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Forskningsområde

Clinical and epidemiological nutrition research and development.

Primære forskningsområder

Bettina Ewers has worked with nutritional epidemiology, clinical research, and development in relation to chronic diseases for more than 20 years with particular focus on the impact of nutrition on prevention and management of obesity, diabetes, kidney diseases and cardiovascular diseases. She has been responsible for several dietary studies including large observational studies, validation studies, and several randomized controlled trials as well as several clinical development projects.

Her special areas of interest are research and development generating evidence for the impact of different dietitian-led interventions for individuals with chronic diseases including type 1 diabetes and type 2 diabetes on self-management, health-related behavior and clinical outcomes. She is dedicated to develop new nutritional approaches that individuals with chronic diseases find easier to incorporate into their daily lives, and to develop new methods for evaluating these effects.

Aktuel forskning

- Effects of basic carbohydrate counting versus standard outpatient nutritional education: A randomized controlled trial focusing on HbA1c and glucose variability in patients with type 2 diabetes (The BCC Study)
- The Dietary Education Trial in Carbohydrate Counting (DIET-CARB Study): A randomized, parallel, open-label, intervention study comparing different approaches to dietary self-management in patients with type 1 diabetes

Ansættelse

Ernæringschef

Phd. MSc
Steno Diabetes Center Copenhagen
Region Hovedstaden
Herlev, Danmark
1 maj 2010 → present

Publikationer

Interactive and Play-Based Group Education Is Associated with Improvements in Carbohydrate Counting Skills and Self-Care Confidence in Children and Adolescents with Type 1 Diabetes: An Exploratory Study

Jacobsen, S. S., Pedersen, Z. O., Nyholm-Christensen, E. & Ewers, B., 27 feb. 2026, I: *Nutrients*. 18, 5, 790.

Diætisten spiller en central rolle for remission af type 2-diabetes

Ibsen, D. B., Pedersen, N. & Ewers, B., 12 dec. 2025, I: *Diætisten*. 33, 198, s. 29 1 s.

Time-Restricted Eating is a Feasible Dietary Strategy in the Treatment of Complicated Type 2 Diabetes: The RESET2 Pilot Study

Termannsen, A.-D., Varming, A., Hansen, G. S., Bjerre, N., Persson, F., Bagger, J. I., Hansen, D. L., Ewers, B., Jørgensen, N. B., Blond, M. B., Hempler, N. F., Færch, K. & Quist, J. S., aug. 2025, I: *Journal of Nutrition Education and Behavior*. 57, 8, s. 767-777 11 s.

Why Do Individuals with Diabetes Miss Their Dietitian Appointments? A Mixed-Methods Study on Barriers and Strategies for Improved Engagement in Diabetes Care

Lidegaard, L. P., Petersen, A. A. & Ewers, B., 12 jun. 2025, I: *Healthcare*. 13, 12, 1409.

Effectiveness of a Person-Centered and Culturally Sensitive Course of Treatment in Arabic-, Turkish-, and Urdu-Speaking Individuals With Type 2 Diabetes (the ACCT2 Study): Protocol for a Pragmatic Randomized Controlled Trial

Bjerre, N., Christensen, L., Hoeiberg, C., Ottosson, C., Jensen, M. K., Kildsig, N., Møller, T. K., Termansen, A.-D., Ewers, B., Hollender-Schou, B., Grue, R. M., Bjerre-Christensen, U., Jansen, S. & Akram, K., 5 jun. 2025, I: *JMIR research protocols*. 14, s. e67319 e67319.

Protocol for a 1-year randomised, controlled, parallel group, open-label trial on the effects and feasibility of time-restricted eating in individuals with type 2 diabetes- The Restricted Eating Time in the Treatment of Type 2 Diabetes (RESET2) trial

Termansen, A.-D., Varming, A., Bjerre, N., Wodschow, H. Z., Hansen, G. S., Jensen, N. J., Persson, F., Bagger, J. I., Panda, S., Finlayson, G., Ewers, B., Hansen, D. L., Nørgaard, K., Rungby, J., Grunnet, L. G., Blond, M. B., Hempler, N. F., Færch, K. & Quist, J. S., maj 2025, I: *Diabetic medicine : a journal of the British Diabetic Association*. 42, 5, s. e15506 e15506.

Effect of intensive nutrition training, education and support versus standard therapy in reducing the need for insulin therapy in gestational diabetes (INTENSE-GDM): a protocol for a randomised controlled single-centre trial in Denmark

Ewers, B., Blond, M. B., Kelstrup, L., Foghsgaard, S., Bergholt, T., Hansen, M. J., Storgaard, H., Holmager, P. & Mathiesen, E. R., 17 feb. 2025, I: *BMJ Open*. 15, 2, 12 s., e089231.

Late-evening dietary intake and food choices among individuals with overweight/obesity and type 2 diabetes: Potential for time-restricted eating to support weight loss and improved glycaemic control

Hansen, G. S., Termansen, A.-D., Ewers, B., Faerch, K. & Quist, J. S., 2025, I: *Obesity Facts*. 18, Suppl 1, PO4.395.

The association of Conscientiousness and Neuroticism on BMI and health behaviours: exploring the impact of Healthy Neuroticism

Pedersen, Z. O., Sørensen, K., Ewers, B. & Dammeyer, J., 2025, I: *Frontiers in Psychology*. 16, 1634465.

Comparing the Effectiveness of Different Dietary Educational Approaches for Carbohydrate Counting on Glycemic Control in Adults with Type 1 Diabetes: Findings from the DIET-CARB Study, a Randomized Controlled Trial

Ewers, B., Blond, M. B., Bruun, J. M. & Vilsbøll, T., nov. 2024, I: *Nutrients*. 16, 21, 3745.

A Cross-Sectional Study Investigating Associations between Personality Traits, Glycemic Control, and BMI in Persons with Diabetes: Lolland-Falster Health Study, Denmark

Pedersen, Z. O., Ewers, B., Wimmelmann, C. L., Kofoed-Enevoldsen, A., Køster-Rasmussen, R., Couppe, C., Simonsen, E. & Dammeyer, J., 18 sep. 2024, I: *International Journal of Environmental Research and Public Health*. 21, 9, 1231.

Effects of basic carbohydrate counting versus standard dietary care for glycaemic control in type 2 diabetes (The BCC Study): a randomised, controlled trial

Ewers, B., Blond, M. B., Bruun, J. M. & Vilsbøll, T., 27 jun. 2024, I: *Nutrition and Diabetes*. 14, 1, 47.

Exploring Family Perspectives on a Group-Based Hands-on Advanced Carbohydrate Counting Education Program for Children and Adolescents with Type 1 Diabetes: A Qualitative Study

Pedersen, Z. O., Jacobsen, S. S., Ewers, B. & Grabowski, D., 25 maj 2024, I: *Nutrients*. 16, 11

Feasibility of Time-Restricted Eating in the Treatment of Type 2 Diabetes – the RESET2 Pilot Study

Termansen, A.-D., Varming, A. R., Hansen, G. S., Bjerre, N., Persson, F., Bagger, J. I., Hansen, D. L., Ewers, B., Jørgensen, N. B., Blond, M. B., Hempler, N. F., Faerch, K. & Quist, J. S., 2024, I: *Obesity Facts*. 17, Suppl 1, GC4.099.

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Dietary changes based on food purchase patterns following a type 2 diabetes diagnosis

Kristina Edenbrandt, A., Ewers, B., Storgaard, H. & Smed, S., 17 okt. 2022, I: *Public Health Nutrition*. 25, 10, s. 2782-2793 12 s.

To adhere, or not to adhere to dietary guidelines. Results from three dietary assessment studies including patients with type 1 diabetes and type 2 diabetes and the general population
Ewers, B., 1 nov. 2021, University of Copenhagen.

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Ewers, B. & Petersen, L. S., 18 okt. 2021, 37 s.

Non-adherence to established dietary guidelines associated with increased mortality: the Copenhagen General Population Study
Ewers, B., Marott, J. L., Schnohr, P., Nordestgaard, B. G. & Marckmann, P., 20 sep. 2021, I: European Journal of Preventive Cardiology. 28, 11, s. 1259-1268 10 s.

Late-evening food intake is highly prevalent among individuals with type 2 diabetes
Quist, J. S., Blond, M. B., Faerch, K. & Ewers, B., mar. 2021, I: Nutrition Research. 87, s. 91-96 6 s.

Intention and Perceptions of Healthy Eating versus Actual Intake Among Patients with Type 1 and Type 2 Diabetes and the General Population
Ewers, B., Sørensen, M. R., Fagt, S., Diaz, L. J. & Vilsbøll, T., 2021, I: Patient Preference and Adherence. 15, s. 2027-2037 11 s.

The quality of dietary carbohydrate and fat is associated with better metabolic control in persons with type 1 and type 2 diabetes
Jacobsen, S. S., Vistisen, D., Vilsbøll, T., Meldgaard, J. B. & Ewers, B., dec. 2020, I: Nutrition Journal. 19, 1, s. 125 8 s., 125.

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Skills Lacking in Estimating Carbohydrate Content: A Need for Continual Education of Adults with Type 1 Diabetes
Schouw, N., Skouboe, A. G., Bruun, J. M. & Ewers, B., 20 sep. 2019, I: Journal of Clinical Nutrition and Food Science. 2, 2, s. 57-62 6 s.

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Schouw, N., Skouboe, A. G., Bruun, J. M. & Ewers, B., 20 sep. 2019, I: Journal of Clinical Nutrition and Food Science. 2, 2, s. 54-56 3 s.

The dietary education trial in carbohydrate counting (DIET-CARB Study): study protocol for a randomised, parallel, open-label, intervention study comparing different approaches to dietary self-management in patients with type 1 diabetes
Ewers, B., Vilsbøll, T., Andersen, H. U. & Bruun, J. M., 1 sep. 2019, I: BMJ Paediatrics Open. 9, 9, e029859.

Dietary habits and adherence to dietary recommendations in patients with type 1 and type 2 diabetes compared with the general population in Denmark
Ewers, B., Trolle, E., Jacobsen, S. S., Vistisen, D., Almdal, T. P., Vilsbøll, T. & Bruun, J. M., maj 2019, I: Nutrition (Burbank, Los Angeles County, Calif.). 61, s. 49-55 7 s.

Steno Diabetes Center Copenhagen styrker udvikling og videreuddannelse af MVU-ansatte i diabetesteamet
Flyvbjerg, A., Ewers, B. & Brock, B., apr. 2019, I: Diætisten. 158, 27, s. 22-23 2 s.

Data on the use of dietary supplements in Danish patients with type 1 and type 2 diabetes
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Diabetesområdet - et sted at hente viden og inspiration

Ewers, B., 2019, *Mad, Måltider & Livskvalitet: Ernæringsrehabilitering til mennesker med livstruende sygdom*. Rasmussen, A., Ustrup, K. S., Hastrup, A. F. & Zwisler, A.-D. (red.). s. 22-25 4 s.

Relative validity of a web-based food frequency questionnaire for patients with type 1 and type 2 diabetes in Denmark
Bentzen, S. M. R., Knudsen, V. K., Christensen, T. & Ewers, B., 26 sep. 2016, I: *Nutrition & Diabetes*. 6, 9, s. e232

Dietary education must fit into everyday life: a qualitative study of people with a Pakistani background and type 2 diabetes
Hempler, N. F., Nivic, S., Ewers, B. & Willaing, I., 26 feb. 2015, I: *Patient Preference and Adherence*. 9, s. 347-54 8 s.

Development of culturally sensitive dialog tools in diabetes education

Hempler, N. F. & Ewers, B., 17 jan. 2015, I: *Indian Journal of Endocrinology and Metabolism*. 19, 1, s. 178-81 4 s.

Effects of unsaturated fat dietary supplements on blood lipids, and on markers of malnutrition and inflammation in hemodialysis patients

Ewers, B., Riserus, U. & Marckmann, P., sep. 2009, I: *Journal of Renal Nutrition*. 19, 5, s. 401-11 11 s.

Enkeltcenteropgørelse af nyretransplanterede patienters nyrefunktion og immunsuppressive behandling

Frederiksen, A. M., Hansen, J. M., Ewers, B., Gasbjerg, A. & Marckmann, P., 5 maj 2008, I: *Ugeskrift for Læger*. 170, 19, s. 1658-62 5 s.

Impact of vitamin D status and obesity on C-reactive protein in kidney-transplant patients

Ewers, B., Gasbjerg, A., Zerahn, B. & Marckmann, P., maj 2008, I: *Journal of Renal Nutrition*. 18, 3, s. 294-300 7 s.

Vitamin D status in kidney transplant patients: need for intensified routine supplementation

Ewers, B., Gasbjerg, A., Moelgaard, C., Frederiksen, A. M. & Marckmann, P., feb. 2008, I: *The American journal of clinical nutrition*. 87, 2, s. 431-7 7 s.

Aktiviteter

Comparison of dietary intake with dietary recommendations in type 1 and type2 diabetes patients, and the general population in Denmark

Ewers, B. (Oplægsholder)

19 jun. 2017

Dietary intake in relation to HbA1c, total-, LDL- and HDL-cholesterol: A cross sectional study on patients with type 1 and patients with type 2 diabetes"

Ewers, B. (Oplægsholder)

19 jun. 2017 → 22 jun. 2017

Oral presentation at the International Society of Nutrition and Metabolism in Renal Disease (ISRNM) Congress

Ewers, B. (Oplægsholder)

11 jun. 2008 → 15 jun. 2008

Oral presentation at the European Renal Association. European Dialysis and Transplant Association (ERA-EDTA) Congress

Ewers, B. (Oplægsholder)

21 jun. 2007 → 24 jun. 2007