

# PRESCRIBE THE Y

The Y provides Medical Nutrition Therapy (MNT) for eligible participants; clinicians can refer their patients into our services.

Chronic disease impacts many District residents – 9% of DC residents have diabetes, 27% have hypertension.

Medical Nutrition Therapy provides individualized tools, strategies, and support needed to help participants manage a current disease or condition, and reduce risk of chronic disease.



## MNT Benefits for Providers

- Reduced complications
- Fewer treatments
- Prevented hospitalizations
- Slowed dvlpmt. of comorbidities
- Adherence to care plan and compliance with follow-up
- Strengthened self-efficacy and improved quality of life

## Why the Y?

- Client-centered services
- Community-based orientation
- Accessibility and easy follow-up
- Capacity to address cooking skill deficits, cost barriers, and food insecurity
- Existing health promotion and chronic disease prevention programs

# HOW IT WORKS

Provider identifies individual with cancer, diabetes, cardiovascular disease, or obesity

Provider refers patient to YMCA

YMCA contacts participant to enroll in services

Participant schedules MNT sessions with Y RDN

Upon participant completion, YMCA shares summary of Nutrition Care Process w/ provider

Provider bills insurance

YMCA bills provider