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Research areas

clinical and epidemiological nutrition research and development.

Main research areas

Bettina Ewers has worked with clinical and epidemiological nutrition research and development in relation to chronic diseases for several years with particular focus on the effect on nutritional interventions in relation to patients with kidney disease and diabetes. During the last 15 years she has been responsible for several dietary projects including two large cross-sectional studies and two randomized controlled trials, one study with a cross-over design and one study with a parallel group study design as well as several clinical quality assurance projects with special focus on evaluating the impact of dietitian-led interventions. In addition, she has been responsible for two studies where new tools for assessment of dietary intake and dietary skills in patients with type 1- and type 2- diabetes have been developed and validated including a web-based diabetes-specific food frequency questionnaire and two web-based photographic questionnaires for assessment of patients' skills in identifying high-carbohydrate foods in the diet and accurate carbohydrate portion size estimation, which are important learning objectives in basic carbohydrate counting. Her special areas of interest are research and development generating better evidence for the effect of dietary treatment by dietitians on self-management, health-related behavior and clinical important outcomes in patients with diabetes supporting new approaches for nutritional education and management, which is easy to translate into practice and incorporate into the daily life by patients as well as new methods for evaluating lifestyle intervention programs.

Current research

Dietary habits and adherence to dietary recommendations in patients with type 1 and type 2 diabetes as compared to the general population in Denmark based on dietary data from a cross-sectional study including patients with diabetes and the Danish National Survey of Dietary Habits and Physical Activity (2011-13).

The BCC Studies - Effects of basic carbohydrate counting (BCC) versus standard outpatient nutritional education: Two randomized controlled trials focusing on HbA1c in patients with type 1 and type 2 diabetes.

Dietary food preferences, coronary morbidity and total mortality in the general population: Longitudinal observational results from the Copenhagen General Population Study.

Employment

Phd. MSc
Steno Diabetes Center Copenhagen
The Capital Region of Denmark
Herlev, Denmark
1 May 2010 → present

Publications

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, In: 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., Termannsen, A.-D., Ewers, B., Hollender-Schou, B., Grue, R. M., Bjerre-Christensen, U., Jansen, S. & Akram, K., 5 Jun 2025, In: JMIR research protocols. 14, p. 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

Termannsen, 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., May 2025, In: Diabetic medicine : a journal of the British Diabetic Association. 42, 5, p. e15506 e15506.

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., 29 Apr 2025, (E-pub ahead of print) In: Journal of Nutrition Education and Behavior.

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, In: BMJ Open. 15, 2, 12 p., e089231.

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, In: 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 Sept 2024, In: 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, In: 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 May 2024, In: Nutrients. 16, 11

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

Termannsen, 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, In: Obesity Facts. 17, Suppl 1, GC4.099.

Diabetes Mellitus

Ewers, B. & Knop, F. K., 2023, *Klinisk ernæring*. Dam, G. A., Jeppesen, P. B., Kristensen, M. B., Rasmussen, H. H. & Wiis, J. (eds.). 6 ed. København: Munksgård Danmark, p. 371-386

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

Kristina Edenbrandt, A., Ewers, B., Storgaard, H. & Smed, S., 17 Oct 2022, In: Public Health Nutrition. 25, 10, p. 2782-2793 12 p.

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.

Slutevaluering. Praktisk træning og uddannelse i mad og ernæring (FoodLab) til personer med diabetes og sundhedsprofessionelle: Evalueringsrapport
Ewers, B. & Petersen, L. S., 18 Oct 2021, 37 p.

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 Sept 2021, In: European Journal of Preventive Cardiology. 28, 11, p. 1259-1268 10 p.

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, In: Nutrition Research. 87, p. 91-96

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, In: Patient Preference and Adherence. 15, p. 2027-2037 11 p.

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, In: Nutrition Journal. 19, 1, p. 125 8 p., 125.

Effects of basic carbohydrate counting versus standard outpatient nutritional education (The BCC Study): study protocol for a randomised, parallel open-label, intervention study focusing on HbA1c and glucose variability in patients with type 2 diabetes
Ewers, B., Bruun, J. M. & Vilsbøll, T., 21 Nov 2019, In: BMJ Paediatrics Open. 9, 11, p. e032893

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 Sept 2019, In: Journal of Clinical Nutrition and Food Science. 2, 2, p. 57-62 6 p.

Validation Data Based on a Web-Based Photographic Questionnaire for Assessment of Skills in Estimating Carbohydrate Portion Sizes in Adults with Type 1 Diabetes
Schouw, N., Skouboe, A. G., Bruun, J. M. & Ewers, B., 20 Sept 2019, In: Journal of Clinical Nutrition and Food Science. 2, 2, p. 54-56 3 p.

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 Sept 2019, In: 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., May 2019, In: Nutrition (Burbank, Los Angeles County, Calif.). 61, p. 49-55 7 p.

Steno Diabetes Center Copenhagen styrker udvikling og videreuddannelse af MVU-ansatte i diabetesteamet
Flyvbjerg, A., Ewers, B. & Brock, B., Apr 2019, In: Dætisten. 158, 27, p. 22-23 2 p.

Data on the use of dietary supplements in Danish patients with type 1 and type 2 diabetes
Ewers, B., Trolle, E., Jacobsen, S. S., Vistisen, D., Almdal, T. P., Vilsbøll, T. & Bruun, J. M., 1 Feb 2019, In: Data in Brief. 22, p. 241-244 4 p.

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. (eds.). p. 22-25 4 p.

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 Sept 2016, In: *Nutrition & Diabetes*. 6, 9, p. e232

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

Development of culturally sensitive dialog tools in diabetes education

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

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., Sept 2009, In: *Journal of Renal Nutrition*. 19, 5, p. 401-11 11 p.

Enkeltcenteropgørelse af nyretransplanterede patienters nyrefunktion og immunsuppressive behandling

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

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

Ewers, B., Gasbjerg, A., Zerahn, B. & Marckmann, P., May 2008, In: *Journal of Renal Nutrition*. 18, 3, p. 294-300 7 p.

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, In: *The American journal of clinical nutrition*. 87, 2, p. 431-7 7 p.

Activities

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

Ewers, B. (Speaker)

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. (Speaker)

19 Jun 2017 → 22 Jun 2017

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

Ewers, B. (Speaker)

11 Jun 2008 → 15 Jun 2008

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

Ewers, B. (Speaker)

21 Jun 2007 → 24 Jun 2007