

Value of Nutrition Services in Prevention and Treatment

Problem - Key Takeaways:

1. U.S. health spending per capita is highest in the world, yet millions of Americans continue to suffer from chronic diseases.
 - a. U.S. health spending per capita in 2015 was higher than any other nation.
 - b. Spending reached around \$9,900 per person for a total of \$3.2 trillion.
 - c. Despite monetary efforts, millions of Americans continue to suffer from preventable diseases.
2. Chronic diseases, including diabetes, cancer and heart disease, are leading causes of death and disability in the U.S., and account for 86 percent of nation's health care costs.
 - a. Chronic diseases are largely preventable through healthy dietary and lifestyle changes.
 - b. Poor nutrition is one of four modifiable health risk behaviors for chronic diseases.

Solution – We need a paradigm shift to prioritize cost-effective and clinically-effective prevention and treatment services with nutrition at the core.

1. Prevention:
 - a. The Prevention and Public Health Fund is the nation's *only* dedicated investment in prevention; allows state and local communities to implement innovative programs to improve the health of the community.
 - b. Currently, preventive and wellness services, as well as chronic disease self-management, are considered essential health benefits, which may be included in a state's benchmark plan.
2. Treatment:
 - a. Medical nutrition therapy (MNT) provided by RDNs is an evidence-based intervention for all nutrition-related chronic diseases, which is consistent with USPSTF recommendations and national clinical guidelines.
 - b. Allowing insurance coverage of MNT for all nutrition-related chronic diseases will lead to reduced long-term costs associated with the complications of chronic diseases.

Share Your Personal Story: (share the impact on your practice/community) Invite Member of Congress to visit your (clinic, hospital, practice) to see an RDN in action.

The Ask:

- 1) Urge Congress to maintain bipartisan investment in the Prevention Fund**
- 2) Include coverage of nutrition services for all nutrition-related chronic diseases**

Thank you for your time!