

Advancing Dietetics in Europe through Collaboration

Prevention of Malnutrition in Senior Subjects in the EU – a pan-European Horizon2020 project – the dietitians' perspective

Learning Outcomes

- In Europe, 90-95% of older adults live at home. Among them, about one out of 5 is malnourished or at risk of malnutrition
- The majority of the older persons consumed a diet of insufficient quality and that 40% of the participants had a protein intake below the recommended daily intake.
- The association between poor diet quality and the risk of developing frailty in (initially non-frail) community-dwelling older people
- New results/products from the Project

Participant Outcomes

- Recommended Dietary Allowance of 0.8 may be too low to maintain physical function in older people
- Information on Course materials for Masterclass to support food industry/SMEs
- New food products and food concepts

Advocating for Nutrition & Dietetics in Europe: a model for good practice

Overview

Who Should Attend? : Dietitians, new graduates, those advocating for dietitians, policy makers

Learning Outcomes:

- Promote the dietetic profession to relevant stakeholders, nationally and at European level
- Identify the importance of embedding research and evidence-based practice in to the profession
- Advocate for dietitians to lead and make significant contributions to local, regional and national policies regarding food and nutrition

Participant Outcomes:

- Empower Dietitians to make a difference; increase awareness within the profession of the capability and capacity for dietitians to make a difference at local, national or European level
- Recognise the need to build and sustain professional relationships
- Foster a commitment to lifelong learning and continuing professional development

Proposed Programme:

The Overall Aim: To present and discuss the development of the profession of dietetics and actions taken to exploit these developments to opinion leaders in Europe through a European Dietetic Action Plan and an Advocacy White Paper. Speakers at the symposium will provide an overview of the role of the dietetic profession in improving nutritional health in Europe and contributing to the implementation of the WHO Food and Nutrition Action Plan and the European Commission Health 2020 in Europe. Time will be provided for questions and discussion after the presentation.

Overview:

In 2015 The European Federation of the Associations of Dietitians (EFAD) adopted the European Dietetic Action Plan 2015-2020 (EuDAP) (1), with the aim of engaging dietitians in implementing the WHO Food and Nutrition Action Plan and other European initiatives to improve nutritional health of the population of Europe. EFAD represents 34 Dietetic Associations in 26 European countries (approximately 35,000 dietitians or over half European dietitians). We are taking this opportunity to state the commitment of dietitians to action for health improvement through nutrition at all societal levels. Whether it is in healthcare, food provision/service (restaurants), research, industry, public health or in the homes of individual citizens, dietitians are prepared to make a difference.

Dietitians in Europe make significant contributions to local, regional and national action plans regarding nutrition and food. The expertise of dietitians is used when drafting or implementing policy but dietitians need to be more widely recognised and used by Ministries of Health and local governments across Europe if their plans, e.g. FNAP 2015-2020, are to be fully successful.

EuDAP sets out the commitment that dietitians and their NDAs are making to enhance and coordinate dietetic activities across Europe, to make explicit the impact dietitians are having on European nutritional health over the next five years.

Working with membership volunteers to achieve association goals

Learning Outcome

EFAD is governed by the General Meeting (GM) of 32 Member Associations. The decisions of the GM are implemented by the Executive Committee, supported by three standing committees and ten European Specialist Dietetic Networks. These committees and networks are populated by some 200+ people who work voluntarily for EFAD.

As the work of EFAD continues to grow, governance and management of resources (including volunteers) takes on increasing significance.

Participant Outcome

This presentation will focus on developing strategic plans and work plans to meet association goals as well as governance guidelines and procedures for increasing recruitment of volunteers. The strategies for retaining volunteers, including conflict management will also be discussed.