

Champlain Cardiovascular Disease
Prevention Network

STRATEGY AND ACTION PLAN 2013-16

Taking Action to Prevent
Cardiovascular Disease

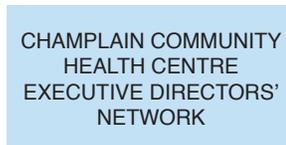


THE CHAMPLAIN
CARDIOVASCULAR DISEASE
PREVENTION NETWORK

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The University of Ottawa Heart Institute (UOHI) is Canada’s largest and foremost cardiovascular health centre, dedicated to understanding, treating and preventing heart disease. The UOHI is the sole provider of specialized cardiovascular care in the Champlain region. The UOHI recognizes that partnership is key to transforming cardiovascular health, and as such, is proud to be the Founding Partner of the Champlain CVD Prevention Network (CCPN). The UOHI Division of Prevention and Rehabilitation houses the CCPN Project Management Office on behalf of its partners. The UOHI has played a significant leadership role in the development of the 2013-16 Champlain CVD Prevention and Management Strategy & Action Plan and is committed to supporting its execution as part of the UOHI’s mandate to improve the health of the region and be a national and international leader in cardiovascular health.

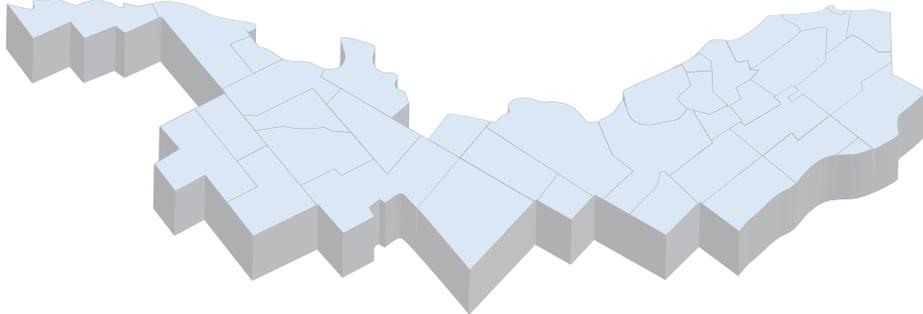


Cardiovascular disease (CVD) is the number one cost driver in Ontario's health care budget.

\$6.8 billion is spent annually in Ontario on the treatment of CVD.

CVD accounts for the largest proportion of health care spending in Ontario including:

- 20% of acute care hospital costs
- 15% of home care
- 10.5% of emergency room visits
- 10% of medical services
- 17% of drug expenditures



THE CHAMPLAIN REGION OF ONTARIO

THREE OF ONTARIO'S HOT SPOTS FOR CVD ARE FOUND IN THE CHAMPLAIN REGION.

THE CHAMPLAIN REGION IS HOME TO:

1,200,000	Residents
500+	Schools
22	Family Health Teams
19	Hospitals
11	Community Health Centres
9	School Boards
4	Public Health Units

8 IN 10 CHAMPLAIN RESIDENTS LIVE WITH ONE OR MORE CVD RISK FACTOR:

631,000	residents are overweight or obese
512,000	residents are physically inactive
183,000	residents have high blood pressure
157,000	residents smoke daily
90,000	residents live with CVD
75,000	residents live with diabetes

The Champlain Cardiovascular Disease Prevention Network (CCPN) is one of the first multi-sectoral partnerships of its kind in Canada, comprising partners from public health, specialty care, primary care, hospitals, education, community, industry, and academia.

OUR NETWORK

The Champlain Cardiovascular Disease Prevention Network provides leadership for integrated multi-sectoral action to prevent and manage CVD in the Champlain region.

OUR GOALS

Health Goals – To improve the cardiovascular health of Champlain residents.

To increase the proportion of Champlain residents who are smoke-free, physically active, and making healthy food choices.

To increase the proportion of Champlain residents with healthy blood pressure, blood cholesterol, blood glucose, and body weight.

To eliminate inequities in cardiovascular risk and CVD mortality across the Champlain region.

Health System Goals – To build a system of excellence in integrated CVD prevention and management.

To act as a catalyst for strengthening inter-sectoral collaboration and capacity of partners.

To create a regional infrastructure to deliver integrated, evidence-based CVD prevention policies and programs.

To reduce unnecessary admissions to hospital and health care spending.

To facilitate proactive delivery of CVD care among health practitioners across the Champlain region.

To empower residents, patients, families, and communities to prevent and better manage CVD.

To support the dissemination of CCPN best practices, technical skills, and knowledge to other Ontario LHINs and Public Health Units.

Mission

To develop an integrated system of excellence in cardiovascular disease prevention for the Champlain region that acts as a model for Ontario and Canada.

Vision

To enhance the capacity of stakeholders to work together to deliver integrated, innovative, high quality, evidence-based policies and programs that will improve the cardiovascular health of Champlain residents.

OUR GUIDING PRINCIPLES

COLLABORATION

We will foster strong partnerships with all of our stakeholders and work together to achieve positive and lasting relationships that breakdown silos and support inter-sectoral solutions.

INVESTMENT ACROSS THE CONTINUUM OF PREVENTION

We will ensure a balance of investment in upstream prevention and disease management to address the growing burden of CVD in our region.

CATALYZING ACTION

We will support the delivery of new programs, policies, and services, which can improve the cardiovascular health of our residents.

EVIDENCE-INFORMED INNOVATION

We will support the translation and delivery of evidence-based practices and promote innovation.

QUALITY AND ACCOUNTABILITY

We will foster a culture of quality and accountability.

DEMONSTRATE VALUE

We will provide Ontario residents with better value for their tax dollars.

DELIVERING ON PROVINCIAL PRIORITIES

We will ensure alignment with Ontario's Action Plan for Health Care and deliver solutions to build a stronger health system.

BUILDING ON OUR SUCCESS

In 2007, the partners of the Champlain CVD Prevention Network launched a five-year strategy to address CVD prevention and management.

The 2007-12 Champlain CVD Prevention Strategy focused on the execution of six large-scale priority initiatives. Each was selected to address high impact areas of need including patients with disease, smoking cessation, blood pressure management, healthy eating and physical activity among school-aged children, as well as documenting the current landscape of CVD and CVD risk factors across the region.

The CCPN has a proven track record of success and an established reputation for bringing together multiple partners to implement large-scale programs and initiatives.

2007

THE OTTAWA MODEL FOR SMOKING CESSATION IN HOSPITALS

The Ottawa Model for Smoking Cessation (OMSC) is an evidence-based approach to treating tobacco use in clinical settings.

IMPACTS:

OMSC was introduced in all 19 hospitals in the Champlain region.

Since 2007, more than 20,000 Champlain residents who smoke have received support with quitting.

2008

THE CHAMPLAIN GET WITH THE GUIDELINES PROGRAM

The Champlain Get with the Guidelines (GWG) initiative is a hospital-based quality improvement initiative designed to ensure all patients admitted to hospitals with Acute Coronary Syndrome (ACS) and Heart Failure (HF) in the region are treated with best known practice guidelines as the standard of care.

IMPACTS:

16 Champlain hospitals have signed on as partners in GWG-ACS and GWG-HF.

80% of hospitals are reaching benchmarks for ACS patients.

THE CHAMPLAIN PRIMARY CARE PREVENTION AND MANAGEMENT GUIDELINE

The Champlain Primary Care CVD Prevention and Management Guideline was developed as a resource for primary care physicians and health professionals working in the region and contains the latest evidence in preventing and managing heart disease, stroke, diabetes and their associated risk factors. The Guideline is tailored to primary care physicians and includes links to relevant local community resources.

IMPACTS:

The Guideline has been distributed to more than 1,300 primary care and specialty care providers, with updated versions produced in 2008, 2010 and 2012.

IMPROVED DELIVERY OF CARDIOVASCULAR CARE (IDOCC) IN PRIMARY CARE

The Improved Delivery of Cardiovascular Care (IDOCC) through Outreach Facilitation program was one of the largest primary care quality improvement projects in Canada.

IMPACTS:

83 primary care practices and 190 primary care physicians participated in the IDOCC Program.

Measureable improvements in rates of evidence-based CVD practices were documented.

THE CHAMPLAIN COMMUNITY HEART HEALTH SURVEY

The Champlain Community Heart Health Survey assessed cardiovascular risk factors among 1,443 adult residents. The survey included, for the first time, an assessment of physical health status of individuals and communities in the Champlain region. The survey involved measures to assess risk factors such as blood pressure, weight, cholesterol, blood sugar, and sodium intake.

IMPACTS:

The Atlas of Cardiovascular Health in the Champlain District was released in 2005, 2008 and 2011 to summarize the latest information on the burden of CVD and its associated risk factors.

2009

HEALTHY SCHOOL-AGED CHILDREN INITIATIVE

The Champlain Declaration, a commitment to working together to ensure that Champlain school environments support healthy eating and physical activity on a daily basis, was signed by the Directors of Education from the nine school boards and the Medical Officers of Health from the four public health units in the Champlain region.

IMPACTS:

More than 1,300 school board administrators, principals, teachers, and parents from across the nine school boards have been reached with Healthy Schools 2020 tools and resources for improving school nutrition environments. Positive changes have been documented in the quality of foods offered in schools along with a decrease in the use of food for fundraising and rewards.

In partnership with the Société santé en français, the Écoles en santé 2020 facilitation program engaged 76 schools in creating local action plans to increase healthy eating and physical activity from the region's three Francophone school boards.

THE CHAMPLAIN "GIVE YOUR HEAD A SHAKE" SODIUM REDUCTION CAMPAIGN

The "Give Your Head a Shake" campaign was designed to empower Champlain residents aged 35 to 50 years to take action to reduce their daily sodium intake. The bilingual mass media campaign featured quick and easy tips to reduce sodium when buying foods, preparing meals, and eating out.

IMPACTS:

More than 8,800 campaign ads were seen and heard on TV, radio, print, web and over 100 news stories generated.

The campaign evaluation found Champlain residents exposed to the campaign are more likely to be taking action to reduce sodium.

2010

THE OTTAWA MODEL FOR SMOKING CESSATION IN PRIMARY CARE

Building on the hospital program, the Ottawa Model for Smoking Cessation was adapted and introduced in primary care settings across the region.

IMPACTS:

18 Family Health Teams/Groups have introduced the program into their clinical settings.

Since 2010, more than 10,000 Champlain residents have received support with quitting.

Planning Context

The CCPN 2013-16 strategic planning process was a collaborative effort involving broad representation from Network partner organizations and regional leaders. More than 20 consultation meetings with stakeholders kicked off our strategic planning process and identified five short-listed priority areas.

For each priority area, an Expert Task Group was assembled to develop a detailed report of recommendations. All reports were presented to the Strategic Planning Leadership Committee for assessment and consideration for inclusion in the 2013-16 Strategy and Action Plan.

See full Expert Task Group Reports:
<http://www.ccpnetwork.ca/StrategicPlanning2013-2016SteeringCommitteeFinal.htm>

More than 110 leaders contributed their time, knowledge and expertise by participating as a member of the Strategic Planning Leadership Committee or one of five Expert Task Groups.

We are building partnerships to solve complex problems.

AREAS OF INVESTMENT

The 2013-16 Strategy builds on the assets and successes achieved in 2007-12 and aims to develop further integration between our partners in public health, schools, primary care, specialty care and acute care settings.

FIVE PRIORITY PROGRAMS

The 2013-16 Strategy and Action Plan will focus on five priorities:

1. **Primary Care CVD Prevention and Management Program**
2. **Regional Integrated Heart Failure Program**
3. **Regional Smoking Cessation Program**
4. **Healthy Schools 2020 Program
(Healthy Eating and Physical Activity in Schools)**
5. **Healthy Foods in Champlain Hospitals Program**

We asked ourselves three questions:

What can we do better, together, than we could as individual organizations?

Is it better for our residents?

Is it better value for money?

2013-16 STRATEGY & ACTION PLAN ROAD MAP

VISION

To develop an integrated system of excellence in cardiovascular disease prevention for the Champlain region that acts as a model for Ontario and Canada.

MISSION

To enhance the capacity of stakeholders to work together to deliver integrated, innovative, high quality, evidence-based policies and programs that will improve the cardiovascular health of Champlain residents.

OVERARCHING AIM

Better cardiovascular health, better cardiovascular outcomes, better quality, better value for money.

GUIDING PRINCIPLES

COLLABORATION

We will foster strong partnerships with all stakeholders and work together to achieve positive and lasting relationships that breakdown silos and support inter-sectoral solutions.

INVESTMENT ACROSS THE CONTINUUM OF PREVENTION

We will ensure a balance of investment in upstream prevention and disease management to address the growing burden of CVD in our region.

EVIDENCE-INFORMED INNOVATION

We will support the translation and delivery of evidence-based practices and promote innovation.

CATALYZING ACTION

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QUALITY AND ACCOUNTABILITY

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DEMONSTRATE VALUE

We will provide Ontario residents with better value for their tax dollars.

DELIVERING ON PROVINCIAL PRIORITIES

We will ensure alignment with Ontario's Action Plan for Health and deliver solutions to build a stronger health system.

2013-16 PRIORITY AREAS

PRIMARY CARE CVD PREVENTION & MANAGEMENT PROGRAM

Support Champlain Family Health Teams, Community Health Centres and Health Links in improving the delivery of care for the primary, secondary and tertiary prevention of CVD through evidence-based practices and innovative models of collaborative care.

REGIONAL INTEGRATED HEART FAILURE PROGRAM

Facilitate a more efficient and coordinated system of heart failure care with the goal of improving quality of care, reducing emergency visits and avoidable admissions/re-admission, and ultimately improving patient outcomes while reducing costs in the health care system.

REGIONAL SMOKING CESSATION PROGRAM

Ensure more Champlain residents make an aided quit attempt using evidence-based cessation services through a focus on health care, mental health and addiction services, and workplace partnerships.

HEALTHY SCHOOLS 2020 PROGRAM

Expand and strengthen the Healthy Schools 2020 Program to ensure that Champlain schools are equipped with implementation supports to make continued improvements to their school nutrition environments, and to expand the Healthy Schools 2020 program to include physical activity.

HEALTHY FOODS IN HOSPITALS PROGRAM

Create supportive, healthy nutrition environments in Champlain hospitals so that the healthy choice is the easy choice for staff, visitors, and patients.

DELIVERING ON PROVINCIAL AND REGIONAL PRIORITIES



ONTARIO'S HEALTH CARE ACTION PLAN

In 2012, the Ministry of Health and Long-Term Care released its Health Care Action Plan. The Plan includes three major areas of investment:

KEEPING ONTARIO HEALTHY

Focus on childhood obesity, tobacco use.

FASTER ACCESS TO STRONGER FAMILY HEALTH CARE

Focus on quality and better transitions.

RIGHT CARE, RIGHT TIME, RIGHT PLACE

High quality care, timely proactive care, and care close to home.

HEALTH LINKS

Ontario is investing in better co-ordination of care for high-needs patients such as seniors and people with complex conditions. Health Links will bring together health care providers in a community to better and more quickly coordinate care for high-needs patients.

HEALTH QUALITY ONTARIO STRATEGIC PLANS

Health Quality Ontario's Strategic Plan 2012 has identified three key transformational objectives:

FORGE PARTNERSHIP AND ADVANCE INTEGRATION

among distinct components of the public health and health care system.

ACCELERATE THE USE OF EVIDENCE

to deliver demonstrable improvement in the quality of health services.

DRIVE A CULTURE OF QUALITY, VALUE AND ACCOUNTABILITY

throughout the health care system.

CHAMPLAIN INTEGRATED HEALTH SERVICES PLAN 2013-16

The Champlain Local Health Integration Network's (LHIN) 2013-16 Integrated Health Services Plan identifies three strategic priorities for an integrated health system:

BUILD A STRONG FOUNDATION OF INTEGRATED PRIMARY, HOME AND COMMUNITY CARE

Integrated health networks and hubs, early identification and management of risk, coordinated services, advanced access to services.

IMPROVED COORDINATION AND TRANSITIONS OF CARE

Integrated discharge planning, information sharing, intensive case management, clinical guidelines and pathways.

INCREASE COORDINATION AND INTEGRATION OF SERVICES AMONG HOSPITALS

Regional programs, central intake, emergency room initiatives, quality-based procedures.

PUBLIC HEALTH ONTARIO: TAKING ACTION TO PREVENT CHRONIC DISEASE

TOBACCO USE

Broaden and extend the integrated tobacco cessation system to include health care and community settings.

PHYSICAL INACTIVITY

Evaluate daily physical activity, support active transportation.

UNHEALTHY EATING

Support healthy eating in publicly-funded institutions, implement mandatory menu labeling in food service operations, create an Ontario food and nutrition strategy, include compulsory food skills in curricula.

BUILD CAPACITY FOR CHRONIC DISEASE PREVENTION

WORK TOWARDS HEALTH EQUITY

ONTARIO'S INTEGRATED VASCULAR HEALTH BLUEPRINT

POPULATION HEALTH AND PROMOTING HEALTHY PUBLIC POLICY

Tobacco use, unhealthy eating, physical inactivity.

UNDERSTANDING AND SUPPORTING THE INDIVIDUAL AND FAMILY THROUGH THE VASCULAR HEALTH JOURNEY

Ensure family and patient perspective initiatives incorporated into initiatives.

IMPROVING THE QUALITY AND ACCESS TO A CONTINUUM OF VASCULAR SERVICES

Tools for primary care providers, a shared care model for collaboration between specialists and primary care, communication tools

DEVELOPING SYSTEM ENABLERS AND EFFICIENT USE OF RESOURCES AND ASSETS

Common standardized clinical guidelines, facilitate flow of information between sectors, proactively supporting primary care providers, providing self-management education, vascular health indicators, provincial targets for quality improvement.

Champlain is home to 22 Family Health Teams and 11 Community Health Centres which together reach more than 250,000 residents.

Champlain Family Health Teams

A Joint FHT-UOHI-CCPN-LHIN Leadership Table was established to support the creation of this strategy resulting in a unique opportunity to develop closer relationships and innovative ways of working together to address the needs of patients and reduce the burden of CVD.

Champlain LHIN Health Links

The Champlain LHIN is working towards creating a new innovative structure for coordinating services within primary care, known as Health Links. Health Links are intended to help coordinate care between acute care and primary care into a seamless partnership.

PRIORITY 1: PRIMARY CARE CVD PREVENTION AND MANAGEMENT PROGRAM

VISION

To support Champlain Family Health Teams (FHTs), Community Health Centres (CHCs), and Health Links in strengthening the delivery of care for the primary, secondary and tertiary prevention of CVD through evidence-based practices and innovative models of collaborative care.

ACTION PLAN

Primary care is the backbone of our health care system and plays an important role in the prevention, early detection, and effective management of CVD risk factors and established disease. Working together with the primary care community in delivering high quality CVD management and preventative care is a key component of our 2013-16 Strategy.

We will create new partnerships and collaborative models with a focus on capacity in the primary care community and system efficiencies for improving patient and health care outcomes. The Strategy includes creating and supporting a shared regional leadership infrastructure for planning and execution of new CVD programs among Champlain FHTs and creating stronger links between specialists and primary care providers to support rapid uptake of evidence-based practices.

PROGRAM COMPONENTS

- 1. Shared Leadership:** The Joint Primary Care CVD Leadership Table established in 2012 will be sustained and strengthened to support a collaborative leadership model between primary care providers and CVD specialists in supporting the plan's execution.
- 2. Ottawa Model for Smoking Cessation in Primary Care:** Sustain and expand the implementation of the Ottawa Model for Smoking Cessation (OMSC) into additional FHTs and CHCs throughout Champlain.
- 3. Collaborative Care Model for Transitional Care:** Implement an innovative collaborative care model to enhance communications and interactions between primary care teams and cardiology teams with an early focus on transitional care for patients with heart failure and later expansion to other priority areas.
- 4. Moving Evidence into Practice with Guidelines:** Accelerate the use of evidence-based guidelines in Champlain FHTs to support vascular health screening and management of patients with CVD risk factors or disease and novel professional development programs. Optimization of Electronic Medical Records will be explored as an enabler of guideline integration and uptake.

ANTICIPATED OUTCOMES

- Strengthened links and enhanced working relationships between primary care and specialty care
- Enhanced quality of primary care services
- Enhanced provider and patient satisfaction
- Better integration and improved transitions of care
- Reduction in avoidable readmissions and emergency visits

Heart failure is the leading cause of hospitalizations among Champlain residents aged 65 years or older – 22% of patients are re-admitted to hospital within 30 days.

Heart failure is a chronic, progressive disease characterized by frequent hospital admissions, high mortality and morbidity rates, and high consumption of medical resources representing a significant cost burden for our health care system.

There are available best practices for preventing unnecessary admissions to hospital and keeping residents healthy at home.

PRIORITY 2: REGIONAL INTEGRATED HEART FAILURE PROGRAM

VISION

To facilitate a more efficient and coordinated system of heart failure care with the goal of improving quality of care, reducing emergency visits and avoidable admissions/re-admission, and ultimately improving patient outcomes while reducing costs in the health care system.

ACTION PLAN

Through the leadership of the University of Ottawa Heart Institute (UOHI), and in partnership with regional hospitals, primary care, CCAC, long-term care and specialty care (palliative and geriatric), we will integrate and standardize care across the region and facilitate a more efficient and coordinated system of care. We will build on innovative health systems services for heart failure already in place in the region and leverage known best practices to build capacity in the system. The Strategy aims to ensure people with heart failure receive the right care, at the right time, by the right team, in the right place.

PROGRAM COMPONENTS

- 1. Early Detection, Assessment and Management of Heart Failure:** Working in partnership with primary care providers to adopt evidence-based supports to assist with the early detection, assessment and management of heart failure in order to improve quality of life, slow progression of the disease and reduce avoidable admissions. This includes supports for palliative care and cognitive impairment.
- 2. Improved Coordination and Transitions of Care:** Create improved transition from acute care back into the community through developing a standardized discharge summary and plan of care, improving communication and coordination of information with primary care providers, and expanding telehealth technologies to ensure continuity of care for heart failure patients after discharge.
- 3. Build the Capacity of Providers:** Improve the knowledge and skills of health care providers in the region in managing the complex requirements of patients with heart failure through accredited education.
- 4. Patient Self-Management:** Educate heart failure patients on principles of prevention/self-management.
- 5. Expansion of Heart Failure Telemedicine Services:** Expand the current clinical infrastructure to increase access services to rural areas.

ANTICIPATED OUTCOMES

- Increased adoption of best practices for treatment of heart failure
- Reduction in emergency visits
- Reduction in avoidable hospital admissions (30-day readmissions)
- Optimization of functional capacity and quality of life of patients

Tobacco-related illness is a leading cost driver of health care spending.

In Champlain, tobacco use is responsible for 66,784 hospital bed days per year and \$132 million in direct health care spending per year.

Approximately 157,000 Champlain residents smoke daily.

Only 5% of residents are accessing available quit smoking programs.

The 2013-16 Strategy aims to increase the number of residents who make an aided quit attempt to 15,000 by 2016.

PRIORITY 3: REGIONAL SMOKING CESSATION PROGRAM

VISION

More Champlain residents make an aided quit attempt using evidence-based cessation services.

ACTION PLAN

Tobacco use is the leading preventable cause of CVD. Evidence-based interventions are available which can double, triple, or even quadruple success with quitting. While most Champlain residents report wanting to quit smoking, only 5% of residents will use available evidence-based smoking cessation programs.

Supporting smoking cessation in clinical settings was a key component of the CCPN's 2007-12 Strategy, facilitating the rollout of the Ottawa Model for Smoking Cessation (OMSC), a systematic, best-practice approach to clinical tobacco dependence treatment, in Champlain hospitals, outpatient clinics, and primary care teams.

The Strategy builds on the success of the OMSC and will expand our focus into sub-populations with higher smoking rates (such as individuals with mental illness and blue collar worksites) to improve reach. The Strategy will support coordination of services to ensure the highest quality cessation services are promoted and delivered to Champlain residents. This Strategy is well aligned with the Ontario Health Care Action Plan which has identified tobacco control as a provincial priority.

PROGRAM COMPONENTS

1. Create a Regional Smoking Cessation Service Delivery Network.
2. Partner with employers and unions to deliver an innovative worksite smoking cessation program.
3. Expand reach of the OMSC in Champlain hospitals and outpatient clinics, including cancer and pre-admission clinics.
4. Expand reach of the OMSC in primary care with a focus on Family Health Teams (FHTs) and Community Health Centres (CHCs).
5. Implement mental health and vulnerable populations strategy.
6. Improve information systems and metrics.

ANTICIPATED OUTCOMES

To increase the number of Champlain residents who make an aided quit attempt using evidence-based cessation interventions to 15,000 residents by 2016.

More than 280,000 children and youth are currently enrolled in over 500 public schools in the Champlain region.

The Champlain Declaration: A Key Lever for Action

In April 2009, the nine Directors of Education and four Medical Officers of Health in the Champlain region signed **The Champlain Declaration: A Call to Action for Physically Active and Healthy Eating Environments in Schools**, formalizing the commitment to work together to establish healthy school environments.

Since the signing, we have been collectively leading the **Healthy Schools 2020** program. Our work to date has focused on improving school nutrition environments with a particular emphasis on catered lunch programs, fundraising, and classroom rewards. The achievements and partnerships to date form a solid foundation from which to continue to build.

PRIORITY 4: HEALTHY SCHOOLS 2020 PROGRAM

VISION

Healthy eating and physical activity are part of our children and youth's daily lives in the Champlain region.

ACTION PLAN

The CCPN remains committed to bringing health, education, and community partners together to foster supportive physical and social environments that facilitate children's health and well-being with an emphasis on healthy eating and physical activity.

We will grow our Healthy Schools 2020 Program to ensure that Champlain schools are equipped with the necessary implementation supports to make continued improvements in their school nutrition environments, and to expand the program to include physical activity – specifically, school travel planning and active play. Innovative resource models will be explored to support our work, including the engagement of community partners and donors who share our vision.

Student Success, which outlines that "all students should have a core of common knowledge, skills, and values", has been identified as a key provincial driver of priorities in school settings. Regular physical activity and healthy eating have been shown to improve student academic success and are important foundational skills for children to establish. An important component of our work in 2013-16 will be to work with our education partners to make the link between healthy students and Student Success.

PROGRAM COMPONENTS

1. Expand the Healthy Schools 2020 Program to engage more school communities (administrators, principals, teachers, parents, students, community partners) in making positive changes to their school nutrition and physical activity environments.
2. Establish innovative Healthy Schools 2020 outreach supports to increase the capacity of schools to implement and sustain positive changes.
3. Work with our education partners to re-position healthy eating and physical activity as an important part of Student Success.
4. Assess outcomes and report on improvements to Champlain school nutrition and physical activity environments.
5. Launch a campaign to engage funding partners including private donors in supporting the Healthy Schools 2020 vision.

ANTICIPATED OUTCOMES

- Improved school nutrition environments
- Improved opportunities for daily physical activity during and outside of school hours
- Empowerment of school champions

More than 28,000 hospital employees and thousands of residents will benefit from healthier food retail environments in Champlain hospitals.

Champlain hospitals are leaders in the delivery of quality health care services and are one of the largest employers in the region.

PRIORITY 5: **HEALTHY FOODS IN CHAMPLAIN HOSPITALS PROGRAM**

VISION

To create supportive, healthy nutrition environments in Champlain hospitals so that the healthy choice is the easy choice for staff, visitors, and patients.

ACTION PLAN

We will work with hospital leaders and the Champlain Local Health Integration Network to increase the emphasis on healthy foods and beverages across Champlain's 19 hospitals. Recognizing the complexities of food service provision, we will seek to establish an innovative, viable plan that emphasizes increasing the availability of healthy foods in hospital retail settings, making accurate point-of-purchase nutrition information available for employees and other visitors, and identifying opportunities for improving efficiencies in food procurement and preparation.

PROGRAM COMPONENTS

1. Establish Hospital CEO Leadership Table to support regional planning and execution of Healthy Foods in Hospitals Program.
2. Establish the nutritional framework to guide selection of food offerings to be made available in hospitals (initial emphasis on cafeterias).
3. Engage and support food service leaders across Champlain hospitals in creating healthier food retail environments in their hospitals.
4. Create a regional system for accurate, easily accessible point-of-purchase nutrition information in hospitals (initial emphasis on cafeterias).
5. Explore partnership & standardization opportunities to leverage costs and ensure consistent sourcing of nutritious, quality food products.
6. Execute an innovative communication plan to ensure successful adoption of this initiative by regional hospital leadership, employees, and the hospital community at large.

ANTICIPATED OUTCOMES

- Increased availability of healthy foods and beverages in hospital retail settings
- Decreased availability of unhealthy foods and beverages in hospital retail settings
- Increased purchase/consumption of healthy foods and beverages in hospital retail settings
- Champlain hospitals positioned as leaders with respect to healthy food environments in the province of Ontario

INVESTMENT STRATEGY

The 2013-16 Champlain CVD Prevention and Management Strategy & Action Plan has been developed with a full recognition of the fiscal challenges facing Ontario's health care system.

The plan is designed to ensure better value for money through strategic investment in high impact areas of our publically-funded health care and public health systems. Recognizing the potential return on investment resulting from the strategy would contribute to a more viable health system in Champlain.

PARTNERS: Our resource plan for 2013-16 will rely heavily on partner contributions through a collaborative funding model and/or reallocation of existing budgets. Our partners recognize collaboration is key to innovation of our health care system.

GOVERNMENT: As demonstrated in this document, the 2013-16 Champlain CVD Prevention and Management Strategy & Action Plan is very well aligned with the Ontario Ministry of Health and Long-Term Care priorities and other provincial initiatives. Our resource plan will rely on continued partnership and support from our local, provincial, and federal government.

GRANTS & STRATEGIC PARTNERSHIPS: Investments from partners and government will be further leveraged through strategic partnerships with not-for-profit and private partners who share our vision and goals to create a stronger health care system and improve the cardiovascular health of Champlain residents.

50% CCPN Partner Network

25% Government

25% Grants and Strategic Partnerships

Each of five
priority areas
will be supported
by a three-year
operating and
business plan.

ENABLING SUCCESS

Key to the successful implementation of the Strategy & Action Plan 2013-16 will be our partner collaboration, sound operational planning, a solid organizational infrastructure, and a commitment to continuous quality improvement.

OUR PARTNERS

Collaboration and shared leadership with partner organizations and the province is essential for the successful implementation of the 2013-16 Strategy. A lead partner will be identified for each of the five priority areas and a Joint Management Committee established to provide oversight to the execution of the strategic goals.

BUSINESS AND OPERATING PLANS

Each priority area will be supported by a three-year operating plan which will articulate milestone activities, timelines and a resource plan to support the program.

ORGANIZATIONAL PLAN

A solid organizational infrastructure is required to ensure effective coordination of the five priority areas. The CCPN Project Management Office will support partners with high quality execution of the programs and provide day-to-day support to Network priorities.

CONTINUOUS QUALITY IMPROVEMENT

A commitment to continuous quality improvement will be critical to ensuring lessons learned through our work, both past and future, are used to further enhance the quality of our programs.

ACKNOWLEDGEMENTS

The CCPN would like to acknowledge and thank the following individuals for their invaluable contribution:

STRATEGIC PLANNING LEADERSHIP COMMITTEE

ROBERT CUSHMAN, Director General, Biologics and Genetic Therapies Directorate, Health Canada (Chair)
ANDREW PIPE, Chief, Minto Prevention and Rehabilitation Centre, University of Ottawa Heart Institute
KAREN PATZER, Senior Health Planning & Engagement Specialist, Champlain LHIN
KATIE LAFFERTY, Executive Director, Canadian Stroke Network
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EXPERT TASK GROUPS (cont'd)

REGIONAL INTEGRATED SMOKING CESSATION PROGRAM

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YVES DECOSTES, Tobacco Program Coordinator, Leeds, Grenville and Lanark District Health Unit

DEBBIE AITKEN, Manager, Quit Smoking Program, Minto Prevention and Rehabilitation Centre, UOHI

DEBBIE TIRRUL, Nurse Practitioner, Somerset West Community Health Centre

BARB HOLLANDER, Senior Coordinator, Smokers' Help line

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PERVEEN GULATI, Pharmacist, Ottawa-Carleton Pharmacists Association

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JUDY CHOW, Lead Physician, Rideau Family Health Team

JUDY COBUS, Registered Nurse, Arnprior & District Family Health Team

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THE CHAMPLAIN
CARDIOVASCULAR DISEASE
PREVENTION NETWORK

Champlain Cardiovascular Disease Prevention Network

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