

MARION COUNTY PUBLIC HEALTH DEPARTMENT DIETITIAN SERVICES

The Marion County Public Health Department has Registered Dietitians available to provide guidance for all of your nutrition concerns.



GENERAL EATING GUIDANCE

Eating well can seem complicated. Maybe you don't have a specific concern but just know you need to improve you and your family's eating habits and are unsure where to start. A Registered Dietitian is a food and nutrition expert than can guide you and your family in the right direction.



HEALTHY WEIGHT AND WELLNESS

Are you concerned about your weight or your child's weight? A registered dietitian can help assess your weight and nutrition habits and provide nutrition counseling and recommendations to help you manage your weight and achieve your health goals.



BREASTFEEDING SUPPORT AND INFANT/CHILD FEEDING

Many of our dietitians are also Certified Lactation Consultants that are available to provide breastfeeding assessments and support in your home or our clinic. We can assess your child's growth and/or eating habits to determine how best to ensure your infant or child is getting all the nourishment they need to grow.

CHRONIC DISEASE PREVENTION AND MANAGEMENT

Whether you are trying to improve your nutrition to prevent disease or your have been diagnosed with a condition that requires an improvement in your nutrition habits, our dietitians are here to help.

- Pre-Diabetes or Type 2 Diabetes
- High Blood Pressure
- High Cholesterol
- Overweight / Obesity

Dietitian Services are **FREE** for Marion County Residents, no referral needed. — If you are interested in speaking with a Marion County Public Health Dietitian, call 317-221-7403, 317-221-7512 or 317-221-5707.

Provider Referrals: Providers can FAX nutrition consultation referrals to: 317-221-7360 Attn: Nutrition Services — or CALL 317-221-7403

