

ANNUAL REPORT

April 1, 2008 to March 31, 2009

*OPHA and its
collaborative partners
work with communities
across Ontario to promote
and protect health and
prevent disease*

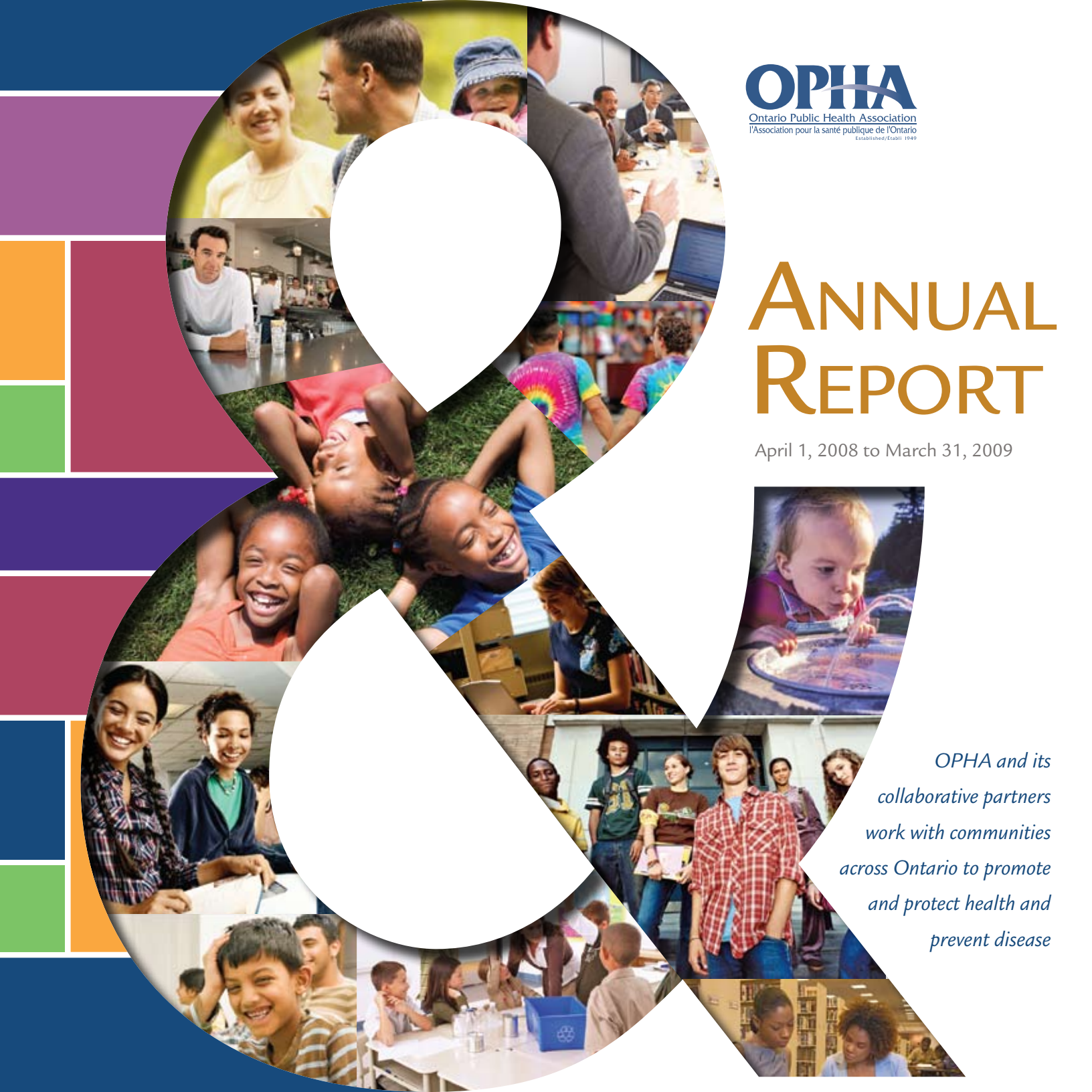


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OPHA

The Voice of Public Health Since 1949

Founded in 1949, the Ontario Public Health Association (OPHA) is a voluntary, non-profit association of individuals and constituent societies from various sectors and disciplines that have an interest in improving the health of the people of Ontario.

Our Mission

The mission of the Ontario Public Health Association (OPHA) 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.

Our mission is achieved by providing:

- Educational opportunities and up-to-date information in community and public health.
- Access to local, provincial and multidisciplinary community health networks.
- Mechanisms to seek and discuss issues and views of members.
- Issue identification and advocacy with a province-wide perspective.
- Expertise and consultation in public and community health.

Our Vision

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

Today, OPHA enjoys:

- Strong leadership on public health reform in Ontario.
- Being well resourced, with significant policy analysis capacity.
- Strong links with other health organizations.
- A commitment to advocacy.
- Being consistently consulted and highly respected.

Our Values

OPHA seeks to:

- Be an independent voice for public health.
- Encourage a broad concept of health.
- Promote health equity, social justice, inclusivity and diversity.
- Foster active and mutually rewarding partnerships.
- Promote volunteerism and value volunteer contributions.
- Facilitate recognition of public health as an integral part of a publicly funded Canadian health system.
- Be responsible and accountable in the conduct of its organizational affairs and conduct itself with integrity in accordance with ethical and professional standards.

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Carol Timmings
President

President's Message

It has been a significant highlight of my career to have served as President of the OPHA at such an exciting time in the evolution of the organization and of the public health sector in Ontario.

This annual report highlights many significant activities and accomplishments of the association over the past year. The launch of the first edition of the Public Health today magazine was an example of our focussed effort to connect the organization with a broad base of partners and external stakeholders. We also continued our strong commitment to advocacy for health, equity and social justice through position papers, consultation and public deputation on a number of critical public health issues.

As we celebrate our 60th anniversary, it behooves us to reflect on our substantial achievements while we pursue strategies for engaging the young – the next generation of public health professionals – and Building for the Future. The evolution of the OPHA conference as the largest annual gathering of public health professionals in the province, and the relationships we have built with the public health workforce, as well as policy makers across government – the Ministry of Health and Long-Term Care, the Ministry of Health Promotion, the Ontario Agency for Health Protection and Promotion and the Public Health Agency of Canada – are invaluable assets that we must nurture as we move forward.

The warmth, enthusiasm and dedication of Board Members, the passion of the workgroups advocating for their causes, the energy and vitality of the membership, the professionalism, dedication and resourcefulness of our staff, combined with the collective organizational commitment to interdisciplinary collaboration and professional excellence, are just a few of the many indelible impressions that I will treasure in my memory.

Carol Timmings

A handwritten signature in black ink that reads "Carol Timmings". The signature is fluid and cursive, with a large loop at the end.

President

January 2008 – December 2009

Executive Director’s Report 2008/09

Visitors clicking through our redesigned website are usually intrigued by a revolving series of photographs depicting the many areas of public health activity in which OPHA participates. Each photograph features **& OPHA** – a symbol that illustrates and amplifies our commitment to working in partnership with others to achieve our goals. The commitment is at the core of OPHA’s vision, values and accomplishments. For the artistic expression of that commitment we thank HBS Marketing and Communications for partnering with us throughout 2008 to redesign www.opha.on.ca, beautifully and succinctly crystallizing our *raison d’être* throughout the site.

I would like to highlight the many public health partners with whom OPHA collaborated extensively in 2008/09.

Partner	Program
Ministry of Health Promotion	OPHA’s Resource Centres and Healthy Eating and Active Living
Ontario Trillium Foundation	Early Exposures and Chronic Disease Prevention and Local Champions
Health Canada, Drug Strategy Community Initiative Fund	KeepControl and Youth Engagement
Public Health Agency of Canada	Towards Evidence-Informed Practice
Public Health Division, MOHLTC	Ontario Public Health Standards
Ontario Agency for Health Protection and Promotion	Strategic Direction
Parks and Recreation Ontario	Access to Recreation
Heart and Stroke Foundation of Ontario	Spark Together for Healthy Kids
Canadian Cancer Society – Ontario Division	Take Charge on Toxics
Cancer Care Ontario	Program in Evidence-Informed Primary Prevention

In addition, OPHA provides secretariat support to several collaboratives which are partnerships in themselves:

- Ontario Chronic Disease Prevention Alliance
 - 11 partners and more than 30 members.
- Canadian Partnership for Children’s Health and the Environment
 - 11 members.
- Ontario Healthy Schools Coalition – more than 300 individual members.

The activities and accomplishments of these collaborations are summarized in this annual report.



Connie Uetrecht
Executive Director

To illuminate yet another dimension of our commitment, OPHA also supports organizations by serving on their Boards and by providing expertise as advisors:

- Ontario Council on Community Health Accreditation.
- Ontario Healthy Communities Coalition
- Association of Local Public Health Agencies

OPHA's programs work in partnership with other organizations, including other members of the Ontario Health Promotion Resource System (OHPRS). Those with which we enjoyed extensive collaboration in 2008/09 include:

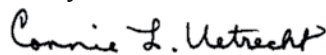
- Ontario Physical and Health Education Association
- Health Nexus
- SMARTRISK
- Centre for Addiction and Mental Health

The accomplishments of our workgroups also provide ample demonstrations of the **& OPHA** concept:

- The Food Security Workgroup partnered with the Ontario Healthy Communities Coalition to implement Foodnet Ontario with financial support from the Ontario Trillium Foundation.
- The Environmental Health Workgroup regularly advises the Ontario government on environmental issues and is connected to the work of the Canadian Environmental Law Association and the Learning Disabilities Association.
- The Breastfeeding Promotion Workgroup is connected with the Canadian Paediatric Society and the Society of Obstetricians and Gynaecologists.
- The Violence Prevention Workgroup has connected with the National Working Group on Crime Prevention and Prevention of Violence Canada.

The immediate results of these partnerships are illustrated throughout this report. Over the last 60 years, this commitment to partnership and collaboration has served to position OPHA at the epicentre of the social movement towards health equity, social justice and the creation of healthier communities across the province.

We hope you will enjoy reading about our successes in 2008/09 and we invite you to join us in our future efforts.



Connie Uetrecht

Executive Director



Photo: Roberto Lissia

Board Members: Left to Right

Back Row: Larry Stinson, *Member-at-Large*; Gloria Morris, *Constituent Society Representative, CHING/RNAO*; Peter Gauthier, *Constituent Society Representative, ASPHI-O*; Cameron Weighill, *Constituent Society Representative, CIPHI-O*; Tino Serapiglia, *Member-at-Large*; Camille Burnett, *Member-at-Large*; Anna Rusak, *Constituent Society Representative, OAPHD*; Chris Mills, *Member-at-Large*; Elena Goldblatt, *Constituent Society Representative, OAPHLA*; Alanna Leffley, *Constituent Society Representative, APHEO*; Barb Bartle, *Constituent Society Representative, OSNPPH*;
Front Row: Nolly Baksh-Singh, *Board & Member Relations Officer, OPHA*; Monica Mitchell, *Treasurer*; Marty Mako, *Secretary*; Connie Uetrecht, *Executive Director, OPHA*; Carol Timmings, *President*; Liz Haugh, *President-Elect*; Karen Quigley-Hobbs, *Constituent Society Representative, ANDSOOHA*; Nancy Lacasse, *Member-at-Large*; Almaz Reda, *Constituent Society Representative, AOHC*; Charlene Beynon, *Constituent Society Representative, PHRED*; Inge Roosendaal, *Constituent Society Representative, HPO*

OPHA Board of Directors

(as of January 2009)

Officers

Carol Timmings, President
 Liz Haugh, Vice-President and Advocacy Committee Chair
 Marty Mako, Secretary and Membership Committee Chair
 Monica Mitchell, Treasurer and Audit Committee Chair

Members-at-Large

Camille Burnett (London)
 Nancy Lacasse (Sudbury)
 Christina Mills (Waterloo)
 Tino Serapiglia (Toronto)
 Larry Stinson (Peterborough)

Constituent Society Representatives

Karen Quigley-Hobbs, ANDSOOHA – Public Health Nursing Management

Almaz Reda, Association of Ontario Health Centres (AOHC)

Alanna Leffley, Association of Public Health Epidemiologists in Ontario (APHEO)

Peter Gauthier, Association of Supervisors of Public Health Inspectors of Ontario (ASPHI-O)

Cameron Weighill, Canadian Institute of Public Health Inspectors, Ontario Branch (CIPHI-O)

Gloria Morris, Community Health Nurses Initiatives Group (CHNIG)

Inge Roosendaal, Health Promotion Ontario: Public Health

Barb Bartle, Ontario Society of Nutrition Professionals in Public Health (OSNPPH)

Anna Rusak, Ontario Association of Public Health Dentistry (OAPHD)

Elena Goldblatt, Ontario Public Health Libraries Association (OPHLA)

Charlene Beynon, Public Health Research, Education and Development (PHRED) Program

Outgoing Board Members (2008)

Denise DePape, Manager, Healthy Living, Toronto Public Health

Dr. Gary Aslanyan, Past-President

Marge Hedley, Constituent Society Representative, AOHC

Carol Yandreski, Constituent Society Representative, RNAO

Lynn Garrison, Constituent Society Representative, OSNPPH

Theresa Schumilas, Member-at-Large

Louise Lepage, Member-at-Large

Sawsan A. Sharaf, Member-at-Large

Dr. Joyce Sinton, Ex Officio alPHa Representative



OPHA Staff

Ontario Public Health Association

- Connie Uetrecht, Executive Director
- Nolly Baksh-Singh, Board and Member Relations Officer
- Garth Hardie, Communications and Public Relations Officer
- Donna Galasso, Senior Finance and Administration Officer
- Manny Coluccio, Administrative Assistant
- Dorothy Birtalan, Web Editor/Chief Information Officer
- Omer Chaudhry, IT Administrative Support

Alcohol Education Programs (APN & ARAPO) and Injury Prevention Initiatives (IPI)

- Benjamin Rempel, Manager, Alcohol Policy & Injury Prevention
- Jason LeMar, Co-ordinator, Alcohol Education Projects
- Dorothy Birtalan, Website and Database Administrator
- Jennifer Lodge, Administrative Co-ordinator

Canadian Partnership for Children's Health and the Environment (CPCHE)

- Erica Phipps, Partnership Director (Contract)
- Myriam Beaulne, Researcher (Contract)

Several OPHA staff members enjoyed a fall afternoon retreat in the arboreal splendor of Executive Director Connie Uetrecht's backyard.

Back Row, left to right: Ben Rempel, Samara Foisy, Dorothy Birtalan, Jason LeMar, Cindy Scythes.

Front Row, left to right: Kathleen Orth, Donna Galasso, Angella Kalloo, Hoi Ki Ding, Maheen Pasha, Christine Herrera, Honey Bloomberg, Dayna Albert, Connie Uetrecht.

Heart Health Resource Centre (HHRC)

- Andrea Bodkin, Manager (beginning January 2009)
- Pam Kinzie, Program Co-ordinator (Acting Manager through 2008)
- Rebecca Byers, Program Co-ordinator
- Angella Kalloo, Program Assistant

Keepcontrol.ca Project

- Joe Rock, Manager, Keepcontrol.ca

Nutrition Resource Centre (NRC)

- Cindy Scythes, Manager
- Sarah Evason, Program Co-ordinator, Colour It Up
- Elizabeth Smith, Program Co-ordinator, CFA Program
- Mary Ellen Prange, Program Co-ordinator, EatSmart! and HEAL Program
- Samara Foisy, Program Co-ordinator, Eat Smart!
- Lee Rysdale, Program Co-ordinator, NutriSTEP™ Program
- Kathleen Orth, Program Assistant
- Maheen Pasha, IDPP Student, Ryerson University
- Jaimie Hemsworth, Student, Brescia College, UWO
- Jane Lac, Dietetic Intern, Sick Children's Hospital
- Maren Garsch, Dietetic Intern, North York General Hospital

Ontario Chronic Disease Prevention Alliance (OCDPA)

- Shawna Scale, Manager
- Hoi Ki Ding, Program Co-ordinator

Competency Based Performance Management Project

- Tina Wadham, Project Co-ordinator
- Angella Kalloo, Program Assistant

Towards Evidence-Informed Practice (TEIP) Project

- Dayna Albert, Manager
- Christine Herrera, Project Co-ordinator

Youth Engagement (YE) Project

- Benjamin Rempel, Manager, Alcohol Policy & Injury Prevention and Youth Engagement Projects
- Jennifer Lodge, Administrative Co-ordinator

Organizational Highlights 2008/09

Milestones on the Path to Social Transformation

As we celebrate our 60th year of advocacy and achievement, photographs and memories of the early pioneers of the Ontario Public Health Association – the first president, treasurer, secretary, the first annual conference, minutes of the first meeting – are regrettably in short supply. Immersed in advancing public health, our founders focused their energies on making a difference rather than leaving physical evidence of their efforts. Ample evidence of OPHA's impact over the years is etched in the hearts and minds of thousands of Ontarians who value public health and share our commitment to excellence in advocacy, interdisciplinary collaboration and professional excellence.

Today, we present highlights of the record of our efforts in 2008/09, primarily as an invitation to those just discovering the allure of public health – its power to transform the quality of our daily lives and pave pathways for the well-being and prosperity of future generations – to join us on our journey, building for the future.

Public Health Policy & OPHA

OPHA's commitment to advancing the quality of public health throughout the province was tangibly demonstrated as the organization:

- Provided interdisciplinary input and joined with the Ministry of Health and Long-Term Care (MOHLTC) in promoting the release of the new Ontario Public Health Standards and Protocols – advancing public health practice across the province.
- Promoted MOHLTC's new performance management standards in a presentation at the 2008 Annual Conference.
- Published an interview in OPHA's *Public Health Today* magazine with the Ministry of Health Promotion's Deputy Minister Cynthia Morton, articulating this relatively new ministry's emerging strategic vision and its connection to the McGuinty government's poverty reduction initiative.
- Supported the launch of the Ontario Agency for Health Protection and Promotion (OAHPP) by dedicating the second issue of *Public Health Today* to the story of the creation of the agency and profiles of its leaders.
- Advocated for poverty reduction strategies through our Food Security Workgroup to Ontario's Cabinet Committee on Poverty Reduction and celebrated the results of our efforts as reflected in the release of the government's poverty reduction strategy.

A journey of a thousand miles begins with a single step

Lao-tzu, *The Way of Lao-tzu*
Chinese philosopher
(604 BC – 531 BC)

- Collaborated with the Canadian Cancer Society, Ontario Division and others on the “Take Charge on Toxics” campaign to support the government’s plan to introduce toxics use reduction legislation.
- Celebrated the success of our advocacy efforts in the enactment of the *Cosmetic Pesticide Ban Act*.

Communications & OPHA

Continuing its strategic effort to connect with a broader base of stakeholders and public health supporters, OPHA published the third edition of *Public Health Today* magazine, focusing on “Making Healthy Communities Count” – the theme of the 2008 OPHA Conference.

OPHA’s *E-Bulletin*, our monthly report to the public health community on advocacy initiatives, program developments, hot topics in public health and constituent society news, received a major facelift and editorial overhaul. The publication, available free by e-mail subscription, has attracted a steadily increasing number of public health practitioners province-wide. Subscriptions at the end of March 2009 were more than 645. Readers from various sectors of the public health workforce are volunteering to contribute articles. The success of the E-Bulletin is a bellwether of increased engagement with OPHA among public health practitioners.

Public Health Leadership & OPHA

OPHA’s talent pool is consistently being tapped for its experience, insight and perspective. For example:

- Carol Timmings, OPHA President, joined the Advisory Council of the Canadian Public Health Association.
- Connie Uetrecht, OPHA Executive Director, serves as Co-Chair of the Ontario Chronic Disease Prevention Alliance with the Association of Local Public Health Associations (aLPHa) Executive Director Linda Stewart.
- OPHA hosted the Ministry of Health Promotion (MHP) Deputy Minister Cynthia Morton and leaders of the MHP’s Chronic Disease Prevention Division, MOHLTC’s Public Health Division, MOHLTC’s Acting Deputy Minister Allison Stewart, Acting CMOH Dr. David Williams and Associate CMOH Dr. Françoise Bouchard at various meetings of the Board of Directors.
- The OPHA provided interdisciplinary input and celebrated the launch of the Ontario Public Health Standards and Protocols.

Public Health Advocacy & OPHA

Consistent with our stated mission, vision and values, OPHA advocated on important public health issues through our position paper and resolution process. We also monitored and responded to a variety of issues as they emerged in the political process. These included: Bill 156, the Healthy Decisions for Healthy Eating Act, toxics use reduction, the Cosmetic Pesticide Ban, the Smoke Free Ontario Act and Strategy (SFOS), and threats to Canada's gun control laws.

Collaborations, Partnerships & OPHA

OPHA's commitment to a unified, collaborative, evidence-based, interdisciplinary approach to public health is reflected in the many productive partnerships that flourished throughout the year. This past year, OPHA:

- Hosted the 2008 Conference "Making Healthy Communities Count" with alPHA and Niagara Region Public Health.
- Collaborated with four health units on a core competency based performance management project (continuing in 2009/10).
- Continued secretariat support for the Ontario Chronic Disease Prevention Alliance (OCDPA) (11 contributing, 30 participating organizations).
- Facilitated an interdisciplinary response to the Ministry of Education on the Physical Education and Health Curriculum.
- Participated in the revitalization of the provincial tobacco portfolio through the Provincial Tobacco Strategic Advisory Group.
- Informed the Ministry of the Environment on a toxics use reduction strategy through the Occupational and Environmental Carcinogen Stakeholder Group and the Canadian Cancer Society.
- Collaborated with Toronto Public Health, alPHA and the University of Toronto's Joint Centre for Bioethics in producing a Public Health Ethics Symposium for professionals across the province.

OPHA looks forward to creating innovative new partnerships with public health-friendly organizations as part of our development strategy. Towards this end, OPHA developed and provisionally implemented a comprehensive Sponsorship Policy that is being reviewed by the Board of Directors.

Kekabeka Falls, Manitoba

Inspired by a keynote presentation on the wisdom of valuing the abundance and purity of Canada's natural water supply (Maude Barlow, National Chairperson of the Council of Canadians at the 2008 OPHA Conference in Niagara Falls) TEIP Manager Dayna Albert and Project Co-ordinator Christine Herrera took time to appreciate the beauty of Kekabeka Falls on their visit to introduce TEIP to Manitoba.



Photo: Christine Herrera

Social Determinants of Health Workgroup & OPHA

OPHA invigorated the development of public health approaches to social determinants of health through the joint alPHA/OPHA Social Determinants Workgroup. In addition to joining the Poverty Reduction Coalition 25 in 5, the group facilitated a session at the OPHA Conference, produced a newsletter and stimulated additional actions by OPHA and alPHA. OPHA met with the policy staff of Children and Youth Services Minister Deb Mathews, responded to government consultations on the poverty plan and encouraged individual and group submissions to the government consultation. This work is continuing in 2009/10.

WHY “& OPHA”?

On October 27, 2008, at our Annual Conference, we launched our completely redesigned website. Along with our fresh new look, we introduced our new theme – **and OPHA** – which echoes and amplifies one of the key principles of public health partnership and collaboration that OPHA has embraced and nurtured as an organizational value (along with need, impact and capacity) throughout our 60-year history.

We also took this opportunity to reorganize the information to highlight our **Programs**, and our many advocacy activities in an **Our Voice in Action** section. We added an **Events** calendar to which site visitors can contribute, a site-wide search feature and a more robust **Members' Lounge** that includes a Member Profile feature, professional development resources, and houses our Board activities and the popular *Public Health Today* magazine.

OPHA thanks **HBS Marketing** for their assistance in crystallizing these key messages.

OPHA Conference: Niagara Region Public Health, alPHa & OPHA

Over the years, OPHA's annual conference has grown to become the largest gathering of public health professionals in Ontario – a seminal event that serves as one of the primary hubs of knowledge exchange in the province's public health system, a forum for showcasing leading-edge research and best practices in the field, and a rallying point for creating synergy on public health advocacy issues. Partnering with various health units in hosting the conference has emerged as a time-honoured tradition. This year the OPHA collaborated with Niagara Public Health and alPHa in exploring the theme "Making Healthy Communities Count." Focusing on the issue of poverty reduction, we were privileged to kick-start an early discussion of the government's poverty reduction strategy with the Honourable Deb Matthews, Minister of Children and Youth Services, Dr. David McKeown, Medical Officer of Health for the City of Toronto and other stalwarts in the struggle for economic and social equity. We were also pleased to welcome Maude Barlow, Chair of the Council of Canadians, who urged us to take the protection of Canada's water resources as a high-priority public health issue. Dr. Brenda Zimmerman of York University's Schulich School of Business challenged the gathering of more than 500 conference delegates to develop the capacity to tolerate ambiguity and use contradictions and paradoxes to strategic advantage. The third issue of *Public Health Today* encapsulated these and other key messages of the conference. As we move into our 61st year of achievement as an organization, we are confident that the conference will continue to be a beacon of progress for public health in this province.

The Advocacy Committee

In addition to supporting various advocacy initiatives as they arose throughout the year, OPHA focused its advocacy efforts at various levels of government and policy making, on the following resolutions and position papers, which were approved by the membership at the last Annual General Meeting and published on the OPHA website: *Violence Prevention: Continued Call to Action for Ontario*, *Core Competencies for Public Health in Canada*, *Regulation of Splash Pads and Other Similar Forms of Recreation*, *A Ban on All Commercial Advertising Targeted to Children Under 13 Years of Age*. The OPHA Injury Prevention Workgroup was also created.

The Membership Committee

OPHA welcomes the resurgence of interest in membership that we see in students of public health in post secondary institutions across the province. OPHA offers a wealth of resources to enterprising students and practitioners of public health – a monthly E-Bulletin, *Public Health Today* magazine, a website loaded with recent and historical resources on virtually all aspects of public health, a community of public health practitioners who are willing to share their expertise and offer guidance, and much more. OPHA's Membership Committee is making plans for a recruitment drive to communicate the benefits of OPHA membership to the larger public health community.

The Audit Committee

Consistent with standard organizational procedures, OPHA has exercised its option to select new auditors for its financial operations. Our new auditors are BDO Dunwoody LLP.

Impacts

While the results of successful advocacy are rarely immediately apparent, OPHA celebrates the passage of such important pieces of legislation as the ban on smoking in motor vehicles carrying children, the *Toxics Reduction Act* and the progress that has been made on healthy decisions for healthy eating. OPHA also values the relationships – collaboration opportunities, conversations, letters, teleconferences, symposiums – that drive the process of knowledge exchange, engage people and inspire active participation. The process is as important as the outcome. The destination is as important as the quality of the journey. We invite you to join us in taking the next steps in the journey towards creating healthier communities across Ontario. Join us in building for the future.

Programs

Competency Based Performance Management Project

In October 2008, OPHA began working in partnership with the City of Hamilton Public Health Services, the Haliburton, Kawartha, Pine Ridge District Health Unit, the Thunder Bay District Health Unit and Toronto Public Health on a Health Force Ontario project. The goal of the project was to develop a performance management framework for public health core competencies, and accompanying competency based performance management tools, to build and strengthen capacity among public health units across Ontario. Environmental scanning revealed that a significant number of health units had taken steps to integrate public health core competencies in their performance and development processes. However, the organizations were at different levels of preparedness to benefit from a competency based approach. Common challenges included time, competing priorities, lack of resources or capacity, and varying levels of understanding of core competencies. The project has taken major steps towards creating a solid basis for progress. Stakeholders are engaged in designing a performance management framework, as well as resources for performance planning, assessment and development. The tools are being developed in consultation with experts, and stakeholders will continue to be engaged in the validation and pilot testing process. At project completion, a competency based performance management toolkit will be available for use across Ontario public health units. It will include a leader's guide, a guidebook for managers and employees, an employee self assessment tool, and a planning and evaluation tool, which includes a learning and development planner. While some public health units may use the toolkit in its entirety, others may choose to use individual tools that complement their existing performance management systems.

**Tina Wadham, Project Co-ordinator,
Core Competency Performance Management**





In February 2008, Andrea left OPHA to complete graduate studies in Australia. Andrea attended Deakin University in Melbourne, and received a Masters in Public Health with a specialty in health promotion. Andrea learned about public health challenges in India, Pakistan, China and Indonesia by working with a large contingent of international students. Her extensive travels through the region include the Red Centre of Australia to see Uluru (formerly called Ayers Rock). Andrea is thrilled to be back at OPHA as Manager of the Heart Health Resource Centre.

Heart Health Resource Centre (HHRC)

Since 1993, HHRC has supported the Ontario Heart Health Program – Taking Action For Healthy Living (OHHP-TAHLF)’s community partnerships as they work within their communities to promote active healthy living and reduce heart disease. Over the years, HHRC has broadened its mandate to support public health professionals and NGOs working in chronic disease prevention.

Over the past year, as the focus of the OHHP shifted to the areas of integrated community planning and policy development, the HHRC refined its key services (consultation and coaching, training and development, and knowledge exchange) to support the community partnerships as they move in these directions. These accomplishments include:

- Refining HHRC’s strategic planning support services through the development of a pre-consultation webinar and environmental scan questionnaire, which support communities in identifying the steps necessary for their on-site planning sessions, as well as techniques for identifying the needs, strengths and opportunities in their communities.
- Providing 14 on-site consultations for community partnerships and five one-on-one coaching sessions for OHHP co-ordinators.
- Planning, developing and co-ordinating, at the request of the Ministry of Health Promotion, a Stakeholder Engagement Meeting in March 2009, which brought key players in heart health and chronic disease prevention together to discuss OHHP’s policy directions.
- Partnering with Towards Evidence-Informed Practice to present *Using Evidence to Strengthen Health Promotion Programs* symposium in November 2008, attended by more than 80 OHHP co-ordinators, community partners, government represents and NGO staff.
- Contributing to the provincial chronic disease prevention landscape by participating in a variety of provincial networks and advisory committees and contributing to the OHHN as a provincial partner.

2009/10 will bring major changes to the OHHP and HHRC. But with change comes opportunity – HHRC is uniquely poised not only to provide exceptional support to community-based chronic disease prevention coalitions, but to work as part of a provincial network to further the goals of the Ministry of Health Promotion.

**Andrea Bodkin, Manager,
Heart Health Resource Centre**

Nutrition Resource Centre (NRC)

OPHA's Nutrition Resource Centre (NRC) continued its long-standing tradition of accomplishment and excellence in the delivery of its four provincial programs in the 2008/09 fiscal year. NRC successfully:

- Mapped all of NRC's programs and resources against the new Ontario Public Health Standards.
- Developed, in collaboration with our French Language Advisory Network, an English/French Lexicon of nutrition terminology, now available on NRC's website.
- Participated on the Nutrition Standards for Schools Committee of the Ministry of Education and administered the sponsorship of the TVOKids Don't Sit Still Tour 2009 on behalf of the Ministry of Health Promotion.
- Precepted three students – a Master's student from the University of Western Ontario's Brescia College, an internationally educated dietitian from Ryerson University and dietetic interns from North York General Hospital and the Hospital for Sick Children.

Eat Smart!

Eat Smart! is an award-winning program that recognizes and promotes food service venues that meet exceptional standards in healthy food choices, safe food handling and 100% smoke-free seating. Eat Smart! operates in restaurants, school and workplace cafeterias, and has been piloted in recreation centres. Over the year we:

- Procured a \$100,000 Canadian Institutes for Health Research (CIHR) grant to evaluate the workplace Eat Smart! cafeteria program, in collaboration with a research team from McGill University, University of Guelph, Ryerson University and Compass Canada. NRC is actively involved in co-ordinating and informing this research.
- Rolled-out revised nutrition standards for the Eat Smart! School and Workplace Cafeteria programs.
- Revamped the Eat Smart! website.
- Completed pilot testing Eat Smart!'s expansion into recreation centres and disseminated reports to stakeholders.
- Recruited Jennifer Botterill, a member of Canada's Women's Hockey Team and three-time Olympian, as a champion for the Eat Smart! recreation centre program.



NRC Program Co-ordinator Mary Ellen Prange (centre) accepts the National Speaking of Food and Healthy Living Award from Thida Ith, Dietitians of Canada (left) and Kate Slater, Kraft Canada (right).

Community Food Advisors

The Community Food Advisor Program (CFA) is a volunteer-based peer education program. Volunteers are trained to provide reliable information and education to promote safe and nutritious food selection, preparation and storage to consumers in Ontario. Over the year we:

- Reached 47,000 people of all ages across Ontario. Our Community Food Advisors completed 14,572 hours of volunteer service, including delivery of over 700 health promotion events and activities.
- Hosted training activities for the Community Food Advisor Program, including the CFA Annual Conference and Education Event held June 13-14 in Oshawa with the Durham Region CFAs. One hundred and forty CFAs from across the province explored the theme 'Local Foods' and enjoyed an inspiring presentation by Denise Zaborowski, Healthy Eating Lead with Foodland Ontario, Ontario Ministry of Agriculture Food and Rural Affairs.
- Trained 52 new CFAs, some in a bilingual training session using the newly translated CFA Resource Binder and Training Workbook.
- Recognized 380 active CFAs during National Volunteer Recognition Week in April.

Colour It Up...Go for More Vegetables and Fruit

Colour It Up is a community-based, behaviour-change program designed to promote increased vegetable and fruit consumption among women between the ages of 19-50 and their families. Over the year we completed a re-design of the Colour It Up website and launched a revised Colour It Up program via a promotional webcast with 200 potential clients.

NutriSTEP®

The Nutrition Screening Tool for Every Preschooler (NutriSTEP®) is a parent-administered 17-item questionnaire that covers the nutritional risk constructs for the preschool population (3-5 years). It is a fast and simple way to assess eating habits and identify nutrition problems early, including growth and weight issues. NutriSTEP® is implemented collaboratively between Dr. Janis Randall-Simpson and Dr. Heather Keller (owners of the tool), University of Guelph and OPHA.

Over the course of the year we:

- Refined the Provincial Advisory Committee priorities and membership to include EatRight Ontario.

- Developed a comprehensive action plan (logic model), ongoing endorsements and licensing agreements.
- Continued targeted implementation studies in five sites.
- Developed an abbreviated version of NutriSTEP® for screening and surveillance.
- Trained EatRight Ontario dietitians to support the NutriSTEP® provincial implementation.
- Delivered 135 copies of the English implementation toolkit, 123 of the English questionnaire and 15 French questionnaires via user-initiated downloads.

Resources for Parents and Caregivers

- Developed a new resource for 6-8 year olds called *Fuel Up for Fun* to extend the *Eat Right Be Active* series as part of the Healthy Eating and Active Living (HEAL) Strategy.
- Released *Fuel Up for Fun* seasonally as a newsletter.
- Won the Regional Speaking of Food and Healthy Living Award for *Fuel Up for Fun*. The award is presented annually by Dietitians of Canada and Kraft Canada.
- Demand for NRC resources (*Busy Bodies/Hop La Vie ! Eat Right Be Active/Bien Manger Bien Bourger*) increased significantly in their second year of availability.

**Cindy Scythes, Manager,
Nutrition Resource Centre**



Nutrition Resource Centre Team:
Back Row, left to right: Samara Foisy,
Sarah Evason, Elizabeth Smith.
Front Row, left to right: Lee Rysdale,
Kathleen Orth, Mary Ellen Prange
and Cindy Scythes.

TEIP Program Manager Dayna Albert takes a fitness break during the National Collaborating Centres' Summer Institute in Mont Ste. Anne, Quebec.

Feedback from the Manitoba Master Trainer Workshop will allow TEIP to further refine its tools for national dissemination:

"The TEIP workshop was great! The facilitators were extremely knowledgeable, approachable and encouraged questions and discussion. The tools were very well organized, and were easy to use, yet effective and will be of major benefit to those who utilize them. It was also a great opportunity to make connections with others in Winnipeg. I look forward to working with these tools, TEIP staff and other participants to work toward evidence-informed practice."

Marianne Krawchuk,
Evaluation Specialist, United Way of
Winnipeg, Manitoba

"I found the TEIP workshop to be a highly engaging and interactive learning experience. I appreciated the way the facilitators drew on the expertise of all the participants in the room in order to enhance our learning."

The TEIP Tools offer us a flexible and well organized approach that can be adapted to many different situations and needs. I appreciate having access to these tools along with a link to a community of practice that can support their implementation."

Bohdanna Kinasevych,
Evaluation Consultant,
Health in Common, Manitoba



Photo: Richard Ungar

Towards Evidence-Informed Practice (TEIP)

TEIP's main objective is building organizational capacity for evidence-informed practice to operationalize the Ontario Public Health Foundational Standard for Research, Knowledge Exchange and Program Evaluation. TEIP brings Master Trainer Workshops to organizations interested in applying TEIP Tools for Program Evidence, Program Assessment and Program Evaluation. Highlights of TEIP's activities include:

- Conducting nine full-day TEIP Master Trainer Workshops.
- Training 45 health professionals to use TEIP Tools.
- Pioneering an evaluation support help-line.
- Developing a web-based forum to connect and support TEIP Master Trainers.
- Fulfilling a Public Health Agency of Canada (PHAC) contract to bring TEIP Tools and supports to other provinces.

TEIP Tools Migrate to Manitoba

TEIP was funded by the Public Health Agency of Canada, Knowledge Development and Exchange Division of the Canadian Best Practices Initiative, to bring TEIP Master Trainer Workshops and Tools to Manitoba.

We developed and delivered a three-day Master Trainer Workshop in Winnipeg to a cross-section of 15 Manitoba chronic disease prevention (CDP) stakeholders, including representatives from two Regional Health Authorities, Sport Manitoba, Health in Common, the United Way, Manitoba Ministry of Health and the Canadian Cancer Society – Knowledge Exchange Network (CCS-KEN).

The Manitoba Master Trainers will apply TEIP Tools to their own work and disseminate the tools throughout their organizations. CCS-KEN, under TEIP's continued support, will train additional Manitoba CDP organizations to apply the TEIP Tools.

**Dayna Albert, Manager,
Towards Evidence-Informed Practice**

Injury Prevention Initiative

In collaboration with the Injury Prevention Public Health Managers' Alliance, OPHA focused its efforts on aligning our activities with the newly released Ontario Public Health Standards (OPHS).

In June 2008, a meeting of the alliance, in collaboration with the Ontario Neurotrauma Foundation and the Ministry of Health Promotion, attracted 36 participants and allowed us to develop a work plan and to network around important injury prevention topics. In February 2009 a second meeting attracted 42 participants and focused on strategies to further the successful deployment of OPHS in public health units.

Beyond those meetings, staff at OPHA continued to work with the Ontario Ministry of Health Promotion and the Ontario Injury Prevention Resource Centre in producing evidence-informed injury prevention resources and services. Networking and supporting the OPHA Violence Prevention Workgroup, including the establishment of the Violence Prevention Programs Database, were highlights of a notably successful year.

**Ben Rempel, Manager,
Alcohol Policy & Injury Prevention**

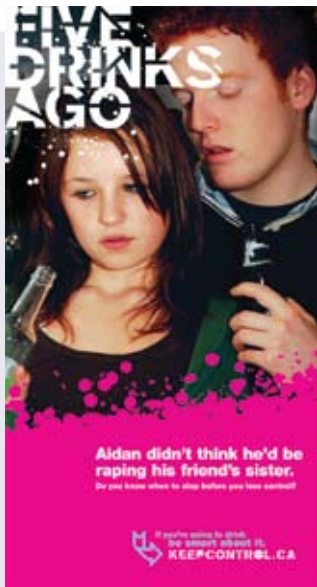
Youth Engagement Project

In February 2009, OPHA welcomed a new project on Youth Engagement, funded by Health Canada through June 2011. In response to a pressing need identified by social observation in specific communities in Ontario and substantiated by public health research, this project is designed to enhance knowledge and build specific youth engagement skills among public health professionals working with students in grades six, seven and eight. The aim is to increase youth engagement in activities that build resilience against illicit drug use and risk-taking behaviours in this age group.

The project is advised by a partner group consisting of representatives from the Injury Prevention Public Health Managers Alliance, the Ontario Healthy Schools Coalition, the Ontario Physical Health and Education Association and other key partners.

**Ben Rempel, Manager,
Alcohol Policy & Injury Prevention**





KeepControl.ca

The KeepControl.ca campaign, which began in 2005 as an initiative to get youth to talk to each other, in their own terms, about alcohol-related issues, focused its energies this past year on communicating messages about alcohol misuse to aboriginal youth and freshman university students living away from home for the first time. The success of the program can most readily be demonstrated by analyzing the traffic on the website. The Keepcontrol.ca website logged more than 400,000 hits over the year. Most visitors stayed on the site for a significant period of time, reviewing the facts about risky drinking behaviour. Campaign promotional materials were also heavily downloaded by and mailed to community groups by request. The campaign was funded by Health Canada from November 2005 to November 2008.

**Ben Rempel, Manager,
Alcohol Policy and Injury Prevention**

Alcohol Education Programs

In addition to collaborating extensively with health units in preparation for and release of the new Ontario Public Health Standards, the Alcohol Policy Network (APN) successfully delivered six teleconferences on the topics of impaired driving research, alcohol and assaults, seniors and alcohol, advertising ban to children, and two orientation teleconferences for new health promotion professionals.

APN also organized and delivered several alcohol policy presentations to various audiences, including the OPHA annual conference in Niagara, the York Regional Health Unit, Timiskaming Health Unit and the FOCUS symposium in Mississauga.

Further, APN secured supplemental funding for French-language services, enabling us to consult directly with relevant stakeholders in Timmins and Kingston regarding such potential program improvements as additional French website pages, translation of policy documents and the adaptation of a key resource on alcohol advertising.

APN's flagship initiative, the Annual Alcohol Forum, was held in March in Toronto. The sixth Alcohol: No Ordinary Commodity Forum titled *Alcohol Across the Life Span: Current Research and Practical Applications for Alcohol-Related Harm* had an emphasis on Chronic Disease and Injury Prevention. Spirited discussion among



*Left to Right:
Kerri Richards of Toronto Public Health,
Robert Mann of the Centre for Addiction and
Mental Health and Phil Groff of the Ontario
Injury Prevention Resource Centre, discuss the
link between alcohol and injuries during a panel
presentation at the sixth annual **Alcohol: No
Ordinary Commodity** forum in Toronto.*

forum participants emphasized the link between alcohol and injury prevention, alcohol and chronic disease, and how our knowledge of these relationships translates into evidence-informed practical programming.

Eighty-two participants immersed themselves in presentations by renowned speakers from the Centre for Addiction and Mental Health (CAMH), the Ministry of Health Promotion and the Ontario Injury Prevention Resource Centre, and debated issues expertly in our new panel-format discussion periods. Evaluation data reflects a highly successful event which left participants deeply committed to using the resources that were provided.

**Ben Rempel, Manager,
Alcohol Policy & Injury Prevention**



*CAMH's Dr. Norman Giesbrecht and OPHA Alcohol Program Co-ordinator Jason LeMar share an informal chat at the **Alcohol: No Ordinary Commodity (ANOC)** forum.*



Ms. Pam Farmer and Dr. Phil Groff introduce a new display from the Ontario Injury Prevention Resource Centre at the ANOC forum.

Workgroups

Access, Equity and Social Justice Workgroup (AESJ)

The Access, Equity and Social Justice (AESJ) workgroup achieved significant success in its efforts to influence public health practitioners and policy makers.

AESJ hosted a stakeholder-based planning session, facilitated by The Health Communication Unit of the Centre for Health Promotion at the Dalla Lana School of Public Health, which brought together social service representatives, staff and leaders from health units, epidemiologists, and representatives from MOHTLC's Health Equity and Performance Measurement Units, in a bid to strengthen the public health sector's commitment to addressing health inequities.

In partnership with the Joint OPHA/alPHA Working Group on Social Determinants of Health, AESJ successfully advocated for the inclusion of health equity principles and practices in the new Ontario Public Health Standards, contributed to the new Foundational Standard and the Population Health Assessment and Surveillance Protocols. These documents now clearly describe expectations regarding priority populations and articulate the need to address social determinants of health.

AESJ also produced a guide for public health practitioners to use in population health assessment, surveillance, research, evaluation and program planning. The tool, *Steps to Equity* was launched with the Foundational Standard in November, 2008. Welcomed by such stakeholders as Health Nexus and the Pan American Health Organization, it is a step towards an accountability framework for addressing health inequities.

With funding from PHAC, AESJ aligned the learning outline for Diversity Competent Public Health Professionals with OPHA's Core Competencies project. A new version of the curriculum and an updated *Annotated Bibliography of Access and Equity Resources* were also produced to help in developing the Skills Enhancement Module for this competency.

Daniela Seskar-Hencic, Workgroup Chair



Workgroup Chairs: Left to Right

Back Row: Daniela Seskar-Hencic, Access, Equity and Social Justice; Angela Loconte, Violence Prevention; Liz Haugh, President-Elect and Chair of the Advocacy Committee; Anne Smith, Breastfeeding Promotion; Leanne Powell, Public Health Alliance for LGBTTTIQ Equity; Nancy Langdon, Alcohol

Front Row: Tracy Woloshyn, Food Security; Pat Fisher, Built Environment; Kerri Richards, Injury Prevention.

Not Pictured: Brian Cook, Advertising to Children; Sue Makin, Child and Youth Health; Marina Whelan, Environmental Health

Alcohol Workgroup

The Alcohol Workgroup sustained its steady vigilance on the trends in alcohol consumption in Ontario, responding to issues raised by proposed reforms to the *Liquor Licence Act* (Special Occasion Permits) and supporting the Ontario government's initiative to require a zero blood alcohol content for all drivers under 22 years of age. The workgroup also organized an engagement and capacity building teleconference titled "Ontario Public Health Alcohol Policy: Maximizing our Efforts," involving all health units in an effort to identify high priority policy issues and assess opportunities for collaboration. This effort produced a guided work plan for the group focusing on alcohol marketing and the legal drinking age as priorities for 2009/10.

Nancy Langdon, Workgroup Chair

Breastfeeding Promotion Workgroup

The Breastfeeding Promotion Workgroup's 28 members represent 16 health units and include representation from Best Start: Ontario's Maternal, Newborn and Early Child Development Resource Centre, the Ontario Association of Public Health Dentistry (OAPHD) and the Association of Ontario Midwives (AOM).

This year, we focused on distributing two recently developed position papers and resolutions. We worked with the Canadian Paediatric Society on their communications with parents on dehydration in infants and young children and sustained our ongoing partnerships with the Registered Nurses Association of Ontario (RNAO), the Childbirth Nurses Interest Group (CNIG) of RNAO and the Ontario Breastfeeding Committee (OBC). Outreach efforts were made to OAPHD, the Society of Obstetricians and Gynecologists (SOGC), the Canadian Pediatric Society (CPS), the Canadian Pharmacists Association (CPhA), AOM and the Nurse Practitioners of Ontario (NPAO).

We advised the Ministry of Education's policy makers in Family Studies and Humanities on incorporating breastfeeding education into the curricula for elementary and secondary schools. We completed revisions to *Creating a Breastfeeding Friendly Workplace*, and revised and distributed the undergraduate health professional modules. We continue to advocate through the Ontario Chronic Disease Prevention Alliance for breastfeeding in the prevention of obesity.

Anne Smith, Workgroup Chair



The Public Health Alliance for LGBTTTTIQQ Equity Workgroup

Continuing a strong tradition of advocacy established in 2001, OPHA's Public Health Alliance for Lesbian Gay Bisexual Transsexual Transgender Two-Spirit Intersex Queer and Questioning Equity Workgroup recently recommitted itself to building on its record of achievement in providing Positive Space Training to public health units, community health centres and other organizations, developing and disseminating its Positive Space Manual and providing information and resources on celebrating various awareness days. Specifically, the workgroup plans to send resolutions to the Canadian Public Health Association that will have an impact on accessibility and equity in health departments across Canada and design new initiatives around the celebration of special days of remembrance.

Leanne Powell, Workgroup Chair

Food Security Workgroup (FSWG)

The Food Security Workgroup sustained its advocacy efforts on commercial advertising of food and beverages to children, opposing the discretionary fortification of foods and supporting mandatory fortification in cases of attainable public benefit, supporting the "Put Food in the Budget" campaign and contributing to the Health Canada consultation on sodium. We also identified community food security activities in Ontario health units and shared the information.

We also focused on National Nutritious Food Basket issues. We questioned the Special Diet Allowance Review Committee's assumption that the amount provided to Ontario Works and Ontario Disability Support recipients for basic needs was sufficient to purchase the minimum food guide servings outlined in Canada's Food Guide. The workgroup also provided case scenarios, templates, key messages, questions and answers to assist some health units in their advocacy efforts.

We made presentations to the Interagency Council on Food Safety in Peterborough, the Dietitians of Canada conference on Community Food Security and on "Advertising to Children" at the Association of Local Public Health Agencies' "Food for Thought" symposium. We represented the Ontario Society of Nutrition Professionals in Public Health (OSNPPH) and OPHA at the Symposium Planning Meeting of the Ontario Professional Planners Institute in March, elucidating food security at the household level (primarily a poverty issue) and at the community level (sustainability and health of our food supply) and showing how food differs from other commodities as economic units.



Food Security Workgroup (FSWG) – *continued*

The workgroup continues to liaise with collaborative groups on Healthy Eating and Physical Activity, Food Secure Canada, the OPHA/alpha Workgroup on the Social Determinants of Health and FoodNet Ontario to highlight key food policy issues.

Tracy Woloshyn, Workgroup Chair

Child and Youth Health Workgroup

The Child and Youth Health Workgroup shifted its focus from research and development of position papers on a wide range of child development concerns, towards convening on an issue basis in anticipation of the release of a Report to the Premier of Ontario by the Special Advisor on Early Learning Dr. Charles E. Pascal.

Susan Makin, Workgroup Chair

Environmental Health Workgroup

The Environmental Health Workgroup enjoyed a highly productive year crowned with the success of concrete achievements of which we are proud. Our advocacy efforts in concert with many other environmentally concerned voices, culminated in the enactment of the new Pesticides Act on April 22. Also, recognizing the growing importance of the Built Environment we supported the formation of a separate OPHA workgroup designed to focus on emerging issues in this area.

We were pleased to work in partnership with CPCHE advocating on such issues as an international ban on lead paint, banning persistent organic pollutants, the greening of health care, support for research on phthalates—hormonal-disrupting chemicals in children’s toys.

The Environmental Workgroup is proud to have strengthened the efforts of such stakeholders as: the Canadian Environmental Law Association, Canadian Physicians for the Environment, the Environmental Health Institute of Canada and the Learning Disabilities Association of Canada.

Marina Whelan, Workgroup Chair



OPHA Violence Prevention Workgroup

The Violence Prevention Workgroup partners with many organizations locally, provincially and nationally. We provide leadership and support to Prevention of Violence Canada (PVC) in such forums as the CPHA Conference in Halifax, the National Working Group on Crime Prevention, hosted by the University of Ottawa's Institute for the Prevention of Crime, and the Ontario Injury Prevention Conference.

Our advocacy efforts included supporting the campaign led by the Canadian Network on Ending Corporal Punishment to repeal section 43 of Canada's Criminal Code, which justifies the use of physical punishment on children. We also prepared a submission to the provincial Roots of Youth Violence Panel and supported the efforts of the Coalition for Gun Control to defeat attempts to weaken Canada's firearms laws.

Ongoing advocacy priorities include resources for data collection that would help public health practitioners collaborate with others to strengthen violence prevention efforts. We are also continuing to monitor emerging issues in family violence, shaken baby syndrome, physical punishment of children, school, child and youth health, and elder abuse.

We advise St. Michael's Hospital's Geographical Information System project, which has produced a replicable database for tracking intentional and unintentional injuries, and assist the McMaster Violence Against Women Research Project and the Neighbours, Friends & Families implementation workgroup.

**Angela Loconte and Rhonda Usenik,
Workgroup Co-Chairs**



Emerging Workgroups

Workgroups function as the lifeblood of OPHA's advocacy activities, reflecting the ebb and flow of social and political discourse on the issues of the day and the interests of our membership. OPHA is proud to acknowledge the formation of three new workgroups over the course of the year: the Built Environment Workgroup, the Injury Prevention Workgroup and the Workgroup on Advertising to Children. OPHA is proud to support them as they, together with established workgroups, formulate new and innovative strategies for advocacy in these important areas.

Collaborations

OPHA/alPHA Social Determinants of Health Working Group

We provide leadership, common messaging and initiate activities to promote social determinants of health issues within the mandate of local public health units. We advocate broadly for reducing health inequities. Over the past year, we focused on influencing the public health mandate towards social determinants of health issues and shaping Ontario's Poverty Reduction Strategy.

We participated in the development of the Performance Management Framework and the Program Protocols of the Ontario Public Health Standards, to create new standards built upon the understanding that underlying social conditions, such as income and social status, determine the health of Ontarians. The new Ontario Public Health Standards direct Boards of Health and public health units to minimize barriers (such as economic circumstances) to programs and monitor and report on health inequities.

We were encouraged to see our advocacy on target setting and monitoring strongly featured in Ontario's Poverty Reduction Strategy, *Breaking the Cycle*, released in December 2008. We then focused our advocacy on the provincial budget process, stressing the importance of the social safety net and poverty reduction. We joined the "Put Food in the Budget" campaign, led by the 25 in 5 Network for Poverty Reduction.

We also advocated for Bill 152, the *Poverty Reduction Act* which solidifies Ontario's long-term commitment to poverty reduction. We are currently mapping local public health activities to policies, programs and services that match the Poverty Reduction Strategy. Our goal is to provide health units with concrete ways to support poverty reduction locally. Our newsletters – two to date – are available on the OPHA and alPHA websites.

Theresa Schumilas
Working Group Chair

Ontario Healthy Schools Coalition (OHSC)

OHSC is a province-wide network of public health units, school boards and other organizations and individuals committed to promoting the health and learning of school-age children and youth. With support from OPHA and the Ministry of Health Promotion, this year OHSC's listserv (with over 300 members) hosted an average of 61 participants in four teleconferences from 35 sites across the province – a valuable contribution to our knowledge exchange efforts.

OHSC's 7th Annual Forum in May 2008 featured workshops on capacity building, indicators and evaluation, service delivery models, a presentation on "An Evaluation of an Assets-Based Comprehensive Youth Pilot Project in Four Toronto Schools" and a keynote address by Dr. Blake Poland from the University of Toronto's Dalla Lana School of Public Health on "The School as a Setting for Health Promotion: New Frontiers in Understanding and Working."

OHSC forged a partnership with the Ontario Physical and Health Education Association (Ophea) and the Ontario Association for the Supervision of Physical and Health Education (OASPHE), culminating in the production of *Healthy Schools Matter: A Discussion Paper on Making Healthy Schools a Reality in Ontario*. We also provided important input to the Health and Physical Education and Social Sciences and Humanities Curriculum Review processes.

In November, OHSC welcomed the newly released Ontario Public Health Standards, which clearly articulated the need for health units to work with school boards and school staff on various health issues using a comprehensive health promotion approach. Several of our members will be on the School Health Guidance Document workgroup to clarify best practices in achieving this. OHSC Co-Chair Carol McDougal received the Ophea Award of Distinction for her contributions to healthy opportunities for children and youth in Ontario's schools. Several OHSC members will also be involved with OPHA's Youth Engagement Project to foster protective factors against illicit drug use through health promoting schools. OHSC looks forward to welcoming new members as we grow to serve Ontario's children and youth through healthy schools.

Carol McDougal and Fran Perkins, Co-Chairs



Photos: Hoi Ki Ding

Ontario Chronic Disease Prevention Alliance (OCDPA)

Consisting of over 30 non-governmental organizations, programs and groups, OCDPA is Ontario's collective voice on chronic disease prevention. Its mission is to provide collaborative leadership to a comprehensive chronic disease prevention (CDP) system in Ontario.

This year OCDPA:

- Began a two-year initiative on early environmental exposures and chronic disease prevention with the Canadian Partnership for Children's Health and Environment (CPCHE).
- Corresponded with the Ministry of Health Promotion and the Ministry of Children and Youth Services regarding childhood obesity and the Ministry of Education regarding the Ontario Curriculum Review.
- Hosted a system Think Tank on Mental Health and Chronic Disease Prevention involving a broad spectrum of stakeholders in government, NGOs, health care and beyond.
- Developed common messages to support collective priorities and action on chronic disease prevention across Ontario.
- Initiated the creation of a paper on multiple risk factors.
- Developed weekly e-mail updates for OCDPA's membership networks.
- Published bi-monthly newsletters to enhance member engagement and knowledge exchange.

Hoi Ki Ding, Acting Manager OCDPA

*Participants in the **Think Tank on Mental Health and Chronic Disease Prevention: Moving Forward as a System** on February 6, 2009, in Toronto, enjoy a fitness break.*

Canadian Partnership for Children's Health and the Environment (CPCHE)

OPHA continued its support of CPCHE – an 11-member multi-sectoral collaboration of environmental, child care, clinical and public health groups committed to advancing children's environmental health protection through health promotion policy improvements and research. In 2008-09 CPCHE released *First Steps in Lifelong Health: A Vision and Strategy for Children's Health and Environment in Canada* with the support of Ontario's Environment Minister John Gerretsen. Building on a year-long National Policy Consultation on Children's Health and Environment convened with Pollution Probe in 2007, the document calls for action in research, law and policy, and on-the-ground protection.

CPCHE was selected by *Today's Parent* as its NGO partner on environmental health for the magazine's Healthy Kids 2009 program. Injury prevention, physical activity, mental health and environmental health and CPCHE's work will be featured in October, November and December 2009. The February 2009 edition of *Canadian Living* magazine quoted CPCHE's Partnership Director on the risks of toxic chemicals in house dust derived from consumer products.

OPHA hosted two CPCHE grants during the 2008/09 fiscal year – one from the Ontario Trillium Foundation provided core funding and another funded our Local Champions program and financed the training of public health inspectors on environmental health issues. The Local Champions program successfully trained 45 "Local Champions" across the province. Trainees are successfully incorporating their learning into their work routines and communicating their new-found knowledge within their spheres of influence. Phase 1 of the public health inspectors project, conducted by Ryerson University, ended in Spring 2008. Phase 2, the development of a resource for public health inspectors, will be completed by October 2009.

OPHA is also hosting a two-year collaboration between CPCHE and the Ontario Chronic Disease Prevention Alliance (OCDPA), funded by the Ontario Trillium Foundation's new Future Fund. This collaboration will explore links between early environmental exposures to toxic chemicals/pollutants and chronic disease.

- A report will describe the state of the scientific evidence, the current policy landscape, and integrated approaches to reducing fetal/child exposures and preventing chronic disease.
- A forum will be held on early environmental exposures and chronic disease prevention.

Constituent Societies

ANDSOOHA Public Health Nursing Management in Ontario

ANDSOOHA has created an orientation program for public health nurses – “Transition to Public Health Nursing.” It consists of three modules – Foundations of Practice, Public Health Nursing in Ontario and Building Relationships – and was funded by Health Force Ontario and developed in collaboration with Hamilton Public Health Unit, Niagara Public Health Unit, Eastern Ontario Health Unit, Leeds Grenville Health Unit, Lanark District Health Unit and Simcoe Muskoka District Health Unit. Each health unit made significant in-kind contributions to the project. York Region and the City of Toronto also made notable contributions. The toolkit was disseminated to all public health units, showcased at the CPHA and OPHA conferences and is available on the ANDSOOHA website.

Nancy Lacasse, Representative

Association of Ontario Health Centres (AOHC)

In 2008/09 AOHC recommitted itself to ensuring that members are appropriately resourced and equitably equipped to provide non-profit, community-governed, interdisciplinary health care services to the people of Ontario who most need it. Those familiar with our 75 Community Health Centres (CHCs), 28 CHC satellites, 25 Community Family Health Teams (CFHTs) and 10 Aboriginal Health Access Centres (AHACs) firmly believe they manifest the innovations needed to reclaim Canada’s leadership position in health and social development.

All CHC Executive Directors committed to implement the CHC Model of Care in their centres by endorsing the CHC Model of Care Charter. AOHC developed the CHC Model of Care Manual, which details the attributes, principles, underlying beliefs and values of the CHCs. AOHC also produced several reports on operational and systemic issues. A successful oral health campaign was conducted in partnership with the Ontario Oral Health Alliance and the Ontario Association of Public Health Dentistry.

Association of Ontario Health Centres (AOHC) – continued

AOHC is dedicated to advocating on such issues as the release of oral health funding for low-income Ontarians and the Community Health and Social Service Infrastructure Fund. Other ongoing challenges include MOHLTC incentive-based payment model for physicians that threaten the CHC Model of Care. This is probably the most important policy issue facing the CHCs at this time. We will continue to call on governments, health authorities and health providers to be more responsive to issues in population health and social determinants of health.

Simone Atungo **Adrianna Tetley**
President **Executive Director**

Association of Public Health Epidemiologists in Ontario (APHEO)

Throughout 2008/09 APHEO's vibrant membership (170 members and affiliates) took several significant steps towards advancing the professional practice of epidemiology in Ontario's public health units.

Major milestones were achieved on three significant initiatives. On the EpiData Project, we hosted a Field Workshop to 'road test' the EpiData software program and related epidemiologic methods for investigating local communicable disease outbreaks. On the Core Indicators Project, several existing indicators were updated. New ones are also available on the APHEO website. The prototype for our Chronic Disease Risk Factor Matrix Project was completed and showcased at various venues this spring. We completed the conversion of the APHEO website to a community-based wiki. All members can now make changes to the wiki portion of the website. Working groups and committees can keep their sections current. APHEO has also adopted an online electronic registration system. With funding from the Ontario Ministry of Health Promotion, APHEO hosted a symposium on "Geographic Information Systems (GIS) in Public Health" to discuss and disseminate new developments and best practices.

Our annual conference, held jointly this year with the Canadian Society of Epidemiology and Biostatistics focused on the theme "Expanding Horizons in Epidemiology: From Research to Practice." APHEO is well positioned to continue implementing its strategic plan which has clear aims and objectives in view up to 2011.

Alana Leffley, Representative

Association of Supervisors of Public Health Inspectors (Ontario) (ASPHI-O)

The Association of Local Public Health Agencies (alPHA), the Council of Medical Officers of Health (COMOH) and the Canadian Institute of Public Health Inspectors (Ontario Branch) (CIPHI-O) worked together to advocate for mandatory food handler certification, to prevent the selling of unpasteurized milk and commented on an Memorandum of Understanding Related to Food Safety in Fish, as well as the Ministry of Environment's *Toxic Reduction Strategy Discussion Paper*.

Ongoing challenges and opportunities include the implementation of the Small Drinking Water System Program, the recruitment and retention of public health inspectors, and enhancing communications within the profession. ASPHI-O continues to advocate for amendments to the *Health Protection and Promotion Act (HPPA)* and the Ontario Food Premises Regulation to require that all food premise operators and at least one other person present in food premises at all times of operation be a certified food handler. As outlined in the *Foodborne Illness in Toronto Report*, a new estimate of the full burden of foodborne illness in the city is 437,000 cases per year, with an annual economic impact of about \$500 million. These numbers would be significantly higher for the entire province. We look forward to working collaboratively with many other partners involved in environmental/public health issues in 2009/10.

Peter Gauthier, Representative

Community Health Nurses Initiatives Group (CHNIG)

CHNIG participated in several advocacy efforts, including Ontario's Poverty Reduction Strategy (with RNAO), childhood obesity initiatives, mental health in the Ontario Public Health Standards and inter-professional collaboration among professionals and health colleges. CHNIG also co-ordinated a collective response from public health nurses to the Ontario Public Health Standards and Protocols.

In collaboration with RNAO, CHNIG recommended revisions to the *Health Protection and Promotion Act* designed to improve the nursing leadership capacity of local health units. CHNIG and RNAO also addressed Healthy Babies Healthy Children funding and the Nurse Family Partnership (NFP) pilot study and incorporated the study into RNAO's submission to Ontario's Poverty Reduction Strategy.

Several CHNIG members participated in the national discipline specific network meetings which laid the groundwork for CHNIG's participation in the development and implementation of Pan-Canadian public health nursing discipline specific competencies. CHNIG members also contributed to a provincial orientation package for public health nursing through the joint Algoma Health Unit and ANDSOOHA Advisory Committee, funded by the Ministry of Health and Long-Term Care.

CHNIG's efforts to influence health and social policy included such issues as assessing optimal growth in infants with Dietitians of Canada and collaboration with OPHA's Advocacy Committees on Core Competencies for Public Health in Canada, Regulation and Inspection of Splash Pads, and Violence Prevention. We also participated in the review of the Ministry of Education's Health and Physical Education curriculum; and advocated to Premier Dalton McGuinty and the Minister of the Environment on cosmetic pesticide use.

Gloria Morris, Representative

Canadian Institute of Public Health Inspectors (CIPHI-O)

This year marked the 75th anniversary of the Canadian Institute of Public Health Inspectors (CIPHI) National Conference and the 70th anniversary of the CIPHI (Ontario) Conference. In addition to hosting two significant conferences, CIPHI reached a major milestone in the Continuing Professional Competencies (CPC) Project – one of its most significant initiatives.

This success is the result of a logistical and financial partnership with the Public Health Agency of Canada (PHAC) and the commitment and support of Environmental Public Health Professionals (EPHP) across Canada. After five years of meetings and draft revisions the *Competencies for Ongoing Development – Version 1.0* and the *Professional Development Model – Version 1.0* documents were released, marking a historical moment in CIPHI's 96-year history. The CPC Project will ensure that individuals entering or practising the profession (as well as EPHPs) are qualified, competent and ethical. CIPHI members will be required to participate in the CPC Project. Employers will be encouraged to make it a basic requirement in all job descriptions for Public Health Inspectors.

To mirror a national initiative, the CIPHI-O developed and launched a continuing education series for EPHPs and supervisors of EPHPs, which recognizes changes in practice, reflects new evidence-based information and introduces individuals to newly available equipment or materials. CIPHI was invited to participate in the development and review of the Ontario Public Health Standards (OPHS) and the accompanying protocols. We are also pursuing new partnerships with the Ontario Agency for Health Protection and Promotion.

**Peter Heywood, President
CIPHI (Ontario Branch)**

Health Promotion Ontario (HPO)

Active since 1987, HPO is a network of 160 health promotion practitioners throughout Ontario who are employed in Public Health Units, Health Promotion Resource Centres and Community Health Centres. This year, we have worked to build capacity and support the integration of comprehensive health promotion strategies.

The development of discipline-specific core competencies for health promoters is an important goal for us that is being pursued in collaboration with the Public Health Agency of Canada (PHAC). Literature reviews of trends and existing competencies for health promoters have laid the foundation for a draft set of discipline-specific competencies that are being used for extended consultation with health promotion stakeholders across Canada. To broaden this work, we supported the health promoters of Manitoba in their discussion of the competencies. With funds from PHAC, we are continuing development of health promotion competencies at the national level. A group was formed at our May 2008 Annual General Meeting to develop a discussion paper that complements our *Fulfilling the Promise* paper of 2005. The HPO's 2008 conference, "Poverty, Politics and Public Health," was well attended and enthusiastically received. This year we inaugurated the Lori Chow Memorial Award for Excellence in Health Promotion, which will be presented annually through a nomination process preceding the annual conference.

Inge Roosendaal, Representative

Ontario Association of Public Health Dentistry (OAPHD)

As oral health continues to permeate the news, OAPHD has been building partnerships and responding to issues as they arise. Our successes include \$3 million in funding from Health Canada for dental equipment in Ontario health units and the McGuinty government's expansion of the Children In Need Of Treatment (CINOT) Program to include youth up to and including 17-year-olds.

Since last year's provincial commitment to invest \$135 million in a dental program for low-income individuals, OAPHD has presented a *Proposal for Improving Access to Dental Care for Low Income Residents of Ontario* to the Ministers of Health and Community and Social Services and reported on the capacity of public health units to expand programming and work with community partners upon receipt of the funds. We have also been advocating collaboratively with AOHC and others for the government to proceed with implementation of the program as promised.

OAPHD has worked hard at promoting and defending the merits of water fluoridation. Through a Health Canada research grant we have been developing a water fluoridation literature review and creating strategies to support fluoridation so that we can offer assistance to health units in addressing their local fluoridation issues. In these efforts OAPHD is pleased to have partnered with many stakeholders including the Ontario Dental Association, the Royal College of Dental Surgeons of Ontario, local dental societies, the Canadian Dental Association and the Chief Dental Officer of Canada. We are currently working with the Ontario Agency for Health Promotion and Protection to seek support with the generation and exchange of knowledge to support public dental health.

Anna Rusak, Representative

The Ontario Public Health Libraries Association (OPHLA)

OPHLA focused its efforts on developing search strategies for the interactive version of the Ontario Public Health Standards (OPHS). Several members gave presentations and provided training sessions within their health units to familiarize colleagues with these resources. We also provided training sessions on evidence-informed practice and critical appraisal of the literature. These sessions address the Public Health Agency of Canada Core Competencies. Presentations were also given at the Canadian Health Libraries Association annual conference and the OPHA conference.

OPHLA successfully advocated to the Ministry of Health and Long-Term Care for additional databases for the Public Health Portal. We were successful in obtaining three new full text databases – Health Business Fulltext Elite, Nursing & Allied Health Collection and Psychology and Behavioral Sciences – for the Virtual Library. These databases allow staff in public health units free access to evidence-informed public health information. We also succeeded in negotiating a reduced price group purchase of the Ebsco A to Z software, which allows health units to organize a single access point for all their full text electronic journals.

OPHLA also succeeded in significantly expanding its role as a service to health units. In January OPHLA was invited to join the Board of the Ontario Council on Community Health Accreditation (OCCHA), giving us an opportunity to advocate for the inclusion of access to library services in the Ontario public health unit accreditation standards.

Elena Goldblatt, Representative

Ontario Society of Nutrition Professionals in Public Health (OSNPPH)

Members of OSNPPH worked diligently throughout the year to strengthen the organization by building its membership and designing the structures required to fulfil its mandate as a voice in policy development and as an advocate on significant public health nutrition issues. OSNPPH articulated its concerns to Health Canada regarding legislation on the discretionary fortification of foods with vitamins and minerals. The organization made submissions to the Ministry of Education regarding school nutrition standards and assessed the nutrition standards embodied in the *Day Nurseries Act* in hopeful anticipation of its coming under review in the near future. OSNPPH is continuing to strengthen its capacity for advocacy by developing a process for identifying and prioritizing issues for advocacy as they emerge.

Barbara Bartle, Representative

Public Health Research, Education and Development (PHRED) Program

With a history spanning more than two decades, the PHRED Program continued to focus on applied research, knowledge exchange and workforce development. We published our second report “then... now... tomorrow 2008,” which was released at the 2008 OPHA Conference.

Staff from the five PHRED sites – Hamilton, Kingston, London, Ottawa and Sudbury – conducted numerous applied research projects, often in partnership with others. Linking with more than 10 academic institutions, the five sites provided placements for 1,626 undergraduate and graduate students, and connected with almost 9,400 students through classes and tutorials. Providing student placements and influencing curriculum remain important priorities.

PHRED staff continued to collaborate across sites and actively engaged in the province’s public health renewal. The program demonstrated leadership on many provincial initiatives including:

- Maintaining the Benchmarking website.
- Providing evaluation support to Cancer Care Ontario. Initiating the development of an annotated bibliography of online evaluation tools and resources.

Public Health Research, Education and Development (PHRED) Program

– *continued*

- Completed deliverables for the Ministry of Health Promotion related to Ontario's Action Plan for Healthy Eating and Active Living.
- Continuing to partner with the University of Waterloo on the School Health Environment Survey (SHES).
- Participating in developing a proposal led by the Council of Medical Officers of Health (COMOH) to create a provincial surveillance system to monitor childhood healthy weights.

Dissemination of products locally, regionally and nationally and working with others to use PHRED products remain top priorities. Discussions initiated in the fall are continuing with the Ontario Agency for Health Protection and Promotion and the MOHLTC about how PHRED's functions – applied research, knowledge exchange and workforce development – should be structured to meet the needs of Ontario's public health system. With our history, experienced staff and strong linkages to practice, we remain committed to making a difference to the art and science of public health practice.

Charlene Beynon, Representative

Financial Statements

Auditors' Report on Summarized Financial Statements

To the Members of Ontario Public Health Association

The accompanying summarized statement of financial position, statement of revenues and expenses, and statement of cash flows are derived from the complete financial statements of the Ontario Public Health Association as at March 31, 2009 and for the year then ended on which we expressed an opinion without reservation in our report dated May 15, 2009. The fair summarization of the complete financial statements is the responsibility of management. Our responsibility, in accordance with the applicable Assurance Guideline of The Canadian Institute of Chartered Accountants, is to report on the summarized financial statements.

In our opinion, the accompanying financial statements fairly summarize, in all material respects, the related complete financial statements in accordance with the criteria described in the Guideline referred to above.

These summarized financial statements do not contain all the disclosures required by Canadian generally accepted accounting principles. Readers are cautioned that these statements may not be appropriate for their purposes. For more information on the entity's financial position, results of operations and cash flows, reference should be made to the related complete financial statements.

The financial statements as at March 31, 2008 and for the year then ended were audited by other auditors who expressed an opinion without reservation on those statements in their report dated June 12, 2008.



Chartered Accountants, Licensed Public Accountants

Mississauga, Ontario
May 15, 2009

Ontario Public Health Association
Statement of Financial Position

March 31	2009	2008
Assets		
Current		
Cash	\$ 151,967	\$ 177,144
Temporary investments	500,000	500,000
Accounts receivable	271,066	75,629
Prepaid expenses and deposits	14,938	7,292
	937,971	760,065
Property, plant and equipment	38,268	74,225
	976,239	834,290
Liabilities		
Current		
Accounts payable and accrued liabilities	256,140	248,216
Deferred membership revenue	13,716	11,533
Deferred revenue	300,946	163,996
Property, plant and equipment contribution	27,167	33,959
	597,969	457,704
Net Assets	\$ 378,270	\$ 376,586
Net assets represented by surplus		
Balance, beginning of year	\$ 376,586	\$ 459,520
Surplus (deficit) for the year	1,684	(82,934)
	\$ 378,270	\$ 376,586
Surplus consists of the following fund balances:		
Operating Fund	\$ 323,270	\$ 321,586
Designated Capital Asset Fund	50,000	50,000
Student Award Fund	5,000	5,000
	\$ 378,270	\$ 376,586

Ontario Public Health Association
Statement of Revenues and Expenses

For the year ended March 31	2009	2008
Revenues		
Core	\$ 238,318	\$ 267,221
Projects	4,253,405	4,077,768
	<u>4,491,723</u>	<u>4,344,989</u>
Expenses		
Core	236,608	356,682
Projects	4,253,431	4,071,241
	<u>4,490,039</u>	<u>4,427,923</u>
Surplus (deficit)	<u>\$ 1,684</u>	<u>\$ (82,934)</u>

Ontario Public Health Association
Statement of Cash Flows

For the year ended March 31	2009	2008
Cash provided by (used in)		
Operating activities		
Surplus (deficit)	\$ 1,684	\$ (82,934)
Adjustments required to reconcile surplus (deficit) with net cash provided by operating activities		
Amortization	39,493	55,032
Amortization of property, plant and equipment contribution	(6,792)	(8,489)
Changes in non-cash working capital balances		
Accounts receivable	(195,437)	(9,845)
Prepaid expenses and deposits	(7,646)	9,963
Accounts payable and accrued liabilities	7,924	(52,178)
Deferred membership revenue	2,183	(3,654)
Deferred revenue	136,950	(74,886)
	<u>(21,641)</u>	<u>(166,991)</u>
Investing activities		
Purchase of property, plant and equipment	<u>(3,536)</u>	<u>—</u>
Decrease in cash and cash equivalents during the year	(25,177)	(166,991)
Cash and cash equivalents, beginning of year	677,144	844,135
Cash and cash equivalents, end of year	\$ 651,967	\$ 677,144
Cash and cash equivalents consists of the following:		
Cash	\$ 151,967	\$ 177,144
Temporary investments	500,000	500,000
	<u>\$ 651,967</u>	<u>\$ 677,144</u>

OPHA Glossary of Acronyms

alPHa

Association of Local Public Health Agencies

BAC

Blood Alcohol Content

CAMH

Centre for Addiction and Mental Health

CASN

Canadian Association of Schools of Nursing

CFA Program

Community Food Advisor Program

CFS

Community Food Security

CHC

Community Health Centre

CIHR

Canadian Institutes for Health Research

COUPN

Council of Ontario University Programs in Nursing

CPHA

Canadian Public Health Association

DC

Dietitians of Canada

EPPHP

Effective Public Health Practice Project

HEAL

Healthy Eating and Active Living Program

HFHS

Healthy Food for Healthy Schools

ICFS

Interagency Council on Food Safety

IUHPE

International Union for Health Promotion and Education

MADD

Mothers Against Drunk Driving

MHP

Ministry of Health Promotion

MOHLTC

Ministry of Health and Long-Term Care

NGO

Non-government Organization

NRC

Nutrition Resource Centre

NutriSTEP® Program

Nutrition Screening Tool for Every Preschooler

OCCHA

Ontario Council on Community Health Accreditation

OCGHEPA

Ontario Collaborative Group on Healthy Eating and Physical Activity

ODAP

Ontario Drug Awareness Partnership

OHHN

Ontario Heart Health Network

OHPRS

Ontario Health Promotion Resource System

OIPRC

Ontario Injury Prevention Resource Centre

OPHA

Ontario Public Health Association

Ophea

Ontario Physical and Health Education Association

OPHS

Ontario Public Health Standards

PARC

Physical Activity Resource Centre

PHAC

Public Health Agency of Canada

PHRED

Public Health Research, Education and Development

PRO

Parks and Recreation Ontario

PVC

Prevention of Violence Canada

RNAO

Registered Nurses Association of Ontario

RRFSS

Rapid Risk Factor Surveillance System

SHES

School Health Environment Survey

TPH

Toronto Public Health

WHO

World Health Organization



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(OPHA)**

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