

Dear Mr. Plain,

As part of the Affordable Care Act, I am requesting the following be added to Nevada's essential health benefits:

- 1) Nutrition Counseling by a licensed Registered Dietitian,
- 2) Medical Nutrition Therapy provided by a Licensed Registered Dietitian, and
- 3) Registered Dietitian Services.

Dietetic counseling can help prevent chronic disease by teaching healthy eating and reversing obesity; prevent complications from chronic disease like heart disease, diabetes, kidney disease, cancer, AIDS, and celiac disease; and prevent and manage the childhood obesity epidemic all at a relatively low cost compared to treatments for disease complications (e.g. open heart surgery, amputations, nerve damage, dialysis) and other costly options like gastric bypass. Obesity is also a risk factor for almost all of the chronic diseases listed above. According to the CDC's

overweight and obesity data and statistics facts on adult obesity (<http://www.cdc.gov/obesity/data/adult.html>):

- 1) The 2011 Behavioral Risk Factor Surveillance System (BRFSS) survey showed the prevalence of self-reported adult obesity in Nevada to be 24.5%,
- 2) 35.7% of U.S. Adults are obese, and
- 3) In 2008, medical costs for people who are obese were \$1,429 higher than those of normal weight.

Dietetic services also include tube and I.V. feeding recommendations; nutritional recommendations for high cholesterol, managing COPD, managing feeding problems in older adults (loss of appetite, difficulty eating, etc.), malnutrition, breastfeeding, feeding children properly, etc. As you can see, dietetic services go much further than just telling people to, "eat your vegetables." Hopefully you will see how valuable their services are and consider including them in Nevada's essential health benefits.

Thank You for Your Consideration,
Ann Petrie, RD
Henderson, NV