

Combating Chronic Disease in South Carolina: The Role of the Dietitian



www.eatrightsc.org

ABOUT US

The South Carolina Academy of Nutrition and Dietetics (SCAND) represents **over 700 registered dietitians** (RDs) committed to improving the health and well-being of South Carolinians. We play a crucial role in addressing chronic diseases like obesity, hypertension, and diabetes, impacting individuals, families, and healthcare systems.

HOW WE HELP

Registered dietitians are healthcare professionals with specialized training in food, nutrition, and disease management. We offer evidence-based solutions to prevent, manage, and even reverse chronic conditions through:

- **Individualized nutrition counseling:** Tailored plans addressing specific needs and preferences
- **Medical nutrition therapy (MNT):** Collaborating with physicians to create personalized treatment plans for chronic diseases.
- **Education and community outreach:** Empowering individuals and communities with knowledge for healthy eating and lifestyle choices

DIETITIANS CONTRIBUTE TO

1. Improved Health Outcomes

Lower blood sugar levels, reduced blood pressure, weight management, and reduced risk of malnutrition.

2. Reduced Healthcare Costs

Preventing and managing chronic diseases leads to cost savings for individuals and the healthcare system.

3. Enhanced Quality of Life

Improved energy levels, reduced symptoms, and increased participation in daily activities.

CHRONIC DISEASE BURDEN IN SC

- **32.1%** of adults have **obesity**.
- **1 in 3** adults (over 1 million) have high **blood pressure**.
- Over **10%** of adults have diagnosed **diabetes**.

\$7 BILLION

Estimated annual cost of **adult obesity** in SC according to SC Department of Health and Environmental Control (SCDHEC) 2022 data.

\$5.9 BILLION

Estimated annual cost of **diagnosed diabetes** in SC according to the American Diabetes Association's 2022 State Fact Sheet.



CALL TO ACTION

We urge you to support initiatives that:

- Increase access to qualified dietitians.
- Promote the integration of dietitians into healthcare teams.
- Invest in preventative health programs, including nutrition education and counseling.

CONNECT WITH US



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SUPPORT S. 160

THE DIETITIAN LICENSURE COMPACT BILL S. 160 IS PENDING A SENATE MEDICAL AFFAIRS SUBCOMMITTEE HEARING

TALKING POINTS

There are approximately 111,000 registered dietitians in the United States, but these professionals are currently restricted to practicing only within the state where they hold a license.

The Dietitian Licensure Compact (S. 160) aims to create opportunities for multistate practice, enhance mobility for individuals relocating, improve public safety, and reduce unnecessary licensing barriers.

For South Carolina, the compact would drive workforce development, strengthen labor markets, and increase patient access to qualified dietitians.

For state licensing boards, the compact reduces administrative burdens by establishing a Compact Information System to streamline the management of licensure and disciplinary data. It also fosters greater cooperation among state boards and ensures that states retain jurisdiction over their licensees.

For practitioners, the compact opens access to new job markets, reduces the financial burden of maintaining multiple state licenses, and improves the continuity of care for patients.

CONTACT INFORMATION: