



Ontario Dietitians in Public Health

Appendix: ODPH Workgroups 2018-2019



Advocacy Committee (AC)

In recognition of the growing number of ODPH Working Groups and capacity of members, ODPH advocacy continued to be led by Co-Chair Year 1 with Workgroups and interested members coming together to act as topics arose. ODPH continues to look at coordination of advocacy efforts in partnership with Dietitians of Canada (Ontario), Ontario Public Health Association and its Nutrition Resource Centre. ODPH took part in an event at Queen's Park and, along with Registered Dietitians from other sectors, met with Members of Provincial Parliament to demonstrate the value of Registered Dietitians and the return in investment from our work. We will continue to advocate for Dietitians working in the Ontario Public Health sector as more information is shared. Many examples of advocacy are noted in by Workgroups in this report.

Body Diversity and Health Equity Work Group (BDHEWG)

ODPH members identified the need for collaboration and expertise in the areas of body diversity, inequities resulting from weight bias and health promotion efforts that may include nutrition, physical activity, mental health and other topics related to health. The BDHEWG was formed in 2018-19, since then, developed a terms of reference, discussed aspects of weight bias, obesity and health as a means to better understanding perspectives of group members. Plans are underway to review the [ODPH Health and Wellbeing Philosophy and Approach to Weight paper](#) and to determine potential projects related to education and consultation. A key goal of the BDHEWG is to reduce weight bias in public health environments, among public health staff and in public health initiatives.

Childcare Working Group (CCWG)

The Child Care Working Group (CCWG), previously a sub-group of FHNAG, became an independent ODPH working group in July 2018. This working group was created to support child care settings in Ontario to have healthy menus and supportive nutrition environments that are reflective of the recommendations in the [Menu Planning Supportive Nutrition Environments in Child Care Settings – Practical Guide](#). Additional resources released in 2018-2019 to directly support child care programs include [The Paint Your Plate with Vegetables and Fruit: Toolkit for Child Care Providers](#) and [online learning modules](#). Material for public health dietitians who work with child care settings have also been developed: the [Background on the Nutrition Recommendations for Child Care Settings in Ontario](#), promotional material for the PYP toolkit and the online learning modules, adaptable presentation for training on the PYP, adaptable letter to inform child care settings about the new CFG.

Collaboration with external stakeholders included suggestions to update the [Understanding What Your Child Eats at Daycare](#) page on [unlockfood.ca](#) and suggestions to improve the Ministry of Education [Child Care Licensing Nutrition webpage](#), and other documents (Child Care Licensing Manuals, weekly menu tip sheet). The group also worked in collaboration with Telehealth Ontario on a [Child Care Nutrition Standard Response](#).

Finally, to continue its mission, the group will continue working on its situational assessment to identify what other supports are needed by child care settings to build healthy menus and create supportive nutrition environments.



Family Health Nutrition Advisory Group (FHNAG)

FHNAG members work collaboratively to support the healthy eating and nutrition components of the OPHS 2018 Healthy Growth and Development Program Standard. FHNAG's work helps to ensure consistent family health nutrition messaging at participating health units. The group's work on the Pediatric Nutrition Guidelines (Birth to Six Years) for Health Professionals has continued and are expected to be released in 2019. Members continue to collaborate with external partners to provide guidance on various Best Start provincial resources and unlockfood.ca messaging to align with the Baby Friendly Initiative. Members also worked with Dietitians of Canada to ensure health units can access Nutri-eSTEP data. FHNAG took the opportunity to work with other ODPH Workgroups including FIWG. FHNAG will continue to wait for more updates from Health Canada on the new Canada's Food Guide and will share specific messaging related to preconception, pregnancy and early childhood nutrition.

Food Insecurity Workgroup (FIWG)

The FIWG provides opportunities for knowledge exchange, collaboration and coordinated advocacy among ODPH members working towards effective solutions to the problem of household food insecurity (HFI) defined as, "inadequate or insecure access to food due to financial constraints." ([PROOF](#), 2018).

Members were active in advocacy to the [provincial government for the Household Food Security Survey](#) Module as optional content for the Canadian Community Health Survey (CCHS) 2019-2020 and sent communications to the provincial government about [social assistance reform](#), the cancellation of the Ontario Basic Income Pilot and support for [Bill 60](#). The FIWG collaborated with the Association of Public Health Epidemiologists of Ontario, Public Health Ontario and PROOF, to update the household food insecurity core indicator. Members also worked with ALPHA for the food insecurity section of their 2018 municipal election priorities and re-positioned the [No Money for Food is...Cent\\$less](#) campaign with a focus on the municipal elections. Federally, the FIWG sent communications regarding [Canada's Poverty Reduction Strategy](#), Canada's Official Poverty Line, monitoring food insecurity, and [the National Housing Strategy](#). Members also proactively communicated to ODPH members, Ontario Chronic Disease Prevention Managers in Public Health (OCDPMH) and MOH and AMOHs regarding the Ministry of Health and Long-Term Care's Monitoring Food Affordability Reference Document. The Workgroup also provided feedback to the Northern Policy Institute about Commentary No. 26, Setting the Table: Food Insecurity and Costs in Ontario's North.

Food Literacy Workgroup (FLitWG)

FLitWG members have an opportunity to discuss resources and network. A member survey was updated focusing on meeting format and expectations, determining topics for discussion, and collecting suggestions for improvement. As a result, in 2019, members will speak at meetings to discuss funding for food literacy, management support for local evidence/data, and addressing ecological factors in food literacy programs.

Other activities included supporting knowledge exchange on the progressing LDCP Food Literacy Measurement Tool resource and other resources including revised Call to Action and new Food Literacy Framework and grocery pads with key messages for health professionals and consumers. The FLitWG is exploring opportunities to work with colleges that train health intermediaries (e.g., personal support workers) and plan to advocate for a food literacy curriculum in such programs. This Workgroup collaborated with other ODPH Workgroups (e.g., FSWG, FIWG, BDHEWG) where topics have the potential to overlap. The FLitWG plans to collaborate with the SNWG to continue advocacy efforts to ensure food literacy education is re-integrated into elementary and secondary school curriculum.





Food Systems Workgroup (FSWG)

The FSWG provides ODPH members an opportunity for collaboration, knowledge exchange and advocacy working towards a sustainable, health promoting food system that improves access to healthy food. Over the past year the FSWG has focused on the development of a Role Paper for RDs in Public Health as it relates to sustainable food systems. This process provided the opportunity to review the literature related to sustainable food systems/sustainable eating patterns. With the release of the EAT-Lancet Report and Canada's New Food Guide, now more than ever, the interconnectedness between food, the health of the population, and the planet must be acknowledged.

To inform the development of the Role Paper a survey of members was carried out last summer to better understand how members are involved in food systems work.

Healthy Eating In the Recreation Setting Workgroup (HERSWG)

The HERSWG provides an opportunity for consistency and improved efficacy in creating a supportive environment and policy development in the recreation setting in public health regions across Ontario. This group provides an opportunity for networking, collaboration and knowledge exchange among ODPH members addressing healthy eating in the recreation setting through work with recreation facilities and organizations, municipalities, or other partners.

In 2018/2019 a number of activities were completed. Resources were developed and updated including a work plan, an environmental scan of HERS initiatives across Ontario and creation of a recipe document to catalogue healthy items that work well in rec settings. The HERS Partnership subgroup collaborated with Parks and Rec Ontario (PRO) to develop and implement a survey to determine members' demand for HERS work. HERSWG members also presented at the PRO Annual Conference. The HERS Communications Subgroup disseminated the results of a survey evaluating the utility of the *Getting Started with Health Eating in Recreation Settings* and developed a series of tweets for ODPH. Members also participated in a national teleconference/webinar: "*Changing the Food Environment Landscape in Publicly Funded Recreation and Sport Facilities: What's next? A Pan-Canadian Discussion*".

Marketing to Kids (M2K) Workgroup

The M2K Workgroup supports and promotes municipal, provincial and federal action to restrict commercial marketing of food and beverages to children and youth and create supportive food environments to foster lifelong healthy habits. Over the last year, the workgroup has worked towards this goal through advocating for legislation to restrict marketing to kids at the federal level (Bill S-228); staying up-to-date on current and relevant marketing to kids information and research; and sharing local level reports and initiatives to move the topic forward. Key activities included sending [letters of support for Bill S-228 to Ontario senators](#), responding to [Health Canada's Consultation on the Guide Application of Bill S-228](#) and encouraging ODPH members to show their support for the bill through the development of a letter template. Members also completed the ODPH Marketing to Kids Background document and have provided information and support to other ODPH Workgroups on the topic.





Nutrition and Edible Cannabis Workgroup (NECWG)

The NECWG formed in 2018 in anticipation of the legalization of cannabis as well as the forthcoming regulation of edible cannabis. ODPH members involved in NECWG identified the need for shared learning/understanding about cannabis and its impact on health throughout the lifespan as well as to the community at large. Another area of interest of the NECWG is the impact of cannabis on the food system when agricultural land and greenhouse space are converted to growing legalized cannabis rather than being used to grow food for Ontarians. The NECWG liaised with the Ontario Collaborative in Public Health on Cannabis and provided [an ODPH response to Health Canada's consultation on Cannabis Regulations \(edibles\)](#) which was shared, along with other evidence/resources to ODPH members. Members have also reviewed emerging evidence related to edible cannabis and provided content for local public health agency social and traditional media campaigns. NECWG members also collaborate with Dietitians of Canada regarding knowledge exchange activities.

School Nutrition Working Group (SNWG)

The SNWG continues to support the creation of a comprehensive healthy nutrition environment in all elementary and secondary schools and student nutrition programs in Ontario through advocacy related to school nutrition and resource development. The SNWG collaborates with ODPH Executive/Workgroups and external committees including the Ministry of Education, Ontario Student Nutrition Program Network and Ontario Healthy Schools Coalition. In 2018-19, the SNWG with FLitWG responded to the [government curriculum consultation](#) advocating for an enhanced food literacy curriculum and encouraging at least one mandatory course at the secondary school level; a [second letter](#) was also sent in partnership with OPHA, Dietitians of Canada and Ontario Home Economists Association. The SNWG also responded to school nutrition issues of concern and provided input into school nutrition standards.

The Evidence Informed Recommendations Task Group of SNWG, through a project charter and workplan, has conducted a survey about Nutrition Priorities in Ontario schools. This group is currently reviewing literature, anticipated to be completed by September 2019, related to Nutrition and Mental Health to answer three questions:

- What is the relationship between diet and mental well-being in children and youth aged 4-17?
- How do nutrition strategies in the school setting impact mental well-being in children and youth aged 4-17?
- What is the relationship between diet and student behavior and academic outcomes in children and youth aged 4-17 in the school setting?

The BrightBites Task Group completed an evaluation of the BrightBites.ca website and are currently working on revision/updates informed by this evaluation to ensure that content is current and meet's users' needs. The group also plans to ensure the website reflects results from the EIR Task Group.

The Student Nutrition Programs (SNP) sub-group developed three [on-line training modules](#) to help SNP volunteers and staff understand and follow the Student Nutrition Program Nutrition Guidelines. The sub-group also worked with the Student Nutrition Ontario - Food and Logistics Coordinator group to develop a pre-set menu pilot offered to SNPs across the province.



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

For more information about these workgroups, visit www.odph.ca

ODPH is the independent and official voice of Registered Dietitians working in public health agencies in Ontario.

info@odph.ca

@RDsRubHealthON

