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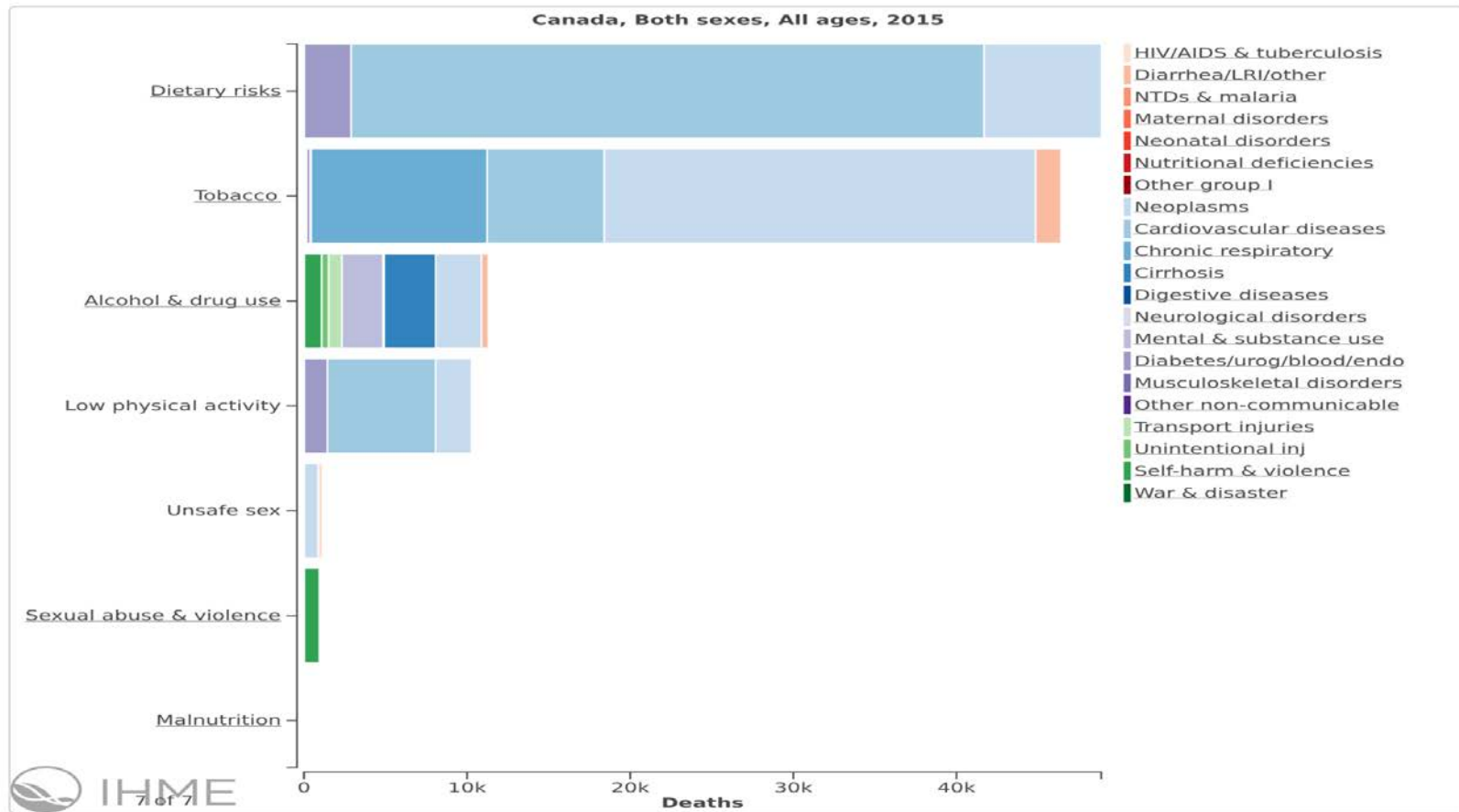
A Nutrition Report Card on Food Environments for Children and Youth

Kim D. Raine, PhD, RD, FCAHS
Professor and Associate Dean
(Research)

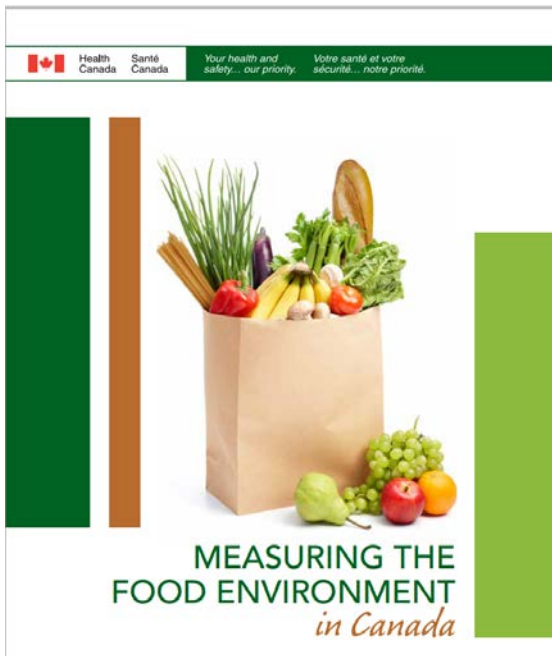
Objectives

1. To introduce the role of food environments in shaping eating behaviour and public health status
2. To introduce the development, data collection strategies, and results of Alberta's 2016 Nutrition Report Card
3. To explore the potential population health impacts of local, provincial and national report cards as interventions to change food environments at community and policy levels

Global Burden of Disease Study 2015: Canada, behavioural risks, deaths



Food Environments in Canada



www.hc-sc.gc.ca/fn-an/nutrition/pol/index-eng.php

- Food environments shape the availability, affordability, and social acceptability of food and nutrition “choices”
 - association between food environments and diet-related outcomes
- Physical – access and availability
- Economic – affordability
- Communication – messages
- Social – acceptability
- Political – Rules and regulations



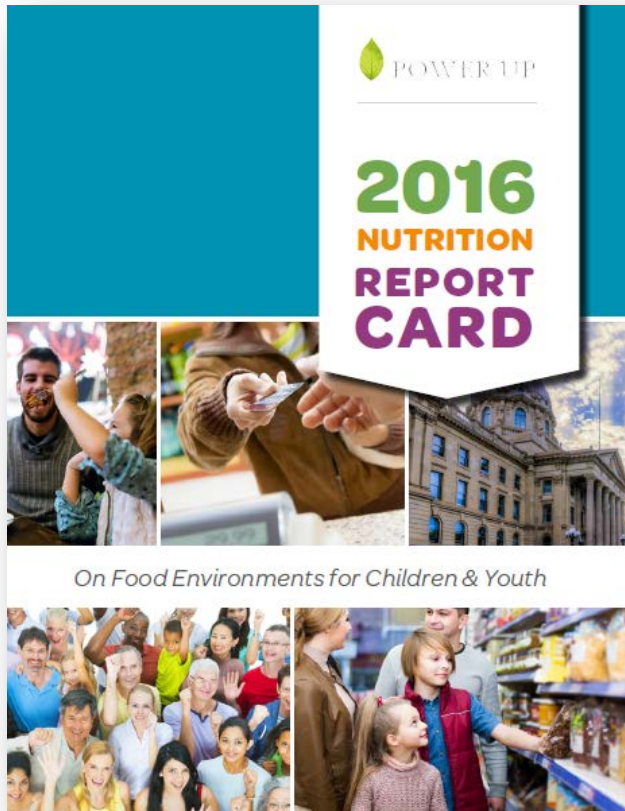
Benchmarking

Develop an Annual Policy Report Card on Food Environments and Nutrition to:

- Provide an assessment of how current environments and policies support or create barriers to improving children's dietary behaviours and body weights
- Increase awareness of the public, practitioners and policy makers of the relevance of food environments for health promotion and obesity prevention



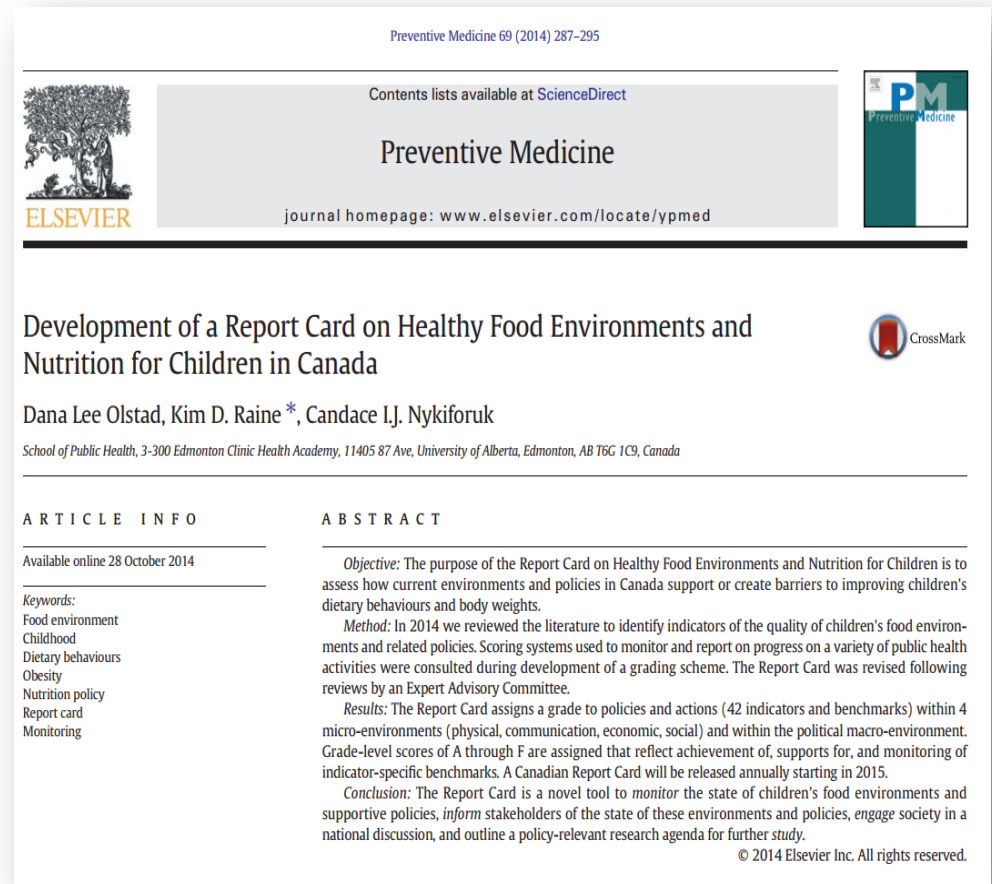
What is the Nutrition Report Card?



- **Assesses** Alberta's current food environment & nutrition policies
- Aim is to increase **awareness**, focus on health promotion & obesity prevention
- Serves as a **tool** to identify areas that require action

History of the Nutrition Report Card

- Inspired by ParticipACTION Physical Activity Report Card



How was the Nutrition Report Created?

- Review of literature, over 20 Canadian nutrition and physical activity experts identified key indicators



MICRO-ENVIRONMENTS



Physical

The physical environment refers to what is available in a variety of food outlets¹³ including restaurants, supermarkets,¹⁹ schools,²⁰ worksites,²¹ as well as community, sports and arts venues.^{22,23}



Communication

The communication environment refers to food-related messages that may influence children's eating behaviours. This environment includes food marketing,^{24,25} as well as the availability of point-of-purchase information in food retail settings, such as nutrition labels and nutrition education.



Economic

The economic environment refers to financial influences, such as manufacturing, distribution and retailing, which primarily relates to cost of food¹³. Costs are often determined by market forces, however public health interventions such as monetary incentives and disincentives in the form of taxes, pricing policies and subsidies,²⁶ financial support for health promotion programs,²⁶ and healthy food purchasing policies and practices through sponsorship²⁷ can affect food choices.¹³



Social

The social environment refers to the attitudes, beliefs and values of a community or society.¹³ It also refers to the culture, ethos, or climate of a setting. This environment includes the health promoting behaviours of role models,¹³ values placed on nutrition in an organization or by individuals, and the relationships between members of a shared setting (e.g. equal treatment, social responsibility).

MACRO-ENVIRONMENTS



Political

The political environment refers to a broader context, which can provide supportive infrastructure for policies and actions within micro-environments.^{1,25}

Conceptual framework, adapted from Brennan and colleagues (2011).



Framework & Organization

Environments

Four types of micro-environments (physical, communication, economic, social) and the political macro-environment.

Example: Physical Environment

Categories

Indicators are grouped into broader descriptive categories within each type of environment.

Example: Food Availability Within Settings

Indicators

Specific domains within each category in which actions and policies will be assessed.

Example: High availability of healthy food

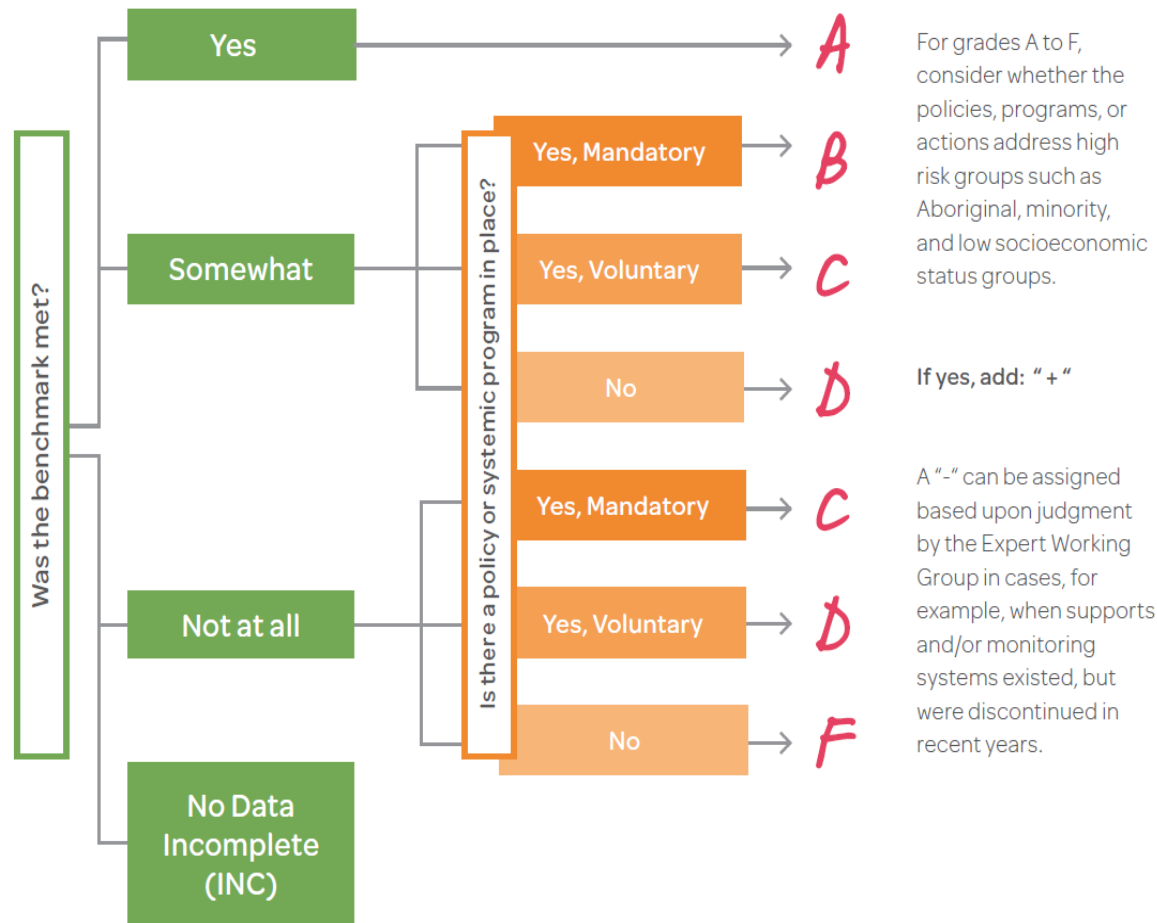
Benchmarks

Benchmarks of strong policies and actions are provided for each indicator.

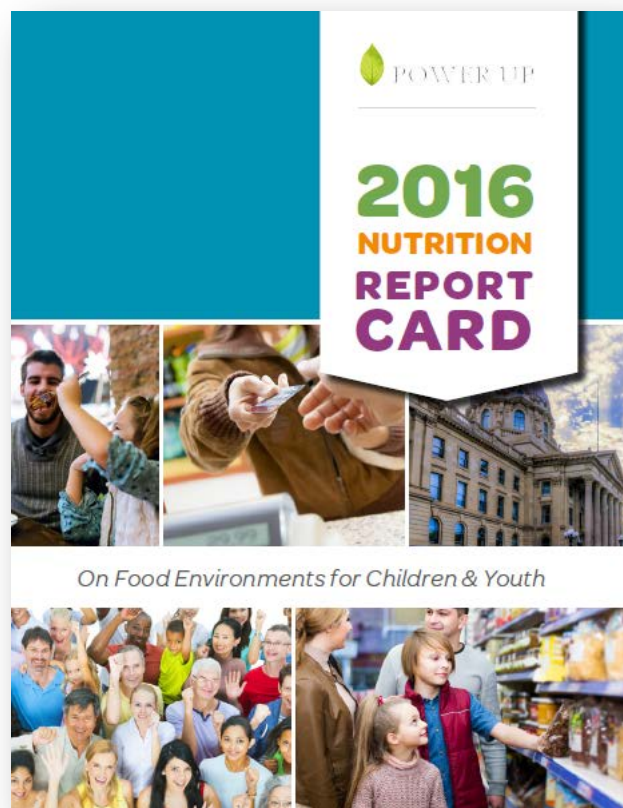
Example: Approximately $\frac{3}{4}$ of foods available in schools are healthy



Grading



Alberta's 2016 Nutrition Report Card Highlights



Alberta's 2016 Nutrition Report Card:

The grades are in!

What final grade did Alberta receive on the 2016 Nutrition Report Card?

Following this year's rigorous grading process, Alberta received an overall score of 'D'.



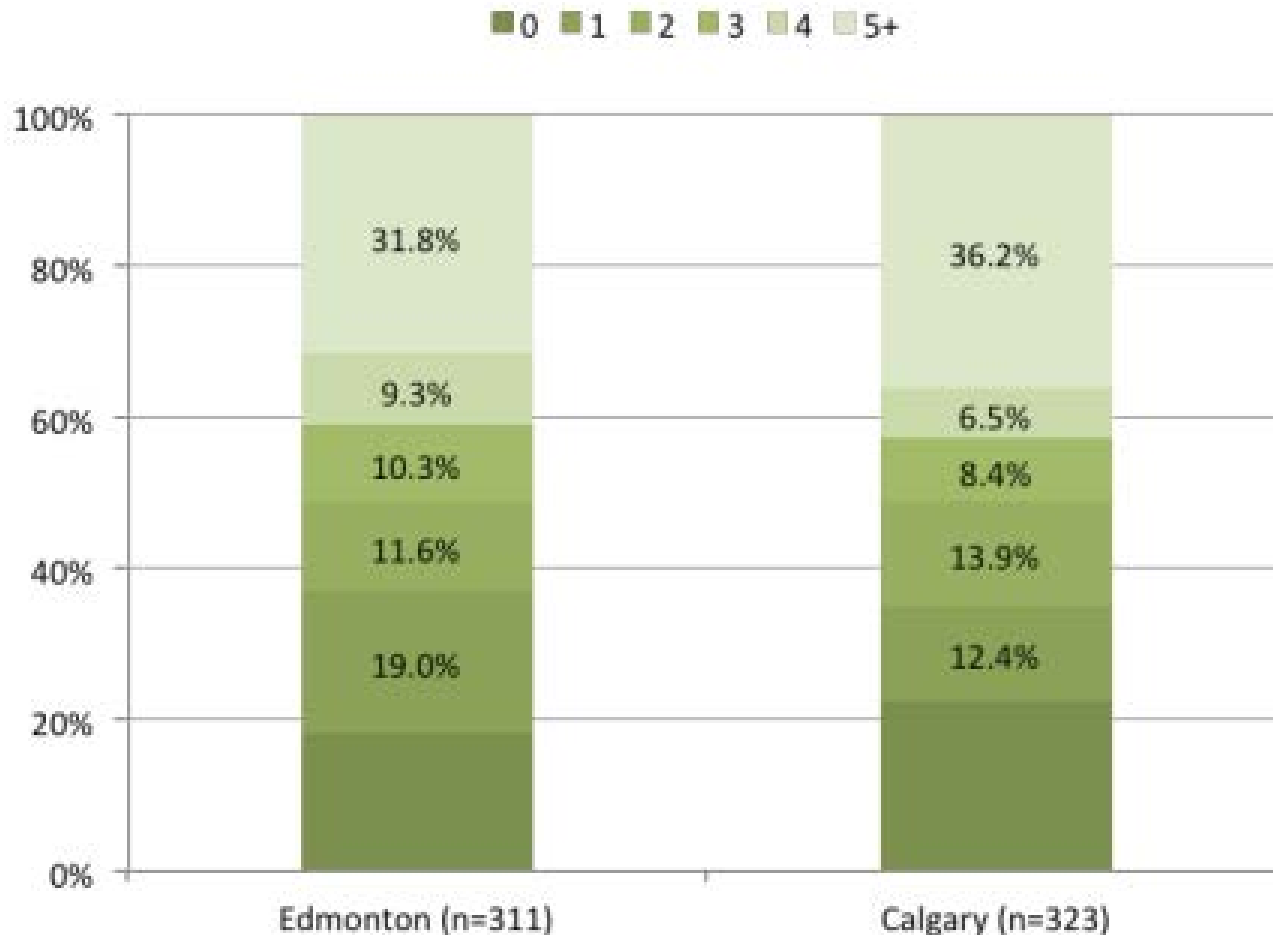
Physical Environment



Inspection Databases: Using Existing Data to Map the Food Environment

- Physical access to types of stores (supermarkets, corner stores, fast food) RFEI
- Zoning by-laws can be used to influence the location and distribution of food stores, including fast-food outlets and suppliers of fruits and vegetables

Number of convenience stores and fast-food restaurants located within 500 m of schools



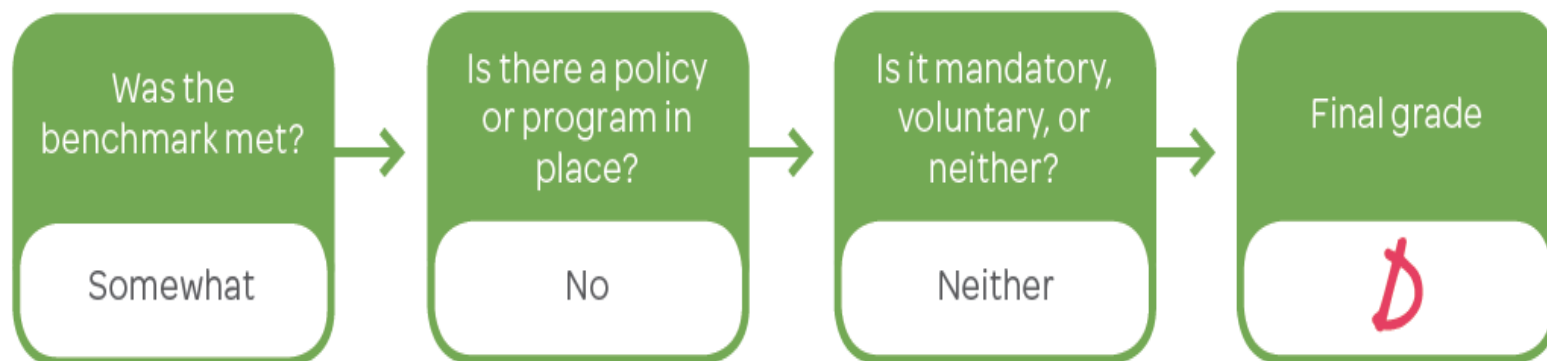
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5

INDICATOR

Limited Availability of Food Stores and Restaurants Selling Primarily Unhealthy Foods**BENCHMARK**

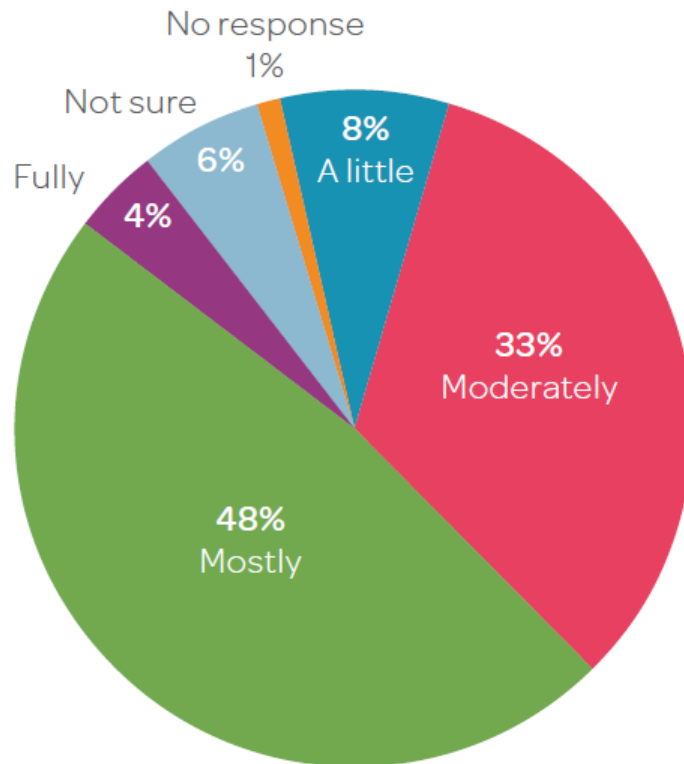
Traditional convenience stores (i.e. not including healthy corner stores) and fast-food outlets not present within 500 m of schools.



1

FIGURE 4: Principals' perception of food environment in schools in Alberta

What percent of foods* in your school meet the definition of "Choose Most Often" foods based on the ANGCY? (n=...)



A little: >25% of foods are "Choose Most Often"

Moderately: >50% of foods are "Choose Most Often"

Mostly: >75% of foods are "Choose Most Often"

Fully: 100% of foods are "Choose Most Often"

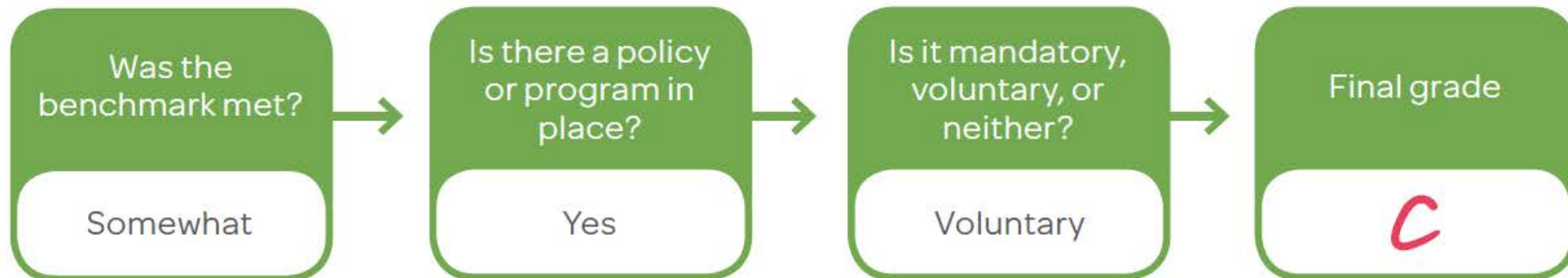


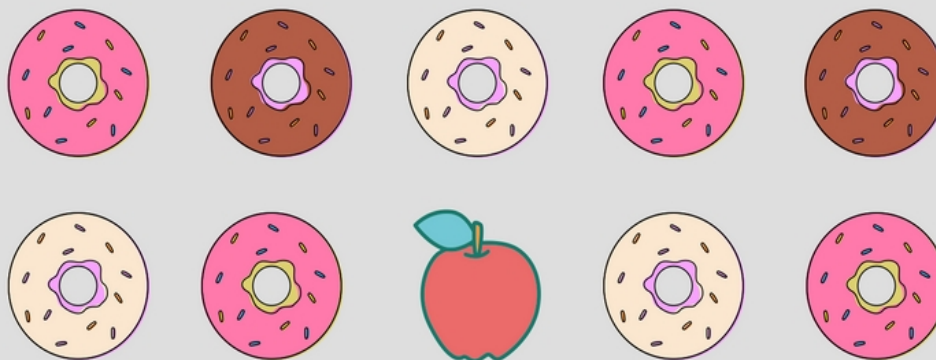
INDICATOR

High Availability of Healthy Food in School Settings

BENCHMARK

Approximately 3/4 of foods available in schools are healthy.





Children are **less likely** to choose healthy food and beverages when they are in the presence of tempting less healthy options.



Improving Food in Recreation Facilities

Olstad et al. *BMC Public Health* 2012, **12**:376
<http://www.biomedcentral.com/1471-2458/12/376>



RESEARCH ARTICLE

Open Access

Adopting and implementing nutrition guidelines in recreational facilities: Public and private sector roles. A multiple case study

Dana Lee Olstad^{1,2,3}, Kim D Raine^{1,3} and Linda J McCargar^{1,2*}

Abstract

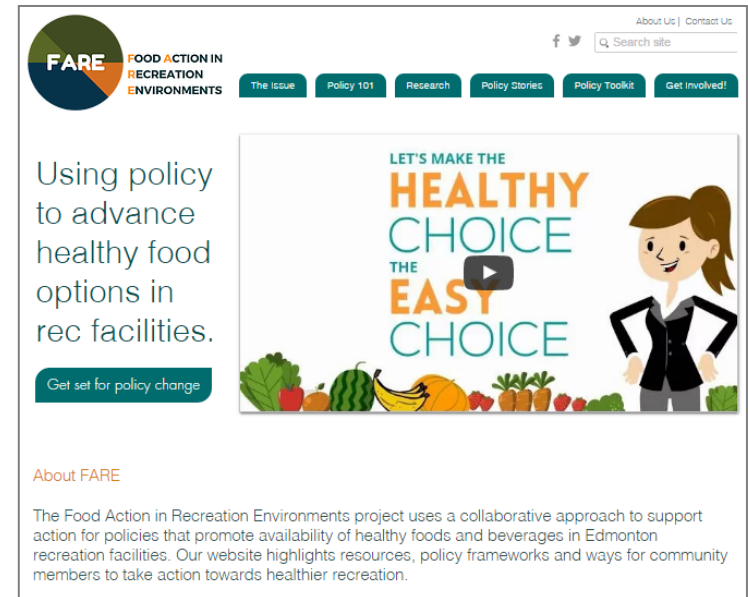
Background: Recreational facilities are an important community resource for health promotion because they provide access to affordable physical activities. However, despite their health mandate, many have unhealthy food environments that may paradoxically increase the risk of childhood obesity. The Alberta Nutrition Guidelines for Children and Youth (ANGCY) are government-initiated, voluntary guidelines intended to facilitate children's access to healthy food and beverage choices in schools, childcare and recreational facilities, however few recreational facilities are using them.

Methods: We used mixed methods within an exploratory multiple case study to examine factors that influenced adoption and implementation of the ANGCY and the nature of the food environment within three cases: an adopter, a semi-adopter and a non-adopter of the ANGCY. Diffusion of Innovations theory provided the theoretical platform for the study. Qualitative data were generated through interviews, observations, and document reviews, and were analysed using directed content analysis. Set theoretic logic was used to identify factors that



Food Action in Recreation Environments (FARE) Project

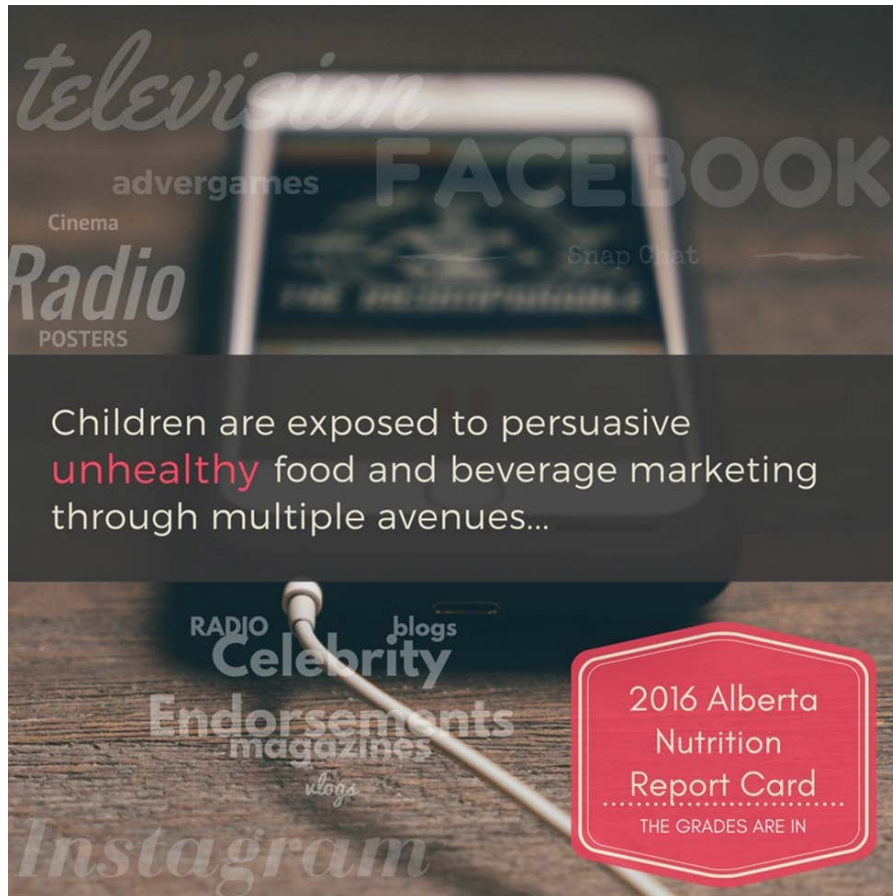
- FARE uses a collaborative approach to promote healthier food environments in Edmonton and area recreational facilities through policy change
- www.apccproject.com



Edmonton
Community
Foundation

Communication Environment:

Where do our Food and Nutrition Messages Come From?



- Marketing **strongly influences** children's food preferences, requests and consumption

Institute of Medicine (USA)
2005

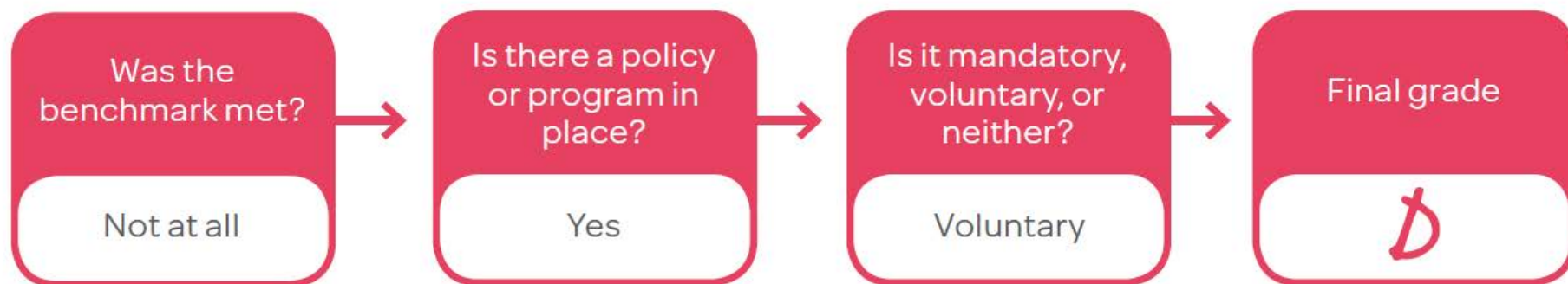


4 INDICATOR

Nutrition Education and Training Provided to Teachers and Childcare Workers

BENCHMARK

Nutrition education and training is a requirement for teachers and childcare workers.





The kids are not alright.

How the food and beverage
industry is marketing our
children and youth to death.

2017 Report on the Health of Canadians.



- Kids spend almost 8 hours/day in front of screens
- Top 10 kids websites = 25M ads for foods and beverages in one year
- 90% unhealthy products

M. Potvin Kent



Original Article

Open

Proposed: A national regulatory
system prohibiting commercial
marketing of foods and beverages
to children

Journal of Public Health Policy,
43(2) 239-253, 2013
doi:10.1057/jphp.2013.9



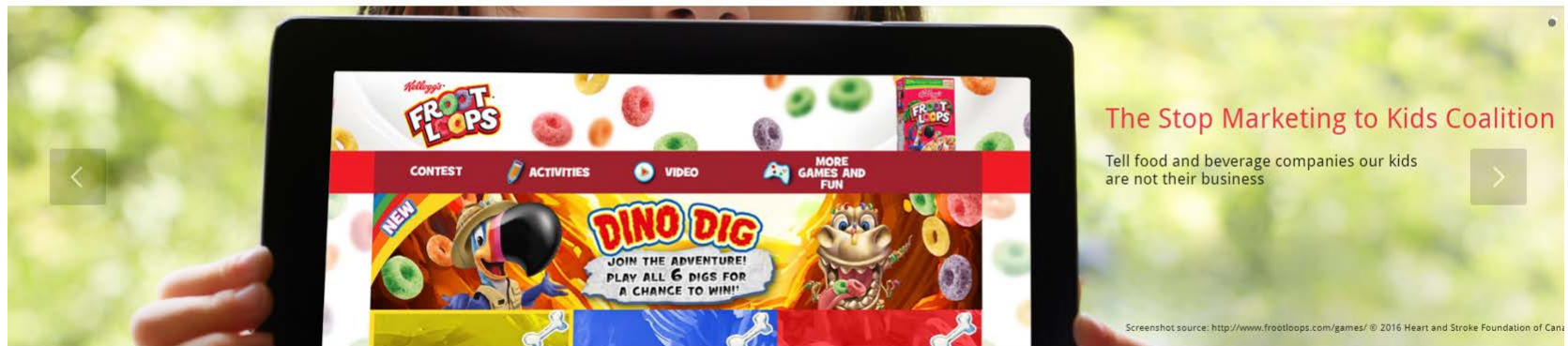
stopmarketingtokids.ca

English | Français



Stop Marketing to Kids Coalition
Advocates for restricting food and beverage marketing to kids

[HOME](#) [ABOUT US](#) [THE PROBLEM](#) [THE SOLUTION](#) [RESOURCES](#) [TAKE ACTION](#) [NEWS](#) [CONTACT US](#)



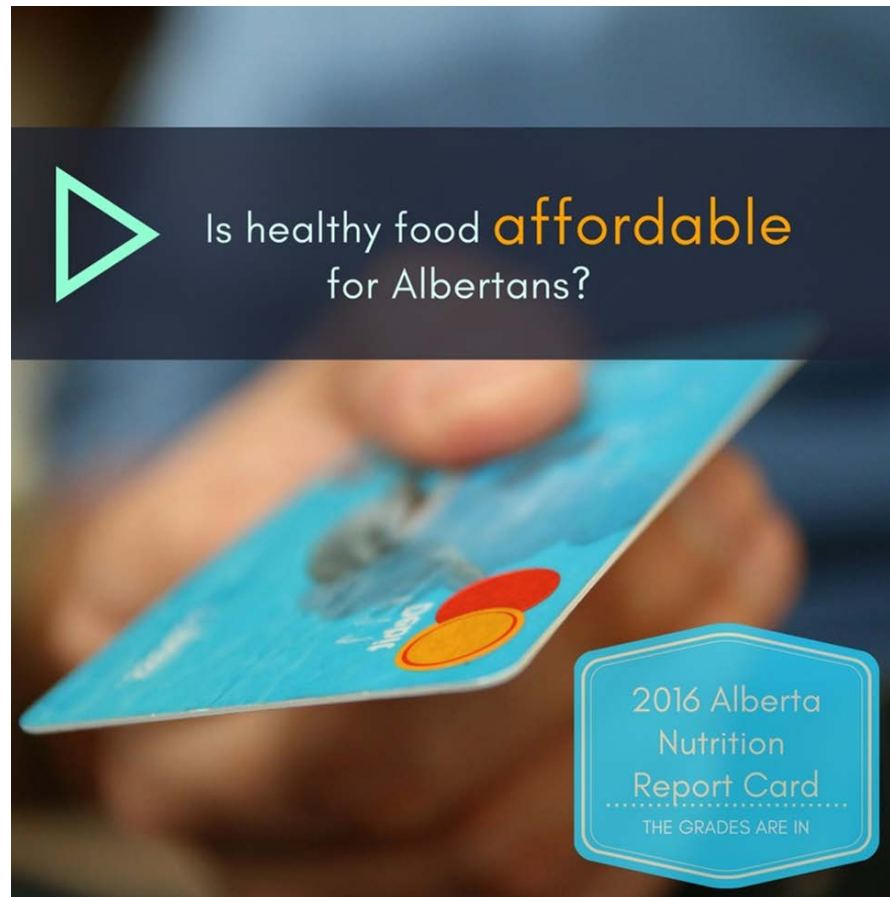
ENDORSE NOW!

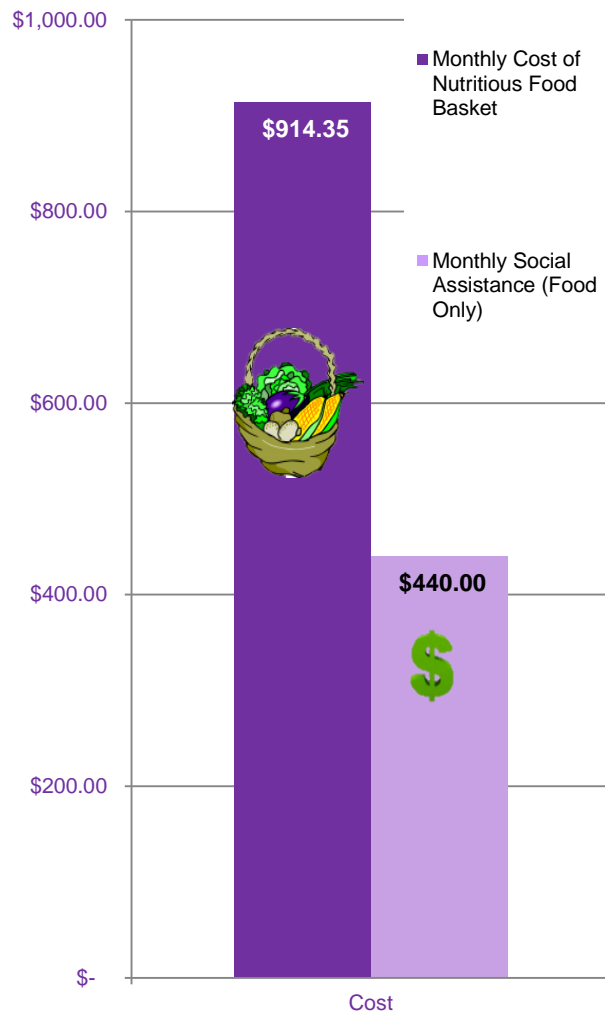


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Economic Environment





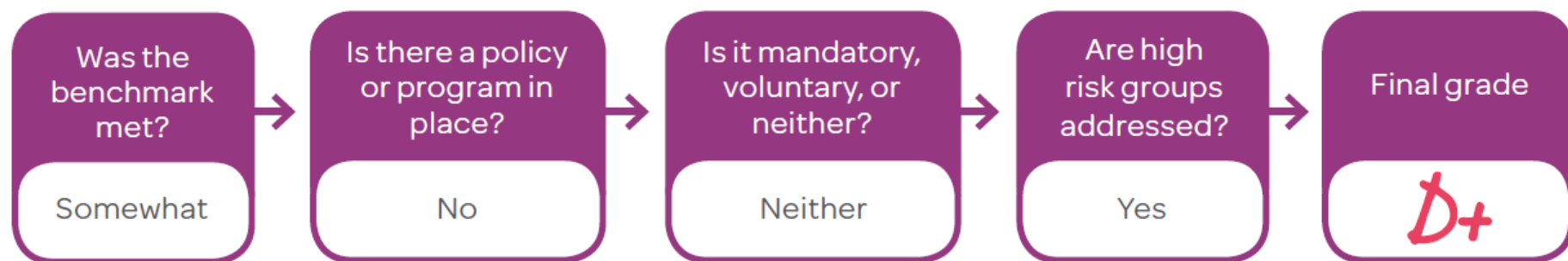
Cost of a Nutritious Food Basket in AB compared to Social Assistance Food Allowances

INDICATOR

Subsidized Fruit and Vegetable Subscription Program In Schools

BENCHMARK

Children in elementary school receive a free or subsidized fruit or vegetable each day.



KEY FINDINGS

In 2015, the APCCP Principals' survey was sent to school principals in K-12 schools across Alberta. They were asked about their perceptions of the food services, policies, programs, curriculum, and initiatives currently in place in their schools.⁶⁵ Out of 1350 surveys sent, 363 surveys were completed. Just over half of respondents (53%, n=192) indicated that students at their school have access to food programs and/or initiatives at a free or subsidized rate. Only 21% (n=75) of respondents indicated that a vegetable and fruit program exists at

A Universal School Food Strategy for Alberta

Advocating for a Universal School Food Strategy for Alberta.



This strategy should aim to:

- Make healthy, sustainable, and culturally appropriate food available to all school-aged (K-12) children in Alberta;
- Provide all children with the education and skills required to prepare and grow food, as well as make healthy choices outside of school;
- Support relationships with local producers and the development of local food procurement policies in schools across the province.

Examples of Advocacy Activities

- Media Advocacy
- Engaging Champions
- Key Stakeholders Meetings
- Community Engagement

Alberta schools need universal food strategy, advocacy group says

August 25, 2015 | Cory Hare, ATA News Managing Editor

NDP government to roll out lunch program "sooner rather than later," minister says



A research group is calling on the province to create a universal school food program to improve access to and education around healthy food in schools.

The call follows a recent survey of school principals that revealed, among other things, that 62 per

Also In This Issue

- Editorial: Two-thirds of new grads measure up
- Viewpoints: Something is wrong with our schools
- Infographic
- Your Views
- Eggen pledges to maintain public services
- Q & A: SLA program promises much more for students



Michael JANZ

EDMONTON PUBLIC SCHOOL BOARD TRUSTEE - WARD F (I

HOME ABOUT MICHAEL JANZ... CONTACT MICHAEL JANZ MICHAEL'S BLOG

Eleven education issues I expect to hit the news (fall 2015)

August 26th, 2015

[No comments](#)

Like 21 people like this. Be the first of your friends.

In a few weeks summer holidays will come to an end and the hallways of our schools will be filled with little feet once again. September always feels like the new year for me.



Alberta principals want government-funded food program: survey

BY CATHERINE GRIWKOWSKY, EDMONTON SUN

FIRST POSTED: SATURDAY, AUGUST 29, 2015 01:58 PM MDT | UPDATED: SATURDAY, AUGUST 29, 2015 02:03 PM MDT



St. Catherine Grade 4 student Christine Peralta, 9, works in her classroom Monday, Aug. 9, 2010. The 418 students at the elementary school were back to school Monday morning as part of a year round schooling three year pilot project.

A survey says most principals want a school food strategy with meals paid for by the government.

The Alberta policy Coalition for Chronic Disease Prevention surveyed 363 principals on their views on food-related policies.

Along with publishing the results of the survey, the APCCP is calling on the provincial government to honour its election promise of phasing in a school lunch program province-wide.

Of those surveyed, 63 per cent are moderately or highly supportive of a Universal School Food Strategy funded by the province.

"Findings from the survey suggest that many schools across the province have taken significant steps to promote



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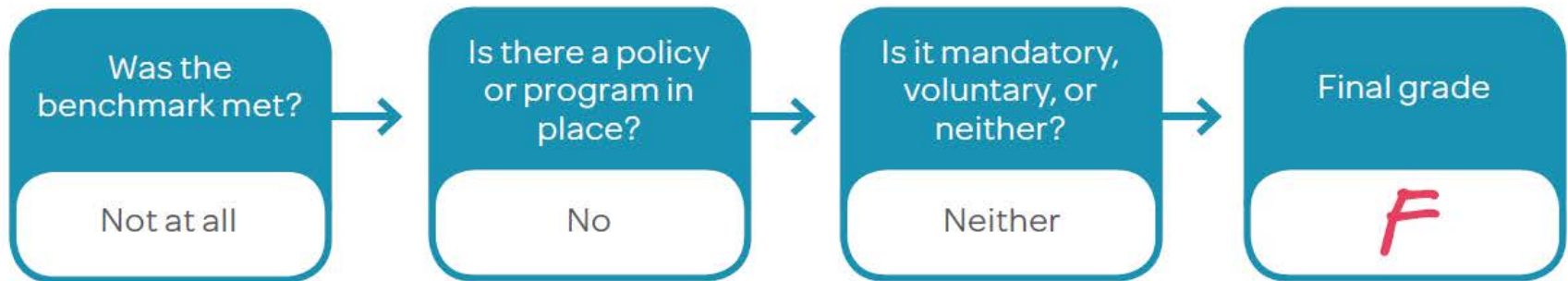


Social Environment

23 INDICATOR Weight Bias is Avoided

BENCHMARK

Weight bias is explicitly addressed in **schools** and childcare settings.



Q KEY FINDINGS

Alberta school and childcare curricula do not offer explicit education regarding weight bias to children.²⁹⁰ Instead, schools follow a comprehensive framework, which broadly promotes healthy body

Social Environment



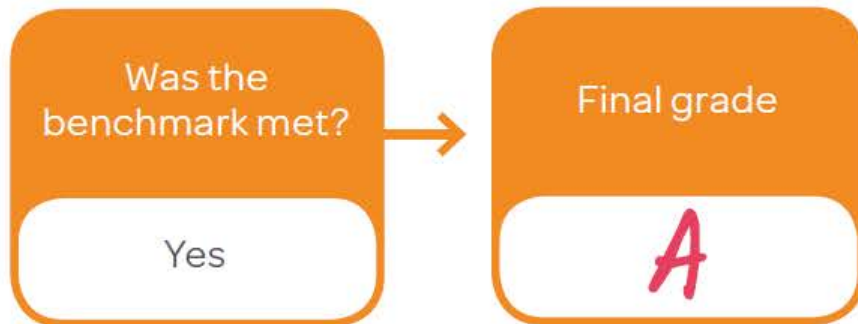
Political Environment

2 INDICATOR

Food Rating System and Dietary Guidelines for Foods Served to Children Exists

BENCHMARK

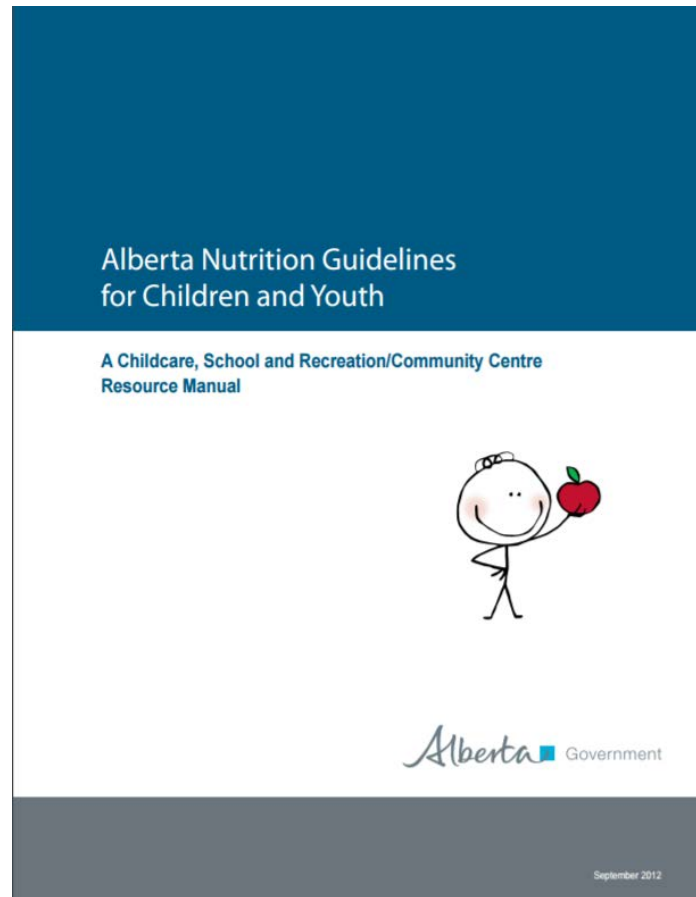
There is an evidence-based food rating system and dietary guidelines for foods served to children and tools to support their application.



In 2008, Alberta released the ANGCY (Alberta Nutrition Guidelines for Children and Youth). Continued efforts to increase implementation of the guidelines are required.

Q KEY FINDINGS

Political Environment



Annual Nutrition Report Card

2015 Nutrition Report Card (1st): released Jan 2016

2016 Nutrition Report Card: released Sept 2016

Can be accessed at:

<http://abpolicycoalitionforprevention.ca/evidence/albertas-2016-nutrition-report-card/>



2017 Nutrition Card – to be released Sept 2017

[Global News](#)



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Objectives: Benchmarking Food Environments (AI –CPRO)

To assess the outcomes and impact of an annual Report Card on ...

1. a) Decision-maker; and b) public perceptions of policy interventions relevant to food environments,
2. Policy-development,
3. Food environments (risk conditions),
4. a) Eating behaviours; and b) childhood overweight/ obesity (risk factors).

To develop and assess the process, outcomes and impact of ...

5. Engaging local communities in participating in a) collecting data on community-relevant benchmarks, and b) local action on changing food environments

Don't get Caught in a "Toxic" Food Environment ...think out of the box!



Opportunities for Growth?

- What data are being collected in Ontario (and elsewhere) that could be accessed for provincial (and national) Report Cards?
- How might a Report Card assist with moving healthy public policy forward to create healthier food environments in your jurisdiction?
- What are the potential challenges? Barriers? How can they be addressed?

Thank you!





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