



# Nutrition Coaching



## What is Nutrition Coaching?

Nutrition Coaching provided by a Registered Dietitian (RD) includes:

- A review of what you eat and your eating habits
- Thorough review of your nutritional health
- A personalized nutrition treatment plan

Health professionals agree that nutrition services are one of the first treatments individuals should receive to prevent the onset of and improve conditions such as diabetes, heart disease, and hypertension.

## How will Nutrition Coaching help me?

Registered Dietitians draw on their experience to develop a personalized nutrition plan for all individuals. They are able to separate facts from fads and translate nutritional science into information you can use. An RD can put you on the path to lowering weight, eating healthfully and reducing your risk of chronic disease.

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## What can I expect from Nutrition Coaching?

The first visit with the RD will take approximately one hour. After the first session, the RD will schedule follow-up appointments to check on your progress and see if changes are needed in your nutrition goals and treatment plan.

## Scheduling a Nutrition Consult

Stop by the front desk at The Center for Health Improvement to obtain paperwork for scheduling an appointment or call 785-623-5900 to obtain details on scheduling an appointment.

## Insurance Coverage

Nutrition Coaching is covered for certain conditions by a variety of insurance plans. Check with your insurance plan for specific Nutrition Coaching coverage details. Another word for Nutrition Coaching is “Medical Nutrition Therapy.” You may need to use this term when checking insurance coverage. You will be provided with a receipt to submit to your insurance company for reimbursement.

## Why should I see an RD?

Be cautious about the title “nutritionist.” While some RD’s may call themselves “nutritionists”, not all “nutritionists” are RD’s. RD’s have:

- At least a bachelor’s degree
- Completed an accredited practice/training program in nutrition
- Certification and a recognized credential
- Ongoing education

Virtually anyone can call themselves a “nutritionist” regardless of education or training. Therefore, it is important to get your nutrition advice from RD’s, the food and nutrition experts who can translate the science of nutrition into practical solutions for healthy living. The expertise, training, and credentials that back an RD are vital for promoting positive lifestyle choices.

## Meet The Center’s Registered Dietitian

Kirsten Angell, RD, LD, CDCES

Credentials:

- BS—Kansas State University
- Registered Dietitian—The Academy of Nutrition and Dietetics
- Licensed Dietitian—State of Kansas
- Certified Diabetes Care and Education Specialist—Certification Board for Diabetes Care and Education
- Certified Insulin Pump Trainer
- Group Fitness Instructor—Ace Council on Exercise

## Professional Background:

- Health and Wellness Promotion - The Center for Health Improvement
- Consultant Dietitian and Diabetes Educator
- Clinical Dietetics - HaysMed
- Accredited Practice Program - Salina Regional Health Center

## Areas of Special Interest:

- Diabetes
- Weight Management
- Sports and Wellness Nutrition
- Pasture to Plate Connection

## Philosophy

Kirsten’s goal is to help people understand that eating healthy doesn’t have to be difficult or expensive and that healthy food can taste good and be enjoyable. She understands with today’s busy lifestyle, choosing to live a healthy lifestyle can be challenging. Kirsten enjoys coaching and educating people to motivate and assist them in making healthy nutrition-related lifestyle choices that can last a lifetime.

