



All services are  
confidential.

Monday, Wednesday, Thursday, and  
Friday

8:30AM - 5:00PM

Tuesday

8:30AM- 7:00PM

We accept Medicaid, Medicare, Blue Cross and Blue Shield of North Carolina and other insurance plans. For those not covered by insurance, fees are based on a sliding scale according to income and family size.

## CONTACT US

414 East Main Street  
Durham, NC 27701

[dcopublichealth.org/services/nutrition-3670](http://dcopublichealth.org/services/nutrition-3670)

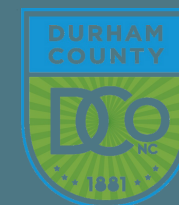


@DurhamHealthNC

919.560.7791 English  
919.560.7837 Spanish

Interpretation for non-English speakers is  
available.

# NUTRITION CLINIC



Public Health



Public Health



## IS IT TIME FOR A CHANGE?

Have you been thinking about changing your diet? Has your doctor told you that you need to change your (or your children's) eating habits? Schedule an appointment with a Registered Dietitian at the Durham County Department of Public Health. Nutrition services are provided for all ages from infancy through adulthood.



A Registered Dietitian is a health care professional who can help you set personal goals and create a plan to move towards a healthier lifestyle. We will discuss your diet, lifestyle and questions. Together we will set up a plan to help you reach your goals.

### IMPORTANT REASONS TO SEE A REGISTERED DIETITIAN

- Weight Management
- Diabetes and pre-diabetes
- High blood pressure and cholesterol
- Heart disease
- Poor growth
- Developmental Disabilities
- Pregnancy and breastfeeding

### WHAT OTHER SERVICES ARE OFFERED?

Taking Care with Diabetes is a comprehensive self-management education program led by a Certified Diabetes Educator. The training includes up to 10 hours of education on topics, including: nutrition, physical activity, blood sugar monitoring, and ways to prevent acute and chronic complications.