



**Ontario Heart Health Network Collaborative Policy Scan Project
Policy Options by Sector
October 19, 2009**

1) Local Government (Regional/District/County/Municipal)

Section 1: Access to Nutritious Foods

- Policies that restrict advertising of food products to children (e.g. transit ads, no ads for specific foods in recreation centres)
- Policies that support the availability of healthy foods in:
 - vending machines,
 - snack bars and cafeterias,
 - concession stands in public places (e.g. foods available for sale at snack bars in recreation centres)
- Food and Nutrition Policy to encourage city/county/municipal/regional-wide support for local sustainable agriculture
- Policies that support community gardens
 - If yes, are there specific
 - garden water use policy
 - vacant lots policy to establish guidelines for public use of private land and city-owned vacant lots for gardening
 - interim land use policies to address the lack of open space for gardening in apartment complexes and other multi-unit dwellings
- Policy to source and procure local foods (e.g. % of foods used must be local)
- Policy to support the availability of a broader variety of foods available from street vendors (e.g. city street vending bylaw and licensing bylaws)
- Policies that support the establishment of Farmers Markets or the revision of existing policies that impede their establishment
- Policy related to reductions in the use of artificially produced trans fat contained and sold in regional/district/county/ municipally-operated facilities
- Policies that support or encourage breastfeeding
- Policies related to welfare supplements being used to purchase nutritious foods

Additional Questions related to the policy direction of the region/district/county/municipality

- Does the “sector”¹ promote or sponsor healthy food access maps? (e.g. a map of where to purchase fruit & vegetables; locally grown products)
- Does the “sector” have a Food Charter?
- Is there a “sector” committee that focuses on policies related to access to nutritious food (i.e. Food Policy Council)?

Section 2: Access to Recreation and Physical Activity

- Policies to ensure people living on low income have access to “sector” recreation/sport programs
- “Sector” recreation policies related to intramurals and sport programs to ensure opportunity for everyone (e.g. no-cut intramurals, no cut sports policies)
- “Sector” Interim Land Use Policies to address the lack of open space for recreation in apartment complexes and other multi-unit dwellings.
- “Sector” Vacant Lots Policy to establish guidelines for public use of private land and city-owned vacant lots.

Additional Questions related to the policy direction of the region/district/county/municipality

- Is there a “sector” Parks Master Plan?
- Is there a “sector” Recreation Master Plan?

Section 3: Active transportation and the built environment

No policy questions

Additional Questions related to the policy direction of the region/district/county/municipality

- Is there a “sector” *public transportation system*?
- Is there a “sector” *Official Plan*?
If yes, what year was it published _____ and list the title _____
- Does the official plan:
 - Incorporate *active transportation* policies?
 - Include *risk management* policies to support and encourage physical activity?
 - Have *mixed land-use/priority land-use* policies that incorporate active transportation?
 - Identify plans for infrastructure (i.e. sidewalks; bike lanes; shared-use paths) that support active transportation?
- Is there a “sector” *Transportation Demand Management* Plan that incorporates active transportation?

¹ The term “sector” represents either regional/district/county or municipality. The question will be asked for each level of government within the OHHP-Taking Action for Healthy Living community partnership.

Section 4: Prevention of Alcohol Misuse

- Is there a Municipal Alcohol Policy
- Policy that allows for special occasion permits (e.g. Oktoberfest events, Film Festival)
- Policies related to “Dial-a-Bottle” services
- Policy that limits the number of licensed premises (outlet density) within a geographic area
- Policy that supports *Safer Bars* training
- Policies to reduce/prevent service to minors or to intoxicated patrons (above the provincial requirements)

Additional Questions related to the policy direction of the region/district/county/municipality

- Are there special occasion permits that allow alcohol to be sold?
If yes, are there limits on who receives these permits (e.g. based on # requested in past, past experience with requestor, past breaches)?
- Are there public documents that provide summary information (i.e. annual statistics on the number and type of such interventions) regarding licensing premises of who have been fined or penalized for over-service?

Section 5: Prevention of Tobacco Use and Exposure

- Policies that limit exposure to the harmful effects of second-hand smoke by prohibiting tobacco use in “sector” owned outdoor spaces (i.e. parks, beaches, sports fields).
- Policy that bans tobacco use within designated distance of public entrances and exits to “sector” buildings providing local government services.

Additional Questions related to the policy direction of the region/district/county/municipality

- Are you aware of any *tobacco-free sport and recreation policies* at local sports clubs (i.e. no smoking at soccer fields)?
- Are you aware of retail policies (i.e. mall management) that prohibit tobacco use on outdoor retail property (i.e. parking lots, garages, entrances and exits)?
- Are you aware of policies for multi-unit dwelling property owners, managers and tenants for the availability of smoke-free buildings (e.g. policies enacted by landlords or building owners)?

2) School Board Sector *(School Board representatives will only be asked “if they are aware of” questions if there are no school board policies)*

Section 1: Access to Nutritious Foods

School board policies that:

- support the availability of healthy foods:
 - in vending machines,
 - in snack bars and cafeterias,
 - at meetings
 - for or at fundraising activities
 - in breakfast, lunch or snack program

If no, is the School Board Representative aware of individual schools that support the availability of healthy foods:

- in vending machines,
- in snack bars and cafeterias,
- at meetings
- for or at fundraising activities
- in breakfast, lunch or snack program

- support school gardens

If no, is the School Board Representative aware of individual schools that support school gardens?

Section 2: Access to Recreation and Physical Activity

- School board policies for *Mixed Use of School Grounds*
If no, is the School Board Representative aware of individual schools policies for *Mixed Use of School Grounds*?
- School board policies that reduce sedentary screen time while on school property (e.g. policies limiting screen time in preschool and after-school programs)
If no, is the School Board Representative aware of any schools that have policies that reduce sedentary screen time while on school property?

Section 3: Active transportation and the built environment

- Does the school board have *Active transportation* policies for students to attend school (e.g. cycling; walking; walking school buses; active and safe routes to school policies)
If no, is the school board representative aware of any schools that have *Active transportation* policies for students to attend school?

Section 4: Prevention of Alcohol Misuse

- School board policies regarding alcohol prevention programs (beyond curriculum requirements)
If no, is the school board representative aware of any individual school implementing policies regarding alcohol prevention programs beyond curriculum requirements?

Section 5: Prevention of Tobacco Use and Exposure

- School board policies that promote tobacco-free sport and recreation activities when off the school site.
If no, is the school board representative aware of any schools that promote tobacco-free sport and recreation activities when off the school site?

3) Health Care Sector: Hospitals *(as a worksite; intended population health care staff)*

Section 1: Access to Nutritious Foods

- Hospital policy that supports the availability of healthy foods for health care staff:
 - in vending machines,
 - in snack bars and cafeterias,
 - at meetings
 - for or at fundraising activities

Section 2: Access to Recreation and Physical Activity

- Policies to support health care staff to engage in active recreation (i.e. subsidies for recreation membership)
- Policies to support health care staff to engage in active recreation *while at work* (i.e. permission to leave the premises; development of walking or multi-use paths or trails on-site; extended lunch for physical activity)

Section 3: Active transportation and the built environment

- Policies to support health care staff to engage in active transportation *to attend work*.

Section 4: Prevention of Alcohol Misuse

- Policies to support health care staff to access alcohol prevention programs (i.e. through an Employee Assistance Program; extended health benefits)

Section 5: Prevention of Tobacco Use and Exposure

- Policies that expand the definition of smoke-free health care facilities to include the following:
 - Smoke-free grounds
 - Availability of cessation support to employees
 - Inclusion of cessation treatment in benefits for employees