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How Dietitians working in a multidisciplinary way supports understanding across Europe

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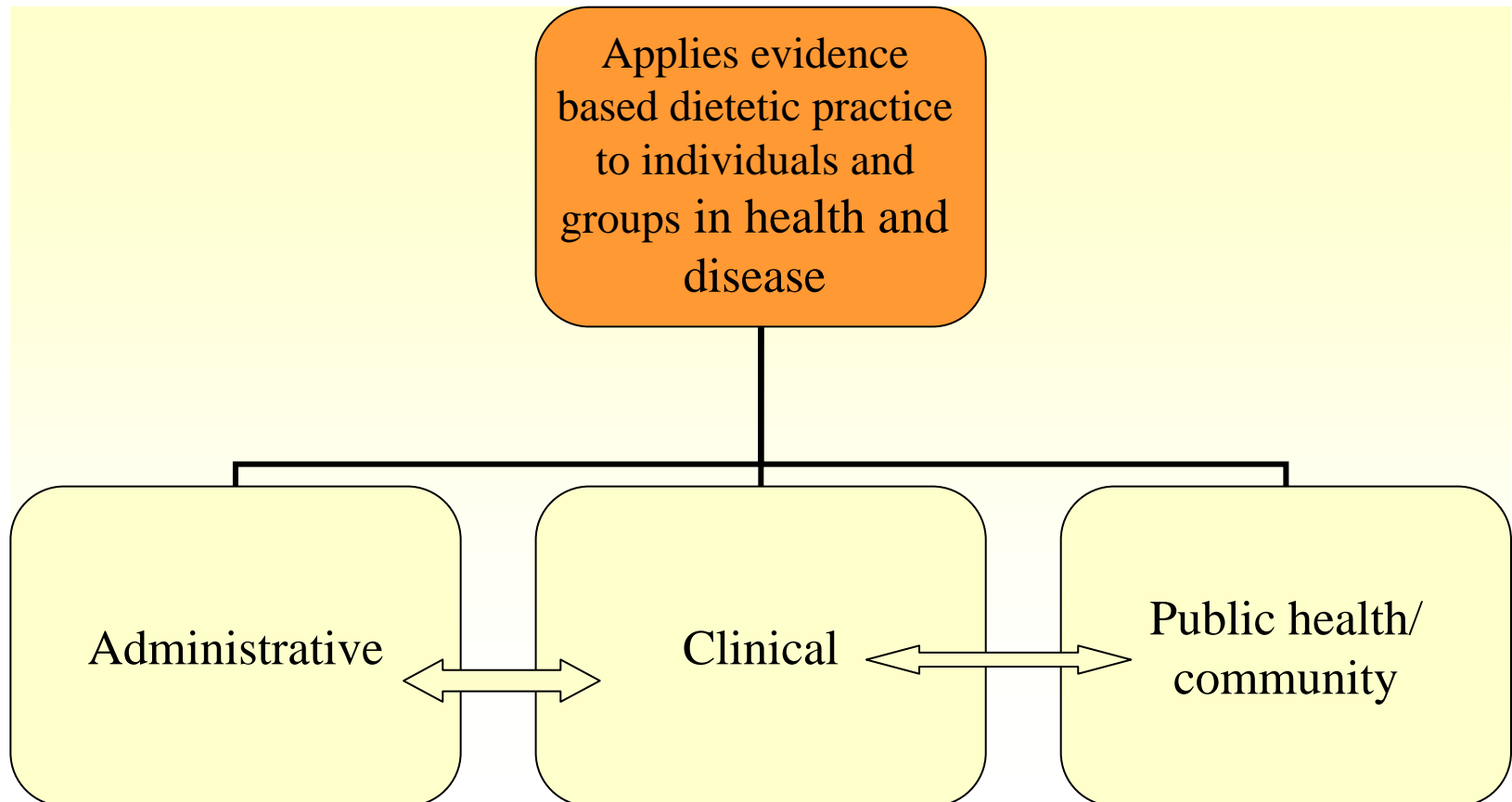
Collaboration within the profession

Multidisciplinary working

- Individual Dietitians
- National Dietetic Associations
- EFAD



The Dietitian





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Administrative dietitian:

Leadership role in planning and production of nutritionally adequate food for

- health promotion (e.g. kindergartens, schools, work places, military services)
- Prevention and alleviation of chronic disease and malnutrition (e.g. nursing homes, hospitals)

Leadership role in facilitating the implementation of nutritional care plans

Leadership role in development of new and innovative nutritional therapy in terms of special foods and diets

Education of other professionals



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Clinical dietitian:

Leadership role in

Implement, maintain & develop screening for all patients

Implement, maintain & develop nutritional care plans

Develop nutritional strategies & therapy guidelines

Treatment of patients

Education of other health professionals



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Public health/community dietitian:

Leadership role in
Policy development & health promotion to prevent &
alleviate lifestyle related diseases and malnutrition within
community
Education of other professionals



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Common barriers for proper nutritional care in hospitals (report Council of Europe)

- Lack of clearly defined responsibility
- Lack of sufficient education
- Lack of co-operation between different staff groups
- Lack of involvement from hospital management
- Lack of influence and knowledge of the patients



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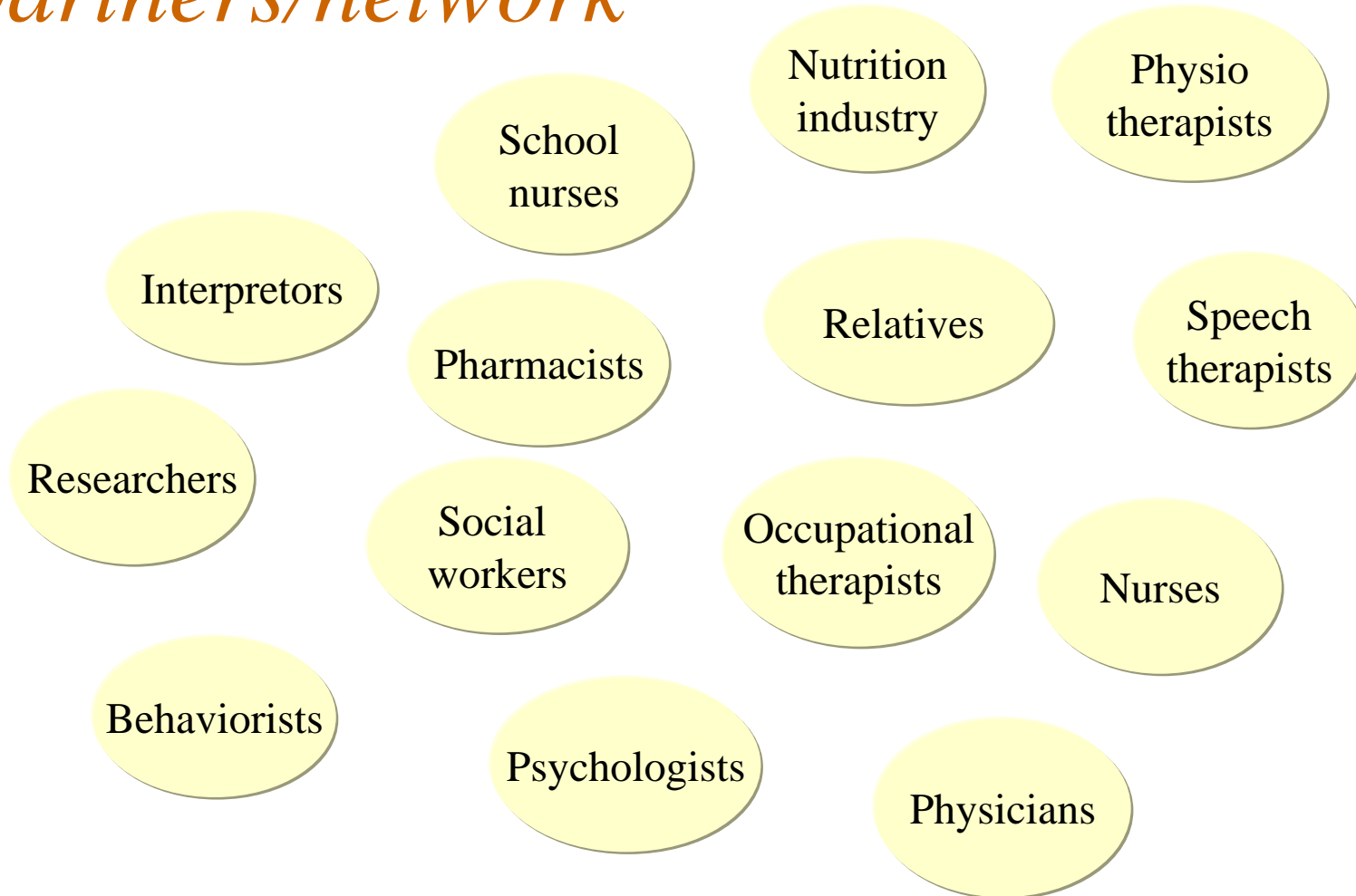
Administrative dietitians, partners/network





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Clinical dietitians, partners/network





What is multidisciplinary?

- A non-integrative mixture of disciplines in that each discipline retains its methodologies and assumptions without change or development from other disciplines within the multidisciplinary relationship (Wikipedia)
- Multidisciplinary, in the context of health care, means that health care providers from different professions work together to collaboratively provide diagnoses, assessments and treatment within their scope of practice areas of competence (Wikipedia)
- Group composed of members with varied but complimentary experience, qualifications and skills that contribute to the achievement of the organization's specific objectives (Business dictionary.com)



Multidisciplinary working

Levels:

- Take part/contribute
- Coordinate joint working
- Promote and develop integrated working across boundaries

To support understanding of:

- The importance of nutrition and dietetics
- The specific competencies of dietitians



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National /regional multiprofessional work

- Nutrition and Health promotion campaigns
- Policies and recommendations



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EFAD Aims

- 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 better nutrition situation for the population of the member associations of the Council of Europe



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EFAD and multidisciplinary work

- EU Platform on Diet, Physical activity and Health
- EURRECA
- IMAGE
- EARNEST
- ENHA
- Breakfast is Best



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EU Platform

- Funded by EU 2005
- Industry, cooperative movement, consumer organisations, health professionals, sport organisations and NGO´s
- Plenary meetings, working groups
- Commitments and monitoring
- White Paper



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EFAD and the Platform

- EFAD partner from start
- 2006-2009 Baseline commitment: Education of European Dietitians to meet Diet and Health Targets
- 2007-2008 Commitment: The dietetic contribution to health in workplace
- 2009: EFAD/EUFIC joint commitment: Evaluation of EUFIC Energy balance Tool



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EURRECA

- a Network of Excellence on the harmonisation of nutrient recommendations across Europe
- Funded by EU, 2007-2011 – coordinated by ILSI
- Partners from universities, national nutrition societies, health professions, international organisations, industry, consumer groups,



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EFAD and EURRECA

- Member Users Advisory Group
advise on
 - dissemination
 - exploitation
 - training requirements

UAG members: Representatives from EU Commission, UNICEF, industry, food research institutes, universities, European consumers



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From EU Review report EURRECA

“Bringing on board nutrition societies and health workers, including dietitians in the Users advisory group and throughout Europe is strongly encouraged”



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IMAGE

- Development of European practice-orientated guidelines and training standard for diabetes prevention
- 45 members scientists, health professionals, NGO:s
- Seven Work packages. EFAD member in two
- Funded by EU 2007-2010



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EFAD and IMAGE

Work Package 4

- Development of European practice for prevention of type 2 diabetes
- Guidelines
- Strategies for identifying high risk individuals
- Recommendations for efficient lifestyle intervention
- Recommendations for pharmacological intervention



EFAD and IMAGE

Work Package 5

Development of a European curriculum for the training of prevention managers

- Nutrition
- Physical activity
- Motivation/behavior changes
- Scientific study results
- Intervention management
- Evaluation
- Children/adolescents
- Information/teaching



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EARNEST

- Multidisciplinary team of scientists
- Funded by EU 2005-2010
- 9 themes
 - 1. Follow-up of major intervention trials in pregnancy and early life
 - 2. Prospective Epidemiology
 - 3. Animal, Cell and molecular Studies
 - 4. Consumer attitudes
 - 5. Economic/Public Health Impact Studies
 - 6. Demonstration Studies
 - 7. Dissemination and Exploitation
 - 8. Training
 - 9. Project management



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ENHA

- Stakeholders from across the health area scientists, leaders, NGO:s, industry
- Raising awareness - inclusion of malnutrition in national and EU policy and health professional´s agendas
- Nutritional care in all curricula of health and social care professionals
- Guidelines for all health and social care professionals
- Conferences
- The Prague Declaration



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Breakfast is Best

- **Aim:** To raise awareness of the importance of breakfast and to ensure that breakfast is treated as a serious public policy issue
- Partners: Health professionals, teachers,, industry
- Campaign launched in EU Parliament September 2008
- Aligned with DG Sanco White Paper "Together for Health: A Strategic Approach for the EU 2008-2013"
- Activity 2009: Breakfast on Trial, Brussels

www.breakfastisbest.eu



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Summary

- Nutrition and health promotion - a multidisciplinary task
- Dietitians and EFAD can contribute or take a leadership in activities to support understanding
 - Individually or within NDA:s or EFAD aimed at
 - all stages of life
 - different settings
 - different conditions
- EFAD is an important partner in multidisciplinary projects at the European level from early nutrition programming via nutrient recommendations, prevention of diabetes and obesity to the malnutrition complex of problems