

TO: Chair and Members of the Board of Health

FROM: Christopher Mackie, Medical Officer of Health

DATE: 2016 April 21

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## SUMMARY INFORMATION REPORT FOR APRIL 2016

### **Recommendation**

*It is recommended that Report No.026-16 re: Information Summary Report for April 2016 be received for information.*

### **Key Points**

- The “International Toronto Charter for Physical Activity (TCPA) Toolkit” was recently developed and disseminated to support local decision makers with encouraging residents to become more physically active through the development of supportive healthy public policies.
- The Middlesex-London Health Unit is co-leading a Locally Driven Collaborative Project (LDCP), funded by Public Health Ontario (PHO), called *Measuring Food Literacy in Public Health*, attached as [Appendix A](#).

### **Background**

This report provides a summary of information from Health Unit programs. Additional information is available on request.

#### **Toronto Charter for Physical Activity Toolkit**

The Toronto Charter for Physical Activity (TCPA) is an advocacy tool with a call for action to create sustainable opportunities for physically active lifestyles for all. In 2010-2015 the MLHU received funding through the Ministry of Health & Long Term Care’s (MHLTC) Healthy Communities Partnership grant to influence policy supporting enhanced opportunities for active living across the lifespan. A series of community stakeholder consultations in 2010/2011 identified endorsement of the Toronto Charter for Physical Activity (TCPA) as a strategic step toward moving healthy public policy for physical activity forward.

The MLHU Board of Health, City of London and seven of the eight Middlesex County municipalities endorsed the Charter, demonstrating commitment to making healthy active living a reality for all citizens. As an important investment toward implementation, the “International Toronto Charter for Physical Activity (TCPA) Toolkit” was developed in 2015 through Healthy Communities Partnership funds incorporating input from the ‘Creating a Healthy Active Middlesex County Forum’ and the Healthy Communities and Middlesex Active Communities (MAC) partnerships. The purpose of the Toolkit is to provide tips, action items, and resources for putting the TCPA into action and supports members of key sectors to implement supportive policies that encourage residents to become more physically active. Hardcopies of the Toolkit have been distributed to each of the endorsing County municipalities and an electronic version has been posted on the MLHU website and distributed through relevant portals. The Toolkit will be evaluated on its distribution and usefulness with partners in late 2016.

#### **Measuring Food Literacy in Public Health**

Public Health Units in Ontario are mandated to teach food preparation, cooking, and healthy eating skills to priority populations, including pregnant and postpartum women, people of low socio-economic status and youth. In order to do this, Public Health Units need to assess food literacy levels and evaluate the impact of the work that is being done in the community and in schools. Currently, there is no tool that has been developed to

help public health staff to: tailor programs to specific groups of people; determine the success of existing programs; measure food literacy among different populations; and advocate for food literacy resources.

In partnership with 18 public health units from across Ontario and PHO, the LDCP team will conduct the necessary research to create a tool for use by public health staff to measure different components that define food literacy. Currently, the LDCP team is conducting a scoping review of the literature to develop a thorough list of all possible components of food literacy. Next, a consensus-generating technique called Delphi will be implemented to solicit opinions from key stakeholders. Specifically, the LDCP team will ask a group of public health staff and other key informants and experts in the field of food literacy about what they feel should be included as food literacy attributes and to determine which components are most important for measurement. The aim of this approach is to reach group consensus and to have a rated list of food literacy components. Finally, the LDCP team plans to use these results to identify and develop key indicators that measure the components of food literacy. In 2018, the LDCP team plans to request multi-year funding from PHO to develop and test a tool with specific priority population groups to create a standard, validated instrument to measure food literacy. This instrument will be incorporated in the public health context in Ontario and it is anticipated it will be adopted and utilized globally.



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