











Nutrition Resource Centre Programs Mapped to the Ontario Public Health Standards

Program Standard	Program Requirement	NRC Program/ Resources	Explanation
Chronic Disease Prevention	Health Promotion and Policy Development Requirement 3: The Board of Health shall work with school boards and/or staff of elementary, secondary, and post-secondary educational settings, using a comprehensive health promotion approach, to influence the development and implementation of healthy policies, and the creation or enhancement of supportive environments to address the following topics: • Healthy eating;	 Eat Smart! School Program (applicable in secondary, and post-secondary settings)	<ul style="list-style-type: none"> The ES! School Program will become more comprehensive to include nutrition standards for snack vending machines and snack bars, in addition to cafeterias The program will also encourage the creation of “Healthy Eating Action Teams” comprised of all stakeholders within participating schools (comprehensive health promotion approach)
	Health Promotion and Policy Development Requirement 4: The Board of Health shall use a comprehensive health promotion approach to increase the capacity of workplaces to develop and implement healthy policies and programs, and to create or enhance supportive environments to address the following topics: • Healthy eating;	 Eat Smart! Workplace Program	<ul style="list-style-type: none"> The ES! Workplace Program will become more comprehensive to include nutrition standards for snack vending machines and snack bars, in addition to cafeterias The program encourages working with the Workplace Wellness Committee or Health & Safety committee (comprehensive health promotion approach)
		 Colour It Up... <i>Go for More Vegetables and Fruit</i> Program	<ul style="list-style-type: none"> Colour It Up is a community-based, behaviour change program designed to promote increased vegetable and fruit consumption to women and their families. It can be used in the workplace setting
	Health Promotion and Policy Development Requirement 5: The Board of Health shall collaborate with local food premises to provide information and support environmental changes through policy development related to healthy eating and protection from environmental tobacco smoke.	 Eat Smart! Restaurant Program	<ul style="list-style-type: none"> NRC is currently undertaking a process with input from provincial stakeholders to reposition the restaurant program to better fit within the current environment (other existing programs, changing priorities in health units, etc.)




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Chronic Disease Prevention	Health Promotion and Policy Development Requirement 6: The Board of Health shall work with municipalities to support healthy public policies and the creation or enhancement of supportive environments in recreational settings and the built environment regarding the following topics: <ul style="list-style-type: none"> • Healthy eating; 	 Eat Smart! Recreation Centre Program <small>www.EatSmartOntario.ca</small>	<ul style="list-style-type: none"> • Pilot testing of Recreation Centre program in seven health units is finished • The Eat Smart! Recreation Centre Program includes snack bar and snack vending components • Evaluation report will be completed summer 2008 • Provincial launch of the program is being planned for fall 2008
	Health Promotion and Policy Development Requirement 11: The Board of Health shall increase public awareness in the following areas: <ul style="list-style-type: none"> • Healthy eating; • Healthy weights; • Physical activity; 	Caregiver Resources: BusyBodies and Eat Right Be Active  Hop la vie! and Bien manger Bien bouger	<ul style="list-style-type: none"> • Resources for caregivers of preschoolers and children 6-8 • Healthy eating and physical activity content • Development and distribution of these resources is an initiative in the HEAL Action Plan • Health units can order bulk quantities free of charge • All resources are featured on Eat Right Ontario website
		 The CFA Program	<ul style="list-style-type: none"> • CFAs are trained volunteers who can provide presentations and food demos on a variety of topics related to Healthy Eating throughout their community • CFAs in Guelph and London work with local Good Food Box programs to provide information / tips on how to use the contents
		 NutriSTEP™	<ul style="list-style-type: none"> • <i>Toolkit</i> includes parent education and service provider materials to increase nutrition awareness and knowledge. • Health units can download materials online.





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Chronic Disease Prevention	Health Promotion and Policy Development Requirement 7: The Board of Health to increase capacity of community partners to coordinate and develop local programs and services related to – healthy eating including community based food activities	 The CFA Program	<ul style="list-style-type: none"> The CFA Program is designed to be implemented and sustained in a community with ongoing input from community partners; CFAs are peer educators who represent priority populations and/or receive specialized training to enable them to work effectively with other agencies and people from priority populations. Elgin-St. Thomas CFAs received additional training to allow them to provide presentations to the Low German Mennonite population (spoken language only). KFL&A Public Health “Motiv8” initiative will be inclusive of CFA Program and will promote healthy eating and physical activity with various community partners and work places
		 Colour It Up...Go for More Vegetables and Fruit Program	<ul style="list-style-type: none"> Colour It Up is a program that can be implemented by health units or health units can collaborate or coordinate the program being run by other partners in various community settings. Partnerships are encouraged in the program materials. The impetus for the Colour It Up Program is consistent with scientific evidence indicating that increased vegetable and fruit consumption is an important factor in reducing the risk of cancer, cardiovascular disease and diabetes. The program was pilot tested and evaluated and found to be effective in increasing vegetable and fruit consumption. When delivered as intended, the Colour It Up Program provides sufficient intensity, duration and exposure to program materials to allow for successful behaviour changes among the participants. Skill-building components are included as part of the program.




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Chronic Disease Prevention	<p>Health Promotion and Policy Development Requirement 8: The Board of Health shall provide opportunities for skill development in the areas of food skills and healthy eating practices for priority populations</p>	 <p>The CFA Program</p>	<ul style="list-style-type: none"> Community Food Advisors are trained to teach others basic food skills – procurement, storage and preparation – and how to integrate that with healthy eating as recommended by Canada’s Food Guide CFAs in Kingston lead Basic Shelf programs with various priority populations in their community. In 2007, CFAs provided 480 presentations on basic food skills (30% of all presentations) and 895 presentations on healthy eating (55%)
Family Health	<p>Child Health HP and Policy Development Requirement 5: The Board of Health shall increase public awareness of</p> <ul style="list-style-type: none"> Healthy eating, healthy weights, and physical activity; <p>by: a. Adapting and/or supplementing national and provincial health communications strategies; and/or</p> <p>b. Developing and implementing regional/local communications strategies.</p>	<p>Caregiver Resources: BusyBodies and Eat Right Be Active</p> <div style="text-align: center;">  </div> <p>Hop la vie! and Bien manger Bien bouger</p>	<ul style="list-style-type: none"> Development of these resources is an initiative of the HEAL Action Plan Health units can order bulk quantities free of charge All resources are featured on Eat Right Ontario website
		 <p>NutriSTEP™</p>	<ul style="list-style-type: none"> Development and distribution of accompanying <i>Implementation Toolkit</i> which includes parent education and service provider materials to increase nutrition awareness and knowledge. Health units can download materials online.



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Family Health	Child Health HP and Policy Development Requirement 5: (continued from page 4)	 The CFA Program	<ul style="list-style-type: none"> CFAs are trained and skilled in public presentations and food demos that can take place at health fairs, shopping centres, grocery stores, food banks, schools etc. Hamilton CFAs participate in the annual Ancaster Fall Fair and provide over 3000 school children with a taste of seasonal vegetables on one day every fall
	Child Health HP and Policy Development Requirement 6: The Board of Health shall provide in collaboration with community partners parenting programs and supports which include b) group sessions	 The CFA Program	<ul style="list-style-type: none"> CFAs often partner with Best Start and other early parenting programs teaching basic food skills and healthy eating for both parents and kids Huron County CFAs support a cooking club for teen mums Ottawa CFAs partnered with “Youth Heart Beat” under the umbrella of “Partners in Healthy Living” to involve CFA volunteers in the “I ♥2 Cook” program
	Child Health HP and Policy Development Requirement 7: The Board of Health shall provide advice and information to link people to community programs and services on the following topics: <ul style="list-style-type: none"> Healthy eating, healthy weights, and physical activity; 	Caregiver Resources: BusyBodies and Eat Right Be Active  Hop la vie! and Bien manger Bien bouger	<ul style="list-style-type: none"> Provincially-developed resources provide consistent messages province-wide and connect to provincial initiatives, such as EatRight Ontario.
		 NutriSTEP™	<ul style="list-style-type: none"> <i>Toolkit</i> includes referral mapping to link parents to appropriate community programs and services. Parent resources on feeding preschoolers are part of the toolkit. Health units can download materials online.

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Family Health	Child Health HP and Policy Development Requirement 7: continued	 <p>Colour It Up... <i>Go for More Vegetables and Fruit Program</i></p>	<ul style="list-style-type: none"> • Colour It Up is designed to promote increased vegetable and fruit consumption to women and their families. • By targeting women ages 19-50 (many of whom may be caregivers to children), changes may be made in the household that could increase the entire family's consumption of vegetables and fruit
	Child Health Disease Prevention Requirement 11 The Board of Health shall facilitate access and support for families to complete screening tools to monitor their child's health and development, and provide a contact for families to discuss results and arrange follow-up. (Screening tools will include those that are part of HBHC (e.g. Nipissing) as well as other reliable, valid screening tools that may be identified, such as NutriSTEP...)	 <p>NutriSTEP™</p>	<ul style="list-style-type: none"> • NutriSTEP™ preschool nutrition screening program-early ID and intervention of nutrition related issues including dietary, physical activity and growth concerns. • NutriSTEP™ can be used for surveillance of nutrition indicators in preschool aged children (3-5 years) including dietary intake, physical activity and screen time, growth issues. • NutriSTEP™ can be used in OEYCs/Best Start Hubs to monitor and evaluate interventions.
Infectious Diseases Prevention and Control	Health Promotion and Policy Development Requirement 4: The Board of Health shall work with community partners to improve public knowledge of.... Infection prevention and control practices ...: Hand Hygiene	 <p>The CFA Program</p>	<ul style="list-style-type: none"> • CFAs receive training in proper hand washing techniques as well as effective ways to teach hand-washing and incorporate it into ALL presentations / food demos • CFAs in Peel take the GloGerm kit to local schools.

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Environmental Health	<p>Food Safety HP and Policy Development: The Board of Health shall increase public awareness of food-borne illnesses and safe food-handling practices and principles by:</p> <p>a. Adapting and/or supplementing national and provincial food safety communications strategies; and/or</p> <p>b. Developing and implementing regional/local communications strategies.</p>	 Eat Smart! program <small>www.EatSmartOntario.ca</small>	<ul style="list-style-type: none"> The Eat Smart! program includes a food safety standard
		 The CFA Program	<ul style="list-style-type: none"> The CFA Program includes training and skill development in safe food handling skills; All CFAs must complete the Food Handlers' Course to become a certified CFA. "Food Safety" is one of the most popular presentations delivered by CFAs (189 times in 2007) with a presentation kit that incorporates communication tools from the National and Provincial Food Safety campaigns.

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Nutrition Resource Centre

The mandate of the Nutrition Resource Centre is to increase the level of coordinated provincial support of nutrition promotion programming, resource development and dissemination and support services for nutrition practitioners. NRC is funded by the Ministry of Health Promotion as part of the HEAL strategy.



Community Food Advisor Program

The Community Food Advisor Program has been active in Ontario since 1993/94. Its mandate is to train interested and enthusiastic volunteers who will work in their communities to increase knowledge and skills related to food selection, preparation and storage, and promote healthy and safe eating to the people of Ontario. The program is currently supported in 16 communities across Ontario. In 2007, 375 CFAs provided 17,000 hours of volunteer service, 1262 placements with 894 various agencies and groups and reached over 52,600 people. In 2008, Halton Region will begin training its first group of CFAs. The Program has been adapted for use by Health Canada, First Nations and Inuit Health Branch, and Nova Scotia Public Health.



NutriSTEP™

NutriSTEP™ is a new NRC provincial program that supports the provincial HEAL and Childhood Obesity Strategies by promoting both healthy eating and physical activity as well as addressing early childhood growth concerns. NutriSTEP™ (Nutrition Screening Tool for Every Preschooler), a scientifically valid and reliable bilingual (English and French) nutrition risk screening questionnaire that takes approximately five minutes to complete and has been designed for administration by parents, caregivers or community professionals, in a variety of settings. NutriSTEP™ identifies preschoolers aged three to five with poor nutrition. It provides for parent referral to community resources for primary prevention and parental nutrition education. NutriSTEP™ can also be used for local and provincial surveillance, to plan programs and identify implications for further research and practice.



Eat Smart! Program

Eat Smart! is an award of excellence program that recognizes top Ontario restaurants, schools, workplaces and recreation centres that meet exceptional standards in nutrition, safe food handling and a smoke-free environment. Eat Smart! is run in health units across Ontario with provincial coordination by the Nutrition Resource Centre at OPHA. Provincial partners include: the Canadian Cancer Society (Ontario Division) and the Heart and Stroke Foundation of Ontario.

Eat Smart! is designed to improve the eating habits of Ontarians when they eat away from home.



Colour it Up... Go for More Vegetables and Fruit Program

The Colour It Up...Go for More Vegetables and Fruit program (Colour It Up) (originally known as TAKE Five) is a community-based, behaviour change program designed to promote increased vegetable and fruit consumption to women and their families. The Colour It Up Program was developed by Cancer Care Ontario and pilot tested in 12 Ontario communities in 2002.

Colour It Up provides participants with behaviour change strategies in six sessions. This fully evaluated program supports scientific evidence indicating that increased vegetable and fruit consumption is an important factor in reducing the risk of cancer, cardiovascular disease and diabetes. Each session includes a warm-up activity, hands-on activities that encourage discussion, and a Veggie Fruit Snack Break, which can be prepared in advance or during the session by the facilitator, participants or other volunteers. The program is also designed with an evaluation component; a series of pre-, post- and 3-month post participant questionnaires providing facilitators with group and site results.

In April 2005, the NRC took on the role of provincial coordinator for the Colour It Up Program and now receives funds from the Ontario Ministry of Health Promotion. Provincial partners include: Cancer Care Ontario, the Canadian Cancer Society (Ontario Division) and the Heart and Stroke Foundation of Ontario.