



Mission: The Idaho Academy of Nutrition and Dietetics is the premier source for reliable, objective food and nutrition information in Idaho. We empower the 400 members of Idaho Academy of Nutrition and Dietetics to be the food and nutrition leaders in **Idaho**.

Vision: Optimize the health of **Idahoans** through food and nutrition.

Registered Dietitian Nutritionists (RDNs) are the only licensed nutrition professional in Idaho. **RDN's** are an ideal part of a team providing cost-effective patient centered care to individuals. **RDNs** are trained to provide Medical Nutrition Therapy (MNT) through a nutrition centered care plan. A nutrition centered care plan focuses on the assessment, nutrition diagnosis, treatment plan, evaluation and monitoring of an individual's progress.

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

RDNs work in a variety of settings

- **Medical-Clinical:** Deliver care in **Idaho** hospitals, medical clinics, diabetes education programs, skilled nursing and assisted living facilities, cancer care and sports medicine.
- **Education:** Teach and conduct research in **Idaho** colleges and universities.
- **Public Health:** Deliver programs serving the public such as Women Infants and Children (WIC) programs, state and local public health, school nutrition programs and Cooperative Extension.
- **Business:** Serve as nutrition experts to food and pharmaceutical companies.
- **Health Promotion and Disease Prevention:**
 - Provide **weight management counseling** and behavior change to reduce **overweight** and **obesity**.
 - Of **Idaho** adults over 18 years of age, **62** percent are overweight or obese.
 - Provide **health and wellness education** to prevent **chronic disease** and disease complications such as for **diabetes** and **cardiovascular disease**.
 - **9.4** percent of **Idaho** adults over 18 have diabetes; **6.8** percent have pre-diabetes.
 - Promote healthy **food and nutrition** messages in **Idaho** communities such as eating more fruits and vegetables, reducing salt intake and choosing leaner foods to reduce high blood pressure and cholesterol.
 - **82.5** percent of **Idaho** adults do not eat the daily recommended five servings of fruits and vegetables
 - **29** percent of **Idaho** adults have high blood pressure; **39** percent have high cholesterol.

Education, experience and on-going nutrition training requirements make the **RDN** the preferred nutrition professional in **Idaho**.

ⁱ Idaho Department of Health and Welfare, Division of Public Health. 2012 Idaho Behavioral Risk Factor Surveillance System. Health in Idaho: A State Profile 2012.