optimal
nutritional care
for all

The Cambridge Conference

19 & 20 November 2019

Co-creating the Patient Pathway

Annemieke van Ginkel-Res

EFAD Honorary President

EFAD The European Federation of the Associations of Dietitians
THE VOICE OF EUROPEAN DIETETICS

The Voice of the European Dietitians

32
National Dietetic Association members
> 35.000 dietitians

39
Education Associate Members
> 9.000 students

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Sustainable Health Through the Life Span

Nutrition as a Smart Investment for Europe

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Dietitians have IMPACT

The 6 most important topics were defined | evidence based

Sustainable Health Through the Life Span: *Nutrition as a Smart Investment for Europe*

NUTRITION ECONOMICS: THE CASE FOR DIETITIANS

FOOD AS AN ESSENTIAL PART OF THE HEALTH CARE PROCESS

IMPROVED HEALTH OUTCOMES THROUGH DIET

SUSTAINABLE DIETS LEAD TO A HEALTHIER POPULATION

EMPOWERMENT AND BEHAVIOR CHANGE: THE KEY TO HEALTHIER DIETS

STRENGTH IN NUMBERS: ENGAGING OTHER HEALTH CARE PROFESSIONALS

World Health Organization

REGIONAL OFFICE FOR Europe

69th session of the WHO Regional Committee for Europe

Copenhagen, Denmark, 16–19 September 2019

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EFAD Statement on accelerating primary care

Oral Statement of support for provisional agenda item 5(g): *Accelerating primary health care in the WHO European Region: organizational and technological innovation in the context of the Declaration of Astana* of the 69th session of the World Health Organization (WHO) Regional Committee for Europe. Copenhagen, Denmark 16-19 September 2019

ORAL STATEMENT

Dear Chair, Dear Member States delegates, Dear Regional Director and distinguished guests,

The European Federation of the Associations of Dietitians (EFAD) enthusiastically supports efforts to accelerate primary health care in the WHO Region and welcomes the recent WHO report on Essential Nutrition Actions which states that:
"Nutrition is a foundation for health and well-being for all, leaving no one behind, and a critical

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How Can Europe Achieve Sustainable Health Through the Lifespan?

Invest in Nutrition & Dietetics!

Treatment by dietitians is a cost-effective and cost-saving investment

For every €1 spent on dietary counselling, society gets a net €14 – €63 return[1]

Food is an integral part of healthcare

A healthy diet can be preventative, anti-inflammatory, nourishing and healing[2]

Focusing on nutrition improves health outcomes overall

Patients who receive nutrition therapy are more likely to adhere to prescribed diets and experience reduced symptoms[3]

Sustainable diets lead to a healthier population

Incorporating sustainability into national food-based dietary guidelines can help people improve their health and reduce the impact on the planet[4]

Empowerment (not just information) is key to healthier diets

Dietitians are the experts trained in behavior change techniques to empower individuals and groups[5]

There is strength in numbers

Despite their proven effectiveness and efficiency, 35.000 EFAD dietitians in the EU is not nearly enough considering the 41 million deaths that occur each year from noncommunicable diseases. Other health professionals must join these efforts.

The "costs of malnutrition in the EU are as much as double the economic costs of overweight and obesity."

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Dietetic advice is cost effective!

2 studies by Social Economic Research Amsterdam (SEO)

1.Cost benefit analysis of dietary treatment (2012, international st

2.The value of dietetics in malnourished patients in the hospital (2014, Dutch studies

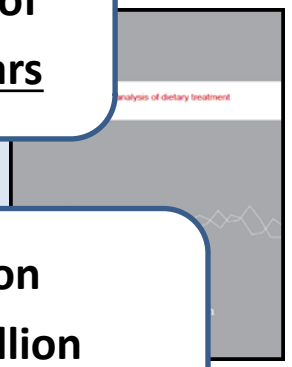
Every € 1 spend on dietary counseling presents society with net benefits of

€ 14 tot € 63 over a period of 5 years

Total cost benefits: € 21-€124 million

Gastro int € 42 | head neck: € 4 million

Elderly patients € 78 million



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Dietitians call on political leaders across Europe to allocate resources to mandate coverage of dietitian services within each country's existing health care system.

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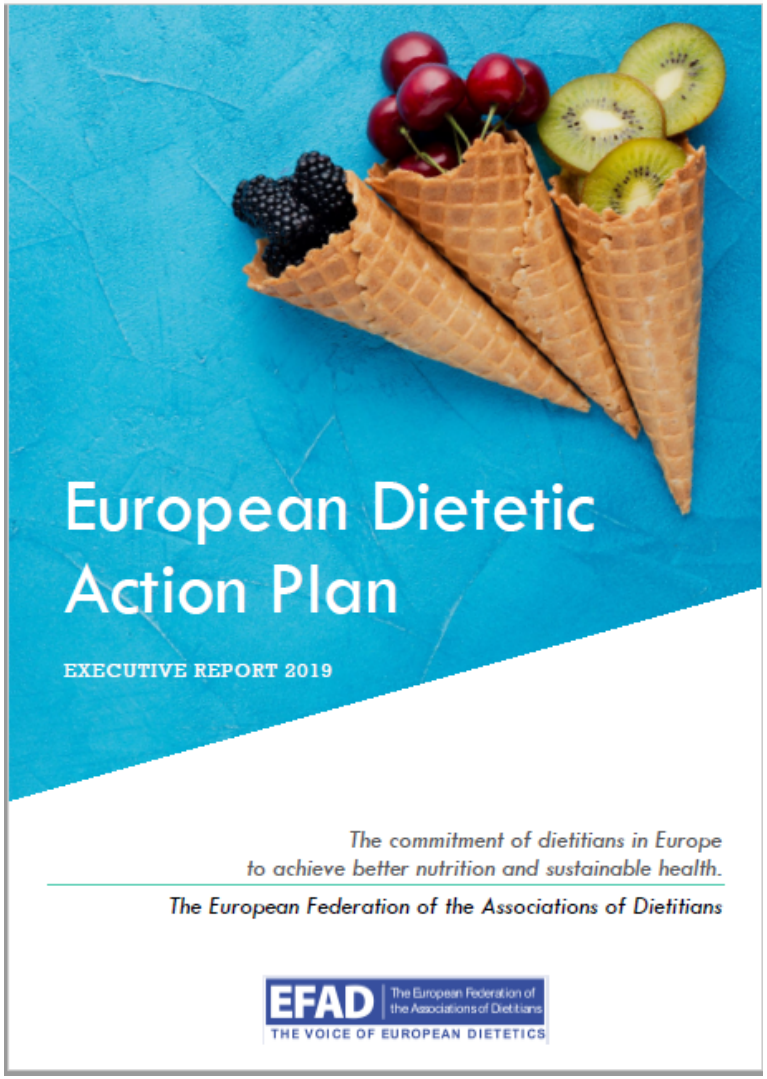
European Dietetic Action Plan (EuDAP)

EuDAP was developed to highlight how dietitians are implementing the **WHO Food and Nutrition Action Plan**

EuDAP is also a proactive commitment to the EU Platform on Diet, Physical Activity and Health

EU Platform on Diet, Physical Activity and Health

European Dietetic Action Plan



506 dietitians
30 different countries
30 NDAs & 31 HEIs
165 actions reported

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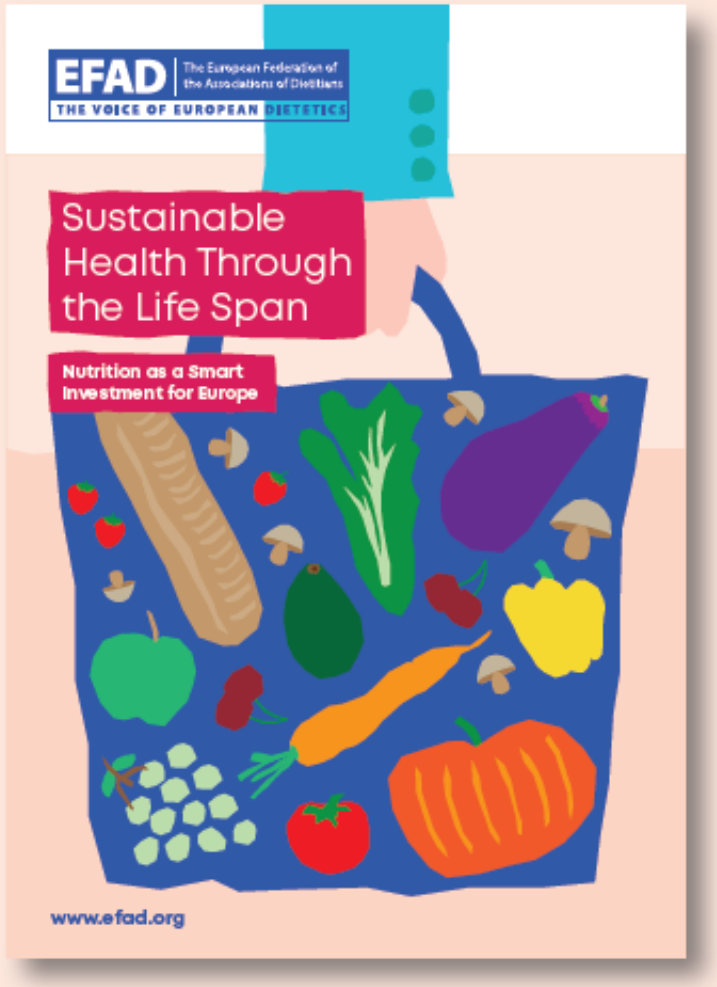
EFAD Collaborations



Sustainable Health Through the Life Span: *Nutrition as a Smart Investment for Europe*

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