

NutriSTEP[®]

Nutrition Screening Tool for Every Preschooler

What is the NutriSTEP[®] questionnaire?

- A valid and reliable 17-item questionnaire that assesses the eating habits of preschoolers aged 3 to 5 years and identifies nutrition problems including growth and weight issues
- Is completed by the child's parent in about 5 minutes
- Comes with an 4-page fact sheet called *How to Build a Healthy Preschooler*
- Provides next steps for parents according to the child's total nutrition risk score, e.g., referral for a phone consultation with a registered dietitian (at no cost) or to the NutriSTEP[®] website at www.york.ca/nutriSTEP for resources
- Can be administered or distributed in a variety of settings including child care centres, family resource centres, schools, child health programs and physicians' offices

What does NutriSTEP[®] screen preschoolers for?

- Physical growth - Weight and height; parent's comfort level
- Types and amounts of foods and beverages consumed and how often
- Physical activity - Indoors and outdoors; TV, computers
- Factors affecting eating, e.g., does parent allow child to determine how much to eat; can parents afford to buy sufficient food

How do parents complete the NutriSTEP[®] questionnaire?

- NutriSTEP[®] has 17 questions that ask parents about eating and activity habits. Each question has several responses. Parents choose the best response option to describe their child's behaviour. There is a number from 0 to 4 beside each response which is a score for that question
- Parents add up the scores for each question and receive a total nutrition risk score for their child – either low, moderate or high risk

Note: You may wish to assist parents with filling in the questionnaire

How can I get copies of the NutriSTEP[®] questionnaire to give to parents?

- NutriSTEP[®] questionnaires and the accompanying parent resource *How to Build a Healthy Preschooler* are available in **eight languages** to residents of York Region, at no cost, from York Region Community and Health Services Department, Nutrition Services
- For large orders, a pick-up location will be arranged

For more information about implementing NutriSTEP[®], please contact Mary Turfryer, Public Health Nutritionist, at mary.turfryer@york.ca or (905) 895-4512 or 1-800-735-6625 ext. 4338.

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NutriSTEP® (Nutrition Screening Tool for Every Preschooler)

ORDER FORM (for residents of York Region only)

NutriSTEP® questionnaire

How to Build a Healthy Preschooler



Please complete all the information below:

Ordering information

Name: _____ Date: _____

Organization: _____

Address: _____

City: _____ Postal code: _____

Phone: _____ Email: _____

Quantity NutriSTEP® questionnaire / How to Build a Healthy Preschooler:

English Simplified Chinese Punjabi Vietnamese
 French Traditional Chinese Spanish Tamil

Follow-up

York Region Community and Health Services may wish to gather feedback regarding NutriSTEP® questionnaire implementation. Please indicate below if we may contact you for follow-up.

Yes, you may contact me
 No, please do not contact me

Mail, fax or email completed form to:

York Region Community and Health Services Department, Nutrition Services
 Mail: 22 Prospect Street, Newmarket, ON L3Y 3S9
 Phone: (905) 895-4512 or 1-800-735-6625 ext. 4335
 Fax: (905) 895-7520
 Email: Susanne.Bennett@york.ca

<i>For office use only</i>	
Date sent: _____	Sent by: _____
Date picked up: _____	Pick up location: _____
October 2011	