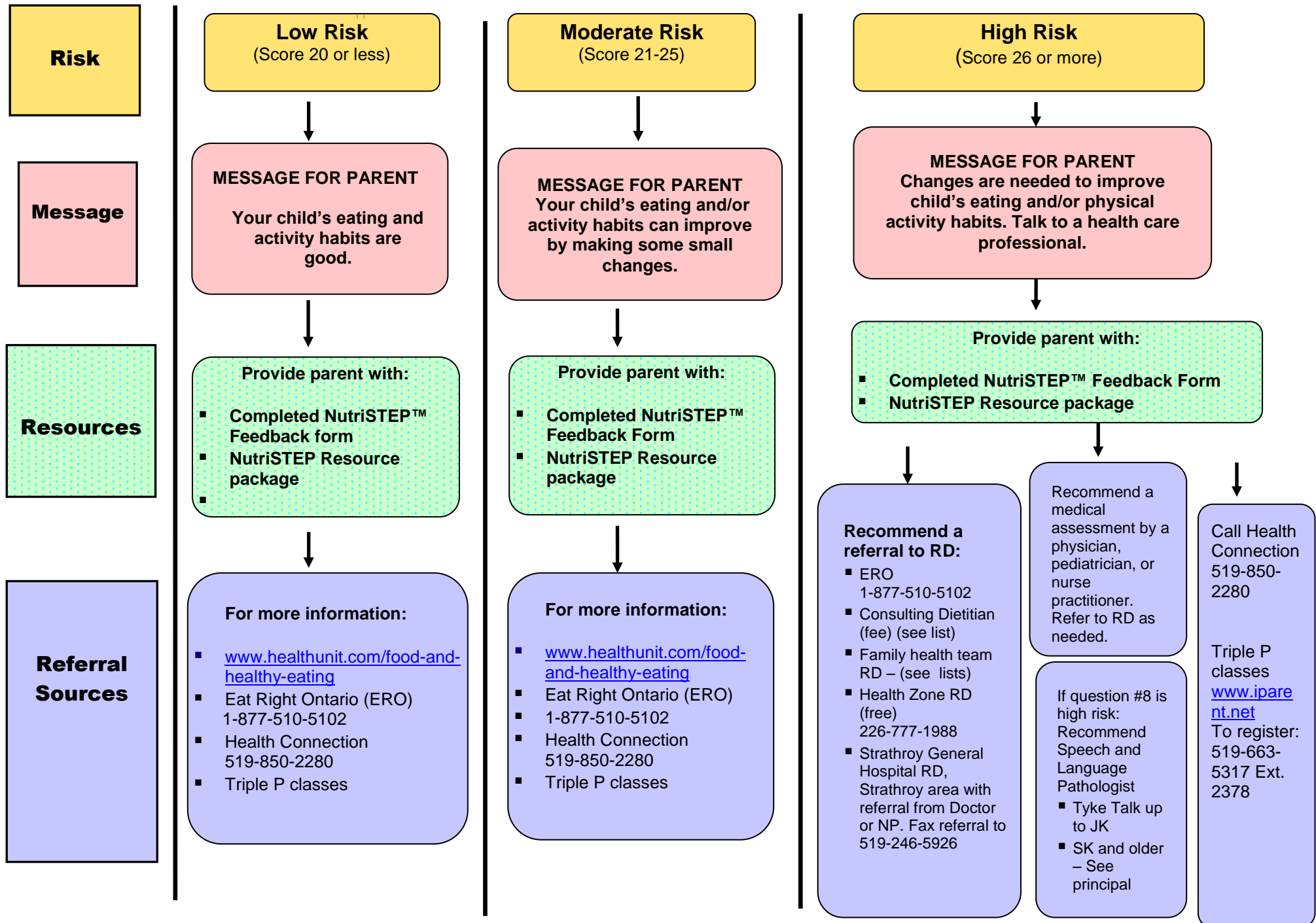


# Middlesex-London Referral Map Based on NutriSTEP® Risk Score – November 2015



**Risk**

**Low Risk**  
(Score 20 or less)

**Moderate Risk**  
(Score 21-25)

**High Risk**  
(Score 26 or more)

**Message**

**MESSAGE FOR PARENT**  
Your child's eating and activity habits are good.

**MESSAGE FOR PARENT**  
Your child's eating and/or activity habits can improve by making some small changes.

**MESSAGE FOR PARENT**  
Changes are needed to improve child's eating and/or physical activity habits. Talk to a health care professional.

**Resources**

- Provide parent with:
- Completed NutriSTEP™ Feedback form
  - NutriSTEP Resource package

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**Referral Sources**

- For more information:
- [www.healthunit.com/food-and-healthy-eating](http://www.healthunit.com/food-and-healthy-eating)
  - Eat Right Ontario (ERO) 1-877-510-5102
  - Health Connection 519-850-2280
  - Triple P classes

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  - Health Connection 519-850-2280
  - Triple P classes

- Recommend a referral to RD:**
- ERO 1-877-510-5102
  - Consulting Dietitian (fee) (see list)
  - Family health team RD – (see lists)
  - Health Zone RD (free) 226-777-1988
  - Strathroy General Hospital RD, Strathroy area with referral from Doctor or NP. Fax referral to 519-246-5926

Recommend a medical assessment by a physician, pediatrician, or nurse practitioner. Refer to RD as needed.

If question #8 is high risk:  
Recommend Speech and Language Pathologist

- Tyke Talk up to JK
- SK and older – See principal

Call Health Connection 519-850-2280

Triple P classes  
[www.iparent.net](http://www.iparent.net)  
To register: 519-663-5317 Ext. 2378