



Minutes of NRG Meeting

Event: Nutrition Resource Group
Date: April 15, 2010, 1:00 – 4:00 p.m.
Location: OPHA Office, 700 Lawrence Ave. West, Suite 310, Toronto.
Chair: Cindy Scythes
Recorder: Kathleen Orth

Attending:

- Andrea Smith, Canadian Cancer Society (Ontario Division) and Ontario Collaborative Group on Healthy Eating and Physical Activity (OCGHEPA)
- Carol Dombrow, Heart and Stroke Foundation of Ontario
- Elizabeth Smith, Colour It Up Program, Community Food Advisor Program and Healthy Eating Manual, Nutrition Resource Centre
- Heather Harvey, Eat Smart® Program, Nutrition Resource Centre
- Krystyna Lewicki, Community Health Centre RD
- Lee Rysdale, NutriSTEP® Program, Nutrition Resource Centre
- Linda Dietrich, Dietitians of Canada
- Macy Chan, Cancer Care Ontario
- Mary Ellen Prange, Eat Smart®, NutriSTEP® and Healthy Eating Active Living Programs, Nutrition Resource Centre
- Megan Bale, OSNPPH
- Muriel Rounthwaite, Ophea and PARC
- Sarah Lambert, Ministry of Health Promotion
- Sharon Zeiler, Canadian Diabetes Association
- Stefanie De Paolis, RDs in Family Health Teams

1. Welcome and Introductions

- NRC welcomed Sarah Lambert who is the new MHP rep.

2. Approval of Agenda

- No additions to the agenda.
- A discussion of the NRG Terms of Reference may be on the agenda for September's meeting.

3. Approval of Minutes of December 2009

- Minutes approved. To be posted on NRC website.

4. NRC Updates

4.1 NRC – Cindy Scythes

- Supporting Healthy Communities grant applicants and funded projects as best we can. Currently do not have the capacity to help every project that has asked for our help.
- The inaugural e-newsletter (replacing NRC Digest) is ready for release on April 16th. Highlights are:
 - Contact-nrc now has 1875 subscribers.



- Our website has been refreshed and revised; if there is any information that is not there that you would like to see, let us know.
- Sarah Evason is returning April 27th.
- The newsletter acknowledges all of your agencies for their participation on NRG for the past 10 years.
- We had an MHSc student from January to the end of March and another starts April 27th
- We have in the past taken on dietetic interns, but their placements are generally short and we do not have the capacity to mentor them at the moment; however, Lee is connected to the Northern Internship Program
- We are setting up criteria for accepting students, and one of the criteria will be that they are on track to become an RD
- NRC is presenting an update at the OSNPPH Nutrition Exchange

4.2 CFA – Elizabeth Smith

- CFA program has a new logo, to be officially launched at CFA Conference “Back to Basics for a Better Tomorrow”. The CFA event is scheduled for June, in Kingston. Speakers include a food historian from the Kingston area, Jane Bellman on Food Skills for CFAs, Jennifer Sygo on Uncovering Fats and a CFA showcase.
- CFA website being updated with a more accessible, fresher look
- New training kits for CFAs are in production:
 - “How to Do a Food Demo”. A partnership with Ontario Pork has led to a short video on how to do a food demo for the CFAs.
 - “Social Determinants of Health for CFAs”. Donna Weldon (Hamilton Public Health) is the consultant.
- CFA program is being evaluated for its capacity to provide Food Skills training. (Sharon Zeiler was involved in a project to identify best practices related to developing Food Skills (PHAC and Interprovincial Nutrition Committee). The CFA Program will be profiled in that report as a successful program for children and families.)
- Elizabeth will share the report on food skills with NRG. It will be on the agenda for the September meeting.

4.3 Eat Smart!® – Heather Harvey, Mary Ellen Prange

Eat Smart! General

- Eat Smart! received Official Mark status for Eat Smart! and À votre santé for both the names and logos, which means we can use the ® symbol or MD in French.

Eat Smart! Restaurant Program

- Program will be discontinued as of September 2010.
- Program name and logo can no longer be used after this time. Restaurant information will remain on the website until this time and will then be removed.



- If people would like to adapt the program standards etc., but not use the Eat Smart! name, they can contact Heather and make a formal request.
- Consumer and Restaurant resource (i.e. “You Can Ask”):
 - Will not be going forward with a restaurant resource.
 - Consumer resource will focus on website content via 3 key actionable messages on a “You Can Ask” theme (more vegetables and fruit, healthier kids’ menus, smaller portions).
 - Messages were focus-tested with mothers who dine out frequently with children.
 - Working closely with ERO to create a targeted section on ERO website as well as a rotational button.
 - Working with graphic designers to create banners/buttons for use on other websites to direct people to targeted section on ERO website

Eat Smart! School Program

- Working with Provincial Advisory Committee (PAC) to align Nutrition Standard with the new Ministry of Education School Food and Beverage Policy, ensuring that the Eat Smart! Nutrition Standard still is an Award of Excellence
- Incorporating four new standards on supportive environments (formation of an Eat Smart! Action Committee, and pricing, placement and promotion of healthier food items)
- Revised standards will be pilot-tested Fall 2010
- Private schools will have to meet the new standards.
- Post-secondary schools will now fall under the Eat Smart! Workplace Program.

Eat Smart! Workplace Program

- Working with Provincial Advisory Committee (PAC) to revise Nutrition Standard to incorporate vending and snack bar (now termed café) standard from Rec Centre Program
- Incorporating four new standards on supportive environments (formation of an Eat Smart! Action Committee, and pricing, placement and promotion of healthier food items)
- Revised standards will be pilot-tested Fall 2010
- CIHR grant on evaluation of Eat Smart! Program:
 - Still analyzing data. Results are expected later this year.
 - A new CIHR grant was submitted March 1st to look at what makes for successful implementation of the Eat Smart! Workplace Program. It will help to address many of the gaps identified in the literature about the effectiveness of workplace nutrition interventions, their challenges, and potential solutions.
 - A second CIHR knowledge translation grant will be submitted that will look at bringing these results to public health and industry and try to create partnerships between these groups.



Eat Smart! Rec Centre Program

- Provincial launch not planned at this time but some health units are using the program. EOHU has awarded one rec centre and we expect several other health units to be offering the program by the fall
- The Eat Smart! Calculator is designed to quickly assess packaged food products and is in the second round of testing now.
- End of May for changes to Eat Smart website to reflect the addition of the Rec Centre program, the cancellation of the restaurant program and the addition of the Eat Smart! Calculator
- Eat Smart! toolkit for the Rec Centre program will be available soon.
- Poster available in French now.

4.4 Colour it Up...Go for More Vegetables and Fruit - Elizabeth Smith

- New grocery bags (9" x 12") are available to order
- Work in progress – Colour it up for 50+ almost ready
 - 50+ has different recipes and different activities focus on healthy aging
 - CIU 50+ will not have its own logo. The binders will have a 50+ symbol. It's info that only the facilitators need to know.
- Consultant hired to develop training materials for facilitators on Social Learning Theory (underpins whole CIU program). Target completion date is July and we will host a webinar in the fall on the new materials.
- Evaluation tools being revised (Sue Mah). Some funding received from CCO.
- Promotion is expanding to engage CHCs and FHTs.

4.5 NutriSTEP® - Lee Rysdale, Mary Ellen Prange

- A banner display (bilingual) is completed as well as a promotional brochure in English and French, which is available electronically (<http://www.nutritionrc.ca/programs/index.html#nutristep>) or in print (<http://www.nutritionrc.ca/resources/index.html>).
- MHP funding was received for six translations of the NutriSTEP® questionnaire (Simplified and Traditional Chinese, Vietnamese, Punjabi, Spanish and Tamil). Free print versions will be available from SOP this spring.
- Additional funding was also received for the RD Primers as audio modules in English and French. They will be posted in May 2010 at www.nutristep.ca.
- Six agencies shared their success stories including their delivery and reach, implementation, partners, follow-up activities, costs, challenges, and evaluations. They will be posted on www.nutristep.ca in April with a webcast to follow this fall.
- The Thunder Bay District Health Unit is looking into mapping their NutriSTEP® results with regional Early Developmental Index (EDI) data and this may be a surveillance model for other NutriSTEP® implementers.
- The University of Guelph is working on a surveillance database template for interested implementers.



- More information about NutriSTEP® will be in the final Child Health Guidance Document to be released this spring (based on formal feedback to MHP).
- Program exhibit at the Best Start Resource Conference (Feb 2010); poster abstract at the Conference on Feeding and Eating in Infancy and Early Childhood, London, UK (March 2010); two abstracts (one poster, one oral) accepted at the Northern Health Research Conference, Sudbury (June 2010); oral presentation at CPHA, Toronto (June 2010); two poster abstracts accepted at the Society for Nutrition Education Conference, Reno, NV (July 2010).
- Two CIHR articles: Knowledge translation summary article and a research project to realization article along with U of G content input.
- Manuscript review: Process evaluation of NutriSTEP® implementation in two Ontario FHTs (to be submitted by U of G to CMAJ or CPHJ).
- Reviewed content for MB3 script for Best Start Resource Centre project re: aboriginal childhood obesity prevention toolkit.
- Received announcement of two-year CIHR funding for development and validation of a Toddler NutriSTEP® (Lee will consult outside NRC role and activities).
- A supporting education booklet, *How to Build a Healthy Toddler*, has been developed by a Thunder Bay NODIP intern, reviewed by OSNPPH FHNAG and will be evaluated this spring by parents during focus groups (CIHR study). Plan to translate into French once finalized in English. Electronic versions in English and French will be available in fall 2010.

4.6 Healthy Eating Active Living Projects – Mary Ellen Prange

- All resources are available at no cost through ServiceOntario Publications.

4.7 Healthy Eating Manual – Elizabeth Smith

- New website will be: www.healthyeatingmanual.ca
- Consultant is revising the three original mini-lessons with additional lessons in development.
- mid-July completion date.
- Will be only available electronically. No plans to print at this time (no funding).
- Audience is adults, workplaces, established community groups,
- May do additional lessons – vitamins & minerals and bone health suggested for new lessons.
- Dietitians and non-dietitians reviewed the materials and we received good feedback (such as, develop a glossary), and there is strong interest in the resource.
- Partner logos are not on the resources because NRC approached it as an internal NRC project. MHP may be interested in this resource as a support to HCC grants.

4.8 MEDU Food and Beverage Policy – Mary Ellen Prange

- Dietitians are playing a supporting role in this initiative.
- Ministry of Education will release a technical document later this spring. It will be posted on the web.



- About 120 attended the webcast, which was a MHP initiative so PHUs could work more effectively with the schools. The webcast is archived for a year but some NRG members had difficulty accessing it.
- 19 questions submitted and we are working on the answers. Everyone who signed up for the webcast will be notified that the answers have been posted.
- Slides for the webcast are on the NRC website. Answers to the questions will be posted on the site as well.
- Develop a couple of resources, supported by MHP, targeted at students and families. NRC has done a scan of what type of resource have been done in other jurisdictions. NRC has decided to do a resource of 20 recipes that meet the “Sell Most” criteria. NRC is collecting recipes and doing nutrient analysis and the recipes will be tested. Some recipes came from DC and HSFO and CDA cookbook for kids. Also, CFA and Foodland Ontario recipes.
- Hope to have testing done by end of April and for resource to be ready in Sept. We will print but only in limited quantities.
- Need to obtain permission to use recipes.
- ERO will post the resource on its website.
- Second resource is a quick reference guide to the policy and we have samples from other provinces. Aiming to have this done for September too.
- When the resources are ready, we will send out a notice on contact-nrc.
- We need reviewers (about 20) for each resource. IEDPP would be a good source of reviewers and Mary Ellen will follow up with this suggestion.

5.0 Member Information Highlights

5.1 OSNPPH – Megan Bale

- OSNPPH Nutrition Exchange, Talking Real Food for Body and Mind, May 13 & 14, White Oaks Resort at Niagara on the Lake.
 - The session with Gail McVey on May 12th, promoting healthy weights – integrating health into daily practice is now full, but you can still register for the main part of the exchange.
- OSNPPH 2010-2014 Strategic Plan complete. Strategic Direction:
 - Build capacity of OSNPPH members to practice effectively
 - Increase the Support Provided to Public Health Registered Dietitians (RDs) to Address the Ontario Public Health Standards and Key Nutrition Issues.
 - Increase Local Health Unit Support for RDs to Participate in OSNPPH activities.
 - Influence decision making processes as well as public health, government and non-government organizations decision makers to affect/create system change
 - Increase the Number of RD Positions in Public Health.
 - Increase the Number of RDs Entering Public Health with Entry level Public Health Competencies.



- Increase the Collaborative Involvement of OSNPPH in the Identification, Initial Planning and Ongoing Phases of Nutrition Initiatives.
- OSNPPH representation at the Health Canada Food Directorate Think Tank on Expanded Voluntary Additions of Vitamins and Mineral Nutrients to Foods held in Toronto on Feb 16, 2010. The final Think Tank report will be available late spring 2010
- The FHNAG is participating in Health Canada Infant Feeding Recommendations Expert Advisory Committee and the Best Start Reproductive workgroup to standardize prenatal information and education resources province-wide.
 - The DNA has been officially opened for revisions and changes will be finalized by the fall. A subcommittee of the Family Health Nutrition Advisory Group (FHNAG) has sent a letter to MCYS minister outlining their recommendations for changes to the nutrition guidelines of the DNA.

5.2 Ministry of Health Promotion – Sarah Lambert

- Sarah Lambert introduced herself to the group as the MHP rep on the NRG. Sarah is the School Health Coordinator.
- Small-scale pilot in schools on child height and weight surveillance. The pilot is led by ALPHa. A package of training materials has been pulled together and the focus is on process more than data at this time.
- Data collected from after-school programs this year and will influence what support will be provided next year.

5.3 CDA – Sharon Zeiler

- Clinical Practice Guidelines: working on a toolkit to make them more accessible. We are adding themes as they become available.
- Food Skills Project: we have received a good response. This is funded by the federal government and will be ready by fall 2010.
- Learning Series: We are putting this online and the launch will be May 1st. CDA will continue to do presentations. This resource is client-level. Target audience is physicians.

5.4 Family Health Team RD Action Group – Stefanie De Paolis

- The Family Health Team RD Action Group has now become an official Dietitians of Canada Network. The newly elected chair and network leads are working on a revised mission, vision and values for the next two years.
- Also working with other provincial groups within the Family Health Team umbrella (executive directors, social workers, pharmacists) to better co-ordinate vision and projects.
- The FHT RD website will undergo a revision in late spring/early summer. Currently the format is difficult to navigate and members are reverting back to using the listserv to communicate information.
- Resource webpage will likely focus more on facilitating access to clinical practice guidelines, online electronic libraries and external nutrition programs and resources. There is not a framework at this point to develop FHT-wide nutrition resources as each site has different focuses.



- The FHT RD annual conference will take place in Toronto on September 23-24 (inclusive) details about the program, speakers, location and registration will be released within the next month.
- Stefanie will pass along NRC's request to exhibit to the co-chairs.

5.5 Cancer Care Ontario – Macy Chan

Ontario Nutrition Strategy

- Lesley Macaskill has been hired as the nutrition consultant to carry out Phase 1 of the project, which includes environmental scan and analysis of existing documents, and establishing gaps and priority areas for action. Phase 1 is underway with first draft of report expected in mid April and final report completed by end of April.
- Final Phase 1 report will be circulated within OCGHEPA for discussions on next steps forward including engaging with other stakeholders and/or ministries on ways to address gaps and priorities. Phase 2 will commence once clear directions are agreed upon by OCGHEPA. Final Phase 2 report is expected at the end of July, 2010.

Healthy Eating Guidelines and Resources for Aboriginal School Food Programs

- Draft guidelines and resources have been disseminated to pilot communities. Key community contacts have begun the process of disseminating and implementing the guidelines at participating schools. AC&P will continue to provide support by identifying and addressing needs.
- Evaluation vendor has been hired in March to provide evaluation services to the project. Evaluation planning has commenced with final report expected in July, 2010.
- Selected external Aboriginal organizations with focus on nutrition and child health will be invited to provide feedback on the guidelines and resources. Feedback will be incorporated in the final evaluation report. Invites will be sent out in April with feedback expected at the end of May, 2010.
- Future plans for this project will be based on results from the evaluation with the view to address identified barriers to improve future dissemination and implementation.

PTCC (Program Training and Consultation Centre)

- Junior Scientist at PTCC is working to develop a workplace cancer prevention program for young adult blue-collar workers. The intervention will focus on smoking cessation and fruit and vegetable consumption. There will be four pilot sites in four different Public Health Unit catchment areas. Program is currently at planning stage, more details to follow.

Media Network for Healthy Eating and Active Living

- The goal of this initiative is to expand on the unique and successful Media Network for a Smoke-Free Ontario, to support Ontario health promoters in developing and implementing local healthy eating and active living policy.
- The Media Network was planned to be launched on April 1st but the launch date has been delayed to end of April.



- Matt Drennan-Scace, Team Lead for the project, is currently seeking input from OCGHEPA regarding keywords for identifying relevant news clippings as we as spokespeople for specific issues on healthy eating and active living. A list of spokespeople and experts will then be compiled and made available to stakeholders and members of the media network

5.6 CCS (Ontario Division) – Andrea Smith

- Shawna Scale is the new Senior Manager of Prevention, replacing Gillian Bromfield.
- Parents for Health: www.parentsforhealth.ca -- we continue to develop content and update the site on a monthly basis. Content is heavy on physical activity and nutrition messaging. Currently working with an external agency to address a soft launch of the site, expected Summer/Fall 2010. Launch will include finding “ambassadors” to promote the site and its content.
- Working with colleagues in Public Issues to finalize platform on physical activity and nutrition that will take us into election year.
- Cancer Prevention Week (Nov 22nd - 26th) planned around Nutrition/Healthy Eating theme.
- “Mix it up!” Campaign for vegetables and fruit www.fruitsandveggies.ca
- The Mix it up! campaign in partnership with the Canadian Produce Marketing Association. This replaces the 5 to 10 a day campaign, and now focuses on getting a variety of vegetables and fruit.
- www.cancer.ca. has been updated to reflect “Mix it up!”
- Materials can also be ordered directly via the CPMA website:
<http://fruitsandveggies.ca/en/about-mix-it-up/order-mix-it-up-products>

5.7 Ont. Collaborative Group HE and PA – Andrea Smith, Cindy Scythes

- Working on an Ontario Food and Nutrition Strategy (included in Macy's update)
- Next meeting is May 26th. Will be ratifying the chair of the advocacy sub-committee and elections will occur for the chair position.
- OCGHEPA is involved in supporting CCO's Media Network project (included in Macy's update).

5.8 Heart and Stroke – Carol Dombrow

Spark Together for Healthy Kids

- It's been almost one year since HSFO launched Spark Together for Healthy Kids™ public campaign and they are getting ready to go back on into the media with their spring radio, print and on-line campaign using the same creative.
- To date they have over 35 provincial and national partners, 80 regional partners, 16 municipal partners, 4 MPs and 14 MPPs who have signed on as partners.
- They are preparing an interim evaluation report which will include a partner survey.
- On April 12th they will begin a province-wide Spring radio, print community papers and on-line ad campaign that will run for 13 weeks.



- The Spark website will be updated by mid-May to include a searchable Google map which will enable searches by geography as well as thematic issues areas topics. In addition, there will be more opportunities for partners to share information, and profile their organizations.

Mix it Up!

- After over a decade of promoting fruit and vegetable consumption under the “5 to 10 a Day” brand, an exciting new consumer education initiative has been launched: **Fruits and Veggies - Mix it up!**TM The Canadian Produce Marketing Association (CPMA), the Health CheckTM Program, and the Canadian Cancer Society are proud to continue a long-standing partnership.
- That partnership, extending to the Mix it up! campaign, is a social marketing initiative aimed at helping Canadians of all ages eat more fruits and vegetables as part of a healthy diet and active lifestyle to better their health. The campaign focuses on simple and practical ways to add a variety of fruits and veggies to every meal and snack, and will encourage people to think about variety in their choice of fruits and vegetables and be creative in preparing fruits and veggies by using a mix of flavours, colours, textures and tastes.
- Follow the link below to visit their great new website:
<http://www.fruitsandveggies.ca/en>

5.9 Dietitians of Canada – Linda Dietrich

Upcoming education events:

- April 26: Rethinking the Role of Nutrition in the Immune System, Oakham House, Ryerson
- May 27-29: Annual DC Conference, Hyatt Regency, Montreal.
- The AHPDF will once again provide reimbursement for professional development in fiscal 2010-11.

Health Council of Canada profiles PEN

- Promoting best practices in health care is the current theme of the Health Council of Canada in their Value for Money campaign. Lynda Corby from DC talks about PEN as a best practices tool for dietitians in a podcast interview.

International PEN

- PEN has been recognized across Canada and internationally as a leader in defining and supporting evidence-based nutrition practice. DC is currently in discussions with the British Dietetic Association and Dietitians Association of Australia regarding developing international PEN partnerships.



Food Secure Canada

- Jackie Ehlert is the new DC liaison to Food Secure Canada in addition to being the chair for the Food Security Network.

PHC discussion paper

- DC provided feedback on PHC discussion paper from the College of Family Physicians of Canada

Promoting Optimal Monitoring of Child Growth in Canada: Using the New WHO Growth Charts

- Released early in February.
- The complete statement and resources at www.dietitians.ca/growthcharts

Precautionary Labelling

- DC sent a brief to the federal government about precautionary labelling of priority allergens in food to make it safer for Canadians to choose packaged food products.

Gestational Weight Gain – Draft

- Dietitians of Canada has provided feedback on draft gestational weight gain resources developed by Health Canada

Advertising Food and Beverages to Children Discussion Paper

- Dietitians of Canada has completed a comprehensive review of the literature regarding the impact of advertising food and beverages to children and has published the review along with DC's proposed position and recommendations in a discussion paper. The following key points summarize DC's recommendations with respect to advertising of food and beverages to children:
 - The current system of self-regulation of advertising to children is not sufficient to create a balance between the advertising of foods from *Canada's Food Guide* and highly processed foods. A step-wise approach is recommended to mitigate this negative impact, beginning with closing the gaps in self-regulation by setting consistent science-based standards for criteria of healthy and less healthy foods and beverages. Establishment of these criteria should be led by Health Canada with input from health-related NGOs, health professionals, consumers and the food industry. Once criteria are established, all food companies need to participate in the self-regulatory system.
 - A two-to-three-year period to establish the criteria and apply the framework within a self-regulated system is reasonable to assess its impact at reducing marketing to children. There was a similar timeframe allowed to implement mandatory food labelling. If self-regulation is determined at that time to be ineffective, using pre-established benchmarks set by Health Canada, then the only recourse is a legislative approach.



- Restrictions on advertising to children [either self or government regulation] must extend beyond its current focus of TV advertising and apply to "under the radar" techniques to influence emotions and persuasion, such as advergames, product placements, celebrity endorsements, sponsorships, cartoon characters, marketing in schools, ads on cell phones, etc. These restrictions should apply to all settings where children gather including but not limited to nursery schools, public schools, school grounds and pre-school centres, playgrounds, family and child clinics and pediatric services and during any sporting and cultural activities that are held on these premises.
- If and when regulatory measures are required, the policy framework should specify enforcement mechanisms and establish systems for their implementation. In this respect, the framework should include clear definitions of sanctions and could include a system for reporting complaints.
- All policy frameworks should include a monitoring system to ensure compliance with the objectives set out in the national policy, using clearly defined indicators. The framework should also include a system to evaluate the impact and effectiveness of the policy on the overall aim, using clearly defined indicators.
- The advertising of "healthy" foods and beverages [using established science-based criteria] should be encouraged, as some research has shown that this may have positive effects on preferences for these products.
- Teaching media literacy skills to children may not be a strong option for attenuating the effects of food advertising directed to children. It is more effective and proactive to direct efforts towards limiting the amount of type of food advertising that reaches children, rather than committing resources to counteract the effects of food advertising to children.

Update on Pediatric Nutrition Initiatives

Tanis Fenton, DC representative provided the following update:

1. The Canadian Pediatric Society's Nutrition Committee invites DC to designate a liaison to the Committee. As liaison, the CPS-NC requests the DC rep to participate in all required meetings and/or teleconferences and serve as the key link between the CPS and the Dietitians of Canada. In this role I can inform DC members of topics the Committee is working on, but must keep all draft CPS materials in confidence.
 - Topics the Committee is working on include: Human milk banking, Feeding the preterm infant, Dietary manipulations for infantile colic, Oral rehydration therapy, Appropriate iron in infant formulas, Pre and probiotics as a dietary supplement, and Early refeeding in the management of childhood gastroenteritis
2. The Office of Nutrition Policy and Promotion of Health Canada (ONPP) has identified that the "*Nutrition for the Healthy Term Infant*" booklet is due for revision. This revision is a joint process with the Canadian Paediatric Society and Dietitians of Canada to review and update its evidence-informed infant feeding recommendations for health



professionals in Canada. This time, the product will be published on the web as individual topic documents so that the future revisions can be done on individual topic as needed.

- The project will be supported by an Infant Feeding Expert Advisory Group (EAG) and include open consultation on the draft recommendations. Health Canada has posted a public 'call for candidates' for the EAG on the Web site: <http://www.hc-sc.gc.ca/fn-an/nutrition/child-enfant/infant-nourisson/eag-gce-inf-nour-candid-eng.php>. The first phase of the project will address the recommendations for feeding infants from birth to six months of age, and are expected to be released in 2011. There will be a consultation process whereby DC members input will be elicited to provide feedback on revised content.
- Some of the topics identified for needing revision include: Vitamin D supplementation of breastfed infants (DRIs currently in revision), Use of soy formula for management of allergy, PUFA/DHA supplementation in infant formula, Safety issues and guidelines for infant formula preparation from powder (risk from *E. sakazakii*), Introduction of solids in association with prevention of food allergies, Introduction of meat and alternatives, Introduction of cow's milk and other non-human milk and iron deficiency, BPA exposure (formula cans, bottles, infant food containers).

5.10 Dietitians in Community Health Centres – Krystyna Lewicki

- Compensation for FHT and CHC RDs is influenced by a lot of factors. This group has been working to reduce the gap between primary health care RDs and those in other sectors.
- DC has put forward a submission for a job profile for a dietitian working in primary health care. Implementation is “all over the map”
- CHC RDs are an action network of DC.
- CHCs have a food security group and the CHC RDs have been active in advocacy efforts for special dietary allowances, etc.

5.11 Ophea – Muriel Rounthwaite

1. Renewal of Healthy Eating Lessons

- Focus this year on renewal of the healthy eating lessons to support the revised Health and Physical Education curriculum. The revised curriculum was released in January with mandatory implementation September 2010.
- The renewal of the healthy eating lessons, grades 1-8, is well underway. 43 (5 lessons for each grade and 6 in grades 6-8) lessons have been written. They are now in the external review process by educators, partners and stakeholders. In addition to the following partner/stakeholder reviewers: Heart and Stroke, NRC, Dietitians of Canada, Dairy Farmers of Canada, Peel Public Health Unit, Arthritis Society of Ontario, Sudbury District Health Unit, Lees-Grenville & Lanark District Health Unit, Renfrew County District Health Unit, Canadian Diabetes Association and



Aboriginal Cancer and Prevention Team the OSNPPH, School Nutrition Working Group and the Northern Healthy Eating Project have formed a review team, chaired by Carolyn Froats-Emond. This review team is planning on providing an in-depth content review not only offering suggestions but also solutions including updating stats and current information and providing activities and lessons.

2. Website

- This year we continue to maintain Menu of Choices (MOC) with the addition of new resources, programs and communication tools. As well we continue to use the homepage to promote relevant policies, events and resources related to healthy eating.
- Longer term, we are planning to transition content to our new Healthy Schools & Communities section on Ophea.net. The redesigned Ophea.net website was launched at the end of March with the new Healthy Schools & Communities section. This section contains resources, tools and other supports for public health and other community partners.
- We are currently initiating a process to integrate the MOC content to this new section.
- For next year we will keep the MOC website up as we integrate the MOC content to the new Healthy Schools & Communities section on Onet. We are currently developing a plan on what we will maintain next year in terms of new content on the website.

3. Master Trainer Update

- Focus this year has been on consolidating our Master Trainer programs, including the MOC Master Trainers. First step was to host a public health roundtable in October. From the information gathered at the roundtable a plan was developed to support public health in making connections with schools in their community. The key activities from this plan that have occurred are:
 - All 36 health units attended the EDU's training on the revised HPE curriculum.
 - Ophea held 5 teleconferences with these health units to debrief following the Ministry trainings, the results of these calls will be analyzed and provided in a report to inform Ophea's continued plans to support public health.
 - The Healthy Schools & Communities section on Onet or online hub, has been created containing resources, tools and other supports for public health. This section will continue to evolve. In the immediate future, a resource database and a searchable online directory of public health contacts, community partners and sport and recreation contacts who support healthy schools database. Both to be available May 2010.
 - The goal of the resource database is to store resources and tools that have been developed by health units and other community partners to support healthy schools and communities. The resource database is currently being



developed. Once it has been developed health units and community partners will be able to submit their resources online. Please see attached template to submit any resources. At the end of April we will be sending an email with an attached template requesting contact information for the online directory.

PARC – Muriel Rounthwaite

- “Where Research Meets Action” Thursday, May 6, 2010, 5:30 – 9:30 p.m., The Intercontinental Toronto. – Just a reminder of the invitation for physical activity promoters and public health professionals to attend PARC’s Professional Development Roundtable Dinner, “Where Research Meets Action” which is taking place at the International Congress on Physical Activity and Public Health on Thursday May 6 at the Intercontinental in Toronto.
- PARC’s roundtable event will bring together provincial and regional public health professionals, physical activity promoters and other key leaders in physical activity promotion.
- As this event is being held in conjunction with The Congress, it will provide the following unique professional development opportunities:
 - Discuss the practical application of the research presented at The Congress
 - Participate in facilitated discussions about how the research will benefit Ontarians
 - Learn about other successful Ontario physical activity initiatives and share your own experiences
 - Network with professionals and special guests from across Ontario, along with your colleagues in public health
 - For more information and to register, <http://parc.ophea.net/parc%E2%80%99s-annual-physical-activity-symposium>

6.0 2010 Meeting Dates:

- Thursday, September 16
- Wednesday, December 15

7.0 Adjournment

OPHEA RESOURCE SUBMISSION FORM

Thank you for agreeing to share your resource/program with your colleagues.
Please complete as much of the form as possible. Required Fields are in shown in **Red**.

When you have completed this form, submit to: resourcedb@ophea.net

Title:

Source/Publisher:

What organization originally developed the resource/program?

*Additional partners can be listed in "Description" section below

Description

Include as much of the following information as possible:

- General Description (what is the resource?) → Partners (who was involved in development?)
- Format (Manual? PowerPoint? Video? etc.) → Approach
- Target population (who it should be used for?)

Evidence-Based: Yes No
(**Bold** option that applies)

Language: English French Other
(**Bold** all options that apply)

Free Yes No
(**Bold** option that applies)

Setting School/After-School Community Workplace Other
(**Bold** option that applies)

Publication Date:
(if known)

Copyright Information:
(Any information related to copyright, reproducing content or providing acknowledgement when using resource)

URL (website):

Attachment: Yes No
(**Bold** option that applies)

*All attachments should be included in email with submission form

Your Name:

Your Organization:

Your Email: