

SPHERU NEWS: LEARNING, ENGAGING AND COMMUNICATING

PROJECT ACTIVITY UPDATE

SMART CITIES HEALTHY KIDS (SPHERU SASKATOON)

The Smart Cities, Healthy Kids study is examining how urban planning and design can be used to encourage children to be more physically active, thus slowing the rise in childhood obesity. Data collection is well under way with five observers using the NALP (Neighbourhood Active Living Potential) tool to assess the active living potential of 59 Saskatoon neighbourhoods. Now entering the second phase of the data collection, the Irvine-Minnesota Inventory in 35 Saskatoon neighbourhoods is being implemented, which collects data regarding elements in the built environment and how they explicitly address the needs of pedestrians and cyclists. The data collection is expected to be complete by the end of August 2009. For complete information and updates please visit www.smartcitieshealthykids.ca.



OSTEOPOROSIS RESEARCH ENTERING DATA COLLECTION PHASE (SPHERU REGINA)

Osteoporosis care gap among the elderly: From screening to evidence-based management looks at preventative actions and management strategies following the assessment of an individual's bone status. During the Fall of 2009 data collection will begin, which will provide the necessary foundation that will lead to improvements in osteoporosis diagnosis, management, and prevention. Further information and status updates can be found at www.spheru.ca.

NORTHERN PROJECT CAPTURES A YEAR IN THE LIFE (SPHERU PRINCE ALBERT)

Photovoice, a method that involves providing participants with cameras to record and discuss meaningful images, is being used in the *Tools 2- Community health and wellness indicators reflecting daily life in Saskatchewan's isolated far North: Implications for Program Planning and Evaluation* project in northern Saskatchewan. Community Research Assistants in Black Lake and Fond du Lac will each work with 10 participants, using photos to capture "A year in the life..."

WHO WE ARE

SPHERU is an interdisciplinary team of population health researchers from the Universities of Regina and Saskatchewan with sites in Regina, Saskatoon, and Prince Albert. Established in 1999 and funded by the Saskatchewan Health Research Foundation, with additional project specific funding provided by other provincial and national health research funding agencies, SPHERU is the first bi-university research unit of its kind in Saskatchewan.

of community members. Beginning in summer 2009 participants will be part of a 6-8 week seasonal data collection cycle, taking pictures that both show what they feel is important about their food, housing, culture, and environment to keep their community healthy, along with what they feel are the threats and facilitators in these areas. The project builds on an earlier CIHR funded project that developed a new framework for community health and wellness and created the *Community Health Indicators Toolkit*. The photovoice project will help researchers, funders and policy makers to understand the lived experience of a selection of indicators from the toolkit.

ANNOUNCEMENTS

SHRF appointment (Sylvia Abonyi)

Dr. Sylvia Abonyi, Canada Research Chair – Aboriginal Health, SPHERU Research Faculty, and Associate Professor,

Community Health and Epidemiology at the University of Saskatchewan, has been appointed for a two-year term to the Saskatchewan Health Research

Foundation Board beginning June 2009.



Dr. Sylvia Abonyi

OUR RESEARCH TEAM

Dr. Bonnie Jeffery, Director

Dr. Sylvia Abonyi, Research Faculty

Dr. Paul Hackett, Research Faculty

Dr. Mary Hampton, Research Faculty

Dr. Shanthi Johnson, Research Faculty

Dr. Diane Martz, Research Faculty

Dr. Tom McIntosh, Research Faculty

Dr. Nazeem Muhajarine, Research Faculty

Dr. Pammla Petrucka, Research Faculty

Dr. Nazmi Sari, Research Faculty

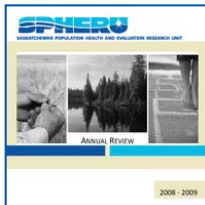
Dr. James Daschuk, Research Associate

Dr. Gloria DeSantis, Post Doctoral Fellow

PUBLICATIONS

SPHERU ANNUAL REVIEW 2008-2009

Released in Spring 2009, this comprehensive listing of our work and activities is now available on our website. For an electronic copy of the Annual Review visit www.spheru.ca.



SPHERU Annual Review 2008-2009

POPULATION HEALTH RESEARCH IN CANADA: NEW DIRECTIONS AND NEW VOICES

We are pleased to announce the publication of a selection of the presentations delivered during the *New Directions in Population Health Research: Linking Theory, Ethics, and Practice* Conference (November 12-14, 2008). This volume of critical population health essays, published by the Canadian Plains Research Centre, is expected to be released Fall 2009.

OUR RESEARCH

Researchers from a range of disciplinary backgrounds bring a wide selection of research interests creating a diverse team where various perspectives and expertise are harnessed in a collaboratively driven environment giving SPHERU the ability to undertake critical population health research.

OTHER HAPPENINGS

CANADIAN INDEX OF WELLBEING

The recent release of the first three Canadian Index of Wellbeing (CIW) reports and the launch of the CIW on June 10, 2009 highlights the work of former and current SPHERU researchers

OUR RESEARCH AREAS

SPHERU's research areas are derived from our understanding of health outcomes of populations and issues that are particularly relevant to Saskatchewan. We conduct our work within four inter-related research areas. In Northern and Aboriginal Health we study the role that culture plays as a determinant of health. The Healthy Children area considers how contexts shape children's health and development outcomes. Research under the Rural Health area focuses on the impacts of socio-economic determinants of health in rural populations. SPHERU also conducts Evaluation Research and promotes health equity by addressing health disparities through policy relevant research.

and faculty: Ronald Labonte (Professor, Institute of Population Health, Faculty of Medicine, University of Ottawa and former SPHERU Director); Nazeem Muhajarine (Professor, Community Health and Epidemiology, College of Medicine and SPHERU Research Faculty); Brandace Winquist (Community and Population Health Research training program Strategic Training Fellow and PhD Candidate at the University of Saskatchewan); and Jacqueline Quail (PhD Candidate, McGill University) co-authored *Healthy Populations*. *Healthy Populations* measures the physical and mental wellbeing of the population, life expectancy, behaviours and life circumstances that influence health, health care quality and access, and public health services. For more information can please visit www.spheru.ca. The full reports are available at <http://www.ciw.ca/en/Home.aspx>.

COFFEE HOUSE CONTROVERSIES

Coffee House Controversies is an ongoing public lecture series presented by the Faculty of Arts at the University of Regina in cooperation with Chapters Bookstore (Regina, SK). Each event is a 20 minute, informal "hot topic" discussion led by a



University of Regina Faculty of Arts professor, followed by 20 minutes of audience questions. Dr. McIntosh will lead a discussion around governments and population health issues on October 1, 2009 and Dr. Hampton will lead a discussion on death and dying and the importance of culture on October 15, 2009. For further detail please see <http://www.arts.uregina.ca/general-public/coffee-house-lectures>.

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Electronic copies of this newsletter are available at:

www.spheru.ca