

Heart Health Resource Centre Initiatives Mapped to the Ontario Public Health Standards

HHRC Mission: To enhance the capacity of public health agencies and their community partners to implement comprehensive, multi-risk factor, community-based chronic disease prevention programs.

FOUNDATIONAL STANDARD	REQUIREMENTS	HHRC INITIATIVE(S) & RESOURCES	EXPLANATION
Population Health Assessment	<p>Requirement 3 The board of health shall use population health, determinants of health and health inequities information to assess the needs of the local population, including the identification of populations at risk, to determine those groups that would benefit most from public health programs and services (i.e. priority populations).</p> <p>Requirement 4 The board of health shall tailor public health programs and services to meet local population health needs, including those of priority populations to the extent possible based on available resources</p>	<ul style="list-style-type: none"> • Consultation & coaching sessions • Symposia & workshops 	<ul style="list-style-type: none"> • HHRC on-site strategic & program planning consultations and coaching sessions build the capacity for heart health coalitions to conduct environmental scans to better understand and identify the needs of local priority populations. • Recent symposium on health inequity focused on addressing the social determinants of health in health promotion programming
Research and Knowledge Exchange	<p>Requirement 8 The board of health shall engage in knowledge exchange activities with public health practitioners, policy-makers, community partners, health care providers, and the public regarding factors that determine the health of the population and support effective public health practice gained through population health assessment, surveillance, research, and program evaluation.</p> <p>Requirement 9 The board of health shall foster relationships with community researchers, academic partners, and other appropriate organizations to support public health research and knowledge exchange.</p>	<ul style="list-style-type: none"> • HHRC provincial symposia • Provincial & regional workshops • HHRC Listserv 	<p>HHRC facilitates the linkages and exchange between researchers, decision-makers & health promoters (within health units and beyond) at its provincial symposia & workshops. The listserv enables timely exchange of information.</p> <p>Contacts are made between health promoters and experts in the field of interest at symposia & workshops; HHRC attempts to refer health promoters to appropriate “experts” and resources during consultations, coaching sessions and via its resource materials</p>

Heart Health Resource Centre Initiatives Mapped to the Ontario Public Health Standards

FOUNDATIONAL STANDARD	REQUIREMENTS	HHRC INITIATIVE(S) & RESOURCES	EXPLANATION
Program Evaluation	<p>Requirement 11 The board of health shall routinely monitor program activities and outcomes to assess and improve the implementation and effectiveness of programs and services, including collection, analysis, and periodic reporting of indicators related to inputs, resources, implementation processes, reach, outputs, and outcomes.</p> <p>Requirement 12 The board of health shall conduct program evaluations when new interventions are developed or implemented, or when there is evidence of unexpected operational issues or program results, to understand the linkages between inputs, activities, outputs, and outcomes.</p>	<ul style="list-style-type: none"> • Consultation & coaching • Webinars • Workshops • @ a Glance Resource Sheets 	<p>HHRC builds the capacity of health promoters in health units to evaluate their programs by offering learning opportunities and on-site consultations. HHRC collaborates with the Towards Evidence-Informed Practice (TEIP) project & was instrumental in the development of tools to guide program evaluation of health promotion programs. (See separate chart/ TEIP)</p>
	<p>Requirement 13 The board of health shall use a range of methods to facilitate public health practitioners' and policy-makers' awareness of the factors that contribute to program effectiveness.</p>	<ul style="list-style-type: none"> • Consultation & coaching • Webinars • Workshops • @ a Glance Resource Sheets 	<p>HHRC symposia & workshops provide opportunities to share promising practices; HHRC collaborates with the TEIP project in the pilot phase of TEIP tool development & in providing learning opportunities to health unit staff & their community partners</p>
PROGRAM STANDARD			
Chronic Disease Prevention – Health Promotion and Policy Development	<p>Requirement 3 The board of health shall work with school boards and/or staff of elementary, secondary, and post-secondary <i>educational settings</i>, using a comprehensive health promotion approach, to influence the development and implementation of healthy policies, and the creation or enhancement of supportive environments.</p> <p>Requirement 4 The board of health shall use a comprehensive health promotion</p>	<ul style="list-style-type: none"> • HHRC learning activities in 2009/10 will focus on building capacity of health promoters to influence public policy and create supportive environments in a variety of settings, including 	<p>HHRC learning activities in 2009/10 will focus on building capacity of health promoters to influence public policy and create supportive environments in a variety of settings, including schools and workplaces. One symposium and a subsequent newsletter have already addressed policy development and advocacy.</p> <p>HHRC regularly collaborates with OPHEA on workshop development and resource dissemination.</p>

Heart Health Resource Centre Initiatives Mapped to the Ontario Public Health Standards

FOUNDATIONAL STANDARD	REQUIREMENTS	HHRC INITIATIVE(S) & RESOURCES	EXPLANATION
	<p>approach to increase the capacity of <i>workplaces</i> to develop and implement healthy policies and programs, and to create or enhance supportive environments</p> <p>These efforts shall include:</p> <p>a. Conducting a situational assessment in accordance with the proposed Population and Surveillance Protocol, 2008 and</p> <p>b. Reviewing, adapting, and/or providing behaviour change support resources and programs.</p> <p>Requirement 5</p> <p>The board of health shall collaborate with <i>local food premises</i> to provide information and support environmental changes through policy development related to healthy eating and protection from environmental tobacco smoke.</p> <p>Requirement 6</p> <p>The board of health shall work with <i>municipalities</i> to support healthy public policies and the creation or enhancement of supportive environments in recreational settings and the built environment.</p>		<p>HHRC has delivered a symposium on the built environment and continues to sit on committees focused on the issue.</p> <p>Recreational professionals regularly participate in HHRC learning events & community consultations.</p> <p>HHRC builds capacity with coordinators who actively promote the Eat Smart! Restaurant, Workplace and School Programs. We collaborate with the Nutrition Resource Centre on programs where Heart Health Coordinators focus on healthy eating.</p> <p>HHRC has representatives on the OHPRS Healthy Eating Working Group/</p> <p>HHRC learning activities in 2009/10 will focus on building capacity of health promoters to influence public policy and create supportive environments in a variety of settings, including municipalities.</p>
	<p>Requirement 7</p> <p>The board of health shall increase the capacity of <i>community partners</i> to coordinate and develop regional/local programs and services.</p> <p>These efforts shall include:</p> <p>a. Mobilizing and promoting access to community resources;</p> <p>b. Providing skill-building opportunities; and</p>	<ul style="list-style-type: none"> • HHRC symposia, workshops & webinars • @ <i>heart</i> newsletters • @ <i>a Glance Resource Sheet</i> • Consultation & coaching sessions 	<p>HHRC consultations provide an opportunity for community partners and health unit staff to plan and assess & develop programs using a strategic approach.</p> <p>HHRC promotes the use of best and promising practices and the incorporation of evidence during its consultations and is collaborating with the TEIP project to deliver a workshop on the subject.</p>

Heart Health Resource Centre Initiatives Mapped to the Ontario Public Health Standards

FOUNDATIONAL STANDARD	REQUIREMENTS	HHRC INITIATIVE(S) & RESOURCES	EXPLANATION
	c. Sharing best practices and evidence for the prevention of chronic diseases.		<p>HHRC learning activities are well attended by community partners from heart health coalitions and CHC's.</p> <p>Coaching services and resource materials further support community partners in developing their skills and capacity in this area.</p>
	<p>Requirement 11</p> <p>The board of health shall increase <i>public awareness</i> in the following areas:</p> <ul style="list-style-type: none"> • Healthy eating • Healthy weights • Physical Activity • Health inequities that contribute to chronic disease 	<ul style="list-style-type: none"> • OHPRS Working Group on Healthy Weights • OCDPA messaging • HHRC Symposium • @ <i>heart</i> newsletter • <i>En Bref Resource Sheet</i> 	<ul style="list-style-type: none"> • HHRC is an active participant on the working group. • HHRC delivered a symposium on health inequity for health promotion professionals & community partners • HHRC collaborates with OPHEA in planning workshops on related to physical activity • HHRC participated in OCDPA group to create common messaging related to healthy eating and physical activity • HHRC created workshop on obesity in youth in French & produced a subsequent electronic resource

Heart Health Resource Centre Initiatives Mapped to the Ontario Public Health Standards

Recent Training and Development Activities:

- **Symposia :**
 - Ground-breaking Strategies for Building Active Communities – Focus – Working collaboratively to foster active transportation within communities
 - Influencing Decision-makers – Focus – Building capacity for policy development
 - Health Equity: Are we there yet? – Focus – Addressing the social determinants of health within chronic disease prevention programs
- **Workshops:**
 - Strategic Planning – Regional workshop
 - Program Planning – Regional workshop
 - Making Evidence Work *FOR* You: Tools to strengthen health promotion programs – Focus – Accessing and incorporating evidence in health promotion programs
- **Resources:**
 - @ *heart* newsletters on the above topics
 - @ *a Glance* Resource Sheets – Strategic Planning, Program Planning, Program Evaluation, Policy Development
 - *En Bref* Resource Sheet in French – Youth Obesity
- **Webinars:**
 - Promoting Active Transportation in rural Communities
 - Towards Evidence-informed Practice
 - L'obésité chez les adolescents franco ontariens

Knowledge Exchange Activities:

- **hhrc.net** web site providing direct access to the Ontario Heart Health Network and the Towards Evidence-Informed Practice Project web sites
- HHRC listserv
- HHRC Heart Health Coordinators' Only listserv
- Quarterly mail out – quarterly distribution of samples of health promotion materials produced by heart health coalitions, community partner organizations and HHRC

Consultation and Coaching:

- On-site individual and regional consultations provided to heart health coalitions across Ontario
- Unlimited individual coaching to Ontario Heart Health Coordinators as requested.