

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

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

Carolyn Wilson is a teacher, author, consultant and **President of the Association for Media Literacy** in Ontario, Canada. Co-author of the best selling textbook, *Mass Media and Popular Culture, Version 2*, Carolyn has been invited to speak at conferences and develop media literacy programs around the world. These engagements have included events hosted by UNESCO and the Ministry of Education in Austria, by UNESCO and The University for Peace in Costa Rica, for the Norwegian government and UNICEF in Norway, and for organizations in South Africa, Greece, Brazil, and England. Carolyn is an instructor at the Ontario Institute for Studies in Education at the University of Toronto, and a consultant to UNESCO.

- 9:45 – 10:05 Update on Food Marketing to Children and Alpha Conference
Heather Thomas, MSc, RD

Heather attended the University of Western Ontario where she completed her B.Sc. in foods and nutrition in 1993. Heather continued her education in Ottawa where she achieved her dietetic internship 1994. She has worked at the Middlesex-London Health Unit for over almost 14 years where she is the public health dietitian on the Chronic Disease and Injury Prevention Team. Heather returned to UWO in 2006 to pursue a Master of Science degree in Health Promotion. Heather started her PhD in the Health Promotion field in September 2008.

- 10:05 - 10:35 Record Keeping in Public Health
Deborah Cohen, MHSc, RD

Deborah Cohen obtained her Bachelor of Applied Science from the University of Guelph and completed her graduate dietetic internship in at the Capital Health Regional Dietetic Internship Program. Deborah also holds a Master of Health Science in Nutrition Communication from Ryerson University. Deborah currently works as the Practice Advisor and Policy Analyst for the College of Dietitians of Ontario.

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

Dr. Bruce Hollis is professor Of Pediatrics, Biochemistry and Molecular Biology as well as the Director of Pediatric Nutritional Sciences at the Medical University of South Carolina, Charleston, SC. His current research is focused on Vitamin D and establishing its requirements during lactation and also on Vitamin D supplementation to prevent childhood asthma. He has travelled all over the world to share his knowledge and research on Vitamin D.

Vitamin D: Promises of Health Benefits and New Recommendations for Intake

Dr. Stephanie Atkinson

Dr. Stephanie Atkinson is Professor and Associate Chair (Research) of the Department of Pediatrics, and Associate Member, Department of Biochemistry and Biomedical Sciences, Faculty of Health Sciences, McMaster University in Hamilton, Ontario, Canada. She is also on faculty in the McMaster Medical Sciences Graduate Program and serves as Special Professional Staff in McMaster Children's Hospital where she acts as a clinical consultant in pediatric nutrition. Dr. Atkinson's research focuses on the impact of nutrition and abnormalities in metabolism on health outcomes particularly pertaining to prematurely born infants and children with bone disorders secondary to pediatric diseases or drug therapy.

Can Increased Vitamin D Intake Improve Health? Breast Cancer as an Example of the Current State of Knowledge

Dr. Julia Knight

Julia Knight, PhD is a senior investigator in the Prosserman Centre for Health Research at the Samuel Lunenfeld Research Institute of Mount Sinai Hospital and an Associate Professor at the Dalla Lana School of Public Health at the University of Toronto. She is an epidemiologist by training and her research program has focused on understanding the genetic and non-genetic causes of cancer, particularly breast cancer, with a view to disease prevention. Her current main areas of interest include vitamin D and melatonin and circadian disruption.

- 2:40 – 2:55 Break
4:20 – 4:50 Be Part of Something Big: What is the Ontario Health Study and How Will Diet be Measured?
Beatrice Boucher, MHSc

Beatrice Boucher is a nutritionist and Senior Research Associate in Population Studies at Cancer Care Ontario. She is a contributing scientist in the Ontario Health Study, and lecturer in the Department of Nutritional Sciences, University of Toronto. She is a graduate of the MHSc programme in Community Nutrition. Her research focuses on the measurement of diet and its association with cancer risk in populations. She is an investigator in studies examining dietary assessment methods and nutrient databases, including developing, validating, and assessing the burden of food frequency questionnaires.

- 4:50 – 5:00 Closing Remarks
8:30 pm Social Event

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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

Lee is a registered Dietitian with over 20 years of experience in clinical and public health settings including the Sudbury Regional Hospital and the Family Health and Healthy Babies Healthy Children Program at the Sudbury & District Health Unit. Since May 2007, Lee has been the NutriSTEP® Program Coordinator with the Nutrition Resource Centre of the Ontario Public Health Association.

Joanne is a registered Dietitian whose past roles include hospital-based patient nutrition counselling and as a public health nutritionist. Since 1998 she has worked as a Researcher (Nutrition & Lifestyles) in the Public Health Research, Education & Development (PHRED) program at the Sudbury & District Health Unit. Jo is also an adjunct professor at Laurentian University, School of Nursing; a lecturer at the Northern Ontario School of Medicine (NOSM) and the University of Toronto, Department of Nutritional Sciences; and the Research Consultant for the Northern Ontario Dietetic Internship Program at NOSM.

- 9:15 – 10:30 Prevention and Management of Infant Food Allergies: Where are we now?
Dr. Janice Joneja

Dr. Janice Joneja is a researcher, educator, author, and clinical counsellor with thirty years of experience in the area of biochemical and immunological reactions involved in food allergy and intolerances. Dr. Joneja holds a Ph.D. in medical microbiology and immunology and is a registered Dietitian.

- 10:30 – 10:45 Break
10:45 – 11:15 Ministry of Health Promotion Update
Roselle Martino
11:15 - 11:45 Health Canada Update
Helene Lowe
11:45 – 12:30 Community Food Security: Not Just Another Program
Ellen Desjardins, MHSc, RD

Since 1998, Ellen Desjardins worked as a nutritionist at the Region of Waterloo Public Health, focusing on local food systems work. Before that, she worked 10 years for Toronto Public Health and during the 1990s, she participated in the development of the Canada Prenatal Nutrition Program (CPNP) and the Ontario Healthy Babies, Healthy Children (HBHC) program. Later on, Ellen prepared position papers for the Ontario Public Health Association on food security, food biotechnology and mercury in fish. She is now in the 3rd year of a doctoral program at Wilfrid Laurier University to research how people interact with their food environment and how that affects their diet.

- 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

Dennis Raphael, PhD, is a Professor of Health Policy and Management at York University in Toronto. The most recent of his over 150 scientific publications have focused on the health effects of income inequality and poverty, the quality of life of communities and individuals, and the impact of government decisions on Canadians' health and well-being. Dr. Raphael is editor of "Social Determinants of Health: Canadian Perspectives" (now in 2nd edition), co-editor of "Staying Alive: Critical Perspectives on Health, Illness, and Health Care" and author of "Poverty and Policy in Canada: Implications for Health and Quality of Life", all published by Canadian Scholars' Press.

- 2:00 – 2:45 What's for Lunch? Translating School Nutrition Policies into Action
Dr. Mary McKenna, RD

Mary McKenna, PhD, RD, is a Professor in the Faculty of Kinesiology at the University of New Brunswick (UNB) in Fredericton. She teaches nutrition and wellness, conducts research on school nutrition policies, and is an advocate for healthy eating. From 2003-2006, she worked at the Centers for Disease Control and Prevention (CDC) in Atlanta, GA, where she assisted with school wellness policies and national nutrition standards for schools. From 1986-2003, she taught in the Faculty of Education at UNB. Dr. McKenna has a PhD in Education from the University of Nottingham, an MSc in Nutrition from Cornell University, and a BSc in Food Science from McGill University.

- 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 Bellissimo, PhD, BEd

Dr. Nick Bellissimo is currently a Research Associate in the Department of Nutritional Sciences at the University of Toronto and holds a CIHR Fellowship in Clinical Nutrition Research. He received his BSc degree in honours science in 1999 and BEd degree in science education in 2000, both from York University. He then went on to complete an MSc (in 2003) and PhD (in 2007) in nutritional sciences from the University of Toronto. Nick then trained as a postdoctoral fellow in the Department of Kinesiology at The Pennsylvania State University before returning to Canada in 2009 to establish a research program in appetite control in children.

- 3:45 – 4:15 Ontario Collaborative Group for Healthy Eating and Physical Activity (OCGHEPA) Update
4:15 – 4:30 Closing Remarks and Evaluation

