

Nutrition Resource Centre: Strengthening the Capacity of Health Promotion Professionals

Aboriginal Nutrition Network 2014

Presented by Melody Mendonca, MHSc
Policy and Programs Coordinator

Outline

- * About the NRC
- * NRC's role
- * Projects and activities
- * Where do you fit in

About the Nutrition Resource Centre

- * Established in 1999 by Ontario Public Health Association (OPHA)
 - * Recipient of funding from MOHLTC & others
 - * Accountable for delivery of services
- * Formerly coordinated and supported 4 nutrition programs
 - * Colour It Up, Nutristep, EatSmart and Community Food Advisors
- * 2012 strategic planning: new mandate
 - * broadened clientele e.g. health care professionals in all care settings

Nutrition Resource Centre:

- Knowledge broker for healthy eating & nutrition topics in Ontario
- Building capacity of health promotion professionals
- Supporting Knowledge Transfer and Exchange
- Building a centre of excellence in the provision of
 - evidence-based resources
 - program and policy development support
 - facilitating networking and collaboration

NRC is guided by ...

Advisory Committee

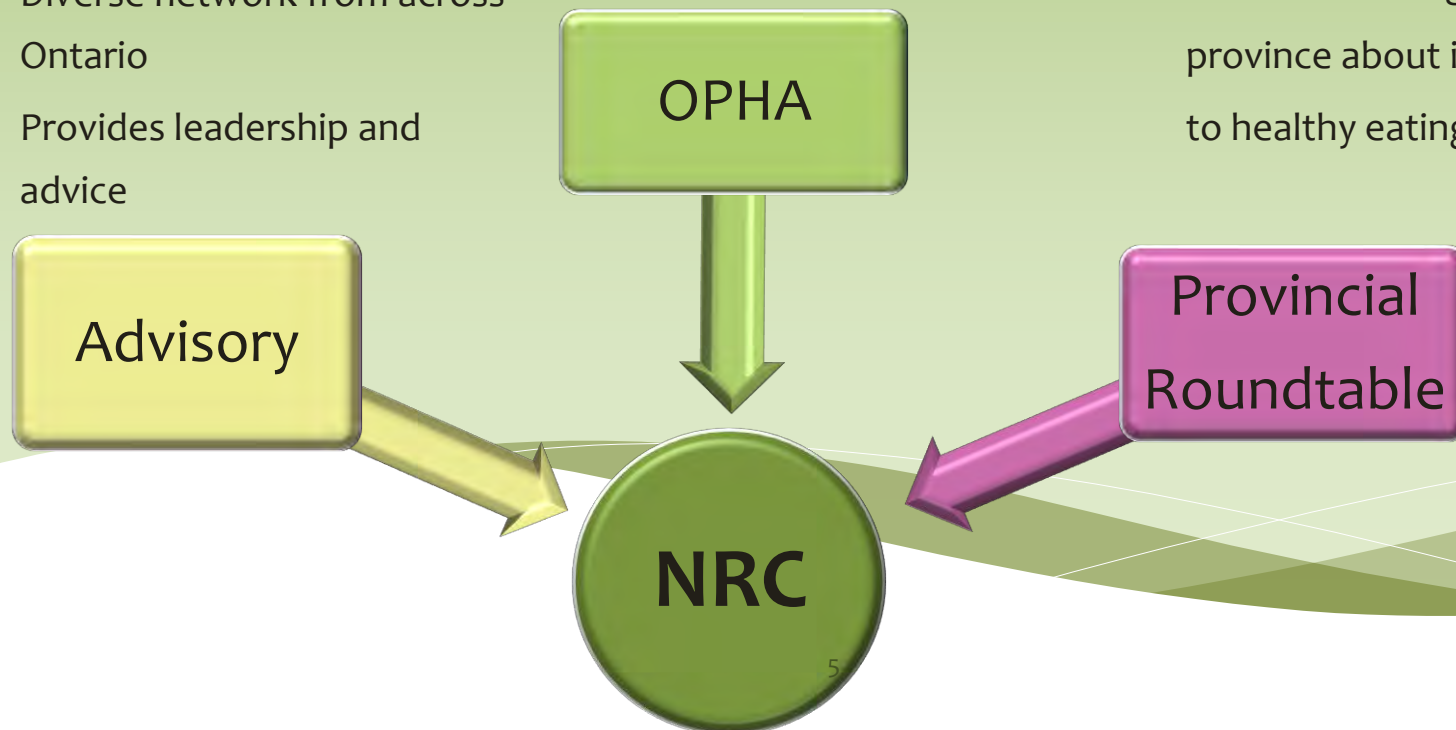
- Provides subject matter advice and guidance to support the NRC's goals
- Diverse network from across Ontario
- Provides leadership and advice

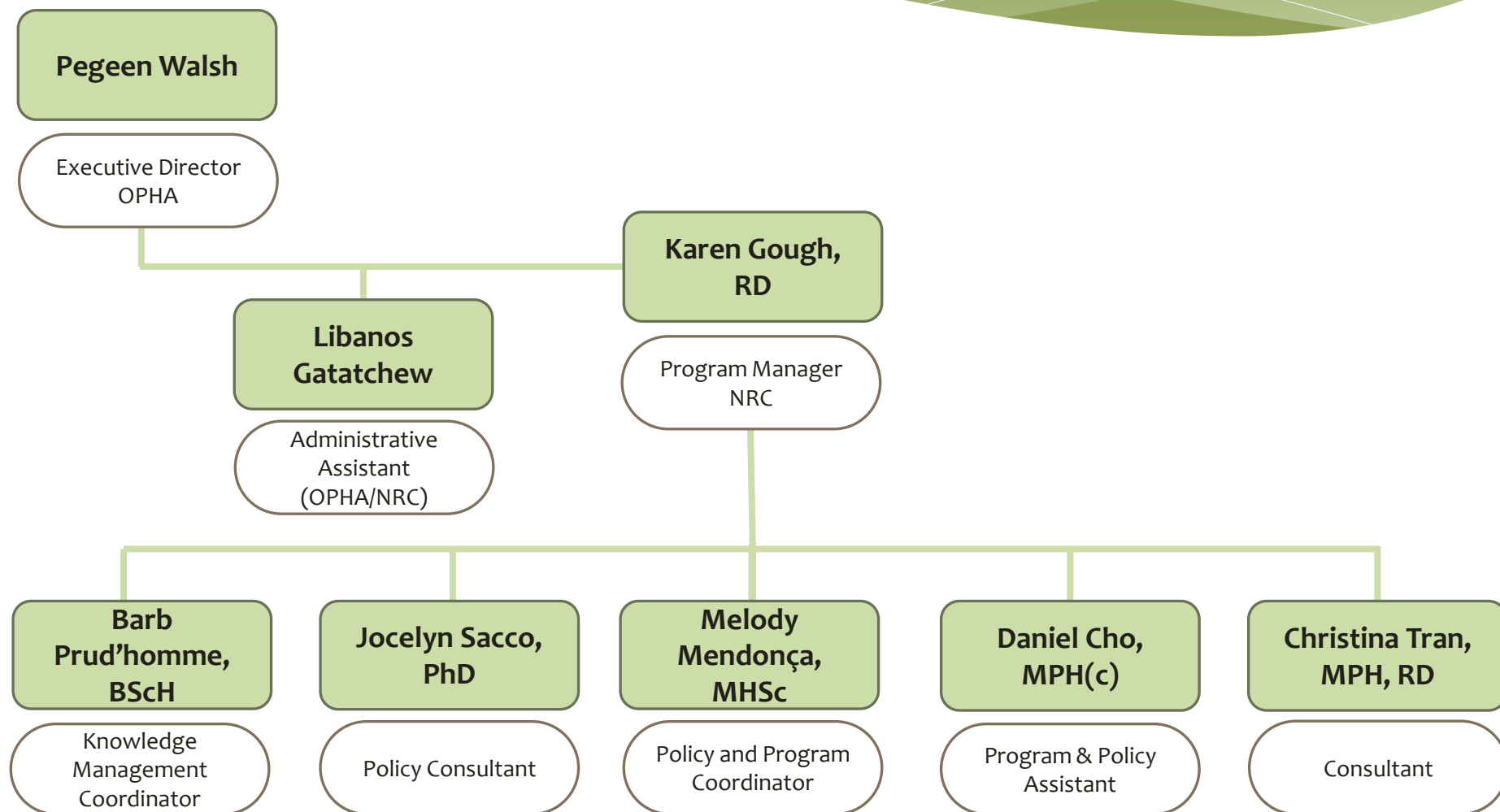
OPHA

- Host organization

Provincial Roundtable

- Representatives from PHUs, CHCs, FHTs etc.
- Facilitates dialogue across the province about issues related to healthy eating and nutrition





KEY FUNCTIONS AND PRIORITIES

KNOWLEDGE EXCHANGE AND TRANSFER

Annual Conference
Webinars
Workshops
Monthly Newsletter
Daily "News In Brief"
Website

TOPIC PRIORITIES

Support Policy Development
Healthy Kids Panel
NutriSTEP, Nutri-eSTEP
Food Skills etc.
Support Ministry Initiatives –
Priority populations

CENTRE OF EXCELLENCE IN EVIDENCE-BASED HEN TOOLS AND RESOURCES (REPOSITORY/HUB)

Programming Resources:

Repository of best practice and evidence-based programs

Food Skills Programs, etc.

NETWORKING AND COLLABORATION

Engage with Stakeholders on emerging Healthy Eating and Nutrition Issues

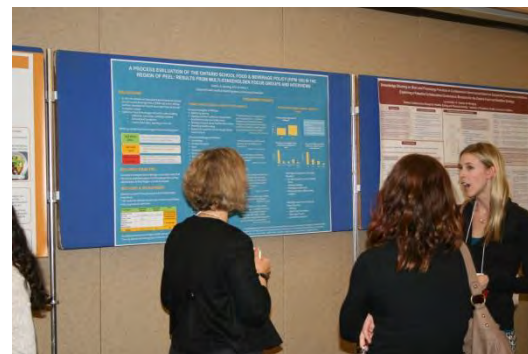
Formal engagement with Public, Community, Family Health & Primary Health Partners

Advisory Committee and Provincial Roundtables

Supporting Resource Centre partners in providing expertise in nutrition

Capacity Building (Knowledge Exchange and Transfer)

Activity	Deliverable
Conference NRC-OPHA	✓ Health in all policies: Advancing an Inter-sectoral Approach to Promoting Healthy Eating in Ontario -100 Attendees



Knowledge Exchange and Transfer

Activities	Deliverables
Ongoing Communications - (Daily News in Brief & Monthly Newsletter)	<ul style="list-style-type: none">✓ NRC expanded to include over 3500+ clients (increase of 1500 from 2012 & 300+ from April 2013)✓ NRC Contact list expanded to include 500+ partners/colleagues
Launch of the new NRC Website	<ul style="list-style-type: none">✓ Launched – September 16, 2013
Support Local Efforts on Province's Childhood Obesity Strategy	<ul style="list-style-type: none">❑ HC LINK Collaboration: Healthy Kids Strategy Webinar - WIP



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"News in Brief" for April 8 2014

Body image negativity can start at 3-years-old, researcher says

CBC News

A study in Sudbury has found children as young as three are unhappy with their bodies — and a Laurentian University psychologist says that's the age when efforts to cultivate healthy attitudes about bodies need to start. Dr. Line Tremblay said she showed silhouettes of different bodies to three-to-five-year-olds for her research. The children had to pick which silhouettes best represented their body type.

Canadian Diabetes Association unveils Diabetes Charter for Canada

CBC News

The Canadian Diabetes Association has unveiled a Diabetes Charter for Canada, laying out what it believes are the rights and responsibilities of patients, governments, health care providers and schools.

Northern food security: 'We can find a solution to this'

CBC News

A study commissioned by Health Canada says one thing isn't going to solve food security in the North, and instead, says a range of holistic approaches are required.

Ontario schools to get more money for nutrition programs, technology

CTV News

Premier Kathleen Wynne is expected to announce \$10.3 million in funding this year for school nutritional programs. The government announced yesterday that it is expanding and enhancing the Student Nutrition Program to include 56,000 more children in high needs schools.

NRC website



Food and Nutrition Policy Engagement Workshop: How the System Works, and How to Work the System

May 28, 2014

[Register Now!](#)



Policy Development Resources

Knowledge transfer & exchange resources

[Ontario School Food and Beverage Policy PPM 150](#)
[Ontario School Food and](#)



Program Advisory Resources

Policy development resources
[Obesity: An Overview Of Current Landscape And Prevention-Related Activities In Ontario](#)



Research & Resources

Program advisory resources
[Abbreviations used in Public Health](#)
[Diversity and Inclusion Curriculum Resource](#)

Upcoming events

May 2014						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Thursday May 15, 2014

NRC Webinar - Youth On Track For Health: Making the Healthy Choice the Easy Choice in Local Youth Group Homes
12:00 PM

NRC Grand Round Webinars

~1000 attendees
Aiming for 23 by year end

TOPIC	DATE
<ul style="list-style-type: none">✓ Securing Canada's Food System- Resetting the Table: A People's Food Policy For Canada✓ Food Innovations: Part 1 GMOs: Use, Implications and Regulations	January, 2014
<ul style="list-style-type: none">✓ Part 2 Food Nanoscience: All the Small Things✓ Ontario Food and Nutrition Strategy: An Update Local Food Initiatives	February, 2014
<ul style="list-style-type: none">✓ School nutrition policy in Ontario: Current gaps and potential opportunities for public health✓ Measuring Population Impact: The Impact of Healthy Breakfast on Adolescents and Teens	March 20, 2014
<ul style="list-style-type: none">✓ Canadian Food Strategy✓ Nutri-eStep	April 2014
<ul style="list-style-type: none">✓ CAPI Integrated Health and Agri-Food Strategy✓ Balanced school day	May 2014

Workshops: Policy Development Support

Activities	Deliverables
3 Food Policy Development Workshops	<ul style="list-style-type: none">✓ Food Policy Development Workshop June 2013: 50 attendees✓ Building Public Support for Policy Workshop December, 2013: 43 attendees (39 in person, 4 online) Facilitator: Dave Meslin, Community Choreographer✓ Food and Nutrition Policy Development Workshop January, 2014: 132 attendees (30 in person, 102 audio stream) Facilitator: Sean Moore❑ Food and Nutrition Policy Engagement Workshop May 28, 2014 Facilitator: Sean Moore



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Location:

Novotel Toronto
Centre Hotel, 45 The
Esplanade, Toronto,
ON M5E 1W2

Date:

May 28th, 2014

Time:

9:30am-4:30pm

In Partnership with:

Sean Moore,
Principal, Advocacy
School



Food and Nutrition Policy Engagement Workshop

Registration now open!

How the System Works, and How to Work the System

An introduction to policy engagement and public-policy advocacy, featuring discussions with government decision-makers, advocates and policy experts

- Learn practical approaches and strategies to engage in nutrition policy
- Gain analytical skills and learn frameworks to increase the effectiveness of your policy work
- Network with professionals with similar policy interests in this highly interactive workshop

Confirmed speakers include:

- ❖ Sean Moore, Principal, Advocacy School (Facilitator)
- ❖ Bill Smeaton, Former Mayor and Councillor, City of Niagara Falls
- ❖ Debbie Field, Executive Director, FoodShare
- ❖ Mark Holland, Director, Health Promotion and Public Affairs, Heart and Stroke Foundation

See preliminary agenda (page 2)

Check www.nutritionrc.ca for more information



BUILDING A REPOSITORY OF EVIDENCE-BASED HEN TOOLS & RESOURCES

Activities	Deliverables
<p>Comprehensive inventory of best practices in programming, source of HEN resources and tools</p>	<ul style="list-style-type: none">✓ Food Skills Initial Scan Completed (Ontario)✓ Policy Development Toolkit✓ Healthy Eating Manual<input type="checkbox"/> Establishing Steering Committee<input type="checkbox"/> Conduct Key Informant Interviews<input type="checkbox"/> Defining Best/Promising-practices




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Research & Resources

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[Partner Tools & Resources](#)
[Resource Libraries](#)
[Toolkits](#)

Check out the
newly
released LDCP
report

week!

Upcoming
NRC
NutriStep
webinar

future programs!

Program Support Resources

Sample Topic: Food Skills/Literacy

Program Summaries:

- CFA
- Colour it Up!
- NRC Environmental Scan
- Health Canada Promising Practices

Selected Publications

- Health Canada Synthesis
- LDCP Report
- Waterloo Report

Tools & Toolkits

- Durham Region Food Skills Kit
- Food Skills Program Implementation Tools

News & Community

- Local Food Act/
Establishing Food Literacy targets
- Work groups
- Communities of Practice

STAKEHOLDER ENGAGEMENT: NETWORKING AND COLLABORATION

Activities	Deliverables
Engagement with stakeholders	<ul style="list-style-type: none">✓ 16 Road Shows representing:<ul style="list-style-type: none">9 Community Health Centers20 Family Health Teams4 Public Health Units165 individual contacts✓ Here we are today!

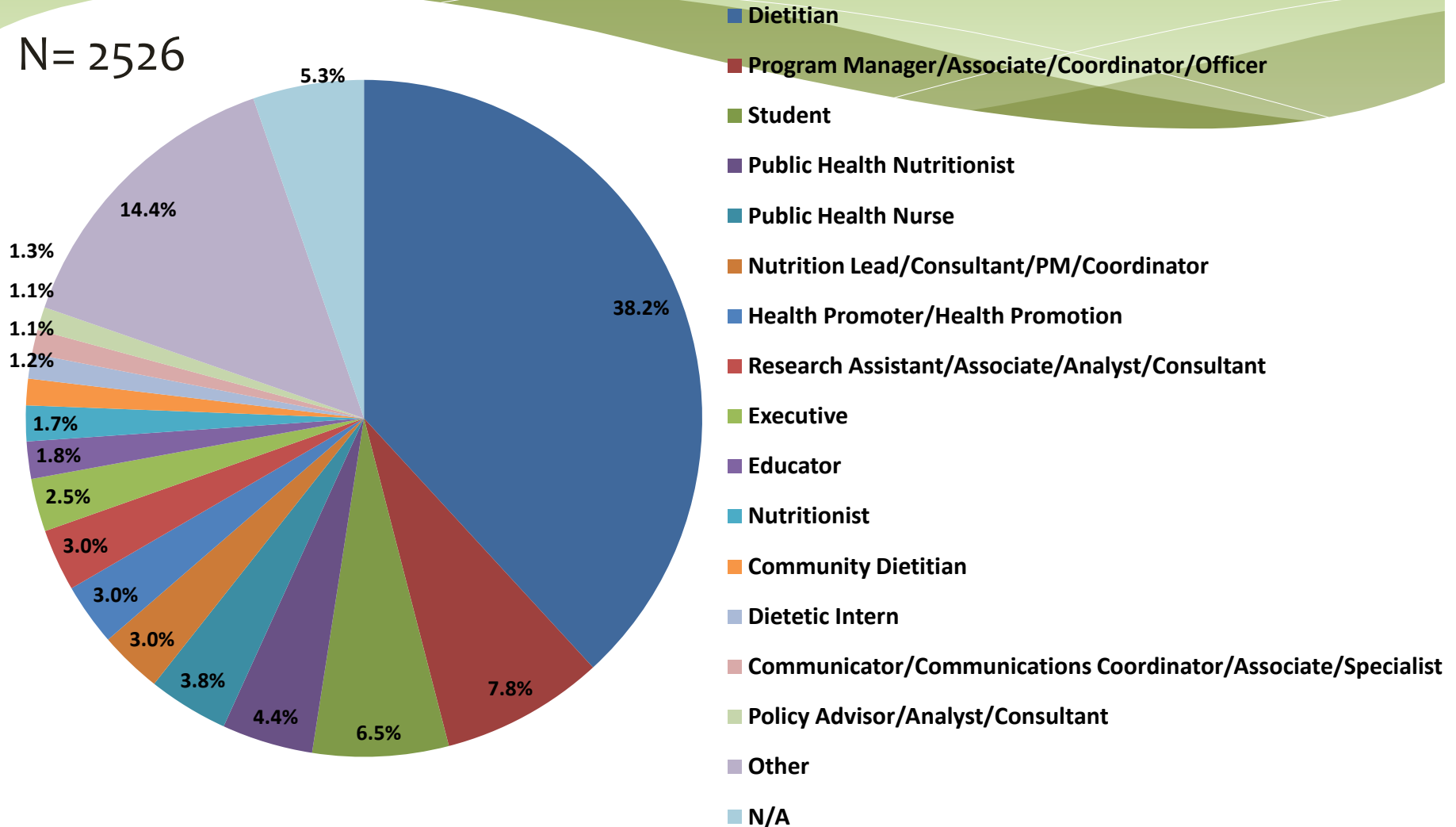
STAKEHOLDER ENGAGEMENT: NETWORKING AND COLLABORATION

Activities	Deliverables
NRC Meetings Advisory Committee 3/yr Provincial Roundtables 2/yr	<ul style="list-style-type: none">✓ Advisory Committee: July, 2013 January, 2014 February, 2014✓ Provincial Roundtable July, 2013 March, 2014
Stakeholder Needs	<input type="checkbox"/> Survey assessing needs of our stakeholder

Who are our stakeholder

(events from April 2013 – March 2014)

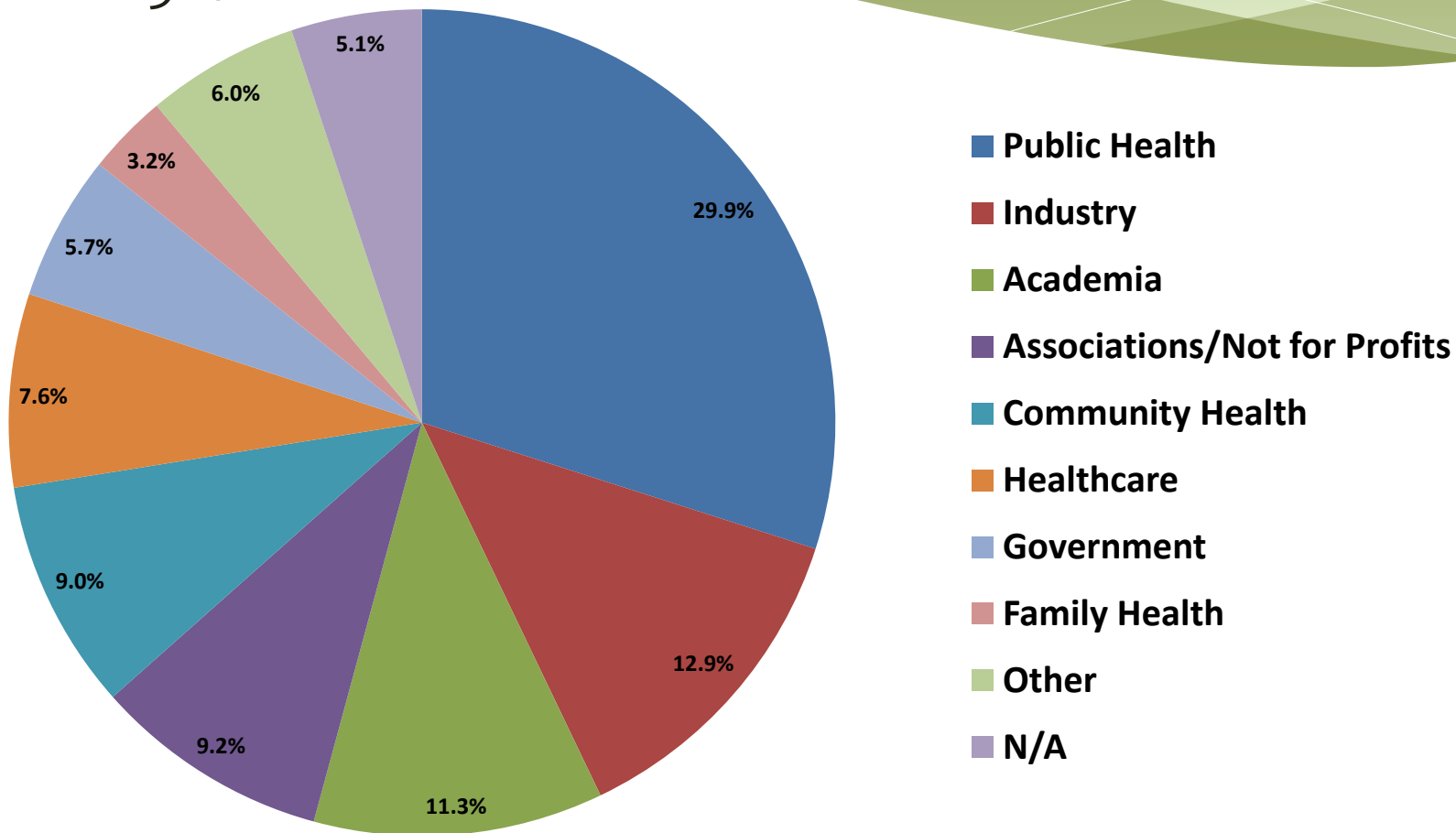
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What sectors do our stakeholders belong to

(Events from April 2013 – March 2014)

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Stay Connected

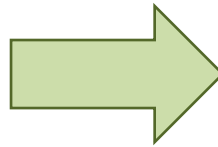
Vehicle	Stats
OPHA Facebook	<ul style="list-style-type: none">• Over 200 fans• Approx. 1-2 posts per day
Twitter	<ul style="list-style-type: none">• Over 180 followers• Approx. 1-2 posts per day
OPHA Newsletter	<ul style="list-style-type: none">• Over 4,300 recipients• Released monthly
NRC News in Brief	<ul style="list-style-type: none">• Over 3,500 recipients• Released daily - now with “What’s Up Wednesdays” and “Feature Friday’s”!
NRC Webinars	<ul style="list-style-type: none">• 50 - >200 attendees• 1-3 events per month events
NRC Website	<ul style="list-style-type: none">• Nearly 2000 visits per month since launch of new site



Future opportunities for exchange

2013/14

- Webinars
- Workshops
- Newsletters
- Facebook & Twitter posts



2014/15

- Podcasts?
- Blogs?
- TedTalks-style summit or video webcasts?
- Tweet Chats?
- In-person lectures?
- Communities of Practice?

Conclusion



We are a *resource centre* that is *accountable* to the Ministry of Health & Long-Term Care to strengthen the capacity of *health promotion professionals and community partners* across the health continuum.

Through *networking and collaboration*, we will build a centre of excellence in *evidence-based*, healthy eating and nutrition programming resources, foster *knowledge exchange and translation* and provide *program and policy development support and expertise*.

Contact information

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Nutrition Resource Centre

Thank you!

QUESTIONS?