



## MINUTES

**Event:** Nutrition Resource Group  
**Date:** December 10, 2009, 1:00 – 4:00 p.m.  
**Location:** OPHA office  
**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, Breakfast for Learning and the Heart and Stroke Foundation of Ontario
- Elizabeth Smith, Colour It Up Program and Community Food Advisor Program, Nutrition Resource Centre
- Heather Harvey, Eat Smart Program, Nutrition Resource Centre
- Krista Burns, Ministry of Health Promotion
- Krystyna Lewicki, Community Health Centre RDs
- Linda Dietrich, Dietitians of Canada
- Lee Rysdale, NutriSTEP® Program, Nutrition Resource Centre
- Mary Ellen Prange, Eat Smart and NutriSTEP® Programs, Nutrition Resource Centre, and OSNPPH
- Muriel Rounthwaite, Ophea and PARC
- Sharon Zeiler, Canadian Diabetes Association

### Regrets:

- Macy Chan, Cancer Care Ontario
- Stefanie Shalagan De Paolis, RDs in Family Health Teams

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### 1. Welcome and Introductions

- Cindy welcomed everyone to the meeting; both those in person and those on the phone.
- Two new members, Andrea Smith and Heather Harvey, were introduced.

### 2. Approval of Agenda

- The agenda was approved with no additions.

### 3. Approval of Minutes of April 2009

- Minutes from April 2009 were approved with the following change:  
Item 7.11 – The reference to the CHC annual conference will be changed to “AOHC” annual conference.

### 4. Business Arising from meeting April 2009

- No items were carried over from this meeting.



## 5. NRC Updates

### 5.1 NRC – Cindy Scythes

- 2010 marks the 10<sup>th</sup> anniversary of NRC.
- NRC thanks all members of the NRG for their commitment and dedication. Many NRG members have been around since the start.
- We will review the NRG Terms of Reference in 2010.
- Should ERO asked to join? Are there any other groups NRC may approach?
- The HHRC is in transition now, and it did not make sense to include them in this meeting.
- NRC is working with a subcommittee of the OCGHEPA that is working on the development of a proposal for a provincial nutrition strategy.
- NRC has also been participating in the collaborative group of five agencies consulting with MHP regarding the launch of MHP's After-School Initiative.
- Healthy Communities grantees are posted on the MHP's Healthy Communities' Fund web page: [http://www.mhp.gov.on.ca/english/healthy\\_communities/default.asp](http://www.mhp.gov.on.ca/english/healthy_communities/default.asp)

### 5.2 NutriSTEP® – Lee Rysdale, Mary Ellen Prange

- Presentations: OSNPPH Exchange (May 2009), FHT RD provincial conference (Oct 2009), FNIHB RD provincial conference (Dec 2009).
- Meetings: MCYS Policy Analyst (Sept) with communication that NutriSTEP® would be added to the HBHC Protocol.
- Cultural adaptations (4 versions) of 4-page education booklet completed and posted on SOP in July 2009.
- More than 60,000 NutriSTEP® questionnaires and education booklets (English, French, and the cultural adaptations) ordered since June from SOP.
- Website and online community launched June '09 with +6000 hits to date.
- Webcast held June '09 with over 200 registrants to date and 150 online during the actual webcast.
- Online version of questionnaire reliability testing underway through U of G researchers.
- NODIP intern projects including investigating NutriSTEP® inclusion with Early Development Index (EDI) mapping at the local level in Thunder Bay and feasibility at the provincial and national level.
- Abstract submitted to Conference on Feeding and Eating in Infancy and Early Childhood, The Institute of Child Health, London, UK for March 1, 2010.
- Number of US inquiries, including Vermont as a pilot state for a Blueprint for Health for the US. They would like to include NutriSTEP® in the Blueprint.

### 5.3 Eat Smart! – Heather Harvey, Mary Ellen Prange

- Heather Harvey is the new Eat Smart! Coordinator, replacing Samara Foisy.
- Provincial support for the restaurant program will be discontinued in 2010.



- NRC has been doing some preliminary work with a consulting group to develop provincial resources that might be helpful. Looking at developing a resource on healthy choices for restaurants and consumers.
- The Ministry of Education will release nutrition standards for schools soon. The Eat Smart! school nutrition standard will be revised to reflect the Ministry of Education's nutrition standards.
- Four new program standards will be pilot tested in the school and workplace settings in the New Year. These include the addition of placement, promotion and pricing standards to encourage the sale of healthier choices as well as the addition of an Eat Smart! Action Committee.
- The 2008 program summary report showed that the number of restaurants declined. The number of schools and workplaces stayed constant.
- A CIHR grant for evaluating the Eat Smart! Program in workplaces was received by McGill University in 2008. Post-intervention data collection took place in spring 2009 and data analysis is on-going. Results are expected in 2010.

#### Rec Centre Program:

- This program will be launched in January 2010, with two health units and eight other health units will follow later in 2010.
- The Rec Centre program was pilot tested in 2008, and a report on the pilot was released.
- We looked at process evaluation: Do the standards work? How did the facilities' operators respond to the changes?
- Promotional items were produced: a red apron with the Eat Smart apple, and buttons. A brochure is in production. Jennifer Botterill is the spokesperson for the program, and we printed a small quantity of posters featuring her.
- We are developing an online toolkit for the Rec Centre program
- We hope to have an online tool for assessment of packaged food products ready early in 2010. This tool will be used for the vending component of the workplace program too.
- The standards for Rec Centres apply even if the Rec Centre is attached to a school. The municipalities own and operate the Rec Centres.

#### 5.4 CFA – Elizabeth Smith

- CFA conference was held in Brampton hosted by Peel Region CFAs in June ~ 140 CFAs attended from across the province
- We moved the CFA website to a new host and are continuing to add content.
- All presentation kits were reviewed re CFG and current resources by an intern in the summer. To date, 5 have been finalized and are on the new website with the other 5 in progress and to be available by January.
- Completed two issues of our Advisor Newsletter; most recent is on the NRC website.
- ERO RDs received training on the CFA program and now have a set of Standardized Responses for potential calls related to CFA (from consumers or CFAs)
- Growing interest in the program as evidenced by 7 potential new sites. Elizabeth is working on process to invite applications, select sites, etc., however, this is contingent on potentially increasing program funding



- Planning for the 2010 conference is underway by the Kingston CFA group. The event will be held June 4th and 5th at St Lawrence College
- PAC meeting next week. We are looking at a new logo and an evaluation proposal to assess food skills training content of the program. PAC met in July and September as well.
- Sudbury is training a new wave of CFAs, Ottawa completed their training this fall and will be graduating about 23 new CFAs (half are bilingual) in February, Niagara postponed their fall training to the new year due to H1N1 redeployment and London plans to start a training in February, so 2010 is looking like another busy year!
- Also will be working with a Community Health Centre here in Toronto to use selected CFA training sessions as part of a Healthy Communities Fund project that will be training paid community workers in healthy eating, physical activity and mental health (6 workers to be trained over 3 months).

5.5. Colour it Up...Go for More Vegetables and Fruit (CIU)- Elizabeth Smith

- Focused on making sure the leader's manual is distributed to all health units and with following up on requests from CHCs and FHTs
- ERO RDs received training on the CIU program and now have a set of Standardized Responses for potential calls
- H1N1 redeployment has delayed some program implementation until 2010
- So far, it looks like there will be 30-40 implementations in 2009; an annual report form is available on survey monkey ~ 3 sites have completed so I have some work to do to drive traffic to the survey
- Will be working with CCO to redevelop the participant evaluation tools starting in January. Currently, the tools are a pre, post and 3 months post program questionnaire that take at least 25 minutes to complete (food frequency, food recall etc) so most programs do not use it. The original plans included an on-line interactive survey tool that would have generated reports for the facilitators, as well as provincially, which proved impossible with the current magnitude of questions
- Consultant is completing the 50+ adaptation ~ also been a bit delayed due to consultant availability
- Most popular promo item is the reusable bag which has been reordered in a smaller (now trendy) size; other items are used in smaller quantities

5.6 Healthy Eating Active Living Projects - Mary Ellen Prange

- Sudbury & District Health Unit approached NRC for permission to adapt Eat Right Be Active for the 12-36 month age group. NRC conducted a survey in 2007 and determined that there was a huge demand for a toddler version
- Eat Right Be Active for Toddlers is now available at ServiceOntario Publications for distribution.
- With the launch of Eat Right Be Active for Toddlers, all caregiver resources available at ServiceOntario Publications are available at no charge; i.e. this includes BusyBodies, Hop la vie! or the Eat Right Be Active / Bien manger Bien bouger booklets and Fuel Up For Fun. For a short time in 2009, these resources were not free on ServiceOntario.



- Fuel Up For Fun was awarded the CSO Regional and National “Speaking of Food and Healthy Eating” Award, co-sponsored by DC and Kraft Canada.

#### 5.7 Healthy Eating Manual – Cindy/Elizabeth

- This manual was released in 1994; updated in 1997 and 2000. It contains presentations for non-RDs to use, in the form of short, interactive lessons, with handouts.
- A 2008 survey showed received a great response for updating this resource. We received 60 responses to our request for reviewers (13 reviewers were chosen).
- There are three new mini-lessons on the 2007 Food Guide, sodium, and whole grains.
- We received good feedback on the draft from reviewers.
- It will be available online – no print copies.

## 6. Member Information Highlights

### 6.1 OSNPPH

- This group is looking for a rep for the NRG.
- Mary Ellen is not on the exec this year.
- This group undertook strategic planning in 2009.
- The annual Exchange will be held May 13<sup>th</sup> and 14<sup>th</sup> in the Niagara Region, at the White Oaks Resort and Conference Centre.

### 6.2 Ministry of Health Promotion – Krista Burns

- Ministry of Health Promotion undertook reorganization in 2009-2010. The Ministry of Health Promotion now has the following branches:
  - Communications
  - Strategic Policy, Partnership and Research
  - Strategic Initiatives
  - Sport, Recreation and Community Programs
  - Standards, Programs and Community Development
- Penny Nelligan is the Director of Standards, Programs and Community Development. Laura Belfie is the Manager, Public Health Units and Standards. Other management positions yet to be filled.

#### School Nutrition Standards

- Lead by Ministry of Education with support from MHP – intention is for standards to be released fall 2009.
- Ministry of Ed developing modules to support EDU stakeholders –MHP, NRC, and OSNPPH supporting.
- MHP exploring how ERO can support implementation of Standards



### EatRight Ontario

#### Recipe Contest:

- ERO is running a recipe contest for students called “Get Kids in the Kitchen”. There is a contest for Grades 1 to 3 and one for Grades 4 to 6. Children are invited to create an original, kid-friendly recipe for either **school day lunches** or **after school snacks**. **Contest deadline is January 6, 2010 (4:00 p.m. EST).**
- Details are posted on the Home page of the ERO website:  
<http://www.eatrightontario.ca/en/default.aspx>

#### Videos:

- New videos recently made available on EatRight Ontario Website:  
([www.ontario.ca/eatright](http://www.ontario.ca/eatright))
  - Episode 1, Introduction to Nutrition Labeling: Covers the Nutrition Facts Table, the ingredients list and nutrition claims.
  - Episode 2, Nutrition Facts table – important nutrients: Looks at serving size, calories and key nutrients.
  - Episode 3, Nutrition Facts Table 5 features: Looks at serving size, calories, % Daily Value, and nutrients you need to get more and less of.
  - Episode 4, % Daily Value: Covers how the % Daily Value can be used to make healthy choices.
  - Episode 5, Focus on Carbohydrate: This is especially useful for people with diabetes as we look at how carbohydrate affects blood sugar levels.
  - A Sample ERO Call: “What’s your nutrition question today?” See our ERO Registered Dietitian in action as she takes a call on diabetes.

#### My Menu Planner:

In addition to the already popular menu plans for weight loss (Healthy Weight, Healthy You) and budget-conscious eating (Eat Right for Less), here are the five new menu plans:

- Smart Eating for Everyday Meals (a great place to start for general healthy eating tips)
- Eat Right the Vegetarian Way
- Eating for an Active Lifestyle (for clients who are active more than 60 minutes/day)
- Cooking for One or Two Made Easy
- On-the-go and Eating Right

#### MHP’s After-School Initiative

- In 2009/2010, the Ministry of Health Promotion partnered with a variety of provincial and community organizations in priority neighbourhoods to deliver after-school programs and services. More than 15,500 children and youth in over 270 sites across the province will benefit from the Ontario’s After-School Initiative.
- These programs include:
  - Healthy eating and nutrition education to help combat childhood obesity,



- Physical activity to encourage active lifestyles,
  - Personal health and wellness education to promote self-esteem, and
  - Other activities to address specific priorities based on local community needs.
- The programs align with findings of the Review of the Roots of Youth Violence Report, which recommended that after-school programs be available to promote good nutrition and positive activity, and to help keep youth off the streets.
  - The after-school initiative is also an important part of Breaking the Cycle: Ontario's Poverty Reduction Strategy, which aims to reduce the number of children living in poverty by 25 per cent over 5 years – lifting 90,000 kids out of poverty – by boosting benefits for low-income families and enhancing publicly-funded education.

#### Healthy Communities Approach:

##### Why this Approach to Healthy Communities at MHP?

- To provide a new approach for funding provincial and community organizations to plan and deliver integrated health promotion initiatives.
- To challenge sectors to work in a more integrated fashion across multiple risk factors.
- To develop new and/or strengthen partnerships between community organizations.
- To provide a “one window” / streamlined approach for these groups to apply for funding from the Ministry of Health Promotion.

The Ministry's Healthy Communities Ontario approach comprises three main pillars:

- Healthy Communities Partnerships
- Healthy Communities Fund
- Healthy Communities Consortium (Resource Supports)

Resource Supports could include:

- Risk factor information
- Planning
- Evaluation
- Community partnership

Supports will be based on community-identified needs.

### **6.3 CDA - Sharon Zeiler**

- In October 2009, the CDA adopted a new mission, vision and values. The focus is on management of diabetes, not prevention. Specific projects and activities must be tied to the new mission.
- Public Programs and Services still do some prevention, and CDA will continue to work on prevention with high-risk groups.



- There has been much readjusting and realignment – some partners have been dropped, and some new partnerships established. Sharon’s work has changed significantly. She will not be able to continue as a rep on the OCGHEPA. She does not know yet if she can continue on the NRG, though she notes that some of the NRC’s projects can be tied to diabetes treatment.
- Note: Sharon is the only nutritionist at CDA.
- A question was raised if OCGHEPH can respond as a group to CDA’s decision.
- Also, the question was raised as to who will pick up the work on prevention.

#### **6.4 Family Health Team RD Action Group – Stefanie De Paolis**

- The Family Health Team Registered Dietitians have now become a provincial network with the Dietitians of Canada. Our new chair is Lee Anne Sargeant, and our previous chair, Marg Alfieri, has now become the RD lead for QIIP (Quality Improvement & Innovation Partnership). Eva West continues to be our webmaster for our [www.fhtrd.com](http://www.fhtrd.com) site, while Stefanie De Paolis (resource committee chair) is responsible for the resource section of the website.
- The Private Files Section of [www.fhtrd.com](http://www.fhtrd.com) has now been updated, providing better access and online links to relevant websites and organizations (all the organizations at the NRG meeting are linked on our website). New resources will continue to be added to the site on a weekly basis.
- If any members of the NRG would like to have a resource, link or program shared with FHT RDs, email it to [fhresources@yahoo.ca](mailto:fhresources@yahoo.ca).
- The resource committee also sends out a quarterly update with a “featured resource”. If you have a particular item you would like to have featured, please send it to [fhresources@yahoo.ca](mailto:fhresources@yahoo.ca)

#### **6.5 Breakfast for Learning – Carol Dombrow**

- They will have a new interactive resource posted online “a healthy plate”.
- This resource enables the user to create a shopping list, so someone doing a breakfast program could use it to plan their shopping.

#### **6.6 Cancer Care Ontario – Macy Chan**

- No update.

#### **6.7 CCS (Ontario Division) – Andrea Smith**

- Andrea Smith is attending the meeting on behalf of Gillian Bromfield, Senior Manager in Prevention as she is unable to be here today.
- Gillian Bromfield has accepted a position at the National Office and will be transitioning into her new role in January 2010. The Senior Manager, Prevention, position has been posted and is expected to be filled in the New Year.
- We’re thrilled to announce the launch of our website [Parents for Health](http://Parents for Health). The site is now available to the general public. As the name suggests, this new and interactive website has been developed with parents in mind. Through Parents for Health, we hope to engage parents in a new conversation about cancer by providing them with tools and



resources on a variety of health topics, including healthy eating, that affect their children that can help them make informed choices. Visit [www.ParentsforHealth.ca](http://www.ParentsforHealth.ca)

## 6.8 OCGHEPA – Andrea Smith

- Gillian Bromfield is the current chair of the Ontario Collaborative Group on Healthy Eating and Physical Activity (OCGHEPA). Gillian has accepted a new position at National Office and will be transitioning into her new role beginning in January 2010. According to the OCGHEPA Terms of Reference, the Vice-Chair will act as Chair until the position has been filled. If agreed upon by the Collaborative Group, the replacement\* will complete the Chair term (1.5 years) or nominations will be held in the New Year. \*Note: Cindy will be the acting chair.
- Advocacy sub-committee of the OCGHEPA is currently working to develop an advocacy strategy around the issues of healthy eating.

## 6.9 Heart and Stroke – Carol Dombrow

### My Heart & Stroke Healthy Weight Action Plan™ - Program Overview

- The healthy weight e-tool is a 12-week behaviour change program intended to support individuals in the contemplation and preparation stage with the achievement and maintenance of a healthy weight, through sustainable healthy eating and physical activity. The program mimics a face to face weight counseling process.
- Central to the program is a Virtual Interactive Counselor (we have named her Janet) who guides and supports the user through the program in a tailored manner. Using client-centered counseling techniques Janet will (1) assist clients in determining problem behaviors; (2) set and monitor goals associated with change; and (3) provide relevant content and skills based on responses to user assessment, user interaction with the system, and user progress toward goal attainment.
- The program involves a weekly lesson and relevant reading designed to support the behaviour change process. The program also includes several interactive components that are known to support behaviour change such as a goal tracker, an achievement area and an “Ask the Expert” function. The program takes a structured approach, asking users to complete each lesson before proceeding to the next lesson, and before revealing a new function.
- Through the interactivity of the design, the e-tool is able to engage in a decisional process to provide needed information and components to users based on how they uniquely interact and engage with the system, rather than predetermined once they enter the system.
- All users must complete a health assessment prior to registering. This assessment results in a personal report back to the user with tailored lifestyle recommendations. Data from the health assessment is in turn used to develop caloric and food group serving recommendations for to the user, tailored to their age, gender and activity level.
- The anonymous data in the Risk Assessment, which all users go through before registering for the HW Plan and BP Plan, provides data to support the evaluation of both tools, as well as provide immense data into the health and behaviour stage of users.



- During the pilot stage of the program, it is offered in English only. Once initial rounds of usability research and evaluation are completed, and program enhancements made, we will be seeking funding to be able to develop and sustain the program in French.

The program can be found at [www.heartandstroke.ca/hwplan](http://www.heartandstroke.ca/hwplan)

Tracking and Results:

- We have been building our reporting capability to allow us to view data in real time. Here are a few quick highlights based on the data we have access to today.

Overall Traffic (Sept 1- Nov 20):

- Great interest in the tool (as of Nov. 23, close to 20K visitors to the landing page, and 4000 users registered)
- Attrition off from landing page to risk assessment, then again from risk assessment to registration is a source of concern and will be a focus on usability. Tradeoff will be the value of collecting data versus the extra effort and time required of user. Will be a key focus in usability research.

User Demographics:

- 90% are female
- 76% are 35-64
- 1% Chinese, 3% South Asian, 2% African Heritage, 2% Aboriginal and the remaining 92% consisting mainly of Caucasians
- 34% have a BMI 25-29.9; 49% have a BMI over 30

Partnership Explorations:

- Eat Right Ontario - We are in discussion with ERO regarding linking our Ontario based "Ask the Expert" questions through to their service.
- Public Health Agency of Canada - The Overweight and Obesity Management Task Group, within the Chronic Disease Management Division, has expressed a strong interest in the tool, and we are currently discussing partnership options with them.

Health Care Professional Tool Kit:

- A comprehensive toolkit was developed to support HCPs in assessing patient weight and supporting their efforts to lose weight. Elements include a HW Plan Program Overview, a Patient Assessment Guide to help determine patients' suitability for the program; a Waiting Room Poster and Patient Tear Sheet for office or clinic, a Counseling Strategies Tip Sheet with follow-up recommendations for patients at each stage of the HW Plan, a condensed print version of the program for patients without Internet access, and to provide HCP an easy way to scan the program and understand the program approach and key messages; and a PARmed-X physical assessment form to be used at the onset of the program.
- Response to this kit has been extraordinary, with few print copies remaining. The tools can be accessed via the Health Care Professional link at the bottom of the HW Plan site (or via the Special Initiatives section of the HCP site [www.heartandstroke.ca/healthcareprofessional](http://www.heartandstroke.ca/healthcareprofessional))



#### Evaluation:

- Extensive evaluation on the tool is planned. Focus will be on measures related to usability leading to tool design and programming enhancements to maximize usability of the tool.
- Medium-term evaluation will look at a wide variety of process and outcome measures, and will look at the correlation of user participation and user characteristics with various outcomes.

#### Usability and enhancement:

- We will be undertaking usability research in January to determine key issues and opportunities to enhance the HW Plan. Usability will focus on how to minimize attrition and maximize usability, without compromising the science behind the program.

#### My Heart&Stroke Blood Pressure Action Plan™

- Intended to support users to self manage their blood pressure. Features include ability to track BP, medication, and Doctor's Appointments including email reminders. Provides extensive and relevant BP educational information within the program. Like the HW Plan, the BP Plan has users go through the Risk Assessment first which provides them with a personalized report and recommendations. Version 3.0 of this program to be launched Dec 7, 2009.

#### [www.heartandstroke.ca/bp](http://www.heartandstroke.ca/bp)

- An evaluation framework has been developed for the BP Plan, and extensive evaluation will be initiated in 2010.
- Currently the program is English only. We will be seeking funding to be able to develop and maintain a French program.

#### Spark Together for Healthy Kids

- It has been six months since we launched Spark Together for Healthy Kids' public campaign and we wanted to provide an update.
- Our public awareness campaign is going extremely well and to date we have over 17,000 individual signatures, 28 provincial organizations and over 50 regional organizations who have signed on to the Spark Promise to Our Children. The Spark Together for Healthy Kids Facebook fan page has been quite successful and we now have over 5000 Fans. If your organization has an upcoming event or activity, please consider posting an update or link on the fan page.
- Refining and prioritizing key policy positions and building engagement and support for the initiative is a key objective. Building on the policy issues outlined in our policy document, we have identified six policy positions for broader consultation and discussion.
  1. Provide a healthy food subsidy to low income families.
  2. Have boxes of subsidized healthy food (e.g. good food box) available for purchase in your community.



3. Expand food preparation and nutrition education courses in school and after-school and community programming.
  4. Provide a core set of free publicly funded recreational programs or services for children and youth in school and after-school and community programming.
  5. Expand active transportation networks that are safe, secure and walk-able, such as bike lanes, sidewalks, green spaces, mixed land use and proper lighting.
  6. Establish infrastructure funding for sport, parks and recreational facilities.
- The next step is to ask the public to help us identify and put into action the recommendations they think are the most viable and achievable in their community by identifying the three priority areas for change.
  - The Foundation's 2009 Annual Report once again supports the messaging and activities of this initiative in a creative and compelling manner. The back page of the report poses the same poll question and the annual report artwork will be integrated into the on-line poll.
  - We have just completed a public opinion survey where this question was included. In the next week or two, we will be launching an on-line poll using various electronic channels (HSFO website, Facebook and email lists) to encourage participation.
  - We know that all of these policy positions are important. The purpose of the poll is to raise awareness and engagement on these issues. As such, the poll will be up for at least a couple of months. We would like to ask you to help us reach out to your networks. We will advise you when it goes live and provide you with an email template to use.
  - HSFO has partnered with the Ontario Science Centre for the Body Worlds exhibit. There will be a Spark presence every weekend throughout December and February. Look for the 50" X 50" Spark Together for Healthy Kids Food Fun game, located in the Great Hall of the Science Centre, that everyone can participate in.
  - If you have any question, please feel free to contact me, Karen Donaldson-Howden at (416) 489-7111 ext. 496 or by email. Again, we thank you for your continued support of Spark Together for Healthy Kids™.

#### 6.10 Dietitians of Canada - Linda Dietrich

- January 20: Dietetic Practice in the Management of Adverse Reactions to Food at Oakham House Ryerson
- March 3: Embracing the Future Conference Metro Convention Centre
- April 26: Rethinking the Role of Nutrition in the Immune System, Oakham House, Ryerson
- May 27-29: Annual DC Conference, Hyatt Regency, Montreal

Nutrition Month 2010 slogan: Celebrate Food ... from field to table



- The goal of the 2010 National Nutrition Month campaign is to enable Canadian families to make informed food choices to best support their health. Informed choices are made integrating knowledge of:
  - How food is grown, harvested, processed and transported
  - Sustainability of the food supply
  - The nutritive value of foods
  - How to plan, purchase and prepare foods to promote optimum health.

### Resource Manual

Fact Sheets – final proofs due mid-December and copy to all RDs in January 2010

1. Myth Busting
2. Show Canadians how RDs have used foods in interesting ways, e.g. blueberries from Nova Scotia in recipe.
3. Top 5 tips of campaign

### Website Update

- **New:** Where foods are grown in Canada (an interactive game with a map, with varying levels of difficulty). Will have its own web site with a link from the DC site.
- Media:
  1. News release
  2. Spokespeople for each region
  3. Local angle most important factor at this time for the media.  
Promotional material available from RD in Sudbury

### National Dietitians Day – 3<sup>rd</sup> Wed of March 2010 March 17<sup>th</sup>

1. News release
2. Creation of revised fact sheet that speaks to how great RDs are and all the things that we do.

### PHC Role Paper

PHC Role Paper revised and released and available at  
[http://www.dietitians.ca/news/highlights\\_positions.asp](http://www.dietitians.ca/news/highlights_positions.asp)

### New PEN Client Handouts

The new additions to the Healthy Eating/Lifestyle PEN Client Handout collection are "Food Sources of" handouts:

- Food Sources of Choline
- Food Sources of Copper
- Food Sources of Iodine, Chromium, Molybdenum and Fluoride
- Food Sources of Manganese
- Food Sources of Pantothenic Acid and Biotin
- Food Sources of Vitamin K



This brings this collection to 65 handouts. Check out the titles of the other handouts available.

The Culturally Adapted and Translated PEN Client Handout collection has a number of culturally adapted diabetes handouts, some of which have also been translated into the appropriate language:

- Healthy Carbohydrates for Diabetes
- Healthy Eating for Diabetes
- Increasing Your Fibre Intake

These handouts have been culturally adapted for African and Caribbean, Gujarati, Latin/Hispanic, North Indian, Pakistani and South Indian diets and many are available in other languages besides English and French. This includes Chinese, Gujarati, Hindi, Punjabi, Spanish, Tamil and Urdu.

#### **6.11 Dietitians in Community Health Centres – Krystyna Lewicki**

- Early in 2010 we expect the CHC RDs will be set up as an Action Network through DC. (There are three CHC groups now, each has a chair. Sharon Khoo is the central region chair.)
- DC's PHC RD Role Paper "Moving Forward" was released in July 2009. Several CHC and FHT RDs were involved in reviewing the paper.
- CHC RDs are reviewing the latest draft of the PHC RD job description. CHC and FHT RDs have a working group to advocate for increased compensation for CHC & FHT RDs.
- CHC food security network wants to increase representation to ensure all the GTA CHCs are represented.

#### **6.12 Ophea & PARC Updates – Muriel Rounthwaite**

##### Ophea - Menu of Choices

##### 1. Renewal of healthy eating lessons:

The focus of the program this year is on renewal of our healthy eating lessons to support the renewed Health and Physical Education curriculum which is soon to be released (mandatory implementation Fall 2010). This is part of Ophea's provincial strategy to support the implementation of Health and Physical Education (H&PE) as a foundational component of healthy schools and communities.

- To date, 50 school boards have signed on as partners to develop Ophea's Health and Physical Education Curriculum Support Resources (Grades 1 - 8).
- Over the summer 46 writers (educators) from across the province (both English and French) were trained and began the writing process.
- The writing process included between 5-7 days of face-to-face training to ensure that all writers received appropriate information on relevant teaching strategies and lenses (i.e., Healthy Schools, Environmental Education, Aboriginal Education, Teaching Games for Understanding, Differentiated Instruction, Mental Health, Living Skills, Personal Safety and Injury Prevention, Substance Use and Addictions and Healthy



- eating). This was followed by several weeks of writing time on their own and within teams, in their respective communities.
- More than 30 partner organizations (NGO's, Public Health Units, Provincial Sport and Recreation Organizations) have been engaged in the training process for the writers, providing specific topic training and access to their resources and materials and/or will continue to be engaged in reviewing and revising the draft resources. After conversation with several organizations (OSNPPH, Dieticians of Ontario, NRC), Lesia Hucal provided training on the Healthy Eating strand. For the healthy eating lessons review, partner organizations include NRC, HSFO, Dieticians of Ontario, the Nutrition working group, OSNPPH, and NHEP. The review by external partners will take place in January/February 2010.
  - The draft resources will also be thoroughly tested with educators across the province in Winter 2010.
  - Final resources will be available in 2010/11 to coincide with mandatory implementation of the revised elementary curriculum.

For the first time ever, public health has been included with educators in the regional Ministry of Education training on the renewed curriculum. There will be 10 sessions (6 English and 4 French). This is being made possible by the Healthy Communities funding from Ministry of Health Promotion. Ophea is managing the involvement of public health in this training and will be facilitating follow up conference calls with all of the public health workshop participants. (The invitation is going to the chief medical officer of health and one person per public health unit can attend. The senior manager of the health unit determines the representative to attend. In total, we can ask 36 English and 15 French.)

## 2. MOC Website

As part of Ophea's provincial strategy we are re-designing Ophea.net. This includes support for public health and other community leaders to implement related policies and initiative such as the *Ontario Public Health Standards* and *Foundations for a Healthy School*. The new website will have a healthy schools/healthy community section. Next year, we will slowly start the process to move content from MOC to the new Ophea website. This will align more completely with the healthy schools framework. We will be planning what else we need to do in terms of further supporting implementation of the renewed curriculum policy as well as how we can relate to the Nutrition Standards for Schools aligned with partners. However this year, we will also focus on maintaining the Menu of Choices website which includes the addition of new resources, programs and communication tools.

## 3. Master Trainer Update

An additional focus this year is on consolidation of all of our Master Trainer programs with the goal of consolidating our services that support public health. The first step in this process was Ophea's Public Health Roundtable held in October. The Roundtable brought together representatives from 31 of the 36 public health units across Ontario, as well as other community partners that work with schools and communities in the topic



areas of physical activity, healthy eating/nutrition, tobacco, safety and injury prevention and substance use and abuse. The draft proceedings are currently being validated by the participants, and a final report will be available soon. The results from this roundtable will be used to develop a 2 to 3 year plan to provide provincially coordinated support to assist public health in their work to promote healthy schools and communities across Ontario.

### PARC Update

- PARC will be hosting a networking dinner event for physical activity promoters on Thursday, May 6, 2010 from 5:00 p.m. to 9:00 p.m. at the International Congress on Physical Activity and Public Health in Toronto. It will provide the opportunity for participants to share best practices, and discuss how to apply research presented at the congress into practice.
- PARC has also revised and redesigned the Active Pregnancy Resource for health promoters. It is available on the PARC website as part of the Pre-Post Natal Physical Activity Adaptable Workshop. A translated French edition will be available in January 2010.
- There are many upcoming PARC in-person and online workshops. The workshops include opportunities for physical activity promoters to network and learn from each other's experiences about promoting and implementing physical activity programs and initiatives in different communities. For more information and to view workshop descriptions and to register visit:  
<http://www.ophea.net/parc/training.cfm>

### **7. New Business**

- No new business was discussed.

### **8. 2010 Meeting Dates**

- Cindy will send out a meeting planner to NRG members. Please fill in the dates you are available.

### **9. Adjournment**