

PRESCHOOL

NutriSTEP® Screening

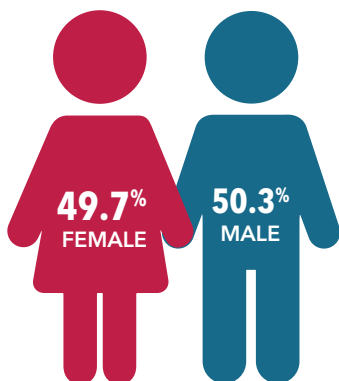
2017

Southwestern Public Health - St. Thomas site*

PARTICIPANTS:

314

caregivers of children ages 3-5 completed the nutrition screen.



Nutrition Risk

Overall, many Elgin St. Thomas preschoolers appear to be okay

● High risk	7%
● Moderate risk	15%
● Low risk	78%

CONCERNING NUTRITION TRENDS:

33.8%



of preschoolers eat **VEGGIES** once a day or less.

Eating enough veggies/fruit can help to lower the risk of diseases such as cardiovascular disease, obesity & diabetes. Canada's Food Guide recommends preschoolers eat a total of 5 servings of veggies/ fruit every day.

45.9%



of preschoolers eat **FRUIT** twice a day or less.

32.5%



of parents may exert too much influence over how much their child eats.

Pressuring children to eat more or less may cause them to ignore their hunger/fullness cues. This can make it difficult to learn how much food is right for them.

44%

of preschoolers are at risk of consuming excess fast food.



Too many processed or prepared foods may increase the risk of heart disease and obesity.



PRESCHOOL

NutriSTEP[®] Screening

SCREEN TIME:



of preschool children are at risk for excess screen time for their age.

Excess screen time can harm a child's early development, physical health, and psychosocial well-being. It also exposes them to online food ads featuring items high in sugar, salt and saturated fat.



* Elgin St. Thomas Public Health and Oxford County Public Health merged into Southwestern Public Health on May 1, 2018. Since the above infographic is based on historical data, it refers to the Elgin St. Thomas region exclusively.