

Family Health Nutrition Advisory Group Meeting Minutes - August 23, 2022

Date: Tuesday August 23, 2022

Chair: Paula Ross

Time: 1:30 – 3:00 p.m. EST

Recorder: Laura Atkinson

Attendance: https://docs.google.com/document/d/17_6FM3MI9jSaRHajDVdfqV_Sio40X1yBC-2wTFQBQI0/edit

1.0	Call to Order and Welcome <ul style="list-style-type: none"> Meeting called to order at 1:34pm
2.0	Agenda Approval/Changes <ul style="list-style-type: none"> Agenda approved with no changes.
3.0	Review and Approval of Minutes from July 26, 2022 <ul style="list-style-type: none"> Meeting minutes approved with no changes.
4.0	Business Arising from Previous Minutes <p>4.1 Nutrition Connections (NC) Update (Paula/Andrea L)</p> <p>Eat Right Be Active Revision (ERBA) Update</p> <ul style="list-style-type: none"> NC is interested in collaborating with ODPH to update the resources and then co-branding them. Need to discuss further as a working group. This ask from NC will need to go to the Exec if we are interested in working with NC. Currently there are conversations between Exec and OPHA/NC. Chelsea Socholotuk on behalf of Julie Slack asked will there be a charge for the resource if done jointly. Group agreed that if done, the resource should be free of charge. Paula volunteered to discuss with Sandy Maxwell the potential for the resource to be free of charge and/or possibly housing the resource on the ODPH website. Ginette Blake asked about whether the How to build a healthy toddler and How to build a healthy preschooler (supplemental NutriSTEP® resources) would be better resources to focus on given they are concise and digitally friendly for consumers. Paula shared that if Janice Randall-Simpson gets the funding to update nutriSTEP, then those resources would be likely be updated as well. Paula volunteered to connect with Janis to confirm whether or not there are plans to update those resources. Group has discussion on which resource would be best to be involved with. Noted longer resources are less desirable so group agreed to pursue a collaboration with updating the nutriSTEP®-related resources. <p>Action:</p> <ul style="list-style-type: none"> Will defer work related to the ERBA series. Paula to contact Janice Randall-Simpson to see about the potential to update the How to build series. <p>4.2 Development of ODPH Infant Feeding Resource (Paula)</p> <ul style="list-style-type: none"> Subgroup members met on August 8th and have started conducting a scan of what infant feeding resources currently exist across Canada, USA, UK and Australia.



- Members are also seeking evidence to support use of online platforms to convey nutrition information.
- Once this is complete, members plan on creating a briefing note for FHNAG members to be used as a discussion tool to facilitate next steps.
- Will meet again prior to next FHNAG meeting and will share updates at the next meeting

Action:

- Group to update FHNAG as needed

4.3 [Pediatric Nutrition Guidelines for Health Professionals \(PNG\)](#) (Laura Atkinson)

- Laura shared that she is not able to lead any revision but would like to be involved with the revision if it goes forward. Group agrees this is a valuable document and should be revised at a later date.
- Erica Diamond shared she reached out to Health Connect ON. There are three RDs with Health Connect ON and they use the PNG. Laura also shared it is used regularly at York Region and will be used as the reference document for a documentation process that will be developed in the Fall. Laura will share any relevant updates as needed.
- Group had discussion whether the PNG needs to be updated at this time. There has not been major policy or messaging changes. Last update was 2019 and acknowledged that it does take a year or more to complete a revision cycle.
- Group agreed to begin the process in 2023 so that FHNAG can focus on the infant feeding resource project and the other FHNAG priorities for 2022 as per the FHNAG workplan. Agree to park PNG until April 2023 in the workplan.

Action:

- Paula to update to the workplan to add the PNG revision to April 2023.

4.4 OHIP+ coverage for hydrolyzed infant formula (Paula/Laura Atkinson)

- Paula shared that there are no updates. Still waiting for a food allergy manuscript to be released as it would be used as a key reference when moving forward with the project. Once that is released, Paula and Laura to continue work.

4.5 Plant based Beverage Messaging for children 1-5 years old (Courtney/ Olena)

- Chart of current products and nutrient profiles
- Courtney Laurie, Olena Jensen and Olena's colleague Megha are working on gathering information about health unit messaging on plant-based beverages.
- Created an excel sheet on the various guidance documents (Health Canada, Alberta Health Services, UnlockFood.ca) as well as a list of products available on the market.
- Based on review, group does not see any rationale to change messaging and suggests continuing to recommend that plant-based beverages not be offered until 24 months of age. The group saw some information that suggests that plant-based beverages may be an option for 2-5 years, but there is not clear guidance on use and there is great variability in the products (fat, protein, fortification levels.) available in the market.
- Group felt that Alberta Health Services (AHS) had the best messages regarding how to select a plant-based beverage. Crossed referenced products on the market to see which ones met the criteria. There were a few that did meet criteria however there are no specific messages currently to share with the group.



	<ul style="list-style-type: none">• Discussed what to do with this information collected and suggested it can be incorporated into resources such as PNG and child care centre resources.• Group agree to investigate adapting the AHS document since it is a high-quality professional resource. <p>Action:</p> <ul style="list-style-type: none">• Olena to reach out to contact she knows at AHS to see if she can get a contact there to discuss the possibility of adapting the resource.
	<p>4.6 FHNAG Workplan (Paula)</p> <ul style="list-style-type: none">• Paula inquired whether the column to identify other ODPH working groups should remain. Group agreed to keep as since it identifies opportunities for collaboration and seeking feedback.• Paula stated that all FHNAG members can go into the document to make edits as needed as it is housed in the FHANG documents folder <p>Action:</p> <ul style="list-style-type: none">• Paula to update workplan as needed.
5.0	<p>New Business</p>
	<p>5.1 Vitamin D recommendations (Jennifer)</p> <ul style="list-style-type: none">• Deferred
	<p>5.2 EarlyON Checklist - Low Risk and Prepackaged Ready to Eat Food Summary Sheet (Erica Diamond)</p> <ul style="list-style-type: none">• There was discussion at the child care working group (CCWG) about this document and wanted to share with FHNAG as an FYI that this document exists and may be used by staff at their health units, but to be aware that CCWG was not involved in its development.
6.0	<p>Standing Items</p>
	<p>6.1 Member updates (Paula)</p> <ul style="list-style-type: none">• Welcome to Jules Phorson - Waterloo PuH. Jules is doing a maternity leave until May 2023.
	<p>6.2 Liaison update for Best Start (Laura Atkinson)</p> <ul style="list-style-type: none">• Laura tried to contact Best Start general email contact and nobody responded. <p>Action:</p> <ul style="list-style-type: none">• Laura to contact Best Start again to try and reconnect and establish relationship with resource development.
	<p>6.3 NutriSTEP® (Paula)</p> <ul style="list-style-type: none">• Janice Randall-Simpson applied for grant/funding and is waiting for response.• Nutri-eSTEP still does not have an online home yet.• See 4.1 for details on the How to build series of supplemental resources.
	<p>6.4 Injoy online prenatal education (Erica Diamond)</p> <ul style="list-style-type: none">• Group (Karen, Erica and Courtney) met yesterday (August 24th) and reported that Courtney scanned for prenatal platforms that are being used across the province and summarized what health units are using.



	<ul style="list-style-type: none">• There is a master document on the FHNAG webpage that has screen shots and suggestions to update the content.• There will be a survey sent out to ODPH members about what prenatal platform their health unit is using and whether an RD was involved in the review.• Group is also doing advocacy work to Healthy Growth & Development managers at health units around concerns about the content of the information (resources, language, weight messaging, trauma-informed) in Injoy. A letter was developed in 2019 encouraging the use of an RD to assist health units in updating at the local health unit level.• New resource Your guide to a healthy pregnancy by PHAC released in July 2022. Group felt that there is opportunity to be involved with updating it.
	6.5 Products/Resources (All) <ul style="list-style-type: none">• Feeding Matters screening tool - Courtney brought forward as an FYI being shared by an SLP called Feeding Matters at her health unit. It is a screening tool and that it may be helpful to identify when feeding challenges go beyond food and may be related to sensory integration issues or other issues where a referral to an allied health professional (SLP, OT) may be beneficial.• Infant formula shortage - There was a meeting two weeks ago and Paula already shared with FHNAG members the updated resource with the group. No other new updates.
	Conference Updates and Professional Development Opportunities (All) <ul style="list-style-type: none">• None to report
7.0	Next Meeting Date: September 27, 2022 from 1:30-3:00pm Chair: Paula Ross Recorder: Ginette Blake

Upcoming Meetings: Fourth Tuesday of Each Month

Date	Oct 25, 2022	Nov 22, 2022	Dec 27, 2022	Jan 24, 2023
Time	1:30-3:00pm	1:30-3:00pm	1:30-3:00pm	1:30-3:00
Chair	Paula Ross	Paula Ross	Paula Ross	Paula Ross
Recorder	Jennifer Andrews	Sylvia Blay	Megan Bellinger	Melissa Cardinal

Recorder Schedule

Laura Abbasi
Jennifer Andrews
Laura Atkinson – August 2022
Ginette Blake
Sylvia Blay
Megan Bellinger
Melissa Cardinal
Kendall Chambers



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

Marcia Dawes
Chantal de Laplante
Erica Diamond
Lindsay Fera
Kathryn Forsyth
Marketa Graham
Anneke Hobson
Michele Hurd
Jennifer Jacob
Olena Jensen
Nora Kozman
Alex Lacarte
Courtney Brooke Laurie
Jessica Lefebvre
Andrea Licursi
Rim Mouhaffel
Laura Needham
Jules Phorson
Chelsea Socholotuk
Melissa Westoby
Karen Wismer
Yannis Wong
Lindsay Zalot
Ally Zhang