

## WHO WE ARE

Food and nutrition experts committed to improving the health of our state.

- We represent over 1600 nutrition professionals working in hospitals, health clinics, school nutrition, WIC programs, research, community & public health, and private practice
- We provide direct patient services to improve health and lifestyle outcomes.
- We design and direct food and nutrition programs

We are well educated and trained to do our work.

- A minimum of a Bachelor's degree in food and nutrition sciences with course work approved by Commission on Accreditation for Dietetics Education
- Additional 1200 practice hours experience from an accredited, supervised practice program
- Successful completion of a national examination
- Additional/ continuing professional education to maintain registration
- Many RD's possess advanced degrees and hold certifications in specialized areas of practice, such as pediatric, renal or geriatric nutrition, nutrition support or diabetes.

## REGISTERED DIETITIANS PROVIDE EVIDENCE-BASED MEDICAL NUTRITIONAL THERAPY (MNT)

- Registered Dietitians have the appropriate education and training to offer sound nutrition advice and are licensed providers in 37 states in the US.
- According to the Institute of Medicine, "the Registered Dietitian is currently the single identifiable group of health-care professionals with standardized education, clinical training, continuing education and national credentialing requirements necessary to be directly reimbursed as a provider of MNT."<sup>1</sup>

## WASHINGTON STATE RESIDENTS NEED NUTRITION CARE TO HELP PREVENT DISEASE

- With a focus on heart disease, hypertension, Type 2 Diabetes, osteoporosis, renal disease, genetic metabolic conditions, and certain cancers.

According to the Center for Disease Control and the Washington Department of Health:

- **1 in 4** people in Washington State have high blood pressure
- **1 in 3** has high **blood** cholesterol; **\$4 billion** annual cost for heart disease.
- Obesity affects **25.5%** of adults in WA State costing about **\$1.33 billion**.
- There were **367,000** existing cases of diabetes in 2009 with an annual cost of **\$4 billion**.

## REGISTERED DIETITIANS IMPROVE OUTCOMES AND DECREASE HEALTHCARE COSTS

- *Nutrition therapy provided by RDs impacts productivity:* RD led lifestyle intervention provided to patients with diabetes and obesity reduced the risk of having lost work days by **64.3%** and disability days by **87.2%**, compared with those receiving usual medical care.<sup>2</sup>
- *Nutrition therapy provided by RDs reduces cholesterol levels and healthcare cost* saving of **\$4.28** for each dollar spent on MNT. RD provided MNT resulted in a **6%** decrease in cholesterol levels compared to no reduction in non- RD group. The study demonstrated that MNT costs much less than other therapeutic methods.<sup>3</sup>

<sup>1</sup> Committee on Nutrition Services for Medicare Beneficiaries. "The Role of Nutrition in Maintaining Health in the Nation's Elderly: Evaluating Coverage of Nutrition Services for the Medicare Population." Washington, DC: Food and Nutrition Board, Institute of Medicine; January 1, 2000 (published).

<sup>2</sup> Delahanty LM, Sonnenberg LM, Hayden D, Nathan DM. Clinical and cost outcomes of medical nutrition therapy for hypercholesterolemia: A controlled trial. J Am Diet Assoc. 2001;101:1012-1016.

<sup>3</sup> www.eatright.org/members/mntworks: ROI Investment. Or request hardcopies from the Academy of Nutrition and Dietetics Nutrition Services Coverage Team – email reimburse@eatright.org.

**If you have any questions for Washington State's Registered Dietitians, please contact us.**