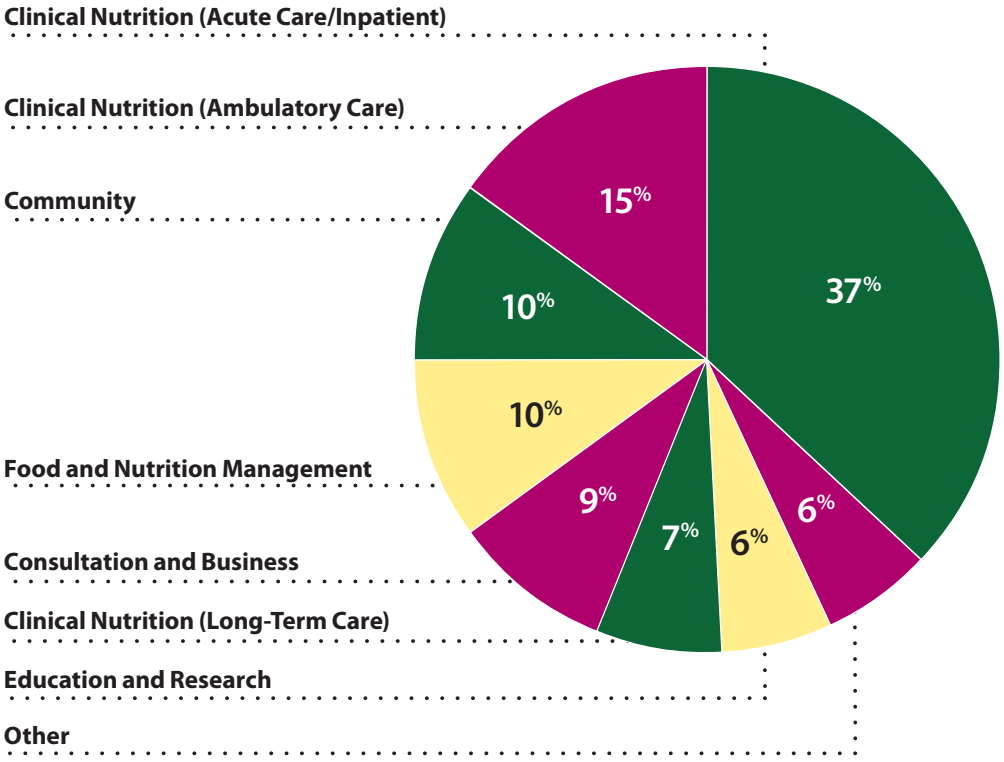
Academy of Nutrition and Dietetics

Registered Dietitian Nutritionists

Optimizing health through food and nutrition.

Registered dietitian nutritionists (RDNs) are food and nutrition experts who translate the science of nutrition into practical solutions for healthy living. Working in a number of practice settings, RDNs advance the nutritional status of their patients and clients.

Practice Area of Primary Position



Source: Compensation and Benefits Survey of the Dietetics Profession, 2017

RDNs are the Experts

RDNs receive extensive training that combines academic preparation with hands-on, practical patient experience.

They must complete a minimum of a bachelor's degree, participate in an accredited practice program involving direct patient interaction, and pass a national registration. RDNs are also required to complete continuing professional education to maintain their credential. In addition:

- Over half of RDNs hold a graduate degree
- 22% of RDNs indicated holding one or more specialty certification,

Source: Compensation and Benefits Survey of the Dietetics Profession, 2017

RDNs are Trusted

Physicians, clients, patients, industry and government agencies value and trust the contributions of RDNs.

- A most recent survey indicates: Regardless of where Americans might actually be getting their information, **the most trusted sources for information about what types of food to eat were Registered Dietitian Nutritionists (70%)**.
- RDNs play a critical role as members of health care teams in assessing malnutrition, which can lead to reduced hospital readmission rates and short-term and long-term health care costs.
- According to a recent Academy survey, **63% of RDNs believe their clients follow their advice closely**.

Sources: Food Decision 2016, IFIC, Academy of Nutrition and Dietetics Journal November 2017, Academy RDN Reach and Influence Survey 2018

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Physicians, clients, patients, industry and government agencies all understand and value the contributions of RDNs.

RDNs are Influential

Registered dietitian nutritionists are everywhere and touch the lives of many. Estimates show that RDNs counsel approximately 1.5 billion contacts with clients/patients per year. RDNs are a major influence in purchasing, recommending and specifying products and services.

76% of respondents confirmed that they "speak with groups about nutrition or food choices."

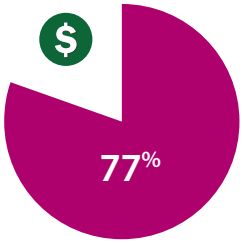
70% of RDNs find that recipes are helpful to share with clients.

63% of RDNs speak to groups/classes about nutrition or food choices.

70% of clients frequently ask about products and services.

60% of RDNs if provided with coupons "would regularly hand them out".

Source: Academy RDN Reach and Influence Survey 2018



Over **77%** of RDNs have direct interactions with clients or patients.

About **25%** of RDNs reported managing a median budget size of **$308,000**.

About **10%** of RDNs report managing budgets of **$500,000** or more.

Sources: Academy RDN Reach and Influence Survey 2018 and Compensation and Benefits Survey of the Dietetics Profession 2017.

RDNs Improve Outcomes

Improved health outcomes using medical nutrition therapy (MNT) have been published in diabetes, hypertension, disorders of lipid metabolism, HIV infection, pregnancy, chronic kidney disease and unintended weight loss in older adults.

In addition, RDNs have demonstrated improved outcomes related to weight management:

- Studies show MNT provided by an RDN to overweight and obese adults for less than 6 months yields significant weight losses of approximately 1 to 2 pounds per week.
- MNT provided from 6 to 12 months yielded significant mean weight losses of up to 10% of body weight with maintenance of this weight loss beyond one year.