

Nutrition Resource Group
Minutes of teleconference
Tuesday, January 22, 2008

Chair: Cindy Scythes, Manager, Nutrition Resource Centre
Recorder: Kathleen Orth, Program Assistant, Nutrition Resource Centre

Attending:

- Honey Bloomberg, NRC student
- Linda Dietrich, Dietitians of Canada (to 2:30 p.m.)
- Carol Dombrow, Breakfast for Learning and the Heart and Stroke Foundation of Ontario
- Sarah Evason, Special Projects, Nutrition Resource Centre
- Samara Foisy, Eat Smart! Program, Nutrition Resource Centre
- Debbie Northmore, RDs in Family Health Teams
- Patti Payne, Canadian Cancer Society, Ontario Division
- Mary Ellen Prange, HEAL Program, Nutrition Resource Centre
- Muriel Rounthwaite, Opeha and PARC
- Lee Rysdale, NutriSTEP™ Program, Nutrition Resource Centre
- Catherine Shea, Cancer Care Ontario
- Bronwen Williams, OSNPPH
- Sharon Zeiler, Canadian Diabetes Association

Regrets:

- Lesia Hucal, Colour It Up, Nutrition Resource Centre
- Sharon Khoo, RDs in Community Health Centres
- Colleen Kiel, Ministry of Health Promotion
- Anne Lessio, Heart Health Resource Centre
- Roselle Martino, Ministry of Health Promotion
- Elizabeth Smith, Community Food Advisor Program, Nutrition Resource Centre
- Connie Utrecht, Ontario Public Health Association

1.0 Welcome and Introductions

- The meeting was held by teleconference due to water damage in the OPHA office.
- Cindy asked members to review the NRG contact list that was distributed prior to today's meeting and send any changes to Kathleen at nutrition@opha.on.ca
- New and returning NRG members:
 - Sarah Evason has rejoined the Nutrition Resource Centre after a year's maternity leave
 - Debbie Northmark is a new representative for the RDs in Family Health Teams
 - Muriel Rounthwaite is the new representative for Opeha and PARC\
 - The NRC has two practicum students from January to April 2008. Honey Bloomberg (also working for the Ontario Chronic Disease Prevention Alliance) and Ellen MacLean.

2.0 Approval of Agenda

- Agenda approved, with the addition of item 5.7 Special Projects.

3.0 Approval of Minutes of September 25, 2007

- Minutes approved. Change to Item 1.0 Welcome and Introductions: one student attended the September 25th meeting.

4.0 Business Arising from September, 2007

4.1 Terms of Reference

- Under “Role” Item 1.0: Change “sustain” to “support” (“Support and complement ...)
- Under “Role” Item 3d: continuing education must be relevant to issues the NRG is discussing. Cindy will rewrite this item.
- Under “Membership” add the Family Health Team RDs. (This group has about 100 members, has adopted a logo and has a list serve.)
- Cindy had included some points about conflict of interest, confidentiality, no remuneration, and decision-making. These will be removed from the TOR. The issue of conflict of interest has not come up, and members who feel they may be in conflict can declare at the beginning of a discussion.
- The OPHA profile is attached to minutes.

5.0 NRC Updates

5.1 NRC – Cindy Scythes

5.2 NutriSTEP – Lee Rysdale

- Clarifications for Sept minutes-10 years, not 7 years; preschool nutrition screening not assessment program
- With additional external funding (Danone Institute) targeted implementation in 3 Ontario sites with public health unit site coordination-Thunder Bay and Sudbury in English and French began in October; York Region begins next week. The settings and models for each site are different to determine how best to screen preschoolers, whether assisted and/or self-referral process are effective, whether resources and supports are available, etc.
- Requests for implementation in FHTs and CHCs and so investigating piloting in two FHTs mid year as NutriSTEP™ is trademarked and interest for use is beyond Ontario and Canada with numerous project partners over the past 10 years. To effectively and efficiently disseminate the screening tool and implementation toolkit, a dissemination plan along with licensing process is underway. Part of the dissemination plan, a web based program has also been considered and funding has been received through a CIHR end of grant knowledge transfer proposal submitted by the U of Guelph researchers. As CIHR is national in focus and Dietitians of Canada has been a project partner for many years, the funds will be used to develop a facepage on the DC Healthy Start for Life site (which NutriSTEP™ was a project advisor).

5.3 Eat Smart! – Samara Foisy

- Revision of the nutrition standards for the Eat Smart! School and Workplace Programs is underway and a draft will be ready by mid-February.
- A pilot test will take place over a few months. In mid-December, a stakeholder survey was circulated to gather ideas on the restaurant program. The results will be posted on the Eat Smart! list serve by January 25th. A stakeholder meeting will be held as well to discuss the future of the restaurant program.
- Work is progressing on the new Eat Smart! website and the database will be ready by the end of February.

- CIHR invited Eat Smart! to submit a full application. The project will look at behavioural outcomes. The principal investigators are Catherine (McGill), Judy Paisley (Ryerson) and John Dwyer (Guelph). A graduate student from McGill will also be involved, and Compass Canada is a partner.
- A contest for new promotional items resulted in three new items: post-it notes in an apple shape, a message pen with a rotating message, and an apple slicer/corer.
- Franchises – Mandarin and Harvey’s are interested. The issue with Harvey’s is providing a whole wheat bun, and they are talking to suppliers.
- Trademark – There are two Canadian programs, one in Ottawa and one in Newfoundland, which use “Eat Smart” in their names. Samara has sent letters to both groups to let them know about the Eat Smart! application.
- Using RRFSS data available since 2005

5.4 CFA – Elizabeth Smith

- Halton Region is a new CFA site.
- KFL&A is now training.
- Durham Region starts training in late summer.
- Durham Region hosts the 2008 annual volunteer event, and the focus this year is on locally-grown food.
- The program received funding through the OHPRS French-language services committee to translate the CFA Resource Binder into French.
- The CFA coordinators met in September 2007.

5.5 Colour it Up...Go for More Vegetables and Fruit - Lesia Hucal

- Lesia has had requests to update the recipes
- She has also had requests to broaden the reach of the program wider than the 25-45 year age group. (The Take Five program was adapted for the 45+ age group.)
- The consumer side of the website is progressing; work on the facilitator side is going more slowly.
- There were many changes to the manual as a result of the new Canada’s Food Guide. The French manual was revised for Canada’s Food Guide. The program does not have the funds to retranslate the manual, though comments have been received that the French manual could be much improved.
- The NRC has many of the TAKE Five binders. It is on the NRC order form, and we do fill requests for the binder.

5.6 HEAL Projects – Mary Ellen Prange

- The NRC participation in the HEAL strategy consists of the caregiver resources and the expansion of the Eat Smart! program into recreation centres.
- Mary Ellen has recruited 7 health units and 21 recreation centres for the pilot test, which will begin soon and will run to June 2008. Data analysis will take place over the summer 2008, and an evaluation consultant will be hired. Looking at a provincial rollout in Fall 2008.
- The draft nutrition standards for vending machines and snack bars include 25% Eat Smart! choices. There is a lot of interest in the nutrition standard, as the vending machines and snack bars are compatible with the Eat Smart! school and workplace programs. NRG members can contact Mary Ellen if they are interested in seeing the nutrition standards.
- Ottawa Public Health ran a vending machine program (Fuel to Xcell) for several years, and HEAL worked with Ottawa Public Health on the provincial program.

- Snack bars and vending machines are included in the pilot project. Mary Ellen is collecting data on other vending machine products, including beverages.
- Artwork has been developed to promote the program.

5.7 Special Projects – Sarah Evason

- Sarah is reviewing the Healthy Eating Manual, which was produced in the early 1990s.
- The Healthy Eating Manual was written for non-professionals, and includes mini-lessons on nutrition topics.
- She will be sending out a survey looking for ideas on the direction of this manual, and would like NRG members to contribute and circulate the survey to their groups.

6.0 Member Information Highlights

6.1 BFL – Carol Dombrow

- “Smart Start” is almost finished. It will be ready for Nutrition Month in March. It provides food guide info for children from 4 years of age up to the 18-year olds, and tips for parents.
- “Staying Alive” is available free-of-charge through the BFL website. They are adding another set of cards this year.

6.2 CCO

- In mid-February, CCO will be welcoming Dr. George Pasut as a new Vice-President within the Division of Preventive Oncology (DPO). Dr. Pasut’s portfolio will include the Prevention, Screening and Aboriginal Units. With a renewed public commitment to cancer screening, his initial priority will focus on the implementation of colorectal screening and the integration and improved recruitment strategies for breast and cervical screening participation. Dr. John McLaughlin will continue as VP of the Research and Surveillance Units, and his portfolio also includes the cohort study.

Vegetable and Fruit Radio Ads

- The Canadian Cancer Society, Saskatchewan Division, will be airing the vegetable and fruit radio ads for the month of March. They will be using the original versions of the ads, which include a tagline to call the CIS for more information.

RFP Process for the Primary Prevention of Colorectal Cancer

- Currently there are six ongoing regional nutrition and physical activity interventions which were awarded grants by CCO for up to \$50,000 per region (*please see list of successful projects for more information*).
- As a follow-up to the request for proposals (RFP) process and as a Knowledge Exchange opportunity, CCO is planning a workshop for early March, entitled “Developing Effective Cancer Prevention Interventions”. This workshop will be focused on our ongoing commitment to build capacity at the regional/local level for the development of evidence-informed interventions for the prevention of cancer. Participants will include all those who submitted proposals in the RFP process, Public Health Managers from across Ontario, and other key players in cancer prevention. Highlights from the six successful regional projects will be included in the workshop agenda, in order to examine the challenges, successes, and lessons learned. In addition, CCO will welcome expert speaker Isobel R. Contento from Columbia University in New York, who will guide participants through interactive discussion and activity related to a model for the development of

evidence-informed nutrition interventions. Although the workshop will focus on nutrition and physical activity, the content will have cross-application to other Cancer 2020 targets.

Resources

- The report on awareness, attitudes and behaviours of young men re: vegetable and fruit consumption is still under revisions.
- CCO continues to work with Tina Sahay from the Health Promotion Consulting Group on the updated review (spanning 2000-2007) of effective and promising practices for nutrition/physical activity interventions.
- CCO's external website is currently undergoing major revisions. This will occur in two phases – Phase 1 redevelopment will be completed at some point in February. The new website may include sections for both the public and health professionals.

6.3 CCS – Ontario Division – Patti Payne

- CCS provides funds to regional cancer networks. Of 15 projects funded, 7 have a link to diet and physical activity.

6.4 CDA – no update

6.5 Dietitians of Canada

- Registered Dietitians have used about 12% of the professional development funds available through the Allied Health Professional Fund.
- Upcoming workshops:
 - Food and Nutrition Tools for your practice March 5 Toronto
 - Dynamic presentations April 18th
 - Cultural Competence (Chinese, Punjabi, Spanish cultures) May 2008 Toronto
 - DC National Conference June 11-14 in Winnipeg
 - Central and Southern Ontario Conference Nov 13 in TorontoContact Frances Scovil for information on workshops at fscovil@dietitians.ca
- Nutrition Month materials now posted to the DC web site for members and flyers will be sent by mail. Materials will be posted to the public web site the last week of February.
- Central and Southern Ontario region has partnered for the second year with Dairy Farmers and elementary teachers associations on a Nutrition Innovation Award to recognize creative nutrition initiatives for Ontario teachers from kindergarten to grade 8.
- DC continues its work with the Ministry of Health Promotion on the EatRight Ontario dietitian advisory service with telephone 1-877-510-510-2 and online www.Ontario.ca/EatRight access to a RD. Calls are increasing based on the increased promotions by the MHP. It is important to promote this service if we wish it to be successful.
- DC presented our advocacy issues to the Minister of Finance and his staff and the Standing Committee on Finance and Economic Affairs in January.

6.6 Dietitians in Community Health Centres – no update at time of meeting.

6.7 HHRC – no update at time of meeting.

- Anne Lessio, manager of the HHRC, will be leaving in February to join the Central LHIN.

- 6.8 HSFO – Carol Dombrow
- “Healthy Weights” a web-based tool that mimics face-to-face counselling, is a 12-week behaviour change program.
 - HealthCheck – updated criteria are posted on the website,
 - It can take up to two years to reformulate products (to reduce sodium levels)
 - Laura King Hahn presented on a tool for high blood pressure, which was very well-received.
- 6.9 Ministry of Health Promotion – no update at time of meeting
- 6.10 OCGHEPA – no update at time of meeting
- Danielle Patterson used to give the update for this group. Patti will check on who to do this now.
 - Cindy Scythes will be joining this group.
 - They are planning a meeting in February 2008.
- 6.11 Ophea – Menu of Choices
- The new MenuofChoices.ca website has received over 29,000 hits since its launch in September.
 - Two e-Newsletters have been distributed in November and January to highlight changes and additions to the website, including:
 - Over 13 new programs and resources (reviewed by NRC)
 - Menu of Choices Master Trainer Directory
 - Menu of Choices Tracking Tools
 - Secondary curriculum documents have now been revised and reviewed to ensure that they are consistent with Canada’s new Food Guide and are expected to be posted to the website soon.
 - Evaluation of the Menu of Choices Elementary Staff Room Calendar and MenuofChoices.ca website will be conducted in February.
 - Members are encouraged to forward suitable nutrition resources to Muriel.
- 6.12 PARC
- PARC is partnering with a number of other OHPRS members (Nutrition Resource Centre, Heart Health Resource Centre, THCU) and ParticipACTION, Heart & Stroke Foundation, Ontario Chronic Disease Prevention Alliance to discuss current Key Messaging around Obesity/Healthy Weights, and looks to coordinate consistent messaging provincially. Focus on *Healthy Eating, Active Living* versus *Obesity* in terms of messaging/language.
 - Process is in the initial phase, will keep members informed of progress.
 - PARC’s annual conference will be March 4th and 5th, 2008, at the Crowne Plaza Hotel.
- 6.13 OSNPPH – Bronwen Williams
1. A new Vice-chair (or Co-chair) has been appointed-Michelle Hurd, and one Member-at-large position is still pending.
 - The Executive is looking at re-structuring the executive to minimize barriers to recruitment and maximize the effectiveness of the executive.
 2. OSNPPH is participating in the consultation on the new Ontario Public Health Standards protocols.
 3. The Executive is recruiting for new Executive members in the next month and looking at increasing member recruitment-160 members at present

4. The Nutrition Exchange is confirmed for May 22nd, 23rd at Nottawasaga Inn in Alliston.
5. The Executive are updating the website:
 - a. The Family Health Advisory Committee is revising the Pediatric Guidelines for Primary Care Practitioners, originally written in 2004. Found on the website under “Position Statements and Resources”
6. The School Nutrition workgroup is having a meeting to begin strategic planning because their work is changing-much of their groundwork has been taken over by school boards and the province since A Call to Action was released in 2004.

6.14 Family Health Teams Action Group – Debbie Northmark

- Since 2004, the province has seen the establishment of 150 Family Health Teams and there are presently 120 dietitians employed in these teams throughout the province. In response to the new opportunities for dietitians working in primary care, Marg Alfieri took the lead and created a formal group known as the Family Health Team RD Action Group. 2007 has seen explosive growth in this Action Group. The membership has tripled from barely 30 to over 100 FHT RDs.
- The second annual conference was held in Kingston in September 2008. The clinical presentations were excellent and the opportunity for networking was excellent.
- Despite increasing numbers, the sense of community continues to be fostered by the very active list serve. Questions are posed daily around patient issues, nutrition therapy, need for specific resources, etc.
- Family Health Team RDs will find that their website contains a treasure trove of resources and files for both the experienced and new dietitians. As the Action Group grows and responds to needs, committees are being established, such as the resource committee that is taking on the challenge of collating nutrition resources and exploring options for creating new ways to share resources, such as a website portal.
- 2008 will see this Action Group continue to grow, as well as more activity from the regional network groups that are forming, as they continue to chart new territory and expand their horizons.
- Debbie and Marg Alfieri will do an article on the FHTRDs for the next issue of the NRC Digest, to be released before the end of March 2008.

7.0 2008 Meeting Dates

- May 27, 2008. This will be face-to-face at the NRC office (OPHA boardroom) and lunch will be provided.
- September 23, 2008. This meeting will be held via teleconference.

NRG Update – Ministry of Health Promotion January 22, 2008

Staff update

- Colleen Kiel has returned from maternity leave, and resumed her role as Senior Nutritionist, Public Health Nutrition

Program Updates

EatRight

- Dietitians of Canada and the MHP continue to promote awareness of the EatRight Ontario service.
- You can request promotional materials thorough Sueanne Balgobin at sueanne.balgobin@ontario.ca We are keeping track of requests, and will be sending materials as we receive them.
- A draft terms of reference has been developed for an EatRight Ontario Advisory Committee. The purpose and goals of this Committee will be communicated shortly.
- Work is underway to produce an options paper that outlines referral mechanisms from health units, CHC's and other organizations to ERO, and vice-versa.

Northern Fruit and Vegetable Pilot

- The pilot is currently providing almost 12,000 students in Porcupine and Algoma regions with fruit and vegetable snacks 3 times a week.
- NRC (with MHP funding) supported the revision of the Paint Your Plate curriculum based resource used in the pilot program to reflect the new food guide, as well as a skill building component to foster cooking and preparation skills that can extend beyond the school environment.
- A physical activity component was also added this year to the fruit and vegetable pilot –which can also extend to other school based initiatives such as Healthy Schools Recognition Program, and Daily Physical Activity.
- “The Everybody Move” CD, DVD and support manual – produced by CIRA

Ontario is being provided to every class room in the schools participating in the pilot.

- CIRA Ontario is conducting workshops teachers to facilitate the use of the resource.
- Snack Fact sheets for each fruit and vegetable being served are another new feature in this year's pilot – to increase education and awareness about the fruits and vegetables being served in the pilot, where the produce comes from, and why certain fruits and vegetables cannot be grown in Ontario.
- PHRED was contracted to conduct an evaluation on the pilot, and the results (executive summary) are available on MHP's website. The full report will be available on February 1st.

Evaluation of the HEAL Action Plan

- The report from phase 1 of the process evaluation consisting of key informant interviews with ministry staff and stakeholders, with focus on examining barriers and facilitators to the action plan's implementation will be submitted to the ministry by mid February. Phase 2, a web-based survey with the same focus as phase 1 is scheduled to begin shortly. Phase 2 will have a broader reach (e.g. stakeholders, public health field, sport and recreation field etc.)
- Two Rapid Risk Factor Surveillance System (RRFSS) modules have been developed to track and determine if HEAL is meeting its intended goals and objectives. The two modules include awareness of the key messages of the HEAL action plan, and self-reported waist circumference. Four health units were involved in the development of the modules, and both modules are to be pilot tested shortly.
- Baseline data collection for the outcome evaluation component has begun, and discussions are underway re: continued monitoring of outcome indicators of the HEAL action plan.

**Public Health Research and Education
Development (PHRED) Program and University
of Waterloo**

School Health Environment Survey (SHES)

- The pilot phase, which occurred between January and August 2007, is complete. The Elementary and Secondary versions of the survey (in English and in French) have been finalized; the survey was fine-tuned based on feedback received from 15 schools within four school boards and two technical review panels composed of 12 teachers.
- A full implementation of the SHES has begun and is occurring with a random stratified sample of 500 schools in Ontario, including provision of individualized feedback reports to participating schools.

Public Health Standards

- Consultations are currently under way for protocols. Current work is underway by MHP to support the development of guidance documents and other supporting materials to assist health units in implementing the standards. Information on this front will be shared shortly.

Public Health Nutritionist Qualifications

- MHP acknowledges that the issue of assessing Public Health Nutritionist Qualifications must be addressed, and plans are underway on how best to do this. Information will be shared once a defined process and plan is in place.

Ontario Analysis of CCHS cycle 2.2

- Sudbury PHRED, Dr. Valerie Tarasuk and Dr. Janet Vogt have completed the analysis of the CCHS cycle 2.2 nutrition data specific for Ontario. The report is currently being reviewed by MHP, and a plan is being developed for dissemination of the findings, and will be shared once the approval process is complete.

**Cancer Care Ontario:
Primary Prevention of Colorectal Cancer:
Nutrition and Physical Activity**

Summary of Successful Regional Applicants

- 1) **Southwestern & Erie St. Clair Regions
Regional Cancer Prevention and Screening
Lead: Kevin Churchill & Lynn Chappell
Project Contact: Harry Milne;
Beth Dulmage; Catherine Kirk,
London Regional Cancer Program**

Project Title: “Understand your Risk – Your Health Matters: Colorectal Cancer Prevention in Primary Care Settings”

This project involves the development or adaptation of a risk evaluation tool specific to colorectal cancer (focused on nutrition and physical activity), and subsequent pilot testing of the tool among health care professionals. It will provide insight into strategies and tools which are appropriate and feasible for primary health care practitioners in regards to their role in primary prevention and screening.

Target Group: Health care professionals (specifically physicians, nurse practitioners, nurses) working in both urban and rural communities, private practice, OBSP centres and community health centres.

Goals/Objectives (including but not limited to):

- To increase primary health care practitioners self reported practices regarding brief interventions to increase clients fruit and vegetable consumption and physical activity levels
- To increase their knowledge and practice related to referrals for FOBT and colonoscopy as per the provincial CRC screening program.

Evaluation: Feedback will be obtained via questionnaires and key informant interviews regarding: usefulness of the tool, methods for improving the tool and incorporating it into daily

practice, and barriers in practice related to CRC risk evaluation.

Budget: \$9,600

**2) Waterloo Wellington Region
Regional Cancer Prevention and Screening
Lead: Ted Mavor
Project Contact: Jennifer McCorrison,
Wellington-Dufferin-Guelph Public Health**

Project Title: “WDG Web-Based Nutrition and Physical Activity Program”

This project will act as an extension of the “Live Well: Eat Healthy, Be Active” program which is currently run through WDG Public Health. It will expand on the existing content of the program to develop a web-based tailored nutrition and physical activity education tool, in order to reach a greater number of individuals at a lower cost.

Target Group: General adult population (ages 18-65 years), including those living in rural areas

Goals/Objectives (including but not limited to):

- To increase participant’s knowledge of nutrition and physical activity recommendations
- To develop a web-based tailored education program that is clear, credible, interesting, and relevant to users

Evaluation: Both process and outcome evaluations will be completed. Pre- and post-test questionnaires will be completed by participants to assess changes in knowledge, intentions to change behaviour, and additional questions regarding such factors as credibility, clarity, and relevance of the web-based content. In addition, program staff will evaluate the project and provide insight as to areas for improvement.

Budget: \$32,340

**3) Eastern Region
Regional Cancer Prevention and Screening
Lead: Suzie Joannis
Project Contact: Hilda Chow, City of Ottawa
Public Health**

Project Title: “Never too Late for Physical Activity and Fitness for Women”

Originally piloted among 58 multicultural women participants in 2006, this project consist of a 6-week program which introduces sports and fitness as a means of physical activity for immigrant women, and focuses on fun, fitness, and skill building. It targets those who have difficulties accessing mainstream physical activity programs and services, and will provide culturally sensitive physical activity initiatives via the training of multicultural lay physical activity leaders.

Target Group: Adult immigrant women of the following ethnic groups: Lebanese, Arabic, Somali, Vietnamese, South Asian, Chinese, Hispanic, African and Caribbean

Goals/Objectives (including but not limited to):

- To increase immigrant women’s awareness of the risk factors, physical inactivity, and poor nutrition, contributing to colorectal cancer
- To increase immigrant women’s physical activity level by 10%
- To train multicultural lay physical activity leaders to sustain physical activity in their respective communities

Evaluation: Pre- and post-questionnaires will be distributed to participants in order to evaluate changes in self-reported behaviours relating to physical activity and healthy eating. Completion of the project will also involve the development of a tool-kit which can be utilized by other health units, agencies, and organizations to provide similar programming to their communities.

Budget: \$46,046.92

**4) Southeastern Region
Regional Cancer Prevention and Screening
Lead: Julia Niblett
Project Contact: Carolyn Davies, North
Kingston Community Health Centre**

Project Title: “Healthy and Active in North Kingston (HANK)”

This project involves a 6-12 week educational/activity program for couples to learn skills regarding healthy eating and physical activity with a focus on the prevention of colorectal cancer. Linkages will be established with local Family Health Teams which will add to the sustainability of the project. There is potential for the program to be integrated into agency approaches to general chronic disease prevention and management, which is a priority for primary health care.

Target Group: Low-income, obese and sedentary adults aged 30-55 from North Kingston area

Goals/Objectives (including but not limited to):

- To increase physical activity and fruit/vegetable/fibre consumption among participants
- To reduce waist circumference over the program period, and increase feelings of self-efficacy
- To have 100% participation in cancer screening for participants in the program

Evaluation: Various methods will be used to assess accomplishment or changes in: physical activity levels (i.e. via activity logs/pedometer records and scales from the Stanford Self-Management program); waist circumference and waist/hip ratio; personal goal setting; number of participants participating in screening programs, etc.

Budget: \$39,196

**3) Hamilton, Niagara, Haldimand Brant Region
Regional Cancer Prevention and Screening
Lead: Carol Rand
Project Contact: Jean Matone, Juravinski
Cancer Centre**

Project Title: “Food to Live by: Taking a Bite out of Cancer”

This project involves the implementation of two series of workshops which focus on nutrition and the prevention of colorectal cancer. Through partnership with local chefs and the expertise of a Registered Dietitian, each workshop will contain three sessions which subsequently build upon: knowledge/awareness regarding healthy eating, acquiring new skills regarding healthy meal/snack preparation, and the hands-on/interactive piece in which participants prepare nutritious meals. The workshops are adapted for each target group, and include strategies for reducing the barriers which are prevalent among harder to reach groups (i.e. holding workshops in accessible venues, providing incentives, etc.)

Target Group: Two workshop series will target two separate demographics: 1) Female low or fixed income earners aged 45 and over, and 2) Male workers at local industrial corporations aged 45 and over.

Goals/Objectives (including but not limited to):

- To provide an interactive format and provide participants with tangible cooking skills on how to prepare nutritious meals/menus that are relevant to their current situation
- To incorporate principles of behaviour change by reinforcing self-efficacy

Evaluation: Participant evaluation forms, as well as pre- and post-evaluation questionnaires will assess such factors as: new knowledge gained regarding the link between diet and prevention of colorectal cancer, and changes in self-reported dietary habits. Requests from the public to attend additional events, and the audience reached through media coverage will also be assessed.

Budget: \$18,689

3) Northwestern Region

Regional Cancer Prevention and Screening

Lead: Alison McMullen

Project Contact: Alison McMullen, Thunder Bay Regional Health Sciences Centre

Project Title: “Now We’re Cooking! The Walking Trail”

This project involves partnering with three community organizations to deliver community kitchen and physical activity 12-week long programs. The programs will focus on enhancing the participants’ understanding of nutrition and physical activity in relation to cancer, as well as improving their practical skills and self sufficiency to produce healthy, affordable, and culturally appropriate meals. The programs will conclude and celebrate with community feasts which will include all participants and their family members, as well as incorporate traditional activities.

Target Group: Aboriginal men aged 18-34

Goals/Objectives (including but not limited to):

- To increase physical activity levels and vegetable/fruit consumption of the target group, through: increasing understanding of nutrition/physical activity and their role in preventing cancer, encouraging the use of traditional aboriginal foods, building skills for healthy food preparation and appropriate budgeting that are transferable to a home setting, and so on.

Evaluation: Qualitative focus groups will be conducted with participants to mirror a ‘story telling’ approach which is a strong component of Aboriginal culture. The evaluation will also measure success in regards to: increase in knowledge, increase in fruit/vegetable consumption and physical activity levels, and identification of barriers to behaviour change. Program facilitators will also evaluate the project.

Budget: \$48,542