

# NRC Annual Forum eBook

MAY 11, 2016  
#nrc\_foodenv

In conjunction  
with Nutrition  
Exchange 2016

## Healthy Eating

in Today's Food Environment

...is it possible?

*Transforming the Food Environment.  
Supporting Healthy Eating.*

Chestnut Conference Centre  
89 Chestnut St., Toronto

Tickets Sold @ [nutritionrc.ca](http://nutritionrc.ca)



# Organization

Click on logos to learn more about the organizations.

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## Beyond BMI

A locally driven collaborative project

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Regional Dietitian, Champlain Cardiovascular Disease Prevention Network

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# Schedule

Time	Session
8:00 am	<b>Registration / Breakfast / Exhibits / Posters</b>

8:30	<p><b>Opening Remarks</b> The Honourable Dipika Damerla, Associate Minister of Health and Long-term Care (Long-term Care and Wellness)</p> <p><b>What do we mean by “healthy” food environment?</b> Marlene Schwartz, UConn Rudd Center for Food Policy and Obesity</p>
9:30	<p><b>Ontario’s food environments: How healthy are they?</b> Jason Gilliland, Western University</p>
9:50	<p><b>How can we transform food environments to make healthy eating possible? A review of the science</b> Leia Minaker, Propel Centre for Population Health Impact</p>
10:10	<p><b>Are healthy eating and body weights possible for children? Findings of a new Report Card on healthy food environments and nutrition for children and youth</b> Kim Raine, University of Alberta</p>

10:45	<b>Dedicated Poster Session</b>
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## Concurrent Sessions

11:15	<p><b><u>Colony Ballroom</u></b></p> <p><b>Making healthy eating possible: A social justice issue?</b> Catherine Mah, Memorial University</p> <p><b>Accessing healthy food in the modern lifestyle: The link between transportation, shopping habits and healthy eating</b> Michael Widener, University of Toronto</p>	<p><b><u>Armory</u></b></p> <p><b>Guys Can Cook! Best Practices: Nutrition Games, not Hunger Games!</b> Julia Fursova, Four Villages Community Health Centre</p> <p><b>Let's Talk Food Lambton Community Food Assessment</b> Simone Edgington, Lambton Public Health</p> <p><b>Souper Sisters</b> Adam Hudson, Port Hope Community Health Centre</p>
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Time	Session
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12:15 pm	Lunch / Exhibits / Posters
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**Concurrent Sessions**

1:00	<u>Colony Ballroom</u>	<u>Armory</u>
	<p><b><i>Collaborating with the private sector to make healthy eating possible</i></b>            Alexis Williams, Loblaw            Virginia Zimm, Ontario Produce Marketing Association            Katie Neil, Oxford County Health Unit</p>	<p><b><i>Food by Ward: Mapping Toronto’s food assets</i></b>            Melana Roberts, Toronto Youth Food Policy Council            Tara Pearson, Toronto Youth Food Policy Council</p> <p><b><i>Food access mapping in Haliburton County</i></b>            Rosie Kadwell, Haliburton, Kawartha, Pine Ridge District Health Unit</p>

2:00	<p><b><i>Assessing your food environment: A new user-friendly manual</i></b>            Leia Minaker, Propel Centre for Population Health Impact</p>	<p><b><i>Encouraging healthier eating with Half Your Plate</i></b>            Vanessa Sherry-Schwarz, Canadian Produce Marketing Association</p> <p><b><i>Recipe resource for healthy aging</i></b>            Alison Duncan, University of Guelph</p> <p><b><i>Appetype- Using technology to promote mindful eating</i></b>            Kori Kostka, West Durham Family Health Team</p>
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2:50	Exhibits / Posters
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3:00	<p><b><i>Making healthy eating possible: Key principles and opportunities for influencing the food environment</i></b>            Andra Taylor, Champlain Cardiovascular Disease Prevention Network            Laurie Dojeiji, Champlain Cardiovascular Disease Prevention Network            Katie German, FoodShare            Catherine Mah, Memorial University</p>
3:50	<p><b><i>Healthy eating in today’s food environment . . . Is it possible?</i></b>            Pegeen Walsh, Executive Director, Ontario Public Health Association</p>
5:00	<p><b><i>Students and New Professional Spring Networking Soiree!</i></b></p>

Hosted by: OPHA New Professionals Network  
 Generously sponsored by: Ryerson University School of Nutritio

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# Morning Presentations



## Expert Insights:

- People eat foods that are most easily accessible.
- The greater the variety of foods available, the more people eat.
- The best way to address obesity is to change the toxic food environment.
- Genetics loads the gun, environment pulls the trigger.
- We need to make the healthy choice the easy choice.
- Change takes time; don't give up!

[Link to presentation slides](#)



## *What do we mean by “healthy” food environment?*

### **Marlene Schwartz, PhD**

Director, UConn Rudd Center for Food Policy and Obesity

We all want an environment where healthy eating is possible and easy for our clients, patients, the public, and ourselves. In our opening plenary session, Dr. Schwartz addressed what such an environment would look like, what we mean by "healthy", and how a healthy food environment can balance the values of health and choice.



## Expert Insights:

- Changing the food environment enhances reach and lowers costs.
- Food environments do influence food purchasing, diet, and health outcomes.
- More research using standardized, objective measures is needed.
- In many ways, you are where you live.

[Link to presentation slides](#)



## *Ontario's food environments – How healthy are they?*

### **Jason Gilliland, PhD**

Director and Full Professor, Urban Development Program, Department of Geography, Health Sciences and Paediatrics at the University of Western Ontario

In his presentation, Dr. Gilliland provided an overview of the current literature on the link between food environments and diet-related outcomes, and also highlighted the current state of the food environment across Ontario.



# Morning Presentations



## Expert Insights:

- Poor diets are a logical response to the current food environment.
- Three ways to change the food retail environment: 1. Change retailer, 2. Change consumer, 3. Change environment
- We must consider what we mean when we say “this intervention works”.
- Literature on food environment interventions shows mixed effects.

[Link to presentation slides](#)



## ***Transforming the food environment - A review of the science***

**Leia Minaker, PhD**

Scientist, Propel Centre for Population Health

To make healthy diets easier and sustainable for Ontarians, we need to transform the food environment. Many ways to change the food environment to support health are being explored: increasing the availability of healthy foods in corner stores, taxation of foods and drinks that do not support health, menu labelling, regulating food marketing, altering municipal zoning bylaws, and many more. This presentation focused on intervention research and highlighted effective strategies for transforming the food environment to promote healthier eating.



## Expert Insights:

- Canada's first report card on healthy food environments developed for province of Alberta.
- Report card helps identify where policies are working and areas for improvement.
- Report card helps sets benchmarks for food environments, raise awareness among public and policy makers, stimulate national dialogue, and outline policy-relevant research agendas.

[Link to presentation slides](#)



## ***Are healthy eating and body weights possible for children? Findings of a new Report Card on healthy food environments and nutrition for children and youth***

**Kim Raine, PhD, RD**

Professor, School of Public Health, University of Alberta

During this session, Kim Raine presented the findings of Canada's first-ever Report Card on Healthy Food Environments and Nutrition for Children and Youth. Participants heard how the Report Card is a novel tool to monitor children's food environments and supportive policies, inform stakeholders, and engage discussion. Possibilities for creating local Report Cards through use of a tool kit and to enable action on childhood obesity were also be explored.



# Concurrent Sessions

Our first concurrent session featured examples of how dietitians and health promotion professionals can support the creation of healthier food environments and help their clients, patients, or the public navigate the current food environment. The presentations included:

**Guys Can Cook! Best Practices: Nutrition Games, not Hunger Games! - Julia Fursova, Four Villages Community Health Centre**

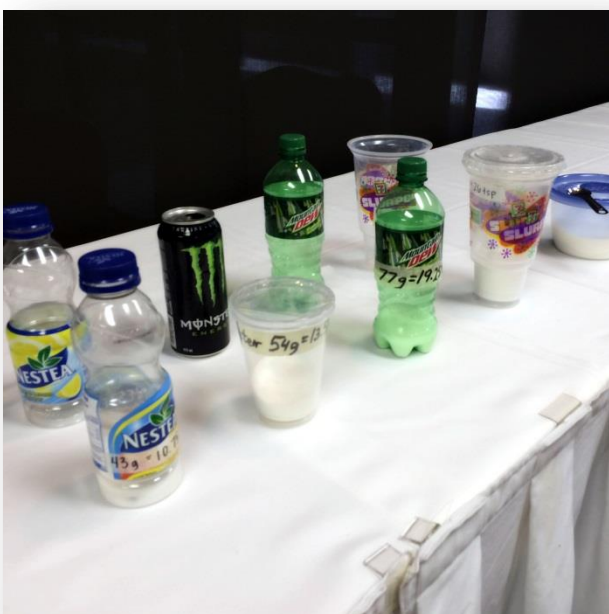
Guys Can Cook! Project (GCC Project) is cross-sectoral partnership involving seven community health centers. The project is funded by Ontario Trillium Foundation to deliver series of capacity building and skills development workshops to male youth ages 13 to 18 in seven neighbourhoods according to community health centres catchment areas. [Link to presentation](#)

**Let's Talk Food Lambton Community Food Assessment – Simone Edgington, Lambton Public Health**

A Community Food Assessment is currently underway in Lambton County. This presentation discussed how local food system stakeholders collaborated to conduct an environmental scan, identify community food assets and gaps, and determine food-related priorities. [Link to presentation](#)

**Souper Sisters – Adam Hudson, Port Hope Community Health Centre**

Souper Sisters is an innovative initiative of the Port Hope Community Health Centre that provides nutritious homemade soups made from excess freshly donated produce. In this session, participants learned how a simple meal like soup has impacted clients and the community of the Port Hope Community Health Centre, including creating a culture of wellbeing, expanded healthy eating choices for clients, and educational opportunities. [Link to presentation](#)



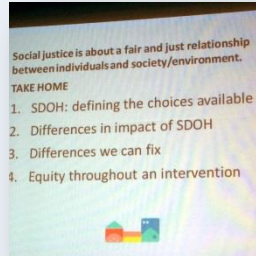
# Morning Presentations



## Expert Insights:

- The social determinants of health define the choices available to us.
- Those who cannot afford food reduce the quality, quantity, and frequency of their eating.
- Social determinants of health affect people differently.
- Need to shift food environments and expand opportunities for choice.
- Make healthy choice the *rewarding* choice.

[Link to presentation](#)



## ***Making healthy eating possible - A social justice issue***

### **Catherine Mah, MD, FRCPC, PhD**

Assistant Professor, Memorial University Faculty of Medicine

It is often said that we seek to make "*the healthy choice the easy choice.*" But is the healthy choice possible for all Ontarians? Could current policies and environments favour healthy eating among certain individuals or groups while disadvantaging others? Dr. Catherine Mah explored these questions using the lens of health equity. She also discussed how the concept of health equity can impact our work to transform the food environment and promote healthy eating.



## Expert Insights:

- Using tools like geographic information systems to determine spatial access to food may be too simplistic.
- Need to consider how people move through cities and how cities change.
- Need to better understand how modes of transportation impact access to healthy food.
- We may need to move beyond the concept of food deserts.

[Link to presentation](#)



## ***Transportation, mobility, and the dynamic geography of healthy food***

### **Michael Widener, PhD**

Assistant Professor, Department of Geography and Planning, University of Toronto

Eating a healthier diet is often not as simple as *choosing* to eat healthier foods. Current transportation systems and policies may preclude certain groups of people from eating a healthy diet. This session explored the intersection of transportation, time, the food environment, and healthy eating. The audience learned about the importance of considering transportation and shopping habits in your efforts to help clients and the public to access healthy foods.





# Concurrent Sessions

## **Collaborating with the private sector to make healthy eating possible**

### **Freezing the puck on unsupportive food environments: A healthier recreation concession pilot project – Katie Neil, Oxford County Health Unit**

This session discussed a collaborative pilot project that took place at a rural recreation facility in Oxford County during the 2015/2016 fall/winter season. The municipality, the health unit, a food supplier and a local signage company worked together to monitor sales, operational costs, feedback, and promotions with the goal of creating a business model to advocate for healthier food environments within recreation facilities. This session delivered a comprehensive sales analysis, feedback from various stakeholders, and recommendations for future work.

[Link to presentation](#)

### **Working with retailers to make healthy eating possible – Alexis Williams, Loblaws**

Grocery stores are a natural place for food and nutrition education. As a leading retailer in Canada, Loblaw Companies Limited takes an active role in health promotion by offering in-store Dietitians and its Guiding Stars program. This session covered some of the public-private collaborations that Loblaw participates in to promote healthy eating and nutrition. [Link to presentation](#)

### **Ontario Produce Marketing Association – Virginia Zimm, Ontario Produce Marketing Association**

This session covered some of the collaborations that the Ontario Produce Marketing Association participates in to support the promotion of healthy eating in the province. [Link to presentation](#)

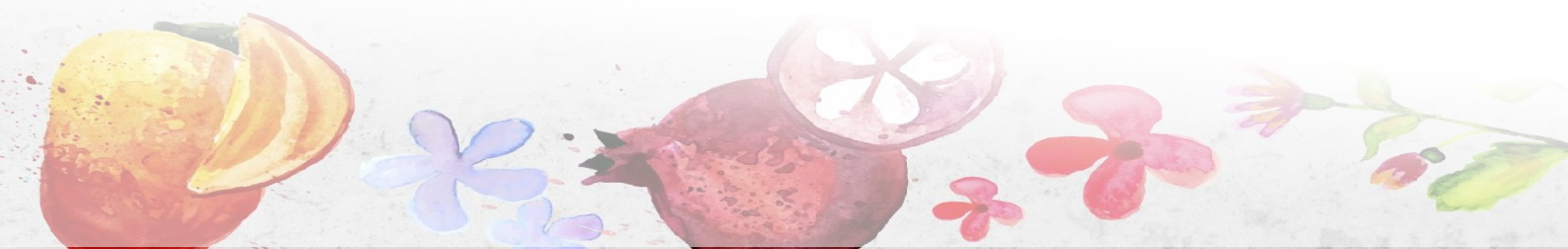
## **What are your community's food assets?**

### **Food by Ward: Mapping Toronto's food assets – Melana Roberts/Tara Pearson, Toronto Youth Food Policy Council**

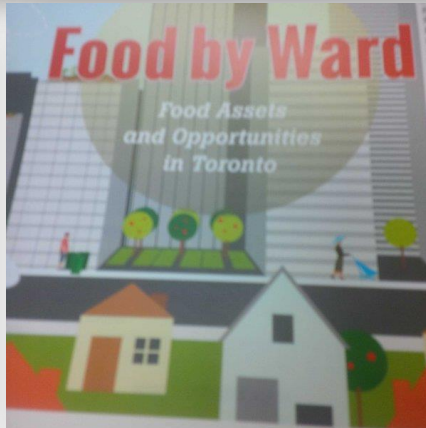
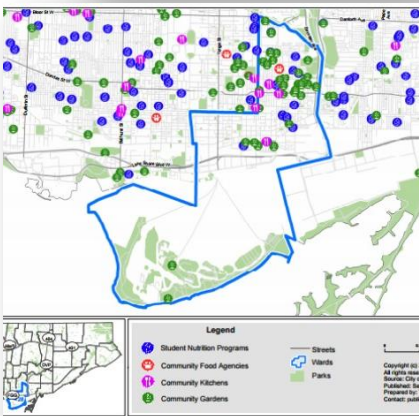
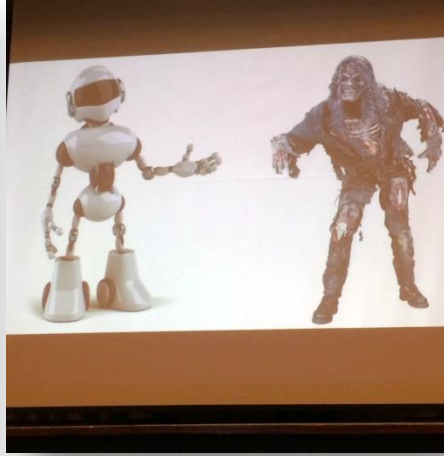
Toronto Food Policy Council's Food by Ward tool, which maps Toronto's community food assets by ward, was presented during this session. Participants learned how to develop and use similar tools for advocacy and to support clients' and the public's efforts eat healthy in their respective food environments. [Link to presentation](#)

### **Food Access Mapping in Haliburton County – Rosie Kadwell, Haliburton, Kawartha, Pine Ridge District Health Unit**

This session featured the findings of a Food Access Mapping report, a community effort following a Community Food Assessment that was conducted in Haliburton County. The purpose of the assessment was to complete an inventory of food access points in Haliburton County, including maps to support visual analyses and information sharing. These maps are intended to assist with representing baseline information about food access points and help inform long-term planning and actions that support community food security. [Link to presentation](#)



# Concurrent Sessions





# Concurrent Sessions

## **Assessing your food environment: An intro to using a new user-friendly manual for food environment assessment – Leia Minaker, Propel Centre for Population Health Impact**

This session introduced a new user-friendly manual for assessing local food environments developed by Health Canada in collaboration with the Federal, Provincial and Territorial Group on Nutrition. The manual is intended to be a comprehensive and consistent tool that can be used and adapted in any community across Canada to assess the quality of the community food environment. The manual is currently being tested in four Canadian communities, and the findings will inform refinement of the tool. [Link to presentation](#)

## **Resources and tools to help your clients, patients and the public navigate a challenging food environment**

### **Encouraging healthier eating with Half Your Plate – Vanessa Sherry-Schwarz, Canadian Produce Marketing Association**

Half Your Plate is a new program that encourages Canadians to add more fruits and vegetables to every meal and snack. This session covered how, through simple messaging, tips and recipes, Half Your Plate and Culinary Ambassador Chef Michael Smith are helping Canadians eat more produce, one meal at a time.

[Link to presentation](#)

### **Appetype- Using technology to promote mindful eating – Kori Kostka, West Durham Family Health Team**

In this session, participants learned about Appetype, an online app that promotes mindful eating by using a daily quote to coach clients to a more holistic and goal oriented approach that doesn't focus on outcomes.

[Link to presentation](#)

### **Recipe resource for healthy aging – Alison Duncan, University of Guelph**

This presentation shared the development of an evidence-based resource to promote older adult's consumption of nutrient-dense local produce. The resource, which features over 50 recipes and highlights the evidence-based age-related health benefits of the Ontario-grown foods, was created by a research team at University of Guelph and Agri-food for Healthy Aging, Schlegel-UW Research Institute for Aging.

[Link to presentation](#)



# Afternoon Presentations



## Expert Insights:

- Celebrate successes and milestones.
- Using evidence-based nutrition standards is important.
- Leadership and having shared vision increases likelihood of success.
- Think like a retailer when considering ways to change the food environment – but It's important to remember that shopping is a social experience.
- Make healthy choice the rewarding choice for both retailers and consumers.
- It's important to understand your context and why it matters.
- The [Policy Readiness Tool](#) is quite useful
- Children are more likely to eat foods if they care about them.

### Links to presentations

[Transforming hospital food environments in the Champlain regions \(A Taylor, L Dojeiji\)](#)

[Good food in schools \(K German\)](#)

[Key principles for transforming the food environment \(C Mah\)](#)

## ***Making healthy eating possible: Key principles and opportunities for influencing the food environment***



### **Laurie Dojeiji**

Network Manager and Senior Planner - Health Promotion, Champlain Cardiovascular Disease Prevention Network



### **Katie German**

Field to Table Schools Manager, FoodShare



### **Catherine Mah, MD, FRCPC, PhD**

Assistant Professor, Memorial University Faculty of Medicine



### **Andra Taylor, MPH, RD**

Regional Dietitian, Healthy Foods in Champlain Hospitals Initiative, Champlain Cardiovascular Disease Prevention Network

This session explored the key challenges encountered and successful principles being used by those who are working to improve the food environment. From schools to workplaces to corner stores, speakers shared their own experiences operating in a wide array of settings and what they learned in their efforts to enact meaningful and lasting transformations to the broad web of influences that affects our everyday food choices.

# Twitter



The NRC tweeted along with the conference using hashtag #nrc\_foodenv. We sent and received hundreds of tweets during the event, with people attending the Forum and those not able to join us in person. You can find a full Storify summary for the event [here!](#)

***“Poor diets are a logical response to our current food environment.” Leia Minaker at #NRC\_FoodEnv”***

**@upbeetRD**



***“You can't educate people out of a bad food environment!” True words from @LeiaMinaker #nrc\_foodenv”***

**@rebecca\_dauids**

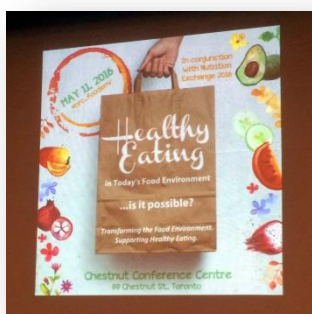
***“Community gardens benefit mental and social health even if sustained nutrition benefits are unclear #nrc\_Foodenv”***

**@AmyMacDonaldRD**



***“Healthy choices have to be rewarding choices for everyone involved in retail food environment #nrc\_foodenv @catherinemah”***

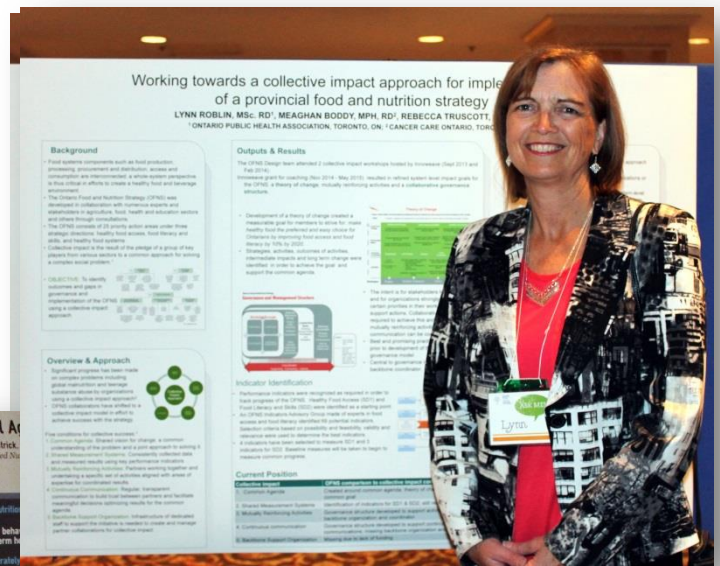
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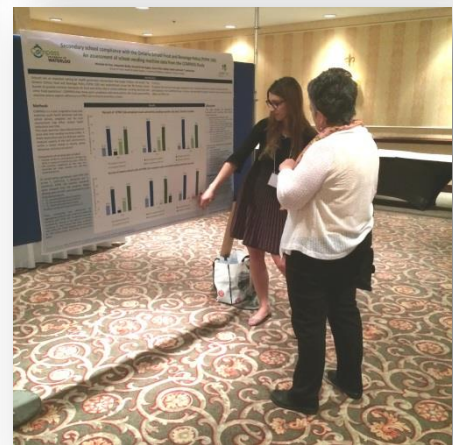
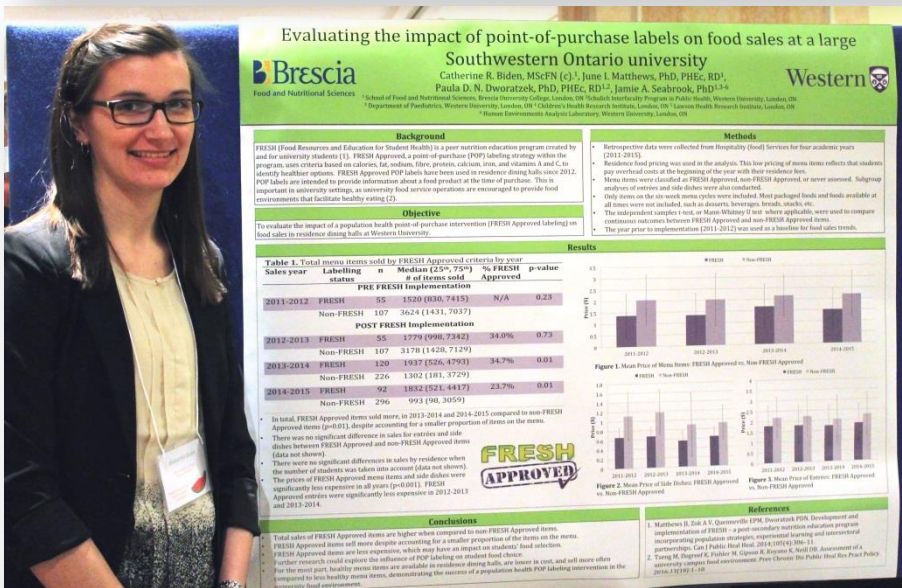
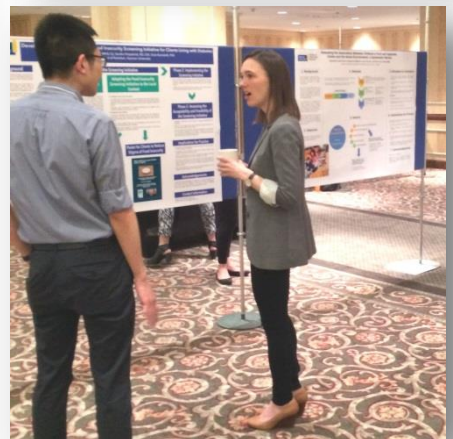
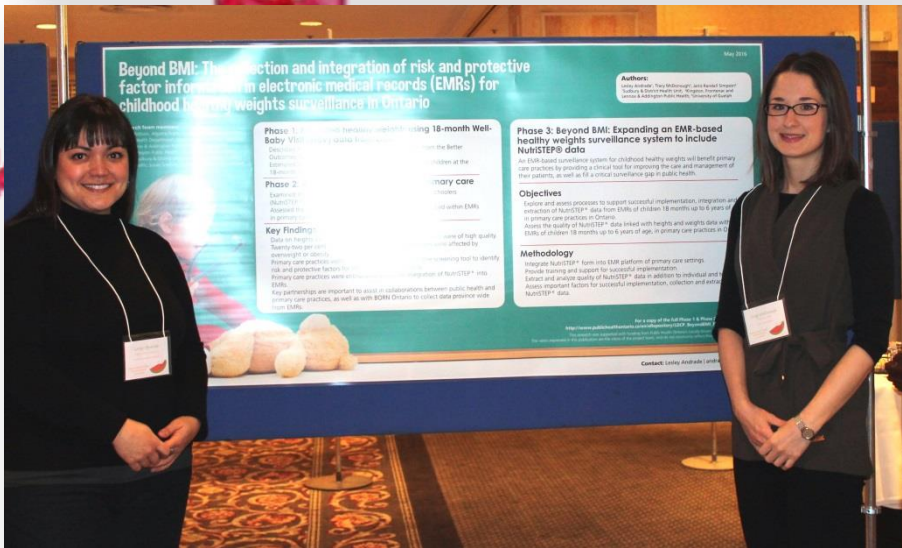
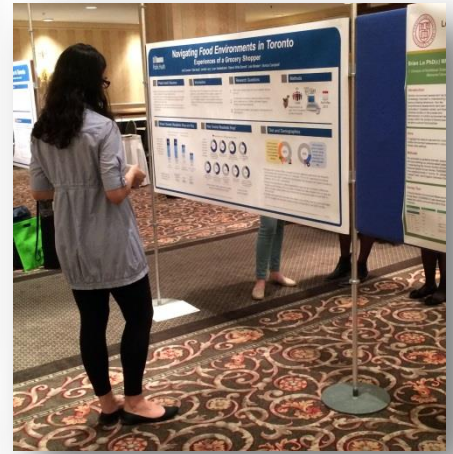


# Poster Sessions



# Poster Sessions









# Poster Abstracts

Click on the title to link to the poster

## [P1. Lessons learned from conducting nutrition environment assessment in culturally diverse urban settings](#)

Brian Lo, Catherine Mah, Leia Minaker, Brian Cook

This poster presentation describes the lessons learned from implementing the Toronto Nutrition Environment Survey in Stores (ToNEMS-S) in three neighbourhoods in Toronto.

## [P2. Experiences of a Grocery Shopper – Navigating Food Environments in Toronto](#)

Andi Camden, Kate Bassil, Jennifer Levy, Loren Vanderlinden

Toronto Public Health (TPH) conducted an online survey to gain a preliminary understanding of Toronto residents' supermarket food shopping habits and behaviours. This survey is part of a larger TPH initiative designed to explore innovative and effective strategies for intervention in supermarkets to encourage healthy food choices.

## [P3. Understanding the Supermarket Landscape in Toronto](#)

Olanna White Barnett, Jennifer Levy, Andi Camden, Leia Minaker

Research suggests that the supermarket environment is a determinant of food choices and therefore of consumer health. Toronto Public Health is conducting a multi-method research project, including an environmental scan and field data collection, in order to assess and better understand Toronto's supermarket landscape. The goal is to determine how to create a more supportive and healthy food retail environment. A better understanding of this sector will lead to further exploration of innovative and effective interventions to help Torontonians make healthier food purchases.

## [P4. How “healthy” is the Canadian food supply? An analysis of pre-packaged foods](#)

Marie-Eve Labonté, Jodi Bernstein, Beatriz Franco Arellano, Mary L'Abbé

This study assessed the degree of healthfulness of the Canadian packaged food supply by applying nutrient profiling to information from a comprehensive database of food products available in the country. It was shown overall that almost half (49%) of our packaged food supply comprises “healthier” options. Not surprisingly, the proportion of “healthier” products greatly varied across different food categories, “Legumes” showing the highest proportion and “Sugars and sweets” showing the lowest proportion of such products. This study therefore allows us to identify food categories in which reformulation may be required to improve the nutritional quality of available products.

## [P5. Consumption of Added Sugars by Food Environment among Canadians](#)

Mahsa Jessri, Stephanie Nishi, Mary L'Abbe

Added sugars have received increased interest due to their potential association with obesity and other chronic diseases. Government and health authorities have suggested recommendations and guidelines as low as 5% of total calories from added sugars. The Canadian Community Health Survey, Cycle 2.2 was analyzed to gain knowledge of the food environment (location, occasion, time) of added sugar consumption among Canadians to help guide recommendations and public health strategies.

## [P6. Dietary Snacking Quality of Canadian Children and Adolescents](#)

Mahsa Jessri, Stephanie Nishi, Mary L'Abbe

Snacking behaviour has been associated with dietary quality, which is central to overall health and nutrition-related chronic disease risk reduction. The Canadian national nutrition survey was assessed to provide information about the dietary quality of snacks consumed by Canadian children and adolescents.



# Poster Abstracts

Click on the title to link to the poster

## **P7. Taxation of Sugar Sweetened Beverages as a Strategy to Improve Food Environments**

Leslie Whittington-Carter

Dietitians of Canada's recently-released position statement recommends an excise tax of 10 - 20% on sugar sweetened beverages (SSBs) as a strategy to decrease consumption and generate revenue to fund other obesity reduction initiatives. This session (poster) will review the evidence supporting this position and the contribution of this strategy to creating healthier eating environments.

## **P8. The Changing Food Environment - Supplemented Foods: A Growing Trend**

Elaine De Grandpre, Claudia Gorenko, Jennifer Barber

Supplemented foods (SFs) which contain added vitamins, minerals, amino acids, herbal and/or bioactive ingredients are becoming more present in the food marketplace. SF labels may include directions for use and/or caution statements. A literature review identified that clear labelling and education is needed to help Canadians identify SFs and understand and evaluate the label information to make informed decisions. Research on consumer identification, understanding, appraisal and use of SFs is underway. This will inform the labelling of SFs and a Knowledge, Translation and Exchange Strategy to help Canadian consumers distinguish and make informed choices about SFs.

## **P9. Assessing The Association Between Children's Fruit And Vegetable Intake And The Home Environment: A Systematic Review**

Stephanie Cullen Conroy, Marilyne Petitclerc, Laura Harvey, Lorraine Yau

Results from a recent systematic literature review point to home engagement (i.e. involvement in meal preparation and grocery shopping) and parental characteristics (i.e. parent modeling and encouragement) as factors that can influence children's fruit and vegetable intake. This SLR focused on school-aged children (3-12 years old) as this age group's eating habits are largely influenced by the home food environment. Findings point to a breadth of opportunities for health promotion initiatives that focus on increasing parental support for F&V intake as well as children's involvement in food shopping and preparation.

## **[P10. Development of a Food Insecurity Screening Initiative for Clients Living with Diabetes](#)**

Brittany Thomas, Enza Gucciardi

Food insecurity adversely affects diabetes self-management and health outcomes for those living with diabetes. Screening for food insecurity can improve clinical management of diabetes by enabling care providers to devise more tailored interventions for food insecure clients. The purpose of this research project is to develop and implement a food insecurity screening initiative for a diabetes population. We will present findings related to the development of the food insecurity screening tool and evidenced-based recommendations for practice. We will discuss next steps, including pilot testing the screening tool and resources at a community health centre in Toronto.

## **[P11. Opportunities for practical training of dietetic student interns in the area of food systems, population and public health: a systematic review](#)**

Marilyne Petitclerc, Jessica Wegener

Findings from a recent systematic review identify a number of community settings where there are opportunities to promote and support a local and sustainable food system. This study looked at the roles of food and nutrition professionals, students, and other actors engaged in food system-related activities in non-traditional community settings. Results show that these activities facilitate the delivery of hands-on nutrition education on topics spanning from food production through to waste disposal to community members. This type of practical education allows for health promotion, obesity prevention, and an increase in social justice and food security.



 #nrc\_foodenv



# Poster Abstracts

Click on the title to link to the poster

## **P12. Increasing the Accuracy of Nutrition Analysis for Menu Items using Recipe Analysis Software**

Katie Jessop, Elizabeth Mansfield, Barbara Selley, Mengdi Xa

Accessible, credible nutrition information can impact consumers' food choices when they are selecting and/or consuming foods outside the home. Nutrition analysis requires nutrition AND culinary knowledge, and as dietitians we have the unique background to be leaders in this area. Yet true competence requires comprehensive training and testing.

## **P13. Eating behaviours of Ontarians**

Nabila Purno, Ahalya Mahendra, Lynn Roblin, Donna Smith

This abstract presents a descriptive analysis of eating behaviors of Ontarians using the 2014 Canadian Community Health Survey (CCHS) and the 2012 and 2013 CCHS Rapid Response Modules on Food Skills and Canada's Food Guide. It highlights discrepancies in healthy eating habits, food preparation skills and experiences of food insecurity across socio-demographic factors. The purpose of this project is to provide a set of indicators that can inform policy and program development in healthy eating and chronic disease prevention.

## **P14. Changing the menu: the case for private-public partnerships on school food**

Micheline Turnau, Ruthie Burd, Devon Peart

Within the context of private-public partnerships, this presentation describes the journey of the Lunch Lady, the largest provider of catered hot and cold lunches in Canada, with the Nourishing School Communities initiative and its impact on organizational culture. Various opportunities and challenges of working collaboratively to make healthy menu changes will be explored. This includes the role of food suppliers, the impact on franchise operations and budget, the influence of school nutrition policies as well as the need for a multi-faceted approach to get school staff, parents and children to embrace healthy and local food in schools.

## **P15. Secondary school compliancy with the Ontario School Food and Beverage Policy: An exploration of vending machine contents using data from the Compass Study**

Alexandra Butler, Michelle M. Vine, Karen Patte, Scott Leatherdale

The Compass Study is following youth (grades 9-12) in Ontario secondary schools over four years to understand how changes in school environment characteristics (policies, programs and the built environment) are associated with changes in student behaviours over time. The objective of this study is to examine the food and beverages available for sale in vending machines in secondary schools. In doing so, we asked the following questions: 1) to what extent are schools being compliant with the Ontario School Food and Beverage Policy (PPM/150) (2010)? and, 2) what is/are the reason(s) for non-compliance? Results may inform the development of school action plans towards successful policy implementation.

## **P16. Feeding your kids**

Eszter Erdelyi

In today's food environment the parental objective of feeding children healthy food is shifting. The emerging objective is raising children who are increasingly capable of making healthy eating choices on their own, in spite or even directly opposing what their food environment indicates. How we feed children is the result of 10+ consecutive decisions for every one eating event and every one of the decisions can sabotage the outcome. Abundant advice is available to parents on single decisions (how many times are parents told to feed their child more broccoli?) but lead to no more success. Instead children are identified picky eaters at best, overweight, obese or diagnosed with eating disorders at worst. A successful intervention builds parental skills in every one of the decision making areas and provides triggers for changing behavior where needed in the individual profile.



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# Poster Abstracts

Click on the title to link to the poster

[\*\*P17. To what extent is healthy eating supported in Ontario schools? An analysis guided by the Comprehensive School Health framework\*\*](#)

Taryn Orava, Susan Caswell, Steve Manske, Rhona Hanning

Ontario's Ministry of Education mandated the School Food and Beverage Policy (P/PM 150) to improve the quality of foods and beverages available for sale to students and reinforce supports for healthy eating embedded in the curriculum and school environment. Healthy School Policy is one of the four pillars of the Comprehensive School Health (CSH) framework, which also includes: Social and Physical Environments, Teaching and Learning, and Partnerships and Services. This research used the CSH to describe the extent to which healthy eating was supported during the early years of P/PM 150 implementation in a subset of Ontario schools.

[\*\*P18. Evaluating the impact of point-of-purchase labels on food sales at a large Southwestern Ontario university\*\*](#)

Catherine R. Biden, June I. Matthews, Paula D. N. Dworatzek, Jamie A. Seabrook

The objective of this study was to evaluate the impact of FRESH Approved point-of-purchase (POP) labels on food sales in residence dining halls at Western University, London, Ontario. FRESH (Food Resources and Education for Student Health) is a peer nutrition education program involving multiple strategies to promote healthy food choices among university students. One program strategy is FRESH Approved, a POP labelling initiative that aims to make a healthier food environment for students.

[\*\*P19. Self-reported food skills of secondary school students\*\*](#)

Brittany L. McMullan, Paula D.N. Dworatzek, Jamie A. Seabrook, June I. Matthews

To overcome barriers associated with healthy eating, adolescents benefit from having confidence in their food skills (FS). Presently, there is little published research on the FS of adolescents. The objective of this study was to assess self-reported FS of secondary school students. Age, sex, and food and nutrition (FN) education were associated with adolescents' ability to perform mechanical skills, but not conceptual skills. It is plausible that adolescents' conceptual FS are not adequately developed to see differences by subgroups. Nutrition education for adolescents can build upon their perceived strengths in mechanical skills to further develop conceptual skills.

[\*\*P20. Geographic retail food environment measures for use in public health\*\*](#)

Ahalya Mahendra, Tina McBrien, Marc Lefebvre, Jane Polsky

The Association of Public Health Epidemiologists in Ontario (APHEO) Core Indicators working group standardizes definitions and calculation methods for over 120 public health indicators to enhance accurate and standardized community health status reporting across public health units. The Built Environment Indicator subgroup is a multi-disciplinary group comprised of planners, policy analysts, registered dietitians, GIS analysts and epidemiologists. Our subgroup selected and operationalized three indicators of the geographic retail food environment measuring proximity and intensity of food outlets and the relative density of less healthy food outlets. The aim of this session is to describe the indicator development and gather feedback.



# Poster Abstracts

Click on the title to link to the poster

**[P21. Best and promising practices in collaborative governance and using the collective impact process to define a collaborative governance structure for the Ontario Food and Nutrition Strategy](#)**

Lynn Roblin, Rebecca Truscott

In 2009, the Ontario Collaborative Group on Healthy Eating and Physical Activity undertook a bold initiative to develop a provincial strategy encompassing the entire food system, from environmental protection and food production to healthy food access and food literacy. The Ontario Food and Nutrition Strategy is a framework that sets strategic directions and covers a wide-ranging set of long-term outcomes for a productive, equitable and sustainable food system. Paramount to the Strategy's requirements is the establishment of a collaborative governance arrangement for a cross-government, multi-stakeholder coordinated approach to food policy development. In 2014, the group began a Collective Impact process to develop a theory of change and potential governance model. This poster presentation provides insights into the following questions: What collaborative governance structure would be suitable for the Strategy based on best/promising practices? What would a structured collaborative governance arrangement for a multi-stakeholder coordinated provincial mechanism look like? How has the collaborative group been involved in the Collective Impact process to develop a governance structure? How can focused attention on collaborative-governance conditions and requirements pave the way towards successful intersectoral action towards the creation of a healthy food and beverage environment?

**[P22. A validation study of preschool children using parental proxy reporting](#)**

Angela Pavarin-De Luca, Sharon Kirkpatrick, Laura Forbes, Jess Haines

Currently, there is limited research assessing the accuracy of dietary intake collected in preschool aged children, with limited studies assessing the validity of the tools being utilized within this population (Burrows et al., 2010). Additionally, there is a limited understanding of parent's ability to recall their children's dietary intake. ASA24- Canada is an automated self-administered 24-hour recall developed by the National Cancer Institute. The tool has been validated in an American adult population. A research group at the University of Guelph is attempting to validate this tool amongst preschool aged children (18 months - 5 years) using parental proxy reporting.

**[P23. Beyond BMI: Investigating the Feasibility of Using NUTRISTEP® and Electronic Medical Records as a Surveillance System for Healthy Weights Including Risk and Protective Factors in Children](#)**

Kathy Moran, Suzanne Biro, Suzanne De Haney, Denis Heng, Sarah Collier, David Ip, Lindsey Fera, Jordan Robson, Deborah Moore, Rachel Skellet, Lesley Andrade, Joanne Beyers, Dar Malaviarachch, Emma Gaylord,

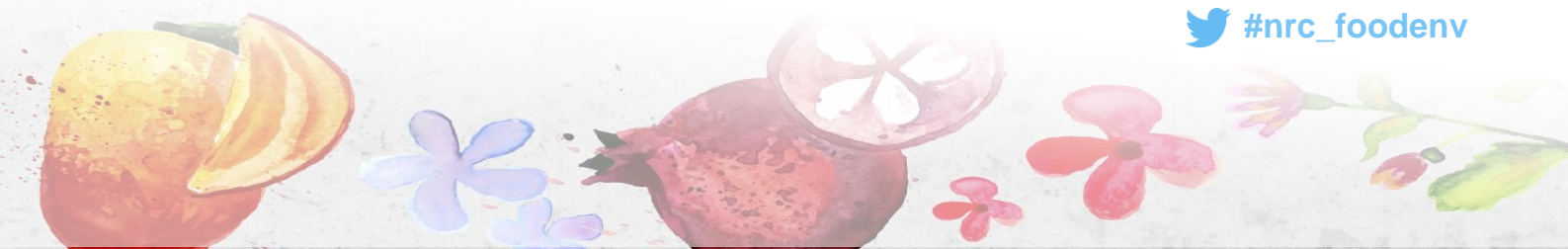
The LDCP Beyond BMI: Investigating the Feasibility of Using NUTRISTEP® and Electronic Medical Records as a Surveillance System for Healthy Weights Including Risk and Protective Factors in Children aimed to address the current data gap that exists in childhood healthy weights surveillance at the local health unit level. The Beyond BMI research team partnered with the Better Outcomes & Registry Network (BORN) Ontario to acquire children's health and weight data from Electronic Medical Records (EMRs) in primary care settings to analyze data quality. To create a more comprehensive childhood healthy weights surveillance system, the research team identified the need for additional risk and protective factor information, to accompany height and weight data. As a result, the research team focused the project on conducting a situational assessment regarding the use of the NutriSTEP® screening tool for risk and protective factors for obesity in primary care settings in Ontario.

**[P24. The Nutrition Resource Centre's Navigator: An Innovative Tool to Enhance Policy and Program Development in Healthy Eating and Nutrition](#)**

Barb Prudhomme, Donna Smith

The Nutrition Resource Centre has launched its NRC Navigator. This innovative online tool is free, easy to use, and provides a "one stop shop" for evidence-based resources and tools to support health intermediaries engaged in nutrition promotion across Ontario. With one simple click, users can filter resources to those specifically related to the food environment and/or many other nutrition-related topics. Visit the NRC Navigator at <http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator.aspx>

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# What Can You Do Next?



In 2015, the NRC developed a series of events, including webinars, workshops, and a Forum, devoted to discussing the food environment. [This page](#) lists all of the elements of our food environment series, and will lead you to resources, presentation slides, recordings, and links to the NRC Navigator, where applicable.



The [NRC Navigator](#) is a free, online repository of information designed to help health professionals and community partners find their way through the complex landscape of healthy eating and nutrition, and access resources related to policy and program development. Check it out to see any of our numerous resources related to the food environment. The NRC hopes the Navigator will become your **first** stop for finding evidence-informed programs and policies that can guide your work.



Never miss an update or a headline related to healthy eating, food or nutrition! Subscribe to our free daily [News in Brief](#) or our monthly [NRC Insider](#) newsletter to stay up to date on important developments, events, stories from the field, and new resources from the NRC and beyond!



Visit [this page](#) to check out all of our upcoming workshops, webinars, and Forums, as well as to access the recordings and presentation materials from our past events. Got an idea for an event? [Let us know!](#)

## Stay in Touch!

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 [events@opha.on.ca](mailto:events@opha.on.ca)





# Nutrition Exchange 2016

The NRC Annual Forum was held in conjunction with the Nutrition Exchange 2016, the annual conference of the Ontario Society of Nutrition Professionals in Public Health (OSNPPH).

Please see below for details and links to the presentations.

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## General information

May 12 – 13, 2016  
Hotel Novotel Toronto Centre

### Topics:

- Food insecurity and basic guaranteed income
- How health units can advocate for basic guaranteed income
- Position statement on food insecurity
- Promoting good nutrition through building supportive food environments
- OSNPPH Workplace Workgroup toolkit
- Fostering population mental health
- Mindless eating in our toxic food environment
- Talking about the Food Guide without talking about the Food Guide
- Marketing good nutrition
- Effective messaging for advocacy

Click [here](#) for presentation slides!

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# Acknowledgements

## Steering Committee

**Adam Hudson**, Registered Dietitian, Port Hope Community Health Centre  
**Andra Taylor**, Registered Dietitian, Champlain Cardiovascular Disease Prevention Network  
**Candice Einstoss**, Chair, Nutrition Exchange Planning Committee, Ontario Society of Nutrition Professionals in Public Health  
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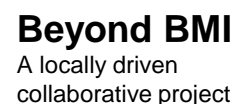
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