

Reliable Web-Based Nutrition Resource Factsheets Training

Alberta Nutrition Advisory Team, First Nations and Inuit Health Branch,
Health Canada

June 28 and 29, 2017

YOUR HEALTH AND SAFETY... OUR PRIORITY.



What will this training cover?

- Who is the Alberta Nutrition Advisory Team?
- What are the Reliable Web-Based Nutrition Resource Factsheets?
- Why were these factsheets developed and how are they useful to community based workers?
- What makes a reliable resource?
- Some examples of the sites from the factsheet web links and how to use them



Who is The Alberta Nutrition Advisory Team?

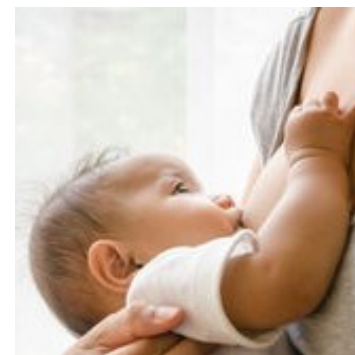
- We're Registered Dietitians
- We can work with health centres, child-care facilities, schools, treatment centres, and other community-based programs
- Team:
 - Regional Nutritionist, Judy Halladay
 - Community Nutrition Advisors
 - Laurina Panas
 - Kathleen Gibson
 - Erin Bligh
 - Michele Lafreniere

Some ways we can help:

- Teach you about nutrition and how to include it in your programs
- Assist with menu planning and managing client food allergies
- Train workers to use resources

What are the reliable web-based nutrition resource factsheets?

- These factsheets provides web links to reliable websites with tools and information on their specific topic
- There are currently 4 different factsheets:
 - General Nutrition
 - Prenatal Nutrition
 - Breastfeeding
 - Infant Feeding





Reliable Web-Based Nutrition Resources

Health Canada's website includes links to handouts, presentations and tips on topics such as food labelling, nutrition, healthy eating and Canada's Food Guide. The website is designed to assist educators, health workers and consumers find everything they need on nutrition topics.

<http://www.hc-sc.gc.ca/fn-an/index-eng.php>

The Healthy Eating Toolbox was developed by Health Canada and other contributors to provide consistent messaging and easy-to-use tools that promote the importance of healthy eating to Canadian families. There are factsheets, web banners, public service announcements and a video clip to use and share.

<http://www.hc-sc.gc.ca/fn-an/nutrition/part/tb-bo/index-eng.php>

The Alberta Health website is another great place to check out tips for healthy eating.

<http://www.health.alberta.ca/health-info/nutrition.html>

The Government of Alberta's "My Health" website helps you find client-specific tips on healthy eating and managing health conditions.

<http://myhealth.alberta.ca/health/healthy-living/Pages/default.aspx>

The "Healthy Eating Starts Here" website by Alberta Health Services has tools and resources on a variety of nutrition topics to support healthy eating where you live, work, learn, and play.

<http://www.albertahealthservices.ca/nutrition/Page12598.aspx>

The Dietitians of Canada website is a great place to find reliable and current information on health and nutrition. A Nutrition Month campaign is held each March; you can link to daily tips and see what people across Canada are doing to celebrate nutrition and health. <http://www.dietitians.ca>

The Dietitians of Canada have developed online programs and mobile apps to help promote healthy eating to Canadians. "eaTracker" is a useful tool for tracking food intake and physical activity.

<http://www.eatracker.ca/>

"Eat Wise" is a website and iPhone app that gives you the "Nutrition Facts" on Canadian foods – those included in Health Canada's Canadian Nutrient File database plus the "Nutrition Facts" from some branded food products.

<http://www.eatwise.ca/default.aspx>

Health Associations and Foundations:

Many health associations and foundations champion awareness, education and advocacy around specific health conditions. Some organizations have developed tools specific for aboriginal populations, like Diabetes Canada. The "Just the Basics" resource provides healthy eating and active living information and is available for download at the following link:

<http://www.diabetes.ca/CDA/media/documents/diabetes-and-you/healthy-living-resources/just-the-basics-aboriginal-english.pdf>

Diabetes Canada also has other information on diabetes in the Aboriginal community.

<http://www.diabetes.ca/diabetes-and-you/healthy-living-resources/multicultural-resources/diabetes-in-the-aboriginal-community>

Food Industry Websites:

Many commodity groups have websites with nutrition information as well as recipes and teaching resources. It is important to remember the research findings may reflect industry bias so "user beware".

For more information about the
Alberta Regional Nutrition Team,
please contact:

Judy Halladay, RD
Regional Nutritionist

Phone: 780-495-5418

Toll Free: 1-855-809-6966

Email: Judy.Halladay@canada.ca

Why were the factsheets created and how are they useful to community based workers?

- Can be difficult to find trustworthy nutrition information on the internet
- The factsheets provide a toolbox of reliable resources all in one place
- Easy-to-use tools and easy-to-understand information
- Can use for your work in your community



What is a reliable resource?

- Gives you correct and accurate information that you can trust
- Uses evidence-based information – based on the best available science, and proven to be true by many scientific studies.



How to tell if a resource is reliable:

- Dietitians of Canada gives 5 tips for evaluating a resource:
 1. **Is it promising a quick fix?** If it seems too good to be true, it probably is.
 2. **Is it trying to sell a product?** It is likely telling you things that will make the product sound appealing rather than facts.
 3. **Is the information based on personal stories?** One or two stories isn't enough proof that something works.
 4. **Is it based on a single study?** Evidence-based information comes from many studies and analyses.
 5. **What are the author's qualifications?** If they are not qualified to be giving nutrition information, they are not a good source.

(info from <https://www.dietitians.ca/Your-Health/Nutrition-A-Z/Credible-Information/Find-info-you-can-trust.aspx>)

What are some reliable nutrition resources?

- Some good online sources for reliable nutrition information:
 - Healthy Canadians- Health Canada
 - Alberta Health / Alberta Health Services
 - EatRight Ontario
 - Dietitians of Canada: Your Health
 - Blogs by **members of Dietitians of Canada** (*not* blogs by unqualified individuals)
 - Health Link BC
- What do all of these sites have in common?
 - They are created by **accredited** institutions or members of these institutions (example – Government Health Departments, Colleges, dietitians)
 - They are not selling products or brands
 - They use evidence-based information only

Exercise: Which resources are reliable?

Website: coconutoilmiracle.com

Description: This website talks about all the ways that coconut oil can improve your health. It can do many things if you eat it - make you lose weight, make your hair grow faster, make your teeth stronger, make you look younger, and target belly fat to slim your tummy down. The website claims this information is based on research, but does not tell you who's research or give any references. The website sells jars of coconut oil, shipping to anywhere in Canada or the US.

Reliable or not?

Exercise: Which resources are reliable?

Website: A Fit Mom and her Food (blog)

Description: This is the blog of a 35 year old mother of two. She works part time as a personal trainer, and spends her free time working out and preparing for female body-building competitions. She gives advice on how to eat healthfully to slim down and build muscle.

Reliable or not?

Exercise: Which resources are reliable?

Website: healthyparentshealthychildren.ca

Description: This website has information for parents about raising healthy children from the prenatal stage, through infancy, up to children under 6. It covers a variety of topics including nutrition, brain development, immunization and sleep. The bottom bar of the webpage identifies it as being an Alberta Health Services resource.

Reliable or not?

Exercise: Which resources are reliable?

Website: healthydetox.com

Description: This website gives the “10 best cleanses to get rid of toxins and reset your body.” These cleanses are diets that are to be followed for a certain number of days, and claim to improve health and help with weight loss. The website itself is not selling any products, though there are advertisements in the sidebars.

Reliable or not?



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eaTracker

- This resource developed by the Dietitians of Canada is a great easy-to-use meal tracking tool.
- Allows individuals to input a meal or recipe and calculates the nutritional value
- Allows individuals to create an account to track the amount of nutrition they are getting from the food they eat over time.
- Provides an easy healthy recipe bank

Let's take a look...

<https://www2.onehealth.ca/Portals/1/Uploaded%20Docs/Reliable%20Web-Based%20Nutrition%20-%20June%202017.pdf>

The screenshot shows the eaTracker.ca website. At the top, there's a header with the logo, navigation links (Help, Français, Connect), and a 'Get The App' button. Below the header is a blue navigation bar with four tabs: BMI Weight Analyzer, Food Search, Activity Search, and Recipe Analyzer. The main content area features a large image of a woman and a child shopping, with the text 'eaTracker' and a description: 'Use eaTracker to check your food and activity choices, analyze your recipes and plan your meals. Sign up to set goals and track your progress.' Below this is a row of four blue buttons with icons: 'Plan Your Meals' (fork and knife), 'Analyze Your Food' (magnifying glass over a food item), 'Track Your Activities' (running person), and 'Meet Your Goals' (trophy). At the bottom, there are two sections: 'Featured Recipe' with a photo of BBQ drumsticks and a description, and 'Featured Tip' with a 'Learn More' link.



Reliable Web-Based Resources for Prenatal Nutrition

Health Canada's Prenatal Nutrition web page lists key recommendations for pregnant women. Health care professionals can learn more about the specific nutrients needed during pregnancy.

<http://www.hc-sc.gc.ca/fn-an/nutrition/prenatal/index-eng.php>

"The Sensible Guide to a Healthy Pregnancy" is a resource developed by the Public Health Agency of Canada. It discusses prenatal nutrition, physical activity, oral and emotional health, alcohol and smoking.

www.HealthyCanadians.gc.ca/pregnancy

The Alberta Health Services "Healthy Parents Healthy Children" website is a practical guide to pregnancy and being a parent. The section "Starting Off Healthy" discusses eating during pregnancy, food safety and important nutrients. It also covers healthy weight gain, physical activity and taking care of oneself while pregnant.

<http://www.healthyparentshealthychildren.ca/starting-off-healthy/>

The complete "Healthy Parents Healthy Children - Pregnancy and Birth" book is available for download at:

http://www.applemag-digital.com/applemag/healthyparents_healthychildren_pregnancy_and_birth?pg=1#pg1

Alberta Health Services provides an online resource that discusses nutrition during pregnancy. A balanced, nutritious diet during pregnancy is important to maintain the mother's health and nourish the fetus.

<https://myhealth.alberta.ca/health/Pages/Conditions.aspx?hwid=hw194870>

The Dietitians of Canada website promotes easy access to trusted food and nutrition information. The following webpage highlights nutrients important during pregnancy as well as other things to think about when planning for a healthy pregnancy.

<http://www.dietitians.ca/Downloads/Factsheets/Thinking-about-having-a-baby.aspx>

The Motherisk website from the Hospital for Sick Kids has useful information on drugs and drug interactions during pregnancy. It gives advice on nutrition related topics like natural health products, vitamin/mineral supplementation, morning sickness and nausea. It also covers medical conditions, like cancer and infectious diseases in pregnancy.

<http://www.motherisk.org>

The "PARmed-X for Pregnancy" is a physical activity readiness screening tool for use by health care providers and fitness professionals. This link also connects you to the "Move for Two" DVD.

<http://www.csep.ca/view.asp?ccid=517>

Pregnancy Weight Gain:

The "5 As for Healthy Pregnancy Weight Gain™" is a resource developed by The Canadian Obesity Network. This resource will help you talk about weight gain with your prenatal clients.

<http://www.obesitynetwork.ca/pregnancy>

"Healthy Pregnancy Weight Gain" is a resource for health professionals developed by Alberta Health Services.

<http://www.albertahealthservices.ca/ps-1029951-backgroundunder-hpwg.pdf>

The Health Canada website also features the "Pregnancy Weight Gain Calculator". It will help women determine the recommended weight gain that will promote a healthy pregnancy.

<http://www.hc-sc.gc.ca/fn-an/nutrition/prenatal/bmi/index-eng.php>

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Health Canada's Prenatal Nutrition webpage

- This webpage provides links to many resources on a variety of topics related to pregnancy and prenatal nutrition
- Examples: specific nutrients such as iron and folate, caffeine, alcohol, nausea and vomiting, and emotional health



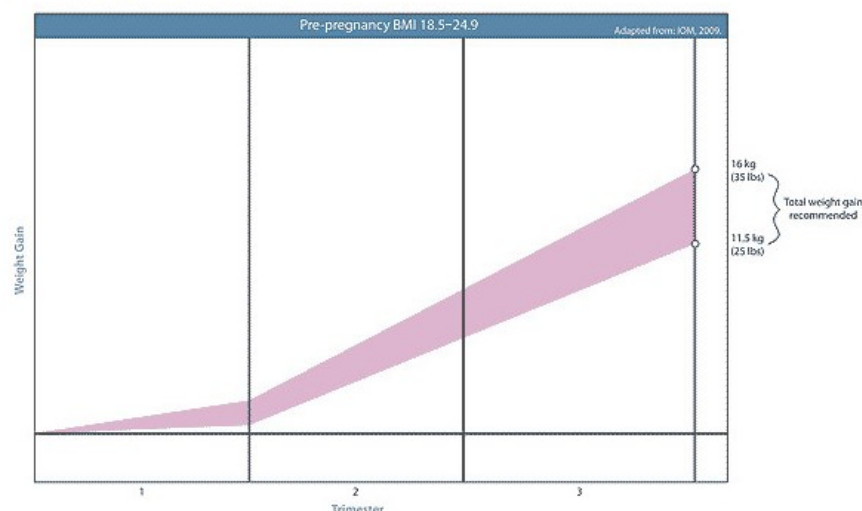
Let's take a look...

<https://www2.onehealth.ca/Portals/1/Uploaded%20Docs/Reliable%20Web-Based%20Prenatal%20-%20June%202017.pdf>

Pregnancy Weight Gain Calculator

- An easy tool for calculating the healthy weight gain range for a pregnant woman based on her pre-pregnancy height and weight

Based on your pre-pregnancy **BMI**, your recommended weight gain is between:
11.5 - 16 kg (or 25 - 35 lbs)



The above recommended weight gain can be used as a general guide for single pregnancies. The Pregnancy Weight Gain Calculator should not replace individualized medical advice.

Let's take a look...

<https://www2.onehealth.ca/Portals/1/Uploaded%20Docs/Reliable%20Web-Based%20Prenatal%20-%20June%202017.pdf>



Reliable Web-Based Resources for Breastfeeding

Health Canada's "Nutrition for Healthy Term Infants" webpage provides health professionals with evidence based breastfeeding recommendations.

Birth to six months:

<http://www.hc-sc.gc.ca/fn-an/nutrition/infant-nourisson/recom/index-eng.php>

Six to 24 months:

<http://www.hc-sc.gc.ca/fn-an/nutrition/infant-nourisson/recom/recom-6-24-months-6-24-mois-eng.php>

"Protecting, Promoting and Supporting Breastfeeding: A Practical Workbook For Community-based Programs -2nd Edition" is intended to help communities identify strategies and specific actions to protect, promote and support breastfeeding in a population health setting.

<http://www.phac-aspc.gc.ca/hp-ps/dca-dea/publications/ppsb-ppsam-eng.php>

The Public Health Agency of Canada provides "Ten Valuable Tips for Successful Breastfeeding" with information and practical suggestions to help make the breastfeeding experience more enjoyable and successful. The resource can be downloaded as a pdf or copies can be ordered for free through the website.

http://www.phac-aspc.gc.ca/hp-ps/dca-dea/stages-etapes/childhood-enfance_0-2/nutrition/tips-cons-eng.php

The Alberta Health Services "Healthy Parents Healthy Children" website is a practical guide to pregnancy and being a parent. The section on breastfeeding covers what to expect when breastfeeding, latching positions, how to tell if your baby is getting enough milk, common problems and solutions, expressing and storing breastmilk, and when to get help.

<http://www.healthyparentshealthychildren.ca/feeding-your-baby/breastfeeding/>

The complete "Healthy Parents Healthy Children – The Early Years" book is available for download at:

http://www.applemaq-digital.com/applemaq/healthyparents_healthychildren_the_early_years?pg=1#pg1

Alberta Health Services- Breastfeeding clinics:

This is a free service that supports breastfeeding mothers and mothers with breastfeeding issues. [Call 811 to find breastfeeding clinics and lactation consultants in your area.](http://www.alberta.ca/811-to-find-breastfeeding-clinics-and-lactation-consultants-in-your-area)

The Government of Alberta's "My Health" website provides an overview of breastfeeding. It also includes information on the benefits of breastfeeding, planning to breastfeed, how to breastfeed, feeding patterns and common problems.

<https://myhealth.alberta.ca/health/healthy-living/pages/conditions.aspx?hwid=hw91687>

The Alberta Breastfeeding Committee's mission is to provide leadership and resources to protect, promote and support breastfeeding in Alberta as the cultural and biological norm for children, mothers, and communities.

<http://www.breastfeedingalberta.ca>

La Leche League Canada encourages, promotes and provides mother-to-mother breastfeeding support.

<http://www.lllc.ca/>

The Motherisk website from the Hospital for Sick Kids has useful information on drugs and drug interactions during breastfeeding.

<http://www.motherisk.org>

Health Link – Health Advice 24/7

Families are able to speak to a nurse with any breastfeeding issues or concerns with baby.

Call 811

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Public Health Agency of Canada's Breastfeeding Tips

- 10 tips on a variety of breastfeeding topics, including:
 - colostrum vs. milk
 - frequency, quantity and duration of feeding,
 - mother's health
 - managing breastfeeding while working



http://www.phac-aspc.gc.ca/hp-ps/dca-dea/stages-etapes/childhood-enfance_0-2/nutrition/tips-cons-eng.php

Alberta Health Services' Healthy Parents Healthy Children

- Many excellent visuals for topics such as positioning the baby at the breast, getting a proper latch, and burping a baby

Let's take a look...

<https://www2.onehealth.ca/Portals/1/Uploaded%20Docs/Reliable%20Web-Based%20Breastfeeding%20-%20June%202017.pdf>



Reliable Web-Based Resources for Infant Feeding

Health Canada's "Nutrition for Healthy Term Infants" webpage provides health professionals with evidence based infant nutrition recommendations:

Birth to six months

<http://www.hc-sc.gc.ca/fn-an/nutrition/infant-nourisson/recom/index-eng.php>

Six to 24 months

<http://www.hc-sc.gc.ca/fn-an/nutrition/infant-nourisson/recom/recom-6-24-months-6-24-mois-eng.php>

The Government of Canada's Health portal gives a summary of the recommendations from birth to 24 months. Safe feeding tips and a sample menu for older infants and young children are also included.

<http://www.healthycanadians.gc.ca/healthy-living-vie-saine/infant-care-soins-bebe/nutrition-alimentation-eng.php>

The Government of Alberta's "My Health" website provides an overview of infant feeding and includes information on how to read baby's cues.

<http://myhealth.alberta.ca/health/healthy-living/pages/conditions.aspx?hwid=tn9212>

The Alberta Health Services' "Healthy Parents Healthy Children" website is a practical guide to pregnancy and being a parent. The section on feeding your baby solid foods covers baby's first solid foods, food textures, finger foods, drinking milk, juice and water and oral health care. Tips on helping your baby enjoy new foods and learn healthy eating habits are included.

<http://www.healthyparentshealthychildren.ca/older-babies-6-to-12-months/eating/feeding-your-baby-solid-foods/>

The complete "Healthy Parents Healthy Children – The Early Years" book is available for download at:

http://www.applemag-digital.com/applemag/healthyparents_healthychildren_the_early_years?pg=1#pg1

Alberta Health Services' "Feeding Guide: Starting Solid Foods" provides information on types and amounts of foods to offer your baby.

<http://www.albertahealthservices.ca/assets/info/nutrition/ifns-feeding-guide-starting-solid-foods.pdf>

The Dietitians of Canada website has a series of factsheets with messages and tips for parents on feeding infants and toddlers 0-24 months.

<http://www.dietitians.ca/Nutrition-Resources-A-Z/Factsheets/Infants/Feeding-Infants-and-Toddlers.aspx>

"Caring for Kids" is a Canadian Paediatric Society website. It has information on feeding your baby in the first year. Topics include what to offer and how much to feed, vitamin D, iron, allergies and developmental milestones related to feeding.

http://www.caringforkids.cps.ca/handouts/feeding_your_baby_in_the_first_year

The "Best Start Resource Centre" website provides evidence-based resources for new parents.

<https://www.beststart.org>

Health Canada's "First Solid Foods for First Nations: A Guide to Making Your Own Baby Food" booklet will help workers teach parents everything they need to know about introducing solid foods; what, when, and how much to feed their baby, and how to make baby food!

http://publications.gc.ca/collections/collection_2017/sc-hc/H29-60-2016-eng.pdf

The Ellyn Satter Institute website provides evidence-based information and resources for professionals and the public on feeding and eating.

<https://www.ellynsatterinstitute.org>

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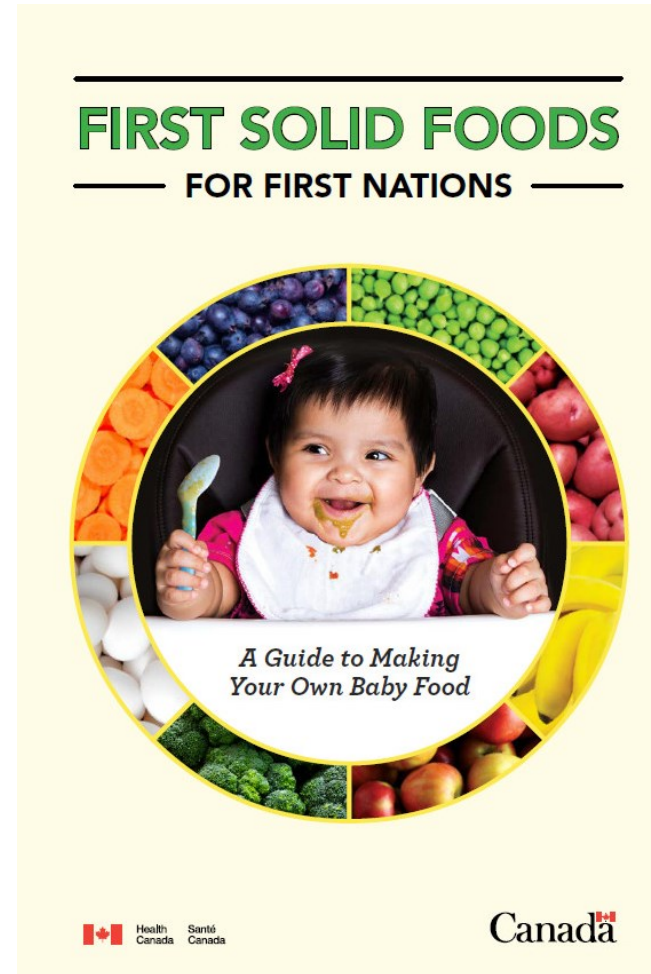
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Health Canada's First Solid Foods for First Nations

- First Nations communities across Alberta were involved in the development of this resource
- Explains how to make your own budget-friendly baby food using traditional and easily available ingredients
- Info on when baby is ready to start solid foods, what types of foods to feed and which ones to avoid

Let's take a look...

<https://www2.onehealth.ca/Portals/1/Uploaded%20Docs/Reliable%20Web-Based%20Infant%20feeding%20-June%202017.pdf>



Thanks for attending!
Any questions?