Liana Poulia

Laiko General Hospital of Athens, Athens,
Greece

Nutrition in the Era of COVID-19

As the editor-in-chief of the first issue, I would like to welcome you to a new scientific trip with Kompass Nutrition & Dietetics, a journal that aims to be the voice of dietitians and nutritionists in Europe. This new healthcare journal, aimed mainly at dietitians and nutritionists but also all healthcare professionals who are interested in nutrition, is the formal publication of the European Federation of the Association of Dietitians, EFAD, representing over 33,000 members in 28 European countries.

Kompass Nutrition & Dietetics will be published bi-annually, and each issue will be dedicated to a thematic focus. This first issue could not have had any other focus than COVID-19 and its consequences for dietitians and nutritionists. Since December 2019, the world has been facing a new reality, a pandemic of the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) causing coronavirus disease 2019 (COVID-19). This pandemic is substantially affect-

ing our lives, healthcare systems as well as the national and global economies. Social distancing, lockdown measures and limitations of the freedom of our everyday lives have a great impact on mental health, and the limited access to physical exercise alongside with emotional overeating due to stress and depression can lead to increased rates of obesity and lifestyle-related chronic diseases.

As obesity and poor nutritional status can negatively affect outcomes for patients with COVID-19 and as there is no specific therapy or vaccine available yet, optimal nutrition could be of paramount importance. In this issue, you will be able to easily access information regarding the effect of nutrition in the prevention and the course of the disease, the role of nutritional intervention in patient recovery, recommendations for the management of COVID-19, and the effects of the pandemic and the lockdown measures on the nutritional status of patients.

The carefully chosen thematic parts of this issue were contributed by specialists in obesity, diabetes, oncology, sports and gastroenterology to ensure the representation of all aspects in which nutrition and dietetics can help in the prevention of COVID-19 or ensure an effective nutrition management and rehabilitation of patients. Dietitians and nutritionists as the healthcare professionals with the highest level of expertise in nutrition and dietetics should be directly involved in decisions regarding public health and clinical nutrition management, especially in unprecedented times like this.

As you read our first issue, we hope that the knowledge transfers and evidence-based data will be an inspiration for more research and actions to further strengthen the role of nutritionists and dietitians in our scientific universe. I hope you enjoy the trip!