

**EFAD**

The European Federation of  
the Associations of Dietitians

THE VOICE OF EUROPEAN DIETETICS



EFAD Strategic  
Plan 2022-2026

# Foreword

The EFAD Strategic Plan 2022-2026 offers an exciting opportunity to improve European Dietetics over the next 5 years.



The bedrock of this strategy are EFAD's core values of fairness, openness, non-discrimination, collaboration, and independence. Moreover, this strategy is maximizing EFAD's unique strengths:

**of being the pan-European organisation for National Dietetic Associations and for Higher Education Institutions that train dietitians**

**and representing over 35.000 dietitians (over 50% of the profession) and 9000+ student dietitians.**

The Strategic Plan 2022-2026 was developed by the Strategic Planning Task Force after extensive consultations with EFAD members and other stakeholders. The aim was to address in the final document the important areas of concern of all the stakeholders. The EFAD members were first asked for opinions at the 2019 EFAD conference and then in the follow-up telephone interviews. During the 2020 General Meeting, EFAD members ranked all the suggested areas of concern in order of importance. Finally, the Task Force used the top-ranked areas of concern to draft the Strategic Plan, and noted the rest for the next planning cycle.

## The members of the Task Force

**Annemieke van Ginkel-Res**  
EFAD Honorary President



**Grigoris Risvas**  
EFAD Honorary Vice President



**Judith Liddell**  
Executive Director



**Pauline Douglas**  
EFAD Honorary Treasurer



**Sissi Stove Lorentzen**  
EFAD Executive Committee member



# Introduction

A journey to shape the strategic plan covering three main areas:



Where are we now?

**Our purpose**



**Mission**



**Vision**



**Ambitions**



How will we stay on track?

**Our building blocks**



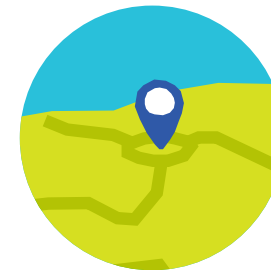
**Leading**



**Connecting**



**Building**



How will we achieve this?

**Our strategic objectives**

- A pan- European community of dietitians influencing:
  - > Regulatory Affairs – giving guidance and input
  - > Education – sharing knowledge and staying current
  - > Stakeholder<sup>1</sup> collaboration – gaining support and connection

- An organisation that remains fit for purpose

1. EFAD Stakeholders include EFAD Member Associations and their member dietitian; EFAD Education Associate Members, their staff and students; ministers of health, education and employment; other health professionals; dietetic service users (including patients); employers; food industry and non-governmental organisations

# Where are we now?

## Our purpose



### Our mission

To improve nutritional health and promote sustainable diets in Europe by advocating the leadership role for dietitians in collaboration with our members and stakeholders.



### Our vision

Registered Dietitians positively impact the nutritional health of clients, patients and the wider community. Every European citizen has access to safe and appropriate dietary and nutritional interventions.

### Our ambitions



To achieve our vision EFAD's Ambitions are:

1. The nutritional health of the population of Europe is sustainably improved, while leaving no-one behind.
2. The voice of dietitians is acted upon by decision-makers across Europe. EFAD, working together with National Dietetic Associations, influences decision-makers at both European and national level.
3. Dietitians in Europe respond to, and overcome, unforeseen challenges (eg COVID or digital disruption) and foreseeable challenges (eg climate change) and contribute to reach Sustainable Development Goals (SDG).
4. Best quality, evidence-based dietetic practice is embedded in Europe and outcomes are recorded.
5. Medical care integrates nutrition and dietetic therapy and counselling for patients with critical or chronic health conditions with the goal of restoring optimal health and quality of life.
6. General public has access to healthy food environments in which dietitians apply evidence-based actions.
7. EFAD, working together with Education Associate Members, develops dietetic education and research on all academic levels, promotes Lifelong Learning and raises and/or maintains dietetic standards of practice across the Who European region.



# How will we stay on track?

## Our building blocks

A survey given to EFAD members identified areas of concern for dietitians of current and future importance. In addition, the Executive Committee set targets for EFAD to achieve by 2026.

During the EFAD 31st General Meeting (2020) delegates ranked (5 highest, 1 lowest) these areas of concern for prioritisation over the next EFAD's 5-year planning cycle. Areas of concern ranked at 4 or above were retained while areas of concern ranked below 4 were designated for inclusion in the future work plans.

The results lead back to three key topics, Leading, Connecting and Building. These topics are essential to guide EFAD to reach the revised objectives.

### Leading

- Dietitians are recognized as the experts in nutrition and diet.
- Raise profile of dietitians and market our profession.
- Official relationships with WHO European Region & FAO Codex Alimentarius are maintained and other official relationships are established.
- Advocate for registration of dietitians in every WHO European country.
- Advocate for sustainability in all EFAD's activities.
- EFAD policy and impact is used by our members to advance the workforce in their countries.
- Dietitians are the voice of 'optimal nutritional care for all' in multi- and interdisciplinary teams.

### Connecting

- Facilitate a community of European dietitians; connecting dietitians with their colleagues in Europe to discuss and improve dietetic practice by learning from each other.
- Collaborate with other organisations and professional bodies.
- Exchange knowledge between member states.
- Identify, contact and bring together all the Associations of Dietitians throughout the WHO European Region.
- Host annual EFAD European Congress of Dietetics and European Dietitian Day.
- Publish EFAD European Dietetic Journal/ Kompass Nutrition & Dietetics.
- Promote active participation of all member associations in EFAD work.

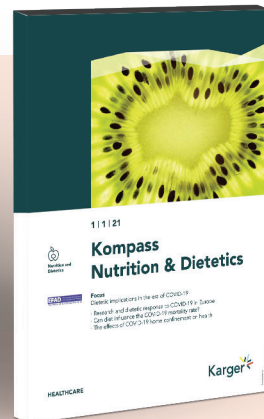


## Building



- EFAD is recognised as voice of European Dietitians.
- Strategic partnerships are established and/or strengthened.
- Sustainable mechanisms for data collection on dietetics, food, and nutrition practices by country are in place, providing evidence of outcomes and impact.
- EFAD is financially secure.
- An Education Hub for accredited Lifelong Learning and Continuous Professional Development of dietitians is established.
- ESDNs are involved in projects and can demonstrate outcomes and impact.
- Associations in countries where the dietetics profession is in its infancy are helped to invest in title recognition and national registration.
- The European Dietetic Action Plan (EuDAP) is extended to 2026 to support NDAs in measuring and reporting how dietitians make a difference.
- Increase employment opportunities for dietitians.
- Standardized language/NCP introduced across Europe.
- Specialization – all specialities to be supported – clinical practice not to be forgotten, but focus on public health and primary care to be increased.
- High-quality education curriculums and placements for all students.
- Revised Standards & Guidelines for education and practice (up-to-date and relevant).
- Endorse EnDiets in building a platform to connect all Dietetic Students and empowering future dietitians in letting their voice be heard.

Did you know?



**Twice a year EFAD publishes the journal 'Kompass Nutrition and Dietetics' in partnership with Karger Publishers.**

**A valuable source to share knowledge with dietitians and specialists in daily practice.**

# How will we achieve this?

Our strategic objectives



## Action 1



### Leading - Advocacy and research

Led by EFAD, dietitians have strong influence across WHO-European region and bring about necessary changes to health policy and practice to improve nutritional health and sustainable diets in Europe

European-level cooperation between stakeholders promotes the unique value of dietitians and dietetics.



## Action 2



### Connecting - People and organisations

EFAD is a pan-European community of dietitians, where everyone is connected - physically and digitally.

EFAD is an organisation that shares evidence based information on dietetic practice and standards. This contributes to continuous professional development of dietitians and other health professionals that require training in nutrition and dietetics.



## Action 3



### Building - A professional workforce

EFAD builds a high-quality professional workforce, effective in the new digital era.

EFAD is an organisation that is „fit for purpose“, which continues to strengthen the foundations needed to reach its goals.

Did you know?



**EFAD has a wide range of collaborators. Together we work hard to improve nutritional health and encourage sustainable diets in Europe.**





**For more information email us at  
[secretariat@efad.org](mailto:secretariat@efad.org) or visit the website.**

**[www.efad.org](http://www.efad.org)**

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