

HEALTH
PROMOTION
ONTARIO



PROMOTION
DE LA SANTÉ
ONTARIO

2017 Conference

Health Promotion Ontario Conference

30th Anniversary of
Health Promotion Ontario



Chestnut Conference Centre
Toronto
November 23, 2017



Conference Theme

Each year, Health Promotion Ontario (HPO) 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 Health Promotion Ontario**.

This year's conference theme invites presentations and workshops that:

- Apply our Pan-Canadian Health Promoter Competencies into action
- Identify challenges, lessons learned and potential solutions for applying Pan-Canadian Health Promoter Competencies effectively
- Provide opportunities for attendees to participate, build skills and network



HEALTH
PROMOTION
ONTARIO



PROMOTION
DE LA SANTÉ
ONTARIO

30th Anniversary of
Health Promotion Ontario



Social Media Campaign

@HealthPromoON

#HPPOConference2017



@HealthPromotionOntario



Conference Venue



Venue

Chestnut Conference Centre

89 Chestnut Street

Toronto, Ontario

M5G 1R1, Canada



Directions From Subway

Chestnut Residence & Conference Centre, University of Toronto is located south of Dundas Street on the east side of Chestnut Street.

From Bloor/Yonge Station or St. George Station

Take the train southbound to Dundas or St. Patrick Station

From Union Station

Take the train northbound to St. Patrick Station or Dundas Station.

From Dundas Station

Walking west on Dundas Street, Chestnut Street is at the 2nd set of lights west Yonge Street.

From St. Patrick Station

Walking east on Dundas Street, Chestnut is at the 1st set of lights east of University Avenue.



Conference Cost

Early Bird Registration

Member **\$ 155.00**

Non-Member **\$ 180.00**

Student **\$ 105.00**

Regular Registration

Member **\$ 180.00**

Non-Member **\$ 205.00**

Student **\$ 105.00**

Early bird registration extended to September 12, 2017

[For Registration Click Here](#)





Conference Program

8:00 am	Conference Registration; morning coffee and snacks	
9:00 am	Welcome Remarks	
9:15 am	Opening Keynote	
10:15 am	Stretching Break	
Sessions - Two 15 Minute Presentations		
10:30 am	Session 1: Room: Colony Ballroom East (2nd Floor) a) Working Towards Creating an Inclusive Lambton County by Building Community Capacity HP Competencies*: 5, 6, 8 b) Respect, Trust, Self-determination, and Commitment: What do these principles have to do with engaging with Indigenous communities? HP Competencies*: 6, 8	Session 2: Room: St. David (3rd Floor) a) Harm Reduction Health Promotion Initiatives in Middlesex-London HP Competencies*: 1, 2, 3, 5, 6, 8 b) Applying a Public Health Perspective to Gambling Harm HP Competencies*: 1, 3, 5, 6, 8, 9
11:15 am	Session 3: Room: Colony Ballroom East (2nd Floor) a) Strengthening health promoter competencies through online learning HP Competencies*: 1 b) Engaging Millennials: Promoting Community Health Through Dynamic Student-Led Initiatives HP Competencies*: 1, 3, 4, 5, 7, 8	Session 4: Room: St. David (3rd Floor) a) Quenching the thirst: An analysis of population and high-risk approaches to the prevention of alcohol-related harm in Canada HP Competencies*: 1 b) Hospitals that do Health Promotion: An Effective Way to Reorient Health Systems HP Competencies*: 3
11:45 pm	Lunch & Mentorship/Networking Luncheon sponsored by HPC	
Sessions - 60 Minute Workshop		
1:00 pm	Session 5: Room: Colony Ballroom East (2nd Floor) A Step in the Right Direction: How Movement Can Make a Difference in an Office and in Employees’ Lives HP Competencies*: 1, 5, 6	Session 6: Room: St. David (3rd Floor) Patient Advocacy: Building positive networks and relationships between patients, families, and healthcare professionals HP Competencies*: 5
2:00 pm	Health Promotion in Canada: Launch of the 4th Edition – Panel Discussion	
3:00 pm	Lori Chow Award	
3:15 pm	Concluding Remarks	



OPENING KEYNOTE

OPENING KEYNOTE

Brent Moloughney



Dr. Brent Moloughney is a public health and preventive medicine specialist with over 23 years of experience at regional, provincial and national levels. Currently a Medical Director at Public Health Ontario in the Health Promotion, Chronic Disease and Injury Prevention Program, he previously was an independent consultant for 18 years in which he led numerous consulting projects to strengthen and build capacity of public health organizations and systems across the country. He has had longstanding interest in health promotion, chronic disease and injury prevention including projects addressing the integration of social determinants of health into public health practice, the development of health promoter competencies, and the creation of supportive environments for health including the built environment.



SESSIONS – TWO 15 MINUTE PRESENTATIONS

SESSION 1a

Working Towards Creating an Inclusive Lambton County by Building Community Capacity

Time:

10:30 am – 11:00 am

Room:

Colony Ballroom East (2nd Floor)

Presented by:

Matt Joosse

Organization:

Lambton Public Health

Brief description:

Lambton Public Health (LPH) was the recipient of a 2016-2017 Rainbow Health Ontario breakthrough grant that set out to:

1. Identify gaps in health care services for LGBTQ2IA individuals;
2. Create a positive space at Lambton Public Health by enhancing inclusiveness guidelines;
3. Provide resources for health care providers and the public; and,
4. Facilitate education and networking between project partners and community stakeholders.

This talk will address how Pan-Canadian Health Promoter Competencies were critical to the success of this year long multi-faceted project and how we are working towards a more inclusive Lambton with our community partners.

Pan-Canadian Health Promoter Competencies:

Community Mobilization and Building Community Capacity, Partnership and Collaboration, and Diversity and Inclusiveness



SESSIONS – TWO 15 MINUTE PRESENTATIONS

SESSION 1b

Respect, Trust, Self-determination, and Commitment: What do these principles have to do with engaging with Indigenous communities?

Time:

10:30 am – 11:00 am

Room:

Colony Ballroom East (2nd Floor)

Presented by:

Ghislaine Goudreau, Health Promoter;

Renee St. Onge, Director, Research, Resources, Evaluation Division

Organization:

Sudbury & District Health Unit, on behalf of Locally Developed Collaborative Project partners

Brief description:

This presentation will focus on the literature findings of a Local Driven Collaborative Research Project (LDCP), “Relationship building with First Nations and public health: Exploring principles and practices for engagement to improve community health”. Four principles emerged from the literature review: **respect, trust, self-determination, and commitment**. Within each of the principles, there are numerous “wise” practices which represent activities and approaches that were cited to promote effective engagement with Indigenous people and can contribute to more sustained partnerships. This presentation will briefly describe each of the principles and wise practices as well as the next steps of the project.

Pan-Canadian Health Promoter Competencies:

Partnership and Collaboration, and Diversity and Inclusiveness



SESSIONS – TWO 15 MINUTE PRESENTATIONS

SESSION 2a

Harm Reduction Health Promotion Initiatives in Middlesex-London

Time:

10:30 am – 11:00 am

Room:

St. David (3rd Floor)

Presented by:

Christopher Blain, BHSc, Public Health Promoter

Shaya Dhinsa RN, BSCN, MEd, Manager of Sexual Health

Organization:

Middlesex-London Health Unit

Brief description:

The purpose of this session is to educate health promotion professionals on a health promotion initiative Middlesex-London Health Unit (MLHU) implemented in response to increasing HIV rates in marginalized populations such as People Who Inject Drugs (PWID). Designed and implemented to promote harm reduction practices to people who inject drug (PWID).

Pan-Canadian Health Promoter Competencies:

Health Promotion Knowledge and Skills, Situational Assessments, Plan and Evaluate Health Promotion Action, Community Mobilization and Building Community Capacity, Partnership and Collaboration, Communication, and Diversity and Inclusiveness



SESSIONS – TWO 15 MINUTE PRESENTATIONS

SESSION 2b

Applying a Public Health Perspective to Gambling Harm

Time:

10:30 am – 11:00 am

Room:

St. David (3rd Floor)

Presented by:

Matt Laird, Knowledge Translation Assistant

Jess Voll, MPH, Candidate- Credentialed Evaluator, jess@greo.ca

Organization:

Gambling Research Exchange Ontario

Brief description:

This presentation will share GREO's work in understanding gambling harms within a public health perspective. A scoping review on the connection between the social determinants of health and gambling harm, an environmental scan with Ontario's Local Public Health Units, and a research paper examining the comorbidities associated with gambling harm will be shared. The presenters will explore how addressing gambling harms in public health will reduce gambling harms, and improve the outcomes of comorbid conditions of public health importance. We will also explore ideas for public health agencies to address gambling harms in existing programs and services, as well as potential resources to do so.

Pan-Canadian Health Promoter Competencies:

Health Promotion Knowledge and Skills, Plan and Evaluate Health Promotion Action, Community Mobilization and Building Community Capacity, Partnership and Collaboration, Leadership and Building Organization Capacity, and Diversity and Inclusiveness



SESSIONS – TWO 15 MINUTE PRESENTATIONS

SESSION 3a

Strengthening health promoter competencies through online learning

Time:

11:15 am – 11:45 am

Room:

Colony Ballroom East (2nd Floor)

Presented by:

Shawn Hakimi, Knowledge Product Development Advisor
Benjamin Rempel, Program Manager

Organization:

Health Promotion Capacity Building, Public Health Ontario

Brief description:

During the last two years, the Health Promotion Capacity Building team at Public Health Ontario has focused considerable resources on developing online learning tools to meet the growing needs of health practitioners in Ontario. Through this presentation, participants will achieve a greater understanding of health promotion online resources available through Public Health Ontario and how these tools can assist in strengthening health promoter competencies in their work.

Pan-Canadian Health Promoter Competencies:

Health Promotion Knowledge and Skills



SESSIONS – TWO 15 MINUTE PRESENTATIONS

SESSION 3b

Engaging Millenials: Promoting Community Health Through Dynamic Student-Led Initiatives

Time:

11:15 am – 11:45 am

Room:

Colony Ballroom East (2nd Floor)

Presented by:

Daniel Law, BScN candidate, York University, bcdlaww@gmail.com

Mikaeel Valli, B.Sc. Hon., MSc. candidate, University of Toronto, mikaeel_v@yahoo.com

Organization:

York University

University of Toronto

Brief description:

Empowering millennials, the future foundation of the workforce, to address key social inequities will be crucial in strengthening Ontario's public health workforce. A novel strategy that can be utilized in institutions is proposed by students who share their experiences planning and executing a community health initiative project. Their initiative, BookChest, addresses poor childhood literacy outcomes in low-income neighbourhoods, a key socioeconomic factor. The project was successfully executed with funding from York University, and preliminary findings indicate that the project had a positive effect on children's reading attitudes. Implications for students' professional development and benefits for public health will be explored.

Pan-Canadian Health Promoter Competencies:

Health Promotion Knowledge and Skills, Plan and Evaluate Health Promotion Action, Policy Development and Advocacy, Community Mobilization and Building Community Capacity, Communication, Diversity and Inclusiveness



SESSIONS – TWO 15 MINUTE PRESENTATIONS

SESSION 4a

Quenching the thirst: An analysis of population and high-risk approaches to the prevention of alcohol-related harm in Canada

Time:

11:15 am – 11:45 am

Room:

St. David (3rd Floor)

Presented by:

Madeleine Bondy, Master of Public Health (MPH) Candidate

Organization:

Dalla Lana School of Public Health

Brief description:

In Canada, alcohol-related harm is a serious public health priority. 16% of Canadians experience some form of harm from their consumption of alcohol in their lifetime, while the socioeconomic burden of alcohol consumption costs the Canadian economy nearly \$15 billion per year and accounts for approximately 4,258 deaths per year. Drawing on Geoffrey Rose's Prevention Paradox, the purpose of this presentation will argue that the best approach to prevent alcohol-related harm is one that combines individual and population strategies, while also focusing upstream to address the fundamental causes of alcohol consumption.

Pan-Canadian Health Promoter Competencies:

Health Promotion Knowledge and Skills



SESSIONS – TWO 15 MINUTE PRESENTATIONS

SESSION 4b

Hospitals that do Health Promotion: An Effective Way to Reorient Health Systems

Time:

11:15 am – 11:45 am

Room:

St. David (3rd Floor)

Presented by:

Sharanyan Satthiyaseelan BHSc

Organization:

School of Health Studies, Faculty of Health Sciences¹, Western University, London, Ontario

Brief description:

Ontario hospitals have committed themselves to integrate health promotion to focus on a patient-first healthcare delivery model. Implementing health promotion standards, such as those developed by the WHO, have the potential to transform health systems and improve the health of the community. A difficult task understandably as it requires the commitment and coordination of all sectors within health, including public health and health promotion. Considering these challenges, health promoters are valuable assets in implementing health promotion action in hospitals and across health systems. We aim to provide recommendations and strategies for health promoters wanting to participate in and provide health promotion to their communities through less traditional mechanisms (such as through hospitals). These recommendations can incorporate health promotion activities into current practices with an aim to improving client-value while maintaining organizational and provincial priorities.

Pan-Canadian Health Promoter Competencies:

Plan and Evaluate Health Promotion Action



MENTORSHIP/NETWORKING LUNCHEON

Mentorship/Networking Luncheon sponsored by HPC

Time:

12:30 pm – 1:00 pm

Room:

St. David (3rd Floor)

Presented by:

Aisha

Jasmin Bhawra

Organization:

Health Promotion Canada

Goal:

Introduce the HPC mentorship/menteeship program and facilitate a mentoring/networking activity for conference participants

Outline:

5-10 mins: Introducing the HPC Mentorship Program

20-25 mins: “Speed Networking Activity” 4x5mins rotating networking sessions. 4 tables will each have a mentor. Sample questions will be available at each table to start the conversation. Goal is to allow mentees to be able to ask relevant questions and have them answered by mentors.

2-3mins: wrap-up and send-off

Hard copies of survey and sign-up sheet will be available for interested participants.



SESSIONS – 60 MINUTE WORKSHOP

SESSION 5

A Step in the Right Direction: How Movement Can Make a Difference in an Office and in Employees' Lives

Time: 1:00 pm – 2:00 pm

Room: Colony Ballroom East (2nd Floor)

Presented by:

Brad Gerard, Natalie Toman, Dr. Leigh Vanderloo

Organization:

PaticipACTION

Brief description:

The modern workplace culture feeds into the problem of sedentary lifestyles, and consequently, this environment requires modification. Physical inactivity in the workplace is costly – increasing number of health claims submitted each year, high rates of absenteeism, low job satisfaction, and decreased employee retention and recruitment. As such, steps are warranted to minimize the amount of time employees spend sitting each day in the office. The overarching purpose of this workshop is to examine sedentary workplaces and collectively discuss ways to rectify this issue. Attendees will be given the opportunity to work through cases of various workplace situations (with specific profiles) and apply newly gained knowledge. More specifically, these break-out sessions based on the Behaviour Change Wheel will permit attendees to identify: target behaviours, possible contributors to the behaviour(s), and behaviour change techniques. Practical tips for minimizing sedentary behaviours and including more physical activity in the workplace will also be discussed.

Pan-Canadian Health Promoter Competencies:

Health Promotion Knowledge and Skills, Community Mobilization and Building Community Capacity, Partnership and Collaboration



SESSIONS – 60 MINUTE WORKSHOP

SESSION 6

Patient Advocacy: Building positive networks and relationships between patients, families, and healthcare professionals

Time:

1:00 pm – 2:00 pm

Room:

St. David (3rd Floor)

Presented by:

Martin, Angelica, BHSc – President

Farwa Naqvi – Advocacy Chair

Organization:

Open Arms Patient Advocacy Society

Brief description:

Open Arms' patient advocates work with patients and health professionals to support positive relationship-building through direct involvement in system navigation, advocacy, and health education. All support is offered at a grassroots level, and on a volunteer basis. Open Arms suggests that improved health outcomes and reduced health disparities among individuals and populations may be achieved by:

1. Mediating conversations in patient-centered care: meaningful conversations that validate both patient and clinician concerns.
2. Encouraging collaboration in the clinician-patient relationship.
3. Empowering patients, and providing them with the tools to independently manage their relationships with health care professionals.

Pan-Canadian Health Promoter Competencies:

Community Mobilization and Building Community Capacity



HEALTH PROMOTION IN CANADA: LAUNCH OF THE 4TH EDITION

Health Promotion in Canada: Launch of the 4th Edition

Time:

2:00 pm – 3:00 pm

Room:

Colony Ballroom East (2nd Floor)

Presented by:

Katherine L. Frohlich

Kevin Churchill

Brian Hyndman

One or two others to be determined

Organization:

Frohlich: Département de médecine sociale et préventive, Université de Montréal and
Université de Montréal Public Health Research Institute; Churchill: Lambton Public Health;
Hyndman: School of Public Health and Health Systems, University of Waterloo

Brief description:

This session will launch the 4th edition of Health Promotion in Canada that will be published by Canadian Scholars Press in early November. Katherine Frohlich, one of the four editors of the book, will briefly introduce it and will also introduce three commentators (an academic, practitioner and a student) who will have read it in advance of the Conference. Each of the commentators will review the book from their own perspective offering their comments both positive and negative. Katherine will respond to the comments and open the floor to comments by the audience. The session will close with a formal launch.



HEALTH PROMOTION IN CANADA: LAUNCH OF THE 4TH EDITION

Health Promotion in Canada: Launch of the 4th Edition – Panel Biographies

Kevin Churchill



Kevin Churchill has worked at Lambton Public Health for the past 20 years, serving as Manager of Health Promotion from 2002 through June 2017, and he is currently the Manager of Family Health. Kevin earned a BA in English from the University of Western Ontario (1997), a Graduate Diploma in Community Health from Memorial University of Newfoundland (2004), and he graduated from the University of Waterloo Master of Public Health program in 2010. With strong interests in community engagement, health equity and healthy public policy, Kevin has contributed to policy work at the local, regional and provincial levels. Kevin is a Past Chair of Health Promotion Ontario, was involved in the development of Pan-Canadian Competencies for Health Promoters and he currently serves as a director and is one of the founding members of Health Promotion Canada. Kevin is also a board member of the Ontario Public Health Association and a 2016 recipient of the ALPHA Distinguished Service Award.

Personal

Kevin lives in Sarnia, Ontario with his partner Morag and their three daughters. Together they enjoy spending time with family and friends, camping, reading, enjoying music and being involved in the Sarnia-Lambton community.



HEALTH PROMOTION IN CANADA: LAUNCH OF THE 4TH EDITION

Health Promotion in Canada: Launch of the 4th Edition – Panel Biographies

Brian Hyndman

Brian Hyndman recently completed his PhD at the School of Public Health and Health Systems at the University of Waterloo. His current research focuses on the application of policy change theories to understand the adoption of policies aimed at reducing health inequities as well as strategies addressing the social determinants of health within the scope of public health practice. Prior to returning to school to pursue doctoral studies in 2012, Brian spent three years as a Senior Planner at Public Health Ontario, where he helped to create the Health Equity Impact Assessment (HEIA) framework, a planning tool designed to reduce inequities resulting from barriers to access by health service providers in Ontario. Brian has over twenty five years of experience in building the capacity of health promotion practitioners. This was gained through a variety of roles, including 12 years as a consultant at the Health Communication Unit, University of Toronto. Brian has also designed and taught health promotion courses at Ryerson University, the University of Toronto and the University of Waterloo. In addition, he has held voluntary leadership positions in the public health sector, including President of the Ontario Public Health Association (1997-1999) and Citizen Representative on the Toronto Board of Health (2001-2007).



HEALTH PROMOTION IN CANADA: LAUNCH OF THE 4TH EDITION

Health Promotion in Canada: Launch of the 4th Edition – Panel Biographies

Dr. Erica Di Ruggiero



Erica Di Ruggiero is Director for the Office of Global Public Health Education & Training, Director of the Collaborative Specialization in Global Health, and Assistant Professor, Social and Behavioural Health Sciences Division at the Dalla Lana School of Public Health (University of Toronto). Prior to joining the university, she was the inaugural Deputy Scientific Director with the Canadian Institutes of Health Research-Institute of Population and Public Health. She led the design, implementation and evaluation of research, partnership and knowledge translation initiatives to address

priorities including health equity, environments and health, global health and population health intervention research. She served on the Management Committee for the Innovating for Maternal and Child Health Program in Africa, as Honorary Vice President, American Public Health Association and chair, Canadian Public Health Association. She has also held adjunct and status faculty appointments at the University of Toronto. She has also held public health research, health promotion policy and program consultant positions with organizations such as the Ontario Ministry of Health and Long-Term Care, the Canadian Cancer Society and Cancer Care Ontario. Erica obtained her BSc in Nutritional Sciences, a Masters of Health Science (community nutrition) and a PhD in public health sciences from the University of Toronto. She is a registered dietitian. Her research interests include the study of population health interventions (policies, programs), their health and health equity impacts, global labour policy and policy agenda setting processes that affect health and health equity, the evaluation of global health research capacity building and of knowledge utilization and exchange strategies to influence public health decision-making at national and global levels.