



going to **sustainable** eating

SYMPOSIUM/WORKSHOPS/Breakfasts PROPOSAL TEMPLATE

17th International
Congress of Dietetics
**GRANADA
SPAIN**
2016
7, 8, 9 and 10 September

General information

- **Symposiums** can take up to two hours and will offer a strong scientific focus and approach. They
- **Workshops** can take up to two hours and will have a practical, professional and hands on structure. Will be held simultaneously to other workshops. Registration will be needed. Limited places 70-120 attendees.
- **Breakfasts** can take up to one hour and will have an informal set up where all Associations' members - both directors and associates - can discuss a specific scientific or professional subject in an enjoyable and colloquial environment.

Food industry and/or a pharmaceutical company can sponsor the Symposium /Workshop/ Breakfast. Sponsor 's details will be provided as part of the proposal.

WORKSHOP Title/Theme:

Please insert the title/theme of your symposium. Titles will be used in all pre-Congress promotion. Titles must accurately describe the content of your session and be no more than 10-12 words long.

Tomorrow's Society (2050) what will it be like; will dietitians be ready?

WORKSHOP Facilitators: Names and main affiliation

Anne de Looy; Hon President European Federation of the Association of Dietitians

WORKSHOP Presenters: Names and main affiliation

Sandra Caldeira Project Manager, European Commission, DG Joint Research Centre (JRC), Belgium

Annemieke Van Ginkel-Res, Managing Director Nutri-akt, Netherlands

WORKSHOP History:

Has the symposium/workshop been held previously? If yes, please describe previous symposium details and rationale for repeating session.

A similar workshop, but not identical, was held at the 8th EFAD Conference (2014). The session was highly rated for its importance for dietitians as it allowed leaders in the profession to consider how the future can/will impact on higher education and professional development.

WORKSHOP Overview:

Insert a short **overview** of your symposium/workshop proposal. If accepted, this information will be used in publications to promote your session. Overview should not exceed 100 words.

Albert Einstein said that 'We cannot solve our problems with the same level of thinking that created them'. The future holds many unknowns yet we need to prepare a



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dietetic profession for that future. Foresight is a systematic, participatory, future intelligence gathering and medium to long term vision building process aimed at present day decisions. This workshop is about looking forward. Alan Kay has said '*The best way to predict the future is to invent it*' so using a modified 'foresight' approach we will 'predict' the shape of our dietetic education, lifelong learning and careers in 2050.

WORKSHOP Proposal: All details

In English, with a limit of 800 words: you must include a minimum of 3 references and a maximum of 10 references (will follow the consecutive order in which they appear in the text with the corresponding consecutive numbering in Arabic numerals in parentheses; Vancouver style).

Workshop Proposal

Albert Einstein said that '*We cannot solve our problems with the same level of thinking that created them*'. The future holds many unknowns yet we need to prepare as a dietetic profession for that future. This 'foresight' approach requires a carefully constructed approach usually involving multi-stakeholders and extending over time¹. World-wide governments are involved in the Foresight process to help plan future needs and investment². So in this very short workshop come not expecting answers but to be part of the future or as Alan Kay has said '*The best way to predict the future is to invent it*'.

Health promotion and disease prevention through provision and consumption of healthy diets are increasingly recognised as crucial, both socially and economically, in the face of strained healthcare systems, an ageing population, and the high individual and economic costs of diseases. The Foresight study 'Tomorrow's healthy society? Research priorities for foods and diets'³ was initiated to inform the selection of research for future funding in the UK. But can also be used by dietitians to look into the possible futures of food, health and wellbeing and help us prepare how we educate our dietitians of the future and prepare ourselves for a changing and shifting world.

The exploratory scenario-building approach focused on the European consumer with the year 2050 as a long-term time horizon. Four different future scenarios were developed using the extremes of two main drivers: agricultural commodity prices (low or high) and societal values (community spirit or individualistic society). The scenarios provided the basis for the identification and prioritisation of research challenges and opportunities arising from the different scenarios. Research priorities fall into four thematic areas: Towards healthier eating: integrated policy-making; Food, nutrients



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and health: cross-interactions and emerging risks; Making individualised diets a reality; and Shaping and coping with the 2050 food system. Changes in consumer behaviour must go hand in hand with changes in the food supply. The scenarios developed in this study contribute to a societal dialogue on how to shape the future food system and can help dietitians prepare their professional response.

Looking into the future can be very insightful for example the UK Government's Foresight Panel⁴ addressed trends and decisions which would shape the healthcare of 2020 many of which have come to pass. Some key features of this analysis included

- “Rolled back” healthcare – i.e. the shift towards home based and community care with more appropriate use of costly hospital services
- The potential for more effective prevention strategies offered by advances in genetics
- The uncoupling of mortality and morbidity in diseases such as CHD, stroke and cancer leading to multiple episodes of intense service usage, interspaced with long periods of need for low level care and supportive interventions
- Changes in diagnosis to address current practice which is not underpinned by evidence, and results in unnecessary tests being carried out
- Tele diagnosis and the centralisation of complex and expensive services
- Increasing automation and regularising of diagnostic procedures to take out human error

The following questions will be considered in the workshop:-

1. What does dietetics look like in 20-30 years' time and what will dietitians be doing in their workplaces?
2. What are some of the dietetic and nutritional concerns that dietitians will be tackling in 20-30 years' time (always supposing there will still be a profession called dietitians)?
3. What will other health professionals, politicians, the public, researchers, business, food industry (including agriculture) and food service be like and is there a role for dietitians?

In a plenary session we will consider the responses to the three questions and how this can inform the shape of our dietetic education, lifelong learning and careers. At the



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conclusion we should understand that *'Life can only be understood backwards but it must be lived forwards'*. (Soren Kierkegaard)

References

1. Conway, Maree, and Thinking Futures. "An Overview of Foresight Methodologies." *Sydney, Thinking Futures* (2006).
2. Impact of Foresight on Policy making (2005) <http://www.foresight-platform.eu/wp-content/uploads/2011/06/DaCosta-TASM-FORLEARN-impact-15.pdf>
3. Tomorrow's healthy society? research priorities for foods and diets <https://ec.europa.eu/jrc/sites/default/files/jrc-study-tomorrow-healthy-society.pdf>
4. Building Futures (2000) 2020 Vision; our future healthcare environments <http://www.nuffieldtrust.org.uk/publications/detail.asp?id=0&Pid=93>

Proposed Program

Title(s)	Time	Speaker(s)
Introduction to the workshop	5 minutes	Anne de Looy
Foresight project: can food and health-related research help building a healthy 2050 society?	20 minutes	Sandra Caldeira
The workshop: small groups will be asked to address the following questions:-		Lead: Annemieke Van Ginkel-Res
<ul style="list-style-type: none"> • What will society look like in 2050 	15 minutes	
<ul style="list-style-type: none"> • What is the impact for dietetics 	20 minutes	
<ul style="list-style-type: none"> • What needs to be done now to influence the dietetic response? 	20 minutes	
Final discussion and questions; summary	40 minutes	Anne de Looy, Sandra Caldeira, Annemieke Van Ginkel-Res



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Please include a picture of the speakers:



Anne De Looy



Annemieke van Ginkel-Res



Sandra Caldeira