

# Primary Care Dietitians Make a Difference

Registered dietitian (RD) = 5+ years training & the only regulated nutrition professional

## A dietitian can help your patients

By phone: Call Healthlink BC at 8-1-1

In person: Visit [www.dietitians.ca/YourHealth](http://www.dietitians.ca/YourHealth)  
(extended health care coverage may apply)

In your practice: Have a dietitian on the team



### 20-25%

of family doctor visits are for nutrition related conditions



RDs can save you time

### 1 in 2

seniors are malnourished upon admission to hospital, increasing length of stay



RDs help keep your patients in the community

Medical nutrition therapy from an RD lowers:

A1c

↓ 1-2%

Blood pressure

↓ 6-8 mmHg

Cholesterol

↓ 20-30%



RDs can reduce the risk associated with:

Heart disease & stroke

80%

Diabetes

60%

& other conditions

- Child obesity
- Nutrient deficiencies
- Disordered eating



Every **\$1** spent on nutrition interventions **saves** health care systems \$5 to \$99

