Wellness and Prevention

**HOD Fact Sheet**

**House of Delegates**

The House of Delegates will meet on October 15, 2016 in Boston, MA to discuss Wellness and Prevention. The following Fact Sheet provides a quick overview of this complex topic. Delegates and members are encouraged to review the full HOD Backgrounder on this topic to have a deeper understanding of this issue. The complete HOD Backgrounder can be found at: [www.eatrightpro.org/resources/leadership/house-of-delegates/about-hod-meetings](http://www.eatrightpro.org/resources/leadership/house-of-delegates/about-hod-meetings)

(Eat Right Pro> Leadership> House of Delegates> About HOD Meetings> Fall 2016 Meeting Materials).

**Introduction**

Health, wellness and prevention of disease have catapulted to the forefront of consumers’ and the nation’s attention due to several external drivers:

- A transformation in health care is underway; the concepts of prevention, wellness and public health are growing in popularity.
- Consumers are increasingly interested in health, wellness and prevention.
- Consumers are actively using foods as medicine, including functional and fortified foods, to address their health concerns and medical conditions.
- Food industries are overhauling products to cater to consumers’ desires for safe and healthy foods.
- Food retailers are increasingly investing in health and wellness.
- The Patient Protection and Affordable Care Act (ACA) changed the focus of health care from disease treatment to disease prevention.
- The National Prevention Strategy represents a shift in health care from problem-based medicine to prevention and wellness endorsed by the U.S. legislature and the Surgeon General.
- The United States Preventative Services Taskforce (USPSTF) recommends healthful diet and physical activity behavioral counseling for cardiovascular disease prevention in adults with known risk factors and screening of all adults and children for obesity.
- A leading health indicator for Healthy People 2020 aims to promote health and reduce chronic disease through a healthy diet and healthy body weight.
- The National Diabetes Prevention Program is a partnership of public and private organizations working to prevent type 2 diabetes.
- Health care costs could be dramatically reduced by reductions in obesity and related risk factors.
- Medical Nutrition Therapy (MNT) provided by a RDN results in both statistically and clinically significant weight loss in otherwise healthy overweight and obesity adults.

In this evolving and shifting environment, it is imperative that credentialed food and nutrition practitioners establish themselves as essential providers in wellness and prevention services and programs.
Objectives: *

Participants will be able to:

1. Identify opportunities for credentialed food and nutrition practitioners in the area of wellness and prevention services and programs.

2. Identify the skills and strengths needed by credentialed dietetics practitioners to play an integral role in the area of wellness and prevention.

3. Design strategies and action steps that individual members and the Academy can take to create the desired future for credentialed food and nutrition practitioners in wellness and prevention.

**Objectives 1 and 2 will be addressed during the Fall HOD Meeting. Objective 3 will be addressed during the months following the meeting as delegates use the appreciative inquiry process to involve a broad base of members in designing the “solutions” to the mega issue.
**Academy’s Efforts to Address Wellness and Prevention**

The Academy is already involved in wellness and prevention on many fronts. More information on these efforts can be found in the full backgrounder:

[www.eatrightpro.org/resources/leadership/house-of-delegates/about-hod-meetings](http://www.eatrightpro.org/resources/leadership/house-of-delegates/about-hod-meetings)

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What HOD Needs from You
Talk with your delegate(s) about this issue in advance of the Fall 2016 HOD Meeting (October 15, 2016).

Questions for you to consider:

When you think of working in wellness, what does that mean to you?

Think about those members currently working in wellness. What do those roles look like? What strengths or skills are called upon or are necessary in these roles?

Provide your feedback to your delegate by September 29, 2016.

The HOD Backgrounder is available at
www.eatrightpro.org/resources/leadership/house-of-delegates/about-hod-meetings
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Contact Your Delegate at: www.eatrightpro.org/leadershipdirectory