

It is hard to believe that the third spring of DIETS is almost over and that summer is again just ahead of us. With our spirits uplifted by better weather and longer evenings, we bring you the 7th edition of the DIETS Newsletter.

In this edition, we have focussed on contributions from our thematic network partners in Sweden. Their contributions highlight the tremendous work that is ongoing in Swedish dietetics and the developments that are taking place in administrative, clinical and public health dietetics practice there. Approximately 40 members of the Swedish Association of Clinical Dietitians have now attained a PhD degree, something for Dietitians throughout Europe to aspire to. We also bring you a report of an Erasmus exchange agreement signed between the University of Gothenburg and the Dublin Institute of Technology which arose following the visit by representatives of the Dublin HEI and the Irish professional Dietitians organisation to Gothenburg last year, and the experience of the first Swedish dietetics student coming to study in Dublin on this exchange programme. Finally, congratulations go to a Cypriot Dietitian, Eleni Andreou, who has recently successfully completed her PhD. An abstract of her work is included in the Newsletter.

We also include information on the 3rd DIETS Conference which will be held in Lisbon, Portugal on the 23rd and 24th September 2009. This Conference will focus on lifelong learning and on how Dietitians can best work with others to achieve improved nutritional status for all. We hope that as many of you as possible will attend.

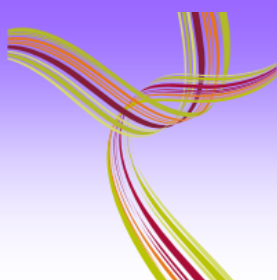
As with previous newsletters, we urge you to disseminate this Newsletter widely, to all lecturers in dietetics, practicing dietitians, students and ministries for health, education and employment. As always, we welcome further contributions which serve to educate us all on the wonderful work being carried out by our professional dietetics colleagues across Europe. Please send your contributions to the Thematic Network Manager, Judith Liddell at

network.manager@thematicnetworkdietetics.eu.

**Dissemination Group,
DIETS Thematic Network for Dietetics**

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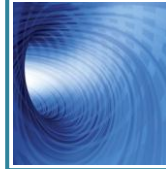
3rd DIETS Conference
Dietitians (Net)Working with Others
 See back page for Conference Programme

LISBON | PORTUGAL



Socrates

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DIETS2 newsletter

Dear all

I write at the end of a very busy few months. Since the last Newsletter we have passed several significant milestones.

Firstly the conference proceedings for the first two conferences have been brought together and are now available in different media. Many thanks for the sponsorship of the Almond Board.

Secondly the '*European Dietetic Competences and their Performance Indicators*'

(attained at the point of qualification and entry to the profession of Dietetics), are now being translated into the 18 original languages that formed the consultation last year. The results of the consultation have been used to amend the original document used and discussed at the Second DIETS conference in Frankfurt. This is a very important publication we hope to have ready in June for general dissemination. It will be presented to the EFAD Annual General Meeting in September 2009 for adoption.

And finally a new bid for a further three years of funding from Europe for a DIETS2 initiative was sent at the beginning of March. The theme of the second bid concentrates on life-long learning, registration of dietitians across Europe and quality of service. It was developed by a joint working group between EFAD and current DIETS members and has also brought in new members of current partners. The full bid is available to be seen on the DIETS Website. What gave me most pleasure is that almost all current partners of the TN agreed to rejoin the new Network. This was very gratifying.

As you will understand there has been a huge effort by many people across DIETS and especially Judith. So may I take this opportunity to say thank you to all those who have worked very long hours to produce our splendid outcomes. We are well on the way to complete the challenges of the Declarations made by EFAD in Roskilde and Taormina and I do hope you are finding this pathway as fascinating and profitable as I am.

I hope to see all of you in Lisbon at our third conference. It will provide us with the encouragement to meet those challenges we face as we continue our life-long learning journey.

Anne de Looy
DIETS Network Coordinator

DIETS
DIETS2

Have you claimed your full reimbursement?

Many partners have still not claimed all the money they are entitled to from DIETS!

Please contact Judith Liddell to find out how much money your organisation can still claim.



DIETS exists to promote the best possible communication between dietitians and other professionals, and to disseminate information on events and areas of work critical to the dietitian and his or her role as promoter of nutritional health.

During its two and a half years of activity, DIETS has promoted visits between dietitians and teachers of dietetics from different European countries to exchange information on the academic training and practice placement education of students of dietetics. We have organised two conferences to reflect on dietetics education and to share the information we have collected. Both conferences were successful with the second conference attracting more than 100 participants from 23 countries.

During the second conference, workshops were held on the competences required for practice placement educators and for students in practice placement. These outcomes formed a basis for the further development of European competences on practice placement. An example of practice education guidelines has been posted on the DIETS website.

At the conference we also presented the findings of the first education mapping questionnaire. Partners will now be asked to complete another questionnaire to document any changes which have occurred in the education of dietitians in Europe in the last two years.

The third DIETS conference will be held in Lisbon on the 23rd and 24th September 2009. We very much hope that you will all attend!

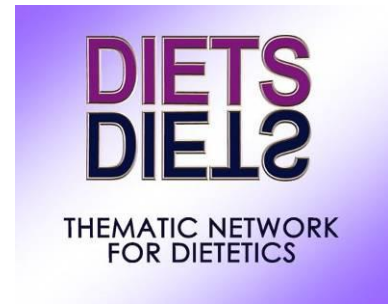
As you know, an important means of communication between partners is the publication of regular DIETS newsletters. These are distributed through the key contacts to all partner organisations and we appreciate those who have shared their work practices and experiences and hope this will continue so that we can all gain insight into the important work done by each partner organisation and those individuals within each organisation, so please collaborate by sending us articles.

During 2009, there will be virtual visits between students from different countries; your students are invited to participate! We hope these will prove to be great learning opportunities and enriching experiences. Some materials from past visits could be useful tools for you: please go and check the DIETS website.

Following the development of the European Dietetic Benchmark Statement, a draft set of competency statements for dietetics was drawn up and placed on the DIETS website for consultation among all dietitians in Europe. The statements have been translated into 17 languages to make them accessible and understandable for all Dietitians. Twelve hundred people from 19 countries took the time to read and rate the competency statements. The final version of the statements will be published soon.

There is still much to do in promoting both high quality undergraduate teaching of dietetics and lifelong learning at European level so a proposal has been submitted for a further three years funding of the DIETS Thematic Network. The full DIETS2 proposal is available on the DIETS web site.

DIETS Dissemination Group





The DIETS1 Thematic Network “Dietitians Improving Education and Training Standards” (2006-09) increased web-based and innovative communication between institutes of higher education (HEIs) and the dietetic profession and described first cycle competences using TUNING methods. However, to effectively contribute to policies and practices that will avert the European health crisis (WHO, 2007) and the poor nutritional health of its children (EU, 2007), dietitians will need to promote and make effective use of lifelong learning to increase their competence and attain a high quality of performance, creativity and innovation.

To help achieve these goals a proposal has been submitted for funding for DIETS2 2009-2012.

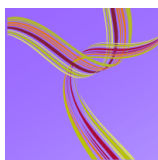
The DIETS2 project aims to support the Lisbon Strategy by:

- working with higher education to create, define and embed lifelong learning objectives to raise the leadership role/profile of dietitians in Europe
- working with National Associations to effectively use lifelong learning to ensure a worldwide quality of practice
- building research capability and capacity ensuring the development of a knowledge triangle in dietetics
- in partnership with enterprise, expertise and lifelong learning resources, enabling dietitians to teach others how to promote effective nutrition and dietetic therapy becoming a world quality reference

Products:

- A lifelong learning strategy; competences at 2nd and 3rd cycle education
- A system demonstrating an increased transparency of qualifications
- Innovative ICT-based education materials with the cooperation of HEIs and enterprise
- Conferences, publications on leadership and multi-professional roles
- An e-journal to promote an evidenced-based approach

Impact: LLL, pedagogic tools and a world quality reference approach to practice will improve the effectiveness of European dietitians working cross-border and ‘fitness to practice safely’ in strategic areas of nutritional health, e.g. clinical/tertiary care, food service and industry, primary care and health promotion (EDBS, 2005).



3rd DIETS Conference Dietitians (Net)Working with Others

It gives me great pleasure to welcome you to our third DIETS conference this year hosted in the beautiful city of Lisbon on the 23rd and 24th of September.

The theme of the conference is how dietitians can meet, work and improve the nutritional health of the peoples of Europe through multidisciplinary working. We have chosen the title “**Dietitians (net) working with others**”. There is a particular emphasis on Life Long Learning as an important way of making sure that all dietitians are well informed and able to make an even more significant contribution to improving health through nutrition.

We have included speakers from different professional groups and the workshops will cover not only lifelong learning, and how this can be captured, but also dietetic research and ‘e-learning’. There should be many areas of interest for the dietitians working in Europe including an announcement as to how the work of DIETS will be taken forward over the next three years with the full support of the European Federation of Associations of Dietitians (EFAD).

I look forward to welcoming you to the beautiful city of Lisbon to enjoy the conference and also meeting, talking to colleagues and above all learning more about how we can all benefit through sharing and working with others.

See you in Lisbon,

Anne de Looy
DIETS Network Coordinator

SEE BACK PAGE FOR CONFERENCE PROGRAMME

C Postgraduate Studies among Dietitians in Sweden – an Increasing Trend

Most clinical dietitians in Sweden work in the health care system. Some of these, particularly those working at larger hospitals and in cities with universities, are involved in research projects. According to the current list from the Swedish association of clinical dietitians, there are now approximately forty dietitians in Sweden with a PhD degree. It is interesting to note that more than half of these published their thesis during the last decade, indicating an increasing trend in postgraduate studies among clinical dietitians.

In total there are about 1300 registered dietitians that are members in the Swedish Association of Clinical Dietitians (Dietisternas Riksförbund, DRF), indicating that the proportion of clinical dietitians with a PhD degree is 3 percent.

The theses published (most of them in English) by clinical dietitians include a wide range of topics including; *infant feeding, eating habits and behaviors, dietary intake, nutritional status and assessment among different groups for example elderly and immigrants as well as people with eating disorders, metabolic effects of different food components and diets, mostly related to diabetes, food hypersensitivity and nutrition therapy in patients with different diagnoses such as cancer and obesity.*

You can find these list of theses at www.drf.nu (go to “utbildning” and “avhandlingar”). We hope that this trend towards increasing involvement in research among clinical dietitians will continue and that its progress will be contribute by DIETS2. Furthermore, it would be interesting to know more about postgraduate studies among clinical dietitians in other European countries.

Agneta Andersson and Afsaneh Koochek
Department of Food, Nutrition and Dietetics Uppsala University, Sweden.

D Practice Placement Education in Dietetics – Supervising the Supervisors

One of the most essential components of practice placement education is, of course, the placement supervisor. Supervisors must be competent in clinical dietetics and also familiar with their place of work. As a practice placement supervisor, it is also necessary to have a positive attitude towards both their professional work and the training of students. Regard the role of student supervisor as a means by which the practicing dietitian can develop themselves within the profession, being tolerant of stress and having protected time to include a student in the daily work as a dietitian is also important. Support from the college and head of the dietetic service to participate in practice placement education is also vital.

To support the placement supervisor in their role as student practice placement educators, the Department of Food, Nutrition and Dietetics at Uppsala University responsible for the education of dietetics students arrange a number of different kinds of support. Firstly, we have regular dialogue with all placement supervisors by e-mail during the year and meet each other at different conferences and other meetings. Once a year, we invite the placement supervisors for a meeting in the college to discuss the placement education and to exchange experiences. During the period of practice placement education, the practice placement educator uses a checklist as a reminder of what the college wishes the student to participate in, for example, daily clinic work routines, documentation, computer-based journals, communication with patients (individual consultations and group sessions) and the nutrition care process.

During the period of practice, the practice placement supervisor completes a validation form (VAS-scale) about the student's skills and performance at the end of the placement training. This includes questions about: being present, theoretical knowledge, using the theory in practice, collaboration, communication, administration, professional thinking/acting and problem solving. This validation form is also discussed with the students during the placement period to promote the students learning.

For clinical dietitians who supervise students, a training course in supervision is recommended. The course provided comprises 7.5 ECTS (in total 5 weeks) extended over a full semester. The learning outcomes of this course are such that following successful completion of the course means the dietitian will be able to:

- demonstrate good knowledge and skills about pedagogical, psychological and methodological questions relevant in the role of being a supervisor for students;
- find document and information regarding how to supervise and continue to develop in the role as a practice placement supervisor in a self dependent way;
- demonstrate good self-knowledge and ability to solve problems in the role as a supervisor in a wise and reflective way;
- discuss and understand ethical questions relevant to the profession as a dietitian as well as being a supervisor;
- have good knowledge about how a supervisor can assess students' development and performance during the placement training.

Agneta Andersson & Ylva Mattsson Sydner
Department of Food, Nutrition and Dietetics, Uppsala University, Sweden

The Department of Food, Nutrition and Dietetics at Uppsala University, Sweden has a long tradition of education in the area of food and nutrition. In 1895, the first programme started; it was foremost an education programme for teachers of home economics. Today, we educate clinical dietitians, administrative dietitians and teachers of home economics.

Since 1991, the department has been allowed to have doctoral students and, thereby, carry out research. The research done by doctoral students as well as by senior lecturers and professors involves many different aspects of food and nutrition. Research has been undertaken in nutrition, food hygiene, the sensory properties of foods and attitudes towards food and nutrition. The research at the Department has been a search for a balance between depth and issues of interest. During the first eight years our research focused on sensory and quality aspects on food, resulting in five theses, mostly using quantitative methods. During this period, the Department collaborated with the Swedish University of Agricultural Sciences. During the latest period, 1997 – 2006, the research has using a multidisciplinary approach, involving qualitative and quantitative methods, focused on food and meal habits among different groups and consumers in society, such as free-living old people, teenagers, pre-school children, families with children, people with intellectual disabilities, and immigrants from a health perspective, including social, cultural, nutritional, metabolic, hygiene and sensory aspects. People's opinions on the meaning of food and health in everyday life in relation to their food choices and food-related behaviours have been studied to understand, for example, the development of the metabolic syndrome, obesity among children, malnutrition in elderly care, the organisation of public meals and the effects of living in a consumer society on food habits in families with children. However, these research questions should be addressed even more thoroughly in the future to understand people's daily lives in a consumer society, and how the meaning of food is illustrated by the way we choose food, shop for food, talk about food, prepare and cook, eat food and behave at table.

Since 1991, nine doctoral students have successfully completed their theses. Currently, there are five doctoral students employed. Two professors, three associate professors and seven senior lecturers are working in different research areas and supervise the doctoral students. The areas of research are multidisciplinary often involving researchers from other departments and universities. One focus of the research is the social and cultural aspects of food and meals in relation to vulnerable groups such as older people and people with intellectual disability and the consequences for their nutritional outcomes. From a national and an international perspective the research on older people and food is currently particularly important and successful. Together with researchers in Sweden in the MENEW-project, the Department of Public Health and Caring Sciences at Uppsala University and within the European project 'Food in Later Life', new knowledge has been accrued and presented in several theses, scientific publications, articles, and book chapters. Results from these projects have also been implemented in different areas in society. In the 'Food in Later Life' project, the aim was to generate longitudinal, qualitative and quantitative scientific data on the relationship between food intake, nutritional well-being, health and quality of life among older people (65-74, 75+). Nine partners were included; the University of Surrey, UK (coordinator), INRAN, Italy, Federal Research for Nutrition and Food, Germany, Uppsala University Department of Food, Nutrition and Dietetics (at that time Department of Domestic Sciences) and the Department of Public Health and Caring Sciences, Uppsala University, Faculdade de Ciencias da Nutricao e Alimentacao, Portugal, Warsaw Agricultural University, Poland, University of Warmia and Mazury, Poland and the University of Barcelona, Spain. The Swedish team had an important role in this project since most methods used were qualitative. The most significant characteristic of this project was that all nine partners carried out exactly the same studies using the same methods and interview guides. Today the Department are also involved in the European project CHANGE - reported separately in this edition of the DIETS Newsletter.

In the future, we hope to develop research projects in relation to vulnerable groups such as older people and children with regard to health and food. The demographic change of older people living longer, but also developing more problems in advanced old age, the development of the welfare state and public elderly care needs to be addressed from many different angles: perceived health, meals on wheels, social networks, the meaning of food in everyday life, sensory aspects of publicly supplied meals for older people and food hygiene in different settings etc. The topic of children living in a consumer society is also an area that needs to be pursued, for example, their perceptions of healthy food, the issue of school meals and health, food in a family context versus the surrounding society, food habits and the metabolic syndrome/obesity, sensory aspects of food and children's food habits etc.

Furthermore, we are currently developing research in Dietetics and especially the communication of nutrition and dietetics messages to the public. This means that people's perceptions of how food recommendations can be implemented needs to be studied. The dietetics profession itself requires investigation and how, for example, evidence based practice is perceived and used by administrative, clinical and public health dietitians.

Christina Fjellström & Ylva Mattsson Sydner
Department of Food, Nutrition and Dietetics, Uppsala University, Sweden

In Sweden, the education of administrative dietitians is provided at three different universities i.e. Gothenburg University, Umea University and Uppsala University. At the Department of Food, Nutrition and Dietetics at Uppsala University, the first education programme in this area of employment started as early as 1903 when the need for organisation of food supplies for the army after the First World War had been noted. The army, as well as the developing public sector, needed trained persons competent to manage large scale planning, cooking and serving of food. The employment of administrative dietitians fulfilled this important need. During the late 20th and the beginning of the 21st century, the public sector has experienced a considerable development, including food service for pre-school children, school meals, and meals for elderly in residential care.

The education of administrative dietitians has changed over the years and, today, it is an education that culminates with a bachelor university degree after three years, with a possibility to continue with a two years masters degree and, thereafter, a further four year period of study for a PhD. For the undergraduate bachelor degree, students have to study for six semesters and, during one semester, have the possibility to choose between different alternatives:

- First semester: Food Science, Nutrition
Second semester: Food Science, Cooking
Third semester: Business Economics
Fourth semester: Dietetics and Public Health, Foodservice and Food Production
Fifth semester: Practice Placement Education in Foodservice, Sensory Evaluation and Product Development
- or*
- Sixth semester: Practice Placement Learning in Foodservice and Education focused on Adult People and Working Life or Business Economics
Sociology of Food and Nutrition, Research Methods; Bachelor Thesis in Food, Nutrition and Dietetics

The labour market for administrative dietitians is excellent and they are employed in both the public and private sector. Foremost, they work as food service managers in large scale kitchens where they organise the daily work, or as managers of the administration of all food services in a municipality or a part of a municipality's food service. Their range of employment has grown over the years and, today, administrative dietitians can be found working in the food industry in product development, consumer information and other related areas where a person with a wide range of competencies in food, nutrition and dietetics has a valuable role.

Ylva Mattsson Sydner & Christina Fjellström
Department of Food, Nutrition and Dietetics, Uppsala University, Sweden



A major challenge for public health in European countries is to maintain health and quality of life in the ageing population. Although older people are often viewed as a homogenous group, the majority of older people prove this view to be wrong, many living a very active and healthy life well into very old age. However, as people age, they also enter a period in life when they are at higher risk for developing chronic disease, which in turn may result in disability. Women and men age differently. While some of the differences between men and women are due to biological characteristics, others are due to socially determined roles and responsibilities, i.e. gender differences and gender roles. In our research, it has been stated that that planning, preparing and cooking meals for the family, relatives and friends were essential parts of older women's feeling of mental well-being. Men, however, when retired and living alone, showed a more rational attitude towards meals and eating. Because women live longer than men, they are also more likely to become widowed, a life situation frequently associated with loneliness and isolation. Additionally, for men, their life situation often changes dramatically when their wife or spouse is no longer there to take care of household duties, including shopping, preparing and cooking daily food.



photo: Kristijan Aunver

Given this information and knowing that a large number of studies reporting food and nutrient intake in older people in residential settings have shown that malnutrition is common, it was concluded that it is important to find strategies and tools to prevent malnutrition and increase quality of life among old people. Further, differences in educational level, income and social roles and expectations during all stages in life increase the variation in health and quality of life among older people.

In the EU-funded project Senior Food Quality; 'Food in Later Life' (2003-2005), Swedish findings showed that both men and women expressed worries, but also concern how to handle their food situation. Older men expressed no or limited experience of food procurement and cooking, while older women expressed their concerns about how to eat well in later life, when they may have very limited strength to cook using raw ingredients. The participants also showed negative attitudes and lack of knowledge regarding new food products on the market, including ready prepared meals which, if used more frequently, may

eliminate cooking on those days when cooking is too much of a burden.

Based on the results from the 'Food in Later Life' project, an education programme 'Food Classes for Old People' was initiated in 2006 and the programme has since then been successfully implemented in a large number of Swedish communities. The main objectives of the suggested food classes are to enable older people to acquire knowledge about cooking and eating, i.e. what and why to choose certain foods with focus on maintaining good health. A further objective is to inspire older people to meet in a meal situation and to create a network for future contacts. Thus, the main aim with the food classes is to enable people to maintain independence in old age in relation to food. The suggested food classes are based on five separate group sessions lead by administrative-, clinical- or public health dietitians.

M Nydahl, C Fjellström, B Sidenvall, M Raats M and M Lumbers
Department of Food, Nutrition and Dietetics, Uppsala University, Sweden

In June 2008, a 3-day visit by two representatives from Ireland, representing the Higher Education Institute (HEI) (Dr Clare Corish) and the Practice Placement Educators Group of the Irish Nutrition and Dietetic Institute (INDI) (Ms Naomi Bates), to the Department of Clinical Nutrition, University of Gothenburg (Ms Åsa Sunesson & Mrs Henriette Philipson) and Sahlgrenska University Hospital (Ms Birgitta Edvinson) was undertaken as part of the DIETS1 Year 2 visits. Following this, an Erasmus exchange agreement was signed between the University of Gothenburg and the Dublin Institute of technology in October 2008. The first student to participate in this exchange was Josefin Karlgrund who came to Dublin from Gothenburg on the 11th January 2009 and will remain in Dublin until completion of end of term examinations in May. This is a short report of her experiences on this exchange programme.

Dr Clare Corish, Dublin Institute of Technology, Ireland

'I'm a Swedish Dietetics student studying at the University of Gothenburg but at the moment I'm spending one semester studying at the Dublin Institute of Technology & Trinity College Dublin through a European Union funded student exchange programme called ERASMUS. When I got the chance to study abroad I saw it as an opportunity to broaden my horizons and experience other ways of looking at dietetics as a profession. The Swedish Dietetics Programme is naturally very focused on the Scandinavian guidelines and recommendations and is taught using teaching methods common at Swedish Universities. Even though the education systems in the two countries seem quite similar on the surface they are actually quite different and, therefore, the life of a dietetics student in Ireland is different from what I'm used to. I've appreciated seeing how dietitians are educated in other countries and I think it will be a very useful experience in my future career. I've felt very much welcomed by both students and lecturers and I don't for a second regret my choice to study in Ireland. I find that life as a foreign student in Dublin is so much more challenging than studying in Gothenburg where I am familiar with the way the society works and how the university is run. Ireland and Sweden are, in a global perspective, not that different, but many times I've found myself wondering how to sort out even the simplest matters, such as where to put recyclable garbage or how to get a library card. On the upside though it's a very rewarding challenge and I have gotten to see and experience many new and exciting things. I think that studying abroad is a good way to enhance the understanding between the professions in different countries and also to strengthen the international connections between dietitians. Hopefully, more students will study abroad, share their experience and maybe even get to know some future colleagues!'

Josefin Karlgrund

University of Gothenburg, (currently studying in the Dublin Institute of Technology)



The project CHANCE (Lifelong Learning Programme of European Union 2007-2009) is taking place in Austria, Germany, Latvia, Romania, Sweden and the United Kingdom. The aim is to analyse different European health information systems and to understand the inhabitants' need for health information. The idea of 'Community Health Management' is to change the perspective of health work: the view should not be directed from outside to inside, but rather from inside to outside.

Quantitative and qualitative data have been collected from different age groups living in the urban area of Eriksberg, Uppsala municipality, Sweden. The main results from these data show that the study group were neither aware of hygiene guidelines in food handling nor did they know how to implement healthy eating such as "Five a day". Based on these results, an intervention study has been performed by students at the Department of Food, Nutrition and Dietetics, Uppsala University. The health messages were communicated by short Powerpoint presentations. Knowledge, attitudes and changes in behaviour will be evaluated. The intervention will also fulfill one of the objectives i.e. to create a network in the urban area of Eriksberg.



Picture: A brief look at the urban area of Eriksberg, Uppsala Municipality, Sweden.

In January 2009, Prof. Christoph Klotter, University of Applied Sciences Fulda, Germany (EU-coordinator country) visited Uppsala.

From left: Ingela Marklinder, Marielle Enroth, Christoph Klotter and Margaretha Nydahl.

**Ingela Marklinder, Marielle Enroth and Margaretha Nydahl
Department of Food, Nutrition and Dietetics, Uppsala University, Sweden**

The Use and Effectiveness of Behavioural Modification Techniques in Achieving and Maintaining Normal Weight and Fitness – The Total Lifestyle Changes for Adults in Cyprus

BACKGROUND and AIM: Research shows that the behavioural modification techniques are the most effective way to achieve and maintain weight comparing to diet and exercise alone. If behavioural modification is the most effective technique, then candidates (that is how the sample/patients are referred in this project report) will maintain, on average, about two thirds of their initial weight loss 18 weeks after treatment termination with a total treatment period of 36 weeks comparing to the control candidates that will follow diet only. Furthermore, if the use of behavioural modification is the most effective way for diet and exercise, then the weight loss and maintenance will be more efficient and long lasting. The aim of this project was to develop behaviour modification techniques in order to promote effective weight management for sedentary and active Cypriot adults concentrating on nutrition and exercise.

STUDY DESIGN: The study is quantitative and qualitative in nature using an action research approach. The study observational and longitudinal using structured methods and a representative sample of adults 19-50 years of age investigated for 36 weeks.

METHODS: Anthropometric data, health and diet history and laboratory tests were taken using standard methods from 315 (the control and intervention group (1:1) Cypriot adults from rural and urban areas. Individualised diet plans, personalised physical activities as well as behavioural modification parameters was assessed with the aid of a questionnaire, interview, food and exercise diary and behavioural checklist. Obesity and overweight were defined using the current International Obesity Task Force definition. The validated questionnaires for Physical Activity (IPAQ) and the nutritional assessment (National Integrated Health Associates) was used for initial assessment and the behavioural checklists follow up. A behavioural checklist was developed and completed by the candidates on a bi-weekly basis along with the food and exercise diary. The questionnaire reliability (test-retest), internal consistency and ability to differentiate obese vs. normal-weight adult behaviours was tested using a pilot population of 50 adults not enrolled in a formal weight loss programme. The questionnaire reliability (food and exercise diary) and predictive validity was tested using a selective population: 265 adults of the observational group enrolled in behavioural modification treatment behavioural medication approach vs. diet.

OBJECTIVES OF THE STUDY: The objectives of the research were (a) to study every aspect of weight management and thus be capable of making suggestions for the development of guidelines and protocols for behavioural modification to health professionals working with the public (b) to measure Physical Activity and, using Behaviour Modification techniques, promote an Active Lifestyle to Sedentary adults in order to develop protocols and guidelines for the Cypriot adult population for maintaining a healthy weight (c) to increase public awareness of the problem of overweight and obesity and offer a sound programme based on research findings that will provide an efficient mechanism for effective prevention and treatment of obesity (d) to build and maintain a database of the results of a survey through the design and development of a self-reported questionnaire that can be used by stakeholders (Cyprus Ministry of Education and Culture, Cyprus Dietetic Association and Cyprus Registration Board for Food Scientists, Food Technologists and Dietitians) to deal effectively with the problem and (e) to educate and provide guidelines for the public and health professionals about the management of obesity, its different parameters and how to deal with it more effectively in schools.

To conclude, the prevalence of obesity worldwide has reached epidemic proportions. Physical inactivity and poor diet have been identified as primary contributors to the leading causes of death in developed countries including Cyprus. It is unfortunate that more emphasis is given to calorie restriction dieting rather than to physical activity in achieving and maintaining weight loss. The reason for that is the decrease in Basal Metabolic Rate. The fact is that incorporating appropriate and sufficient physical activity into one's life is an essential component of achieving a healthy body weight.

The research project aimed to develop a behavioural approach and behavioural modification techniques for the treatment of obesity and weight management adjusted to the needs of the Cypriots adult population. The difference of this approach underlines the emphasis that has to be given to the follow-up programme for the maintenance of the weight loss through behavioural modification. This approach was evolved from the environmental control of eating behaviour to a broader approach characterized by systematic manipulation of all factors associated with eating and exercise patterns. The need for the project derives from the fact that obesity is a chronic condition with a substantial potential for relapse; therefore long-term treatments are needed. The expected outcomes of this project are the development of guidelines and protocols to be used by health professionals. The ultimate goal is the reduction of the obesity epidemic in Cyprus and being in concurrence with the goals set by the European Health Congress to decrease the incidence of obesity by 2010 by 20 % (IOTF, 2000).



3rd DIETS Conference

Dietitians (Net)Working with Others

Morning: Importance of Life Long Learning (LLL) for the future of Dietetics

- 9:45 **Welcome**
- 10:00 **The European Diet – What the EU expects from dietitians**
Representative of DG SANCO - to be confirmed
- 10:30 **Leadership, preceptorship and learning to provide a quality service**
Prof Rosemary Richardson, Chair of Practice Development Network for Allied Health Professions, Glasgow, Scotland
- 11:00 **Tea /coffee /networking**
- 11:30 **Current status and future recommendations for LLL based on outcomes from the DIETS network**
Prof Anne de Looy, Coordinator EU Thematic Network DIETS
- 12:00 **Lunch networking and posters**

Afternoon: Learning from others

- 13:45 **Working in multi-disciplinary teams**
Prof Ruth Endacott, Chair of the Nursing and AHP section, European Society of Intensive Care Medicine
- 14:15 **International Social Work and Opportunities for Dietitians**
Pieter Lievens, International Relations in Social Work, Kempen University College, Belgium
- 14:45 **Public health nutritionists; their education, registration and work**
To be confirmed
- 15:15 **What do patients expect from us? - Ensuring patient-centred care**
Tracey Parkin, Lecturer Dietetics, University of Plymouth
- 15:45 **Tea /coffee /networking**
- WORKSHOPS**
- 16:15 – 17:30 **A. How does, or could, our undergraduate education and training introduce student dietitians to a multi-professional and intercultural way of working?**
B. Promoting Dietetic Research



3rd DIETS Conference

Dietitians (Net)Working with Others

Morning: Dietitians working across boundaries: impact on student pre-registration education and lifelong learning needs

- 9:30 **Stakeholder relations - how to get the right message to the right audience**
Laura Smillie, Communications Manager, European Food Information Council (EUFIC)
- 10:00 **Using the Internet for professional and patient communication**
Prof Ray Jones, Professor of Health Informatics, University of Plymouth
- 10:30 **The importance of LLL in meeting future EU health priorities – an employer's perspective** *To be confirmed*
- 11:00 **Tea /coffee /networking**
Optional seminar: Energy in, energy out - an interactive tool to explain the importance of balance
Dr. Stefan Storcksdieck, Nutrition Communications Manager, European Food Information Council (EUFIC)

WORKSHOPS

- 11:30 **A. New ways of working and sharing experiences – for example web-casting, distance learning and using virtual meetings**
B. Portfolios/reflection and capturing LLL
- 13:00 **Lunch, Networking and Posters**

Afternoon: The role of the DIETS Network in supporting LLL - now and into the future

- 14:00 **Dietitians learning more about each other through visiting other dietitians**
DIETS Education and Practice Group
- 14:30 **Education of dietitians in Europe: the evolutionary process of learning across continents**
To be confirmed
- 15:00 **How dietitians working in a multidisciplinary way supports understanding across Europe**
Karin Hådel, Honorary President of EFAD
- 15:30 **Tea /coffee /networking**
- 16:00 **Has DIETS succeeded in bringing educators closer together?**
Dr Clare Corish, Chair, DIETS Dissemination Group, Dublin Institute of Technology
- 16:30 **DIETS2: Dietitians Ensuring Education, Teaching and Professional Standards through Life Long Learning**
Prof Anne de Looy, Coordinator EU Thematic Network DIETS
- 17:00 **Summing up and Finish**