



# Registered Dietitian Nutritionist Day

3/13/2024

## Celebrating Registered Dietitian Nutritionist (RDN) Day: Champions of Health

Today, on Registered Dietitian Nutritionist (RDN) Day, Minnesota WIC honors the dedicated professionals who are at the forefront of promoting health and wellness in Minnesota.

### Education and experience

Becoming an RDN, involves pursuing a bachelor's degree in nutrition, followed by an internship and, in many cases, advanced degrees to stay at the forefront of nutritional science. This education equips them to address the unique dietary challenges faced by Minnesota's diverse population, ensuring a locally tailored and culturally sensitive approach.

### Combating hunger and obesity

Minnesota's RDNs are on the front lines in the battle against hunger and obesity. Through initiatives aimed at promoting access to nutritious foods, they collaborate with local organizations to develop sustainable solutions. From organizing community gardens to implementing school nutrition programs, they are instrumental in creating a healthier and more food-secure environment for all Minnesotans.

### Community impact through SHIP

Minnesota's Statewide Health Improvement Partnership (SHIP) relies on the expertise of RDNs to drive community-wide health initiatives. They collaborate with local stakeholders to implement strategies that promote healthy eating and active living, ensuring a lasting impact on the overall health of communities throughout the state.

### Community health through WIC

In local public health WIC clinics, RDNs in Minnesota actively engage with vulnerable populations, offering tailored nutritional guidance and support. Their work ensures that mothers and young children receive the necessary nutrition to thrive, addresses nutritional disparities and promotes the long-term health of the community.

As we celebrate RDN Day, we want to express our gratitude to Minnesota's RDNs for your dedication to fostering healthier communities. Through your work, you are instrumental in shaping a future where every Minnesotan has access to nutritious food and the knowledge to make healthy choices.

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