Taking a Bite out of HEAL Policies

November 24, 2014 • 1:30 p.m. – 3:00 p.m.

Moderator:
Andrea Bodkin, HC Link

Speakers:
Helen Parker, Public Health Nurse
Ellen Lakusiak, Registered Dietitian
Ginette Perron, Child Care Specialist
Fadi Chouhaibar, Chef

Audio Connection
You can access the audio for today’s webinar in two ways:

1. By Computer
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2. By phone
   Dial 1-877-765-2693 or 647-788-1817
   Participant code 478-963-8170 #
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RECORDING NOTICE: This webinar is being recorded and will be posted on the HC Link website.
Today’s Webinar

Purpose:
To provide a snapshot of the experience of developing and implementing a policy from start to finish

Agenda:
- Introductions and welcome
- Summary of the HEAL strategy and evaluation results
- Storied from the field
- Questions
Part 4: Taking a Bite out of Healthy Eating and Active Living Policies

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Ginette Perron
Child Care Specialist
City of Ottawa

Fadi Chouhaibar
Chef
Centre Educatif Beausoleil

Helen Parker
Public Health nurse
Ottawa Public Health

Ellen Lakusiak
Registered dietitian
Ottawa Public Health

Please note: This webinar is being recorded and will be made available on www.HCLinkontario.ca
Municipal Child Care
Healthy Eating and Active Living Guidelines

Ottawa Public Health: Helen Parker and Ellen Lakusiak
Ottawa Municipal Child Care: Ginette Perron and Fadi Chouhaibar
Objectives of guidelines

✓ Provide healthy meals and snacks as well as a positive eating environment
✓ Increase daily physical activity and physical literacy skills development opportunities
✓ Decrease sedentary behaviours
Project design

✓ Evidence
✓ Expertise
✓ Evaluation
✓ Implementation
The guidelines

Healthy eating
- Environment
- Menu planning
- Nutritious foods and beverages
- Healthy cooking techniques
- Food and eating safety

Active living
- Environment
- Sedentary behaviours
- Active play
- Physical literacy
Training

- Healthy eating
- Active living
- Physical literacy champions
- Cooks workshop
Evaluation Objectives

- Effectiveness of training
- Environmental change
- Parent engagement
Evaluation tools

Complete
✓ Surveys
✓ Reach data
✓ Pre and post assessment
✓ Project logs
✓ Parent satisfaction survey

Outstanding
✓ Food cost comparison
✓ Parental complaints and serious occurrences
✓ Cook interviews
Limitations of evaluation

- Self-assessment
- No control group
- Small sample size
- Evaluation completion
- Time and resource constraints
Cooks workshop

✓ 93.3% more confident to make appropriate adjustments to approved menus

✓ 86.7% increased understanding of the Healthy Eating guidelines
Active living training

Active living guidelines
✓ 90% intended to incorporate guidelines
✓ 98% intended to incorporate activities to promote physical literacy and physical activity

Physical literacy
✓ 100% agreed physical literacy champions training useful and intended to incorporate into programming
Healthy eating environment

✓ Role modeling
✓ Division of responsibility
✓ Re-enforcement of healthy eating behaviours
✓ Fruit and vegetables
✓ Whole grains
✓ Nutrition education
✓ Celebrations
Active living environment

- No screens
- Daily physical activity
- Adult-led structured physical activity
- Physical literacy
- Play equipment
Parent engagement

✓ Staff: more comfortable talking to parents about physical activity and nutrition
✓ Parents: 97.6% satisfied or very satisfied with meals/snacks being served
✓ Parents: 96% satisfied or very satisfied with amount of physical activity
✓ Parents: 98.5% satisfied or very satisfied the guidelines were being followed at their centre
Sustainability

**Challenges**
- ✓ Ongoing training
- ✓ Motivation
- ✓ Resources
- ✓ Resistance to change
- ✓ Voluntary program

**Strategies**
- ✓ E-modules
- ✓ Train-the-trainer
- ✓ Networking and communication
- ✓ Acknowledgement
- ✓ Advocate for policy change
Driving success

✓ Partnership
✓ Parents
✓ Political will
From the Field....

Benefits

✓ More focused
✓ Uniform
✓ Creativity
✓ Children’s behaviour
✓ Parental response
✓ Sharing of ideas
✓ fewer trips to store
✓ Casual staff
From the field....

Barriers

✓ Ordering process (SYSCO)
✓ Training needs (varied skills)
✓ Perceived time commitment
✓ Perceived skill (physical activity)
✓ Catered site issues
From the field....

Environmental Changes

✓ No screens
✓ More outdoor physical activity
✓ Scheduled physical activity
✓ Unnecessary equipment removed
✓ Cake-free birthdays
✓ No more food from outside
✓ Staff eating same as children
✓ No juice
From the field....

Other changes

- Partnership allowed for change
- Celebrations with families
- Newsletters
- Children’s dramatic play
- Support and resources
- Management support
- Parental involvement
From the field....

Surprises

✓ Quick adaption: staff, children
✓ Child care community interest
✓ Parent knowledge and involvement
✓ Behavioural issues
✓ Sleep
✓ Food costs and SYSCO relationship
✓ Recipes
From the kitchen....
From the kitchen....
Merci!  
Merci!  
Merci!
What's new

Discussion forum activity

Research & articles
Read & post journal articles and research from the field of healthy public policy.
Read more...
Started by Andrea Bodkin
1 Reply / Reply by Andrea Bodkin on Monday

Join our Think Tanks!
Are you interested in the latest research, news and discussion on Community Food Security and/or Active Transportation? Then join our Think Tanks on those topics! You can join by clicking on “Think tanks” on the toolbar at the top of this screen, clicking on the Think Tank you’re interested in, and then click on “Join us”. Be sure to click on the “Follow” button on the bottom right corner of your screen so that you receive updates about recent posts. If you’re interested in a Think Tank on...
Read more...
Started by Andrea Bodkin
0 Replies

Advocacy/Awareness Campaigns for 2014 municipal elections
Are you involved in any advocacy or awareness activities relating to the upcoming municipal election? Tell us about them here.
Read more...
Started by Andrea Bodkin
2 Replies - Reply by Andrea Bodkin on Monday

HiC Link’s Policy Webinar Series
Hi everyone, I’m really excited to be planning a series of three webinars relating to policy. For the first webinar, on September 10th, I’ll be delivering the webinar “Who’s Afraid of the Big, Bad Wolf? De-mystifying policy”. It’s a basic intro-to-policy webinar designed to take the fear out of policy work and explain basic concepts. The second webinar, on September 24th, will focus on the topic of engaging and partnering with municipal staff. In particular, we’ll hear from folks across Ontario...
Read more...
Started by Andrea Bodkin

Activity

is now a member of HiC Link Policy Learning Community
Welcome Them!
17 hours ago

Andrea Bodkin replied to Andrea Bodkin's discussion AT related research and studies in Active transportation
“This is a really interesting study published in Taylor & Francis: You can’t walk or bike your way out of the health effects of poverty...

Abstract
Mainstream public health theories of obesity attribute current, unprecedented numbers of obese you...”
yesterday

is now a member of HiC Link Policy Learning Community
Welcome Them!
yesterday
Policy Development

HC Link Resources

Policy for Healthy Communities Learning Community
The Learning Community brings together those who work locally in policy for healthy communities to share and learn strategies and approaches in all of the stages of policy development, including selecting policy options, developing and implementing policies, as well as enforcing and evaluating policy.

Getting started with...Policy for Healthy Communities
HC Link | 2014
A two-page info sheet that provides a brief introduction to policy work for healthy communities as well as a snapshot of resources and supports that HC Link offers.

Who’s Afraid of the Big, Bad Wolf?: De-mystifying Policy (Video recording)
HC Link | 2013
This workshop, recorded at HC Link’s 2013 conference, covers the basics of healthy public policy: what it is, why we should engage in policy development and how to do it well.
HC Link can support you in your policy efforts!

HC Link supports community-based coalitions, groups and networks working towards influencing, developing and implementing healthy public policies through:

- Online learning community on policies for healthy communities
- Resources and webinar/workshop recordings on policy topics
- Consulting services to assist you in moving through the policy development process
- Tailored workshops on policy topics

HC Link - Réseau CS  Your resource for healthy communities

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HC Link works with community groups, organizations, and partnerships to build healthy, vibrant communities across Ontario. We offer consultations, learning and networking events, and resources in both English and French. Our services are funded by the Government of Ontario and are provided free of charge where possible.
www.hclinkontario.ca
www.reseaucs.ca