



Diet & Nutrition

Columbus Regional Health Nutrition Services

2400 East 17th Street
Columbus, IN 47201
812-376-5500

Schneck Medical Center Nutrition Services

411 W. Tipton Street
Seymour, IN 47274
812-522-0456

Active informed engagement of our patients improves outcomes. We work with you to help meet your patients' wellness goals including:

- Good blood pressure control (<140/90)
- Attaining and maintaining a healthy weight
- HgA1C < 6.5%
- Improvement in all chronic diseases known to respond to dietary intervention

Physician Resources

We will work with you to improve patient outcomes. According to the Academy of Nutrition and Dietetics', the following benefits have been documented:

- **Obesity:** Medical Nutrition Therapy (MNT) provided to obese adults for less than 6 months has been shown to yield significant weight losses of approximately 1-2 lbs/wk. MNT provided for 6-12 months yields weight losses of 10%, with maintenance greater than 1 year.
- **Hypertension:** MNT provided for less than six months leads to significant reductions (~ 5 mmHg) in both systolic and diastolic BP. MNT provided from 6-12 months reported similar significant reductions in BP with sustained reductions in BP beyond 1 year.
- **Prediabetes:** Weight loss reduces insulin resistance and can effectively prevent progression to diabetes as well as improve plasma lipid profile and BP.



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Physician Resources (Continued)

Our goal is to improve the quality of prediabetes, hypertension, and obesity care, and to reduce cost. A referral to our Diet and Nutrition services will include:

- Initial nutrition evaluation with a Registered Dietitian.
- Formulation of a care plan, including follow-up visits.
- Communication of the care plan with the Primary Care Provider.
- The patient will be contacted between primary care visits and the initial nutrition evaluation to improve accountability and motivation.

Diet & Nutrition Consult

If the patient or caregiver can check one or more of these qualifying factors they may be eligible for an Inspire Diet and Nutrition Group consult.

- Obesity with difficulty achieving weight loss goals.
- Hypertension with difficulty achieving blood pressure goals.
- Prediabetes with rising HgA1C or continued weight gain.

Diet & Nutrition – Columbus Regional Health

2400 East 17th Street Columbus, IN 47201 812-376-5898

Patient Connect Process

Columbus Regional Health Diet & Nutrition Services

Call: 812-376-5500

Fax: 812-375-3161

- Inform the patient you want to connect them with a member of the nutrition care team.
- Call Columbus Regional Health Centralized Scheduling at **812-376-5500** to schedule an appointment.
 - Inform Centralized Scheduling this is an Inspire patient.
- Fax patient demographics, diagnosis (that pertains to referral), medication list, initial history and physical, pertinent laboratory data and recent primary care provider progress notes to **812-375-3161**.



Diet & Nutrition –
Columbus Regional Health

2400 East 17th Street Columbus, IN 47201 812-376-5898



Katie O'Neal, MA, RD, CD

Registered Dietitian

Education: Indiana University;
Ball State University

Special Interest: Adult and Pediatric
Weight Management

Phone: 812-376-5898

Diet & Nutrition – Schneck Medical Center

411 W. Tipton Street Seymour, IN 47274 812-522-0456

Patient Connect Process

Schneck Medical Center Diet & Nutrition Services

Call: 812-522-0456

Fax: 812-523-5235

- Inform the patient you want to connect them with a member of the nutrition care team.
- Call the Registered Dietitian at **812-522-0456** to schedule an appointment.
 - Have patient take over the phone call to schedule the appointment.
 - If the Registered Dietitian is not available, leave a message and we will contact the patient to make the appointment.
- Send patient demographics, along with diagnosis, doctor's signature, medication list, initial history and physical, and primary care provider progress notes.
 - Fax information to **812-523-5235**.



Schneck Medical Center Nutrition Services

General Information

Schneck offers a comprehensive weight management and lifestyle program covering essentials for:

- Healthy eating
- Physical activity
- Behavior modification strategies

Real life skills can be learned. We offer one-on-one sessions with a Registered Dietitian. The Registered Dietitians hold advanced degrees in nutrition and certificates of training in adult and pediatric weight management.

Diet & Nutrition – Schneck Medical Center

411 W. Tipton Street Seymour, IN 47274 812-522-0456



Kristen Gilbert, MD

Endocrinologist

Education: DePauw University;
Indiana University School of Medicine

Phone: 812-523-7893



Monica Adams, MS, RD, CD

Registered Dietitian

Education: Ball State University

Phone: 812-522-0718



Lesley Kendall, MS, RD, CD

Registered Dietitian; Clinical Coordinator

Education: Purdue University;
University of Alabama

Phone: 812-522-0456



Jill Whitaker, MS, RD, CD

Registered Dietitian

Education: Mississippi State University;
University of Alabama

Phone: 812-522-0176

