



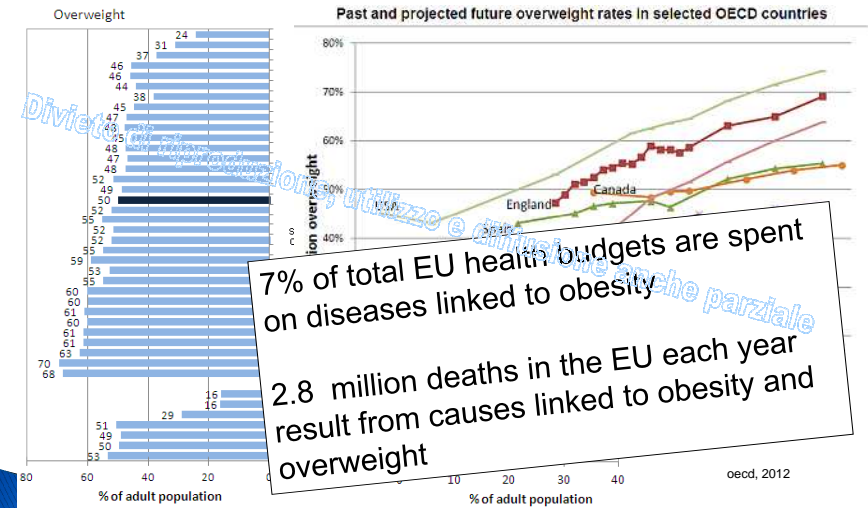
EUROPEAN  
FEDERATION OF  
THE ASSOCIATIONS  
OF DIETITIANS

## Dietetics and dietitians prepared for Health 2020 through EuDAP

Anne de Looy  
Hon President of EFAD  
Professor of Dietetics University of Plymouth

Rome 2015

## Overweight and obesity continue to grow

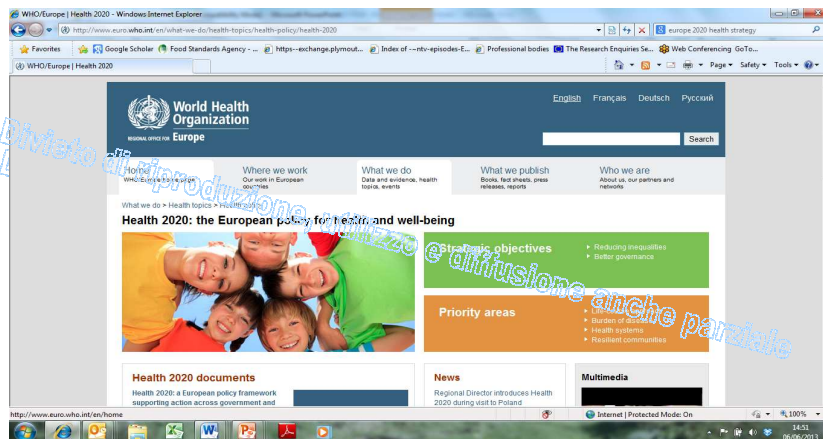


7% of total EU health budgets are spent on diseases linked to obesity

2.8 million deaths in the EU each year result from causes linked to obesity and overweight

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## Health 2020



Health 2020 supports and encourages health ministries to bring key stakeholders together in a shared effort for a healthier European Region.

<http://www.euro.who.int/en/what-we-do/health-topics/health-policy/health-2020>

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## Health consequences of obesity



• Cardiovascular disease

• Type 2 diabetes

• Hypertension

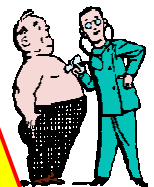
• Dyslipidaemia

• Ischaemic stroke

• Some types of cancer

• Gallstones

• Gynaecologic irregularities



Clinical guidelines National Heart, Lung, and Blood Institute Web site. Available at: [http://www.nhlbi.nih.gov/guidelines/cvd\\_adult/background.htm](http://www.nhlbi.nih.gov/guidelines/cvd_adult/background.htm)

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## Cost effectiveness



- ▶ Commissioned Dutch Association of Dietitians Nov 2012
- ▶ Authors M Lammers and L Kok

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## Summary

- ▶ 'Treatment by the dietitian has various social benefits. The health of the patient (and his family) improves, such that the costs of health care can be avoided and the productivity of the patient increases.
- ▶ For every €1 spend on dietary counselling of these patients society gets a net of €14 to €63 in return: €56in terms of improved health, €3 net savings in total health care costs and €4 in terms of productivity gains.
- ▶ The treatment of the patients with obesity and obesity-related diseases creates social benefits of €0.4 to €1.9 billion over a period of five years.'

Cost benefit analysis of dietary treatment (2012) Lammers and Kok

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## Key recent European paper to which dietitians are responding

Vienna declaration (2013)

"Of the six WHO regions, the European Region is the most severely affected by NCDs, which are the leading cause of disability and death; cardiovascular disease, diabetes, cancer and respiratory diseases (the four major NCDs) together account for 77% of the burden of disease and almost 86% of premature mortality".

Lead to in 2014:

**WHO European Food and Nutrition Plan (FNAP)**

Vienna Declaration (2013) [http://www.euro.who.int/\\_data/assets/pdf\\_file/0003/234381/Vienna-Declaration-on-Nutrition-and-Noncommunicable-Diseases-in-the-Context-of-Health-2020-Eng.pdf?ua=1](http://www.euro.who.int/_data/assets/pdf_file/0003/234381/Vienna-Declaration-on-Nutrition-and-Noncommunicable-Diseases-in-the-Context-of-Health-2020-Eng.pdf?ua=1)

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## European FNAP 2015-2020

- ▶ **Objective 1 – Create healthy food environments**
- ▶ **Objective 2 – Promote the gain throughout the life course, especially vulnerable groups**
- ▶ **Objective 3 – Reinforce health and healthy diets**
- ▶ **Objective 4 – Support surveillance evaluation and research**
- ▶ **Objective 5 – Strengthen governance networks for a health-in-all-policies**



EUR/RC64/14  
+ EUR/RC64/Conf.Doc./8

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# JOGG (Dutch EPODE) in schools....



- ▶ Jump-in at 70 schools
- ▶ 16 schools only water and fruit or bread
- ▶ 93 meetings for parents
- ▶ 285 lessons on healthy behaviour
- ▶ 48 workshops on healthy food, breakfast
- ▶ Cooking lessons by restaurant Fifteen
- ▶ Healthy lunches supported by supermarket

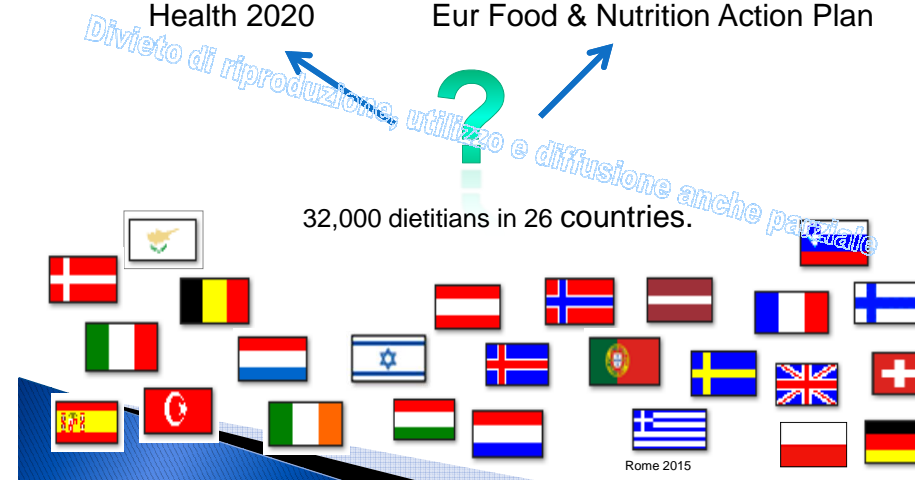


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# European Federation of the Associations of Dietitians (EFAD)



Health 2020 Eur Food & Nutrition Action Plan



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# European Dietetic Action Plan (EuDAP 2015-2020) in draft currently; consultation until May 2015



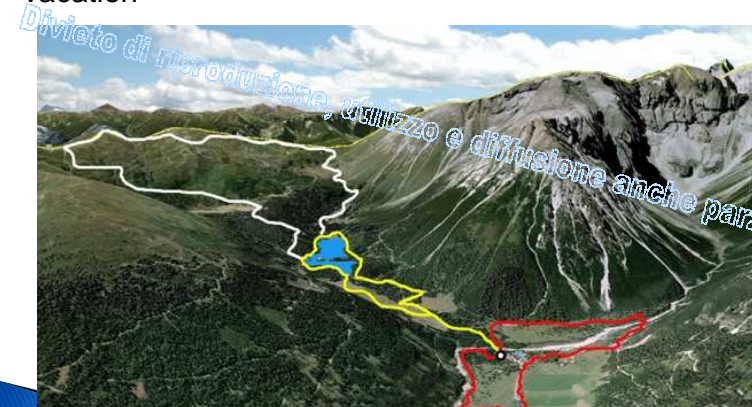
- ▶ **Objective 1** – Ensure that healthy food and nutrition is accessible, affordable and attractive
- ▶ **Objective 2** – Promote the gains of a healthy diet throughout the life course, especially for the most vulnerable groups in the community and in clinical settings
- ▶ **Objective 3** – Promote the role of dietitians as an expert in food and nutrition in community and clinical settings to the general population, to other health professions and to authorities
- ▶ **Objective 4** – Invest in establishing the (cost) effectiveness of dietitians in the delivery of better health through improved nutrition
- ▶ **Objective 5** – Strengthen governance, alliances and networks for a Health-in-all-policies approach

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**FNAP/EuDAP Objective 2 – Promote the gains of a healthy diet throughout the life course, especially for the most vulnerable groups in the community and in clinical settings**



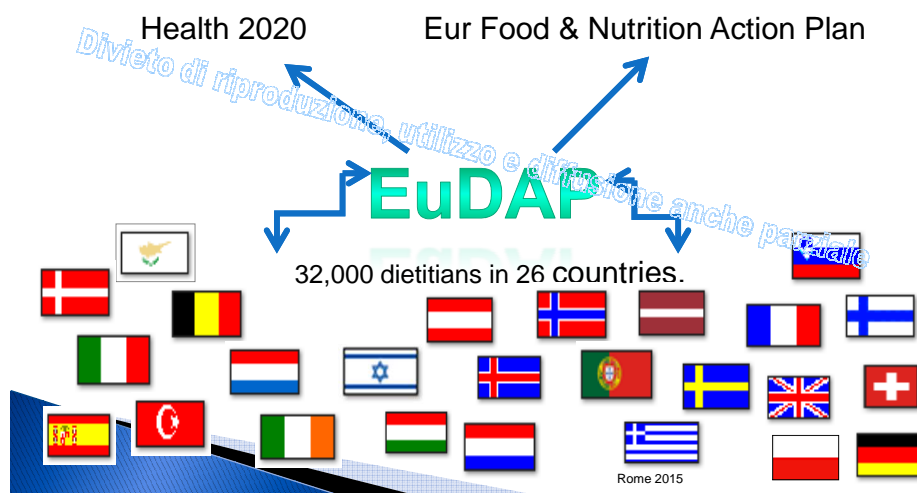
Austrian Dietitians help create a 'Disease Prevention Vacation'



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# European Federation of the Associations of Dietitians (EFAD)



## European Dietetic Action Plan



- Is aligned to FNAP
- It is for all Dietetic Associations to use
- Dietitians in Europe will show how they are contributing to Health 2020
- Reports will be kept to give to national ministers and European level.

HAVE your say on the efad website or through your Association

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## As we leave.....



- Potential of dietitians, to deliver a meaningful 'message' to all of us to do
- a) Are we keeping the evidence?
- b) Who are we telling? Our Ministers of Health; our bosses; our health professional colleagues; our clients??
- c) Are we using a political language of Health 2020 or FNAP?
- WE need other professionals to increase capacity and capability of the 'nutrition workforce'

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## EFAD conference; 23<sup>rd</sup> to 24<sup>th</sup> October (including student programme)



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