



Mission: Empower Kansas Academy of Nutrition and Dietetics members to be the food and nutrition leaders in Kansas

Vision: Optimize the health of Kansans through food and nutrition

Registered Dietitians (RDs) and Registered Dietitian Nutritionists (RDNs) are the only licensed nutrition professionals in Kansas. RDN's are an ideal part of a transdisciplinary team providing cost-effective patient/client-centered care to infants, children, and adults. RDN's are trained to provide Medical Nutrition Therapy (MNT) through a nutrition-centered plan of care. A nutrition-centered plan of care focuses on the assessment, nutrition diagnosis, intervention/treatment plan, and evaluation and monitoring of the individual's progress toward desired outcomes.

The **Institute of Medicine (IOM)** identifies RDN professionals as the single, identified group of healthcare professionals with standardized education, clinical training, national credentialing, and continuing education requirements necessary to provide and to be directly reimbursed as a provider of medical nutrition therapy.

RDNs work in a variety of settings

- **Medical-Clinical:** Direct, manage, consult and deliver care and service in Kansas hospitals, medical clinics, diabetes education programs, skilled nursing and assisted living facilities, dialysis centers, bariatric centers, cancer care, athletic facilities, sports teams, media, telehealth nutrition, private practice settings
- **Public Health and Community Nutrition:** Direct, manage and provide programs serving the public such as Women, Infants and Children (WIC) programs, school nutrition programs, nutrition components of state and local public health agencies, Cooperative Extension programs, food banks, senior nutrition programs
- **Academic:** Teach and conduct research in Kansas colleges, universities, academic medical center
- **Business:** Serve as nutrition experts to food and pharmaceutical companies
- **Health Promotion and Disease Prevention (2013 data)¹:**
 - Provide weight management counseling and behavior change to reduce overweight and obesity
 - 35.3% of Kansas adults are overweight; 30% are obese
 - 28.3% of Kansas high school students (grades 9-12) are overweight or obese²
 - Provide health and wellness education to prevent chronic disease and disease complications such as for diabetes and cardiovascular disease
 - 9.6% of Kansas adults have been diagnosed with diabetes
 - 43% of Kansas adults report they have not gotten information on how to take care of their chronic health condition(s) (2012 data)
 - Promote healthy food and nutrition messages in Kansas communities such as eating more fruits, vegetables and whole grains, reducing salt intake, and choosing healthy fats and lean meats to reduce high blood pressure and cholesterol
 - 41.7% of Kansas adults report consuming fruit less than one time per day; vegetables 22.9%
 - 31.3% of Kansas adults have high blood pressure; 38.1% have high cholesterol

Education including 1200 hours of supervised practice, work experience, and on-going competency-based nutrition continuing education requirements make the RDN the preferred nutrition professional in Kansas.

1 – Behavioral Risk Factor Surveillance System at <http://kdheks.gov/bfss/index.html>. Scroll to Summary Index Table Description Listing: 2013

2 – Youth Behavior Risk Survey at <http://nccd.cdc.gov/youthonline/App/Results.aspx?LID=KS> (Kansas- only high school data)