



Dorothy Strain  
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09/10/2013 03:22 PM

To  
cc  
bcc  
Subject Northwestern Health Unit Resolution of Support for Bill 59,  
Healthy Decisions for Healthy Eating Act 2013

Greetings from Northwestern Health Unit,

At their September 20, 2013, meeting, the Board of Health for the Northwestern Health Unit approved Resolution #118-2013 supporting Bill 59: Healthy Decisions for Healthy Eating Act, 2013. The Resolution directs that it and its accompanying letter addressed to the Honourable Deb Matthews be forwarded to you (attached file).

For your information and reference, the following are links to Bill 59 and the report and paper referenced in the Resolution and letter:

Bill 59, Healthy Decisions for Healthy Eating Act, 2013  
[http://www.ontla.on.ca/web/bills/bills\\_detail.do?locale=en&Intranet=&BillID=2780](http://www.ontla.on.ca/web/bills/bills_detail.do?locale=en&Intranet=&BillID=2780)

Serving up Nutrition Information in Ontario Restaurants: A position paper. (Ontario Society of Nutrition Professionals in Public Health Menu Labelling Workgroup. 2013.)  
<http://www.osnpnh.on.ca/resources/Menu-Labelling-Position-Paper-FINAL.pdf>

No Time To Wait: The Healthy Kids Strategy. (Healthy Kids Panel. 2013.)  
[http://www.health.gov.on.ca/en/common/ministry/publications/reports/healthy\\_kids/healthy\\_kids.pdf](http://www.health.gov.on.ca/en/common/ministry/publications/reports/healthy_kids/healthy_kids.pdf)

Thank you,

**Dorothy Strain**  
Secretary to MOH/BOH  
Northwestern Health Unit  
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Matthews, Hon. D. NWHU Resolution Bill 59 Sept. 20.13.pdf

October 4, 2013

Honourable Deb Matthews  
Minister of Health and Long-Term Care  
Hepburn Block, 10<sup>th</sup> Floor  
80 Grosvenor Street  
Toronto, ON M7A 2C4

Dear Minister Matthews:

RE: Menu Labelling, Bill 59: Healthy Decisions for Healthy Eating Act, 2013

The Board of Health for the Northwestern Health Unit supports Bill 59: Healthy Decisions for Healthy Eating Act, 2013. The attached Board Resolution #118-2013 requests that you take appropriate actions to ensure this significant Bill is enacted for the betterment of the health of all Ontarians.

Canadians of all ages and income are eating out more than ever before.<sup>123</sup> Evidence indicates that eating meals away from home is associated with excessive intake of calories, sodium and fat among children and adults.<sup>45</sup> The mean sodium intake for Canadians is about 3,400 mg per day, more than double the amount both and adults and children need daily.<sup>6</sup> High sodium intakes contribute to chronic diseases including hypertension, heart disease, stroke, and kidney failure. In addition, over one-quarter of Ontario youth aged 12 to 17 years, and over half of Ontario adults are overweight or obese.<sup>7</sup> It has been estimated that obesity costs Canadians billions of dollars every year as does high sodium intake due to its association with cardiovascular disease.<sup>8</sup> When considered against other non-communicable disease risk factors in Ontario, unhealthy diets have the most potentially harmful impact on life expectancy for Ontarians after smoking.<sup>9</sup>

Menu labelling informs people's decision-making in complex food environments, supports information transparency and the community's right to know, and makes nutrition information readily and consistently available at the point of sale when people eat out. Menu labeling can also lead to nutritionally beneficial product reformulations by restaurants. Requiring nutrition labeling on restaurant menus has also been recommended in several Canadian federal and provincial reports, including the recent Ontario Healthy Kids Panel report, No Time to Wait: The Healthy Kids Strategy.<sup>10</sup>

Menu labelling will support the Northwestern Health Unit's four-year strategic focus of increasing healthy eating behaviors among our target populations. This comprehensive approach encompasses key strategies through all programs and services we provide to our communities, providing the tools for healthy lifestyles, leading to longer lives lived well.



Honourable Deb Matthews  
October 4, 2013  
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On behalf of the Board of Health, I urge you to ensure the Ontario government takes the necessary steps to enact Bill 59: Healthy Decisions for Healthy Eating Act, 2013 promptly in order to improve the health of Ontarians, support disease prevention, and facilitate informed consumer choice.

Sincerely,



Julie Roy

Chair, Board of Health for Northwestern Health Unit  
[roy.julie@nwhu.on.ca](mailto:roy.julie@nwhu.on.ca)

Encl.

c: Honourable Kathleen Wynne, Premier of Ontario  
Sarah Campbell, MPP (Kenora, Rainy River)  
Bill Mauro, MPP (Thunder Bay, Atikokan)  
Dr. Arlene King, Chief Medical Officer of Health  
Linda Stewart, Executive Director, Association of Local Public Health Agencies  
Ontario Boards of Health  
Ontario Society of Nutrition Professionals in Public Health  
Northwestern Health Unit obligated municipalities  
Dr. Jim Arthurs, Medical Officer of Health  
Mark Perrault, CEO  
Melanie Buffett, Manager, Communications & Chronic Disease Prevention  
Julie Slack, Public Health Nutritionist  
Board of Health correspondence file

#### References:

- <sup>1</sup> Canadian Council of Food and Nutrition. 2008. Tracking Nutrition Trends VII. Mississauga, ON: Canadian Council of Food and Nutrition.
- <sup>2</sup> Garriguet Didier. 2007. Canadians' eating habits. Health Reports 18(2): 17-32.
- <sup>3</sup> Statistics Canada. 2006. Overview of Canadians' Eating Habits. Ottawa: Statistics Canada.
- <sup>4</sup> Fernando, Jeewani. 2010. Three Essays on Canadian Household Consumption of Food Away from Home with Special Emphasis on Health and Nutrition. PhD Dissertation. University of Alberta.
- <sup>5</sup> Guthrie, Joanne F., Biing-Hwan Lin, and Elizabeth Frazao. 2002. Role of food prepared away from home in the American diet, 1977-78 versus 1994-96: Changes and consequences. Journal of Nutrition Education and Behavior 34(3): 140-150.
- <sup>6</sup> Sodium Reduction Strategy for Canada, Recommendations of the Sodium Working Group, July 2010. Final report can be retrieved at <http://www.hc-sc.gc.ca/fnan/nutrition/sodium/strateg/index-eng.php>
- <sup>7</sup> Katzmarzyk, Peter T. 2011. The economic costs associated with physical inactivity and obesity in Ontario. The Health and Fitness Journal of Canada 4(4).  
<http://www.healthandfitnessjournalofcanada.com/iindex.php/html/article/view/112> accessed March 22, 2013.
- <sup>8</sup> Ontario Agency for Health Protection and Promotion Technical Brief: Population reduction of sodium intake, September 13, 2010.
- <sup>9</sup> Manuel, Douglas G., Richard Perez, Carol Bennett, Laura Rosella, Monica Taljaard, Melody Roberts, Ruth Sanderson, Meltem Tuna, Peter Tanuseputro, and Heather Manson. 2012. Seven More Years: The Impact of Smoking, Alcohol, Diet, Physical Activity and Stress on Health and Life Expectancy in Ontario: An ICES/PHO Report. Toronto: Institute for Clinical Evaluative Sciences and Public Health Ontario.
- <sup>10</sup> Healthy Kids Panel. No Time to Wait: The Healthy Kids Strategy. March 2013. Available at <http://www.health.gov.on.ca/en/public/programs/obesity/>.

# NORTHWESTERN HEALTH UNIT

## BOARD OF HEALTH

No. 118 -2013

### MOTION/RESOLUTION

Moved by ..... 

Seconded by ..... 

**Whereas,** In the Kenora, Rainy River Districts 65.5% of the population 12 years and older are overweight or obese and 21.6% of the population 12 years and older have high blood pressure<sup>1</sup>; and

**Whereas,** Canadians are eating out more than ever before, and people of all ages and income levels are eating out <sup>2</sup>; and

**Whereas,** eating away from home is associated with excessive intakes of calories, sodium and fat among children and adults <sup>2</sup>; and

**Whereas,** consumers are unable to estimate nutrient levels in restaurant meal <sup>2</sup>; and

**Whereas,** nutrition information is an important factor in making healthy and informed food decisions <sup>2</sup>; and,

**Whereas,** restaurants are currently exempt from existing nutrition labelling legislation in Canada <sup>2</sup>; and

**Whereas,** food environments can undermine people's best efforts to eat well and live healthy <sup>2</sup>; and

**Whereas,** the Ontario Public Health Standards note the importance of creating health food environments by identifying "collaborating with local food premises to provide information and support environmental changes through policy development related to healthy eating" as a requirement of the Chronic Disease and Injuries Program Standard <sup>3</sup>; and

**Whereas,** the Ontario Healthy Kids Panel report, No Time To Wait: The Healthy Kids Strategy recommends "requiring all restaurants, including fast food outlets and retail grocery stores, to list the calories in each item on their menus and make this information visible on menu boards" as part of the strategy to change the food environment in Ontario <sup>4</sup>;

**Now therefore be it resolved that** the Board of Health for the Northwestern Health Unit endorses the position statement of the Ontario Society of Nutrition Professionals in Public Health, Serving up Nutrition Information in Ontario Restaurants: A Position Paper, which "calls upon the provincial government to enact menu labelling legislation requiring the prominent display of calorie and sodium content of food items at the point of sale in restaurants in Ontario as an important step toward creating healthy and supportive food environments for Ontarians" <sup>2</sup>; and



# NORTHWESTERN HEALTH UNIT

## BOARD OF HEALTH

No. 118 -2013

### MOTION/RESOLUTION

Furthermore be it resolved, that the Board of Health for the Northwestern Health Unit supports the passage and implementation of Bill 59: Healthy Decisions for Healthy Eating Act, 2013; and

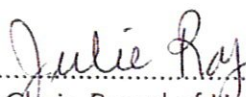
Furthermore be it resolved, that the Board of Health sends a letter to the Minister of Health and Long-Term Care supporting the passage and implementation Bill 59 and encouraging her to take appropriate steps to have this Bill passed into Legislation; and

Furthermore be it resolved, that copies of the letter to the Minister of Health and Long-Term Care be forwarded to the Premier of Ontario, local Members of Provincial Parliament (MPP), the Chief Medical Officer of Health, Association of Local Public Health Agencies, all Ontario Boards of Health, Ontario Society of Nutrition Professionals in Public Health, and Northwestern Health Unit obligated municipalities for their information and support.

#### References:

1. Canadian Community Health Survey (CCHS) [2009/10] Statistics Canada, available from <http://www12.statcan.gc.ca/health-sante/82-228/index.cfm>
2. Ontario Society of Nutrition Professionals in Public Health Menu Labelling Workgroup. 2013. Serving up Nutrition Information in Ontario Restaurants: A position paper. Prepared by Catherine L. Mah. <http://www.osnp-ph.on.ca/resources/Menu-Labelling-Position-Paper-FINAL.pdf>
3. Ontario. 2008. Ontario Public Health Standards
4. Healthy Kids' Panel. 2013. No Time To Wait: The Healthy Kids Strategy. Toronto: Healthy Kids Panel.

Date September 20, 2013

  
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Chair, Board of Health