



## THE MNT ACT & EATING DISORDERS

- Eating disorders (ED) are **psychological serious conditions** that affect a relationship with food.
- Over **29 million** Americans experience a clinically significant eating disorder during their lifetime.
- Eating disorders have the **2nd highest mortality rate** of any mental illness, with nearly 1 person dying every 52 minutes as a direct result of their illness.



**Counseling provided by a Registered Dietitian (RD) as part of a health care team can positively impact consumers by providing early access to care.**

Early intervention and treatment lead to better patient outcomes. Research on treatments for eating disorders indicates that early identification and treatment improves the speed of recovery, reduces symptoms to a greater extent, and **improves the likelihood of staying free of the illness.**



**The total financial costs associated with EDs were estimated to be \$64.7 billion in 2018-19.**

EDs are also associated with a **substantial reduction in wellbeing** among people with EDs, which resulted in a further (non-financial) value of \$326.5 billion. MNT is a cost-effective component of the prevention and screening for eating disorders.



**Research shows that some eating disorders can be prevented through in-person and online programs.**

Registered Dietitians, as a part of an interdisciplinary team, can help **identify individuals who are at-risk** for or may be experiencing eating disorders and provide information about appropriate resources.



**The MNT Act gives more access and options to patients.**

The MNT Act would authorize nurse practitioners, physician assistants, clinical nurse specialists and **psychologists to refer** their patients to an outpatient Registered Dietitian for MNT, allowing the patient to get care more quickly, before the illness progresses and to **avoid the cost of a higher level of care.**



**The continued care with an outpatient RD would decrease the likelihood of re-admission**

Currently, the cost, location, and access to a Registered Dietitian make it prohibitive for a patient to **continue important nutrition counseling during recovery.** This is especially true for communities of color who have historically faced chronic disease health disparities due to systemic inequalities that have manifested in reduced access to health care.

The Academy of Nutrition and Dietetics championed the introduction of the Medical Nutrition Therapy Act and is **urging members of Congress to cosponsor and support passage of the bill.** This bill would allow Medicare beneficiaries to access the care they need by providing coverage for Medical Nutrition Therapy for a variety of chronic conditions under Medicare Part B.