



Durham County Department of Public Health

Human Services Building
414 East Main Street
Durham, NC 27701

Nutrition Services
Phone: 919-560-7791
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www.dconc.gov/publichealth



Public Health

Nutrition Clinic

The Durham County Department of Public Health recognizes the importance of continuing a non-discriminatory policy for its employees and applicants for employment and in the provision of services. It is our policy not to discriminate against any employee or applicant for employment or in the provision of services because of race, color, religion, national origin, handicap, sex, age, or political affiliation.



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 eating habits or those of your children? Schedule an appointment with a Registered Dietitian at the Durham County Department of Public Health.

How can a Registered Dietitian help me?

A Registered Dietitian is the health care professional that will help you set personal goals and create a plan to move towards a healthier lifestyle.

What happens at the appointment?

We will talk about your diet, lifestyle, and questions. Together we will set up a plan to help you reach your goals.

The most common reasons we see people include

- Weight management
- Child and adolescent nutrition
- Poor growth
- Picky eating
- Developmental disabilities
- Allergies and food intolerances
- Diabetes and pre-diabetes
- Pregnancy and breastfeeding
- High blood pressure and cholesterol
- Heart disease and other chronic illness
- HIV and AIDS
- Cancer



What other service do you offer?

Taking Care with Diabetes is a diabetes self management education program led by a certified instructor. The program includes two individual counseling appointments and four group workshops.

How much will it cost?

We accept Medicaid, Medicare, BCBS, Duke Select/Basic, and other insurance plans. For those not covered by insurance, fees are based on a sliding scale according to income and family size.

For more information or to schedule an appointment call

919-560-7791

What are the clinic hours?

Monday	8:30-5:00
Tuesday	8:30-6:30
Wednesday	8:30-5:00
Thursday	8:30-5:00
Friday	8:30-5:00

ALL SERVICES ARE CONFIDENTIAL

Interpretation for non-English speakers and people with hearing impairment is available.