

The Dietitian's Role in Supporting the Human Right to Safe and Appropriate
Nutritional Care for Every European Citizen
"EFAD Budapest Resolution"

Submitted By: EFAD Executive Committee

THE GENERAL MEETING,

Noting all human beings have the right to adequate food and the right to be free from hunger,

Declaring EFAD's unwavering support for the *International Declaration on the Human Right to Nutritional Care*^{1,2},

Affirming optimal nutritional care prevents diseases, lowers disease risk, reduces length of hospital stay and improves clinical outcomes and functioning as well as health-related quality of life, resulting in reduced healthcare costs³. Food and nutrition insecurity are linked to depression and unacceptably high social and economic costs due to lost productivity and health care costs^{4,5,6},

Recognising dietitians are the only health professionals with expertise in providing evidence-based advice and/or treatment about food and nutrition for the promotion of health, prevention of disease and for the diagnosis, treatment and management of nutrition-related disorders³,

Further noting the role of a dietitian extends beyond healthcare to improve the nutritional environment for all through governments, industry, academia and research⁷,

Acknowledging dietetic treatment is a cost-effective investment, and dietitians are more efficient and effective in nutritional counselling than any other member of the healthcare team³,

1. Urges that every European citizen have access to nutritional care;
2. Strongly recommends that dietetic care be integrated as an essential part of nutritional care to ensure we leave no-one behind;
3. Calls for allocation of resources to ensure optimal dietetic service coverage within each country's existing healthcare system;
4. Encourages integration of nutritional care into public health policies based on human rights, equity and economic benefits;
5. Emphasises nutritional care's importance as an integrated part of policies and interventions to address critical or chronic health conditions; and
6. Further recommends collaboratively working with dietitians within and outside the healthcare system to achieve effective, equitable and sustainable changes in food systems and the environment.

Budapest, 21 October 2022

IN WITNESS WHEREOF, THE DUE REPRESENTATIVES OF THE MEMBERS OF NATIONAL DIETETIC ASSOCIATIONS ATTENDING THE GENERAL MEETING SUPPORT THE RESOLUTION

-List of names of NDA signatories-

Every European citizen should have access to safe and appropriate nutritional care provided by dietitians to support a healthier population, while leaving no one behind.

EFAD Budapest Resolution October 21, 2022

EFAD's commitment

[EFAD](#) declares as the voice of European dietitians, representing National Dietetic Associations and Higher Education Institutes which provide human nutrition and dietetic regulated titles in Europe, that it is absolutely committed to improving nutritional health, promoting sustainable diets and reducing health inequalities across Europe.

EFAD declares accordingly to promote

- Registered Dietitians who can positively impact the nutritional health of clients, patients and the wider community;
- The development of dietetic education and research, lifelong learning and raise and/or maintain dietetic practice standards across the WHO European region;
- Evidence-based dietetic practice being embedded in Europe and that outcomes are recorded;
- Dietitians contributing, developing and implementing nutritional and dietetic guidelines and nutritional care paths;
- Dietitians collaborating in multi- and interdisciplinary teams as the voice of optimal nutritional care for all;
- Dietitians contributing to the professional development of other health professionals that require training in nutrition and dietetics; and
- Dietitians collaborating with European and national level stakeholders to contribute to reaching the Sustainable Development Goals.

Supplementary Notes

- The 1948 Universal Declaration of Human Rights adopted the right to food (as part of the right to an adequate standard of living) and enshrined it in the 1966 International Covenant on Economic, Social and Cultural Rights. Many national constitutions and regional treaties protect these rights.
- The "Vienna Declaration" was signed at the ESPEN Congress on 5th September 2022 and EFAD was a co-signatory alongside organisations that included ASPEN, ESPEN, FELANPE, PENSA². EFAD endorses the "Vienna Declaration" to advance global recognition of the right to access nutritional care for all patients and people at risk in any setting. This right to nutritional care states that all people should have access to screening, diagnosis, nutritional assessment, with optimal and timely food and evidence-based medical nutrition therapy to reduce malnutrition rates and the associated morbidity and mortality.

- Food and nutrition insecurity are associated with a wide range of chronic conditions, including coronary heart disease, hepatitis, stroke, cancer, diabetes and chronic obstructive pulmonary disease⁴. Food and nutrition literacy are closely linked with health literacy⁹ and contribute to the enhancement of the individual wellbeing through appropriate food choices¹⁰. Behavioural and cultural insights are inextricably linked with nutrition. Food and nutrition literacy therefore must align with culinary traditions and personal preferences. Person-centered care is not complete without nutrition and personal nutritional counseling. Nutritional care as part of the holistic approach across the lifespan and care continuum, from prevention to treatment right through to palliative care.
- Dietitians are health professionals providing evidence-based advice and/or treatment about food and nutrition for the promotion of health, prevention of disease and for the diagnosis, treatment and management of nutrition-related disorders⁸. Dietitians aim to maintain, reduce risk to, or restore health, through the lifespan, as well as alleviate discomfort in palliative care. Dietitians take a holistic approach to improve quality of life and motivate people to work on their health.
- Dietitians work to empower or support individuals, families, groups and populations to provide or select foods which are nutritionally adequate, safe, tasty and sustainable. The role of a dietitian extends beyond healthcare to improve the nutritional environment for all through governments, industry, academia and research⁷.
- Dietitians use the nutrition care process, a holistic person-centered approach to dietetic intervention, including a systematic process starting with nutrition assessment, leading to nutrition diagnosis followed by a dietetic intervention that is monitored and evaluated.
- A nutrition diagnosis is defined as the nutrition problem that can be resolved or improved through a nutrition intervention by a dietitian. This nutrition diagnosis differs from a medical diagnosis and changes as the client responds to the dietetic intervention⁸.

References

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