



Public Health
Prevent. Promote. Protect.
SOMERSET COUNTY
HEALTH DEPARTMENT

**REFERRAL FOR SOMERSET COUNTY
CHILDHOOD HEALTH AND NUTRITION
HOME VISITATION PROGRAM**



Please **Fax** Completed Form to the **Somerset County Health Department**
att: **Sarafina Cooper, BS, MPH**
At **410-651-4083**
Or call **443-523-1719**

Date: _____

Child's Name: _____

Parent/Guardian: _____

Address: _____

County: _____

Phone Number: _____

Primary Care Physician/Phone #: _____

Physician Signature: _____

Parent/Guardian Signature: _____

Sessions Include:

- Obesity Prevention Self-Management Education
- Understanding Nutrition
- Nutrition/Healthy Eating Education
- Understanding Nutrition Labels
- Eating on a Budget/Healthy Cooking
- Steps to Success
- Physical Activity