

University of New Mexico

UNM Digital Repository

Shared Knowledge Conference

Nov 8th, 11:00 AM - 1:00 PM

Assessment of Nutrition Services in Substance Use Disorder (SUD) Treatment Centers in New Mexico

Natalie Kennedy

University of New Mexico

Follow this and additional works at: <https://digitalrepository.unm.edu/skc>

Kennedy, Natalie. "Assessment of Nutrition Services in Substance Use Disorder (SUD) Treatment Centers in New Mexico." (2021). <https://digitalrepository.unm.edu/skc/2021/Posters/31>

This Event is brought to you for free and open access by UNM Digital Repository. It has been accepted for inclusion in Shared Knowledge Conference by an authorized administrator of UNM Digital Repository. For more information, please contact disc@unm.edu.

Assessment of Nutrition Services in Substance Use Disorder (SUD)
Treatment Centers in New Mexico
Natalie Kennedy RDN, LD, Graduate Student, Nutrition and Dietetics, University of New
Mexico
Diana Gonzales-Pacheco, DCN, RDN, LD
Jean Cerami, MS, RDN, LD
Kathryn Coakley, PhD, RDN, LD

The objective of this study was to assess the utilization of nutrition services and registered dietitian nutritionists (RDNs) at substance use disorder (SUD) treatment centers in New Mexico. This cross-sectional descriptive study used an online survey to gather information from SUD treatment centers offering inpatient, residential, partial hospitalization, and/or intensive outpatient treatment across New Mexico. To locate facilities in New Mexico, where the primary focus of care was substance abuse, a search was conducted using the Substance Abuse and Mental Health Services Administration's (SAMHSA) database of treatment facilities and programs. Out of the 80 facilities initially identified, individuals from 19 (23.8%) of the facilities completed the online survey. Facilities were asked questions regarding the forms of nutrition education offered and the credentials of the individual offering nutrition services. Eight facilities (42%) reported offering nutrition education that reinforced basic or essential nutrition related knowledge to their clients. Out of nineteen facilities that answered questions regarding the credentials of the individual(s) providing one-on-one nutrition counseling and/or group nutrition education, just one (5%) reported having an RDN. Despite diet and health-related impacts of SUD, most SUD treatment facilities in New Mexico lack nutrition services and just 5% reported utilizing an RDN. Inclusion of an RDN should be considered when developing treatment modalities and treatment teams for SUDs. More research is needed assessing clinical impacts of RDNs in people with SUD, particularly in a state like New Mexico, which has the highest rate of alcohol-related deaths in the United States