



Ministry of  
Health



# Provincial Implementation of Canada's Food Guide

Andrea Godfreyson, Manager  
Office of the Provincial Dietitian  
Presentation - BC Dairy Association Nutrition Forum  
November 6, 2019



## Outline

- Role of the Office of the Provincial Dietitian (OPD) in CFG implementation
- CFG Provincial Implementation Task Group
- Engagement with Regional Health Authorities
- CFG PIT Group - Our planned approach
- Healthy eating tools for First Nations, Inuit and Métis peoples
- Contact information



# Role of OPD in CFG implementation

---

## Federal Provincial Territorial Group on Nutrition

- FPT committee comprised of members from Health Canada and provincial and territorial governments
- Members collaborate on national nutrition policy and promotion priorities
- Co-chairs:
  - Alfred Aziz, Director General, Office of Nutrition Policy and Promotion, Health Canada
  - Meghan Day, Provincial Dietitian, BC Ministry of Health



# Role of OPD in CFG implementation

---

## Raise awareness among health sector and other stakeholders

- Email communication
- Webinars (1000+ participants)
- Q+As; correspondence
- Presentations
- Facilitate Health Canada's PT outreach
  - 3 days of stakeholder meetings with previous Director General, Office of Nutrition Policy and Promotion

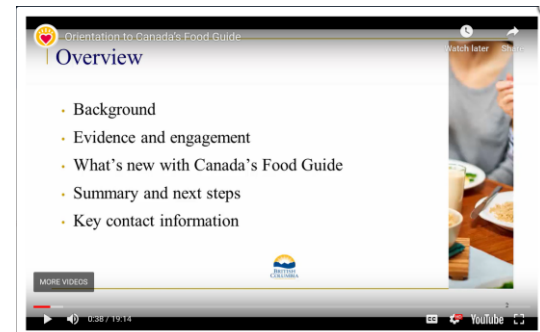
# Role of OPD in CFG implementation

---

Collaborate with HealthLink BC to develop resources promoting consistent messaging and communication among health professionals

- Orientation to Canada's Food Guide (pre-recorded webinar)
- Answers to Frequently Asked Questions for Health Professionals in B.C.

[healthlinkbc.ca/healthy-eating/professionals](http://healthlinkbc.ca/healthy-eating/professionals)





# Role of OPD in CFG implementation

---

## Provide direction for licensed facilities:

- Residential care & assisted living residences
- Child care facilities

***When specificity is needed for menu planning within public settings, the 2007 Canada's Food Guide can be used until further guidance is available from Health Canada and/or the Province.***

Review and revise provincial policies, guidelines and resources to align with the new dietary guidance



# CFG Provincial Implementation Task Group

---

To support coordination and consistent implementation of CFG within provincial and regional policies/practices

- Endorsed by the Prevention and Health Promotion Advisory Committee
- Two year term (September 2019 to August 2021)
- Co-chaired by:
  - Population & Public Health, BC Centre for Disease Control, Provincial Health Services Authority
  - Office of the Provincial Dietitian, BC Ministry of Health



# Engagement with Regional Health Authorities

- Meetings in May/June 2019 with representatives within impacted program areas at each of the five regional health authorities
- Consulted on 3 key areas:
  - Implications of CFG on area of practice
  - Challenges and opportunities with new guidance
  - How to ensure adequate representation on the task group







# Key Themes

---

## Public health

life stage dietary  
guidance  
calcium and  
Vitamin D  
resource  
development  
staff  
training/education

## Food services

guidance for menu  
planning  
consideration of  
other approaches

## Licensing

updating menu  
auditing tools  
(Meals and More &  
Audits and More)

## Schools

updating Guidelines  
for Food and  
Beverage Sales in  
BC Schools

## Communication

supporting parents  
and caregivers  
clarification of who  
CFG is for and what  
it includes (not just  
the snapshot)  
communicating key  
take-aways on a  
population level

# CFG PIT Group – Our planned approach

---



Consider other inputs to determine potential priorities



Set priorities



Develop a work plan



Establish working groups if needed



Engage, consult and gather information as needed



Take action to meet objectives



Communicate and inform



# Healthy eating tools for First Nations, Inuit and Métis peoples

- The new food guide has been developed to be inclusive of Indigenous peoples
- Health Canada (HC) and Indigenous Services Canada (ISC) are committed to support the development of distinctions-based healthy eating tools
- FNHA has submitted an initial proposal identifying a potential approach to engagement in B.C.



## Contact information

### CFG Provincial Implementation Task Group

- Secretariat:
  - Joanna Drake | [Joanna.Drake@gov.bc.ca](mailto:Joanna.Drake@gov.bc.ca)
- Co-chairs:
  - Rola Zahr | [Rola.Zahr@bccdc.ca](mailto:Rola.Zahr@bccdc.ca)
  - Andrea Godfreyson | [Andrea.Godfreyson@gov.bc.ca](mailto:Andrea.Godfreyson@gov.bc.ca)



### HealthLink BC

- For questions on food guide resources, implementation or general food and nutrition questions
- Registered dietitians are available by calling 8-1-1 (or 7-1-1 for the deaf and hard of hearing) Monday to Friday, 9am - 5pm
- Translation services are available in over 130 languages