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Access @heart at www.hhrc.net

The focus of this issue is on International, National & Provincial updates in the fields of heart health.



Internationally Speaking...



First International Conference on Women, Heart Disease and Stroke: **Science and Policy in Action**

Elinor Wilson, RN, PhD

Chief Science Officer, Heart and Stroke Foundation of Canada
Chair of the First International Conference on Women, Heart Disease and Stroke and member on the International Advisory Board



Over 580 delegates, from 42 countries gathered from May 8-10, 2000 in Victoria, B.C. to attend the First International Conference on Women, Heart Disease and Stroke. The plenary presentations called attention to key issues for prevention, diagnosis and treatment of heart disease and stroke in women at individual, community, national and international levels. These presentations set the stage for the symposia, where participants shared in-depth analysis of the determinants of women's cardiovascular health, community action programs and services, policy development and building capacity for change. The Conference challenged all participants to turn the kaleidoscope and change the current picture we have of women in our societies in order to change how we work towards reducing the burden of cardiovascular disease worldwide.

The opening plenary session addressed the global burden of cardiovascular - almost 17 million deaths are attributed to CVD each year. By 2020, if the current trend does not change, CVD will cause up to 40% of deaths, joining infectious diseases as the number one killer in all regions of the world. Symposia sessions discussed the novel mechanisms of action of estrogen and new clinical data regarding the role of hormone replacement therapy for the prevention of cardiovascular disease in women. The need for a comprehensive approach to tobacco control that targets young women, and women in developing countries was discussed.

The major outcome of the conference was the **2000 Victoria Declaration on Women, Heart Disease and Stroke**. This document builds upon three previous declarations, Victoria, Barcelona, and Catalonia, and the 1995 Beijing Declaration and Platform for Action from the Fourth World Conference on Women. The Declaration proposes 21 recommendations which deal with:

- the determinants of women's cardiovascular health,
- policies, community action, programs & services,
- building capacity for action.

The Declaration should help shape public policy around the world as it addresses health as a human right, heart disease and stroke research, access to health facilities, treatment, and recovery programs directed at women. The Declaration calls upon a variety of individuals and organizations, to "...marshal their efforts and invest resources in the prevention and management of heart diseases and stroke among women in both developed and developing countries".

A Post-Conference Policy Workshop for bursary recipients from 19 countries was held to develop strategies for the implementation of the Declaration. The Workshop also provided the preliminary building blocks for an electronic Declaration support network which is intended to assist with the implementation and it might serve as a launching pad for the next International Conference on Women, Heart Disease and Stroke.

For information about the on-line Declaration or to listen to one of the four press sessions held during the conference, visit the Conference Website at www.hsf.ca/women&cvd2000/

International Resources Discovered in Victoria...

- "Take Charge: Our guide to fighting stroke for women over 35." American Stroke Association. www.AmericanStroke.org 1-800-553-6321
- Women's Cardiovascular Health Network. www.hsc.wvu.edu/womens-cvh/
- Women Heart - the (U.S.) National Coalition for Women with Heart Disease. www.womenheart.org
- "Take Charge: Our guide to fighting heart disease for women over 35." American Heart Association. www.americanheart.org 1-800-553-6321.
- The Healthy Heart Kit - Helping your Patients Reduce their Risk. Heart and Stroke Foundation of Canada. \$35.00 www.heartandstroke.ca
- "Preventing Cardiovascular Disease." "School Health Programs." "Physical Activity and Good Nutrition." CDC. www.cdc.gov/nccdphp or cdcinfo@cdc.gov

World Heart Day



September 24, 2000

"If you love your heart let it beat"

A sample of what is going on around the world...www.worldheartday.com/physical/phyo.html

- 8 km marathon in Argentine
- "Walking for Your Heart March" in Brazil
- physical activity flyer in German newspapers
- Jackie Chan endorses Jump Rope for Heart in Hong Kong
- promo on Ireland's final football game
- car-free Sunday in the Netherlands

News From the National Heart, Lung, and Blood Institute

June 2000

Innovative Program Pairs Park and Recreation Centers with Nationwide NHLBI Obesity and Heart Disease Prevention Effort

Hearts n' Parks is an innovative program that aims to reduce the growing trend of obesity and the risk of coronary heart disease in the U.S. by encouraging Americans of all ages to engage in regular physical activity, to follow a heart-healthy eating plan, and to aim for a healthy weight. Through Hearts n' Parks, science-based information about lifestyle choices that can reduce one's risk of heart disease and skills for incorporating heart healthy behaviors into one's life are taught as part of regular activities offered by park and recreation departments and other community-based agencies. The program also provides tools for measuring the impact of these activities.

A primary goal of Hearts n' Parks is to reduce the growing trend of overweight and obese children and adults in the United States. These individuals are at increased risk for developing heart disease, stroke, diabetes, and cancer, as well as other conditions, such as gallbladder disease, sleep apnea and other respiratory problems, and osteoarthritis.

Hearts n' Parks was piloted last summer in 12 communities with 33 sites in North Carolina involving more than 2,000 participants. An evaluation showed that participants retained information about heart-healthy behaviors and intended to eat healthier. In addition, children reported learning new physical activities and improving their performance in others; seniors reported feeling healthier and experiencing less pain in their daily lives by the end of the program.

The Arlington Hearts n' Parks program will include activities that promote heart-healthy eating in existing elementary after-school and playground camp programs and senior programs. Heart-health classes will also be offered through recreation and leisure programs in the fall.

Additional information about Hearts n' Parks, obesity, and cardiovascular disease is available on the NHLBI Web site at www.nhlbi.nih.gov.

More info from Victoria conference...

The 2000 Declaration

Recognizing that heart diseases and stroke are the leading cause of death among women in the developed world and are fast approaching the same status in the developing world, that gender inequity, poverty, illiteracy, unemployment, and lack of access to health services influence women's health, that taking appropriate action to address these and other underlying determinants of health, and that promoting a healthy lifestyle would help prevent heart diseases and stroke, the Advisory Board of the International Conference on Women, Heart Disease and Stroke calls upon women and men - health, media, education and social science professionals, and their associations - the scientific research community - government agencies concerned with health, education, trade, finance, culture and recreation, commerce and agriculture - the private sector - international organizations and agencies concerned with health and economic development - community health coalitions - voluntary health organizations - employers and their organizations to marshal their efforts and invest resources in the prevention and management of heart diseases and stroke among women in both developed and developing countries, and to adopt the following five values as the foundation for the development, implementation and evaluation of all policies, programs and services: health as a fundamental human right - equity - solidarity in action - participation - accountability.

Advisory Board, International Conference on Women, Heart Disease and Stroke
Victoria, Canada May 10, 2000

Additional keynote speakers included:

- Dr. Ruth Bonita, WHO - The Global Burden and Impact of Heart Disease and Stroke on Women Around the World.
- Dr. Lori Mosca, Cornell University - Challenges and Barriers to Women's Heart Health.
- Closing Plenary - Dr. John Farquhar, Stanford Centre for Research in Disease Prevention and Dr. Roberta Bondar, University of Western Ontario - The Future is Ours

CHHI Dissemination Evaluation contract awarded

The Canadian Heart Health Dissemination Project (CDP) is a four-year project (funded by Health Canada) designed to investigate dissemination activities and related research of the nine provincial heart health projects in the Canadian Heart Health Initiative. The purpose of the project is two-fold: to assess the extent to which organizational capacity for heart health promotion has increased and heart health strategies have been disseminated within and across provinces; and to determine the nature of relationships between organizational capacity building, dissemination of heart health strategies and the institutionalization of heart health. CDP will work closely with the nine provincial projects to use a combination of qualitative and quantitative methods to increase our understanding of how heart health promotion can be most effectively disseminated across diverse settings and contexts.

Grant recipients: Susan Elliot, McMaster, Jennifer O'Loughlin, McGill
Other co-investigators: Dr. Roy Cameron, University of Waterloo, Dr. Dexter Harvey, University of Manitoba
Kerry Robinson, Project Director at krobins@mcmaster.ca or 905-525-9140 ext 27344.
Project Advisory Committee: Provincial PI's and provincial research coordinators

Is this the same @heart newsletter?

You bet! But there is a dramatic difference. We've revised the newsletter in order to better serve our readers. All future newsletters will follow this new format and as a result, we hope the information contained in the newsletter will be easier to read and to refer to. A few of the changes are:

- a more consistent font size,
- the addition of more photographic images instead of graphic objects,
- greater use of our 2 colours
- and the overall setup of the articles will be easier to distinguish.

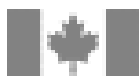
We feel the new look is fresh and clean, stylish and modern and will hopefully be perceived by our readers in this way. Let us know your reactions to the new format!

CDC and Health Canada collaborate...



CDC and Health Canada have crafted a Memorandum of Understanding Between the Population Health Directorate, and the Laboratory Centre for Disease Control, Health Canada And the Division of Adult and Community Health, National Centre for Chronic Disease Prevention and Health Promotion, Centres for Disease Control and Prevention.

The purpose of this memorandum of Understanding is to foster communication and to define and facilitate cooperative efforts between the Division of Adult and Community Health, National Centre for Chronic Disease Prevention and Health Promotion, Centres for Disease Control and Prevention (CDC) and the Population Health Directorate and Laboratory Centre for Disease Control, Health Canada in the areas of health promotion and CVD prevention. Cardiovascular disease prevention and community-based health promotion have been identified as areas for initial collaboration.



Health
Canada

Santé
Canada

Links to your Ontario Heart Health colleagues...

Healthy at Heart, Peel Heart Health Network
www.healthyatheart.org

Ottawa-Carleton Regional Heart Beat
www.ottawaheartbeat.com

Ottawa-Carleton - (Physical Activity)
www.rmoc.on.ca/healthsante/en/activity1.htm

Take Heart, Muskoka-Parry Sound
www.mpshu.on.ca

The Beat Goes On, Grey-Bruce Heart Health
www.bmts.com/~hearthealth/

Healthy Rhythm / Au Rythme du Coeur,
Eastern Ontario www.coeurheartcoalition.com

Whole Hearted Living, Oxford Heart Health
www.ocl.net/projects/ocbh/promo.html

Love Your Heart, Toronto
www.city.toronto.on.ca/health/index.htm

Wellington-Dufferin Community Heart Health Network
www.hearthealth.on.ca

Choices 4 Health, Halton
www.choices4health.org

The Heart Connection, Haliburton, Kawartha,
Pine Ridge www.fourinfo.com/HeartConnection

Healthy Living - Make it Happen, Brant
www.healthylivingbrant.com

Chatham-Kent Heart Health
www.kent.net/hearthealth

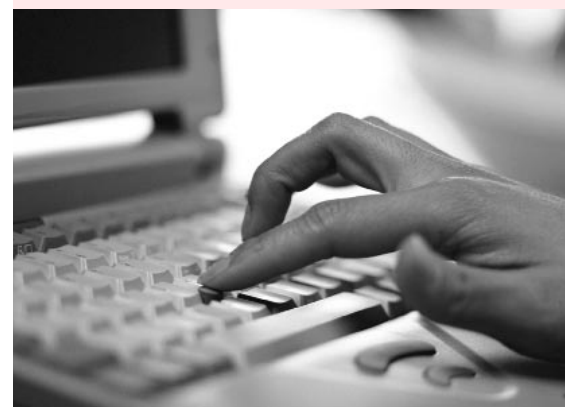
Lambton Heart Health
www.lambtonhealth.on.ca/Heart_hlth/

Heart Health Action Windsor-Essex
www.windsor-heart-health.com

Cochrane District Heart Health Network,
www.porcupinehu.on.ca/heart.html

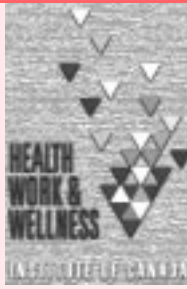
Heart Health Hastings Prince Edward
www.hearthealth-hpe.org

Take Heart, North Bay and District
www.nbdhu.on.ca



A Newsletter from Ontario's Heart Health Resource Centre

Health, Work & Wellness Conference.



"Balancing Values with Economics"

October 22-25, 2000
Westin Harbour Castle
Toronto, Ontario

Hosted by the Health, Work & Wellness Institute on Canada, this is the fourth annual conference.

Attend one of five streams:

- 1 The Canadian Healthy Workplace Criteria
- 2 Integration
- 3 Balancing personal & Organizational Well-Being
- 4 International Exchange
- 5 Economic & Health Outcomes of Organizational Health.

For more information:

www.healthworkandwellness.com/s/Conference

National Resources

"Vitality" Leader's Kit

www.hc-sc.gc.ca/hppb/nutrition/pube/vtk/vtk01.htm

Vitality is an integrated approach that promotes healthy eating, active living and positive self and body image. The Vitality Kit for Leaders contains six referenced articles, and overhead and five handouts for reproduction.

"Comprehensive School Health."

www.hc-sc.gc.ca/hppb/children

Contents include:

- What is CSH?
- Health Promoting School Environments
- Workplace Health System (Student Model)
- Related Services
- School Health Lesson Prototypes
- Health Promoting School Policies
- Health Behaviors in School Aged Children Survey
- Health Canada Contacts

13th Canadian Heart Health Network Meeting

The Preventive Dose - Is Your Community Getting Enough?

13th Canadian Heart Health Network Meeting
October 30 - November 1, 2000
Vancouver, B.C.
www.heart-health.org/confrnce/

The Program

- Mobilizing the Community
- Assessing Dose & Scope
- Measuring Impact
- Building Capacity
- Evaluation Methodologies
- Creating Partnerships for Heart Health
- Dissemination
- Creating the will - Advocacy
- Sustainability

Who Should Attend?

The scientific program will appeal to a broad audience including:

- health authority and government representatives
- health and recreation professionals
- public health nurses
- health researchers
- community workers and volunteers
- representatives from community services and nonprofit organizations
- health educators
- health planners and public policymakers
- students involved in health promotion, planning and policy
- those involved in provincial health reform initiatives.
- physicians
- nutritionists

The Opportunities

The 13 annual meeting of the Canadian Heart Health network will be held conjointly with the 1st annual Canadian Cardiovascular Congress. Plenary, concurrent, and poster sessions will cover topics and issues related to the program theme and to the work of heart health partners across the country. You can expect to:

- Learn evaluation strategies based on the level and complexity of programming and implementation.
- Explore strategies for effective intersectoral collaboration.
- Benefit from the community development experiences of others across the county.
- Meet and network within the largest gathering of heart health experts in the country.
- Discover how to maximize the impact of your prevention/health promotion efforts.
- Understand the process of transferring skills and knowledge.
- Meet our G7 international colleagues and learn about their heart health programs.
- Enjoy Vancouver and West Coast hospitality.



The Canadian Health Network... "health information you can trust."

Funded by & in partnership with Health Canada

The Canadian Health Network (CHN) is a national, bilingual Internet-based health information service. Health Canada, its founding Partner, provides funding for CHN.

Through CHN, the Canadian public and health intermediaries alike can find excellent resources from health information providers across Canada. The CHN seeks to establish itself as Canadians' premier source of "health information you can trust."

CHN features 26 Health Centres focused on major health topics and population groups. Those most relevant to the Heart Health area are listed below with the Affiliate, or lead partner who has been contracted to manage this aspect of health information.



Topic Area	Affiliate Partner	Web Address
Heart Health	The Heart and Stroke Foundation of Canada	www.heartandstroke.ca
Tobacco	Canadian Council on Tobacco Control	www.cctc.ca
Healthy Eating	Dietitians of Canada	www.dietitians.ca/
Active Living	Alberta Centre for Well-being Leisure Information Network	www.ualberta.ca/ www.lin.ca
Children	Canadian Paediatric Society The Hospital for Sick Children Canadian Child Care Federation	www.cps.ca/english/index.htm www.sickkids.on.ca www.cfc-efc.ca/cccf
Women	Canadian Women's Health Network	www.cwhn.ca/indexeng.html
Workplaces	Canadian Centre for Occupational Health and Safety	www.ccohs.ca/

To date, there are links to more than 6,000 Internet-based resources on the CHN site. The CHN Subject Index includes over 1,000 terms pointing to information in these resources. A unique feature of the CHN Web site is that it provides several different ways to access the ever-growing collection of resources. How you decide to look for and use the information will depend on what you are interested in, and how and why you need the information.

Heart Health coalitions might be interested in:

- accessing the Health Promotion information on the CHN Web site that includes ideas on how to assess the quality of a health information web site,
- posting questions to the various partners for information being sought that is not readily apparent on the Web site,
- regularly checking the magazine format for updated information.

Provincial • Provincial • Provincial • Provincial

Free workshops - "Marketing to a New Audience: Opportunities for Recreation Leaders"

WORKSHOP LOCATIONS	DATE	TIME
North Bay (as part of PRO Forum 2000) * register for the workshop even if not attending the conference	September 18, 2000	10am – 12 noon & 2:15-4:45 pm
London	September 29, 2000	9:30 – 4:00
Ottawa	October 2, 2000	9:30 – 4:00
Casselman * workshop to be conducted in French	October 3, 2000	9:30 – 4:00
St. Catherines	October 19, 2000	10:00 – 4:30
Owen Sound	October 24, 2000	9:30 – 4:00
Toronto	October 25, 2000	9:30 – 4:00
Thunder Bay (as part of Recreation Northwest 2000 - explore the possibilities!) * register for the workshop even if not attending the conference	October 28, 2000	8:30 – 12:00 noon
Port Hope	November 2, 2000	9:30 – 4:00

TO REGISTER & GET MORE INFORMATION: Visit the Active Ontario Web site at: www.activeontario.org and click on "Recreation Workshops".

Workshops facilitated by Nancy Dubois and your regional Active Living Community Action Project (ALCAP) Community Facilitator and provided as part of:



New Resources in Tobacco Control

This series of Info-Packs was developed by The Health Communication Unit in collaboration with the Council for a Tobacco-Free Ontario and the Program Training & Consultation Centre.



Understanding and Using Audience Analysis & Segmentation for Tobacco Control - an overview of audience analysis and segmentation as a process for maximizing the effectiveness of health communication efforts.

Examples of the use of audience analysis and segmentation are presented, with a focus on tobacco control.



Understanding and Using Media Advocacy For Tobacco Control - discusses media advocacy as a strategy for achieving sustainable health behaviour changes, with a focus on tobacco policy initiatives.



Understanding and Using Mass Media For Tobacco Control - a summary of some of the key principles in developing an effective tobacco control mass media campaign.



Understanding and Using Fear Appeals For Tobacco Control - discusses the return of fear appeals to health communication, specifically for tobacco control. It focuses on The Extended Parallel Process Model, which integrates and

expands on previous perspectives to explain why some fear appeals work, and why others fail.



Understanding and Using Process Evaluation For Tobacco Control - discusses process evaluation and describes how it can be used within the 10-step evaluation framework created by The Health Communication Unit. Examples are presented, with a particular

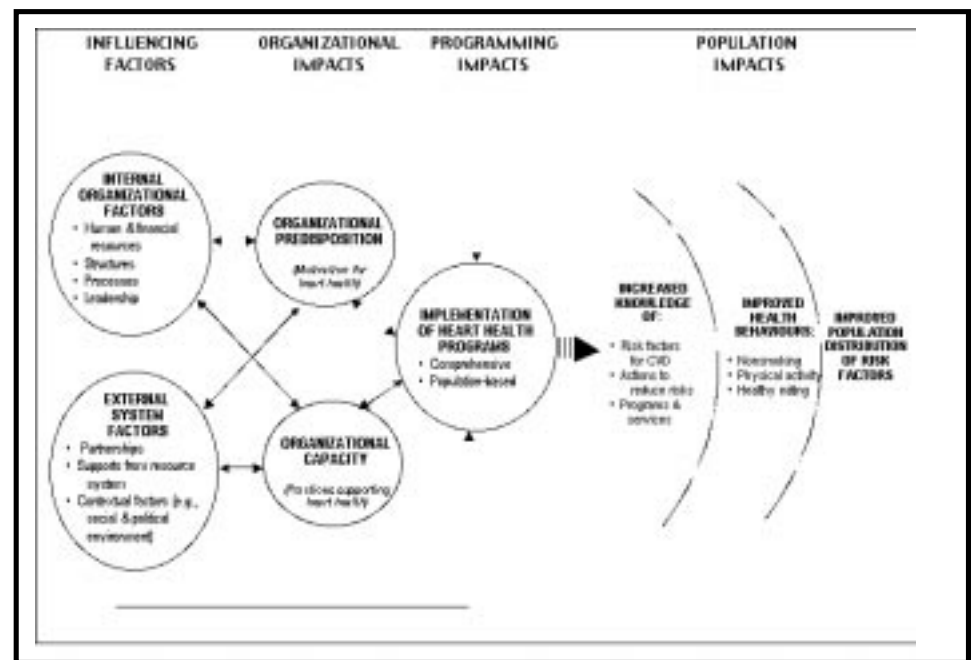
focus on the evaluation of year one of the Community-Based Media Campaigns to Promote Non-smoking Initiative, funded by the Ontario Ministry of Health and Long-term Care.

Provincial Evaluation of the Ontario Heart Health Program is underway!

The Ministry of Health and Long-term Care is funding a four year, independent evaluation of the Ontario Heart Health Program (OHHP) to assess the effectiveness of the OHHP in achieving the provincial goal and objectives. The evaluation will answer five questions:

- ❶ Does the OHHP increase the capacity of community agencies to undertake multi-risk factor programming?
- ❷ Does the OHHP increase the implementation of multi-risk factor programming in Ontario communities?
- ❸ What factors support and impede program implementation at the local level and at the provincial level?
- ❹ During the OHHP five year mandate, what progress was made towards increasing knowledge among Ontario residents for CVD risk factors and actions individuals and communities can take to promote heart health?
- ❺ What progress was made towards achieving provincial behavioural objectives by the end of the five year mandate of the OHHP?

The logic underlying these questions is shown in the box. To best reflect current knowledge, the evaluation will place primary emphasis on organizational and programming outcomes and understand the factors influencing these outcomes. Research methods build on previous and current initiatives, and include quantitative and qualitative approaches.



Methods include:

- review of annual reports from the 37 local projects
- qualitative studies in a subset of health unit jurisdictions (2000, 2003)
- annual reports from provincial staff
- interviews with provincial partners (2001, 2003)
- survey of health units (2001, 2003)
- survey of community agencies (2001)
- survey of Ontario population (2000, 2002)
- secondary analyses of behavioural surveys (2003)

RBJ Health Management Associates is the lead agency for the evaluation. Collaborating agencies include: Community Health Research Unit, University of Ottawa; Environics Research Group; and the Survey Research Centre, University of Waterloo. Inquiries about the evaluation should be directed to:



Myrna Gough
Community and Health Promotion Branch
(416) 314-5911
myrna.gough@moh.gov.on.ca

Barb Riley
RBJ Health Management Associates
(519) 571-9870
briley@golden.net

HHRC manual and workshop offered on "Volunteers – the Missing Link".

HHRC Manual: Volunteers – The Missing Link

While there are many manuals available that deal with the generic issues associated with volunteerism, the HHRC manual addresses items specific to volunteers within a public health / heart health system. The manual is full of samples, all generously provided by the Ottawa-Carleton and Peel Health Departments.

Some topics covered in the manual include:

- Making the case for volunteers within a Heart Health Project.
- Policies and Procedures.
- Processes that support a volunteer program (such as screening, interviewing, orienting etc.) Examples of all the materials that support the processes are included in the manual appendices.
- Forms / records required for a successful program (such as placement description, application form, volunteer contract etc. Again examples are provided.
- Recruiting, Supervision, Retention and Recognition are also covered briefly in the manual. References are made to more comprehensive material available on these topics.

Manuals are available from the HHRC.

HHRC Volunteers Workshop:

Approximately 40 people attended the HHRC Volunteers workshop on May 9, 2000.

The two facilitators at the workshop were:

Linda Graff, Graff and Associates - considered one of Canada's foremost authorities on volunteerism. She has written seven books and countless articles in the field of volunteer management.

Shirley Jenkins, Coordinator of Volunteers, OCHD - manager of volunteer programs and activities for over 10 years. She is an active volunteer herself and currently is a member of the Editorial Committee for the Canadian Journal of Volunteer Resource Management.

Four sessions were offered:

- Successful Volunteer Recruitment through Creative Job Design
- Policy Development for Volunteer Programs
- Volunteer Component of Ottawa-Carleton's Women and Heart Health Program
- Volunteerism within the Public Health System: Successes and Challenges

Some highlights from the workshop include:

- Attempting to recruit without first having developed worthwhile jobs is equivalent to attempting to sell a non-existent product – most people are unlikely to buy it.
- The reality is that those organizations that offer interesting, meaningful, relevant volunteer jobs, well-suited to the kinds of people who want to volunteer – those organizations actually have volunteers lining up at their doors, waiting to volunteer. Remember, good volunteers are out there everywhere – it's the good volunteer jobs that are hard to find.
- To recruit you need to know: who "the volunteers" are; what interests them; what they need; what type of experience we can offer them that they will find attractive.
- Policies tell people WHAT to do whereas Procedures tell people HOW to do it.
- There are a number of policies including: risk management; value/belief statement; rules; and policies to improve the program.
- It is important to make the case for working with volunteers and to ensure that senior management within the health agency supports the work of volunteers.
- A health agency must ensure that all the supports necessary for a good volunteer experience are in place before a volunteer is recruited to the program.

An unexpected outcome of the workshop was that during the session on Policy, it was discovered that the current structure of many heart health coalitions may be placing their public health agency at risk should there be an unfortunate incident involving a volunteer on behalf of the heart health project. To address this issue, an ad hoc committee was formed by the HHRC, to develop resources for risk management issues. Linda Graff has been hired by the HHRC to support this committee which includes two heart health coordinators along with the Ministry of Health, alpha, the HSFO and OPC representatives.

HHRC roster of services for this year:

- All the activities that are being offered across Ontario will be part of a searchable database on the HHRC Web site in the fall of 2000.
- The HHRC will continue to distribute the bi-monthly mail packages. To include material, send 110 copies to the HHRC by: Oct. 23, Dec. 15, Feb. 19.
- Community initiatives are continuing to be collected at the HHRC. These will be catalogued, similar to the catalogue produced for the WWFU resources, and will be made available to all communities.
- This year, the HHRC will offer workshops on six different topics.

Heart Health Evaluation

Oct. 11 - Toronto

Regional Heart Health and Policy Workshops

Nov. 6 - London

Nov. 9 - Thunderbay

Dec. 5 - Brantford

Dec. 7 - Kingston

Dec. 12 - Sudbury

The workshop addressing Coalitions and Heart Health will be offered in February.

HHRC Coaching Program:

The HHRC is offering a new service this year: a coaching program specifically to support the Heart Health Coordinators in their roles as Coordinators. The HHRC will also consider extending this service to Community Chairs. The two coaches available to communities are Nancy Dubois and Dave Courtemanche. The following are just a few of the benefits of accessing the coaching program:



Nancy Dubois



David Courtemanche

- Both coaches have vast experience as heart health professionals and have worked with many of the heart health communities. They bring a wealth of knowledge, strategies and tools to anyone accessing their services.
- The support is customized to the specific needs of the Coordinator or Chair.
- The coaching program is completely confidential.
- There is no limit to the amount of time a Coach spends with any one community; however, there is an overall limit on the number of days of coach time available to the HHRC. Thus, we will offer the service on a first-come basis.

There are no forms to complete for this program. To sign up for the Coaching Program simply send an email to Anne Lessio at the HHRC at alessio@opha.on.ca or call 367-3313 ext. 36.

Access @heart at www.hhrc.net !

Are you in need of past @heart newsletters? Now you can quickly and easily download the newsletter you need from your office or home. You will need Adobe Acrobat Reader to open the pdf (portable digital file) of the newsletter; but if you do not have Adobe Acrobat Reader we have provided a direct link to the Adobe site in order for you to download it for free.

Here's what you do to download Adobe Acrobat Reader:

- 1 Go to the @heart website at www.hhrc.net.
On the left hand side of the screen under "@heart" you will find "publications".
- 2 Double click on that icon; a new screen will appear on the right hand side.
- 3 Scroll down until you see "Download Adobe Acrobat Reader" and double click. This will take you directly to the Adobe download page.
- 4 From there, scroll down to "Get Adobe Reader Free" and double click. Simply follow the on screen instructions.

Once the installation is complete you will be asked if you wish to restart your computer, in order to use Adobe Acrobat Reader you must do so. Now you are ready to download the @heart newsletter pdf files!

It is very quick and simple to download any @heart newsletter:

- 1 Log onto the @heart web site at www.hhrc.net
- 2 On the left hand side of the screen under "@heart" you will see "publications"
- 3 Double click on this icon a new screen will appear on the right hand side of the screen.
- 4 Scroll down approximately 3/4 down the page, you will find a list of all of the different newsletters.
- 5 Choose the issue that you need and double click.

@heart newsletters have never been so accessible and we hope that you take advantage of the opportunity to gain useful information quickly and easily.

Nutrition Resource Project (NRP)

The NRP, established in May, 1999 works toward increasing the level of coordinated provincial support of nutrition promotion programming; resource development and dissemination; and technical support services such as training and consultation.

A Nutrition Resource Group was also formed to serve a strategic advisory role to the NRP and to act as a forum for sharing provincial strategies, identifying gaps and connecting to the Health Promotion Resource System.

Key areas of focus include:

Program Coordination

- such as the administration of nutrition promotion programs funded by the Community Health Promotion Branch – currently Food Steps and the Healthy Eating Program.

Resource Distribution

- centralized intake and distribution for Canada's Food Guide to Healthy Eating in Ontario.
- distribution of materials for the Heart Smart Cooking Course in Ontario.

Regional Workshops

- seven regional workshops were held in the spring of 2000 to nutrition and other health professionals, working in Community Health Centres, Public Health Units, Heart Health programs and non-governmental organizations, who deliver nutrition promotion programs.

Resource Development

Look for the following resources from the NRP:

- Overview of Nutrition Promotion Programs in Ontario
- On-line Directory of Nutrition Contacts & Services - summer 2000
- Current Abstracts in Nutrition Promotion - first volume fall 2000 (to be distributed with the Current Heart Health Abstracts)
- What Works in Nutrition Promotion? - fall 2000

Communications

The NRP website should be on-line by the end of August at www.opha.on.ca/nrp.

Contact Information

Nutrition Resource Project c/o OPHA
416-367-3313 or 1-800-267-6817

Manager: Colleen Logue, ext. 25
Assistant: Kathleen Orth, ext. 22

Email: nutritio@opha.on.ca
Email: keorth@opha.on.ca



**NUTRITION
RESOURCE
PROJECT**

**PROJET DE
RESSOURCES
EN NUTRITION**

9 @heart

Issue 9, Fall 2000

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Editor:

Nancy Dubois, Scotland

Design by:

The Graffic Link Design Studio, Brantford

A Newsletter from Ontario's Heart Health Resource Centre

@heart is published regularly to provide up-to-date heart health news from around the province for anyone who is interested in heart health promotion. The status of communities implementing heart health programs, developments at the Ministry of Health, heart health news from across Canada, and information about useful resources will be reported in @heart.

@heart is published by the Heart Health Resource Centre, c/o Ontario Public Health Association, 468 Queen Street East, Suite 202, Toronto, Ontario, M5A 1T7.

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