

Québec Experience :  
HiAP  
Toronto, march 6, 2014

Dr. Alain Poirier



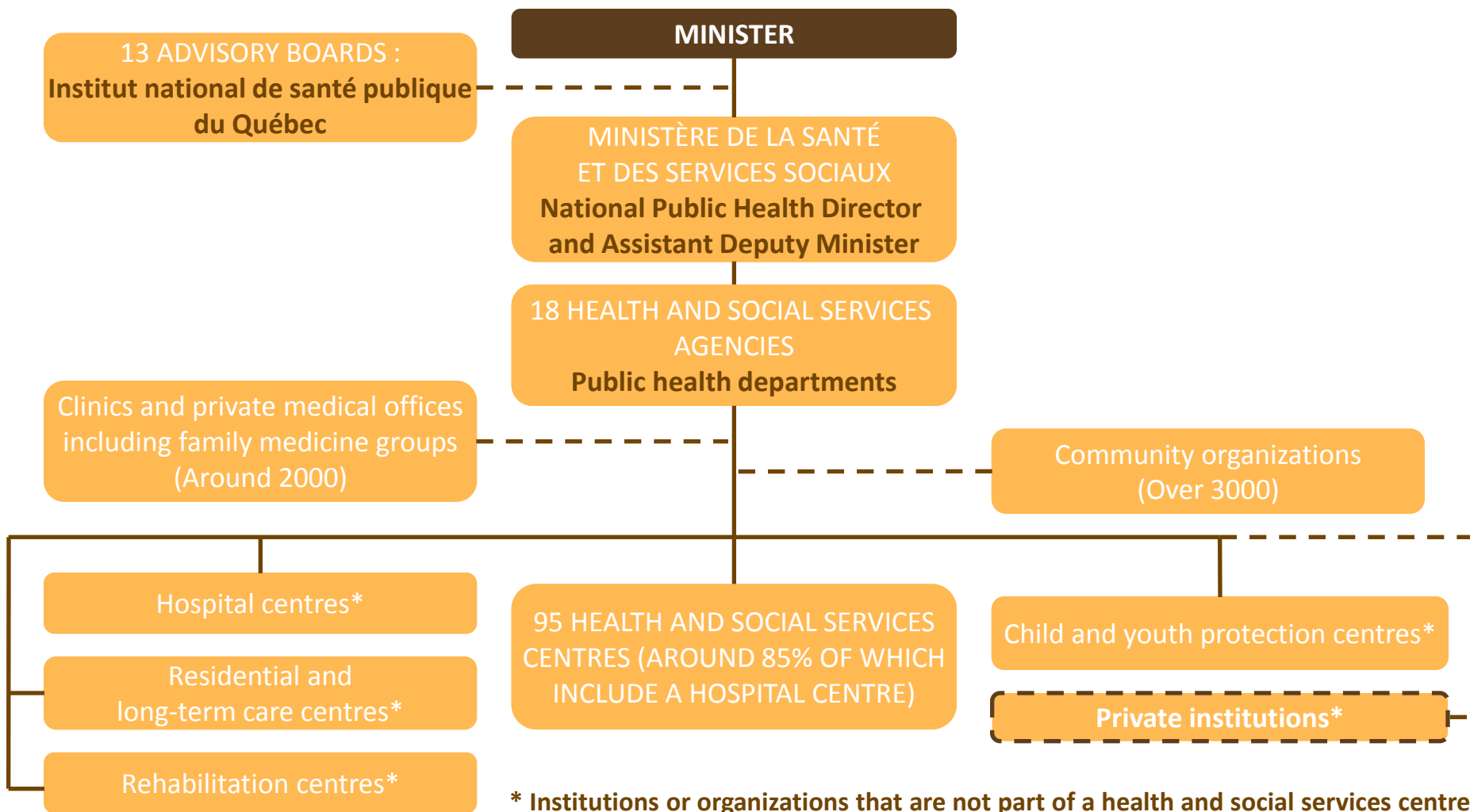
# Outline of the Presentation

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1. **Québec health system** \*
2. **HIA** \*\*
3. **Gov. Action plan + QEF** \*\*\*\*
4. **Food Sovereignty policy** \*
5. **Nutrition policy / Prevention Policy** \*
6. **Challenges** \*

# 1. Public health within the Québec health and social services system

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\* Institutions or organizations that are not part of a health and social services centre

## 2. HIA in Québec

### Public Health Act

**Section 54.** *The Minister is by virtue of his or her office the **advisor of the Government on any public health issue**. The Minister shall give the other ministers any advice he or she considers advisable for health promotion and the adoption of policies capable of fostering the enhancement of the health and welfare of the population.*

*In the Minister's capacity as government advisor, the Minister **shall be consulted in relation to the development of the measures provided for in an Act or regulation** that could have significant impact on the health of the population.*

# Strategy for Application of Section 54

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## 1. Intragovernmental health impact assessment mechanism

### The definition used in Québec

A combination of procedures, methods and tools through which a policy, program or project can be judged as to its potential effects on public health and the distribution of those effects within the population

# Strategy for Application of Section 54

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## Goals

- ❑ Enable ministries and public agencies to assess beforehand the potential impacts on health of the various measures put forth in the form of bills and regulations
- ❑ Promote mitigating measures and inform decision-making

**The ministère de la Santé et des Services sociaux (MSSS) supports HIA through :**

- ❑ Access to relevant expertise
- ❑ Tools to assist in decision-making

# Strategy for application of Section 54

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## Achievements of the MSSS

- ❑ Establishment of a network of ministerial respondents
- ❑ Distribution of a briefing document on determinants of health
- ❑ Distribution of a practical HIA guide
- ❑ Distribution of a liaison bulletin

<http://www.msss.gouv.qc.ca/article54>



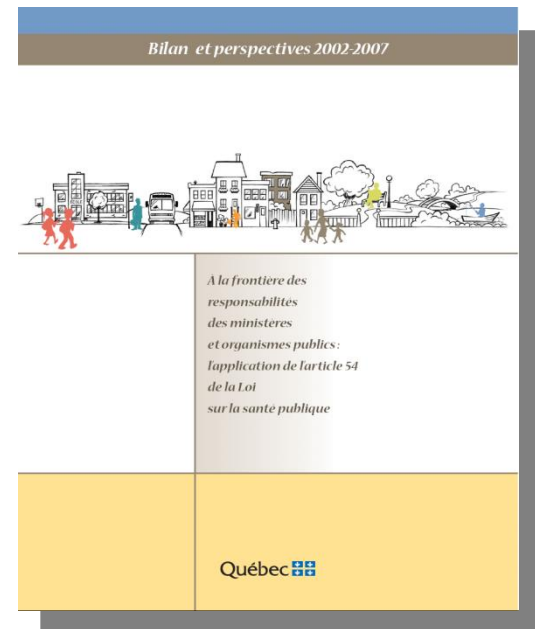
Québec

# Strategy for Application of Section 54

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## Requests for Advice

- ❑ 2003-2014 : 60-100 requests per year directed to the MSSS
- ❑ Most of the requests are from the *ministère du Conseil exécutif* (Cabinet), but with the prior involvement of the MSSS in over half of them
- ❑ 54% of bills and regulations / 46% of other initiatives (policies, strategies, action plans, project authorization certificates, funding, etc.)
- ❑ Primarily involves the areas of the environment, agrifood, employment and social solidarity



Latest information published by the MSSS in 2008



# Strategy for Application of Section 54

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## 2. Development and Transfer of Knowledge

### Goals

- ❑ Increase and consolidate interdisciplinary research capacities
- ❑ Develop tools to support the development of public policy conducive to health
- ❑ Support research to assess the effects before and after implementation of public policies
- ❑ Foster the transfer of knowledge to appropriate decision-makers and professionals

# Strategy for Application of Section 54

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## Funded Research

- ❑ Concepts and methods for analyzing government actions
  - Healthy Public Policy Research Group Web site:  
<http://www.gepps.enap.ca>
- ❑ Public policy conducive to healthy lifestyles
- ❑ Public policy and the fight against poverty
- ❑ Assessment of the impacts of public policy on health
- ❑ Social inequalities of health

# Strategy for Application of Section 54

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## The Agreement between the MSSS and the Institut national de santé publique du Québec (INSPQ) to support the application of Section 54

- ❑ Centre of expertise and reference created in 1998 by the *Act respecting the Institut national de santé publique du Québec*
- ❑ Its mission is to support the ministère de la Santé et des Services sociaux, regional public health authorities and network institutions in carrying out their responsibilities
- ❑ Provides multidisciplinary expertise and specialized laboratory and screening services

<http://www.inspq.qc.ca/english>

# Strategy for Application of Section 54

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- ❑ One particular function of the INSPQ, as stipulated in its Incorporating Act (Section 3.2) is to *inform the Minister of the impacts of public policy on the health and well-being of the public*
- ❑ Evidence-based reports on public policy and health produced, to support the Minister in his role of advisor to the other ministries (Section 54 of the PHA):
- ❑ Training and support for the development of tools within the scope of HIA
- ❑ Knowledge-transfer activities
- ❑ Public Policy and Health Portal and monitoring

<http://politiquespubliques.inspq.qc.ca/en>

# Strategy for Application of Section 54

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**Institut national de santé publique Québec**

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About this site Health Impact Assessment Publications from Quebec Conference presentations Useful links Survey

## PUBLIC POLICY AND Health PORTAL

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SEARCH

Keyword search  Go

THEMES

- Transport
- Environment
- Education and employment

### WHAT'S NEW IN THE PORTAL?

The *Public Policy and Health Portal* is a portal that makes knowledge and practices relating to healthy public policy easily accessible.

What's new on the Portal?  
25 mar 2010

## Santé et adaptation aux changements climatiques: quel transfert de connaissances intégré et comment?

This thematic symposium held as part of the 78th Congress of ACFAS will be held May 10, 2010. It focuses on developing "ecoknowledge" and the transfer of "ecolearning" in health in the fight for tackling climate change. The event will begin with a priority statement on the fight against climate change and the challenges in health. In a second

**TWO GUIDES FOR QUEBEC**

Download theme online:

- » Guide pratique pour l'EIS  
English version pending
- » Health determinants booklet

# Strategy for Application of Section 54

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## National Collaborating Centre for Healthy Public Policy (NCCHPP)

<http://www.ncchpp.ca>

- ❑ Supports those involved in public health throughout Canada in their efforts to promote public policy conducive to health, while informing them on the best strategies to use
- ❑ Development concentrated on:
  - Methodology of public policy knowledge review
  - Health impact assessments
  - Multisectoral and multijurisdictional approaches
  - Health inequalities
  - Ethics and public policy conducive to health
  - Deliberative processes

# 3. Governmental Action Plan (GAP)

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**P** **I** **N** **V** **E** **S** **T** **I** **R**  
**P** **O** **U** **R**  
**L'AVENIR**

*PLAN D'ACTION GOUVERNEMENTAL  
DE PROMOTION DES SAINES  
HABITUDES DE VIE ET DE  
PRÉVENTION DES PROBLÈMES  
RELIÉS AU POIDS*

**2006-2012**

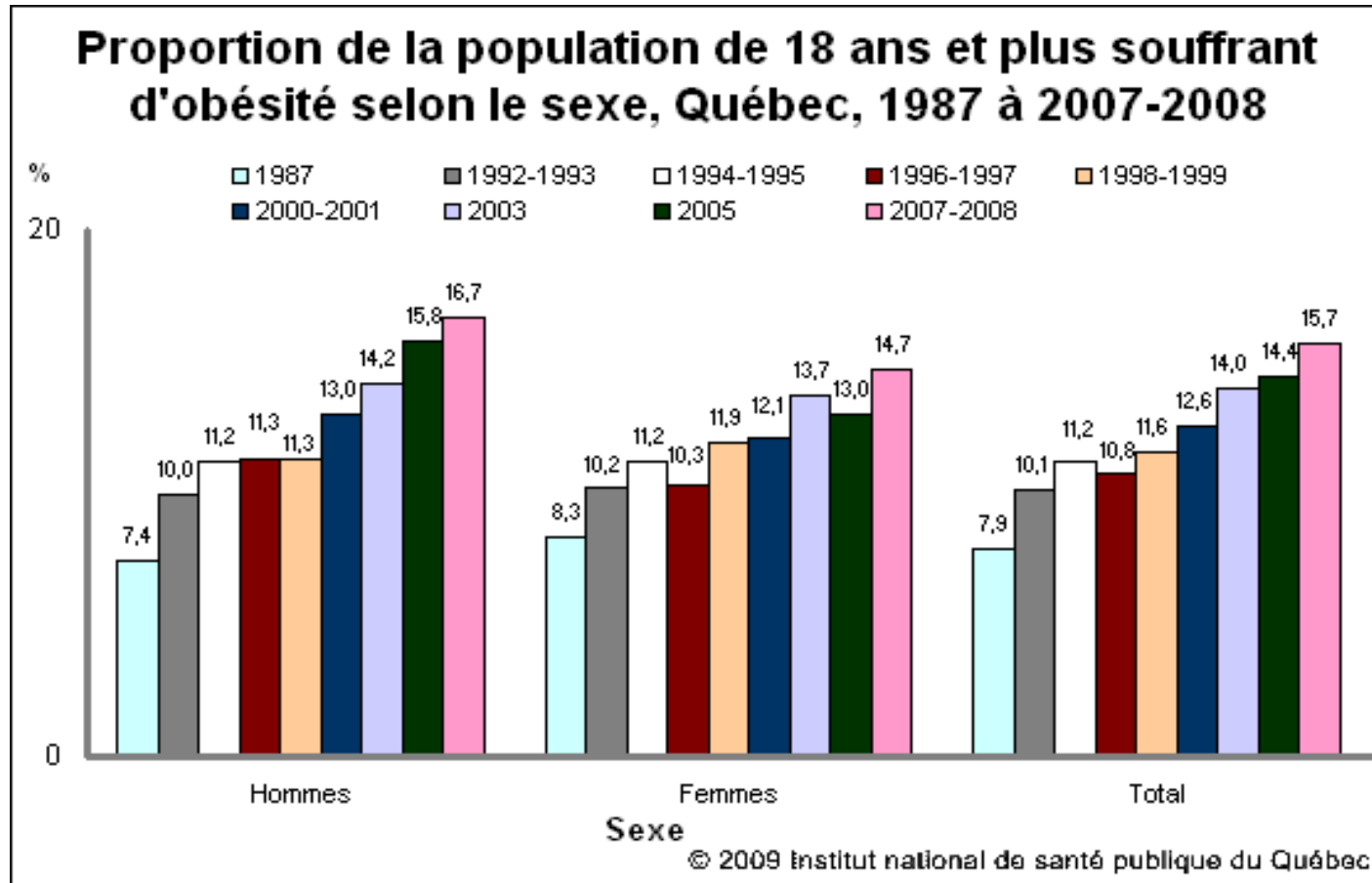
**TOUJOURS FROID**

The cover features a green background with a large photograph on the left showing a young boy riding a blue tricycle on a paved path. In the background, a man and a woman are walking. On the right side, there are three circular inset images: the top one shows a variety of fresh vegetables and fruits with the text 'TOUJOURS FROID' below them; the middle one shows people walking on a modern staircase; the bottom one shows two young children sitting at a table eating a meal.

# Governmental Action Plan – Obesity evolution

## Obesity, 18 years and over, Québec, 1987-2008

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Source : Santé-Québec 1987, 1992-93, 1998-99,  
Statistique-Canada 1994-95, 1996-97, 2000-01, 2003, 2005, 2007-08, analyzed by INSPQ



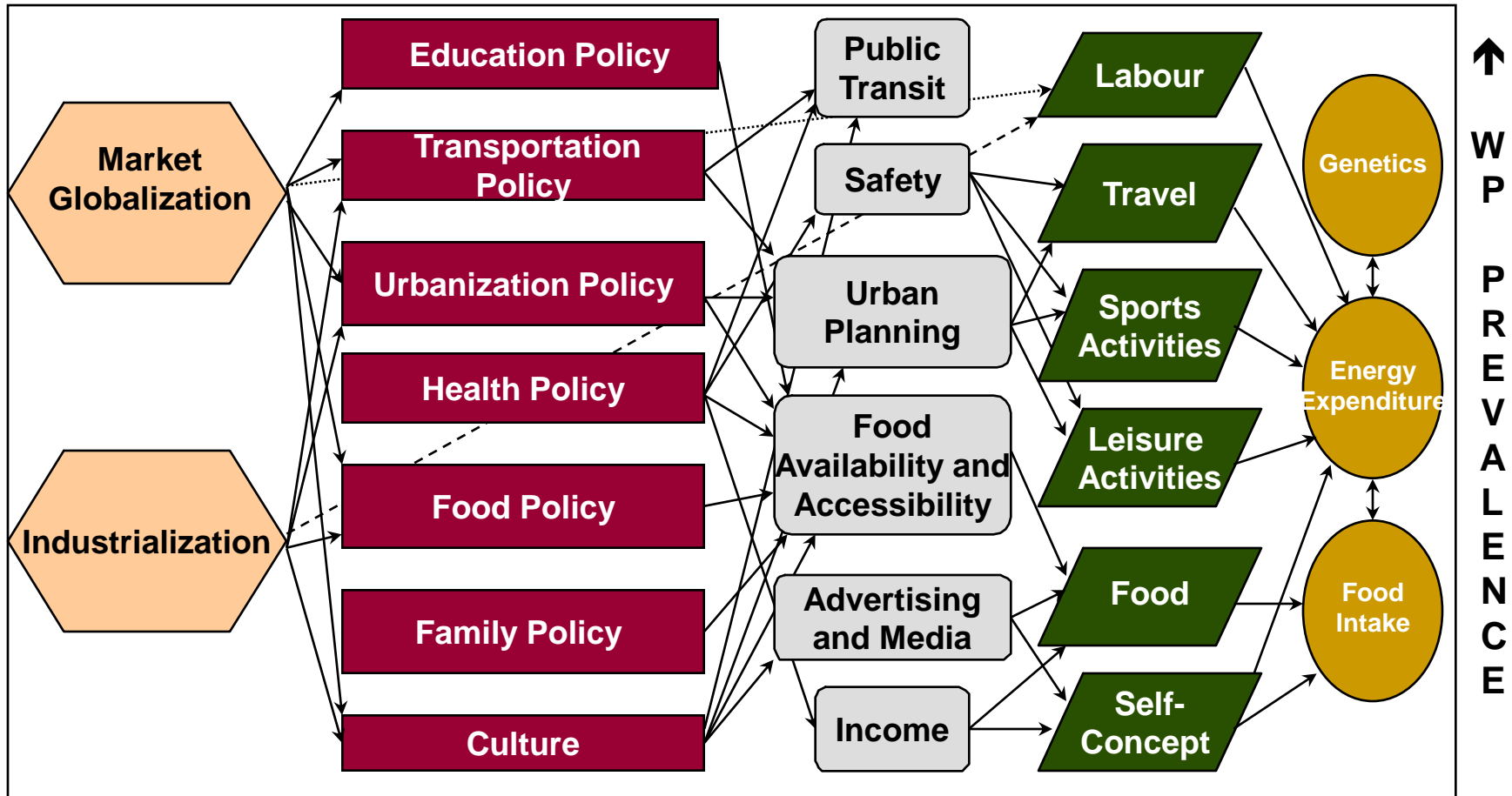
# CAUSAL WEB

Global factors

Political factors

Community factors

Individual factors



# Governmental Action Plan – Inter-ministerial collaboration

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- ❑ Health Ministry
- ❑ Education, Leisure and Sport Ministry
- ❑ Agriculture, Fisheries and Food Ministry
- ❑ Family and Seniors Ministry
- ❑ Municipal Affairs and Regions Ministry
- ❑ Work and Social Solidarity Ministry
- ❑ Transportation Ministry
- ❑ Youth Secretariate
- ❑ Consumer Protection Office
- ❑ Public Health Institute

# Governmental Action Plan - Goal

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Improve the quality of life of Quebecers by **creating environments** that foster healthy lifestyles, especially physically active lifestyle and healthy eating



# Governmental Action Plan – Quantitative objectives

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- ❑ a 2% decrease in obesity rates in children and adults
- ❑ a 5% decrease in overweight rates in children and adults

**Quantitative and measurable objectives have been requested by the “Conseil des ministres”**



# Governmental Action Plan – Five arms

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1. Foster healthy eating habits (21)
2. Foster a physically active lifestyle (26)
3. Promote positive social norms (10)
4. Improve services for people with weight problems and better control of weight loss products (10)
5. Promote research and knowledge transfer (8)

**(75 actions in total)**

# Governmental Action Plan – Examples of actions

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- ❑ Work with food producers, transformers, distribution and catering sectors around health issues ; Develop food policies for several settings (arm 1)
- ❑ Promote physical activity in several settings : active transport, after hours activities, connection between schools and municipalities to open the gyms (arm 2)
- ❑ Transform social norms: on weight per se, beauty, health & weight, food, fitness, etc (arm 3)
- ❑ Develop services and measures to protect from the dieting industry (arm 4)
- ❑ Develop research on environments, public policy interventions and knowledge transfer (arm 5)

# Governmental Action Plan - Collaboration structure

Environments	Actions	Ministries in charge	Collaborators
d. Educational institutions	Raise awareness among educational institutions of the importance of developing local food policies inspired from the policy framework on school food and of supporting environments that adopt such policies.	MELS MSSS	MAPAQ
	Create a monitoring committee to implement the policy framework on school food.	MELS MSSS	MAPAQ
	Adapt the policy framework on school food to higher education institutions.	MELS	MSSS MAPAQ
	Raise awareness among higher education institutions of the importance of developing local food policies inspired from the policy framework on school food and of supporting environments that adopt such policies.	MELS MSSS	MAPAQ

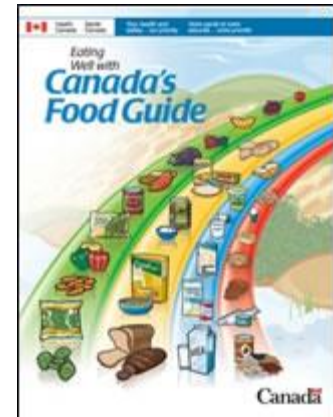
# Vision

## de la saine alimentation

POUR LA CRÉATION D'ENVIRONNEMENTS ALIMENTAIRES FAVORABLES À LA SANTÉ



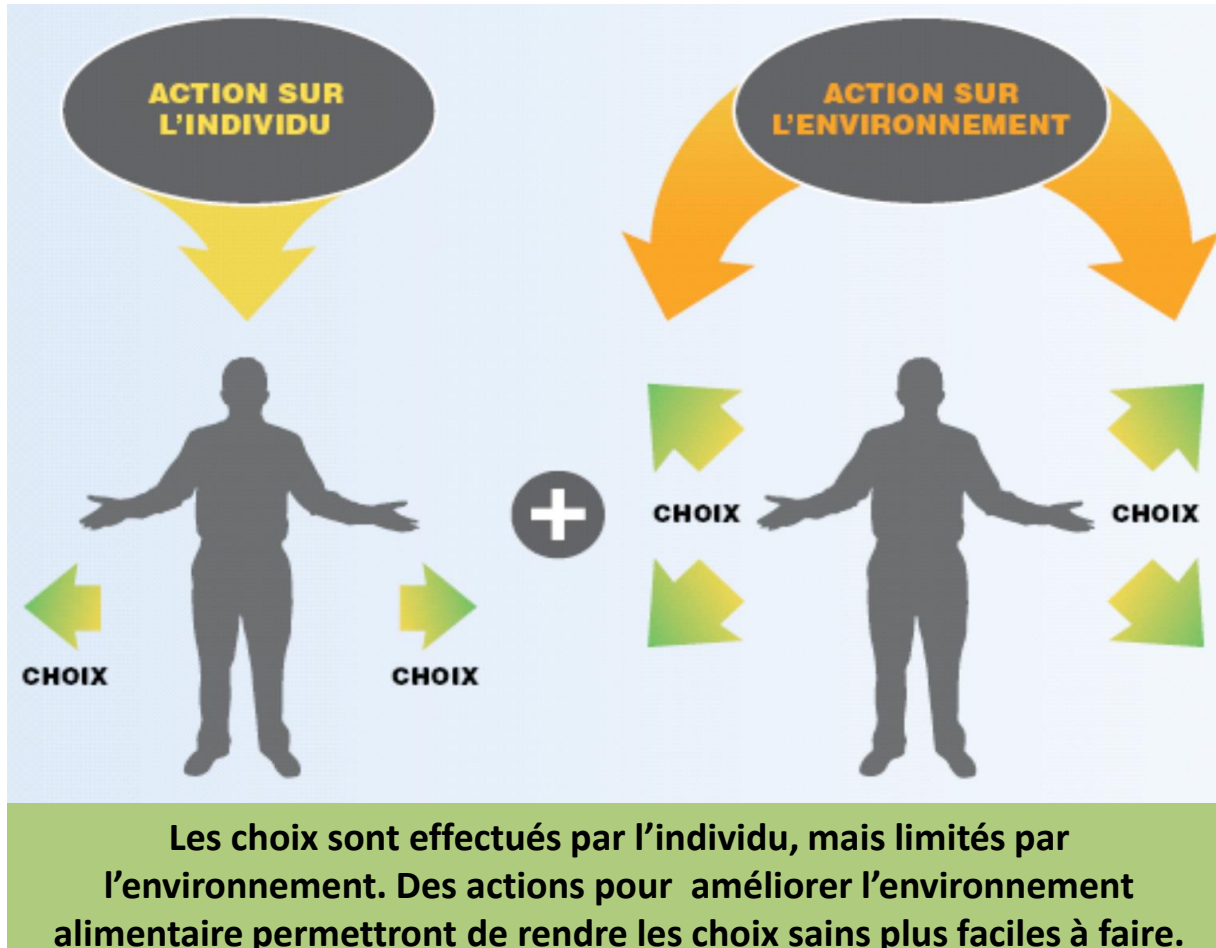
Populational perspective  
that is different from a  
Food Guide





# Public policies

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**To make the healthy choice the easy choice**



# Governmental Action Plan - "Healthy eating"

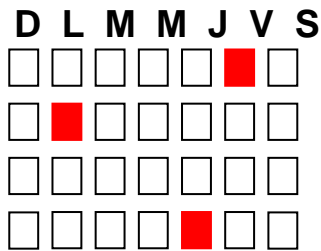
## Frequency continuum



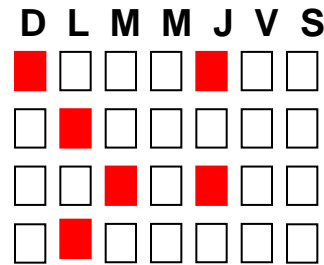
Low nutritional value



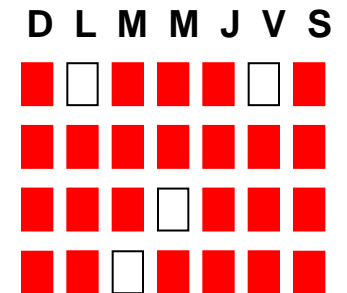
High nutritional value



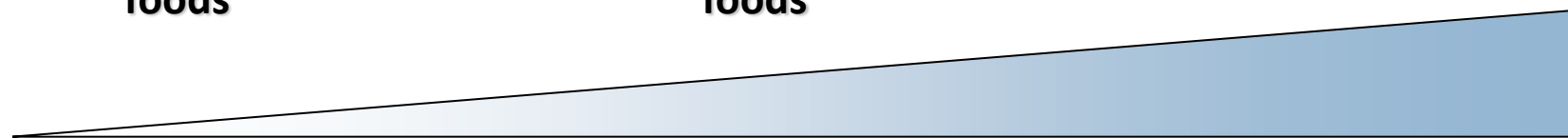
**Occasional  
foods**



**Sometimes  
foods**



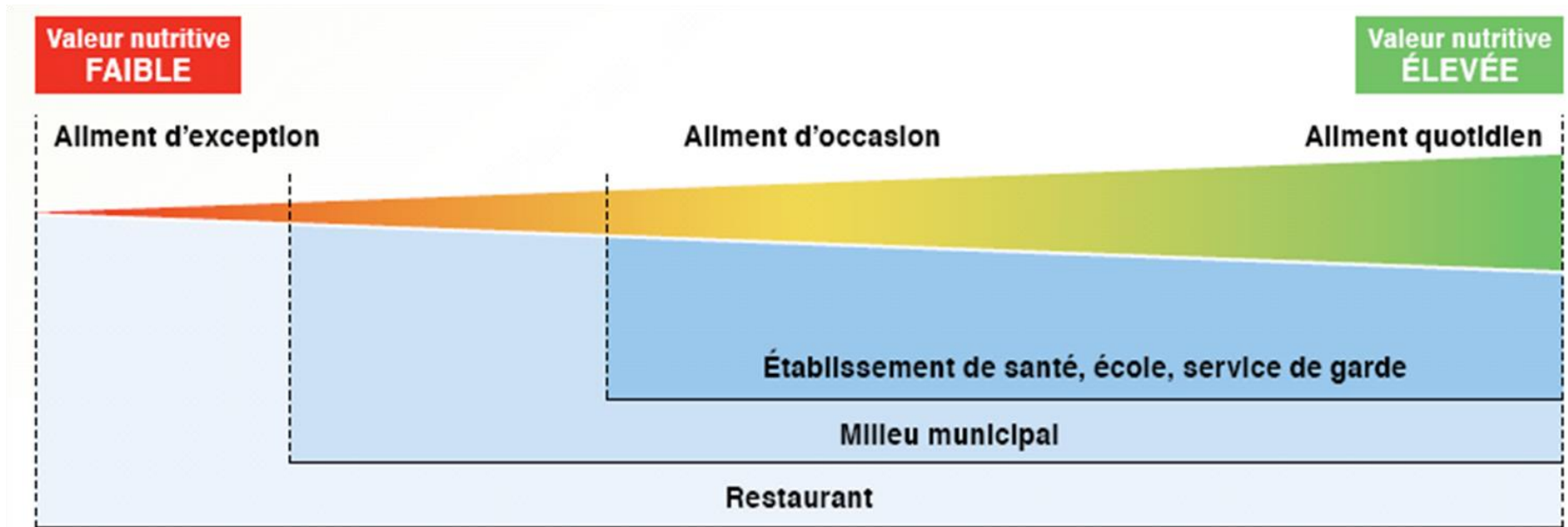
**Everyday  
foods**



# Environments and continuum

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Coherence between mission  
and public responsibility



# Governmental Action Plan, Challenges

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- ❑ To keep under the government and public opinion "radar "
- ❑ To finance and to support governmental actions, not only NGOs
- ❑ To develop and to implement food policies in several settings and in the whole food chain (farm to fork)
- ❑ To increase the scope of a second GAP

# 3. The Fund for promotion of a healthy lifestyle

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## **The Act**

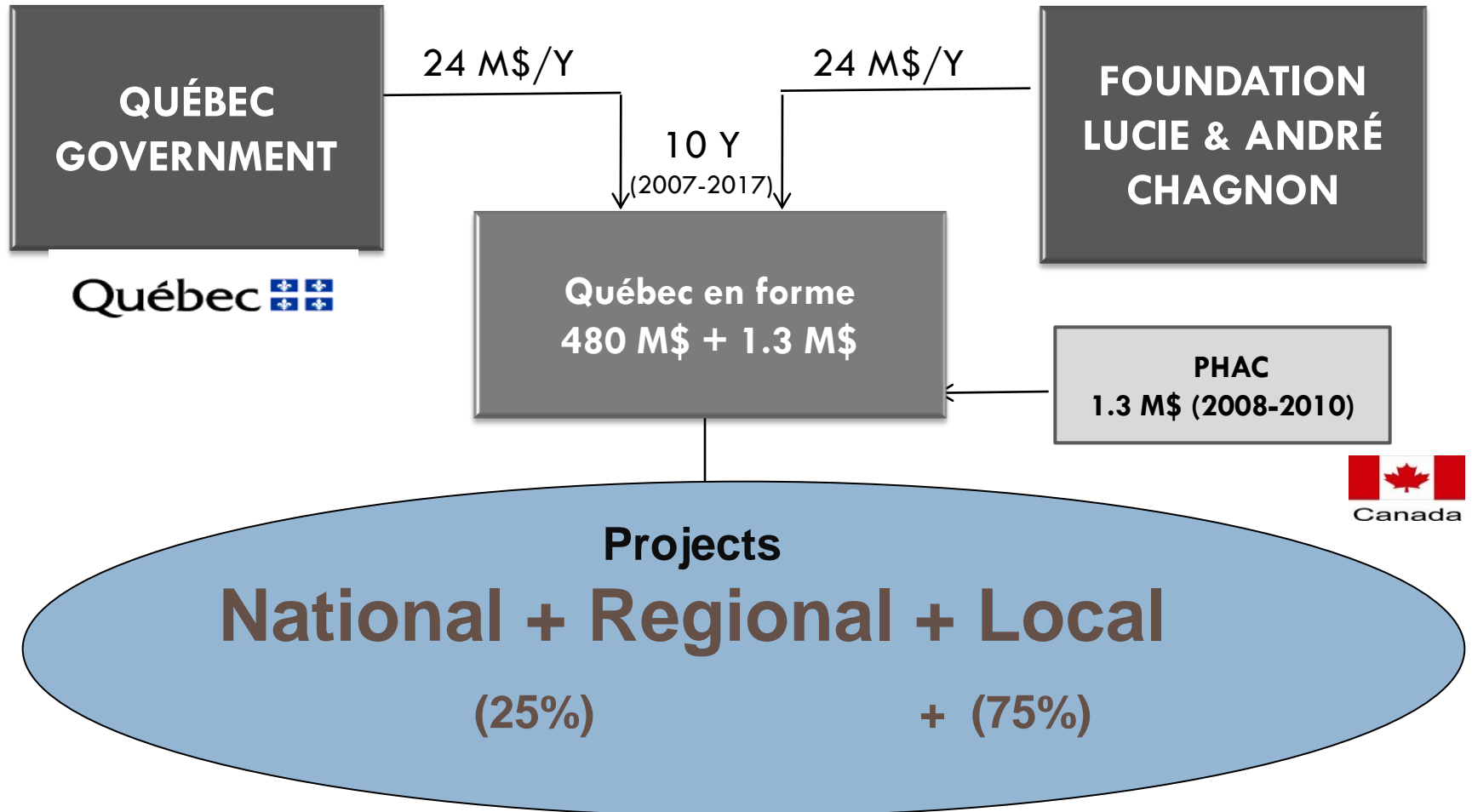
Fonds pour la promotion des saines habitudes de vie, Juin 2007

## **Partnership**

Fondation Lucie et André Chagnon (FLAC) and Gouvernement du Québec 480 M\$ for 10 years (2007-2017-20). A unique model in Canada



# Québec en Forme



# Urban Planning



# Mass Transit

# Dining Lounge



# Affordable prices



# School Lane



# Availability of venues



# Healthy Cafeteria



# Active Time



# Employee Training



# Promotion activities and family meals

# National Projects (30)

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# Regional ; Montreal urban agriculture

33



# Industry projects

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Communications

Agrofood



**DUX**

NOURRIR PAR L'EXCELLENCE

**Marketing**

- Value good practices
- Value Champions
- Finance promotion
- Annual competition



*JeSigneEnLigne.com*

**Charter for a healthy body image**



**Melior**<sup>MC</sup>

- AF food industry Mobilisation for improvement of nutritive value
- Voluntary charter

**Proximity**

**Short circuits evaluation + promotion + financing**

# Child publicity illegal (1973)

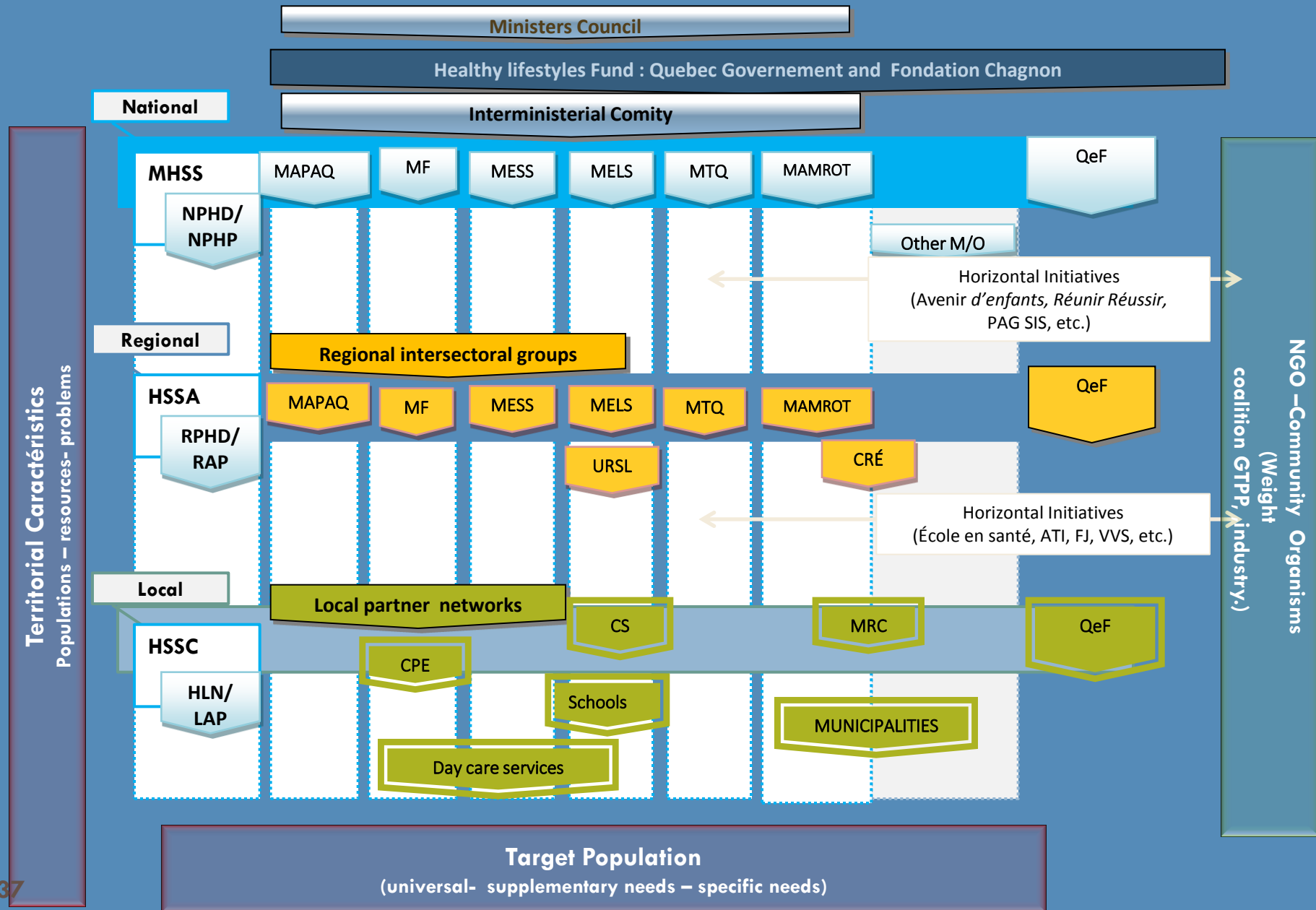
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# Communication



# Whole of Government/GAP+Whole of society/QeF



# Governmental action plan (GAP) Evaluation

## ACTION

Other actors  
QeF, NGO, ...

## OUTCOMES

### ← Process →

#### Interministerial action

Leaders  
Government  
GAP

- Multiple actions:
- Government (national, regional, local levels)
  - QeF
  - NGOs
  - Industry
  - Media
  - ...

Environmental changes

Behavioral changes

### Intermediate variables

Physical activity

Healthy eating

Body image

Screen time...

### GAP Goal + objectives

Quality of life  
(qualitative objective)

Quantified objectives:  
5% ↓ Overweight  
2% ↓ Obesity

Multiple evaluations of the PROCESS

Yearly GAP accountability - by the Ministry of Health and Social services:

- % implanted actions
- rate of participation at the committees
- rate of collaboration
- ...

NOT evaluated as part of the GAP

Info taken from

Population based surveys (surveillance)

## GAP EVALUATION

## 4. Food Sovereignty Policy (may 2013)

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# Food Sovereignty Policy

- “La souveraineté alimentaire” refers to a state capacity to define its own food and agriculture policy for the interest of the population without harming other states capacity to access their own food sovereignty.
- The policy favors in particular local production to feed population, and land and resources access to permit it.



# 5. Gov. Action Plan / Healthy Eating policy...

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## Healthy Eating policy

*Global Food Quality  
Whole population :  
0-100 years  
Nutrition related health  
problems*

### GAP

SCHOOL

WORK

HEALTH

CITIES

*Nutrition and active mode of  
living*

*Population : 0-25 years*

*Weight related problems*



## Actions « accepted » (2013-2020)

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# **Sodium, transfat, sugar, portion reduction objectives**

**3 thrusts:**

**Quality (promotion, labeling, monitoring...),**

**Social norm and marketing (chain, settings, restriction, training...),**

**Access ( small venues, urban agriculture, water, short chain...)**

# But... came the Prevention Policy

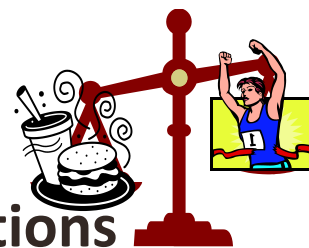
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- National Public Health Program (2003-2015) with regional and local action plans as requested by PH law (2002)
- New Government in september 2012 annonced a Governmental prevention policy. Developed in 2013 but not public yet, will integrate Healthy Eating Policy !
- Sports and Leisure policy in consultation

# 6. Health in all Policies; challenges and issues

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1. HIA: “A” for action, not only for assessment (legally bonded if possible) but not essential e.g.: regional HIA
2. Create and grasp opportunities for developing Governmental Action Plans (Health in All Policies)
3. Long term financing for NGOs actions (Act created Fund) and gov. actions
4. Policies for salt, transfat, added sugars
5. Food > Active living
6. Public private engagement ethical considerations
7. Health Communication = Media advocacy, public opinion and mobilisation, decision makers
8. Evaluation
9. Federal role (labeling) or provincial collaboration!



감사합니다 Natick  
Danke Ευχαριστίες Dalu  
Thank You Köszönöm  
Спасибо Dank Gracias  
谢谢 Merci Seé  
Obrigado  
ありがとう

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