



Health Promotion Ontario

2016 Conference

Health Promotion Ontario Conference

Celebrating
30  *years of the*
OTTAWACHARTER

OTTAWA

18-19
OCTOBER
2016



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Conference Theme

Health Promotion Ontario provides a forum for students, practitioners and researchers to come together and discuss issues and ideas in and around the field of health promotion. This year's conference will be in celebration of the **30th anniversary of the Ottawa Charter for Health Promotion**. To reflect on remaining challenges and discuss where the profession should head in the next 30 years, we will focus on the theme of what it means to be “**Pushing Boundaries**” in our practice. We will be exploring the importance of political, sectoral, disciplinary, methodological, institutional, and personal actions. What are the consequences of being risk averse? Accordingly, we are inviting presenters with diverse perspectives to present work that enacts the strategies and actions of the Ottawa Charter and helps us to look to the future.





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Social Media Campaign

@HealthPromoON

#HPOConference2016

#PushingBoundaries

#OttawaCharter30



@HealthPromotionOntario



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Celebrating
30 years of the
OTTAWA CHARTER

Conference Venue

Canadian Museum of Nature

240 McLeod Street
Ottawa Ontario K2P 2R1
Canada





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Conference Cost

Early Bird Registration*

Member	\$ 170.00
Non-Member	\$ 195.00
Student	\$ 100.00

Regular Registration

Member	\$ 195.00
Non-Member	\$ 225.00
Student	\$ 100.00

[For Registration Click Here](#)





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Conference Program

Day 1 – October 18			
1:00 pm	Conference Registration		Outside of Barrick Salon
1:45 pm	Welcome Remarks		Barrick Salon
2:00 pm	Kick-off Panel with Q & A: <i>Celebrating 30 years of the Ottawa Charter: Past, Present and Future</i>		Barrick Salon
3:15 pm	Refreshment Break; coffee and snacks		Barrick Salon
3:45 pm	Community Discussion: The Canadian diet and the future of health promotion		Barrick Salon
5:15 pm	Evening Reception; hot hors d'oeuvres and cash bar		Barrick Salon
Day 2 – October 19			
8:00 am	Conference Registration; morning coffee and snacks		Outside of Barrick Salon
9:00 am	Welcome Remarks		Barrick Salon
9:15 am	Opening Keynote		Barrick Salon
10:15 am	Stretching Break		Barrick Salon
10:30 am	Workshops;	Session 1 - Joelle Martel Session 2 - Sophia Wertheimer Session 3 - Michelle Murray, Dr. Barry Bruce, and Julie McKercher	Barrick Salon Rotunda Barrick Boardroom
12:00 pm	Lunch & Young Professionals Networking Event		Barrick Salon
1:30 pm	Abstract Presentations;	Session 1a - Anjum Sultana b - Dr Josephine Etowa and Solomon Lome c - Rachel Roy and Adrienne Seabrooke Session 2a - Kendra Willard and Robert Pozeg b - Janette Leroux c - Robert Rattle	Barrick Salon Rotunda
2:30 pm	Closing Keynote		Barrick Salon
3:15 pm	Concluding Remarks		Barrick Salon



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DAY ONE



6th Global Forum on
HEALTH PROMOTION
6^e Forum mondial sur la
PROMOTION DE LA SANTÉ

&



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PRESENTS:

KICK-OFF PANEL WITH Q & A: CELEBRATING 30 YEARS OF THE OTTAWA CHARTER: PAST, PRESENT & FUTURE

PAST PANELISTS

1. Reflections on development of Ottawa Charter

Lavada Pinder

Director General of the Health Promotion Directorate of Health and Welfare Canada (one of the sponsoring organizations of the 1986 Ottawa meeting)

2. Journey and impact of Ottawa Charter in the past 30 years

Ian Culbert

Executive Director for CPHA (also one of the sponsoring organizations in 1986)

PRESENT PANELIST

3. Role of civil society in health promotion and SDGs; Review of PEI Declaration and 6th Global Forum on Health Promotion

Mihály Kökény

Former Ottawa Charter participant, former Health Minister in Hungary, Global Forum – PEI experience, review of PEI Declaration

FUTURE OF HEALTH PROMOTION PANELIST

4. A call to action for immediate next steps and next 30 years

Sume Ndumbe-Eyoh

National Collaborating Centres for Determinants of Health

PANEL CO-CHAIRS

Angela Andrews

Representing Health Promotion Canada and
Health Promotion Ontario

Bernard Kadasia

President, Alliance for Health Promotion



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DAY ONE

COMMUNITY DISCUSSION

THE CANADIAN DIET AND THE FUTURE OF HEALTH PROMOTION

DISCUSSION TOPIC

Let's discuss what we could be doing to improve the nutritional health of all Ontarians as health promoters over the next 30 years given the diverse groups of people we serve. What impacts will the aging demographic and changes to our climate have on our work? With active input from our Discussants, we'll surface ideas in the audience that are not being widely taken up in the profession, and get into the details of how to marry efforts at behaviour change with more structural work to enable healthier diets all Ontarians.

DISCUSSANTS

Tim Stevenson

Food Matters Manitoba as
Northern Indigenous
Liaison



Wayne Roberts

Journalist
Food Policy Analyst



Irena Knezevic

School of Journalism and
Communication, Carleton
University



MODERATOR

Ketan Shankardass

Department of Health Sciences, Wilfrid Laurier University
Centre for Urban Health Solutions, St. Michael's Hospital
Dalla Lana School of Public Health, University of Toronto



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DAY TWO

OPENING KEYNOTE

Connie Clement

Scientific Director, National Collaborating Centre for Determinants of Health

Connie Clement joined the National Collaborating Centre for Determinants of Health (NCCDH) in January 2011. Previously, Connie was the Executive Director of Social Venture Partners Toronto, a venture philanthropy collaborative, and Health Nexus/Nexus Santé, Canada's premiere health promotion consultancy. She was Director of Planning and Policy at Toronto Public Health when six public health units merged, and previously held varied health promotion and sexual health management and front-line positions. Connie holds a BSc in Biology/Sociology from Trent University.





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CLOSING KEYNOTE

Dr. Mihály Kökény

Former Ottawa Charter participant, former Health Minister in Hungary, Global Forum – PEI experience, review of PEI Declaration

Dr. Mihály Kökény, PhD. currently works as a health policy consultant. He is a senior fellow of the Global Health Program at The Graduate Institute of International and Development Studies (Geneva, Switzerland) and contributes to global health diplomacy education and research. He is also a lecturer at the University of Debrecen, Faculty of Public Health in Hungary (on global health and health policy). As a senior policy advisor to the Regional Director of the WHO's European Region he assists national health policy planning in selected Member States in addition to working in a couple of regional projects.



Until 2010 he was working in political positions. Dr. Kökény was elected to the Hungarian Parliament in 1994 and served there between 1994 and 2010. He was working in various government functions including Health and Welfare Minister (1996-98, 2003-4). In the Parliament he was the Chairman of the Health Committee (1998-2002, 2006-2010).

During his life-career his international activities covered a broad field of health promotion, environment and health and health care reforms as WHO, EU, OECD and World Bank consultant and speaker of major conferences. From 2008 until 2011 he served as a Member of the Executive Board of WHO, from 2010 he was the Chairman of the Board.

Dr. Kökény, a Hungarian citizen is a medical doctor specialized for clinical cardiology and has a degree from health care management and political sciences. In 2014 he co-edited the first ever textbook on health diplomacy in Hungarian.



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DAY TWO

90 MINUTE WORKSHOPS

October 19, 2016 at 10:30 am– 12:00 pm (Three concurrent sessions)

SESSION 1

Pack your bags....Our journey towards building resilient school communities

Presented by
Joelle Martel

Organization
Sudbury & District Health Unit

Brief workshop description:

The Sudbury & District Health Unit employs an innovative approach in creating resilient school communities (Healthy Schools). This approach honors the strengths-based movement that is gaining impetus provincially, nationally, and worldwide. The strengths-based approach is an effective public health practice used to meet the Ontario Public Health Standards (OPSH) that involves working with children and youth, parents, school boards, schools, and communities. Our workshop will offer participants the opportunity to experience first-hand the inward looking practice of the strengths-based approach, explore various resiliency enhancing strategies, share collaborative success stories, outline evaluation components and results, and showcase promising public health practices.



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SESSION 2

Language and health equity: Developing more linguistically inclusive and diverse work environments, processes and programs

Presented by
Sophia Wertheimer

Organization
Independent research consultant based in Ottawa, Ontario

Brief workshop description:

In the field of health promotion, language influences much of what we do and how we do it. It impacts the lives of the people and the communities with whom we work, their desire and ability to access services, and our capacity to engage them meaningfully. Using a combination of activities, this workshop will encourage participants to examine how language affects access to and experiences of health. Together, we will identify areas in our practice where we should be considering the needs of linguistic minority groups, and strategies to be more linguistically inclusive and diverse in our work environments, processes and programs. Our discussion will be centered on the 5 action areas of the Ottawa Charter and address both English-French bilingualism and interventions targeting other language groups, including Indigenous, immigrant and newcomer communities. The workshop will be grounded in practical examples and will allow participants to learn about and share existing tools and resources.



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SESSION 3

Western Ottawa Community Resource Centre

Names of Presenters:

Michelle Murray

Dr. Barry Bruce

Julie McKercher

Brief workshop description:

In this presentation, we will share the experience of walking with a community that repeatedly raised the issues with aging in place, and our collective organizational commitment to listen, respond, and facilitate a communities desire to take greater control over their health and well-being and shape their ageing experience. We will share our 2016 engagement process, outcomes, promising practices, successes and challenges, and cautionary tales. We hope to inspire action as we have been inspired by residents. We will be providing opportunities throughout the session for conference participants to ask questions, and provide insight and feedback for us to apply to take forward on our continuing journey with our community's rural residents.



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DAY TWO

PRESENTATIONS/WORKSHOP

October 19, 2016 at 1:30 am– 2:30 pm (Three concurrent sessions)

SESSION 1 (Format: Two 15 minute presentations)

1a. Ontario's Decent Work and Health Network – A catalyst for healthy public policy and a social determinants of health intervention in action

Presented by
Anjum Sultana

Organization
Atkinson Foundation

Brief workshop description

Health care providers see first-hand the impact precarious work has on the health of their patients. Furthermore, there is strong research evidence that has demonstrated the link between precarious working conditions and poor health outcomes. However, what has not been well studied are the ways in which health care providers can intervene, whether at an individual or societal level, to reduce the impact of poor working conditions on health.

In 2015, the Decent Work and Health Network was created to engage the health sector in the movement for decent work. The catalyst for developing the Network was the Changing Workplaces Review, a broad review of key legislation governing employment and working conditions in Ontario. The premise of the Network is to influence policy to protect the rights and promote the health of vulnerable workers.

This presentation will first outline what the Decent Work and Health Network is and its activities to that. It will then examine through case study methodology, three examples of Canadian health advocacy campaigns to identify effective health advocacy campaigns. These case studies were used to inform an initial conceptual framework that was refined with input from an advisory group of leading Canadian health advocates. The Decent Work and Health Network has played an active role in the public policy process by participating in the Changing Workplaces Review in Ontario through a variety of activities. This study has deepened our understanding about the ways in which health providers can engage in health advocacy campaigns for social change.



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1b. Community engagement on a multi-country participatory research on mothering and infant feeding among black women living with HIV

Presented by
Dr Josephine Etowa
Solomon Lome

Brief presentation description:

HIV infection through heterosexual contact, the most common transmission route is highest among Black women. Evidence indicate that breastfeeding presents a 20% risk of HIV transmission to infants, hence the World Health Organization recommended that the standard of care among HIV-positive women of childbearing age by 2015 should include antiretroviral therapy with exclusive formula feeding where feasible to eliminate 90% of new HIV infections among children, and keep HIV-positive mothers healthy. Black women including those in the diaspora share similar socio-cultural perceptions of motherhood, vulnerability to HIV infection through heterosexual contact, and socio-economic barriers to needed health and social services. This paper presents the process of meaningfully engaging Black women in three cities; Ottawa-Canada; Port Harcourt-Nigeria and Miami- USA where there is a complex intersect of socio-cultural, socio-economic, ethno-racial, and public health contexts with being Black, HIV-positive, childbearing, and confronted with infant feeding choices, practices, and experiences. The paper discusses the community based participatory processes being used to keep community members actively involved in all phases of the project and generate data that is well-grounded in the realities of the women being studied.



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1c. Developing a knowledge dissemination forum to increase access to youth engagement in health promotion research: Honouring the Ottawa Charter's directive to reorient health services towards health promotion.

Presented by
Rachel Roy
Adrienne Seabrooke

Organization
Hamilton Public Health Services

Brief presentation description:

Youth engagement is a sound strategy for primary prevention and health promotion. However, there is a gap in the availability of centralized, easy-to-access literature outlining and evaluating strategies to engage youth effectively in health promotion. No youth voice is present in the published literature to help guide and validate strategic approaches from the perspective of the target population themselves. Driven by the Ottawa Charter's directive to reorient health services by focusing stronger attention on health research a forum was created for knowledge dissemination to help increase access to the evidence base for youth-led health promotion and to highlight actual youth experiences. Please join us for a 15-minute presentation outlining the creation of this new forum, an Open Access online Journal titled Youth Engagement in Health Promotion.



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SESSION 2 (Format: Three 15 minute presentations)

2a. Pushing the boundaries of public health, schools, municipalities, and community partners to connect to each other and build healthy environments.

Presented by
Kendra Willard
Robert Pozeg

Organization
Halton Public Health

Brief presentation description:

How do we find meaningful ways to engage youth in community conversations that shape healthy communities? We have been working together with partners (schools and municipalities) to develop robust and sustainable engagement strategies. This session will provide attendees with a novel example of engaging youth in real-world content and problem solving while also developing critical thinking skills and positive relationships.



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2B. Challenging current paradigms in health and aging: practical implications for doing health promotion

Presented by
Janette Leroux

Organization
Queen's University

Brief presentation description:

How is it that we think about health and aging? What ideas, beliefs, or contemporary discourses inform the ways that we work to promote health among the aged? This presentation will begin by together exploring the concept of healthy aging against the backdrop of the 1986 Ottawa Charter for Health Promotion. As a group we will consider how the three Charter strategies (enable, mediate, advocate), and five Charter action areas (building healthy public policy, creating supportive environments, strengthening community action, developing personal skills, reorienting healthcare services) tend to be taken up in research and practice in aging. In deconstructing common demographic myths that fuel mainstream alarmism surrounding the “greying of society”, in bringing forward some key concepts from the field of social gerontology, and in reflecting on the inequality paradox as it relates to age, the presentation will challenge current paradigms in health and aging.



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2C. Experiences with Health Impact Assessment (HIA) for local projects

Presented by
Robert Rattle

Organization
Crane Institute for Sustainability

Brief presentation description:

Health in All Policies (HiAP) is an approach to public policy that operates across sectors and systematically considers the health implications of decisions, seeks synergies across sectors, and develops responses that avoid harmful health impacts in order to improve population health and health equity. One approach to ensure that health is prioritised in decision making processes is Health Impact Assessment (HIA). By conducting a HIA of policy, programme and project proposals, the idea of health promotion may become common practice across all sectors. HIAs are designed to determine if there is a need for an assessment to be done, and how in depth it needs to be. Potential problem areas can be identified, and recommendations provided to minimise adverse health effects and maximise potential proposal benefits. This presentation will review the results of several local HIAs of both local and international projects. In all cases, the methodology involved rapid desk-based HIAs (both prospective and retrospective), and in some cases incorporated additional tools such as the Ontario Health Equity Impact Assessment toolkit. Many unintended health impacts, both beneficial and adverse, were identified. In some cases municipal impacts of international proposals provided valuable insights to national policy setting agendas. In other cases, local proposals provided useful insights into national and regional policy and programme areas which could lead to health promotion and improved health outcomes. Recommendations to mitigate or avoid adverse impacts, or enhance - often unintended - health benefits help demonstrate the value of HIAs. This presentation will demonstrate how conducting HIAs can be seen as a systematic method of promoting healthy lifestyles in all policy, programme and project proposals across disciplines.