

CHAMPLAIN HEALTHY SCHOOL-AGED CHILDREN SUMMIT

MONDAY, OCT 15, 2007 9:00 A.M. – 4:30 P.M.
HAMPTON INN & CONVENTION CENTRE, OTTAWA



THE CHAMPLAIN
CARDIOVASCULAR DISEASE
PREVENTION NETWORK



HEART &
STROKE
FOUNDATION
OF ONTARIO

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INTRODUCTION

The opportunity that is all of ours to grab hold of is to mobilize as a coordinated community to positively impact the physical activity and eating behaviours of our children and youth in the Champlain District. Together we can combine knowledge and resources to create responses that are aligned and made more powerful by their coordinated approach.

The **Champlain Healthy School-aged Children Summit** will bring together leaders from education, public health, recreation, and the community to facilitate community action in the fight against childhood obesity. The aim of this event is to begin planning for unified actions in our region that will improve physical activity and eating behaviours of children and youth.

OBJECTIVES

- To provide an overview of knowledge gained from the International Conference on Physical Activity and Obesity in Children (June 2007), as well as recently conducted local research;
- To begin to establish a collaborative vision for improving the physical activity and eating behaviours of children and youth in the Champlain District;
- To provide an opportunity to identify common priorities and plan for collaborative action that addresses obesity in children and youth; and,
- To learn in conversation with each other what action is being taken, what successes are being experienced and how to leverage them.

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ABOUT US

The Champlain Healthy School-aged Children committee was formed to catalyze the development of a region-wide strategy aimed at enabling children (aged 4 to 18) in the Champlain District to make healthy choices about nutrition and physical activity on a daily basis, and providing them with the skills to develop healthy food and activity behaviours for life.

We know that a focus on lifestyle is essential to combat the obesity epidemic among children and reduce long-term risk factors for chronic illness. Recognizing the complexity in addressing this issue, the need to engage multiple sectors from across the community is clear.

Bringing all of you together for this Summit will facilitate the beginnings of this collaborative effort. The experiences and insights you bring will help inform the development of a Champlain-wide strategy to address childhood obesity which targets school, home, and community environments.

The Champlain Healthy School-aged Children committee includes representatives from the Heart & Stroke Foundation of Ontario, the University of Ottawa Heart Institute, the four regional health units (Eastern Ontario, Renfrew County, City of Ottawa, and Leeds, Grenville & Lanark), and the Children's Hospital of Eastern Ontario.



The Heart and Stroke Foundation, through its KidFit™ program, is proud to partner with The Champlain Cardiovascular Disease Prevention Network in its advocacy and health promotion efforts to help kids get physically active and stay healthy, through education and awareness strategies.

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SUMMIT PROGRAM

9:00 a.m.	Welcome & Opening Remarks	Ms. Louise Simmons Eastern Ontario Health Unit
9:05 a.m.	Message from the Heart and Stroke Foundation of Ontario	Ms. Mary Lewis Heart and Stroke Foundation of Ontario
9:15 a.m.	Defining the Problem: Obesity in Children	Dr. David Salisbury City of Ottawa Public Health
9:25 a.m.	The Champlain Cardiovascular Disease Prevention Network: Community Partnerships in Action	Dr. Andrew Pipe University of Ottawa Heart Institute
9:35 a.m.	The Champlain District: Leading the Way in Chronic Disease Prevention	Dr. Robert Cushman Champlain Local Health Integration Network
9:40 a.m.	What the Research Tells Us: Highlights from the 2007 International Conference on Physical Activity & Obesity in Children	Ms. Caitlin Mason Queen's University
10:40 a.m.	Now What? Implications for the Champlain District	Dr. Mark Tremblay Children's Hospital of Eastern Ontario; Statistics Canada
11:00 a.m.	Networking Break	
11:20 a.m.	The Role of Communications	Dr. Paul Roumeliotis Eastern Ontario Health Unit
11:40 a.m.	The Link between Health and Learning	Mr. Ted Kennedy Upper Canada District School Board
12:00 p.m.	Lunch and Networking	
1:00 p.m.	The Champlain Healthy School-aged Children Committee	Ms. Micheline Turnau Heart and Stroke Foundation of Ontario
1:15 p.m.	Breakout Session A: Establishing a Collaborative Vision	Ms. Linda Watt Vila Consulting
2:45 p.m.	Networking Break	
3:00 p.m.	Breakout Session B: Planning for Collaborative Action	Ms. Linda Watt
4:15 p.m.	Evaluation and Next Steps Congratulations for the Day's Accomplishments	Ms. Louise Simmons Dr. Andrew Pipe

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PRE-SUMMIT REFLECTION & PREPARATION

Introduction

The afternoon agenda at the Summit will include opportunities for you to engage in conversation with colleagues around two activities.

Activity 1: The intent of the initial activity is to reflect on the morning presentations and how the information and perspectives shared can inform a collaborative vision for improving the physical activity and eating behaviours of children and youth in the Champlain District. You will be randomly assigned to a table with a Facilitator and will be invited to share your ideas and perspectives framed around provided questions.

Activity 2: The intent of the second activity is to provide an opportunity for you to exchange information and ideas with colleagues in your local area around Champlain District priorities, current initiatives underway that align to those priorities, and to identify the potential for collaborative action. You will be invited to join a table with others who share your specific geographical location.

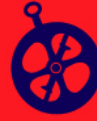
For those of you who like to prepare for their participation in discussions, we have provided four questions that we hope will trigger some reflection and help you to maximize your contribution.

Questions

1) What vision and/or goals do you, your organization or group hold pertaining to the improvement in the physical activity and eating behaviours of school-aged children in your region?

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2) What opportunities currently exist for collaborative action with other individuals, groups, or organizations that would contribute to a more effective outcome?

3) What ideas do you have for initiatives and activities that have or will contribute to improving the physical activity and eating behaviours of school-aged children in your region that you can share with others at the Summit?

4) What commitment are you and your organization able to make in the next year, in the next 2-3 years to make a positive contribution to the physical activity and eating behaviours of school-aged children in your region?

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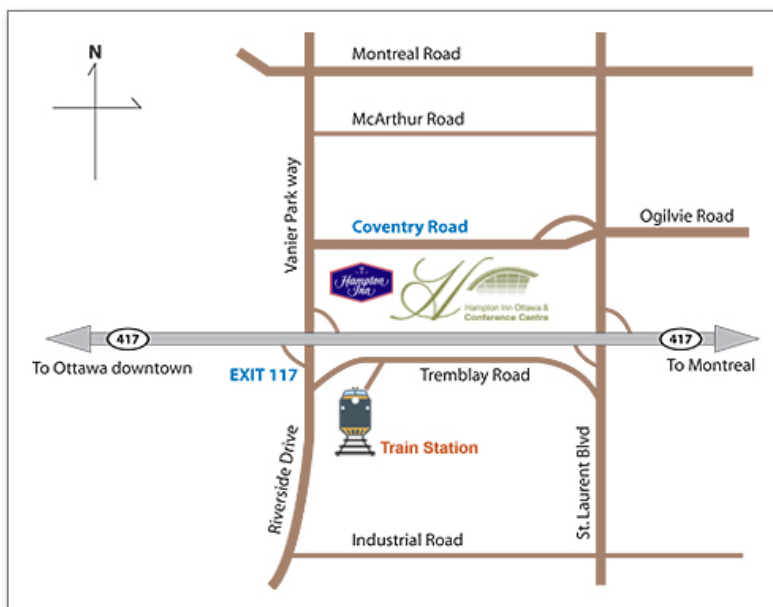
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DIRECTIONS TO VENUE



From Montréal — Take Highway 40 West to Highway 417 West. Get off at the Vanier Parkway (Exit 117). Turn right on the Vanier Parkway. The hotel is located at the corner of Vanier Parkway and Coventry Road.

From Toronto — Take Highway 401 East. Get off at Highway 416 North. At the end of highway 416, take Highway 417 East. Get off at the Vanier Parkway (Exit 117). Turn left on the Vanier Parkway. The hotel is located at the corner of Vanier Parkway and Coventry Road.

From Ottawa International Airport (Macdonald-Cartier) — Take the Airport Parkway Northwest and exit at the Riverside East-Heron West ramp. Turn slight left to take the Riverside East Ramp. Turn right onto Riverside Drive, follow Riverside Drive (Riverside Drive becomes the Vanier Parkway) The Hampton Inn Ottawa is located at the corner of the Vanier Parkway and Coventry Road.