

# Indiana Academy of Nutrition and Dietetics

Introduction to Medical Licensing Board Indiana



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Indiana Academy of  
Nutrition & Dietetics

# Presented by:

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# Introduction

Recent research supports Medical Nutrition Therapy (MNT) and Diabetes Self-Management Education (DSME) as a cost-effective methodology to improve the health of individuals who are being treated for chronic illness, as evidenced by:

- ▶ Significant improvement of glycemic targets in 62% of the population studied
- ▶ Significant improvement in weight, BMI, triglycerides, triglyceride to HDL ratio
- ▶ Reference:  
<https://pubmed.ncbi.nlm.nih.gov/30219311/>



# About MNT

## Medical Nutrition Therapy - MNT

Evidence based nutrition education and counseling provided by Registered Dietitian Nutritionists (RDNs)



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## About RDNs

RDNs are highly qualified food and nutrition professionals who impact health through nutrition education and counseling.



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# Educational Requirements

- Earn minimum of a Bachelor's degree (Masters degree as of 2024)
- Complete an accredited, supervised practice program
- Pass a national examination administered by the Commission on Dietetic Registration
- Complete annual continuing professional educational requirements to maintain registration
- Achieve licensure (in most states)



The Role of the RDN:

Interdisciplinary  
Health Care Team

Nutrition screening/assessment is a requirement in health care settings due to the risk of malnutrition and the impact of individualized nutritional status on recovery.



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## The Role...

RDN's are highly valued members of interdisciplinary healthcare teams who share common health goals in assessing, planning, or evaluating patient care:

- interdependent collaboration
- open communication
- respectful discussion
- shared decision-making





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A Non-Profit Association made up of 1300 diverse and inclusive dietetic professionals, including Registered Dietitians (RD), Dietetic Technicians Registered (DTR), and Dietetic Students.



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# Areas of Practice in Indiana

- Clinical Nutrition 50%
  - inpatient, outpatient health care settings  
specialty clinics (eating disorders,  
gastrointestinal rehabilitation, long-term care)
- Students 16%
- Community and Public Health 12%
- Executive Leadership and  
Management 7%
- Education 8%
  - 6 programs across Indiana
- Business and Industry 4%
- Research 3%



# IAND

The Indiana Academy is an affiliate of the Academy of Nutrition and Dietetics and has been serving citizens of Indiana since 1923.

**Our Mission:** To optimize Indiana residents' health through food and nutrition, support and advocate for the RDN profession.

**Our Vision:** Individual well-being - healthy communities - visionary solutions through RDN expertise.



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# Principles...

## Our Principles:

**Evidence-based practice:** Commit to life-long learning and promotion of best practices to solve food and nutrition related challenges in Indiana through education and research.

**Advocacy:** Empower members to be Indiana's food and nutrition experts within the community and advocate for nutrition policy at the local, state, and national level.



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# Principles...

## Our Principles:

**Integrity:** Act ethically with accountability for commitment to excellence.

**Mentorship:** Support both student and RDN members in professional development and leadership opportunities.



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# Diversity, Inclusion, Equity

**Diversity:** Support a diverse profession and respect differences in ability, age, creed, culture, ethnicity, gender/identity, political affiliation, race, religion, sexual orientation, size, and socioeconomic characteristics.

Our commitment to diversity and inclusion are the cornerstone of the vision of the Academy of Nutrition and Dietetics...a world where all people thrive through the transformative power of food and nutrition.



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# RDNs in Expanded Roles

Therapeutic diet order writing  
transition from physicians to  
RDN's:

Cost savings in Indiana has  
been estimated at  
\$23,967,217 (CMS formula  
based on 2020 data)



# MNT to Lower Healthcare Cost

Projected total cost of chronic disease from 2016-2030 in Indiana is \$873 billion.

- (In 2015, 4 million people in Indiana had at least 1 chronic disease, 1.6 million had 2 or more chronic diseases.)

Diabetes increases health care costs at a rate of 2.3 times that of residents without diabetes.

- (\$13,000/year with diabetes, \$2500/year without diabetes)

Reference:

[https://www.fightchronicdisease.org/sites/default/files/download/PFCD\\_IN\\_Factsheet\\_FINAL1.pdf](https://www.fightchronicdisease.org/sites/default/files/download/PFCD_IN_Factsheet_FINAL1.pdf)



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# MNT to Prevent Chronic Disease

Pre-diabetes: Currently 1 of 3 Americans, including Hoosiers have pre-diabetes.

Within the next five years, 15-30 percent of people with prediabetes will develop type 2 diabetes.

Development to Type II Diabetes can be prevented.

Reference-  
<https://www.cdc.gov/chronicdisease/resources/publications/factsheets/diabetes-prediabetes.htm>



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# Reimbursement for MNT

Indiana Medicaid Coverage does not currently include Nutrition Counseling for Obesity and/or Diabetes.



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# Advocacy

**IAND** is advocating for MNT provided by RDN's to be reimbursed for Medicaid recipients who deserve the opportunity for improved health and prevention of the onset of chronic illness.



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# Affiliate Districts throughout Indiana

RDN's practice in all counties in Indiana, offering the potential of MNT in rural communities throughout the state.



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# Vision and Mission

Anticipated outcomes will lead Indiana toward “all Hoosiers thriving through the transformative power of food and nutrition.”



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