

October 3, 2013

The Honourable Deb Matthews  
 Minister – Minister's Office  
 Ministry of Health and Long-Term Care  
 Hepburn Block, 10<sup>th</sup> Floor  
 80 Grosvenor Street  
 Toronto, ON M7A 2C4

Dear Minister Matthews:

**Subject: OSNPPH Call to Action: Creating a Healthy Workplace Nutrition Environment**

On September 25, 2013, the Board of Health for the North Bay Parry Sound District Health Unit passed the following resolution endorsing the:

- 1) Call to Action: Creating a Healthy Workplace Nutrition Environment<sup>©</sup> prepared by the Workplace Nutrition Advisory Group of the Ontario Society of Nutrition Professionals in Public Health (OSNPPH), and
- 2) Letter outlining support for the OSNPPH Call to Action: Creating a Healthy Workplace Nutrition Environment<sup>©</sup> sent to the Ministry of Health and Long-Term Care by the Association of Local Public Health Agencies.

**BOH/Resolution #2013/09/06**

*Whereas, In the North Bay Parry Sound District, 58.5% of adults are overweight or obese and 23.9% of adults over 45 have high blood pressure,<sup>1</sup> and*

*Whereas, Although 88% of Canadians say that healthy eating is important to them<sup>2</sup>, less than 1% follow a diet consistent with the recommendations of Canada's Food Guide<sup>3</sup>, and*

*Whereas, Most employed Canadian adults spend about 60% of their waking hours at work and eat at least one meal per day in the workplace<sup>4</sup>, and*

*Whereas, The workplace nutrition environment has been identified as a factor that influences an individual's eating habits and a target for health promotion efforts to improve health behaviours<sup>5</sup>, and*

*Whereas, The Ontario Public Health Standards mandate that boards of health use a comprehensive health promotion approach to increase the capacity of workplaces to develop and implement healthy policies and programs, and to create or enhance supportive environments for healthy eating and healthy weights<sup>6</sup>, and*

*Whereas, On August 20, 2013, the Executive Team of the North Bay Parry Sound District Health Unit agreed to revise its current internal food policy to include additional elements that further support creating a healthy workplace nutrition environment,*

To: The Honourable Deb Matthews, Minister of Health and Long-Term Care  
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*Now Therefore Be It Resolved, That the Board of Health for the North Bay Parry Sound District Health Unit endorse the Ontario Society of Nutrition Professionals in Public Health (OSNPPH) Call to Action: Creating a Healthy Workplace Nutrition Environment<sup>®</sup>, and*

*Furthermore Be It Resolved, That the Board of Health for the North Bay Parry Sound District Health Unit endorse the letter sent by the Association of Local Public Health Agencies to the Minister of Health and Long-Term Care on July 16, 2013, outlining their support for the OSNPPH Call to Action: Creating a Healthy Workplace Nutrition Environment<sup>®</sup>, and*

*Furthermore Be It Resolved, That a copy of this resolution be forwarded to the Minister of Health and Long-Term Care, the Minister of Labour, Members of Provincial Parliament for the districts of Nipissing, Parry Sound-Muskoka, and Timiskaming-Cochrane, Ontario Boards of Health, the Ontario Society of Nutrition Professionals in Public Health, and the Association of Local Public Health Agencies.*

Yours sincerely,

*Original signed by*

Daryl Vaillancourt  
Board of Health Chairperson

c: The Honourable Yasir Naqvi, Minister of Labour  
Victor Fedeli, MPP, Nipissing  
Norm Miller, MPP, Parry Sound-Muskoka  
John Vanthof, MPP, Timiskaming-Cochrane  
Ontario Boards of Health  
Ontario Society of Nutrition Professionals in Public Health  
Linda Stewart, Executive Director, Association of Local Public Health Agencies  
Monique Lugli, Executive Director, Community Services, NBPSDHU  
Brenda Marshall, Program Manager, Healthy Living Team, NBPSDHU  
Erin Reyce, Public Health Dietitian, Healthy Living Team, NBPSDHU

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## References:

- <sup>1</sup> Statistics Canada. (2011). Canadian Community Health Survey (CCHS) Indicator Profile, CANSIM table 105-0501. Retrieved December 6th, 2011 from <http://www5.statcan.gc.ca/cansim/a05?id=1050501&pattern=health+indicators&stByVal=1&paSer=&lang=eng>
- <sup>2</sup> Hamelin AM, Lamontagne C, Ouellet D, Pouliot N, O'Brien HT. (2010). Healthful Eating: Beyond Food, a Global concept. Can J Diet Pract Res. Summer, 71(2), 98.
- <sup>3</sup> Garriguet D. (2009). Diet Quality in Canada. Statistics Canada [document on the Internet]. [cited 2013 Jun 17]. Available from: <http://www.statcan.gc.ca/pub/82-003-x/2009003/article/10914-eng.htm>
- <sup>4</sup> Health Canada. (2009). Workplace Health System: An Overview. Minister of Health [document on the Internet]. [cited 2013 Jun 17]. Available from: [http://www.mentalhealthworks.ca/sites/default/files/workplace\\_health\\_system\\_overview\\_eng\\_0.pdf](http://www.mentalhealthworks.ca/sites/default/files/workplace_health_system_overview_eng_0.pdf)
- <sup>5</sup> Basrur, S. (2004). Chief Medical Officer of Health Report: Healthy Weights, Healthy Lives. Queen's Printer for Ontario [document on the Internet]. Toronto [cited 2013 Jun 17]. Available from: [http://www.mhp.gov.on.ca/en/heal/healthy\\_weights.pdf](http://www.mhp.gov.on.ca/en/heal/healthy_weights.pdf)
- <sup>6</sup> Ontario Ministry of Health and Long-Term Care. (2008). Ontario Public Health Standards 2008. Toronto: Queen's Printer for Ontario.