

Nutrition Promotion Program Monitoring Report 2015

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Priority Setting

Priorities are set based on alignment with the WRHA and Nutrition Promotion Strategic plans, evidence, capacity, opportunity and return on investment.

- The Nutrition Promotion Strategic Plan 2012-17 is reviewed annually
- Mid-point Review occurred with priority setting in 2015

Policy and Advocacy

WRHA Healthy Eating Environments Policy

- Project Team co-lead
- Nutrition Technical Advisory Lead
- Author of the Nutrition Standards and Procedures
- Staff and public consultation and final report
- Status of policy as at Dec 31/15: All documentation in final preparation for submission to WRHA Regional Policy Committee
 - Policy
 - Nutrition Standards and Procedures
 - Stakeholder Consultation Report
 - Communication Plan

Partnerships and Collaboration

Due to the small numbers of Public Health Dietitians (PHDs) (6.1 EFT regionally) and the nature of the work, almost all of the effort is in partnership with other agencies, professionals, programs or community groups. The Nutrition Promotion Strategic Plan 2012-17 has identified this as a priority area. As a group, PHDs lead or participate in:

- 37 unique community groups
- 18 unique regional groups

Capacity Building

Increasing the knowledge and ability of others to is also a priority area for the Nutrition Promotion program. It is evidenced by the commitment to the following initiatives:

- English as an Additional Language (EAL) Train-the-Trainer Healthy Eating Toolkit: development, pilot testing, evaluation and revisions.
 - Conducted 3 train-the-trainer workshops for 44 EAL educators/educator students
- Community Nutrition Educator Program: annual recruitment of 12 volunteers, provided 45 hours of training
 - Conducted 52 sessions for community agencies, community groups, schools, etc.

Knowledge Transfer and Public Education

- Participated as content area experts on the development of Infant and Pre-school feeding resources led by Healthy Child Manitoba
- Direct contact with parents and care-givers at Healthy Baby and Healthy Start for Mom and Me:
 - 20 groups meeting weekly/biweekly
- Developed and led infant and childhood feeding classes:
 - Raising Healthy Eaters - 4 classes, 51 participants (March to December)
 - Infant Nutrition Classes - 53 classes, 721 participants (March to December)
- Livin' Better: Wellness Program for Individuals with Mental Health Concerns
 - 3 workshop series, 48 participants
- Facilitated nutrition and infant feeding tutorials for University of Manitoba Medical students
- Manitoba Partnership Program (MPP) Dietetic Internship program:
 - All Public Health Dietitians are preceptors in the community rotation
 - Public Health Dietitians deliver the majority of content for pediatric education for dietetic interns
 - Public Health Dietitians deliver the public health module
- Health Communication:
 - Authored 6 columns in WAVE (one/edition)
 - Authored 7 columns in Winnipeg Free Press
 - Authored 3 columns in Leisure Guide
 - In-person interview GLOBAL TV
 - Weekly web-link contribution to Health Care Connection

Surveillance and Data

- Collaboration with PPH Surveillance on mapping food deserts in Winnipeg
- Partnership with Food Matters Manitoba on food security; FMM generated information on barriers to access to food provides local information that is used to focus effort on equity affected populations.
- In partnership with PPH Surveillance, collaborated to map the location of Infant Nutrition Class invitations and registrations compared to income quintiles as a measure of equity