

Medicaid recipients gain Medical Nutrition Therapy options

Medicaid recipients who are fighting diabetes, obesity, heart disease and hypertension can seek Medical Nutrition Therapy (MNT) to try to maintain good health. Licensed and registered dietitians help their patients find the most beneficial foods and eating habits and align preventive services to supplement their health.

The 2017 Nevada Legislature authorized additional MNT coverage for its state Medicaid recipients. The approved policy took effect January 1, 2018.

“Under this legislation and state Medicaid policy, registered dietitians can practice independently and bill independently when they offer Medical Nutrition Therapy services while working in a coordinated, multidisciplinary team with a physician, physician assistant or advanced practice registered nurse,” said Jodi Patton, a Social Services Program Specialist III with the state’s Division of Health Care Financing and Policy (DHCFP).

DHCFP administers the Nevada Medicaid program.

“We can target more components of population health,” Patton said. “We’ll be able to help patients get treatment for their medical needs and support a holistic approach tied to their nutritional health and dietary choices.”

For example, registered dietitians can assist people with diabetes, obesity, heart disease and hypertension to find an eating and exercise plan that fits their unique nutritional and lifestyle needs. This partnership with doctors and nurses may help to stem an ongoing public health issue affecting the country. According to the Academy of Nutrition and Dietetics, 30.3 million children and adults in the United States have diabetes, which increases their risk of developing heart disease and other potentially life-threatening conditions.

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