



Annual Report 2019

EFAD Officers

Honorary President: Annemieke van Ginkel-Res

Honorary Vice-president: Grigoris Risvas

Honorary Treasurer: Pauline Douglas

Executive Director: Judith Liddell

Administrative Assistant/Office Manager: Reka Kegyes

Contact: secretariat@efad.org

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

It is always a pleasure to prepare an EFAD annual report because there is always so much to celebrate and be proud of and 2019 was no exception!

With two new EFAD members, a new Executive Committee member (Manuel Monino from Spain), 5 standing committees, 8 European Specialist Dietetic Networks, our vibrant student network (ENDietS) and our representatives, EFAD has over 200 volunteers – all committed to improving dietetics for all.

We continue to balance our books, by careful budgeting and the immeasurable amount of work done voluntarily by so many.

EFAD attended the 69th WHO Regional Committee meeting in Copenhagen in 2019, where I was proud to present an oral statement on “Accelerating Primary Care” to the Health Ministers from 53 WHO region member states.

We hosted our largest and most successful conference to date in Berlin – with 450 attendees and 98 speakers!



ESDN Leads meeting, Amsterdam September 2019

Notable EFAD publications in 2019 were the White Paper: “Sustainable Health through the Life Span” with accompanying infographic, a position paper on “Evolved Nutritional Labelling”, a policy paper on “Nutrient Profiling”, a “Fiscal Measures Fact Sheet” and “Oncology Nutrition recommendations for cancer patients at risk of Osteoporosis”

So, as usual, there was much going on and much to celebrate. Looking forward, we are already working on our strategic plan for 2022-2026. With the continued support of all our members, representatives and volunteers I am confident that EFAD will not only continue to advance dietetics in Europe, but will also advocate robustly to raise the profile of dietitians and dietetics across the European region.

Last but not at least I want to thank all EFAD committee members, ESDN members, and all volunteers for your great work in 2019. We couldn't be successful without them.

Together we create the impact of dietitians in Europe!



EFAD Executive Committee 2019 (*Tina Papoutsakis is missing from the picture)

Annemieke van Ginkel-Res

Honorary President of EFAD

Executive Director's (General Meeting) Report



The 30th EFAD General Meeting business meeting was attended by delegates from 21 full member associations.

Decisions taken at the meeting included:

- Manuel Monino was elected as Executive Committee member 2019-2023.
- The Association of Nutritionists and Dietitians in Israel became full members
- The Czech Association of Dietitians joined as affiliate members
- The Country of Origin of EFAD members was extended to include all 53 WHO European Region member states
- The EFAD Honorary European Dietetic Fellowship Award 2019 was given to Prof Marian de van der Schueren of HAN University in The Netherlands for her outstanding contribution to dietetics both in The Netherlands and in Europe. Marian will deliver the Fellowship Award lecture to the 2021 EFAD European Congress of Dietetics in Budapest (see page 18).
- The Nutrient Profile Paper, which resulted from work on food labelling and was written to present the dietitians' view to the European Commission, was adopted.

Representatives from Education Associate members, Affiliate member associations and ESDN leads joined the non-business session of the General Meeting to hear the Annual Report, with highlights of 2019, including:

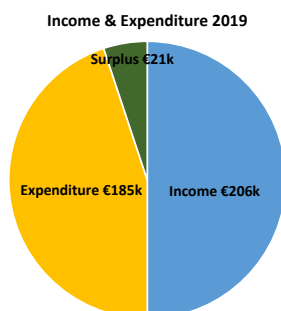
- EFAD's presentation of a statement on "Accelerating Primary Care" to the 69th session of the WHO Regional Committee for Europe in September in Copenhagen.
- the accomplishments of each of the standing committees, the European Specialist Dietetic Networks and the students' network (ENDietS) (see pages 11 & 12).

Dr Julianne Williams, Technical Officer WHO Europe, facilitated a workshop on "How can dietitians support WHO in the prevention and control of non-communicable diseases across European Region" and work was started on developing the EFAD Strategic Plan 2022-2026

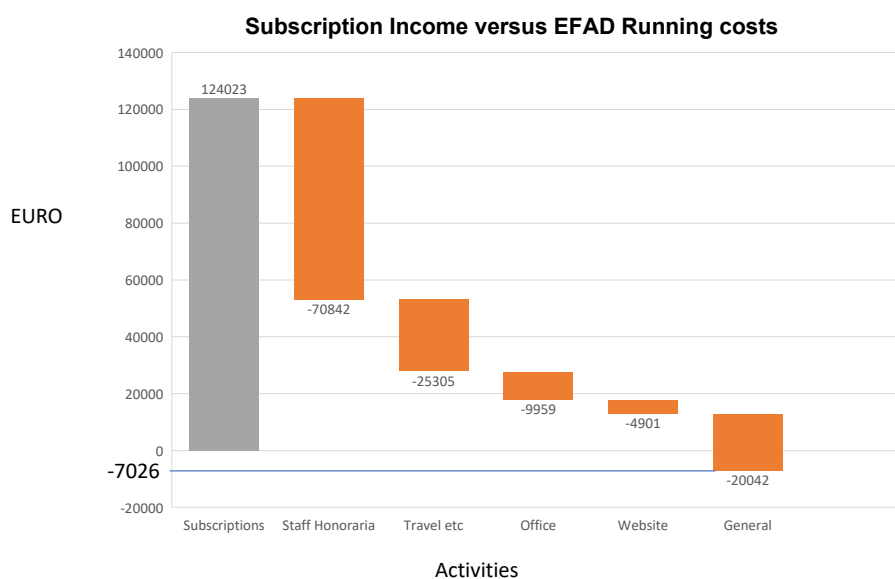
Judith Liddell
EFAD Executive Director

Treasurer's Report

The 2019 Accounts showed EFAD to be in a stable position financially, with an income of €205.997 and expenditure of €184.753, leaving a surplus of €21.244 at the end of 2019.



It is important to see how the Members subscriptions went towards funding the Running costs of EFAD 2019.



With the Income from Subscriptions in 2019 being €124.023 however, when we take off the EFAD running costs there is a deficit of -€7.026.

The Annual Accounts show a surplus of €21.244. This is due to the Conference making a profit of €17.208 and €11.062 coming from Project work.

Pauline Douglas

Honorary Treasurer

Conference Report



The 12th Conference was a great success, with 98 speakers, 18 sponsors, 8 supporters and 450 delegates. Lorenz Franken from the Federal Ministry of Food and Agriculture (Germany) delivered a thought-provoking opening presentation on “Meeting the UN Sustainable Development Goals”, while Tim Lang from City University of London (UK) rounded off the opening plenary with a presentation on “Food

systems and sustainability – the contribution of nutrition”. For the first time several pre-conference workshops were offered: ESPEN LLL course, PEN and EASO courses and a farm visit to learn about biodiversity and sustainability.

There were posters (56) and oral presentations of over 70 original research submissions, with many opportunities to network, including 20 “meet the expert sessions”. The conference dinner was well attended with excellent food and a well populated dance floor!

ENDietS (The European Network of Dietetic Students) organised a pre-conference “Student Day” which was attended by around 140 students.

Exercise breaks, excellently lead by Suzan Tuinier, helped keep everyone moving, as did the early morning “fun run” and Tai Chi session.

I think the success of the conference is best reflected by delegates’ comments:

- The assessment street was excellent
- Congratulations, this has been a very good Conference. one of the best I've attended
- This is a must attend conference and look forward to future events
- Excellent topics and speakers. I can't wait to come back!

Grateful thanks go to all who helped to organise the conference, including:

- Stefan Storcksdieck and the scientific programme committee
- The conference organising committee
- Maria Hassapidou and the poster/original research committee
- ENDietS
- All the speakers and chair persons
- Jochem Treu and Monique Weimar of Mediscon – the congress organisers

Judith Liddell
Executive Director of EFAD

Committees achievements

Education and Lifelong Learning Committee (ELLLC)

- Merged with ESDN Higher Education
- Working on revision of EFAD Practice Placement Standards
- Work for voluntary registration of specialist dietitians – joint work with PPC
- Webinar supporting career progression with lifelong learning

Professional Practice Committee (PPC)

- Dashboard of Standardised Language initiated
- Paper on nutrition focused outcomes collection under review
- Case study using Nutrition Care Processes (collaboration b/w Norway and the Netherlands)
- List of standardized language experts maintained
- Work for voluntary registration of specialist dietitians – joint work with ELLLC

Research and Evidence Based Practice Committee (REBPC)

- Explored viability of an EFAD journal; Established a small task and finish group to work on the journal. To be continued in 2020.
- Factsheet about dietitian's role in research; text ready end 2019
- Survey on workplaces of dietitians in Europe; data collection started
- Conference Berlin:
 - Workshop on preparing abstracts (written and video)
 - Meet the expert session
 - Chairing conference session
 - Publication of extended conference abstracts (started 2019)
- Advised EC on participation in projects or project proposals (ongoing)
- Explored use of database to share best practices (with project manager)

ESDN Public Health

- Fact sheet on Fiscal measures updated
- Position paper on Evolved Nutritional Labelling
- Front of Pack labelling consultations with European Commission
- Recommendations to WHO on Non-Communicable Disease consultation
- Policy paper on Nutrient Profiling
- Webinar on Advanced Competences for PH Dietitians
- EUTHyroid project participation
- Interaction with FAO survey

ESDN Older Adults

Surveyed NDAs on specialist groups for older adults
Organized a webinar on nutritional interventions for older adults, June 2019
Collaboration with European Ageing Network, together with ESDN Food Services
Contribution to strategic collaboration with ESPEN and ENHA/ONCA

ESDN Oncology

Nutrition recommendations for cancer patients at risk for osteoporosis
Surveyed NDAs on specialist groups
Presented 3 webinars
Hosted workshop and Ask the Expert session at the EFAD conference

ESDN Diabetes

Support of World Diabetes Day including scientific review of ISA infographics and video
Collaboration with International Diabetes Federation
Representation in iCPS Diabetes Europe Roundtable 2019

ESDN Obesity

Round table at ECO 2019 Glasgow
Pre-conference at EFAD Berlin 2019
Round table at EFAD Berlin 2019
Report for commitment to Platform Diet Physical Activity and Health
Membership of NWG of EASO (ongoing)

ESDN Gastroenterology

Webinar on Mediterranean diet and non-alcoholic fatty liver disease
Webinar on Gluten Free Diet (GFD): "who, when and how".
6 evidence-based tips for TAD Healthy Project.
Hosted onference round table and ask the expert session.
Contacts with ESPGHAN, GMFH and AOECs.

Project Manager's Report

Role of a Project Manager

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

Projects include:

1. Government funded research
2. Industry funded collaboration
3. Non-funded projects

Time allocated to role in 2019 was 7.5 hours per week.



Katarzyna Janiszewska, PhD
EFAD Project Manager
since January 2019

List of Projects & Achievements in 2019:

1. Government funded research

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. EFAD will also help take care of the translation of the dietary and physical activity strategies that PROMISS will develop into clear recommendations to facilitate future translation into practical tools, clear guidelines and training materials for dietitians.



2. Industry funded collaboration

EuHHAC – the European Healthy Hydration Awareness Campaign

A scientific article was published in *Annals of Nutrition and Metabolism* articulating the progress of the work to date: Belogianni, K., Gandy, J., van Ginkel, A., Liddell, J., Wagner, R. Y., Lagoudakis, L., & Douglas, P. (2019). European Healthy Hydration Awareness Campaign for Dietitians. *Annals of Nutrition and Metabolism*, 74(3), 57-65.

An online Hydration Resource Center (HRC) was also developed (<http://www.efad.org/en-us/euhhac-hydration-resource-center/>), where members of EFAD can access evidence-based resources on healthy hydration and find tools to use in their daily practice.

Session for dietitians at H4H Conference in Evian and Hydration session during 2019 EFAD Conference.



EuHHAC Hydration resource Center



Increasing healthy hydration awareness has become a key element of the work of EFAD since 2015. EFAD in collaboration with experts on healthy hydration has developed the European Healthy Hydration Awareness Campaign (EuHHAC). The EuHHAC aims to raise the opportunity to promote healthy hydration in the current food environment, improve the role of dietitians in the promotion of healthy hydration and to support the development of healthy hydration among dietitians and health professionals. These actions include surveys, webinars, interactive sessions and resources on hydration. In 2019, a series of activities were launched in a series of webinars and resources articulating the progress of the campaign. As part of the EuHHAC, an online Hydration Resource Center (HRC) was also developed, which members of EFAD can access evidence-based resources on healthy hydration and find tools to use in their daily practice.

References
Belogianni K, Gandy J, van Ginkel A, Liddell J, Wagner RY, Lagoudakis L, Douglas P (2019) European Healthy Hydration Awareness Campaign for Dietitians. *Annals of Nutrition and Metabolism* 74(3):57-65

Other supported projects:

- **World Diabetes Day** - educational movies created and recorded with ESDN Diabetes
- **Role of Prunes in Dental Health** - dietitians & dentists survey – research project
Scientific article “Assessing health professionals’ knowledge regarding snacks, dried fruit and dental health a survey of UK dietitians and dentists” prepared and submitted for publication.
- **European dietitians’ knowledge and attitudes towards prunes** – survey conducted in Germany, Italy, United Kingdom. Prize for 5 dietitians: free ticket to 2019 EFAD Conference & reimbursement of travel costs. 2 Research Assistants – student dietitians could experience work in international environment.
- **European dietitians’ knowledge, views and recommendations of oats** – survey conducted in the United Kingdom and the Netherlands
- Webinar "**Oats and the Microbiome: a Potential Link for Metabolic Health?**"
- Advertorial article for EFADs newsletter "**A Spotlight on Metabolic Health**"

3. Non-funded projects

EuDAP – The European Dietetic Action Plan

EuDAP Survey 2019 the online questionnaire with questions regarding dietetic activities in the year 2018 completed 466 dietitians. The respondents represented 30 different National Dietetic Associations and 31 Higher Education Institutes.

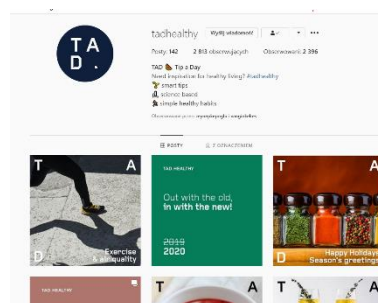
Executive Report 2018 was published, Full Report was the first one created in the form of an online database <https://www.eudap.org/>.



EU Platform on Diet, Physical Activity and Health Commitments

- **“Tip a Day” Healthy** (with EASO- EUFIC-ISCA)
Instagram-based education and inspiration on healthy living [#tadhealthy](https://www.instagram.com/tadhealthy/)
🌱 smart tips
🔬 science based
👤 simple healthy habits

27.03.2018-09.01.2020



- **European Guidelines for Management of Obesity in Adults and Children** (with EASO)

Katarzyna Janiszewska

Project Manager

EFAD Papers

Policy Papers

[Sustainable Health Through the Life Span: Nutrition as a Smart Investment for Europe](#)

[Invest in Nutrition & Dietetics! \(Infographics\)](#)

[Policy paper on Nutrient Profiling](#)



Position Papers

[Position paper on Evolved Nutritional Labelling](#)

Briefing papers/Fact sheets

[Oncology Nutrition recommendations for cancer patients at risk for osteoporosis](#)

[EFAD Fiscal Measures Fact Sheet¹](#)

EFAD Responses²

[Response to CFS policy process on the development of the Voluntary Guidelines on Food Systems and Nutrition](#)

Press releases

[EFAD Press release_WDD 2019](#)

¹ Appendix - http://www.efad.org/media/1780/fiscal-measures-which-influence-consumption-in-europe_with-appendix.pdf

² <http://www.efad.org/en-us/reports-and-papers/efad-responses/>

Advocacy and Representation

EFAD attended and contributed to the 69th WHO Regional Committee meeting of Health Ministers from 53 WHO region member states in Copenhagen in 2019.



Invitations and Representations



March

[Final SUSFANS Workshop](#) – Grigoris Risvas
[Odisee International Week](#) – Judith Liddell
[1st International Congress on Sustainable Life](#) – Grigoris Risvas, Manuel Monino
[Thomas Moore International Days](#) – Reka Kegyes
[Stakeholder Workshop on EFSA future science strategy](#) – Gülden Pekcan
[World Obesity Action Initiative Roundtable](#) – Hilda Mulrooney



April

[EFSA 2nd Stakeholder Bureau Meeting](#) – Gülden Pekcan
[PROMISS WP9 & General Assembly](#) – Reka Kegyes
[Associations World Congress & Expo 2019](#) – Judith Liddell
[ECO2019](#) – Annemieke van Ginkel-Res, Maria Hassapidou
[EuHHAC meeting](#) – Annemieke van Ginkel-Res, Pauline Douglas



May

[ICPS Diabetes Europe Roundtable](#) - Haris Dimosthenopoulos
[European Public Health Week](#) - ESDN Public Health
[EFSA 4th Stakeholder Bureau meeting](#) - Gülden Pekcan
[ENHA Trustees Meeting](#) - Annemieke van Ginkel-Res
[ONCA meeting](#) - Annemieke van Ginkel-Res; Harriet Jager-Wittenaar

June

[EASD International Symposium on Diabetes and Nutrition](#)
- Charilaos Dimosthenopoulos
[Hydration for Health Conference](#) - Judith Liddell, Pauline Douglas, Annemieke van Ginkel-Res, Katarzyna Janiszewska, Reka Kegyes, Katerina Belogianni
[Quisper Personalised Nutrition Symposium](#) - Maria Hassapidou



September

[Meeting with the ESPEN Executive Committee](#) - Annemieke van Ginkel-Res, Harriet Jager-Wittenaar, Sissi Stove-Lorentzen
[JPI HDHL SHAB meeting](#) – Meropi Kontogianni
[69th WHO Regional Committee Meeting](#) – Judith Liddell & Annemieke van Ginkel-Res
[EFPC Conference](#) - Trude M. Backer Mortensen
[EU Health Programme Conference](#) - Judith Liddell

October

[Optimal Nutritional Care for All conference](#) - Annemieke van Ginkel-Res, Harriet Jager-Wittenaar
[1st International SABAK Congress](#) - Fiona McCullough
[EU Health Policy Platform annual meeting](#) - Judith Liddell



November

[ENHA Trustees Meeting](#) - Annemieke van Ginkel-Res
[Health Professionals Symposium](#) - Judith Liddell
(virtual presentation)

EFAD aims, mission & vision, Structure, members

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 from any country in the WHO European Region and Higher Education Institutes worldwide that teach dietetics.

Mission

To support member Associations in developing the role that dietitians have in reducing inequalities and improving nutritional health in Europe.

Vision

EFAD, national dietetic associations (NDAs) and dietitians are recognised leaders in the field of dietetics and nutrition. We will continue to pro-actively initiate and grow partnerships in order to improve nutritional health, reduce socioeconomic health inequalities and contribute to economic prosperity.

To achieve our vision EFAD supports the highest quality of dietetic education, professional practice, research activity and partnership.

Values

The values of EFAD guide how we make decisions and define our approach to partnership and collaboration.

Our core values are: fairness, openness, non-discrimination, collaboration and independence.

These are expressed more fully in the way EFAD conducts its business, observing our Code of Ethics and Code of Good Practice and being:

- democratic, transparent and inclusive
- independent and ethical
- discerning and open to new ideas and approaches
- credible, objective and honest
- an effective communicator
- supportive of opportunity, innovation, creativity and entrepreneurship
- respectful of the values that members hold and their capabilities
- a partner with clients, colleagues and others
- active in pursuing excellence

EFAD Structure, members

At the end of 2019, 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:

28 full, 4 affiliates

38 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 1992-2001)
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)



EFAD Fellowship Award

The award of EFAD European (Honorary) Dietetic Fellowship is EFAD's highest honour and is reserved for those dietitians who have made a continuous outstanding and significant contribution to the advancement of dietetic practice, research or education, at its broadest level, at a national, European or international level. (Honorary) EFAD Fellows should also be individuals who are seen to add value to the profession, often through their leadership skills, and have an active ongoing involvement with the EFAD.

EFAD Fellowship is reserved for individuals who have been nominated and supported by their peers in recognition of outstanding professional qualities.

The EFAD Fellows are:

Agneta Hörnell (2018)



Agneta graduated as a dietitian in 1987 and worked clinically for about a year before slipping into research. During the following 30 years she worked with various professionals groups both in research and teaching at university. She has been engaged in EFAD since 2006 when her Department became a member of DIETS. She was a member of the Executive Committee 2010-2016, and ESDN Food Service from 2017. In the EFAD European Dietetic Fellowship Award lecture, Agneta focussed on some of the things she has done and learned over the years

– view fellowship lecture:

<https://efadconference.com/wp-content/uploads/2019/11/hornell.pdf>

or watch the video:

<https://photos.app.goo.gl/UJSxwZdChcpnkaeT6>

Marian de van der Schueren (2019)



Marian has in almost 30 years built up a multifaceted and thorough expertise in the dietetic field of patient care, research and education. Her research activities cover most of the professional field of dietetics.

She maintains regional, national and international networks in healthcare, research and education. Her goal is to use her ability to inspire people to get along in both the professional field and research to take dietetics to a higher level.

Marian's Fellowship lecture has been postponed to 2021