

Invited Speaker Abstract

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Title of Presentation

Status quo of nutrition-related health prevention in Germany

1. Abstract

In Germany, the prevention of nutrition-related diseases as well as nutrition-related health promotion has a comparatively long and changing history, which in the year 2000 culminated in the “prevention paragraph” in the Social Code Book. This paragraph makes prevention in the fields of malnutrition, obesity, stress management, physical activity, and drug use (alcohol and tobacco) mandatory components of the service spectrum of statutory health insurance (SHI). Some 90% of the population in Germany are covered by SHI, thus entitling them to prevention services in the above-mentioned fields. In 2017, the SHI companies spent 519 million Euro on health promotion, individual prevention and work place health promotion. Relative to physical activity and stress management programmes, nutrition-related health promotion is under represented but the demand from SHI and companies is increasing. To support members in getting active in the field of health promotion and prevention, the German Association of Dietitians (VDD) established the “Save Nutrition Network”, which offers ready to use programmes and didactic materials for dietitians addressing different fields and target groups. “Gesund und fit”©, a programme tailored to overweight adults with learning or intellectual disability is one example. It is carried out in easy language, practice-orientated and interactive. The participants experience fun and enjoyment of healthy food, independence in food choice and direct influence on their personal well-being and weight loss. The programme is quality assured. The benefit for colleagues is to concentrate on professional competences by using a well-established program with tested materials (little organizational effort). Customers such as employers of disabled people benefit from access to a Germany-wide network of professionals who offer equal service with one organising head department. This presentation gives an overview of the quality assurance in nutrition prevention, the nutrition-related health promotion in Germany and the success of the Save Nutrition Network.

2. key references

- <https://www.vdd.de/save-nutrition-network/> (in German)

3. key messages

- Nutrition related health promotion is a strongly developing market in Germany and an interesting /challenging work place for dietitians.
- Freelancer competences are necessary and should be implemented to education and life-long learning of dietitians.
- Networks and co-operations for examples with other health professions are essential to “catch the big fish”.