

**Family Health Nutrition Advisory Group
Minutes September 27, 2022**

Date: Tuesday September 27, 2022

Time: 1:30 – 3:00 p.m. EST

Chair: Paula Ross

Recorder: Ginette Blake

Present: Alex L, Andrea L, Connie V, Courtney- Brooke L, Marcia D, Elizabeth G, Erica D, Jules P, Karen W, Kathryn F, Laura N, Lindsay H, Lindsay F, Melissa C, Rim M, Saman S, Sophie B, Syliva B

1.0	Call to Order and Welcome Meeting called to order at 1:32 pm
2.0	Agenda Approval/Changes Agenda approved with no changes.
3.0	Review and Approval of Minutes from August 23, 2022 Meeting minutes approved with no changes.
4.0	<p>Business Arising from Previous Minutes</p> <p>4.1 How to Build a Healthy Preschooler and Toddler Resources (Paula) Paula connected with Janis Randall-Simpson. She is interested in updating these resources and would very much appreciate the support of ODPH. She is focused on the Nutri-e-step website at the moment and will stay in touch regarding this topic in the near future. Action: Decision to leave on the agenda for ongoing consideration.</p> <p>4.2 Development of ODPH Infant Feeding Resource (Paula) Working group has completed a scan of infant feeding resources available across Canada, USA, UK and Australia. Group members will now review the resources they found and pick their top 3-4 to bring back to the group for discussion. Creating an online app is going to be explored. Workgroup is meeting monthly. Working group has reached out to the Public Health Librarian at the Thunder Bay Health Unit to assist with conducting a literature review to find evidence to support best practices for nutrition information dissemination (web-based, hard copy, app etc.), as this will be used to inform a briefing note. Paula is meeting with librarian on Sept. 28 and invited other members to attend. Erica will attend with Paula. Action: Paula to send out meeting invite to interested members. Discussion about sharing the costs among health units. Action: Members to ask their managers if funds are available to contribute. Paula to explore how funds can be kept with ODPH.</p> <p>4.3 OHIP+ coverage for hydrolyzed infant formula (Paula/Laura Atkinson) No update to share. They are waiting for Food Allergy Canada to share a manuscript that will inform our position.</p> <p>4.4 Plant based Beverage Messaging for children 1-5 years old (Courtney/Olena) Courtney shared that Olena is on maternity leave and Sophie has been hired to cover her leave. This started with a post on the listserve. Messaging exists for up to 2 years and 2.5 years. They looked at existing nutrition guidelines including Alberta's April 2020 guidelines. They determined that the Alberta info is current and comprehensive and are currently looking into adapting this info. They are working on a licensing agreement to have permission to adapt, reproduce and print.</p>



	<p>https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-ng-healthy-infants-other-milks-fluid-plant-based-beverages.pdf</p>
	<p>4.5 Formula Shortage (Alex Lacarte)</p> <p>This summer there was a shortage of specialty infant formulas. Alex and Paula sat on the Health Canada workgroup. Order limits have been lifted but products are still behind the counter.</p> <p>Action: Item can be removed from agenda. Alex to send out an update to all of ODPH.</p>
5.0	<p>New Business</p>
	<p>5.1 Vitamin D recommendations (Jennifer Andrews)</p> <p>Jennifer has asked that this be added to the agenda but has not attended to provide specific information. Lindsay from Hamilton PH and will ask her colleague for specifics so we can determine if this should remain on agenda.</p> <p>Action: Lindsay will follow up with Jennifer.</p>
	<p>5.2 CPNP Programming (Erica Diamond)</p> <p>Erica asked if members supporting their CPNP program be interested in creating a working group. Andrea shared that she created a group of CPNP programs within SW that work in public health and suggested broadening that group. It was also suggested to allocate 1:00-1:30 pm as a time for CPNP RDs to meet before (optional) the main meeting 1:30-3:00 pm.</p> <p>Action: Paula to change meeting invites to a 1 pm start and adjust future agendas.</p>
6.0	<p>Standing Items</p>
	<p>6.1 Member updates (Paula)</p> <p>Welcome to Sophie Brule - Renfrew County and District Health Unit covering Olena's maternity leave.</p>
	<p>6.2 Liaison update for Best Start (Laura Atkinson)</p> <p>Laura connected with Best Start. They shared that they are not focusing on resource development at this time and are doing "other projects". Laura explained the history of the relationship between ODPH/FHNAG and Best Start and asked that they connect with us in the future when they get back to resources but regular liaison updates will not be provided. Members shared that Best Start has very outdated nutrition information on their website. The ODPH Executive has asked Nutrition Connections (NC) to connect with Executive members rather than workgroup members. There are concerns with NC asking ODPH members to work on resource development and revisions and then charge for these resources. Members are interested in knowing the status of Best Start overall.</p> <p>Action: Recommendation to remove this standing item from the agenda. Paula to ask Laura to reach out the Best Start to ask if they are planning on reviewing their web content.</p>
	<p>6.3 NutriSTEP® (Paula)</p> <p>No update</p>
	<p>6.4 Injoy online prenatal education (Erica Diamond)</p> <p>Erica provided an update from the workgroup. The group has developed a survey that will be sent to ODPH members in order to find out what HUs have InJoy as their</p>



	<p>platform. Suggestion for the survey to ask if HUs are offering in person programming. It was noted that a number of different platforms exist.</p> <p>The workgroup is adapting an advocacy letter that was drafted in 2019 for Healthy Growth & Development Managers. The group thinks it is important to do some education that HUs should be involving their Registered Dietitians actively in this work and is working on making this letter very positive. The group should be able to share the letter by our next meeting.</p>
	<p>6.5 BFI Designation - Discuss a resource by PHO; Lean what other PHUs are doing? (Rim/All)</p> <p>https://www.publichealthontario.ca/-/media/documents/q/2020/qa-baby-friendly-redesignation.ashx?la=fr</p> <p>Breastfeeding initiation, exclusivity, and duration were not independently affected by having the Baby-Friendly Initiative accreditation or designation status.</p> <p>Implementing the Ten Steps to Successful Breastfeeding of the Baby Friendly Hospital Initiative (BFHI), without acquiring accreditation or designation status, are evidence-based interventions that have been shown to improve breastfeeding practices and breastfeeding outcomes, such as exclusivity and duration. A number of members shared their status re BFI designation or re-designation status.</p> <p>Action: Rim to provide a detailed update.</p>
	<p>6.6 Products/Resources (All)</p> <p>None at the time.</p>
	<p>6.7 Conference Updates and Professional Development Opportunities (All)</p> <p>Infant Food Security Webinar Oct. 6 https://breastfeedingcanada.ca/en/</p> <p>Teaching Kitchen Research Conference Oct. 18 and 19 (virtual) - https://tkresearchconference.org/</p> <p>CARE Community & Resiliency for our Healthcare Workers in Ontario – 6 week FREE mindfulness training - https://www.mindfulnessstudies.com/mindfulness-for-our-frontline-workers/</p>
7.0	<p>Next Meeting</p> <p>October 25, 2022 - 1:00-130 CPNP discussion (optional) 1:30-3:00pm FHNAG meeting</p> <p>Chair: Paula Ross</p> <p>Recorder: Sylvia Blay</p>

Upcoming Meetings: Fourth Tuesday of Each Month

Date	Nov 22, 2022	Dec 27, 2022	Jan 24, 2023	Feb 28, 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	Sophie Brule	Melissa Cardinal	Kendall Chambers	Marcia Dawes



Recorder Schedule

Laura Abbasi
Jennifer Andrews
Laura Atkinson
Megan Bellinger
Ginette Blake
Sylvia Blay
Sophie Brule
Melissa Cardinal
Kendall Chambers
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
Chelsea Socholotuk
Melissa Westoby
Karen Wismer
Yannis Wong
Lindsay Zalot