



Final Report August 2025– ICDA SFS Toolkit Grant

Project Title: Position Paper: “The Role of Nutritional Counselling in Switzerland’s Sustainable Food System”

1 Project Team:

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2 Project Process

The project began with an extensive literature review, focusing on international scientific sources, Swiss legal frameworks, and existing position papers. The writing phase was conducted in German and included three rounds of peer review:

- **First Review:**
Feedback from academic colleagues at Bern University of Applied Sciences, Swiss Distance University of Applied Sciences, and University of Applied Sciences and Arts Western Switzerland.
- **Second Review:**
Input from members of the NDA’s Working Group “Sustainable Nutrition,” a Swiss member of the ICDA Advisory Board, and representatives from Public Health Switzerland and the Swiss Society of Clinical Nutrition and Metabolism.
- **Third Review:**
Translation of the draft into French and distribution of both language versions to all NDA members ahead of the General Assembly in April 2025.

At the General Assembly, the project team presented the position paper and hosted an information booth, engaging with 121 attending NDA members. The final version was published in **July 2025** in **German** and **French**, and is available open access on the NDA’s website.

The position paper will be integrated into the curricula of all Swiss universities educating dietitians and will serve as a strategic tool to strengthen sustainability in dietetic practice. As a next step, the NDA’s Working Group “Sustainable Nutrition” will develop case studies to illustrate how sustainable nutrition can be embedded in the nutrition care process.

3 Budget Use

The project was funded through a combination of sources:

- **ICDA SFS Toolkit Grant:** USD 2,000
- **NDA Support (SVDE):** CHF 2,500 (approx. USD 2,800)
- **Voluntary Contributions:** All other work was carried out voluntarily by the project team.

The ICDA grant specifically supported project leadership tasks, including coordination, review management, and dissemination planning. NDA funding covered translation and publication costs. The voluntary effort reflects the strong commitment of the Swiss dietetic community to advancing sustainable food systems.



4 Evaluation Framework - Limitations and Next Steps

While the original evaluation framework outlined in the project proposal included systematic assessment across professional practice, education, and policy engagement, several factors led to a partial implementation of these measures:

1. Professional Practice

During the General Assembly of the Swiss National Dietetic Association, it became evident that many participating dietitians expressed uncertainty regarding how to apply the position paper in their daily practice. This feedback highlighted the need for additional support and clarification. As a result, the authors decided to prioritize the development of practical tools and measures to facilitate the transfer of the position paper into professional settings. A systematic evaluation of its strategic impact on professional practice will be conducted only after these implementation resources are in place.

2. Education and Training

The integration of the position paper into the curricula of Swiss universities is currently underway and will officially begin in the fall semester of 2025. Educator feedback and curriculum-based evaluation will be collected throughout the academic year 2025/26, allowing for a more comprehensive assessment of its educational impact. A particularly valuable outcome of the position paper project was the emergence of a new strategic initiative aimed at supporting its implementation: the integration of Systems Thinking into the nutrition curriculum at the Bern University of Applied Sciences. This approach will enable students and professionals to better understand the complexity of sustainable food systems and their interdependencies. This strategic direction will not only enhance the impact of the position paper but also strengthen the role of Swiss dietitians in shaping sustainable food systems both nationally and globally.

3. Policy Engagement

Initial engagement with policy stakeholders has begun, including exchanges with organizations such as Public Health Switzerland and Sustainable Development Solutions Network (SDSN) Switzerland. Further discussions and dissemination of the paper's recommendations are planned through upcoming presentations and networking activities during the academic year 2025/26.

5 Acknowledgment

We sincerely thank the **International Confederation of Dietetic Associations (ICDA)** for their generous support through the **SFS Toolkit Grant**. This funding enabled the coordination and dissemination of the position paper and contributed significantly to advancing the role of dietitians in sustainable food systems in Switzerland. We also gratefully acknowledge the **Swiss National Dietetic Association (SVDE)** for their financial and strategic support, as well as the voluntary contributions of all project team members and reviewers.

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