

# Michigan Can Lower Health Care Costs by making Medical Nutrition Therapy More Accessible

## What is Medical Nutrition Therapy (MNT)?

MNT is the provision of nutrition care services to treat or manage a disease state or medical condition.

## How can Michigan lower healthcare costs?

### *Diabetes*

- 12.1% of MI residents live with diabetes. People with diabetes have 230% higher medical bills.
- **MNT is proven to be a cost-effective approach to treating and preventing diabetes.**

### *Cardiovascular Disease (CVD)*

- 9.4% of MI residents suffer from CVD. Heart disease is the leading cause of death in Michigan.
- **MNT is proven to be cost-effective for helping patients reduce heart disease risk.**

### *Obesity*

- 34.4% of MI adults are considered obese. Obesity adds \$147 billion to U.S. healthcare spending annually.
- **MNT provided by registered dietitian nutritionists (RDNs) is proven to be more cost-effective at helping people lose weight than therapies provided by other health professionals.**

## Facts

- Michigan is one of only two states that do not already license or otherwise recognize RDNs, making MNT less accessible in Michigan.
- Licensing MNT will make it **more accessible** for Michiganders and **lower health care costs.**



## About Us

The Michigan Academy of Nutrition and Dietetics is an affiliate of the Academy of Nutrition and Dietetics, the world's largest organization of food and nutrition professionals. **There are over 4,000 RDNs and dietetic technicians, registered (NDTRs) in Michigan.** Michigan is a center of dietetics education, with 22 accredited programs providing education and training for students and interns.



Visit us at [www.eatrightmich.org](http://www.eatrightmich.org).

## What MNT is NOT

Medical Nutrition Therapy does not apply to those providing basic nutrition services so long as they do not involve or constitute the provision of Medical Nutrition Therapy. This includes personal trainers, health coaches, fitness centers or supplement vendors who provide

- general nonmedical nutrition information, guidance, encouragement, or individualized nutrition recommendations for wellness or primary prevention of chronic disease;
- behavior change management, coaching, or assessment;
- services for non-medical weight management;
- evaluation, guidance, information, and education on the use of food, food materials, or dietary supplements; or
- explanations to individuals or groups about food or food products, including dietary supplements.

Sun, L et. al., 2017 'The effectiveness and cost of lifestyle intervention including nutrition education for diabetes prevention: A systematic review and meta-analysis', *J Acad Nutr Diet.* 117(3): 404-421

*Sikand, G et. al., 2018 'Clinical and cost benefits of medical nutrition therapy by registered dietitian nutritionists for management of dyslipidemia: A systematic review and meta-analysis', J. Clinical Lipidology 12(5): 1113-1122*