

# Nutrition Exchange – Wednesday, May 20, 2009

## Public Health Nutrition: Peeling Back the Layers



Ontario Society of Nutrition  
Professionals in Public Health  
La société ontarienne des professionnel(le)s  
de la nutrition en santé publique

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### Program

7:30-8:30	Buffet Breakfast
7:45 – 8:45	Registration
8:45 – 9:00	Welcome
9:00 – 9:45	Targeting Youth: Advertising, Identity and Consumption Carolyn Wilson, BA, B.Ed., M.Ed

This presentation will introduce the world of media literacy and how it equips consumers and citizens--both young and old--with the skills and knowledge necessary for navigating our mediated world. Specifically, the presentation will apply media literacy skills to the world of advertising, by examining the messages and values conveyed through several soft drink and junk food campaigns. The impact of this advertising will be discussed, along with opportunities for education and resistance.

9:45 – 10:05	Update on Food Marketing to Children and the “Food for Thought” Alpha Conference, February 5, 2009 Heather Thomas, MSc, RD,
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10:05 - 10:35	Be Part of Something Big: What is the Ontario Health Study and How will Diet be Measured? Beatrice Boucher, MHSc
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Ontario is on the verge of recruiting its largest chronic disease cohort ever! With 150,000 participants from diverse regions of the province, and long-term measures of individual and community-level exposures, it is “something big” in public health. Background information about the study will be presented before outlining methods being used to measure diet, including the creation of a unique dietary recall system for Canadians.

10:35 – 10:50	Break
10:50 – 12:15	2008 AGM and Presentation of the Peer Recognition Award
12:15 – 1:00	Lunch
1:00 – 4:20	Vitamin D Panel Intakes and Circulating Levels of Vitamin D for Optimum Health Dr. Bruce Hollis, PhD

The presentation will discuss the appropriate amount of vitamin D that is required during pregnancy and lactation. Also to be presented will be new data from the large NIH-sponsored pregnancy and lactation RCT's ongoing in our laboratory.

Vitamin D: Promises of Health Benefits and New Recommendations for Intake  
Dr. Stephanie Atkinson, PhD

Vitamin D has emerged as a “super star” in the media and pharma supplement sectors – being touted to have a broad range of health benefits beyond skeletal integrity. This presentation will highlight the emerging science on novel functions of vitamin D related to human health and disease prevention and current approaches to the re-evaluation of recommendations for vitamin D intakes.

Can Increased Vitamin D Intake Improve Health? Breast Cancer as an Example of the Current State of Knowledge  
Dr. Julia Knight, PhD

This presentation will focus on vitamin D and cancer, specifically breast cancer. It will include some of the evidence on observational studies and clinical trials as well as the methodologic issues in these studies and will conclude with what we know to date and what still needs to be done

	Panel Discussion & Questions
2:40 – 2:55	Break
4:20 – 4:50	Record Keeping in Public Health Deborah Cohen, RD, MHSc

Public Health Dietitians/Nutritionists often work in a variety of settings and programs interacting with populations, communities, small groups and individuals. The requirements for documenting services provided vary depending on organization needs and professional obligations. The presentation will provide a comprehensive review of record keeping obligations to address RDs' documentation requirements in public health settings. Scenarios will be presented to provide concrete examples for documentation in public health programs

4:50 – 5:00	Closing Remarks
5:15	Social Event hosted by Eat Right Ontario and the Ministry of Health Promotion

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7:30- 8:30 Buffet Breakfast

8:00 – 8:45 Registration

8:45 - 9:15 Implementing NutriSTEP®

Lee Rysdale, M.Ed, RD and Joanne Beyers, M.A., RD

NutriSTEP® is a valid and reliable bilingual (English and French) nutrition risk screening questionnaire now available for children 3 to 5 years old. NutriSTEP® stands for Nutrition Screening Tool for Every Preschooler. This presentation will outline the development and results of the targeted implementation of NutriSTEP® in Ontario as well as the challenges and opportunities with implementation of a community nutrition screening program.

9:15 – 10:30 Prevention and Management of Infant Food Allergies: Where are we now?

Dr. Janice Joneja, PhD, RD

Dr. Joneja will review the most recent research on prevention and management of pediatric food allergies, and discuss implications and clinical recommendations arising from the studies. She will include the current (2008) reports on the role of maternal dietary restriction, breastfeeding, complementary foods, and use of appropriate infant formulas. Dr. Joneja will demonstrate how to apply this technical knowledge to practical applications for Dietitians working with pediatric patients and their families.

10:30 – 10:45 Break

10:45 – 11:15 Ministry of Health Promotion Update

Roselle Martino, MHSc, RD

11:15 - 11:45 Health Canada Update

Helene Lowe

Helene will be discussing the process to revise national prenatal nutrition guidelines for health professionals as well as the national prenatal nutrition guidelines on iron, folate, fish and omega-3 fats that have been reviewed and updated to ensure they are consistent with the Dietary Reference Intakes and Eating Well with Canada's Food Guide..

11:45 – 12:30 Community Food Security: Not Just Another Program

Ellen Desjardins, MHSc, RD

Looking at food and nutrition in the context of the broader food system requires a novel set of lenses. Existing food environments have been purposefully designed, and are supported by policies ranging from local to global, agriculture to retail. How can we begin to affect change? How can we become proactive instead of reactive? This presentation will offer a variety of ways in which RDs have embraced new paradigms and participated in creative solutions within public health.

12:30-1:15 Lunch

1:15 – 2:00 Is Food Insecurity in Canada the Tip of the Social Determinants of Health Iceberg?

Dr. Dennis Raphael, PhD

The extent of food insecurity in Canada is a staggering indictment of the failure of public policy in Canada to address the basic needs of Canadians. Food security is but the tip of the iceberg when it comes to the failures of Canadian public policy. These failures include growing income and wealth inequality, increasing housing insecurity, and the unwillingness of Canadian governments to provide families with quality regulated childcare. These failures were well in evidence prior to the onset of the current recession which will only accentuate these problems. Roles that public health nutritionists can play in shifting Canadian public policy in the service of health will be presented.

2:00 – 2:45 What's for Lunch? Translating School Nutrition Policies into Action

Dr. Mary McKenna, PhD, RD

Across the country, provinces and territories are in various stages of adopting and implementing school nutrition policies. What are the components of these policies, what strategies are used to implement them, what supports and challenges do they encounter, how are they being evaluated and how might they be evaluated, and what roles do public health nutritionists play?

2:45 – 3:00 Break

3:00 – 3:45 Interaction between Physiological and Environmental Factors in the Regulation of Food Intake in Children

Dr. Nick Belissimo, PhD, BEd

This presentation will summarize our latest research examining the role of macronutrient preloads, exercise intensity and duration, and television viewing at mealtime on food intake control in school-aged children. These studies will be evaluated in relation to their impact on curriculum planning and implementation, and mealtime environments. Ultimately, this work will provide a physiological rationale to test and then implement school-based obesity prevention and treatment strategies.

3:45 – 4:15 Ontario Collaborative Group for Healthy Eating and Physical Activity (OCGHEPA) Update: Supporting the Implementation of Health and Physical Education within the context of a Healthy School

Chris Markham, Executive Director & C.E.O., OPHEA & Rebecca Truscott, MHSc, RD, Cancer Care Ontario

4:15 – 4:30 Closing Remarks and Evaluation

