

Understanding the Chronic Disease Prevention Landscape in Ontario

Ophea Perspectives

April 22, 2008

CDP Landscape

The health implications of overweight and obesity – a range of preventable chronic diseases and premature death – are well documented.

(Healthy Weights for Healthy Kids 2007)

CDP Landscape

- The number of obese children and youth has increased by 35.7% from 2003 to 2006.
- 91% of children and youth are still not meeting guidelines set for in Canada's Physical Activity Guides for Children and Youth.
- Among Aboriginal communities, fewer than half of children and youth are moderately to vigorously active for 30 minutes per day 5 days a week.

(Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth 2007)

Ophea's Vision and Mission

Vision

All children and youth in Ontario will value, participate in, and make a lifelong commitment to active healthy living.

Mission

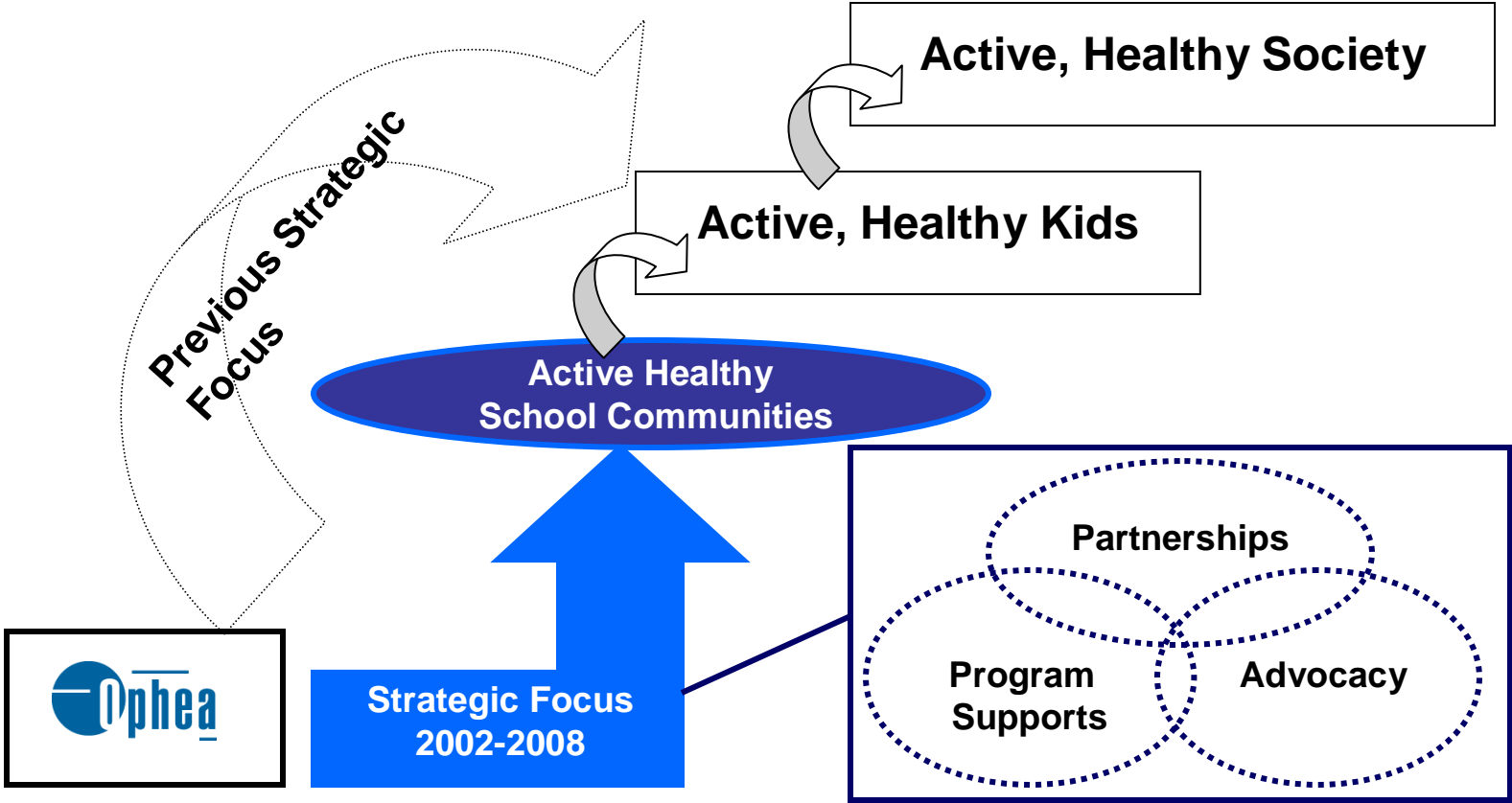
The Ontario Physical and Health Education Association (Ophea) exists to support Ontario's school communities through advocacy, quality program supports and partnerships to enable children and youth to lead active, healthy lives.



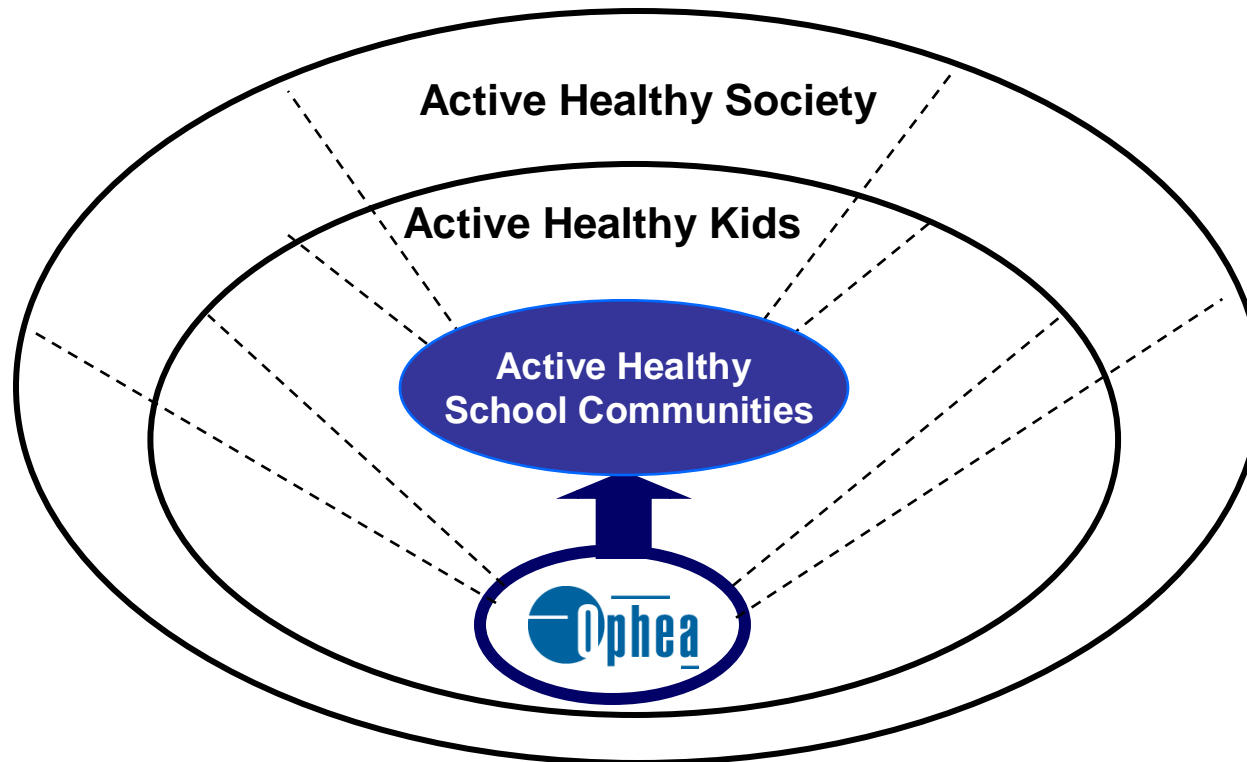
Ophea's Strategic Focus

- The **school community** is the environment in which Ophea has strategically focus its work.
- That work will be to foster and support active **healthy school communities** across the province of Ontario.
- An active healthy school community is one in which **ALL members of that community work together** to increase access and opportunities for active healthy living among all children and youth.

Ophea's Strategic Direction



Ophea's Strategic Direction



Ontario Landscape (Education)

- 5,000 schools in Ontario (roughly, 4000 elementary and 1000 secondary)
- Health and Physical Education (H&PE) Curriculum (K-12) released in 1998-2000
 - Revised Kindergarten Curriculum (2006)
 - Elementary H&PE Curriculum under review – target release date Spring 2009
 - Secondary H&PE Curriculum under review – target release date Spring 2010

Ontario Landscape (Education)

- Liberal Government (election October 2007)
- Healthy Living Priorities;
 - Ministry of Health Promotion
 - Ministry of Health and Long Term Care
 - Ministry of Children and Youth Services
- Educational Priorities;
 - Literacy (EQAO Testing)
 - Numeracy (EQAO Testing)
 - Pathways
 - Community, Culture, Caring (character education)

Ontario Landscape (Education)

- 72 School Boards: 60 English (includes French immersion) and 12 French, Public and Catholic
- 300 minutes of instructional time (recess and lunch not included in instructional time - elementary)
 - 100-120 minutes literacy
 - 60 minutes math
 - 20 minutes daily physical activity (DPA)
 - 40 minutes French
 - 60 – 80 minutes for everything else

Ontario Landscape (Education)

- Approximately 200 school days in a year
- Daily Physical Activity Policy: Grades 1-8 (October, 2005)
- 41% Ontario elementary schools have an H&PE specialist teacher (People for Education, 2007)

Ontario Landscape (Public Health/ Recreation)

- Public Health Units
 - 36 Public Health Units
 - Public Health standards revised
 - Ophea works with those involved in school health issues and physical activity promotion
 - Unique partnership through Master Trainer program
- Recreation/sport
 - Approximately 475 municipalities
 - Hundreds of sport and recreation providers
 - Increasing focus on built environment
 - Increasing focus on long term athlete development model

Local Level Action

Ophea hosts two resources centres as part of the Ontario Health Promotion Resource System (OHPRS)

Physical Activity Resource Centre (PARC)

- *Provides support to physical activity promoters working in public health, community health centres and recreation*
- *PARC exists to build the capacity of physical activity promoters across Ontario and to deliver quality physical activity initiatives and effectively promote physical activity in a population health context*

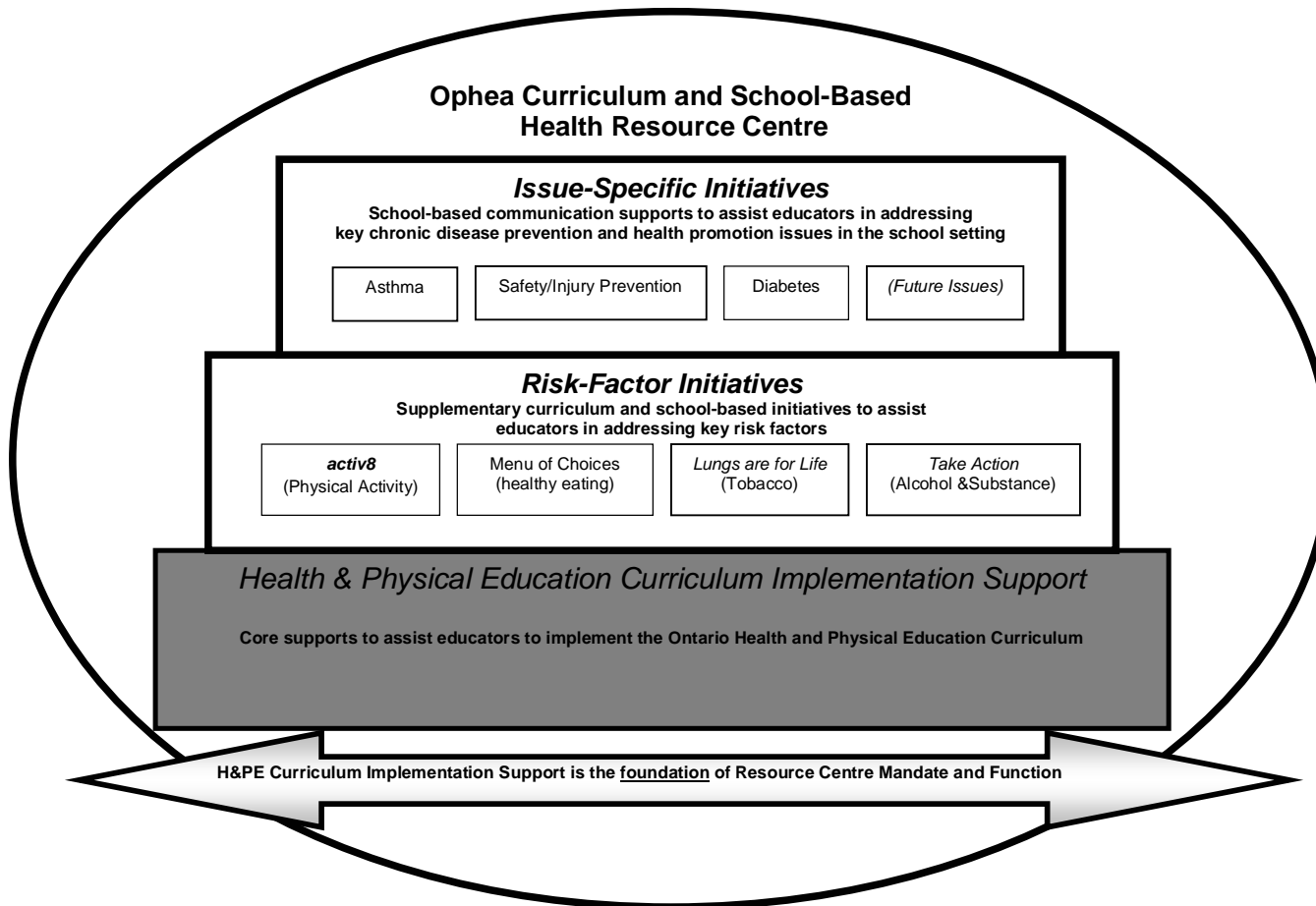
Local Level Action

Curriculum and School Based Health Resource Centre (CSBHRC)

- *To support the effective implementation of the Health and Physical Education Curriculum across Ontario*
- *To support the development and implementation of curriculum and school-based programming in various risk factor and health promotion topic areas*

Local Level Action

This coordinated approach to curriculum and school based health services is best illustrated in the following model:



Local Level Action

Ophea supports and endorses the Ministry of Education and Ministry of Health Promotion's Healthy School Framework.

Ophea has many key learnings for implementing initiatives within the active healthy school community context through Living School initiative.

Local Level Action

Living School sites demonstrated:

- Growing appreciation of the value of community partners and how to effectively work with them
- Growing belief in the ability of the school community to influence student health behaviours and attitudes
- Increased physical activity levels and trends toward healthier eating behaviours among both students and teachers
- Increased student attentiveness and alertness, increased student attendance and a reduction in behavioural issues
- Increased sense of belonging, attachment and safety in the school community
- Positive patterns are reinforced from year-to-year

Local Level Action

Living School sites demonstrated:

- Living School students report more physical activity both in-school and out
- Living School students report higher levels of personal well-being and higher grades
- Living Schools had a head start on implementing DPA
- Living Schools involve students and all teachers for greater inclusiveness
- Living School makes a high priority in engaging ‘bystanders’
- Student achievement (EQAO scores)

Local Level Action

What Makes Living School Successful?

- Shared vision and responsibility
- Living School Process
- Support for school communities
- Provincial coordination
- Changes how school is run and how education is done

Local Level Action

Gaps, Challenges & Future Considerations

- Role clarity/negotiation between partners
- Maximize assets of the recreation sector
- School is a workplace and place of learning
- Healthy Schools approaches for secondary schools
- Continued research

“It takes a whole community to raise a healthy child”

Local Level Action

Program Supports

- Ophea's programs and services
- Healthy Schools framework

Partnerships

- Living School/Healthy School/School Community approach
- Appreciate, value and facilitate “school health” partnerships
- Development and implementation processes
- Common needs to focus local efforts
- Alignment with government priorities

Local Level Action

Advocacy/Awareness Raising

- Communications
- Translating local issues to provincial advocacy
- Flexible approach

OHHN Linkages

Regional Heart Health Networks

- School Health teams
- Child Health teams
 - Search out strong/passionate advocates to lead committees
 - Utilize Foundations for a Healthy School framework
 - Reference Ophea's programs and services
- Support and promote advocacy efforts locally and provincially