

Primary Care Dietitians: Make a Difference & Save Money Doing It!

Registered Dietitians improve the health of Ontarians,
prevent future disease & save health care dollars

The Facts



From disease prevention to chronic disease management, dietitians in primary care are spearheading initiatives to improve the health of Ontarians.



Ontario has 500 registered dietitians (RDs) on family health teams & in community health centres providing nutrition counseling for patients, nutrition support to teams & nutrition education to future health professionals.

1 in 2

seniors are malnourished.



RDs are screening, doing home visits, & coordinating care to reduce hospital admissions.

Every **\$1** spent on nutrition interventions **saves** the health care system

\$5 to \$99

reducing hospitalizations, medication costs & freeing up physician time.



Medical nutrition therapy from a RD lowers:

- A1c by **1-2%**
(as much as 2 diabetes medications)
- Blood pressure by **6-8 mmHg**
(as much as 1 BP medication)
- Cholesterol by **20-30%**
(as much as 1 statin medication)

Advice from RDs can help reduce the risk of:

- Heart disease & stroke by **80%**
- Diabetes by **60%**
- Cancer by **40%**
- & other conditions too
 - Child obesity
 - Anemia
 - Mental health



A dietitian can help. Ask me how!

Dietitians in Primary Health Care
Better Health • Better Care • Better Value



www.dietitians.ca

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