



Public Health Update February 2017

TB SKIN TESTING SERVICES AT ESTPH

- We offer TB Skin Tests on MONDAYS, 9:30 am to 12:30 pm
- We read TB Skin Tests on WEDNESDAYS, 1:30 pm to 4:00 pm
- **Effective March 1, 2017, Cost : \$40.00 per test**
- TB Skin Tests are Free (publicly funded) for persons who are:
 - contacts of a person diagnosed with active TB;
 - new immigrants to Canada; or
 - deemed medically necessary, such as those undergoing treatment (making them more susceptible to TB disease).

Managing and Preventing Childhood Obesity Together

- With 1 in 3 Ontario children at an unhealthy weight, there is no time to wait to take serious action.
- The causes and trends in unhealthy weight are very complicated and multi-factorial, and so is the approach to patients.
- The Ontario MOHLTC has a plan called 'No Time to Wait: The Healthy Kids Strategy' http://www.health.gov.on.ca/en/common/ministry/publications/reports/healthy_kids/healthy_kids.pdf
- Front-line health care providers play a pivotal role in this strategy by promoting healthy eating, adequate sleep and active living to all patients, regardless of their shape and size.
- There are many tools and support to help you in your role. A few include:
 - [Elgin St. Thomas Public Health](#) for resources, evidence informed information and tools for you and your clients.
 - [Local Registered Dietitians](#) to refer to.
 - [EatRight Ontario](#) for evidence informed nutrition information, recipes, practical tips, videos and apps for you and your clients to access.
 - ['Preventing Childhood Obesity Tool'](#) designed to help guide conversations with pediatric patients (2-17 years of age) and their families over a series of visits that focus on healthy lifestyle choices and goal-setting, for use with all children, irrespective of body size.
 - [The '5 As of Pediatric Obesity Management Toolkit'](#), to guide front-line pediatric obesity treatment.
- When dealing with this topic, health care providers must be very sensitive to avoid [perpetuating weight bias](#).

Live Healthy