

Bringing Innovation into practice: Development of Public Health Guideline

**Healthy Eating, Physical Activity And
Healthy Weights Guideline For Public
Health In Ontario**

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Better cancer services every step of the way

Acknowledgements

- Program in Evidence-based Care (PEBC) at CCO
- Expert Steering Committee Members
- CCO Staff and other collaborators

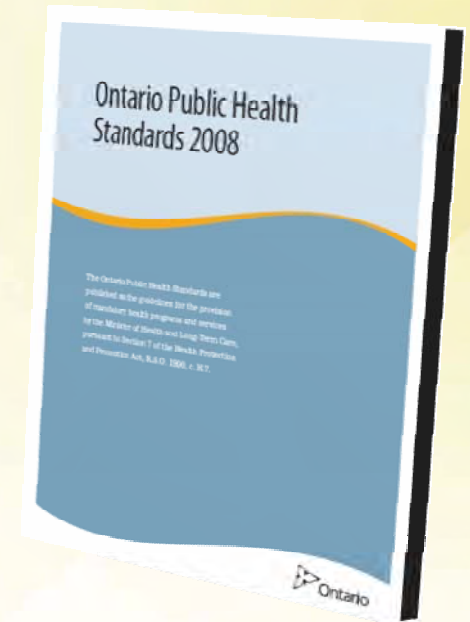
Outline

- Background and context
 - Evidence
 - 2008 Ontario Public Health Standards
- Development of *Healthy Eating, Physical Activity, and Healthy Weights Guideline for Public Health (Guideline)*
 - Objectives
 - Development process
 - Lessons Learned

Background:

2008 Ontario Public Health Standards

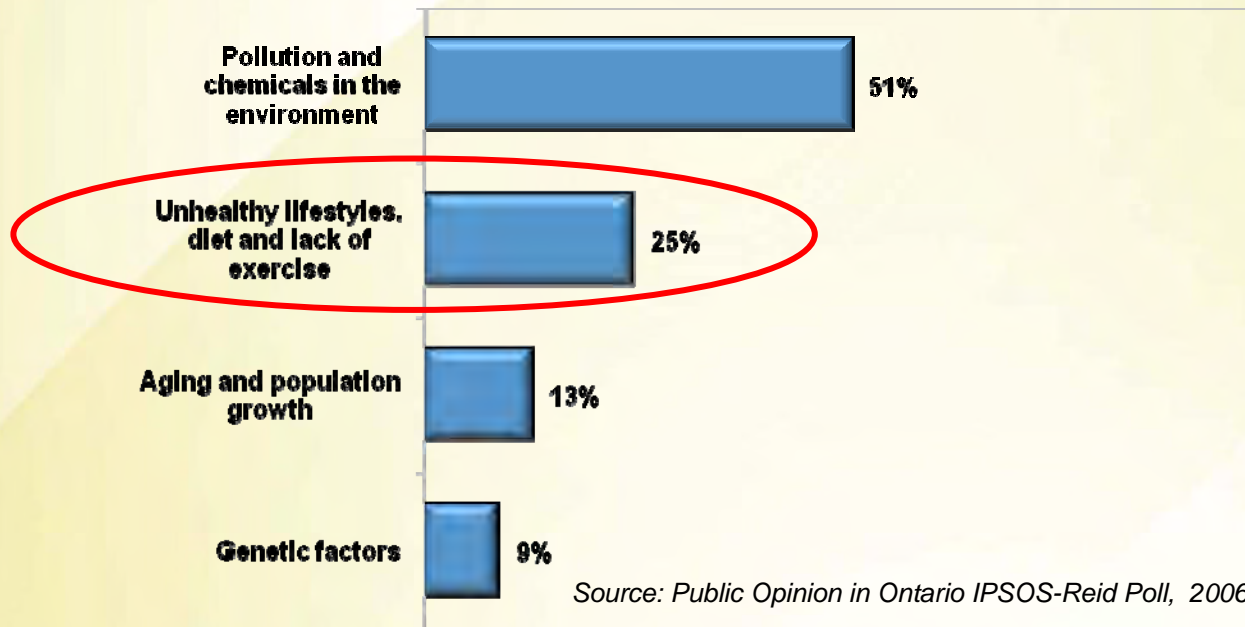
- **Chronic Diseases and Injuries Program Standards**
- **Assessment and Surveillance**
 - **Health Promotion and Policy Development**
 - Healthy eating
 - Healthy weights
 - Comprehensive tobacco control
 - Physical activity
 - Alcohol use
 - Exposure to ultraviolet radiation
 - **Settings**
 - Schools, workplaces, food premises, municipalities
 - **Approaches**
 - Community partners, skills development, public awareness



Background:

Causes of Cancer - Public Knowledge

Respondents were told: Recent statistics indicate that 33% more people will get cancer in 2015 than today...*And then asked:* What do you feel are the main factors behind the growing number of people with cancer? (in order of importance)



Background:

What we know about common risk factors

- Being overweight or obese increase the risk of some cancers.
 - Increased risk of hypertension and stroke, type 2 diabetes, and coronary heart disease.
- Convincing evidence
 - Body fatness increases the risk of oesophagus, pancreas, colorectal, breast (post-menopause), endometrial, and kidney cancers.
 - Red meat, processed meat, substantial consumption of alcoholic drinks (in men), body fatness and abdominal fatness, are causes of colorectal cancer.
 - Lack of physical activity increases the risk of some cancers
 - colon cancer (convincing)
 - breast cancer (probable)
 - Based solely, on the evidence on cancer, even small amounts of alcoholic drink should be avoided.



Narrowing down the focus



Project Outcomes

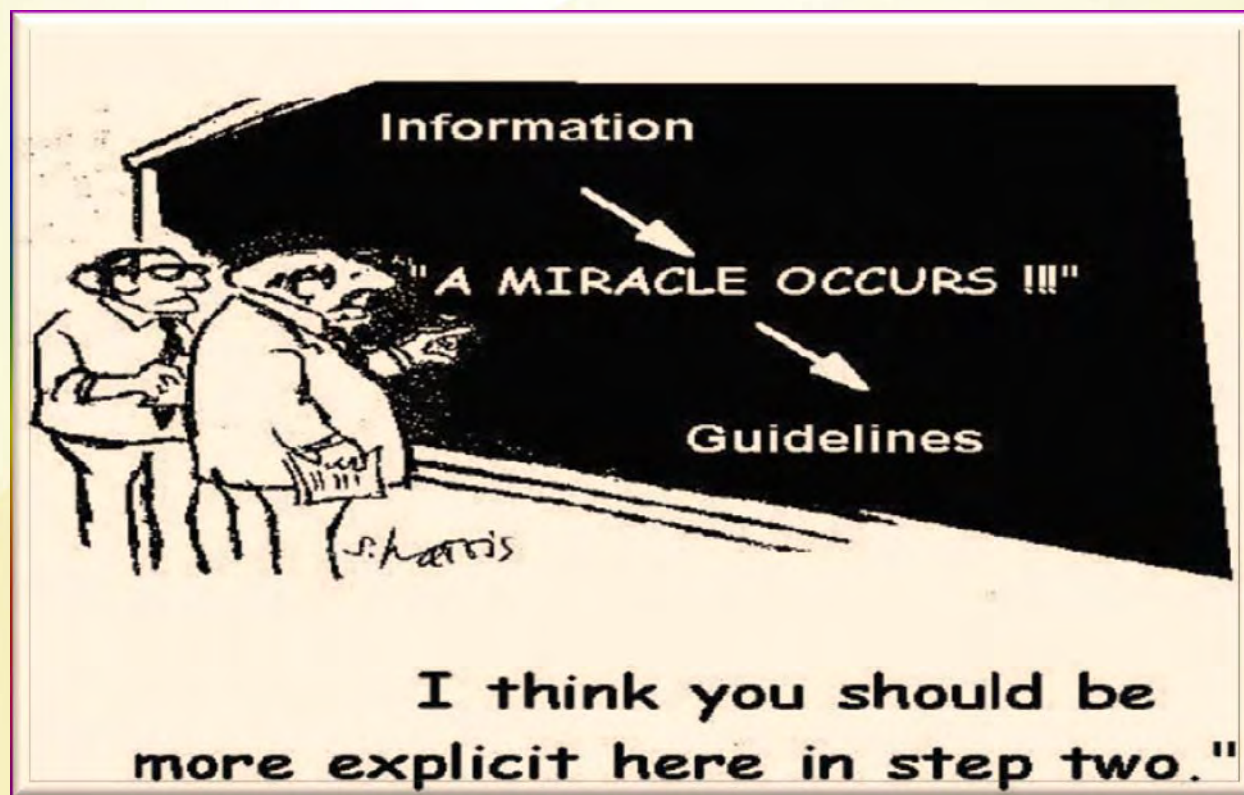
Primary objectives:

- Develop an evidence-based guideline for the primary prevention of obesity in children and adults at a population level.
- Influence evidence-informed practice among public health practitioners by creating a *Healthy Eating, Physical Activity and Healthy Weights Guideline* to support implementation of the Ontario Public Health Standards.

Secondary objective:

- Eliminate duplication of efforts by promoting consistency in the obesity prevention agenda in Ontario.

The Guideline Development Process



First things first: Stakeholder Engagement



- **Expert Steering Committee**
 - **Chronic Disease Prevention**
 - **Primary Prevention of Cancer**
 - **Public Health Units**
- **Academia**
- **Research Institutions**
- **Provincial Government**

Development Process: 8 Steps



Step 1: Environmental Scan

Scottish Intercollegiate Guidelines

The American Society of Clinical Oncology

The National Guidelines Clearinghouse

The National Institute for Health and Clinical Excellence (NICE)

Step 2: Guideline Selection

Public Health Recommendations

Inclusive of Children and Adults

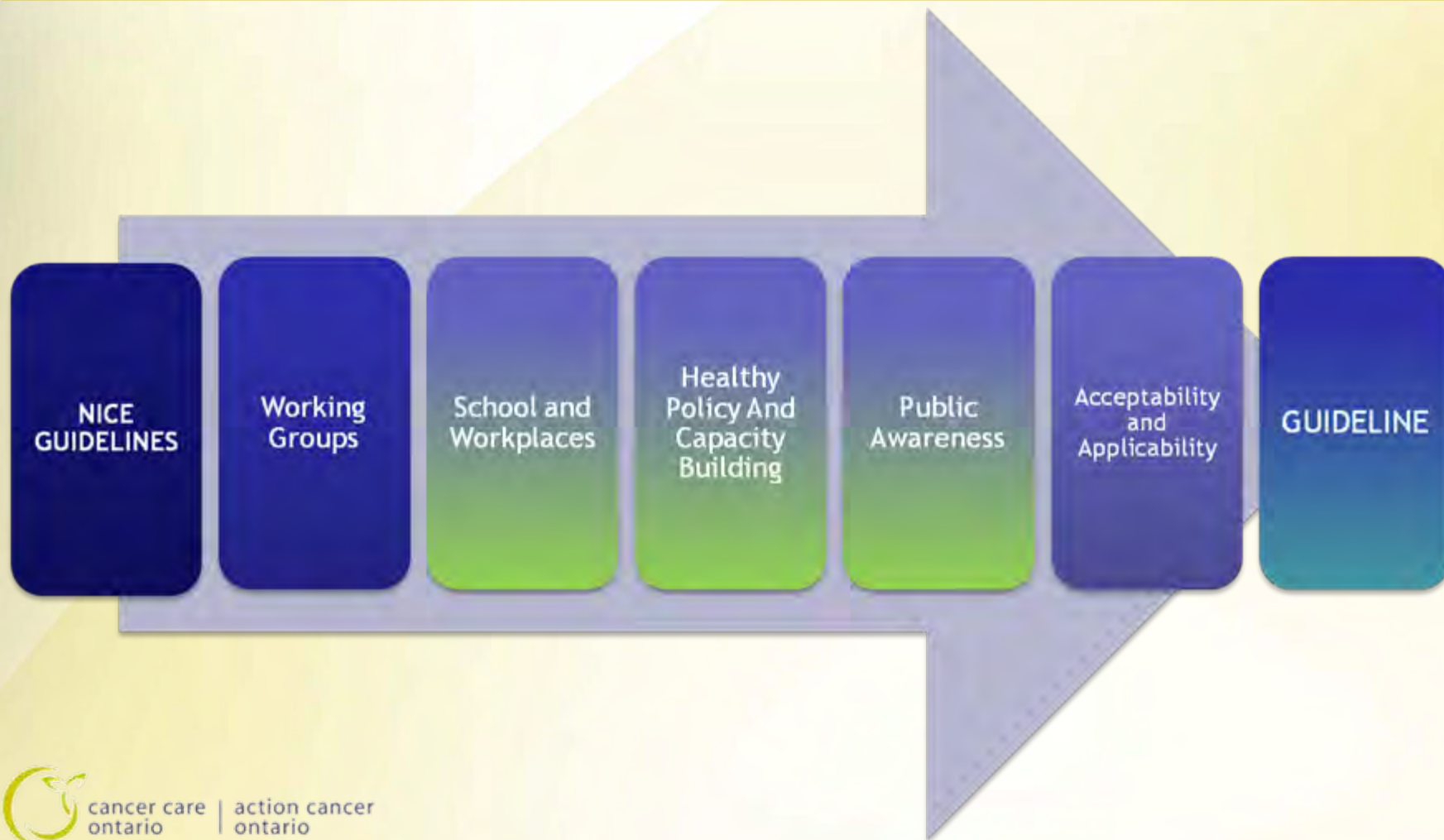
Internationally known evidence-based organization

Evidence-based Systematic Review

Recent and relevant

Obesity: Prevention, Identification, Assessment, and Management of Overweight and Obesity in Adults and Children (NICE, 2006)

Adaptation

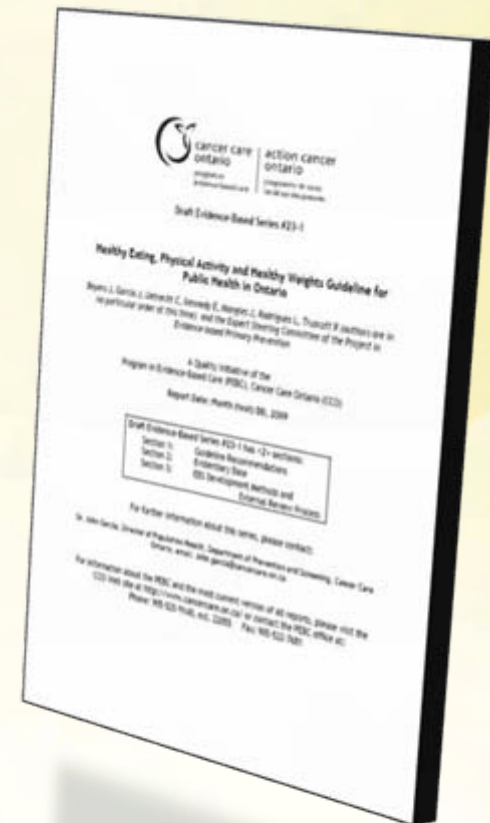


Development Process: 8 Steps



Final Report - Recommendations

- Elementary, Secondary, and Post-secondary Schools
- Workplaces
- Food Premises
- Municipalities
- Capacity of Community Partners
- Priority Populations
- Public Awareness



Lessons Learned

- Multidisciplinary team
- Communication
- Process Evaluation
- Importance of Consultation
- Guideline provides a foundation for CDP in Ontario
 - Development of additional guidance documents
- Ongoing need for developing tools for practitioners
- Support integration in chronic disease prevention

Thank you

