



## Healthy Weights: Halton Takes Action

Welcome to the first issue of *Healthy Weights: Halton Takes Action*. This newsletter will be one way of keeping you informed and up-to-date with the 'Healthy Weights: Halton Takes Action' initiative.

Obesity is a complex issue that demands the combined efforts of a wide range of individuals and organizations. Working together, we can transform where we live and work into places where making the healthy choice is the easy choice.

We look forward to your comments and suggestions. Feel free to email us at [takeaction@halton.ca](mailto:takeaction@halton.ca).

### Inside This Issue

Healthy Weights:  
Halton Takes Action

Where we've been:  
A look back

Logic models

New Project  
Manager

Next Steps

Community Partner  
Profiles

## Where we've been: A look back

Early in 2006, staff in the Halton Region Health Department began work on a community planning process to address healthy weights in Halton. This process was guided by the recommendations made in Dr. Sheela Basrur's 2004 Chief Medical Officer of Health Report, *Healthy Weights, Healthy Lives*.

On June 6, 2007, the Health Department launched the 'Healthy Weights: Halton Takes Action' initiative by inviting representatives from key community groups to a consultative session at Country Heritage Park in Milton. Representatives from the health sector, governments, food and recreation industries, workplaces, schools, parents and caregivers, communities and youth came together to explore causes of and solutions to the obesity epidemic. Richard Delaney, Delaney and Associates, Inc., facilitated the day.

The Health Department had made it a priority to evaluate the project and therefore worked with Ryerson University to apply for funding from the Canadian Institute for Health Research (CIHR).

In December 2007, the Health Department, in collaboration with Dr. Wendy

## "We can now work with our partners to fully develop our action plan focusing on the top three priorities."

Young from Ryerson University, submitted a full evaluation proposal to the CIHR to evaluate the initiative.

In March of 2008, CIHR announced that the grant application was successful and Ryerson University was awarded one year funding in the amount of \$99,997 to gather baseline data for the initiative.

On May 8, 2008, the Health Department invited key stakeholders from the Day One event to return and use their knowledge, skills, and influence to set priorities and begin to develop an action plan. Day Two of the 'Healthy Weights: Halton Takes Action' event was held at Nassagaweya Community Centre in Brookville, with Richard Delaney, once again, as facilitator.

Day Two featured a number of presentations as well as group planning sessions. The top three priorities of the initiative were identified on Day Two. The priorities and suggested actions are described below.

### 1. Developing walkable and bikeable communities (33% of the overall vote)

- Developing bike racks for schools, community, and workplaces
- Recognizing the importance of active living and demanding to live in walkable communities, e.g., walkON
- Requiring all communities to be "complete communities"
- Increasing access to transit and increasing the number of people using transit to get to work/school
- Increasing walking and cycling as a means of transportation
- Locating organizations near public transit lines and in communities where alternate modes of transportation are available

### 2. Increasing the availability of healthy food choices in the community (25% of the overall vote)

- Ensuring healthy meals and snacks are available at community events
- Offering peer led healthy eating programs
- Ensuring there are consistent nutritional standards in Ontario schools and increasing media coverage of the standards

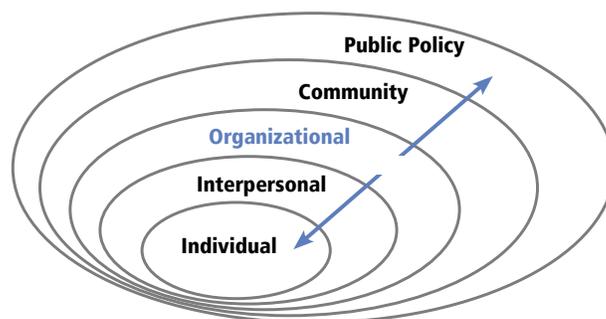
- Creating opportunities for people to eat locally grown food
- Encouraging supermarkets to buy a significant percentage of their products locally
- Creating more appealing choices and creating environments that make it easier to select healthier choices

### 3. Ensuring community coordination of 'Healthy Weights: Halton Takes Action' (15% of the overall vote)

- Providing access to healthy weights program information/resources/best practices through a comprehensive web portal
- Forming a cross-sector mechanism/body to plan, coordinate, and inform, e.g., regular community forums with key community stakeholders
- Communicating and sharing information regularly about the 'Healthy Weights: Halton Takes Action' initiative in a variety of strategies: written, electronic and web-based

The majority of participants' suggestions from Day One are supported by published evidence. A model, built around five levels of engagement—individual, interpersonal, organizational, community and public policy—will guide planning. "We can now work with our partners to fully develop our action plan, focusing on the top three priorities identified in Day Two," said Dr. Monir Taha, Associate Medical Officer of Health for Halton Region and one of the participants.

#### Social Ecologic Theory of Health Promotion



# Logic models, anyone?

Logic models are currently being developed to address each identified 'Healthy Weights: Halton Takes Action' priority action area.

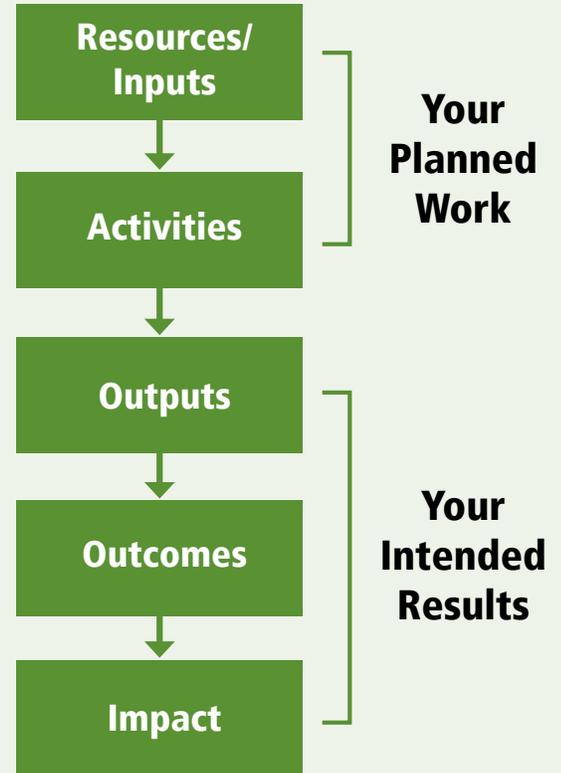
Logic models are one-page visual summaries that reflect the relationship between a program's goals, objectives, activities, and results. They serve as a systematic and visual way to present and share your understanding of the relationships among your resources, the activities you plan, and the changes or results you hope to achieve.

Initial work on the development of Healthy Weights logic models took place last fall. Draft logic models will be available to internal stakeholders for review early this year.

Final logic models will be shared with community partners once the internal review has been completed.

If you would like to provide input into the development process, please contact Tanya Rumble at [tanya.rumble@halton.ca](mailto:tanya.rumble@halton.ca).

## Logic Model Structure



## Healthy Weights gets a new Project Manager



Tanya Rumble has assumed project responsibility for the Healthy Weights initiative.

Tanya Rumble is the new Project Manager for the various projects that fall under the 'Healthy Weights: Halton Takes Action' initiative. Tanya joined Halton Region in 2007. For the past year, she has co-ordinated the Region's involvement in the Choices 4 Health program.

Prior to her position with the Heart Health and Cancer Prevention Program, she was a YouthNet Facilitator on the Youth Health Team at Halton Region. Tanya is also active in the wider community, as a member of the Community Engagement Task Group for the Mississauga Halton LHIN; Member of the Facilitation Support Committee for Home Suite Hope; Consultant on the New Mentality Project with Children's Mental Health Ontario; and volunteers with Wellspring Halton-Peel, Big Brothers Big Sisters Halton, and Halton Multicultural Council.

Since taking over the portfolio from Monica Marquis, who has accepted a secondment with Halton Active Living Network (HALNet), Tanya has been working to plan and develop project plans for Phase III of 'Healthy Weights: Halton Takes Action'.

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## Next Steps

**Logic Models:** Draft logic models will be available to internal stakeholders for review early this year. Final logic models will be shared with community partners once the internal review has been completed.

**Gap Identification:** By May 2009, gaps in community capacity to address identified priorities will be identified.

**Information Sharing:** We will share findings, priorities and action plans from Day 2 with key stakeholders by June 2009.

## Share your ideas

We welcome researchers, partners and other stakeholders to share ideas related to the mandate of the Healthy Weights initiative. If you have stories to share or would like to get involved in moving the initiative forward, please contact Tanya Rumble.

# Community Partner Profiles

## ReFresh Foods—reducing hunger in Halton

Marcus Logan has over 12 years' experience in the not-for-profit sector and is program director for ReFresh Foods. The goal of ReFresh Foods is to reduce hunger in Halton



by collecting surplus perishable (including healthier fresh and frozen food) from corporate food manufacturers and suppliers and non-perishable foods for redistribution to local food banks and front line social service agencies.

The idea for ReFresh Foods was the result of a feasibility study conducted in 2007 by a consortium of food banks, led by Food for Life, with the support of Halton Region. The principal recommendation of this project was to create “a regional food acquisition and distribution hub with a central warehouse and refrigerated storage as well as refrigerated transportation to its members.”

ReFresh Foods announced late in 2008 that it will enhance the type and quantity of food donations distributed in Halton by using a refrigerated hybrid truck for distribution of food donations.

“The need is great in Halton,” said Logan. “The 2007 feasibility study found that 31,000 individuals are estimated to be in need of accessing emergency food in Halton, a staggering 11,000 of those are children and we estimate that this number will increase by three per cent each year.” Marcus has already forged relationships with many frontline agencies and the local and regional governments within Halton Region.

ReFresh Foods has gathered over 9,000 kg of food and is in the process of distributing this supply to its member agencies serving clients in Halton Region, including food banks, emergency shelters, organizations providing transitional housing and individual families through Food for Life.

The focus of ReFresh Foods in 2009 will be to gather food with a goal of 45,000 kg for 2009, gain operational experience, develop brand awareness, and learn valuable lessons from organizations across Ontario and Canada that are engaged in similar work of food redistribution. If you are interested in learning more about the work of ReFresh Foods please visit <http://refreshfoods.ca>.

## Active Halton—increasing physical activity in Halton

Active Halton (formally HALNet) is a group of individuals and organizations (including all four municipalities) who have an interest in promoting the adoption of active lifestyles for all ages in the Halton community. Active Halton works to increase physical activity in Halton by:

- Facilitating workshops
- Sharing information and resources
- Networking
- Educating the community about the benefits of physical activity

The steering committee that oversees the work of Active Halton has representation from the following organizations:

Cedar Springs Health, Racquet and Sports Club	Town of Halton Hills (co-chair)
City of Burlington	Town of Milton
Halton Region Health Department	Town of Oakville
Halton District School Board	YMCA of Oakville (co-chair)
	YMCA of Hamilton/Burlington

This year Active Halton will:

- Host four workshops:
  - Two Wellness Policy workshops
  - Two free professional development opportunities for physicians
- Develop and distribute resources:
  - The Child Fitness Tax Credit parent information sheet
  - Resources to help physicians promote physical activity
  - Workplace physical activity research bulletins

If you are interested in learning more about the work of Active Halton, visit <http://activehalton.ca>.



**Check the next issue of *Healthy Weights, Halton Takes Action* for news about our progress, community profiles and more.**

**Thoughts to share? Email us at [takeaction@halton.ca](mailto:takeaction@halton.ca)**