

RDNs Can Benefit Your Programs

RDNs Help Build Healthier Communities



IMPROVE
Health Outcomes



DECREASE
Medication Use



ACHIEVE
Improved Social
Determinants of Health



INCREASE
Effectiveness of Diabetes
Prevention Programs



Registered Dietitian Nutritionists Improve Health Outcomes

Studies show that individuals with obesity, diabetes, and lipid metabolism disorders who receive medical nutrition therapy (MNT) from Registered Dietitian Nutritionists (RDNs) have better outcomes than those who receive traditional care.¹ RDNs partner with community service providers to help children and adults improve their quality of life and achieve better overall health.

RDNs are Essential for Community Health Programs

Intensive lifestyle programs to prevent diabetes led by RDNs get better results, according to a systematic review by the Community Preventive Services Task Force.^{2,3} RDNs are also uniquely qualified to provide training and oversight to other staff who may be delivering such programs to ensure program integrity.

RDNs are a critical component of effective community-based medically-tailored meal programs. Providing medically tailored, therapeutic meals and nutrition counseling by RDNs decreased monthly healthcare costs by an average of 31% and cut hospitalizations in half compared to patients not receiving these services.⁴ This translates to an average savings of \$13,000 per month, highlighting the efficacy and importance of comprehensive, community-based nutrition services for people with serious illnesses.

Find an RDN by visiting www.eatright.org.

¹Wolf, 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(20):139-145.

²Balk, E.M., Earley, A., Raman, G., Avendano, E.A., Pittas, A.G., and Remington, P.L. Combined diet and physical activity promotion programs to prevent type 2 diabetes among persons at increased risk: A systematic review for the Community Preventive Services Task Force. *Ann Intern Med.* 2015; 163: 437-451.

³Briggs Early, Kathleen et al. Position of the Academy of Nutrition and Dietetics: The Role of Medical Nutrition Therapy and Registered Dietitian Nutritionists in the Prevention and Treatment of Prediabetes and Type 2 Diabetes. *J Acad Nutr Diet.* 2018; 118 (2):343 – 353.

⁴Gurvey, J. et al. Examining Health Care Costs Among MANNA Clients and a Comparison Group. *Journal of Primary Care & Community Health.* 2013; 4(4):311-317.

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, Gudzun KA, et.al *BMJ Open* 2012;2:e001871. doi: 10.1136/bmjopen-2012-001871.