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State of Maine Legislature

Committee on Health Coverage, Insurance, and Financial Services

Maine State House

Augusta, ME 04333

Subject: Support for the Licensure Compact for Dietitians in Maine  
Telehealth

To Whom It May Concern:

I am writing to express my support for Maine's participation in the licensure compact for registered dietitians, which would allow registered dietitians to provide telehealth services across state lines without unnecessary barriers. This compact is essential for ensuring continuity of care for many Maine residents, including college students, seasonal residents, and individuals who travel or relocate. Many clients build long-term, trusting relationships with their dietitians, and disruptions in care can be particularly harmful—especially for those receiving treatment for eating disorders. Nutrition therapy for eating disorders is not just about food; it is tied to mental health and requires consistency with a provider who understands the client's history, progress, and challenges. Forcing clients to find a new provider simply

because they temporarily move out of state creates unnecessary setbacks and could discourage them from continuing care.

Additionally, the ability to maintain care with a trusted provider is critical for college students, many of whom split their time between home and school in different states. Without the licensure compact, these students may face gaps in care at a time when they need stability the most. The same applies to “snowbirds” and those with temporary work relocations, who currently have to start over with a new provider or go without care.

By joining the licensure compact, Maine would align with other professions in supporting a more seamless and effective healthcare system, ensuring that clients can continue receiving the care they need from the providers they trust. I urge you to support this proposal to improve access, continuity, and quality of nutrition care for Maine residents.

Thank you for your time and consideration. I appreciate your leadership in advancing policies that prioritize patient wellbeing and access to care.

Sincerely,

Amy Taylor Grimm, RDN, LD

Co-owner, Kaleidoscope Eating Disorders and Diet Recovery Center