



Ontario Heart Health Network Semi-Annual Meeting November 27-28th 2007 Nottawasaga Inn, Alliston

Meeting Objectives:

- To increase connectedness among those involved in the OHHP-Taking Action for Healthy Living
- To increase knowledge of the OHHP-Taking Action for Healthy Living initiatives planned for 2008
- To provide input into Ontario Heart Health Network Strategic Plan
- To have fun and celebrate all the great work we do!

Tuesday November 27th

1.0 Welcome and Introductions

Anne Ostrom and Alicia Tyson welcomed the group and set the stage for the next two days. Delegates introduced themselves according to years of involvement with the OHHP-Taking Action for Healthy Living. Members who will soon be leaving the OHHP were also recognized.

Anne O. presented the “Ontario Heart Health Network Progress Report” that is included in the registration package. This progress report details the accomplishments of the OHHN Executive and working groups since the last meeting as well as reviews the current governance structure and terms of reference, and decision making model.

Over the next two days several items will be voted on and ratified. Coordinators and Community Partners are eligible to vote (two votes per community partnership).

Alicia Tyson and Anne Ostrom verbally gave notice of their resignations as co-chairs of the Ontario Heart Health Network.

2.0 Ministry of Health Promotion Update

Pegeen Walsh, Director of Chronic Disease Prevention from the Ministry of Health Promotion gave an update from the Ministry. We have a new Minister of Health Promotion, Margaret Best. Minister Best attended the Ontario Public Health Association (OPHA) conference and annual meeting and was recently profiled in the Toronto Star. Minister Best has been involved in community engagement and advocacy for several years. Helena Jaczek, a former Medical Officer of Health in York Region, is the parliamentary assistant. On November 29th the provincial government will re-convene and deliver the Speech from the Throne outlining the governments' priorities over the next 4 years. The following commitments were made during the election and will be discussed in the Speech from the Throne:

- Tackling childhood obesity, based on the success of the Smoke Free Ontario strategy;
- Chronic disease prevention management, identifying diabetes as a starting point;



- Building healthy schools such as banning trans fat, ensuring healthy cafeteria choices, intramurals that include all students, fitness challenge;
- Dental health program from low-income families;
- Smoke Free Ontario – continue the sales tax removal on nicotine replacement therapies.

HEAL Strategy (Healthy Eating and Active Living Strategy) Update

The ministry has been working with PHRED on developing a logic model for the HEAL strategy.

A partnership was formed with the Ministry of Labour (at the request of Sheela Basrur) to address comprehensive workplace health and organizational culture. This partnership has now met three times.

- Northern Fruits and Vegetable Pilot Project

The pilot initiative was launched in Timiskaming and has now expanded to Algoma. The pilot included an evaluation component through PHRED. The evaluation report will be available shortly.

- School Health

1300 schools participated in the Healthy Schools Recognition program. This program is a stepping stone to comprehensive school health. This program represented a successful partnership with the Ministry of Education as well as several other inter-sectoral partners.

- Eat Right Ontario

This is a toll-free access-to-dietician program. The biggest challenge is in getting the word out to Ontarians, in the absence of a large marketing budget.

The Deputy Minister has brought different sectors together to set up an Advisory Committee for the Healthy Eating Active Living strategy.

Injury Prevention strategy was launched in the summer.

Personnel Changes

Marg Rappolt has moved to the Ministry of Aboriginal Affairs. Jean Lam is Acting Deputy Minister and Janie Romoff is Acting Assistant Minister. Lisa Watson has left the Ministry to join the United Way.

OHHP-Taking Action for Healthy Living Update

Connections between OHHP-Taking Action for Healthy Living (OHHP-TAFHL) and the Communities In Action Fund are being made, provincially and locally. Building on the scan completed by the Continuation Working Group last year, the policy branch is updating the environmental scan on chronic disease prevention within Ontario. A number of stakeholder meetings have been held to inform the future of the OHHP-TAFHL. Barb Riley's report has been received and is consistent with the feedback the Ministry has received from the OHHN. The report will be released in the upcoming weeks.

Public Health Standards

The Mandatory Programs & Services Guidelines have been updated and revised into the Public Health Standards.

Questions from the Membership

- Q: Will there be a commitment for long term funding?
A: The ministry recognizes the length of time needed in community-based programming and recognizes the need for long-term funding commitments. This will be emphasized with Minister Best.
- Q: The previous minister chaired a Round Table of various ministers to discuss effects on health. Will Minister Best continue this?
A: This will be examined.
- Q: The introduction of the provincial school recognition program has affected local community programming in many schools. Is it possible to receive provincial recognition for local programs?
A: The intent of the program was to recognize and build upon existing programs.
Q: Will the 'seed money' available to secondary schools be made available again?
A: This will be examined.
Q: What are the goals and objectives of the school working table?
A: The goal is to find a way to create a healthy school environment, building on what we know about comprehensive school health.
- Q: Many Community Partnerships have a wealth of experience around comprehensive workplace health. Will we have an opportunity to share our learnings in this area?
A: Pegeen recommends that the OHHN appoint a couple of 'go to people' that will be able to take the contributions of the network (e.g. workplace health) to the Ministry.
Q: Will growth of areas such as York be considered in the next funding stage?
A: Pegeen mentioned that there is a considerable number of questions as to growth in certain areas.

Next Steps

Giving the successful involvement of OHHP-TAFHL community partnership with local smoke-free bylaws, we will need to consider the lessons we can bring forward as we address other priority issue (e.g. childhood obesity)

- 3.0 Bring and Brag** Two partners from Take Heart Thunder Bay introduced the "Bring and Brag" activity, which will be conducted at each round table. Each table discussed the two questions below and shared one comment back with the larger group. A report outlining all the comments will be done separately.

I. What accomplishment, success, moment are you most proud of from Phase II?

- Developing and implementing policies eg. adopting pedestrian charter, healthy eating/active living policies in day camps
- Funding from Public Health Agency of Canada to conduct diabetes prevention program for low-income parents of children under 6
- Creating a model of operation from setting-based to project-based working groups which resulted in a higher engagement of community partners and a stronger leadership role
- Grass-roots approach to policy development in regards to employee wellness
- Workplace wellness initiatives – strong enthusiasm from workplaces and the community for these kinds of programs
- Healthy Weights campaigns
- Workplace wellness recognition/award programs
- Comprehensive school-health programming

II. What are you really excited about for 2008?

4.0 Strategic Plan

I. Update from the consultation process

Anne Ostrom, Heather Keam and Andrea Bodkin presented the proposed OHHN Strategic Plan. A “Consultation Synopsis” from the two focus groups is also included in the folder. The purpose of today’s session is to ratify the mission, vision, goals and objectives in the Strategic Plan.

II. Discussion and ratification of the OHHN Strategic Plan

Goal A

- Wordsmith the double use of ‘network’
- Change to ‘partner organizations and volunteers’

Goal B

- Add the element of ‘healthy living’ to pick up on the tag line to the goal & objectives
- Consider using the term ‘demonstrated model’
- OHP as a ‘key pillar’ instead of ‘leading model’
- Consider adding the word ‘sustaining’

Goal C

- Add ‘healthy living’ to the goal to be consistent with previous changes
- Wordsmith ‘continue to position’
- Remove one instance of ‘provincial’

Goal D

- Address human resource issues, not just high turnover

Andrea, Anne O and Heather will revise the goals/objectives tonight and present them for ratification tomorrow.

III. Budget update

Alison reviewed the budget update provided in the registration package.

5.0 Governance Model Part 1

A small committee was struck to revise the Terms of Reference (ToR) for the Executive and make recommendations for a governance structure that will facilitate the implementation of the strategic plan. The proposed ToR and governance structure was circulated to the group and will be discussed and ratified tomorrow.

Feedback:

The goals listed are actually objectives. Use the goal from the 2004 ToR and use the proposed goals as activities or objectives.

6.0 Wrap up and Close

Wednesday November 28th

7.0 Presentation of the revised Strategic Plan and Voting on the goals & objectives

Heather and Anne O presented the Strategic Plan revised last night, incorporating the feedback from yesterday's discussion.

Goal B:

A vote was held to select the working 'a proven model for...' vs 'as a leader'. Proven model received 21 votes, leader received 19.

Goal D:

Discussion around turnover –

- What evidence do we have around 'issues' behind turnover? Report from the provincial evaluation of Phase I as well as a post-grad thesis on the topic.
- Suggestion that the goal and the objective should be flipped.
- Goal should be broadened to include an advocacy role.
- Suggestion to conduct exit interviews with coordinators
- This goal should be part of the 2008 and beyond goal
- The goal should be beyond raising awareness

Vote: Do you agree with the goals & objectives as outlined in the revised Strategic Plan?

Yes: 44

No: ?

8.0 Heart Health Resource Center Update

Anne Lessio presented a review of current happenings in Chronic Disease Prevention around the province.

Andrea Bodkin presented an update on HHRC's services including the Consultation and Coaching Service, French Language Services and the @ a glance series. HHRC looks forward to seeing everyone at the Symposium tomorrow. Check your inbox for news of upcoming Training and Development workshops.

9.0 Human Resources Consultation

The Executive formed a sub-committee to examine human resource issues within the OHHP-TAFHL. This sub-committee (Nicky Rauzon-Wright, Alicia Tyson) presented their work to date.

The membership was asked to discuss (at their table) the following questions:

What should the responsibilities of the coordinator, community partnership, host agency, and ministry be? What does the OHHN need in terms of resources and funds to support coordinators?

Report Back one comment from each table:

- Role of the coordinator – less of an implementer and more of a capacity-builder
- Role of the coordinators - volunteer management
- Role of the host agency – designated admin support for the program (e.g. .5 FTE), definition of the coordinator role (e.g. job descrip?) with a recommended skill set, 1 FTE must be abided by and accountable to the MHP
- Role of the host agency – legal agreement has not been updated in 10 years, funding is contingent on fulfilling the agreement
- Better compliance system within public health/host agency, better defined job description, role of the manager that the coordinator reports to, MOH's understanding of the program
- Roles of community partners – planning, implementation of specific programs, engage in the steering committee, provide specific advice, formal affiliation with the host agency
- OHHN needs to look for funding sources beyond the HHRC. OHHN should ask the MHP for staffing to manage the OHHN. CPs should continue to contribute funds from their budgets to the OHHN.

Notes from each table were collected.

10.0 Breakout Discussions

Partners-only and Coordinators-only sessions were held. Minutes are separate.

11.0 Governance Model

Due to lack of time, certain key components will be discussed:

Voting privileges

Executive Committee Membership



- Maximum of 11 with a minimum of 1 representative from each region. Quorum – 50% + 1.
- Chair (may or may not be a regional rep non-voting except in the case of a tie)
- Vice-Chair (may or may not be a regional rep)
- Outgoing Chair
- 6 regional reps
- HHRC (non-voting)
- MHP (non-voting)
- Heart & Stroke
- 3 community/provincial partners (may be not-for-profit?)
- Remove CDP-related research groups and PRO

The group discussed the selection of a chair and vice-chair. The decision made was the regions will select their regional reps and from that Executive the chair & vice-chair will be selected. The Executive will select the community reps (3). This group will continue to work on the Terms of Reference. Working Groups will be struck, consisting of minimum of one Exec members and additional members from the membership. The TOR will be agreed to in principle:

CE: Nicky Rauzon-Wright

CW: Heather Keam

North: Alison Dutkiewicz

SW: Helen Risteen

NW: Anne Ostrom

East: Brian Brohart

Past Chair: Alicia Tyson

12.0 World Record Breaking Walk Update

Mandy Walker updated the group on the (unofficial) results from the WRBW. In Canada 229 016 people participated, 159 200 of them in Ontario. 397 elementary schools, 27 secondary schools, 15 post-secondary institutions. 2 correctional institutions also participated, 116 communities participated with extensive involvement from Parks & Recreation sector. There was a lot of excitement and enthusiasm! Several communities signed the International Charter for Walking. Final results will be available next week.

13.0 Speed-networking

Participants selected a couple of topics to discuss in small groups from the following choices:

1. How are you moving forward with your 2008 programs giving the uncertainty of funding?
2. How do you keep community partners energized and engaged as leaders?
3. What are you doing around healthy weights and obesity prevention?



4. Chairs/co-chairs of CPs met to discuss their roles.
5. New Coordinators met as a group to get tips from a couple experienced coordinators

14.0 Communication Working Group Update

Andrea updated the group on the accomplishments of the Communications Working Group. This group is co-chaired by Andrea and Anne O and the projects are a collaboration between the OHHN and the HHRC:

- New Coordinator Support Program: Andrea Bodkin, Jessica Lang and Alycia Collins formed a sub-group to update the “New Coordinators Cheat Sheet” and create a framework for an OHHN Mentoring Program. This program matches new coordinators with experienced ones from the same region and compliments the skill-based Coaching Program that the HHRC offers.
- OHHN.net: We toured the new website. OHHN members are encouraged to ‘join’ the website. We need volunteers to help us maintain the content of the website. Please contact Anne O or Andrea.

15.0 OHHP – Taking Action for Healthy Living: 2008 and Beyond

Barb Eles, Laura King Hahn and Alicia Tyson consulted the membership on the input from April 2007 in regards to the continuation of the OHHP-TAFHL. A list of the items resulting from the question “what should we keep and what should we add to the OHHP-Taking Action For Healthy Living in the next phase” was circulated and members were asked to rank their top three. A summary of the guidelines presented by the OHHN to the Ministry of Health Promotion in May was also presented.

Additional members are needed for this sub-committee. If you are interested, please contact Barb Eles.

16.0 Wrap up

Get involved! The Executive Committee needs members to get involved (in any way) in the following groups:

- Human Resources
- Communications and Website
- New Coordinator Support
- Public Relations
- 2008 and beyond

Anne O asked members to identify the key accomplishments from the past day and half:

- Ratified Strategic Plan
- Identified next Executive
- Agreed to the Terms Of Reference in principle
- Updates from the Ministry, HHRC
- World Record Breaking Walk update

**Ontario Heart Health Network
Semi Annual Meeting – November 27-28, 2007
Minutes**



- OHHN website

Anne O thanked Alicia Tyson, the Interim Executive, Small Groups and the Heart Health Resource Centre for their involvement.