

SENATE HEALTH & WELFARE COMMITTEE  
Monday, February 8, 2016

ATTACHMENT 1





## Health & Welfare Committee Presentation

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2016

### Our Commitments

- Improve the health and well-being of Idahoans
- Progressive leadership and training in partnership with fellow health care professionals
- Health care cost reduction.

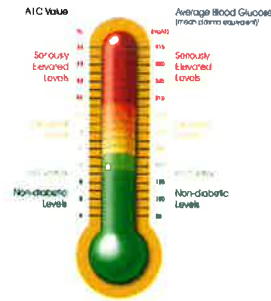


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Estimated diabetes costs in the United States, 2007	
Total (direct and indirect)	\$174 billion
Direct medical costs	\$116 billion
Indirect costs	\$58 billion (disability, work loss, premature mortality)

After adjusting for population age and sex differences, average medical expenditures among people with diagnosed diabetes were 2.3 times higher than what expenditures would be in the absence of diabetes.

Medical expenses for people with diabetes are more than two times higher than for people without diabetes.



### Idaho RDN Data 2015

- Of the 90 patients we have data on:
  - The average drop in A1c was 1.03%
  - 20% of patients went from an A1c above 7% to an A1c below 7%
  - 75% of patients saw a decline in their A1c after RDN intervention.
- Cost savings \$820 from a 1% drop in A1c.

Actual Savings: **\$76,014**

Average drop (1.03) x \$820 x 98,977 Idahoans with Diabetes

**\$83,595,974** projected cost savings



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### RDN in Primary Care

- 14 patients with 2 hours + with the RDN:
  - Average A1C drop from 10.2 to 7.1

3.1% decrease x \$820 x 14 patients =

**\$35,588**



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### Weight loss

145 patients:

5.5# average weight loss state-wide



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### Idaho RDN's

1. MC, 62 y/o female, down 117 lbs. from 318 to 201. DM improved, A1c lowered.
2. JB, 59 y/o female, down 38 lbs. A1c decreased from 6.7 to 5.4. Off BP meds
3. PA, 61 y/o female, A1c down from 10.7 to 6.3.
4. KS, 62 y/o female, from 260 – 236 lbs. Triglycerides 314 to 143.
5. PP, from 235 – 218 lbs, A1C from 12.1 to 5.8 (no longer on BP medication)



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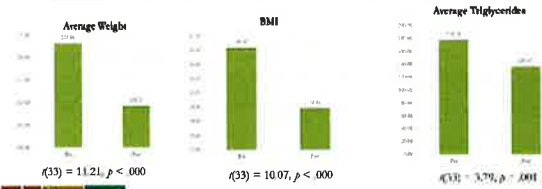
### Metabolic Syndrome Prevention Clinic Project

- St. Luke's Employees w/ Met Syn
  - Total of 5 men, 29 women: 2 cohorts
- 12 Weeks
- Inter Disciplinary Staff
  - Physician Directed
  - Exercise Physiologist
  - Licensed Clinical Social Worker
  - Registered Dietitian
- Individual Intake with Each Discipline
- Twice a week (24 sessions)
  - Group Education
    - Support Group format
  - Supervised Group Exercise with individualized exercise prescription



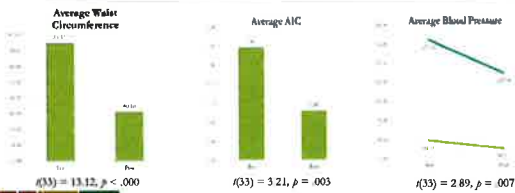
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### Met Syn Project Outcomes



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Thank you!

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