

Dietitians make the difference

Dietitians can help your employees feel better, get healthier and yes... save you money.
Find a Dietitian - www.dietitians.ca/find



HEALTHY EMPLOYEES = A HEALTHY BOTTOM LINE

Employers have an important part to play in helping their employees become healthier and stay that way. Studies have found that when companies invest in employee wellness, the amounts they spend are returned many times over. Sick time goes down, insurance premiums drop and medication costs are reduced.



As many as 9,000,000 Canadians have some form of chronic illness, like diabetes or high blood pressure. In many cases, the main contributing factor is obesity.

THE NUMBERS DON'T LIE

More than 1 in 4 Canadians suffer from one or more lifestyle diseases like obesity, type 2 diabetes or heart disease and high blood pressure.

These are serious, life-threatening and life-altering conditions. They can complicate and even worsen other health conditions, limit where we go and what we're able to do.

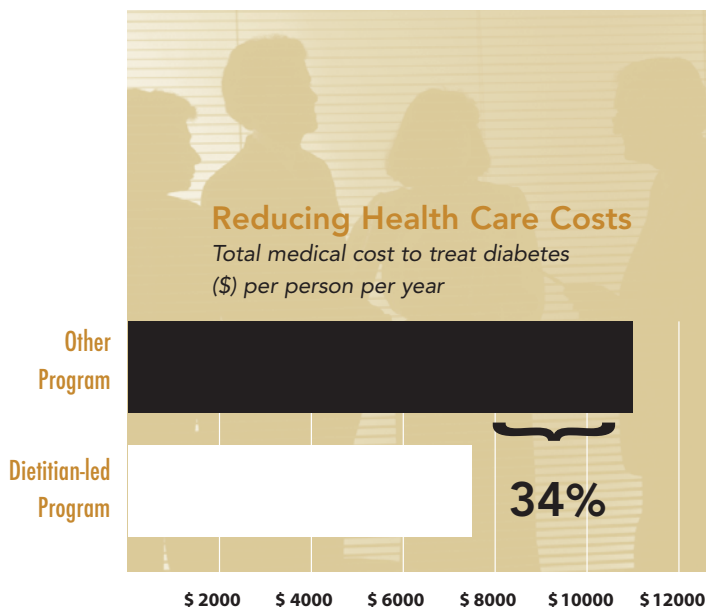
THE COST OF POOR HEALTH

\$80-billion. That's what lifestyle diseases cost the Canadian economy each and every year in treatment and accommodation. At work, too, poor health costs plenty – in both direct and indirect costs. Employees with health issues and lifestyle-related disabilities often miss work more often than their healthier co-workers. Add to that the cost of doctors, tests, medications and treatments.

REDUCING HEALTH CARE COSTS

Real change calls for real commitment, whether you're trying to improve health and wellness, cut health costs – or ideally, both. Dietitians can help you get the results you're looking for. They are regulated health professionals who understand that lifestyle changes are difficult and don't happen overnight.

A dietitian-led program can offer your employees professional, expert help and support at a cost that is comparable or even less expensive than alternative treatments.



Some companies have reduced the cost of their health plans by as much as 34 per cent by implementing dietitian-led programs.

DIETITIANS CAN MAKE THE DIFFERENCE

Dietitians can help people manage and even avoid many of our most serious and costly health problems like:

- Obesity
- Heart disease
- Diabetes and pre-diabetic conditions.

Dietitians can work with you to develop specific programs that suit your company's needs. With individuals or groups, they will provide information, guidance and support that can help workers feel better, become more active, improve their health and even prolong their lives.

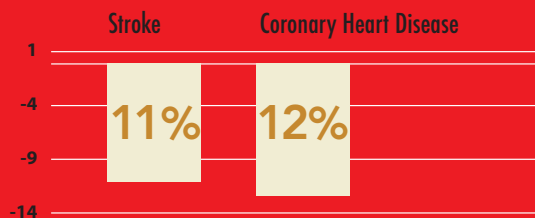
DIETITIANS ARE THERE FOR YOUR COMPANY, YOUR EMPLOYEES

A dietitian can visit your workplace, community centre or meeting place to help and support your employees as they get started on the road to better health.

To find out more about how dietitians can help, or to arrange for a consultation or information session for your team, group or workplace, go to www.dietitians.ca/find

Impact of Dietary Intervention

% Reduction in risk/incidence



Research has shown the positive effects that dietary intervention can have on health, particularly when lifestyle changes are supported by the work of dietitians.

KNOW A DIETITIAN WHEN YOU SEE ONE

Dietitians have RD, PDt or RDt designation after their names, or in French, DtP.

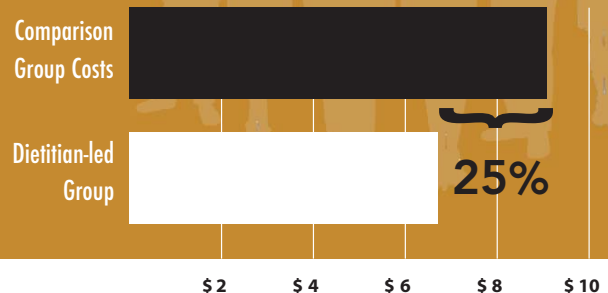
They are regulated health professionals and food and nutrition experts trained to provide the specialized services you need for healthier employees in a healthier workplace.

82% of Canadians believe that dietitians are the most credible source of nutrition information.

Canadian Council of Food and Nutrition, 2008 survey

Cost of Weight Loss Treatment

Cost per kilogram body weight lost



In one study, the weight lost by a dietitian-led test group cost 25 per cent less, kilogram for kilogram, than the weight lost by subjects in the comparison group.

According to the World Health Organization

80% of heart disease, strokes and type 2 diabetes and **40%** of cancers could be prevented by lifestyle changes, like making better food choices, getting more exercise and stopping smoking.

To find a dietitian near you, go to

www.dietitians.ca/find

For more information on the effectiveness of

dietitians go to www.dietitians.ca/effectiveness