

What is a Family Health Team?

Family Health Teams were created by the Ontario Ministry of Health and Long-Term Care as an approach to Primary Health Care that brings together complementary health care providers to coordinate the highest possible quality of care for you—the patient.

North Peel Family Health Team consists of family physicians, nurses, a nurse practitioner, a dietitian, a mental health social worker, and a clinical pharmacist who work collaboratively, each utilizing their experience and skills so that you receive the very best care when you need it as close to home as possible.



ONLINE RESOURCES

Canada's Food Guide

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

Food & Nutrition Information

<http://healthycanadians.gc.ca/eating-nutrition/index-eng.php>

Heart & Stroke Foundation

<http://www.heartandstroke.com/>
—> *Health Information* —> *Healthy Living*

How to Check Nutrition Facts

http://www.heartandstroke.com/site/c.ikIQLcMWJtE/b.4391511/k.5226/Health_Check__Nutrition_Facts_table.htm

NORTH PEEL FAMILY HEALTH TEAM

Anita Singhmar, RD, CDE

157 Queen Street East, Suite #102

Brampton, ON - L6W 3X4

Phone: (905) 459-2181 ext. 24

Fax: (905) 459-2110



Healthy Eating for Children & You



- According to statistics Canada, about 9% of Canadian children are obese and about 17% are overweight.
- The numbers get worse as Canadians get older.
- Obese children and adolescents are more likely to become obese adults.
- Type 2 diabetes has dramatically increased in children and adolescents.
- Habits are established at a young age.

WHAT DOES MY CHILD NEED?

Every child requires a balance of vitamins, minerals and other nutrients for healthy growth and development. Promoting healthy eating habits in your children when they are young will help them continue to eat well later in life.

SERVICES

- Healthy Eating for Children
- Healthy Food Choices
- Managing high Cholesterol & high Blood Pressure
- Diabetes Management and Education for patients with diabetes (either long-term or recently diagnosed)
- Weight Loss
- AND MORE!

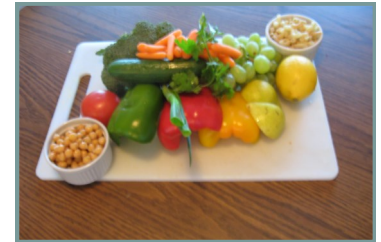
**All patients with a valid OHIP card who are rostered to a NP FHT family doctor are eligible for these services.

WHO PROVIDES THE SERVICES?

Our Registered Dietitian (RD) and Certified Diabetes Educator (CDE) at North Peel Family Health Team provides all of these services

BOOK YOUR APPOINTMENT

To book an appointment, please stop by the office at **157 Queen Street East Suite 102** or call **905-459-2181 ext. 24**



REMEMBER TO...

- ♦ **Eat healthy**
 - ♦ Have a balanced diet
- ♦ **Be active**
 - ♦ Exercise for your health and well-being
- ♦ **Stay tobacco-free**
 - ♦ Ask about our *free* smoking cessation program (STOP)

