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.

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

Registered Dietitian Nutritionists

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.

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.

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.

