



**Ontario Public Health Association**  
 l'Association pour la santé publique de l'Ontario  
 Established/Établi 1949

The mission of 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.

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**Constituent Societies**

- Alliance for Healthier Communities
- Association of Public Health Epidemiologists in Ontario (APHEO)
- Association of Supervisors of Public Health Inspectors of Ontario (ASPHIO)
- Canadian Institute of Public Health Inspectors (Ontario Branch) (CIPHIO)
- Community Health Nurses' Initiatives Group (RNAO)
- Health Promotion Ontario (HPO)
- Ontario Association of Public Health Dentistry (OAPHD)
- Ontario Association of Public Health Nursing Leaders, (OAPHNL)
- Ontario Dietitians in Public Health (ODPH)
- Ontario Society of Physical Activity Promoters in Public Health (OSPAPPH)

*Charitable Registration  
 Number 11924 8771 RR0001*

June 13, 2018

**Re: Support for the Canadian Guidelines for Physical Activity throughout Pregnancy**

To Whom It May Concern,

On behalf of the Ontario Public Health Association (OPHA) and the OPHA Reproductive Health Workgroup, it is our pleasure to indicate our endorsement of the Canadian Guidelines for Physical Activity throughout Pregnancy.

OPHA has established a strong record of success as the voice of public health in Ontario. We are a member-based not-for-profit association that has been advancing the public health agenda since 1949. OPHA provides leadership on issues affecting the public's health and strengthens the impact of those who are active in public and community health throughout Ontario. We are unique in that our membership represents many disciplines from across multiple sectors. As such, we have a number of volunteer subject matter expert working groups and networks that help drive issues for OPHA, including the Reproductive Health Workgroup and a Breastfeeding Promotion Network. In addition, the Ontario Society of Physical Activity Promoters in Public Health is one of our constituent societies and member of our Board of Directors.

As advocates for the promotion of maternal, fetal and neonatal health, OPHA is encouraged to find the studied benefits of prenatal physical activity as a preventative and therapeutic measure to reduce pregnancy complications, and optimize maternal-fetal health. We recognize that for some women who are pregnant and trying to be active, the lack of knowledge and uncertainty as to whether prenatal physical activity may increase the risk of miscarriage, growth restriction and preterm birth, have served as barriers. Thus we are pleased that the Canadian Guidelines for Physical Activity throughout Pregnancy can help break these barriers, provide evidence-based recommendations and a prescription for physical activity to reduce pregnancy complications and optimize health across the lifespan of both

women and their children. We agree to having a statement of our endorsement included and welcome the opportunity to be associated with these new guidelines.

Sincerely,



Pegeen Walsh

Executive Director

***More about the Ontario Public Health Association***

*We are a member-based, not-for-profit association that has been advancing the public health agenda since 1949. OPHA provides leadership on issues affecting the public's health and strengthens the impact of those who are active in public and community health throughout Ontario. OPHA does this through a variety of means including advocacy, capacity building, research and knowledge exchange. Our membership represents many disciplines from across multiple sectors.*

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