To our fellow dietitians,

Our profession is changing quickly, and a small number of venture-backed, non-dietitian-owned companies are driving much of that change.

These companies are becoming the main way patients find a dietitian and the main place many RDs find work. As more referrals and search results flow through a few platforms owned by investors instead of dietitians, those companies increasingly shape how visits are structured and what an outpatient dietitian does. Insurance companies set reimbursement rates, and RDs need better rates and increased insurance coverage for nutrition care.

You may already feel it. If you work for a company, decisions about how you care for patients may be made by people who have never seen one. If you own a practice, you may struggle to hire RDs, or watch referrals go to large platforms and apps while providers don't know your practice exists. Wherever you work, you may wonder whether your pay reflects your training, and where AI tools in nutrition counseling will leave registered dietitians.

Decisions about reimbursement, coverage, and who can provide nutrition care are being made right now. Dietitians need a say in them.

That's why we started the Independent Dietitian Alliance. We're registered dietitians organizing around three commitments:

01 Better reimbursement rates and increased insurance coverage. We'll advocate for better reimbursement rates for RDs and increased insurance coverage for nutrition care.

02 Care led by RDs, not AI. We'll support policies that keep registered dietitians responsible for medical nutrition therapy and prevent AI from replacing their care.

03 Room for independent practice. We're building a state-by-state map of RDs and RD-owned practices, sharing honest career information, and connecting dietitians with peers and collaborators, so the big platforms aren't the only option for RDs or patients.

If you work at one of these companies, you're welcome here. Many dietitians chose those roles for good reasons, and many feel these pressures first. Our concern is how much power a few non-dietitian-owned companies hold over the whole profession.

Joining is free and takes about two minutes. Your name stays private unless you choose to share it. Members see survey results first and help decide what we take on next.

Join us at therdalliance.com.

With gratitude,
The founding members of the Independent Dietitian Alliance