

# RDs Deliver Cost-Effective Care

Data show that MNT is linked to improved clinical outcomes and reduced costs related to physician time, medication use and hospital admissions for people with obesity, diabetes, disorders of lipid metabolism or other chronic conditions.

## The following examples demonstrate how RDs affect the cost of treatment:

- The University of Virginia School of Medicine reported that an RD case-management approach to lifestyle care for obese persons with type 2 diabetes can improve diverse indicators of health, including weight, waist circumference, health-related quality of life and use of prescription medications. These results were seen with a minimal annual cost of \$350 per patient.
- The Improving Control with Activity and Nutrition (ICAN) study compared a modest-cost, RD-led lifestyle intervention with usual medical care for people with diabetes and obesity and found that the RD-led intervention reduced the risk of lost work days by 64.3% and the risk of disability days by 87.2%. For every dollar an employer invests in the lifestyle modification program for employees with diabetes, the employer would see a return of \$2.67 in productivity.
- The Lewin Group documented an 8.6% reduction in hospital utilization and a 16.9% reduction in physician visits associated with MNT for patients with cardiovascular disease. The group additionally documented a 9.5% reduction in hospital utilization and a 23.5% reduction in physician visits when MNT was provided to persons with diabetes mellitus.

Invest in cost-effective care:  
***expand coverage of RD nutrition services for your members.***

For more information on the effectiveness of MNT services, visit [www.andevidencelibrary.com/MNT](http://www.andevidencelibrary.com/MNT).

# Registered Dietitians

## Your Nutrition Experts

For Prevention, Disease Management And Cost-effective Care



# Registered Dietitians are the Nutrition Experts

Nutrition is a priority for your members. They want high-quality care without breaking the bank. Help your members achieve their nutrition goals and better manage their overall health by improving their access to registered dietitians (RDs).

RDs provide vital food and nutrition services while helping individuals make unique, positive lifestyle changes. RDs are integral to the patient-centered model of care. They work throughout the community in hospitals, private practice, physician offices, public health clinics, nursing homes, fitness centers, worksite wellness programs, schools and other locations.

*According to the Institute of Medicine, "The registered dietitian is currently the single identifiable group of health-care professionals with standardized education, clinical training, continuing education and national credentialing requirements necessary to be directly reimbursed as a provider of nutrition therapy."*

# RDs are Highly Trained Professionals

RDs receive extensive training that combines academic preparation with hands-on, practical patient experience. RDs must complete a minimum of a bachelor's degree, participate in an accredited practice program involving direct patient interaction, and pass a national registration exam. In most states, qualified RDs are the nutrition professional licensed to provide MNT.



# RDs Provide Medical Nutrition Therapy

During an MNT intervention, RDs counsel clients on behavioral and lifestyle changes required to positively affect long-term eating habits and health. MNT is an evidence-based treatment for diseases and conditions such as obesity, diabetes, cancer, hypertension, HIV/AIDS and kidney disease.

## **MNT includes:**

- Performing a comprehensive nutrition assessment
- Determining the nutrition diagnosis
- Planning and implementing a nutrition intervention using evidence-based nutrition practice guidelines
- Monitoring and evaluating an individual's progress over subsequent visits with the RD

*The U.S. Preventive Services Task Force recommends intensive nutrition counseling for cardiovascular and diet-related chronic disease delivered by clinicians including registered dietitians.*

# RDs Improve Health Outcomes

RDs provide care by applying the Academy of Nutrition and Dietetics' Evidence-Based Nutrition Practice Guidelines. These guidelines illustrate best practice for MNT related to a specific disease or condition in order to achieve positive outcomes. The following examples from the Academy of Nutrition and Dietetics' Evidence Analysis Library demonstrate the benefits of RD-provided nutrition services:

- MNT provided by a registered dietitian to overweight and obese adults for less than six months yields significant weight losses of approximately one to two pounds per week. MNT provided from six to twelve months yields significant mean weight losses of up to 10% of body weight with maintenance of this weight loss beyond one year.
- Studies evaluating the effectiveness of diabetes MNT provided for three to six months by a registered dietitian reported reductions in A1C ranging from 0.25% to 2.9%, depending on the type and duration of diabetes. Multiple studies of diabetes MNT showed sustained improvements in A1C at twelve months and longer.
- MNT provided by a registered dietitian lowers blood pressure in adults with hypertension. Studies show that MNT provided for less than six months leads to significant reductions (approximately 5 mmHg) in both systolic and diastolic blood pressure. MNT provided from six to twelve months reported similar significant reductions in blood pressure with sustained reductions in blood pressure beyond one year.