

Send Megan your top four from the list below by EOB January 11th.

Megan's email is meganmarjorie13@gmail.com

The Proclamation form allows four whereases.

- 1.WHEREAS**, dietary counselling by a Registered Dietitian Nutritionist often inspires people to eat more healthful foods produced in Idaho including fruits, vegetables, lentils, fish, seafood, and dairy products.
- 2.WHEREAS**, every dollar spent on medical nutrition therapy services provided by a Registered Dietitian Nutritionist, results in a cost savings of more than \$4.00. (Spend \$1 and Save \$4)
- 3.WHEREAS**, lifestyle interventions, including nutrition counseling, physical activity and behavior modification, can reduce the risk of developing type 2 diabetes by 70%.
- 4.WHEREAS**, dietitian-led lifestyle modification services can help reduce the risk of developing type 2 diabetes by 70%.
- 5.WHEREAS**, dietitian-led counseling sessions can help prevent type 2 diabetes in the 25% of Idahoans at risk.
- 6.WHEREAS**, over 25% of Idahoans are at risk for developing type 2 diabetes. Dietary counseling with lifestyle modification by a Registered Dietitian Nutritionist can reduce the risk of developing type 2 diabetes by 70%.
- 7.WHEREAS**, For Idahoans, the leading causes of death are heart disease, cancer, stroke, diabetes, and liver disease. The risk for these diseases can be reduced through medical nutrition therapy (MNT).
- 8.WHEREAS**, nutrition counseling with a Registered Dietitian Nutritionist may eliminate or curtail the need for expensive medications associated with the treatment of high blood pressure, hyperlipidemia, and diabetes. This alone could save Idaho and employers millions of dollars.
- 9.WHEREAS**, evidence-based and cost-effective lifestyle interventions delivered by Registered Dietitian Nutritionists may help patients eat better and lose weight, reducing or eliminating the need for expensive drug therapy.