



NutriSTEP® Licensee Progress Check

Case Study One

Region of Waterloo

Fall 2009





Launch of Implementation

Winter 2008

Geographic Location

Region of Waterloo, Ontario

Focal Audience

The target audience is parents of preschool-aged children attending Child Health Fairs. Parents come from varied ethnic backgrounds and socio-economic groups.

Delivery methods

#	Method	Reach	Implementation Notes
1.	Implementation at Child Health Fairs	Average of about 13 nutrition screens completed per health fair.	<p>Child Health Fairs are community-based events supporting the growth and development of children in their early years (birth to six years old).</p> <p>NutriSTEP® is a new addition to existing screening programs (e.g. dental, vision, speech, hearing) being offered to parents.</p> <p>These Fairs are usually located at a school or an Ontario Early Years Centre. There are six to seven Child Health Fairs held each year at various locations across the region.</p> <p>The Child Health Fairs are advertised in the community using posters, mobile signs and local newspaper ads. Flyers are sent to schools, preschools, doctors' offices, churches, pharmacies, libraries, and YMCA Cross Cultural Community Centres. Information is also available on the Region of Waterloo Public Health website.</p> <p>At the Child Health Fair, parents of preschoolers are given the opportunity to complete the NutriSTEP® questionnaire. A Public Health Nutritionist is available to assist with the scoring, review the results, answer questions and make appropriate referrals. The score is then entered on the client summary form that is collected and used for data entry.</p>





Follow-up methods

A Public Health Nutritionist (PHN) reviews the questionnaire one-on-one with the participant, and resources and referrals are provided according to the calculated risk score. All participants receive a standard package which consists of the following resources:

- Eat Right Be Active: A guide for parents and caregivers of children ages 3-5
- How to Build a Healthy Preschooler
- Eating Well with Canada's Food Guide
- EatRight Ontario contact information

According to the issues identified on the questionnaire, the following resources may be provided:

- ABC's of Fruit Juice
- Choking Prevention Tips for Parents
- When Your Child Refuses to Eat Vegetables
- When Your Child Refuses to Eat Meat
- When Your Child Refuses to Drink Milk
- When Your Child is a Picky Eater

Participants who score at moderate risk are referred to EatRight Ontario for more information and reminded of our Healthy Children Info Line they can access for nutrition information.

Participants who score at high risk are given the contact information for EatRight Ontario and the Public Health Nutritionist (for further consultation if needed). If appropriate, they are referred to their family doctor or a registered dietitian, depending on the issue(s) identified.

If they are associated with a Family Health Team or Community Health Centre, they are referred to the registered dietitian at that site. If not, they are given a local resource for how to contact a private practice registered dietitian if they are interested.

At this time, there is no follow-up with the participants after the Child Health Fair.



Implementation team

Job title	Roles	Time Investment
Public Health Nutritionist	The Nutritionist takes the lead role in planning for adoption and implementation: includes development of the proposal, referral map, and administrator toolkit. She also does adaptation of supplemental client resources and meetings informing management and staff of the program.	Set up time: estimated at 70 hours Estimated at 36 hours 2 hours
Public Health Nutritionist	The Nutritionist does Implementation of NutriSTEP® questionnaire at Child Health Fairs and records results on participants' screening summary form for data entry.	1 day per Child Health Fair
Public Health Nurses/Community Partners	Public Health Nurses/Community Partners complete the Nipissing Developmental Screen with families and then direct the parents of preschoolers to the Nutrition display to complete the NutriSTEP® questionnaire. They are given a coloured reminder notice on their clipboard.	No extra time needed
Family Health Information Assistant.	Data from the participant screening results are inputted into the computer data file.	Estimated at 1/4 hour per Child Health Fair
Family Health Program Planner	Data is captured in a summary document.	No extra time needed

Community partners

Partner	Role	Notes
Ontario Early Years Centres	Often provides a venue for the Child Health Fair and advertises the event.	Existing relationship
Waterloo Region Elementary School Boards	Often provides a venue for the Child Health Fair and advertises the event.	Existing relationship
Local Churches	May provide a venue for the Child Health Fair and advertises the event.	May be an existing relationship or a new relationship.
YMCAs and Libraries	Advertise Child Health Fairs through notices at their sites.	Existing relationship
Region of Waterloo Social Services, Infant and Child Development Program KidsLINK, Early Intervention Services Community Living Cambridge Elmira & District Association for Community Living K-W Habilitation Services	These community partners are involved at Child Health Fairs in the administration of the Nipissing Screens and direct parents of preschoolers to the nutrition screening component of the Child Health Fair.	Existing relationship

Annual Costs (excluding staff)

Expense	Approximate funds required	Source of funds
Resource Materials	\$600.00 (This will vary)	Program funds from organization

Program challenges, proposed solutions

Challenge encountered	Possible solution, or way to avoid
Selected screenings during the Health Fair are done by scheduled appointment (e.g. Nipissing, vision, hearing). Nutrition screening is not scheduled and participants must fit it in around the other appointments.	Booking specific times with people for the nutrition screenings may increase the number of parents participating.
The PH Nutritionist doing the screenings at the Health Fair is also responsible for answering nutrition questions from parents of infants and toddlers. This makes it difficult at times to spend enough time with the NutriSTEP® participants in responding to the issues that arise from the screenings.	Another staff member or student to help with the display, handle questions and/or implement the screenings would be helpful.
The physical set-up of where NutriSTEP® is administered does not always allow room for a separate table for participants to fill in questionnaires (as the display takes up a lot of room). It is usually set up in a room with other displays and can get crowded.	A separate area for administering the NutriSTEP® screen would alleviate this problem.

Additional support required

Desired support	Comments or clarification about this support.
Advocate for Ministry support for implementation at JK registration.	Universal Implementation of NutriSTEP® at JK registration on a Provincially funded basis would be welcome.



Outcomes expected

We will contribute to achieving the following Board of Health Outcomes:

- The public is aware of the importance of healthy eating and healthy weights. (Page 18, Ontario Public Health Standards)
- Children at risk of poor health and developmental outcomes are supported and referred to services prior to school entry. (Page 27, Ontario Public Health Standards)

We will also meet the following Ontario Public Health Standard Requirements:

Child Health

7. The Board of Health shall provide advice and information to link people to community programs and services on the following topics:

- Positive parenting;
- Breastfeeding;
- Healthy family dynamics;
- Healthy eating, healthy weights, and physical activity;
- Growth and development; and
- Oral health.

Disease Prevention

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 the Healthy Babies, Healthy Children program (e.g., Nipissing District Developmental Screen) as well as other reliable, valid screening tools that may be identified, such as NutriSTEP® and the Paediatric Dental Screening Instrument.

We will also:

- Enhance participants' Child Health Fair experience by adding nutrition screening to the existing dental, speech and vision screen.
- Increase preschool nutrition knowledge among parents.
- Identify children at nutrition risk and provide immediate nutrition information/resources/referrals (as appropriate) at the time of risk identification.
- Contribute to efforts to address one of our high Public Health identified priorities: childhood overweight and obesity and its consequences.
- Use the tool to collect surveillance data in the community (OPHS).



Evaluation data

Indicator	Source of data	Collection Method	Findings
Number of screens completed	Participant summary screening form	PHN fills in while at Health Fair	2009: 80 Screens were completed
Number of participants at each level of risk			Data not available at this time
Whether or not participant is referred and where			

“Administration of the questionnaire and one-on-one discussion with parents has increased our opportunities to raise awareness of some issues among parents. Common issues that are addressed include:

- *the importance of regular meal and snack times vs. “grazing”*
- *consumption of fruit juice – many parents are surprised that it is not OK to offer unlimited amounts – belief is that this is “healthy” beverage and more is better*
- *division of responsibility - opportunity to describe Ellyn Satter approach to feeding*
- *use of supplements – use is common*
- *screen time - many parents unaware of how much is appropriate.*

Expansion plans

Plans are currently underway to train additional public health staff to implement NutriSTEP® in the HBHC program.

“I think this is a great tool and would like to see a more coordinated/standardized use of it across the province. ”