



**Jackson County Department of Public Health**

538 Scotts Creek Road • Sylva, NC 28779  
Tel: 828-586-8994 • FAX: 828-586-3493

Anna Lippard  
Director

**Medical Nutrition Therapy Referral**  
**Attention: Lee Lillard, MHS, RD, CDE**

**Name:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Telephone:** (Home) \_\_\_\_\_ (Work/Cell) \_\_\_\_\_

**Diagnoses:** (All) \_\_\_\_\_

**Medications:**(All) \_\_\_\_\_

**Medical Nutrition Therapy Orders:**

- \_\_\_\_\_ Low cholesterol, low fat meal plan
- \_\_\_\_\_ Sodium restricted meal plan \_\_\_\_\_ 2 gm \_\_\_\_\_ 3 gm \_\_\_\_\_ 4 gm
- \_\_\_\_\_ Diabetes
- \_\_\_\_\_ Pre-Diabetes
- \_\_\_\_\_ Other: \_\_\_\_\_

**Labs: Fill in or attach copy of most recent laboratory results. If no labs available, check labs to be done at Jackson County Department of Public Health**

- \_\_\_\_\_ Lipid Profile
- \_\_\_\_\_ Serum Cholesterol
- \_\_\_\_\_ HDL
- \_\_\_\_\_ LDL
- \_\_\_\_\_ Triglycerides
- \_\_\_\_\_ Hgb A1C
- \_\_\_\_\_ Hgb
- \_\_\_\_\_ Microalbumin
- \_\_\_\_\_ Fasting Glucose
- \_\_\_\_\_ Other as applicable: \_\_\_\_\_

**Barriers to Nutrition Education:**

- \_\_\_\_\_ No transportation
- \_\_\_\_\_ Vision problems
- \_\_\_\_\_ Hearing Problems
- \_\_\_\_\_ Other: \_\_\_\_\_
- \_\_\_\_\_ Limited ability to read or write
- \_\_\_\_\_ Limited mental ability
- \_\_\_\_\_ English as a second language

**Physician's Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Office Use only**

<b>Unable to Contact patient</b>		
<b>Patient Scheduled</b>		
<b>No show/Canceled</b>		