

OSNPPH HERS workgroup

Meeting **MINUTES** March 2nd, , 2017

Co-Chairs: Isabela Herrmann, Kathryn Forsyth

Members Present: Victoria Holla, Kathryn Forsyth, Isabela Herrmann, Laura Dias, Suzanne Neuman, Vicki Edwards, Lisa O'Brien, Jessica MacKay, Paula Ross, Molly Campbell, Connie VanBellinghen, Katie Neil, Jessica Love

Regrets: Carolyn Froats-Emond, Heather McMillan, Donna Smith, Ellen Lakusiak, Candice Einstoss, Danielle Labonte, Elsie Azevedo-Perry, Emily St. Aubin, Lauren Kennedy, Lisa Needham, Carolyn Terezkowski, Heather Nadon

1. Call to order at: 9:35 a.m.
2. Welcome to new members - Carolyn Tereszowski, Laura Dias, Suzanne Neuman Vicki Edwards, -members resigned - Mary Turfryer and Sandra Almeida.
3. Additions to Agenda - No additions to the agenda.
4. Approval of February Minutes – Approved.

5. Business arising from Previous minutes

5.1 HERS Rec Projects to connect with HKCC rec projects

- Completed Action: Kathryn and Annette Cheung drafted generic call to the OSNPPH listserv to recruit new members and those also working on HKCC. Send to Kathryn and Isabela for review prior to posting.
- Completed Action: message posted on OSNPPH listserve

Kathryn asked new members if this was how they found us. Suzanne, Vicki, Laura and Carolyn found this group through the generic call to OSNPPH listserv.

5.2 Advocacy OSNPPH/HERS

- Ontario Trillium Foundation (OTF) Grants lacking a Nutrition Stream. Jessica Love went to an OTF session. She reported that at the meeting local OTF manager said that many people have raised this issue and they referred back to the fact that all of their streams are based on ample research (Canadian Index of Wellbeing). They said that nutrition can fit into their various streams. Jessica's team is framing nutrition under "connected people". Kathryn said that nutrition can definitely fit under the different streams but is concerned that it isn't mentioned directly which makes it challenging to lobby for funding.

OTF how they got to where they are re: streams

<http://otf.ca/what-we-fund/canadian-index-wellbeing>

Link to the Canadian Index of Wellbeing

<https://uwaterloo.ca/canadian-index-wellbeing/>

Isabela has connected (2016) with a number of staff including upper management levels at OTF and they seemed to think our HERS project didn't fit into the streams. Program strategy lead Doug Gore stated he would take the discussion to the [OTF strategy leads](#) for further discussion.

Action: Isabela to contact OTF again, and follow up to find out when the streams may be revised, and who we should direct our lobby efforts towards. She will report back to the group and Candice.

Action: Upon follow up from Isabela, Candice to discuss this matter at the next advocacy committee meeting and will ask for their ideas/suggestions on next steps. *Current thoughts include drafting a letter for OTF advocating to include nutrition in next round, but uncertain of when the next OTF grant will be released.*

5.3 HERS Activities for 2017 - **see ongoing business**

5.3.1 Developing an Options Paper

Completed Action : Isabela organized initial meeting (see below)

5.3.2 Discussion ensued regarding the benefit of HERS extending an invitation to Jason from the Provincial Health Promoter group to join HERS. It is thought that perhaps he can share some insight/information from his experience of moving the Ontario Physical Activity Strategy forward. He may also be able to share information on how to move forward with the partnership group, and share info about grants and methodology.

Completed Action: Isabela moved topic Options Paper Subgroup

5.4 **Ongoing Action:** Following document updates Isabela will share Peel Nutrition Guidelines/criteria for choosing healthy options.

5.5 **Deferred Action:** HERS not contacted by PRO (as promised) re 2016 conference presentation opportunity. Isabela to follow up during next communique with Diane English to ensure opportunity for 2017

6.0 New Business

6.1 Call out - new chair/co-chairs will be needed by June 2017, starting July's meeting

7.0 Ongoing Business

7.1 Grant investigations/Options

1. Ministry of Tourism, Culture and Sport – This grant would not support HERS work, but members should be aware of its existence as an FYI

Action complete: Ontario Sport and Recreation Communities Fund (OSRCF) 2017–18.

OSRCF is a grant program that supports the government's vision to enable people in communities across Ontario to lead healthy, active lives. The fund increases opportunities for participation in sport and recreation, supports implementation of physical literacy as a foundation for lifelong physical activity and strengthens the community sport and recreation sector.

FYI: The deadline to apply for the Ontario Sport and Recreation Communities Fund 2017–18 is February 1, 2017 at 5:00 p.m. EST. The deadline has passed but might be interesting to investigate eligibility again food/nutrition is not mentioned , very activity -focused : Full details, including who's eligible and how to apply, are available through [Grants Ontario](#), (< click on that!) the government's one-window access to information about grants

7.2 Liaison Report

Action: Jessica to provide update on the communications sub group's work with the NRC on press package, and the upcoming call out to HKCC RD about joining HERS. (Complete. It got to the right person)

Action: WG to review draft annual report (Jessica/Kathryn)

Jessica had asked co-chairs to collaborate to create a draft annual report. This report is posted in the HERS workgroup platform online. During the meeting we reviewed the report and members provided feedback. Jessica will make the edits to the document and will post the revised draft.

Action: HERS members to review the draft annual report and e-mail revisions to Jessica by Wednesday March 8.

Action: Jessica to send to OSNPPH by deadline March 10th.

7.2 Press Release Subgroup Update (Kathryn)

The group had a good and productive meeting last Friday. The press release package is taking shape. Members shared their drafts and gave constructive feedback. Drafts are due by March 10 and the group will meet again on March 24 to finalize drafts. Once this is complete they will share with the larger group for review. Goal is to have everything ready for April as NRC has agreed to do the design/formatting and they are available early April. The design/formatting will inform the PowerPoint presentation.

7.4 Options Paper Subgroup Update (Isabela (chair), Paula R., Donna S., Kim H. (HC-Link)

[Options Paper Subgroup Notes March 1st 2017](#) details decisions and discussions. additionally useful links to HC-LINK partnership development resources are included

8.0 Other Business/ upcoming continuing education opportunities

8.1 NRC Webinar - [Drawing the line: Ultra-processed foods and Canada's dietary recommendations](#)

8.2 Dietitians of Canada webinar

Action: Kathryn to find link to share. Jan 31st webinar: [Experiences of a registered dietitian working with built environments - CPHN Network Webinar](#)
<https://www.osnpnh.on.ca/upload/membership/forum/dc-presentation-jan-31-2017.pdf>

Action: Kathryn - have asked DC if they are willing to share slides -- awaiting their response

in the meantime- another good webinar through NRC was held March 2nd and that is available for viewing if you missed it - they had some technical difficulties but good info - esp. the time line slide near the beginning of the presentation - interesting to see the progression of sustainability as an issue

The recording and slides for NRC's webinar *Sustainability in Dietary Guidelines* are now available for viewing [here](#).

9.0 HERS Updates:

9.1 Environmental Scan (ES) Updates (Isabela):

Isabela shared that she is adding new HU charts to the ES and asking new members to add their HU plans/activities. Group agreed it would be useful to have significant updates posted on an ongoing basis as members are able and/or biannually (chairs will continue to send biannual reminders).

Ongoing ACTION: members to post their significant activities into the ES on an ongoing basis and/or biannually

9.2.1 Roundtable Discussions (Isabela)

Ongoing ACTIONS: Members agreed to write their own round table notes. Members will ensure their notes are added to the minutes by (1) sending them to the minute taker prior to posting or (2) adding them into posted minutes

Members will also add significant roundtable notes to the ES (as noted above)

9.2.2 Round Table Updates (All):

Lisa O'Brien: City representatives on our HKCC workgroup are leading an initiative to develop a municipal Healthy Food and Beverage Policy for the City of Sault Ste. Marie. Public Health will sit on a committee with city staff to help draft a policy which will be brought to City Council for approval. In addition, the health unit will be releasing an infographic and media release to the general public in March to share our survey results and help generate support for healthier choices in recreation settings.

Paula Ross: One of the HKCC interventions for theme 3 that has been proposed for Ministry approval is the Super-Snackables programs.

The group wanted to congratulate Heather for the great work that she does in Kingston with the Super-Snackables program.

Vicki Edwards: Has been asked to prepare some cooking classes at rec centres and asked for relevant resources. It was noted that there is a good document from Newfoundland with recipes and that the SNP recipes are good.

Suzanne Neuman: Through HKCC they are working with contacts in arenas to change the concessions. They want to do a major revamp.

Next meeting (Dial in numbers below):

Recorder: Carolyn Froats-Emond

Please use local Dial in numbers or 1-866-279-1594 Participant code 4037814	
OSNPPH Teleconference Local Dial-In Numbers Location	Dial-In Telephone Number
Belleville, ON	613-707-3729
Guelph, ON	519-341-9760
Hamilton, ON	905-963-1096
Kitchener-Waterloo, ON	226-240-8302
Ottawa, ON	613-686-1547
Parry Sound, ON	705-996-0898
Sudbury, ON	705-805-2087
Toronto, ON	416-507-1616
Windsor, ON	226-773-0512

Members List – Alphabetical by first name (updated March 2nd 2017- Co-chairs to maintain)

Carolyn Froats-Emond, Candice Einstoss, Carolyn Terezkowski, Connie VanBellinghen, Danielle Labonte, Donna Smith, Ellen Lakusiak, Elsie Azevedo-Perry, Emily St. Aubin, Heather McMillan, Heather Nadon, Isabela Herrmann, Jessica Love, Jessica MacKay, Kathryn Forsyth, Katie Neil, Laura Dias, Lauren Kennedy, Lisa Needham, Lisa O'Brien, Molly Campbell, Paula Ross, Suzanne Neuman, Vicki Edwards, Victoria Holla