



Mission: Accelerate improvements in state-wide health and well-being through food and nutrition

Vision: A state where all people thrive through the transformative power of 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 an interprofessional 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 screening for risk/presence of malnutrition, assessment, nutrition diagnosis, intervention/treatment plan, evaluation and monitoring of the individual's progress toward desired outcomes, and discharge planning/transitions of care.

The **National Academy of Sciences, Engineering, and Medicine: Health and Medicine Division** (formerly Institute of Medicine) 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 (2017 data)¹:**
 - Provide weight management and behavior change counseling to reduce overweight and obesity
 - 34.8% of Kansas adults (18 years and older) are overweight; 32.3% are obese
 - 15.3% of Kansas high school students (grades 9-12) are overweight; 13.1% are obese ²
 - Provide health and wellness counseling and education to prevent chronic disease and disease complications such as for diabetes and cardiovascular disease
 - 10.5% of Kansas adults have been diagnosed with diabetes; 7.6% with prediabetes (2016)
 - 3.9% of Kansas adults have been diagnosed with heart disease
 - 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
 - 37.5% of Kansas adults report consuming fruit less than one time per day; vegetables 17.3%
 - 32.8% of Kansas adults have high blood pressure; 34.1% have high cholesterol

Education including bachelor's degree (more than 50% of RDNs have advanced degrees), 1200 hours of supervised practice, and on-going competency-based continuing education requirements make the RDN the preferred nutrition professional in Kansas.

1 – Behavioral Risk Factor Surveillance System at <http://kdheks.gov/brfss/index.html> . Scroll to Summary Index Table Description Listing: 2017

2 – Youth Behavior Risk Survey at <http://nccd.cdc.gov/youthonline/App/Results.aspx?LID=KS> (Kansas- only high school 2017 data)