



# Complex Medical Help (CMH) Nutrition Services



## Why is nutrition important?



Department of  
Health

Complex Medical Help



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Nutrition is a critical factor in supporting the growth, development, and learning potential of children of all ages. Children with chronic illness or developmental disability frequently have additional nutrition needs due to their disease, condition, or treatment.

Early nutrition assessments help identify possible nutrition and feeding concerns, facilitate referral to appropriate treatment services, and prevent potential problems from becoming more serious.

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## How can a CMH Dietitian help?

The CMH program offers all clients and their family in-person and/or telehealth nutrition services with registered dietitians who will create an individualized nutrition plan and follow-up support.

CMH Nutrition Services are included with all active CMH Diagnostic and Treatment programs. Listed below are some of the available services.

- Provide feeding techniques and nutrition counseling for identified concerns.
- Assess and prevent malnutrition, including vitamin and mineral deficiencies.
- Evaluate and manage food allergies and intolerances.
- Conduct evaluations for nutrition supplements and tube feeding needs.
- Refer families to community food and nutrition resources (e.g., Women, Infants, and Children (WIC) program, Help Me Grow, food pantries).
- Develop and implement specialty medical diets and therapeutic nutrition plans.
- Provide support in managing metabolic disorders.
- Address caregiver concerns related to nutrition and feeding practices.
- Monitor and evaluate changes in typical growth patterns.
- Assess and treat feeding, chewing, and swallowing difficulties.
- Recognize and help overcome obstacles to maintain proper nutrition.

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## How to request CMH nutrition services?

- Email [bcmh.nutrition@odh.ohio.gov](mailto:bcmh.nutrition@odh.ohio.gov).
- Call (614) 466-1361.
- Contact your CMH nurse case manager.