

Access to MNT by RDNs is Good Policy

Better Patient Health, More Treatment Options and Lower Costs



IMPROVE

Health of the Nation



DECREASE

Costs



ACHIEVE

Improved Social
Determinants of Health



INCREASE

Consumer Choice



Registered Dietitian Nutritionists Improve Health Outcomes

Results of studies of Registered Dietitian Nutritionists (RDNs) who use medical nutrition therapy (MNT) show improved patient outcomes in diabetes, hypertension, lipid metabolism disorders, HIV infection, pregnancy, chronic kidney disease, and unintended weight loss in older adults.¹ Additionally, RDNs have demonstrated improved outcomes related to weight management.²

RDNs = Positive ROI

MNT results in improved clinical outcomes and reduced costs for physician time, medication use, and hospital admissions for people with obesity, diabetes, and lipid metabolism disorders, as well as other chronic diseases.³ By using their expertise and extensive training, RDNs deliver care that is coordinated, cost-effective, and supports higher performance in pay-for-value models of care. They help patients achieve significantly improved outcomes with lower total cost of care.

Find an RDN by visiting www.eatright.org.

¹Academy of Nutrition and Dietetics Evidence Analysis Library. *Medical Nutrition Therapy Effectiveness Systematic Review 2009, 2013-2015*. <http://www.andeal.org/mnt>.

²Academy of Nutrition and Dietetics. MNT: Weight Management. <https://www.andeal.org/topic.cfm?menu=5284&cat=5230>. 2015. Accessed December 3, 2019.

³Wolf, AM; Siadat, MS; Crowther, JQ; et al. Impact of lifestyle intervention on lost productivity and disability: improving control with activity and nutrition. *J Occup Environ Med*. 2009;51(2):139-145. doi:10.1097/jom.0b013e3181965db5.

Registered Dietitian Nutritionists

Optimizing Health through Food and Nutrition

Registered dietitian nutritionists, or RDNs, are the food and nutrition experts, translating the science of nutrition into practical solutions for healthy living. Working in a number of practice settings, RDNs advance the nutritional status of their patients and clients.

RDNs are recognized as the most qualified food and nutrition experts by the National Academy of Medicine (formerly IOM).¹



EXPERTISE

RDNs receive extensive training that combines academic preparation with hands-on, practical client and patient experience.

- Minimum of a Bachelor's degree
- Participate in an accredited practice program
- Pass a national registration
- Maintain their credential through continuous education
- Over half of RDNs hold a graduate degree



TRUST

Physicians, clients, patients, industry and government agencies value and trust the contributions of RDNs.

Primary care physicians identified dietitians as the most qualified provider to care for patients with obesity.²

70% indicated that RDNs are the most trusted source for information about what types of food to eat.



IMPACT

Registered dietitian nutritionists are everywhere and touch the lives of many.

1.5 BILLION estimated number of clients/patients counseled by RDNs yearly.

Numerous clinical guidelines and the United States Preventive Services Task Force (USPSTF) highlight that RDNs provide nutrition care more effectively at a lower cost than physicians, nurse practitioners, and physician assistants.

Sources: Academy RDN Reach and Influencer Survey 2018 and Compensation and Benefits Survey of the Dietetics Profession, 2019.

¹Committee 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).

²Bleich SN, Bennet WL, Gudzuna KA, et.al *BMJ Open* 2012;2:e001871. doi: 10.1136/bmjopen-2012-001871.