Nutrition Resource Group
Meeting Minutes

Tuesday, May 27, 2008
1:00 – 4:00 p.m.
OPHA Offices, Toronto

Chair: Cindy Scythes, Manager, Nutrition Resource Centre
Recorder: Elizabeth Smith, CFA Program Coordinator, Nutrition Resource Centre

Attendees:
- Carol Dombrow, Breakfast for Learning and the Heart and Stroke Foundation of Ontario
- Holly Kerr, Ministry of Health Promotion
- Nimira Lalani, Ontario Collaborative Group on Healthy Eating and Physical Activity (OCGHEPA)
- Luisa Magalhaes, MHSc. practicum student with Ministry of Health Promotion
- Mary Ellen Prange, HEAL Program, Nutrition Resource Centre
- Muriel Rounthwaite, Ophea and PARC
- Lee Rysdale, NutriSTEP™ Program, Nutrition Resource Centre
- Catherine Shea, Cancer Care Ontario
- Bronwen Williams, OSNPPH

1.0 Agenda accepted with addition of Heart and Stroke Foundation update to item 6.1

2.0 Minutes of January 22, 2008 accepted as written (will be posted to http://www.nutritionrc.ca/about-us-members.html)

3.0 Business Arising from January 22, 2008 -- none

4.0 NRC Updates: Cindy Scythes

Community Food Advisor Program* (CFA) -- *Elizabeth Smith – highlights and plans for 2008-09

- sustain and support continued growth of the CFA Program through promotion, provision of leadership and direction
- developing evaluation project focused on outcomes / impacts
- expanding by one site (Halton new site to begin training Sept 2008)
- resource development, production and dissemination – all presentation kits to be reviewed and updated for 2007 food guide
- Education event / conference scheduled for June 13, 14 2008 hosted by Durham region CFAs; theme is local foods and includes presentation from FoodLand Ontario as well as lunch and tours at local producers (herbs, wine, organic farm)
- volunteer re-training and renewal of local programs – call for site proposals Aug – Oct 2008;
- Training Manual and Resource Binder will be available in FRENCH to support French language training programs as well as francophone CFAs (anticipated availability via website October 2008).

- the Advisor newsletter – electronic format only
- Provided CFA Oven Mitts and service pins (5, 10 and 15 years volunteer service) for all CFA volunteers during Volunteer week in May.

Eat Smart! - Samara Foisy and Mary Ellen Prange
2008-09 Plans

- Eat Smart! nutrition standards
  - Alignment will include looking across all program areas and identifying gaps and implementing consistent wording and messages
- School and workplace:
  - Nutrition standards: Fall 2008
  - Comprehensive standards (HEAT, promotion, pricing, placement)
- Guidelines for promotion and point of purchase
  - Common messages
- Finalizing the trademark process for the Eat Smart! logo
- Awaiting response from CIHR re: grant
  - Looking at outcome behaviours related to implementation of workplace program-vending and cafeteria components (new standards)
- Visioning: restaurant program
  - Visioning about the ES restaurant program will include meeting and planning sessions to discuss the future of the restaurant program. Our first meeting is on June 17/08 and will build on the strategic planning for ES that happened in 2005. Discussion will concentrate on where ES fits in the current nutrition environment, what does ES look like in the future, identifying strategies and partnership opportunities for realizing the vision and participate in a facilitated approach to identify priorities for action
- Eat Smart! expansion (as per **HEAL Action Plan**)
- complete the pilot testing of the program in recreation centres (7 health units Ottawa, Peel, Halton, Halidmand-Norfolk, Eastern Ontario, Simcoe Muskoka, Windsor-Essex; twenty-one recreation centres participating) by June 2008
- An evaluation, led by an external consultant, is being undertaken to inform changes needed before provincial launch of the program Results of the pilot evaluation will be available in August
- Process data is being collected from health unit reps, recreation centre managers, and vending and snack bar operators
- development of program materials for vending and snack bars
- Program implementation materials will be available on the health unit side of the Eat Smart! website by September
- health unit training on new program components
- provincial launch of the Recreation Centre program in Fall 2008
- integration of the vending and snack bar components into the Workplace and School programs by January 2009

Colour It Up...Go for More Vegetables and Fruit and Special Projects Sarah Evason

- website is still in development; in the meantime, all available Colour It Up resources have been posted on the NRC website (www.nutritionrc.ca)
- English manual is complete and available on the NRC website; limited print copies will be available shortly
- French manual has been graphically prepared and will be available shortly; limited print copies will be available
- Colour It Up bags are in; additional promotional materials available shortly

Healthy Eating for a Healthy Baby

- Currently being revised, should be available soon

How to Feed Your Growing Child

- Currently being revised

Healthy Eating Manual

- excellent response to survey, close to 400 responses
- online version planned for 2008/9

2008-09 Plans (Colour It Up)

- Review of facilitator materials to assess currency, and further plan for the Colour It Up for age 50+ target group.
- Dissemination of materials to meet expanded target audiences
- Implement new promotional materials and web site services
- Review and seek facilitator feedback to plan revision to current session materials in English and French
- development of two additional modules
- On-going development of a web-enabled evaluation platform and development of a three-year program plan
- Training for the Colour It Up program in 2008-09 to orient current and new program facilitators with the facilitator's side of the web site, specifically the evaluation platform. General orientation to the Colour It Up program for new faciliatators
- Widespread promotion of the program name and materials via the new website, various media and communication channels
- Development and maintenance of the public and facilitator's sides (in English and FRENCH) of the Colour It Up web site, development and moderating the facilitator's discussion board
- Refinement of three year plan for the program with Provincial Advisory Committee

NutriSTEP™ -- Lee Rysdale

2008-09 Plans

- Develop a comprehensive action plan; ongoing endorsements and licensing agreements.

- Ongoing targeted implementation studies in five sites; abbreviated version of NutriSTEP™ for screening and surveillance.
- Training re: materials (e.g. screening tool, implementation toolkit, educational resources)
- Develop DC Facepage on DC Healthy Start for Life website
- Ongoing linkages e.g. DC PEN preschool pathway updates
- Enhanced funds are being sought through submissions for the Ontario childhood obesity
- Launch screening tool and implementation toolkit on U of G website through flintbox in late June/early July (www.flintbox.com)
- Thunder Bay, Sudbury and York Region sites will complete targeted implementation screening/data collection by the end of June 2008
- Process evaluation with parents, screeners, community partners (school boards, principals, OEYCs, health units, community RDs, physicians, etc) will be conducted over the summer with final results available in Winter 2009
- Two additional implementation sites to be evaluated this year-Stratford and Hamilton. The Perth District Health Unit and Stratford Family Health Team (FHT) began screening in April and Hamilton HSO will begin screening in July
- Two requests to use NutriSTEP™ in HSC studies, one full proposal accepted for review and awaiting results re: funding
- Draft a series of RD training modules on high risk nutrition concerns
- Evaluation of updated *How to Build a Healthy Preschooler/Comment former un enfant en sante*
- *The ABCs of Preschool Nutrition* (community screener training power point presentation) has been translated into French and will be available in the French version of the Implementation Toolkit. This presentation accompanies the *How to Build a Healthy Preschooler/Comment former un enfant en sante* resource and can be adapted for use with other audiences such as daycare staff education sessions
- Journal publication drafted on fruit juice intake and preschooler BMI based on NutriSTEP™ validation data
- Develop a strategic plan for Ontario as well as evaluation/surveillance system to monitor preschool nutrition issues and outcomes

Healthy Eating Active Living -- Mary Ellen Prange

- Resources for parents/caregivers of young children -
  - ***BusyBodies / Hop la vie!***
  - ***Eat Right Be Active / Bien manger Bien bouger***
  - Demand for these resources has been overwhelming
- *BusyBodies / Hop la vie!* is one of four regional award winners of the Speaking of Food and Healthy Living Award from Dietitians of Canada and Kraft Canada which will be presented in June at the DC Conference in Winnipeg

2008-09 Plans

- NRC has been collaborating with Sudbury & District Health Unit on the development of an ERBA booklet for toddlers (ages 12 to 36 months); anticipating that a provincial need for this resource can be demonstrated, the booklet will be reviewed by health

professionals and parents, translated and printed in English and French for provincial distribution (pending MHP funding approval)

Fuel Up For Fun

- Development of this new resource, targeted to primary school aged children and their parents/caregivers, is underway
- An action-oriented resource for primary school aged children that will consist of three magazines-style editions to be released on a seasonal basis in the fall, winter and spring/summer, beginning in August 2008
- The goal of this new resource is to contribute to the development of knowledge and positive attitudes and behaviours of children 6-8 years of age so they will eat right and be active with their families throughout the year
- Testing of prototypes with children and their parents as well as health professionals is set to begin in June
- NRC hopes to collaborate with the MHP Communications Branch on provincial promotion of *Fuel Up For Fun*; health units can also promote and distribute locally through schools, community organizations (e.g., Brownies/Cubs), community centres, recreation facilities etc.

Menu of Choices

- NRC collaborated with Ophea on the development of MenuOfChoices.ca which was launched in August 2007 and provides on-going consultation on the maintenance of the website's content
- MenuOfChoices.ca is a dynamic website designed to assist teachers and school communities to take action on healthy eating within elementary and secondary schools
- The website is structured according to four action areas of a comprehensive school health approach (curriculum support, policy, healthy environments and programs & community supports)
- The content of the website is consistent with the OSNPPH Call to Action and *Nutrition Tools For Schools*, although there is much less detail so promotion of this website is ideal for schools that are not yet ready to take on the approach of *Nutrition Tools for Schools* but yet want to begin to take some steps to create a healthier nutrition environment
- To promote the website to schools, a large calendar for posting in the staff room was developed and distributed in September 2007 to approximately 1,000 elementary schools
- Another calendar is being developed for distribution in September 2008; this year with funding from the Heart and Stroke Foundation of Ontario, there will be sufficient calendars printed for every English elementary school in Ontario

Ontario Healthy Schools Coalition

- NRC manages a small MHP budget for the OHSC to allow them to maintain a listserv, hold province-wide teleconferences and for IT support for a School Health Initiatives Database.

Additionally, NRC staff Samara and Mary Ellen coordinated and delivered a Core lecture to dietetic interns on public health nutrition.

5.0 Member Information Highlights

5.1 BFL- and Heart and Stroke - Carol Dombrow

- Health Check update
  Soon more Ontarians will be aware of an effective tool that eases the challenge of making healthy eating choices when shopping and dining. The Foundation is launching a new Health Check communications campaign with TV, newspaper and magazine advertising that will continue through the summer. Web advertising will soon kick in, as well as public relations and in-store promotions.
  Learn more about Health Check by visiting www.healthcheck.org or www.heartandstroke.ca

- HSFC & BIC Nutricast on The Satiating Power of Protein: A NutricastTM Seminar
  Guest Speakers:
  Eric C. Westman, MD, MHS, Associate Professor of Medicine and Director, Lifestyle Medicine Clinic, Duke University Medical Center
  Helene Charlebois, BSc, RD, HC Nutritional Consulting & Wellnes
  Event Details : Thursday June 5, 2008

  Register: http://www.beefinfo.org/nutricast.cfm
  Breakfast for Learning
  Resources available for order, free of charge at www.breakfastforlearning.ca – Smart Start and Staying Alive in the Mountains

  BFL will be releasing their third report card on the Nutrition Habits of School Age Children in fall '08

5.2 Cancer Care Ontario -- Catherine Shea

- Cancer Care Ontario's website has been redeveloped to improve and update both content and functionality. The new website was launched in March in conjunction with the 2008-2011 Ontario Cancer Plan (OCP). The 2008 Cancer System Quality Index (CSQI) was also recently released via the site.: www.cancercare.on.ca
- Cancer Care Ontario is currently working closely with the Ministry of Health Promotion on the Project in Evidence-based Primary Prevention (PEPP). This project is focused on developing evidence-based obesity prevention guidelines to support the new Ontario Public Health Standards (OPHS) (specifically the Chronic Disease Prevention Requirements and the applicable Child Health requirements). Three working groups will be dedicated to specific requirements in the OPHS and each will be drafting evidence-based guidelines aimed at helping public health units in carrying out the OPHS. These guidelines will be adapted from currently existing guidelines (such as the National Institute of Clinical Excellence (NICE) Guidelines on obesity prevention in the UK) to fit the Ontario context.
- In November 2007 there was the release of the Second Expert Report on "Food, Nutrition, Physical Activity and the Prevention of Cancer: A Global Perspective" by the World Cancer Research Fund (WCRF) and the American Institute for Cancer Research (AICR).

This landmark second expert report is a comprehensive 5-year review of the scientific evidence on lifestyle factors and cancer prevention, and provides both public health goals and personal recommendations in relation to diet, healthy body weight and physical activity. CCO's initial Cancer 2020 report ('Targeting Cancer: an action plan for cancer detection and prevention) established key targets based on the first expert report which was released in 1997. CCO is now revisiting our indicators in light of the new report, and looking to report on how behaviours in the Ontario population align with the recommendations of the Second Expert Report.

5.3 Canadian Cancer Society, Ontario Division -- Nimira Lalani

- Ongoing support of relevant grants to the Cancer Prevention and Screening Network projects with a dietary focus
- Exploring a partnership with York Regions 20 plus farms and 2 weekly Farmer's Markets to promote 5 to 10 daily servings of vegetables and fruits.
- Participated in the National Collaborating Centre for Healthy Public Policy: Roadmap for the Deliberative Process on Obesity
- Working closely with the National Office to determine the process required to institute any changes to the current Society messaging around diet and cancer in light of the recent AICR report
- EatSmart! partner meetings
- The Canadian Cancer Society (Ontario Division) will provide funding to a consultant to write a briefing paper on poverty, health promotion and physical activity to support the Ministry of Health Promotion's efforts in this area

5.4 Ontario Collaborative Group on Healthy Eating and Physical Activity (OCGHEPA) - Nimira Lalani

- The Canadian Cancer Society (Ontario Division) continues to support the OCGHEPA and helped to coordinate the response to the draft consultation of the Ontario Public Health Standards and to compile a response to the Ministry of Education regarding the curriculum review on Health and Physical Education
- The OCGHEPA recently met Minister Best to introduce the Minster to the group, offer assistance, learn more about the Obesity strategy and the Minister's work on the poverty committee and to advocate for the exemption of 'special food days' on Bill 8 Healthy Foods for Healthy Schools Act to be lifted,
- The OCGHEPA will submit a proposal to Minister Best for the $10 million expenditure, while continuing to advocate for a comprehensive multi-sectoral approach as outlined in Dr. Basrur's 2004 report 'Healthy Weights, Healthy Lives'

5.5 Dietitians of Canada- Linda Dietrich

- Collaborating with CDO on dietitians Scope of Practice Review for HPRAC

5.6 Dietitians in Community Health Centres

- No rep available; group in development

5.7 Ministry of Health Promotion, Holly Kerr

Staffing Update

- Luisa Magalhaes, MHSc. practicum student (April – June ’08)
- Colleen Kiel- maternity leave early July

EatRight Ontario

- A referral framework is being developed. On-line survey to be made available in June- Referral Framework Survey: to public health through Survey Monkey.
- Purpose: To assist in the development of a framework for referrals between Public Health Units, Community Health Centers (CHCs), Family Health Teams and other NGOs to the EatRight Ontario (ERO) Dietitian Advisory Service, and vice versa.
- ERO advisory group under development
- RFP process will be undertaken underway for potential call centre providers beyond March 2009- Proponents have been selected through an RFQ process
- Ongoing enhancements to web content:
    - Targeted content – specific sections (i.e. school health)
    - Tools (i.e. menu planning tool)
- Please continue to contact sueanne.balgobin@ontario.ca for **magnets**- we have a lot!

Northern Fruit and Vegetable Program

- Evaluation - PHRED conducted an evaluation of the initial year of the pilot project using both a process and impact evaluation. It was found that the provision of fruits and vegetables in combination with education materials positively impact student’s overall fruit and vegetable intake, their willingness to try fruits and vegetables, and their self-efficacy- the full report is now available on Ministry website

Healthy Schools Recognition Program

- The first phase of the Healthy School Recognition Program (HSRP) challenged every school in Ontario to work with students, parents and community partners to find ways of making schools healthier.
- Schools were asked to pledge to add at least one more healthy activity; in 2006-07 over 1300 schools participated; so far in 2007-08, over 900 schools have applied.

School Health Environment Survey (SHES)

- MHP expecting to receive and review the 07-08 report in the summer

Infant Feeding Survey

- The purpose is to provide public health units, the MHP and community stakeholders with quality data and key findings that will guide reproductive and child health programming in Ontario
- The IFS will collect current community data on infant feeding, to further understand issues related to breastfeeding, identify Baby Friendly™ indicators and to identify priority areas for breastfeeding status improvement, action and surveillance
- Simcoe-Muskoka District Health Unit is the lead for the IFS Collaborative with 14 partnering public health units

HEAL Evaluation

- Key informant interviews with various MHP staff and key stakeholders were completed in 07-08. A final report on process evaluation was submitted to MHP at the end of March 2008- currently being reviewed.
- Baseline data collection for outcome evaluation was also undertaken, using existing data sources (e.g. CCHS, CFLRI, SHES)

Nutrition Guidance for Schools

- "*Your government will do more to prevent illness by introducing legislation that would ban trans fats from all school cafeterias, prescribe a healthier menu that conforms to the Canada Food Guide and ……"* *– Speech from the Throne, November 2007*
- Bill 8 – The Healthy Foods for Healthy Schools Act – received Royal Assent on April 27th
- Bill 8:
    - Bans trans fat from the food and beverages being sold in school cafeterias, vending machines and tuck shops including the ingredients used in preparation of foods offered for sale
    - Requires boards to ensure that food or beverages offered for sale in vending machines meet nutritional standards.
    - Bill 8 also gives the Minister of Education authority to "create policies, guidelines and regulations governing nutritional standards for all foods and beverages provided on school premises or in connection with a school-related activity."
- EDU is moving forward to develop nutritional guidelines for foods in schools; two consultation sessions held in May with health, education and food industry stakeholders

Childhood Obesity

- "10 million annually in a childhood obesity strategy to encourage children to eat healthy and be physically active." Budget, April '08
- MHP is the designated lead ministry and is now in the early stages of developing a strategy aimed at reducing rates of childhood overweight and obesity
- Ministry staff have had preliminary Think Tank discussions with experts to identify issues and better understand the nature and scope of the challenges we face, including the development of a process for effective broader discussions

Diabetes

- The government has committed to a chronic disease prevention and management strategy, beginning with diabetes.
- We see MHP playing a role in supporting this strategy.

Ontario Public Health Standards

- The OPHS and protocols will be released, pending approval, in the Fall of 2008.
- The release of the OPHS and protocols will be accompanied by other roll out activities to be undertaken in the Fall and Winter of 2008.

- Guidance Document Working Group Meeting was held March 18th -19th with Public Health units to determine what the elements of a GD might look like.

Public Health Nutritionist Qualifications

- New masters programs– curriculum within these programs are being reviewed to determine if it they are meeting the criteria under the HPPA.
- MHP staff are currently reviewing all Ontario Masters programs to determine which ones meet HPPA requirements and which courses might be missing
- Information will be shared with program directors to ensure students are well informed prior to commencing graduate work.

5.8 Ophea – Muriel Rounthwaite

Menu of Choices Updates

- Continuing to partner with NRC on this initiative as well as with the MOC Advisory Committee
- MOC Website
    - Undergoing content review to streamline information based on MOC evaluation results
    - Members are encourages to forward suitable nutrition resources to Ophea
- Communication Support
    - Will once again be creating a Menu of Choices Elementary Staff Room Calendar for 08-09 academic year.
    - We have a new sponsor, Heart and Stroke Foundation of Ontario => we will be able to distribute the Calendar to all public elementary schools in Ontario
    - We have mailed out a promotional flyer to encourage online ordering of the Calendar to all elementary school principals, public health units, MOC Master Trainers, Health and Physical Education school board contacts and those educators who ordered the Calendar last year
    - Each page of the 2008/2009 Calendar focuses on one of the 4 action areas following a comprehensive approach to school health; policies, curriculum, healthy environments and programs and services
    - Based on the feedback from our evaluation, the Calendar will be a new more convenient size (about ½ - 2/3 the size of the 07/08 Calendar)
    - Again, the website will reflect what is highlighted on the Calendar on a monthly basis

5.9 PARC Updates -- Muriel Rounthwaite

- Symposium proceedings are available on the PARC website.
- Two New French Workshops! PARC has translated two additional PARC adaptable workshops on the topics of "Physical *Activity & Postpartum*" and "*Pregnancy & "Physical Activity*". Both workshops are available to download on the French section of the PARC website at: http://www.ophea.net/parc/frenchworkshops.cfm
- PARC has developed two new workshops (in English) on the topics of "*Physical Activity & The Built Environment*" (developed in collaboration with Ontario Healthy Communities

Coalition), and *Physical Activity & Mental Health* (developed in collaboration with CAMH). Will be available on-line in June, 2008.

- *WTW Adaptation for Aboriginal Audiences* - based on evaluation findings from the Walk This Way needs assessment and Walk this Way pilot test conducted by PARC, the Walk This Way resource (including the Walk This Way Leaders Guide, Users Guide and Calendar) has been adapted for aboriginal audiences. The final adapation will be available to order this summer. Stay tuned for more details coming soon!

5.10 OSNPPH -- Bronwen Williams

- A record number of members in 2007-08: 173 public health nutrition professionals.
- Executive continues to participate on the Deputy Minister's Advisory Committee for Healthy Eating, Active Living (HEAL) Strategy.
- Bill 8, the Healthy Foods for Healthy School Act-which bans Trans fat from schools in Ontario-passed in April. The School Nutrition Working Group's efforts over the years have contributed to this bill being created and passed.

Activities:

Increase capacity of public health nutrition professionals to practice effectively.

- Working with Pan-Canadian Task Force on Public Health Nutrition Practice and the Public Health Agency of Canada to identify a process for strengthening public health nutrition practice across the country.
- Coordinated a core lecture on public health nutrition practice for dietetic interns at St. Michael's Hospital (January 2008).

Increase member participation in OSNPPH

- Increased communication with members to encourage participation in advocacy and clarifying the decision-making process of the Executive; increased effort to communicate about topical issues for OSNPPH.
- Assessed number of RD's in public health units across Ontario and compared this to membership in OSNPPH (192.7 FTEs with 17.5 vacancies as of May 2008 – contact Janice Stewart (jstewart@hamilton.ca) for more information.)
- Member participation in providing feedback for an official OSNPPH response to the Ministry of Health and Long Term Care (MOHLTC) on the draft Ontario Public Health Standards (OPHS) Protocols.

Influencing decision-makers at all levels to ensure nutrition is incorporated into regulatory decisions

- Provided a public health nutrition response to the draft Ontario Public Health Standards and Protocols as well as input to the OPHS Roll-out Process for the MOHLTC.
- Participates on the Deputy Minister's Advisory Committee for HEAL Strategy.
- Sent a letter to all the provincial party leaders in collaboration with Ontario Public Health Association (OPHA) supporting the private member's bill to ban food advertising to children.

- Participates on the Ontario Collaborative Group on Healthy Eating and Physical Activity and its advocacy sub-committee.
- Sent a letter to the Ministry of Children and Youth Services to recommend changes to the Day Nurseries Act (received response indicating the act will be updated)
- Sent a letter to the Ministry of Education supporting the proposed Healthy Food for Healthy Schools Act (Bill 8).

Advocating for increased funds for public health programming

- Advocates to increase public health's capacity to tackle childhood obesity epidemic via Deputy Minister's Advisory Committee for HEAL and other mechanisms
- Ongoing input into implementation of the recommendations of the Capacity Review Report and increases in public health nutrition staff required.
- Advocacy through input into OPHA's Childhood Obesity Strategy proposal, highlighting the need for increased positions dedicated to nutrition programming in public health units, especially in the area of school nutrition initiatives.

Increasing number of stakeholders who seek OSNPPH's input

- Consults with alPHa (Association of Local Public Health Agencies) and OPHA as a constituent society on their agencies' input into OPHS.
- Consulting with Dietitians of Canada and the Ministry of Health Promotion regarding the development of an EatRight Ontario referral guidance document for local health units.
- Consulting with the College of Dietitians of Ontario and Dietitians of Canada on Health Professions Regulatory Advisory Council's Scope of Practice Review.
- Representatives of the School Nutrition Working Group invited to sit at the provincial Healthy Schools Working Table and the Comprehensive School Nutrition Standards Committee.
- Participates on the Board of Directors for OPHA and OCCHA (Ontario Council for Community Health Accreditation)

Other

- Continued to consult with the Ontario Society of Physical Activity Promoters in Public Health (OSAPPH) to provide guidance on establishing a provincial society representing this field of expertise in public health; policies and procedures, AGM documents shared and OSNPPH being used as a model agency.
- Invited by the Ministry of Health Promotion to participate in media event launching EatRight Ontario.
- Invited by Health Canada's Office of Nutrition Policy and Promotion to attend launch of translated Canada's Food Guides.

Nutrition Exchange 2008

- The annual Nutrition exchange was held at the Nottawasaga Inn in Alliston, this past week, May 22nd and 23rd, 2008, it was a great success.
- The theme was "The Food Environment…Moving Forward". Approximately 90 Ontario Public Health Dietitians and Nutritionists were in attendance.

- Featured speakers included:
    - Wayne Caldwell from the Ontario Professional Planning Institute, to discuss the link between healthy an sustainable communities and agriculture and rural planning issues;
    - Deborah O'Connor from the Hospital for Sick Children who presented current issues and controversies about folate and women of reproductive age.
    - It was a privilege to have with us Patricia Allen, the director of the Center for Agroecology and Sustainable Food Systems at UC Santa Cruz, to discuss sustainable food systems. Following Dr. Allen, 3 diverse speakers formed a panel on the topic of food security.
    - In addition, we heard updates from Colleen Kiel of the Ministry of Health Promotion, Cynthia Colapinto of the OSNPPH Family Health Advisory Group, and Cindy Scythes (from NRC) as well.
- OSNPPH collaborated with the Ontario Collaborative Group on Healthy Eating and Active Living (OCGHEPA) to offer an optional skill-building session entitled "Building Advocacy Capacity for Meaningful Change."

6.0 Next meeting: September 23, 2008. This will be by teleconference.

Meeting adjourned approximately 3:30 pm