

Healthy Eating in Recreation Facilities Meeting Minutes

Wednesday, May 25, 2016 - 10:00 – 1:00 at PRO Offices

Participants: Candice Einstoss (York Region/OSNPPH), Dianne English (PRO), Karen Gough (NRC), Isabela Hermann (Peel Health/OSNPPH), Ramus Keliacius (City of Hamilton/PRO Board of Directors), Katie Neil (County of Oxford/OSNPPH), Donna Smith (NRC)

Facilitator: Kim Hodgson (HC Link) – recorder

Minutes: Kim H. and Isabela H.

Welcome and Introductions

Isabela and Kim - completed

Review Meeting Objectives/Expectations

Kim – completed overview

1. Build shared understanding of the issue - Provide context and highlight activities completed to date
2. Create a shared vision for the group - Vision incorporates interests, mandates, needs of each org
3. Identify key objectives, with supporting actions/activities
4. Confirm Next Steps for the group

Context Setting and Activities to Date

Isabela/ Karen/Diane - completed

Organization Overview/Background for each organization (overview and influence/stakeholders/associates relevant to project (OSNPPH, NRC, PRO) considering the organizations Background/Vision etc.; stakeholders/reach; influence; association links relevant to the project and other ideas.

Background and Context Setting:

The group reviewed the power point and documents shared prior to this inaugural partnership meeting (below). It was apparent that although healthy recreation food environment's is a relatively new topic, there is activity across Canada and throughout Ontario. The group agreed there is value in partnering to support this area and that a lot of initial work done has been done to date by OSNPPH and NRC. The importance of including a quantity food service perspective was noted by Karen. The group agreed with Ramus who noted profitability and incorporation of a business case will be important to local sites and municipalities. Group members agreed there is much to be learned, and built upon from the BC experience/locally targeting website toolkit.

- Organizational overviews from PRO, OSNPPH and NRC (see power point for details)
- Building **Healthier Food Environments** In Recreation – from OSNPPH Situational Assessment (2014)
- Healthy Eating Environments **Stakeholder Chart** – OSNPPH
- **Initiatives Shaping Recreation** Centre Food Environments in Canada - NRC
- Healthy Eating in Recreation Facilities – Provincial **Guidelines and Tool Kits** - NRC
- (National Recreation Activities) **Evidence Chart** for Recreation Centre Literature Review - NRC
- Healthy Eating Recreation **Implementation Supports and Challenges** BCRPA
- Recreation Food Environment (**Comprehensive**) **Framework** - BCRPA

Influences/Opportunities that may impact this initiative

1. Afterschool programs that are funded by MTS will have guidelines for healthy eating (as well as camps)
2. Rec providers will be looking at nutrition programs' guidelines – i.e. CCEYA, afterschool programs, PPM 150
3. Harmonization of nutrition standards/policies across Ontario - MCYS student nutrition program guidelines to be updated/released this summer, next phase of CCEYA modernization will set nutrition standards in regulation, PPM 150 will also be modernized
4. Healthy Kids Community Challenge is a major Government priority and component of the Healthy Kids strategy – focusing on school-age kids to link to HKCC and support buy-in¹

Potential commitment – in-kind and financial (alphabetically NRC, OSNPPH, PRO) – to be continued

As noted below, discussion showed the group has common strengths (advocacy, evidence, networking, experience working with provincially based projects). We also bring organizational specialization that will enable the success of this project (for example PRO's local recreation specialist network, OSNPPH's Registered Dietitian specialists, NRC's communication systems and project coordination (potential).

What does each of us bring/need?

PRO

- Advocacy expertise
- Evidence-based info
- Experience implementing a broad provincial initiatives with recreation sites/staff (e.g. High Five)
- Extensive Recreation Networks (local recreation staff, NGO and government organizations) with implementation experience
- Policy Analysis expertise

NRC

- Advocacy – through relationship with OPHA
- Communication and promotion support, including social media, webinars, workshops and forums
- Evidence based resources sharing via the NRC Navigator
- Extensive knowledge and expertise in food/nutrition, public health nutrition and the food system (team of RDs/MPH graduates on staff)
- Extensive networks and cross-sector stakeholders (i.e. Government, public health, primary health, academia, community-based orgs, health promotion resource centres etc.)
- Policy analysis and consultation expertise
- Registered Dietitian coordinator/administrative support for a half day a week (final approval pending)
- Research and KTE

¹ Note: Although we did not specifically discuss this at our meeting MOHLTC has announced that the HKCC will be extended for another year (total of four themes) and the next theme after water/SSB will also be a healthy eating theme

What does each of us bring/need?

OSNPPH

- Advocacy expertise
- Evidence Informed Decision Making (EIDM) processes and experience
- Expertise in Public Health food and nutrition, nutrition standards and food systems
- Implementation experience at local level
- Networks
- Province-wide, local knowledge expertise and connections
- Resources and work completed to date, i.e. initial relevant data from environmental scans, frameworks etc.

ACTION Context Setting and Activities to date:

- Further discussion to clarify in-kind and financial commitment

Develop shared vision and objectives of this group

Show [Healthy Eating at School Sporting Events Video](#) – Dr. Raines Alberta - outstanding

Given timelines and the group size Kim offered an alternative discussion format resulting in the following:

Vision - To be developed

Mission - To be developed

Values:

- Evidence based approach
- Culturally sensitive
- Agreement on Nutritional Guidelines

General Areas of Focus

- PRO indicated they would like to prioritize working with municipally run recreation settings (vs. 3rd party) as they are thought to be influenced more easily and enable greater impact. HERS noted that sports organizations might be an easy win and perhaps should not be ruled out. The group agreed that this is a very large project that will require a staged approach and working with municipalities is a good place to start.
- Development of a broader coalition was noted and requires further discussion (see below).

Possible Strategic Directions and Activities

1. Advocacy

- a. Province wide awareness of the importance of the recreation food environment to influence eating behaviours/health and the acceptance of Healthy Eating Environments in Recreation
- b. Harmonization of provincial nutrition guidelines

Possible Strategic Directions and Activities

2. Building Local Capacity

- a. Focused support at local level for advocacy and implementation
 - i. Development of an Implementation Toolkit that is customized and adaptable to assist people across the province “where they are”
 - Highlight PHO Policy Steps and other models
 - Develop an evidence base to support efforts/move forward at the local level
 - Development of a Business Case
 - Tools to help better understand local bylaw/policy
 - Identify regional, local champions
 - Training and support at the local level
 - Ongoing monitoring of efforts
 - ii. Knowledge Exchange/Peer Sharing
 - 1. Community of Practice/Peer Sharing at a Local Level

3. Communication

- a. Increase public understanding of importance of healthy eating in rec facilities etc. (Shifting Norms)
- b. Branding
- c. Development of a Communication Plan
 - i. Use of Social Media

4. Identify Funding Opportunities

Develop a shared vision and objectives of this group *continued*

Additional comments and questions from group discussion:

The group appreciated the Situational Assessment done by OSNPPH and the NRC. There was agreement that updating and obtaining additional information will be important. Ideas included:

- 1. What’s happening across Ontario with regard to policy development in rec facilities?
 - Survey PRO members to get some information?
 - Create a “living document” and track progress over time?
- 2. What have other groups/coalitions/partnerships done to address this issue before?
 - What did they learn?
 - How can we build on previous efforts?
 - Who or what groups may we want to work with, keep informed or learn from?

Additional comments and questions from group discussion:

3. Greater understanding of the Food Environment and Food systems, with respect to:
 - Shared purchasing
 - Rural vs. urban setting differences
 - What can we learn about how to approach this issue, innovation etc. from outside the recreation setting?
 - What can we learn about influencing purchasing patterns in this food environment? (i.e. nudge theory, Naylor's work in BC)
4. How can we apply a change management model to approach this work?

ACTIONS - Develop a shared vision and objectives of this group

Considering previous learning/ideas/discussion:

- Craft a vision, mission, values, terms of reference and focus
- Incorporate information from *Additional Comments and Questions from Group Discussion* into project activities as appropriate.
- Continue to define possible strategic directions and activities in conjunction with:
 - A staged approach
 - Capacity of this partnership with an ad hoc support network compared to this partnership with a formal (broad) coalition.

Organization of the Group

How could we “organize ourselves” to move this work forward? What models should we consider?

Q. Do we need to form a broad-based coalition (Ontario Healthy Eating in Recreation Facilities Coalition or have a “partnership of three” and bring in others as needed?)

- What has worked well before for others?
- Other ideas? (Kim to be prepared to speak to the Collective impact Framework, if relevant to the discussion.)

This agenda item was not mentioned but not specifically discussed. Diane/PRO noted an interest if focusing on local municipalities and Isabela/OSNPPH suggested there is value in developing a coalition to support the project and enhance advocacy efforts. Who else should we consider inviting to be involved in some, or all of this work?

What elements of working together do we need to think about?

(These elements could go into a Terms of Reference later, if applicable)

- Model of governance best suited to the group
 - Decision-making
 - Leadership (chairs, co-chairs etc.)
 - How should this group organize itself to move these activities forward?
 - Participation and representation – who else should we invite to contribute to this work?
- Communication (with each other, back to our own organizations etc.)
 - Preparation of Agendas/Notes
 - Meeting frequency, (in person or remote)
- Development of a Workplan, evaluation framework etc.

ACTIONS - Organization of Group

- Continue coalition discussion
- Establish our elements of working together (see questions above).

Next Steps: Isabela/OSHPPH-HERS will create an agenda and work with group to schedule another meeting.