PREVANTO screening tool for identifying iron deficiency with or without anemia in children

Please choose the best answer for each question: Yes, No, or Don't Know/Not applicable (N/A) if the question does not apply

MOTHER'S HEALTH	Yes	No	Don't know or N/A
1. During the pregnancy, was the mother ever told by a health professional (for example: doctor, nurse) that she had anemia?			
2. During breastfeeding, was the mother ever told by a health professional that she had anemia? (If the mother did not breastfeed, check the box N/A)			

CHILD'S HEALTH AND NUTRITION	Yes	No	Don't know or N/A
3. Was your child born in Canada?			
4. Was your child born premature (born at less than 37 weeks old)?			
5. Was the weight of your child at birth less than 2500 g or 5lbs 8 oz?			
6. Is your child overweight?			
7. Is your child growing well (gaining enough weight and height)?			
8. Does your child currently eat iron rich foods (example of iron rich foods: iron fortified cereals, meat, legumes such as chickpeas, lentils, beans) at least two times per day?			
9. Does your child eat fruits & vegetables at most meals or snacks?			
10. Does your child follow a diet without meat, poultry, fish or seafood, such as a vegetarian diet?			
11. Is your child a picky or fussy eater (for example, he/she only eats a few types of foods regularly)			
12. Does your child eat chips, chocolate, French fries, sweets, candies, cookies, donuts, or cupcakes- on most days?			
13. Does your child drink more than 600 ml (20 oz) of cow's milk each day?			

Produced with the support of Réseau-1 Québec and the SHERPA University Institute.

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CHILD'S NUTRITION: DETAILS	Age	Don't know or N/A
14. At what age did your child start taking cow's milk?		
15. At what age did your child start taking iron rich foods (example of iron rich foods: iron fortified cereals, meat, legumes such as chickpeas, lentils, beans)?		
16. At what age did your child start eating solid food with texture (not just purée or liquid baby food)?		

FAMILY INFORMATION	Yes	No	Don't know or N/A
17. Was the mother part of OR is she currently part of community programs that provide nutrition support such as the ones listed below? - Program OLO (Provides coupons for milk and eggs) - Program SIPPE (Offers support by nurses, nutritionists and social workers through the CLSC) - Food bank available in your neighborhood			
18. In the past year, did you ever worry that food would run out at home for you and your family?			

Note from the authors, Dr. Patricia Li and Josiane Cyr:

This screening tool was developed with the help of a committee of experts. Although it is based on evidence, the tool itself has not been formally validated. It may be used to provide guidance to clinicians.
It is designed to be self-administered by the parent or legal guardian of a child aged 0 to 5 years.
A guide identifying which responses represent risk factors for iron deficiency—with or without anemia—follows the screening questionnaire.

This tool may be reproduced.

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ANALYSIS OF RESPONSES

The shaded areas correspond to risk factors for iron deficiency, with or without anemia.

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2. During breastfeeding, was the mother ever told by a health professional that she had anemia? (If the mother did not breastfeed, check the box N/A)			

CHILD'S HEALTH AND NUTRITION	Yes	No	Don't know or N/A
3. Was your child born in Canada?			
4. Was your child born premature (born at less than 37 weeks old)?			
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13. Does your child drink more than 600 ml (20 oz) of cow's milk each day?			

CHILD'S NUTRITION: DETAILS	*Age*	Don't know or N/A
14. At what age did your child start taking cow's milk?	*Less than 12 months*	
15. At what age did your child start taking iron rich foods (example of iron rich foods: iron fortified cereals, meat, legumes such as chickpeas, lentils, beans)?	*>= 7 months*	
16. At what age did your child start eating solid food with texture (not just purée or liquid baby food)?	*>= 9 months*	

FAMILY INFORMATION	Yes	No	Don't know or N/A
17. Was the mother part of OR is she currently part of community programs that provide nutrition support such as the ones listed below? - Program OLO (Provides coupons for milk and eggs) - Program SIPPE (Offers support by nurses, nutritionists and social workers through the CLSC) - Food bank available in your neighborhood			
18. In the past year, did you ever worry that food would run out at home for you and your family?			

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