



### OSPAPPH ELECTION RESULTS

In March, OSPAPPH put out a call for new members to join our executive. We are happy to announce that all positions, with the exception of the vice-chair, will be filled for the 2015/16 term. We look forward to introducing you to our incoming members and acknowledging the hard work of our outgoing members at the annual general meeting in June. More details about the AGM are coming soon.



### OSPAPPH EXECUTIVE GETS UP CLOSE AND PERSONAL

The OSPAPPH Executive will be meeting on April 28 and 29, 2015 in Peel Region for its annual Face to Face meeting. Once again, the meeting will be an opportunity for Executive members (incoming and outgoing) to get to know one another in person and tackle a few priorities. Aside from regular business, the Executive will be working to finalize a draft strategic plan for 2016-2020. We look forward to sharing outcomes of the meeting with our members during the 2015 Annual General Meeting.

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**OSPAPPH EXECUTIVE – 2014-2015****Chris Sherman,**

Co-chair  
(Chatham-Kent Public Health)

**Katherine Horst,**

Co-chair  
(Perth District Health Unit)

**Vacant,**

Vice-chair

**Donna Mills,**

Treasurer  
(Niagara Region Public Health)

**Vacant,**

Secretary

**Anita Trusler,**

Regional Representative South West  
(Lambton Public Health)

**Elaine Fisher,**

Regional Representative Northern Region  
(Northwestern Health Unit)

**Annette Collins,**

Regional Representative Central West  
(Region of Waterloo Public Health)

**Aprile Spence,**

Regional Representative Central East  
(Region of Peel Health Services)

**Jennifer Ronan,**

Regional Representative Eastern Region  
(Hastings & Prince Edward Counties  
Health Unit)

**Lisa Kaldeway,**

Special Project Officer  
(Haliburton Kawartha Pine Ridge District  
Health Unit)

**Chantal Lalonde,**

Special Project Officer  
(Eastern Ontario Health Unit)

**MEMBERSHIP RENEWAL FOR 2015-2016**

It's that time of year again! Our annual membership drive will begin soon. On behalf of the OSPAPPH Executive, we would like to thank all of our members for your continued support. Registration forms and invoices will be emailed to each Health Unit from the treasurer in April. Annual membership registrations are due by June 5, 2015.

**Benefits of OSPAPPH Membership**

OSPAPPH Executive members continue to be front line Physical Activity Promoters like you and we strive to support the role from a provincial and local perspective. Each member on the Executive has received commitment from their management team to spend time to work on developing a stronger provincial collaborative for you.

Your membership fee of \$150 supports:

- ✓ Elevating physical activity as a public health priority in Ontario through engagement, education, advocacy and strategic alliances
- ✓ Moving the provincial advocacy strategy on physical literacy forward with key messages and policy recommendations that can be adapted at the local level
- ✓ Engaging our members and stakeholders in current issues related to physical activity promotion across the province and nationally
- ✓ Participation in collaborative work across the province that will translate into local benefits for promotion of physical activity
- ✓ Operational planning and priority setting for the Society
- ✓ Meeting accountability requirements as part of being incorporated (e.g. annual financial review).

We look forward to your continued support over the 2015-2016 term.

### STRATEGIC PLANNING UPDATE

OSPAPPH's Strategic Planning Sub-Committee\* would like to thank everyone who took the time to complete the online survey. We received feedback from 69 health unit participants and six OSPAPPH stakeholders that is now being used to help inform the development of our new 2016-2020 Strategic Plan. Health unit responses included a relatively equal representation from all of our health unit regions. It was encouraging to hear your positive comments related to OSPAPPH's work. In particular, we heard loud and clear that you want OSPAPPH to continue its advocacy work related to physical activity key issues such as physical literacy and access to recreation. We also heard that you appreciated timely advocacy responses from OSPAPPH on issues such as the Healthy Kids Panel and the Ontario Cycling Strategy.

We value your input on areas where you feel OSPAPPH should focus in the coming years. Prominent themes included enhancing communication, helping to build capacity for physical activity promotion in public health and identifying opportunities to engage our members in OSPAPPH's work.

The Strategic Planning Sub-Committee has been working diligently to capture our members' ideas as we draft the new strategic plan. The goal is to have a draft 2016-2020 Strategic Plan ready to share with all of our members during our Annual General Meeting in June. Members will then have an opportunity to provide additional feedback before we finalize the Strategic Plan.

\*Strategic Planning Sub-Committee: Anita Trusler, Aprile Spence, Chantal Lalonde, Jennifer Ronan, Lisa Kaldeway

### PHYSICAL LITERACY ADVOCACY UPDATE

Our physical literacy advocacy efforts are winding down and we are thrilled to announce that we've received over 30 endorsements representative of 19 health units (Boards of Health, Medical Officers of Health, or both), and key stakeholders: ParticipACTION, Canadian Society for Exercise Physiology, Health Nexus, OPHEA, the Niagara Sport Commission, Sport for Life Society and Healthy Active Living and Obesity Research Group at the Children's Hospital of Eastern Ontario.

We are now crafting our communication strategy to the Ministry of Education. Our intention is to present the policy recommendations and the support for them and begin a conversation with the Ministry on how we can work together to elevate physical literacy. The policy recommendations represent missing puzzle pieces. Our goal is to work with the Ministry of Education and other key stakeholders to determine strategies to putting these pieces in place.

We are overwhelmed by the level of support for physical literacy this advocacy campaign has generated. As we move forward into the next phase of our strategy, we are hoping the conversation around physical literacy continues to grow.

If you have any questions, please feel free to contact our Special Project Officers Lisa Kaldeway and Chantal Lalonde at [info@ospapph.ca](mailto:info@ospapph.ca).

### PHYSICAL ACTIVITY REPORT CARD

The former Active Healthy Kids Canada Report Card on the physical activity of children and youth is now under the leadership of ParticipACTION. The Report Card is set to be released on June 9th. OSPAPPH members can expect to receive information and resources via email on June 9th from their regional representatives.

## PHYSICAL LITERACY CONSENSUS PROJECT

A national project on physical literacy is underway led by ParticipACTION with funding support from RBC Learn to Play.

The purpose of the project is to bring together researchers and practitioners from a variety of sectors to develop a Consensus Statement on physical literacy. The intent is to improve the consistency and clarity of communications. While the project is national in scope, it is inclusive of international input and perspectives.

OSPAPPH has been invited to be part of the project's Steering Committee along with PHE Canada, Canadian Sport for Life, Healthy Active Living and Obesity Research Group at CHEO, the Canadian Parks and Recreation Association, and the International Sport for Life Association.

Two key objectives have been identified by the Steering Committee:

1. Engage and align the physical activity, sport, recreation, education, health, and other sectors to develop a physical literacy Consensus Statement for Canada.
2. Disseminate the Consensus Statement to the physical activity, sport, recreation, education, health, and other sectors to inform the development of communications tools and resources related to physical literacy.

A draft Consensus Statement has been developed and will be circulated along with a survey to key stakeholders in the coming months. Survey feedback will inform revisions to the Consensus Statement.

The Steering Committee is hoping to reveal the final Consensus Statement in June of 2015 during the International Physical Literacy Conference taking place in Vancouver, Canada. The Steering Committee is currently identifying strategies to further engage stakeholders from across the physical activity sector – including public health - to build on the statement and its use.



### Key Messages in Action:

#### HEALTHY CHILDREN ON THE MOVE WORKSHOP

Recently, OSPAPPH members Mary Jane Gordon, Public Health Nurse from KFLA Health Unit and Chantal Lalonde, Health Promotion Specialist from EOHU presented a workshop at the Best Start Resource Centre Conference on physical activity and the early years "Healthy Children on the Move". Mary Jane and Chantal used the physical literacy key message documents to help build the first part of the workshop which tackled the basics of physical activity and included an in-depth look at physical literacy. Workshop participants also learned about the role of policy and its characteristics within childcare settings and a number of key resources to support practitioners were shared. Mary Jane and Chantal also presented an adapted version of their workshop in partnership with PARC on March 30<sup>th</sup>.

## OPHA HEALTHY EATING AND PHYSICAL ACTIVITY DAYCARE GUIDELINES

OSPAPPH executive members participated in a teleconference in the fall with OPHA, PARC, Nutrition Resource Centre and a few health units. It was an exploratory meeting to discuss opportunities for strengthening healthy eating and physical activity in daycares in Ontario and to consider next steps towards further alignment and coordination. We provided an update on OSPAPPH's physical literacy advocacy strategy.

The group will connect again in April to:

- Get an update on ministry developments to draft new daycare regulations
- Discuss creating a template to capture the types of initiatives happening across the province
- Learn more about the Raising the Bar healthy eating and physical activity standards that have been developed for daycare
- Map out next steps, including an agenda for a future meeting with the province.

## STAY CONNECTED WITH OSPAPPH

In between newsletters, stay connected with OSPAPPH and find out what your executive is doing. There are a number of ways to do this:

**Visit OSPAPPH's website** – On our website you can read updates of our projects, access resources like key message documents, toolkits and much more.



**Receive regular email updates** from our website every time something is added. Sign up at [www.ospapph.ca](http://www.ospapph.ca).



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### Key Messages in Action:

#### IMPORTANCE OF ACCESS TO RECREATION MUNICIPAL COUNCIL REPORT

In the midst of municipal council budget deliberations, Chantal Lalonde presented a report during a City of Cornwall council meeting on the importance of supporting access to recreation. Using the access to recreation key messages, Chantal prepared a report for council to highlight the need for recreation to be made a priority using local data and examples and tied it to the Active Healthy Kids Canada Report Card. The report was well received and generated a lengthy and fruitful conversation on how council can better support recreation for all within the City of Cornwall.

Chantal states “Using the key messages not only made my job easier but they also helped me craft something that was context-specific and in alignment with provincial public health messaging and priorities”.