

Provincial and Territorial Guidance Document for the Development of Nutrient Criteria for Foods and Beverages in Schools 2013

February 19, 2014
Alberta Health – P/T Champion
School Nutrition Guidelines

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Agenda

- Background information that led to the development of the P/T Guidance document
- Process of the development of the criteria
- Intended use for the document
- Next Steps
- How to access the document



Background Information

- The development and implementation of school food guidelines and policies support the goals of the Integrated Pan-Canadian Healthy Living Strategy; approved by Federal/Provincial/Territorial (F/P/T) Health Ministers in 2005.



Background



- School nutrition has been an ongoing topic of importance for the provinces and territories since 2005.
 - Healthy eating supports improvements in students' educational outcomes and health.
 - School food guidelines and policies are tools that can help shift the food environment to support healthy eating.
- Acknowledging that all efforts need to be within a comprehensive school health framework.

Background



- Provinces began implementing school food guidelines between 2005 and 2008 with many beginning the process of revising and/or expressed interest in developing in 2009-2010.



Background



- In 2010 provinces and territories signalled interest to explore opportunities to improve consistency of school food guidelines and policies and enhance implementation efforts.
 - Jurisdictions were informed by the food industry that it was not feasible to develop products for one jurisdiction. Products need to be approved in all jurisdictions in order for industry to develop or reformulate products that meet jurisdiction's nutrition guidelines/policies .

Background



- This work supports the healthy eating policy priorities in *Curbing Childhood Obesity: A Federal, Provincial, Territorial Framework for Action to Promote Healthy Weights* report; approved by F/P/T Ministers of Health in 2010.



Background



- A commitment to this work was included in the *Actions Taken and Future Directions 2011 on Curbing Childhood Obesity: A Federal, Provincial, Territorial Framework for Action to Promote Healthy Weights* report, approved by F/P/T Ministers of Health in 2011.
- As well as in, *Reducing Sodium Intake of Canadians: A Provincial and Territorial Report on Progress and Recommendations for Future Action*, released by P/T Ministers of Health and Healthy Living, June 2012.

Background



- Provincial/Territorial Champions:
 - At the time of the development of *Actions Taken and Future Directions 2011 on Curbing Childhood Obesity: A Federal, Provincial, Territorial Framework for Action to Promote Healthy Weights*, in 2010-2011, jurisdictions self identified themselves in areas that they would take on the role of a 'Champion'.
 - Alberta took on the role of P/T Champion for School Nutrition Guidelines.

Background



- On October 3, 2013, P/T Ministers of Health committed to:
 - Encouraging the use of the *P/T Guidance Document for the development of Nutrient Criteria for Foods and Beverages in Schools (2013)* as Provinces revise and Territories develop their school food guidelines.
- Releasing the P/T Guidance Document has not been possible prior to now as the document needed to be translated into French.

Background



- It is acknowledged that the responsibility for school food guidelines and policies varies across jurisdictions.
- Whether this responsibility lies with the Ministry of Education, Ministry of Health, school districts/boards or a combination of all of these, developing a common vision and prioritizing initial action areas, from an inter-sectoral perspective, is essential for a collective impact.

Background



- The Working Group:
 - In May 2011, a Federal, Provincial, Territorial Group on Nutrition (FPTGN) Working Group (the Working Group) was established to complete a guidance document that would contain a set of nutrient criteria for improving consistency of school food and beverage nutrition criteria.
 - The Working Group consisted of representatives from eight Canadian jurisdictions as well as the Office of Nutrition Policy and Promotion.

Background

- The Working Group was in place from May 2011 through to July 2013 and the members included:

- Meghan Day, Lisa McKellar and Melanie Kurrein, British Columbia Ministry of Health Services
- Patricia Martz, Alberta Health – Chair of the Working Group
- Barb Wright, Sun Country Health Region, Saskatchewan
- Maxine Meadows, Manitoba Healthy Food in Schools
- Janine Woodrow, Department of Health and Community Services, Government of Newfoundland and Labrador
- Kathleen Brennan, Department of Health and Wellness, Government of Prince Edward Island
- Diana MacLennan, Ashley Murphy and Sherry Pickering, Prince Edward Island Healthy Eating Alliance
- Elsie DeRoose, Government of Northwest Territories
- Lorna Arsenault and Kim Neufeld, Yukon Territorial Government
- Shannon Olson, Office of Nutrition Policy and Promotion, Health Canada



Development of the Criteria

- Started with:
 - Terms of Reference as well as a Project Charter
 - Defining the scope of this work:
 - To develop nutrient criteria for the four food groups contained in *Eating Well with Canada's Food Guide* as well as Combination Dishes.
 - That the nutrient criteria for food and beverages* will not represent a pattern of eating for children and youth in schools. The nutrient criteria are being developed to represent the healthy food and beverage* choices that can be made available in eating environments.

*For the purpose of this work beverages are referred to as: 100%vegetable &/or fruit juice; fluid milk, plain and flavoured; and fortified soy beverage, plain and flavoured; see P/T Guidance Document – Appendix A – Glossary, page 19 – 20.



Background



- Nutrient Criteria were developed for two categories within each of the four food groups and combination dishes:
 - Choose Most Often (CMO)
 - Choose Sometimes (CS)
- For the purpose of this work these two categories designate those foods and beverages considered to be a first choice/healthy choice (CMO) and a second choice/less healthy choice (CS) within each food group and the combination dishes.
- The decision as to the final nomenclature for these two categories is the responsibility of jurisdictions.

NOTE: To date there is no scientific evidence available to support a recommendation as to how often a CMO or CS food or beverage should be consumed.

Development of the Criteria



- A complete review of the nutrition criteria of all Provincial jurisdictions school nutrition guidelines/policies, including their directional statements, as of June 2011.
- This review is included in the P/T Guidance Document – Appendix B.

NOTE: The three Territories do not have school nutrition criteria.

Development of the Criteria

- A review of existing policies and guidelines:
 - *Eating Well with Canada's Food Guide* recommendations as well as the companion document, *Eating Well with Canada's Food Guide – A Resource for Educators and Communicators*



Development of the Criteria

- Guidance for the Food Industry on Reducing Sodium in Processed Foods
- Institute of Medicine:
 - Dietary Reference Intakes for Calcium and Vitamin D; and
 - Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth



Development of the Criteria

- Transforming the Food Supply – Report of the Trans Fat Task Force Submitted to the Minister of Health – June 2006



Development of the Criteria

- Feasibility
 - The Working Group considered the feasibility of providing the most nutritious foods and beverages possible:
 - with the least amount of processing,
 - allowing for variety and availability in all jurisdictions



Development of the Criteria



- Setting the Criteria:
 - Reference Quantity Amounts– used the serving sizes shown on *Eating Well with Canada's Food Guide*.
 - Canada's Food Guide is taught in schools
 - The core nutrients listed on the Nutrition Facts table and those nutrients that jurisdictions had in their guidelines/policies were determined to be the most practical way to begin to look at which nutrients should be assessed for consideration of inclusion in the P/T Guidance Document's nutrient criteria.

Development of the Criteria



- The nutrient criterion developed was selected with consideration to the following:
 - Total fat, saturated fat and trans fat
 - Sodium (salt)
 - Sugars
 - Calcium and Vitamin D
 - Protein
 - Iron
 - Fibre
 - Food Additives – only sugar substitutes were assessed given that many jurisdictions had specifications within their guidelines/policies. Assessing other food additives were considered beyond the scope of setting criteria.

Development of the Criteria

- Appendix D of the P/T Guidance Document contains examples of how to assess a food or beverage using the criteria.
- Appendix E contains “Proposed” Guidance Criteria for Condiments, Dressings, Sauces, Dips and Spreads.



Development of the Criteria

- Stakeholder Engagements:
 - Two in-person engagements were held, October 2011, and November 2012;
 - Two on-line, open period opportunities to submit comments in writing; and
 - In September and October 2012 nine (BC, AB, SK, MB, NS, NB, PEI, NL and NWT) jurisdiction held dialogues that engaged public health professionals &/or academia and education.



Development of the Criteria



- Stakeholders included:
 - Companies developing food and beverage products;
 - National associations, such as the Heart and Stroke Foundation, etc.;
 - Companies providing the foods and beverages offered in schools;
 - Organizations developing nutrient criteria for school food guidelines; and
 - Researchers

Development of the Criteria



- The Joint Consortium for School Health and the FPT Group on Nutrition have been engaging in dialogues on the topic of school nutrition over the past three years.
- In addition the FPT Group on Nutrition has met in-person* and via webinar^ to review and discuss school food guidelines and the P/T Guidance Document criteria^:
 - March 2010*, March 2011* and March 2012^

Development of the Criteria

- The Working Group wishes to acknowledge all stakeholders who provided valuable feedback during the engagement periods.
- Your contribution towards the completion of this document was greatly appreciated.



Intended use of the P/T Guidance Document

- The technical document is intended to:
 - guide and support provinces and territories as they develop and revise their guidelines over time; and
 - facilitate the food industry to develop or reformulate food and beverage products that use this nutrient criteria for procurement by jurisdiction's nutrition guidelines/policies.



Intended use of the P/T Guidance Document

- The document contains two examples of jurisdictions that have used the criteria in this document.
 - Both BC and NS have provided information detailing how they have used the P/T Guidance Document nutrient criteria in their current revision process; Appendix C – pages 49 and 50.



Next Steps

- Creating consistency in nutrition criteria within school food and beverage guidelines can help leverage resources, reduce duplication of efforts, and allow for greater collaboration across jurisdictions.



Next Steps

- Alberta, having the role of P/T Champion for School Nutrition Guidelines will continue to update the contents of Appendix B as jurisdictions release their revised or newly develop school nutrition guidelines/policies.



Next Steps

- Alberta, as P/T Champion for school nutrition guidelines, is prepared to receive comments on the contents of the P/T Guidance Document.
 - These comments will be collated and brought forward for future revisions.
- Comments will be addressed once a formal decision has been made as to how often the nutrient criteria will be updated.
 - If you are listed on the attendance list for this webinar, you would receive notice of future engagements should they occur.



How to Access

- The P/T Guidance Document will be made available, upon written request, by emailing the address listed below. Please allow at least one business day for a response.
- If you have comments you can send them to the same e-mail address.

PT-Champion-SNG@gov.ab.ca



**Collectively...
Can we work
towards the goal of
having healthy
choices accessible to
all Canadian
children and youth
where ever they
gather to be cared
for, taught and to
play?**



