

OPHA
&
NRC
presents



2014 Annual Conference

LICIES

Advancing an Intersectoral Approach
To Promoting Healthy Eating in Ontario



Twenty Toronto Street
Conferences & Events



March 6th
2014

In partnership with

The Nutrition Resource Centre and Ontario Public Health Association are pleased to host its 2014 Annual Conference, an important platform for learning and facilitating discussion around Ontario's most important food and nutrition issues.

This year's unique theme will be on:

Health In All Policies: Advancing an Intersectoral Approach to Promoting Healthy Eating in Ontario.

Health-In-All-Policies (HiAP) is an emerging collaborative approach to improving health by including health, equity, and sustainability considerations into decision-making across sectors and policy areas. You and your colleagues are invited to join an important and timely discussion on how a HiAP approach can be applied to strengthen Ontario's food system, especially given the unique opportunities provided by current public policy initiatives (e.g. Healthy Kids Strategy and Local Food Act). You will have the opportunity to discuss how decisions in multiple sectors (e.g. agriculture, transportation, education, infrastructure, children, youth and social services etc) affect availability, awareness, and access to healthy foods and explore practical methods, tools and resources on engaging diverse government and community partners to promote healthy eating.

Conference Objectives

- Provide a platform for dialogue on how to advance a HiAP approach to promoting healthy eating in Ontario
- Showcase examples of collaborative food and healthy eating policy initiatives between nutrition professionals and professionals working in non-health sectors
- Explore how the Healthy Kids Strategy provides an opportunities for intersectoral action
- Provide opportunity for networking between nutrition professionals and those working in traditionally non-health sectors

Who should attend?

- Nutrition and health promotion professionals working in public, community, and family health team settings
- Representatives from all sectors of federal, provincial, and local government
- Policy makers interested in food policy
- Food, nutrition, and health policy researchers
- Students
- Anyone else interested in advancing collaborative efforts to promote healthy eating in Ontario

8:00 a.m. | **REGISTRATION & HEALTHY BREAKFAST**

8:45 a.m. | **WELCOME & OPENING REMARKS**

9:00 a.m. | **GETTING STARTED WITH HIAP**

Health in all policies (HiAP) is an emerging inter-sectoral and whole-of-government approach to reducing population health inequities that has been embraced by various jurisdictions across the globe. Drawing upon these experiences, this session explores the conceptual framework for HiAP initiation and implementation, and provides opportunity for reflection and discussion of the implications for the province of Ontario.

Pegeen Walsh (Moderator)
Executive Director, Ontario Public Health Association

Ketan Shankardass PhD
Assistant Professor, Wilfrid Laurier University
Scientist, Centre for Research on Inner City Health

9:40 a.m. | **IMPLEMENTING HIAP: A SURVEY OF CANADIAN EXPERIENCES**

Ketan Shankardass PhD (Moderator)
Assistant Professor, Wilfrid Laurier University
Scientist, Centre for Research on Inner City Health

Health In All Meets Horizontal Government

Health in all policies (HiAP) are potentially a useful approach to achieve certain broad policy objectives, including of course promoting healthy eating. There are ongoing experiments with HiAP around the world. This reflects the fact that there is a great deal of interest in what might be accomplished by greater collaboration between departments and agencies within a government or, more ambitiously, between different orders of government and between governments and civil society organizations. This presentation offers a high level overview of the phenomenon that is HiAP and compares and contrasts it with a similar conversation in political science and public management circles on "integrated governance" or "horizontal government". The challenges to implementation, the limited progress that has been made on integrating the financial side of government, and the need for greater attention to the implications of intersectoral collaboration for accountability will be explored. Tentative observations about the implications for promoting healthy eating in Ontario will also be discussed.

Patrick Fafard MA PhD
Associate Professor, Graduate School of Public and International Affairs, University of Ottawa

Implementing HiAP: The Quebec Experience

Improving the health of a nation means identifying preventable problems and tackling modifiable health determinants that are outside the classic health sector. In Quebec, this has been addressed by a system that integrates medical, social and public health services at three levels and with the adoption of the 2001 Public Health Act. A mandatory national public health program and related regional and local public health action plans constitutes the backbone of this system. Moreover, the Public Health Act includes a health impact assessment tool in which the Minister of Health is the advisor of the Government on any public health issue and the development of measures or regulations that could have significant impact on the health of the population. This session will describe the development and implementation of this approach in Quebec, highlighting a collaborative action plan involving 8 ministries and a public-private partnership fund to tackle obesity. The strengths and weaknesses of tools will be discussed in the light of well-known success conditions.

Alain Poirier MD
Associate Expert, Institut National de Sante Publique du Quebec

Finding the Win-Win: Mechanisms to Put Health in Public Policies

Health units are the on-the-ground delivery system for public health programming and policies. As such they are uniquely positioned to bridge developments from other levels of government with work happening in local communities, which includes working with municipalities. Ottawa Public Health has been actively working on their strategic priority to apply a health lens to municipal policies. Particular attention has been paid to influencing food and physical activity environments. This presentation will provide examples of various strategies and tools that have been used at the municipal level as well as other sectors.

Sherry Nigro
Manager, Health Promotion and Disease Prevention, Ottawa Public Health Unit

10:40 a.m. | **HEALTH BREAK, POSTERS**

Healthy refreshments & Networking

11:00 a.m. | **FOOD IN ALL POLICIES: MAKING IT WORK IN ONTARIO**

This session focuses the discussion on Ontario's food system, exploring how a HiAP approach could be implemented to strengthen the promotion of healthy eating and nutrition in the province. The Ontario Food and Nutrition Strategy and Toronto Food Strategy will be highlighted to explore current opportunities, challenges, and the conditions that must be in place for successful cross-sectoral partnerships. Participants will have the opportunity to reflect on how HiAP would impact their current initiatives around food and nutrition.

Lauren Baker PhD (Moderator)

Coordinator, Toronto Food Policy Council

Catherine Mah MD PhD FRCPC

Assistant Professor, Dalla Lana School of Public Health

Scientist and Head, Food Policy Research Initiative, Centre for Addiction and Mental Health

Lynn Roblin MSc RD

Co-Chair, Ontario Food and Nutrition Strategy Design Team

Anne Stewart

Public Health Inspector, Community Works, Toronto Food Strategy

Alain Poirier MD (Discussant)

Associate Expert, Institut National de Sante Publique du Quebec

Trace Mackay DVM MPH (Discussant)

Manager, Research and Evaluation, Community Food Centres Canada

12:30 p.m. | **LUNCH, NETWORKING, POSTERS**

1:15 p.m. | **HEALTHY FOOD FOR HEALTHY KIDS....TOGETHER: HEALTHY KIDS STRATEGY AND OPPORTUNITIES FOR INTERSECTORAL ACTION**

The Healthy Kids Strategy's recommendations for creating healthier food environments offers tremendous opportunities for stronger collaborative actions across the province. This session will explore how different government ministries are working together to realize the food-related recommendations of the Healthy Kids Strategy and provide participants the opportunity to discuss how non-government stakeholders can support cross-ministry and cross-sectoral policy efforts.

Carolyn Webb (Moderator)

Coordinator, Ontario Edible Education Network, Sustain Ontario

Kate Manson-Smith

Assistant Deputy Minister, Health Promotion Division, Ministry of Health and Long-term Care

George Borovillos

Director of Business Development, Ministry of Agriculture and Food

Marg Connor

Director, Student Well-being and Learning Branch, Ministry of Education

Esther Levy

Director, Child and Youth Development Branch, Ministry of Children and Youth Services

2:30 p.m. | **THE GREAT BIG CRUNCH**

Organized by FoodShare, *The Great Big Crunch* is a special day of good food education, ending with a massive, synchronized bite into a crunchy apple to celebrate. Conference participants will be encouraged to bite into an apple to help promote healthy snacking and local produce.

For more information: <http://www.foodshare.net/great-big-crunch>

2:35 p.m. | **DEDICATED POSTER SESSIONS**

Exploring Implementation of the Ontario School Food and Beverage Policy (PPM-150)

Michelle Vine PhD
Research Officer, University of Waterloo

An Evaluation of the Ontario School Food and Beverage Policy (P/PM150) in the Region of Peel: Results of Phase I Food Environmental Scan Data

Taryn Orava
Graduate Student, School of Public Health and Health Systems, University of Waterloo

Fostering Collaboration Between Sectors to Improve Knowledge Exchange via Community Based Participatory Research

Kevin Willison
Researcher/Lecturer, Lakehead University

Exploring the Context, Benefits and Challenges of Implementing National Public Food Policies at the Local Level in Brazil

Melody Mendonca

A Process Evaluation of the Ontario School Food & Beverage Policy (P/PM 150) in the Region of Peel: Results from Multi-stakeholder Focus Groups and Interviews

Renata Valaitis
Graduate Student, School of Public Health and Health Systems, University of Waterloo

Best and Promising Practices in Collaborative Governance Based on Successful Cross-Sector Initiatives: Exploring a Potential Collaborative Governance Structure for the Ontario Food and Nutrition Strategy

Joanne de Montigny MHA MSc
Graduate Student, Institute of Population Health, University of Ottawa

Dietitians of Canada Supporting School Nutrition Standards

Leslie Whittington-Carter
Ontario Government Relations Coordinator, Dietitians of Canada

3:00 p.m. | **INTERACTIVE CONCURRENT SESSIONS**

Partnerships for Healthy School Nutrition Environments

Creating healthy school nutrition environments requires strong and enduring collaborations between public health dietitians and the broader education community. Highlighting policy initiatives in the Region of Peel and the *Fresh from the Farm* project, a collaborative effort between the Ontario Ministry of Agriculture and Food, Ministry of Education, Ontario Fruit and Vegetable Growers' Association, and Dietitians of Canada, this session provides participants the explores opportunities and challenges to successful partnerships between health and education sectors.

Kim McColl RD (Moderator)
Nutrition Promotion Consultant, Toronto Public Health

Cathy O'Connor MHSc RD
Project Coordinator, Fresh from the Farm Healthy Fundraising for Ontario Schools

Jocelyn Cann
School Health Team Supervisor, Region of Peel

Cheryl Meaden
School Health Team Supervisor, Region of Peel

3:00 p.m. | INTERACTIVE CONCURRENT SESSION

Health Impact Assessments: Lessons from an Urban Agriculture Initiative

Health impact assessments (HIA) have been widely implemented within a health in all policies approach to estimate the possible health impacts of policies outside traditional health sectors. Showcasing a HIA for an urban agriculture initiative in Toronto, this session will provide an overview of conducting successful HIA, including critical success factors and challenges to development and implementation.

Loren Vanderlinden MA PhD (Moderator)

Manager, Healthy Public Policy Directorate, Toronto Public Health

Kate Mulligan PhD RD

Research Consultant, Healthy Public Policy, Toronto Public Health

Jessica Wegener PhD RD

Assistant Professor, Ryerson University

3:35 p.m. | INTERACTIVE CONCURRENT SESSIONS

Building and Measuring Your Networks to Increase Intersectoral Collaboration

Increasingly, public health programs are being asked to partner, collaborate and integrate programs across sectors, with little or no understanding of the potential power of networks as a key resource. This presentation will help participants understand the dynamics and complexity of their multi-sectoral collaborations and create strategies for healthy and sustainable change. This session will appeal to those who see that real working knowledge and action lies in the relationships between people – where possibilities arise from the connections among the participants. The session will focus on the structure of collaborations and networks; it will create opportunities for people to improve how and when they bring people together to solve problems through a diversity of perspectives. Further, this session will encourage participants to pay attention to the quality of relationships, not the quantity of connections. Through a combination of presentation, small group discussion and a review of a case study, participants will be introduced to the theory of networks and understand how Network Mapping and Analysis methodology can be used to evaluate the effectiveness of current networks and plan for future sustainability.

Leslie Whittington-Carter MHS RD (Moderator)

Ontario Government Relations Coordinator, Dietitians of Canada

Suzanne Schwenger

Health Promotion Manager, Health Nexus

Joining Forces with Nutrition Policy in the Community: An Open Discussion

There is growing recognition that stronger collaboration between primary care, community and public health dietitians will enhance health promotion and disease prevention efforts across Ontario. Facilitated by the Primary Health Care Action Group of Dietitians of Canada, this session will showcase collaborative initiatives between family health team, public health, and community health centre dietitians, and provide participants with the opportunity to discuss how to enhance communication, partnerships, and engagement of primary care dietitians in policy initiatives.

Kori Kostka RD (Moderator)

Dietitian, West Durham Family Health Team

Katie Haneke RD

Dietitian, Grand River Community Health Centre

Michele MacDonald Werstuck RD MAN

Registered Dietitian, Hamilton Family Health Team and McMaster Family Health Team
Chair, Primary Health Care Action Group, Dietitians of Canada

4:15 p.m. | **REFLECTIONS & CLOSING REMARKS**

Catherine Mah MD PhD FRCPC

Assistant Professor, Dalla Lana School of Public Health

Scientist and Head, Food Policy Research Initiative, Centre for Addiction and Mental Health

6:00 p.m. | **OPHA & NRC 2014 NETWORKING SOIREE**

Looking for tips on navigating the first few years of your career? Wondering about your transition into the professional world?

Students and new professionals interested in pursuing nutrition and food-related careers are warmly invited to join us for a relaxed evening of networking and informal mentorship with some of Ontario's most influential nutrition & public health leaders! Organized by the OPHA's New Professionals' Working Group, this event is a wonderful opportunity to speak with health leaders about their personal journeys and connect with like-minded peers. As if connecting with professionals in your field were not enough, food and beverages will be provided!

Hosted by: OPHA New Professionals Working Group

Nutrition and public health leaders include:

David Jenkins MD PhD DSc

Professor, Department of Nutritional Sciences, University of Toronto

Canada Research Chair, Nutrition and Metabolism

Director, Risk Factor Modification Centre

Carol Timmings RN MEd

Director, Chronic Disease and Injury Prevention

Chief Nursing Officer, Toronto Public Health

Eric Nadalin MHK

Health Promotion Specialist, Windsor-Essex County Health Unit

Nandita Perumal MPH

Doctoral Student in Epidemiology, Dalla Lana School of Public Health

Kori Kostka RD

Dietitian, West Durham Family Health Team

Ann Fox MHSc PhD

Senior Lecturer and Director (MPH Program), Department of Nutritional Sciences, University of Toronto

Anne Birks

Manager, Nutrition Promotion, Toronto Public Health

Sandy Mitchell RD

Dietitian, Risk Factor Modification Centre, St. Michael's Hospital



This event made possible through the generous support of Public Health Ontario

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LEARN MORE ABOUT HiAP • • •

Please visit the Conference website for various resources that will provide an overview of HiAP, its implementation in Canada and internationally, and research documents.

www.nutritionrc.ca

STAY CONNECTED! • • •

Don't miss any important updates on the conference program and latest resources, research, and news around HiAP



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Don't hesitate to share any suggestions or contact us if you have any questions. We would love to hear from you!

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