



Annual Report 2009 of the German Nutrition Society

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1. German Nutrition Society

Name	Deutsche Gesellschaft für Ernährung e. V. (DGE) (German Nutrition Society)
Founded	1953
Official Address	Godesberger Allee 18 D-53175 Bonn Tel.: ++49 (0)228 3776-600 Fax: ++49 (0)228 3776-800 E-mail: webmaster@dge.de
Website	http://www.dge.de
President of the Scientific Chair	Prof. Dr. Peter Stehle Head of the Department of Nutrition and Food Sciences Rheinische Friedrich-Wilhelms-Universität Bonn
Vice President of the Scientific Chair	Prof. Dr. Helmut Heseke Department of Sports & Health University of Paderborn
Chairman of the Administrative Board	Prof. Dr. Alfred Hagen Meyer Law firm "meyer//meisterernst" in Munich
Director of the DGE	Dr. Helmut Oberritter

2. The aims of the German Nutrition Society

From the onset, the German Nutrition Society (DGE) has been a non-profit making organization and is committed to scientific facts. The DGE is an official incorporated society and is not influenced by economic or political interests.

The main functions of the DGE are:

- Nutrition Science
 - Supporting research on nutrition science
 - Ascertaining topics for nutritional research
 - Compiling and evaluating research results on nutrition science and related disciplines
 - Announcing research results on nutrition science and related disciplines by publications and events
 - Awarding prizes for outstanding nutrition scientists
- Nutrition Counselling and Education
 - Coordinating scientifically proven and independent nutrition counselling and education
 - Quality assurance of nutrition counselling and education

3. Structure of the German Nutrition Society

Members of the DGE

About 4200 persons are presently DGE members. The annual general meeting of the members, is the main body of the DGE. This main body elects members of the scientific presidency and administrative board every three years.

Scientific Presidency

The scientific presidency is a committee of 30 scientists from nutrition science and related disciplines. The scientists work on a voluntarily basis and are appointed every three years by the members of the committee.

Administrative Board

The administrative board is comprised of administration experts, members of the scientific presidency, the branch offices in the Federal States of Germany and the Federal Ministry of Food, Agriculture and Consumer Protection. The Board supervises the management of the DGE.

Management

The management is responsible for the implementation of activities, administrative tasks and personnel resources of the DGE.

Head Office

The DGE's Head Office is based in Bonn with branch offices in 11 Federal States. There are about 60 employees at the Head Office. The DGE is further structured in five departments as follows:

- Department of Science
- Department of Professional media/Coordination of the Branch Offices
- Department of Communal Catering and Quality Assurance
- Department of Public Relations
- Department of Further Education

Branch Offices

The DGE is regionally represented by branch offices in the following Federal States:

- Baden-Wuerttemberg
- Berlin
- Brandenburg
- Bremen
- Hesse
- Lower Saxony
- Mecklenburg-Western Pomerania
- Saarland
- Saxony
- Schleswig-Holstein
- Thuringia

4. Representing Germany in International Organizations

The German Nutrition Society represents Germany in international organizations, such as the "International Union of Nutritional Sciences" (IUNS) and in the "Federation of European Nutrition Societies" (FENS).

5. Publications for Scientists, Nutritional Experts and Consumers

Important Media of the DGE

- **Nutrition Report 2008 (Ernährungsbericht 2008)**

The Nutrition Report provides the latest statistical data of the nutritional situation in Germany. This report is supplemented by overviews, analyses and reviews of studies on present nutritional problems including evaluations. Publication is every four years on behalf of the Federal Ministry of Food, Agriculture and Consumer Protection.

The Nutrition Report 2008 is available as original in German. A summarized German Version with coloured pictures for consumers and a scientific summarized version in English were published in 2009.

- **The German Three-dimensional Food Pyramid (Dreidimensionale Lebensmittelpyramide)**

The food guide pyramid provides the German dietary guidelines. In comparison to existing two-dimensional food pyramids, this model is a virtual pyramid and not a triangle. The Three-Dimensional Food Pyramid has the advantage of combining quantitative and qualitative recommendations for specific food groups.

The base of the pyramid shows the nutrition circle, illustrating different food groups and proportions recommended for a dietary plan. The sides of the pyramid show the following food groups based on a hierarchical, strong quality arrangement: meat and dairy products, oils and fats, vegetable food products, as well as beverages.

- **The Reference Values for Nutrient Intake (D-A-CH-Referenzwerte für die Nährstoffzufuhr)**

The Reference Values for nutrient intake, are the basis when planning a diet to comply with requirements of food intake. In addition, they form the basis for food rules and regulations of the food industry and for food monitoring. The “Reference Values for Nutrient Intake” is also available in English, French, Slovenian and Hungarian.

- **The Nutrition Journal “Ernährungs-Umschau”**

This scientific journal is the organ of the German Nutrition Society. Published monthly, it offers a source of various information and results derived from scientific studies for nutritional experts.

- **The “DGEinfo”**

The science based newsletter “DGEinfo” informs those active in nutrition counselling. Numerous articles of the DGEinfo are posted on the DGE-Homepage.

- **The DGE Consultation Standards (DGE-Beratungs-Standards)**

The German Nutrition Society publishes the DGE-standards for nutritional education, to avoid confusion and to standardize statements in the field of nutrition for the benefit of consumers.

- **Various media**

Leaflets, booklets (e.g. the “10 guidelines of the German Nutrition Society for a wholesome diet”), books, electronic media for nutritional experts and consumers are available.

New and Revised Publications and Media in 2009

- “Fortbildungsprogramm 2010“
 - detailed information concerning DGE seminars and congresses in 2010
- “Jahresbericht 2008”
 - Annual Report about the activities of the DGE in 2008
- The DGE Consultation Standards (DGE-Beratungs-Standards)
 - DGE Standards for nutritional education were published as completely revised issue

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- “Die Dreidimensionale Lebensmittelpyramide – Fachinformation“
– brochure explaining the Three-Dimensional Food Pyramid thoroughly
- “Die Dreidimensionale Lebensmittelpyramide – Schulungsmodell“
– a 40 cm high model of the Three-Dimensional Food Pyramid
- “The Nutrition Report 2008 – Summary”
– scientific summarized version of the “Ernährungsbericht 2008” in English
- “Essen und Trinken 2008”
– summarized German Version of the Nutrition Report 2008 with coloured pictures for consumers
- “Die Nährstoffe – Bausteine für Ihre Gesundheit“
– brochure giving an insight into the functions of nutrients and their sources in food, based on the Reference Values for nutrient intake
- “Abstract-Band zum 46. Wissenschaftlichen Kongress der DGE“
– Proceedings of the German Nutrition Society with abstracts of the 46th Scientific Congress, Volume 13, 2009
- “Vollwertig essen und trinken nach den 10 Regeln der DGE“
– handout showing the „10 guidelines of the German Nutrition Society for a wholesome diet“, published in German and Turkish
- “ICH nehme ab”
– manual giving advice how to reduce weight permanently
- “Allergierisiko? So können Eltern vorbeugen”
– brochure with tips for (expectant) parents how to prevent or minimize the risks of allergies for their children
- „Das beste Essen für Kinder: Empfehlungen für die Ernährung von Kindern“
– brochure with tips as to the choice of food and drink for children
- „Vollwertig essen und trinken nach den 10 Regeln der DGE – CD-ROM“
– presentation with informations as to the choice of food and drink based on a wholesome diet
- „DGE-PC professional – die Ernährungssoftware der DGE – Update Version 4.2“
– software for food professionals to optimize their work in nutrition consultation, communal catering, science or industries

Details concerning these publications as well as media can be found on the homepage:

<http://www.dge-medien-service.de>

The press releases "DGE aktuell", "DGE intern" and "aus der Wissenschaft" appear regularly. They offer well-founded news and background information for journalists.

6. Events in 2009

The German Nutrition Society organizes congresses, symposia, workshops and seminars mainly for nutritional experts and journalists.

National Scientific Meeting

12–13 March 46th Scientific Congress of the German Nutrition Society “Nutrition, Environment and Health – local and global challenges”, Gießen/Germany

National Seminar

22–23 September Seminar of the German Nutrition Societies “Eating with Enjoyment combined by Quality – New Aspects of Communal Catering”, Bonn/Germany

Department of Further Training

The Department of Further Training offers various educational courses. The topics range from expert seminars on nutrition knowledge to seminars about counselling methods. A very important training course for nutritionists and dieticians is the "Ernährungsberater/DGE", which is a highly recommended qualification for nutrition counselling. Approximately 680 persons took part in the courses of the Department of Further Training in 2009.

Department of Communal Catering and Quality Management

The Department of Communal Catering and Quality Management informs about new developments and trends within the range of communal catering facilities, offers on site consultations regarding large scale kitchens, organizes lectures and several events for professionals engaged in communal catering in day-care centres, schools, canteens and in residential homes for the elderly. Furthermore they certify companies engaged in the communal catering following the guidelines of the DGE. The projects „FIT KID – die Gesund-Essen-Aktion für Kitas“, „Schule + Essen = Note 1“, „JOB&FIT – Mit Genuss zum Erfolg“ and „Fit im Alter – Gesund essen, besser leben.“ are dedicated to this department.

Department of Public Relations

The DGE organizes seminars and press conferences for journalists to promote current and important topics on nutrition. Topic of the seminar for journalists in January 2009 was “Eating and drinking in Germany – Results of the Nutrition Report 2008” and in November “How much prevention do we need?”. In addition a press conference regarding the congress was arranged in March and another one regarding the national seminar in September. In September the food minister of Germany Ilse Aigner joined the press conference.

7. Honours and Presentation of Prizes

The German Nutrition Society awarded prizes for outstanding journalistic achievements to the following journalists:

- Category for daily/weekly newspapers: Simon Lange in collaboration with
Andreas Voigt
- Category for public magazines: Rüdiger Braun
- Category for audio transmission: Sabine Demmer
- and
- Thomas Reintjes
- Category for television: Michael Nieberg
- Category for internet: Sabine von Kienlin