

Core Lecture Series – Public Health Nutrition

The Big Picture

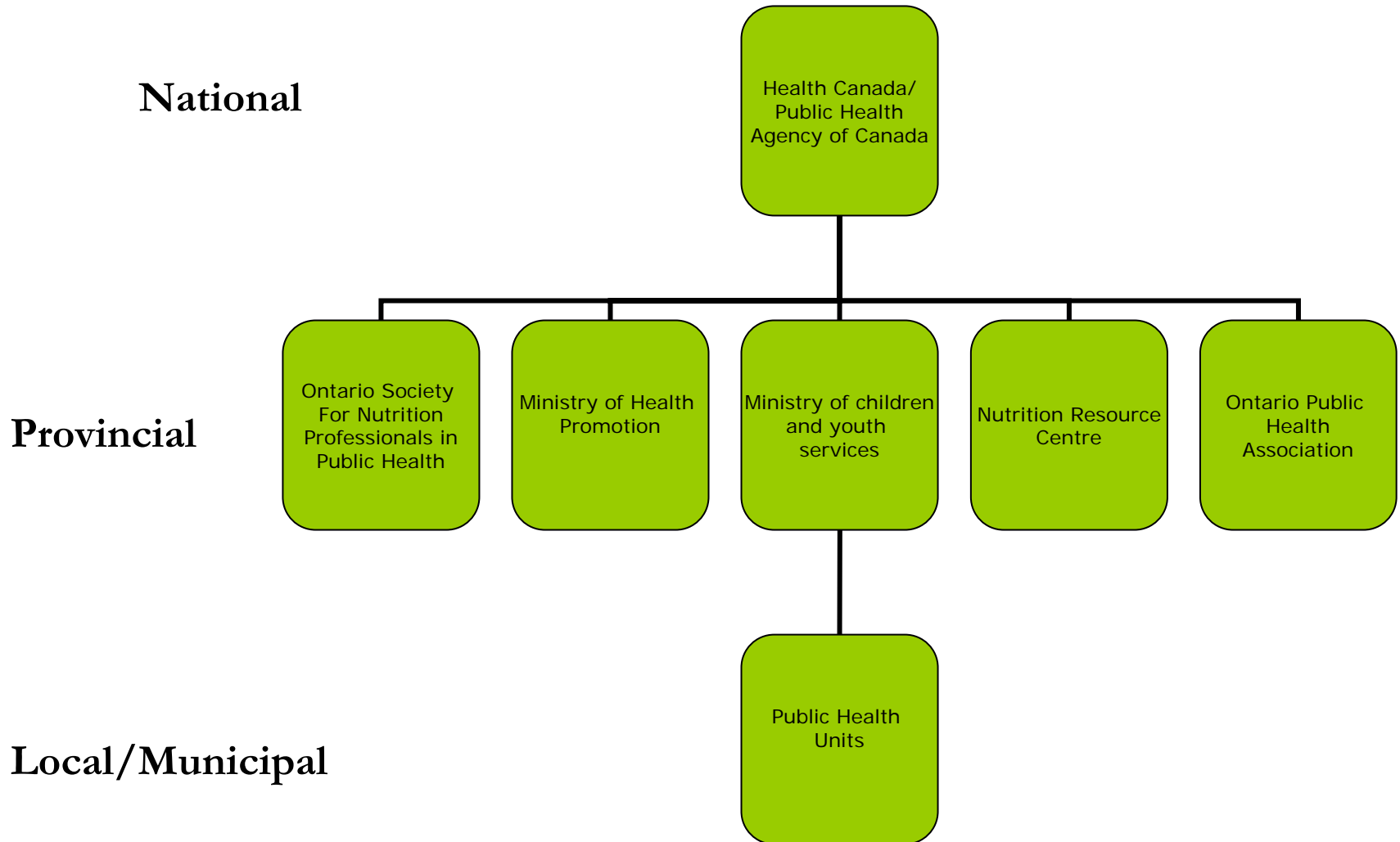


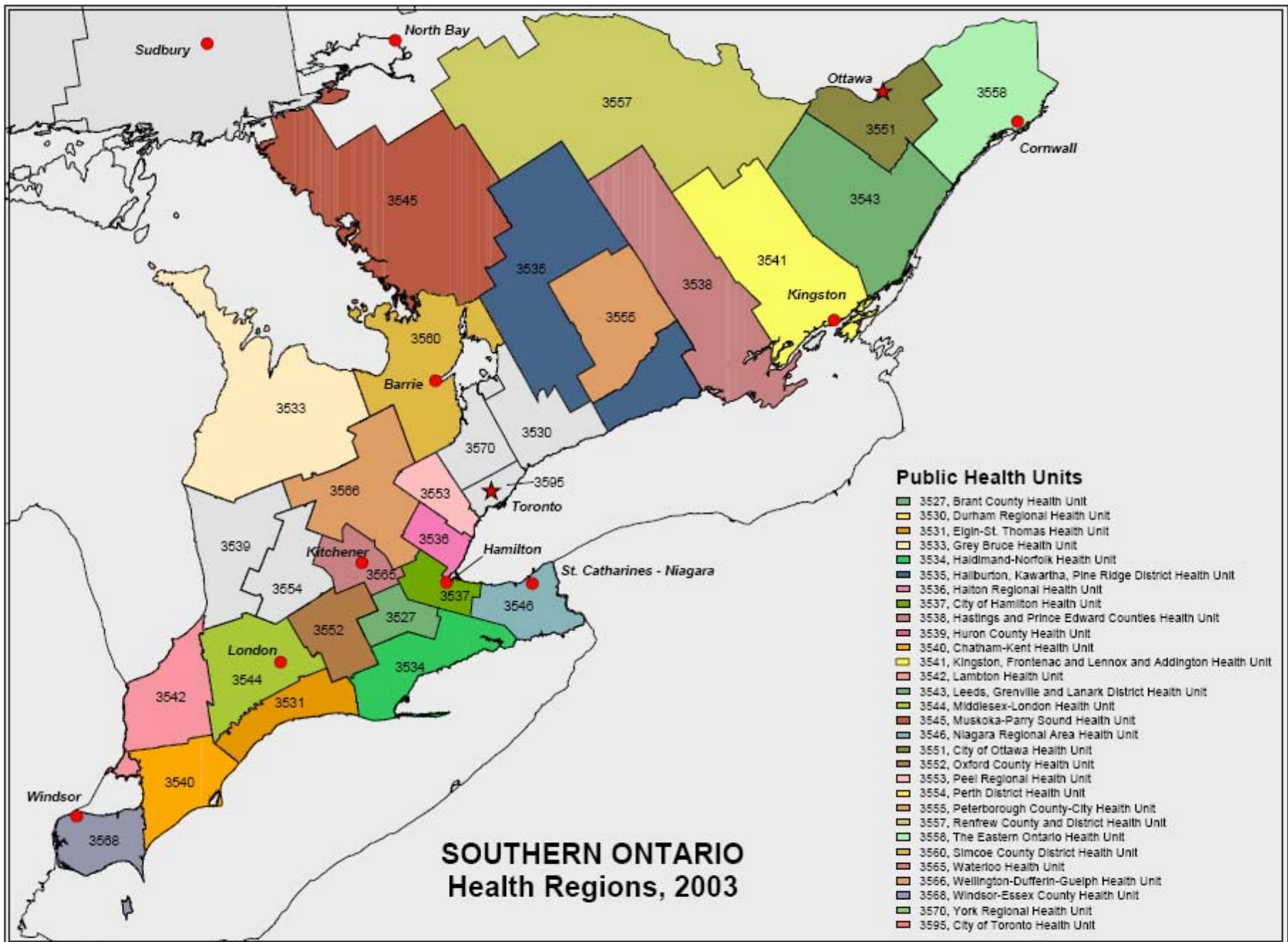
Presented by
Samara Foisy, MHSc, RD
Program Coordinator
Nutrition Resource Centre
January 23, 2009

Presentation Overview

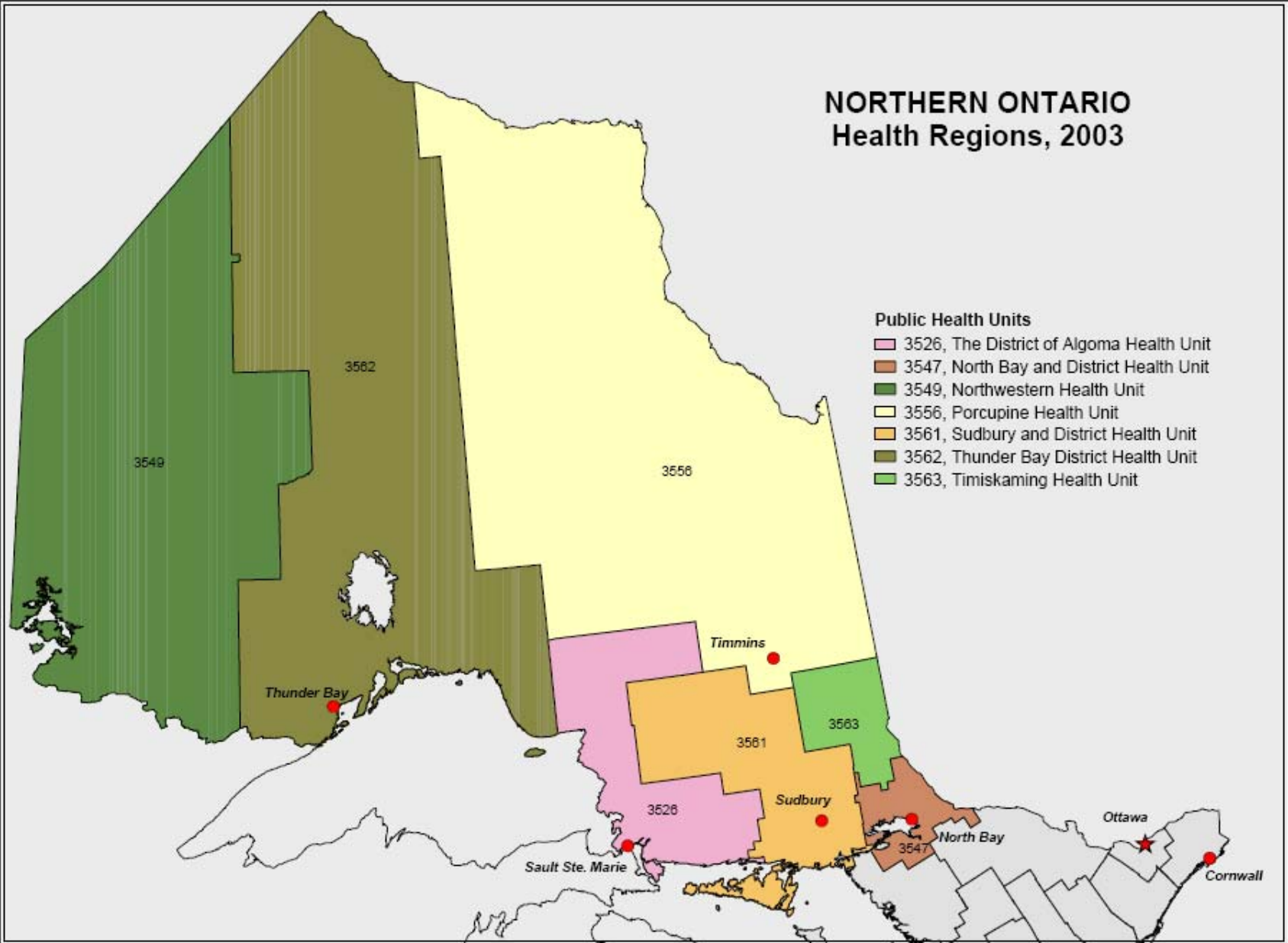
- Part 1: Public Health in Ontario: Structure
- Part 2: Foundations of Public Health
 - » What is population health?
 - » Provincial legislation related to public health
 - » Evidence based practice
- Part 3: Public Health Nutrition: Roles and Functions

Public Health: Structure





NORTHERN ONTARIO Health Regions, 2003



Public Health Units

- 3526, The District of Algoma Health Unit
- 3547, North Bay and District Health Unit
- 3549, Northwestern Health Unit
- 3556, Porcupine Health Unit
- 3561, Sudbury and District Health Unit
- 3562, Thunder Bay District Health Unit
- 3563, Timiskaming Health Unit

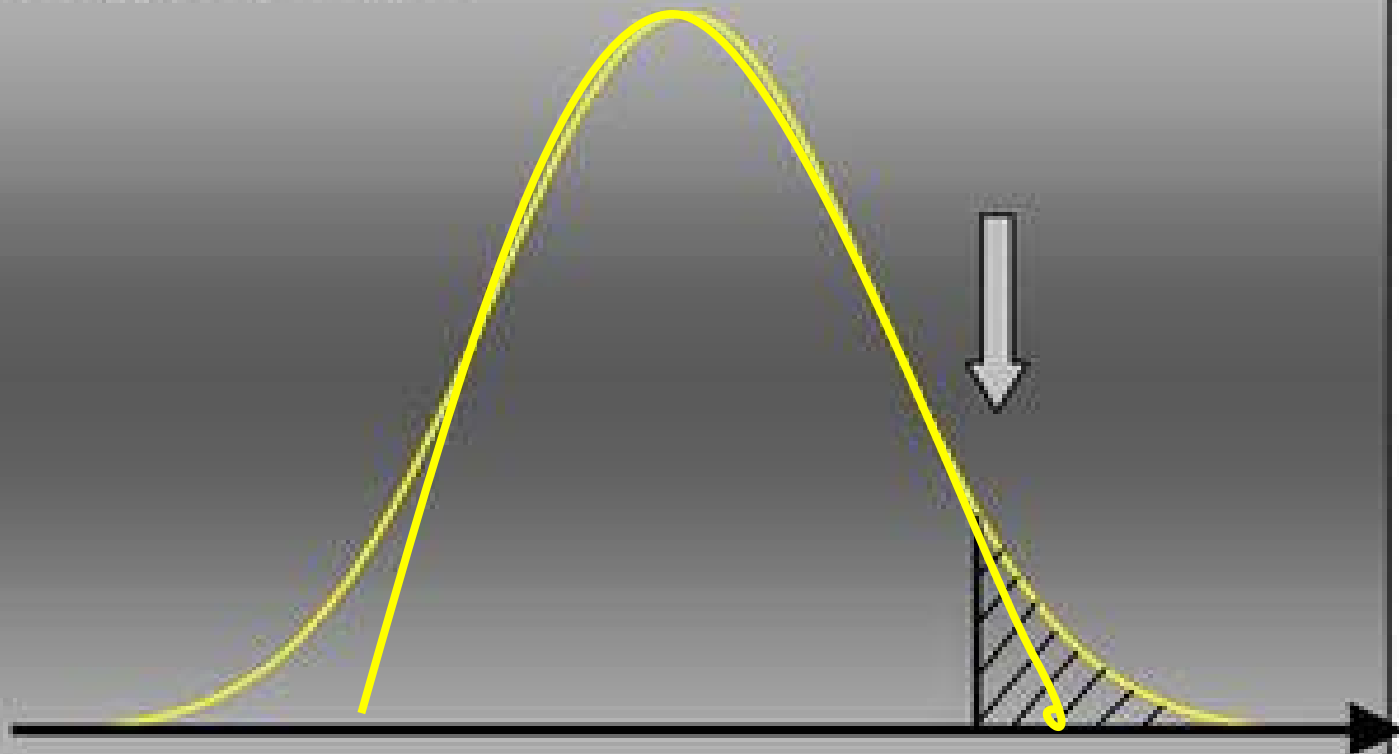
Foundations of Public Health

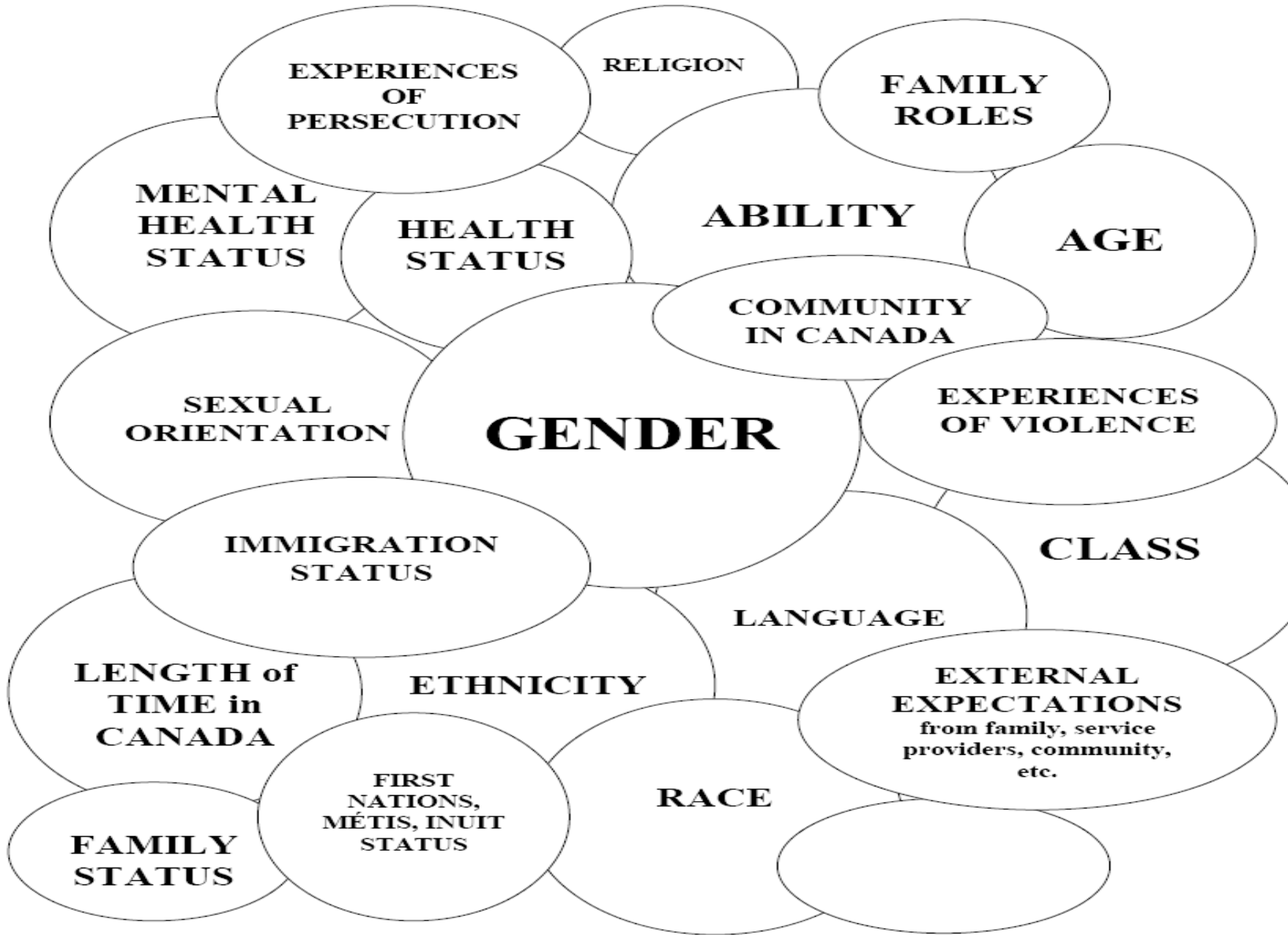
What is Population Health?

- An approach that aims to improve the health of the entire population and to reduce health inequities between population groups.
- “the capacity of people to adapt to, respond to or control life’s challenges and changes”

Health Canada

High risk





Foundations of Public Health

Provincial Legislation related to PH:

1. Health Promotion and Protection Act (HPPA)

- Legislation that directs public health in Ontario

2. Ontario Public Health Standards

- Sets out the minimum requirements for fundamental public health programs and services targeted at prevention of disease, health promotion and health protection.

Foundations of Public Health

Evidence-based practice:

- Public health nutrition program planning & implementation should employ “evidence-based decision making”
- How is this incorporated into public health?
 - Trial and error: report findings of local program evaluations
 - Systematic literature review to determine what works and doesn't work (e.g. PHRED documents)
 - Effective Public Health Practice Project (EPHPP)
 - Health-evidence.ca

Public Health Dietitians in Ontario

- Public Health Dietitians (approx. 111 FTE)
- Public Health Nutritionists (approx. 99 FTE)
- 6% vacancy rate
- Current shortage of RDs qualified to work in public health in Ontario.



Public Health Dietitians in Ontario

- A Public Health Nutritionist must have a Master's Degree and be a member of the College of Dietitians of Ontario
- A Public Health Dietitian must have completed an internship or equivalent and be a member of the College of Dietitians of Ontario



Dietitians in Public Health

- Some health units employ only Public Health Dietitians while others employ only Public Health Nutritionists.
- Both dietitians and nutritionists tend to work very closely with other public health professionals

Dietitians in Public Health



Roles and functions:

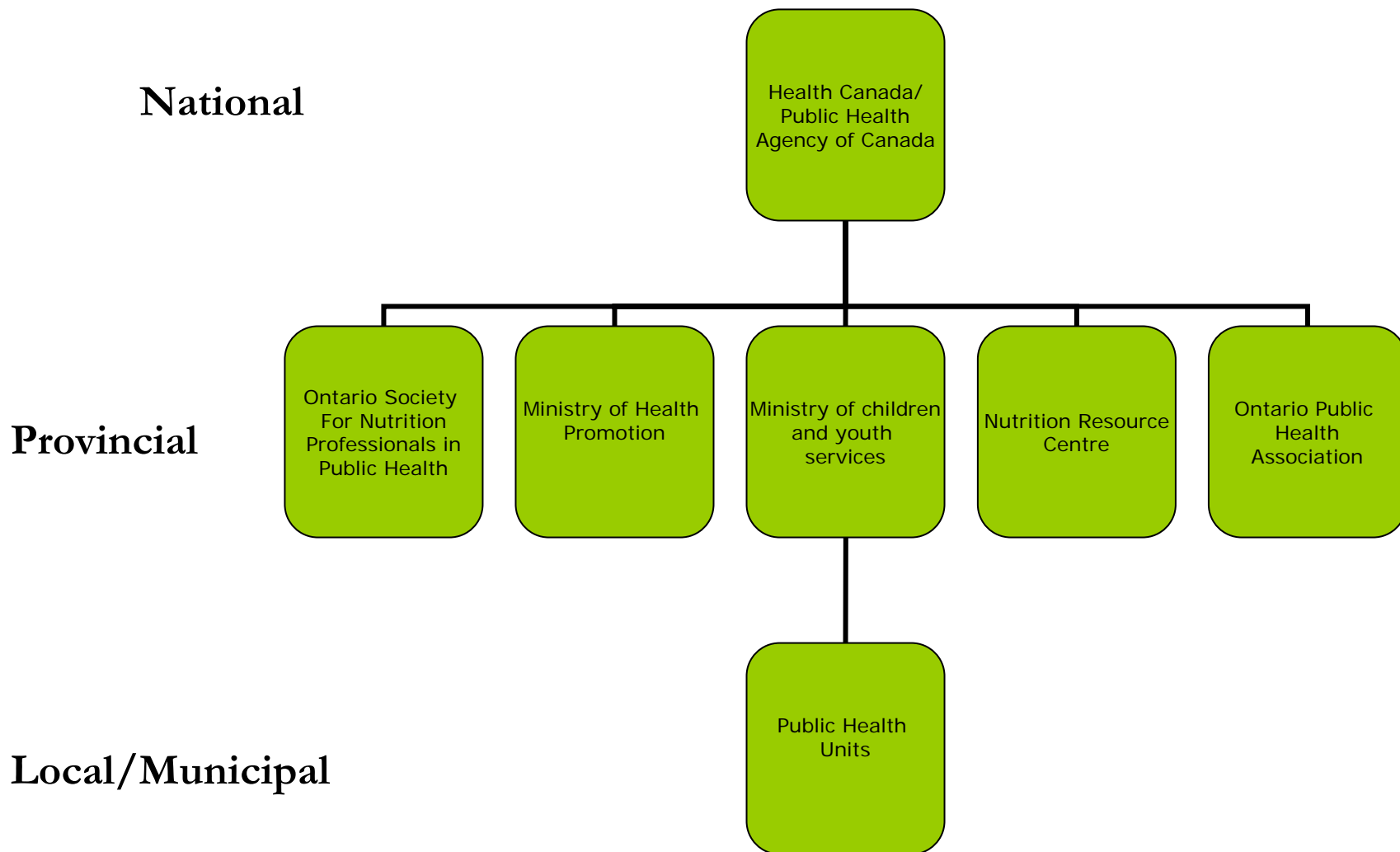
- Assessment
- Program planning and implementation
- Resource development
- Program evaluation
- Developing communication strategies
- Policy development

More examples of roles and functions



- Collaborating with:
 - Other public health staff
 - Community partners
- Advocating for health equity
- Working in the areas of:
 - Family, workplace or school health
 - Food security,
 - Media
 - Professional education preceptorship
- Research

Public Health: Structure



Resources: National



- **Health Canada**

- Canada's Food Guide
 - Educators and communicators guide
- Nutrient data
 - Canadian Nutrient File
- Development of regulations
 - Nutrition labeling
- Education and reporting
 - Advisories, warnings and recalls
- Monitoring and Surveillance
 - CCHS 2.2

Resources: Provincial

- **Ontario Society of Nutrition Professionals in Public Health**
 - Create position statements and helpful resources related to public health nutrition
 - OSNPPH work groups enable nutrition personnel from across Ontario to collaborate and share resources (e.g. School Nutrition Work Group, Family Health Nutrition Advisory Work Group)
 - Represents its members and promotes their role in improving nutrition and health of people in Ontario



Resources: Provincial

- **OPHA**

- Non profit association that houses individual projects/resource centres
- Workgroups
 - Food Security
 - Breast Feeding



- **Ministry of Health Promotion**

- Supports and promotes programs and policies
 - E.g. Eat Smart!
- Provides access to resources and information
 - Eat Right Ontario 1-877-510-510-2

Français



EatRight Ontario

- HOME
- ABOUT EatRight Ontario
- FREQUENTLY ASKED QUESTIONS
- GLOSSARY



Holiday Eating For a Healthy Waist

It's that time of year when holiday festivities can get it the way with our best laid plans to keep our weight in check and our bodies in shape. You can eat healthy and keep active during the holiday season if you make a plan and stick with it. And don't forget to have fun!

Call toll-free to speak to a registered dietitian.

1-877-510-510-2

Open 9 am – 5 pm ET
Monday through Friday.
Available to residents of Ontario.

Frequently Asked Questions
Answers to common questions.
[Vegetarianism FAQs](#)
[Vitamins and Minerals FAQs](#)

[More Questions & Answers](#)

EatRight Ontario provides three easy ways to find nutrition and healthy eating information:

1 browse by topic

Popular Topics

- [Active Living/Physical Activity](#)
- [Digestive Health](#)
- [Disease Prevention & Health Conditions](#)
- [Healthy Eating](#)
- [Lifestages](#)
- [Vitamins and Minerals](#)
- [Healthy Weights](#)
- [Core Nutrients](#)



2 search EatRight

What are you looking for?

Find answers to your nutrition and healthy eating questions by searching our extensive library of resources.

Help me find information on...



3 ask a dietitian



Registered dietitians – answering your questions.

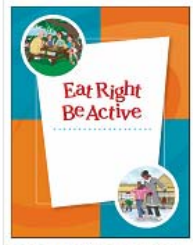
EatRight Ontario's "Ask A Dietitian" service provides a direct link to registered dietitians to answer your questions and provide you with information about hard-to-find nutrition topics.



How are we doing?

Take a minute to let us know what you think of our service.

Resources for Parents and Caregivers of Young Children



Eat Right Be Active
Promote healthy eating and active living with youngsters.

Need more nutrition information? Call us toll-free 1-877-510-510-2. 9am-5pm Monday to Friday ET

Resources: Provincial

- **OHPRS**

- **Nutrition Resource Centre**

- Develops, promotes, disseminates and supports the implementation of provincial nutrition programs and resources
 - E.g. Community Food Advisor, Busy Bodies
 - Creates opportunities to network and share information about community nutrition practice
 - E.g. Nutrition Resource Group
 - Provides updates about key developments in the field of community nutrition.
 - E.g. Contact-NRC



NUTRITION
RESOURCE
CENTRE

CENTRE DE
RESSOURCES
EN NUTRITION

Resources: Provincial

- Ontario Health Promotion Resource System (OHPRS)
 - System of 15 resource centre and 7 key associates
 - Provides:
 - Training
 - Consultation
 - Resources
 - Networking opportunities
 - Referrals



OHPRS Members & Affiliates

Home
Our Members & Affiliates
FAQs
About the OHPRS
Publications
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Contact the Secretariat
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OHPRS Members & Affiliates

This alphabetical list links to a brief descriptions of OHPRS members and Affiliates, including their services and how to contact them for more information.

Members

- [Alcohol Policy Network](#)
- [Association to Reduce Alcohol Promotion in Ontario](#)
- [Best Start - Ontario's Maternal, Newborn and Early Child Development Resource Centre](#)
- [Canadian Council for Tobacco Control](#)
- [Consumer Health Information Service](#)
- [Council On Drug Abuse](#)
- [Curriculum & School-Based Health Resource Centre](#)
- [FOCUS Resource Centre](#)
- [Heart Health Resource Centre](#)
- [Media Network for Smoke-Free Ontario](#)
- [Nutrition Resource Centre](#)
- [Ontario Drug Awareness Partnership](#)
- [Ontario Healthy Communities Coalition](#)
- [Ontario Injury Prevention Resource Centre](#)
- [Ontario Prevention Clearinghouse](#)
- [Ontario Self-Help Network](#)
- [Ontario Tobacco-free Network](#)
- [Parent Action on Drugs](#)
- [Physical Activity Resource Centre](#)
- [Program Training and Consultation Centre](#)
- [The Health Communication Unit](#)



Affiliates

Resources: Local

- **Public Health Units**
 - Implementation of nutrition programs and resources
 - E.g. Eat Smart!, Healthiest Babies Possible
 - Nutrition fact sheets
 - Community based knowledge
- **Social planning councils**
- **Coalitions**
- **Urban Planners**
- **School board**



Development of Presentation:

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For more information – refer to handout of websites

Thank You!!