

September 27, 2012

Nevada Division of Insurance
Att: Commissioner of Insurance
1818 E. College Pkwy, Suite 103
Carson City, NV 89706

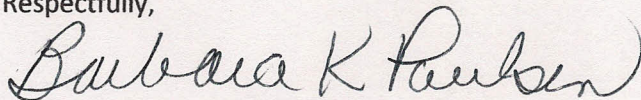
Dear Commissioner:

I am excited to see the State of Nevada moving forward with the development of health insurance exchanges. As you determine essential services for inclusion in these insurance options, I strongly encourage you to include medical nutrition therapy by a Licensed Registered Dietitian as part of the preventive services and as a tool to address chronic disease risk and management.

Heart disease, stroke, hypertension, diabetes, and some types of cancer all have a dietary link. Nutrition counseling provided by a Licensed Registered Dietitian promotes healthy dietary habits and provides patients with the skills they need to make lifestyle change. Early intervention can prevent or delay onset of these diseases which involve lifelong, and often costly, management once diagnosed. Nutrition intervention after diagnosis can slow the progression of disease. Medical nutrition therapy as prevention or as part of disease management improves quality of life and saves money. When individuals have the skills to reduce their risk for disease or manage their disease they have fewer medication needs, and fewer and shorter hospital stays.

I have worked as a dietitian in the areas of clinical practice, community nutrition education, research, and education of dietetic practitioners for over 40 years; 30 of those years in Nevada. I have seen what nutrition education can do to help individuals make changes that improve their health. I have also seen the long term costly effects of poor diet and/or disease management. When identifying essential health services for Nevada citizens through the Silver State Health Insurance Exchange, medical nutrition therapy provided by a Licensed Registered Dietitian must be included.

Respectfully,

A handwritten signature in cursive script that reads "Barbara K Paulsen".

Barbara K. Paulsen, MS, RD
1421 Bronco Road
Boulder City, NV 89005