

This table summarizes the 10 essential health benefits with examples of relevant nutritional clinical and preventive services. Credentialed nutrition professionals should provide these services and should be identified as essential services and be part of the core health care team. Covered prevention services should be provided without cost-sharing.

ACA 10 Essential Health Services Integrated with Nutrition Services		
Essential Health Services	Nutrition Services for Individual Care (In-patient, Outpatient and Community Care)	Nutrition Services for Population and Prevention
1. Ambulatory patient services	<p><u>Nutrition and behavioral counseling for:</u></p> <ul style="list-style-type: none"> • Weight management, anemia, food allergies, metabolic diets, pediatric underweight, hypertension, type 1 and type 2 diabetes, hyperlipidemia; calcium and vitamin D increase in diet, responsive feeding, disordered eating, chronic pulmonary and gastrointestinal conditions, celiac disease, and chronic diseases 	<ul style="list-style-type: none"> • Wellness programs, specialty formula programs, home visiting for children at nutritional risk • Ensure access to nutrition services, including outpatient counseling to manage chronic diseases and other conditions with nutrition components • Group classes on growth and development and disease prevention
2. Emergency services	<ul style="list-style-type: none"> • Counseling for families and patients with chronic diseases and/or CSHCN who have complex nutritional needs, to be prepared in emergencies to shelter in place or how to find an adequately supplied shelter • Breastfeeding emergencies 	<ul style="list-style-type: none"> • Work with local, state and federal partners to ensure nutrition services are integrated into emergency preparedness training and planning (e.g., pediatric shelters for CSHCN)
3. Hospitalization	<p><u>In- patient care for:</u></p> <ul style="list-style-type: none"> • Metabolic diets, Medical Nutrition Therapy for acute and chronic diseases (e.g., diabetes, renal disease, cancer, growth failure, cystic fibrosis), neonatal intensive care units (NICU), Prenatal complications 	<ul style="list-style-type: none"> • Ensure access to resources for children and families post discharge (e.g., nutrition counseling, referral to community food nutrition-assistance programs, and home visiting programs)
4. Maternity and newborn care	<ul style="list-style-type: none"> • Prenatal diet and weight gain counseling • Breastfeeding counseling and support • Newborn feeding, counseling and support • WIC patients at high risk • Gestational diabetes • NICU nutritional care 	<ul style="list-style-type: none"> • Ensure access to preconception, prenatal, and postpartum care • Lead and serve on local, state and federal committees to ensure integration of nutrition into Title V programs and services (e.g., folic acid council, Collaborative Improvement & Innovation Network to Reduce Infant Mortality (COIIN), home visiting) • Develop and/or participate in nutrition surveillance activities • Develop, implement and evaluate breastfeeding promotion programs and services at the local, state and federal levels. • Ensure adoption of screening guidelines and best practices for prevention and treatment of gestational diabetes
5. Mental health and substance use, behavioral treatment	<ul style="list-style-type: none"> • Nutrient-drug interactions • Disordered eating and feeding disorders • Nutrition implication of substance use/abuse 	<ul style="list-style-type: none"> • Work with local and state mental health organizations to ensure access to healthy foods and accessible physical activity options

6. Prescription drugs	<ul style="list-style-type: none"> • Identification and counseling for nutrient-drug interactions • Nutrition and behavioral counseling to help alleviate need for prescription medication (e.g., ketogenic diets for seizures, type 2 diabetes, hypertension, hyperlipidemia) • Counseling on medications that increase risk for obesity 	<ul style="list-style-type: none"> • Integrate nutrition education into wellness programs identifying the impact of nutrient and drug interaction with prescription drugs
7. Rehabilitative and habilitative services and devices	<ul style="list-style-type: none"> • Nutrition counseling and intervention for CSCHN (e.g., inborn errors of metabolism, autism, feeding problems, alternative feedings such as supplements, G-tubes) 	<ul style="list-style-type: none"> • Work with local and state health organizations to ensure access to healthy foods, accessible and physical activity options
8. Laboratory services	<ul style="list-style-type: none"> • Ability for qualified nutrition professionals to order labs needed for Medical Nutrition Therapy based on assessment and dietary history (e.g., hemoglobin, glucose, A1C, cholesterol) 	<ul style="list-style-type: none"> • Serve as resource for interpretation and counseling of nutrition-related laboratory parameters in community settings
9. Preventive and wellness services and chronic disease management (including weight management)	<ul style="list-style-type: none"> • Obesity/weight management (expert committee recommendations (level 2 and 4), hypertension, hyperlipidemia (Dietary Approaches to Stop Hypertension- Child DASH 1 and Child Dash 2 diets) • Diabetes, chronic pulmonary conditions (e.g., BPD, asthma, CF, technology dependent), disordered eating, CYSHCN (e.g., metabolic disease, cerebral palsy, Down syndrome, feeding problems) • Nutrition counseling for chronic diseases 	<ul style="list-style-type: none"> • Develop and/or utilize nutrition surveillance systems to assess health needs for program planning and evaluation activities • Convene and/or serve on local, state and federal coalitions to ensure access to healthy foods and beverages and physical activity opportunities • Work with local, state and federal policy makers to develop policies to promote healthy environments in communities, childcare settings, schools and worksites • Work with local and state education to integrate nutrition and physical activity standards in school curricula • Develop, implement, and evaluate school nutrition policies, wellness policies and regulations • Ensure access to food and nutrition assistance programs. • Developing nutrition practices and policies for child-care settings
10. Pediatric services including oral health and vision care	<ul style="list-style-type: none"> • Ensure inclusion of nutrition services in medical home models of care • Ensure nutrition services in home-visiting programs <u>Nutrition services include treatment of:</u> <ul style="list-style-type: none"> • Diabetes • Failure to thrive (pediatric underweight) • Food allergies • Hyperlipidemia; Hypertension; Obesity • Anemia • Pulmonary diseases (e.g., Cystic Fibrosis, BPD) 	<ul style="list-style-type: none"> • Nutrition services part of essential preventive/wellness services • Ensure inclusion of nutrition services in medical home models of health care • Ensure population access to comprehensive health-promotion and disease prevention services for MCH populations that include obesity and diabetes screening and intervention