

## Overview of the Nutrition Resource Centre

### Who We Are

The Nutrition Resource Centre (NRC) was established in 1999, under the banner of the Ontario Public Health Association (OPHA). The NRC's objective is to be a leader in advancing public health in Ontario, by supporting a broad range of health promotion professionals around issues related to healthy eating and nutrition.

### Our Goal

Our goal is to **strengthen the capacity** of health professionals across the health continuum in Ontario to deliver quality nutrition programming in a health promotion context. The NRC will achieve this by:

- Facilitating collaboration and communication (Knowledge Exchange & Transfer)
- Providing policy development support
- Serving as a central hub for healthy eating and nutrition resources and tools

## Building the NRC/FHT Relationship

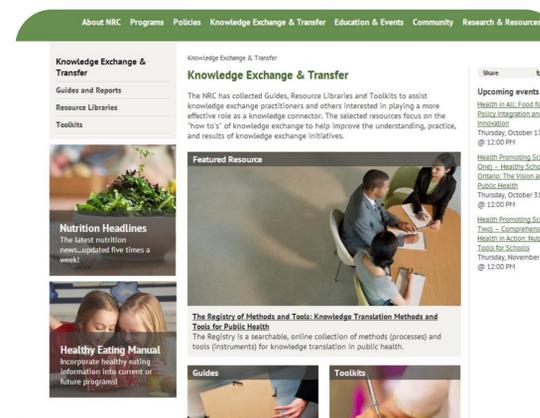
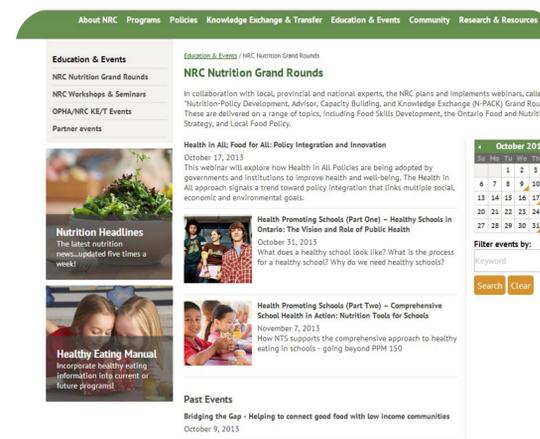
### Strategic Planning Exercise

In 2012, a comprehensive strategic planning exercise took place. The NRC and the Ministry of Health and Long-Term Care identified a need for the NRC to expand its client base from serving only public health nutrition professionals towards serving a more diverse range of health promotion professionals, including:

- Family Health Teams (FHTs)
- Community Health Centres (CHCs)
- Public Health Units (PHUs)
- Other health promotion professionals
- Researchers
- Policy-makers
- Educators

There are many opportunities for FHTs to utilize the NRC as a conduit to partner more closely with the public health sector and community health sector. The NRC aims to strengthen collaborative relationships between FHTs and public health by identifying:

- 1) Resources offered by the NRC
- 2) How resources are intended to support stakeholders
- 3) Opportunities for FHTs to engage with the broader public health community.



## Resources Offered

### Knowledge Exchange & Transfer

- Annual conference
- Webinars
- Seminar
- Daily "News in Brief"
- Website

### Policy Development Support

- Policy development workshops
- Competency-based workshops on healthy eating & nutrition policies
- Resource of policy templates, samples

### Building a Centre of Excellence in Healthy Eating & Nutrition Resources & Tools

- Repository of best practices and evidence-based programs

### Stakeholder Engagement

- Formal engagement with FHTs, CHCs, PHUs and other health promotion professionals
- Advisory committee & Provincial roundtables

## Current Projects

| Project                          | Description  |
|----------------------------------|--|
| <b>Joint NRC/OPHA Conference</b> | Date: March 6 <sup>th</sup> 2014<br>Theme: Healthy Eating & Nutrition in All Policies  |
| <b>Webinars</b>                  | October 2013: Health in All Policies<br>November 2013: National, Provincial, & Local Food Strategies<br>November 2013: Comprehensive School Health<br>December 2013: Caloric Literacy<br>January 2014: GMOs<br>February 2014: Measuring Population Impact<br>March 2014: Changing Food & Nutrition Environment |
| <b>Workshops</b>                 | June 2013: 1 <sup>st</sup> Food Policy Development<br>January 2014: 2 <sup>nd</sup> Food Policy Development<br>December 2013: Building Public Support in Local Health Eating & Nutrition Policies<br>March 2014: Assessing Readiness for Policy Development Workshop   |
| <b>Ongoing Communications</b>    | Contact-NRC Listserv<br>Daily "News in Brief"<br>Monthly Newsletter/E-bulletin   |
| <b>Food Skills Program</b>       | Provincial scan (completed)<br>International scan (in progress)  |
| <b>New NRC Website</b>           | Launched: September 16 <sup>th</sup> 2013  |

## Summary

The NRC offers a range of resources for health promotion professionals within FHTs as it relates to healthy eating and nutrition. In order to better serve FHTs, the NRC encourages increased representation of FHTs on advisory committee meetings and provincial roundtables. This would encourage dialogue among FHTs and other health promotion professionals, provide opportunities for future collaboration, and help to influence the NRC's strategic directions.

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