



Public Health Update – July 2018

Are your pediatric patients eating enough fruits and veggies? Maybe not.

From the Elgin St. Thomas 2017 Preschool NutriSTEP® Report we know that:

- 314 caregivers of children ages 3-5 completed the nutrition screen in 2017.
- 7% are at high nutrition risk; 15% at moderate nutrition risk; 78% at low nutrition risk.
- Our preschoolers are not eating enough veggies and fruit.
 - 33.5% eat veggies once a day or less.
 - 45.9% eat fruit twice a day or less.
- 44% of our preschoolers are at risk for consuming excess fast food.
- 32.5% of our parents may be exerting too much influence over how much their child eats.
- 73.6% of preschool children are at risk for excess screen time for their age.
- [See this link to the final report.](#)
- [See this link to the infographic.](#)

New way for Ontarians to get nutrition and healthy eating advice and information

- For the past 10 years, EatRight Ontario has been the go-to place for nutrition information for the public.
- This service has changed.
- For free advice from a registered dietitian on nutrition and healthy eating by phone, your patients can now call: Telehealth Ontario 1-866-797-0000.
- For reputable and evidence informed on-line nutrition information, your patients can now go to: www.UnlockFood.ca.
- Coming soon...tear-off pads that you can use with your patients describing this service change.

Save the Date

- Geared to primary care physicians and nurse practitioners
- Organized by the health unit and the Elgin Primary Care Alliance
- Focused on the primary care challenges related to Substance Use
- Coming this fall – 3 workshops on Opioid, Cannabis and Alcohol Use

In partnership with Elgin Primary Care Alliance



Primary Care Providers

You Are Invited

SUBSTANCE SERIES

Southwestern Public Health

(St. Thomas Site @ 1230 Talbot St.)

5:00pm Registration

5:30 p.m - 8:30 p.m

~ Dinner Provided ~

SAVE THE DATE

Tuesday, September 18, 2018: Opioids
Wednesday, October 24, 2018: Cannabis
Thursday, November 29, 2018: Alcohol

- *Special Guests/Expert Speakers*
 - *Education and Learning*
- *Practical Tools for Your Practice*
 - *Discussion opportunities*



To RSVP [click here](#)



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