



# Heluna Health®

EMPOWERING POPULATION  
HEALTH INITIATIVES SINCE 1969

## Support Services for Clinical Nutrition & Breastfeeding

Heluna Health is proud to offer enhanced nutrition and breastfeeding support services to help clinical providers meet patient needs and improve health equity in high-need communities. For over forty years, our expert staff of culturally competent Registered Dietitian Nutritionists (RDNs) have been providing culturally-appropriate support through our WIC (Special Supplemental Nutrition Program for Women, Infants, and Children) program. Whether you're looking to serve your patients in person or through a telehealth platform, we can work with you to customize a plan for your site or an entire network.

- **Nutrition Counseling in Community Clinics**
- **Reducing Pediatric Obesity Family Workshop**
- **Comprehensive Perinatal Services Program (CPSP)**
- **Breastfeeding Support Services**



### Nutrition Counseling in Community Clinics

Our culturally-trained RDNs provide individualized nutrition counseling to patients living with obesity, diabetes, cardiovascular disease, kidney failure, and other medical conditions that meets them where they are at. Research\* has shown that nutrition therapy interventions by RDNs can help to lessen chronic disease risk, slow disease progression and reduce symptoms. Nutrition counseling can reduce the need for medication, which can result in fewer doctor visits, less hospitalizations, and lower overall health care costs.

*Contact us for Nutrition Counseling rates and other information.*

\*Lemon, C.C., Lacey, K., Lohse, B., Hubacher, D.O., Klawitter, B. & Palta, M. (2004). Outcomes monitoring of health, behavior, and quality of life after nutrition intervention in adults with type 2 diabetes. Journal of the American Dietetic Association. <https://doi.org/10.1016/j.jada.2004.09.024>

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Having nutrition education for our patients has been amazing. Our patients are extremely pleased with this wonderful resource and they are grateful they have someone to turn to when needing nutritional guidance to maintain a healthy pregnancy.

- Clinical Provider

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## Comprehensive Perinatal Services Program (CPSP)

Heluna Health's team of experienced RDNs provide multilingual perinatal nutrition services, including individualized nutrition counseling for pregnant and postpartum participants in culturally appropriate ways for each patient.

Contact us for CPSP rates and other information.



### Family Workshop Series on Reducing Pediatric Obesity

Our team of expert RDNs and Certified WIC Nutrition Assistants provides a six-week, evidence-based family workshop series focused on reducing pediatric obesity. The one-hour weekly sessions are tailored for a diverse range of families and cover a range of topics such as parenting, healthy nutrition, and exercise.

Contact us for Family Workshop rates and other information.



### Breastfeeding Support Services

International Board Certified Lactation Consultants (IBCLCs) and lactation educators provide one-on-one support to parents and babies to help them meet their breastfeeding and chestfeeding goals. No single journey is the same, and our team will be there to guide them.

Contact us for Breastfeeding Support Services rates and other information.

Cost is generally based on an hourly rate and may be billable to MediCal and other health insurers.

### Our Clinical Partners



### For Partnership Information

Contact Sagrario Nielsen MS RDN at [SagrarioN@phfewic.org](mailto:SagrarioN@phfewic.org) or (626) 856-6650 ext 322



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