

Healthy Eating & Active Living Conference 2006

November 29 & 30, 2006 • Metro Toronto Convention Centre



Healthy Eating & Active Living Conference 2006
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Premier of Ontario – Premier ministre de l'Ontario

November 29 - 30, 2006

A PERSONAL MESSAGE FROM THE PREMIER

On behalf of the Government of Ontario, I am delighted to extend warm greetings to all of you participating in the Healthy Eating and Active Living Conference 2006.

I believe that Ontarians' health is our most important resource. As Premier, I am proud to say that we have made great strides in improving our health care system. But we must recognize that health care is much more than diagnosing and treating illness. We must widen our focus beyond treatment — and embrace the idea of healthy living as the best defence against sickness.

With rising health care costs and an aging population, the need to ensure a sustainable future for our health care system has never been greater. Let us continue to work together — communities, schools, and all levels of government and the private sector — to create a culture of health and well-being in Ontario. This is an investment in citizens of all ages, and from all walks of life — and our province's future.

Please accept my best wishes for an informative and inspiring conference.

A handwritten signature in black ink, reading "Dalton McGuinty".

Dalton McGuinty
Premier

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Dear Partners in Health Promotion,

As the Minister of Health Promotion for Ontario, it is my pleasure to welcome you to the Ontario government's first Healthy Eating & Active Living Conference. The goal of this event is to highlight national and international research, champion best practices and support the exchange of ideas in the areas of nutrition and physical activity.

Our ultimate objective is to inspire individuals, organizations, communities and governments to work together to create a culture of health and well-being across Ontario.

This conference is a new initiative arising from *Ontario's Action Plan for Healthy Eating and Active Living*. When Premier McGuinty created the Ministry of Health Promotion, he envisioned we would be a catalyst for change. This conference is a clear example of how we can support the many community and provincial partners who are working so hard to promote a new vision of health for Ontarians and Ontario.

Provincial, national and international experts will share their wealth of learning and practical experience in sessions devoted to children and youth, the built environment, public policy and public education. I am confident that audience members will gain valuable knowledge and insights that they will be able to put to use in developing healthy eating and active living programs in their own communities.

The conference will also provide an excellent opportunity to meet other leaders in the healthy eating and active living fields and establish relationships that could foster future partnerships and collaborations in support of a healthy Ontario.

I, along with my parliamentary assistants Peter Fonseca and Dr. Shafiq Qaadri, thank you for taking time out of your busy schedules to be with us. I trust you'll find the experience stimulating and rewarding, and I look forward to working together with you to achieve our mutual goals.

Sincerely yours,

A handwritten signature in blue ink that reads "Jim Watson".

Jim Watson, MPP
Minister



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Healthy Eating & Active Living Conference 2006

Healthy Eating & Active Living Conference 2006 provides an opportunity to profile *Ontario's Action Plan for Healthy Eating and Active Living* as well as support health and recreation professionals, community workers and others who are striving to integrate and advance health promotion activities in these areas. This two-day event features provincial, national and international experts who will deliver keynote addresses, participate in panel discussions and stimulate lively interactive discussions among participants in the concurrent sessions. The poster displays highlight initiatives for healthy eating and active living.

Conference participants include decision-makers, partners/stakeholders, non-governmental organizations, researchers, program experts and practitioners.

Conference Goal

To promote healthy eating and active living among Ontarians by highlighting national and international research, championing best practices, and supporting the exchange of knowledge and ideas among experts and practitioners in these fields.

Conference Objectives

- To examine leading healthy eating, physical activity and healthy weights initiatives and best practices in other jurisdictions
- To profile healthy eating and active living as priority issues among health and recreation professionals and the broader community
- To highlight research related to healthy eating and active living
- To strengthen action among stakeholders to encourage healthy eating and active living initiatives at the local level
- To showcase Ontario's Healthy Eating and Active Living Strategy and progress made to date with respect to specific activities that are part of the strategy
- To link research, programs and policy.





Ministry of Health Promotion Presenters

Day 1

Opening Address

The Honourable Jim Watson

Jim Watson has served as the Ontario Member of Provincial Parliament for the riding of Ottawa West – Nepean since 2003. In June 2005, Premier McGuinty appointed him Ontario's first Minister of Health Promotion. In this portfolio, Minister Watson is responsible for advancing the government's preventative health initiatives. Priority areas include Ontario's smoke-free strategy, healthy eating and active living, injury prevention and mental health promotion.

Previously, Minister Watson served as Minister of Consumer and Business Services, responsible for improving and modernizing Ontario's Liquor License Act, Consumer Protection Act and Film Classification Act. Minister Watson is a graduate of the Carleton University School of Journalism and Communication. Prior to his election to Ontario's Legislative Assembly, he served in several elected and non-elected offices, including President and CEO of the Canadian Tourism Commission. Minister Watson was Mayor of the City of Ottawa from 1997-2000. Before that, he was an Ottawa City Councillor for six years.

Conference Chair - Day 1

Marg Rappolt

Marg Rappolt was appointed Deputy Minister of Ontario's new Ministry of Health Promotion on August 29, 2005 to champion a healthy eating and active living agenda. Her accomplishments include overseeing implementation of the Smoke-Free Ontario Act, releasing Ontario's first Action Plan for Healthy Eating and Active Living, and taking action to advance Ontario's sport, injury-prevention and wellness agendas.

Prior to her appointment at MHP, Ms. Rappolt provided strategic leadership on many cross-ministry initiatives as Acting Deputy of Ontario's Ministry of Health and Long-Term Care. She also oversaw federal and provincial health issues as the ministry's Associate Deputy Minister.

Ms. Rappolt held the position of Assistant Deputy Attorney General, Business Policy and Planning from 1998 to 2002. Before that, she worked at the Ontario Ministry of Labour in a variety of management and policy positions, and at the Saskatchewan Ministries of Health and Labour.

Moderator

Peter Fonseca

Peter Fonseca was elected Ontario Member of Provincial Parliament for the riding of Mississauga East in 2003. He serves as the Parliamentary Assistant to the Minister of Health Promotion. Previously, he held the same position at the Ministry of Health and Long-Term Care.

Prior to his election, Mr. Fonseca enjoyed successful careers as a Canadian Olympian and Canada's top marathon runner, a senior management consultant, a community leader and a volunteer. As well, he developed and led a Youth for Youth Leadership program in the Peel/Halton/Dufferin Region, where disenfranchised youth are mentored towards career paths. Mr. Fonseca is involved with many community organizations, including the Heart and Stroke Foundation, The Lung Association, Diabetes Association, Pollution Probe-Clean Air Champions and Trillium Hospital — all for the purpose of helping people reap the benefits of lifelong activity and healthy living. He holds a Bachelor of Education degree from the University of Windsor.

Day 2

Opening Address

Paddy Meade

Paddy Meade was appointed Deputy Minister of Alberta Health and Wellness in November 2004. Ms. Meade came to Health and Wellness after three years with Alberta Aboriginal Affairs and Northern Development, where as Deputy Minister she was a strong advocate of initiatives leading to enhanced Aboriginal self-sufficiency and well-being, as well as development of Alberta's north. Prior to that, Ms. Meade served as Chief Executive Officer Alberta Alcohol and Drug Abuse Commission (AADAC).¹¹¹

Ms. Meade's previous experience also includes six years as Executive Director of the Young Offender Branch, Correctional Services Division for Alberta Justice. She was Program Director at the Enviro Wilderness School in southern Alberta and spent several years working with youth in conflict with the law, including service as Director of the Calgary Young Offender Centre and as Program Director of the Strathmore Youth Development Centre.

Conference Chair - Day 2

Jean Lam

As Executive Lead, Jean Lam assisted in establishing the Ministry of Health Promotion in June 2005. She then joined the Ministry as an Assistant Deputy Minister in January 2006. Her responsibilities include policy and operational leadership for the Chronic Disease Prevention and Health Promotion Branch and the Sport and Recreation Branch.

Jean's career in the Ontario Public Service includes responsibilities as Assistant Deputy Minister at the Ministries of Tourism and Recreation in its various incarnations; Economic Development, Trade and Tourism; Consumer and Commercial Relations; and Energy. She was also the interim Chief Executive Officer of the Ontario Tourism Marketing Partnership, Ontario's tourism marketing agency for several years.

An active volunteer, Jean is on the Board of Trustees for United Way of Greater Toronto and serves on several United Way committees.

Moderator

Dr. Shafiq Qaadri

Dr. Shafiq Qaadri has served as the Ontario Member of Provincial Parliament for Etobicoke North since October 2003. He was named Parliamentary Assistant to the Minister of Health Promotion in March 2006.

A long-time advocate of quality public health care, education and a compassionate society, Dr. Qaadri has delivered more than 120 Continuing Medical Education lectures to fellow physicians, and provided public education about optimal treatments and best practices. He has also written more than 700 articles and appeared in more than 1000 radio or TV shows. He is the author of *The Testosterone Factor: A Practical Guide to Vitality and Virility, Naturally*.

Dr. Qaadri graduated from the University of Toronto Medical School in 1988 and practiced medicine in Toronto for 16 years. During his academic career, Dr. Qaadri won numerous awards and scholarships, including a Medical Research Council Scholarship in Clinical Neurosurgery.

Spotlight Speakers



The Honourable Roy J. Romanow

As Premier of Saskatchewan from 1991 to 2001, Roy Romanow undertook major health care reforms based on the premise of wellness and prevention. In 2001, he was appointed head of the Royal Commission on the Future of Health Care in Canada, which produced the landmark report "Building on Values". Mr. Romanow also served as a member on the Canadian Medical Association Task Force on the Allocation of Health Care Resources.

Mr. Romanow was a key player in the federal-provincial negotiations that resulted in the Constitutional Accord and the Canadian Charter of Rights and Freedoms in 1982. He graduated from the University of Saskatchewan with Arts and Law Degrees and also holds honorary degrees from several universities. Mr. Romanow is a recipient of the Economic Justice Award from the Atkinson Charitable Foundation and the Pan American Health Organization's Administration Award. In December 2004, he was made an Officer of the Order of Canada.

Mr. Romanow currently is a Senior Fellow in Public Policy at the University of Saskatchewan and Visiting Fellow in the School of Policy Studies at Queen's University.

Dr. Andrew Pipe

Dr. Pipe is Director of the Prevention and Rehabilitation Centre at the University of Ottawa Heart Institute. He is a Professor at the University of Ottawa with appointments in the Department of Family Medicine and the Division of Cardiac Surgery.

Recognized as one of Canada's leading experts in cardiovascular disease prevention, physical activity and smoking cessation, Dr. Pipe is Founding Chair of Physicians for a Smoke-Free Canada. In 2002, he received the Order of Canada for his tobacco-control activities and for his championing of ethics and drug-free sport.

Dr. Pipe is active in sports medicine. He was Chief Medical Officer for the 2006 Commonwealth Games and in October 2006 assumed the role of President of Commonwealth Games Canada. He is Chair Emeritus and Medical Science Advisor to the Canadian Centre for Ethics in Sports. He graduated from Queen's University Medical School.

Dr. Sandra Matsudo

Dr. Sandra Matsudo is General Director of the Physical Fitness Research Center in São Caetano do Sul (CELAFISCS), São Paulo, Brazil, and Scientific Advisor of the Agita São Paulo Program. A physician, she finished her Ph.D in Sports Medicine at the Federal University of São Paulo. Her research interests lie in the fields of aging and physical activity and promotion of physical activity.

Dr. Matsudo received an International Award of Sports Medicine at the 1992 Barcelona Olympic Games, and she won the Prince Faisal International Award of the International Federation of Physical Education (FIEP) in 1996. She has authored two books and nearly 60 publications on sports sciences. She is Executive Editor of the Brazilian Journal of Science and Movement, and Chair of the Longitudinal Physical Fitness and Aging project in São Caetano do Sul.

Dr. Sylvie Stachenko

Dr. Stachenko has been Deputy Chief Public Health Officer at the Public Health Agency of Canada since 2004. Before that, she was Director of Health Policy and Services for the World Health Organization (WHO) Regional Office for Europe and later Director General in the Centre for Chronic Disease Prevention and Control at the Public Health Agency of Canada

At the Université de Montréal's Department of Family Medicine, Dr. Stachenko served as Research Director. She joined the federal government in the Department of Health and Welfare and was appointed Director, Preventive Health Services.

Dr. Stachenko has earned multiple degrees including a Doctorate in Medicine from McGill University and a Master's Degree in epidemiology and health services administration from the Harvard School of Public Health. Dr. Stachenko completed her residency in family medicine at the Université de Montréal.





Dr. Larry Frank

Dr. Frank holds the Bombardier Chair in Sustainable Urban Transportation Systems in the School of Community and Regional Planning at the University of British Columbia. He specializes in the interaction among land use, travel behaviour, air quality and health.

Dr. Frank has conducted and published numerous studies for governmental agencies and private enterprise on the transportation, environmental and health impacts of urban development decisions and transportation investments. He co-leads the SMARTRAQ program, a leading-edge transportation and land-use research project in the Atlanta metropolitan region, and oversees two major programs: the LUTAQH program in Seattle (with the Center for Clean Air Policy) and a U.S. National Institute of Health program in Central Puget Sound and Baltimore. He recently co-authored: *Health and Community Design*, *The Impact of The Built Environment on Physical Activity*, and *Urban Sprawl and Public Health: Designing, Planning, and Building for Healthy Communities*.

Dr. Eileen Kennedy

Dr. Kennedy is Dean of the Friedman School of Nutrition Science and Policy at Tufts University and an international nutrition policy expert. She has championed nutrition research and its policy applications throughout her career, from seven years as nutrition's leading voice at the U.S. Department of Agriculture to her well-known studies of maternal and child health and nutrition in Africa, Asia and North and Central America.

Dr. Kennedy holds an undergraduate degree from Hunter College, two master's degrees from Pennsylvania State University and Harvard University and a Doctor of Science in Nutrition degree from Harvard's School of Public Health. Professor Kennedy was recently President of the Global Nutrition Institute, an organization that links science-based nutrition research to action through public and private partnerships. She also served as Global Executive Director of International Life Sciences Institute, a nutrition research organization.

Dr. Paul Veugelers

Dr. Veugelers is an Associate Professor at the University of Alberta's Department of Public Health Sciences. His research into childhood obesity includes co-authorship of the Children's Lifestyle and School Performance Study (the "Annapolis Valley Study"), conducted in 2003 at the Department of Community Health and Epidemiology at Dalhousie University in Halifax. He has a Ph.D. in Epidemiology from the University of Amsterdam and studied bio-statistical modelling as part of his Postdoctoral Fellowship at the University of British Columbia.

Dr. Veugelers received a Canadian Institutes for Health Research New Investigator Award for his population health research program on health deficiencies and inequalities, and he has been appointed Canada Research Chair in Population Health. His published works include *The Effectiveness of School Programs in the Prevention of Childhood Obesity*, which appeared in the *American Journal of Public Health*.

Dr. Shiriki Kumanyika

Dr. Kumanyika, a recognized authority on diet and health issues with a Doctorate in the field of human nutrition, is Professor of Epidemiology and Associate Dean for Health Promotion and Disease Prevention at the University of Pennsylvania School of Medicine. In 2005, she won the first American Heart Association Population Research Prize for her work demonstrating the role of diet modifications and weight management in reducing the risk of heart disease.

Dr. Kumanyika has a special interest in developing and evaluating culturally appropriate interventions in clinical and community settings to prevent or treat obesity among African Americans and Hispanic populations. She has been the lead investigator of major clinical trials on dietary changes in modifying cardiovascular risk factors. Dr. Kumanyika has chaired the American Heart Association Council on Epidemiology and Prevention and the Public Health Working Group of the International Obesity Task Force.

Dr. Valerie Tarasuk

Dr. Tarasuk is on the frontline of study of domestic food insecurity. As Professor and Graduate Coordinator with the Department of Nutritional Science at the University of Toronto, she focuses on the social and economic determinants of health and nutrition. Her research focuses on household food insecurity as a significant social problem and serious public health concern. As a parallel field of study, Dr. Tarasuk also focuses on Canadian food policy and population-level nutritional assessment.

Dr. Tarasuk studies nutritional vulnerability among women in families who access food banks in Toronto. She has examined food access, nutritional vulnerability and social exclusion among homeless youth in Toronto and has studied local responses to the food and nutrition needs of the homeless. She is a frequent contributor to publications such as the *Canadian Journal of Public Health* and the *Journal of Nutrition*.

Program-At-A-Glance



Wednesday, November 29, 2006

- 7:30 Registration**
John Bassett Foyer
- Communities of Interest Networking**
Continental Breakfast
Constitution Hall 105
- 8:30 Welcome**
John Bassett Theatre
Conference Chair - Day 1: Marg Rappolt, Deputy Minister of Health Promotion
- Opening Address**
The Honourable Jim Watson, MPP, Minister of Health Promotion
- 9:00 Shared Destiny and the Health of Canada and Canadians**
John Bassett Theatre
The Honourable Roy J. Romanow, P.C., O.C., Q.C., Former Premier of Saskatchewan and Head of the 2001 Royal Commission on the Future of Health Care in Canada
- 9:45 Healthy Eating and Active Living: Let's Act Now to Prevent a Tsunami of Health Issues**
John Bassett Theatre
Introduction: Rocco Rossi, Heart and Stroke Foundation of Ontario
Dr. Andrew Pipe, Professor, University of Ottawa's Faculty of Medicine, and Director, University of Ottawa Heart Institute's Prevention and Rehabilitation Centre
- 10:30 Activity Break**
John Bassett Theatre
Tracy Tofflemire, Tri Fit Inc.
- 10:35 Nutrition Break**
Foyer
- 11:00 Physical Activity and Healthy Eating Interventions in the Americas — Supporting the WHO Global Strategy**
John Bassett Theatre
Introduction: Rocco Rossi, Heart and Stroke Foundation of Ontario
Dr. Sandra Matsudo, General Director, Physical Fitness Research Center in São Caetano do Sul (CELAFISCS), Brazil
Dr. Sylvie Stachenko, Deputy Chief Public Health Officer, Public Health Agency of Canada
- 12:00 Moderated Discussion/Dynamic Q & A**
John Bassett Theatre
Dr. Andrew Pipe
Dr. Sandra Matsudo
Dr. Sylvie Stachenko
Moderator: Rocco Rossi, Heart and Stroke Foundation of Ontario
- 12:30 Lunch**
Constitution Hall 105
Optional facilitated networking sessions
- 2:00 The Influence of Public Policy on Healthy Eating and Active Living: Championing Nutrition Research and its Policy Applications**
John Bassett Theatre
Introductions: Peter Fonseca, MPP, Parliamentary Assistant to Minister Watson
Dr. Eileen Kennedy, Dean of the Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy at Tufts University
- The Built Environment: Promoting Active Lifestyles Through Healthy Public Policy**
John Bassett Theatre
Dr. Larry Frank, J. Armand Bombardier Chair holder in Sustainable Urban Transportation Systems, School of Community and Regional Planning at the University of British Columbia
- 3:00 Moderated Discussion/Dynamic Q & A**
John Bassett Theatre
Dr. Eileen Kennedy
Dr. Larry Frank
Moderator: Peter Fonseca, MPP, Parliamentary Assistant to Minister Watson
- 3:30 Nutrition Break**
Foyer and Room 104BCD
Posters, Exhibits & Displays
- 3:55 Activity Break**
John Bassett Theatre
Fiona Cliff, Tri Fit Inc.
- 4:00 The Kids Aren't All Right: Tackling Obesity in Children and Youth Through School-Based Programs**
John Bassett Theatre
Introduction/Moderator: Dr. Shafiq Qadri, MPP, Parliamentary Assistant to Minister Watson
Dr. Paul Veugelers, Associate Professor, Department of Public Health Sciences, University of Alberta
- 4:45 Day 1 Wrap up**
John Bassett Theatre
Marg Rappolt, Deputy Minister of Health Promotion
- 5:00 Guided Poster Tour and Reception**
Foyer and Room 104BCD
- 7:00 End of Program – Day 1**



Thursday, November 30, 2006

7:30 Registration

John Bassett Foyer

Topics of Interest Networking

Continental Breakfast

Constitution Hall 105

8:30 Welcome

John Bassett Theatre

Conference Chair - Day 2: Jean Lam, Assistant Deputy Minister of Health Promotion

Opening Address

John Bassett Theatre

Paddy Meade

Deputy Minister of Alberta Health and Wellness, Government of Alberta

9:00 Removing Community Barriers to Healthy Eating and Active Living

John Bassett Theatre

Introduction: Mary Bush, Office of Nutrition Policy and Promotion, Health Canada

Dr. Shiriki Kumanyika, Professor of Epidemiology and Associate Dean, University of Pennsylvania School of Medicine

Dr. Valerie Tarasuk, Professor and Graduate Coordinator, Department of Nutritional Science, University of Toronto, Faculty of Medicine

10:00 Moderated Discussion/Dynamic Q & A

John Bassett Theatre

Dr. Shiriki Kumanyika

Dr. Valerie Tarasuk

Moderator: Mary Bush, Office of Nutrition Policy and Promotion, Health Canada

10:30 Nutrition Break

Foyer and Room 104BCD

Posters, Exhibits & Displays

10:55 Activity Break

John Bassett Theatre

Tracy Tofflemire, Tri Fit Inc.

11:00 Concurrent Sessions

1) Healthy Communities Panel *Room 201F*

Gil Penalosa, Walk and Bike for Life

Cathie Kryzanowski, Saskatchewan in Motion

Lorna Heidenheim, Ontario Healthy Communities Coalition

Moderator: *Connie Clement, Ontario Chronic Disease Prevention Alliance*

2) How Healthy Public Policy Can Support Healthy Eating and Active Living *Room 104B*

Jacky Kennedy, Active and Safe Routes to Schools

Mary Ellen Deane, Simcoe-Muskoka District Health Unit

Judy Vanderveer, Town of Gravenhurst

doulOntario Heart Health Network representative

Moderator: *Larry Ketcheson, CEO, Parks and Recreation Ontario*

3) Innovative Healthy Eating and Active Living Initiatives For Children and Youth *Room 104C*

Paul Finklestein, The Screaming Avocado Café and Stratford Northwestern Secondary School

Melissa Boerson, Student, Stratford Northwestern Secondary School

Gordon Cressey The Canadian Tire Family Foundation

Moderator: *Rob Armstrong, Senior Vice President, YMCA Ontario*

4) Getting the Word Out – Building Awareness and Engaging the Public Through Public Education *Room 104D*

Gerald Crowell, Communications Branch, Ministry of Health Promotion

Carrie Heitzler, VERB Campaign, U.S. National Centre for Disease Control and Prevention

Moderator: *Julie Rosenberg, Manager, Issues, Media and Correspondence, Ministry of Health Promotion*

5) Well At Work - Creating Healthy Workplaces

Room 201D

Dr. David Doull, Director, Wellness, Husky Injection Molding Systems Ltd.

Giovanna Ferrara, Haldimand-Norfolk Health Unit

Karen Boughner, Haldimand-Norfolk Health Unit

Moderator: *Brian Fior, Director, Human Resource, Policy & Planning, Ministry of Government Services*

6) Healthy Eating and Active Living in Aboriginal Communities *Room 201B*

Dr. Jay Wortman, First Nations and Inuit Health Branch, Health Canada

Ruth Ann Cyr, Health Promotion Officer, Aboriginal Cancer Care Unit, Cancer Care Ontario

Moderator: *Dr. Sheela Basrur, Chief Medical Officer of Health and Assistant Deputy Minister, Public Health Division, Ontario Ministry of Health and Long-Term Care and Ministry of Health Promotion*

12:30 Lunch

Constitution Hall 105

Conference Chair - Day 2: Jean Lam, Assistant Deputy Minister of Health Promotion

Closing Keynote Building a Healthy Future

Constitution Hall 105

André Picard, Public Health Reporter, The Globe and Mail

2:30 Final Thoughts – Summary & Conclusions

Constitution Hall 105

Marg Rappolt, Deputy Minister of Health Promotion

3:00 End of Conference

Session Descriptions

Wednesday, November 29, 2006

8:30 Welcome

Conference Chair - Day 1: Marg Rappolt, Deputy Minister of Health Promotion

Opening Address

The Honourable Jim Watson, MPP, Minister of Health Promotion

9:00 Shared Destiny and the Health of Canada and Canadians

The Honourable Roy J. Romanow, P.C., O.C., Q.C., Former Premier of Saskatchewan and Head of the 2001 Royal Commission on the Future of Health Care in Canada

The sense of shared destiny that has defined Canada since its inception is under attack. Unbridled individualism, unconsidered privatization, and the trend to decentralized government threaten our legacy of co-operative federalism. The Hon. Roy Romanow will share his vision of a Canada in which equity and fairness regain prominence as guiding values. Mr. Romanow will point to the development of the Canadian Index of Wellbeing as key to measuring progress regarding the key determinants for better health outcomes for Canadians and healthier public policy.

9:45 Healthy Eating and Active Living: Let's Act Now to Prevent a Tsunami of Health Issues

Dr. Andrew Pipe, Professor, University of Ottawa's Faculty of Medicine, and Director, University of Ottawa Heart Institute's Prevention and Rehabilitation Centre

Poor eating habits and physical inactivity are contributing to an epidemic of obesity related diseases. Dr. Andrew Pipe will discuss the "preventable" nature of obesity and share his expert understanding of how reinforcement of healthy eating and active living encourages people to eat healthier and be more physically active, thereby contributing to good health and improved quality of life.

11:00 Physical Activity and Healthy Eating Interventions in the Americas — Supporting the WHO Global Strategy

*Dr. Sandra Matsudo, General Director, Physical Fitness Research Center in São Caetano do Sul (CELAFISCS), Brazil
Dr. Sylvie Stachenko, Deputy Chief Public Health Officer, Public Health Agency of Canada*

Exemplary initiatives promoting healthier diets and increased physical activity can be found here in Canada and among our closest neighbours. Dr. Sandra Matsudo will discuss the Agita Sao Paulo physical activity intervention and the successes of the program in Brazil, Columbia, Argentina, Venezuela, Ecuador and Peru. Then Dr. Sylvie Stachenko of the Public Health Agency of Canada will bring us closer to home as she reflects upon international initiatives and informs us what works well in the Canadian context.





Wednesday, November 29, 2006

**2:00 The Influence of Public Policy on Healthy Eating and Active Living:
Championing Nutrition Research and its Policy Applications**

Dr. Eileen Kennedy, Dean of the Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy at Tufts University

In this enlightening presentation, Dr. Eileen Kennedy of Tufts University addresses the benefits of putting nutrition on the public policy agenda. With references to recent achievements and new directions in public policy, she demonstrates how healthy public policy can support and foster healthier eating.

**The Built Environment:
Promoting Active Lifestyles Through Healthy Public Policy**

Dr. Larry Frank, J. Armand Bombardier Chair holder in Sustainable Urban Transportation Systems, School of Community and Regional Planning at the University of British Columbia

The environment in which we live, work and spend our leisure time plays a key role in promoting or inhibiting physical activity. Dr. Larry Frank of the University of British Columbia will examine factors such as land use and travel patterns that contribute to making physical activity the easy — and best — choice.

**4:00 The Kids Aren't All Right:
Tackling Obesity in Children and Youth
Through School-Based Programs**

Dr. Paul Veugelers, Associate Professor, Department of Public Health Sciences, University of Alberta

An epidemic of overweight and obesity is threatening the health of Ontario's children. This dynamic session will examine interventions that have successfully promoted healthy eating and active living in the school environment. Dr. Paul Veugelers of the University of Alberta will provide thought-provoking insights from his research into childhood obesity in Nova Scotia's Annapolis Valley Health Promoting School Project.

Guided Poster Tour and Reception

See pages 16-20 for abstracts



Thursday, November 30, 2006

8:30 Welcome

Conference Chair - Day 2: Jean Lam, Assistant Deputy Minister of Health Promotion

Opening Address: Framework for a Healthy Alberta

Paddy Meade, Deputy Minister of Alberta Health and Wellness, Government of Alberta

Deputy Minister of Alberta Health and Wellness, Paddy Meade will share the health issues the Province of Alberta currently faces. She will explore the ways in which the Government of Alberta, in partnership with communities, organizations, and residents, is encouraging healthy behaviors through the Framework for a Healthy Alberta.

9:00 Removing Community Barriers to Healthy Eating and Active Living

Dr. Shiriki Kumanyika, Professor of Epidemiology and Associate Dean, University of Pennsylvania School of Medicine

Dr. Valerie Tarasuk, Professor and Graduate Coordinator, Department of Nutritional Science, University of Toronto, Faculty of Medicine

This informative session will provide valuable ideas for creating active living communities. Dr. Shiriki Kumanyika of the University of Pennsylvania and Dr. Valerie Tarasuk of the University of Toronto will share their expertise in this complex subject and offer best-practice examples of initiatives that have successfully overcome barriers to healthy environments. After participating, you will be able to apply these innovative ideas to support active living within your own communities.

11:00 Concurrent Sessions

1) Healthy Communities Panel

Gil Penalosa, Walk and Bike for Life

Cathie Kryzanowski, Saskatchewan in Motion

Lorna Heidenheim, Ontario Healthy Communities Coalition

Communities can be influenced to change to better support healthy eating and active living. This session features three experts who will focus on proven methods and best practices. Gil Penalosa will share his experiences in Bogotá, where he organized cycling initiatives. Cathie Kryzanowski will talk about Saskatchewan in Motion, a province-wide initiative promoting physical activity. To round out the session, Lorna Heidenheim will outline the key elements of community design that contribute to active living and community food security.

2) How Healthy Public Policy Can Support Healthy Eating and Active Living

Jacky Kennedy, Active and Safe Routes to Schools

Mary Ellen Deane, Simcoe-Muskoka District Health Unit

Judy Vanderveer, Town of Gravenhurst

Ontario Heart Health Network representative

Jacky Kennedy of Green Communities Canada will provide an engaging, in-depth look at how policy changes have contributed to active and safe routes to school in communities around Ontario. Then, join the Ontario Heart Health Network to learn about the experiences of 36 Ontario communities in developing community partnerships to champion healthy public policy.

3) Innovative Healthy Eating and Active Living Initiatives for Children and Youth

Paul Finklestein, The Screaming Avocado Café and Stratford Northwestern Secondary School

Melissa Boerson, Student, Stratford Northwestern Secondary School

Gordon Cressey, The Canadian Tire Family Foundation

Hear from chef and teacher Paul Finklestein, who is making headlines with his inspirational approach to teaching youth to enjoy a diverse menu of healthy foods. Student Melissa Boerson will attest to the benefits for youth of being exposed to a range of healthy food options. As well, Gordon Cressey will discuss Canadian Tire's efforts to improve the physical activity and health of children and youth through their JumpStart program.



Thursday, November 30, 2006

**4) Getting the Word Out — Building Awareness
and Engaging the Public Through Public Education**

Gerald Crowell, Communications Branch, Ministry of Health Promotion

Carrie Heitzler, VERB Campaign, U.S. Centers for Disease Control and Prevention

Gerald Crowell will discuss “It’s Not Gonna Kill You,” the Ministry of Health Promotion’s public education campaign promoting healthy eating and active living among youth. This humorous campaign, featuring TV and online advertising, posters and an interactive website, is a key initiative of Ontario’s Action Plan for Healthy Eating and Active Living. Then hear from Carrie Heitzler about the successes of the “VERB: It’s What You Do” youth campaign, out of the U.S. Department for Health and Human Services. VERB encourages youth to use verbs (such as run, paint, sing, dance or jump) as launching pads to regular physical activity.

5) Well At Work - Creating Healthy Workplaces

Dr. David Doull, Director, Wellness, Husky Injection Molding Systems Ltd.

Giovanna Ferrara, Haldimand-Norfolk Health Unit

Karen Boughner, Haldimand-Norfolk Health Unit

Husky Injection and Molding Systems Ltd. is recognized as a leader in the area of workplace wellness. Dr. David Doull will explain how the Husky Wellness Centre came to be and how it makes a difference for Husky employees. Giovanna Ferrara and Karen Boughner will tell us about new collaborative efforts that support workplace health across the province.

6) Healthy Eating and Active Living for Aboriginal Communities

Dr. Jay Wortman, First Nations and Inuit Health Branch, Health Canada

Ruth Ann Cyr, Health Promotion Officer, Aboriginal Cancer Care Unit, Cancer Care Ontario

Specialized knowledge is required to advance healthy eating and active living in Aboriginal communities. Dr. Jay Wortman will offer insight into the realities of promoting healthy eating to this population group. Dr. Wortman’s research, which involves restoration of traditional foods to help curb the current diabetes epidemic, will consider issues related to Canada’s Food Guide to Healthy Eating. Ruth Ann Cyr, will explore the benefits of physical activity and nutrition-based initiatives for Aboriginal women living in urban environments.

12:30 Lunch

Conference Chair - Day 2: Jean Lam, Assistant Deputy Minister of Health Promotion

**Closing Keynote
Building a Healthy Future**

André Picard, Public Health Reporter, The Globe and Mail

André Picard, The Globe and Mail’s highly regarded health journalist, will close the conference with provocative thoughts and questions to help us attain a glimpse of the future. How will health promotion evolve with time and learning? Will the integration of healthy eating and active living bear fruit in the form of more robust and effective programs and initiatives? Overall, what effect will health promotion have on the life spans and quality of life of Ontarians?

2:30 Final Thoughts – Summary & Conclusions

Marg Rappolt, Deputy Minister of Health Promotion

Conference Speakers

Karen Boughner

Karen Boughner is the Manager of Public Health at the Haldimand-Norfolk Health Unit. Her health care experience includes working in acute care, residential care and psychiatric settings. She is a member of the Health Unit's Workplace Health Committee and Past Chair of the Ontario Council of Community Health Accreditation (OCCHA). Ms. Boughner is also a Board Member and Past Chair of the West Haldimand General Hospital and a founding Board Member of the Haldimand Family Health Team.

Melissa Boerson

Melissa Boersen is a grade 12 student at Stratford Northwestern Secondary School in Stratford, Ontario, and works part-time at the school's Screaming Avocado Café. Her awakening to food and health issues came when, as student council co-president, she hosted an event for grade eight students who would be entering high school the next year. She questioned why the school offered only soda pop to the visitors, which began a dialogue with school administrators about removing pop machines from the school. The matter has yet to be resolved. Ms. Boersen hopes to enter McMaster University's Health Sciences program in 2007.

Gordon Cressey

Gordon Cressey is President of the Canadian Tire Foundation for Families. The Foundation helps families in need through community fundraising, a crisis response network and participation in the JumpStart program, which provides sport and recreational activities to disadvantaged youth. Mr. Cressey has more than 30 years experience in the not-for-profit sector and has led campaigns for the United Way of Greater Toronto. He was founding President of The Learning Partnership and recently held the post of Vice-President of University Advancement at Ryerson University. Mr. Cressey has a Master of Social Work degree from the University of Toronto.

Gerald Crowell

Gerald Crowell is a 20-year veteran of consumer marketing and public relations. As Assistant Director of Communications for the Ontario Ministry of Health Promotion, he is responsible for developing public education campaigns that support the government goal to improve population health through decreased tobacco consumption, healthier eating and increased physical activity. He also provides communications counsel to the Minister, Deputy Minister, and the ministry's key program areas, including chronic disease prevention and sport and recreation. Mr. Crowell has won numerous industry awards, including the Canadian Public Relations Society's "Best Public Sector" campaign in 2004 and 2005.

Ruth Ann Cyr

Ruth Ann Cyr is a Registered Nurse and the former Diabetes Educator and Outreach Coordinator for the Native Canadian Centre of Toronto. Through her involvement with organizations serving the Aboriginal community, she works to provide culturally sensitive care to people living with cancer and HIV/AIDS as well as elders and people with disabilities. Ms. Cyr also served as a board member for the Casey House Hospice, Street Health Nurses, Nishnawbe Homes and Frontiers Foundation. She is currently the Health Promotion Officer, Aboriginal Cancer Care Unit, Cancer Care Ontario.

Dr. David Doull

Dr. David Doull is Wellness Director for Husky Injection Moulding Systems Ltd. He oversees an employee nutrition program, a 24-hour fitness centre and a wellness centre that treats occupational and non-occupational health care concerns. The company grants program participants innovative incentives such as an extra vacation day a year, subsidized vegetarian meals at work and on-site medical care. Under Dr. Doull's direction, the company also holds monthly lunch-and-learn sessions on nutrition to promote healthy eating as part of the company's holistic approach to creating a healthy workplace.

Giovanna Ferrara

Giovanna Ferrara is the Health Promoter responsible for the Workplace Health Program within the Chronic Disease Mandatory Program of the Haldimand-Norfolk Health Unit. She currently assists a wide range of local organizations in improving productivity and decreasing absenteeism by developing customized, comprehensive programs. Ms. Ferrara regularly delivers presentations about stress, self-esteem and creating a positive workplace culture. She also played a leading role in founding the Ontario Workplace Health Coalition. She did her post-graduate work at Centennial College where she earned a Workplace Health Certificate.

Paul Finklestein

Paul Finkelstein is a high school teacher and trained chef who created a unique, multi-tiered healthy eating and cooking program at Northwestern Secondary School in Stratford, Ontario. Since 2003, Mr. Finkelstein has run an extensive program that includes the student-run Screaming Avocado Café, where affordable, healthy food is served. A 3,000-sq-ft. schoolyard garden tended by the students supplies the café with certified organic produce. In 2005, the federal government sponsored Mr. Finkelstein and his students to represent Canada at Expo in Japan, where they cooked at the Canadian Pavilion.



Lorna Heidenheim

Lorna Heidenheim is the Executive Director of the Ontario Healthy Communities Coalition. She has over 25 years experience in developing and managing not-for-profit, community-based organizations and services. Previously, she has been Community Animator for the Southwest region of Ontario, Executive Director of the London Community Resource Centre and Director of Support Services with Woodstock and District Developmental Services. Ms. Heidenheim has a Master of Social Work degree from Wilfrid Laurier University.

Carrie Heitzler

Carrie Heitzler is a Guest Researcher with the Division of Nutrition and Physical Activity at the Centers for Disease Control and Prevention (CDC). Ms. Heitzler serves on the evaluation team of CDC's VERB campaign. Previously, she was a health communication specialist with CDC, working on social marketing initiatives related to physical activity and nutrition. Her research interests include development and evaluation of interventions to influence behaviors associated with overweight children and adolescents. Ms. Heitzler received her Master of Public Health Degree from Emory University in Atlanta. She is pursuing her doctorate in behavioral epidemiology at the University of Minnesota.

Jacky Kennedy

Jacky Kennedy is Ontario Program Manager for the Green Communities Association's Active and Safe Routes to School (ASRTS) program. When she initiated ASRTS in Toronto in 1996, only three schools were involved. Today, more than 1,500 schools Ontario-wide are active in the program. Ms. Kennedy sits on the international committee for IWALK, the International Walk to School initiative. She is past Chair and Co-founder of the North Toronto Green Community and has helped steer many successful community projects that benefit the environment, including the Toronto Renewable Energy Cooperative, AutoShare and Toronto's Lost River Walks.

Cathie Kryzanowski

Cathie Kryzanowski is the Manager of Saskatchewan in Motion, a provincial strategy aimed at increasing physical activity for health benefits. Ms. Kryzanowski has more than 30 years experience promoting active living, and has been affiliated with the YMCA, Boys and Girls Clubs, the City of Regina, Tourism Regina and ParticipACTION. Her extensive volunteer work includes membership on numerous boards and committees. She was elected to the Active Living Canada Board of Stewards in 1995 and became the first Chair of the National Coalition for Active Living in 1999. She currently Co-Chairs the Coalition's Advisory Council.

Gil Penalosa

Gil Penalosa is Executive Director of the not-for-profit Walk & Bike for Life, based in Oakville, Ontario. Through developing partnerships with the private and public sectors and frequent speaking engagements, he promotes the use of urban parks, trails and greenways. In the late 1990s, Mr. Penalosa was Commissioner of Parks, Sports and Recreation in Bogotá, Colombia, where he led a major re-development of that city's park system and introduced a program that closed 91 kilometres of roads on Sundays to allow over 1.5 million people to walk, run, skate and bike. He holds an MBA from UCLA.

Dr. Jay Wortman

Dr. Jay Wortman is a Clinical Instructor in the Department of Family Practice and an Associate Member of the Department of Health Care and Epidemiology at the University of British Columbia. He has held a number of high-profile positions in the public sector, including Regional Director of the First Nations and Inuit Health Branch, Pacific Region, with the B.C. Ministry of Health, and Pacific Regional Director for the First Nations and Inuit Health Branch at Health Canada. Dr. Wortman was a founding board member of the Native Physicians Association. He graduated from the Faculty of Medicine at the University of Calgary.

Posters, Exhibits and Displays

In alphabetical order.

Bolded name is the Lead Presenter.

Healthy Communities

Active Transportation

Go For Green, Plante, Haynes and Houston,
Marc Plante

Bishop Gallagher Living School - Award Winning Program

Bishop Gallagher Living School Team, **Shelley Taylor**, Project Leader, *Ophea Living School*; **Frank Lacaria**, Project Coordinator, *Ophea Living School*; **Alexa Mckinnon**, Principal, *Ophea Living School*, Thunder Bay

Building Linkages Between Public Health and Secondary Stroke Prevention Clinics by Focusing on Respective Expertise

Dayna Albert, **Anne Lessio**, Manager, *Heart Health Resource Centre and the Towards Evidence - Informed Practice Project*

Building Public Health Capacity by Using a Dissemination Framework to Enhance the Uptake of Evidence-Informed Practices

Anne Lessio, MBA, BSc, Manager *Hearth Health Resource Centre and Towards Evidence - Informed Practice Project.*, **Dayna Albert**, MA, BSc, Program Coordinator, *Towards Evidence - Informed Practice Project*, Ontario Public Health Association

“Chart Your Course” Development of a Community Physical Activity Framework

Lucie Levesque, **Christine Bell**, Mariana Abeid, Justin Hall, **Dr. Fern Giddings Pilato**, Community Volunteer, *North of Princess Communities in Action/Kingston Community Health Centres*

City of Ottawa 10,000 Step Pedometer Programs

Clare Purdue, **Maryan O'Hagan**, Manager, *School & Community Health*, Ottawa Public Health

Comprehensive Approach to Health Promotion in the Workplace

Andrea Collins, Public Health Nurse, *Chronic Disease Prevention Program*; Nancy Bevilacqua, Public Health Nutritionist, *Nutrition Services*; Wendy Kirkos, Manager, *Workplace Wellness Program*, **Yvette Demeter**, Public Health Nurse, *Workplace Wellness Program*

Creating Healthy Environments for Youth: Healthy Eating in Arenas

Durham Region Health Department, Canadian Cancer Society, Canadian Diabetes Association, Heart & Stroke Foundation of Ontario, Scugog Community Recreation Centre and Garnet B. Rickard Recreation Complex, **Gabriella Simo**, Public Programs & Services Coordinator, Canadian Diabetes Association

Cycle Ontario Alliance – Ontario Bicycle Route

David Hunt, Member, *Cycle Ontario Alliance*

Everybody Gets To Play

Canadian Parks and Recreation Association, **Tanara Pickard**, Project Manager, *Canadian Parks and Recreation Association*

Get Fit @ Home

Tri Fit Inc., **Greg White**, Manager, *Client Programs*, Tri Fit Inc.





**GET FIT FOR ACTIVE LIVING! :
An 8-week Exercise & Education
Program for Inactive Older Adults**

*Clara Fitzgerald, Shannon Belfry, BA, Recreation
and Leisure Diploma*

Living School and Daily Physical Activity

*Martin Shain, Principal, Neighbour at Work Centre and
Margaret Good, Living School Consultant, Ophea*

Nutrition Resource Centre

*Mary Ellen Prange, Samara Foisy, Jane Bellman, MEd,
BSc., Manager, Nutrition Resource Centre, Ontario
Public Health Association*

**Nutrition & Exercise Lifestyle
Intervention Program (NELIP) for
Overweight and Obese Pregnant Women**

*Isabelle Giroux, Robert Gratton, Jo-Anne Hammond,
Anthony Hanley, Stewart Harris, Susan Lander,
Constance Lebrun, Ruth McManus, Maggie M. Sopper,
Dr. Michelle F. Mottola, PhD, FACSM, Associate
Professor, University of Western Ontario*

**Strollers in Motion: A Stroller Walking
Community-Based Program**

*Rachel Griffin, Public Health Nurse, Katie Graham,
Public Health Nurse, York Region Health Services
Department*

**Winter Active Winter Smart –
An Awareness and Education Strategy
Promoting Active Living and Injury
Prevention for Older Adults**

*Maryann O'Hagan, Ann Nowak, Public Health Nurse,
Ottawa Public Health, City of Ottawa*

Healthy Public Policy

**Active 2010
Ontario's Sport &
Physical Activity Strategy**

*Janie Romoff, Anita Comella and Craig Stewart,
Sport and Recreation Branch, Ministry of
Health Promotion*

**Enhancing Effectiveness and
Accountability: the PHRED Program**

*Charlene Beynon, RN, MScN, Associate Professor,
School of Nursing, University of Western Ontario and
the Director of Middlesex-London's Public Health
Research Education & Development (PHRED)
Program, Vera Etches, MD, CCFP, MHSc, FRCPC,
Associate Medical Officer of Health and Director of
Public Health Research, Education & Development
(PHRED) Program*

**International Conference on Physical
Activity and Obesity in Children**

*Roni Jamnik, York University and Dr. Barry
McPherson, Wilfred Laurier University*

Linking Agriculture, Food and Health

*MaRS Landing, Michelle Schurter, Development
Director, MaRS Centre*

Municipal Pedestrian Charter

*Sudbury Heart Health Coalition –Sudbury & Manitoulin
Districts Heart Health Project, Barbara Eles, PHN,
Sudbury & District Health Unit and Sudbury &
Manitoulin Districts Heart Health Project*

**Ontario Health Promotion
Resource System**

*Ontario Health Promotion Resource System,
Andrea Por, Ontario Prevention Clearinghouse*

**Post Evaluation of a Fruit and Vegetable
Promotion Campaign in Northern Ontario**

*Cynthia K Colapinto, MSc, Public Health
Nutritionist, Sudbury & District Health Unit;
Darshaka Malaviarachchi, MSc, Epidemiologist,
Sudbury & District Health Unit*

Posters, Exhibits and Displays

Healthy Children and Youth

Baby Food Basics DVD

Christine Callaghan, RD, Ginette Blake, RD, Middlesex-London Health Unit

Canadian Association for Health, Physical Education, Recreation and Dance – Active Healthy School Communities

Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD), Andrea Grantham, Executive Director, Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD)

Daily Physical Activity: Strategies for Planning and Implementation

Richard Ward, Provincial Curriculum, Education Consultant, Ophea

Energy In. Energy Out. Campaign

Anne Bouillon, Public Health Dietitian, Ottawa Public Health Department

Everybody Move

Dr. John Byl, President, CIRA Ontario

Fuel to Xcell® Vending Program

Marie-Claude Thibault, Ellen Lakusiak, Elaine Murkin, Supervisor, Public Health, Ottawa Public Health

Healthy Happenings Making a Difference in Schools

Christine Preece, BA, MHS, Health Promotion Officer, Community Health Services Department, County of Lambton

Healthy Schools in Action

School Services Program, Louisa Barei Snowie, Public Health Nurse, York Region Health Services, Newmarket

Implementation and Evaluation of the “Your Kids Are Listening” Communication Campaign Promoting Healthy Weights for Young Children

Brenda Ross, Evelyn Vaccari, MHS, RD, Nutrition Promotion Consultant, Toronto Public Health

Industry Guidelines for Sale of Beverages in Schools

Refreshments Canada, Calla Farn, Director, Public Affairs

It’s Hard for Youth to Make Healthy Lifestyle Choices

Cynthia K. Colapinto, Carol Coffyn, Nutrition and Physical Activity Action Team, Sudbury & District Health Unit

Healthy School Initiative (Perth & Huron Counties)

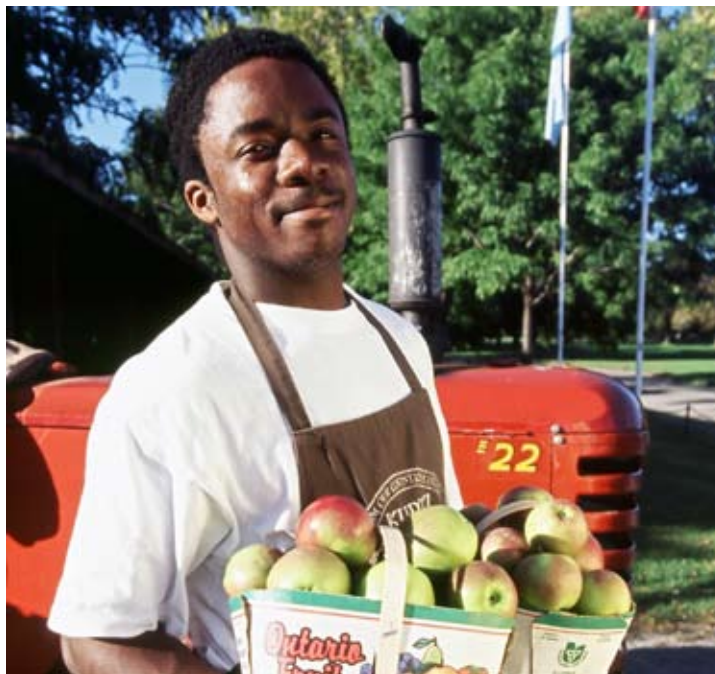
Kerry Price, Coordinator, Healthy Living Perth, Stratford

I Love 2 Skate

Clare Purdue, Maryan O’Hagan, Manager, School & Community Health, Ottawa Public Health

Les P’tits Marmitons: Healthy Eating and Active Living Starts Before The Age of 5

Jasmine Thibault, Suzanne Giroux, Community Nurse, Centre Francophone de Toronto





Ophea's Curriculum and School-Based Health Resource Centre

Leslie MacElwee, Manager of Projects, Ophea

Power4Bones

Heidi Boyd, MHS., RD, Nutrition Educator, Dairy Farmers of Canada

Reality PE: The 60 Minute Edge

Lisa Gallant, Coordinator, Healthy Living Niagara

The Muskoka Woods Experience

Muskoka Woods/Windsor-Essex Catholic District School Board, Greg Peck

The Physical Activity Resource Centre (PARC): How PARC Supports Ontario's Physical Activity Providers

Julie Taylor, BA, Projects Leader, Ophea

The School Health Action, Planning and Evaluation System (SHAPES) Ontario Project: Transforming the Relationship Between Research, Policy and Practice

Suzy L. Wong, Department of Health Studies and Gerontology, University of Waterloo; Erin Hobin, Department of Health Studies and Gerontology, University of Waterloo; Elissa Bonin, Department of Health Studies and Gerontology, University of Waterloo; Dr. Scott T. Leatherdale, Division of Preventive Oncology, Cancer Care Ontario; Department of Health Studies and Gerontology, University of Waterloo; Department of Public Health Sciences, University of Toronto; Dr. Steve R. Manske, Centre for Behavioural Research and Program Evaluation, Department of Health Studies and Gerontology, University of Waterloo

The School Health Environment Survey (SHES): Developing a Tool to Assess Healthy Eating and Physical Activity Opportunities for Youth

Steve Manske, Joanne Beyers, Julie Vaillancourt, Elaine Murkin, Catherine Sabiston, Scott Leatherdale, Christina Kroeker, Project Manager, Population Health Research Group, University of Waterloo

Towards Nutrition Screening in Ontario Preschoolers

Lee Rysdale, Dr. Janis Randall Simpson, Dr. Heather Keller, Joanne Beyers, MA, RD, Community Nutrition Specialist, Sudbury & District Health Unit, PHRED

Using a SWOT Analysis to Inform Health Promotion Planning for a Remote First Nation Community

Rhona M. Hanning, University of Waterloo, Celine Sutherland, Peetabeck Health Services, Ruby Edwards-Wheesk, Peetabeck Health Services, Leonard J.S. Tsuji, University of Waterloo, Kelly Skinner, University of Waterloo

Validation of a Web-Based Survey for the Assessment of Dietary Intake for Children and Adolescents

Rhona Hanning, Dawna Royall, Jennifer Toews, Pete Driezen, Lindsay Hodsdon, BSc, MPH, Project Manager, Population Health Research Group, University of Waterloo

You're the Chef: A Cooking Program for Students in Grade 7 and 8

Rhonda Squires, Registered Dietitian, Niagara Region Public Health Department

Posters, Exhibits and Displays

Public Awareness and Engagement

Elsevier Canada

Canadian Health Network (CHN)

Health Promotion Affiliate, Canadian Health Network, Paola Ardiles, Health Promotion Consultant, Ontario Prevention Clearinghouse

Empowering Stroke Prevention Project (ESPP)

Self-Help Resource Centre, Roya Rabbani, Executive Director, Self-Help Resource Centre, Toronto

Encouraging Girls & Women to Be Active!

Karin Lofstrom, Executive Director, Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS)

Fit to Learn

Sari Huhtala, Publisher, Fit To Learn

Halton's FAIR Guide

To be advised

Heart Healthy Hockey

Clare Purdue, Maryan O'Hagan, Manager, School & Community Health, Ottawa Public Health

HIGH FIVE®

Parks and Recreation Ontario, Tia Wintre, Provincial Coordinator, Parks and Recreation Ontario

Ministry of Health Promotion

Poster Campaign Promotes Active Living for Ontarians with Disabilities

Frank Prospero, Executive Director, Get Active now, Kitchener

Speaking to Aboriginal Peoples

Donald Neville and John Sioui, Spirit Advertising and Creative Promotion

Sport-in-a-Box: Empowering Children of Middle Age through Sport, Physical Activity and Global Education- Impacts on Knowledge and Attitude Formation

Manjula Alles, Jason Oliver, Dr. Sarah M. Kambites, PhD Ed., Programme Manager, Education, School and Community Outreach Projects, United Nations Association in Canada (UNA-Canada)

Sudbury and District Obesity Prevention Coalition: How We Are Making It Work!

Megan Dumais, Rachell Arbour Gagnon, MA, Health Promoter, Sudbury & District Health Unit

Toronto Walk21 2007: Putting Pedestrians First

Daniel Egan, Manager of Pedestrian and Cycling Infrastructure, Transportation Services, City of Toronto, Jacky Kennedy, Manager of Active and Safe Routes to School Program, Green Communities Canada, Matthew Cowley, Public Consultation Coordinator and Toronto WALK21 2007 Conference Coordinator

TREKZONE-Eat Right. Be Active. Our Community Strategy for a Healthy, Active Niagara

Dianne Coppola, MA, Manager, Chronic Disease Prevention Division and Strategic Lead - TREKZONE, Niagara Region Public Health Department



Conference Information

Conference Proceedings

In the weeks following the conference, presentations of speakers will be made available on the Ministry of Health Promotion's website (www.mhp.gov.on.ca) (as per agreement with speakers). Conference proceedings will also be provided on-line by mid December.

Lunch and Networking Session Wednesday at 12:30

Enjoy lunch in the company of people you do not often have the opportunity to meet and get to know. Senior officials from the Ministry of Health Promotion look forward to connecting with you. A limited amount of networking seating is available on a first-come, first-serve basis. Sign-up lists will be available at the registration desk on November 29.

Breakfast Networking Opportunities

Early morning breakfasts are a great way to learn from each other in an informal setting. Join us for a cup of coffee and healthy start to the day at Topics of Interest Tables in Constitution Hall 105. Table tent cards will note specific topics, so find your way to one that draws you in and meet others who have an interest in that topic. The discussion is intended to be informal, so don't be shy! Topics will pertain to healthy eating and active living and will include: schools, workplaces, recreation centres, multi-ethnic audiences, health care professionals, youth, built environment and public policy. A list of topics will be posted during the afternoon of November 29 and the morning of November 30.

Certificates of Attendance

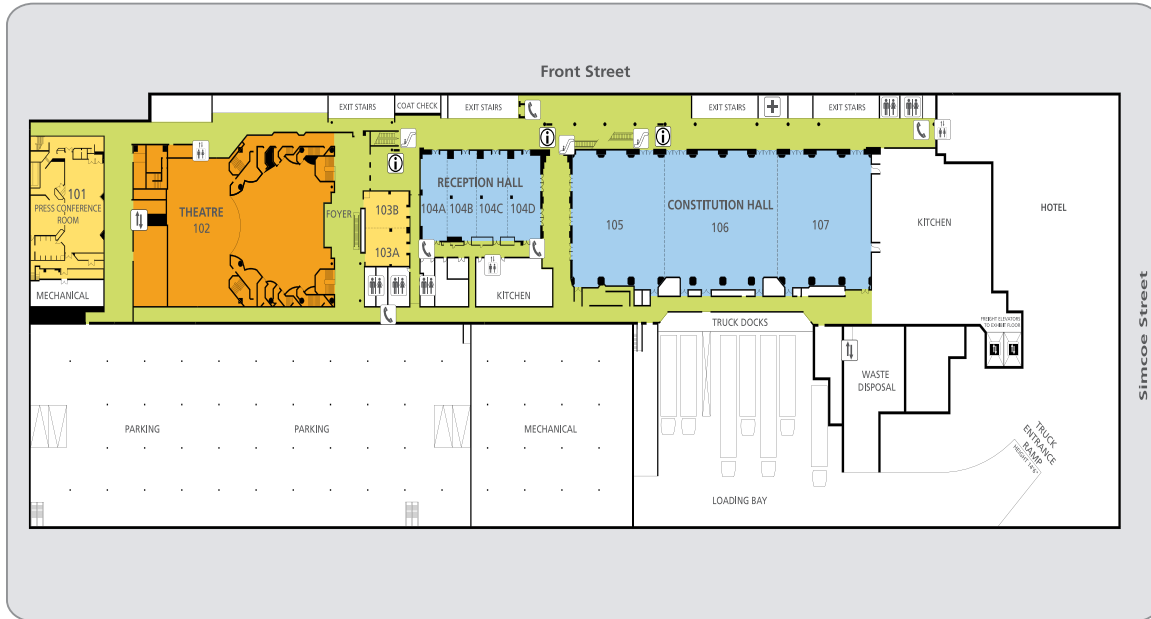
Requests must be made in writing by emailing sarah.lambert@ontario.ca.



Floor Plans of MTCC



**Metro Toronto
Convention Centre
(MTCC)**



North Building | Level 100



North Building | Level 200



designed by www.bigshoe.net

