



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

## TidBites Member Communication Winter 2024

Currently the executive positions are filled and to recap, here is the 2023-2024 group:

**Andrea Licursi**, Co-Chair Year 1

**Elizabeth Smith**, Past Chair

**Alex Lacarte**, Website Coordinator

**Vincent Ng**, Secretary-Treasurer

**Carolyn Doris**, alPHa affiliate representative

**Laura Abbasi**, Co-Chair Year 2

**Mary Ellen Prange**, Liaison Coordinator

**Luisa Magalhaes**, Member-at-large

**Jennelle Arnew**, Communications  
Coordinator

**Consider joining the Executive Committee and make a difference!**

We are recruiting for Co-Chair Year 1 for the 2024-2025 membership year. For more information about this exciting opportunity please [click Executive Recruitment 2024-2025](#)

### Membership Update

- ODPH has 147 active members! Welcome to all new members.

### Executive Updates

- In October, members joined the AGM for a recap of the year. The [AGM presentation](#) and [minutes](#) are available on the website.
- The website coordinator, Alex is helping to coordinate a revamp of the ODPH website. Stay tuned for more information!
- Check out [ODPH Strategic Plan](#)! At the last executive meeting, the decision was made to extend the plan until 2026.
- We are re-connecting with Dietitians of Canada (DC) to discuss opportunities for collaboration.
- The executive is developing guidelines for retention of documents and resources and will be asking workgroups for input. The guidelines will help to organize workgroup folders.

- Public Health Managers have been asked to review OPHS, and there may be opportunities for sector engagement in the spring. Consider asking your leadership about how you can be involved in providing input.

## Advocacy Initiatives

- FIWG sent a [letter](#) to the National Finance Committee Senators to support Bill S-233 to develop a national framework for a guaranteed livable basic income.
- FIWG made a [submission](#) to the Ontario Pre-Budget consultation urging the province to utilize food affordability monitoring data collected by PHUs to inform necessary increases to Ontario Works rates to reflect basic costs of living and index the rates to inflation.
- FHNAG and the BDHEWG sent letters to the Public Health Agency of Canada, providing feedback on the [“Your guide to a healthy pregnancy”](#) resource and [“Your guide to postpartum health and caring for your new baby”](#).
- Laura Atkinson and Paula Ross, on behalf of FHNAG, had the opportunity to represent ODPH and Food Allergy Canada at the 2024 Pre-budget Consultations to advocate for amendments to the [ODB program to cover specialized infant formulas to support infants and children with medical diagnosis](#).
- BDHEWG sent a [letter](#) to Obesity Canada to reconsider supporting the 2023 *American Academy of Pediatrics Clinical Practice Guideline for the Evaluation and Treatment of Children and Adolescents with Obesity (AAP CPG)*. The letter called on Obesity Canada to consider a weight-inclusive approach to safeguard children and families.
- In November, the BDHEWG encouraged public health professionals, healthcare providers, academics and all Ontarians to express their concern about the need to include body size and appearance as a protected ground. More information can be found here: [Body Size & OHRC \(odph.ca\)](#)

Please note that external communications such as advocacy letters are to be reviewed by Executive and sent from the ODPH email. Letters and emails representing ODPH must not be sent from individual Health Unit emails. If organizations are being contacted on behalf of ODPH workgroups, please communicate this to the liaison coordinator.

## Hosting Nutrition Students OR New to Public Health?

- An ad hoc Public Health Advisory for Dietetic Education group developed orientation materials for practicum/ graduate students and newly hired public health dietitians, which is now available for members on the ODPH website:
  - Orientation [Modules](#)

- Orientation [Manual](#)

## ODPH Workgroup Updates

- Interested in knowing what the workgroups are up too? Please review the [February liaison report](#).
- An overview of each workgroup and Community of Practice is available [here](#) and the list of current co-chairs can be found [here](#). Please connect via your [forum](#) or with your co-chairs for more information on meetings.
- The Child Care Working Group released an updated [Child Care Menu Planning – Practical Guide](#). An overview and orientation of these new resources was presented and recorded on Feb.13.

**Is your health unit meeting with others in the regions?** ODPH members have historically met regionally to:

- Share resources and ideas
- Collaborate on shared priorities like SNP, shared school boards, EarlyON centres
- Network and discuss challenges and opportunities unique to their region

While this has ceased in some regions, we encourage you to organize a meet up this spring and have a roundtable regional chat!

- *Northwest: Northwestern and Thunder Bay*
- *North East: Porcupine, Algoma, Sudbury, Timiskaming, North Bay/Parry Sound*
- *East: Renfrew, Hastings Prince Edward, KFL&A, Leeds Grenville Lanark, Ottawa, Eastern Ontario*
- *Central East: Simcoe Muskoka, HKPR, Peterborough, Durham, York, Toronto*
- *Central West: Wellington Dufferin Guelph, Halton, Hamilton, Haldimand-Norfolk, Niagara, Waterloo, Brant, Peel*
- *South West: Grey Bruce, Huron Perth, Middlesex London, Southwestern, Lambton, Chatham Kent, Windsor Essex*

## Using the ODPH website

- If you need a refresher on how to use the ODPH website, join a work group or access our forums, check out the updated [Website How-to document](#) on the [Minutes & Reports page](#)
- Looking for member contact info? Check out the [Member Directory](#)

## Social Media

- If your workgroup has updates to share with members in upcoming TidBites or social media posts for the ODPH X Account please connect with [jennelle.arnew@chatham-kent.ca](mailto:jennelle.arnew@chatham-kent.ca).

- Follow us on X [@RDsPubHealthOn](#)

### **International Conference of Dietetics and Nutrition**

- There are several ODPH members presenting at the International Conference of Dietetics and Nutrition in Toronto in June. Congratulations to the work groups and presenting members for your contribution to public health nutrition. Presenters include:
  - Child Care WG: Alex Lacarte and Karen Wismer
  - Food Systems WG: Kendall Chambers and Jennelle Arnew
  - Body Diversity, Health Equity WG: Sharmini Balakrishnan and Jessica Love
  - Food Insecurity WG: Lauren Kennedy and Mary Ellen Prange.