

Weight Management RDN's Role in Promoting Physical Activity

**Ruth Ann Carpenter, MS, RDN
Health Integration, LLC**

Physical Activity and Scope of Practice eat right.



[Clissold Park Hackney London 008 Personal Trainer](#) by Flickr user [David Holt](#). Creative Commons License ([CC BY-SA 2.0](#))

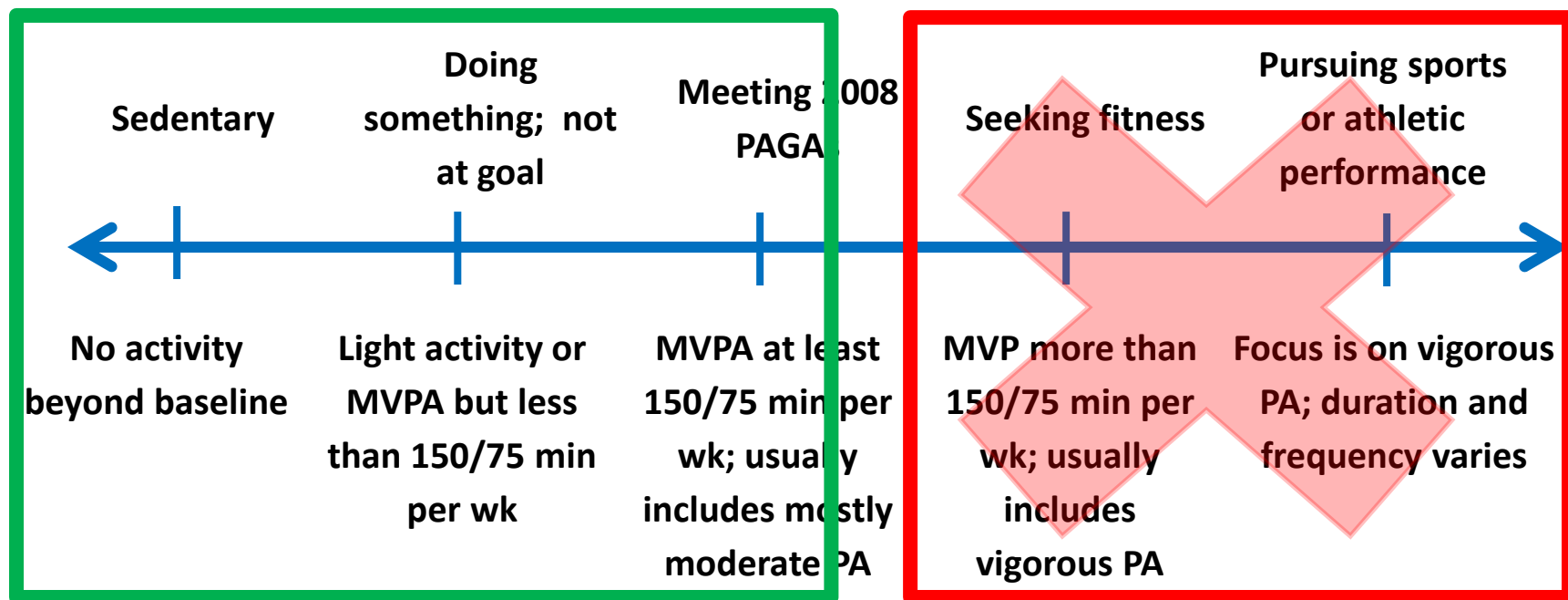
**Exercise
counseling/prescription**

Physical activity guidance



Source: CDC

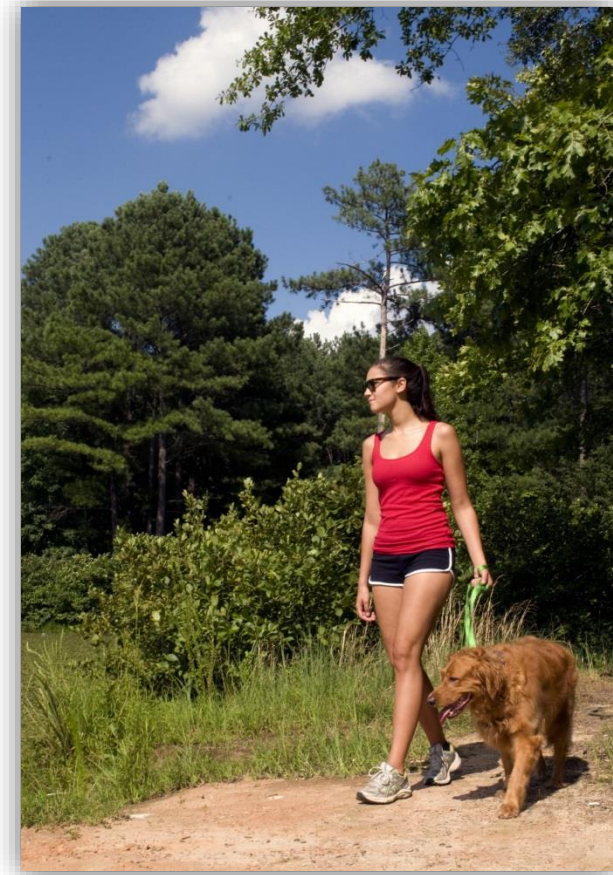
RDNs Providing PA Guidance



* Unless you have a fitness certification, are a CSSD, or have training or degree in exercise science or similar area

Physical Activity Guidance Definition

- Generally healthy or medically-cleared clients
- Client-centered process
- Understand current level of PA, readiness to change, PA interests, health goals
- Use cognitive and behavioral counseling skills to facilitate discussion in defining and attaining client's PA goals



Depends on your individual scope of practice

Scope of Practice Activity

Find the “Scope of Practice Activity”
Worksheet.

Put a ✓ beside the statements that are TRUE
for you.

Count the number of boxes you checked.

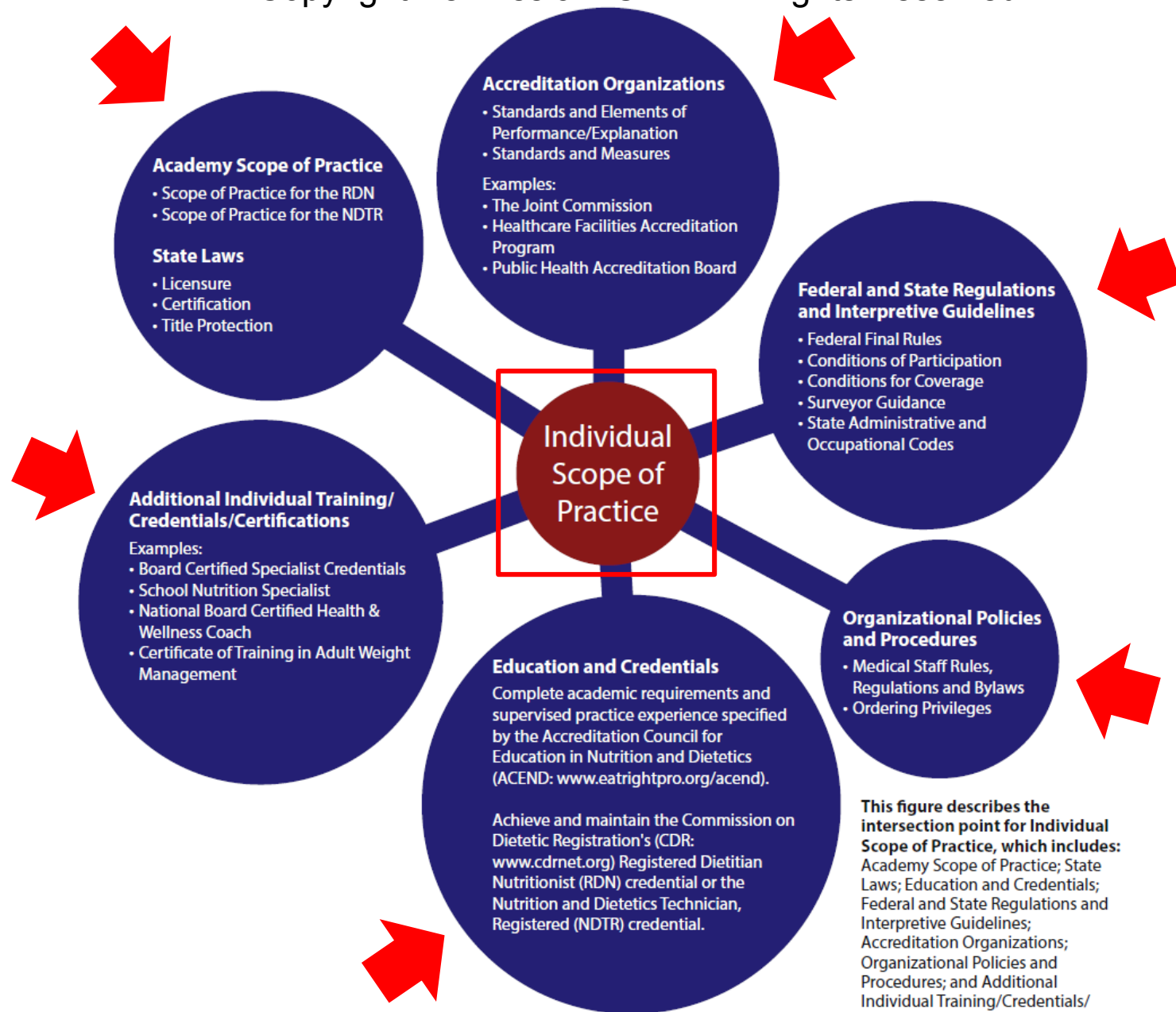
Restart the video when you’re done.

Pause the Video

Restart when you're done with the
Scope of Practice Activity.

Scope of Practice Activity





Standards of Practice & Physical Activity


FROM THE ACADEMY
Standards of Practice & Professional Performance


Adult Weight Management SOP/SOPP

Academy of Nutrition and Dietetics: Standards of Practice and Standards of Professional Performance for Registered Dietitian Nutritionists (Competent, Proficient, and Expert) in Adult Weight Management



Bonnie Jortberg, PhD, RDN, CDE; Eileen Myers, MPH, RDN, LDN, CEDRD, FADA, FAND; Linda Gigliotti, MS, RDN, CDE; Barbara J. Ivens, MS, RDN, FADA; Monica Lebre, MS, RDN, LDN; Susan Burke March, MEd, RDN, LDN, CDE; Isadora Nogueira, MS, RDN, LDN; Robin Nwankwo, MPH, RDN, CDE; Meredith R. Parkinson, RDN, CSP, LDN; Barbara Paulsen, MS, RDN, LD; Tonya Turner, MPH, RD, LD

ABSTRACT

Weight management encompasses the inter-relationship of nutrition, physical activity, and health behavior change. Nutrition is key for the prevention and treatment of obesity and chronic disease and maintenance of overall health. Thus, the Weight Management Dietetic Practice Group, with guidance from the Academy of Nutrition and Dietetics Quality Management Committee, has developed Standards of Practice and Standards of Professional Performance for Registered Dietitian Nutritionists (RDNs) in Adult Weight Management as a resource for RDNs working in weight management. This document allows RDNs to assess their current skill levels and to identify areas for further professional development in this expanding practice area. This document describes the current standards for weight management practice for RDNs. The Standards of Practice represent the four steps in the Nutrition Care Process as applied to the care of patients/clients. The Standards of Professional Performance consist of six domains of professionalism: Quality in Practice, Competence and Accountability, Provision of Services, Application of Research, Communication and Application of Knowledge, and Utilization and Management of Resources. Within each standard, specific indicators provide measurable action statements that illustrate how the standard can be applied to practice. The indicators describe three skill levels (competent, proficient, and expert) for RDNs working in weight management. The Standards of Practice and Standards of Professional Performance are complementary resources for the Registered Dietitian Nutritionist in weight management.

J Acad Nutr Diet. 2015;115:609-618.

Editor's note: Figures 1 and 2 that accompany this article are available online at www.andjml.org.

THE WEIGHT MANAGEMENT Dietetic Practice Group (WM DPG) of the Academy of Nutrition and Dietetics (Academy), under the guidance of the Academy Quality Management Committee, has developed Standards of Practice (SOP) and Standards of Professional Performance (SOPP) for Registered Dietitian Nutritionists (RDNs) in Adult Weight Management. These documents build on the Academy's Revised 2012 SOP

in Nutrition Care and SOPP for RDs.¹ The Academy of Nutrition and Dietetics/Commission on Dietetic Registration's (CDR) Code of Ethics² along with the Academy's Revised 2012 SOP in Nutrition Care and SOPP for RDs¹

are tools within the Scope of Practice in Nutrition and Dietetics³ and Scope of Practice for the RD⁴ that guide the practice and performance of RDNs in all settings.

*Approved November 2014 by the Quality Management Committee of the Academy of Nutrition and Dietetics (Academy) and the Executive Committee of the Weight Management Dietetic Practice Group of the Academy. **Scheduled review date: September 2019.** Questions regarding the Standards of Practice and Standards of Professional Performance for Registered Dietitian Nutritionists in Adult Weight Management may be addressed to Academy quality management staff - Sharon McCauley, MS, MBA, RDN, LDN, FADA, FAND, director, Quality Management, at quality@eatright.org.*

All registered dietitians are nutritionists—but not all nutritionists are registered dietitians. The Academy's Board of Directors and Commission on Dietetic Registration have determined that those who hold the credential Registered Dietitian (RD) may optionally use "Registered Dietitian Nutritionist" (RDN) instead. The two credentials have identical meanings. In this document, the expert working group has chosen to use the term RDN to refer to both registered dietitians and registered dietitian nutritionists.

2212-2672/Copyright © 2015 by the Academy of Nutrition and Dietetics.
<http://dx.doi.org/10.1016/j.jand.2014.12.018>

Performance Indicators RT PA

Assessment

- 1.4G – Physical activity, cognitive, and physical ability to engage in specific tasks, such as self-feeding, activities of daily living (ADLs), instrumental activities of daily living (IADLs), and breastfeeding
- 1.5G2 – Current stage of change relative to eating and physical activity behaviors

Performance Indicators RT PA

PA Assessment

1.7 - Physical activity habits and restrictions: Assesses physical activity, history of physical activity, and exercise training

- 1.7A - **Factors** affecting physical activity (eg, age, vision, weight, joint and other health issues, dexterity, amputations, paralysis, medication contraindication)
- 1.7B - Factors affecting **access** to physical activity and environmental safety (eg, physical and climatic, walkability of neighborhood, proximity to parks/green space, access to physical activity facilities/programs)
- 1.7C - **Current physical activity** level using FITT (Frequency, Intensity, Time, Type) principle
- 1.7D - Current level of physical activity **relative to current Physical Activity Guidelines** for Americans
- 1.7E - **Awake time spent sitting or lying down** (eg, screen time, sedentary occupation, commute time)

Performance Indicators RT PA

PA Assessment

- 1.7F - Patient/client knowledge, readiness to learn, barriers, and potential for behavior changes related to physical activity
 - 1.7F1 - Patient/client short- and long-term goals for physical activity
 - 1.7F2 - Potential barriers to success related to ability to meet personal and/or national exercise goals/standards (self-induced, economic, cultural)
 - 1.7F3 - Patient/client self efficacy

- 1.8A1 - Identifies information contributory to weight history in developing nutrition plan of care. Examples include: Physical activity limitations

Performance Indicators RT PA

PA Intervention

3.6 Develops the nutrition prescription

- 3.6B - Considers general physical activity recommendations for health and fitness based on published, evidence-based population-specific positions and guidelines (eg, Physical Activity Guidelines for Americans, ACSM)
- 3.6C - Assists medically cleared patient/client with establishing physical activity goals and devising plans for execution
- 3.6D - Tailors (nutrition) prescription to meet nutrient and energy needs considering multiple morbidities
- 3.12C - Addresses topics with patient/client as outlined in nutrition prescription when developing the plan of care (eg, access to food, food preparation capabilities, food selection and preparation, meal planning, portion control, physical activity goals, socioeconomic status, social support, motivation, barriers to change)



Photo Credit: [Elephant](#) by Flickr user [Stuart Bassil](#) protected by [CC BY 2.0](#)



Downloadable pdf
[Click here for link](#)

**To be updated
in 2018**

The image shows the cover of a report titled "A Physical Activity Toolkit for Registered Dietitians: Utilizing Resources of Exercise is Medicine®". The cover features logos for "Weight Management" (a dietetic practice group of the Academy of Nutrition and Dietetics), "Sports, Cardiovascular and Wellness Nutrition" (a dietetic practice group of the Academy of Nutrition and Dietetics), "Exercise is Medicine" (Your Prescription for Health), and the "AMERICAN COLLEGE of SPORTS MEDICINE LEADING THE WAY". Below the logos, the title is written in green and purple. To the right of the title is an image of fitness equipment: two teal dumbbells, a red apple with a white measuring tape wrapped around it, and a pair of white sneakers. At the bottom, the authors and contributors are listed.

Weight Management
a dietetic practice group of the
Academy of Nutrition
and Dietetics

**Sports,
Cardiovascular
and Wellness
Nutrition**
a dietetic practice group of the
Academy of Nutrition
and Dietetics

Your Prescription for Health
**Exercise
is Medicine®**
Your Prescription. Medicine. Life.

AMERICAN COLLEGE
of SPORTS MEDICINE
LEADING THE WAY

A Physical Activity Toolkit for Registered Dietitians:

Utilizing Resources of
Exercise is Medicine®

Authors

Toolkit Development Team

Julie Schwartz, MS, RD, CSSD, LD, ACSM-HFS – WM and SCAN DPGs
Ruth Ann Carpenter, MS, RD, LD – WM and SCAN DPGs
Melinda M. Manore, PhD, RD, CSSD, FACSM – WM and SCAN DPGs
Laura Kruskall, PhD, RD, CSSD, FACSM – WM and SCAN DPGs

Contributors

Linda Gigliotti, MS, RD, CDE – WM and SCAN DPGs
Hope Barkoukts, PhD, RD, LD – SCAN DPG
Roberta Anding, MS, RD, CSSD, CDE, LD – WM and SCAN DPGs
Molly Wangsgaard, MS, RD, NSCA-CPT – WM and SCAN DPGs
Richard Cotton, MS – National Director of Certification, ACSM
Adrian Hutbar, PhD – Vice President, Exercise is Medicine™, ACSM

Summary

- Provide PA guidance to help clients move closer to the Physical Activity Guidelines
- Consider individual scope of practice
- Adult weight management competencies re: PA include assessment, diagnosis, intervention and monitoring and evaluation
- Resources available