



## Message from the Medical Officer of Health

Summer is the perfect time to talk about active living. Each patient visit presents an opportunity to help families incorporate healthy, active living into their daily routines. Physicians play an important role in helping children and youth lead healthy lives, including your efforts to promote Ontario's Healthy Kids Community Challenge, a provincial initiative focused on healthy weights and the reduction of childhood obesity.

This postcard provides information about clinical tools to help you incorporate the Canadian guidelines for healthy, active living into your practice. The results can help your patients increase physical activity, decrease their screen time, make healthier food and drink choices and improve their sleep. Physical activity builds a healthy heart, reduces the risk of type 2 diabetes and improves mental health. I hope you add this information to your existing toolkit as one more way to help your patients achieve healthy, active lives. Enjoy your summer!



**Dr. Hamidah Meghani**  
Medical Officer of Health, Halton Region

# What's new for Halton physicians?



## Online tool for preventing childhood obesity

The Centre for Effective Practice's clinical tool for preventing childhood obesity assists physicians with paediatric patient families (2-17 years) by guiding conversations over a series of visits that focus on healthy lifestyle choices and goal-setting. To learn more, visit [effectivepractice.org/childhoodobesity](http://effectivepractice.org/childhoodobesity).



## NutriSTEP® Nutrition Screening Tool

The NutriSTEP® Nutrition Screening Tool can be used by physicians to help parents of toddlers (18-35 months) and preschoolers (3-5 years) assess their child's eating habits, growth and development, feeding environment and physical activity levels. For more information or to request copies, please visit [halton.ca/preschoolhealth](http://halton.ca/preschoolhealth) or dial 311.



## Writing prescriptions for healthy, active kids

Prescribing physical activity could help increase daily physical activity rates in children and youth. For a prescription pad and other clinical tools to help children lead healthy lives, visit [cps.ca/active-actifs/tools-for-your-practice](http://cps.ca/active-actifs/tools-for-your-practice).

**Did you know?** Burlington is one of 45 communities across Ontario taking part in Ontario's Healthy Kids Community Challenge which promotes children's health through physical activity and healthy eating. For more information, visit [healthykidsburlon.ca](http://healthykidsburlon.ca).

