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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

**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.

**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., 11 jan. 2025, (E-pub ahead of print) I: *Diabetic medicine : a journal of the British Diabetic Association*. s. e15506

**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**

Termanssen, 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.

**Diabetes Mellitus**

Ewers, B. & Knop, F. K., 2023, *Klinisk ernæring*. Dam, G. A., Jeppesen, P. B., Kristensen, M. B., Rasmussen, H. H. & Wiis, J. (red.). 6 udg. København: Munksgård Danmark, s. 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 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.

**Slutevaluering. Praktisk træning og uddannelse i mad og ernæring (FoodLab) til personer med diabetes og sundhedsprofessionelle: Evalueringsrapport**

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

**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.

**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, I: *BMJ Paediatrics Open*. 9, 11, s. 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 sep. 2019, I: *Journal of Clinical Nutrition and Food Science*. 2, 2, s. 57-62 6 s.

**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 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**

Ewers, B., Trolle, E., Jacobsen, S. S., Vistisen, D., Almdal, T. P., Vilsbøll, T. & Bruun, J. M., 1 feb. 2019, I: *Data in Brief*. 22, s. 241-244 4 s.

**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., Haastrup, 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., Nacic, 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