

#8 Updates from the E+DIETing_LAB: Reflecting on Successes and Planning for Sustainability in Sankt Pölten



The E+Dieting_Lab project is a collaborative initiative aimed at advancing dietetic education through innovative digital tools. This project is co-funded by the Spanish Service for the Internationalisation of Education (SEPIE) and Erasmus + and brings together leading institutions, including the European University of the Atlantic (UNEATLANTICO) and the University of Valladolid (UVA) in Spain, St. Pölten University of Applied Sciences in Austria, Jan Kochanowski University (UJK) in Poland, Universidade do Porto in Portugal, and AP Hogeschool Antwerpen in Belgium. Together, these partners have worked to modernize dietetic training, promote lifelong learning, and support public health initiatives across Europe through the E+Dieting_Lab.

In late November, the project partners convened for the final transnational meeting at the University of Applied Sciences in Sankt Pölten, an institution with almost 4000 students that focuses on interlinking teaching and research. Against the backdrop of the city's festive Christmas markets, the team reflected on the project's achievements and outlined strategies for future sustainability.

Reflecting on the Project: Engagement and Dissemination and Sustainability

The project team was pleased to report significant engagement with the virtual clinic and virtual patient platform, which has garnered over 2,000 registrations to date. This includes 850 students, 392 practicing dietitians, 309 higher education educators, and 579 community members. These figures highlight the wide-ranging appeal and applicability of the platform.

Additionally, the consortium developed detailed reports aimed at higher education institutions, professional dietitian associations, educators, and policymakers. These

documents are intended to support the broader adoption of digital labs for dietetics education beyond the immediate project consortium.

Plans for ensuring the sustainability of the platform were also a key focus. With the project officially concluding in February 2025, partners have committed to maintaining the viability of the virtual clinic and virtual patient tools for at least three years post-project. These efforts aim to ensure that the platform continues to serve universities, educators, dietitians, and organizations both within Europe and internationally.



Multiplier Event: Showcasing Results and Engaging Stakeholders



During the meeting in Sankt Pölten, the team participated in a special multiplier event as part of the university's International Week. This event provided an opportunity to present the project's results to a diverse audience of stakeholders, including educators, students, healthcare professionals, and policymakers. The theme, "How Education and Research Contribute to European Values," aligned closely with the core goals of the E+Dieting_Lab.

The event featured a workshop on interlinking research and education, during which Johann Grassl provided a comprehensive overview of the project's scope and implementation strategies. Attendees explored how tools like the E+Dieting_Lab can foster blended learning and were given the opportunity to test the platform firsthand. Feedback was overwhelmingly positive, with 95% of participants expressing a favorable impression of the project, 90% indicating interest in implementing the platform at their institutions, and 100% recognizing its relevance to dietetics and healthcare.



Recognition at the Triple E Awards: Acknowledging Excellence

The E+Dieting_Lab project recently received recognition at the European and African Triple E Awards, which celebrate excellence in entrepreneurship and engagement within higher education. These awards, emphasizing universities' "third mission" of societal impact, highlighted the project's innovative contributions.

The E+Dieting_Lab secured first place in the People's Choice category and fourth place in the jury vote for the EDI Community Engagement Initiative of the Year. Representing the project at the award ceremony in Lisbon, Portugal, Dr. Iñaki Elío of UNEATLANTICO emphasized the initiative's objectives: developing experiential learning scenarios for dietitians, advancing educational technologies to enhance practical and interpersonal skills, and promoting the social responsibility of higher education institutions in fostering sustainable and healthy eating habits.



Project Finalization: A Bright Outlook for Dietetic Education

As the project approaches its conclusion, the partners are dedicated to disseminating the opportunities offered by the E+Dieting_Lab. Central to this effort is the soon-to-be-released multiplier toolkit, which will support institutions and practitioners in integrating the platform into their practices.

The recent achievements of the E+Dieting_Lab underscore its significant impact on dietetic education and its potential to drive meaningful change in the field. By fostering innovative learning environments and addressing critical challenges in dietetic training, the project leaves a lasting legacy.

The E+DIETing_Lab project is jointly funded by the [Spanish Service for the Internationalisation of Education \(SEPIE\)](#) and [Erasmus+](#) through to 2025.

Your feedback is appreciated!

Are you a higher education manager, board member, policy maker or representative of a nutrition and dietetic association? We would value your feedback to the E+Dieting_Lab platform and project:

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You want to know more about the E+DIETing_LAB project?

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