



It Takes a Village

Registered Dietitian (RD) = Registered Dietitian-Nutritionist (RDN)

- **Education**

- Minimum of a bachelor's degree from an accredited dietetics program
- Minimum internship requirement of 1200 hours supervised practice
- National credentialing exam
- Continuing education

- **Evidence-based discipline**

- **Idaho's only licensed nutrition professional**

- **Focused on prevention, treatment & management of chronic disease**

Registered Dietitians—

Positively Impacting Health Across the Lifespan

- **Weight Concerns**
- **Diabetes**
- **Cardiovascular Health**
- **Gastrointestinal Disorders**
- **Autoimmune Disorders**
- **Renal Issues**
- **Food Avoidance**
- **Women's Health**
- **Musculoskeletal Conditions**
- **Nutrient Deficiencies**
- **Cancer**
- **Developmental Disabilities**
- **Pulmonary**
- **Wellness & Prevention**

Diabetes & Hypertension by the Numbers

- **Diabetes** affects more than 30 million Americans
 - 1 in 4 don't even know they have it!
 - 84.1 million adults have Pre-Diabetes
- **Hypertension**, the silent killer
 - Affects 1 in 3 adults.
 - 86 million American adults
 - Of those diagnosed, only about half are well-controlled.

It's more than Diabetes & Hypertension



Heart disease

Stroke

Kidney disease

Overweight / Obesity

Congestive heart failure

Vision loss

Depression

Amputations

Premature death

Diabetes & Hypertension Forecast

By 2030...

- 54.9 million will have diabetes
 - More than 13 million won't know it
 - More than 100 million will have Pre-Diabetes
- Hypertension will affect more than 40%
 - More than 100 million

Healthcare—It's a Team Sport

Together
Everyone
Achieves
More



- Medical Health Neighborhood
- Patient-Centered Medical Home
- Team-Based Care
- Integrated Care Team
- Care Coordination



*The right care,
at the right time,
in the right setting*

Our Mission—  **IDAHO NUTRITION
ASSOCIATES**

to make the expertise of Registered Dietitians readily available to healthcare providers and their patients as a routine component of healthcare.

Referral for Child Obesity



- 8 year old male
- Weight 160 lbs
- BMI for age greater > 95th percentile
- Elevated FBG
- Hypertension

Expanding the Reach of Patient-Centered Care

Integrating Nutrition Services—

We've developed customizable options for clinics to utilize the expertise of the Dietitian within their own clinic location.

Providing nutrition services at the point of care is ideal for ensuring continuity of care, expanding access to care, and improving health outcomes.





Nutrition Care

- Brief encounters
- Medical Nutrition Therapy
- Nutrition counseling & intensive behavioral therapy
- Self-management education & training

& Beyond— Expanding the Dietitian's role

- Chronic disease management
- Annual wellness exams
- Group visits
- Care coordination
- Population health management
- Quality improvement projects
- Health & wellness programs



Registered Dietitian-Nutritionists

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