

# SPHERU NEWS: LEARNING, ENGAGING AND COMMUNICATING

## PROJECT ACTIVITY UPDATE

### The Healing Journey: Winding Down in Prince Albert

The Healing Journey: A Longitudinal Study of Women Who Have Been Abused by Intimate Partners is the first study of its kind in Canada. Over the past four years the research team examined the experience of intimate partner violence and the consequences it has on the lives of women in Manitoba, Saskatchewan, and Alberta.

Community agencies, such as The Prince Albert Safe Shelter for Women, worked with SPHERU researchers, Mary Hampton and Bonnie Jeffery, to form partnerships that created results key to understanding the cycle of abuse and the intervention and prevention strategies implemented to address the cycle of abuse. Data collection is now complete and, although analysis of study data has not yet been completed, Carol Soles, Director of the Prince Albert Safe Shelter for Women, noted

that through informal contacts with study participants “we became aware that clients who maintained some connection to the Shelter after receiving services seemed to be experiencing increased success in managing their lives.” The Shelter’s role throughout the research process was key to achieving many of the success along the journey, which has added up to change.

Funded by the Social Science and Humanities Research Council Community Researcher Alliance (SSHRC/CURA) and the Prairie Action Foundation (PAF). For more information please contact the Prince Albert SPHERU office.



*Director Carol Soles (l) and Support Services Worker Theresa Lanigan (r) in the newly renovated kitchen of the Prince Albert Safe Shelter for Women*

### Northern Saskatchewan Community Health Indicators Project Attracts Research Expertise and Students from Budapest, Hungary

Dr. Sylvia Abonyi and Dr. Bonnie Jeffery have been working with Athabasca Health Authority communities to strengthen and implement a community health framework and indicators database, populated with locally relevant and controlled data. The community health framework includes six domain areas (see [www.spheru.ca](http://www.spheru.ca) for a full description). One of these domains is environment. Dr. Brandon Anthony, from the Department of Environmental Sciences & Policy at Central European University (CEU) in Budapest has joined the research team over the past two years and brings his environmental perspective to all of the indicators in the community health database. He has visited the communities of Black Lake, Fond du Lac, and Stony Rapids to assist the team in identifying and creating indicators relevant to these local contexts and identifying potential data sources and relevant literature. His students in Hungary have also contributed to the analysis of Environmental Impact Assessments

conducted in the Athabasca area as part of their coursework. Student results have been turned over to local communities and organizations as part of their effort to make informed decisions about proposed development impacts. In March 2010, the Community Health Indicators team will be joined by a graduate student from CEU, Ms. Soultana Stylianidou, who will conduct her thesis research on the environment domain under the supervision of Dr. Abonyi and Dr. Anthony. Ms. Stylianidou is the first student to conduct her research with a Saskatchewan faculty member under a European Union funded scholar mobility program involving Dr. Anthony’s department at CEU.

This research is funded by a Canadian Institutes of Health Research operating grant.



*Brandon Anthony and his first fish in Stony Rapids, SK.*

### 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.

## OUR RESEARCH TEAM

### University of Regina

Bonnie Jeffery, Director  
Shanthi Johnson, Research Faculty  
Tom McIntosh, Research Faculty  
Mary Hampton, Research Associate  
James Daschuk, Research Associate  
Gloria DeSantis, Post Doctoral Fellow

### University of Saskatchewan

Nazeem Muhajarine, Research Faculty  
Sylvia Abonyi, Research Faculty  
Paul Hackett, Research Faculty  
Diane Martz, Research Faculty  
Pammla Petrucka, Research Faculty  
Nazmi Sari, Research Faculty  
Hongxia Shan, Post Doctoral Fellow

### 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.

## 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.

## ANNOUNCEMENTS

### Celebrating 10 Years of Collaborative Population Health Research

2010 marks ten years of collaboration, population health research, and partnerships. Upcoming events will celebrate our past successes, honour our current achievements, and welcome the future as our research grows and evolves. Watch our website, [www.spheru.ca](http://www.spheru.ca), for upcoming events and celebrations.

### Top Achievements Honoured

SPHERU researcher, Nazeem Muhajarine, has been honoured with the Saskatchewan Health Research Foundation's (SHRF) 2009 Achievement Award for his leadership in turning research results into policies and programs that help Saskatchewan's children. The award was presented on December 3, 2010 at Santé!, the Saskatchewan Health Research Foundation's annual awards dinner ([www.shrf.ca](http://www.shrf.ca)).



Dr. Nazeem Muhajarine. Photo courtesy of SHRF.

## PUBLICATIONS

### Population Health Research in Canada: New Directions and New Voices

This compilation of papers and presentations to the 2008 New Directions in Population Health Research: Linking Theory, Ethics, and Practice Conference is set to be released by the Canadian Plains Research Centre during the spring of 2011.

### Alberta Centre for Active Living's Research Update

*Research Update*, published quarterly in the Alberta Centre for Active Living (<http://www.centre4activeliving.ca>), summarizes and promotes recent research of interest to practitioners in health promotion and physical activity. The work of SPHERU researchers is published biannually in the spring (March) and fall (September) editions of *Research Update*.

The Impact of Physical Inactivity on Canadian Health Care (Vol. 16 / No. 3 September 2009) highlights the work of Dr. Nazmi Sari.

Examining the Prevalence of Today's Chronic Diseases – How Did We Get Here? (March 2010) highlights the work of Dr. Jim Daschuk.



## MEET OUR POST DOCTORAL FELLOWS

**Gloria DeSantis, PhD**, is an award winning addition to SPHERU's research team. Over the course of her post doctoral fellowship with SPHERU, Dr. DeSantis will continue to advance



Dr. Tom McIntosh and Dr. Gloria DeSantis

interdisciplinary research on voluntary sector social service agencies that work with marginalized populations toward the creation of healthier communities through service provision and advocacy. In

recognition of her innovative work, the Saskatchewan Health Research Foundation awarded Dr. DeSantis the Top Researcher Award in 2008. She works out of the University of Regina offices under the supervision of Dr. Tom McIntosh, SPHERU Research Faculty.

**Hongxia Shan, PhD**, brings an interdisciplinary perspective to SPHERU's Healthy Children's research team. Her research interests include immigration, health, qualitative methods, gender studies, and community development. Under the supervision of SPHERU Researcher, Dr. Nazeem Muhajarine, Dr. Shan is working on the *KidsFirst* and Smart Cities Healthy Kids projects and is based out of the University of Saskatchewan offices. The goal of her post doctoral research is to bring an interdisciplinary perspective and mixed methods to understanding the health of marginalized communities within Saskatchewan.



Dr. Nazeem Muhajarine and Dr. Hongxia Shan



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