



Nutrition is a major determinant of a person's overall health and Northern Light Beacon Health offers Nutrition Therapy to help people prevent and manage certain health conditions.

Many chronic illnesses are affected by nutrition including diabetes, obesity, and cardiovascular issues.

- 86% of healthcare costs are attributable to people with at least one chronic disease
- People with chronic disease account for 76% of all doctor visits
- 91% of filled prescriptions are for people with chronic disease
- As of 2020, the CDC estimates that over half of the US adult population suffers from at least one type of chronic disease/health condition
- The CDC estimates that approximately one third of the US adult population have prediabetes
- Studies show that for every \$1 invested in corporate wellness yields \$6 in corporate savings

Dietary needs differ from person-to-person and are dependent upon factors such as age, gender, height, weight, culture, socioeconomic status, religion/personal beliefs, preexisting health conditions, medications, and more. Our program creates a specialized care plan based on each person's needs.

References

Holman, H. R. (2020, March). The Relationship of the Chronic Disease Epidemic to the Health Care Crisis. National Library of Medicine.
Partnership to fight chronic disease. (n.d.). The Growing Crisis of Chronic Disease in the United State.
Chronic Diseases in America. (n.d.). Center for Disease Control and Prevention.
Prevalence of Prediabetes Among Adults. (n.d.). Centers for Disease Control and Prevention.
Berry, L. L., Mirabito, A. M., & Baun, W. B. (2010). What's the Hard Return on Employee Wellness Programs. Harvard Business Review.

Program Details

Step One: Biometric Screenings

Biometric screenings are completed on site, at your business, and help determine individual needs based on BMI, blood pressure, A1c, and cholesterol.

Program Delivery: One-on-One Nutrition Counseling

A nutrition specialist meets one-on-one with participants to learn about their nutritional barriers and provide unique solutions to help each person achieve long term success.

Program Evaluation

With help from our Nutrition Specialist, people complete a nutrition assessment during their first therapy session. The nutrition assessment focuses on three areas:

- Nutrition
- Current Behaviors
- Overall Knowledge and Confidence Building

The nutrition assessment is administered again once the participant achieves their desired goals. This reinforces how their behaviors, knowledge, and confidence levels regarding their personal nutrition have improved.

Healthy nutrition is a lifelong commitment, annual progress is important. After 12 months, biometric health screenings are repeated to determine progress, success, and identify any areas where there may be a need for more support.

Nutrition Therapy: More Than an App

There are many nutrition and wellness apps on the market, for example apps that scan food labels to determine if they are healthy or not, nutrition and health are about more than just calories.

- Build connections between people and the food they eat by asking important questions like, “Why do you choose the foods you eat?”
- Considers the individual answers (e.g. not having the time needed to prepare meals, unexpected energy dips during the day, budget restrictions, etc.)
- Builds an understanding of why we make certain food choices, and help find solutions that are realistic and sustainable.

Nutrition Therapy Can Help Manage

- Overweight/Obesity
- Underweight/Malnutrition
- Nutrient Deficiencies
- Chronic Disease
- Eating Disorders
- Food Allergies/Intolerances
- Dietary Restrictions
- Aging Population