

**TORONTO CANCER PREVENTION COALITION
ACTION PLAN FOR CANCER PREVENTION IN THE CITY OF TORONTO AND STRATEGIES DEVELOPED
THROUGH THE ROUNDTABLES ON MAY 1, 2002 TO IMPLEMENT THE ACTION PLAN**

| Framework for Implementation From Roundtables May 2002 | | | | |
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| Risk Factor: Dietary Risk Factors | | | | |
| Action Plan – May 2001 | Action Proposed From Framework May 2001 | Examples of Progress to Date | Strategies Developed Through May 2002 Roundtables – New Framework, May 2002 | |
| <p>4. The City of Toronto should help Toronto residents eat a diet that lowers their cancer risk by: continuing to support current food and nutrition programs for ethnoculturally diverse communities, and by developing more multicultural nutrition programs that increase access and services across the City’s population.</p> | <p>Toronto Public Health to continue with implementation of CYAC (Children and Youth Action Committee Peer Nutrition Program is offered in 23 languages across the city. Topics include infant feeding, toddler and child nutrition, skills for food shopping and cooking.</p> <p>Toronto Public Health's Ethnocultural Nutrition Workgroup – Toronto Public Health to revise and implement Multicultural Nutrition Education and Training to service providers, as well as expand ethnocultural nutrition strategy including development of vision guiding principles and new activities</p> | <p>Program is supported by Public Health Dietitians and trained peer workers (Community Nutrition Assistants). This program started in Fall 2000. Currently, there are more than 40 on-going workshops throughout the city.</p> <p>Initiative is ongoing and TPH Dieticians, Nurses & Nutritionist provide support & continuous quality improvement to program areas.</p> | <p>Dietary Risk Factors roundtable discussed activities and strategies as they related to the original framework recommendations, and subsequently developed the following three recommendations to support and build on the original framework recommendations:</p> <ol style="list-style-type: none"> 1. City Council request that all City of Toronto departments develop a healthy eating policy that encourages and supports consumption of safe and nutritious food at City events when refreshments are served. 2. To develop a mechanism to offer increased options for vegetables and fruit in publicly owned/operated facilities, i.e. hot and cold salad bars. | |

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| 4. Continued | <p>Local Toronto Heart Health Coalitions have supported various community-based initiatives to support food and nutrition programming in various ethnocultural communities (e.g., Etobicoke Heart Health Partnership developed a recipe book targeted at the South Asian community, North York Heart Health Partnership developed a resource to support the Somali community, the work of the Multicultural Heart Health Partnership under the Toronto Heart Health Partnership (south).</p> <p>Community Health Centres (CHC's) in Toronto work with many diverse ethnocultural communities. They often develop nutrition resources and/or translate existing resources into languages other than English and French and some Centres offer group and individual nutrition counselling in other languages in addition to English. Toronto has one CHC that serves the Francophone community: Centre-Medico-Francais</p> | <p>Work in progress among many partner organizations; Many projects underway.</p> <p>Work in progress to utilize the capacity within CHC's to increase awareness and skill building among Toronto's diverse communities</p> | <p>3. Toronto Public Health, City Planning and community representatives collaborate to explore mechanisms to increase access to local green grocers in neighbourhoods.</p> <p>Steps may include exploration of various options such as retail outlets, community markets, farmers markets and community cooperatives.</p> |

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| <p>5. The City of Toronto should help Toronto residents eat a diet that lowers their cancer risk by: supporting investigation into community-based nutrition needs and evaluation of community-based nutrition programs to ensure best practice and effective use of resources.</p> | <p>There are currently some community-based nutrition programs that have done needs assessments as part of the program development process and evaluation. However, many programs struggle because of a lack of resources. In some cases, external funding is sought for program development and evaluation. This recommendation is intended to build capacity for developing models of best practice, so that limited resources may be used effectively.</p> | <p>Implementation and Evaluation of the Teens Healthy Cooking Together Program at Regent Park CHC in Toronto underway – a grant proposal developed in conjunction with the Dietary Risk Factors Working Group of Toronto Cancer Prevention Coalition and Regent Park CHC in May 2002. Received grant for over \$9,000 from CCO-CE Cancer Prevention and Screening Network</p> | |
| <p>6. The City of Toronto should help Toronto residents eat a diet that lowers their cancer risk by: providing a program to promote the consumption of vegetables and fruit, based on research indicating that eating substantial and varied amounts of vegetables and fruit may prevent 20% or more of cancer cases.</p> | <p><i>- 5 to 10 A Day – Are You Getting Enough?</i> A national campaign to reduce cancer and cardiovascular disease (CVD) by encouraging Canadians to eat at least 5 servings of vegetables and fruit a day as part of a healthy diet (as described in <i>Canada’s Food Guide to Healthy Eating</i>) and a healthy lifestyle.</p> | <p>Major focus of TPH’s Nutrition program. Vegetable and fruit workgroup launched a social marketing campaign promoting vegetable and fruit consumption.</p> | |

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| | <p>CCO is currently planning to pilot a fruit and vegetable intervention; there will be 3 pilot sites in Toronto (Toronto Public Health, plus 2 CHC's)</p> <p>- TPH Vegetable and Fruit Promotion Program is still in the planning phase. The program is aimed at increasing fruit and vegetable consumption. Program components include:</p> <ul style="list-style-type: none"> a) a comprehensive communication campaign b) group education and skill building c) environmental support and advocacy | <p>12 pilot sites in Toronto; communities/agencies involved include Aboriginal, Francophone and East End Community Health Centre</p> <p>TPH Vegetable and Fruit proposal promoting vegetable and fruit consumption in adolescents in Toronto submitted through the Dietary Risk Factors Working Group of the Toronto Cancer Prevention Coalition, was accepted and granted close to \$13,000 by CCO-Central East Cancer Prevention and Screening Network in June 2001. Report completed in Summer of 2002.</p> | |