

Sample Script for You & Your Legislator

Introductions: *(Who are you?)*

Begin the meeting with a discussion about where you live and work. It is important to be specific about your work facility or area or by stating that you are a constituent. It is key that the legislator understands that you are a voter in their district.

Ex: "My name is _____ and I am a Registered Dietitian working at XYZ Hospital in your district in the Spokane area etc."

Purpose of Meeting

Briefly state the reason for the meeting.

Ex: "We would like to tell you about our profession and to explore ways to work together to develop sound public policy regarding Food and Nutrition in Washington State".

Why do you care? *(and why should they?)*

Briefly provide the legislator with a personal story or strong argument. Lawmakers especially appreciate real life examples.

Ex: "The reason why I became a Registered Dietitian is because a close family member got diabetes. The experience inspired me to learn about nutrition and how to prevent and manage common illnesses. (Story should lead into a discussion of the extensive training that RD's receive.)"

What Makes RD's Experts in Nutrition? *(discuss credentials)*

"Are you familiar with the training & requirements in order to become a Registered Dietitian?"

"A registered dietitian (RD) is a nationally credentialed health professional who has:

- earned at least a bachelor degree in Nutrition at a U.S. regionally accredited college/university
- completed at least 900 – 1200 hours of supervised practice in clinical, community, and food service.
- passed American Dietetic Assoc. RD exam & completes continuing education requirements".

"As a result of our extensive training, RD's are recognized as Food and Nutrition experts and employed in a wide range of settings such as: Hospitals, Health Clinics, Nursing Homes, Schools, Food Banks, WIC programs and Food Service Operations".

How can RD's be a resource for you and your constituents?

"RD's use evidenced-based results as a basis for our Medical Nutrition Therapy interventions which have proven to not only reduce hospital visits of patients suffering from chronic diseases such as DMII, heart disease and obesity but to also save healthcare dollars".

"With the childhood obesity epidemic getting national attention, registered dietitians now more than ever are critical members of the healthcare team, desperately needed to solve this healthcare crisis within our society."

"With chronic but preventable diseases on the rise, healthcare costs spiraling upward and our state budget in dire straits we believe that Registered Dietitians can be a resource for Washington State Policy development to both improve patient outcomes and save healthcare dollars."

"RDs are providing their expertise to community-based and county-based Healthy Eating Active Living (HEAL) grant work and Communities Putting Prevention to Work (CPPW) grants." Many of our members are also activity participating in Michelle Obama's "Let's Move" program for children.

Closing

Thank the legislator for their time and make sure to follow-up on any questions or additional info that was requested.