

## An overview of school-based health promotion initiatives in Ontario with focus on Healthy Eating and Physical Activity

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September 19, 2008

## Objectives

- To raise awareness among conference participants of the issues and evidence that surrounds health promotion and CDP, particularly in relation to child and families
- To identify and showcase activities, resources and opportunities that exist to address or support this topic and that could be integrated into practice, etc; and
- To provide ideas and suggestions for next steps (i.e. advocacy and possible collaborative opportunities) to move forward the health agenda, at the local, community, and provincial levels.



## 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.



## Quick Facts

- 2 million students
- 5000 schools
  - 4000 elementary, 1000 secondary
  - 72 School Boards and 33 School Authorities
    - » English (60) and French (12)
    - » Public (35) and Catholic (37)
- 36 Public Health Units across Ontario
- 475 municipalities



## Day in the life of a student

- 1/3 sleeping
- 1/3 in school
- 1/3 in community (wrap around)



## School Days

- Approximately 190 school days
- 300 instructional minutes per day in elementary school
  - 100-120 minutes literacy
  - 60 minutes math
  - 40 minutes French
  - 20 minutes DPA
  - Which leaves:60-80 minutes to cover everything else!  
(Arts,Science and Technology, Social Studies, Native Languages, remainder of H&PE)
- Recess, Intramural, and School Sport provide additional opportunities for physical activity...implementation is inconsistent across Ontario



## General Issues and Challenges

- Competing Priorities
- Little coordination and expectation to do it all
- Everyone wants to get “in” to schools.
- Balancing School Board Budgets/Funding Concerns
- Doing more “healthy stuff” means doing less of something else- something’s got to give
- 44% of elementary schools have a specialist health and physical education teacher



## Key Government Ministries

- Ministry of Education
- Ministry of Health Promotion
- Ministry of Children and Youth Services



## Ministry of Education

- Mandate
  - The Ministry of Education administers the system of publicly funded elementary and secondary school education in Ontario, in accordance with and under the authority of the *Education Act*.
  - The Minister of Education, through the ministry, issues curricula, sets diploma requirements and sets policy for student assessment.



## Ministry of Education

- Priorities
  - Higher levels of student achievement
  - Reduced gaps in student achievement
  - Increased public confidence in publicly funded education
- 4 Pillars
  - Literacy
  - Numeracy
  - Character Education
  - Pathways/Student Success



## Ministry of Education

- Health and Physical Education Curriculum (1998-2000)
- Help students develop a commitment and a positive attitude to lifelong healthy active living and the capacity to live satisfying, productive lives
  - Strands: Fundamental Movement Skills, Healthy Living, Active Participation
  - One credit required at secondary level (6 courses offered)
  - PPM 146 (2007) allows secondary students to take an additional activity course for credit in each grade
  - Currently under review- elementary to be released in 2009 and secondary in 2010



## Ministry of Education

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### Daily Physical Activity (2005)

- A component of the Active Participation Strand of the Grades 1-8 H&PE Curriculum
- 20 minutes of sustained moderate to vigorous physical activity during instructional time must become an essential part of the school day for all students
- Evaluated by EDU in 2007 but results not publicly available



## Ministry of Education

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- Healthy Food for Healthy Schools
  - New legislation passed in Spring 2008 which will limit trans-fats in schools
  - Nutrition Standards are currently being developed (broader than trans-fat)



## Ministry of Health Promotion

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- Mandate
  - The Ministry will help Ontarians lead healthier lives by delivering programs that promote healthy choices and healthy lifestyles. To do this the Ministry will work closely with partners, stakeholders and all levels of government.
- Priorities
  - Smoke Free Ontario
  - Healthy Active Living
  - Injury Prevention
  - Mental Health and Addictions
  - Children and Youth



## Ministry of Health Promotion

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- Initiatives
  - Ontario Public Health Standards
  - Community Use of Schools
  - Strategy Documents related to priorities (Healthy Eating Active Living, Active 2010, Obesity Strategy, Injury Prevention Strategy)
  - Eat Right Ontario
  - Raise the Bar
  - Northern Fruit and Vegetable Pilot Project
  - School Health Environment Survey
  - Joint Consortium for School Health



## Ministry of Children and Youth Services

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- Mandate
  - The ministry is working with other ministries and community partners to develop and implement policies, programs and a service system that helps give children the best possible start in life, prepare youth to become productive adults and make it easier for families to access the services they need at all stages of a child's development.



## Ministry of Children and Youth Services

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- Strategic Framework 2008-2011
  - Every child has a voice
  - Provide personalized service
  - All service providers work towards common outcomes for kids
  - Every child is resilient
  - Every child graduates from secondary school



## Health and Learning are interconnected...

- Health status affects capacity to learn
- Educational attainment affects health status
- School-based and school-linked interventions can influence health status AND improve educational achievement



**FOUNDATIONS FOR A HEALTHY SCHOOL** Ontario

Component	A. Healthy Physical Environment	B. Supportive Social Environment	C. Community Partnership
<b>High-Quality Instruction</b>	• All students have access to quality instruction in health and physical education.	• All students have access to quality instruction in health and physical education.	• All students have access to quality instruction in health and physical education.
<b>Curriculum and Instruction</b>	• Health and physical education are integral to the school curriculum.	• Health and physical education are integral to the school curriculum.	• Health and physical education are integral to the school curriculum.
<b>Healthy Living</b>	• Schools provide a healthy environment for students.	• Schools provide a healthy environment for students.	• Schools provide a healthy environment for students.
<b>Physical Activity</b>	• Schools provide opportunities for physical activity.	• Schools provide opportunities for physical activity.	• Schools provide opportunities for physical activity.

Released by EDU and MHP Spring 2007  
<http://www.edu.gov.on.ca/eng/healthyschools/foundations.html>

**How Ophea Supports The Foundations for a Healthy School Framework**

Component	A. Healthy Physical Environment	B. Supportive Social Environment	C. Community Partnership
<b>Healthy Physical Environment</b>	• Safe and healthy physical environment	• Safe and healthy physical environment	• Safe and healthy physical environment
<b>Supportive Social Environment</b>	• Supportive social environment	• Supportive social environment	• Supportive social environment
<b>Community Partnership</b>	• Community partnership	• Community partnership	• Community partnership

Available from:  
<http://www.ophea.net/healthyschools.cfm>

## About Ophea

- Key Activities
  - Health and Physical Education (Curriculum and School Based Health Resource Centre)
    - H&PE Support Materials (Binders) and Workshops
    - Initiatives that address various key issues: activ8, menuchoices.ca, DPA Support Services, Safety Guidelines
    - Master Trainer Program makes linkages between Public Health and Schools/Boards
    - Coordinated approach among key partners (Nutrition Resource Centre, Centre for Addiction and Mental Health, The Lung Association, Ontario Provincial Police, Government, NGO, and private sector partners)
    - Annual Professional Development Conference in October (Kids' Health Conference)
    - Jigga Jump
    - www.ophea.net

## About Ophea

- Physical Activity Promotion (Physical Activity Resource Centre)
  - Supports physical activity promoters in public health through information sharing, training, networking, referrals.
  - Provides physical activity expertise/consultation to a number of stakeholders
  - Has supports to influence policy at local level
  - Provides central coordination for key initiatives (i.e Walk this Way, No Screens Week, Active Schools)
  - www.ophea.net/PARC

## About Ophea

- Partnerships
  - Working with a number of partners to deliver almost every initiative
  - Facilitate partnerships between various sectors at all levels
  - Supporting 25 provincial working groups/coalitions
- Community Development Approach

## Links

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- [www.ophea.net](http://www.ophea.net)
- [www.ophea.net/PARC](http://www.ophea.net/PARC)
- Nutrition Resource Centre (<http://www.nutritionrc.ca>)
- Ontario Society of Nutrition Professionals in Public Health (<http://www.osnpph.on.ca/>)
- Breakfast for Learning ([www.breakfastforlearning.ca](http://www.breakfastforlearning.ca))
- OASPHE (Ontario Association for the Supervision of Physical and Health Education, [www.oasphe.ca](http://www.oasphe.ca))
- CAHPERD (Canadian Association for Health Physical Education Recreation and Dance, [www.capherd.ca](http://www.capherd.ca))
- CIRA - Ontario (Canadian Intramural Recreation Association of Ontario, [www.ciraontario.mohawkcollege.ca](http://www.ciraontario.mohawkcollege.ca))
- OFSAA (Ontario Federation of School Athletics Associations ([www.ofsaa.on.ca](http://www.ofsaa.on.ca)))
- OHSC (Ontario Healthy Schools Coalition, <http://www.ophea.on.ca/ohsc/index.html>)
- OHPRS (Ontario Health Promotion Resource System, [www.ohprs.ca](http://www.ohprs.ca))
- Participation ([www.participation.com](http://www.participation.com))
- Active and Safe Routes to School ([www.saferoutestoschool.ca](http://www.saferoutestoschool.ca))
- People for Education ([www.peopleforeducation.com](http://www.peopleforeducation.com))
- Heart and Stroke Foundation of Ontario ([www.heartandstroke.on.ca](http://www.heartandstroke.on.ca))
- Active Healthy Kids Canada ([www.activehealthykids.ca](http://www.activehealthykids.ca))
- Ontario Public Health Association ([www.opha.ca](http://www.opha.ca))
- Parks and Recreation Ontario ([www.ontario.org](http://www.ontario.org))
- Playworks ([www.playworkspartnership.ca](http://www.playworkspartnership.ca))

