



**FOR IMMEDIATE RELEASE: FEBRUARY 11, 2011**

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**Trumbull Monroe Health District Collaborates with Local Dietician to Provide Nutrition Counseling Services**

Does your New Year's resolution involve shedding unwanted pounds and eating healthier? Not sure how to get started? It's not too late to start your year off right!

The Trumbull Monroe Health District (TMHD) has teamed up with local dietician, Mari Jackson, RD, to offer individual nutrition counseling, family nutrition counseling, and group nutrition counseling classes. Services will be provided at the TMHD offices, 2 Corporate Drive, Suite 116, Trumbull. Payment for the counseling and education classes ranges from \$20 - \$75 per hour. Cash or check are accepted. For more information and to schedule an appointment call TMHD, M-F between 9:00 a.m. – 4:00 p.m., at 203-452-5195.

Counseling services are geared toward your particular needs. Confidential consultations will be provided and will include individual and/or family health and weight assessments, medical and dietary history, lifestyle, personality characteristics, and psychological factors. Assistance will be provided in setting short and long term goals. Regular weigh-ins, review of food journals, and counseling will be on-going.

Mari Jackson is a versatile Dietician who is certified in Adult Weight Management. She has significant experience in diverse clinical and community settings. Her background includes medical nutrition therapy and nutritional counseling. Mrs. Jackson has worked to improve school menus for the West Haven Head Start Program and provided individual nutrition consultation to many newly diagnosed diabetics and obese adults and adolescents at Bridgeport Hospital. She also has provided extensive nutrition education to families and children at Naugatuck Valley Health District WIC Program.

“Losing weight and eating better are among the top 10 resolutions made by Americans,” said Patrice Sulik, TMHD Director of Health. “We have joined forces with Mrs. Jackson in an effort to expand our services to the public and to help you achieve your goals.” Being overweight or obese is a major risk factor for cardiovascular disease, certain types of cancer, and type 2 diabetes. According to the Centers for Disease Control and Prevention (CDC), during the past 20 years there has been a major increase in obesity rates in the United States. Obesity is most commonly caused by a combination of excessive dietary calories, lack of physical activity, and genetic susceptibility. Obesity is a leading preventable cause of death worldwide, with increasing prevalence in adults and children. Dieting and physical exercise will help prevent obesity and unhealthy weight, no matter what your age.

Take the first step to making your resolution come true. Call TMHD today to find out more about our nutrition counseling services!

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The mission of the Trumbull Monroe Health District is to protect the health of residents, and to prevent disease. For more information on the Trumbull Monroe Health District call 203-452-5195, Monday through Friday from 8:30 a.m. – 4:30 p.m. or visit us at [www.tmhd.org](http://www.tmhd.org).