



Congressman

# RAUL M. GRIJALVA

Serving the people of Arizona's 7th District

## The Education and Training for Health Act



### BACKGROUND INFORMATION

Seven out of ten deaths among Americans each year are from chronic diseases such as heart disease, cancer, and diabetes; diseases that can be prevented and treated through proper nutrition and other lifestyle changes. Chronic diseases account for 75 percent of the \$2 trillion spent on healthcare annually in the United States.

Not just a public health crisis, our active duty military and veterans struggle with diet-related diseases. The Department of Defense spends \$1 billion annually on medical care associated with weight-related health problems.

Health care professionals want and need more nutrition education in order to better address diet-related diseases in their patients. Ninety-four percent of physicians feel that nutrition counseling should be part of primary care visits, but only 14 percent feel qualified to offer it.

The EAT for Health Act will increase nutrition education and awareness for health care professionals by having Health and Human Services issue guidelines to Federal agencies for developing procedures to ensure that federally employed primary care health professional have at least 6 credits of continuing medical education (CME) courses relating to nutrition. This ensures that each year providers will receive training in the prevention, management, and, where possible, reversal of chronic disease.



### Key Provisions of the Bill

5. By current count, 15 states mandate CE in specific topics—but none of them require nutrition training.
4. The bill does not adversely affect non-federally employed primary care providers.
3. With weight problems serving as the number one reason for military discharge, chronic health diseases are also an issue of national security.
2. The bill will provide much-needed training for medical practitioners serving American Indian and Alaska natives – populations disproportionately impacted by chronic diseases.
1. At no cost, the EAT for Health Act is bipartisan commonsense legislation that reflects our society's growing awareness of the impact of nutrition on our health.

### Endorsed By:

American Heart Association, American Nurses Association, American Sleep Apnea Association, Center for Ecoliteracy, Center for Public Health Nutrition, University of Washington Center for Science in the Public Interest, Childhood Obesity Prevention Coalition, Colon Cancer Alliance, Defeat Diabetes Foundation, Family Cook Productions, Farm Sanctuary, Healthy Planet, Institute for America's Health, National Association of Nutrition Professionals, National Association of School Nurses, National Indian Health Board, Returning Veterans Project and more