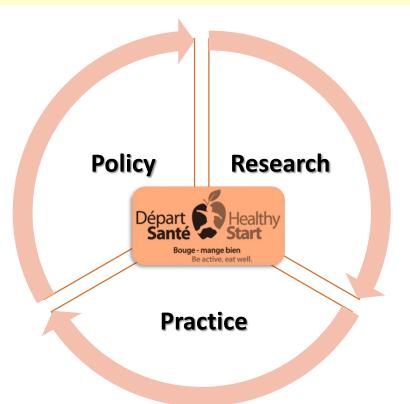
The value of multi-sectorial collaboration in improving nutritional health of early years children



Naomi Shanks, RD, MSc Public Health Nutrition Consultant Health Promotion, Primary Health Services Branch SK Ministry of Health Hassan Vatanparast, MD. PhD,

Associate Professor,
College of Pharmacy and Nutrition,
University of Saskatchewan
Chair, SK Public Health Nutrition Research Network

Outline



• Why early years children, an overview

Policy, practice and research connection/disconnection

Healthy Start as example of successful multi-sectorial intervention

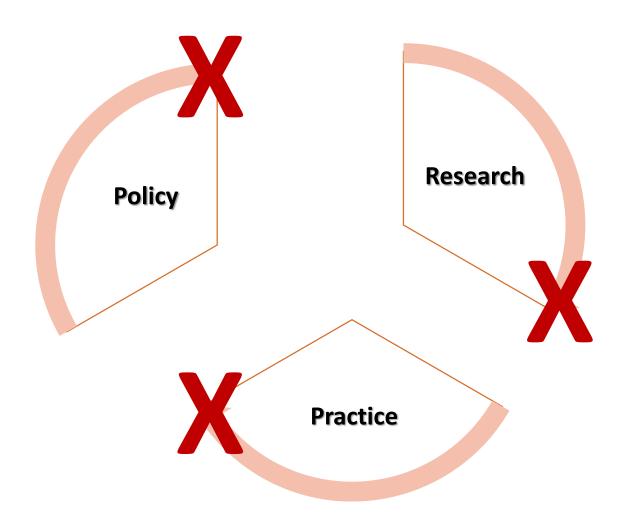
Menu planning initiative

Why early years children



- High prevalence of overweight and obesity
- Healthy dietary habits established in childhood likely maintained to adulthood
- "The first years of a child's life, may be the optimal window for promoting the development of healthy eating behaviours in children"
- Child care settings should provide appropriate food to meet 1/2 to 2/3 of children's daily energy and nutrient requirement
- In an international perspective; the major limitation: insufficient attention is being placed on improving preschool & childcare environments
- The important role of Healthy Start/Depart Santé

Major Public Health Issue: Disconnections between policy, practice & research



The regulatory policy cycle

Step 1

Socially relevant Problem

Agenda Setting
Policy Preparation
Policy readjustment

Step 4 Policy Evaluation

Performance & financial Audit
Legitimacy
(un)desirable effects, Side effects

Step 3

Policy Implementation

Coordination Monitoring

Step 2

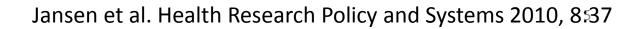
Policy Formulation

1.Policy Design

Assignment Analysis, Problem Analysis ,Contact Complexity

Goals/Objectives, Selection of Policy instruments Implementation plan, Costs, Benefits & Budget availability, Definitive Policy Proposal

2. Political decision



The regulatory practice cycle

Step 1

Practically relevant Problem

Agenda Setting

Practical Program Preparation based on need/demand

Program/Practice/product agreement



Step 4

Practice Evaluation

Judgments by practitioners

Client satisfaction

Regular monitoring

Performance and financial audit



Step 2

Practical program formulation

1.Preparation

Brainstorming on causes and solutions

Goals/Objectives, practical instruments based on evidence

Implementation design, feasibility, capacity & personnel/training needs, costs

2. Management decision



Step 3

Practical Implementation

Coordination

Trail and error, adjustment



The regulatory research cycle

Step 1 Scientifically relevant problem Theory

Step 4

Research evaluation /interpretation

Results/ hypothesis acceptance or rejection

Public accountability

Step 3

Research Implementation

Systematic data collection

Step 2

Research Formulation

Research hypothesis & question, population & variables

1. Research Design

Pilot, Sampling design, measurement tools, timelines, analytical methods

2. Ethics and consent procedures



Disconnections

Exist in all steps

- Step 1. public health problem
 - Policy makers: Relevance to political ideology & public opinion
 - Practitioners: perceived need and demand
 - Researchers: relevance to evidence/interest
- Step 2. (formulation) no power by research & practice on formal policy
- Step 3. (implementation) The issue of interim adjustment in research
- Step 4. (Evaluation) Life span Sustainability
- How to overcome disconnections:
 - Face to face encounter: most efficient way
 - Knowledge transfer
 - Personal relations
 - Mutual dependence

Example of successful multi-sectorial collaboration between policy makers, practitioners and researchers



The regulatory policy, practice & research cycles Our Healthy Start/ Depart Santé experience



Step 4

Evaluation/Interpretation

Process and outcome evaluations

Multi-phasic approach, moving toward customized and sustainable approaches

Return on investment



Socially, practically & scientifically relevant problem

childhood obesity



Step 3

Implementation

Coordination, monitoring & data collection

Alignment of policy, practice, and research



Policy, Practice & Research Formulation

- 1. Policy, Practice & Research Design
- 2. Decision making procedure

Close communication from inception and ongoing collaboration across all stakeholders (Steering Committee)



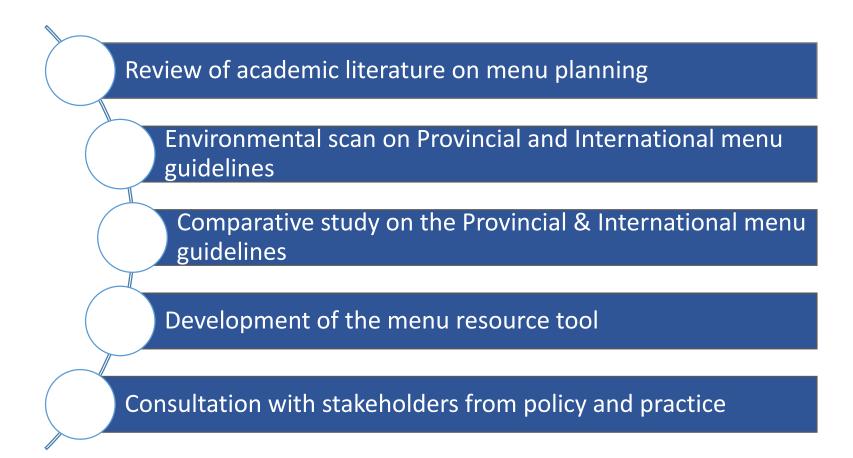
Healthy Start/Depart Santé Examples of successful multi-sectorial intervention

- Collaboration between policy, practice & research in:
 - Defining the Problem
 - Partnerships initiated at or before inception
 - Formulating practice, research and policy
 - Some policy was already in place (i.e., nutrition/menu planning guidelines); practice and research aligned
 - Implementation
 - Close collaboration with SK Ministry of Health in finalizing the implementation manual
 - Active presence and providing consultation services to Healthy Start team
 - Public health nutritionists providing technical support to the childcare centers
 - Evaluation
 - Engagement at various stages of research evaluation

Menu planning initiative

- Goal: To enhance the nutritional standards in Childcare centers & promote basic awareness of early years' nutrition among caregivers.
- Need a standardized & comprehensive menu resource tool
 - Research: How is the status of current cycle menus? How it can be improved
 - Policy: Revisit the existing policies taking to account the cultural and geographic diversity in Saskatchewan
 - Practice: Work closely with the centers to provide nutritious food
- Forming the menu planning committee
 - Policy, research & practice representation
 - Several meetings from early 2016

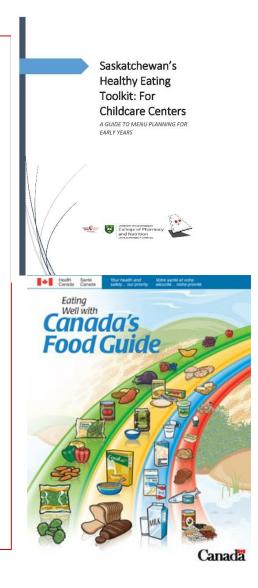
Methods



Results

A total of 28 guidelines were reviewed.

- Two key limitations consistent in the guidelines:
 - Insufficient information on cost-effective menu planning
 - Cultural diversity not reflected during menu planning
- Menu resource toolkit developed using Canada's Food Guide & the reviewed guidelines as references.



Results

- Based on the feedback from the stakeholders, the following components were added in the revised toolkit:
 - Pictorial description of food groups in Canada's Food guide & its recommended serving sizes
 - Ten steps in nutritious menu planning
 - Menu planning based on dietary restrictions & cultural considerations
 - Weekly menu samples, menu evaluation checklists & healthy recipes
 - Cost-effective menu planning for rural and remote areas
 - Food allergens, choking hazards, food safety.



Taking to account believes and practices

Food	Jewish	Hindu	Sikh	Muslim	Buddhist
Eggs	No blood spots	It varies	It varies	Yes	It varies
Milk/yoghurt	Not with meat	Yes	Yes	Yes	Yes
Cheese	Not with meat	It varies	It varies	In low quantity	Yes
Chicken	Kosher only	It varies	It varies	Halal only	No
Mutton/Lamb	Kosher only	It varies	It varies	Halal only	No
Beef products	Kosher only	No	No	Halal only	No
Pork products	No	No	Rarely	No	No
Fish	Fish with scales and fins only	Fish with scales and fins only	It varies	Fish with scales and fins only	It varies
Shellfish	No	It varies	It varies	It varies	No
Butter/ghee	Kosher only	It varies	It varies	Yes	No
Lard	No	No	No	No	No
Cereal foods	Yes	Yes	Yes	Yes	Yes
Nuts/pulses	Yes	Yes	Yes	Yes	Yes
Fruits and vegetables	Yes	Yes	Yes	Yes	Yes

Moving ahead

 The menu resource toolkit was designed to guide caregivers in providing nutritious meals & snacks necessary for developing healthy eating habits among preschoolers.

 With further consultation with public health nutritionists/registered dietitians, policy-makers, Healthy Start team... the newly designed toolkit could help improve nutritional practices within the childcare centers.

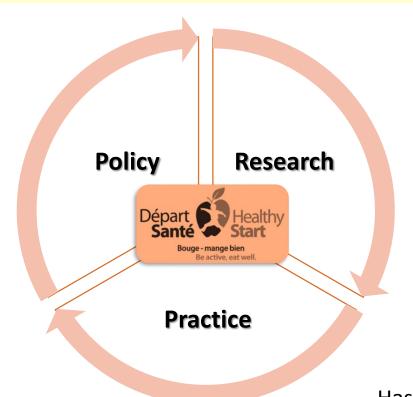
Moving ahead

Working with NB partners in developing the online course

- Creating an interactive online menu planning tool that will assist in:
 - Developing customized menus considering geographical location & cultural diversity
 - Monitoring & evaluating the practices at center and provincial levels
- Implementing Healthy Menu Certificate



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Naomi Shanks, RD, MSc Public Health Nutrition Consultant Health Promotion, Primary Health Services Branch SK Ministry of Health naomi.Shanks@health.gov.sk.ca Hassan Vatanparast, MD. PhD,
Associate Professor,
College of Pharmacy and Nutrition,
University of Saskatchewan
Chair, SK Public Health Nutrition Research Network
vatan.h@usask.ca