



Ontario Dietitians in Public Health
Diététistes en santé publique de l'Ontario

Building Partnerships for Tomorrow with Lessons Learned Today

When time allows...

By
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Presenter

Isabela Herrmann RD has worked for Peel Public Health focusing on healthy eating for 17 years.

An avid supporter of Ontario Dietitians in Public Health she is the past co-chair and presently the partnership subgroup lead of the Healthy Eating Recreation Settings work group (HERS).

Isabela is privileged to work **with a talented and dedicated group of RD's**. She believes, through partnerships and collective impact, the long term goal of healthy eating environments in recreation can be accomplished.

Presentation Outline

Ontario Dietitians in Public Health's Healthy Eating Recreation Settings workgroup (HERS) was created to support public health unit efforts to shift recreation towards healthy eating environments.

This presentation overviews activities related to HERS partnership efforts rather than healthy food environments.

- Highlights importance, evidence process, supports and barriers
- Canada's provincial partnerships, stakeholders and resources
- HERS goals, activities and partnership journey and challenges
- Next Steps

Recreation is a key setting for Healthy Eating Environments

Recreation centres offer a surplus of unhealthy food and beverage options and have been identified as one of Ontario's key healthy eating environment settings.

“[There is] a blatant yet unspoken irony; the overwhelming presence of calorie-laden processed foods and sugary drinks in recreation facilities.”

Ashley Hughes RD,
Alberta Policy Coalition for Chronic Disease Prevention

What about the evidence?

HERS 2013 to 2016: Completed a national and Ontario evidence review, community and situational assessments to inform decision making

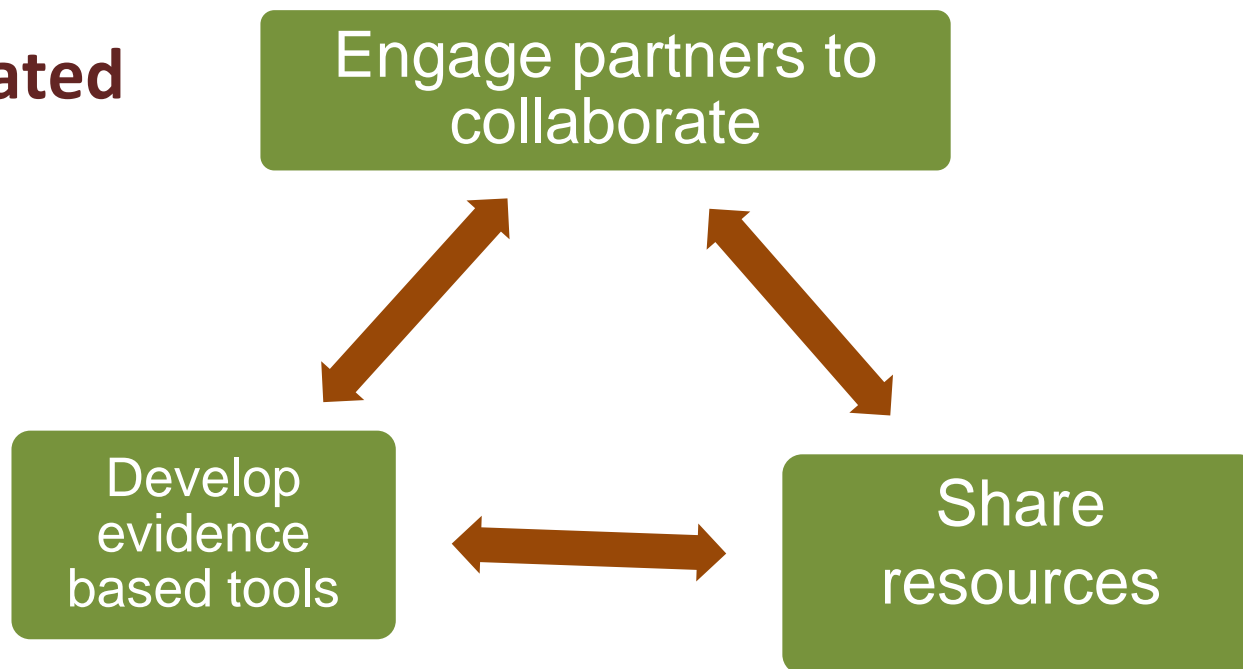
HERS Ongoing:

- HERS member local biannual situation assessments
- Ongoing published research sharing (tracking chart)
- Local successes and challenges shared during monthly meetings
- Ongoing grant scanning (tracking chart)

HERS activities informed by evidence

Vision: Foster comprehensive healthy food environments in recreation settings throughout Ontario.

**Interrelated
Goals:**



HERS partnerships, a dream and a journey....

Parks and Recreation Ontario (PRO) is the conduit for Ontario's recreation sector. In other provinces recreation experts say 'It is our 'house' and we want to lead/be involved from the beginning!

PRO Partnership Goals:

HERS knowledge transfer and engagement

Adopt HERS as a PRO organizational priority

Support a provincial and/or multi-sector HERS '**Call to Action**':

- Lead by PRO or
- Lead by PRO and ODPH (and other stakeholders)
- If necessary, HERS will lead alone



Why? Because it's happening across Canada?

Recreation experts and stakeholders in provinces across Canada are forming partnerships to help one another shift towards healthier food environments.



Why? It's complicated...Supports and Barriers

Implementation Supports

Figure 8.2 below represents the key themes derived from community interviews related to supports and facilitators reported. Each major theme is subdivided into specific subthemes. Connectors between them bubbles indicate relationships that emerged from the analysis using qualitative analysis software NVivo.

Figure 8.2: Areas of support; factors that eased implementation of healthy foods and beverages

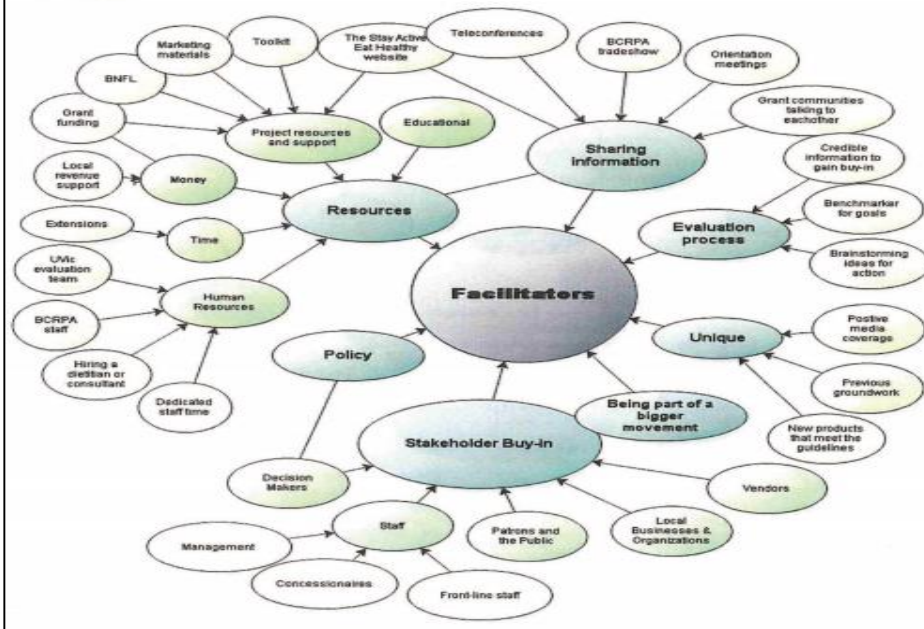
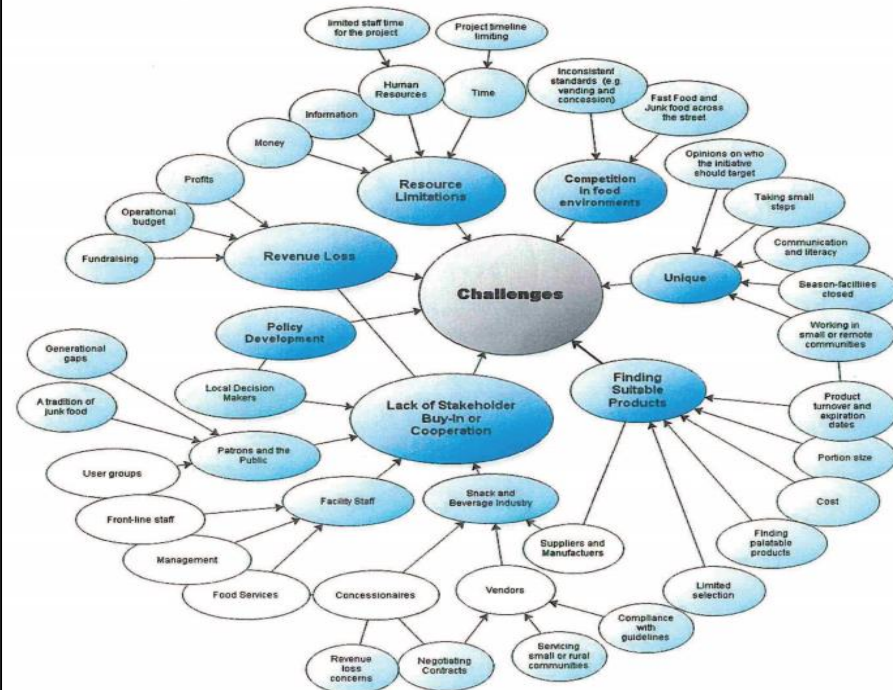


Figure 8.1: Areas of challenge; factors that made it difficult to implement of healthy foods



Images from BCRPA, PJ Naylor et. al.

How? Multisector partnerships are vital



e.g., New Brunswick partnership group

HERS has completed an initial stakeholder ID process

How? Provincial toolkits to engage and support



Toolkits from across
Provinces

So...we created an Ontario HERS resource!

GETTING STARTED WITH HEALTHY EATING IN YOUR RECREATION SETTING



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NUTRITION
RESOURCE
CENTRE

CENTRE DE
RESSOURCES
EN NUTRITION

Partnerships are valuable and challenging!

Ontario Public Health Standards – Healthy Eating Topic Overview
Recreation Food Environments (**add recreation as setting?**)

Municipal Recreation is independent

- Generally **lacks readiness and engagement**
- Overseen by local municipalities vs provincial governing body
- 96% of funding from local revenue and fees*

ODPH

- Provides leadership and supports member collaboration
- **Bestowed or collaborative leadership** and collective impact are new models for ODPH/HERS; **required research and consensus**

*2014 Laidlaw Report

Partnerships are valuable and challenging!

Nutrition Resource Centre – Instrumental to knowledge transfer. Supported creation of 'Getting Started' resource, its webinar and their initial evaluation; NRC Navigator

HC-Link

Partnership development consultation, **but d/c**

Various Health Departments and Healthy Kids Communities

Actively engaging recreation, using resources, providing feedback but lack support financial and in-kind support for HERS

Provincial Recreation Experts

Various consultations; **PhD member increases credibility**

PRO partnership...a long and winding road

June 2015 Initial Phone Contact

Introduce ODPH and HERS topic to Director of Research, Policy and Communications

May 2016 Initial meeting with PRO executive

Build a shared understanding; identify objectives/actions

Ongoing collaboration towards a 'Provincial Call to Action'

PRO agreed to collaborate with HERS to support efforts to adopt and sustain healthy environments given:

- Project 'seed grant' to engage PRO member support/priority setting
- A phased approach is implemented

Working with PRO executive to engage 6,200 members

Seed Grant as not (yet) a member priority

- \$5,000 for a survey, focus groups and reports
- Topic not a priority for Ontario Trillium Foundation and other agencies
- Peel Health providing funds for a Provincial Call to Action

PRO requires a phased approach

- Gantt charts/work plans: Iterative process with series of working towards consensus
- Project Charter: A Peel Health requirement was denied as too inclusive (all phases)
- Revising Project Charter (Phase II survey/focus group and reports)

PRO Member Knowledge Transfer:

2016 PRO Forum - Introduced HERS, local successes plus Dr. Kim Raine (U of Alberta)

HERS and NRC 'Getting Started with HE in your Recreation Setting'

- Resource created and disseminated
- NRC hosted webinar
- Initial survey evaluating resource and webinar

2018 PRO Forum – Presented local successes and value of partnerships plus overview of 'Getting Started'. Smoothie bike display in foyer.

Next Steps



- ✓ Finalize the Project Charter to get the \$\$
- ✓ PRO member survey and focus groups
- ✓ Reports and recommendations
- ✓ Recruit PRO volunteers for initial guidance, decisions and project work
- ✓ PRO partnership and project lead/co-lead
- ✓ Multi-sector partnerships and collective impact from 'Call to Action'



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Thank you to the HERS workgroup members!

Resources available in ODPH website and NRC Navigator

**Thank you for your interest and
attention!**