



Kansas Registered Dietitian Nutritionists (RDNs) Save Healthcare Dollars

Chronic diseases are a burden to Kansas and can be prevented:

- Chronic diseases include arthritis, cancer, diabetes, heart disease, oral disease and stroke.
- One in three people live with a chronic condition.
- Healthcare costs in Kansas neared \$26 billion in 2010 and costs attributed to chronic diseases accounted for nearly \$20 billion.*
- Many chronic diseases are preventable through good nutrition and physical activity.

RDN services are effective solutions for treating chronic diseases:

- RDNs are the most qualified food and nutrition experts.
- RDNs are twice as likely to help patients lose significant weight and increase exercise.
- RDNs prevent future health issues, providing a higher return on healthcare dollars invested in nutrition and dietetic services.
- Some insurance plans cover medical nutrition therapy provided by RDNs.
- RDNs work in the setting of a medical home for a primary care practitioner providing reimbursable medical nutrition therapy including diabetes and obesity/weight management.

RDN Medical Nutrition Therapy Outcomes:

- A worksite wellness program operated by RDNs provides an estimated savings of \$6000 per employee in healthcare costs over a 10 year average.
- Clients with diabetes participating in a telehealth nutrition clinic reduced their average blood sugar levels or A1c by 1 to 2 percent. Reducing A1c by **one percentage point** can reduce the risk of eye, kidney, and nerve diseases by 40%.
- A 25 year old woman with uncontrolled Type I diabetes for 12 years achieved normal blood sugar control after six months of medical nutrition therapy with an RDN.

*Kansas Chronic Disease State Plan: http://www.kdheks.gov/bhp/download/CD_State_Plan_2014_Reduced.pdf