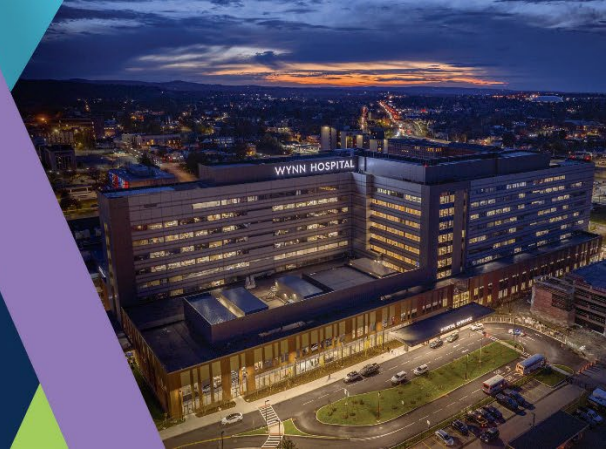


# Just the Facts

— MVHS & WYNN HOSPITAL

There's so much happening in healthcare in our region – at times it's hard to stay updated! That's why Just the Facts is being reinvigorated. This weekly publication, published on Tuesdays, will provide you with the latest information about MVHS and the Wynn Hospital!



## TOPIC FOR TUESDAY, MARCH 4, 2025:

### Department Spotlight: Nutrition and Dietitian Services

March is National Nutrition Month, and this year's theme is: *Food Connects Us*.

The [Eat Right. Live Right.](#) program at MVHS provides nutrition education and awareness through one-on-one nutrition counseling sessions and at community events. The program's objective is to connect with individuals, families and the community at large to educate everyone on the health benefits of proper nutrition and an active lifestyle.

#### **What kind of patients does the program see?**

The Eat Right. Live Right. program sees patients of all ages, and provides nutrition counseling and education for a variety of diagnosis including pediatric nutrition, gastrointestinal disorders, weight reduction and maintenance, poor weight gain, heart health and even general health and wellness.

#### **Where are is the program located?**

The Eat Right. Live Right. office is located inside the Bennett Street entrance of the Faxon Campus, 1676 Sunset Avenue, Utica.

#### **How many providers/employees?**

There are two outpatient Registered Dietitian Nutritionists (RDN) on staff.

#### **What is a typical day like?**

The day starts with reviewing charts. When they see patients, a comprehensive nutrition evaluation for each person is completed. They get to know the patients and come up with an individualized plan that fits their goals, medical needs and lifestyle. The objective is to educate not only the individual, but also the community on the health benefits of proper nutrition and an active lifestyle. Through the Eat Right. Live Right. programs, the individuals and communities can gain the tools they need to improve their health as well as prevent and manage diseases.

While the internet and social media are filled with nutrition information and "expert tips," it can also be overwhelming – and sometimes misleading, or simply not factual. It's important to seek out personalized guidance from a qualified professional such as an RDN. Here's how to get started and what to expect:

- **Ask your doctor for a referral to the Eat Right. Live Right. Program.** They can help you develop a personalized meal plan, address any dietary concerns and provide ongoing support. Find an RDN who specializes in your unique needs – whether you're managing a chronic condition, seeking to lose weight or simply looking to improve your overall health, an RDN can provide the expertise and guidance you need.
- **Personalized meal plans.** Receiving personalized nutrition information can empower you to make informed food choices and achieve your health goals. An RDN can help you navigate the complexities of nutrition, dispel common myths and create a sustainable eating plan that fits your lifestyle. They can also help you develop a deeper understanding of your relationship with food, fostering a more mindful and connected approach to eating.

To connect with the *Eat Right. Live Right.* program visit [mvhealthsystem.org/community-programs/eat-right-live-right/](https://mvhealthsystem.org/community-programs/eat-right-live-right/).

Throughout the month, your MVHS Dietitians will have a table on Tuesdays at the Center for Rehabilitation and Continuing Care Services (CRCCS) from 11 a.m. to noon and at the Faxon Campus from noon to 1 p.m. at the Bennett Street entrance outside the Nutrition Services office. They will also be at the Wynn Hospital from noon to 1 p.m. on Thursdays. They will be collecting donations for Feed our Vets. Last year they donated 120 pounds of food, and are hoping to beat that number this year! They will also be raffling off a gift basket and gift cards at the end of the month so be sure to stop by.

