

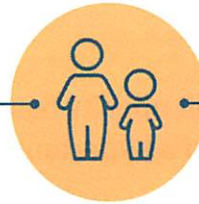
Tennessee Health Center Achievements from 2014-2016

71%
percent of community health centers now use population health management tools to provide smarter, more proactive care



9%
increase in healthy blood pressure rates for patients diagnosed with hypertension

24%
increase in the number of adult weight screenings and follow-ups



58%
increase in the number of children and adolescents receiving weight assessment and counseling

Patients' Achievement through Telehealth Nutrition Therapy

How Does Nutrition Counseling Work?

- 1 **Patient** visits provider for initial assessment
- 2 **Provider** makes a dietitian referral for patient
- 3 **Telehealth** consultation with a registered dietitian
- 4 **Dietitian** recommends diet and exercise plan
- 5 **Patient, dietitian, and provider** follow up on treatment plan, progress, and outcomes

What are the Benefits of Nutrition Counseling?

- 64%** of overweight patients who attended 3+ clinical sessions lost weight
- 8%** average reduction in HbA1c values for overweight patients who attended 3+ clinical sessions
- 15%** average reduction in blood glucose levels for overweight patients who attended 3+ clinical sessions

Working with a nutritionist has been a huge turnaround for me. The habits that used to be normal for me could never be normal again. I've changed my normal.

JOHNNY WHITT | Tennessee Resident and Health Center Patient