### Alberta Nutrition Report Card Webinar 2: Economic, Social, and Political Environments

November 27, 2018









Alberta Nutrition Report Card Webinar Series – Part 2

What Role Do Municipalities Play in Supporting Healthy Food Choices

Michelle Louie, MPH
Policy Analyst, Alberta Policy Coalition for Chronic Disease Prevention

Krista Milford, MSc

Project Coordinator, Benchmarking Food Environments Project

# Background

- 26% of Alberta's youth are obese or overweight
- Obesity is associated with chronic diseases
- Health care costs are continually high
- Prevention needs more emphasis
- Current policy may act as a barrier/facilitator toward healthy eating





# Healthy Eating

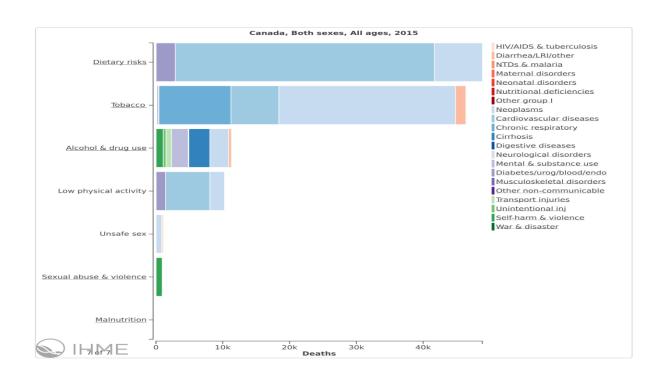
- Healthy eating prevents chronic disease
- Eating trends in youth transition to adulthood
- More than an individual choice
- Influenced by our environments







# 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



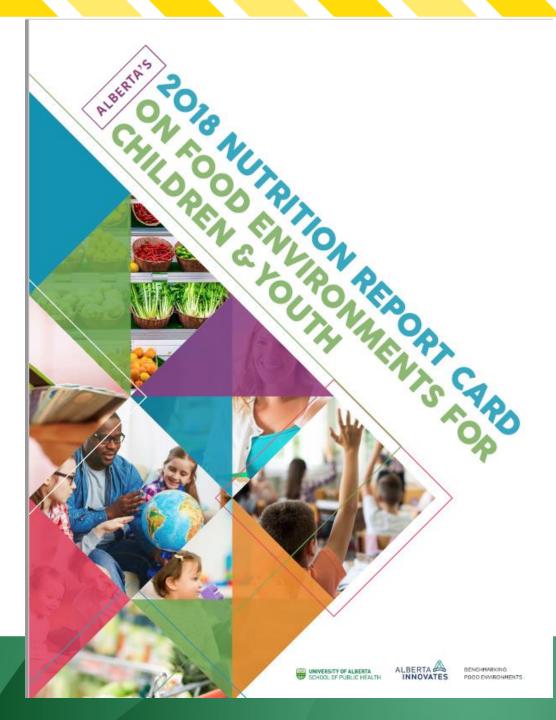


# What is the Nutrition Report Card?

- Based on *benchmarks* for food environments
- Five environments: physical, communication, economic, social & political
- Three settings: schools, childcare & community settings







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

#### MICRO-ENVIRONMENTS



#### Physical

The physical environment refers to what is available in a variety of food outlets<sup>13</sup> including restaurants, supermarkets,<sup>19</sup> schools,<sup>20</sup> worksites,<sup>21</sup> as well as community, sports and arts venues.<sup>22,23</sup>



#### Communication

The communication environment refers to food-related messages that may influence children's eating behaviours. This environment includes food marketing, <sup>24,25</sup> 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 food<sup>13</sup> 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,<sup>26</sup> financial support for health promotion programs,<sup>25</sup> and healthy food purchasing policies and practices through sponsorship<sup>27</sup> can affect food choices.<sup>15</sup>



#### Social

The social environment refers to the attitudes, beliefs and values of a community or society.<sup>13</sup> It also refers to the culture, ethos, or climate of a setting. This environment includes the health promoting behaviours of role models,<sup>13</sup> 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. 125

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





### **Nutrition Report Card Structure**

**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 ¾ of foods available in schools are healthy





NIVERSITY OF ALBERTA
NIVERSITY OF ALBERTA CHOOL OF PUBLIC HEALTH

SCHOOL OF PUBLIC HEALTH		19	Affordable prices for healthy foods in rural, remote, and northern areas	or northern communities to enhance affordability for local consumers.	
			20	Incentives exist for industry production and sales of healthy foods	The proportion of corporate revenues earned via sales is taxed relative to its health profile (e.g. healthy food is taxed at a lower rate and unhealthy food is taxed at a higher rate).
	Indicators	Benchmark	21	Reduce household food insecurity	Reduce the proportion of children living in food insecure households by 15% over three years.
	High availability of healthy food in school settings	Approximately 36 of foods available in schools are healthy.	22	Reduce households with children who rely on charity for food	Reduce the proportion of households with children that access food banks by 15% over three years.
	High availability of healthy food in childcare settings	Approximately 34 of foods available in childcare settings are healthy.	23	Nutritious Food Basket is affordable	Social assistance rate and minimum wage provide sufficient funds to purchase the contents of a Nutritious Food Basket.
	High availability of healthy food in community settings: Recreation Facilities	Approximately 34 of foods available in recreation facilities are healthy.	24	Subsidized fruit and vegetable subscription program in schools	Children in elementary school receive a free or subsidized fruit or vegetable each day.
		· · · · · · · · · · · · · · · · · · ·	25	Weight bias is avoided	Weight bias is explicitly addressed in schools and childcare.
4	High availability of food stores and restaurants selling primarily healthy foods	The modified retail food environment index across all census areas is ≥10.	26	Corporations have strong nutrition-related commitments and actions	Most corporations in the Access to Nutrition Index with Canadian operations achieve a score of ≥ 5.0 out of 10.0.
5	Limited availability of food stores and restaurants	Traditional convenience stores (i.e. not including healthy comer stores) and fast food outlets not present within 500 m of	27	Breastfeeding is supported in public buildings	All public buildings are required to permit and promote breastfeeding.
	selling primarily unhealthy foods	schools.  > 75% of children's cereals available for sale are 100% whole	28	Breastfeeding is supported in hospitals	All hospitals with labour and delivery units, pediatric hospitals, and public health centres have achieved WHO Baby-Friendly designation or equivalent standards.
6	Foods contain healthful ingredients	grain and contain < 13g of sugar per 50g serving.			A comprehensive, evidence-based childhood healthy living
7	Menu labelling is present	A simple and consistent system of menu labelling is mandated in restaurants with $\geq$ 20 locations.	29	Healthy living and obesity prevention strategy/action plan exists and includes eating behaviours and body weight targets.	and obesity prevention/action plan and population targets for eating behaviours and body weights exist and are endorsed by government.
8	Shelf labelling is present	Grocery chains with > 20 locations provide logos/symbols on store shelves to identify healthy foods.	30	Health-in-All policies	Health Impact Assessments are conducted in all government departments on policies with potential to impact child health.
9	Product labelling is present	A simple, evidence-based, government-sanctioned Front-of-Package food labelling system is mandated for all packaged foods.		Childhood health promotion activities adequately funded	At least 1% of the Alberta provincial health budget is dedicated to implementation of the government's healthy living and obesity prevention strategy/action plan, with a significant portion
10	Product labelling is regulated	Strict government regulation of industry-devised logos/branding denoting 'healthy' foods.		Compliance monitoring of policies and actions to	focused on children.  Mechanisms are in place to monitor adherence to mandated
11	Government-sanctioned public health campaigns encourage children to consume healthy foods	Child-directed social marketing campaigns for healthy foods.		improve children's eating behaviours and body weights  Children's eating behaviours and body weights are regularly assessed.	nutrition policies.  Ongoing population-level surveillance of children's eating behaviours and body weights exists.
12	Restrictions on marketing unhealthy foods to children	All forms of marketing unhealthy foods to children are prohibited.		regularly assessed.	A website and other resources exist to support programs and
13	Nutrition education provided to children in schools	Nutrition is a required component of the curriculum at all school grade levels.	34	Resources are available	initiatives of the childhood healthy living and obesity prevention strategy/action plan.
14	Food skills education provided to children in schools	Food skills are a required component of the curriculum at the junior high level.		Food rating system and dietary guidelines for foods served to children exists	There is an evidence-based food rating system and dietary guidelines for foods served to children, and tools to support their application.
15	Nutrition education and training provided to teachers	Nutrition education and training is a requirement for teachers.			Support (delivered by qualified personnel) is available free of
16	Nutrition education and training provided to childcare workers	Nutrition education and training is a requirement for childcare workers.	36	Support to assist the public and private sectors to comply with nutrition policies	charge to assist the public and private sectors to comply with nutrition policies.

Indicators

17 Lower prices for healthy foods

18 Higher prices for unhealthy foods

Affordable prices for healthy foods in rural, remote,

Benchmark

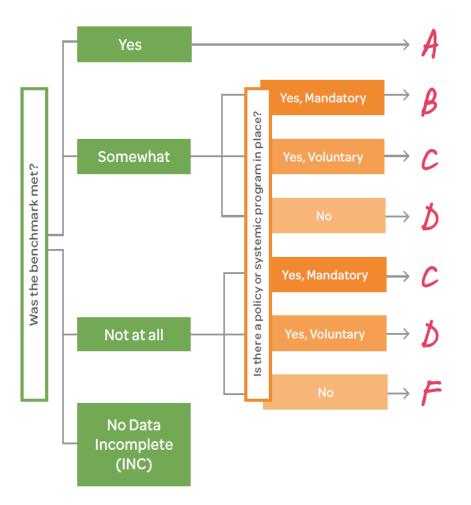
Basic groceries are exempt from point-of-sale taxes.

A minimum excise tax of \$0.05/100 mL is applied to sugar-

Subsidies to improve access to healthy food in rural, remote,

sweetened beverages sold in any form.

# Grading



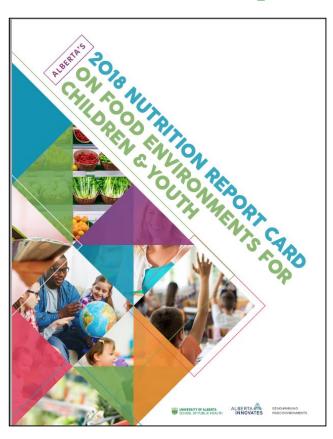
For grades A to F, consider whether the policies, programs, or actions address high risk groups such as Aboriginal, minority, and low socioeconomic status groups.

If yes, add: "+"

A "-" can be assigned based upon judgment by the Expert Working Group in cases, for example, when supports and/or monitoring systems existed, but were discontinued in recent years.



# Alberta's 2018 Nutrition Report Card Highlights



What overall grade did Alberta receive on the 2018 Nutrition Report Card?



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

**2017 - C** 

2016 - D

2015 - C





#### Municipalities Protect and Promote Children and Youth's Health By Supporting Healthy Food Environments



Based on Alberta's 2016 Nutrition Report Card on Food Environments for Children and Youth (NRC). The full and summary report are available online at: usb.ca/hrc





BENCHMARKING FOOD ENVIRONMENTS





# ECONOMIC ENVIRONMENT

The economic environment refers to financial influences, such as manufacturing, distribution, and retailing, which primarily relate in cost of flood. Costs are often determined by market forces, however public hould interventions such as recentary incentives and disincenties in the form of taxes, pricing policies and subsidies, and healthy host purchasing policies and practices through sponsorably can affect food choice.

OVERALL GRADE



CATEGORY	GRADE
Reportal Incentives for consumers	С
Covernment assistance programs	С





# INDICATOR 18

#### HIGHER PRICES FOR UNHEALTHY FOODS

Benchmark: A minimum excise tax of \$0.05/100mL is applied to sugar-sweetened beverages sold in any form.

Was the benchmark met?	Is there a policy or program in place?	Is it mandatory, voluntary, or neither?	Final grade
Not at all	No		F











# INDICATOR 7

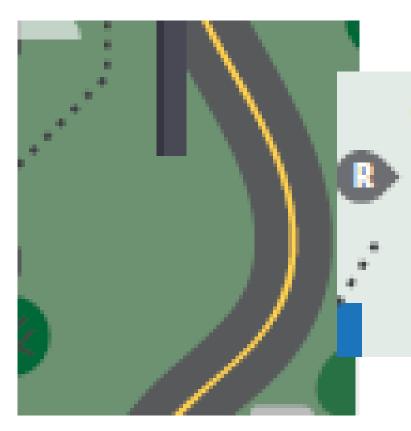
## AFFORDABLE PRICES FOR HEALTHY FOODS IN RURAL, REMOTE, OR NORTHERN AREAS

Benchmark: Subsidies to improve access to healthy food in rural, remote, or northern communities to enhance affordability for local consumers.

Was the benchmark met?	Is there a policy or program in place?	Is it mandatory, voluntary, or neither?	Final grade
Somewhat	No		D+







#### TRANSPORTATION

Subsidize transport of healthy foods to rural/remote/ Northern Communities





INDICATOR 2

# SUBSIDIZED FRUIT AND VEGETABLE SUBSCRIPTION PROGRAM IN SCHOOLS

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

Was the benchmark met?	Is there a policy or program in place?	Is it mandatory, voluntary, or neither?	Final grade
Somewhat	Yes	Mandatory (only for schools in the Alberta School Nutrition Program)	C+



















# BREASTFEEDING IS SUPPORTED IN PUBLIC BUILDINGS

Benchmark: All public buildings are required to permit and facilitate breastfeeding

Was the benchmark met?	Is there a policy or program in place?	Is it mandatory, voluntary, or neither?	Final grade
Somewhat	Yes	Mandatory	В







#### Assessment Checklist for Undertaking Environmental Scan (Breastfeeding Support) Physical facilities

Physical facilities
<ul> <li>□ Private space/breastfeeding room in campus</li> <li>□ Breastfeeding room has comfortable chair, desk, sink to wash supplies</li> <li>□ Breastfeeding room is safe and secure</li> <li>□ Breastfeeding room is free from distraction</li> <li>□ Breastfeeding room has adequate lighting and ventilation</li> <li>□ Breastfeeding room is accessible to every female faculty member, staff and student</li> <li>□ Permission is required to avail the facility</li> <li>□ Breast milk storage facilities</li> <li>□ Breast milk pumping device</li> <li>□ Childcare facilities (radius)</li> </ul>
Policies  ☐ Maternity leave (duration for faculty member, staff, and students, any conditions) ☐ Parental leave (duration for faculty member, staff, and students, any conditions) ☐ Written breastfeeding policy ☐ Flexible work schedule for breastfeeding mothers (faculty member, staff, and students)
Environment  Publicity of support policies or campus facilities  University posts poster/flyer to promote the culture of breastfeeding in campu  Mother-friendly status of the setting  Uniformity in breastfeeding accommodation across the faculty/department  Efforts for celebration of breastfeeding week  Publicity of baby formula milk/baby food at university or in campus food band  Healthcare facilities/services address the lactation needs of mothers  Service charges  Coverage by insurance package  Health messages for lactating mothers and associated people  Maintenance of follow up with new mothers (faculty, staff or student)  Alerts for breastfeeding mothers who are smokers, use caffeine, drink

alcohol or using any medication



INDICATOR 28

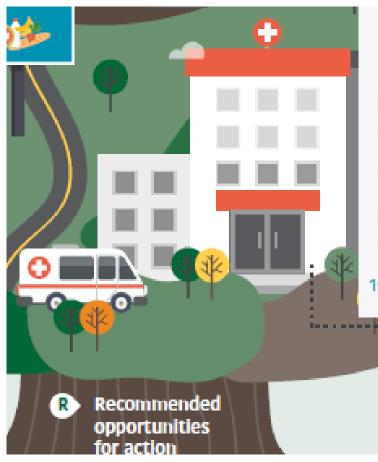
#### BREASTFEEDING IS SUPPORTED IN HOSPITALS

Benchmark: All hospitals with labour and delivery units, pediatric hospitals, and public health centres have achieved WHO Baby-Friendly designation or equivalent standards.

Was the benchmark	Is there a policy or	Is it mandatory,	Final grade
met?	program in place?	voluntary, or neither?	
Somewhat	Yes	Voluntary	С







- Have a written breastfeeding policy that is routinely communicated to all healthcare staff.
- 2. Train all healthcare staff in the skills necessary to implement this policy.
- Inform all pregnant women about the benefits and management of breastfeeding.
- 4 Help mothers to initiate breastfeeding within a half-hour of birth.
- Show mothers how to breastfeed and how to maintain lactation even if they should be separated from their infants.
- 6. Give newborn infants no food or drink other than breast milk, unless medically indicated.
- 7. Practice rooming in—allow mothers and infants to remain together—24 hours a day.
- Encourage breastfeeding on demand.
- Give no artificial teats or pacifiers (also called dummies or soothers) to breastfeeding infants.
- Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.

#### HOSPITALS

Continue to foster a supportive environment for breastfeeding using WHO's 10 Steps to Successful Breastfeeding\*

"see Breastfeeding Support in the full NRC report









INDICATOR 3

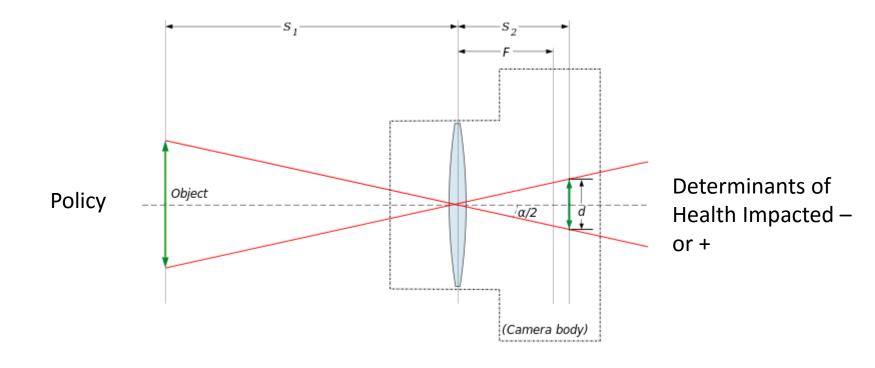
### HEALTH-IN-ALL POLICIES

Benchmark: Health Impact Assessments are conducted in all government departments on policies with potential to impact child health.

Was the benchmark met?	Is there a policy or program in place?	ls it mandatory, voluntary, or neither?	Final grade
Somewhat	Yes	Voluntary	С







Considering the Social Determinants of Health as Policy is Created





INDICATOR 32

#### COMPLIANCE MONITORING OF POLICIES AND ACTIONS TO IMPROVE CHILDREN'S EATING BEHAVIOURS AND BODY WEIGHTS

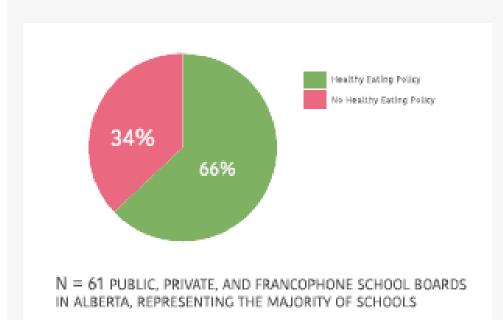
Benchmark: Mechanisms are in place to monitor adherence to mandated nutrition policies.

Was the benchmark	Is there a policy or	Is it mandatory,	Final grade
met?	program in place?	voluntary, or neither?	
Somewhat	Yes	Voluntary (only schools in the Alberta School Nutrition Program report)	С





#### FIGURE 12. Percent of School Boards in Alberta With/Without a Healthy Eating Policy



The Alberta Healthy So Wellness Fund was the data on adherence to I In addition to the loss there was a delay until the Reporting and Refl possible this year.







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#### Municipal Resource Hub for Healthy Food Policies

#### **Supporting Healthy Eating in Your Municipality**

Promoting good food and nutrition is essential to the health and wellbeing of our youngest residents. Healthy eating promotes child growth and development, as well as the prevention of chronic disease.

Once upon a time, we thought healthy eating meant making "good" food choices. However, research has shown that it is not that simple. Our eating habits are also influenced by the settings where we live, play and grow.

Municipalities have the ability to foster environments that provide and encourage healthy food choices, thereby protecting and promoting child and youth health. AUMA, the Alberta Policy Coalition for Chronic Disease Prevention (APCCP) and the Benchmarking Food Environments Project at the University of Alberta School of Public Health have partnered to develop a healthy eating information hub for municipalities. The webpages in this hub provide information, tools, and resources to assist municipalities in supporting healthy eating in their communities.

#### Tools & Resources

Supplementary tools and resources to assist your municipality in promoting healthy eating

Read More

#### The Role of Municipalities in Healthy Eating

Information on how municipalities can foster healthy food environments

Read More

#### Alberta's Nutrition Report Card

Information on Alberta's 2018 Nutrition Report Card: Municipal Focus

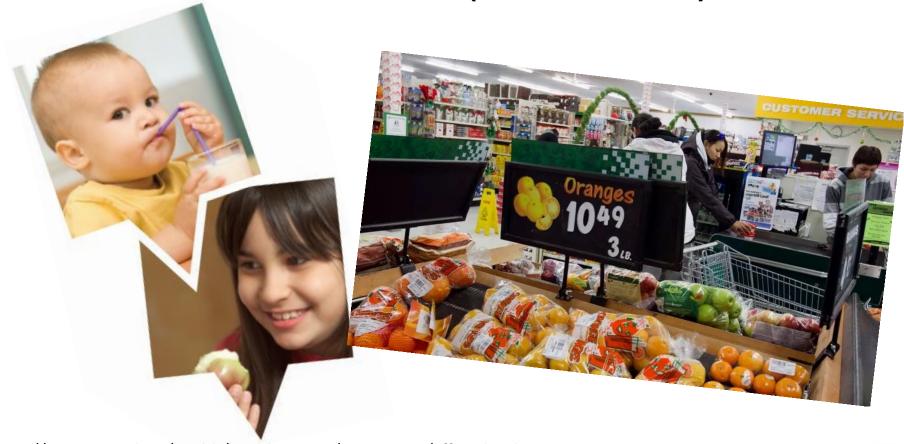
Read More

https://auma.ca/advocacy-services/programs-initiatives/municipal-resource-hub-healthy-food-policies





# Affordable Food in Remote Manitoba (AFFIRM)



https://www.gov.mb.ca/health/healthyeating/community/affirm.html



# Breastfeeding Support in Municipal Buildings



http://abpolicycoalitionforprevention.ca/wp-content/uploads/2016/10/resolution\_making-your-municipality-more-breastfeeding-friendly.pdf



# **Evaluate Breastfeeding Support**

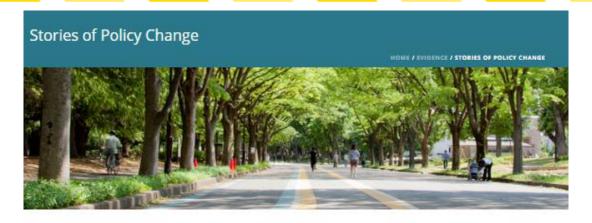


Physical facilities

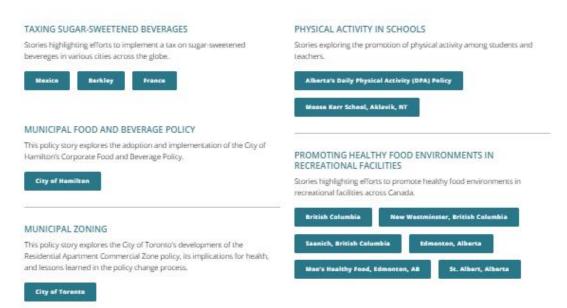
- Private spaces/rooms
- Breast milk storage
- **Policies** 
  - Written breastfeeding policy
  - Flexible work schedule for breastfeeding mothers
- **Environment** 
  - Publicize support
  - Signs/posters to promote culture of breastfeeding

https://cloudfront.ualberta.ca/https:/cloudfront.ualberta.ca/-/media/sustainability/3-experiential/scholarsreports/2016/sustainability\_scholars 2016 final report - shela hirani.pdf





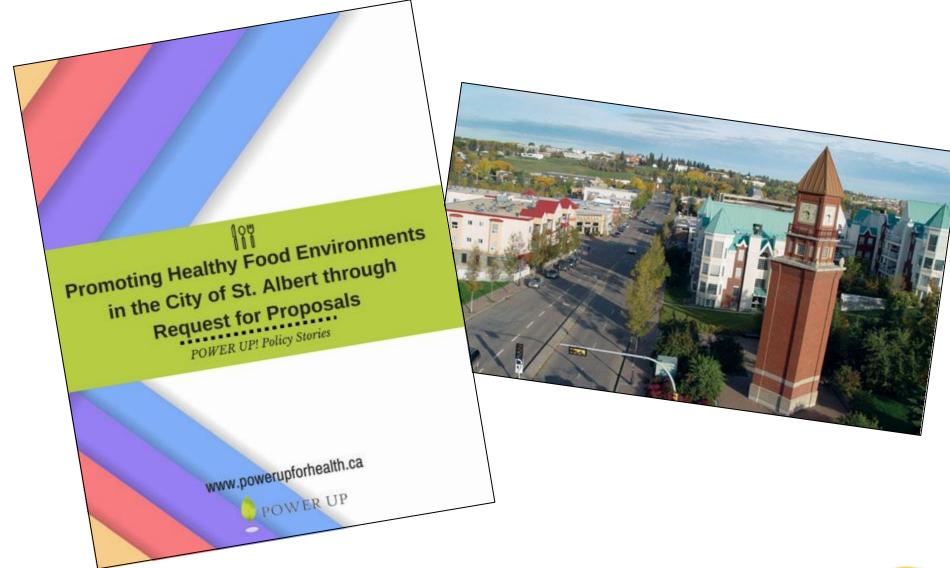
Through the POWER UP! project, we are telling stories of healthy policy change happening in jurisdictions and organizations across Canada and the world. Check out our policy story topics below:



http://abpolicycoalitionforprevention.ca/evidence/stories-of-policy-change/



















Social Environment

**Economic Environment** 

Physical Environment

**Policy Environment** 

https://albertahealthycommunities.healthiertogether.ca/take-action/focus-areas/healthy-eating/





# The Policy Readiness Tool

- The Policy Readiness Tool is an evidence-based tool to help foster healthy public policy.
- Intent is to make participating in policy change more accessible to non-experts and experts
- Developed by Dr. Candace Nykiforuk, School of Public Health,
   University of Alberta, in partnership with the APCCP.



https://policyreadinesstool.com/en/





#### **Questionnaire for Assessing Policy Readiness**

А	В	С	Response (A, B or C?)
The community or organization is comfortable being among the first to try new policies and initiatives	The community or organization usually goes along with other groups' recommendations about trying new policies and initiatives	The community or organization is uncomfortable trying new policies and initiatives	
The community or organization enjoys being the first in the province to try something new	The community or organization prefers to try new things after seeing other groups successfully use them	The community or organization prefers to use things it is currently using	
The community or organization likes to try things that are seen on TV or read about	The community or organization prefers to try things that are seen on TV or read about only after seeing other groups successfully use them	The community or organization prefers not to try things that are seen on TV or read about until they have been thoroughly tested	
The community or organization is always looking for something new to benefit its members	The community or organization sometimes looks for new things to try to benefit its members	The community or organization likes using more traditional things to benefit its members	
If the community or organization does not know what to do, it asks other groups for advice	If the community or organization does not know what to do, it sometimes asks other groups for advice	If the community or organization does not know what to do, it tries to figure it out itself	
other groups for advice	asks other groups for advice	to ligate it out itself	

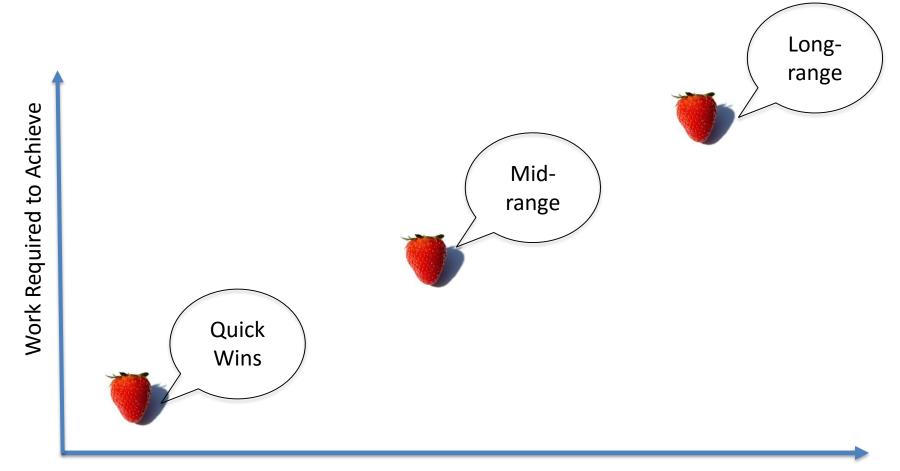
**Innovators** 

The Majority

**Late Adopters** 







Length of Time to Achieve



## **Quick Wins**



- Rec facilities providing schools access to their facilities for prep food courses or school nutrition programs
- Use of readily available nutrition education resources
- Partnering with local media to promote healthy eating
- Printing & posting international breastfeeding symbol
- Ask the federal government to implement a sugar-sweetened beverage tax



# Mid-Range



- Engage local dietitians with local businesses to identify healthy choices on menus
- Working with school boards to suggest that Home Economics be made mandatory for junior high students
- Encourage local Farmers' Markets to provide weekly vouchers for free fruit and vegetables to students
- Encourage monitoring food policy adherence by looking at food available in relation to the ANGCY using the developed tools (e.g. Menu Checklist)





# Long-Range



- Consider tax incentives for entrepreneurs with innovative ways of offering healthy foods
- Consider the healthfulness of products offered when providing licenses to food trucks
- Use authority to make changes in zoning policies to improve food environments
- Ensure no marketing of unhealthy foods and beverages exists in public buildings, close to schools, and in daycares





### **Questions?**



Municipal Resource Hub for Healthy Food Policies:

https://auma.ca/advocacy-services/programs-initiatives/municipal-resource-hub-healthy-food-policies

# **Upcoming Events**

November 28 to 29	Decentralized Energy Forum	Banff
February 26 to March 1	Municipal Executive Certificate Program	Jasper
March 27 to 28	AUMA Spring Municipal Leaders' Caucus	Edmonton
May 6 to 9	Annual Crime Prevention Conference	Canmore
May 8 to 9	AUMA Public Risk Conference	Edmonton

www.auma.ca/events rmalberta.com/events-programs