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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 cardiovacular 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 diaseases 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 diaseses find easier to incorporate into their daily lives, and to develope 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
Ernæringschef
Steno Diabetes Center Copenhagen
Region Hovedstaden
Herlev, Danmark
1 maj 2010 → present

Publikationer

Women's experiences of navigating gestational diabetes in Denmark: a qualitative study of healthcare and self-care, with a focus on dietary education and delivery
Ewers, B., Davidsen, E., Hansen, M. J. & Nielsen, K. K., dec. 2026, I: BMC Pregnancy and Childbirth. 26, 1, 570.

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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., maj 2025, I: Diabetic medicine : a journal of the British Diabetic Association. 42, 5, s. e15506 e15506.

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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
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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, I: Patient Preference and Adherence. 9, s. 347-54 8 s.

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