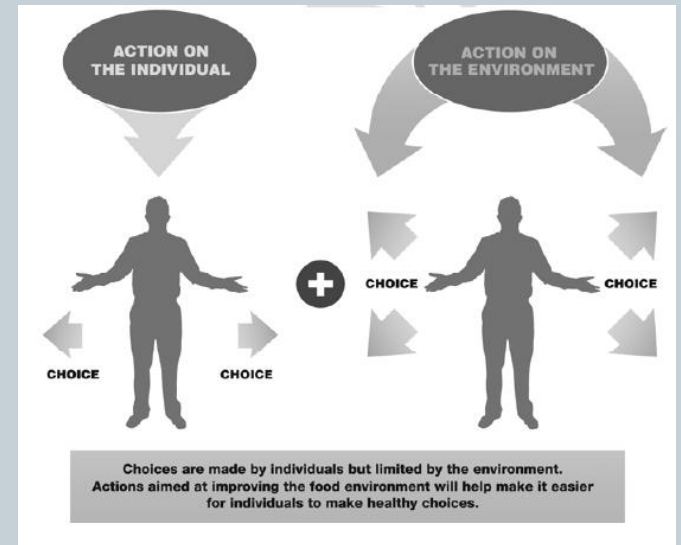
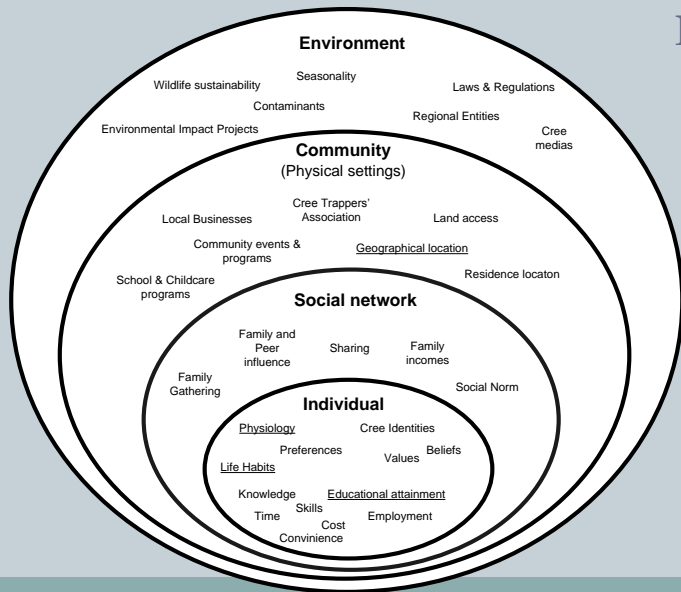


Food environments



CREATING HEALTHY FOOD ENVIRONMENTS

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Quebec (MSSS /MELS/MFA)

- Different National policy frameworks to help us
- Different tools define *healthy/supportive environments*



Vision de la saine alimentation

POUR LA CRÉATION D'ENVIRONNEMENTS ALIMENTAIRES FAVORABLES À LA SANTÉ

La Vision de la saine alimentation est inscrite dans le cadre du Plan d'action gouvernemental de promotion des saines habitudes de vie et de prévention des problèmes reliés au poids (2010-2015) – axé sur l'enfant. Puisque ce dernier propose la mise en œuvre d'actions par les partenaires gouvernementaux impliqués dans les travaux et leurs réseaux respectifs, il importe que tous partagent une vision commune de la saine alimentation afin de travailler dans la même perspective, malgré des expertises différentes. Cette vision d'adhésion vise à tous les acteurs ayant une influence sur l'environnement alimentaire. Elle sert de guide lors de la planification et de la mise en œuvre des actions de plus d'action gouvernemental (PAG). Le vision de la saine alimentation se trouve également au cœur de la planification en alimentation et un soutien pour la santé des Québécois.

Des l'interactions du PAG, un effet l'influence importante des environnements sociaux dans lesquels la population évolue, influence qui à travers, dans le cas de l'environnement alimentaire notamment, par les aliments disponibles et la disponibilité de certains choix alimentaires pour les individus, du offre, les environnements peuvent former un bon des conditions favorables à des modes de vie sains, notamment en ce qui concerne l'alimentation¹. La vision de la saine alimentation que propose ce document est donc centrée sur les conditions de l'environnement alimentaire qui vont faciliter l'adoption d'une saine alimentation. Le présent document explore des indicateurs relatifs à l'offre alimentaire, ce qui contribue à améliorer les comportements alimentaires, et aborde la question des conditions socio-culturelles, économiques, politiques, géographiques et agroalimentaires qui, en tant que composantes de l'environnement alimentaire, ont un impact sur l'adoption des indicateurs.

Il est également important de reconnaître que les facteurs individuels tels que l'éducation, les connaissances, la volonté et les goûts personnels jouent un rôle dans les choix alimentaires, mais ils ne constituent pas le cœur de la vision de la saine alimentation. Le Guide alimentaire canadien demeure l'outil le plus approprié pour aider les individus à faire les meilleurs choix alimentaires. La Vision de la saine alimentation, en guidant les acteurs et en ayant une influence sur l'environnement alimentaire, constitue un complément d'action aux outils destinés aux individus.

Les choix sont orientés par l'environnement, mais les choix des individus jouent également un rôle dans les choix alimentaires. Les actions de santé publique favorisent des environnements alimentaires favorables à la santé.

Québec



Examples of regional initiatives



Maamuu Nakaahehtaa

- Main goal

- Bring community together to create **HEALTHY ENVIRONMENTS**

- Collective vision for a strong and healthy Nation

- **Cree foods** and Cree ways of nourishing ourselves are part of our daily life
- Cree ways of nourishing ourselves **Breastfeeding**: It's natural, It's traditional
- It is easy and **safe to walk and play**
- There is **affordable healthy food in stores /restaurants**
- People have the **knowledge/skills to make healthy choices**
- **Children are physically active** for at least one hour a day
- There is **no junk food or smoking** on school and childcare property

Examples of regional initiatives

Regional Nutrition Policy Childcare Centers and Head Start 2010

1. Exclusive breastfeeding for the first 6 months of a child life is promoted and supported.
2. Complementary feeding starting from the age of 6 months with continued breastfeeding up to 2 years of age and beyond is encouraged.
3. If an infant is not breastfed, parents provide iron-fortified formula until 1 year old.
4. Meals and snacks are prepared and served in a way to eliminate choking hazards.
5. Cooks prepare nutritious menus which are reviewed by a Nutritionist and follow the recommendations of the Canada Food Guide for First Nations, Inuit and Métis.
6. Water is available at all times and served to children.
7. Milk is served twice a day to children over 1 year old. Children aged 1 to 2 years old receive 3.25% milk and children older than 2 years old receive 2% milk.
8. In case of food allergies, the menu is adapted to the needs of the child in collaboration with the parents.
9. The Childcare Center and Head Start rooms must be peanut and peanut butter free zones.
10. Junk food, pop, sweet drinks, energy drinks, sports drinks and artificial sweeteners are not served in the Childcare Center and in the Head Start rooms. Coffee, tea and other caffeinated drinks are not served to children.
11. Workers act as positive role models for children at all times.
12. Meals take place in a safe and enjoyable environment.
13. Workers observe and respect Food Safety & Hygiene Standards at all steps of food handling: receiving, storing, preparing, and serving.



Conseil Cri de la santé et des services sociaux de la Baie James
 Cree Board of Health and Social Services of James Bay

Nutrition Policy

As a health organization, the Cree Board of Health and Social Services of James Bay (CBHSSJB) is committed to promoting healthy eating habits and becoming a model for other entities serving food. This Nutrition Policy will serve as a guideline for use across the organization.

Goal
 The goal of this policy is to ensure that the CBHSSJB provides nutritious, safe, healthy, attractive and culturally appropriate food in its foodservice establishments and during activities.

Scope

- The policy applies to:
- Childlab Hospital
 - Multi-Service Day Centres (MSDC)
 - Community Miyojimaasiliun Centres (CMC)
 - Group homes
 - Reception centres
 - Home and Community Care Program (HCCP)
 - Public health and administrative offices
 - Meetings, trainings and conferences organized or funded by the organization

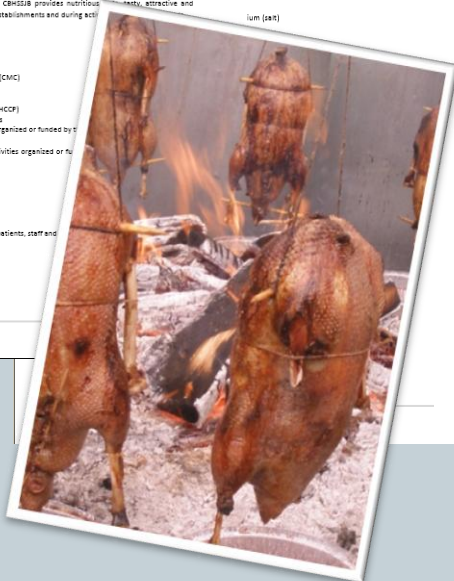
All food served, including those offered in activities organized or funded by the organization.

- Areas
- Streets
- Vending machines and
- Catering

Target Group
 All clientele served by the CBHSSJB, including patients, staff and visitors.

High nutritional quality

Well with Canada's Food Guide - First Nations, Inuit and Métis principles of quantity and variety from Eating Well with Canada's Food Guide - First Nations, Inuit and Métis, according to age and gender (polyunsaturated fats) and limit trans fat to a minimum (um (s)at).



Daycares

CBHSSJB

Stores

Access to Nutritious Food in Eeyou Istchee

Cost of basic nutritious foods is higher in Eeyou Istchee than in any other Quebec region

Nutritious food choices are limited in certain communities

Access to a variety of low-cost nutritious foods is difficult, especially in smaller stores

Eating well seems to be out of reach for low-income and single-parent families

Accessibility to nutritious foods is essential to promote health and prevent chronic diseases (diabetes, hypertension, etc.)

We need to ensure that nutritious foods are available and affordable to all Eeyouath families

Are the NFB items available?

The Nutritious Food Basket includes 73 food items, that are basic, nutritious and at low cost.

The cost of the NFB is usually based on a reference family of 4 (2 adults and 2 children), and is calculated for a 2-week period.

To take into account larger Eeyouath families, NFB cost is also calculated for a family of 6 (2 adults and 4 children).

What is the cost of the NFB? In Eeyou Istchee, the average weekly cost of the NFB, for a family of 4 is \$312.47.

Weekly cost of NFB in Eeyou Istchee

Cost for larger families: For a family of 6, the weekly cost of the NFB is \$438.61.

Breastfeeding: a saving: In addition to its health benefits, breastfeeding represents a saving of more than \$30.00 per week compared to the cost of infant formula.

Source: Montreal-Dorchester, Access to a nutritious food basket in Eeyou Istchee. Project report, 2013.

Conseil Cri de la santé et des services sociaux de la Baie James
 Cree Board of Health and Social Services of James Bay

Copies of this broadsheet may be found at: <http://www.creehealth.org>

Discussion



- Do you have other examples of initiatives aiming at creating healthy environments?
- How can you contribute to create healthy environments?
- In your planning, do you have activities that aim at creating healthy environments?
- What process did you undertake?

Megwetch!

