

## Outcomes Report of Activities Supported by Campus Alberta HOPH Meeting Grant

<b>Date of Report</b>	<b>April 13, 2017</b>
<b>Date of Meeting</b>	March 9, 2017
<b>Title of Meeting</b>	Food Promotion and Children's Health: Ideas in Research and Practice
<b>Team Lead(s)</b>	Charlene Elliott, Emily Truman
<b>Amount of Award</b>	\$3000

**1. Please append the program/agenda for your HOPH-sponsored meeting.**

Meeting agenda is attached.

**2. Meeting attendance (total number of attendees, affiliations represented, etc):**

20 attendees (list of names and affiliations attached).

**3. Outline the meeting expenses covered by the awarded funding:**

Transportation and accommodation: \$2490

Event room rental and catering costs: \$1652

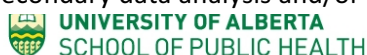
TOTAL: \$4142 (\$3000 paid by HOPH meeting grant, and remaining \$1142 from Elliott's CRC funding)

**4. List, provide, or explain outcomes from the meeting (reports, publications, etc):**

*Food Promotion and Children's Health: Ideas in Research and Practice* was an exploratory meeting that connected key stakeholders in Alberta who are deeply invested in research, education or knowledge translation when it comes to food promotion and children's health. The meeting took a 'Big Ideas' approach to identify gaps and needs in research and practice related to food and children's health. Meeting attendees had to present on their research and identify research gaps/need and Big Ideas: the gaps/needs and Big Ideas identified were sorted into four domains (policy, education/knowledge translation, research, and other). In the meeting, breakout groups prioritized gaps/needs (from those four domains) to inform future directions for policy and practice. Participants then re-grouped to discuss concrete next steps to implement the ideas. Important outcomes from this meeting included:

1) connecting carefully targeted experts and key trainees (who otherwise would not be in the same room); 2) identifying innovative research topics – along with a prioritized list of gaps/needs, future directions; and 3) providing the space for participants to select projects most salient to their (organizational/research) interests, resources, and time. Beyond this a peer-reviewed publication based on the research gaps/needs and policy priorities is being prepared and will be submitted on behalf of the group.

The network established at the meeting expressed interest in regular follow up meetings (formalizing a pan-Alberta interest group on this topic) as well as interest in a series of small group research projects focusing on secondary data analysis and/or scoping/systematic reviews of significant literature related



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to food promotion and children's health. A team grant is also of high interest to this network (although the meeting organizer {Elliott} would need to carve out the time to pen it).

**5. List (with projected timelines and names of participants) what activities or next steps are ensuing from the meeting (follow-up meetings, etc):**

Task	Participants	Timeline
-connect participants through online Dropbox space to enable the sharing of contact information and follow up on small 'interest based' projects	All	Completed
-draft commentary manuscript on meeting activities, objectives and outcomes	Meeting notes compiled by Emily Truman, manuscript currently being drafted by Charlene Elliott	Complete by end of May 2017
-circulate draft of manuscript to group participants and collect feedback, revise as required	All participants to be asked to submit feedback, Emily Truman to summarize and incorporate feedback into manuscript	Complete by end of June 2017
-submit final commentary manuscript for publication	To be submitted by Emily Truman/Charlene Elliott on behalf of group	July 2017

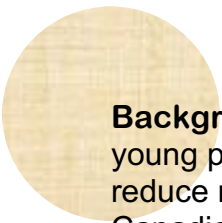
**\*\*\*Note that the timing of, and commitment to, the small interest-based projects is at the discretion of the meeting participants. The organizers did not dictate time frames or projects. However, Drs. Elliott and Truman will aim to schedule skype meetings on particular projects to generate momentum. An in-face follow up meeting was desirable to the group, but no timeline for that has been set (as it is contingent on funding, etc.)**

**6. Please provide any additional commentary on the benefits or unexpected consequences arising from the meeting:**

- established a collaborative network of experts with interest in food promotion and children's health from a variety of backgrounds, including professors and trainees from the University of Calgary and the University of Alberta, nutrition practitioners and trainees representing Alberta Health Services, Dietitians of Canada, and health educators from Ever Active Schools, Apple Schools, the Yellowhead Tribal Council, and the Blood Tribe of Alberta.
- created an opportunity for experts (and their trainees) to disseminate their research and connect with other stakeholders invested in food promotion and children's health.
- created a forum to engage these experts in discussions about the challenges they face in their research or practice in order to identify common needs.
- laid the groundwork for future collaborations between members of this team, beginning with a manuscript about ideas for future directions in research, policy and practice in food promotion and children's health that reflects the knowledge and expertise of the group members.

# Food Promotion and Children's Health: Ideas in Research and Practice




Thursday March 9, 2017, 9:30-2:30  
Hotel Alma, Senate Room (7<sup>th</sup> Floor)  
University of Calgary



**Background:** Food marketing to children is a powerful factor in the health of young people, and several population interventions have been recommended to reduce marketing pressures on them. According to Statistics Canada, 31.5% of Canadian children are overweight or obese, which has drawn the food industry into the spotlight—and in particular, its promotion of foods high in fat, salt and/or sugar to children.

In Canada, the focus on food promotion to children has never been stronger: numerous health organizations have statements and initiatives/programming on children and food marketing, and Health Canada currently has a mandate to restrict unhealthy food marketing to children. This meeting seeks to build on this momentum. It aims to connect key stakeholders in Alberta who are deeply invested in research, education or knowledge translation when it comes to food promotion and children's health.

## Objectives

-  1. To share information about research/projects related to food promotion and children's health from a range of professionals and trainees working in Alberta.
-  2. To identify *gaps* and *needs* when it comes to research and practice pertaining to food promotion and children's health.
-  3. To discuss the Big Ideas that can move research, policy and practice forward with respect to food promotion and children's health, and outline concrete next steps (a project, team grant application, national meeting grant, peer-reviewed publication, etc.) for those who wish to participate.

## Agenda

Time		
0930	Welcome and meeting objectives	Elliott
0945	<b>Rapid Fire Presentations</b>	All
1115	Break	All
1130	“Conversation Café”: <b>Must Have, Nice To Have, and the Toy Box</b> in research and practice pertaining to food promotion and children’s health	All
1215	Report group findings	All
1230	Lunch	All
100	<b>Regroup/jump group and <i>What’s Next</i></b> : Possible collaborative projects to inform research and policy directions (action items, deliverables)	All
200	Report group findings	All
220	Summary, Next Steps	Truman



## Meeting Participants

### ***Charity Alcocer, BSc (Nutrition), RD, Public Health Dietitian, Alberta Health Services***



Charity Alcocer is a Public Health Dietitian for Alberta Health Services with a focus on health promotion for school-aged children and youth, based in Calgary. She has over 15 years of experience in other areas of dietetics and health promotion including rural and Indigenous health, prenatal nutrition and diabetes education. She also keeps very busy with her three children and occasionally finding time to enjoy gardening and the outdoors.

### ***Madison Bischoff, MA Student in Communication, University of Calgary***

Madison Bischoff is an MA student in the Department of Communication, Media, and Film. She has completed a BSc. in Kinesiology, and has worked as a personal trainer for the previous 3 years, leading to her interest in communication and health. She is currently researching literacies related to health, with a focus on food literacy and schools.



### ***Karen Boyd, RD, Regional Executive Director, Alberta and Territories Region, Dietitians of Canada***



Karen Boyd is a registered dietitian employed with Dietitians of Canada, in the role of Regional Executive Director for the Alberta and Territories Region. In this role, Karen ensures a voice for dietitians on important issues to the profession, promotes dietitians' roles in health and prevention of disease, and advocates for better access of Canadians to the evidence-based advice of dietitians.

### ***Kenton Delisle, MHSc, RD, Project Lead on Nutrition for the Health and Wellness Promotion Branch, Alberta Health Services***

Kenton Delisle's career in public and population health includes experience working for provincial governments in British Columbia and Alberta, the University of Alberta, and for food industry with the BC Dairy Foundation. His roles have included developing and delivering nutrition education programs, healthy eating social marketing programs, and consulting communications departments with a health lens; and more recently with the Government of Alberta, as Research Extension Specialist in food and health (Agriculture and Forestry), working with researchers and the food processing industry, and currently for Alberta Health in the Health and Wellness Promotion branch as a project lead in food and nutrition.



***Charlene Elliott, PhD, Professor of Communication, University of Calgary***



Dr. Charlene Elliott is the Canada Research Chair in Food Marketing, Policy and Children's Health, and a Professor in the Department of Communication, Media and Film at the University of Calgary. She is jointly appointed with the Faculty of Kinesiology. Dr. Elliott's program of research examines food marketing, promotion and policy, with a particular focus on foods targeted at children.

***Alexa Ferdinands, RD, PhD Student in Public Health, University of Alberta***

Alexa Ferdinands is a Registered Dietitian and health promotion PhD student supervised by Dr. Kim Raine in the School of Public Health at the University of Alberta. She also works as a research assistant with the *Benchmarking Food Environments* team, helping to collect data for Alberta's annual Nutrition Report Card on Food Environments for Children and Youth. Her thesis research examines intervention strategies to reduce weight bias in school settings, as one means of improving children's food environments.



***Jenn Flynn, Executive Director, Apple Schools***



Jenn Flynn is the Executive Director of APPLE Schools who has been with the project since its inception in 2007, first as a school health facilitator, then a manager. Under Jenn's leadership, the organization has established long-term secured funding and is now a registered charitable organization, (The APPLE Schools Foundation) serving over 16,500 students annually in 63 schools across northern Alberta.

***Ashley Hughes, BSc (Nutr. and Food Sci), Bsc (Biology), RD, Communications & Community Engagement Coordinator with the Centre for Health and Nutrition, University of Alberta***

Ashley Hughes is a Registered Dietitian, Communications & Community Engagement Coordinator with the Centre for Health and Nutrition at the University of Alberta, and the Stakeholders & Media Coordinator for the National Stop Marketing to Kids Coalition. Her professional career as a Dietitian coaching families to make healthy wholesome choices sparked an interest in the role environments play on our health!



***Sarah Juchli, RD, Registered Dietitian with the Yellowhead Tribal Council***



Sarah Juchli is a Registered Dietitian who works for Yellowhead Tribal Council. Her work focuses on health promotion and chronic disease prevention in First Nations communities. In recent years she has been shifting the focus of her practice to children and youth, working closely with schools, daycares, and health centres to promote healthy lifestyle choices from a young age.

***Lawrence de Koning, PhD, Clinical Assistant Professor, Department of Pathology and Laboratory Medicine, University of Calgary***

Dr. Lawrence de Koning is a pediatric clinical biochemist and nutritional epidemiologist. Part of his research deals with the relationship between dietary intakes and biomarkers of disease risk in adults. He is broadly interested in how food and nutrition recommendations and policy can shape diet in large populations.



***Kerri Murray, BSc (Exercise and Health Physiology), Director of Projects, Ever Active Schools***



Kerri Murray holds a Bachelor of Science degree in Exercise and Health Physiology from the University of Calgary. Her career has centred around health promotion, primarily in the public sector. She has a special interest in population health strategies for school-aged children and youth, with experience in facilitating a comprehensive school health approach. She currently oversees projects with Ever Active Schools, a provincial initiative that aims to improve health and learning outcomes of Alberta students.

***Leslie Prenoslo, RD, Registered Dietitian with the Blood Tribe***

Leslie Prenoslo is currently working as a Registered Dietitian with the Blood Tribe in southern Alberta. She has previously worked as a Health Promotion Coordinator in Fort Vermilion and surrounding areas, focused on youth and schools. Her interests are in creating healthy communities that thrive, especially focusing on youth and Indigenous people.



***Rachel Prowse, RD, PhD Candidate in Public Health, University of Alberta***



Rachel Prowse is a Registered Dietitian and a PhD Candidate in the School of Public Health at the University of Alberta. She is the Alberta Coordinator for the Eat Play Live (EPL) Project - a cross-provincial research study investigating the impacts of provincial nutrition guidelines and capacity-building on food environments in recreational facilities. Her PhD dissertation is focused on measuring the exposure and power of food and beverage marketing in recreation facilities and understanding parents' awareness, reactions, and experiences of the same in and around their children's sports.

***Kim Raine, PhD, RD, FCAHS, Professor of Public Health, University of Alberta***

Dr. Kim Raine is Professor and Associate Dean (Research) in the School of Public Health, University of Alberta. Currently she is also Scientific Director of the Centre for Health and Nutrition at UofA. She is a Registered Dietitian, and a Fellow of the Canadian Academy of Health Sciences. Her research focuses on exploring population interventions to address healthy weights. From 2008-13 Dr. Raine held an Applied Public Health Chair. She served as President of the Alberta Public Health Association from 2009-2012, and was a member of



the inaugural institute advisory board for the CIHR's Institute of Nutrition, Metabolism and Diabetes (2001-2006). She has published 150 peer reviewed articles, and has presented her research at numerous national and international conferences. Much of her work has involved integrated research, practice and policy advocacy for promoting healthier food environments in a variety of contexts. She is an avid endurance athlete and has completed 7 Ironman Triathlons and over 20 marathons.

***Shelly Russell-Mayhew, PhD, R. Psych., Werklund Research Professor in the Werklund School of Education, University of Calgary***



Dr. Shelly Russell-Mayhew is an associate professor and registered psychologist with a research program in the prevention and treatment of eating and weight-related issues. Dr. Russell-Mayhew's research: (a) focuses on the prevention of eating-related issues particularly in school contexts; (b) considers the risk and protective factors that integrate the prevention of eating disorders and obesity with the promotion of mental wellness and resiliency; and (c) capitalizes on interdisciplinary knowledge in creating research teams. Her research is informed by clinical and research experience in interdisciplinary team contexts, as well as linkages between her work in academia and committee work with policy-makers and community partners.

***Marg Schwartz, Sustainability Manager, Apple Schools***

Marg Schwartz is the previous director of the APPLE Schools project and now serves as the Sustainability Manager. Marg was part of the founding team who established the project's direction and initial expansion across northern Alberta. She has worked in health promotion in schools for over 35 years in many leadership capacities.



***Karpaul Singh, PhD, Postdoctoral Scholar in the Werklund School of Education, Adjunct Assistant Professor in Psychology, University of Calgary***



Dr. Karpaul Singh is an Eyes High Postdoctoral Scholar (Werklund School of Education) and Adjunct Assistant Professor (Department of Psychology). His past research has involved understanding health anxiety, post-treatment cancer support, and designing/implementing digital interventions. His current research involves understanding the prevalence of weight bias in Canada including differences in this bias between various ethnicities.

***Kate Storey, PhD, RD, Assistant Professor of Public Health, University of Alberta***

Dr. Kate Storey is an Assistant Professor in the School of Public Health at the University of Alberta. Her research focuses on preventive strategies to improve the health and well-being of children by "making the healthy choice the easy choice" where children live, learn, and play. She is also a Registered Dietitian.



***Jayne Thirsk, PhD, RD, FDC, PEN® Director, Dietitians of Canada***



Jayne Thirsk has worked as a dietitian for more than 30 years in positions spanning clinician, food service manager, policy developer, and researcher. She is currently a Director with Dietitians of Canada involved in profiling the role and leadership of dietitians, policy development, and knowledge translation by fostering evidence-based practice through PEN: Practice-based Evidence in Nutrition®.

***Emily Truman, PhD, Postdoctoral Fellow in Food Communication, University of Calgary***

Dr. Emily Truman is a postdoctoral researcher, jointly affiliated with the O'Brien Institute for Public Health and the Department of Communication, Media and Film, at the University of Calgary. She is researching the intersection between media literacy, food literacy, and health literacy in order to identify and examine common goals and practices. She is also interested in the use of icons and symbols in public health communication, and the visual culture of food and health more broadly.



***Sheila Tyminski, Med, RD, Director of Nutrition Services, Population & Public Health Strategy, Alberta Health Services***



Sheila Tyminski is the provincial Strategy Director for Population and Public Health in Nutrition Services, Alberta Health Services. As well as a background as a dietitian (both in public health and other areas of practice), she has worked in community development and school health promotion. Over the years she has practiced in Edmonton, Winnipeg and Calgary (where she currently resides). Sheila loves the outdoors, and enjoys spending free time with her grown children and 3 grandchildren.