

## National Prevention Strategy Group

Location: Teleconference Meeting hosted by SickKids Hospital.

Date: January 31, 2012. Noon to 1 pm (EST)

Host: Gail McVey (SickKids)

Attendance: Gail McVey (Host/Chair, SickKids), Katie Walker (SickKids), Manuela Ferrari (Sickkids), Dorothy Alves (Recorder/SickKids), Shelly Russell-Mayhew (U of Calgary), Elaine Murkin (Ottawa Public Health), Joanne Beyers and Lesley Andrade (Sudbury and Region Health Unit), Jess Haines (U of Guelph), Mary Forhan (McMaster University), Marie-Claude Paquette (Institut national de santé publique du Quebec), Leigh Underhill (Dairy Farmers of Canada), Mary Fodor O'Brien (Public Health Ontario), Catherine Birken (Sickkids), Sara Kirk (Dalhousie University), Anne Wareham (janeway Lifestyle Program, Nfld), Chris Hoeschen (Government of Manitoba).

Regrets: Sari Simkins, Erica Di Ruggiero (CIHR), Natalie Beausoleil (Memorial U, NFLD), Joanne Gusella (IWK, Halifax), Nancy Malcolm-Sharratt (Health and Wellness, PEI), Bonnie Hostrawser (PHAC), Karen DeGagne (St-Joseph's Care Group, Thunder Bay), Connie Coniglio (BC Mental Health and Addictions Services), Niva Piran (OISE/U of Toronto), Heather Harrison (SickKids), Veronique Provencher (Universite de Laval), Debra Pepler (York University/SickKids).

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- Chris Hoeschen introduced herself to the group and described her current roles within Manitoba Healthy Living - the Branch of Mental Health and Spiritual Health Care. She also co-chairs a provincial network of disordered eating service providers. Chris described an upcoming National Mental Health Summit that is being hosted by the Government of Manitoba focusing on Mental Health Promotion and Mental Illness Prevention. The agenda and details related to this meeting were circulated in a follow-up email.
  - Gail then asked if there are any other upcoming events that other members wanted to share:
    - Sara Kirk and Anne Wareham spoke of the October 24-26, 2012 4<sup>th</sup> Annual Conference on Recent Advances in the Prevention and Management of Childhood and Adolescent Obesity to be hosted in Halifax
    - Mary Forhan announced she will be speaking to the House of Commons in Ottawa next week on behalf of the Canadian Association of Occupational Therapists. She will be advocating to broaden and expand the current focus of Active Living efforts beyond just 150 minutes of exercise per week.
  - A number of attendees had recently had grants submitted or funded:

- Joanne Beyers spoke about 2 updates on Nutristep:
  1. A CIHR Knowledge Transfer grant awarded to create an online Nutristep tool for parents - PI: Dr. Jamie Randell-Simpson, University of Guelph
  2. Analyses have just been completed showing the Nutristep toddler tool (ages 18-35 months) to be reliable and valid
- Catherine Birken was successful in securing a CIHR grant to follow-up the cohort of 4000 children in primary care over time and collect health indicators as they develop.
- Gail updated the attendees about her correspondence with Canadian Public Health Association about the Knowledge Centre. Overall, the resources will only be free for the upcoming 8 months, and would require membership to access, which may be prohibitive. One option extended was that this forum could house webinars should we find that useful for purposes of expanding our reach re: knowledge translation.
- Lastly, Gail thanked those who have already sent in brief summaries of their current prevention related research projects that are underway. She will continue to collect others' in order to place people's projects within the socio-ecological model. Attendees were asked to describe any current ongoing, or forthcoming research projects:
  - Jess Haines has submitted a grant to compare a parenting intervention (encompassing general parenting principles and parenting instruction around feeding practices) – 30 families will be randomized to receive the intervention and 30 will be allocated to a control group. Outcome measures will look at a broad range of feeding and parenting outcomes, including Nutristep, and families will be recruited through Ontario Early Year Centres if funded.
  - Sara Kirk spoke of a project that is in the early stages designed to modify the food environment within in recreational centres in Nova Scotia for elementary aged children. This will be a multilevel intervention aiming to modify the food environments and will also have a family level intervention utilizing smartphones. The applications for the smartphones are currently being developed.
  - Anne Wareham spoke of a proposal in development for a provincial media campaign around weight bias with three foci:
    1. Weight does not equal Health.
    2. Weight does not equal Fitness.
    3. Weight Bias is discrimination.
  - Sara Kirk spoke of a qualitative study utilizing a socio-ecological approach to Obesity management in Nova Scotia encompassing the perspectives of service users, health care professionals, and policy. A knowledge transfer event is in the works that will involve a drama that makes use of excerpts from the qualitative interviews, and will be taped and mounted on Youtube.
- Gail solicited from the group whether they thought that hosting a meeting specifically for primary care professionals to adapt the prevention guidelines and weight-bias awareness

training for this audience would be 1) timely, and 2) well-received. Attendees thought it would be worthwhile overall. Teachers were raised as another sector/professional group that should have materials adapted for.

Next Meeting: TBD (Gail will send out a doodle invitation for the February 2012 meeting)