



Event: Nutrition Resource Group Meeting Minutes

Date: Wednesday, April 29, 2009, 1:00 – 4:00 p.m.

Chair: Cindy Scythes

Recorder: Kathleen Orth

Attending:

- Krista Burns, Ministry of Health Promotion
- Linda Dietrich, Dietitians of Canada
- Carol Dombrow, Breakfast for Learning and the Heart and Stroke Foundation of Ontario
- Holly Kerr, Ministry of Health Promotion
- Krystyna Lewicki, Community Health Centre RDs,
- Mary Ellen Prange, HEAL Program, Nutrition Resource Centre and OSNPPH
- Lee Rysdale, NutriSTEP® Program, Nutrition Resource Centre
- Elizabeth Smith, Community Food Advisor Program, Nutrition Resource Centre
- Rebecca Truscott, Cancer Care Ontario
- Sharon Zeiler, Canadian Diabetes Association

Regrets:

- Andrea Bodkin, Heart Health Resource Centre
- Samara Foisy, Nutrition Resource Centre
- Gillian Bromfield, Canadian Cancer Society (Ontario Division)
- Muriel Rounthwaite, Ophea and PARC
- Stefanie Shalagan, RDs in Family Health Teams

1.0 Welcome and Introductions

- Cindy greeted everyone and had each member introduce themselves.

2.0 Approval of Agenda

- The agenda was approved with the addition of the Nutrition Standards as item 5.

3.0 Approval of Minutes of September, 2008

- Item 6.0- rewording to Ministry of Education is the lead on the Eating Well Looks Good On You and is working with MHP.
 - Comments on recipes for Eating Well Looks Good on You: the recipes are still high in fat, are poorly written with minimal nutrition analysis, and are repetitive (i.e., the same ingredients are used over and over). OCGHEPA sent a response to the Ministry of Education. Carol Dombrow will ask that the OCGHEPA letter be sent to Holly Kerr at the Ministry of Health Promotion.
- Item 7.1 Childhood Obesity Strategy- the four proposals to MHP from OCDPA, OPHA, COMOH and OCGHEPA all mention NutriSTEP®
- The Minutes were approved with these changes.

4.0 Business Arising from meeting September, 2008

Listeriosis:

The Listeriosis Report can be found on

http://www.health.gov.on.ca/english/public/pub/disease/listeria_mn.html

5.0 Nutrition Standards- Min. Education

- Feedback on Nutrition Standards for Schools Committee Report needed by April 30th.
- OCGHEPA, DC, OSNPPH and CCO will respond to the standards. A consistent response is intended.
- CCO's main recommendation is to establish an expert working group to look at nutrient content. This group would include some people from the Committee, and be reflective of the stakeholders
 - OSNPPH makes the same recommendation for an expert committee. Also, schools must have representation on the expert committee.
 - The standards could be based on food guide categories, not nutrient content. (Schools find the Eat Smart standards a challenge and they are based on the food groups.)
 - The standards must be written by dietitians. The criteria need to be examined closely by an expert group of dietitians from public health and beyond. The nutrient criteria, catering criteria and vending criteria (which can be taken from the Eat Smart recreation centre program) may not align.
 - The proposed criteria should be pilot-tested, with monitoring and evaluation to see what kind of support is needed, and there should be a one-year phase in before the standards become mandatory. For supports, ERO dietitians could be trained on the standards, for example, on general nutrition but not on implementation. Resources should be posted on ERO's website (the Ministry of Education links to ERO.).
 - The Ministry of Education presented the Nutrition Standards for feedback but the timelines are tight and we know they will get a number of responses that present different viewpoints. The Ministry of Health Promotion provided an informal response to a previous draft and will not respond to the current draft as it is similar. The Ministry of Community and Social Services also attends the meetings.
 - The Nutrition Standards will be a policy document, which apply to elementary and high schools. The Standards will go to the school boards, then to principals, but there is no provision for enforcement. Parents are left out as are high school students (parents talk to student councils). We need to hear ideas from the parents and students on how to make the Nutrition Standards work for the schools. (Nova Scotia did a broad public consultation online, which worked out very well. The engagement in the consultation process resulted in buy-in from all groups. There was a successful auditing of the implementation. Lessons learned included using existing resources and organizations (NRC, for example), and the need for a designation of a working group with roles and responsibilities, and to have everyone at the table)
 - The MCYS uses guidelines, not standards, and the Nutrition Standards will override the MCYS guidelines.



- Look at how to balance meeting the Nutrition Standards with the ability of schools to cover costs. The MCYS asks for parent contributions (if something is not free).

6.0 NRC Updates

6.1 NRC – Cindy Scythes

- NRC is a member of the OHPRS, and a subcommittee, called the Healthy Weights Workgroup, which planned to develop common messages re obesity, but the system is in flux (it is losing its secretariat) so the workgroup may not be continuing. As an OHPRS member, NRC also participated in discussions re: review of the system released, and an evaluation project
- NRC participated on the Pan-Canadian Task Force for Public Health Nutrition Practice.
- NRC presented to MHSc students at UofT
- NRC/Best Start collaborative resources have been revised (How to Feed Your Growing Child, Feeding Your Baby from Six months to One Year, Healthy Eating for a Healthy Pregnancy)
- NRC programs have been mapped to the Ontario Public Health Standards.
- NRC is a partner in the Ontario Chronic Disease Prevention Alliance and participated in its common messages strategy
- NRC provides secretariat support to the Ontario Healthy Schools Coalition
- In the fall of 2008, NRC hosted an IDDP student
- A Brescia student in the combined Masters/Internship program completed a practicum at NRC from February to April
- NRC participated as an exhibitor at the CCO Guidelines symposium

6.1.1 NRC Digest- without capacity to put together a newsletter this year, NRC proposes that the NRC Digest be discontinued and we will use contact-nrc is an effective way to communicate with nutrition practitioners.

6.2 NutriSTEP® – Lee Rysdale, Mary Ellen Prange

- The NutriSTEP® name and bear logo are now registered trademarks in Canada and all program materials (screening tools, educational materials, etc) have been updated.
- English and French Implementation Toolkits redesigned (print and online versions) for website launch in May 2009 (www.nutristep.ca). Toolkits were also printed with dissemination planned in 2009 for health unit, FHT and CHC RDs.
- ERO Call Centre NutriSTEP® counseling tool finalized and ready for calls.
- Evaluation and refinement of five 'Preschool Nutrition Primers for RDs' (training modules on high risk nutrition concerns) completed with French versions available in May as a result of additional end-year funds. Will be available on the new website.



- Publication on fruit juice intake and preschooler BMI based on NutriSTEP® validation data in press with Journal of Infant Child and Adolescent Nutrition.
- Collaboration with Ontario College of Family Physicians maternal, infant and toddler nutrition workshop and childhood obesity workshop.
- Professional design of NutriSTEP® questionnaire and four page education booklet in English and French as well as updating of cultural adaptations of the four page education booklet for dissemination through Service Ontario Publications.
- Presentations: MHP inter-ministerial meeting (March 31), Public Health Agency of Ontario and Childhood Healthy Weights Surveillance Steering Committee (April 22).

6.3 Eat Smart! – Samara Foisy, Mary Ellen Prange

- We are in discussions with MHP about positioning the program.
- A draft evaluation report for the Recreation Centre Program is posted on the website and the health units are interested (even those out-of-province). We received good recommendations, and these will be presented to all the health units that were involved in the pilot project.
- We have hired a consultant to develop four new nutrition standards (pricing, promotion, placing).
- We propose that there be an action team for implementation.
- The school standards will be stricter than those for workplace.
- There will be a pilot test of the standards.
- The Eat Smart School and Eat Smart Workplace manuals have been revised and reformatted as toolkits and posted to the Eat Smart website.
- The CIHR grant for evaluation of the workplace program is proceeding smoothly.
- Eat Smart held a webcast on March 24th to update public health nutrition personnel on Eat Smart!

6.4 CFA – Elizabeth Smith

- The CFA program has about 400 volunteers who were recognized during National Volunteer Week.
- Region of Halton became a new CFA site in the Fall of 2008,
- Ottawa trained 23 new CFAs, some French-speaking, in 2008/09.
- Niagara may train in 2009/2010.
- The CFA Presentation Kits for the Food Guide and Food Safety were revised. Each site received two print copies.
- Some of the content of the CFA Presentation Kit on Cooking with Kids is being used in after-school programs. One of the factors in after-school programs is access to kitchens - the schools don't have kitchens, some health units only allow CFAs to cook in certified kitchens, and some groups are not allowed to do food sampling. Risk management is a factor here, and CFAs use a disclaimer for food allergies.



- The CFA Resource Manual is available in French.
- CFA is increasing its involvement in the schools.
- CFAs will be participating in “Cultural Food Adventure” in Brampton on May 29th and May 30th.

6.5 Colour It Up...Go for More Vegetables and Fruit – Elizabeth Smith

- The new Colour It Up manuals will be available week of May 4th.
- The manual for the 50+ audience is being finalized.
- The webcast (March 24th) attracted over 100 registrants.
- We will set up a Provincial Advisory Committee once the program is launched.
- The web site has been delayed but the listserv is up and running.

6.6 Healthy Eating Active Living Caregiver Projects – Mary Ellen Prange

- We are completing work on *Eat Right Be Active* for the 12 to 36 month age group.
- *Fuel Up For Fun* was honoured to receive a national award (Speaking of Food and Healthy Eating, sponsored by Dietitians of Canada and Kraft Canada.)
- NRC is involved in the TVO “Don’t Sit Still” tour which will have 21 shows in various centres across the province. *Fuel Up For Fun* is posted on the TVO Kids web site, and is included in the participant package given out to the audience.

7.0 Member Highlights

7.1 OSNPPH - Mary Ellen Prange

- The Nutrition Exchange will be held May 21st and 22nd.
- The Ministry of Health Promotion will host a social event at the Exchange. ERO call centre dietitians will be highlighted.

7.2 Ministry of Health Promotion – Holly Kerr and Krista Burns

- The Ministry of Health Promotion has reorganized and Roselle is now Acting Manager. The divisions are Chronic Disease Prevention and Family Health, and there is a position for a Family Health Nursing Consultant, an Epidemiologist, and a School Health Coordinator, who will be connected to MEDU re: the Nutrition Standards for Schools.

7.2.1 Service Ontario Publications

- Service Ontario Publications will assume distribution of the Caregiver resources (BusyBodies, Hop la vie!, Eat Right Be Active 3-5 and 6-8, and Bien manger Bien bouger 3-5 and 6-8, and Fuel Up for Fun), as well as the NutriSTEP® resources). Service Ontario has a public side and a password protected side. Up to 50 copies of a resource can be ordered on the public side. All health units have a password to order on the private side and do not have a limit on their orders.



7.2.2 ERO

- Recipes for the ERO website are needed - Please send Holly any recipes that may be posted. (BusyBodies and Colour It Up have recipes. Elizabeth will get permission to send the Colour It Up recipes to Holly.)
- ERO's hours have been extended to 5-9 p.m. on Tuesday and Thursday.

7.2.3 After-school Programs

- Finding through Childhood Obesity but positioned to support Poverty Reduction Strategy.
- \$10 million for Childhood Obesity is different from the \$10 for Poverty Reduction.
- MHP is also initiating a Childhood Obesity surveillance project as per a COMOH proposal. MCYS is involved in the surveillance.

7.2.4 Diabetes Prevention and Management

- Prevention - MHP
- Management - MOHLTC

7.2.5 Healthy Communities Fund

- This fund consolidated several MHP funding sources into one fund that will allow community groups to apply. It gives more flexibility to applications by small, local groups. "Community in Acton" concentrated on sports and recreation programs. The Healthy Communities Fund expands this model to include Healthy Eating, Injury Prevention, Mental Health and Tobacco Control.

7.2.6 Nutritious Food Basket

- This resource is used locally by health units and social service departments to do advocacy around adequate social assistance funding for healthy eating.
- The Nutritious Food Basket changed this year and these changes were explained in a webcast on April 24th. The costing will be done in May by health unit nutrition staff; a protocol is now included in the Ontario Public Health Standards. A provincial report is compiled from data the health units submit to the MHP

7.3 CDA - Sharon Zeiler

- No update for this meeting.

7.4 Family Health Team RD Action Group - Stefanie Shalagan

- The resource committee has taken on the focus of improving resource access to all FHT RDs, and streamlining the process by which resources are submitted, evaluated and posted on the FHT RD website.



- The transition from a yahoo file to our new website at www.fhtrd.com presented the opportunity to improve our resource section.
- The resource committee has already reorganized the existing files into new categories: *Patient Resources, Group Programs, RD Backgrounders, Administrative Resources and Journal Portals*. Hopefully a search option will be uploaded within the next few months to make navigating easier.
- The resource committee is currently reviewing all patient handouts already posted on the website. These resources will be evaluated for reading level, content and format (all resources will meet Ministry Visual Guidelines). Once the resource has been approved, it will be posted in the content files section. All resources will be reviewed every 3 years, or when new guidelines relevant to the resource are released (whatever comes first).
- The resource committee is also implementing new protocol to submit new resources to be posted to the website. This ensures all resources can be properly evaluated before they are posted. After the existing resources are reformatted, we hope to begin discussions with outside groups (e.g. the NRC, CDA) to obtain permission to add the FHT RD ON logo to resources in order for FHT RDs to be in compliance with our ministry visual guidelines on all nutrition resources given to patients.
- If you have any questions regarding Resources, please email Amanda Spittal (amanda.spittal@uppergrandfht.org) or Stefanie Shalagan (stefshalagan@yahoo.ca), Resource Committee co-chairs.

7.5 Breakfast for Learning - Carol Dombrow

- No update for this meeting.

7.6 Cancer Care Ontario - Rebecca Truscott

- No update for this meeting.

7.7 Canadian Cancer Society (Ontario Division) - Gillian Bromfield

- No update for this meeting.

7.8 Heart and Stroke Foundation of Ontario - Carol Dombrow

- No update for this meeting.

7.9 Ont. Collaborative Group HEPA – Rebecca Truscott

- No update for this meeting.

7.10 Dietitians of Canada - Linda Dietrich

- No update for this meeting.



7.11 Dietitians in Community Health Centres - Krystyna Lewicki

- This group does not have an official network. They are looking at operating as an action group of Dietitians of Canada.
- There are three regional groups that meet regularly.
- The CHC food security group will support alPHa/MOH campaign for food supplement in the provincial budget. This would create a specific allowance of \$100 for food. (Letter written to the Premier urging him to add a Healthy Food Supplement to Ontario's social assistance rates as part of the 2009 Put Food in the Budget Campaign <http://www.alphaweb.org/sdoh.asp>)
- The CHC annual conference is in June.
- The DC primary healthcare action group paper is almost finished. It will finalize the job description. The CHC dietitian job description is outdated and needs to be redone. They are working with the Family Health Team dietitians to create a primary healthcare dietitian job description.

7.12 Ophea/ PARC – Muriel Rounthwaite (submitted a written update)

Menu of Choices (MOC) Website

- Website content continues to be added on a monthly basis. 22 new resources have been added to the website from September to May which reflect *Eating Well with Canada's Food Guide* and build upon the existing content on Menu of Choices. Members are encouraged to forward suitable nutrition resources to Ophea.

Communication Support - Menu of Choices 2008/2009 Elementary Staff Room Calendar Evaluation

- The 2008/2009 Menu of Choices Elementary Staff Room Calendar was distributed to all public elementary schools in Ontario.
- A January survey of Menu of Choices Calendar and Website users (educators, administrators, public health promoters, registered dietitians) indicated:
- Respondents (*over 85%*) believed that the Menu of Choices Calendar supported them and their school in the promotion of healthy eating in their school or community
- Menu of Choices Calendar was effective in promoting the corresponding website www.MenuofChoices.ca
- Users accessed the website up to several times a month as a means of getting more information about additional healthy eating supports

Menu of Choices Master Trainers

- A survey has been disseminated to gather information on how MOC Master Trainers have used MOC to promote healthy eating in school communities this year. Results are expected in the next few weeks.



Menu of Choices Plans for 2009/2010

- A renewed elementary Health and Physical Education (H&PE) Curriculum for Ontario will begin to be released by the Ministry of Education this spring 2009.
- A provincially coordinated H&PE support strategy implemented within the context of a healthy school is needed to fully realize the vision for this renewed policy and ensure all students reach their full potential.
- A key component of this strategy will be to renew existing resources, training, and services available through Ophea and other organizations as well as the development of new “coordinated supports” to meet emerging needs.
- Efforts for Menu of Choices in 2009/2010 will focus on maintenance of the website with the continued addition of resources, programs and communication tools as well as renewal of existing resources to support the new curriculum implementation in 2010/2011.
- The renewal of existing resources will involve working with various partners including member organizations (NRC) to provide high quality, innovative, creative, evidence-based, and coordinated approaches, to support the implementation of the renewed Health and Physical Education curriculum within the context of a Healthy School.

PARC Update

The 2009 PARC Physical Activity Symposium – Proceedings Available!

- The 2009 PARC Physical Activity Symposium took place March 4th & 5th, 2009 at the Courtyard Marriott Downtown Toronto. It was a great success with over 120 physical activity promoters from across Ontario! The first day of the Symposium included a keynote address on the topic of Social Marketing and Physical Activity, followed by an interactive panel discussion exploring Social Marketing at the International, National and Provincial Level; the second day included a keynote address on Social Determinants of Health and Physical Activity; concurrent session workshops on a variety of topics including: Youth Engagement, Building Healthy Communities, Policy Change, Working with Schools and many more, as well as opportunities to network with Physical Activity Promoters from across Ontario. Please visit <http://www.ophea.net/Ophea/PARC/PARC-Symposium-2008.cfm> to view symposium proceedings!

New Workshops

- Stay tuned for workshop schedule

Social Determinants of Health & Physical Activity

- This workshop will present information and considerations on ways to address the social determinants of health when developing physical activity programs



and services. Discussion will include existing programs and networking opportunities.

Pre & Post-Natal Physical Activity Workshop & Toolkit

- This is the most recent resource list and link to what is available for pre and post natal physical activity. It will also include presentation materials incorporating the latest research from Dr. Michelle Mottola of the University of Western Ontario.
- To book your workshop and session on pre & post natal physical activity, or Social Determinants of Health & Physical Activity please contact PARC at 416.426.7085 or parc@ophea.org

8.0 2009 Meeting Dates

- Cindy to send out a meeting date calendar for the next meeting in 2009.