

# Halton Region NutriSTEP® Referral Map

## Toddler/Pre-school NutriSTEP® Score

### Score: 20 or less Low Risk

Child is doing well. Eating and activity habits are good. Parents are advised to seek out healthy eating information to stay on track.

### Score: 21 - 25 Medium Risk

Child can improve eating/activity habits by making changes. Parents are advised to seek out healthy eating resources to learn what changes are needed.

### Score: 26 or more High Risk

Changes are needed to improve eating and activity habits. Parents are advised to connect with their child's doctor or dietitian for assessment.

Does the child have problems chewing, swallowing, gagging or choking when eating most of the time?  
If yes, Dial 311 to request a Children's Services Intake assessment.

### Access parenting and community supports

#### Halton Region

Halton.ca/nutristep

Dial 311 to speak to a public health nurse

Services:

- Parent support and programs
- Early child development
- Early learning programs (including drop-ins)
- Nutrition and healthy eating
- Healthy menu planning and shopping
- Cultural diet considerations
- Physical activity

#### EatRight Ontario

eatrightontario.ca | 1-877-510-5102

Services:

- Talk to a registered dietitian for free
- Nutrition and healthy eating
- Healthy menu planning and shopping
- Cultural diet considerations

AREA OF CONCERN	RECOMMENDED PROGRAM/SERVICE
Physical growth and development	<ul style="list-style-type: none"> <li>• Physician or nurse practitioner (assessment)</li> <li>• ErinoakKids (existing clients can be assessed)</li> </ul>
Developmental and physical capabilities (chewing, swallowing and/or choking concerns)	<ul style="list-style-type: none"> <li>• Physician or nurse practitioner (assessment)</li> <li>• ErinoakKids (existing clients can be assessed by Occupational Therapist)</li> <li>• Halton Region (assessment)</li> </ul>
Nutrition and healthy eating	<ul style="list-style-type: none"> <li>• Physician or nurse practitioner (assessment)</li> <li>• Halton Region</li> <li>• EatRight Ontario</li> <li>• Registered dietitian (RD) Consult RD (fee for service) or Family Health Team RD</li> </ul>
Food security	<ul style="list-style-type: none"> <li>• Halton Region                             <ul style="list-style-type: none"> <li>• <i>Where to Get Food in Halton</i></li> <li>• Halton Fresh Food Box</li> <li>• Halton Food Banks</li> </ul> </li> </ul>
Physical activity	<ul style="list-style-type: none"> <li>• Physician (assessment)</li> <li>• Halton Region</li> </ul>
Parenting	<ul style="list-style-type: none"> <li>• Halton Region</li> <li>• Ontario Early Years Centre</li> <li>• Our Kids Network</li> </ul>

### Hospital services

*Physician referral required*

#### McMaster Children's Hospital, Feeding and Swallowing Clinic

905-521-2011, ext. 75013

Fax referrals to 905-521-2654

#### Hospital for Sick Children, Nutrition Clinic

416-813-7270

Fax referrals to 416-813-8124

RD assessment and follow up for children with an underlying medical issue.

### Additional resources

#### NutriSTEP® escreen

NutritionScreen.ca

#### Halton Region

Halton.ca/nutristep | Dial 311

- Healthy Babies Healthy Children (HBHC)
- Children's Services Intake (for Occupational Therapist assessment)

#### Dietitians of Canada

Dietitians.ca

#### Our Kids Network

OurKidsNetwork.ca | Email: info@ourkidsnetwork.ca

Resources for professionals and families

#### ErinoakKids

Erinoakkids.ca | 905-855-2690

#### Ontario Early Years Centres in Halton

OntarioEarlyYears.ca

- Oakville Parent-Child Centre 905-849-6366
- Reach Out Centre for Kids (ROCK) OEYC Burlington 905-632-9377
- North Halton OEYC/Milton Community Resource Centre 905-876-1244
- Links2Care (North Halton OEYC satellite for Halton Hills) 905-873-2960

