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# **Determining Food Access and Food Literacy Indicators for the Ontario Food & Nutrition Strategy**

March 2016

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## Acknowledgements

**Elizabeth Manafò, MHSc RD**, Research Consultant, prepared this report in collaboration with the Ontario Food and Nutrition Strategy Indicator Advisory Group.

## Advisory Group Members

<b>Ahalya Mahendra</b>	Public Health Agency of Canada (PHAC) and Association of Public Health Epidemiologist of Ontario (APHEO)
<b>Alison Blay-Palmer</b>	Wilfrid Laurier University
<b>Beatrice Boucher</b>	Cancer Care Ontario (CCO) and Department of Nutritional Sciences, University of Toronto
<b>Colleen Smith</b>	Ontario Agri-food Education
<b>Jocelyn Sacco</b>	Public Health Ontario
<b>June Matthews</b>	Brescia- Western University
<b>Leslie Whittington Carter</b>	Dietitians of Canada (DC)
<b>Lisa Mardlin Vandewalle</b>	Farmer and Registered Dietitian
<b>Lyndsay Davidson</b>	Chatham Kent Public Health Unit (OSNPPH)
<b>Lynn Roblin</b>	Ontario Public Health Association (OPHA)
<b>Jaya James &amp; Megan Flaherty</b>	Ontario Ministry of Agriculture, Food & Rural Affairs (OMAFRA)
<b>Paula Dworatzek</b>	Brescia- Western University
<b>Rebecca Truscott</b>	Cancer Care Ontario (CCO)
<b>Rhona Hanning</b>	University of Waterloo
<b>Ryan Turnbull</b>	Eco-Ethnomics (for Sustain Ontario)

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# Introduction

## *The issue*

Poor nutrition has adverse impacts on health, and increases the economic and social burden of chronic disease in Ontario (1, 2). In general, Canadian diets are not consistent with healthy eating patterns: higher intakes of fat, sugar, and sodium are combined with lower intakes of fruit, vegetables, and whole grains (3-6). Concurrently, the increased reliance on food products that are made outside the home combined with food “deskilling”, particularly among children and youth, are also having an impact on eating behaviours (7). Along with the ongoing income disparity and thereby health disparities, this situation presents significant challenges impacting the lives of Ontarians (8). These challenges, in part, can be addressed by a comprehensive, coordinated approach to promote healthy eating and access to nutritious food for all Ontarians. This supports the potential to achieve a productive, equitable, and sustainable food system that supports the health and well-being of Ontarians (8).

## *Project Background*

The Ontario Food and Nutrition Strategy (OFNS) provides strategic directions and priorities to improve the health and well-being of Ontarians and contribute to reducing the associated financial burden in the province (9). The OFNS is intended to work across government, fostering an inter-ministerial and multi-stakeholder coordinated approach to food policy development.

**Appendix A** describes the overall action plan of the OFNS.

The **goals** of the OFNS are to:

1. To promote wholistic health and well-being;
2. To reduce the burden of obesity and chronic disease on Ontarians and the Ontario health care system; and
3. To strengthen the Ontario economy and the resiliency of food systems.

The **intended impact** is to make healthy food the preferred and easiest choice for Ontarians by improving food access and food literacy.

To meet these goals, the OFNS has three key strategic directions:

1. **Healthy Food Access** - People in Ontario have access to and the means to choose and obtain safe, healthy, local, and culturally acceptable food.
2. **Food Literacy and Skills** - People in Ontario have the information, knowledge, skills, relationships, capacity, and environments to support healthy eating and make healthy choices where they live, gather, work, learn, and play.
3. **Healthy Food Systems** - Ontario has diverse, healthy, and resilient food systems that promote health and contribute to an equitable and prosperous economy.

Each strategic direction is further broken down into twenty-five targeted action areas.

**Appendix B** illustrates the action areas framework.

Several outcomes are linked to the intended impact of healthy food access and food literacy/skills. These include:

- Increased individual, household, and community food security
- Healthy, local food is available and accessible in all communities
- Increased food literacy and food skills
- Engaged citizens
- Increased demand for and production of healthy and local food
- Increased consumption of healthy and local food
- Improved wholistic health outcomes
- Strengthened economy; and
- Safe and resilient food systems

A glossary of definitions to operationalize key terms used in this document and within the Ontario Food & Nutrition Strategy can be found on page 20 of this report.

### *Purpose*

An OFNS Indicators Advisory Group (herein referred to as the Advisory Group) was created from the larger OFNS Design team, and from experts in food access, food literacy, and dietary assessment measures across Ontario. The Advisory Group was tasked with the objective of identifying leading indicators for Strategic Direction 1 (Healthy Food Access) and Strategic Direction 2 (Food Literacy and Skills) to measure and monitor progress towards improving food access and food literacy in Ontario. Baseline data will be collected based on the selected indicators.

The focus of the Advisory Group was to:

- Contribute knowledge of existing national and Ontario-based reports and documents that provide potential indicators and/or data related to food access and food literacy and how to access them; and
- Provide suggestions for potential indicators in the two selected strategic directions

The OFNS Design Team will pursue subsequent work and convene relevant expert advisors to identify indicators for Strategic Direction 3 (Healthy Food Systems).

### *Project Alignment*

There are several projects focused on identifying quality indicators related to the area of nutrition, food, and health in Ontario and Canada. These include:

- The **Ontario Chronic Disease Prevention Alliance** (OCDPA)'s Chronic Disease Prevention Quality Indicators Project (2016) has developed a framework of population-based indicators to inform a province-specific chronic disease prevention framework, which includes a focus on unhealthy eating. Indicators in this sub-category include food access, as well as consumption of nutrients and foods related to chronic disease prevention including sodium, sugar, and fruits and vegetables.
- **Cancer Care Ontario's** (CCO) [Prevention System Quality Index](#) (2015) includes healthy eating indicators with respect to food access, food skills, and the food environment.
- The **Conference Board of Canada** (CBoC) [Food Report Card](#) (2015) compares 43 food performance metrics and considers Canada's position relative to 16 peer OECD countries. Metrics include industry prosperity, healthy food and diets, food safety, household food security, and environmental sustainability. The CBoC is planning to produce a provincial comparison of food system indicators in 2016.
- **Sustain Ontario** and **FoodShare Toronto** are conducting a financial mobilization survey to assess the local food funding situation in Ontario. They are also identifying, reviewing and creating a shared inventory of evaluation tools used by food programs in Ontario. Sustain Ontario and FoodShare Toronto are also working on identifying high level outcomes and indicators related to Ontario's Food System and creating a collective impact map to assist in aligning the efforts of multiple stakeholders.

Furthermore, in 2016, the Standing Senate Committee on Social Affairs, Science and Technology, outlined several recommendations to support a "holistic approach" to address inadequacies of our current food system, which may contribute to the development of obesity in Canada (6). Several of the OFNS action areas identified in the current report are aligned with recommendations in the Senate report, including wide stakeholder engagement across the food system; prohibition of advertising of foods and beverages to children; taxation on high caloric/low nutrient foods; access to equitably-priced healthy foods; policies to improve individual and household income; promotion of nutrition knowledge, skills, capacities, and healthy food environments; improvement of nutrition labeling; improvement of food literacy and food skills; and improved access to nutrition counseling services by Registered Dietitians.

The current project aims to align with these existing efforts and recommendations to widen the reach and deepen the impact of programs and policies in nutrition, food, and health in Ontario. Multiple synergies exist between projects as current Advisory Group members are also involved with certain identified projects, thereby enduring continuity and exchange of knowledge, while enhancing the collective impact on our food system (10).

## Methods

An Indicators Advisory Group was assembled in November 2015, drawing on the expertise of partners and members of the larger OFNS design team in the areas of food literacy and food access; additional advisors with relevant expertise supplemented the original group. The Advisory Group was primarily responsible for the identification and selection of indicators. A Research Consultant was hired in December 2015 to coordinate the indicator selection process.

Several indicators were identified and considered throughout this process. Despite not all indicators moving forward to the final selection process, draft versions of indicator framework iterations are included in [Appendix C](#). Specific versions of the indicator framework are referred to throughout the Methods section to support the reader's understanding of the process.

The following steps were taken to operationalize the project:

### *Step 1. Environmental Scan*

Prior to hiring the Research Consultant, the Advisory Group identified existing national and provincial reports, data sources, and other relevant documents that provide systemic, behavioural and knowledge-based indicators relevant to one or both of the strategic directions and specific action areas of the OFNS.

**Output:** A collection of Canadian reports and/or data sets to be reviewed for possible indicators.

### *Step 2. Organization of indicator characteristics*

The Research Consultant reviewed the documents retrieved from the environmental scan and identified and sorted potential indicators and their characteristics (*action area, focus, indicator level [(i.e., systemic, behavioural or knowledge base), data source]*) under each strategic direction.

Table 1 provides an example of an indicator and its characteristics within the strategic direction framework:

*Table 1: Example of Indicator Characteristic Organization*

Strategic Direction 1: Healthy Food Access				
Action Area	Focus	Indicator Level	Data Source	Indicator
1.1 Increased individual, household and community food security	Household food security	Systemic	CCHS*	1.1a Percentage of Ontario households that were food insecure by level of food insecurity

\*CCHS = Canadian Community Health Survey

The Advisory Group provided feedback on any indicators they wished to add, remove, or potentially consider for future follow up.

**Output:** A long-list of potential indicators for each strategic direction, organized by action area, focus, indicator level, data source ([Appendix C.i– Indicator Long-List](#))

### *Step 3. Piloting of Indicator Selection Criteria*

A list of quality-grading criteria was identified based on a review of existing indicator criteria used in recent reports (i.e., Public Health Agency of Canada (11), the Mental Health Commission of Canada (12), and the National Health Service in the United Kingdom (13)).

Members of the Advisory Group volunteered to be part of a small working group (N=7) and participate in two additional meetings to confirm the selection criteria and pilot their application to the long-list of indicators. The first meeting was a facilitated discussion about which quality criteria best met the project scope and objectives. The second meeting revisited the selection criteria and piloted their application to examples of the long-list of indicators to determine their practicality, plausibility, and effectiveness within a public health context (14, 15) and modify the selection criteria. Table 2 outlines the resulting selection criteria used for the specific purpose of this project. See [Appendix D](#) for the process in which the selection criteria were applied.



**Table 2: Indicator Selection Criteria**

Indicator criteria	Description
<b>1. Possibility and Feasibility</b>	<ul style="list-style-type: none"> <li>Are credible data already available or can they be collected at a relatively low cost?</li> </ul>
<b>2. Validity (Face)</b>	<ul style="list-style-type: none"> <li>Does this indicator really measure the issue (i.e., action areas)?</li> <li>Will the indicator be able to detect and display a change (i.e., sensitivity)?</li> </ul>
<b>3. Importance and Relevance</b>	<ul style="list-style-type: none"> <li>Does this indicator measure a sufficiently important question/service as it relates to action areas?</li> </ul>
<b>Overall Action Area criteria</b>	
<p><i>Are indicator measures in this action area sufficient?</i></p> <ul style="list-style-type: none"> <li>If a set of indicators is being considered, is it a balanced set (i.e., are all important areas covered without undue emphasis on any one area)?</li> <li>Is the proposed set of indicators likely to support achievement of the stated goal?</li> </ul>	

**Output:** Finalized selection criteria to be used in selecting indicators for a short-list of indicators for each strategic direction.

#### *Step 4. Indicator Selection*

Prior to the indicator selection process, the working group suggested a review of the long-list of indicators for a-priori elimination (e.g., indicators that were erroneously added; out of scope of the project). The Advisory Group Co-Chairs and Research Consultant reviewed the long-list of indicators for this purpose. This process was guided by the following selection criteria:

#### *Inclusion criteria:*

- Indicators should relate to one or both strategic directions (Healthy Food Access; Food Literacy)
- Indicators should relate to one or both specific action areas within each strategic direction
- Data must be specific to Ontario and/or Canada.

#### *Follow-up criteria:*

- Data are collected in Ontario and/or Canada, but will not be collected on a regular basis, limiting comparability and the ability to track change.

Any discrepancies or uncertainties in the a-priori process required that the indicator to remain in the list for further follow up with the Advisory Group.

Next, members from the Advisory Group who expressed interest in the indicator selection process (N=7), worked to apply the selection criteria across the list of indicators in both strategic directions. Indicators that were removed due to data limitations were noted to support expanding current data collection as well as identify potential future areas of research. These indicators are highlighted separately in the final framework.

**Output:** Short-list of indicators across both strategic directions ready for prioritization into selected indicators ([Appendix C.ii – Indicator Short-List](#))

#### *Step 5. Indicator prioritization*

Once the short-list of indicators was selected, the OFNS team met to prioritize indicators across both strategic directions with the ultimate goal of establishing 2-3 indicators per strategic direction. This process used a consensus-building technique facilitated by online Google Forms, as feasible, lead by the Research Consultant. Each participating member had the opportunity to rank priority importance of the indicators within each action area of each strategic direction and then for the strategic direction as a whole. Discussion elicited a consensus-building process prior to agreeing on the final indicators.

**Output:** Final indicators for both strategic directions. ([Appendix C3 – Prioritized Indicators](#)).

## Results

An overview of the result is described in Table 3. The initial scan of relevant documents yielded 69 potential indicators. Through the additional selection steps, including the application of quality-selection criteria, 7 indicators were selected to move forward (4 Food Access; 3 Food Literacy & Skills).

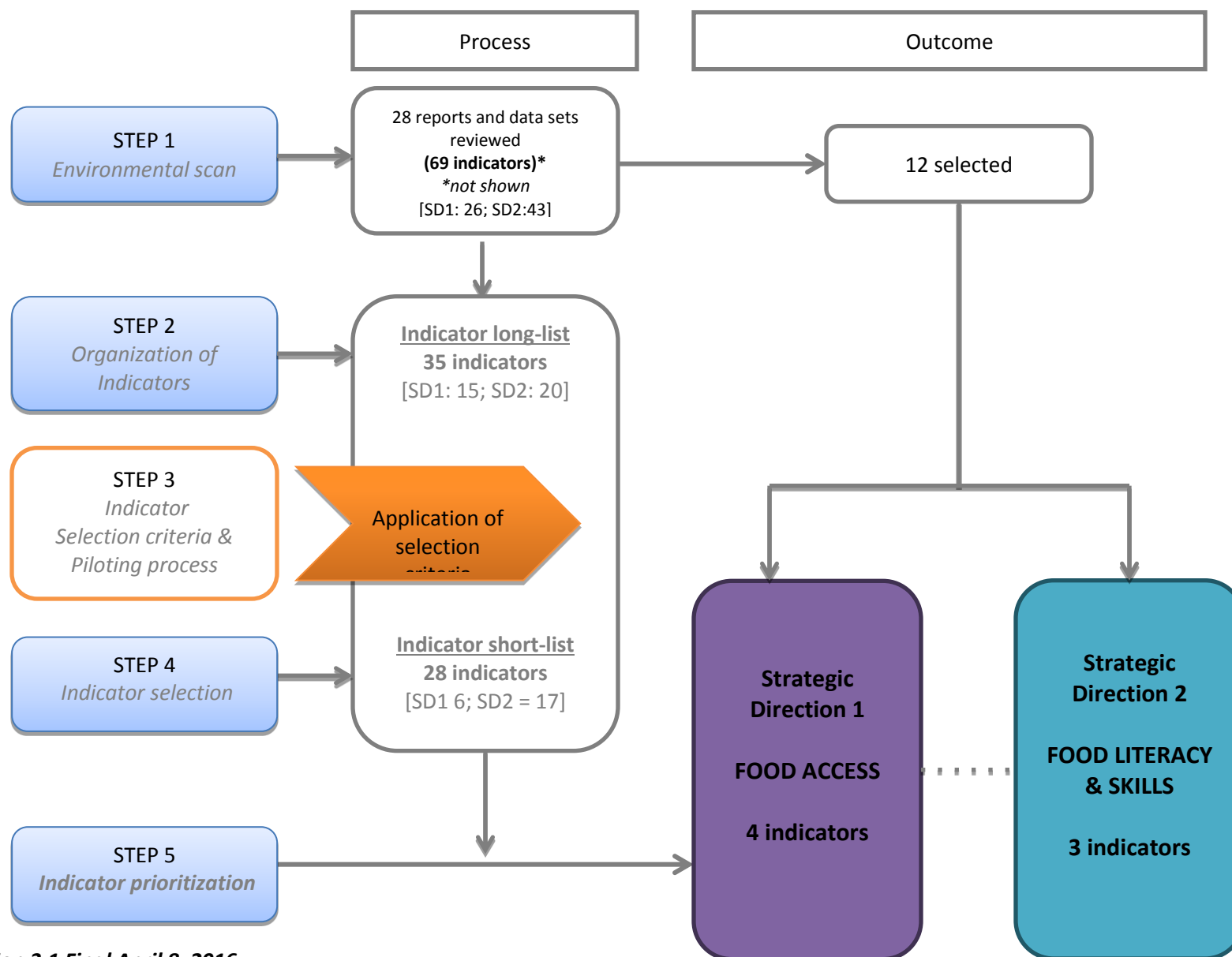
Figure 1 describes the indicator selection process and outcomes.

*Table 3: Indicator Selection Results*

	Strategic Direction 1	Strategic Direction 2	Total
Initial indicator scan (Step 1)	26	43	69
Indicator long list (Step 2)	15	20	35
Indicator selection criteria applied (Step 3)			
Indicator short list (Step 4)	6	17	23
Prioritized indicator (Step 5)	4	3	7

Tables 4 and 5 describe the identified indicators for Strategic Direction 1 (SD1): Food Access and Strategic Direction 2 (SD2): Food Literacy and Food Skills.

Figure 1. Flow chart of indicator selection process and outcomes



**Table 4. Strategic Direction (SD1): Food Access Indicators**

**Ontarians have access to and the means to obtain safe, healthy, local and culturally acceptable foods**

Action Area		Indicator	Data Source
<b>1.1 Increased individual, household &amp; community food security</b>	1	Percentage of Ontario households that were food insecure, by level of food insecurity [marginally, moderately, and severely food insecure]	CCHS
<b>1.2 Increased access to safe, healthy, local &amp; culturally acceptable food</b>		<i>No indicator selected</i>	
<b>1.3 Increased use of healthy, local food by public sector organizations</b>	2	# Food service operators in Ontario that implement a local food procurement policy	(looking for local food data)
<b>1.4 Increased distribution &amp; promotion of equitably-priced healthy, local food</b>	3	Regional cost of Nutritious Food Basket (NFB)	MoHLTC
<b>1.5 Reduced access to high calorie, low-nutrient food, beverages &amp; snacks</b>	4	# of existing provincial and/or municipal prevention policies as they relate to risk factor of unhealthy eating	CPAC
<b>1.6 Enhanced food access through land use management &amp; planning</b>		<i>No indicator selected</i>	

\* Includes, but is not limited to, childcare, elementary, secondary and post-secondary education institutions, health care institutions, and community-based organizations

**Legend**

CCHS      Canadian Community Health Survey  
 MoHLTC    Ministry of Health and Long-Term Care  
 CPAC      Canadian Partnership Against Cancer

*Table 5. Strategic Direction (SD2): Food Literacy and Skills Indicators*

***Ontarians have the information, knowledge, skills, relationships and environment to support healthy eating and make healthy food choices where they live, work, learn and play.***

Action Area		Indicator	Data Source
<b>2.1 Increased healthy eating knowledge, skills &amp; capacity</b>	1	Percentage of secondary school students in Ontario who earned at least one credit in a course that included a food skills component	Ministry of Education
	2	Personal ability to cook from basic ingredients*	CCHS
<b>2.2 Increased access to public information about healthy eating through retailers &amp; food services</b>		<i>No indicator selected</i>	
<b>2.3 Restricted advertisement of unhealthy food, beverages &amp; snacks to children</b>		<i>No indicator selected</i>	
<b>2.4 Increased availability of professional nutrition services</b>	3	# of persons accessing an Eat Right Ontario Dietitian (phone or by email)	ERO
		# dietitians practicing in Family Health Teams and Community Health Centers **	CDO
<b>2.5 Enhanced services for at-risk populations</b>		<i>No indicator selected</i>	

\* Ontario-specific data not available. Canada-wide data will be used as proxy.

\*\* A combination of both indicators will be used to measure availability of professional nutrition services

***Legend***

CCHS      Canadian Community Health Survey  
ERO      Eat Right Ontario  
CDO      College Dietitians of Ontario

## Discussion

While the project succeeded in meeting its stated objectives of identifying an informed list of indicators for each strategic direction, the prioritized indicators require further discussion for context and understanding. The following discussion captures the key elements for consideration.

### *Strengths and opportunities in indicator selection and prioritization*

Several factors strengthened the indicator selection and prioritization process conducted by the Advisory Group. Firstly, the Advisory Group included subject matter experts across diverse and relevant sectors including, agriculture and food systems, academia, public health, professional bodies, disease-specific agencies, and multiple levels of government. This allowed for expertise in the understanding and selection of indicators that help address focus areas important to the strategic directions.

Secondly, the methods used to identify and prioritize the selected indicators were logical, and were clearly articulated at multiple steps of the process to ensure thoroughness and transparency. To articulate these elements, stakeholder input and engagement were embedded to ensure the expertise was included throughout the process. The process remained flexible to address arising issues, while ensuring rigor in the project's process and outcome in meeting its intended purpose and objectives. For example, the Advisory Group had concerns about time commitment in participating in the multiple, independent sub-group meetings that were initially planned as part of the indicator selection process. At the same time, the Advisory Group did not want to lose out on the important discussion ensuing from the indicator selection process. As such, a larger group meeting was established to be as inclusive as possible in the indicator selection process, without compromising the opportunity for collaboration and input.

Thirdly, despite Advisory Group members being situated in various locations across the province, the process was organized using interactive technology to support project management and equal access to project participation.

This project also provided the opportunity to review the current landscape of available data that can best help 'tell the story' of how Ontario is doing with respect to food access and food literacy and skills. This enabled a better understanding of available data that can be used to best depict change across each strategic direction within the identified action areas. It also helped identify gaps of missing data and articulate recommendations for future data collection

to better promote more robust monitoring and evaluation of issues that have an impact on food access and food literacy and skills in the province.

### *Limitations in indicator selection and prioritization*

A major challenge that had an impact on the selection of indicators was the need to rely on existing data sources and indicators. The Advisory Group acknowledged that this inherent limitation affected the quality of indicators selected for this project. As such, the Advisory Group used its collective expertise to make several informed assumptions about the data sources and, therefore, the indicators as they advanced through the selection process.

The impacts on indicator quality are reflected in the following issues:

- **Limitations in data availability:** Despite great efforts in identifying the types of data that would be useful to track trends in food access, food literacy, and food skills, the Advisory Group relied on existing data that may have limitations in currency (i.e., when was data last collected), ongoing data collection (i.e., versus one-time data collection) or whether there was a capacity to locate data at the provincial level (i.e., having to identify a proxy at a national level).
- **Data collection forthcoming:** In some cases, while the potential opportunity for data collection exists, the actual articulation of what data are planned for collection and the collection itself had not yet occurred. This resulted in action areas having potential indicator areas identified, with no data currently being available. For example, in SD1, *1.2 Increased access to safe, healthy, local & culturally acceptable food*, the Advisory Group was aware of Ontario's recent [2013 Local Food Act](#) and January [2015 Food Literacy Goals](#), but was uncertain at this time about what data would be collected and made available. This was also the case for SD2 with *2.2 Increased access to public information about healthy eating through retailers and food services*, where the Province's January 2017 implementation of menu labeling in food establishments more than 20 locations, as stipulated in the [2015 Healthy Menu Choices Act](#), will provide potential opportunities for evaluation data in the future. Additional indicators could have also been, for example, the number of students participating in Student Nutrition programs in Ontario and the number offering a food literacy component, or the number of municipalities with official plans that mention access to food; however, further exploration of this data is required.



- ***Uncertainty in third-party data collection process:*** Relying on pre-existing data, collected without in-depth knowledge of the methods (e.g., sampling technique, validation) also posted a limitation to the Advisory Group in making the assumption of face validity for the indicators selected.
- ***Multi-faceted lens of action areas:*** Several of the action areas identified in the OFNS aim to seek multiple factors to best appreciate the wholistic and systems-level efforts required to assess impact on the population. However, this proved to be limiting in identifying sufficient indicators that would appropriately reflect the action area's intended purpose. For example, in SD1, *1.4 Increased distribution of equitably-priced healthy, local food* looks to measure the distribution of both healthy and local foods; however, the selected indicator emphasizes equitably-priced healthy food that may not necessarily also be local. This requires additional consideration for the selected indicators moving forward and the scope of what the measure can provide.

More broadly, much of the current data collection activities focus largely on behavioural/lifestyle indicators and do not necessarily capture broader, 'upstream' indicators (i.e., system factors). Many action areas within strategic directions 1 and 2 remain unaddressed at this time, as no suitable indicator or proxy could be identified that would best capture a system-wide tracking related to accessibility, availability, and agency (i.e., policy and legislation). This also had an impact on the limited opportunity to add emergent indicators to more comprehensively capture the impact of food access and food literacy on Ontarian's health and well-being.

As such, the current availability of data – and thereby indicators – stringently governed the indicator framework itself. While the desire of the Advisory Group was to select and prioritize the most 'ideal' indicators to address the action areas, the inherent limitations required selection and prioritization of indicators that were 'best available'. This resulted in selecting indicators that may not sufficiently address what needs to be measured to assess trends, impact, and change. The specific indicator limitations have been noted in the detailed iterations of the framework to support targeted planning for future project activities ([Appendix C.i and C.ii](#)).

### *Future directions in indicator selection*

To better contextualize the given limitations, the Advisory Group took effort to not only capture existing 'best available' indicators, but also to identify current gaps that would enhance the reach of impact of food access, food literacy, and food skills. Indicators are identified for 'follow up' to better measure the impact of change within the province (See [Appendix C.iii – Prioritized](#)

*Indicators*). This will also help to ensure each focus of the action areas is better addressed to make certain the indicators are both necessary and sufficient. Furthermore, to better enhance the application of this project moving forward, pending more robust data sources, extra emphasis will be placed on selecting indicators that potentially address whether the indicator can have an impact on the progress of the OFNS with respect to:

- **Meaningfulness** (i.e., Can the indicator help to understand the particular reason for the result?);
- **Being Actionable** (i.e., does the indicator provide accurate and precise information to be able to investigate further and take necessary action?); and
- **Having Implications** (i.e., can the indicator be understood (and deconstructed) to understand the particular reasons for the result?)

The OFNS Indicators Advisory Group will also aim to address the lack of ongoing and consistent data gathering in the province due to municipal and/or provincial barriers. This will include pursuing and supporting opportunities for greater resource designation to better capture information needed as highlighted in this report. It is acknowledged that barriers in accessing data will present another significant challenge and a worthwhile area for ongoing committed efforts for improved information sharing across stakeholders as well as informed decision making for researchers, practitioners, and policy makers.

## Next Steps

### *Identifying target audiences*

Throughout this process, the Advisory Group highlighted the importance of concretely identifying the audience as vitally important in framing the ultimate purpose and direction of this work.

The framework will target the following audiences:

- Ontario Collaborative Group for Healthy Eating and Physical Activity (OCGHEPA) members and their partners
- Sustain Ontario
- Municipal, provincial, and federal governments
- LHINs, Public Health Units, and community health centres
- Non-governmental organizations
- Disease-specific organizations, agencies, and charities
- Food Industry (including agricultural industry); and
- Media

### *Indicator framework population*

Using the results of the consultation process, the indicator database will be populated with the most currently-available data. The populated report card is expected to be a resource for all stakeholders. The results will also be used to inform other concurrent indicators work occurring in the province (as identified earlier). Gaps in data and the lack of consistent monitoring to fully inform program planners and policy decision makers could be used for advocating for more data that are relevant to aid in understanding the accessibility of healthy local food and the current state of food literacy of Ontarians. This highlights the need to advocate for further research on how additional data and indicators have an impact on the food system.

There is also a need to further explore and populate additional indicators to paint a better picture of the food system in Ontario – including food production and food economy, food systems excellence and innovation, or environmental protection related to the food system. Some of these issues are being looked at by others (e.g., Sustain Ontario); however, the need remains for access to reliable and relevant indicators to be able to measure impact on outcomes related to the food system.

### *Knowledge exchange and translation plan*

The results of the project will be shared with the various target audiences including researchers, practitioners, and policy makers. A subsequent initiative will include designing and implementing an effective knowledge exchange and translation plan to ensure that all key stakeholders are aware of and understand how the Ontario Food and Nutrition Strategy, the indicators identified, and resulting data can help guide future local and provincial decision-makers with program planning and policy development. It is expected the OFNS Design Team will address this next important stage in 2016 to support the knowledge mobilization of this project, including the evidence – products that will be generated for dissemination and uptake. Activities will depend on resources available to undertake these further initiatives. Currently the OFNS is supported in-kind by stakeholders interested in furthering the work on the strategy.

## Glossary

**Environmentally responsible** - addressing environmental implications and minimizing practices that may adversely affect the environmental, economic, health or social well-being of future generations

*Source: Piotr Mazurkiewicz. Corporate Environmental Responsibility. 2004. World Bank. Available from [http://www-wds.worldbank.org/external/default/WDSContentServer/WDSP/IB/2008/01/22/000020953\\_20080122134142/Rendered/PDF/421830csrframework01PUBLIC1.pdf](http://www-wds.worldbank.org/external/default/WDSContentServer/WDSP/IB/2008/01/22/000020953_20080122134142/Rendered/PDF/421830csrframework01PUBLIC1.pdf).*

**Equitable** - results in human well-being and access to opportunity for all people

*Source: The Danish 92 Group. Building an Equitable Green Economy: Forum for Sustainable Development. 2012. Available from: <https://sustainabledevelopment.un.org/index.php?page=view&type=400&nr=660&menu=1515>*

**Food access** - having sufficient economic, physical, and relational resources, to obtain appropriate food for a nutritious diet.

*Adapted from: World Health Organization. Glossary. 2016. Available from: <http://www.who.int/trade/glossary/story028/en/>.*

**Food availability** - the availability of sufficient quantities of food of appropriate quality

*Adapted from: FAO Agricultural and Development Economics Division. World Food Summit. 1996. Available from: [ftp://ftp.fao.org/es/esa/policybriefs/pb\\_02.pdf](ftp://ftp.fao.org/es/esa/policybriefs/pb_02.pdf).*

**Food hub:** business or organization that actively manages the aggregation, distribution, and marketing of source-identified food products primarily from local and regional producers to strengthen their ability to satisfy wholesale, retail, and institutional demand

*Source: Barham, J., D. Tropp, K. Enterline, J. Farbman, J. Fisk, and S. Kiraly. 2012. "Regional Food Hub Resource Guide." U.S. Dept. of Agriculture, Agricultural Marketing Service. Washington, DC.*

**Food literacy** - set of skills and attributes that help people sustain the daily preparation of healthy, tasty, affordable meals for themselves and their families. Food literacy builds resilience, because it includes food skills (techniques, knowledge and planning ability), the confidence to improvise and problem-solve, and the ability to access and share information. Food literacy is made possible through external support with healthy food access and living conditions, broad learning opportunities, and positive socio-cultural environments.

*Source: Desjardins E et al. Locally Driven Collaborative Project. 2013. Available from: [http://foodsecurecanada.org/sites/default/files/report\\_ldcp\\_foodskills\\_dec2013.final5\\_.pdf](http://foodsecurecanada.org/sites/default/files/report_ldcp_foodskills_dec2013.final5_.pdf)*

**Food skills** - necessary to provide regular, healthy meals for one's household and/or one's self, comprising a combination of techniques (ability to use cooking implements and appliances, handle food ingredients); knowledge (nutrition for good health, interpreting food labels, following/understanding instructions, ingredients and recipes; food safety; awareness of food origins and characteristics, and growing foods if possible); and planning ability (organizing meals; food budgeting, shopping and storage).

*Source: Ontario Ministry of Health Promotion. Healthy eating, physical activity and healthy weights guidance document. 2010. Toronto, ON: Queen's Printer for Ontario. Available from [http://www.health.gov.on.ca/en/pro/programs/publichealth/oph\\_standards/docs/mhp/HealthyEating-PhysicalActivity-HealthyWeights.pdf](http://www.health.gov.on.ca/en/pro/programs/publichealth/oph_standards/docs/mhp/HealthyEating-PhysicalActivity-HealthyWeights.pdf).*

**Food reclamation-** is the practice of safely retrieving edible food that would otherwise go to waste, and its redistribution; also called food rescue and food recovery.

*Source: Wikipedia. Food rescue. 2013 June. Available from: [http://en.wikipedia.org/wiki/Food\\_rescue](http://en.wikipedia.org/wiki/Food_rescue).*

**Food security** – exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life.

*Source: FAO Agricultural and Development Economics Division. World Food Summit, 1996: Rome declaration on world food security. 1996. Available from: [ftp://ftp.fao.org/es/esa/policybriefs/pb\\_02.pdf](ftp://ftp.fao.org/es/esa/policybriefs/pb_02.pdf)*

**Food security (community)** – exists when all community residents obtain a safe, personally acceptable, nutritious diet through a sustainable food system that maximizes healthy choices, community self-reliance and equal access for everyone.

*Source: Adapted from Hamm MW, Bellows AC. Community food security and nutrition educators. J Nutr Educ Behav. 2003; 35:37-43. Cited in Dietitians of Canada Community Food Security Position Paper. 2007 <http://www.dietitians.ca/Downloadable-Content/Public/cfs-position-paper.aspx>*

**Food insecurity** – the inability to acquire or consume an adequate diet quality or sufficient quantity of food in socially acceptable ways, or the uncertainty that one will be able to do so.

*Source: Davis B, Tarasuk V. Hunger in Canada. Agr Hum Val. 1994; 11(4):50-57.*

**Food systems** - all processes involved in growing, harvesting, processing (or transforming or changing), packaging, transporting, marketing, consuming, and disposing of food and food

packaging; operates within and is influenced by social, political, economic, and natural environments.

*Sources: Slater J. Community food security: position of Dietitians of Canada. 2007. Toronto: Dietitians of Canada.*

**Gleaning** – the collection of crops either from farmers' fields that have already been mechanically harvested or from fields where it is not economically profitable to harvest, due to low market prices.

*Source: Slow Movement. Gleaning and food recovery as tools to reconnect at the local level. 2016. Available from: <http://www.slowmovement.com/gleaning.php>.*

**Healthy food** – foods that contribute to healthy diets if consumed in appropriate amounts

*Source: World Health Organization. Report of the commission on ending childhood obesity. 2016. Available from: <http://www.who.int/end-childhood-obesity/publications/echo-report/en/>.*

**Healthy eating or healthy diet or healthy eating pattern** – for adults a healthy diet contains:

- Fruits, vegetables, legumes (e.g. lentils, beans), nuts and whole grains (e.g. unprocessed maize, millet, oats, wheat, brown rice).
- At least 400 g (5 portions) of fruits and vegetables a day (2). Potatoes, sweet potatoes, cassava and other starchy roots are not classified as fruits or vegetables.
- Less than 10% of total energy intake from free sugars (2, 5) which is equivalent to 50 g (or around 12 level teaspoons) for a person of healthy body weight consuming approximately 2000 calories per day, but ideally less than 5% of total energy intake for additional health benefits (5). Most free sugars are added to foods or drinks by the manufacturer, cook or consumer, and can also be found in sugars naturally present in honey, syrups, fruit juices and fruit juice concentrates.
- Less than 30% of total energy intake from fats (1, 2, 3). Unsaturated fats (e.g. found in fish, avocado, nuts, sunflower, canola and olive oils) are preferable to saturated fats (e.g. found in fatty meat, butter, palm and coconut oil, cream, cheese, ghee and lard) (3). Industrial trans fats (found in processed food, fast food, snack food, fried food, frozen pizza, pies, cookies, margarines and spreads) are not part of a healthy diet.
- Less than 5 g of salt (equivalent to approximately 1 teaspoon) per day (6) and use iodized salt

*Source: World Health Organization. Healthy diet fact sheet. 2015. Available from: <http://www.who.int/mediacentre/factsheets/fs394/en/>.*

**Healthy or sustainable food system** - food produced, harvested, processed, distributed and consumed in a manner which maintains and enhances the quality of land, air and water for future generations, and in which people are able to earn a living wage in a safe and healthy

working environment by harvesting, growing, producing, processing, handling, retailing and serving food.

*Source: Food Secure Canada. Local food self-resilience working paper. 2007. Available from: [http://foodsecurecanada.org/sites/default/files/local\\_food\\_self\\_reliance.pdf](http://foodsecurecanada.org/sites/default/files/local_food_self_reliance.pdf).*

**Local Food Act:** 2013 Act that promotes the Ontario food system by: fostering successful and resilient local food economics and systems throughout Ontario, increasing awareness of local, diverse food in Ontario, and encouraging the development of new markets for local food.

**Local Food (as defined by the Local Food Act):** (a) food produced or harvested in Ontario, including forest or freshwater food, and (b) subject to any limitations in the regulations, food and beverages made in Ontario if they include ingredients produced or harvested in Ontario; (“aliments locaux”)

*Source: Legislative Assembly of Ontario (2013). Bill 36, Local Food Act, 2013. Available from: [http://www.ontla.on.ca/web/bills/bills\\_detail.do?locale=en&Intranet=&BillID=2754](http://www.ontla.on.ca/web/bills/bills_detail.do?locale=en&Intranet=&BillID=2754).*

**Local Food** - food that has been grown or caught, processed and distributed as near to the point of consumption as possible. This can include the community; municipality; bio-region; province; or country where the food is consumed.

*Source: Adapted from Local Food Plus [www.localfoodplus.ca](http://www.localfoodplus.ca)*

**Local food system** - a chain of activities and processes related to the locally-organized production, processing, distribution and consumption of food in an effort to build more locally-based, self-reliant food economies to enhance economic, environmental and social health

*Sources: Feenstra, G. Creating space for sustainable food systems: lessons from the field. Agr Human Val. 2002. 19(2). 99-106; Gail Feenstra and Dave Campbell. Steps for Developing a Sustainable Community Food System, Pacific Northwest Sustainable Agriculture: Farming for Profit & Stewardship. Winter 1996-97. 8(4): pp. 1-6. <http://www.farmingthecity.net>*

**Nutritious** – providing nourishment, especially to a high degree; nourishing; healthful.

*Source : nutritious. Dictionary.com. Dictionary.com Unabridged. Random House, Inc. Available from: <http://dictionary.reference.com/browse/nutritious>.*

**Resilient** - the ability of a system (person, community, ecosystem) to absorb shock, stresses and changes while maintaining its essential function.

*Source: Tay S, Penner J. Community Food Resiliency: Envisioning Our Food System in 2040. 2012. Retrieved November 8, 2012 from: <http://www.museumofvancouver.ca/programs/blog/2012/04/10/community-food-resiliency-envisioning-our-food-system-2040>.*

**Sustainable** - does not compromise the environmental, economic, health or social well-being of present and future generations

*Adapted from: American Dietetic Association Sustainable Food System Task Force Healthy Land, Healthy People: Building a Better Understanding of Sustainable Food Systems for Food and Nutrition Professionals: A Primer on Sustainable Food Systems and Emerging Roles for food and Nutrition Professionals. Chicago, IL: American Dietetic Association.*

**Universal student nutrition program**- a program that offers a healthy breakfast, morning meal, snack and/or lunch to all students in Ontario before, during or after each school day regardless of their ability to pay.

*Source: Sustain Ontario. What is meant by "Universal Student Nutrition Program?". 2014. Available from: [http://sustainontario.com/work/edible-education/wp-content/uploads/sites/5/2014/08/UniversalSNP\\_SayYes.pdf](http://sustainontario.com/work/edible-education/wp-content/uploads/sites/5/2014/08/UniversalSNP_SayYes.pdf)*

**Vulnerable Populations** - Groups of people "made vulnerable by their financial circumstances or place of residence; health, age, or functional or developmental status; or ability to communicate effectively... [and] personal characteristics, such as race, ethnicity, and sex", including but not limited to Ontario's First Nations, Métis and Inuit populations.

*Source: Final Report of the President's Advisory Commission on Consumer Protection and Quality in the Health Care Industry. 2010.IOM Health Literacy Roundtable, Washington, DC. Available from: <http://iom.edu/~media/Files/Activity%20Files/PublicHealth/HealthLiteracy/2010-NOV-10/Bettigole.pdf>.*

**Wholistic health** - addresses the physical, mental, emotional, spiritual, cultural, and social well-being of individuals and the whole community

*Source: Ontario Federation of Indigenous Friendship Centres." Good Mind" Ontario Federation of Indigenous Friendship Centres Mental Health Strategy. 2006. Available from: <http://ofifc.org/sites/default/files/docs/Good%20Mind%20--%20OFIFC%20Mental%20Health%20Strategy.pdf>*

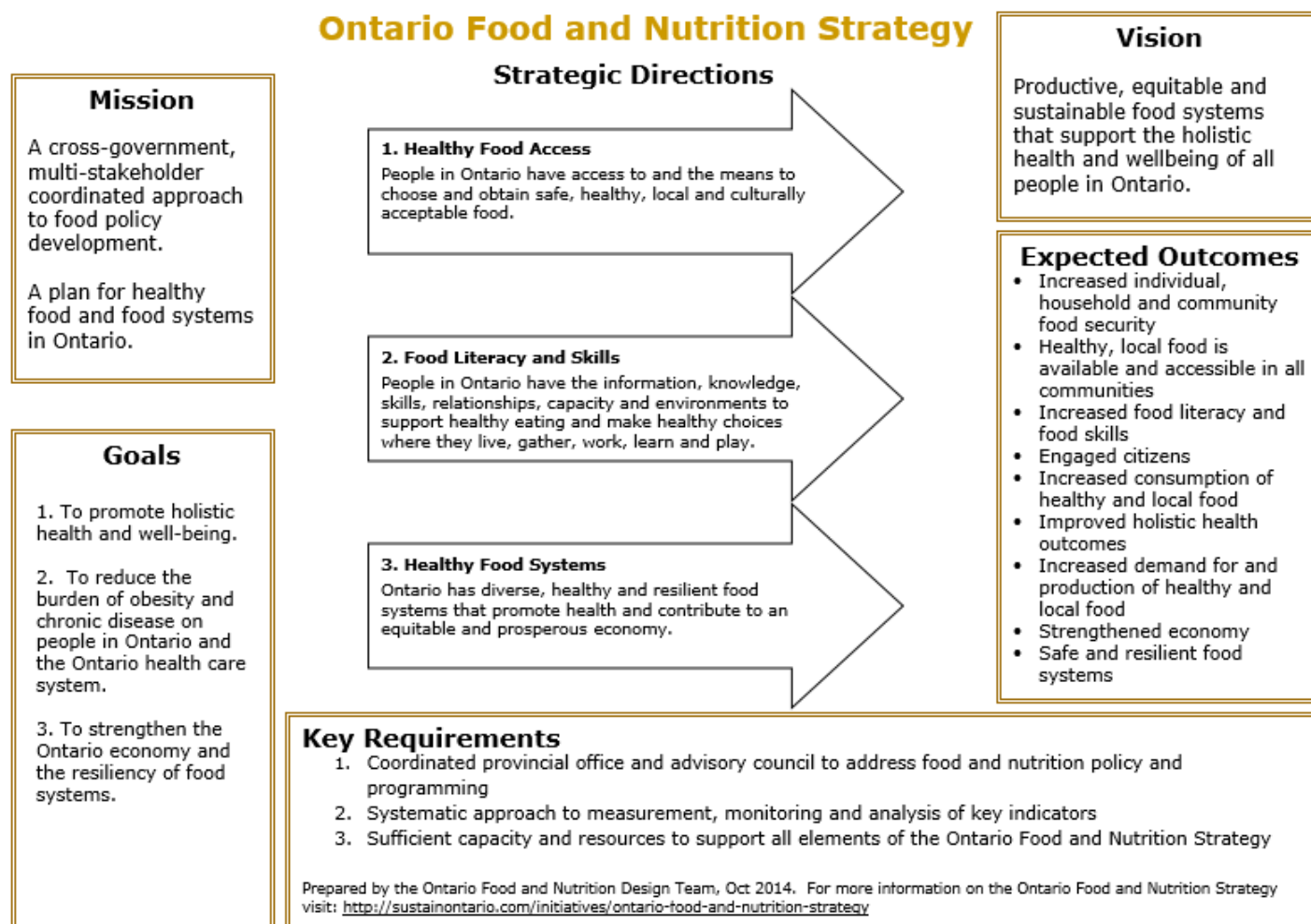


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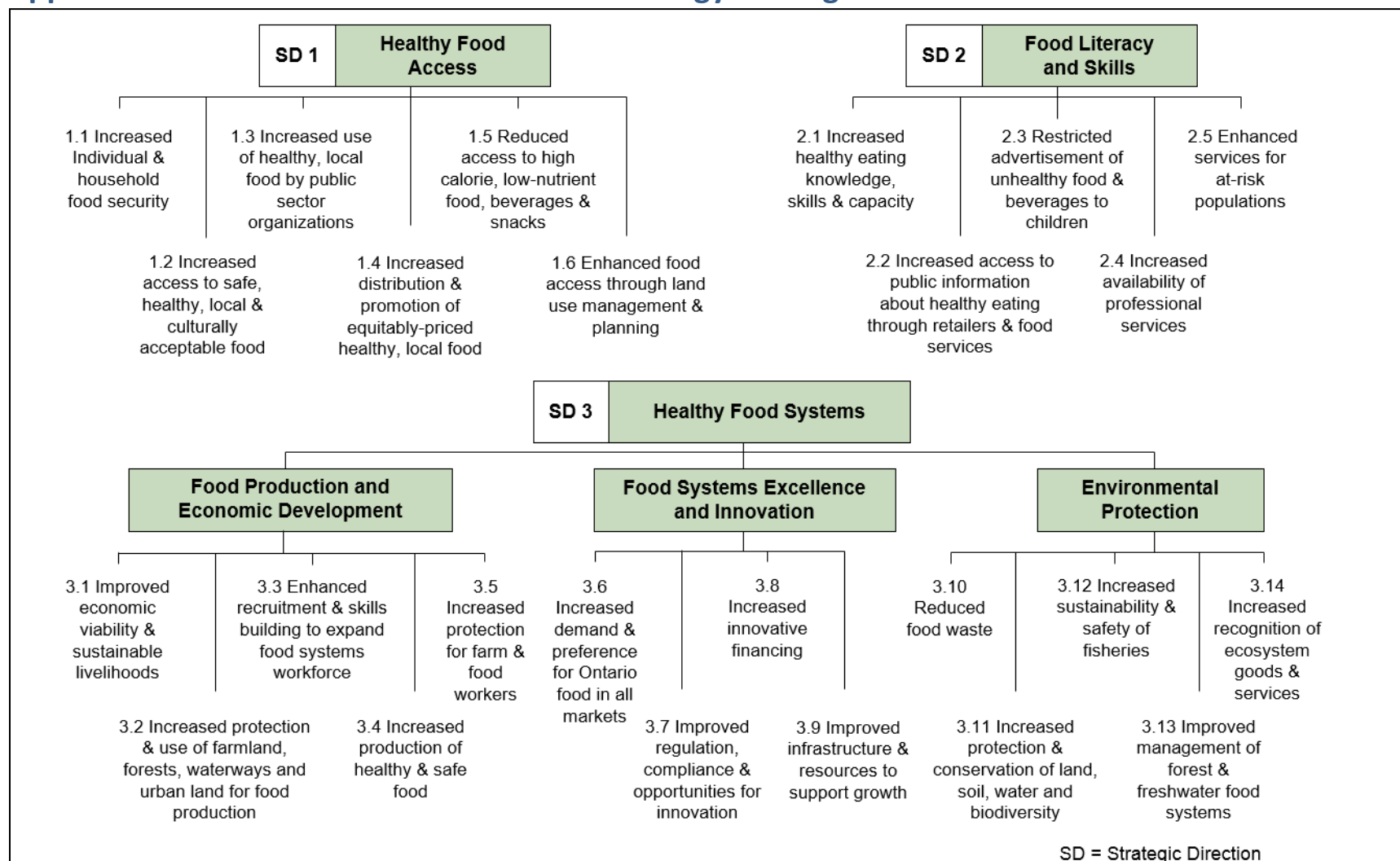
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## Appendix A – Ontario Food and Nutrition Strategy Action Plan Framework



## Appendix B – Ontario Food and Nutrition Strategy Strategic Directions & Action Areas



## **Appendix C – Indicator Framework Iterations\***

\*Please refer to the companion Excel Spreadsheets of the indicator Frameworks for context on the indicator selection and prioritization process.

## Appendix C.i - Indicator Long List

### Strategic Direction 1: Healthy Food Access

[Ontarians have access to and the means to obtain safe, healthy, local and culturally acceptable foods]

Action Area	Focus	Indicator level	Data Source		Indicator
1.1 Increased individual, household & community food security	Household food security	Systemic	<a href="#">CCHS</a>	1.1a	Percentage of Ontario households that were food insecure, by level of food insecurity [marginally, moderately, and severely food insecure]
	Household food security	Systemic	<a href="#">PROOF</a>	1.1b	Food insecurity by household composition [All households with children <18; All households without children <18; Elderly living alone]
	Community food security	Systemic	<a href="#">MoHLTC</a>	1.1c	Regional cost of local Nutritious Food Basket (NFB)
1.2 Increased access to safe, healthy, local & culturally acceptable food	Local food access	Systemic	<a href="#">OMAFRA/ Foodland Ontario</a>	1.2a	# of Ontarians who know what local foods are available (Local Food Act)
	Local food access	Systemic	<a href="#">OMAFRA/ Foodland Ontario</a>	1.2b	# Ontarians who know how and where to obtain local foods (Local Food Act)
	Local food access	Systemic	<a href="#">OMAFRA/ Foodland Ontario</a>	1.2c	# Ontarians reporting increased access to local food in Ontario (Local Food Act)
1.3 Increased use of healthy, local food by public sector organizations	Local food use	Systemic	<a href="#">OMAFRA/ Foodland Ontario</a>	1.3a	# Ontarians reporting Increased use of local food by public sector organizations in Ontario (Local Food Act)

1.4 Increased distribution & promotion of equitably-priced healthy, local food	Equitably-priced food	Systemic	<a href="#">MoHLTC</a>	1.4a	Regional cost of local Nutritious Food Basket (NFB)
1.5 Reduced access to high calorie, low-nutrient food, beverages & snacks	Health Promotion	Systemic	<a href="#">CPAC</a>	1.5a	# of existing provincial and/or municipal prevention policies as they relate to risk factor of unhealthy eating
	Health Promotion	Systemic	<a href="#">Ontario Ministry of Education</a>	1.5b	# of schools adhering to PPM 150 - School Food and Beverage policy
	Health Promotion	Systemic	<a href="#">OSNPPH - Healthy Eating Recreation Settings</a>	1.5c	# recreation centres that have healthy food policy
	Reduced access to unhealthy food	Systemic	<a href="#">NPD</a>	1.5d	<b>Indicator TBD:</b> Absolute and relative densities of fast-food vs. other restaurants in Ontario
1.6 Enhanced food access through land use management & planning	Food access	Systemic	<a href="#">Farmers Markets Ontario</a>	1.6a	<b>Indicator TBD:</b> # of farmers markets in Ontario Regions

	Food access	Systemic	<a href="#">Canadian Environmental Health Atlas</a>	1.6b	Indicator TBD: # Food deserts, swamps, utopias...
	Food access	Systemic	-	1.6c	Indicator TBD: # Bi-laws existing to support enhanced food access through land use (e.g., farmers markets, school gardens, rooftop gardens, CSAs...)

<b>TOTAL:</b>	<b>15 Indicators</b>
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## Strategic Direction 2: Food Literacy & Skills

[Ontarians have the information, knowledge, skills, relationships and environment to support healthy eating and make healthy food choices where they live, work, learn and play]

Action Area	Focus	Indicator level	Data Source		Indicator
2.1 Increased healthy eating knowledge, skills & capacity	Healthy Eating Knowledge	Behavioural	<a href="#">CCHS Rapid Response</a>	2.1a	In the past 6 months, did you consult any of the following sources to learn more about healthy eating? <a href="#">[response option includes CFG]</a> ; What are the reasons why you never looked through Canada's Food Guide?
	Healthy Eating Knowledge	Behavioural	<a href="#">CCHS Rapid Response</a>	2.1b	When shopping for groceries, do you sometimes use recommendations from Canada's Food Guide? <a href="#">[Yes/No]</a>
	Healthy Eating Knowledge	Knowledge	<a href="#">TNT</a>	2.1c	A high fiber diet may help prevent colon cancer <a href="#">[Agree/Disagree]</a>
	Healthy Eating Knowledge	Knowledge	<a href="#">TNT</a>	2.1d	Reducing fat in the diet can lower cholesterol in the blood <a href="#">[Agree/Disagree]</a>
	Healthy Eating Knowledge	Knowledge	<a href="#">TNT</a>	2.1e	Omega-3 fatty acids are essential to a healthy diet <a href="#">[Agree/Disagree]</a>
	Food Skills	Systemic	<a href="#">Ministry of Education</a>	2.1f	Percentage of secondary school students in Ontario who earned at least one credit in a course that included a food skills component, 2009/2010 school year to 2013/14 school year
	Food Skills	Behavioural	<a href="#">CCHS Rapid Response</a>	2.1g	Do children in your household participate in shopping for groceries? <a href="#">[Yes/No]</a>

	Food Skills	Behavioural	<a href="#">CCHS Rapid Response</a>	2.1h	Do children in your household help to prepare meals or help to cook foods? <a href="#">[Yes/No]</a>
	Food Skills	Behavioural	<a href="#">CCHS Rapid Response</a>	2.1i	How would you describe your personal ability to cook from basic ingredients? <a href="#">[I don't know where to start when it comes to cooking; I can do things such as boil an egg or cooked a grilled cheese sandwich but nothing more advanced; I can prepare simple meals but nothing too complicated; I can cook most dishes if I have a recipe to follow; I can prepare most dishes; I frequently prepare sophisticated dishes]</a>
	Food Skills	Behavioural	<a href="#">CCHS Rapid Response</a>	2.1j	How would you rate your skills in peeling, chopping or slicing vegetables or fruit? <a href="#">[Very good; Good; Basic; Very limited/No skills]</a>
	Food Skills	Behavioural	<a href="#">CCHS Rapid Response</a>	2.1k	How would you rate your skills in cooking a piece of raw meat/chicken/fish? <a href="#">[Very good; Good; Basic; Very limited/No skills]</a>
	Capacity	Behavioural	<a href="#">TNT</a>	2.1l	Thinking specifically about labels on the various food products you buys (other than brand name or flavour), how often do you read the labels?
	Capacity	Behavioural	<a href="#">RRFSS</a>	2.1m	How often do you look for nutrition information when you eat at a restaurant or order take-out food? <a href="#">[Would you say all of the time, most of the time, some of the time, rarely or never?]</a>

	Capacity	Behavioural	<a href="#">RRFSS</a>	2.1n	Some people think it is important to have nutrition information available when eating at a restaurant or ordering take-out food. How important is it for you? [Would you say very important, somewhat important, not very important or not at all important?]
	Capacity	Behavioural	<a href="#">RRFSS</a>	2.1o	If the amount of sodium were shown on the menu or menu board at restaurants or for take-out food, how often would you use this information to decide which foods to order? [Would you say all of the time, most of the time, some of the time, rarely or never?]
2.2 Increased access to public information about healthy eating through retailers & food services	Public information on healthy eating	Systemic		2.2a	<b>Indicator TBD:</b> Evaluation of menu labelling/nutrition fact panel
2.3 Restricted advertisement of unhealthy food, beverages & snacks to children	Food advertising	Systemic	<a href="#">Advertising Standards Canada</a>	2.3a	# of companies adhering to Canadian Children Food & Beverage Advertising Initiative standards
2.4 Increased availability of professional nutrition services	Nutrition services	Systemic	<a href="#">Eat Right Ontario</a>	2.4a	# of persons accessing Eat Right Ontario Dietitian (phone or by email)

2.5 Enhanced service for at-risk populations	Service provision	Systemic		2.5a	<b>Indicator TBD:</b> Number and uptake of food literacy programs offered in each community (through all partners working in the food system)? Focus on priority neighbourhoods?
	Service provision	Systemic		2.5b	<b>Indicator TBD:</b> Number of community partners offering food literacy programs/initiatives? Focus on priority neighbourhoods?

TOTAL		20 indicators	
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## Appendix C.ii - Indicator short list

### Strategic Direction 1: Healthy Food Access

[Ontarians have access to and the means to obtain safe, healthy, local and culturally acceptable foods]

Action Area	Focus	Indicator level	Data Source		Indicator
1.1 Increased individual, household & community food security	Household food security	Systemic	<a href="#">CCHS</a>	1.1a	Percentage of Ontario households that were food insecure, by level of food insecurity [marginally, moderately, and severely food insecure]
	Household food security	Systemic	<a href="#">PROOF</a>	1.1b	Food insecurity by household composition [All households with children <18; All households without children <18; Elderly living alone]
	Community food security	Systemic	<a href="#">MoHLTC</a>	1.1c	Regional cost of local Nutritious Food Basket (NFB)
1.2 Increased access to safe, healthy, local & culturally acceptable food	No indicator selected -				
1.3 Increased use of healthy, local food by public sector organizations	Local food use	Systemic	<a href="#">OFVGA</a>	1.3a	# schools participating in Northern School Fruit and Vegetable Snack Program
	Local food use	Systemic	<a href="#">Fresh from the Farm</a>	1.3b	# schools participating in Farm to Table Program
	Local food use	Systemic	N/A	1.3c	# Food service operators in Ontario that implement a local food procurement policy looking for local food data

	Local food use	Systemic	<a href="#">FeastON</a>	1.3d	# restaurants participating in FeastON Ontario Food Designation (OFD) Program
1.4 Increased distribution & promotion of equitably-priced healthy, local food	Equitably-priced food	Systemic	<a href="#">MoHLTC</a>	1.4a	Regional cost of local Nutritious Food Basket (NFB)
	Local food	Systemic	<a href="#">Farmers Markets Ontario</a>	1.4b	# of farmers markets in Ontario Regions
1.5 Reduced access to high calorie, low-nutrient food, beverages & snacks	Health Promotion	Systemic	<a href="#">CPAC</a>	1.5a	# of existing provincial and/or municipal prevention policies as they relate to risk factor of unhealthy eating
	Reduced access to unhealthy food	Systemic	<a href="#">Canadian Food Services Association</a>	1.5b	% increase in visits to 'fast casual' restaurants (i.e., premium, non-traditional, home meal replacement, retail grocery)
1.6 Enhanced food access through land use management & planning	No indicator selected -				

**TOTAL**

**11**

**Indicators flagged for future follow-up**

Action Area	Focus	Indicator level	Data Source		Indicator
1.2 Increased access to safe, healthy, local & culturally acceptable food	Local food access	Systemic	<a href="#">OMAFRA/Foodland Ontario</a>	1.2a	# of Ontarians who know what local foods are available (Local Food Act)
	Local food access	Systemic	<a href="#">OMAFRA/Foodland Ontario</a>	1.2b	# Ontarians who know how and where to obtain local foods (Local Food Act)
	Local food access	Systemic	<a href="#">OMAFRA/Foodland Ontario</a>	1.2c	# Ontarians reporting increased access to local food in Ontario (Local Food Act)
1.3 Increased use of healthy, local food by public sector organizations	Local food use	Systemic	<a href="#">OMAFRA/Foodland Ontario</a>	1.3a	# Ontarians reporting Increased use of local food by public sector organizations in Ontario (Local Food Act)
1.6 Enhanced food access through land use management & planning	Food access	Systemic	TBD	1.6c	By-laws and official plans that support food access existing to support enhanced food access through land use (e.g., farmers markets, school gardens, rooftop gardens, CSAs...)
	Food access	Systemic	TBD	1.6a	Food retail environment index (Score based on number of healthier food stores within a particular geographic radius)

**TOTAL**

**6**

## Strategic Direction 2: Food Literacy & Skills

[Ontarians have the information, knowledge, skills, relationships and environment to support healthy eating and make healthy food choices where they live, work, learn and play]

Action Area	Focus	Indicator level	Data Source		Indicator
2.1 Increased healthy eating knowledge, skills & capacity	Healthy Eating Knowledge	Behavioural	<a href="#">CCHS Rapid Response</a>	2.1a	# Persons consulting CFGHE to learn more about healthy eating [In the past 6 months, did you consult any of the following sources to learn more about healthy eating?]
	Healthy Eating Knowledge	Behavioural	<a href="#">CCHS Rapid Response</a>	2.1b	When shopping for groceries, do you sometimes use recommendations from Canada's Food Guide? [Yes/No]
	Healthy Eating Knowledge  (To be used as an indicator index)	Behavioural	CCHS	2.1c	Sodium, % of adults above the Tolerable Upper Intake Level (males   females   both males and females)
			CCHS		% of population that reports drinking sugar-sweetened beverages daily, population aged 5 to 19 years
			CCHS		Average Daily Sugar consumption (mg)
			CCHS		Fruit or vegetable consumption 5 or times per day
			CCHS		Do you choose certain foods because of the fibre content?
	Food Skills	Systemic	<a href="#">Ministry of Education</a>	2.1d	Percentage of secondary school students in Ontario who earned at least one credit in a course that included a food skills component, 2009/2010 school year to 2013/14 school year



	Food Skills	Behavioural	<a href="#">CCHS Rapid Response</a>	2.1e	Do children in your household participate in shopping for groceries? <a href="#">[Yes/No]</a>
	Food Skills	Behavioural	<a href="#">CCHS Rapid Response</a>	2.1f	Do children in your household help to prepare meals or help to cook foods? <a href="#">[Yes/No]</a>
	Food Skills	Behavioural	<a href="#">CCHS Rapid Response</a>	2.1g	How would you describe your personal ability to cook from basic ingredients? <a href="#">[I don't know where to start when it comes to cooking; I can do things such as boil an egg or cooked a grilled cheese sandwich but nothing more advanced; I can prepare simple meals but nothing too complicated; I can cook most dishes if I have a recipe to follow; I can prepare most dishes; I frequently prepare sophisticated dishes]</a>
	Food Skills	Behavioural	<a href="#">CCHS Rapid Response</a>	2.1h	How would you rate your skills in peeling, chopping or slicing vegetables or fruit? <a href="#">[Very good; Good; Basic; Very limited/No skills]</a>
	Food Skills	Behavioural	<a href="#">CCHS Rapid Response</a>	2.1i	How would you rate your skills in cooking a piece of raw meat/chicken/fish? <a href="#">[Very good; Good; Basic; Very limited/No skills]</a>
	Food Skills	Behavioural	<a href="#">CCHS Rapid Response</a>	2.1j	Have you ever adjusted a recipe to make it healthier? <a href="#">[Yes/No]</a> ; How did you make it healthier <a href="#">[Reduced its fat content; Reduced its salt content; Reduced its sugar content; Added more vegetables or fruit; Chose</a>

					whole grain options; Other]
2.2 Increased access to public information about healthy eating through retailers & food services	No indicator selected				
2.3 Restricted advertisement of unhealthy food, beverages & snacks to children	Food advertising	Systemic	<a href="#">Advertising Standards Canada</a>	2.3a	# of companies adhering to Canadian Children Food & Beverage Advertising Initiative standards
2.4 Increased availability of professional nutrition services	Nutrition services	Systemic	<a href="#">Eat Right Ontario</a>	2.4a	# of persons accessing an Eat Right Ontario Dietitian (phone or by email)
	Nutrition services	Systemic	<a href="#">CDO</a>	2.4b	# dietitians practicing in FHT and CHC
2.5 Enhanced service for at-risk populations	No indicator selected				

**TOTAL: 17**

#### Indicators flagged for future follow-up

Action Area	Focus	Indicator level	Data Source		Indicator
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2.1 Increased healthy eating knowledge, skills & capacity	Capacity	Behavioural	<a href="#">TNT</a>	2.1l	Thinking specifically about labels on the various food products you buy (other than brand name or flavour), how often do you read the labels?
	Capacity	Behavioural	<a href="#">RRFSS</a>	2.1m	How often do you look for nutrition information when you eat at a restaurant or order take-out food? [ <a href="#">Would you say all of the time, most of the time, some of the time, rarely or never?</a> ]
2.2 Increased access to public information about healthy eating through retailers & food services	Public information on healthy eating	Systemic	<a href="#">Ontario Government</a>	2.2a	<b>Indicator TBD:</b> Evaluation of menu labelling/nutrition fact panel via the Healthy Menu Choices Act
2.5 Enhanced service for at-risk populations	Service provision	Systemic	TBD	2.5a	<b>Indicator TBD:</b> Number and uptake of food literacy programs offered in each community (through all partners working in the food system)? Focus on priority neighbourhoods?
	Service provision	Systemic	TBD	2.5b	<b>Indicator TBD:</b> Number of community partners offering food literacy programs/initiatives? Focus on priority neighbourhoods?

Total 5

### Appendix C.iii - Indicator Prioritization\*

*\*indicators highlighted in deep yellow were selected for final list*

### Strategic Direction 1: Healthy Food Access

[Ontarians have access to and the means to obtain safe, healthy, local and culturally acceptable foods]

Action Area	Focus	Indicator level	Data Source		Indicator
1.1 Increased individual, household & community food security	Household food security	Systemic	<a href="#">CCHS</a>	1.1a	Percentage of Ontario households that were food insecure, by level of food insecurity [marginally, moderately, and severely food insecure]
	Household food security	Systemic	<a href="#">CCHS</a>	1.1b	Food insecurity by household composition [All households with children <18; All households without children <18; Elderly living alone]
	Community food security	Systemic	<a href="#">MoHLTC</a>	1.1c	Regional cost of Nutritious Food Basket (NFB)
1.2 Increased access to safe, healthy, local & culturally acceptable food	No indicator selected -				
1.3 Increased use of healthy, local food by public sector organizations	Local food use	Systemic	<a href="#">OFVGA</a>	1.3a	# schools participating in Northern School Fruit and Vegetable Snack Program
	Local food use	Systemic	<a href="#">Fresh from the Farm</a>	1.3b	# schools participating in Fresh from the Farm Program

	Local food use	Systemic	N/A	1.3c	# Food service operators in Ontario that implement a local food procurement policy looking for local food data
	Local food use	Systemic	<a href="#">FeastON</a>	1.3d	# restaurants participating in FeastON Ontario Food Designation (OFD) Program
1.4 Increased distribution & promotion of equitably-priced healthy, local food	Equitably-priced food	Systemic	<a href="#">MoHLTC</a>	1.4a	Regional cost of Nutritious Food Basket (NFB)
	Local food	Systemic	<a href="#">Farmers Markets Ontario</a>	1.4b	# of farmers markets in Ontario Regions
1.5 Reduced access to high calorie, low-nutrient food, beverages & snacks	Health Promotion	Systemic	<a href="#">CPAC</a>	1.5a	# of existing provincial and/or municipal prevention policies as they relate to risk factor of unhealthy eating

	Reduced access to unhealthy food	Systemic	<a href="#">Canadian Food Services Association</a>	1.5b	% increase in visits to 'fast casual' restaurants (i.e., premium, non-traditional, home meal replacement, retail grocery)
1.6 Enhanced food access through land use management & planning	No indicator selected -				

**TOTAL**

**11**

**Indicators flagged for future follow-up**

Action Area	Focus	Indicator level	Data Source		Indicator
1.2 Increased access to safe, healthy, local & culturally acceptable food	Local food access	Systemic	<a href="#">OMAFRA/ Food Land Ontario</a>	1.2a	# of Ontarians who know what local foods are available (Local Food Act)
	Local food access	Systemic	<a href="#">OMAFRA/ Food Land Ontario</a>	1.2b	# Ontarians who know how and where to obtain local foods (Local Food Act)
	Local food access	Systemic	<a href="#">OMAFRA/ Food Land Ontario</a>	1.2c	# Ontarians reporting increased access to local food in Ontario (Local Food Act)
1.3 Increased use of healthy, local food by public sector organizations	Local food use	Systemic	<a href="#">OMAFRA/ Food Land Ontario</a>	1.3a	# Ontarians reporting Increased use of local food by public sector organizations in Ontario (Local Food Act)

1.6 Enhanced food access through land use management & planning	Food access	Systemic	TBD	1.6c	By-laws and official plans that support food access existing to support enhanced food access through land use (e.g., farmers markets, school gardens, rooftop gardens, CSAs...)
	Food access	Systemic	TBD	1.6a	Food retail environment index (Score based on number of healthier food stores within a particular geographic radius)
TOTAL					6

## Strategic Direction 2: Food Literacy & Skills

[Ontarians have the information, knowledge, skills, relationships and environment to support healthy eating and make healthy food choices where they live, work, learn and play]

Action Area	Focus	Indicator level	Data Source		Indicator
2.1 Increased healthy eating knowledge, skills & capacity	Healthy Eating Knowledge	Behavioural	<a href="#">CCHS Rapid Response</a>	2.1a	# Persons consulting CFGHE to learn more about healthy eating [In the past 6 months, did you consult any of the following sources to learn more about healthy eating?]
	Healthy Eating Knowledge	Behavioural	<a href="#">CCHS Rapid Response</a>	2.1b	When shopping for groceries, do you sometimes use recommendations from Canada's Food Guide? [Yes/No]
	Healthy Eating Knowledge  (To be used as an indicator index)	Behavioural	<a href="#">CCHS</a>	2.1c	Sodium, % of adults above the Tolerable Upper Intake Level (males   females   both males and females)
			<a href="#">CCHS</a>		% of population that reports drinking sugar-sweetened beverages daily, population aged 5 to 19 years
			<a href="#">CCHS</a>		Average Daily Sugar consumption (mg)
			<a href="#">CCHS</a>		Fruit or vegetable consumption 5 or more times per day
			<a href="#">CCHS</a>		Do you choose certain foods because of the fibre content?
	Food Skills	Systemic	<a href="#">Ministry of Education</a>	2.1d	Percentage of secondary school students in Ontario who earned at least one credit in a course that included a food skills component, 2009/2010 school year to 2013/14 school year



	Food Skills	Behavioural	<a href="#">CCHS Rapid Response</a>	2.1e	Do children in your household participate in shopping for groceries? <a href="#">[Yes/No]</a>
	Food Skills	Behavioural	<a href="#">CCHS Rapid Response</a>	2.1f	Do children in your household help to prepare meals or help to cook foods? <a href="#">[Yes/No]</a>
	Food Skills	Behavioural	<a href="#">CCHS Rapid Response</a>	2.1g	How would you describe your personal ability to cook from basic ingredients? <a href="#">[I don't know where to start when it comes to cooking; I can do things such as boil an egg or cooked a grilled cheese sandwich but nothing more advanced; I can prepare simple meals but nothing too complicated; I can cook most dishes if I have a recipe to follow; I can prepare most dishes; I frequently prepare sophisticated dishes]</a>
	Food Skills	Behavioural	<a href="#">CCHS Rapid Response</a>	2.1h	How would you rate your skills in peeling, chopping or slicing vegetables or fruit? <a href="#">[Very good; Good; Basic; Very limited/No skills]</a>
	Food Skills	Behavioural	<a href="#">CCHS Rapid Response</a>	2.1i	How would you rate your skills in cooking a piece of raw meat/chicken/fish? <a href="#">[Very good; Good; Basic; Very limited/No skills]</a>
	Food Skills	Behavioural	<a href="#">CCHS Rapid Response</a>	2.1j	Have you ever adjusted a recipe to make it healthier? <a href="#">[Yes/No]</a> ; How did you make it healthier <a href="#">[Reduced its fat content; Reduced its salt content; Reduced its sugar content; Added more vegetables or fruit; Chose</a>

					whole grain options; Other]
2.2 Increased access to public information about healthy eating through retailers & food services	No indicator selected				
2.3 Restricted advertisement of unhealthy food, beverages & snacks to children	Food advertising	Systemic	<a href="#">Advertising Standards Canada</a>	2.3a	# of companies adhering to Canadian Children Food & Beverage Advertising Initiative standards
2.4 Increased availability of professional nutrition services	Nutrition services	Systemic	<a href="#">Eat Right Ontario</a>	2.4a	# of persons accessing an Eat Right Ontario Dietitian (phone or by email)
	Nutrition services	Systemic	<a href="#">CDO</a>	2.4b	# dietitians practicing in FHT and CHC
2.5 Enhanced service for at-risk populations	No indicator selected				

**TOTAL: 17**

#### Indicators flagged for future follow-up

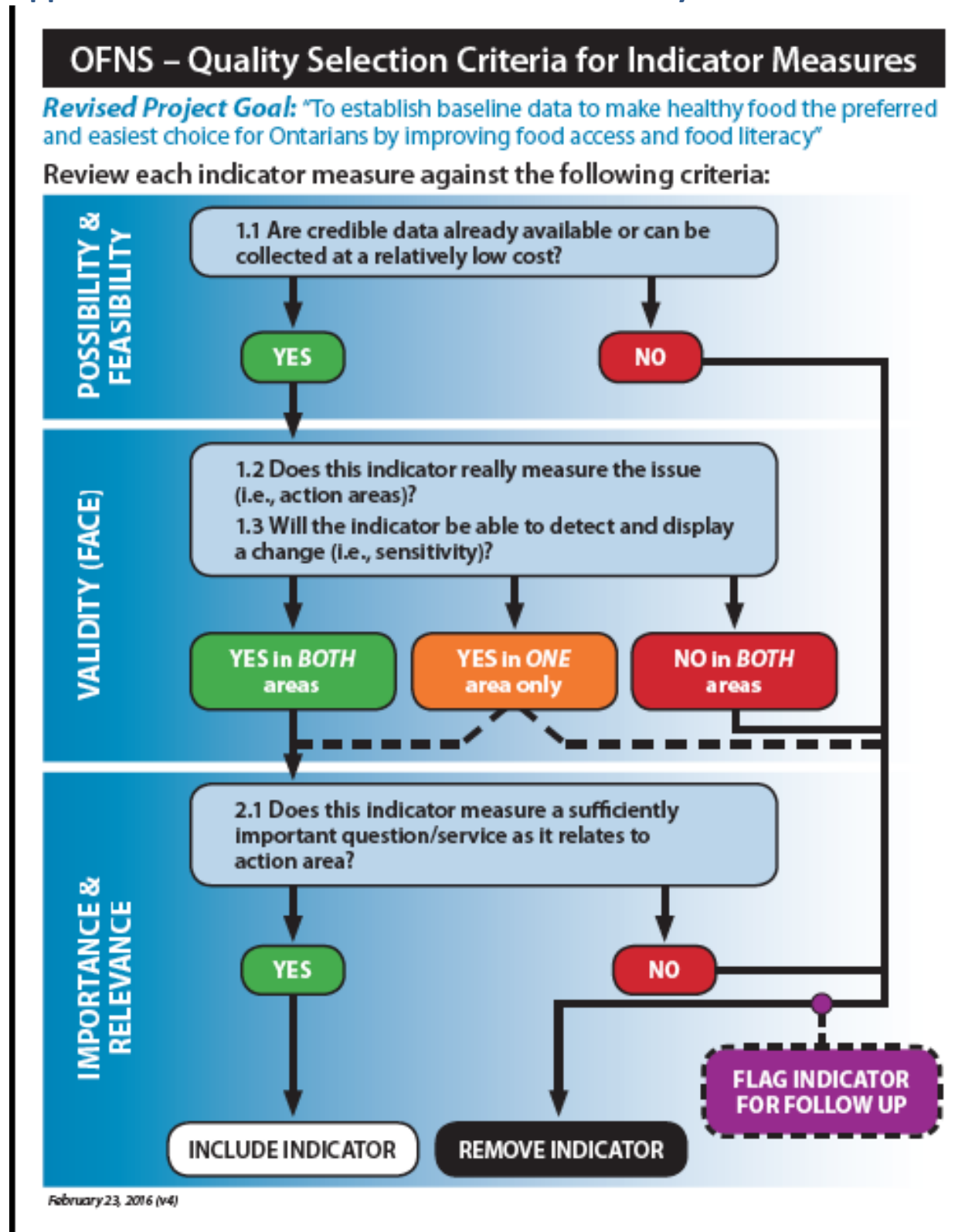
Action Area	Focus	Indicator level	Data Source		Indicator
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2.1 Increased healthy eating knowledge, skills & capacity	Capacity	Behavioural	<a href="#">TNT</a>	2.1l	Thinking specifically about labels on the various food products you buy (other than brand name or flavour), how often do you read the labels?
	Capacity	Behavioural	<a href="#">RRFSS</a>	2.1m	How often do you look for nutrition information when you eat at a restaurant or order take-out food? <a href="#">[Would you say all of the time, most of the time, some of the time, rarely or never?]</a>
2.2 Increased access to public information about healthy eating through retailers & food services	Public information on healthy eating	Systemic	<a href="#">Ontario Government</a>	2.2a	<b>Indicator TBD:</b> Evaluation of menu labelling/nutrition fact panel via the Healthy Menu Choices Act
2.5 Enhanced service for at-risk populations	Service provision	Systemic	TBD	2.5a	<b>Indicator TBD:</b> Number and uptake of food literacy programs offered in each community (through all partners working in the food system)? Focus on priority neighbourhoods?
	Service provision	Systemic	TBD	2.5b	<b>Indicator TBD:</b> Number of community partners offering food literacy programs/initiatives? Focus on priority neighbourhoods?

**TOTAL:**

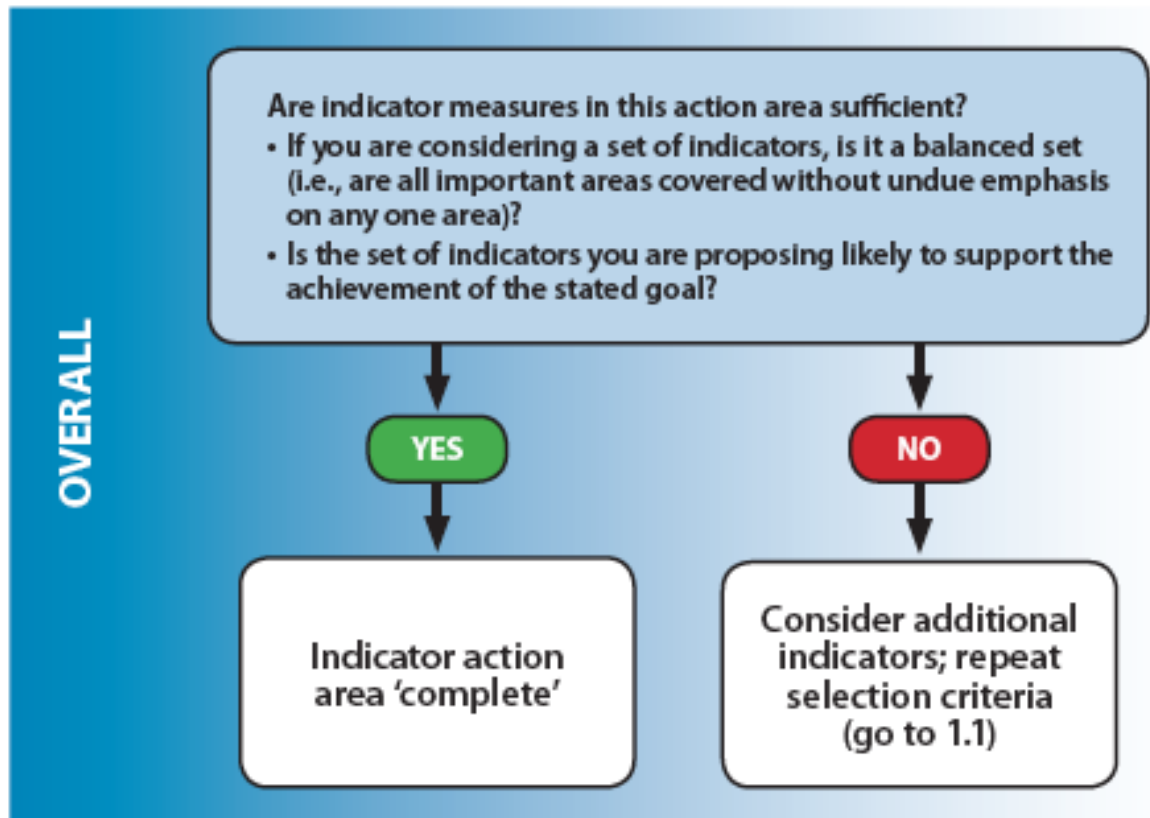
**5**

## Appendix D – Indicator Selection Criteria Pathway



## OFNS – Quality Selection Criteria for Indicator Measures

After reviewing all indicator measures, review the following criteria for the indicator action area:



February 23, 2016 (v4)