



## Illinois Dietetic Association

- A professional organization comprised of over 3000 members with expertise in human nutrition.
- Is committed to the optimal health and nutritional status of the citizens of Illinois.

## Dietitians are

- Food and nutrition experts with a minimum bachelor's degree in Dietetics, Food and Nutrition or Community Nutrition.
- Graduates of a dietetic internship or an equivalent.
- Licensed by the State of Illinois through the Dietetics and Nutrition Services Practice Act.
- Credentialed Registered Dietitian (RD) through successful completion of a national registration exam.
- Required to maintain professional standards and competency through mandatory continuing education.

## Dietitians practice in diverse settings

Business and industry  
 Education & Research Institutions  
 Food Service Operations  
 Government Agencies & Facilities  
 Health Care Organizations & Facilities  
 Media & Communications  
 Private Practice  
 Wellness & Fitness Organizations  
 & Facilities

## Dietitians

- Provide **Medical Nutrition Therapy** to patients and clients who require health care services in institutions or the community.
- Interpret nutrition and food science to assist consumers in understanding food's role in maintaining a healthy lifestyle.
- Analyze trends and create programs that enhance the nutritional value of food products and enhance the food service operations of business and industry.
- Interpret, educate and implement food safety practices from production, manufacturing, distribution, preparation and meal service.

Illinois Licensed Dietitians are uniquely qualified to provide **Medical Nutrition Therapy—MNT**

**MNT** is defined as the assessment of a patient's nutritional status, followed by validated nutrition therapy.

**MNT** can save health care costs by:

- speeding recovery
- reducing the incidence of medical complications, resulting in fewer and shorter hospital stays and reduced drug, surgery and treatment modalities

## Legislation & Public Policy

The Illinois Dietetic Association actively participates in public policy decisions affecting these areas to ensure the optimal

health and nutrition status of the citizens of Illinois.

Medical Nutrition Therapy  
 Diabetes Self Management & Training and Education  
 Obesity Management  
 Child Nutrition Programs  
 Older Americans Programs  
 Food Security—access to an adequate quantity of nutritious food  
 Illinois Council on Food & Agriculture Research –C-FAR  
 Health Care Reform & Cost Containment  
 Medicaid & Medicare  
 A Safe & Secure Food Supply  
 State Licensure of Dietitians

The Government Affairs Team of the Illinois Dietetic Association targets legislation that is consistent with our mission and philosophy. The Team also identifies legislation that may be beneficial or harmful to the health of Illinois citizens and informs law makers of the significance of the legislation.

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Illinois Dietetic Association  
 PO Box 26, 705 Richard St  
 Henry, IL 61537  
 Phone: 309-364-2919  
 Fax: 309-364-2954  
 www.eatrightillinois.com