



Healthy Kids Panel: OSNPPH submission

**OSNPPH Presentation to HKP Member
Phyllis Tanaka**

Friday October 5, 2012
By teleconference: 10:00–11:00 am

Outline / Agenda of Teleconference

- Introductions
- Overview of OSNPPH (Heather)
- Overview of Healthy Kids Panel (Phyllis)
- Presentation of OSNPPH Submission
(OSNPPH HKP Submission Team)
- Discussion
- Next Steps



Developed by OSNPPH Executive Committee with Input from Members

• Rebecca Davids	• Shannon Labre
• Lyndsay Davidson	• Amy MacDonald
• Carolyn Doris	• Sandra Maxwell
• Shannon Edmonstone	• Erinn Salewski
• Carolyn Froats-Emond	• Kim Ouellette
	• Heather Thomas
	• OSNPPH Executive Committee Members (ad hoc)



OSNPPH



- Received charter in 1977
- Official voice of Registered Dietitians working in the Public Health sector in Ontario
- Provides leadership in public health nutrition
- Represents OSNPPH members and promotes their role in improving the health of Ontarians
- Opportunity for direct input into nutrition programming at local, provincial, and national levels



Healthy Kids Panel

- Brief overview of HKP from Phyllis' perspective as a member of the Panel
- Insights to composition of the Panel



OSNPPH HKP Panel Submission

Recommendation #1:

- Leverage the expertise of public health Registered Dietitians.
 - Public health nutrition capacity
 - Expertise, knowledge, competence, passion
 - Collaboration and partnerships



OSNPPH HKP Panel Submission

Recommendation #2:

- Plan to sustain efforts.
 - Unrealistic targets – more time required
 - Upstream thinking mandatory
 - Social Determinants of Health in concert with poverty, literacy/education, childcare, housing, transportation, income, social support



OSNPPH HKP Panel Submission

Recommendation #3:

- Support appropriate indicators of childhood obesity.
 - Measurement and surveillance are necessary to determine the effectiveness of evidence-informed strategies to slow the advancement of childhood obesity



OSNPPH HKP Panel Submission

Recommendation #4:

- Impact the early years.
 - Breastfeeding normalization and promotion
 - Responsive Feeding/Division of Responsibility
 - Evidence-informed practice



OSNPPH HKP Panel Submission

Recommendation #5:

- Explore food skills' relationship to obesity.
- Officially define food skills and food literacy
- Invest in research and evaluation
- Look to public health Registered Dietitians for expertise in this area



OSNPPH HKP Panel Submission

Recommendation #6:

- Limit marketing and advertising to children.
- Advocate for provincial legislation
- Consider a ban on food marketing/advertising on school properties and other public institutions (e.g., recreation facilities, parks, libraries, childcare centres)



OSNPPH HKP Panel Submission

Recommendation #7:

- Plan for placement of food establishments.
- Food deserts
- Food swamps
- Zoning bylaws with respect to built environment considerations



OSNPPH HKP Panel Submission

- Recommendation #8:
 - Address the “poverty” of poverty-induced food insecurity.
 - Advocate for incomes adequate for basic necessities of life including the ability to afford healthy eating



OSNPPH HKP Panel Submission

- Recommendation #9:
- Improve the current food environment in publicly funded institutions.
 - Sub-optimal feeding of children in childcare settings
 - Advocate for improvements to Ontario School Food and Beverage Policy



OSNPPH HKP Panel Submission

- “ ... it is more effective to work more comprehensively, **integrating policies and practices** that support student learning, health and well-being **into every aspect of the school environment.**”

Pan-Canadian Joint Consortium for School Health



Summary: Childhood obesity is a public health priority.

- Informed, activated, empowered individuals and families are better equipped to establish healthy eating behaviours to support physical and mental well-being.
- But, strategies focusing on policy, food environment, and social determinants of health will have a greater impact on childhood obesity.
- The Health Care System is responsible for facilitating the healthy choice as the easy choice for the residents of Ontario.



Next Steps: Questions / Further Discussion

- From the HKP perspective, what are the next steps in the process once all recommendations have been received?
- Will there be ongoing opportunities to discuss specific recommendations that “make the cut” with Panel members?
- OSNPPH would like to offer our expertise and passion to the Panel in the planning, implementation, monitoring, and evaluation of recommendations put forward.


