

# **Heart Disease Prevention Programs & Services in the Champlain District**

## **AN INVENTORY OF PARTNERS AND PROGRAMS**

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**UPDATED OCTOBER 2006**

This update serves as an addendum to the original report completed in June 2005. It consists of an updated contact list and summary of partner programs and services. For complete background and methodology, please refer to the original report.

## Key Contacts 2006

### Heart & Stroke Foundation of Ontario

#### **Katherine Hale**

Regional Health Information Specialist (Ontario East)  
Heart & Stroke Foundation of Ontario

### Public Health Units

#### **Louise Simmons**

Supervisor, Chronic Disease Prevention  
Eastern Ontario Health Unit

#### **Darlene Rose**

Coordinator  
Eastern Ontario Health Unit

#### **Jean Pamphile**

Heart Health Project Officer, Healthy Rhythm  
Coalition  
Eastern Ontario Health Unit

#### **Alexis Greene**

Coordinator, Tri-Health  
Leeds, Grenville & Lanark District Health Unit

#### **Beverley Wilcox**

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Ottawa Public Health

#### **Liz McLaren**

Coordinator, Health Promotion & Clinical Services  
Renfrew County & District Health Unit

#### **Kevin Strachan**

Health Promoter, Health Promotion Programs  
Renfrew County & District Health Unit

### Community Health and Resource Centres (CHC)

#### **David B. Gibson**

Executive Director  
Sandy Hill Community Health Centre  
Designate, Eastern Ontario CHC Network

#### **Wanda MacDonald**

Executive Director  
Pinecrest – Queensway Health & Community  
Services  
Designate, Eastern Ontario CHC Network

#### **Margarite Keeley**

Executive Director  
Centretown Community Health Centre

#### **Marjorie Kort**

Manager, Health Promotion  
Centretown Community Health Centre

#### **Marc Therrien**

Coordonnateur des programmes/site de Cornwall  
Centre de sante communautaire de l'Estrie

#### **Robin McAndrew**

Director, Social Services & Community Health  
Promotion  
Sandy Hill Community Health Centre

#### **Nancy Knudsen**

Director of Health Services  
Sandy Hill Community Health Centre

#### **Janet Bowes**

Program Director  
Carlington Community and Health Services

#### **Suzanne Larocque**

Executive Director  
Orleans – Cumberland Community Resource Centre

#### **Cathy Jordan**

Executive Director  
Western Ottawa Community Resource Centre

#### **John Jordan**

Executive Director  
North Lanark Community Health Centre

#### **Kara Symbolic**

Coordinator of Volunteers & Community Developer  
North Lanark Community Health Centre

## Specialty Programs

### **Louise Morrin**

Regional Manager  
Prevention & Rehabilitation Centre  
University of Ottawa Heart Institute

## Champlain Hospitals

### **Maureen Miller**

Nutritionist  
Arnprior & District Memorial Hospital

### **Chris Ferguson**

Arnprior & District Memorial Hospital

### **Paul DeYoung**

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Cornwall Community

### **Marielle Heuvelmans**

VP Clinical & Therapeutic Programs & Services  
Hawkesbury & District General Hospital

### **Jackie Cyr**

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Hawkesbury & District General Hospital

### **Pierre Boulay**

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### **Sandra Keon**

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### **Mary Brown**

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### **Susan McDowell**

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### **Maureen Sly-Havey**

Clinical Manager, Active Care  
Renfrew Victoria Hospital

### **Donna Campbell**

Project Manager  
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Royal Ottawa Health Care Group

### **Frank Knoefel**

Chief of Staff & V.P. Medical Affairs  
SCO Health Service

## 3.0 Heart Health Inventory

### 3.1 Heart & Stroke Foundation of Ontario (HSFO)

Program	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/Setting	Volume
<b>Ontario Stroke System</b>	<ul style="list-style-type: none"> <li>HSFO &amp; Ministry of Health Promotion</li> </ul>	<ul style="list-style-type: none"> <li>HSFO &amp; Ministry of Health Promotion</li> </ul>	<ul style="list-style-type: none"> <li>Stroke care providers, administrators, educators</li> <li>General public</li> </ul>	<ul style="list-style-type: none"> <li>An integrated stroke care system across the continuum of care in the province of Ontario with 9 regional stroke centres, 18 district stroke centres, and 24 stroke prevention clinics.</li> </ul>	<ul style="list-style-type: none"> <li>Continuum of stroke care from pre-hospital, prevention, emergency and acute rehabilitation, long-term care and community re-engagement</li> </ul>	<ul style="list-style-type: none"> <li>Community-based</li> </ul>	-
<b>Heart and Stroke Foundation Website</b>	<ul style="list-style-type: none"> <li>HSFO</li> </ul>	<ul style="list-style-type: none"> <li>HSFO</li> </ul>	<ul style="list-style-type: none"> <li>General public</li> <li>Health Care Professionals</li> </ul>	<ul style="list-style-type: none"> <li>Information and risk assessment profiles available with links to the National and other Provincial websites</li> <li>Address: <a href="http://www.heartandstroke.ca">www.heartandstroke.ca</a></li> </ul>	<ul style="list-style-type: none"> <li>Heart Disease</li> <li>Stroke</li> <li>Healthy Living</li> <li>Events</li> <li>News/media</li> <li>Volunteering</li> <li>Research</li> <li>Resuscitation</li> <li>Blood Pressure</li> <li>Cholesterol</li> <li>Healthy Weights</li> <li>CPR</li> <li>Stress</li> </ul>	<ul style="list-style-type: none"> <li>Web-based</li> </ul>	<ul style="list-style-type: none"> <li>Unable to determine volume for Champlain vs. entire province</li> </ul>
<b>Blood Pressure Action Plan / Heart &amp; Stroke Risk Assessment</b>	<ul style="list-style-type: none"> <li>HSFO</li> </ul>	<ul style="list-style-type: none"> <li>HSFO</li> </ul>	<ul style="list-style-type: none"> <li>General public</li> <li>Primary Care Providers (Physicians, Pharmacists &amp; Nurses)</li> </ul>	<ul style="list-style-type: none"> <li>Development of a web-based Blood Pressure Action Plan and Heart and Stroke Risk Assessment tool that enables risk assessment and provides the options for consumers to opt in for regular email support based on the identified risk factor(s) and stage of change.</li> <li>Media campaigns focus on drawing consumers to visit the website and complete an Action Plan</li> </ul>	<ul style="list-style-type: none"> <li>Web-based Blood Pressure Action Plan developed</li> <li>Web-based Heart and Stroke Risk Assessment Tool developed</li> </ul>	<ul style="list-style-type: none"> <li>Web-based</li> <li>Media (direct mail letters, television spot, digital ads, magazine article)</li> </ul>	<ul style="list-style-type: none"> <li>Since March '03, 64,955 Ontarians completed plans (110,907 total)</li> </ul>

<b>Stroke Signs Public Awareness</b>	<ul style="list-style-type: none"> <li>▪ HSFO</li> </ul>	<ul style="list-style-type: none"> <li>▪ HSFO</li> </ul>	<ul style="list-style-type: none"> <li>▪ General public</li> </ul>	<ul style="list-style-type: none"> <li>▪ FY '02- '05</li> <li>▪ Provincial media campaign to raise level of public awareness of stroke signs</li> </ul>	<ul style="list-style-type: none"> <li>▪ Television campaign implemented</li> <li>▪ Public relations activities</li> </ul>	<ul style="list-style-type: none"> <li>▪ Media / Television</li> </ul>	<ul style="list-style-type: none"> <li>▪ Approx. 80% of viewers 45 yrs &amp; older viewed spot 19.4 time for a total of 60,528,000 impressions</li> <li>▪ In 2004-05, it is planned that 85% of viewers 45 yrs &amp; older will view the spot 24.7 times for a total of 90,831,000 impressions.</li> </ul>
<b>Health Information Telephone Line</b>	<ul style="list-style-type: none"> <li>▪ HSFO</li> </ul>	<ul style="list-style-type: none"> <li>▪ HSFO</li> </ul>	<ul style="list-style-type: none"> <li>▪ General public</li> <li>▪ Professional Health Care Providers</li> </ul>	<ul style="list-style-type: none"> <li>▪ A toll free telephone # where approx. 100 resources are available in 3 languages which can be ordered and sent to residences / places of work without charge</li> <li>▪ 1-888-473-4636</li> </ul>	<ul style="list-style-type: none"> <li>▪ Heart Disease</li> <li>▪ Stroke</li> <li>▪ Blood Pressure</li> <li>▪ Nutrition</li> <li>▪ Fitness</li> <li>▪ Stress</li> <li>▪ Tobacco</li> </ul>	<ul style="list-style-type: none"> <li>▪ Community-based</li> </ul>	<ul style="list-style-type: none"> <li>▪ Over 30,000 resources distributed per year in the Champlain region</li> </ul>
<b>The Community Presentations Program</b>	<ul style="list-style-type: none"> <li>▪ HSFO</li> </ul>	<ul style="list-style-type: none"> <li>▪ Local offices</li> </ul>	<ul style="list-style-type: none"> <li>▪ General public</li> <li>▪ Professional Health Care Providers</li> </ul>	<ul style="list-style-type: none"> <li>▪ A volunteer-based local presentation program that goes into the community to provide information and resources</li> </ul>	<ul style="list-style-type: none"> <li>▪ Risk Factors</li> <li>▪ Stress Management</li> <li>▪ Stroke</li> <li>▪ Physical Activity</li> <li>▪ Heart Disease</li> <li>▪ Women's Heart Health</li> <li>▪ Nutrition</li> <li>▪ The Heart &amp; Stroke Foundation</li> </ul>	<ul style="list-style-type: none"> <li>▪ Community-based</li> </ul>	<ul style="list-style-type: none"> <li>▪ Over 175 presentations / year</li> </ul>
<b>Regional Health Information Specialist</b>	<ul style="list-style-type: none"> <li>▪ HSFO</li> </ul>	<ul style="list-style-type: none"> <li>▪ HSFO</li> </ul>	<ul style="list-style-type: none"> <li>▪ Local Staff</li> <li>▪ Businesses</li> <li>▪ Volunteers</li> <li>▪ General Public</li> <li>▪ CPR Instructors</li> </ul>	<ul style="list-style-type: none"> <li>▪ 1.0 Full time position dedicated to providing information and training</li> </ul>	<ul style="list-style-type: none"> <li>▪ Advocacy</li> <li>▪ Training</li> <li>▪ Information</li> <li>▪ Referrals</li> </ul>	<ul style="list-style-type: none"> <li>▪ Community-based</li> </ul>	<ul style="list-style-type: none"> <li>▪ Contributing to over 15 local committees and initiatives</li> <li>▪ Providing training to 30 volunteers</li> </ul>

## 3.2 Public Health Units

### 3.2.1 Ottawa Public Health

Program	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/Setting	Volumes
<b>Exposé</b>	<ul style="list-style-type: none"> <li>Ottawa Public Health</li> </ul>	<ul style="list-style-type: none"> <li>Exposé team</li> </ul>	<ul style="list-style-type: none"> <li>Youth</li> </ul>	<ul style="list-style-type: none"> <li>Mobilization</li> <li>Education</li> <li>Awareness</li> <li>Peer educators</li> </ul>	<ul style="list-style-type: none"> <li>Tobacco</li> </ul>	<ul style="list-style-type: none"> <li>Secondary schools</li> </ul>	<ul style="list-style-type: none"> <li>All schools (n=51)</li> </ul>
<b>Taking Charge</b>	<ul style="list-style-type: none"> <li>Ottawa Public Health</li> </ul>	<ul style="list-style-type: none"> <li>IDP team</li> </ul>	<ul style="list-style-type: none"> <li>Women</li> </ul>	<ul style="list-style-type: none"> <li>Education</li> <li>Awareness</li> </ul>	<ul style="list-style-type: none"> <li>Healthy lifestyles</li> </ul>	<ul style="list-style-type: none"> <li>Community at large</li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>
<b>ACCESS (Accessible Chances for Everyone to Stop Smoking)</b>	<ul style="list-style-type: none"> <li>Ottawa Public Health</li> </ul>	<ul style="list-style-type: none"> <li>Ottawa Heart Beat</li> </ul>	<ul style="list-style-type: none"> <li>Adults</li> <li>Youth (13-18 yrs)</li> <li>Community</li> <li>Volunteers/ Partners</li> <li>Education</li> <li>Professionals</li> <li>Individuals living in low income situations</li> </ul>	<ul style="list-style-type: none"> <li>Education</li> <li>Awareness</li> <li>Community Mobilization</li> </ul>	<ul style="list-style-type: none"> <li>Tobacco</li> </ul>	<ul style="list-style-type: none"> <li>Community at large</li> <li>Secondary Schools</li> </ul>	<ul style="list-style-type: none"> <li>3 Secondary schools</li> <li>146 Group sessions</li> <li>1500 Client contacts</li> </ul>
<b>Eat Smart Program</b>	<ul style="list-style-type: none"> <li>Ottawa Public Health</li> </ul>	<ul style="list-style-type: none"> <li>Nutrition Team</li> </ul>	<ul style="list-style-type: none"> <li>Adults</li> <li>Youth</li> </ul>	<ul style="list-style-type: none"> <li>Education &amp; Awareness</li> <li>Community mobilization</li> </ul>	<ul style="list-style-type: none"> <li>Healthy eating</li> </ul>	<ul style="list-style-type: none"> <li>Community at large</li> <li>Workplace</li> <li>Secondary schools</li> <li>Restaurant staff</li> </ul>	<ul style="list-style-type: none"> <li>20 Secondary schools</li> <li>60 Restaurants</li> <li>3 Workplaces</li> </ul>
<b>Active Ottawa</b>	<ul style="list-style-type: none"> <li>Ottawa Champions Committee and Ottawa Public Health</li> </ul>	<ul style="list-style-type: none"> <li>Physical Activity Team</li> </ul>	<ul style="list-style-type: none"> <li>Children &amp; youth</li> <li>Adults</li> <li>Older adults</li> </ul>	<ul style="list-style-type: none"> <li>Community mobilization</li> <li>Awareness &amp; education</li> </ul>	<ul style="list-style-type: none"> <li>Physical activity</li> </ul>	<ul style="list-style-type: none"> <li>Community at large</li> </ul>	
<b>Healthy Weights Initiative</b>	<ul style="list-style-type: none"> <li>Ottawa Public Health</li> </ul>	<ul style="list-style-type: none"> <li>Ottawa Heart Beat</li> </ul>	<ul style="list-style-type: none"> <li>Families/Parents</li> </ul>	<ul style="list-style-type: none"> <li>Education</li> <li>Awareness</li> </ul>	<ul style="list-style-type: none"> <li>BMI</li> <li>Nutrition</li> <li>Physical Activity</li> </ul>	<ul style="list-style-type: none"> <li>Community at large</li> <li>Secondary Schools</li> </ul>	<ul style="list-style-type: none"> <li>15,000 participants</li> </ul>
<b>Multi-Cultural Health Coalition</b>	<ul style="list-style-type: none"> <li>Ottawa Public Health</li> </ul>	<ul style="list-style-type: none"> <li>Ottawa Heart Beat</li> </ul>	<ul style="list-style-type: none"> <li>Diverse populations</li> <li>Individuals living in low income situations</li> </ul>	<ul style="list-style-type: none"> <li>Education</li> <li>Awareness</li> <li>Community mobilization</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Eating,</li> <li>Healthy Weight</li> <li>Physical Activity</li> <li>Diabetes</li> </ul>	<ul style="list-style-type: none"> <li>Community at large</li> <li>Jamican</li> <li>Afgani</li> <li>Cambodian</li> <li>Ethiopian</li> <li>Chinese</li> <li>Somali</li> <li>Arabic</li> <li>Malayali</li> </ul>	<ul style="list-style-type: none"> <li>552 participants</li> </ul>
<b>Rural Heart Health Coalition</b>	<ul style="list-style-type: none"> <li>Ottawa Public Health</li> </ul>	<ul style="list-style-type: none"> <li>Ottawa Heart Beat</li> </ul>	<ul style="list-style-type: none"> <li>General Community</li> <li>Adults</li> <li>Seniors (+65)</li> </ul>	<ul style="list-style-type: none"> <li>Awareness</li> </ul>	<ul style="list-style-type: none"> <li>Healthy eating</li> <li>Physical Activity</li> <li>Healthy weights</li> <li>Stress management</li> <li>Injury Prevention</li> </ul>	<ul style="list-style-type: none"> <li>Community at large</li> </ul>	<ul style="list-style-type: none"> <li>650 Adults</li> <li>300 Seniors</li> </ul>

					<ul style="list-style-type: none"> <li>▪ Cancer</li> <li>▪ Diabetes</li> <li>▪ Osteoporosis</li> <li>▪ Stroke</li> </ul>		
<b>Woman Alive</b>	<ul style="list-style-type: none"> <li>▪ Ottawa Public Health</li> </ul>	<ul style="list-style-type: none"> <li>▪ Ottawa Heart Beat</li> </ul>	<ul style="list-style-type: none"> <li>▪ Female</li> <li>▪ Professionals (sports, fitness, recreation)</li> <li>▪ Children (&lt;13 yrs)</li> <li>▪ Health Care Professionals</li> </ul>	<ul style="list-style-type: none"> <li>▪ Education</li> <li>▪ Awareness</li> <li>▪ Environmental Support</li> </ul>	<ul style="list-style-type: none"> <li>▪ Healthy eating</li> <li>▪ Physical Activity</li> <li>▪ Tobacco</li> <li>▪ Healthy Weights</li> <li>▪ Stress management</li> <li>▪ Cancer</li> <li>▪ Diabetes</li> <li>▪ Stroke</li> </ul>	<ul style="list-style-type: none"> <li>▪ Community at large</li> <li>▪ Recreation Facilities</li> </ul>	<ul style="list-style-type: none"> <li>▪ Change annually</li> <li>▪ Program currently operates in 4 sites</li> </ul>
<b>Physical Activity, Workplace Health (Health Ottawa at Work)</b>	<ul style="list-style-type: none"> <li>▪ Ottawa Public Health</li> </ul>	<ul style="list-style-type: none"> <li>▪ Ottawa Heart Beat</li> </ul>	<ul style="list-style-type: none"> <li>▪ Adults (All)</li> <li>▪ Health Care Professionals</li> <li>▪ Professionals (sport, fitness, recreation)</li> <li>▪ Professionals who promote health in the Workplace e.g. Human Resources</li> <li>▪ Health &amp; Safety</li> </ul>	<ul style="list-style-type: none"> <li>▪ Education</li> <li>▪ Awareness</li> </ul>	<ul style="list-style-type: none"> <li>▪ Physical Activity</li> <li>▪ Healthy Weights</li> <li>▪ Stress Management</li> <li>▪ Cancer</li> <li>▪ Diabetes</li> <li>▪ Injury Prevention</li> </ul>	<ul style="list-style-type: none"> <li>▪ Worksites</li> </ul>	<ul style="list-style-type: none"> <li>▪ 700 Organizations</li> </ul>
<b>Kanata Heart Beat</b>	<ul style="list-style-type: none"> <li>▪ Ottawa Public Health</li> </ul>	<ul style="list-style-type: none"> <li>▪ Ottawa Heart Beat</li> </ul>	<ul style="list-style-type: none"> <li>▪ General Community</li> <li>▪ Seniors (+65)</li> <li>▪ Community</li> <li>▪ Volunteers and Partners</li> </ul>	<ul style="list-style-type: none"> <li>▪ Education</li> <li>▪ Awareness</li> <li>▪ Environmental Support</li> </ul>	<ul style="list-style-type: none"> <li>▪ Healthy Eating</li> <li>▪ Healthy Weight</li> <li>▪ Physical Activity</li> <li>▪ Diabetes</li> <li>▪ Stress management</li> <li>▪ Cancer</li> <li>▪ Osteoporosis</li> <li>▪ Stroke</li> <li>▪ Other: Men's Health</li> </ul>	<ul style="list-style-type: none"> <li>▪ Community at large</li> </ul>	<ul style="list-style-type: none"> <li>▪ 1000 Seniors</li> <li>▪ 10,000 General Community</li> <li>▪ 100 Community Volunteers/ Partners</li> </ul>
<b>GottaWalk Coalition</b>	<ul style="list-style-type: none"> <li>▪ Ottawa Public Health</li> </ul>	<ul style="list-style-type: none"> <li>▪ Ottawa Heart Beat</li> </ul>	<ul style="list-style-type: none"> <li>▪ General Community</li> <li>▪ Families/Parents</li> </ul>	<ul style="list-style-type: none"> <li>▪ Awareness</li> <li>▪ Community Mobilization</li> </ul>	<ul style="list-style-type: none"> <li>▪ Healthy eating</li> <li>▪ Physical Activity</li> <li>▪ Healthy weights</li> <li>▪ Stress mgmt.</li> <li>▪ Injury Prevention</li> <li>▪ Cancer</li> <li>▪ Diabetes</li> <li>▪ Osteoporosis</li> </ul>	<ul style="list-style-type: none"> <li>▪ Community at large</li> <li>▪ Media</li> </ul>	<ul style="list-style-type: none"> <li>▪ &gt;10,000 General Community</li> </ul>
<b>Partenaires Franco-Sante</b>	<ul style="list-style-type: none"> <li>▪ Ottawa Public Health</li> </ul>	<ul style="list-style-type: none"> <li>▪ Ottawa Heart Beat</li> </ul>	<ul style="list-style-type: none"> <li>▪ Individuals in low income situations</li> <li>▪ Youth (13-18 yrs)</li> <li>▪ Female/Male Adults</li> <li>▪ General Community</li> <li>▪ Health Care Professionals</li> <li>▪ Education</li> <li>▪ Professionals (sport, fitness, recreation)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Education</li> <li>▪ Awareness</li> <li>▪ Community Mobilization</li> </ul>	<ul style="list-style-type: none"> <li>▪ Physical Activity</li> <li>▪ Healthy Eating</li> <li>▪ Tobacco</li> <li>▪ Healthy weights</li> <li>▪ Stress Mgmt.</li> <li>▪ Social Determinants of health</li> <li>▪ Cancer</li> <li>▪ Diabetes</li> <li>▪ Osteoporosis</li> <li>▪ Other: Mental Health</li> </ul>	<ul style="list-style-type: none"> <li>▪ Community at large</li> <li>▪ Media</li> <li>▪ Secondary Schools</li> </ul>	<ul style="list-style-type: none"> <li>▪ 14,300 General Community</li> </ul>

<b>Pathways to Health</b>	<ul style="list-style-type: none"> <li>▪ Ottawa Public Health</li> </ul>	<ul style="list-style-type: none"> <li>▪ Ottawa Heart Beat</li> </ul>	<ul style="list-style-type: none"> <li>▪ General Community</li> </ul>				
<b>Pathway Patrol</b>	<ul style="list-style-type: none"> <li>▪ Ottawa Public Health</li> </ul>	<ul style="list-style-type: none"> <li>▪ Ottawa Heart Beat</li> </ul>	<ul style="list-style-type: none"> <li>▪ Community Volunteers/ Partners</li> <li>▪ General Community</li> </ul>	<ul style="list-style-type: none"> <li>▪ Awareness</li> </ul>	<ul style="list-style-type: none"> <li>▪ Physical Activity</li> <li>▪ Healthy Weights</li> <li>▪ Stress Management</li> <li>▪ Cancer</li> <li>▪ Diabetes</li> <li>▪ Stroke</li> <li>▪ Osteoporosis</li> <li>▪ Air Quality</li> </ul>	<ul style="list-style-type: none"> <li>▪ Media</li> </ul>	<ul style="list-style-type: none"> <li>▪ 50,000 participants</li> </ul>
<b>RHBE (Regional Heart Beat Executive)</b>	<ul style="list-style-type: none"> <li>▪ Ottawa Public Health</li> </ul>	<ul style="list-style-type: none"> <li>▪ Ottawa Heart Beat</li> </ul>	<ul style="list-style-type: none"> <li>▪ Community Volunteers/ Partners</li> <li>▪ Females</li> <li>▪ Seniors (+65 yrs)</li> <li>▪ Families/Parents</li> <li>▪ General Community</li> <li>▪ Health Care Professionals</li> <li>▪ Professionals (sport, fitness, recreation)</li> <li>▪ Individuals in low income situations</li> <li>▪ Politicians</li> <li>▪ Other: Gatekeepers/ Opinion Leaders</li> </ul>	<ul style="list-style-type: none"> <li>▪ Education</li> <li>▪ Awareness</li> <li>▪ Community Mobilization</li> </ul>	<ul style="list-style-type: none"> <li>▪ Healthy Eating,</li> <li>▪ Tobacco</li> <li>▪ Alcohol &amp; Drugs</li> <li>▪ Healthy weights</li> <li>▪ Physical Activity</li> <li>▪ Diabetes</li> <li>▪ Stress Management</li> <li>▪ Injury Prevention</li> <li>▪ Stroke</li> <li>▪ Men's Health</li> </ul>	<ul style="list-style-type: none"> <li>▪ Community at large</li> <li>▪ Media</li> </ul>	<ul style="list-style-type: none"> <li>▪ 360,000 participants</li> </ul>
<b>Regional Heart Saver Committee</b>	<ul style="list-style-type: none"> <li>▪ Ottawa Public Health</li> </ul>	<ul style="list-style-type: none"> <li>▪ Ottawa Heart Beat</li> </ul>	<ul style="list-style-type: none"> <li>▪ General Community</li> <li>▪ Families/Parents</li> <li>▪ Females</li> <li>▪ Seniors</li> <li>▪ Community Volunteers/ Partners</li> </ul>	<ul style="list-style-type: none"> <li>▪ Education</li> </ul>	<ul style="list-style-type: none"> <li>▪ Healthy eating</li> <li>▪ Physical Activity</li> <li>▪ Injury Prevention</li> <li>▪ Stroke</li> </ul>	<ul style="list-style-type: none"> <li>▪ Community at large</li> <li>▪ Media</li> <li>▪ Recreation facilities</li> <li>▪ Worksites</li> <li>▪ Health care settings</li> </ul>	<ul style="list-style-type: none"> <li>▪ +120,000 General Community</li> <li>▪ 200 Community Volunteers/ Partners</li> </ul>
<b>Youth Heart Beat</b>	<ul style="list-style-type: none"> <li>▪ Ottawa Public Health</li> </ul>	<ul style="list-style-type: none"> <li>▪ Ottawa Heart Beat</li> </ul>	<ul style="list-style-type: none"> <li>▪ Children (&lt;13 yrs)</li> <li>▪ Youth (13-18 yrs)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Education</li> <li>▪ Awareness</li> </ul>	<ul style="list-style-type: none"> <li>▪ N/A</li> </ul>	<ul style="list-style-type: none"> <li>▪ N/A</li> </ul>	<ul style="list-style-type: none"> <li>▪ 2000 Children</li> <li>▪ 37 Youth</li> </ul>
<b>Youth Committee</b>	<ul style="list-style-type: none"> <li>▪ Ottawa Public Health</li> </ul>	<ul style="list-style-type: none"> <li>▪ N/A</li> </ul>	<ul style="list-style-type: none"> <li>▪ Youth</li> </ul>	<ul style="list-style-type: none"> <li>▪ Intervention</li> </ul>	<ul style="list-style-type: none"> <li>▪ Heart Health</li> </ul>		<ul style="list-style-type: none"> <li>▪ N/A</li> </ul>
<b>Public Health Info Line</b>	<ul style="list-style-type: none"> <li>▪ Ottawa Public Health</li> </ul>	<ul style="list-style-type: none"> <li>▪ N/A</li> </ul>	<ul style="list-style-type: none"> <li>▪ General Community</li> </ul>	<ul style="list-style-type: none"> <li>▪ Information Line</li> </ul>	<ul style="list-style-type: none"> <li>▪ Non Specific</li> </ul>	<ul style="list-style-type: none"> <li>▪ Community at large</li> </ul>	<ul style="list-style-type: none"> <li>▪ N/A</li> </ul>
<b>City of Ottawa Workplace Smoking Cessation Program</b>	<ul style="list-style-type: none"> <li>▪ Ottawa Public Health</li> </ul>	<ul style="list-style-type: none"> <li>▪ N/A</li> </ul>	<ul style="list-style-type: none"> <li>▪ Workplace</li> </ul>	<ul style="list-style-type: none"> <li>▪ Course/Program</li> </ul>	<ul style="list-style-type: none"> <li>▪ Tobacco</li> </ul>		<ul style="list-style-type: none"> <li>▪ N/A</li> </ul>

### 3.2.2 Healthy Living Partnership & Renfrew County & District Health Unit (RCDHU)

Program Name	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/ Setting	Volumes
Lifestyle Challenges	<ul style="list-style-type: none"> <li>RCDHU</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Living Partnership</li> </ul>	<ul style="list-style-type: none"> <li>General Community</li> </ul>	<ul style="list-style-type: none"> <li>Awareness</li> <li>Education</li> </ul>	<ul style="list-style-type: none"> <li>Nutrition/Healthy Living</li> <li>Physical Activity</li> <li>Tobacco</li> </ul>	<ul style="list-style-type: none"> <li>Recreation Facilities (1)</li> <li>CFB Petawawa</li> </ul>	<ul style="list-style-type: none"> <li>1400 General Community</li> </ul>
Community Food Advisor Program	<ul style="list-style-type: none"> <li>RCDHU</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Living Partnership</li> </ul>	<ul style="list-style-type: none"> <li>Children</li> <li>Youth</li> <li>Families/Parents</li> <li>General Community</li> </ul>	<ul style="list-style-type: none"> <li>Education</li> </ul>	<ul style="list-style-type: none"> <li>Nutrition/Healthy Eating</li> <li>Healthy Weights</li> </ul>	<ul style="list-style-type: none"> <li>Elementary Schools</li> <li>Daycare/Nursery schools</li> <li>Worksites</li> <li>Grocery stores</li> <li>Community at large</li> </ul>	<ul style="list-style-type: none"> <li>552 Children</li> <li>130 Youth</li> <li>933 Adults</li> </ul>
Healthy Schools	<ul style="list-style-type: none"> <li>RCDHU</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Living Partnership</li> </ul>	<ul style="list-style-type: none"> <li>Children</li> <li>Youth</li> <li>Families/Parents</li> <li>Education Professionals</li> </ul>	<ul style="list-style-type: none"> <li>Awareness</li> <li>Education</li> <li>Environmental Support</li> <li>Policy Development</li> </ul>	<ul style="list-style-type: none"> <li>Nutrition/Healthy Eating</li> <li>Physical activity</li> <li>Alcohol &amp; drugs</li> <li>Healthy weights</li> <li>Tobacco</li> </ul>	<ul style="list-style-type: none"> <li>55 Elementary Schools</li> <li>12 Secondary Schools</li> </ul>	<ul style="list-style-type: none"> <li>4000 Children</li> <li>1900 Youth</li> <li>500 Adults</li> <li>150 Education Professionals</li> </ul>
Community Mobilization	<ul style="list-style-type: none"> <li>RCDHU</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Living Partnership</li> </ul>	<ul style="list-style-type: none"> <li>Community Volunteers/ Partners</li> </ul>	<ul style="list-style-type: none"> <li>Community Mobilization</li> </ul>	<ul style="list-style-type: none"> <li>Nutrition/Healthy Eating</li> <li>Physical Activity</li> <li>Alcohol &amp; drugs</li> <li>Healthy Weights</li> <li>Tobacco</li> </ul>	<ul style="list-style-type: none"> <li>High schools</li> <li>Recreation facilities</li> </ul>	<ul style="list-style-type: none"> <li>16 Community Volunteers/ Partners</li> <li>4 Task Groups</li> </ul>
Healthy Workplaces	<ul style="list-style-type: none"> <li>RCDHU</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Living Partnership</li> </ul>	<ul style="list-style-type: none"> <li>Adults (All)</li> <li>Families/Parents</li> </ul>	<ul style="list-style-type: none"> <li>Awareness</li> <li>Education</li> <li>Environment Support</li> <li>Challenges</li> </ul>	<ul style="list-style-type: none"> <li>Nutrition/Healthy Eating</li> <li>Physical Activity</li> <li>Tobacco</li> <li>Alcohol &amp; other drugs</li> <li>Stress management</li> <li>Social determinants of health</li> <li>Cancer</li> </ul>	<ul style="list-style-type: none"> <li>Worksites</li> </ul>	<ul style="list-style-type: none"> <li>2500 All Adults</li> </ul>
Communications Campaigns	<ul style="list-style-type: none"> <li>RCDHU</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Living Partnership</li> </ul>	<ul style="list-style-type: none"> <li>Adults (All)</li> <li>Families/Parents</li> <li>General Community</li> <li>Professionals (sports, fitness, recreation)</li> </ul>	<ul style="list-style-type: none"> <li>Awareness</li> <li>Education</li> <li>Environment Support</li> </ul>	<ul style="list-style-type: none"> <li>Nutrition/Healthy Eating</li> <li>Physical Activity</li> <li>Tobacco</li> </ul>	<ul style="list-style-type: none"> <li>Media</li> <li>Recreation Facilities</li> <li>Grocery Stores</li> <li>Community at large</li> </ul>	<ul style="list-style-type: none"> <li>2500 Adults</li> <li>2500 General Community</li> <li>18 Professional</li> </ul>
Provincial Driven to Quit Contest	<ul style="list-style-type: none"> <li>RCDHU</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Living Partnership</li> </ul>	<ul style="list-style-type: none"> <li>Adults (All)</li> <li>General Community</li> </ul>	<ul style="list-style-type: none"> <li>Awareness</li> </ul>	<ul style="list-style-type: none"> <li>Tobacco</li> </ul>	<ul style="list-style-type: none"> <li>Media</li> </ul>	<ul style="list-style-type: none"> <li>400 Adult</li> </ul>
Professional Development	<ul style="list-style-type: none"> <li>RCDHU</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Living Partnership</li> </ul>	<ul style="list-style-type: none"> <li>General Community</li> </ul>	<ul style="list-style-type: none"> <li>Awareness</li> <li>Education</li> </ul>	<ul style="list-style-type: none"> <li>Nutrition/Healthy Living</li> <li>Physical Activity</li> <li>Tobacco</li> </ul>	<ul style="list-style-type: none"> <li>Recreation Facilities (1)</li> </ul>	<ul style="list-style-type: none"> <li>1200 General Community</li> </ul>

<b>Seniors Exercise Class Development</b>	<ul style="list-style-type: none"> <li>RCDHU</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Living Partnership</li> </ul>	<ul style="list-style-type: none"> <li>Community Volunteers/ Partners</li> <li>Seniors</li> <li>Health Care Professionals</li> <li>Politicians</li> </ul>	<ul style="list-style-type: none"> <li>Community Mobilization</li> </ul>	<ul style="list-style-type: none"> <li>Injury Prevention</li> <li>Physical Activity</li> <li>Osteoporosis</li> </ul>	<ul style="list-style-type: none"> <li>Community Recreation Facilities (5)</li> </ul>	<ul style="list-style-type: none"> <li>25 Community Volunteers/ Partners</li> <li>75 Seniors</li> <li>6 Partners</li> <li>25 Health Care Professionals</li> <li>5 Politicians</li> </ul>
<b>Kids in the Kitchen</b>	<ul style="list-style-type: none"> <li>RCDHU</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Living Partnership</li> </ul>	<ul style="list-style-type: none"> <li>Politicians</li> <li>General Community</li> <li>Health Care Professionals</li> <li>Professionals (sports, fitness, recreation)</li> <li>Other (Business Proprietors)</li> </ul>	<ul style="list-style-type: none"> <li>Awareness</li> <li>Policy Development</li> <li>Policy Implementation</li> <li>Community Mobilization</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Eating</li> <li>Physical Activity</li> <li>Tobacco</li> <li>Air Quality</li> <li>Evaluation</li> </ul>	<ul style="list-style-type: none"> <li>Community Resource Centre</li> <li>Community at large</li> <li>Media</li> <li>Recreation Facilities</li> <li>Worksites</li> <li>Restaurants</li> </ul>	<ul style="list-style-type: none"> <li>10,000 General Community</li> <li>10 Health Care Professionals</li> <li>12 Professionals (sports, fitness, recreation)</li> <li>12 Politicians</li> <li>25 Business Proprietors</li> </ul>
<b>Kindergym</b>	<ul style="list-style-type: none"> <li>RCDHU</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Living Partnership</li> </ul>	<ul style="list-style-type: none"> <li>Adults (All)</li> <li>Families/Parents</li> </ul>	<ul style="list-style-type: none"> <li>Families/Parents</li> <li>Children</li> <li>Diverse Populations</li> <li>Individuals in low income situations</li> </ul>	<ul style="list-style-type: none"> <li>Physical Activity</li> <li>Healthy Eating</li> <li>Education</li> <li>Awareness</li> <li>Environmental Support</li> </ul>	<ul style="list-style-type: none"> <li>Early Years Centres</li> <li>Churches</li> </ul>	<ul style="list-style-type: none"> <li>15 Community Volunteers</li> <li>5 Partners</li> <li>200 Parents</li> </ul>
<b>KidSport</b>	<ul style="list-style-type: none"> <li>RCDHU</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Living Partnership</li> </ul>	<ul style="list-style-type: none"> <li>Children</li> <li>Youth</li> </ul>	<ul style="list-style-type: none"> <li>Awareness</li> <li>Community Mobilization</li> </ul>	<ul style="list-style-type: none"> <li>Physical Activity</li> </ul>	<ul style="list-style-type: none"> <li>Recreation Facilities</li> <li>Community at large</li> </ul>	<ul style="list-style-type: none"> <li>35 Children</li> <li>15 Youth</li> </ul>
<b>SFO - Arnprior Smoking Awareness/ Information Program</b>	<ul style="list-style-type: none"> <li>RCDHU</li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>Smokers / Non-smokers</li> <li>Workplaces</li> </ul>	<ul style="list-style-type: none"> <li>Course/Program</li> </ul>	<ul style="list-style-type: none"> <li>Tobacco</li> </ul>	<ul style="list-style-type: none"> <li>Variable: local community centres, worksite</li> </ul>	<ul style="list-style-type: none"> <li>Individualized</li> <li>Small group (n=20)</li> </ul>
<b>SFO - Barry's Bay Smoking Awareness/ Information Program</b>	<ul style="list-style-type: none"> <li>RCDHU</li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>Smokers / Non-smokers</li> <li>Workplaces</li> </ul>	<ul style="list-style-type: none"> <li>Course/Program</li> </ul>	<ul style="list-style-type: none"> <li>Tobacco</li> </ul>	<ul style="list-style-type: none"> <li>Variable: local community centres, worksite</li> </ul>	<ul style="list-style-type: none"> <li>Individualized</li> <li>Small group (n=20)</li> </ul>
<b>SFO - Deep River Smoking Awareness/ Information Program</b>	<ul style="list-style-type: none"> <li>RCDHU</li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>Smokers / Non-smokers</li> <li>Workplaces</li> </ul>	<ul style="list-style-type: none"> <li>Course/Program</li> </ul>	<ul style="list-style-type: none"> <li>Tobacco</li> </ul>	<ul style="list-style-type: none"> <li>Variable: local community centres, worksite</li> </ul>	<ul style="list-style-type: none"> <li>Individualized</li> <li>Small group (n=20)</li> </ul>
<b>SFO - Pembroke Smoking Awareness/ Information Program</b>	<ul style="list-style-type: none"> <li>RCDHU</li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>Smokers / Non-smokers</li> <li>Workplaces</li> </ul>	<ul style="list-style-type: none"> <li>Course/Program</li> </ul>	<ul style="list-style-type: none"> <li>Tobacco</li> </ul>	<ul style="list-style-type: none"> <li>Variable: local community centres, worksite</li> </ul>	<ul style="list-style-type: none"> <li>Individualized</li> <li>Small group (n=20)</li> </ul>
<b>SFO - Renfrew Smoking Awareness/ Information Program</b>	<ul style="list-style-type: none"> <li>RCDHU</li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>Smokers / Non-smokers</li> <li>Workplaces</li> </ul>	<ul style="list-style-type: none"> <li>Course/Program</li> </ul>	<ul style="list-style-type: none"> <li>Tobacco</li> </ul>	<ul style="list-style-type: none"> <li>Variable: local community centres, worksite</li> </ul>	<ul style="list-style-type: none"> <li>Individualized</li> <li>Small group (n=20)</li> </ul>
<b>SFO – Eganville Smoking Awareness/ Information Program</b>	<ul style="list-style-type: none"> <li>RCDHU</li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>Smokers / Non-smokers</li> <li>Workplaces</li> </ul>	<ul style="list-style-type: none"> <li>Course/Program</li> </ul>	<ul style="list-style-type: none"> <li>Tobacco</li> </ul>	<ul style="list-style-type: none"> <li>Health Unit site</li> </ul>	<ul style="list-style-type: none"> <li>Individualized</li> <li>20 participants</li> </ul>

### 3.2.3 Eastern Ontario Health Unit (EOHU)

Program Name	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/Setting	Volume
<b>Smoke Free Living</b>	<ul style="list-style-type: none"> <li>Eastern Ontario Health Unit</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Rhythm Coalition</li> </ul>	<ul style="list-style-type: none"> <li>Children (&lt;13 yrs)</li> <li>Youth (13-18 yrs)</li> </ul>	<ul style="list-style-type: none"> <li>Awareness</li> <li>Education</li> </ul>	<ul style="list-style-type: none"> <li>Tobacco</li> <li>Air Quality</li> <li>Other Chronic Diseases: Cancer and CVD</li> </ul>	<ul style="list-style-type: none"> <li>Elementary Schools</li> </ul>	<ul style="list-style-type: none"> <li>2000 Children</li> </ul>
<b>Active Transportation</b>	<ul style="list-style-type: none"> <li>Eastern Ontario Health Unit</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Rhythm Coalition</li> </ul>	<ul style="list-style-type: none"> <li>Adults (All)</li> <li>Male, Female</li> <li>Families/Parents</li> <li>General Community</li> <li>Politicians/other gate keepers/ Opinion Leaders</li> </ul>	<ul style="list-style-type: none"> <li>Environmental Support</li> <li>Education</li> <li>Community Mobilization</li> </ul>	<ul style="list-style-type: none"> <li>Physical Activity</li> <li>Healthy weights</li> <li>Stress Management</li> <li>Other Chronic Diseases: Cancer, Diabetes, CVD</li> </ul>	<ul style="list-style-type: none"> <li>Media</li> <li>Worksites</li> <li>Community at large</li> </ul>	<ul style="list-style-type: none"> <li>15 adults</li> </ul>
<b>After School Program</b>	<ul style="list-style-type: none"> <li>Eastern Ontario Health Unit</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Rhythm Coalition</li> </ul>	<ul style="list-style-type: none"> <li>Children (&lt;13 yrs)</li> </ul>	<ul style="list-style-type: none"> <li>Education</li> <li>Awareness</li> <li>Environmental support</li> </ul>	<ul style="list-style-type: none"> <li>Nutrition/Healthy Eating,</li> <li>Physical Activity</li> <li>Healthy weights</li> <li>Other chronic diseases: Diabetes, obesity, CVD, Cancer</li> </ul>	<ul style="list-style-type: none"> <li>Elementary Schools</li> <li>Day Camps</li> <li>Recreation Facilities</li> </ul>	<ul style="list-style-type: none"> <li>350 youth</li> </ul>
<b>Coalition Development</b>	<ul style="list-style-type: none"> <li>Eastern Ontario Health Unit</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Rhythm Coalition</li> </ul>	<ul style="list-style-type: none"> <li>Community Volunteers/ Partners</li> <li>General Community</li> <li>Health Care Professionals</li> <li>Education Professionals</li> <li>Professionals (sport, fitness, recreation)</li> <li>Politicians/Other Gatekeepers/ Opinion Leaders</li> </ul>	<ul style="list-style-type: none"> <li>Community Mobilization</li> </ul>	<ul style="list-style-type: none"> <li>Non-specific</li> </ul>	<ul style="list-style-type: none"> <li>Media</li> <li>Community at large</li> </ul>	<ul style="list-style-type: none"> <li>10 partners</li> </ul>
<b>Eat Smart</b>	<ul style="list-style-type: none"> <li>Eastern Ontario Health Unit</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Rhythm Coalition</li> </ul>	<ul style="list-style-type: none"> <li>General Community</li> <li>Adults (All)</li> <li>Restaurant owners</li> </ul>	<ul style="list-style-type: none"> <li>Awareness</li> <li>Environmental Support</li> </ul>	<ul style="list-style-type: none"> <li>Nutrition/Healthy Eating</li> <li>Healthy Weights</li> <li>Other Chronic Diseases: Cancer, CVD, Diabetes, Obesity</li> </ul>	<ul style="list-style-type: none"> <li>Restaurants</li> <li>Media</li> </ul>	<ul style="list-style-type: none"> <li>15 restaurants</li> </ul>
<b>Food Security</b>	<ul style="list-style-type: none"> <li>Eastern Ontario Health Unit</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Rhythm Coalition</li> </ul>	<ul style="list-style-type: none"> <li>General Community</li> <li>Adults (All)</li> </ul>	<ul style="list-style-type: none"> <li>Education</li> <li>Environmental Support</li> <li>Community mobilization</li> </ul>	<ul style="list-style-type: none"> <li>Nutrition/Healthy Eating</li> </ul>	<ul style="list-style-type: none"> <li>Community at large</li> </ul>	<ul style="list-style-type: none"> <li>45 adults</li> </ul>

<b>Healthy Living</b>	<ul style="list-style-type: none"> <li>Eastern Ontario Health Unit</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Rhythm Coalition</li> </ul>	<ul style="list-style-type: none"> <li>General Community</li> <li>Adults (all)</li> <li>Families/Parents</li> </ul>	<ul style="list-style-type: none"> <li>Awareness</li> <li>Education</li> </ul>	<ul style="list-style-type: none"> <li>Nutrition/Healthy Eating</li> <li>Physical Activity</li> <li>Tobacco</li> <li>Healthy weights</li> <li>Stress management</li> <li>Air Quality</li> <li>Other Chronic Diseases: Cancer, Diabetes, CVD</li> </ul>	<ul style="list-style-type: none"> <li>Media</li> <li>Worksites</li> <li>Community at large</li> </ul>	<ul style="list-style-type: none"> <li>65 adults</li> </ul>
<b>Smoke Free By Law</b>	<ul style="list-style-type: none"> <li>Eastern Ontario Health Unit</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Rhythm Coalition</li> </ul>	<ul style="list-style-type: none"> <li>Adults (All)</li> <li>General Community</li> <li>Politicians/Other Gatekeepers/Opinion Leaders</li> </ul>	<ul style="list-style-type: none"> <li>Awareness</li> <li>Policy Implementation</li> </ul>	<ul style="list-style-type: none"> <li>Tobacco</li> <li>Air Quality</li> <li>Other Chronic Diseases: Cancer &amp; CVD</li> </ul>	<ul style="list-style-type: none"> <li>Media</li> <li>Community at large</li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>
<b>Smoking Cessation Program</b>	<ul style="list-style-type: none"> <li>Eastern Ontario Health Unit</li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>Non Specific</li> </ul>	<ul style="list-style-type: none"> <li>Course/Program</li> </ul>	<ul style="list-style-type: none"> <li>Tobacco</li> </ul>	<ul style="list-style-type: none"> <li>Health Unit site</li> </ul>	<ul style="list-style-type: none"> <li>Individualized</li> <li>20 participants</li> </ul>
<b>Active Living</b>	<ul style="list-style-type: none"> <li>Eastern Ontario Health Unit</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Rhythm Coalition</li> </ul>	<ul style="list-style-type: none"> <li>Adults (All)</li> <li>Families/Parents</li> <li>General Community</li> </ul>	<ul style="list-style-type: none"> <li>Education</li> <li>Environmental Support</li> <li>Policy Development</li> <li>Community Mobilization</li> </ul>	<ul style="list-style-type: none"> <li>Physical Activity</li> <li>Healthy Weights</li> <li>Stress Management</li> <li>Other Chronic Diseases: Diabetes, CVD, Cancer</li> </ul>	<ul style="list-style-type: none"> <li>Community at large</li> <li>Recreation Facilities</li> <li>Worksites</li> </ul>	<ul style="list-style-type: none"> <li>20 adults</li> </ul>
<b>Community Gardens</b>	<ul style="list-style-type: none"> <li>Eastern Ontario Health Unit</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Rhythm Coalition</li> </ul>	<ul style="list-style-type: none"> <li>General community</li> <li>Adults (all)</li> <li>Male, Female</li> <li>Youth (13-18 yrs)</li> <li>Individuals living in low income situations</li> </ul>	<ul style="list-style-type: none"> <li>Awareness</li> <li>Education</li> <li>Environmental Support</li> <li>Community Mobilization</li> </ul>	<ul style="list-style-type: none"> <li>Nutrition/Healthy Eating</li> <li>Healthy Weights</li> <li>Other Chronic Diseases: Cancer, CVD, Diabetes, Obesity</li> </ul>	<ul style="list-style-type: none"> <li>Community at large</li> </ul>	<ul style="list-style-type: none"> <li>40,000 residents</li> </ul>
<b>Community Bike Days</b>	<ul style="list-style-type: none"> <li>Eastern Ontario Health Unit</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Rhythm Coalition</li> </ul>	<ul style="list-style-type: none"> <li>General community</li> <li>Adults (all)</li> </ul>	<ul style="list-style-type: none"> <li>Awareness</li> <li>Education</li> <li>Policy Development</li> <li>Community Mobilization</li> </ul>	<ul style="list-style-type: none"> <li>Physical Activity</li> <li>Other Chronic Diseases: Cancer, CVD, Diabetes, Obesity</li> </ul>	<ul style="list-style-type: none"> <li>Community at large</li> <li>Municipalities</li> </ul>	<ul style="list-style-type: none"> <li>35,000 residents</li> </ul>
<b>Community Physical Activity Clubs</b>	<ul style="list-style-type: none"> <li>Eastern Ontario Health Unit</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Rhythm Coalition</li> </ul>	<ul style="list-style-type: none"> <li>Children (&lt;13 yrs)</li> <li>Youth (13-18 yrs)</li> <li>Adults (all)</li> <li>General community</li> <li>Diverse population (16 yrs and older with mental illness)</li> </ul>	<ul style="list-style-type: none"> <li>Awareness</li> <li>Education</li> <li>Environmental Support</li> <li>Community Mobilization</li> </ul>	<ul style="list-style-type: none"> <li>Physical Activity</li> <li>Healthy Weights</li> <li>Mental Health</li> <li>Other Chronic Diseases: Cancer, CVD, Diabetes, Obesity</li> </ul>	<ul style="list-style-type: none"> <li>Elementary Schools</li> <li>Secondary Schools</li> <li>Recreation Facilities</li> <li>Community at large</li> </ul>	<ul style="list-style-type: none"> <li>185,000 residents</li> </ul>
<b>VERITAS</b>	<ul style="list-style-type: none"> <li>Eastern Ontario Health Unit</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Rhythm Coalition</li> </ul>	<ul style="list-style-type: none"> <li>Youth (13-18 yrs)</li> <li>Adults (all)</li> <li>General community</li> <li>Education</li> </ul>	<ul style="list-style-type: none"> <li>Awareness</li> <li>Education</li> <li>Environmental Support</li> <li>Policy</li> </ul>	<ul style="list-style-type: none"> <li>Tobacco</li> <li>Air Quality</li> <li>Other Chronic Diseases: Cancer, CVD, Diabetes,</li> </ul>	<ul style="list-style-type: none"> <li>Media</li> <li>Secondary Schools</li> <li>Recreation Facilities</li> </ul>	<ul style="list-style-type: none"> <li>8000 youth</li> </ul>

				<ul style="list-style-type: none"> <li>▪ Development</li> <li>▪ Community Mobilization</li> </ul>	Obesity	<ul style="list-style-type: none"> <li>▪ Health Care Settings</li> </ul>	
<b>Healthy Weights</b>	<ul style="list-style-type: none"> <li>▪ Eastern Ontario Health Unit</li> </ul>	<ul style="list-style-type: none"> <li>▪ Healthy Rhythm Coalition</li> </ul>	<ul style="list-style-type: none"> <li>▪ Children (&lt;13 yrs)</li> <li>▪ Families / Parents</li> <li>▪ General Community</li> <li>▪ Education</li> <li>▪ Professional</li> <li>▪ Politicians / Other Gatekeepers / Opinion Leaders</li> </ul>	<ul style="list-style-type: none"> <li>▪ Education</li> <li>▪ Environmental Support</li> <li>▪ Policy Development</li> <li>▪ Community Mobilization</li> </ul>	<ul style="list-style-type: none"> <li>▪ Nutrition/Healthy Eating</li> <li>▪ Physical Activity</li> <li>▪ Healthy Weights</li> <li>▪ Other Chronic Diseases: Cancer, CVD, Diabetes, Obesity</li> </ul>	<ul style="list-style-type: none"> <li>▪ Elementary Schools</li> <li>▪ Media</li> <li>▪ Worksites</li> <li>▪ Community at large</li> </ul>	<ul style="list-style-type: none"> <li>▪ 20,000 children</li> </ul>
<b>Local Evaluation</b>	<ul style="list-style-type: none"> <li>▪ Eastern Ontario Health Unit</li> </ul>	<ul style="list-style-type: none"> <li>▪ Healthy Rhythm Coalition</li> </ul>	<ul style="list-style-type: none"> <li>▪ N/A</li> </ul>	<ul style="list-style-type: none"> <li>▪ N/A</li> </ul>	<ul style="list-style-type: none"> <li>▪ Non-specific</li> </ul>	<ul style="list-style-type: none"> <li>▪ Non-specific</li> </ul>	<ul style="list-style-type: none"> <li>▪ N/A</li> </ul>

### 3.2.4 Leeds, Grenville & Lanark (Tri-Health)

Program Name	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/ Setting	Volumes
<b>Tri-Trials</b>	<ul style="list-style-type: none"> <li>Leeds, Grenville &amp; Lanark District Health Unit</li> </ul>	<ul style="list-style-type: none"> <li>Tri-Health</li> </ul>	<ul style="list-style-type: none"> <li>General Community</li> </ul>	<ul style="list-style-type: none"> <li>Awareness</li> <li>Education</li> <li>Policy Development</li> <li>Community Mobilization</li> </ul>	<ul style="list-style-type: none"> <li>Physical Activity</li> <li>Healthy Weights</li> <li>Other Chronic Diseases: Advocating for Health as a reason for Trials</li> </ul>	<ul style="list-style-type: none"> <li>Community at large</li> <li>Media</li> </ul>	<ul style="list-style-type: none"> <li>156,000 General Community</li> </ul>
<b>Eat Smart! Cafeteria</b>	<ul style="list-style-type: none"> <li>Leeds, Grenville &amp; Lanark District Health Unit</li> </ul>	<ul style="list-style-type: none"> <li>Tri-Health</li> </ul>	<ul style="list-style-type: none"> <li>Youth (13-18 yrs)</li> <li>Adults (All)</li> <li>Other: Gatekeepers/Opinion Leaders</li> </ul>	<ul style="list-style-type: none"> <li>Awareness</li> <li>Education</li> <li>Environmental Support</li> </ul>	<ul style="list-style-type: none"> <li>Nutrition/Healthy Eating</li> </ul>	<ul style="list-style-type: none"> <li>Secondary Schools</li> <li>Worksites</li> </ul>	<ul style="list-style-type: none"> <li>3500 Youth</li> <li>300 Adults</li> <li>50 Gatekeepers/Opinion Leaders</li> </ul>
<b>Eat Smart! Restaurant</b>	<ul style="list-style-type: none"> <li>Leeds, Grenville &amp; Lanark District Health Unit</li> </ul>	<ul style="list-style-type: none"> <li>Tri-Health</li> </ul>	<ul style="list-style-type: none"> <li>Adults (All)</li> <li>Families/Parents</li> <li>Restaurant owners and managers</li> </ul>	<ul style="list-style-type: none"> <li>Awareness</li> <li>Education</li> <li>Environmental Support</li> </ul>	<ul style="list-style-type: none"> <li>Nutrition/Healthy Eating</li> <li>Healthy Weights</li> <li>Alcohol &amp; Other Drugs</li> </ul>	<ul style="list-style-type: none"> <li>Media</li> <li>Restaurants</li> </ul>	<ul style="list-style-type: none"> <li>156,000 General Community</li> <li>45 Restaurant owners/managers</li> </ul>
<b>Healthy Schools</b>	<ul style="list-style-type: none"> <li>Leeds, Grenville &amp; Lanark District Health Unit</li> </ul>	<ul style="list-style-type: none"> <li>Tri-Health</li> </ul>	<ul style="list-style-type: none"> <li>Children (&lt;13 yrs)</li> <li>Youth (13-18 yrs)</li> <li>Families/Parents</li> <li>Community Volunteers/Partners</li> <li>Education Professionals</li> </ul>	<ul style="list-style-type: none"> <li>Education</li> <li>Environmental Support</li> <li>Awareness</li> </ul>	<ul style="list-style-type: none"> <li>Nutrition/Healthy Eating</li> <li>Physical Activity</li> </ul>	<ul style="list-style-type: none"> <li>Media</li> <li>Community at large</li> <li>Elementary schools</li> <li>Secondary schools</li> </ul>	<ul style="list-style-type: none"> <li>1200 Children</li> <li>2000 Youth</li> <li>80 Education Professionals</li> <li>Families/Parents</li> </ul>
<b>Workplace Events/Resource Communication</b>	<ul style="list-style-type: none"> <li>Leeds, Grenville &amp; Lanark District Health Unit</li> </ul>	<ul style="list-style-type: none"> <li>Tri-Health</li> </ul>	<ul style="list-style-type: none"> <li>Adults (All)</li> <li>Other gatekeepers/Opinion Leaders</li> </ul>	<ul style="list-style-type: none"> <li>Awareness</li> <li>Education</li> <li>Environmental Support</li> </ul>	<ul style="list-style-type: none"> <li>Nutrition/healthy Eating</li> <li>Physical Activity</li> <li>Tobacco</li> <li>Healthy Weights</li> <li>Stress Management</li> </ul>	<ul style="list-style-type: none"> <li>Worksites</li> </ul>	<ul style="list-style-type: none"> <li>800 Adults</li> <li>25 Health Care Professionals</li> </ul>
<b>Workplace Wellness</b>	<ul style="list-style-type: none"> <li>Leeds, Grenville &amp; Lanark District Health Unit</li> </ul>	<ul style="list-style-type: none"> <li>Tri-Health</li> </ul>	<ul style="list-style-type: none"> <li>Adults (All)</li> <li>Health Care Professionals</li> <li>Gatekeepers/Opinion Leaders</li> </ul>	<ul style="list-style-type: none"> <li>Awareness</li> <li>Education</li> <li>Environmental Support</li> </ul>	<ul style="list-style-type: none"> <li>Nutrition/Healthy Eating</li> <li>Physical Activity</li> <li>Tobacco</li> <li>Healthy Weights</li> <li>Stress Management</li> </ul>	<ul style="list-style-type: none"> <li>Worksites</li> </ul>	<ul style="list-style-type: none"> <li>800 Adults</li> <li>25 Health Care Professionals</li> </ul>

### 3.3 Community Health & Resource Centres

#### 3.3.1 Carlington Community & Health Services

Program Name	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/ Setting	Volumes
Stress Reduction Workshop	▪ Carlington Community & Health Services	-	▪ Nonspecific	▪ Workshop	▪ Mindfulness Based Stress Reduction	-	-
Smoking Cessation Program	▪ Carlington Community & Health Services	▪ A.C.E.S.S	▪ Adults	▪ Program	▪ Tobacco	▪ Community at large	-
Community Based Diabetes Education Program	▪ Carlington Community & Health Services	▪ Centretown Community Health Centre	▪ Adults living with Type 2 Diabetes	▪ Group Education	▪ Diabetes ▪ Nutrition/Healthy Eating ▪ Physical Activity	▪ Community Health Centre	▪ 17 participants
Nutrition Counseling	▪ Carlington Community & Health Services	-	▪ General Community	▪ Counseling	▪ Nutrition/ Health Eating	-	-
Good Food Box	▪ Carlington Community & Health Services	-	▪ General Community	▪ Program	▪ Nutrition/Healthy Eating	-	-
Outreach Program	▪ Carlington Community & Health Services	-	▪ Seniors	▪ Clinic	▪ Hypertension and Health Education	-	-

#### 3.3.2 Centre de santé communautaire de l'Estrie

Program Name	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/ Setting	Volumes
Diabetes Education Program	▪ Centre de Santé Communautaire de l'Estrie	▪ Centre de santé communautaire de l'Estrie	▪ General Population living with type 2 diabetes	▪ Group Education followed by individual counseling	▪ Individual sessions with registered nurse and Nutritionist upon treatment plan	▪ Centre de santé communautaire	80
Nutrition Counseling	▪ Centre de santé communautaire de l'Estrie	▪ Centre de santé communautaire de l'Estrie	▪ Adults	▪ Individual counseling	▪ Nutrition/Healthy eating	▪ Centre de santé communautaire	80
Cœur-Santé	▪ Centre de santé communautaire de l'Estrie	▪ Centre de santé Communautaire de l'Estrie	▪ Adults	▪ Group Program	▪ Medical information ▪ Nutrition advice related to heart condition ▪ Information on physical activity	▪ Centre de santé communautaire	72
Choisir de maigrir	▪ Centre de santé communautaire de l'Estrie	▪ Centre de santé communautaire de l'Estrie	▪ Adults	▪ Group Program	▪ Weight management	▪ Centre de santé communautaire	60
Club de marche	▪ Centre de santé communautaire de l'Estrie	▪ Centre de santé communautaire de l'Estrie	▪ Adults	▪ Group Program	▪ Physical activity	▪ Centre de santé communautaire	-

### 3.3.3 Centretown Community Health Centre

Program Name	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/ Setting	Volumes
Stress Reduction Program (French)	▪ Centretown Community Health Centre	-	▪ Adults	▪ Program	▪ Stress Management ▪ Meditation ▪ Stretching	▪ Community Health Centre	-
Stress Reduction Program (English)	▪ Centretown Community Health Centre	-	▪ Adults	▪ Program	▪ Stress Management ▪ Meditation ▪ Stretching	▪ Community Health Centre	-
Stop Smoking Program	▪ Centretown Community Health Centre	▪ A.C.E.S.S	▪ Adults ▪ Youth	▪ Program	▪ Tobacco	▪ Community at large	-
Community Based Diabetes Education Program	▪ Centretown Community Health Centre	▪ Community Health and Resource Centres across the region	▪ Adults living with Type 2 Diabetes	▪ Program	▪ Diabetes ▪ Nutrition/Healthy eating ▪ Physical Activity	▪ Community Health and Resource Centres across the region	▪ 91 participants
Nutrition Counseling	▪ Centretown Community Health Centre	-	▪ General Community	▪ Counseling	▪ Nutrition/Healthy Eating	▪ Residents of Centertown, Glebe and Ottawa South	▪ 25
Fun with Food and Fitness	▪ Centretown Community Health Centre	-	▪ Low income adults	▪ Workshop	▪ Physical Activity ▪ Nutrition	▪ Community Health Centre	-
Good Food Box	▪ Centretown Community Health Centre	-	▪ Low income families	▪ Food buying club	▪ Nutrition ▪ Food Security	▪ 24 sites across the City	-
Cooking Classes	▪ Centretown Community Health Centre	-	▪ Low income adults	▪ Cooking demonstration and participation	▪ Nutrition	▪ Community Health Centre	-
Collective Kitchen	▪ Centretown Community Health Centre	-	▪ Latino women	▪ Instruction and shared cooking	▪ Nutrition ▪ Food Security	▪ Community Health Centre	-
Seniors Exercise	▪ Centretown Community Health Centre	-	▪ Seniors	▪ Exercise class	▪ Physical Activity	▪ Community Health Centre	-

### 3.3.4 Eastern Ottawa Resource Centre

Program Name	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/ Setting	Volumes
Stress Management Workshop	▪ Eastern Ottawa Resource Centre	-	▪ Non Specific	▪ Workshop	▪ Stress Management	▪ Community Health Centre	-

### 3.3.5 Hunt Club-Riverside Community Services Centre

Program Name	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/ Setting	Volumes
Community Based Diabetes Education Program	<ul style="list-style-type: none"> <li>Hunt Club/Riverside Community Services Centre</li> </ul>	<ul style="list-style-type: none"> <li>Centretown Community Health Centre</li> </ul>	<ul style="list-style-type: none"> <li>Adults living with Type 2 Diabetes</li> </ul>	<ul style="list-style-type: none"> <li>Group Education</li> </ul>	<ul style="list-style-type: none"> <li>Diabetes</li> <li>Nutrition/Healthy Eating</li> <li>Physical Activity</li> </ul>	<ul style="list-style-type: none"> <li>Community Health Centre</li> </ul>	-

### 3.3.6 Lowertown Community Resource Centre

Program Name	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/ Setting	Volumes
Stress Management Workshop	<ul style="list-style-type: none"> <li>Lowertown Community Resource Center</li> </ul>	-	<ul style="list-style-type: none"> <li>Non Specific</li> </ul>	<ul style="list-style-type: none"> <li>Workshop</li> </ul>	<ul style="list-style-type: none"> <li>Stress Management</li> </ul>	<ul style="list-style-type: none"> <li>Community Health Centre</li> </ul>	-
Smoking Cessation Program	<ul style="list-style-type: none"> <li>Lowertown Community Resource Center</li> </ul>	-	<ul style="list-style-type: none"> <li>Adults</li> <li>Youth</li> </ul>	<ul style="list-style-type: none"> <li>Program</li> </ul>	<ul style="list-style-type: none"> <li>Tobacco</li> </ul>	<ul style="list-style-type: none"> <li>Community Health Centre</li> </ul>	-
Community Based Diabetes Education Program	<ul style="list-style-type: none"> <li>Lowertown Community Resource Centre</li> </ul>	<ul style="list-style-type: none"> <li>Centretown Community Health Centre</li> </ul>	<ul style="list-style-type: none"> <li>Adults living with Type 2 Diabetes</li> </ul>	<ul style="list-style-type: none"> <li>Group Education</li> </ul>	<ul style="list-style-type: none"> <li>Diabetes</li> <li>Nutrition/Healthy Eating</li> <li>Physical Activity</li> </ul>	<ul style="list-style-type: none"> <li>Community Health Centre</li> </ul>	<ul style="list-style-type: none"> <li>8 participants</li> </ul>
Woman Alive	<ul style="list-style-type: none"> <li>Lowertown Community Resource Centre</li> </ul>	-	<ul style="list-style-type: none"> <li>Multicultural Women</li> </ul>	<ul style="list-style-type: none"> <li>Program</li> </ul>	<ul style="list-style-type: none"> <li>Physical Activity</li> </ul>	<ul style="list-style-type: none"> <li>Community</li> </ul>	-
Senior Citizens Exercise Program	<ul style="list-style-type: none"> <li>Lowertown Community Resource Centre</li> </ul>	-	<ul style="list-style-type: none"> <li>Seniors</li> </ul>	<ul style="list-style-type: none"> <li>Program</li> </ul>	<ul style="list-style-type: none"> <li>Physical Activity</li> </ul>	<ul style="list-style-type: none"> <li>Community</li> </ul>	-
Seniors Walking Club	<ul style="list-style-type: none"> <li>Lowertown Community Resource Centre</li> </ul>	-	<ul style="list-style-type: none"> <li>Seniors</li> </ul>	<ul style="list-style-type: none"> <li>Program</li> </ul>	<ul style="list-style-type: none"> <li>Physical Activity</li> </ul>	<ul style="list-style-type: none"> <li>Community</li> </ul>	-

### 3.3.7 Nepean Community Resource Centre

Program Name	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/ Setting	Volumes
Stress Reduction Workshop	<ul style="list-style-type: none"> <li>Nepean Community Resource Centre</li> </ul>	-	<ul style="list-style-type: none"> <li>Non Specific</li> </ul>	<ul style="list-style-type: none"> <li>Workshop</li> </ul>	<ul style="list-style-type: none"> <li>Stress Management</li> </ul>	<ul style="list-style-type: none"> <li>Community Health Centre</li> </ul>	-
Community Based Diabetes Education Program	<ul style="list-style-type: none"> <li>Nepean Community Resource Centre</li> </ul>	<ul style="list-style-type: none"> <li>Centretown Community Health Centre</li> </ul>	<ul style="list-style-type: none"> <li>Adults living with Type 2 Diabetes</li> </ul>	<ul style="list-style-type: none"> <li>Group Education</li> </ul>	<ul style="list-style-type: none"> <li>Diabetes</li> <li>Nutrition/Healthy Eating</li> <li>Physical Activity</li> </ul>	<ul style="list-style-type: none"> <li>Community Health Centre</li> </ul>	<ul style="list-style-type: none"> <li>15 participants</li> </ul>
Experience In Motion - Fitness Workshop	<ul style="list-style-type: none"> <li>Nepean Community Resource Centre</li> </ul>	-	<ul style="list-style-type: none"> <li>General Community</li> </ul>	<ul style="list-style-type: none"> <li>Course</li> </ul>	<ul style="list-style-type: none"> <li>Physical Activity</li> </ul>	<ul style="list-style-type: none"> <li>Community</li> </ul>	-

### 3.3.8 North Lanark Community Health Centre

Program Name	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/ Setting	Volumes
<b>Fun and Fitness – Free Exercise Classes</b>	▪ North Lanark Community Health Centre	-	▪ Adults ▪ Seniors	▪ Open group (weekly)	▪ Physical Activity ▪ Health Education ▪ Access	▪ 5 Community sites	-
<b>The Walking Group</b>	▪ North Lanark Community Health Centre	-	▪ Adults ▪ Seniors	▪ Open group (weekly)	▪ Physical Activity ▪ Health Education ▪ Access	▪ Community Health Centre	-
<b>Recreation Subsidy Program</b>	▪ North Lanark Community Health Centre	-	▪ Children ▪ Youth	▪ Low income	▪ Physical Activity ▪ Access		-
<b>Yoga Classes</b>	▪ North Lanark Community Health Centre	-	▪ Adults ▪ Seniors	▪ Closed group (weekly fixed term)	▪ Physical Activity ▪ Healthy Lifestyles ▪ Stress Reduction ▪ Self-care ▪ Access	▪ Community Health Centre	-
<b>Passport to Health</b>	▪ North Lanark Community Health Centre	-	▪ Adults ▪ Seniors ▪ People with chronic conditions	▪ Special Event	▪ Healthy Lifestyles ▪ Health Education ▪ Physical Activity ▪ Skills	▪ Community site	-
<b>Men's Cooking Group</b>	▪ North Lanark Community Health Centre	-	▪ Men ▪ Adults ▪ Seniors	▪ Open group (weekly)	▪ Healthy Eating/Nutrition ▪ Healthy Lifestyles ▪ Skills ▪ Reduced Isolation ▪ Access	▪ Community Health Centre	-
<b>Cooking &amp; Eating Locally – Community Kitchen</b>	▪ North Lanark Community Health Centre	-	▪ Men ▪ Women ▪ Adults ▪ Seniors	▪ Open group ▪ Low income	▪ Healthy Eating/Nutrition ▪ Healthy Lifestyles ▪ Skills ▪ Reduce Isolation ▪ Access	▪ Community Health Centre	-
<b>Poverty Workbook</b>	▪ North Lanark Community Health Centre	-	▪ General community ▪ Local government	▪ Coalition	▪ Health Promotion ▪ Poverty Reduction ▪ Education ▪ Policy Development	▪ Community sites	-
<b>Depression Information &amp; Support Group</b>	▪ North Lanark Community Health Centre	-	▪ Women	▪ Closed group (weekly fixed term) ▪ Facilitated support with peers	▪ Stress Reduction ▪ Skills ▪ Health Education ▪ Access	▪ Community Health Centre	-
<b>Active Seniors Coalition</b>	▪ North Lanark Community Health Centre	-	▪ Men ▪ Women ▪ Adults ▪ Seniors	▪ Coalition	▪ Physical Activity ▪ Healthy Lifestyles ▪ Skills ▪ Health Promotion ▪ Access	▪ Community sites	-
<b>Smoking Cessation Program</b>	▪ North Lanark Community Health Centre	-	▪ Men ▪ Women ▪ Adults ▪ Seniors	▪ Facilitated support group (weekly fixed term) ▪ Individual counseling	▪ Reduce Tobacco Use ▪ Skills ▪ Healthy Lifestyles ▪ Health Education ▪ Access	▪ Community Health Centre	-

<b>Diabetes and You Support Group</b>	<ul style="list-style-type: none"> <li>North Lanark Community Health Centre</li> </ul>	-	<ul style="list-style-type: none"> <li>People living with diabetes, their friends and family</li> </ul>	<ul style="list-style-type: none"> <li>Open group (monthly)</li> <li>Facilitated support group</li> </ul>	<ul style="list-style-type: none"> <li>Stress Reduction</li> <li>Health Education</li> <li>Healthy Lifestyles</li> <li>Skills</li> <li>Access</li> </ul>	<ul style="list-style-type: none"> <li>Community Health Centre</li> </ul>	-
<b>Life to the Max</b>	<ul style="list-style-type: none"> <li>North Lanark Community Health Centre</li> </ul>	-	<ul style="list-style-type: none"> <li>People living with chronic conditions</li> </ul>	<ul style="list-style-type: none"> <li>Closed group (weekly fixed term)</li> <li>Peer support group</li> </ul>	<ul style="list-style-type: none"> <li>Stress Reduction</li> <li>Health Education</li> <li>Healthy Lifestyles</li> <li>Skills</li> <li>Access</li> </ul>	<ul style="list-style-type: none"> <li>Community Health Centre</li> </ul>	-

### 3.3.9 Orleans-Cumberland Community Resource Centre

Program Name	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/ Setting	Volumes
<b>Stress Management Workshop</b>	<ul style="list-style-type: none"> <li>Orleans - Cumberland Community Resource Centre</li> </ul>	-	<ul style="list-style-type: none"> <li>Non Specific</li> </ul>	<ul style="list-style-type: none"> <li>Workshop</li> </ul>	<ul style="list-style-type: none"> <li>Stress Management</li> </ul>	<ul style="list-style-type: none"> <li>Community Health Centre</li> </ul>	-
<b>Community Based Diabetes Education Program</b>	<ul style="list-style-type: none"> <li>Orleans-Cumberland Community Resource Centre</li> </ul>	<ul style="list-style-type: none"> <li>Centretown Community Health Centre</li> </ul>	<ul style="list-style-type: none"> <li>Adults living with Type 2 Diabetes</li> </ul>	<ul style="list-style-type: none"> <li>Group Education</li> </ul>	<ul style="list-style-type: none"> <li>Diabetes</li> <li>Nutrition/Healthy Eating</li> <li>Physical Activity</li> </ul>	<ul style="list-style-type: none"> <li>Community Health Centre</li> </ul>	<ul style="list-style-type: none"> <li>53 participants</li> </ul>
<b>Smoking Cessation Program</b>	<ul style="list-style-type: none"> <li>Orleans-Cumberland Community Resource Centre</li> </ul>	<ul style="list-style-type: none"> <li>A.C.E.S.S</li> </ul>	<ul style="list-style-type: none"> <li>Adults</li> <li>Youth</li> </ul>	<ul style="list-style-type: none"> <li>Program</li> </ul>	<ul style="list-style-type: none"> <li>Tobacco</li> </ul>	<ul style="list-style-type: none"> <li>Community Health Centre</li> </ul>	-

### 3.3.10 Overbrook-Forbes Community Resource Centre

Program Name	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/ Setting	Volumes
<b>Community Based Diabetes Education Program</b>	<ul style="list-style-type: none"> <li>Overbrook-Forbes Community Resource Centre</li> </ul>	<ul style="list-style-type: none"> <li>Centretown Community Health Centre</li> </ul>	<ul style="list-style-type: none"> <li>Adults living with Type 2 Diabetes</li> </ul>	<ul style="list-style-type: none"> <li>Program</li> </ul>	<ul style="list-style-type: none"> <li>Diabetes</li> <li>Nutrition/Healthy Eating</li> </ul>	<ul style="list-style-type: none"> <li>Community</li> </ul>	<ul style="list-style-type: none"> <li>31 participants</li> </ul>
<b>Nutrition Counseling</b>	<ul style="list-style-type: none"> <li>Overbrook-Forbes Community Resource Centre</li> </ul>	<ul style="list-style-type: none"> <li>Public Health &amp; Home Management</li> </ul>	<ul style="list-style-type: none"> <li>Carson's Community (women) and general community &amp; High School students</li> </ul>	<ul style="list-style-type: none"> <li>Information on OGM</li> <li>Workshops and groups</li> </ul>	<ul style="list-style-type: none"> <li>Health Safety-for Collective Kitchens</li> <li>Nutrition/ Health Eating</li> </ul>	<ul style="list-style-type: none"> <li>Residents of Centertown, Glebe and Ottawa South</li> </ul>	<ul style="list-style-type: none"> <li>6 per groups (3 different groups)</li> </ul>
<b>Good Food Box</b>	<ul style="list-style-type: none"> <li>Overbrook-Forbes Community Resource Centre</li> </ul>	-	<ul style="list-style-type: none"> <li>General Community</li> </ul>	<ul style="list-style-type: none"> <li>Education/ Awareness</li> </ul>	<ul style="list-style-type: none"> <li>Nutrition/Healthy Eating</li> </ul>	<ul style="list-style-type: none"> <li>Community Health Centre</li> </ul>	-
<b>Woman Alive</b>	<ul style="list-style-type: none"> <li>Overbrook-Forbes CRC (Femme Active)</li> </ul>	<ul style="list-style-type: none"> <li>Public Health &amp; OFCRC</li> </ul>	<ul style="list-style-type: none"> <li>Multicultural Women</li> </ul>	<ul style="list-style-type: none"> <li>Program &amp; Information Sessions</li> </ul>	<ul style="list-style-type: none"> <li>Physical Activity</li> </ul>	<ul style="list-style-type: none"> <li>Community</li> </ul>	<ul style="list-style-type: none"> <li>35</li> </ul>
<b>Seniors Walking Club</b>	<ul style="list-style-type: none"> <li>Overbrook-Forbes CRC (Femme Active)</li> </ul>	-	<ul style="list-style-type: none"> <li>Seniors</li> </ul>	<ul style="list-style-type: none"> <li>Program &amp; 1 information session per month on health</li> </ul>	<ul style="list-style-type: none"> <li>Physical Activity</li> </ul>	<ul style="list-style-type: none"> <li>Community</li> </ul>	<ul style="list-style-type: none"> <li>38</li> </ul>

### 3.3.11 Pinecrest-Queensway Health & Community Services

Program Name	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/ Setting	Volumes
<b>Stress Management Clinic</b>	▪ Pinecrest-Queensway Health & Community Service	-	▪ Adult Women	▪ Workshop[	▪ Stress Management	▪ Community Health Centre	-
<b>Smoking Cessation Program</b>	▪ Pinecrest-Queensway Health & Community Services	▪ A.C.E.S.S	▪ Adults ▪ Youth	▪ Program	▪ Tobacco	▪ Community Health Centre	-
<b>Community Based Diabetes Education Program</b>	▪ Pinecrest-Queensway Health & Community Services	▪ Centretown Community Health Centre	▪ Adults living with Type 2 Diabetes	▪ Group Education	▪ Diabetes ▪ Nutrition/Healthy Eating ▪ Physical Activity	▪ Community Health Centre	▪ 4 participants
<b>Nutrition Counseling</b>	▪ Pinecrest-Queensway Health & Community Centers	-	▪ General Community	▪ Counseling	▪ Nutrition/Healthy Eating	▪ Community Health Centre	-

### 3.3.12 Sandy Hill Community Health Centre

Program Name	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/ Setting	Volumes
<b>Stress Busters</b>	▪ Sandy Hill Community Health Centre	-	▪ Non Specific	▪ 8 – 12 week group	▪ Stress Management	▪ Community Health Centre	▪ Approx 25 participants / year
<b>Smoking Cessation Program</b>	▪ Sandy Hill Community Centre	▪ A.C.E.S.S	▪ Adults ▪ Youth	▪ Program	▪ Tobacco	▪ Community Health Centre	-
<b>Community Based Diabetes Education Program</b>	▪ Sandy Hill Community Health Centre	▪ Centretown Community Health Centre	▪ Adults living with Type 2 Diabetes	▪ Group Education	▪ Diabetes ▪ Nutrition/Healthy Eating ▪ Physical Activity	▪ Community Health Centre	▪ 26 participants
<b>Gestion de stress pour les jeunes familles francophones</b>	▪ Sandy Hill Community Health Centre	▪ Gloucester Centre for Community Resources	▪ Young francophone parents and children	▪ 24 week group	▪ Stress Management	▪ Community Health Centre	▪ Approx 10 families
<b>Meditation and Movement</b>	▪ Sandy Hill Community Health Centre	-	▪ Seniors ▪ People with disability / chronic pain	▪ Weekly group	▪ Stress Management	▪ Community Health Centre	▪ Approx 16 participants
<b>Seniors Chair Exercise (English)</b>	▪ Sandy Hill Community Health Centre	-	▪ Seniors ▪ People with disability	▪ Weekly group	▪ Physical Activity	▪ Community Health Centre	▪ Approx 20 participants
<b>Seniors Chair Exercise (French)</b>	▪ Sandy Hill Community Health Centre	-	▪ Seniors ▪ People with disability ▪ Francophones	▪ Weekly group	▪ Physical Activity	▪ Community Health Centre	▪ Approx 15 participants
<b>Rideau Mall Walkers</b>	▪ Sandy Hill Community Health Centre	-	▪ Seniors	▪ Twice weekly group	▪ Physical Activity	▪ Rideau Centre	▪ Approx 70 participants

<b>Stand Up Exercise-based Fall Prevention Program (English)</b>	▪ Sandy Hill Community Health Centre	▪ Somerset West CHC	▪ Seniors	▪ 12 week group (2 sessions / week)	▪ Physical Activity ▪ Fall Prevention	▪ Seniors apartment building	▪ Approx 10 participants
<b>Stand Up Exercise-based Fall Prevention Program (French)</b>	▪ Sandy Hill Community Health Centre	▪ Somerset West CHC	▪ Seniors ▪ Francophones	▪ 12 week group (2 sessions / week)	▪ Physical Activity ▪ Fall Prevention	▪ Centre du jour Guigues	▪ Approx 10 participants
<b>Individual Physical Activity Assessment, Action Planning, and Follow-up</b>	▪ Sandy Hill Community Health Centre	-	▪ General population	▪ Individual assessment and planning sessions	▪ Physical Activity	▪ Community Health Centre	-
<b>Yoga</b>	▪ Sandy Hill Community Health Centre	-	▪ Seniors ▪ People with disability	▪ Weekly group	▪ Physical Activity ▪ Stress Management	▪ Community Health Centre	▪ Approx 12 participants
<b>Physical Activity Special Event Walks (ie. Viactive Annual Walk)</b>	▪ Sandy Hill Community Health Centre	-	▪ Seniors ▪ Francophones	▪ 3 times / year	▪ Physical Activity	▪ Various community locations	▪ Approx 50 participants
<b>Nutrition Counseling</b>	▪ Sandy Hill Community Health Centre	-	▪ General community	▪ Counseling	▪ Nutrition/Healthy Eating	▪ Community Health Centre	-
<b>Buns in the Oven</b>	▪ Sandy Hill Community Health Centre	▪ Health Canada	▪ Young parents and children	▪ Weekly group	▪ Nutrition/Healthy Eating	▪ Community Health Centre	-
<b>Health Promotion / Nutrition Workshops</b>	▪ Sandy Hill Community Health Centre	-	▪ Newcomers ▪ General population	▪ Workshop	▪ Nutrition/Healthy Eating	▪ Community Health Centre	-
<b>Healthy Weights Group</b>	▪ Sandy Hill Community Health Centre	-	▪ General population	▪ 8 week group	▪ Nutrition/Healthy Eating	▪ Community Health Centre	-
<b>Cooking Groups</b>	▪ Sandy Hill Community Health Centre	-	▪ General population ▪ Low income	▪ 8 week groups	▪ Nutrition/Healthy Eating	▪ Community Health Centre	-
<b>Good Food Box</b>	▪ Sandy Hill Community Health Centre	▪ Centretown CHC	▪ Low income ▪ General population	▪ Program	▪ Nutrition/Healthy Eating	▪ Various community locations	▪ Approx 12 participants
<b>Community Garden Network</b>	▪ Sandy Hill Community Health Centre	-	▪ Low income ▪ General population	▪ Program	▪ Nutrition/Healthy Eating ▪ Physical Activity	▪ Various community locations	▪ Approx 400 participants

### 3.3.13 Somerset West Community Health Centre

Program Name	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/ Setting	Volumes
<b>Stress Management Clinic</b>	▪ Somerset West Community Services	-	▪ Non Specific	▪ Clinic	▪ Stress Management	▪ Community Health Centre	-
<b>Living Health In a Stressful World</b>	▪ Somerset West Community Health Centre	-	▪ Adults	▪ Program	▪ Stress Management	▪ Community Health Centre	-

<b>Smoking Cessation Program</b>	▪ Somerset West Community Health Centre	▪ A.C.E.S.S	▪ Adults ▪ Youth	▪ Program	▪ Tobacco	▪ Community Health Centre	-
<b>Tobacco Relapse Prevention Drop In Support Group</b>	▪ Somerset West Community Health Centre	-	▪ Adults ▪ Youth	▪ Assistance Agency	▪ Tobacco	▪ Community Health Centre	-
<b>Community Based Diabetes Education Program</b>	▪ Somerset West Community Health Centre	▪ Centretown Community Health Centre	▪ Adults living with Type 2 Diabetes	▪ Group Education	▪ Diabetes ▪ Nutrition/Healthy Eating ▪ Physical Activity	▪ Community Health Centre	▪ 78 participants
<b>Goodbye Dieting, Hello Joyful Eating</b>	▪ Somerset West Community Health Centre	-	▪ General Community	▪ Group	▪ Nutrition/Healthy Eating	▪ Community Health Centre	-
<b>Healthy Cooking Health Eating</b>	▪ Somerset West Community Health Centre	-	▪ Multicultural group (Chinese)	▪ Group	▪ Nutrition/Healthy Eating	▪ Community Health Centre	-
<b>Healthy Cooking for Seniors</b>	▪ Somerset West Community Health Centre	-	▪ Seniors	▪ Group	▪ Nutrition/Healthy Eating	▪ Community Health Centre	-
<b>Exercise Program</b>	▪ Somerset West Community Health Centre	-	▪ Seniors	▪ Program	▪ Physical Activity	▪ Community Health Centre	-
<b>Seniors Winter Walking</b>	▪ Somerset West Community Health Centre	-	▪ Seniors	▪ Program	▪ Physical Activity	▪ Community Health Centre	-
<b>Blood Pressure/Health Support Clinic</b>	▪ Somerset West Community Health Centre	-	▪ Seniors	▪ Clinic	▪ Hypertension ▪ Health Education	▪ Community Health Centre	-
<b>Chinese Blood Pressure &amp; health Support/Education Group</b>	▪ Somerset West Community Resource Centre	-	▪ Multicultural Seniors	▪ Clinic	▪ Hypertension ▪ Health Education	▪ Community Health Centre	-
<b>Seniors Health Promotion Workshops</b>	▪ Somerset West Community Resource Centre	-	▪ Seniors	▪ Workshops	▪ Healthy Lifestyles	▪ Community Health Centre	-

### 3.3.14 South-East Ottawa Centre for a Healthy Community

Program Name	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/ Setting	Volumes
<b>Smoking Cessation Program</b>	▪ South-East Ottawa Centre for a Healthy Community	▪ A.C.E.S.S	▪ Adults ▪ Youth	▪ Program	▪ Tobacco	▪ Community Health Centre	-
<b>Community Based Diabetes Education Program</b>	▪ South East Ottawa Centre for a Healthy Community	▪ Centretown Community Health Centre	▪ Adults living with Type 2 Diabetes	▪ Group Education	▪ Diabetes ▪ Nutrition/Healthy Eating ▪ Physical Activity	▪ Community Health Centre	▪ 50 participants

### 3.3.15 Vanier Community Services Centre

Program Name	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/ Setting	Volumes
Community Based Diabetes Education Program	<ul style="list-style-type: none"> <li>Vanier Community Service Centre</li> </ul>	<ul style="list-style-type: none"> <li>Centretown Community Health Centre</li> </ul>	<ul style="list-style-type: none"> <li>Adults living with Type 2 Diabetes</li> </ul>	<ul style="list-style-type: none"> <li>Group Education</li> </ul>	<ul style="list-style-type: none"> <li>Diabetes</li> <li>Nutrition/Healthy Eating</li> <li>Physical Activity</li> </ul>	<ul style="list-style-type: none"> <li>Community Health Centre</li> </ul>	<ul style="list-style-type: none"> <li>23 participants</li> </ul>

### 3.3.16 Wabano Centre for Aboriginal Health

Program Name	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/ Setting	Volumes
Sacred Smoke	<ul style="list-style-type: none"> <li>Wabano Centre for Aboriginal Health</li> </ul>	<ul style="list-style-type: none"> <li>A.C.E.S.S</li> </ul>	<ul style="list-style-type: none"> <li>Aboriginal Population</li> </ul>	<ul style="list-style-type: none"> <li>Program</li> </ul>	<ul style="list-style-type: none"> <li>Tobacco</li> </ul>	<ul style="list-style-type: none"> <li>Community at large</li> <li>Secondary schools</li> </ul>	-
Diabetes Prevention Program	<ul style="list-style-type: none"> <li>Wabano Centre for Aboriginal Health</li> </ul>	<ul style="list-style-type: none"> <li>Ottawa-Carleton</li> </ul>	<ul style="list-style-type: none"> <li>Aboriginal Population</li> </ul>	<ul style="list-style-type: none"> <li>Group Program</li> </ul>	<ul style="list-style-type: none"> <li>Diabetes</li> <li>Health Promotion</li> </ul>	<ul style="list-style-type: none"> <li>Community Health Centre</li> </ul>	-

### 3.3.17 Western Ottawa Community Resource Centre

Program Name	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/ Setting	Volumes
Community Based Diabetes Education Program	<ul style="list-style-type: none"> <li>Western Ottawa Community Resource Centre</li> </ul>	<ul style="list-style-type: none"> <li>Centretown Community Health Centre</li> </ul>	<ul style="list-style-type: none"> <li>Adults living with Type 2 Diabetes</li> </ul>	<ul style="list-style-type: none"> <li>Group Education</li> </ul>	<ul style="list-style-type: none"> <li>Diabetes</li> <li>Nutrition/Healthy Eating</li> <li>Physical Activity</li> </ul>	<ul style="list-style-type: none"> <li>Community Health Centre</li> </ul>	<ul style="list-style-type: none"> <li>22 participants</li> </ul>
Smoking Cessation Program	<ul style="list-style-type: none"> <li>Western Ottawa Community Resource Centre</li> </ul>	<ul style="list-style-type: none"> <li>A.C.E.S.S</li> </ul>	<ul style="list-style-type: none"> <li>Adults</li> </ul>	<ul style="list-style-type: none"> <li>Program</li> </ul>	<ul style="list-style-type: none"> <li>Tobacco</li> </ul>	<ul style="list-style-type: none"> <li>Community at large</li> </ul>	-

### 3.3.18 Other

Program Name	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/ Setting	Volumes
Breath Free	<ul style="list-style-type: none"> <li>Seventh Day Adventist Church</li> </ul>	-	<ul style="list-style-type: none"> <li>Non Specific</li> </ul>	<ul style="list-style-type: none"> <li>Program</li> </ul>	<ul style="list-style-type: none"> <li>Tobacco</li> </ul>	<ul style="list-style-type: none"> <li>Community</li> </ul>	-
Butt Out	<ul style="list-style-type: none"> <li>National Defense-Force Health Protection</li> </ul>	<ul style="list-style-type: none"> <li>Strengthening the Forces Health Promotion</li> </ul>	<ul style="list-style-type: none"> <li>Adults (All)</li> </ul>	<ul style="list-style-type: none"> <li>Program</li> </ul>	<ul style="list-style-type: none"> <li>Tobacco</li> </ul>	<ul style="list-style-type: none"> <li>Worksite</li> </ul>	-
Kick Butt for 2 Program	<ul style="list-style-type: none"> <li>Young Single Parent Support Network of Ottawa</li> </ul>	-	<ul style="list-style-type: none"> <li>Children</li> <li>Youth</li> </ul>	<ul style="list-style-type: none"> <li>Program</li> </ul>	<ul style="list-style-type: none"> <li>Stress Management</li> <li>Tobacco</li> </ul>	<ul style="list-style-type: none"> <li>Community</li> </ul>	-
Neighborhood Tobacco Recovery Network	<ul style="list-style-type: none"> <li>Glebe St. James United Church</li> </ul>	-	<ul style="list-style-type: none"> <li>Adults</li> <li>Youth</li> </ul>	<ul style="list-style-type: none"> <li>Support Group</li> </ul>	<ul style="list-style-type: none"> <li>Tobacco</li> </ul>	<ul style="list-style-type: none"> <li>Community</li> </ul>	-
Community Based Diabetes Education Program	<ul style="list-style-type: none"> <li>Gloucester Centre for Community Resources</li> </ul>	<ul style="list-style-type: none"> <li>Centretown Community Health Centre</li> </ul>	<ul style="list-style-type: none"> <li>Adults living with Type 2 Diabetes</li> </ul>	<ul style="list-style-type: none"> <li>Group Education</li> </ul>	<ul style="list-style-type: none"> <li>Diabetes</li> <li>Nutrition/Healthy Eating</li> <li>Physical Activity</li> </ul>	<ul style="list-style-type: none"> <li>Community Health Centre</li> </ul>	<ul style="list-style-type: none"> <li>34 participants</li> </ul>

## 3.4 Specialty Programs

### 3.4.1 University of Ottawa Heart Institute (UOHI)

Program Name	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/ Setting	Volumes
<b>Out-patient Smoking Cessation</b>	▪ UOHI	▪ Heart Health Education Centre	▪ General Public	▪ Individual counseling	▪ Smoking	▪ Hospital	▪ 200 participants
<b>In-patient Smoking Cessation</b>	▪ UOHI	▪ Heart Health Education Centre	▪ Cardiac Patients	▪ Individual counseling	▪ Smoking	▪ Hospital	▪ 900 participants
<b>Resource Centre</b>	▪ UOHI	▪ Heart Health Education Centre	▪ Patients ▪ Families ▪ Residents	▪ Library / Website	▪ Risk Modification	▪ Hospital	▪ Start-up
<b>Family Heart Health Program</b>	▪ UOHI	▪ Heart Health Education Centre	▪ Families of Cardiac Patients	▪ Individual screening & group education	▪ Risk Modification ▪ Goal Setting	▪ Hospital	▪ Start-up
<b>Heart Health Lecture Series</b>	▪ UOHI	▪ Heart Health Education Centre	▪ Cardiac Patients ▪ Family Members ▪ Residents of Champlain	▪ Group / Tele-health	▪ Heart Healthy Living	▪ Hospital	▪ 600 participants (March) ▪ Start-up
<b>Risk Assessment Program</b>	▪ UOHI	▪ Heart Health Education Centre	▪ General Public	▪ Group / Individual screening	▪ Screening	▪ Hospital	▪ 250 participants
<b>Worksite/Community Education/Screening</b>	▪ UOHI	▪ Heart Health Education Centre	▪ General Public	▪ Worksite / Community site	▪ Screening	▪ Hospital	▪ 500 participants
<b>Cardiac Rehabilitation</b>	▪ UOHI / Pembroke Satellite	▪ Prevention & Rehabilitation	▪ Cardiac Patients	▪ Group exercise ▪ Education ▪ Counseling ▪ Medical Management ▪ Case-managed home program option	▪ Exercise ▪ Risk Factor Modification	▪ Hospital or Home-based	▪ 1200 participants (UOHI) ▪ 130 participants (Pembroke)
<b>Cardiac Rehabilitation</b>	▪ Hawkesbury & District General Hospital	▪ Medicine	▪ Cardiac Patients	▪ Group exercise ▪ Education ▪ Counseling ▪ Medical Management	▪ Exercise ▪ Risk Factor Modification	▪ Hospital	▪ 50 participants
<b>FrancoForme</b>	▪ UOHI & EOHU (Alexandria)	▪ Prevention & Rehabilitation	Franco-Ontario: ▪ Adults at risk for CHD ▪ Cardiac patients	▪ Case-managed approach ▪ Telephone or face-to-face contacts	▪ Exercise ▪ Risk factor modification	▪ Home-based	▪ 80 participants

### 3.4.2 Specialized Clinics & Other Programs

Program Name	Host Organization	Host Program	Target Audience	Format	Area of Focus	Channel/ Setting	Volumes
<b>Emerald Program</b>	<ul style="list-style-type: none"> <li>Ottawa Cardiology Consultants</li> </ul>	-	<ul style="list-style-type: none"> <li>BMI &gt;27 with cardiovascular risk factors</li> <li>Metabolic syndrome</li> </ul>	<ul style="list-style-type: none"> <li>Individual counseling</li> </ul>	<ul style="list-style-type: none"> <li>Evaluation of Metabolic Syndrome for Reduction of Atherosclerosis, Lipids and Diabetes</li> </ul>	<ul style="list-style-type: none"> <li>Clinical</li> </ul>	<ul style="list-style-type: none"> <li>600 participants</li> </ul>
<b>Weight Management Clinic</b>	<ul style="list-style-type: none"> <li>The Ottawa Hospital</li> </ul>	-	<ul style="list-style-type: none"> <li>Body Mass Index (BMI) greater than 30</li> </ul>	<ul style="list-style-type: none"> <li>Individual counseling</li> <li>Group sessions</li> </ul>	<ul style="list-style-type: none"> <li>Weight-loss program through diet, physical activity, behavioural counseling</li> </ul>	<ul style="list-style-type: none"> <li>Clinical</li> </ul>	<ul style="list-style-type: none"> <li>200-250 participants</li> </ul>
<b>Intermediate/ Advanced Diabetes Education Program</b>	<ul style="list-style-type: none"> <li>The Ottawa Hospital (Civic, General, Riverside)</li> </ul>	<ul style="list-style-type: none"> <li>Endocrinology</li> </ul>	<ul style="list-style-type: none"> <li>Uncontrolled / complicated diabetes patients</li> </ul>	<ul style="list-style-type: none"> <li>Individual counseling</li> </ul>	<ul style="list-style-type: none"> <li>Diabetes management</li> </ul>	<ul style="list-style-type: none"> <li>Hospital</li> </ul>	
<b>CHAP (Cardiovascular Health Awareness Program)</b>	<ul style="list-style-type: none"> <li>Elizabeth Bruyere Research Institute</li> </ul>	-	<ul style="list-style-type: none"> <li>Hypertensive adults over 65 years</li> </ul>	<ul style="list-style-type: none"> <li>Group risk assessments at local pharmacies</li> </ul>	<ul style="list-style-type: none"> <li>Hypertension screening &amp; education</li> </ul>	<ul style="list-style-type: none"> <li>Regional pharmacy</li> </ul>	<ul style="list-style-type: none"> <li>Cornwall: 883 participants, 25 volunteers</li> <li>Pembroke: 937 participants, 28 volunteers</li> </ul> <p>(as of Oct 19/06)</p>
<b>Intermediate Diabetes Education Program</b>	<ul style="list-style-type: none"> <li>Montfort Hospital</li> </ul>	<ul style="list-style-type: none"> <li>Diabetes clinic</li> </ul>	<ul style="list-style-type: none"> <li>Uncontrolled diabetes patients</li> <li>Multiple medication and/or insulin</li> <li>Gestational diabetes</li> </ul>	<ul style="list-style-type: none"> <li>Individual counseling</li> <li>Group education sessions</li> </ul>	<ul style="list-style-type: none"> <li>Diabetes management</li> </ul>	<ul style="list-style-type: none"> <li>Hospital</li> </ul>	
<b>Cardiac Rehabilitation</b>	<ul style="list-style-type: none"> <li>Montfort Hospital</li> </ul>	<ul style="list-style-type: none"> <li>Cardiovascular Health Science</li> </ul>	<ul style="list-style-type: none"> <li>Cardiac patients</li> </ul>	<ul style="list-style-type: none"> <li>Group exercise</li> <li>Group education</li> <li>Counseling</li> <li>Medical management</li> </ul>	<ul style="list-style-type: none"> <li>Exercise</li> <li>Risk factor modification/ management</li> </ul>	<ul style="list-style-type: none"> <li>Hospital</li> </ul>	<ul style="list-style-type: none"> <li>Starting September 2006</li> </ul>
<b>Hypertension Screening &amp; Education</b>	<ul style="list-style-type: none"> <li>Montfort Hospital</li> </ul>	<ul style="list-style-type: none"> <li>Cardiovascular Health Science</li> </ul>	<ul style="list-style-type: none"> <li>Hypertension patients</li> </ul>	<ul style="list-style-type: none"> <li>Individual</li> </ul>	<ul style="list-style-type: none"> <li>Hypertension screening and education</li> </ul>	<ul style="list-style-type: none"> <li>Hospital</li> </ul>	<ul style="list-style-type: none"> <li>Starting fall 2006</li> </ul>
<b>CHF Clinic</b>	<ul style="list-style-type: none"> <li>Queensway Carleton Hospital</li> </ul>		<ul style="list-style-type: none"> <li>CHF patients</li> </ul>	<ul style="list-style-type: none"> <li>Outpatient clinic, individual counseling</li> </ul>	<ul style="list-style-type: none"> <li>CHF</li> </ul>	<ul style="list-style-type: none"> <li>Clinical</li> </ul>	<ul style="list-style-type: none"> <li>Clinic started Aug 06. ½ day per week.</li> </ul>
<b>Recreation Programs</b>	<ul style="list-style-type: none"> <li>Dovercourt Community Centre</li> </ul>		<ul style="list-style-type: none"> <li>Cardiac patients</li> </ul>	<ul style="list-style-type: none"> <li>Group exercise classes (aquafit and land)</li> </ul>	<ul style="list-style-type: none"> <li>Physical activity</li> </ul>	<ul style="list-style-type: none"> <li>Community Centre</li> </ul>	<ul style="list-style-type: none"> <li>Starting Fall 2006</li> </ul>

### 3.5 Hospitals

Institution	Activities/programs/partnerships to prevent recurrence in patients with <u>diagnosed heart disease</u>				Activities/programs/Partnerships to prevent new cases of heart disease.							Activities/Programs/Partnerships to prevent other chronic diseases		
	ER Protocol	Care Map	Cardiac Rehab Volumes	Cardiac Teaching	In-patient Smoking cessation	Out-patient smoking cessation	Blood Pressure	Blood Lipids	Physical Activity	Diet	Obesity	Diabetes Clinic	Diabetes Education	Stroke
Almonte General	Y	Y	-	Bedside	N	N	N	N	N	N	N	N	Y	N
Arnprior & District Memorial	Y	Y	-	Bedside	N	N	N	Y	N	Y	Y	Y	Y	N
Carleton Place & District Memorial	Y	Y	-	Bedside	N	N	N	N	N	N	N	N	Y	N
CHEO	N/A	N/A	-	N/A	N	N	Y	Y	N	N	Y	Y	N	N
Cornwall Community & District	Y	Y	-	Bedside risk screening	Y	Y	N	Y	N	N	N	Y	Y	N
Deep River & District	Y	Y	-	Bedside	N	N	N	N	N	Y	Y	Y	Y	N
Glengarry Memorial	Y	Y	-	Bedside	Y	N	N	N	N	N	N	Y	N	N
Hawkesbury and District General	Y	Y	50	Bedside	Y	N	N	N	N	Y	N	Y	Y	Y
Hôpital Montfort	Y	Y	**	Bedside	Y	N	Y	N	Y	Y	N	Y	Y	N
Queensway Carleton	Y	Y	-	CHF Clinic	Y	N	N	N	Y	N	N	Y	Y	Y
Pembroke Regional	Y	Y	133	Bedside	Y	Y	N	Y	N	Y	N	Y	Y	N
Renfrew Victoria	Y	Y	-	Bedside Group	Y	N	N	N	N	Y	N	Y	Y	N
Royal Ottawa Hospital (ROHCG)	N/A	N	-	N/A	N	Y	N	N	Y	N	Y	N	N	N
St. Francis Memorial	Y	Y	-	-	N	N	N	N	N	N	N	N	Y	N
SCO Health Service	N/A	N/A	-	N/A	N	N	N	N	N	N	N	Y	Y	Y
The Ottawa Hospital	Y	Y	-	Bedside	N	N	N	N	N	N	N	N	N	Y
Winchester District Memorial	Y	Y	-	Bedside	N	N	N	N	N	N	N	Y	Y	N
Ottawa Heart Institute	Y	Y	1200	Bedside & Group	Y		Y	Y	Y	Y	N	N	N	N

\*\*Program under development, HSF-RR, Heart and Stroke Foundation Road to Recovery