

**CHSSN**  
**Community Health Education Program (CHEP)**  
**Impact Report – Nutrition**  
**December 2, 2008**

*The need to start with the kids on a healthy approach for eating. Eating healthy and exercise are important. [I liked] the plate with portion sizes. Serving sizes and food groups. I think it's all worth remembering. --*  
**Participants, Nutrition videoconferencing session**

On Tuesday, December 2, 2008, one host community—OHSSN, joined by CAMI, CASA, Neighbours Association, and Vision Gaspé Perce Now—participated via videoconferencing to “ask an expert” on their chosen topic of nutrition. Thanks to the outstanding promotion of the Community Coordinators, and the practical and visual presentation by dietetics student, Jamie Yue Ting Shing, 87 participants are now informed.

New knowledge and greater awareness about food choices, portions and the importance of eating from the different food groups as per the Canada Food Guide (<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index-eng.php>), were outlined.

**Immediate Results:**

- 5 communities with 6 sites for a total of 87 people, mostly grades 7 and 8 students, gained new knowledge about nutrition.
- Canada’s Food Guide was made available to all participants.
- Overall, students enjoyed being part of a videoconference and seeing others from remote locations.
- The host community, OHSSN, shared its video “Eat Good, Feel Great” available at [http://www.ohssn.org/Resources/OHSSN\\_ComRes\\_Campaigns.html](http://www.ohssn.org/Resources/OHSSN_ComRes_Campaigns.html).
- The host community CSSS school nurse participated in the session, along with the teacher.

**Outcomes:**

- 66% rate of return on evaluations.
- OHSSN CLSC school nurse has agreed to do a follow-up session to deal with any unanswered questions and the teacher has developed a food diary for students to become more aware of their eating habits.
- CASA youth are asking that more nutritious lunches be offered at school and that healthy snacks be available for purchase separately.
- Neighbours Association students will be doing the 5/30 Health Challenge at school.
- Vision Gaspé community is planning follow-up in local schools as part of Healthy Schools partnership.

**Participating Communities’ Comments and Evaluation:**

- Participants: OHSSN with 24 students (plus 2 professionals), CAMI had 25 participants, CASA had 17 students, Neighbours had 15 participants, and Vision Gaspé had 2 participants.
- The average age of participants was 13 years.
- Participants’ evaluations were positive and reveal that the presentation was very helpful, interesting, and met their expectations.

Participating communities have indicated that their schools will continue to work on healthy eating with students.