

HEALTH SERVICES GREENVILLE RANCHERIA

Greenville Rancheria Proudly Welcomes Andrea Hamilton, Registered Dietician Nutritionist!!

Andrea Hamilton grew up in Redding where she recently returned with her family after 8 years working as a Registered Dietician Nutritionist (RDN) in Portland, OR. She worked in a variety of health settings including outpatient oncology, a diabetes clinic, as well as the large hospital in Salem, OR. She completed her undergraduate degree in nutrition and food sciences from CSU Chico and graduate work at Stony Brook University in Long Island, NY. RDNs are the food and nutrition experts who can translate the science of nutrition into practical solutions for healthy living. This includes helping individuals manage their health conditions like diabetes, digestive issues, and heart disease through their dietary patterns.

Building a healthy relationship with food and supporting quality of life are also key parts of her philosophy to nutrition care. An example of this would be to help someone stop crash dieting so they can nourish their body and have the energy to work, care for their families and engage in activities

they truly enjoy. Andrea understands these concepts are most helpful among people with adequate resources. When individuals are lacking basic needs like food or housing, she works with the team at Greenville Rancheria to help identify community resources available. Members of the team include our community health workers, counselors, patient care coordinators and providers.

When you meet with Andrea, her approach starts with getting to know you and your health goals. She works to identify your support system, if your basic needs are being met and making sure you understand your health conditions. This usually leads to forming an individualized, flexible, and realistic nutrition and exercise plan that feels achievable to the client.

Outside of her career, Andrea enjoys connecting with family and friends, preparing flavorful and satisfying meals, and outdoor activities like taking her young children to local parks especially Turtle Bay Exploration Park.



Andrea is excited to bring her kind and trauma-informed approach to support our communities in Red Bluff and Greenville. Her focus will be helping individuals to feel empowered to engage in health promoting behaviors to prevent or manage chronic health conditions like diabetes.

HEALTH PROGRAMS

FAMILY PRACTICE

PEDIATRICS

MEDICAL FACILITIES

DENTAL FACILITIES

MEDICAL TRANSPORT WITHIN PLUMAS

AND TEHAMA COUNTIES

COMMUNITY HEALTH REPRESENTATIVES

INDIAN CHILD WELFARE WORKER

DIABETES SERVICES

MENTAL HEALTH SERVICES

DRUG, ALCOHOL AND FAMILY COUNSELOR

ADDICTION AND MEDICATION-ASSISTED TREATMENT

8 SUB-SPECIALTIES:

WOMEN'S HEALTH, INTERNAL MEDICINE,

ORTHOPEDICS, PHYSICAL THERAPY,

PSYCHIATRY, CARDIOLOGY,

PULMONOLOGY AND PAIN MANAGEMENT

RED BLUFF *TRIBAL HEALTH CENTER 1425 MONTGOMERY ROAD 528-8600 - DENTAL CLINIC 343 OAK STREET 528-3488

GREENVILLE* MEDICAL CLINIC 284-6135 - DENTAL CLINIC 284-7045 410 MAIN STREET

Se Habla Espanol

PARTICIPATING IN
COVERED CALIFORNIA
AND MEDI-CAL
MANAGED CARE

AS A COURTESY, WE
WILL BILL MOST INSURANCES

NATIVES
AND NON-NATIVES

Open for Walk-ins. 8am - 5pm.
Medical - Dental Monday - Saturday
8am-5pm

*Call clinics first to confirm hours of
operation due to the COVID-19 pandemic.
Now our Red Bluff and Greenville Dental
is open*