

Moving the Healthy Eating and Active Living Strategy Forward in Ontario

Ontario Chronic Disease Prevention Alliance

www.ocdpa.on.ca

What is the Alliance?

The Ontario Chronic Disease Prevention Alliance (OCDPA), formed in 2003, is a collaborative of organizations that came together to focus on chronic disease prevention and healthy living in a comprehensive manner.

This will be accomplished by focusing on planning and coordination, public policy, advocacy and knowledge exchange, resulting in the following outcomes:

- Chronic disease prevention investments that are well planned and coordinated.
- Public policies which address the prevention of chronic disease.
- Knowledge is effectively and efficiently created and exchanged.

Thinking Like a System

In the "Thinking Like a System: The way forward to prevent chronic disease in Ontario" (2006) report, the OCDPA proposed a CDP system of six elements (the "what" of chronic disease prevention) and three cross-cutting processes (the "how" which are essential to the system).



This System Would Enable Communities To

- Pinpoint the highest impact intervention opportunities;
- Identify best intervention approaches;
- Undertake evidence-informed action that integrates practice-based learning into the development of new knowledge and improves the health of citizens at a population level;
- Use local data collection and feedback systems to continuously guide, evaluate, refine, and learn from their work.

System Elements, Processes and Characteristics

| System Elements | System Processes | System Characteristics |
|---|---|---|
| <ul style="list-style-type: none"> • Capacity development • Best practices Identification • Research • Surveillance/monitoring • Evaluation • Policy and program implementation | <ul style="list-style-type: none"> • Planning and coordination • Knowledge exchange • Advocacy | <ul style="list-style-type: none"> • Designed primarily at the provincial level • Focused on supporting strong community-level interventions • Linked to federal work to leverage federal infrastructure |

Ontario's Healthy Eating and Active Living (HEAL) Action Plan

- A response to Ontario Chief Medical Officer of Health's *Healthy Weights, Healthy Lives 2004* report
- Part of a world wide response to reduce chronic disease by targeting nutrition and physical activity
- Represents the first time that the province has integrated nutrition and physical activity in one strategy.



Moving the HEAL Strategy Forward in Ontario: The Project

- Builds on OCDPA's "Thinking Like A System: the way forward to prevent chronic disease in Ontario"
- Identifies key system elements from the success of the Smoke-Free Ontario Strategy and their application to Ontario's Action Plan for Healthy Eating and Physical Activity (HEAL)

Moving the HEAL Strategy Forward in Ontario: The Report

Based on discussions with tobacco field experts on the success behind the Smoke Free Ontario Strategy and building on the knowledge from key informants within the areas of healthy eating, physical activity, health promotion and chronic disease prevention, this report proposes four priorities for action.

This report:

1. Provides a list of recommendations on how to build a system to move Ontario's HEAL Action Plan forward;
2. Identifies priorities for action at the system level necessary in moving Ontario's HEAL Action Plan forward;
3. Identifies the roles in which the government, HEAL-related organizations (organizations whose work relates to the HEAL strategy) and the OCDPA should take in order to move Ontario's HEAL Action Plan forward.

Moving the HEAL Strategy Forward in Ontario: The Priorities for Action

- Establish a HEAL Expert Panel to recommend a comprehensive agenda for action within a chronic disease prevention and management framework;
- Establish a HEAL research and policy engagement agenda for Ontario;
- Develop a comprehensive HEAL knowledge exchange plan for Provincial and Regional Stakeholders;
- Develop a plan to build regional capacity to implement effective HEAL programs and policies.