



## Renfrew County and District Health Unit

### Media Release

**For Immediate Release: July 19, 2017**

### **Local Dietitian Recognized By Board of Health for Provincial Award**

Renfrew County and District Board of Health is pleased to announce that Carolyn Froats-Emond, Community Dietitian, has received the Peer Recognition Award from the Ontario Society of Nutrition Professionals in Public Health (OSNPPH).

At its May meeting, the Board of Health congratulated Ms. Froats-Emond on receiving this provincial award that acknowledged her exceptional leadership and contributions over the last 15 years in the areas of school nutrition and food security. “Carolyn is very deserving of this prestigious award and exemplifies excellence as a Registered Dietitian working at Renfrew County and District Health Unit”, stated Board of Health Chair, Janice Visneskie Moore.

Highlights of Ms. Froats-Emond’s work include her leadership in the development of Bright Bites, a web-based program that guides schools with providing an environment that supports healthy eating for children. She also led a provincial group to develop Sip Smart!™ Ontario, a program designed to address the issue of sugary drinks. This was in response to research that identified that consuming too many sugary drinks puts children at higher risk for high blood pressure, heart disease, type 2 diabetes and cancer. Teachers across Renfrew County and District have been trained to deliver this classroom education program to Grade 3 to 7 students to help children make healthy drink choices.

In the area of food security, she worked on OSNPPH’s Position Statement on Responses to Food Insecurity. This document highlights the inadequacies of food charity, such as food banks, as a response to food insecurity, and calls for the implementation of a basic income guarantee as an effective, long term solution to reduce food insecurity rates. This Statement was endorsed by the Renfrew County and District Board of Health, and now guides the Health Unit’s advocacy efforts for income-based solutions to food insecurity.

“I love doing work that I think is important and has an impact on public health nutrition,” said Ms. Froats-Emond as she reflected on the award. “I have been able to work with skilled colleagues across Ontario on developing provincial programs, and then see them implemented locally. This has been rewarding.”

Ms. Froats-Emond has worked as the Renfrew County and District Health Unit Community Dietitian since 2007. She began her career as a Public Health Dietitian at the North Bay and District Health Unit, prior to returning to the Valley where she grew up. “Carolyn is highly respected by her peers and colleagues at the Renfrew County and District Health Unit and we are proud of her accomplishments,” stated Liz McLaren, Coordinator of Health Promotion Programs at the Health Unit.



**Pictured from left:** Janice Visneskie Moore - Renfrew County and District Health Unit, Board of Health Chair, Carolyn Froats-Emond, Community Dietitian and Liz McLaren, Coordinator of Health Promotion Programs.

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**For more information:**

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