

At the 37th meeting of the International Confederation of Dietetic Associations Board of Directors Meeting the following introductory statements and definition of evidence-based dietetics practice developed by consensus¹ were adopted as a formal position of ICDA and incorporated as a standard in the International Code of Good Practice.

Evidence-based Dietetics Practice

Evidence-based dietetics practice is used to make decisions in all areas of dietetics practice to improve health outcomes in individual clients, communities and populations.

Evidence-based dietetics practice clearly states the source of evidence underpinning practice recommendations. To be relevant and effective, evidence-based dietetics practice must integrate knowledge of other disciplines.

Evidence-based dietetics practice is informed by ethical principles of dietetics practice and codes of good practice. This includes reflection on how a dietitian-nutritionist's own perspectives or biases may influence the interpretation of evidence.

Definition

Evidence-based dietetics practice is about asking questions, systematically finding research evidence, and assessing the validity, applicability and importance of that evidence. This evidence-based information is then combined with the dietitian's expertise and judgment and the client's or community's unique values and circumstances to guide decision-making in dietetics.

¹ The Final Report of the International Confederation of Dietetics Associations (ICDA) Evidence-based Practice Working Group (November 25, 2010) documents the processes used in the creation of this international consensus statement. A copy may be obtained on request from the ICDA Secretariat.