Conference Scientific Programme

eight **European Specialist Dietetic Networks (ESDNs)**:

- Diabetes
- Older Adult
- Obesity
- Public Health
- Food Service
- Oncology
- Gastroenterology
- Sports and Physical Activity

plus a European Network of Dietetic Students (ENDietS) with over 1600 members.

Members:

27 full, 4 affiliates

41 Educational Associate Members.

Honorary members

Honorary membership is awarded to members of the profession as a reflection of the respect and regard of their colleagues for a particularly important contribution over a long period of time. Honorary Membership of EFAD is a lifetime honour.

EFAD Honorary members currently are:

Renate Frenz (Honorary President 1984-2000)
Irene Mackay (Honorary President 2000-2006)
Karin Hädell (Honorary President 2006-2010)
Carole Middleton (Executive member 2006-2014)
Edith Elliot (Honorary Treasurer 1992-2000)
Anne de Looy (Honorary President 2010-2018)
Mary-Ann Soerensen
(Executive committee 1996-2012)
Maria Hassapidou
(co-Lead ESDN for Obesity;
Poster Committee Chair)
Ylva Orrevall (Professional Practice Committee member 2010 -18)