

Annual Report

2015
2016

04

Training &
Development

05

Strong
Foundations

06

Advocacy

11

Nutrition
Resource
Centre

Foundations

Advancing Our Mission

The mission of the Ontario Public Health Association is to provide leadership on issues affecting the public's health and to strengthen the impact of people who are active in public and community health throughout Ontario.

Inspired By Our Vision

The Ontario Public Health Association will be a dynamic and innovative force, enhancing and reshaping public health.



2015-16 Board of Directors

President *Larry Stinson*

Vice-President & Advocacy Committee Chair *Ellen Wodchis*

Secretary and Membership Committee Chair *Kevin Churchill*

Treasurer and Audit Committee Chair *Tin Vo*

Member-At-Large *John Garcia*

Member-At-Large *Fran Scott*

Member-At-Large *Deb Keen*

Member-At-Large *Marty Mako*

Member-At-Large *Julia Roitenberg*

Member-At-Large *Alex Mayer*

Past President *Sue Makin*

Constituent Society Representatives

ANDSOOHA - Public Health Nursing Management *Jo Ann Tober*

Association of Ontario Health Centres *Bob Fletcher*

Association of Public Health Epidemiologists of Ontario

Emma Tucker

Association of Supervisors of Public Health Inspectors of Ontario

Jane Lyster

Canadian Institute of Public Health Inspectors *Chris Munn*

Community Health Nurses Initiatives Group (RNAO) *Karen Ellis*

Health Promotion Ontario *Tanya Beattie*

Ontario Association of Public Health Dentistry *Dr. Laleh Sadeghi*

2015 OPHA Award Winners

Award of Excellence *Lori-Snyder MacGregor*

Dr. Sheela Basrur Award *Anjum Sultana*

Lifetime Membership Award *Carol Timmings*

Honorary Membership Award *Dr. David Mowat*



Contact Us

At OPHA we value hearing your feedback and comments on new projects, community news, the latest scoop, and how we are doing. Drop us a line any time!

President *President@opha.on.ca*

Executive Director *PWalsh@opha.on.ca*

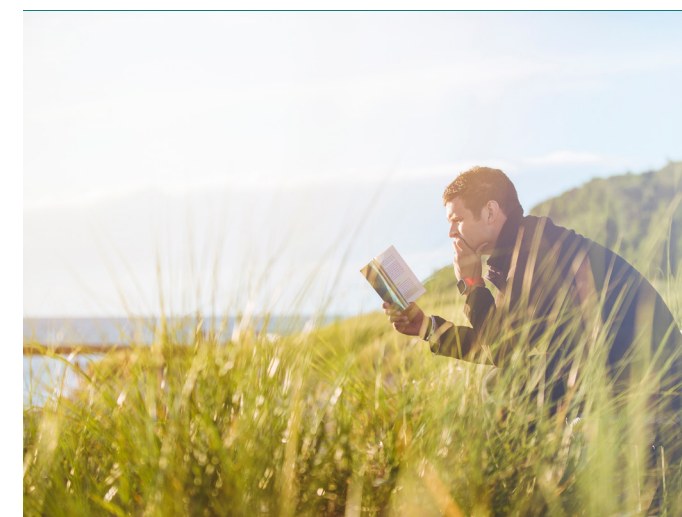
Office *Admin@opha.on.ca*

t.416.367.3313

44 Victoria St. #502

Toronto, Ontario

M5C 1Y2



Executive Director
Pegeen Walsh

NRC Manager
Karen Gough

Finance and Administration Manager
Veronica Adetoye

Team
Barb Prud'homme
Daniel Cho
Donna Smith
Erin Colburn
Libanos Getachew
Lynn Roblin
Roberta Timothy
Robin Kang
Rohan Russell

Training & Development

Throughout the year, OPHA offers a wide variety of professional development workshops and webinars to help professionals to stay up-to-date on new research, skills, and practice.

Workshops

Save your spot

OPHA offers professional development workshops to help you excel at your career. For the second year in a row, OPHA continued to support quality improvement in the public health sector by offering Lean Sigma training through our partnership with the Leading Edge Group.

Fall Forum

October 2015

The Fall Forum is the OPHA's premier event of the year and serves as a key knowledge exchange and networking opportunity around Ontario's most important emerging public health issues. Our Forum, *A Strong Voice*, explored how to address challenges to public health advocacy and how to work collaboratively across sectors on public health advocacy initiatives.

Webinars

www.opha.on.ca

OPHA webinars provide public health professionals with access to thought leaders, new research and best practices. This year we hosted 27 webinars. Check out our YouTube Channel or website to find past recordings on a wide variety of topics such as breastfeeding, environmental health, food and nutrition, and more.



Online

Resources

OPHA members can access over 240 resources to support their leadership development through our Leadership in Public Health Tools (LIPHT) online hub. LIPHT provides summaries and links to books, infographics, journal articles, powerpoint presentations, reports and videos on public health leadership. We've culled through a wide range of resources to bring OPHA members pertinent materials from credible sources.

Career Planning

Resume planning

For students and new professional, OPHA hosted a series of workshops on the ins and outs of preparing resumes, cover letters, networking, informational and job interviews!

Conferences

Sharing Knowledge

OPHA members showcased their work in a variety of conferences throughout the year. We presented at events such as The Ontario Public Health Conference (TOPHC), Public Health 2016 hosted by the Canadian Public Health Association, Best Start Conference, York Region Public Forum, and more.



Building a strong foundation

OPHA was able to diversify its funding sources in 2015-16 through projects, membership, sponsorships and government support.

We embarked on a cost reduction strategy which has allowed us to save a significant amount on all our expenditures and negotiate great deals from our supplies. We were able to end the fiscal year with a surplus of \$23,426.

We have invested in our members by looking at various ways we can best support and engage them. We launched the co-joint membership with Canadian Public Health Association (CPHA); this has increased our membership and collaborative efforts.

Our financial policies and operations have awarded us 'unqualified audit status' from our auditors and we are committed to continuous quality improvement.

OPHA Revenues

Description

Government Sources
Conferences & Projects
Membership & Other
Total Revenue

	2015/16	2014/15
Amount (\$)	Amount (\$)	
Government Sources	830,000.00	830,000.00
Conferences & Projects	206,161.00	156,795.00
Membership & Other	89,048.00	65,306.00
Total Revenue	1,125,209.00	1,052,101.00

OPHA Expenses

Program (NRC)
Program (OPHA)
Total Expenses

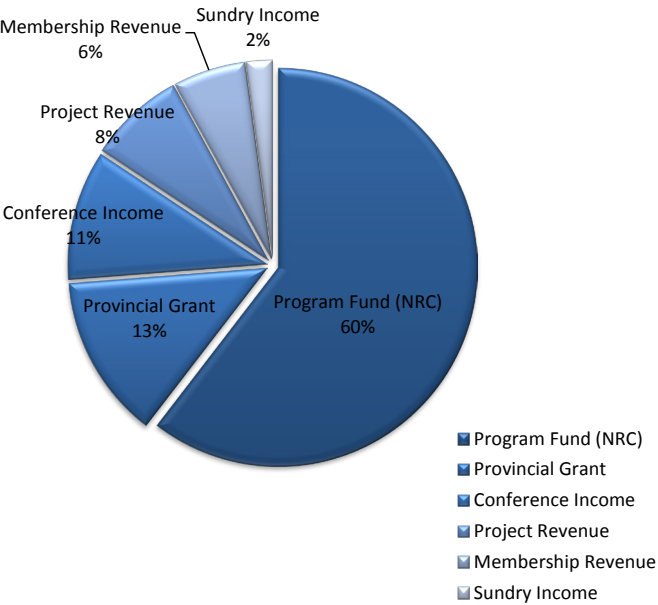
684,999.00	688,153.00
416,784.00	397,953.00
1,101,783.00	1,086,106.00

Excess of Revenue Over Expenses

23,426.00	(34,005.00)
------------------	--------------------

OPHA Revenue Classes - 2015/16

Description	Percentage	Amount (\$)
Program Fund (NRC)	60%	680,000.00
Provincial Grant	13%	150,000.00
Conference Income	11%	118,404.00
Project Revenue	8%	87,757.00
Membership Revenue	6%	65,268.00
Sundry Income	2%	23,780.00
Total Revenue	100%	1,125,209.00



OPHA Workgroups

What do OPHA Members like to get involved in? Read below to see the achievements made by our members through working together across the province.

Join a workgroup,
build your network.

Alcohol



Changing Prespectives

to prevent alcohol abuse and alcoholism

Ongoing work with stakeholders on a Provincial Alcohol Strategy Framework to address the health harms of alcohol.

Continued to express concern around increasing alcohol availability in Ontario, and endorsed a Call for a Provincial Alcohol Strategy.

Following the government announcement about a provincial alcohol policy, the workgroup collaborated with the MOHLTC in pulling together a face to face consultation meeting around the draft framework.

As part of the multi-stakeholder Working Group for Responsible Alcohol Retailing, the workgroup participated in planning, facilitating and presenting at a May 2016 forum entitled An Alcohol Strategy for Ontario – Promoting Public Health and Community Safety.

Submitted recommendations around inclusion of alcohol messaging on menus to the government consultation on Bill 45: Making Healthier Choices Act.

Collaborated with OPHA's Reproductive Health WG on a newsletter article, advocacy letter on the consistent application and enforcement of Sandy's Law, and an FASD Day social media package for health units.

Submitted monthly e-articles on alcohol news of interest to The Public Health Files newsletter.

Breastfeeding



Providing Young Infants

with the nutrients they need for healthy growth and development

Co-Hosted a webinar on the Impact of Labour and Birth on Long-term Health and Well Being.

Contributed to the OPHA response to the Putting Patients First document.

Supported working group members to advocate for policy changes related to breastfeeding in the workplace and breastfeeding friendly messaging.

Critically appraised available web-based breastfeeding resources.

Participated in an advisory role for Best Start Resource Centre's work on the development of provincial breastfeeding resources.

Advocated for the awareness of WHO code compliance on social media by collaborating with provincial Baby-Friendly organizations .

Created a decision tree for health care providers to help manage conflicts of interest.

Health Equity



Equal Opportunities

for good health for all

Prepared a Basic Income Guarantee (BIG) backgrounder and passed a resolution to endorse the concept of BIG.

Met with Hugh Segal to offer ideas on BIG and ways we could support his work in advising the government's commitment to a pilot.

Wrote to Premier Wynn applauding her for addressing the Calls to Action of the Truth and Reconciliation Commission and Indigenous people.

Organized a webinar with guess speaker Dr. Janet Smylie on: *Truth and Reconciliation Commission Calls to Action: What are the implications for the public health sector in Ontario?*

Surveyed the public health field on the type of supports they need to conduct health equity work in the province.

Met with MOHLTC officials to share feedback on options for strengthening health equity in the OPHS modernization, and prepared a briefing note to encourage the use of a Health Equity Lens as part of the review process.

Continued to support the Chiefs of Ontario in developing online Cultural Competency Training modules and the Locally Driven Collaborative Project to develop Health Equity Indicators for local public health agencies.

New Professionals Network



The Rise of Networking

magnify the opportunities for those starting out

Provided a platform for students and new professionals, enabling networking, knowledge-sharing and growth, to increase value and benefits to those working towards a career in public health.

Following the Fall Forum, held an annual networking session – attended by over 70 students, new professionals and 10 seasoned professionals.

Moderated a well-received session geared toward new professionals, focused on public health advocacy with distinguished young professional Dr. Ritika Goel.

Hosted a panel session geared toward new professionals at TOPHC 2016 called: *A Conversation with Leaders: Navigating the field of public health for students and new professionals.*

Utilized Twitter to engage virtual audience with 125+ tweets, 115+ retweets, 250+ engagements, and 8000+ impressions.

Held a networking session for nutrition students and professionals at the Nutrition Resource Centre 2016 Conference .

Built Environment



Our Surroundings

the setting for human activity and the green space to neighborhoods and cities

Participated in the Coordinated Land Use Planning Review conducted by the Ministry of Municipal Affairs and Housing, promote the integration of health focused policies in four provincial plans.

Completed the *Two Way Street: Public Health and Transportation Planning* white paper.

Launched the Public Health and Planning 101 online course in June 2016, in partnership with the Ontario Professional Planners Institute (OPPI) and the Public Health Agency of Canada (PHAC).

Met with Ontario's Ministry of Health and Long Term Care to provide advice on ways to improve health and the built environment and participated in Minister's Working Group on Cycling.

Workgroup members strengthened their connections with other provincial groups including: Ontario Traffic Council Active Transportation committee, Share the Road Cycling Coalition, Ontario Professional Planners Institute, Council of Medical Officers of Health, Association of Commuter Transportation Canada.

Environmental Health



Healthy People Need Healthy Environments

global burden of disease can be prevented

Participated in RentSafe, a multi-sectoral initiative led by Canadian Partnership for Children's Health and the Environment to address housing-related health risks for low-income tenants and their families.

Coordinated province-wide survey of health units to assess their response to indoor environmental health issues in rental housing.

Participated on EcoHealth Ontario Steering Committee to increase understanding of the relationships between environment and health with the aim of finding ways to increase the quality and diversity of the urban and rural spaces in which we live.

Presented EcoHealth poster at TOPHC 2016 – *What's in a Greenspace that makes us feel so good?*

OPHA Executive Director presented to Toronto Board of Health in September 2015 on *Green City: Why Nature Matters to Health*.

Developed and disseminated a Public Health Unit survey to capture the range of activities that health units are involved in related to climate change.

Reproductive Health



The State of Complete

physical, mental and social well-being in all matters relating to the reproductive system

Provided feedback on the Low Risk Birth Strategy for Ontario and presented to the Healthy Human Development Table on priorities for Perinatal Mood Disorders in Ontario.

Participated in the Best Start Resource Centre's Ontario Prenatal Key Messages Initiative Advisory Committee and the Adult Reproductive Life Plan Advisory Committee.

Completed an extensive literature review of informed decision-making for labour and birth and developed a position paper to better support, promote and protect physiological labour and birth.

Co-hosted webinar by Dr. Sarah Buckley on Impact of Labour and Birth on Lifelong Well-being with OPHA's Breastfeeding Network.

Published article on preconception health in the Canadian Journal of Public Health in Fall 2016 (Vol 107, issue 3).

Facilitated a workshop on preconception health at the 2015 Family Medicine Forum in partnership with the Ontario College of Family Physicians and Centre for Effective Practice.

Collaborated with the OPHA Alcohol Workgroup on provincial advocacy initiatives related to alcohol consumption and reproductive health.

Submitted suggested revisions on the Reproductive Health Standard as part of the modernization of the Ontario Public Health Standards.

Advocated for revisions and enhancements of Reproductive Health Indicators to BORN and the Association of Public Health Epidemiologist of Ontario.

More at the Reproductive Health Workgroup Webpage at opha.on.ca.

Become a member and join a workgroup today!

Nutrition Resource Centre



The NRC achieved many milestones in 2015/16 that have laid the groundwork towards new and innovative approaches in knowledge transfer and exchange.

Reaching New Heights

The Nutrition Resource Centre (NRC) is reaching new heights to strengthen and build capacity of health promotion professionals involved in healthy eating and nutrition across the health continuum. We are quickly getting a reputation for leading nutrition expertise and quality programming.

What's the buzz?

This past year, the NRC hosted 19 capacity building events with higher satisfaction rates than ever before. With a record registrations of 3,827 our webinars hit the right note with attendees and covered topics such as, *"Influencing Obesity in the Media"*; *"The Mobile Food Revolution: Can apps promote healthy eating?"*; and *"Multi-Level Interventions to Promote Healthy Eating"*. We launched our first-ever capacity building series focused on the themes of the Food Environment and included offerings such as, tweet chats, webinars and workshops throughout the year which culminated in our 2016 Spring Forum. More than 200 people attended the Forum, *"Healthy Eating in Today's Food Environment: Is it possible?"* Topics explored included how we can help the public navigate the current food environment and transform it to promote healthy eating – for more insights see the NRC FORUM ebook here.

If you build it, will they come?

This year's notable high point was the promotional launch and focus on the new NRC Navigator. Embedded within the NRC website, the Navigator is a free, one-stop online shop of evidence-based resources and links that supports the work of healthy eating and nutrition promotion professionals. In answering the question...yes, they will come' – Navigator resources have been reviewed and downloaded over 6,000 times in just eight months and it now houses more than 250 resources! We look forward to the coming year as we continue to build content, promote and increase utilization of this useful tool.

Making Our Mark...Expanding our services

This year also marked NRC's involvement in many exciting projects. Supporting the Healthy Kids Initiative through the Ministry of Health's *Healthy Kids Community Challenge* allowed NRC to take on a new role – providing support through 26 consultations and the development, review and recommendation of resources and evidence-based tools to support practice and initiation of a Healthy Kids Community of Practice with Nutrition Experts. With our colleagues at the Ministry of Children and Youth Services, the NRC produced refreshed Nutrition Guidelines to support the Student Nutrition Program (partnering with Ontario Society of Nutrition Professionals in Public Health). These are just a few of the opportunities that have allowed NRC to tailor and hone our nutrition and technical expertise and to expand our services to better support the work of health promotion professionals...in reaching higher.

Strengthening Stakeholder Engagement

The NRC released a broad stakeholder survey. While we have been around since 1999, our role in how we build capacity has shifted since 2013 and we wanted to hear how we are doing. What we learned from more than 500 respondents is that we are doing a really good job! We understand and are well-positioned to meet needs and now have the information to reach higher - provide content that will further enhance the work of our stakeholders.

We have reached new heights in how we communicated to our stakeholders. Whether it be our website relaunch, move to a monthly Insider Newsletter or our ever-popular News in Brief free media service, we have enhanced our services to reach a broader audience – a 9% increase on our listserve and an >600 fold increase in website page views and >300 increase in social media activities! NRC's success is based on our ability to stay connected with those in the field. In 2015/16, we engaged our stakeholders and key opinion leaders at more than 100 different events, meetings, and consultations!

www.nutritionrc.ca
@NutritionRC



.....

Ontario Public Health Association

Annual Report 2015-16

.....



www.opha.on.ca
44 Victoria St. #502
Toronto, Ontario M5C 1A5