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EN NUTRITION

NUTRITION RESOURCE CENTRE

Strengthening the capacity of health promotion professionals and community partners involved in healthy eating and nutrition across the health continuum.



2013-2014 ANNUAL REPORT

Our Year in Review

Nutrition Resource Centre

A YEAR IN REVIEW

About Us

The Nutrition Resource Centre (NRC) has operated under the Ontario Public Health Association (OPHA) since 1999 and is 1 of 14 health promotion resource centers operating in Ontario; 1 of 12 funded by the Ministry of Health and Long Term Care. The NRC strengthens the capacity of health promotion professionals and community partners involved in healthy eating and nutrition across the health continuum. Through networking and collaboration, the NRC is fostering knowledge transfer and exchange (KTE) and building a centre of excellence in evidence-based resources and tools that will support program and policy development throughout Ontario.

The NRC continues to broaden its client base to include all health professionals in public, community and primary health and other health partners in Ontario. This year has been the first full year of serving our new mandate, and we are pleased to share some of our achievements from 2013/14.

KNOWLEDGE EXCHANGE AND TRANSFER

In 2013/14, some of the NRC's knowledge exchange and transfer activities have included:

- The release of a redesigned daily bulletin, the "News In Brief";
- The launch of a new website in September 2013;
- An annual conference on "Health in All Policies: Advancing; an Intersectoral Approach to Promoting Healthy Eating in Ontario";
- 11 webinars on hot and emerging topics in healthy eating and nutrition; and
- Food and nutrition policy local development support workshops

NRC News in Brief released daily to over 3,500 subscribers

Up to 2,000 NRC website visits/month

HIGHLIGHTS

Daily "News in Brief"

The daily nutrition "[News in Brief](#)" is a free service offered by the NRC to help fulfill our role in supporting nutrition professionals and health promotion intermediaries. We send out the latest healthy eating and nutrition headlines, from Monday to Friday.

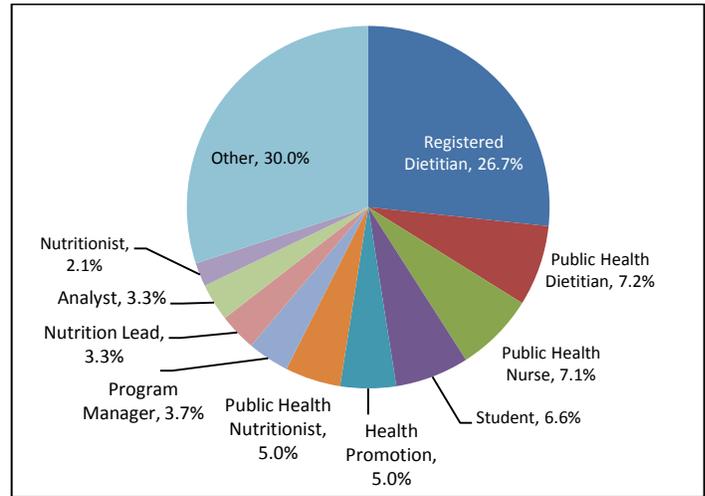
We also offer two special editions each week: "[What's Up Wednesday](#)", which includes updates specifically from the NRC (such as our special events, workshops, and webinars, and updates from the [Ontario Public Health Association](#)), and "[Feature Friday](#)", which includes updates from external and/or partner organizations (such as nutrition related job postings, event postings, volunteer opportunities, and key reports/documents). Please visit our [website](#) for more details, to sign up, or to access archived copies.

Annual Conference

Over 100 people attended our annual conference on March 6, 2014 on the theme “Health in all Policies: Advancing an Intersectoral Approach to Promoting Healthy Eating in Ontario”. This theme reflects an emerging collaborative approach to improving health by including healthy eating, equity, and sustainability considerations into decision-making across sectors and policy areas. Highlights included sessions on:

- Implementing HiAP: a survey of Canadian experiences;
- Food-In-All-Policies: including healthy food considerations into policies across sectors;
- The Healthy Kids Strategy and opportunities for intersectoral action;
- Collaborative initiatives between health and non-health sectors to promote healthy eating; and
- Fostering a culture of intersectoral collaboration amongst healthy eating and nutrition professionals across public, community, and family health

Annual Conference: Who Was There?



Did you know?

- Many of the people who attended our conference were registered dietitians, but the audience included representation from diverse backgrounds.
- Archived conference presentations are available on [our website](#)

Webinars

Last year, the NRC had over 1,500 attendees during 11 webinars on recent research initiatives, program and policy work, and trending food and nutrition topics. Archived recordings can be accessed on our [website](#).

Topics Included:

- What Should We Eat in the 21st Century An Updated Look at Plant-based Nutrition;
- Health in All, Food for All: Policy integration & Innovation;
- Healthy Schools in Ontario: The Vision and Role of Public Health;
- Healthy Schools in Ontario: (Nutrition Tools for Schools);
- Securing Canada’s Food System: Resetting the Table: A People’s Food Policy For Canada;
- Food Innovations: “GMOs: Use, Implications and Regulations” and “Food Nanoscience: All the Small Things”;
- Ontario Food and Nutrition Strategy: An Update;
- Youth On Track For Health: Making the Healthy Choice the Easy Choice in Local Youth Group Homes;
- School Nutrition Policy in Ontario: Current Gaps and Potential Opportunities for Public Health; and
- Beyond Nutrition and Health - Measuring the Impact of “Feeding our Future” Student Nutrition Program.

Policy Development Workshops

Our Topics:

- Food and Nutrition Policy Development (101)
- Building Public Support In Local Healthy Eating And Nutrition Policies
- Policy Engagement: How the System Works and How to work the System

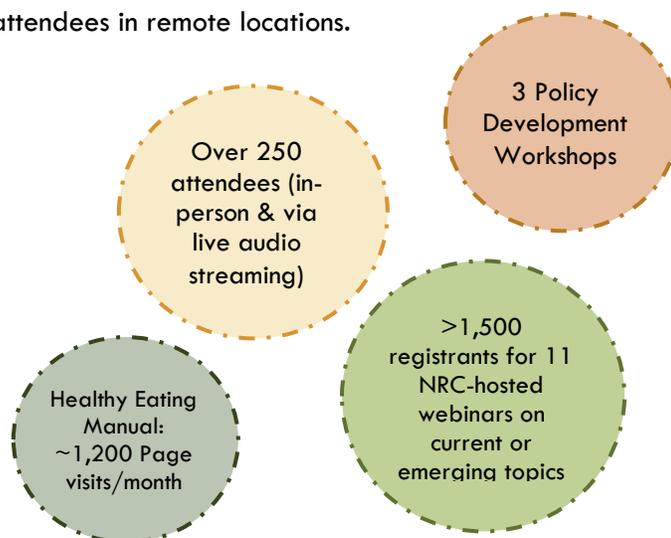


Participants found:

- ...“excellent session, great speeches, and great agenda/program”...
- ...“I very much enjoyed [the] talk. I appreciated the concrete, actionable suggestions”...
- ...“It was well organized, the level and experience of the speakers was astonishing”...

Supporting capacity building in local policy development is a new function for the NRC. Last year, we hosted 3 workshops and offered templates, samples and tools to our clients.

Each workshop provided practical, how-to information and resources individuals involved with healthy eating or nutrition policy development. Results showed these workshops improved attendee’s knowledge and skills, and provided an interactive, hands-on learning experience. The NRC also experimented with audio-streaming technology to connect with attendees in remote locations.



LOOKING AHEAD

In 2014-15, the NRC will explore innovative topics and alternative platforms to facilitate its knowledge exchange and transfer activities and to draw in new stakeholders. These may include:

- Podcasts or videos featuring interviews with experts;
- Think Tanks; Communities of Practice;
- Expert-led “Tweet Chats”; and
- Online courses

To supplement our ongoing knowledge exchange and transfer activities, we are focused on enhancing our website to create a tool that will help our clients effectively **navigate** towards evidence based research, best and promising practices, grey literature, and other resources and tools in order to complement work being done in Ontario. The NRC website and the daily “News in Brief” will also be supplemented by a new monthly electronic newsletter, which will include perspectives, resources, and tools for policy and program development, as well as current information about what’s happening in the field of healthy eating and nutrition in Ontario and beyond.

In the coming year, we will also continue to host in-person and web-based practical workshops on policy development, including engagement, building public support, and assessing readiness for healthy eating and nutrition initiatives and policies.

STAKEHOLDER ENGAGEMENT

Over the last year, the NRC increased formal engagement with our stakeholders on emerging healthy eating and nutrition topics and issues, engaged in greater collaboration and networking with Community Health Centers, Family Health Teams, Public Health Units, and other health partners.

This past year, we completed 16 “Road Shows”, attended by 165 individuals representing 9 Community Health Centers, 20 Family Health Teams, and 4 Public Health Units. NRC staff also attended over 13 conferences, consultations, and meetings including:

- Ontario Public Health Convention (TOPHC)
- Canadian Public Health Association (CPHA) Conference
- Ontario Society of Nutrition Professionals in Public Health (OSNPPH) New Executive meeting
- OPHA Fall Forum
- Family Health Team RDs of Ontario Conference
- Health Canada Consultation on Caffeinated Beverages
- MOHLTC Consultations on Menu labelling & Marketing to Children
- Association of Family Health Teams of Ontario Conference
- Association of Local Public Health Agencies Fall Symposium
- Healthy Kids Forum

NRC Advisory Committee and Provincial Roundtable Meetings

NRC activities are informed by our Advisory Committee, a group of experts in healthy eating and nutrition. The NRC also held 2 Provincial Roundtables with representatives from all 36 public health units, 6 Community Health Centres, and 6 Family Health Teams. These groups identified numerous topics of interest or areas in which the NRC could support them further, including:

- Recommendations from the Healthy Kids Panel; obesity (childhood and adult);
- Healthy eating and nutrition in specific settings (e.g. education, daycare and recreation centres);
- Food skills and food literacy programming; programming for high-risk populations (e.g. First Nation/Inuit/Metis, seniors, and new Canadians.);
- Building support for healthy eating and nutrition policies;
- Benchmarks and evaluation for nutrition-related programming;
- Trends in the use of social media and nutrition apps;
- Networking & collaborative opportunities across health continuum; and
- Current ‘hot topics’ in the field of nutrition (e.g. GMOs, sodium reduction, and nutrition labeling)

SOCIAL MEDIA

During 2013/14, the NRC began building a foundation for its social media presence by joining Twitter. Our following has grown quickly in a few short months, and we are engaging in more conversations with our stakeholders online.



LOOKING AHEAD

The NRC seeks to create and maintain inclusive and mutually beneficial relationships with our stakeholders and partners. This year, we used a variety of methods to strengthen stakeholder relationships; including gathering feedback and gauging the perceptions of our stakeholders to ensure that we are meeting their evolving needs and expectations. Going forward, we will build on the foundation that we have created by:

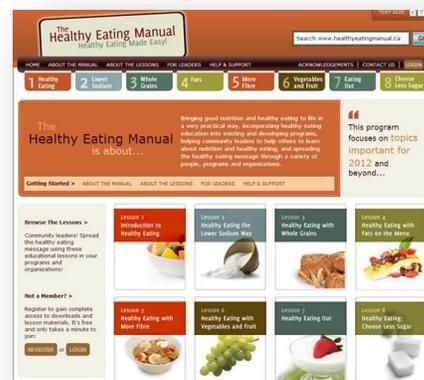
- continuing to engage with our stakeholders to plan our events and services online and in meetings;
- learning about, profiling, and interpreting our stakeholders’ values, learning needs and interests, then ensuring these are addressed in our internal decision-making processes; and
- exploring new social media platforms as a means of reaching new stakeholders, including Facebook.

Do You Know the Healthy Eating Manual?

The **Healthy Eating Manual (HEM)** is a free, on-line resource developed by the NRC designed for use by those involved in delivering healthy eating education across the health continuum. There are 8 ready-to-use lessons in the HEM; each covers 1-2 concepts on topics including:

- Reducing dietary sodium (salt) and simple sugars;
- Including whole grains and healthy fats;
- Eating more vegetables and fruit, and fibre; and
- Healthy eating when dining out

Going forward, the NRC will investigate the potential of transforming the HEM into an online educational course.



WHAT HAPPENED TO NRC'S FORMER PROGRAMS?

Previously, NRC supported the implementation of several provincial programs relating to healthy eating and nutrition, including NutriSTEP®, Community Food Advisor, Colour It Up!, and Eat Smart!® / À votre santé®. Following a strategic planning exercise that took place in 2013, the NRC assumed a new set of programming functions and moved away from its role as a coordinator for these specific healthy eating and nutrition programs.

NutriSTEP®

Many of our stakeholders are familiar with the NutriSTEP® nutritional screening tool. As of September 30th, 2012, NRC transitioned its coordination role for the NutriSTEP® program to the University of Guelph. Dietitians of Canada has launched a modernized, online version of the tool called **Nutri-eSTEP**, which has allowed NutriSTEP® to continue on as a valuable resource for parents of young children who want to identify positive, healthy eating habits. The Ministry of Health and Long-Term Care has also implemented the NutriSTEP® tool as a 2014 mandatory accountability indicator in Public Health; an initiative that will be supported by the NRC.

Community Food Advisor (CFA)

The Community Food Advisor Program was developed in 1991 by the Ontario Ministry of Agriculture, Food and Rural Affairs. From 2001, the CFA program was coordinated by the Nutrition Resource Centre, at the **Ontario Public Health Association**. In 2013, the CFA program was transferred to the Ontario Public Health Association, which provides the provincial coordination and administration for the program. Funding is provided by the **Ontario Ministry of Agriculture, Food & Rural Affairs**. In 2013, there were over 247 Community Food Advisors in 14 areas of Ontario, and 21,785 Ontarians were reached through this program across the province. To see a list of sites, please click [here](#). For more information, please contact **Lynn Roblin** or see the **CFA website**.

Colour It Up! /Plus de Couleur!

Colour It Up!/Plus de Couleur! is a provincial program designed to help women and their families learn to eat the number of servings of vegetables and fruit recommended by Canada's Food Guide. Once coordinated by the NRC, this program has been supported by Cancer Care Ontario.

Eat Smart!®

Eat Smart!® / À votre santé!® was a provincial award program that recognized schools, restaurants, workplaces and recreation centres that met exceptional standards in healthy and safe food choices. While the NRC no longer coordinates this program, Eat Smart!® resources will be available on the **NRC website**. Since the transition, a number of Public Health Units have developed a rebranded version of this program within their regions. For more information, please contact **Karen Gough**, NRC Program Manager, or visit the **NRC website**.



CONNECT WITH THE NRC

For the NRC to build a useful, current, and relevant centre of excellence in evidence-based, healthy eating and nutrition tools and resources to support health promotion professionals across the health continuum, we want to hear from you! There are many ways that you can connect with us to access resources, share your ideas and feedback, and learn about upcoming NRC webinars and events.

Visit the [NRC website](#) to:

- Learn more about us
- [Subscribe to](#) and view [archived copies](#) of our newsletter
- Read our [blog](#)
- Check out and register for our upcoming [events](#)

- Browse our [resources](#)
- Send us a question or comment via our online [contact form](#)

Connect with the NRC on social media:

- Like us on [Facebook](#)
- Follow us on [Twitter](#)

If you have any questions about this document or would like to learn more about the NRC, please **contact:**

Karen Gough, Program Manager

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NRC's Advisory Committee is comprised of the following members:

- **Karen Gough**, Nutrition Resource Centre Representative
- **Rebecca Truscott**, Cancer Care Ontario, Ontario Collaborative Group on Healthy Eating and Physical Activity Representative
- **Heather Thomas**, Middlesex-London Health Unit, Ontario Society of Nutrition Professionals in Public Health Representative
- **Ellen Wodchis**, Niagara Region Public Health, Ontario Chronic Disease Prevention Management in Public Health and OPHA Representative
- **Christine Mehling**, Dietitians of Canada, EatRight Ontario Representative
- **Katherine Haneke**, Grand River Community Health Centre, Association of Ontario's Health Centres Representative
- **Jessica Wegener**, Ryerson University, Academic Representative
- **Marissa Leblanc**, Bruyere Family Health Team, Association of Family Health Teams of Ontario Representative
- **Ann Armstrong**, Kingston, Frontenac and Lennox & Addington (KFL&A) Public Health, Public Health Unit Representative
- **Jennelle Arnew**, Chatham-Kent Health Unit, Public Health Unit Representative
- **Amy Gartner**, Ministry of Health and Long-Term Care (MOHLTC), Health Promotion Branch, MOHLTC Representative
- **Mary O'Brien**, Halton Region Public Health Department, Public Health Ontario Representative