



EFAD Press release

WDD 2018 – “Family and Diabetes”

EFAD calls on member associations to promote the role of dietitians in diabetes management

14 November 2018

In the light of World Diabetes Day on 14 November 2018, the EFAD European Specialist Dietetic Network (ESDN) for Diabetes calls on dietitians throughout Europe to play a key role in supporting and educating people with diabetes and their families on the need to prioritise diabetes management and to follow a health dietary plan and lifestyle for the whole family.

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 family and diabetes and would like to **emphasize the significant role dietitians can have in diabetes management of people with diabetes within the family.**

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

The theme of IDF’s World Diabetes Day 2018 is ‘*The Family and Diabetes*’. EFAD’s ESDN Diabetes has developed, together with ISA, infographics and a video to promote the role of the family in living better with diabetes, in adopting a better way of eating and in following a healthier diet.

Diabetes prevention and management as a key priority for a healthy family

According to IDF Atlas more than 425 million people worldwide are living with diabetes which means that diabetes concerns every family. Also, IDF suggests that by adopting a healthier lifestyle and eating habits, up to 70% of type 2 diabetes cases can be prevented or delayed. Therefore, we strongly emphasise that diabetes can be prevented or managed, if people set their diabetes management as a key priority in life.

Although self-care is key in diabetes management, the family can play an active and critical role in supporting family members to deal with their diabetes as a healthy diet is the cornerstone of diabetes management and therapy. Family support can include practical help in diabetes care, food preparation and meal planning, emotional support but also access to education. Therefore, family members have an important role to play and we know that a healthy family diet is the ideal diet for diabetes and the “diet for diabetes” is a healthy diet for all family members.

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) activities in support of WDD, under the umbrella theme: *'It's a family thing!'* In order to learn more you may visit the dedicated page on the ISA website by <https://www.sweeteners.org/category/31/news/383/isa-supports-families-in-achieving-a-healthy-life-for-persons-with-diabetes>

Ask your dietitian

Dietitians can support families in diabetes prevention and care by helping individuals and their families to improve the family diet. It is important to ask a dietitian to help to educate the family on how to follow a healthy lifestyle through better nutrition, to enable family members, across the life-course, to make the right dietary choices and to sustain healthy lifestyles and finally to plan an individualised dietary programme for those with diabetes and for the whole family.

ABOUT EFAD

EFAD is the voice of 33.000 European dietitians - more than half the profession – and is the only organisation advocating for European dietitians

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 all National Associations of Dietitians in Europe.

EFAD currently has 32 member associations and 38 Schools of Dietitians representing over 33,000 dietitians and 9,000 students in 28 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

EFAD Executive Director

+49 2822 68367

secretariat@efad.org

Charilaos Dimosthenopoulos,

Lead of European Specialist Dietetic Network (ESDN) for Diabetes

harisdimos@gmail.com