

Dear DIETS Partners,

Welcome to the 13th Newsletter. It seems incredible that we have reached this number and still providing rich information and new ways of looking at education and professional practice for dietitians in Europe.



This edition is very special because in it you will find information about our last DIETS2 conference and also information about our outcomes for the DIETS2 project so far. Our partners have been very busy in presenting information and posting information on our website to be shared across Europe. The Work Packages have published some really useful 'deliverables' for us to start talking about the diversification of placements, use of ICT and also about Lifelong Learning courses. These would all be of tremendous interest so I encourage you to read on and visit the website as soon as you can to see what is available and new.

Finally I want to draw your attention to the call for students to put abstracts of their research in their very own journal. The deadline for abstract submission has been extended until 15th April. We are looking to share information.

Enjoy reading more and let us know what you think!

Anne de Looy
Honorary President of EFAD and
Coordinator of the DIETS2 EU Thematic Network

Please distribute this newsletter and keep information and news coming into our dissemination team via work package lead Bernadett Tóth at bernadett.toth1@gmail.com.



Lifelong Learning Programme



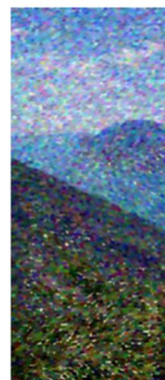
7th DIETS/EFAD conference

We are pleased to announce that the 7th and final DIETS/EFAD conference will take place 7-9 November 2013 at Lake Garda, Italy

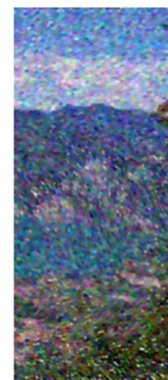
DIETS - EFAD

VII

CONFERENCE



GARDA : ITALY



7 - 9 NOV 2013

Over the next pages, please follow us back to the 6th DIETS/EFAD conference, which took place 26th/27th October 2012 in Portorož, Slovenia. Some 200 delegates attended and made the event a real success. The congress theme “Life Long Learning for a secure nutrition future” was addressed from many angles, and the abstracts prepared by DIETS WP9 key contacts for dissemination will give you a flavour of the exciting projects going on within and beyond DIETS2. For a review of the full programme, please visit the DIETS project website at: <http://www.thematicnetworkdietetics.eu/everyone/3545/5/0/30>



PORTOROŽ, SLOVENIA 26-27 OCTOBER 2012



Life Long Learning for a secure nutrition future



Key Note: Strategy for Lifelong Learning (LLL) for Dietitians across Europe (Agneta Hörnell) (summarised by Trudy Giesinger)

Prof. Hörnell addressed the topics of competence statements and strategies and described the role of EFAD, the National Dietetic Associations (NDAs) and the individual in this regard. She spoke about the necessity to establish an accreditation system for LLL in all European countries for such a system would ensure, amongst others, competence, official recognition and patient/client safety.

The European Commission defines LLL as “all learning activity undertaken throughout life, with the aim of improving knowledge, skills and competence, within a personal, civic, social and/or employment-related perspective.”

EFAD together with the International Confederation of Dietetic Associations (ICDA) has established a Code of Ethics and Good Practice for Dietitians in which LLL is identified as a marker for professional accountability. EFAD also developed the European Dietetic Benchmark Statement and the European Dietetic Advanced Competences. Competences relate to WHAT a person is capable of doing well effectively by following professional standards, whereas performance indicators measure HOW a person performs a specific activity.

Professor Hörnell then recommended that NDAs implement systems for 1) accreditation or credit, 2) monitoring LLL, and 3) monitoring (non-)competence/(non-)compliance, and that they establish a specialist dietitian title.

Last but not least, each individual dietitian can help create a culture of LLL, be it through commitment to professional development and LLL, the setting up of short- and long-term goals, seeking and recognising opportunities for LLL, or proper documentation of all LLL (WP3 Toolkit).

Mobilising dietitians across Europe: What 'Nutrition Day' tells us after 5 years (Karin Schindler, Assoc.Prof., Medical University of Vienna)
(summarised by Bernadett Toth)

Nutrition Day is a one-day benchmark project, running since 2006 and collecting data from 97,163 patients in 43 countries and 28 languages. Its aim is to raise awareness of disease and age-related malnutrition and collect data from caregivers to report the prevalence of malnutrition and the influencing factors. The statistics are really interesting. For example it was detected that nutritional screening, as recommended by the guidelines of the European Society for Parenteral and Enteral Nutrition (ESPEN), was performed only in half of the participating units and also that patients had nutritional impairments on hospital admission (35% of them lost weight during the preceding week).

Advertising, taxation and nutrients: why nutrient profiles are so important (Mike Rayner, University of Oxford, UK)
(summarised by Maria Hassapidou)

Nutrient profiling is the science of classifying or ranking foods according to their nutritional composition for reasons related to preventing disease and promoting healthy diets. Mike offered the view that there are healthy and unhealthy foods, not just healthy and unhealthy diets. Nutrient profiling is necessary for public health interventions (social marketing) and public health regulation. 118 models have been identified and therefore there is a need for further work on the validation of models and for better methods for comparing existing models. Health-related food taxes are discussed with two possibilities: Taxes on individual nutrients or taxes on combinations of nutrients (nutrient profiling).



Harnessing dietitians and HEIs for Continuing Professional Development or Lifelong Learning (Anne Payne, Plymouth University, UK)
(summarised by Heiða Hilmisdóttir)

Dietitians go through different stages of education. When we graduate we have the basic knowledge to enter the profession. It is very important that dietitians get guidance and can follow work instructions and at the same time evaluate new knowledge and apply in their work. To be able to develop the profession it is important that we continuously evaluate our job with a critical mindset. At advanced level this is even more important and then we are also producing new knowledge in dietetics. EFAD basic definitions should be adopted widely in Europe.

Communication and dissemination; exploiting dietetics in Europe (Judith Liddell, DIETS Network Manager, Germany)

(summarised by Maila Hemetek)

Judith Liddell described the network and all the partner organisations connected with EFAD as well as numerous stakeholders and interested students, lecturers and researches that participate in the network. DIETS Partners and EFAD Members were described in more detail, grouped in NGOs & other Health Professionals, Politicians/ Parliamentary Agencies, Sponsors/Funders and Partners & Collaborators. In order to communicate well within this enormous network, internal (key contacts, delegates, meetings, etc.) and external dissemination methods (web site, facebook, etc.) are very important. Additionally Judith Liddell gave a short overview of the history of DIETS to show the content that should be disseminated and emphasised the importance of collaborations and partnerships within the network.

Introducing a Standardised Dietetic Language in Europe – results of a feasibility study (Kerry Yuill, Ireland)

(summarised by Clare Corish)



Although many in the audience had some understanding of what is meant by a 'standardised dietetic language', the level of understanding varied. Kerry explained that if all dietitians use a standardised language to describe the 'Nutrition Care Process' practiced by dietitians, this will enable systematic documentation of nutritional care across Europe (and worldwide), facilitating comparison and sharing of dietetic practice and permitting dietetic research.

The research study that Kerry undertook on behalf of EFAD was to investigate the knowledge and use of a nutrition care process and standardised language throughout Europe. Interviews were held with 28 dietitians and questionnaire data were obtained from 17 countries. Six different standardised language terminologies are currently being used in Europe; that longest established is the International Classification of Functioning, Disability and Health - Dietetics (ICF-D). The survey results provide evidence for the interest in using a standardised language among European dietitians with the International Dietetics and Nutrition Terminology (IDNT) being the most favoured. Those surveyed expect EFAD (under the remit of the Professional Practice Committee) to lead the promotion of an evidence-based standardised language among dietitians. Education on the standardised language produced will be required for students and practicing dietitians. It is likely that adoption of a standardised language will highlight inequitable provision of dietetic care across Europe allowing EFAD and national dietetic organisations to promote the provision of dietetic care in the best interests of both the profession and the clients/patients under our care.

Student workshop on learning from conferences and other media (Koen Vanherle, Plantijn Hogeschool Antwerp, Belgium)

(summarised by Ursula Lukas)

Koen Vanherle, lecturer at Plantijn Hogeschool Antwerp, Belgium, and Ursula Lukas, clinical dietitian at Kreiskrankenhaus Dormagen, Germany, taught 35 students the essentials of “Learning and Networking at Conferences”. During the workshop students improved their networking competence, presented their results to the group and decided to have an e-journal entirely dedicated to publishing students’ research results.



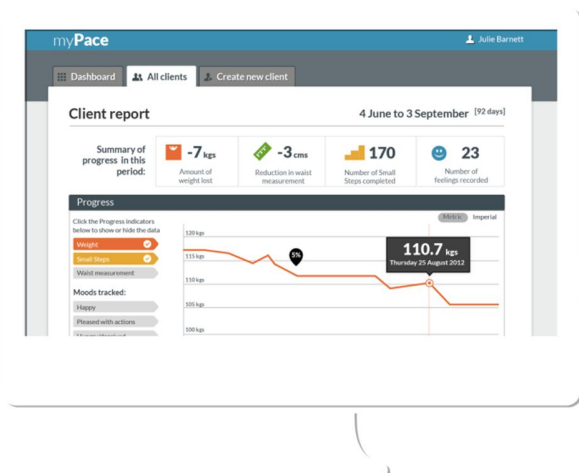
Lifelong Learning for a secure nutritional future; an industry perspective (Alyson Greenhalgh-Ball, European Nutrition Director, Kellogg)

(summarised by Bernadett Tóth)

Alyson showed how important the role of dietitians is in translating nutrition science into evidence-based, responsible, consumer-focused communication and food. Industry dietitians work hand in hand with dietitians of other sectors and with other stakeholders to guide the composition of foods as well as healthy food choices of the population.

DeBATE: An Interactive Weight Management Support Tool for Dietitians and Clients (Julie Barnett, Brunel University, UK)

(summarised by Stefan Storcksdieck)



A key objective of the DeBATE project was to develop an online weight management support tool for dietitians and their clients. Julie described the tool development process and highlighted key results from research conducted with dietitians and with consumers that were seeking to manage their weight. In particular, she focused on results from interviews with dietitians and from the use of an innovative on-line survey tool – Vizzata – used to collect data from both consumers and dietitians. With a set of user requirements for the tool defined, early prototypes were tested with dietitians. Usability testing and development of the DeBATE tool is on-going.

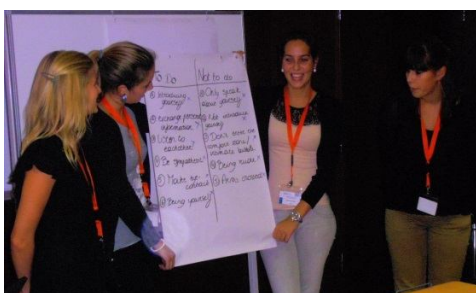
Practice Placements; their contribution to the future of the profession: Report from DIETS2 (WP1) (Sophie Joossens, Katholieke Hogeschool Leuven, Belgium)
(summarised by Jitka Tomešová)

Practice placement is a necessary part of nutritionists' and dietitians' studies. WP1 asked 67 Higher Education Institutions or National Dietetic Associations about their needs and tried to explore the current quality of students' training experiences. The results show the most common placement providers are public hospitals, hospital catering or nursing homes. A database with supporting documents was prepared and uploaded to: <http://www.thematicnetworkdietetics.eu/everyone/36617/0/30>.



The role of second cycle competences for future of the profession; outcomes of the consultation: Report from DIETS2 (WP2) (Agneta Hörnell, Umea University, Sweden)
(summarised by Jitka Tomešová)

Years in practice are not enough to become advanced level dietitians. Life Long Learning (LLL) plays the key role for our professional improvement and should be facilitated by employers, NDAs and EFAD. WP2 has developed advanced level benchmark competence statements and suggests strategies for dietitians and EFAD to support LLL.



Life Long Learning for Dietitians in Europe; what is available and what needs to be available for dietitians: Report DIETS2 (WP3) (Uta Koepcke, German Dietetic Association)
(summarised by Begoña Caneda)

In relation to the Lifelong Learning Programme within the European Employment Strategy, work package 3 aimed to describe, analyse and compare courses, modules and programmes available in Europe for dietitians (and other nutrition experts). It was found that there is quite a wide range of courses/seminars (172 in total) offered by the different institutions which responded to the WP3 call. However, a lot of topics are rarely offered despite belonging to the top-ten nutrition problems (e.g. obesity, cardiovascular diseases or geriatrics). Thus, it is important to create new courses covering these important topics.

EUFIC - Energy Balance Tool (Nathalie Metzger, European Food Information Council (EUFIC), Brussels, Belgium)
(summarised by Stefan Storcksdieck)

Nathalie presented key features of the MyPace smartphone application (app) for weight management, the development of which Julie Barnett had outlined in her DeBATE project talk. MyPace includes aspects of social support, goals and targets, integrative small steps, relationship-based expert advice and allows users to report their thoughts. Not included are a nutrition database, a food/exercise diary, and recipes and diet/menu plans. The app is currently available in English, but further funding is being sought to add further languages and possibly functionalities.



Information Communication and Technology skills – their key role in the future for LLL: Report from DIETS2 (WP4) (Veerle Van Vlaslaer, Plantijn Hogeschool Antwerp, Belgium)
(summarised by Bernadett Tóth)

Veerle presented the main purposes of WP4, the outcomes of their survey on the use and barriers of ICT integration, and their plan for an e-guide on new and innovative uses of ICT. The overall aim is to teach and support the learning of European dietitians.

Many thanks to our supporters!

The 6th DIETS-EFAD conference was supported with grants from the European Commission's Directorate General Education and Culture, Kellogg, Unilever, DSM, the European Breakfast Cereal Association (CEEREAL), the European Food Information Council (EUFIC), and the University of Primorska.



Lifelong Learning Programme



Interview with the winners of the Kellogg Barber Award for Excellence

In 2012 Kellogg generously sponsored a prize, the "Kellogg Barber Award for Excellence", for the best poster presented at the 6th DIETS-EFAD Conference in Portorož, Slovenia, 26-27 October. After four sessions of high-quality poster presentations, the award jury selected two winners. We were glad to make an interview with the two winners, **Johanna Lhotta (J.L.)** and **Elisabeth Stock (E.S.)**, both from Austria.

1.) Where did you hear about the 6th DIETS2-EFAD Conference?

J.L.: *I participated at the DIETS conference last year in Barcelona, where the head of my former university sent me to represent the University of Applied Sciences Tyrol and to bring home all the new information. There was no question I would take part again this year – additionally there was this unique opportunity to present my bachelor thesis.*

E.S.: *I was also informed by my University.*

2.) Both of your posters are on an interesting and current topic. Why did you choose especially this subject for your research?

J.L.: *It was my interest in consumer protection and the new EU consumer information act that made me choose this topic. There have been many discussions on how to help people to make healthy food choices and whether the nutrition information on food labels is enough support. In my research I wanted to find out the consumers' opinion on this topic.*

E.S.: *I have been practicing taekwondo for several years. In addition, I really liked the sport nutrition lectures during my studies. My supervisor, Mag. Dr. med. sci. Manuela Konrad suggested to write about weight management in particular, so I decided to choose this interesting topic.*

3.) What are you going to use your award for? How does it help your future studies/career?

J.L.: *The award generated more interest in my bachelor thesis which is surely good for my (now beginning) career. In the future I do want to keep doing research and also stay up to date on the topic of consumer protection.*

E.S.: *The award is a great addition to my CV and I am very happy about being the winner.*



Looking back

6th DIETS Conference

- 4.) As you participated at the Conference and got involved in DIETS, how do you think DIETS will help your Lifelong Learning? Furthermore which DIETS deliverables/info/event/material have you already/do you plan to use(d) for your future studies or profession?

J.L.: DIETS elaborated many standards for dietetic practice. In my opinion it is very important to have these guidelines and use them for reaching the best standardised practice in all European countries. It forms a great platform for sharing knowledge and experience in dietetics which will take this fairly young profession to a higher level.

E.S.: Conferences always provide a great opportunity for getting information about new topics which helps being open-minded and up-to-date. As I got in contact with dietitians from other countries, it was a great networking opportunity for me. So I am able to cooperate internationally and it enables me to access interesting and useful materials.

- 5.) What useful suggestions would you give to other students who are to do research in dietetics & nutrition?

J.L.: Often bachelor theses disappear in between the libraries' shelves and don't get the credit they should. Students can and should be more confident about their (often hard) work and get people to hear about it. Events like the DIETS-EFAD conferences are ideal places to do so.

E.S.: As writing papers is very time consuming, you should choose a topic which you are very interested in.





The year 2013 is the final, but probably the most exciting year of the DIETS2 project, as the work packages will complete most of their deliverables. We are delighted to continuously disseminate the ready-to-use materials to you, but we also would like to ask for some feedback on how these deliverables change your practice and/or learning.

Please visit the [Latest deliverables](#) section of the [DIETS2 website](#) regularly, where the list of the materials already published is constantly updated. Please don't forget to fill in the short online feedback under each deliverable!

In the following paragraphs we give you some "bites" of those deliverables, which were published in the first two months of this year.

WP1 (Supporting Work based/Placement Learning)

Database for placement teachers

What does it contain? Training materials and courses that are used to prepare practice placement teachers for assessment and teaching in a work placement environment.

Why is it useful for you? It can be used by Higher Education Institutions (HEIs), DIETS2 partners and placement supervisors to optimise their own practice.

Where can you find it? DIETS2 partners can access it under the [Latest deliverables](#) section and also on the following link: <http://www.thematicnetworkdietetics.eu/folders/3770>

WP3 (Life Long Learning (LLL) for Dietitians in Europe)

Database of LLL courses/materials

What does it contain? Courses/seminars/modules of HEIs and other institutions to train dietitians and nutritionists after graduation: Options to search: topics, form of learning (e-learning, face-to-face, etc.), language, country and option to add further seminars/modules and courses.

Why is it useful for you? Dietitians can see options in other countries to improve their knowledge and get ideas for special courses/seminars, which might not be offered in their home country. National Dietetic Associations (NDAs) and HEIs should link it with their homepage and can advertise their seminars to others; they can get information about other NDAs and HEIs and their offerings; via „Clicks“ or „Likes“ they get information about interests of dietitians and adopt their portfolio; last but not least they can see what is on the market of non-partners. Maybe they can get ideas for cooperation as well.

Where can you find it? DIETS2 partners can upload materials and access it under the [Latest deliverables](#) section and at www.thematicnetworkdietetics.eu/folders/3772; it can also be accessed on the public page at <http://www.thematicnetworkdietetics.eu/everyone/3661/7/0/30>

Webinar about European Credit Transfer and Accumulation System (ECTS)

What does it contain? A PowerPoint presentation is available which contains basic information about ECTS and discusses special aspects of ECTS in LLL. A webinar provides this information in an interactive way. An archive of previous webinars is also available.

Why is it useful for you? Dietitians can use the webinar to get information about ECTS, especially those who did not learn about ECTS while studying. NDAs can link and inform their post-graduate dietitians about ECTS. They can get motivated to offer (more) courses with ECTS in cooperation with universities. HEIs can download the webinar and use it to inform their staff and students.

The next webinar on ECTS will be held: 9:00 am GMT / 10:00 CET / 11:00 EET 19th of March 2013.

Where can you find it? Everybody can find the seminar call and the recording in the [Latest deliverables](#) section and also on the public page at: <http://www.thematicnetworkdietetics.eu/everyone/3766/7/0/30>

WP4 (Dietitians engagement with ICT to improve learning)

Guide to e-Learning

What does it contain? It shows many of the opportunities of ICT, and assists and guides users in using some "newer" or innovative ICT. It aims to make dietitians and other users confident and open to using these ICT possibilities more frequently and also to make them aware of the many benefits.

Why is it useful for you? The e-guide consists of many examples and topics that could be very interesting for all stakeholders. Some examples: make a template for a recipe, share digital documents, have online conversations, find information, use social media, etc.

Where can you find it? DIETS2 partners will find it in the [Latest deliverables](#) section and we will also publish it shortly on the [DIETS2 public webpage](#) and on the [DIETS Facebook](#) page.

WP5 (Teaching enquiry based learning)

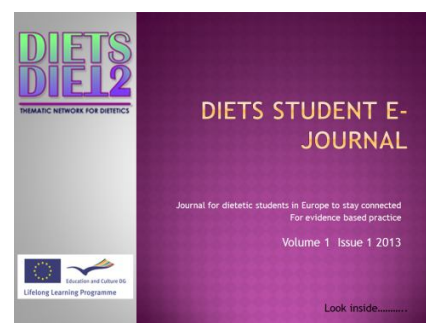
E-journal - invitation for sending abstracts

What does it contain? In June 2013 the first edition of an e-journal for publishing students' abstracts of research work will be launched. The deadline for abstract submission has been extended until 15th April. All students are welcome to send their abstracts to DIETS2.

Why is it useful for you? Students get the opportunity to submit their research abstracts, thus publishing and informing others of their work.

Where can you find it? More information on the abstracts and the latest call can be found at the following link:

<http://www.thematicnetworkdietetics.eu/everyone/3616/5/0/30>



Database of materials on research and teaching enquiry

What does it contain? Information about dietetic research. The database has been filled by key contacts and WP leads initially, so it contains limited number of items at the moment. In the future, we hope that more and more people will be able to upload relevant materials directly themselves.

Why is it useful for you? Materials can be used for recapturing learning on research, using materials in teaching students and to show what dietetic research is.

Where can you find it? DIETS2 partners can search and also upload materials in the [Latest deliverables](http://www.thematicnetworkdietetics.eu/apps/diets2/index.php) section or at: <http://www.thematicnetworkdietetics.eu/apps/diets2/index.php>.



E-courses on teaching enquiry

What does it contain? Several e-courses are now available on the website. We ask all users to give feedback and comments on these.

Why is it useful for you? Materials can be used for recapturing learning on research, using materials in teaching students and to show what dietetic research is.

Where can you find it? DIETS2 partners can have a look at them in the [Latest deliverables](http://www.thematicnetworkdietetics.eu/folders/3488) section and also at: <http://www.thematicnetworkdietetics.eu/folders/3488>.

WP9 (Alerting, Networking and Sharing)

Conference proceedings

What does it contain? The programme and the abstracts of all presentations, workshops and poster presentations held at the 6th DIETS-EFAD Conference in October 2012.

Why is it useful for you? All stakeholders can learn from and use the presentations, which took place at the 6th DIETS-EFAD Conference, in their practice and LLL.

Where can you find it? You can find it at: <http://www.thematicnetworkdietetics.eu/everyone/3789/7/0/30> or in the [Latest deliverables](http://www.thematicnetworkdietetics.eu/everyone/3789/7/0/30) section.



We look forward to seeing you at Lake Garda!

DIETS - EFAD

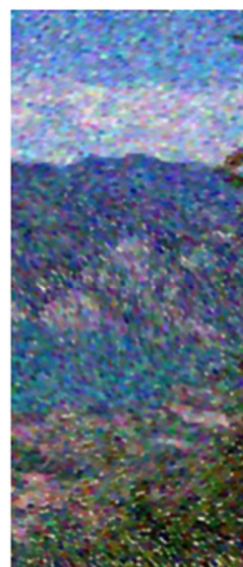


GARDA : ITALY

VII



CONFERENCE



7 - 9 NOV 2013



"DIETS and DIETS2 has been funded with support from the European Commission. This publication reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein".