

# **North York Local Health Committee**

**Tuesday June 9, 2009  
North York Civic Centre  
5100 Yonge Street  
Committee Rm 4, lower level  
6:00 - 8:00 p.m.**

## **APPROVED MINUTES**

**Present:** Sandra Romano Anthony, Bill Coleman, Michelle Grader, Janet Maher, Anne McConnell, Jane McDonald, Lidia Monaco, Earle Straus, Anna Walsh, Valerie Sterling (Chair), Sue Makin, Sara Farrell, Eleanor Ziv, (recorder),

**Regrets:** Margaret Cheung, Marvin Gold

**Absent:** Christian Havriliuc

### **1.0 Welcome**

Valerie welcomed Michelle Grader as a new member to the Committee.

Valerie welcomed Judi Wilkie, Manager, Healthy Living CDP Nutrition Promotion, and Neera Chaudhary, Consultant Nutrition Promotion in Policy and Planning, for a discussion on High Protein Diets, the Student Nutrition Program and Food Labelling/Claims.

### **2.0 Approval of Agenda**

Agenda was approved by Janet Maher.

### **3.0 Review of Minutes of May 13, 2009**

Minutes were approved with the following changes:

5.9 Should be Unregulated Dietary Supplements instead of Fortification of Foods

5.3 Food Certificates - should be April meeting not May meeting

Anna Walsh's name spelled incorrectly

### **4.0 Business Arising from Minutes:**

#### **Strategic Planning Process update:**

Sara discussed the Toronto Public Health's Strategic Planning process and the LHC's involvement. Cathy Clarke, the Manager leading the Strategic Planning process, is requesting input from all the Local Health Committees.

**ACTION:** Cathy Clarke will attend the September meeting to facilitate LHC input into the Strategic Plan

**ACTION:** The Strategic Planning package will be sent to members to review in advance of September meeting.

The Committee discussed including the same people/agencies who were part of the Roundtable on Poverty in the Strategic Planning input session.

In October a sub-group of the NLHC could meet to plan for a community forum to discuss Strategic Planning. Jane, Janet and Bill offered to be members of this group. A decision should be made if a separate LHC meeting should be held in addition to a community roundtable in October. For information, the BOH Strategic Planning day is scheduled on September 25.

**ACTION:** Sara to consult with Cathy Clarke regarding feasibility of doing this and the timing. Members to check current Roundtable list for duplications and omissions.

- **Gyms and Personal Trainer Qualifications:** Anne  
Anne to follow-up with this issue and report back as soon as possible.
- **Health Professionals Regulation Act:** Sue  
Sue to follow-up and report back.
- **Public Health Champions Awards**  
Discussed ideas for nominations and if they fit the criteria. Those nominated cannot be part of TPH or BOH. There is no limit to the number of nominations. A bio on the person/group nominated and a supporting letter is required.

Some suggestions were discussed:

**ACTION:** For NLHC members who wish to nominate someone/organizations:  
Complete a nomination form and write a letter of support.

Send to Eleanor who will forward to the Committee members.

Committee to respond to Eleanor. If majority says “yes” then the letter of support will be signed by the Chair, Valerie Sterling and forwarded back to originator to submit.

Valerie identified need for clarification re potential conflict of interest given that she is on the Selection Committee.

**ACTION:** Sue will follow up and report back to Valerie. This could change the above process.

**MOTION:**

Jane proposed the Local Health Committee submit at least one nomination.

Janet seconded this motion. Jane and Janet will complete the nomination/application form. CARRIED.

## **5.0 New Business:**

### **5.1 High Protein Diets: Judi Wilkie**

Judy presented a verbal response to items and issues that have come up regarding nutrition, in addition to high protein diets, that are often promoted in gyms:

- TPH focuses on healthy eating and eating behaviours rather than weight loss.
- We try to reinforce the approach of looking at what is good for you e.g. a healthy diet approach instead of fad dieting.
- This message is consistent with information that goes to physicians, the public, and School Boards.

**5.2 Student Nutrition Programs: Judi Wilkie**

Judi discussed the report going to BOH on Monday. She discussed and dealt with the concerns that members had from the last meeting.

TPH is recommending a program review on aspects of the program that includes the way food is purchased, funding, and the gaps in communities. Valerie read one of the recommendations in the BOH report that requested the implementation of a national nutrition program.

**ACTION:** Wait until BOH recommendations are passed. The NLHC may wish to do some follow-up on this topic in the fall if necessary.

**5.3 Food Labelling/Claims: Judi Wilkie**

This comes under Federal jurisdiction, i.e. Health Canada and CFIA

Health Canada sets the policies on what goes on the label and CFIA looks at non health and food labelling. Labelling is required on pre-packaged foods but not on non pre-packaged foods.

The Committee also identified the need for public education on anaphylactic shock and allergies to food. Judi recommended links on the TPH website. A lot of print information is available to schools and camps.

NW Project program in Jane Finch area - a preliminary report will be available in early fall.

**ACTION:** Neera Chaudhary to inform the NLHC when the NW Project report is available and is willing to attend a meeting to make a presentation.  
Sara to follow up.

**5.4 Diabetes Strategy:**

To be deferred until fall 2009

**5.5 Middle Childhood Matters Coalition: Lidia Monaco**

Lidia discussed the Middle Childhood Coalition.

The City has committed to working with the Coalition and other agencies to develop a framework for middle childhood programming.

Sue reported that TPH programs for school-aged children is not directly captured by the current after school strategy because our services are directed to the parents and to in-school programs. TPH shares a vision with the Coalition and will continue to work towards inclusion

**MOTION:**

Lidia will include in her deputation to the Community Development & Recreation Committee of City Council that other organizations like TPH and the Library be reflected in the City's Middle Childhood Strategy / Framework.

Motion was proposed by Sandra and seconded by Janet

**6.0 Board of Health Update**

**BOARD OF HEALTH AGENDA REPORT – June 9, 2009 – Valerie Sterling**

**1. Public Health Programs Funded By The Ministry Of Children And Youth Services**

Healthy Babies Healthy Children, Preschool Speech and Language Services, the Infant Hearing Program and the Blind Low-Vision Program are delivered by Toronto Public Health. Each of these programs receives 100% funding from the MCYS. Funding levels are insufficient to meet the needs of Toronto's population.

The report identifies service implications, including reduced universal service components; the need to prioritize service to high risk clients; increasing waitlist times and exploring alternate service delivery strategies (e.g. flat lining purchase of service contract, reducing non-salary operating expenses, subsidizing resources with other cost-shared programs).

## **2. Ministry Of Health Promotion Funding Reduction To Smoke-Free Ontario**

The Ministry is discontinuing funding for some programs (Youth Action Alliance program, the High School Grants program) and reducing funding for the enforcement of the Smoke Free Ontario Act. The TOH will not know the impact on Toronto's tobacco enforcement budget until further information is received by the Ministry.

## **3. A Five Year Plan To Strengthen Student Nutrition Programs**

Recommendations in this report include:

- Program review be undertaken to evaluate how program participation, fundraising capacity and parental involvement impacts upon program
- Develop a five year plan to strengthen student nutrition programs
- Extend municipal funding to all provincially designated school communities over 2010 – 14 – including annual funding increases to address the cost of nutritious food
- BOH reiterate its request to the federal government to provide core funding for a national universal program

## **4. Air Quality Impact Assessment – Metrolinx Georgetown South Service Expansion And Union-Pearson Rail Link**

Recommendations in this report include:

- Conduct a health impact assessment study
- MOH to review the risk assessment reports
- Request all partners (CNR, CPR, Via Rail, Metrolinx) that they apply the good practices for the protection of public health (as stated in the report) to their services that pass through residential neighbourhoods in the City.

## **5. Toronto Food Policy Council 2008 Annual Report**

This report, updates the Board of Health on the activities of the TFPC in fulfilling its Terms of Reference.

## **6. Pandemic Influenza Preparedness Update**

Verbal update will be given at the meeting.

## **7. 2009 Aids Prevention Community Investment Program Allocation**

Recommendations in this report include:

- Approve allocations to 40 projects – total of \$1,544,080.00
- Approve allocation of \$102,000 to Schools Without Borders
- Funding is to be used between July 1, 09 to June 30, 2010

## **8. 2009 Drug Prevention Community Investment Program Allocations**

Recommendations in this report include:

- Approve allocation of \$827,730.00 to 42 projects

Also on the June Board of Health agenda is Capital and Operating Budget Variances and a report from The Sub-Committee To Conduct The 2008 Performance Appraisal For The Medical Officer Of Health.

## **7.0 Agenda Planning for Future Meetings:**

Agenda for September:

- Strategic Plan
- Selling unregulated Nutritional products

**ACTION:** Sandra to compile a list of companies involved and Sue will discuss this matter with Dr. McKeown and ask for his thoughts on the matter.

## **8.0 New Business**

No new business at this time.

## **9.0 Adjournment**

Meeting adjourned at 8.30 p.m.

## **10.0 Next Meeting**

**Cancelled** - Wednesday September 16, 2009

**New Meeting Date: Tuesday, September 8, 2009**

Cmte Room 4, lower level, NYCC

6:00 pm. – 8:00 p.m.