The Cambridge Conference
19 & 20 November 2019

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Co-creating the Patient Pathway
The Voice of the European Dietitians

32 National Dietetic Association members
> 35,000 dietitians

39 Education Associate Members
> 9,000 students
Dietitians have IMPACT

The 6 most important topics were defined | evidence based

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
69th session of the WHO Regional Committee for Europe
Copenhagen, Denmark, 16–19 September 2019
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
Invest in Nutrition & Dietetics!

How Can Europe Achieve Sustainable Health Through the Lifespan?

The “costs of malnutrition in the EU are as much as double the economic costs of overweight and obesity.”
Dietetic advice is cost effective!

2 studies by Social Economic Research Amsterdam (SEO)

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

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 to €63 over a period of 5 years.

Total cost benefits: €21-€124 million
- Gastro int €42
- Head neck: €4 million
- Elderly patients €78 million
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 €1.26 return.

- Food is an integral part of healthcare: A healthy diet can be preventative, anti-inflammatory, nourishing, and healing.

- Focusing on nutrition improves health outcomes overall: Patients who receive nutrition therapy are more likely to adhere to prescribed diets and experience reduced symptoms.

- 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.

- Empowerment (not just information) is key to healthier diets: Dietitians are the experts trained in behavior change techniques to empower individuals and groups.

- There is strength in numbers: Despite their proven effectiveness and efficiency, 25,000 EFAD dietitians in the EU is not nearly enough considering the 2 million deaths that occur each year from noncommunicable diseases. Other health professionals must join these efforts.

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

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

- World Health Organization, Regional Office for Europe
- IOA
- ESPEN, European Society for Clinical Nutrition and Metabolism
- EFSA, European Food Safety Authority
- EFAD, European Federation of the Associations of Dietitians
- EFPI, European Forum for Primary Care Nutrition
- EASO, European Association for the Study of Obesity
- FENS, Federation of European Nutrition Societies
- eufic

Optimal nutritional care for all
The “costs of malnutrition in the EU are as much as double the economic costs of overweight and obesity.”

Information or the report:

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