



NutriSTEP®
 Nutrition Screening Tool
 for Every Preschooler
 Évaluation de l'alimentation
 des enfants d'âge préscolaire

NutriSTEP® Program Mapped to the Ontario Public Health Standards

Program Standard	Program Requirement	Explanation	Implementation Process
<p>Chronic Disease Prevention</p> <p>Requirements # 1, 3, 7, 11</p> <p>(+Foundational Standard Requirements # 1-6)</p>	<p>Health Promotion and Policy Development Requirement 11: The Board of Health shall increase public awareness in the following areas:</p> <ul style="list-style-type: none"> • Healthy eating; • Healthy weights; • Physical activity; 	<ul style="list-style-type: none"> • A multi-ethnic bilingual (English and French) questionnaire that parents can complete in 5 minutes and covers the nutrition constructs for this age group: food and nutrient intake, physical growth, developmental and physical capabilities, physical activity, food security and the feeding environment. • The NutriSTEP® questionnaire in English and French and <i>Implementation Toolkit</i> in English are available online at <i>Flintbox Technologies</i> at: http://www.flintbox.ca/technology.asp?page=3586. The French version of the <i>Toolkit</i> will be posted in fall 2008. • Currently all materials (questionnaires, toolkits, educational materials) are only available as downloadable files that can be printed and copied. • Additional provincial support through EatRight Ontario will be available in late 2008. • Other web based materials and support will be available through the Dietitians of Canada Healthy Start for Life web site in early 2009. 	<ul style="list-style-type: none"> • NutriSTEP® can be used in Health Units' Child, Family and School Health programs and the HBHC program. • NutriSTEP® can also be used as a nutrition surveillance tool for the early years. • The Implementation Toolkit is intended for service providers only; parents should not be accessing this resource. It includes parent education and service provider materials to increase nutrition awareness and knowledge. • Health units can download materials online for free. You will need to complete a license agreement to use these materials. • The EatRight Ontario dietitians will be able to assist parents with their questions and concerns as well as practitioners and agencies who wish to consider implementing a NutriSTEP® program in their community.
<p>Family Health</p> <p>Includes Child Health Requirements # 1, 4 – 9, 11</p>	<p>Child Health HP and Policy Development Requirement 5: The Board of Health shall increase public awareness of</p> <ul style="list-style-type: none"> • Healthy eating, healthy weights, and physical activity; <p>by: a. Adapting and/or</p>	<ul style="list-style-type: none"> • <i>Implementation Toolkit</i> includes parent education and service provider support and training materials to adapt or develop nutrition awareness strategies. • Connects to provincial initiatives, such as EatRight Ontario. EatRight Ontario dietitians will be able to assist parents with their questions and concerns as well as practitioners and agencies. 	



NutriSTEP®
 Nutrition Screening Tool
 for Every Preschooler
 Évaluation de l'alimentation
 des enfants d'âge préscolaire

NutriSTEP® Program Mapped to the Ontario Public Health Standards

Program Standard	Program Requirement	Explanation	Implementation Process
(+Foundational Standard Requirements # 1-6)	supplementing national and provincial health communications strategies; and/or b. Developing and implementing regional/local communications strategies.		
	Child Health Disease Prevention Requirement 11 The Board of Health shall facilitate access and support for families to complete screening tools to monitor their child's health and development, and provide a contact for families to discuss results and arrange follow-up. (Screening tools will include those that are part of HBHC (e.g. Nipissing) as well as other reliable, valid screening tools that may be identified, such as NutriSTEP...)	<ul style="list-style-type: none"> • NutriSTEP® provides early ID of nutrition related issues including dietary, physical activity and growth concerns. • NutriSTEP® can also be used for surveillance of nutrition indicators in preschool aged children (3-5 years) including dietary intake, physical activity and screen time, growth issues. • The <i>Implementation Toolkit</i> provides guidelines and templates to develop and implement an ethical nutrition screening program in a community including referral mapping to link parents to appropriate community programs and services. 	<ul style="list-style-type: none"> • NutriSTEP® can be used in Health Unit programs, including HBHC. • The <i>Implementation Toolkit</i> is a combined Protocol and Guidance Document resource to use.