

SECTION 1: INTRODUCTION

What are NutriSTEP® and Nutri-eSTEP?

- Validated and reliable nutrition screening questionnaires that can identify feeding, activity, weight and nutrition concerns in children ages 18 months to 5 years:
 - Toddler NutriSTEP® (paper version) and Toddler Nutri-eSTEP (online version) for ages 18 to 35 month
 - Preschooler NutriSTEP® (paper version) and Preschooler Nutri-eSTEP (online version) for ages 3 to 5 years
- Can be completed by a child's parent in less than 10 minutes
- Can be administered or distributed in a variety of settings including primary care offices, child care centres, schools, child and family programs and child health programs

What do the NutriSTEP® and Nutri-eSTEP questionnaires screen for?

- Food and fluid intake
- Physical growth and development/weight concerns
- Factors affecting food intake and eating behaviours such as food security and the psycho-social feeding environment
- Physical activity and sedentary behaviour (screen time)

How do parents complete the NutriSTEP® and Nutri-eSTEP questionnaires?

- The questionnaires have 17 questions that ask parents about their child's eating and activity habits. Each question has several response options. Parents choose the best response to describe their child's behaviour
 - NutriSTEP® (paper versions): 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. NutriSTEP® comes with a parent education resource and next steps for families according to the child's nutrition risk, e.g., speak to a registered dietitian at Telehealth Ontario (at no cost)
 - Nutri-eSTEP (online version): Parents complete the questions online and get immediate personalized feedback on what is going well and how to improve eating and activity habits. The online version provides links to trusted nutrition resources including the phone number to speak to a registered dietitian at Telehealth Ontario (at no cost)

How can I get NutriSTEP® questionnaires to give to parents living/working in York Region?

- Toddler NutriSTEP® questionnaire and the accompanying parent resource How to Build a Healthy Toddler are available, at no cost, from York Region Community and Health Services Department, Nutrition Services
- Preschooler NutriSTEP® questionnaire and the accompanying parent resource How to Build a Healthy Preschooler are available in 8 languages, at no cost, from York Region Community and Health Services Department, Nutrition Services
- Families can visit at www.nutritionscreen.ca and select the Toddler Nutri-eSTEP or Preschooler Nutri-eSTEP

SECTION 2: CONTACT DETAILS

First Name: _____ Last Name: _____
 Organization: _____
 Street number: _____ Street address: _____
 Unit number: _____ City: _____
 Province: _____ Postal code: _____
 Phone number: _____ Ext: _____ Email: _____

SECTION 3: UNIT ORDERING

Toddler (18 to 35 months) NutriSTEP® questionnaire / How to Build a Healthy Toddler set:

English

Units

Preschooler (3 to 5 years) NutriSTEP® questionnaire / How to Build a Healthy Preschooler set:

English	Punjabi	Vietnamese	French	Spanish	Tamil	Simplified Chinese	Traditional Chinese
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Units

Units

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Units

SECTION 4: 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

SECTION 5: INFORMATION

For more information about implementing NutriSTEP® or Nutri-eSTEP, please contact nutrition.services@york.ca or 1-800-735-6625 ext. 74336.

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SECTION 6: SUBMIT INFORMATION

CLEAR

PRINT

EMAIL

MAIL

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 Ontario, L3Y 3S9