

### **TEMPLATE FOR ECFS SPECIAL INTEREST GROUP REPORTS**

Please use this template for your annual Special Interest Group report. Please use black ink, Calibri font size 11. For more information, please read the ECFS special interest group [Terms of Reference document](#).

Year of report: 2024/2025

Name of Special Interest Group: **European Cystic Fibrosis Nutrition Group (ECFNG)**

Date of initial approval of Special Interest Group: not known

Contact details of coordinator, vice coordinator and assistant (if applicable) including ECFS membership numbers:

Coordinator name:  
Monika Mielus (co-chair)  
Joanna Snowball (co-chair)  
Vice coordinator name **N/A**  
Assistant name **N/A**

Long term aims of the Special Interest Group (maximum 100 words) including estimated achievement date:

- Promote communication and networking between dietitians working in cystic fibrosis across Europe and beyond.
- Information-sharing at the annual ECFNG meeting and ECFS nutrition webinars, including via the ECFS website, and ECFNG Twitter account.
- Provide dietetic expertise and support to members of less well-resourced European countries.
- Continue to raise profile of the group internationally and encourage dietitians from outside of the UK to join the committee.

Aims are ongoing.

Outcomes already achieved (maximum 100 words):

- Continuation of committee working, with representation from different European countries – also building links with Australian and US dietitians to bring an international focus.
- Successfully run annual meeting/study day at ECFS which is well-attended by dietitians.

Report for this year (max 1000 words)

- short term aims and objectives for the year
- current number of members
- measures taken to encourage ECFS membership
- outcomes/achievements (e.g. meetings, activities, website development, awards, publications etc).

The ECF Nutrition Committee consists of specialists in both paediatric dietetics and adult cystic fibrosis care.

**Co-chairs:**

- Monika Mielus, Warsaw, Poland
- Joanna Snowball, Oxford, UK

**Membership Secretaries:**

- Marie Barret, Exeter, UK
- Clodagh Landers, Dublin, Ireland

**Ordinary Members:**

- Dee Shimmin, Leeds, UK
- Fiona Moore, Glasgow, UK
- Juliana Roda, Coimbra, Portugal (Medical Doctor with nutrition interest)

As of April 15, 2025, the committee has 106 members. Of these, 28 members (26%) held an active ECFS membership at that time.

Between 2024 and 2025, we welcomed new members through regular rotation while some members withdrew due to career changes or leaving CF-related roles. We have made considerable efforts to encourage ECFS membership, consistently promoting the benefits—such as access to the ECFS Education Platform—in all our communications. We also highlight the conference registration discount available to ECFS members.

During the ECFS Glasgow Conference in 2024, we actively promoted membership benefits. Many members took advantage of the joint membership and registration option available at the time of conference registration, though some let their membership lapse afterward. To address this, we promote the importance of renewing membership each January, to ensure year-round access to ECFS benefits.

Since June 2024, our committee has been engaged in organizing various events and initiatives. Notable highlights include:

- **Webinar (26/02/2025):** *European Cystic Fibrosis Nutrition Group Lunchtime Webinar – "Round-up of New Clinical Trials and the Latest CF Nutrition Research"*. This popular event attracted 214 registered participants from a range of countries and was evaluated very well.
- **Nutrition Group Meeting (04/06/2025, Milan):** Featured a keynote lecture, two thematic sessions based on abstracts from eight countries, and an interactive session. This meeting received excellent evaluation from delegates.
- **Funding Support:** Additional funding from Nordic Pharma was secured to support active speakers participating in the Nutrition Pre-conference Course and the Nutrition Group Meeting and to support 50% of catering costs

- **Conference Participation:** Both co-chairs actively participated as moderators or speakers during the Milan conference.
- **Pre-Conference Course:** Co-chairs collaborated with Chris Smith and Dimitri Declercq to co-organize the Clinical Nutrition Course held prior to the conference.

We also contributed to shaping the program for the symposium sessions in Milan, which included:

- **S09 – "The New Faces of the Pancreas"**
- **S13 – "Nutrition Throughout Life"**
- **S23 – "Managing Metabolic Health in Cystic Fibrosis"**

Thanks to the initiative of the ECFS Physiotherapy Special Interest International Group, led by Chair Gemma Stanford, our group has joined the broader Special Interest Group collaboration. The first joint meeting was held in February 2025.

We also encouraged members to vote for Allied Health Professional candidates and support collaborative efforts among ECFS members. This includes circulating surveys to aid scientific research and project development.

The committee holds online meetings regularly every two months, with additional meetings scheduled as needed.

There have been no publications from the group this year but several members of the group have published articles in peer reviewed journals.

Aims for the coming year 2025/2026 (please state year) (max 50 words):

Organize the Lunch Time Webinar in November/December 2025 and continue into 2026. Coordinate nutrition-related activities for the 2026 ECFS Conference and Joanna has been invited to join the scientific committee for 2026-2029. Provide refunds to support Nutrition Group Meeting presenters, limited to dietitian being ECFS members. Strengthen collaboration with other Special Interest Groups.

Summary (maximum 100 words):

The ECFNG has developed this year with a more streamlined membership process and a successful programme of events. We continue to generate discussion and research priorities as the nutritional care of people with CF continues to evolve. We plan to consolidate these improvements over the coming year and engage with our members regularly particularly promoting the benefits of ECFS membership and access to the ECFS Educational platform.

Breakdown of expenses (please include total amount received as well as expenditure and, if applicable, the outstanding balance (Euros)):

	EURO		
<b>Nutrition SiG - 2024</b>			
	6.832	Opening balance	
Income	3.000	ECFS Support	
Expenses	- 110	Course speaker	
Expenses		Nutrition Mtg GLA sponsored	
Expenses	- 6.832	SIG 3Y review- unspent	
	<u>2.889</u>		

Sponsorship for refreshments at the ECFNG meeting has been secured from DEKAsvitamins®. Additionally, Nordic Pharma UK (Paravit®) has joined as a new sponsor, sharing the cost of refreshments and supporting refunds for active speakers during the pre-conference course and Nutrition Group Meeting.

Budget amount requested for next year (please give the amount in Euros and the year): **3000**

**The deadline for submission to the ECFS Office is 1st May.** The report will then be presented to the board prior to the summer ECFS board meeting and then a decision will be made at the next board meeting for approval before being distributed. Please email the report to: [jess.matthews@ecfs.eu](mailto:jess.matthews@ecfs.eu)