


Program Standard	Program Requirement	NRC Program & Resources	Explanation	Implementation Process
<p><b>Foundational Standard</b></p>	<p><b>Requirement 1:</b> The board of health shall assess current health status, health behaviours, preventive health practices, health care relevant to public health, and demographic indicators in accordance with the <i>Population Health Assessment and Surveillance Protocol, 2008</i></p> <p><b>Requirement 2:</b> The board of health shall assess trends and changes in local population health in accordance with the <i>Population Health Assessment and Surveillance Protocol, 2008</i></p> <p><b>Requirement 3:</b> The board of health shall use population health, determinants of health and health inequities information to assess the needs of the local population, including the identification of population at risk, to determine those groups that would benefit most from public health programs and services (i.e., priority populations).</p>	<p><b>NutriSTEP®</b></p> 	<ul style="list-style-type: none"> <li>• A parent education and skill building program that includes a multi-ethnic bilingual (English and French) questionnaire that parents can complete in 5 minutes and covers the nutrition constructs for 3-5 year olds: food and nutrient intake, physical growth, developmental and physical capabilities, physical activity, food security and the feeding environment.</li> <li>• The NutriSTEP® website (<a href="http://www.nutristep.ca">www.nutristep.ca</a>) has a FAQ, Online Community, links to online parent educational resources and downloadable support materials (e.g. Implementation Toolkits and RD Primers in English and French).</li> <li>• The NutriSTEP® questionnaire and Implementation Toolkit in English and French are available online at <i>Flintbox Technologies</i> at: <a href="http://www.flintbox.ca/technology.asp?page=3586">http://www.flintbox.ca/technology.asp?page=3586</a>.</li> <li>• Free print versions of the NutriSTEP® questionnaire in English and French are available to Ontario health units on the pass protected side of <i>ServiceOntario Publications (SOP)</i>. Free print versions of the educational materials are also available on the public side of SOP.</li> <li>• <i>EatRight Ontario</i> is a provincial partner.</li> </ul>	<ul style="list-style-type: none"> <li>• NutriSTEP® can be used in Health Units' Child, Family and School Health programs and the HBHC program.</li> <li>• NutriSTEP® can also be used as a nutrition surveillance tool for the early years.</li> <li>• The Implementation Toolkit is intended for service providers only; parents should not be accessing this resource. It includes parent education and service provider materials to increase nutrition awareness and knowledge.</li> <li>• The RD Primers are designed mainly for dietitians wanting additional professional development to assess high risk nutrition referrals.</li> <li>• The NutriSTEP® questionnaire is a licensed product with distribution rights granted to the University of Guelph Business Development Office. You will need to complete a license agreement through <i>Flintbox Technologies</i>.</li> <li>• The <i>EatRight Ontario</i> Call Centre dietitians can assist parents with their questions and concerns as well as practitioners and agencies who wish to implement a NutriSTEP® program in their community.</li> </ul>



**Foundational  
Standards**



**Requirement 4:**



The board of health shall tailor public health programs and services to meet local population health needs, including those of priority populations, to the extent possible based on available resources.


**Requirement 5:**



The board of health shall provide population health information, including determinants of health and health inequities to the public, community partners, and health care providers, in accordance with the *Population Health Assessment and Surveillance Protocol, 2008*


Program Standard	Program Requirement	NRC Program & Resources	Explanation	Implementation Process
<p><b>Chronic Disease Prevention</b></p>	<p><b>Assessment and Surveillance Requirement 1:</b> The board of health shall conduct epidemiological analysis of surveillance data, including monitoring of trends over time, emerging trends, and priority populations, in accordance with the <i>Population Health Assessment and Surveillance Protocol, 2008</i> (or as current) in the areas of:</p> <ul style="list-style-type: none"> <li>• Healthy eating;</li> <li>• Healthy weights;</li> <li>• Physical activity;</li> </ul>	<p><b>NutriSTEP®</b></p> 	<ul style="list-style-type: none"> <li>• See Foundational Standards for additional details and information.</li> </ul>	<ul style="list-style-type: none"> <li>• See Foundational Standards for more information or visit <a href="http://www.nutristep.ca">www.nutristep.ca</a>.</li> </ul>
	<p><b>Health Promotion and Policy Development Requirement 3:</b> The board of health shall work with school boards and/or staff of elementary, secondary, and post-secondary educational settings, using a comprehensive health promotion approach, to influence the development and implementation of healthy policies, and the creation or enhancement of supportive environments to</p>	<p><b>Eat Smart! School Program</b> (applicable in secondary school settings)</p>  <p><a href="http://www.EatSmartOntario.ca">www.EatSmartOntario.ca</a></p>	<ul style="list-style-type: none"> <li>• The Eat Smart! School Program awards secondary schools that meet specific standards for nutrition, food safety and a smoke-free environment.</li> <li>• Through the Nutrition Standard, the program promotes a healthier eating environment by ensuring that healthier food choices are available in cafeterias.</li> <li>• The program will also be expanded to include four new standards regarding pricing, placement, and promotion of healthy food choices available in the cafeteria as well as a requirement to form a healthy eating action committee that is responsible for supporting the implementation and promotion of the</li> </ul>	<ul style="list-style-type: none"> <li>• NRC provides the provincial infrastructure for the program by developing the standards and program materials and maintaining the website</li> <li>• NRC's work in coordinating the program is guided by a Provincial Advisory Committee composed of stakeholders in public health, education and food services sectors</li> </ul> <p>The program is implemented locally by public health units; PHUs are responsible for inviting schools to apply for the program, conducting the assessment of program standards and monitoring compliance with the program standards. For more information, visit <a href="http://www.EatSmartOntario.ca">www.EatSmartOntario.ca</a> or call (416) 367</p>

<p><b>Chronic Disease Prevention</b></p>	<p>address the following topics:</p> <ul style="list-style-type: none"> <li>• Healthy eating;</li> </ul>		<p>program within the school (comprehensive health promotion approach).</p> <ul style="list-style-type: none"> <li>• The ES! School Program supports secondary schools with implementation of the Ministry of Education's School Food and Beverage Policy (P/PM 150)</li> </ul>	<p>3313 Ext. 227.</p>
	<p><b>Health Promotion and Policy Development Requirement 3:</b> The board of health shall work with school boards and/or staff of elementary, secondary, and post-secondary educational settings, using a comprehensive health promotion approach, to influence the development and implementation of healthy policies, and the creation or enhancement of supportive environments to address the following topics:</p> <ul style="list-style-type: none"> <li>• Healthy eating;</li> <li>• Healthy weights;</li> <li>• Physical activity;</li> </ul>	<p><b>NutriSTEP®</b></p> 	<ul style="list-style-type: none"> <li>• See Foundational Standards for additional details and information.</li> </ul>	<ul style="list-style-type: none"> <li>• See Foundational Standards for more information or visit <a href="http://www.nutristep.ca">www.nutristep.ca</a>.</li> </ul>
	<p><b>Health Promotion and Policy Development Requirement 4:</b> The board of health shall use a comprehensive health promotion approach to increase the capacity of workplaces to develop and implement healthy policies and programs, and to create or enhance supportive environments to address the following</p>	<p><b>Eat Smart! Workplace Program</b>  (applicable in workplace and post-secondary school settings)</p> 	<ul style="list-style-type: none"> <li>• The Eat Smart! Workplace Program awards workplaces and post-secondary institutions that meet specific standards for nutrition, food safety and a smoke-free environment.</li> <li>• Through the Nutrition Standard, the program promotes a healthier eating environment in workplaces and post-secondary institutions by ensuring that healthier food choices are available in cafeterias.</li> <li>• The Nutrition Standard for the Eat Smart! Workplace Program is being expanded to include nutrition criteria for foods available</li> </ul>	<ul style="list-style-type: none"> <li>• NRC provides the provincial infrastructure for the program by developing the standards and program materials and maintaining the website</li> <li>• NRC's work in coordinating the program is guided by a Provincial Advisory Committee composed of stakeholders in public health, and food services sectors</li> <li>• The program is implemented locally by public health units; PHUs are responsible for inviting workplaces and post-secondary institutions to apply for the program, conducting the assessment of program</li> </ul>

<p><b>Chronic Disease Prevention</b></p>	<p>topics:</p> <ul style="list-style-type: none"> <li>• Healthy eating;</li> </ul>	<p>in vending machines and snack bars</p> <ul style="list-style-type: none"> <li>• The program will also be expanded to include four new standards regarding pricing, placement, and promotion of healthy food choices available in the cafeteria as well as a requirement to form a healthy eating action committee that is responsible for supporting the implementation and promotion of the program within the workplace/post-secondary school (comprehensive health promotion approach)</li> </ul>	<p>standards and monitoring compliance with the program standards.</p> <p>For more Information, visit <a href="http://www.EatSmartOntario.ca">www.EatSmartOntario.ca</a> or call (416) 367 3313 Ext. 227.</p>	
	<p><b>Health Promotion and Policy Development Requirement 4:</b> (continued)</p>	<p><b>Colour It Up...Go for More Vegetables and Fruit Program</b></p> 	<ul style="list-style-type: none"> <li>• Colour It Up is a community-based, behaviour change program designed to promote increased vegetable and fruit consumption to women and their families. It can be used in the workplace setting</li> </ul>	<ul style="list-style-type: none"> <li>• Colour It Up...Go for More Vegetables and Fruit was formerly known as TAKE Five: 5-10 a day...your way!</li> <li>• Implementation of Color It Up! program is supported by coordinator support, program materials and promotional items available from the Nutrition Resource Centre</li> </ul> <p>For more Information, visit <a href="http://www.nutritionrc.ca">www.nutritionrc.ca</a> or call (416) 367 3313 Ext. 222.</p>
	<p><b>Health Promotion and Policy Development Requirement 6:</b> The board of health shall work with municipalities to support healthy public policies and the creation or enhancement of supportive environments in recreational settings and the built environment regarding the following topics:</p> <ul style="list-style-type: none"> <li>• Healthy eating;</li> </ul>	<p><b>Eat Smart! Recreation Centre Program</b></p> 	<ul style="list-style-type: none"> <li>• The Eat Smart! Recreation Centre Program awards recreation facilities that meet specific standards for nutrition, food safety and a smoke-free environment.</li> <li>• The program promotes a healthier eating environment in recreation facilities by ensuring that healthier food choices are available in snack bars and vending machines</li> </ul>	<ul style="list-style-type: none"> <li>• NRC provides the provincial infrastructure for the program by developing the standards and program materials and maintaining the website</li> <li>• NRC's work in coordinating the program is guided by a Provincial Advisory Committee composed of stakeholders in public health, food service, and recreation sectors</li> <li>• The program is implemented locally by public health units; PHUs are responsible for inviting recreation centres to apply for the program, conducting the assessment of program standards, monitoring compliance with the program standards, and promoting the program within the community</li> </ul>

<p><b>Chronic Disease Prevention</b></p>			<p>For more Information, visit <a href="http://www.EatSmartOntario.ca">www.EatSmartOntario.ca</a> or call (416) 367 3313 Ext. 241.</p>
	<p><b>Health Promotion and Policy Development Requirement 7:</b> The board of health to increase capacity of community partners to coordinate and develop local programs and services related to:</p> <ul style="list-style-type: none"> <li>• Healthy eating including community-based food activities</li> </ul>	<p><b>The Community Food Advisor (CFA) Program</b></p> 	<ul style="list-style-type: none"> <li>• The CFA Program is designed to be implemented and sustained in a community with ongoing input from community partners; CFAs are peer educators who represent priority populations and/or receive specialized training to enable them to work effectively with other agencies and people from priority populations.</li> <li>• Elgin-St. Thomas CFAs received additional training to allow them to provide presentations to the Low German Mennonite population (spoken language only).</li> <li>• KFL&amp;A Public Health “Motiv8” initiative will be inclusive of CFA Program and will promote healthy eating and physical activity with various community partners and work places</li> </ul>

<p><b>Chronic Disease Prevention</b></p>	<p><b>Health Promotion and Policy Development Requirement 7:</b> (continued)</p>	<p><b>Colour It Up...Go for More Vegetables and Fruit Program</b></p> 	<ul style="list-style-type: none"> <li>• Colour It Up is a program that can be implemented by health units or health units can collaborate or coordinate the program being run by other partners in various community settings.</li> <li>• Partnerships are encouraged in the program materials.</li> <li>• The impetus for the Colour It Up Program is consistent with scientific evidence indicating that increased vegetable and fruit consumption is an important factor in reducing the risk of cancer, cardiovascular disease and diabetes.</li> <li>• The program was pilot tested and evaluated and found to be effective in increasing vegetable and fruit consumption.</li> <li>• When delivered as intended, the Colour It Up Program provides sufficient intensity, duration and exposure to program materials to allow for successful behaviour changes among the participants. Skill-building components are included as part of the program.</li> </ul>	<ul style="list-style-type: none"> <li>• Colour It Up...Go for More Vegetables and Fruit was formerly known as TAKE Five: 5-10 a day...your way!</li> <li>• Implementation of Color It Up! program is supported by coordinator support, program materials and promotional items available from the Nutrition Resource Centre.</li> </ul> <p>For more information, visit the Nutrition Resource Centre website <a href="http://www.nutritionrc.ca">www.nutritionrc.ca</a> or call (416) 367 3313 Ext.222.</p>
	<p><b>Health Promotion and Policy Development Requirement 7:</b> The board of health shall increase the capacity of community partners to coordinate and develop regional/local programs and services related to:</p> <ul style="list-style-type: none"> <li>• Healthy eating, including community-based food activities;</li> <li>• Healthy weights;</li> <li>• Physical activity;</li> </ul>	<p><b>NutriSTEP®</b></p> 	<ul style="list-style-type: none"> <li>• See Foundational Standards for additional details and information.</li> </ul>	<ul style="list-style-type: none"> <li>• See Foundational Standards for more information or visit <a href="http://www.nutristep.ca">www.nutristep.ca</a> .</li> </ul>

<p><b>Chronic Disease Prevention</b></p>	<p><b>Health Promotion and Policy Development Requirement 8:</b> The board of health shall provide opportunities for skill development in the areas of food skills and healthy eating practices for priority populations.</p>	<p><b>Community Food Advisor (CFA) Program</b></p> 	<ul style="list-style-type: none"> <li>• Community Food Advisors are trained to teach others basic food skills – procurement, storage and preparation – and how to integrate that with healthy eating as recommended by Canada’s Food Guide</li> <li>• CFAs in Kingston lead Basic Shelf programs with various priority populations in their community.</li> <li>• In 2007, CFAs provided 480 presentations on basic food skills (30% of all presentations) and 895 presentations on healthy eating (55%)</li> </ul>	<ul style="list-style-type: none"> <li>• The NRC provides guidance and resources to Health Units or Community Health Centres to start a CFA Program. Once a local organization is committed to running a CFA Program, the NRC provides training materials and program implementation resources for the training.</li> <li>• 10+ Presentation Kits for use by trained CFAs are available to support the implementation of the program in a community.</li> <li>• A listserv, newsletter and web site is available for CFA program volunteers and coordinators.</li> </ul> <p>For more information about the Community Food Advisor program, visit the Nutrition Resource Centre website: <a href="http://www.nutritionrc.ca">www.nutritionrc.ca</a> or call (416) 367 3313 Ext. 222.</p>
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**Chronic Disease Prevention**

**Health Promotion and Policy Development Requirement 11:**

The board of health shall increase public awareness in the following areas:

- Healthy eating;
- Healthy weights;
- Physical activity;

**HEAL Caregiver Resources:**

- BusyBodies / Hop la vie!



- Eat Right Be Active / Bien Manger Bien bouger






- Fuel Up for Fun / Fais le plein d'énergie (Fall, Winter and Spring/Summer Issues. Winter issue shown)



- Resources for parents and caregivers of toddlers, preschoolers and children 6-8
- Healthy eating and physical activity content
- Development and distribution of these resources is an initiative of the HEAL Action Plan




- *BusyBodies, Eat Right Be Active* and *Fuel Up for Fun* resources are available online through the EatRight Ontario website: [www.Ontario.ca/EatRight](http://www.Ontario.ca/EatRight)
- Health units can also order bulk quantities of all HEAL caregiver resources free of charge from ServiceOntario Publications; order information is available at: [www.nutritionrc.ca/resources/index.html](http://www.nutritionrc.ca/resources/index.html)
- For more information-visit the NRC website [www.nutritionrc.ca](http://www.nutritionrc.ca) or call (416) 367 3313 Ext. 241



	<p><b>Health Promotion and Policy Development Requirement 11:</b> The board of health shall increase public awareness in the following areas:</p> <ul style="list-style-type: none"> <li>• Healthy eating;</li> </ul>	<p><b>Community Food Advisor (CFA) Program</b></p> 	<ul style="list-style-type: none"> <li>• CFAs are trained volunteers who can provide presentations and food demos on a variety of topics related to Healthy Eating throughout their community</li> <li>• CFAs in Guelph and London work with local Good Food Box programs to provide information / tips on how to use the contents</li> </ul>	<ul style="list-style-type: none"> <li>• The NRC provides guidance and resources to Health Units or Community Health Centres to start a CFA Program. Once a local organization is committed to running a CFA Program, the NRC provides training materials and program implementation resources for the training.</li> <li>• 10+ Presentation Kits for use by trained CFAs are available to support the implementation of the program in a community.</li> <li>• A listserv, newsletter and web site is available for CFA program volunteers and coordinators.</li> </ul> <p>For more information about the Community Food Advisor program-Visit the Nutrition Resource Centre website <a href="http://www.nutritionrc.ca">www.nutritionrc.ca</a> or call (416) 367 3313 Ext.222.</p>
	<p><b>Health Promotion and Policy Development Requirement 11:</b> The board of health shall increase public awareness in the following areas:</p> <ul style="list-style-type: none"> <li>• Healthy eating;</li> <li>• Healthy weights;</li> <li>• Physical activity;</li> </ul>	<p><b>NutriSTEP®</b></p> 	<ul style="list-style-type: none"> <li>• See Foundational Standards for additional details and information.</li> </ul>	<ul style="list-style-type: none"> <li>• See Foundational Standards for more information or visit <a href="http://www.nutristep.ca">www.nutristep.ca</a>.</li> </ul>


Program Standard	Program Requirement	NRC Program & Resources	Explanation	Implementation Process
<p><b>Family Health</b></p>	<p><b>Child Health Assessment and Surveillance Requirement 1:</b> The board of health shall conduct epidemiological analysis of surveillance data, including monitoring of trends over time, emerging trends, and priority populations, in accordance with the <i>Population Health Assessment and Surveillance Protocol, 2008</i> (or as current) in the areas of:</p> <ul style="list-style-type: none"> <li>• Healthy eating;</li> <li>• Healthy weights;</li> <li>• Physical activity;</li> </ul>	<p><b>NutriSTEP®</b></p> 	<ul style="list-style-type: none"> <li>• See Foundational Standards for additional details and information.</li> <li>• Implementation Toolkit includes parent education and service provider support and training materials to adapt or develop nutrition awareness strategies.</li> </ul>	<ul style="list-style-type: none"> <li>• See Foundational Standards for more information or visit <a href="http://www.nutristep.ca">www.nutristep.ca</a>.</li> <li>• Connects to provincial initiatives, such as <i>EatRight Ontario</i>.</li> <li>• The Online Community provides support to practitioners including the sharing of adapted materials and strategies.</li> </ul>
	<p><b>Child Health Health Promotion and Policy Development Requirement 4:</b> The board of health shall work with community partners, using a comprehensive health promotion approach, to influence the development and implementation of healthy policies and the creation of enhancement of supportive environments to address:</p> <ul style="list-style-type: none"> <li>• Positive parenting;</li> <li>• Healthy family dynamics;</li> <li>• Healthy eating, healthy</li> </ul>			

<b>Family Health</b>	<p>weights, and physical activity;</p> <ul style="list-style-type: none"> <li>• Growth and development;</li> </ul>
	<p><b>Child Health Health Promotion and Policy Development Requirement 5:</b> The board of health shall increase public awareness of</p> <ul style="list-style-type: none"> <li>• Healthy eating, healthy weights, and physical activity;</li> </ul> <p>by:</p> <ol style="list-style-type: none"> <li>Adapting and/or supplementing national and provincial health communications strategies; and/or</li> <li>Developing and implementing regional/local communications strategies.</li> </ol>

<p><b>HEAL Caregiver Resources:</b></p> <ul style="list-style-type: none"> <li>➤ BusyBodies / Hop la vie!</li> </ul>		<ul style="list-style-type: none"> <li>• Resources for parents and caregivers of toddlers, preschoolers and children 6-8</li> <li>• Healthy eating and physical activity content</li> <li>• Development and distribution of these resources is an initiative of the HEAL Action Plan</li> </ul>	<ul style="list-style-type: none"> <li>• <i>BusyBodies, Eat Right Be Active</i> and <i>Fuel Up for Fun</i> resources are available online through the EatRight Ontario website: <a href="http://www.Ontario.ca/EatRight">www.Ontario.ca/EatRight</a></li> <li>• Health units can also order bulk quantities of all HEAL caregiver resources free of charge from ServiceOntario Publications; order information is available at: <a href="http://www.nutritionrc.ca/resources/index.html">www.nutritionrc.ca/resources/index.html</a></li> <li>• For more information-visit the Nutrition Resource Centre website <a href="http://www.nutritionrc.ca">www.nutritionrc.ca</a> or call (416) 367 3313 Ext. 241.</li> </ul>
<ul style="list-style-type: none"> <li>➤ Eat Right Be Active / Bien Manger Bien bouger</li> </ul>			
<ul style="list-style-type: none"> <li>➤ Fuel Up for Fun / Fais le plein d'énergie (Fall, Winter and Spring/Summer Issues. Winter issue shown)</li> </ul>			

<p><b>Family Health</b></p>	<p><b>Child Health Health Promotion and Policy Development Requirement 5:</b> (continued)</p>	<p><b>NutriSTEP®</b></p> 	<ul style="list-style-type: none"> <li>• See Foundational Standards for additional details and information.</li> <li>• Implementation Toolkit includes parent education and service provider support and training materials to adapt or develop nutrition awareness strategies.</li> </ul>	<ul style="list-style-type: none"> <li>• See Foundational Standards for more information or visit <a href="http://www.nutristep.ca">www.nutristep.ca</a>.</li> <li>• Connects to provincial initiatives, such as <i>EatRight Ontario</i>.</li> <li>• The Online Community provides support to practitioners including the sharing of adapted materials and strategies.</li> </ul>
	<p><b>Child Health Health Promotion and Policy Development Requirement 5:</b> (continued)</p>	<p><b>Community Food Advisor (CFA) Program</b></p> 	<ul style="list-style-type: none"> <li>• CFAs are trained and skilled in public presentations and food demos that can take place at health fairs, shopping centres, grocery stores, food banks, schools etc.</li> <li>• Hamilton CFAs participate in the annual Ancaster Fall Fair and provide over 3000 school children with a taste of seasonal vegetables on one day every fall</li> </ul>	<ul style="list-style-type: none"> <li>• The NRC provides guidance and resources to Health Units or Community Health Centres to start a CFA Program. Once a local organization is committed to running a CFA Program, the NRC provides training materials and program implementation resources for the training.</li> <li>• 10+ Presentation Kits for use by trained CFAs are available to support the implementation of the program in a community.</li> <li>• A listserv, newsletter and web site is available for CFA program volunteers and coordinators.</li> </ul> <p>For more information about the Community Food Advisor program-Visit the Nutrition Resource Centre website <a href="http://www.nutritionrc.ca">www.nutritionrc.ca</a> or call (416) 367 3313 Ext. 222.</p>

<p style="text-align: center;"><b>Family Health</b></p>	<p><b>Child Health Health Promotion and Policy Development Requirement 6:</b> The board of health shall provide, in collaboration with community partners, parenting programs, services, and supports, which include</p> <p>b. group sessions</p>	<p><b>Community Food Advisor (CFA) Program</b></p> 	<ul style="list-style-type: none"> <li>• CFAs often partner with Best Start and other early parenting programs teaching basic food skills and healthy eating for both parents and kids</li> <li>• Huron County CFAs support a cooking club for teen mums</li> <li>• Ottawa CFAs partnered with “Youth Heart Beat” under the umbrella of “Partners in Healthy Living” to involve CFA volunteers in the “I ♥2 Cook” program</li> </ul>	<ul style="list-style-type: none"> <li>• The NRC provides guidance and resources to Health Units or Community Health Centres to start a CFA Program. Once a local organization is committed to running a CFA Program, the NRC provides training materials and program implementation resources for the training.</li> <li>• 10+ Presentation Kits for use by trained CFAs are available to support the implementation of the program in a community.</li> <li>• A listserv, newsletter and web site is available for CFA program volunteers and coordinators.</li> </ul> <p>For more information about the Community Food Advisor program-Visit the Nutrition Resource Centre website <a href="http://www.nutritionrc.ca">www.nutritionrc.ca</a> or call (416) 367 3313 Ext. 222.</p>
	<p><b>Child Health HP and Policy Development Requirement 6:</b> The Board of Health shall provide, in collaboration with community partners, parenting programs, services and supports, which include:</p> <p>a. consultation, assessment and referral</p> <p>b. group sessions</p>	<p><b>NutriSTEP®</b></p> 	<ul style="list-style-type: none"> <li>• See Foundational Standards for additional details and information.</li> <li>• Implementation Toolkit includes parent education and service provider support and training materials to adapt or develop preschool nutrition programs and services.</li> <li>• The Implementation Toolkit provides guidelines and templates to develop and implement an ethical nutrition screening program including referral mapping to link parents to appropriate community programs and services.</li> </ul>	<ul style="list-style-type: none"> <li>• See Foundational Standards for more information or visit <a href="http://www.nutristep.ca">www.nutristep.ca</a>.</li> <li>• NutriSTEP® can be used in Health Units’ Child, Family and School Health programs including parenting classes, screening programs and the HBHC program.</li> <li>• The Online Community provides support to practitioners including the sharing of adapted materials and strategies.</li> <li>• Connects to provincial initiatives, such as <i>EatRight Ontario</i>. <i>EatRight Ontario</i> Call Centre dietitians can assist parents with their questions and concerns.</li> </ul>

**Family Health**

**Child Health, Health Promotion and Policy Development Requirement 7:**

The board of health shall provide advice and information to link people to community programs and services on the following topics:

- Healthy eating,
- Healthy weights;
- Physical activity;

**HEAL Caregiver Resources:**

- BusyBodies / Hop la vie!



- Eat Right Be Active / Bien Manger Bien bouger







- Fuel Up for Fun / Fais le plein d'énergie (Fall, Winter and Spring/Summer Issues. Winter issue shown)






- Resources for parents and caregivers of toddlers, preschoolers and children 6-8
- Healthy eating and physical activity content
- Provincially-developed resources provide consistent messages province-wide and connect to provincial initiatives, such as EatRight Ontario.
- Development and distribution of these resources is an initiative of the HEAL Action Plan

- *BusyBodies, Eat Right Be Active* and *Fuel Up for Fun* resources are available online through the EatRight Ontario website: [www.Ontario.ca/EatRight](http://www.Ontario.ca/EatRight)
- Health units can also order bulk quantities of all HEAL caregiver resources free of charge from ServiceOntario Publications; order information is available at: [www.nutritionrc.ca/resources/index.html](http://www.nutritionrc.ca/resources/index.html)
- For more information-visit the Nutrition Resource Centre website. [www.nutritionrc.ca](http://www.nutritionrc.ca) or call (416) 367 3313 Ext. 241.

<p><b>Family Health</b></p>	<p><b>Child Health, Health Promotion and Policy Development Requirement 7:</b> (continued)</p>	<p><b>Colour It Up...Go for More Vegetables and Fruit Program</b></p> 	<ul style="list-style-type: none"> <li>• Colour It Up is designed to promote increased vegetable and fruit consumption to women and their families.</li> <li>• By targeting women ages 19-50 (many of whom may be caregivers to children), changes may be made in the household that could increase the entire family's consumption of vegetables and fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Colour It Up...Go for More Vegetables and Fruit was formerly known as TAKE Five: 5-10 a day...your way!</li> <li>• Implementation of Color It Up! program is supported by coordinator support, program materials and promotional items available from the Nutrition Resource Centre.</li> </ul> <p>For more information-visit the Nutrition Resource Centre website <a href="http://www.nutritionrc.ca">www.nutritionrc.ca</a> or call (416) 367 3313 Ext. 222.</p>
	<p><b>Child Health Health Promotion and Policy Development Requirement 7:</b> (continued)</p>	<p><b>NutriSTEP®</b></p> 	<ul style="list-style-type: none"> <li>• See Foundational Standards for additional details and information.</li> <li>• The Implementation Toolkit includes templates to develop and implement a referral mapping process to link preschool nutrition concerns to appropriate community programs and services.</li> </ul>	<ul style="list-style-type: none"> <li>• See Foundational Standards for more information or visit <a href="http://www.nutristep.ca">www.nutristep.ca</a>.</li> <li>• The Online Community provides support to practitioners including the sharing of adapted materials and strategies.</li> <li>• Connects to provincial initiatives, such as <i>EatRight Ontario</i>. <i>EatRight Ontario</i> Call Centre dietitians can assist parents with their questions and concerns as well as practitioners.</li> </ul>
	<p><b>Child Health Health Promotion and Policy Development Requirement 8:</b> The board of health shall provide, in collaboration with community partners, outreach to priority populations to link them with information, programs and services.</p>	<p><b>NutriSTEP®</b></p> 	<ul style="list-style-type: none"> <li>• See Foundational Standards for additional details and information.</li> <li>• Implementation Toolkit includes parent education and service provider support and training materials to adapt or develop nutrition awareness strategies.</li> </ul>	<ul style="list-style-type: none"> <li>• See Foundational Standards for more information or visit <a href="http://www.nutristep.ca">www.nutristep.ca</a>.</li> <li>• NutriSTEP® can be used in Health Units' Child, Family and School Health programs including targeted parenting classes and screening programs in priority populations and the HBHC program.</li> <li>• The Online Community provides support to practitioners including the sharing of adapted materials and targeted strategies.</li> <li>• Connects to provincial initiatives, such as <i>EatRight Ontario</i>. <i>EatRight Ontario</i> Call Centre dietitians can assist parents with</li> </ul>

	<p><b>Child Health Disease Prevention Requirement 9:</b> The board of health shall provide all the components of the Healthy Babies Healthy Children Program in accordance with the <i>Healthy Babies Healthy Children Protocol, 2008</i> (or as current)</p>		<p>their questions and concerns.</p>	
	<p><b>Child Health Disease Prevention Requirement 11:</b> The board of health shall facilitate access and support for families to complete screening tools to monitor their child's health and development, and provide a contact for families to discuss results and arrange follow-up. (Screening tools will include those that are part of HBHC (e.g. Nipissing) as well as other reliable, valid screening tools that may be identified, such as NutriSTEP...)</p>	<p><b>NutriSTEP®</b></p> 	<ul style="list-style-type: none"> <li>• See Foundational Standards for additional details and information.</li> <li>• NutriSTEP® questionnaire provides early ID of nutrition related issues including dietary, physical activity and growth concerns along with follow-up advice for low, moderate and high nutritional risk.</li> <li>• NutriSTEP® questionnaire can also be used for surveillance of nutrition indicators in preschool aged children (3-5 years) including dietary intake, physical activity and screen time, growth issues.</li> <li>• The Implementation Toolkit provides guidelines and templates to develop and implement an ethical nutrition screening program in a community including referral mapping to link parents to appropriate community programs and services.</li> </ul>	<ul style="list-style-type: none"> <li>• See Foundational Standards for more information or visit <a href="http://www.nutristep.ca">www.nutristep.ca</a></li> <li>• NutriSTEP® can be used in Health Unit programs, including HBHC.</li> <li>• <b>The Implementation Toolkit is a combined Protocol and Guidance Document resource to use.</b></li> </ul>

Program Standard	Program Requirement	NRC Program & Resources	Explanation	Implementation Process
<p><b>Infectious Diseases Prevention and Control</b></p>	<p><b>Health Promotion and Policy Development Requirement 4:</b> The board of health shall work with community partners to improve public knowledge of ... infection prevention and control practices in the following areas:</p> <ul style="list-style-type: none"> <li>• Hand hygiene</li> </ul>	<p><b>The Community Food Advisor (CFA) Program</b></p> 	<ul style="list-style-type: none"> <li>• CFAs receive training in proper hand washing techniques as well as effective ways to teach hand-washing and incorporate it into ALL presentations / food demos</li> <li>• CFAs in Peel take the GloGerm kit to local schools.</li> </ul>	<ul style="list-style-type: none"> <li>• The NRC provides guidance and resources to Health Units or Community Health Centres to start a CFA Program. Once a local organization is committed to running a CFA Program, the NRC provides training materials and program implementation resources for the training.</li> <li>• 10+ Presentation Kits for use by trained CFAs are available to support the implementation of the program in a community.</li> <li>• A listserv, newsletter and web site is available for CFA program volunteers and coordinators.</li> </ul> <p>For more information about the Community Food Advisor program-Visit the Nutrition Resource Centre website <a href="http://www.nutritionrc.ca">www.nutritionrc.ca</a> or call (416) 367 3313 Ext. 222.</p>

Program Standard	Program Requirement	NRC Program & Resources	Explanation	Implementation Process
<b>Environmental Health</b>	<b>Food Safety Health Promotion and Policy Development Requirement 5:</b> The board of health shall increase public awareness of food-borne illnesses and safe food-handling practices and principles by: a. Adapting and/or supplementing national and provincial food safety communications strategies; and/or b. Developing and implementing regional/local communications strategies.	<b>Eat Smart!</b>  <b>School, Workplace and Recreation Centre Programs</b>  	<ul style="list-style-type: none"> <li>The Eat Smart! program includes a food safety standard</li> </ul>	<ul style="list-style-type: none"> <li>Food premises inspections are conducted by public health inspectors as part of the assessment for the Eat Smart! Award of Excellence.</li> </ul>
		<b>The Community Food Advisor (CFA) Program</b>  	<ul style="list-style-type: none"> <li>The CFA Program includes training and skill development in safe food handling skills;</li> <li>All CFAs must complete the Food Handlers' Course to become a certified CFA.</li> <li>"Food Safety" is one of the most popular presentations delivered by CFAs (189 times in 2007) with a presentation kit that incorporates communication tools from the National and Provincial Food Safety campaigns.</li> </ul>	<ul style="list-style-type: none"> <li>The NRC provides guidance and resources to Health Units or Community Health Centres to start a CFA Program. Once a local organization is committed to running a CFA Program, the NRC provides training materials and program implementation resources for the training.</li> <li>10+ Presentation Kits for use by trained CFAs are available to support the implementation of the program in a community.</li> <li>A listserv, newsletter and web site is available for CFA program volunteers and coordinators.</li> <li>For more information about the Community Food Advisor program-Visit the Nutrition Resource Centre website <a href="http://www.nutritionrc.ca">www.nutritionrc.ca</a> or call (416) 367 3313 Ext. 222.</li> </ul>



### Nutrition Resource Centre

The mandate of the Nutrition Resource Centre is to increase the level of coordinated provincial support of nutrition promotion programming, resource development and dissemination and support services for nutrition practitioners. NRC is funded by the Ministry of Health Promotion as part of the HEAL Strategy. More about NRC at [www.nutritionrc.ca](http://www.nutritionrc.ca)



### Community Food Advisor Program

The Community Food Advisor Program has been active in Ontario since 1993/94. Its mandate is to train interested and enthusiastic volunteers who will work in their communities to increase knowledge and skills related to food selection, preparation and storage, and promote healthy and safe eating to the people of Ontario. The program is currently supported in 16 communities across Ontario. In 2007, 375 CFAs provided 17,000 hours of volunteer service, 1262 placements with 894 various agencies and groups and reached over 52,600 people. In 2008, Halton Region will begin training its first group of CFAs. The Program has been adapted for use by Health Canada, First Nations and Inuit Health Branch, and Nova Scotia Public Health.



### NutriSTEP®

NutriSTEP® (Nutrition Screening Tool for Every Preschooler), a scientifically valid and reliable bilingual (English and French) nutrition risk screening questionnaire that takes approximately five minutes to complete and has been designed for administration by parents, caregivers or community professionals, in a variety of settings NutriSTEP® identifies preschoolers aged three to five with poor nutrition. It provides for parent referral to community resources for primary prevention and parental nutrition education NutriSTEP® can also be used for local and provincial surveillance, to plan programs and identify implications for further research and practice.



### Eat Smart! Program

Eat Smart! is designed to reduce the incidence of chronic diseases and food-borne illness in Ontario, by increasing access to safe and healthier foods when eating away from home.

Eat Smart! is an award of excellence program that recognizes Ontario schools, workplaces and recreation centres that meet exceptional standards in nutrition, safe food handling and a smoke-free environment. Eat Smart! is run in health units across Ontario with provincial coordination by the Nutrition Resource Centre at OPHA. Provincial partners include: the Canadian Cancer Society (Ontario Division) and the Heart and Stroke Foundation of Ontario.

### Colour it Up... Go for More Vegetables and Fruit Program



The Colour It Up...Go for More Vegetables and Fruit program (Colour It Up) (originally known as TAKE Five) is a community-based, behaviour change program designed to promote increased vegetable and fruit consumption to women and their families. The Colour It Up Program was developed by Cancer Care Ontario in 2002. In April 2005, the NRC took on the role of provincial coordinator.

Colour It Up provides participants with behaviour change strategies in six sessions. This fully evaluated program supports scientific evidence indicating that increased vegetable and fruit consumption is an important factor in reducing the risk of cancer, cardiovascular disease and diabetes. Each session includes a warm-up activity, hands-on activities that encourage discussion, and a Veggie Fruit Snack Break, which can be prepared in advance or during the session by the facilitator, participants or other volunteers. The program is also designed with an evaluation component. Provincial partners include: Cancer Care Ontario, the Canadian Cancer Society (Ontario Division) and the Heart and Stroke Foundation of Ontario.