Development of a Toddler NutriSTEP®: Importance of Community Connections

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What is NutriSTEP®?

• A valid and reliable questionnaire that can differentiate between preschoolers (3-5 years) who are at nutritional risk and those who are not.
• A parent-administered 17-item nutrition screening questionnaire in 8 languages.
• A mandatory child health screening tool in Ontario (Ontario Public Health Standards, 2008).
• A provincial program funded by the Ontario Ministry of Health Promotion.
• Implementation is supported by the Nutrition Resource Centre of the Ontario Public Health Association.

Why is NutriSTEP® Important?

• Approximately 10% of preschoolers can be identified as high nutritional risk.
  • NutriSTEP® provides:
    ✓ Early identification of potential nutrition problems
    ✓ Parent referral to community resources
    ✓ Parental nutrition education
    ✓ Support in evaluating preschool nutrition interventions
    ✓ A means of monitoring community child nutrition programs

Evaluation and Impact

• NutriSTEP® Questionnaire Licences (June 2008 – Dec 2010)
  • 300 + licences in 8 languages
• 200 + NutriSTEP® implementation toolkit licences (June 2008 – June 2009)
  • Printed Materials (June 2008 – Dec 2010)
• 75,000 + questionnaires (8 languages) to 18 public health units (July 2009 – Dec 2010)
• 120,000 + education booklets (6 languages)
  • Website
  • 25,000 + hits
• 5000 + primers for Registered Dietitians
• 800 + NutriSTEP® implementation toolkits
• 35 members in online community

Why a Toddler NutriSTEP®?

• Since the development of Preschooler NutriSTEP® there has been expressed need for a toddler (18-35 months) version
• Nutrition risk concerns for toddlers differ from preschoolers in areas such as:
  • Changes in milk consumption
  • Bottle-feeding
  • Introduction of table foods
  • Development of the parent-child feeding relationship

NutriSTEP® Community Partners

• SUDBURY & DISTRICT HEALTH UNIT
  • Site for key intercept interviews through collaboration with the Northern Ontario Dietetic Internship Program (NODIP) (Fall 2010)
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• THUNDER BAY DISTRICT HEALTH UNIT
  • Site for key intercept interviews through collaboration with NODIP (Fall 2010)
  • Site for key intercept interviews through collaboration with NODIP (Fall 2010)
• YORK REGION PUBLIC HEALTH SERVICES
  • Site for focus group interviews (Spring 2010)
  • Site for key intercept interviews (Winter 2011)
• CITY OF HAMILTON PUBLIC HEALTH SERVICES AND SOCIAL SERVICES
  • Site for focus group interviews (Spring 2010)
  • Site for focus group interviews (Spring 2010)
• ONTARIO EARLY YEARS CENTRES in SUDBURY, MILTON, HAMILTON & YORK REGION
  • Sites for focus groups and key intercept interviews

Conclusion

• The collaboration of community partners in Public Health with the University of Guelph has resulted in the successful progress to date on the development of a Toddler NutriSTEP®

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Hamilton Mountain OYEC
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North York OYEC
YMCA OYEC, Richmond Hill

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