

### SASKATCHEWAN POPULATION HEALTH AND EVALUATION RESEARCH UNIT



2008 - 2009

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## **FUNDERS AND PARTNERS**

#### SASKATCHEWAN HEALTH RESEARCH FOUNDATION

The Saskatchewan Health Research Foundation (SHRF) funds the work of SPHERU through a Health research



Team Grant. As lead agency for the provincial government's *Health Research Strategy*, SHRF acts as a catalyst, supporting the work of individual researchers such as those within SPHERU, as well as the unit itself. The *Health Research Strategy* identifies research priorities that reflect the province's geography and people. This includes the health needs of Saskatchewan's Aboriginal people and seniors, research into mental health and addictions, and prevention of chronic lifestyle-related diseases. These priorities align well with SPHERU's efforts to actively engage communities, non-governmental organizations, and policy-makers in the research enterprise itself, and in making policy and program

changes consistent with research evidence.

#### **UNIVERSITY OF REGINA**

The University of Regina focuses its research, teaching and service on areas in which it has established potential strengths and interests. Health research at the University of Regina has increased substantially, and

involves the multidisciplinary study of the impact of health determinants on various populations, as well as research on policy and program interventions designed to improve health determinants and peoples' equitable access to health services. The Office of the Vice-President (Research) at the University



of Regina supports SPHERU in its research endeavours by providing infrastructure support in both Prince Albert and Regina. With this support, SPHERU is able to form and maintain partnerships both within and outside the University, develop strong ties to the community, and ultimately provide the necessary tools for SPHERU researchers to reach their goals.

#### **UNIVERSITY OF SASKATCHEWAN**

The University of Saskatchewan has been helping to redefine the way people think about health, society and the world around us. With a wide range of health science colleges and programs, the U of S is committed to



expanding health research. SPHERU's support from the College of Medicine provides researchers and students with a direct link to related health research and training, while relationships with other academic departments afford SPHERU the opportunity to enrich research in our theme areas

through collaborative projects across a range of disciplines. The University of Saskatchewan also contributes to the work of SPHERU through infrastructure support and direct funding, and is home to our Saskatoon-based researchers and staff.

## **Message From the Director**



Dr. Bonnie Jeffery, Director Saskatchewan Population Health and Evaluation Research Unit

Since July 1, 2006 I have had the pleasure of leading the Saskatchewan Population Health and Evaluation Research Unit (SPHERU) along with nine other researchers from both the University of Regina and the University of Saskatchewan. As we move into our tenth year of operation, SPHERU researchers continue to create new population health knowledge in collaboration with our community partners in order to address persistent health inequities in Saskatchewan and other parts of the country.

The past year saw the Community and Population Health Research (CPHR) training program draw to a close, but not before contributing award winning and quality researchers to the academic community both at home and abroad. To celebrate this achievement SPHERU and CPHR co-sponsored a national conference to explore recent innovations and emerging trends in population health research with specific focus on the voices of new researchers. Many of our students, joined by key policy makers, researchers, and community representatives, engaged with each other to highlight the current state of population health research in Canada and abroad.

The study of social factors contributing to the wellbeing of various groups and the appropriate policy responses is core to each of our research themes: Rural Health; Healthy Children; and Northern and Aboriginal Health. The Saskatchewan Health Research Foundation (SHRF), through a Health Research Team Grant, supports the research work that is highlighted in this Annual Review.

This past year has been marked by achievements, growth, and successes and we continue with our mission to promote health equity by understanding and addressing population health disparities through policy-relevant research. Our commitment to this mission will continue to be achieved through the importance we place on developing projects that address health determinants and are communitybased and that incorporate attention to the mentoring of new population health researchers.

Bonnie L.

Dr. Bonnie Jeffery Director Saskatchewan Population Health and Evaluation Research Unit

## **MANAGEMENT ADVISORY GROUP**

As chair of the Management Advisory Group (MAG), the governing body of the Saskatchewan Population Health and Evaluation Research Unit (SPHERU), I am delighted to congratulate SPHERU on its growth and evolution into a well functioning and successful biuniversity research unit between the University of Saskatchewan and University of Regina. Through multidisciplinary collaboration SPHERU has been able to provide a diverse and innovative research environment where researchers explore and define population health issues, as well as develop programs of research that directly address these issues, to the benefit of the people of Saskatchewan communities.

The Management Advisory Group, representative of both the University of Saskatchewan and the University of Regina, provides advice and direction to SPHERU on management-level issues. We consist of senior university administrators appointed by the Vice-President of Research at both the Universities of Saskatchewan and Regina. Our role is to work primarily with the Director to provide advice on issues related to SPHERU's operation and administration in order to foster an environment where population health research can prosper.

SPHERU's success is highlighted through the number of quality achievements attained over the past year. Over seventy per cent of SPHERU's grant and contract applications received funding from a variety of institutions. The Community and Population Health Research (CPHR) training program culminated in the New Directions: Linking Policy, Ethics, and Research conference (November 2008). Over the past year SPHERU has welcomed two Post Doctoral Fellows, Dr. Parvez Ahmed and Dr. Gloria DeSantis, as well as Research Associate, Dr. James Daschuk, who enrich the already diverse research capacity of SPHERU.

It is my pleasure to congratulate Dr. Bonnie Jeffery on her acceptance of the extension of her directorship. Under the leadership of Dr. Jeffery, SPHERU has continued to prosper and provide communities, policy makers, and academics with quality and informative research that continues to improve the quality of health that Saskatchewan residents enjoy.

Since its inception in 1999, SPHERU has evolved into a truly multi-disciplinary partnership. Conducting population health research that transforms our communities into healthier entities is an important part of the SPHERU mandate. Bridging gaps, fostering new innovation, and bringing the results of academic research to the communities all play a part in the successes of SPHERU's researchers and staff. Thus. thanks are owed to our funding agencies for their continued support, our community partners with whom we have formed close ties and productive working relationships, both the University of Saskatchewan and Regina for providing the resources that have allowed SPHERU to remain productive, the SPHERU faculty who continue to produce excellence and quality, and to all the SPHERU staff that enable our researchers to do what they do best. This is truly a collaborative effort that has resulted in continued prosperity for SPHERU, the results of which are reflected within our own communities.

Dr. Beth Horsburgh Chair, Management Advisory Group

The management of SPHERU is guided by a Memorandum of Understanding (MOU) signed by the University of Regina and University of Saskatchewan. This MOU outlines the cooperative agreement to support the work of SPHERU and highlights the role of the Management Advisory Group in providing consultation and advice to the Director and members of SPHERU. The members of this Group are appointed by the Vice-Presidents Research at each university and bi-annual meetings allow for an update of research and financial activities of the Unit as well as the provision of collegial support to the research program.



Management Advisory Group

From left to right: Dr. Jim Thornhill, Associate Dean Research, College of Medicine, University of Saskatchewan; Dr. Martha E. (Beth) Horsburgh, Chair, Associate Vice-President Research - Health, University of Saskatchewan; Dr. Murray Knuttila, Associate Vice-President Academic, University of Regina; Dr. Craig Chamberlin, Dean, Faculty of Kinesiology and Health Studies, University of Regina

## WHO WE ARE

The Saskatchewan Population Health and Evaluation Research Unit (SPHERU) is a bi-university interdisciplinary research unit committed to critical population health research. We currently have ten researchers from the Universities of Regina and Saskatchewan working in three sites; on the main campus at both universities, and at a satellite office and research lab in Prince Albert. Established in 1999, SPHERU is the first bi-university health research unit of its kind in Saskatchewan, and is funded by the Saskatchewan Health Research Foundation, with additional project-specific funding provided by other provincial and national health research funding agencies.

The unit's mission— the promotion of health equity by understanding and addressing population health disparities through policy-relevant research—is operationalized through four inter-related types of research: 1) the creation of new knowledge; 2) independent policy analysis; 3) collaborative research with policy makers around shared research questions and evaluation of policies and programs; and 4) collaboration with communities on strategies to reduce health inequities.

SPHERU's research focuses on three themes, Northern and Aboriginal Health, Healthy Children and Rural Health, derived directly from our understanding of population health outcomes and from issues that are particularly relevant to Saskatchewan. Northern and Aboriginal Health research seeks to develop culturally relevant health frameworks and examines the role that culture plays as a health determinant. Research in the area of Healthy Children considers how contexts shape children's health and development outcomes, and Rural Health research focuses on the impacts of socioeconomic determinants of health in rural populations. SPHERU also conducts evaluation research, the fourth theme, which studies the effectiveness of policies and programs against their desired outcomes.

The type of research SPHERU does is important, but what sets it apart is who we are and how we conduct our work. Researchers come from a variety of backgrounds including geography, political science, anthropology, psychology, epidemiology and social work, to name a few. The diverse range of backgrounds, disciplinary training, methodological strengths and health research interests among SPHERU researchers brings a wide variety of perspectives and expertise to population health inquiry. Working collaboratively across the boundaries of disciplines gives SPHERU the ability to undertake critical population health research.

SPHERU takes a collaborative approach to population health research working *with* communities and policy makers rather than merely on or about communities and policies. We are committed to:

- mobilizing and building upon the expertise of our researchers, students, trainees and research partners;
- ensuring our research questions and results are relevant to improving the health of Saskatchewan residents; and
- exchanging our research knowledge through engagement with communities and policy makers.

Working with communities and policy makers to improve the health of Saskatchewan people.

## WHAT WE DO



#### NORTHERN AND ABORIGINAL HEALTH

SPHERU research in the area of northern and Aboriginal health is situated in the global context of Indigenous frameworks and indicators discourse, and broadly framed through the lens of culture as a health determinant. We know that peoples around the world continue to experience disproportionate health burdens, with large disparities in most social and health indicators.

In order to measure progress toward reductions in health disparities, it is essential that quality Indigenous health data exist. This requires conceptual level progress in the area of culturally relevant definitions of health, accompanied by the development of indicators suitable to these new frameworks. Both of these areas of research are unfolding in a national and global context that explicitly recognizes culture as a health determinant, but is limited in its application by our poorly developed understanding of what that means and of how culture intersects with other, better defined determinants such as income, social status, education, and employment.

We recognize the particular importance of culture in

the health of Aboriginal people in Canada. Our projects explore the role of culture in population health by looking at culture as a determinant of health, by considering culturally relevant definitions of health, and through refining cultural identity as an indicator of health.

#### **HEALTHY CHILDREN**

Children are an example of a population group whose compromised health has consequences, not only for their life course, but also for society. Our research addresses the limitations of previous studies and incorporates a critical population health approach.

Evidence has shown that neighbourhood effects on children are observable, but that these effects were very small after accounting for individual differences. This conclusion is at odds with recent studies that show not only that there are neighbourhood effects on child health outcomes independent of individual level factors, but that these neighbourhood factors may have an even greater impact on child health outcomes than previously understood. Policy makers lack an evidence base to support interventions that are contextual and locally based.

Research on the impact of physical and social environments on healthy childhood development is complex, and research to date suffers from a lack of conceptual clarity, lack of data at the level of place of residence, lack of activity that is meaningful to subjects, and little incorporation of social theories that explain the importance of context in the lives of individuals.

Overall, work in the area of Healthy Children contributes to a deeper understanding of how the various contexts (family milieu, neighbourhood social and physical environment, school environment) shape child health and developmental outcomes, and to learning how successful our community-based intervention efforts are in producing better outcomes for children. Through this research and by working very closely with decision-makers, we contribute to achieving better health and development for all children in Saskatchewan.

#### **RURAL HEALTH**

Rurality is a powerful determinant of women's and men's health. Rural people's poorer health status is a result of significant inequities in health-determining conditions, as compared to their urban counterparts. Some of the contextual factors unique to rural settings have been identified as exacerbating or mitigating health outcomes of rural residents.

In Saskatchewan, thirty six percent of the population lives in rural areas. These areas have been hard hit by factors such as:

- economic restructuring in agriculture & forestry;
- the loss of young people;
- deteriorating infrastructure; and
- the restructuring of the provision of services in health and education.

Rural health research projects conducted by SPHERU continue to provide a better understanding of the impact of economic and cultural determinants on the health of rural women, men, and youth.

#### **EVALUATION**

SPHERU also conducts evaluation research that studies the effectiveness of policies and programs in their efforts to make social and environmental conditions healthier and more equitable. These evaluations are usually undertaken in partnership with policy and program personnel, so that their knowledge can contribute to evaluation design, and their engagement in the process can better equip them to put the findings into practice.

#### KNOWLEDGE TRANSLATION AND EXCHANGE

SPHERU brings researchers together in an environment that promotes and supports collaboration among academics and between academic and community partners. Researchers developing projects are able to draw on their colleagues' disciplinary expertise, experience with knowledge translation best practices, and the relationships that they have nurtured with other researchers, policy makers, and community members.

Our knowledge transfer and exchange activities are conducted as an integral part of our collaboratively driven research strategy. They help strengthen capacity for researchers, students, policy makers, and communities to act on our shared findings, ensuring that new understandings are in the hands of those who can affect changes that address health disparities associated with social inequalities.

"We have worked with SPHERU researchers since 2003, and have been impressed by SPHERU's commitment to conducting research that is useful to policy makers and practitioners by developing strong collaborative research partnerships and using sound knowledge transfer and exchange methods to sustain these partnerships."

Gail Russell, Director, Early Childhood Development Unit, Saskatchewan Ministry of Education

## **RESEARCH FACULTY**



#### SYLVIA ABONYI, PHD

Dr. Abonyi is an anthropologist working primarily in the area of Aboriginal health. She explores the role of culture in health with a number of research projects located in northern and remote Saskatchewan and across the Prairie provinces. She is an Associate Professor with the University of Saskatchewan's department of Community Health and Epidemiology and a Canada Research Chair, Aboriginal Health.

#### PAUL HACKETT, PHD

Dr. Hackett's interests focus on the impact of cultural change on community health. Research projects include examining the factors that helped set the stage for the current epidemic of Type 2 diabetes among First Nations in Saskatchewan and Manitoba and investigating the history of tuberculosis among the western First Nations. Dr. Hackett is an Assistant Professor with the University of Saskatchewan's Department of Geography.





#### MARY HAMPTON, PHD

Dr. Hampton focuses her research interests on developing materials to increase cross-cultural knowledge and facilitate delivery of culturally appropriate end of life care for Aboriginal Families. She is the Academic Research Coordinator for Research and Education Solutions to Violence and Abuse (RESOLVE) and a Professor of Psychology with Luther College, University of Regina.

#### BONNIE JEFFERY, PHD

Dr. Jeffery is a Professor in the Faculty of Social Work, University of Regina and Adjunct Professor in the Sociology Department at the University of Saskatchewan. She has been the Director of SPHERU since July 2006 and maintains an active research program related to determinants of healthy communities and access to health services for northern, remote and rural communities.





#### SHANTHI JOHNSON, PHD

Dr. Johnson is a dietitian and a professor at the University of Regina's Faculty of Kinesiology and Health Studies. Her research interests focus on examining the role of exercise and nutrition interventions in improving an individual's capacity to carry out activities of daily living and to decrease the frequency of debilitating falls. Dr. Johnson's research addresses SPHERU's Rural Health theme.



#### DIANE MARTZ, PHD

Dr. Martz works in the area of rural women's health. Her research focus is on the social, economic, and cultural dimensions of rural health. She is co-investigator with other SPHERU Research Faculty on the several projects and aids in the development of an evaluation framework, workshops, and supporting materials for communities evaluating Aboriginal health projects.

#### TOM MCINTOSH, PHD

Dr. McIntosh brings expertise on public policy making and knowledge transfer and exchange to several SPHERU projects. He is presently the principal investigator and co-investigator on several SPHERU projects and developing a program of research in Northern and rural health human resources policy.





#### NAZEEM MUHAJARINE, PHD

Dr. Muhajarine leads SPHERU's Healthy Children Research area. Current involvements include conducting an evaluation on the Saskatchewan Government's *KidsFirst* Program, studying the prevalence of antenatal depression, determining the readiness of school age children through the Understanding the Early Years projects, and establishing a provincial Early Years knowledge network.

#### PAMMLA PETRUCKA, PHD

Dr. Petrucka's research interests include Aboriginal health, rural women's health, informatics in health care, and international health. She currently leads / co-leads various community based research projects with three Aboriginal groups in Saskatchewan. Dr. Petrucka is an Associate Professor at the University of Saskatchewan's College of Nursing.





#### NAZMI SARI, PHD

Dr. Sari's research interests include: economics of health promotion and prevention; economics of suicide prevention programs; competition, healthcare quality and cost in hospital markets; healthcare financing and provider reimbursements; and human resource projections in healthcare markets. Dr. Sari is principal investigator on Family Physician Workforce Projections in Saskatchewan and co-investigator on other SPHERU research projects.

## **RESEARCH ASSOCIATES**



#### JAMES DASCHUK, PHD

Dr. Daschuk joined the SPHERU team in 2008 and brings experience as an historian with a background in anthropology. He has been researching and teaching in the field of Aboriginal health for nearly twenty years. He is an Assistant Professor in the Faculty of Kinesiology and Health Studies at the University of Regina.

## **POST DOCTORAL FELLOWS**



#### PARVEZ AHMED, PHD

January - May 2009

Dr. Ahmed holds a PhD in Occupational Medicine and is a post doctorate in SPHERU's CPHR training program. He is currently working under the supervision of Dr. Nazeem Muhajarine. He will be conducting quantitative analysis in various projects of the Healthy Children theme, including an evaluation of the Canada Prenatal Nutrition Program's effectiveness. His areas of interest include reproductive health and perinatal health and environmental health research.

#### GLORIA DESANTIS, PHD

Dr. DeSantis is a new post doctoral fellow in the area of socio-health. Working under the supervision of Dr. Tom McIntosh, Dr. DeSantis will continue to focus her research on health inequities and social justice, health impacts of the voluntary social service sector, community involvement in health / social policy development, knowledge creation and translation from the ground up, and structural and political determinants of health. She is a recent graduate of the CPHR training program and recipient of the SHRF Top Researcher award.



## **ADMINISTRATIVE TEAM**



COLLEEN HAMILTON, RESEARCH ADMINISTRATOR (PRINCE ALBERT SITE, UNIVERSITY OF REGINA) Colleen joined SPHERU in 2002 as Project Coordinator on the First Nation's Health Development project, and now acts as coordinator for a number of research projects conducted from the Prince Albert site.

#### RICHELLE LEONARD, RESEARCH ADMINISTRATOR (UNIVERSITY OF REGINA)

On leave March 2009 – April 2010 Richelle Leonard joined SPHERU in 2008 as Research Administrator for the Regina site. Her role with SPHERU is to coordinate the administrative and financial activities for both the unit as a whole and for individual researchers.





#### MEAGHAN MATCYK, RESEARCH ADMINISTRATOR (UNIVERSITY OF REGINA) March 2009 - April 2010

Meaghan joined SPHERU in 2009 as Research Administrator for the Regina site. Over the next year she will manage the financial and administrative activities for the site and for individual researchers.

#### JANICE MICHAEL, RESEARCH ADMINISTRATOR (UNIVERSITY OF SASKATCHEWAN)

Janice Michael joined the SPHERU team as Research Administrator for the Saskatoon site in 2007. Her role with SPHERU is to coordinate the administrative and financial activities for the unit as a whole and for individual researchers.





BONNIE ZINK, COMMUNICATION AND KNOWLEDGE EXCHANGE OFFICER (UNIVERSITY OF SASKATCHEWAN) Bonnie joined the SPHERU team in 2008 as Research Officer for the Healthy Children's research team. She currently handles communications and knowledge exchange activities for the unit as a whole and provides communication and knowledge exchange support for individual researchers in a half-time role.

# **PROJECT STAFF AND TRAINEES**

PROJECT STAFF			
Ann Bishop Jody Boffa Shardelle Brown	Diana Fedosoff Colleen Hamilton Taban Leggett	Carme Lopez-Hille Fleur Macqueen Smith Kathleen McMullin	Rob Nesdole Darren Nickel
	PROJECT RE	ESEARCHERS	
Kim Fellner Deepal Gajadeera Paula Ghiglione Sandra Hansen Theresa Lanigan	Scott MacNeil Clarissa McDonald Betty McKenna Ashlee Mulligan Anna Nilson	Chad Nilson Marcel Petit Andrea Redman Maggie Robillard Carolyn Rogers	Angela Slind Stacey Shand Tiffaney Zapotochny
	UNDERGRADU	ATE STUDENTS	
Christine Bilinski David Climenhaga Jody Haukeness	Holly McKenzie Chelsea Millman Laura Petrishen	Brayden Sauve Gina Trapp Kim Zorn	
	GRADUATE	STUDENTS	
Acan Beliz Carolyn Brooks Meridith Burles Heather Childs Tamara Colton Jennifer Cushon Mitch Daschuk Michael Ducie Marge Gauley Alice Glaze Jonathan Harris Karolayna Isley	Holly Kruger Jennifer Langille Amanda Lavelle Tina Leckie Natalie Ludlow Peggy Lumberjack Jaime Mantesso Erin McKillop Mark Nelson Robert Nesdole Sarah Nickel Ana Novakovic	Jill Nutini Chassidy Puchala Lee Sanders Riddhi Shukla Melissa Stoops Danielle Sturgeon Laura Taylor Vincent Terstappen Tuba Tuncel Carmen Webb Angela Wiebe Brandy Windquist	Karen Wood Megan Woods Judy Wright

# **RESEARCH PROJECTS**

PROJECT TITLE	Funder, Amount, Time Frame
Aboriginal population health research and training facility Theme: Northern and Aboriginal Health	Canadian Foundation for Innovation Canada Research Chairs Infrastructure Fund \$125,000 2005-2009
Antenatal and postpartum depression in high-risk women Theme: Healthy Children	Canadian Institutes of Health Research Operating \$305,676 2005-2010
ART-fully partnering: Working with HIV positive childbearing women in an African slum Theme: Healthy Children	Social Sciences and Humanities Research Council International Opportunities Fund \$25,000 2007-2008
Canadian Observatory: Researching the justice system's response to intimate partner violence Theme: Northern and Aboriginal Health; Healthy Children	Social Sciences and Humanities Research Council \$2,200,000 2007-2012

RESEARCHERS	DESCRIPTION
Principal Investigator: Sylvia Abonyi, SPHERU	The training facility is dedicated to improving our understanding of Aboriginal health, particularly in the area of population health, and providing training to new generations of researchers. The facility is located in Prince Albert, Saskatchewan, where research process, methods, and dissemination are highly integrated.
<ul> <li>Co-principal Investigators: Nazeem Muhajarine, SPHERU; Angela Bowen, University of Saskatchewan</li> <li>Co-Investigators: George Maslany, University of Regina; Peter Butt, Rudy Bowen and Tulay Koru- Sengul, University of Saskatchewan</li> </ul>	This study identifies factors that relate to depression during pregnancy. This work informs the content and targeting of early intervention programs for depression during pregnancy by identifying those who are at increased risk for depression during pregnancy, identifying what factors appear to mitigate or exacerbate these risks and by knowing how depression changes during pregnancy and after birth.
<b>Principal Investigator:</b> Pammla Petrucka, SPHERU <b>Co-Investigators:</b> Akinyi Odinga, Jaramogi Oginga Odinga Foundation; Stephen Nsimba, Muhimbili University College of Health Sciences	The project is aimed at linking partners in Kenya, Tanzania, and Canada from academic, non-government organizations, and local clinics who are working with HIV positive pregnant women. This effort facilitates the formation of a research team and environment which is inter-disciplinary, inter-sectoral, and international to better identify, strategize, and plan for a research program targeting some of the most vulnerable.
<ul> <li>Principal Investigator: Carmen Gill, University of New Brunswick</li> <li>Co-Investigators: Mary Hampton, SPHERU; Rina Arseneault and Nicole Letourneau, University of New Brunswick; Helene Berman and Peter Jaffe, University of Western Ontario; Dominique Damant and Giles Rondeau, Université de Montréal; Myrna Dawson, University of Guelph; Joseph Hornick, Canadian Research Institute for Law and the Family; Margaret Jackson, Simon Fraser University; Lucie Ogrodnik, McMaster University; Leslie Tutty, University of Calgary; Jane Ursel, University of</li> </ul>	Observatories are proactive investigators, providing strong political messages that inform policy making. The Canadian observatory mobilizes knowledge by creating and sustaining a synergy among those who are studying intimate partner violence and the justice system response, and by facilitating the sharing and transferring of knowledge across the country and abroad.

Manitoba

PROJECT TITLE		Fund	er, Amount, Time Frame	
A comparative analysis of the emergence of T mellitus among the First Nations of Manitoba Saskatchewan: 1945-1970			alth Research Foundation Establishment Grant	
Theme: Northern and Aboriginal Health; Rural	l Health	2007-2009		
<b>Completing the circle: End of life care with Ab</b> Theme: Northern and Aboriginal Health	original families	Canadian Institute Operating	es of Health Research	
		\$208,591		
		2006-2009		
different, not wrong." Participant, Completing the of families video, Allan Blair Car The determinants of TB transmission in the Car population of the prairie provinces	ncer Centre		es of Health Research	
Theme: Rural Health		\$902,410		
		2006-2011		
some reason this i		ked me up. I'm really hterview, this thing m terminants of TB tran		
Disparity of childhood immunization coverage by neighbourhood socioeconomic status		Canadian Institute Operating	es of Health Research	
Theme: Healthy Children		\$282,000		
		2007-2010		

RESEARCHERS	DESCRIPTION
<b>Principal Investigator:</b> Paul Hackett, SPHERU <b>Co-Investigators:</b> Sylvia Abonyi, SPHERU; Ann Herring, McMaster University	This study examines the changing socio-cultural and environmental conditions among First Nations people in Manitoba and Saskatchewan that contribute to the rise of type II diabetes mellitus between 1945 and 1970. It seeks to understand the process by which ongoing cultural change led to changing dietary practices and activity levels. The study's findings cast light on the present varied pattern of type II diabetes mellitus in the two provinces, and contribute to the implementation of more culturally sensitive intervention programs among the First Nations.
<b>Principal Investigator:</b> Mary Hampton, SPHERU <b>Co-Investigators:</b> Angelina Baydala and Carrie Bourassa, First Nations University of Canada; Velda Clark, Regina Qu'Appelle Health Region; Michael MacLean and Gerald Saul, University of Regina	This research works towards the development of culturally appropriate end-of-life care for Aboriginal families. Enhancing awareness among non-Aboriginal families and increasing awareness among Aboriginal families of existing resources in this are are two central goals. A series of three videos documenting traditional Aboriginal end-of-life knowledge and protocol will provide the foundation for developing an Aboriginal unit in the Bereavement Centre of Excellence in Regina and for delivering educational material from this space.
<ul> <li>Principal Investigator: Richard Long, University of Alberta</li> <li>Co-Investigators: Sylvia Abonyi, SPHERU; Vernon Hoeppner, University of Saskatchewan; Malcolm King, Dennis Yukio Kunimoto, and Maria Mayan, University of Alberta; Richard Menzies, McGill University; Pamela Orr, University of Manitoba</li> </ul>	This study reflects a region-wide, multifaceted, and programmatic approach to informing TB elimination strategies. One goal is to translate the results into practical solutions to help those who need it the most. The study has the potential to influence social determinants of health in marginalized communities, provide impetus for improved health outcomes in Aboriginals, and explore a regional model of coordinated activity.
<ul> <li>Co-principal Investigators: Cordell Neudorf and Mark Lemstra, Saskatoon Health Region</li> <li>Co-Investigators: Nazeem Muhajarine, SPHERU; Carl D'Arcy, Ayisha Kurji, Syed Shah, Jennifer Toye, University of Saskatchewan; Allen Ross, Saskatoon Health Region</li> </ul>	This study is a prospective cohort to determine the effectiveness of interventions to increase childhood immunization coverage rates.

PROJECT TITLE	Funder, Amount, Time Frame
Early Years Knowledge to Action Network: Linking community, university and government for child health and wellbeing (KidSCAN)	Canadian Institutes of Health Research Knowledge to Action
Theme: Healthy Children	\$200,000 2008-2010
Evaluating the use of community health indicators toolkit and program logic models	Social Sciences and Humanities Research Council \$25,000
Theme: Northern and Aboriginal Health	2008-2009
"Because I think that a lot of communities need but many of them don't know where to start an is a great spring board, and I don't think that the Nations communities." Karen Pyra, Consultant, Pyra Management Con	nd something like this ney need to be First
Falls Prevention Research Laboratory	Canadian Foundation for Innovation
Theme: Rural Health	Leaders' Opportunity Fund
	\$208,445
	2008-2009
A gathering of support: Developing an Aboriginal grassroots research network on HIV/AIDS	Canadian Institutes of Health Research Operating
Theme: Northern and Aboriginal Health	\$25,000
	2008-2009

RESEARCHERS	DESCRIPTION
Co-principal Investigators: Nazeem Muhajarine and Diane Martz, SPHERU; Sue Delanoy, Communities for Children; Steven Whitehead, Saskatoon Public Health Observatory Co-Investigators: Fleur Macqueen Smith, SPHERU; Carrie Bourassa, First Nations University; Pam Woodsworth, <i>KidsFirst</i> Saskatoon; Jeff Smith, University of Saskatchewan; Gail Russell, Saskatchewan Ministry of Education; Charlie Clark, City of Saskatoon	This initiative is focused on improving the wellbeing of children. It is our aim to take what has been primarily a Saskatoon-based knowledge-to-action early childhood research network to one that has greater relevance provincially - to Aboriginal and rural and northern communities in Saskatchewan.
Principal Investigator: Bonnie Jeffery, SPHERU Co-Investigators: Sylvia Abonyi, Mary Hampton, and Paul Hackett, SPHERU	Through addressing the information needs of community-based health care directors and providers in tracing the impact of locally delivered health programs on community health, SPHERU will evaluate the effectiveness of our knowledge translation activities. The development of a Community Health Indicators Toolkit and Program Logic Models were distributed back to the First Nation and northern health organizations who partnered with us on this project. They have since been shared with other communities across Canada. Our participatory evaluation methodology involves our community in this project and focuses on producing findings that will result in deliverable of benefit to them as well as others conducting research in this area.
Principal Investigator: Shanthi Johnson, SPHERU	Epidemiological research is undertaken to assess the trends and patterns of falls among the elderly in rural and urban areas and to develop evidence-based interventions from a system-wide perspective. Intervention research focusing on the role of community-based interventions involving exercise and nutrition to improve an individual's capacity to carry out activities of daily living and to decrease the frequency of debilitating falls is examined.
Principal Investigators: Margaret Akan and Carrie Bourassa, First Nations University of Canada Co-Investigators: Mary Hampton, SPHERU	A two day workshop highlighted the experiences of APHA's community based organizations' perspectives, the importance of research (principles of Ownership, Control, Access, Possession or OCAP), group research activity, and future Aboriginal HIV/AIDS research projects. An objective to develop partnerships that will support applications for funding to complete research among the Aboriginal population of Saskatchewan will foster a working relationship with academics, Elders, community groups, etc.

PROJECT TITLE	Funder, Amount, Time Frame
Globalization and the health of Canadians: A transdisciplinary research network Theme: Healthy Children	Canadian Institutes of Health Research Reducing Health Disparities International Capacity Enhancement \$700,000 2005-2010
The healing journey: A longitudinal study of women who have been abused by intimate partners Theme: Northern and Aboriginal Health; Healthy Children	Social Sciences and Humanities Research Council Community/University Research Alliance \$1,000,000 2004-2009
Healthy life expectancy among Indians and Canadians: Are there any differences by gender, rurality, and socioeconomic status Theme: Rural Health	CIHR World Health Survey Project \$36,000 2007-2010
History of diabetes data processing unit Theme: Northern and Aboriginal Health; Rural Health	Canadian Foundation for Innovation Leaders' Opportunity Fund \$46,588 2008

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RESEARCHERS	DESCRIPTION
<ul> <li>Principal Investigator: Ron Labonte, University of Ottawa</li> <li>Co-Investigators: Nazeem Muhajarine, SPHERU; Carol Amaratunga, Neil Andersson, Elizabeth Kristjansson, Michael Orsini, Michael Sawada, Theodore Schrecker, and Denise Spitzer, University of Ottawa; Toba Bryant, St. Michael's Hospital; Kristin Good, Dalhousie University; Sally Heymann and Nancy Ross, McGill University; Heather MacLean, University of Toronto; Judith McKenzie, University of Guelph; Karen Murray, University of New Brunswick; Aleck Ostry and Jerry Spiegel, University of British Columbia; Dennis Raphael, York University; Rose Damaris, University of Quebec</li> </ul>	This project provides opportunities for knowledge exchange and methodological cross-fertilization that are not now available; investigates the impact of globalization on disparities in health at the local (municipal / neighbourhood / community) scale; generates new research projects and training opportunities related to globalization and health disparities; and identifies opportunities and best practices for interventions in response to the challenges presented by globalization.
<ul> <li>Principal Investigator: Jane Ursel, University of Manitoba</li> <li>Co-Investigators: Mary Hampton, SPHERU; Marlene Bertrand, Manitoba Department of Family Services and Housing; Jocelyn Proulx, University of Manitoba; Lorraine Radtke and Leslie Tutty, University of Calgary</li> </ul>	This research aims to improve the services offered to women who have been abused and slow the "revolving door" pattern which sees many women stuck in a cycle of repeated abuse and flight. The project will analyze factors that prevent or help women break free of domestic abuse.
Principal Investigator: Shanthi Johnson, SPHERU	This project examines the factors affecting healthy longevity by computing healthy life expectancy by gender, rurality, and socioeconomic status. It calculates life expectancies and health expectancies by using Sullivan methods and a comparison between developed and developing regions. Methodological issues in computing active life expectancy based on multistate life table methods are presented.
Principal Investigator: Paul Hackett, SPHERU	This project develops a data processing and dissemination facility for research into the history of First Nations diabetes in Manitoba and Saskatchewan. The focus is on the period leading up to its emergence as an epidemic in the latter part of the 20 <sup>th</sup> century. This enhances the study of diabetes in Canada by supplying key historical context for ongoing contemporary biomedical and population research.

PROJECT TITLE	Funder, Amount, Time Frame
HIV/AIDS, maternal health and mother identities: Health- related behaviours, programming implications, and narrative constructions Theme: Northern and Aboriginal Health; Healthy Children	Canadian Institutes of Health Research Operating \$231,627 2008-2011
Indigenous knowledge networks for infant, child, and family health Theme: Northern and Aboriginal Health; Healthy Children	Canadian Institutes of Health Research Operating \$980,000 2008-2013
Living with hope: Developing a psychosocial supportive program for male spouses of women with breast cancer Theme: Rural Health; Northern and Aboriginal Health	Canadian Breast Cancer Foundation \$144,050 2009-2011
Living with hope: Developing a psychosocial supportive program for rural older women caregivers of spouses with advanced cancer Theme: Rural Health	Canadian Institutes of Health Research \$244,719 2008-2011

RESEARCHERS	DESCRIPTION
<ul> <li>Principal Investigator: Pamela Downe, University of Saskatchewan</li> <li>Co-Investigators: Sylvia Abonyi, SPHERU; Karen Lawson and Jennifer Poudrier, University of Saskatchewan</li> </ul>	This community-based research determines the inter-relationship between women's experiences with motherhood and HIV/AIDS in a context where HIV/AIDS is highly indigenized. It assesses how mother identities affect the health-related beliefs and behaviours of women accessing the services of AIDS Saskatoon and determines what HIV/AIDS related resources and services in Saskatoon and regionally are empowering to mothers infected with and affected by HIV/AIDS.
<ul> <li>Principal Investigator: Janet Smylie, St. Michael's Hospital, Toronto</li> <li>Co-Investigators: Sylvia Abonyi, SPHERU; Marcia Anderson, University of Manitoba; Roberta Burns; Maria Campbell and Winona Wheeler, Athabasca University; Jonathan Dewar, National Aboriginal Health Organization; Brenda MacDougall, University of Saskatchewan; Sylvia Maracle; Kelly McShane and Patricia O'Campo, St. Michael's Hospital, Toronto; Lisa Sterling, Simon Fraser University; Sara Wolfe</li> </ul>	This knowledge translation project has the goal of improving the content and flow of Indigenous and Western public health information into community health programs for the young First Nations and Metis families in Ontario and Saskatchewan. Our transdisciplinary team of scientists and Indigenous knowledge keeps apply a cutting edge mixed method evaluation of knowledge products and processes.
Principal Investigator: Wendy Duggleby Co-Investigators: Mary Hampton, SPHERU	This project incorporates Dr. Duggleby's "Living with Hope" intervention into existing psychosocial care programs, extending the focus to male caregivers and testing the effectiveness by gender. The reach of this project extends to Northern Canada and rural areas of Saskatchewan.
Principal Investigator: Wendy Duggleby Co-Investigators: Mary Hampton, SPHERU	This project explores the effectiveness of the "Living with Hope" intervention developed by Dr. Duggleby for women caregivers of cancer partners living in rural areas.

	PROJECT TITLE	FUNDER, AMOUNT, TIME FRAME
the United Kingdom minority ethnic won		Social Sciences and Humanities Research Council \$225,000 2009-2012
Theme: Northern ar	id Aboriginal Health	
Ocanku Duta Amani Theme: Northern ar	: Paths to living well for Aboriginal youth	Canadian Institutes of Health Research Aboriginal Health New Investigator
		\$228,102
		2007-2009
	"I have noticed outstanding growth for the youth commitment, and are anxious to participate."	n. They are showing
	Andrea Redman, Standing Buffalo First Nation	
Osteoporosis care ga evidence-based mar	ap among the elderly: From screening to nagement	Saskatchewan Health Research Foundation New Investigator Grant
Theme: Rural Health	1	\$79,947
		2008-2010
Saskatchewan reside	e edge: Aboriginal and rural ents living with chronic kidney disease/	Saskatchewan Health Research Foundation Establishment Grant
chronic renal insuffic	-	\$79,944
ineme: Northern ar	nd Aboriginal Health; Rural Health	2007-2008

RESEARCHERS	DESCRIPTION
<ul> <li>Principal Investigator: Dominique Damant, University of Montreal</li> <li>Co-Investigators: Mary Hampton, SPHERU; Jane Ursel, University of Manitoba; Leslie Tutty, University of Calgary; Jacqueline Oxman-Martinez, University of Montreal</li> </ul>	This qualitative, international project looks at the experience of mothering among Aboriginal and Black minority ethnic women who have experienced intimate partner violence.
Principal Investigator: Pammla Petrucka, SPHERU Co-Investigators: Bonnie Jeffery, SPHERU; Sandra Bassendowski, Louise Racine and Marlene Smadu, University of Saskatchewan	This research seeks the perspectives of Aboriginal on-reserve youth about their "paths to being and becoming well." A select group on on-reserve youth in Saskatchewan explore the meaning and strategies to being well in a holistic context using sharing circles and photovoice. The youth develop an interactive activity through which they will share their knowledge and experiences with other Aboriginal on-reserve youth.
Principal Investigator: Shanthi Johnson, SPHERU Co-Investigators: Drona Rasali, Saskatchewan Health	This project studies the effectiveness of current screening tools for osteoporosis and evaluates the use of relatively inexpensive quantitative ultrasound (QUS) testing as a supplement to current bone mineral density testing (BMD) tools. The study of the osteoporosis care gap looks at preventative actions and management strategies following the assessment of an individual's bone status. This research helps to improve the management process and protocols following bone density testing, with potential benefits to the health care system as well as older adult health.
<b>Principal Investigator:</b> Pammla Petrucka, SPHERU <b>Co-Investigators:</b> Roland Dyck and Joanne Kappel, University of Saskatchewan; Deborah Norton, Regina Qu'Appelle Health Region	This project seeks the insights of Aboriginal people about their experiences with chronic kidney disease. This research considers how people with chronic kidney disease feel about their condition and quality of life, how they use health services, and whether they face barriers in accessing care. The project identifies the challenges health providers face, and opportunities they see in meeting the care needs of Aboriginal and rural people with this chronic condition.

Funder, Amount, Time Frame
Canadian Institutes of Health Research Training Program Initiative
\$1,892,000 2002-2009
Indigenous Peoples' Health Research Centre \$20,000 2008-2009
Canadian Institutes of Health Research Interdisciplinary Capacity Enhancement Teams Grant Program \$900,000 2006-2011

RESEARCHERS	DESCRIPTION
<b>Co-principal Investigators:</b> Nazeem Muhajarine, SPHERU; George Maslany, University of Regina <b>Co-Investigators:</b> Bonnie Jeffery, SPHERU	From 2002 to 2008, the CPHR Training Program facilitated an interdisciplinary approach to population health research, successfully training twenty-seven different researchers and scholars from thirteen different disciplines. Nationally and internationally renowned guest lecturers exposed trainees to new ways of framing research questions, applying research methodologies, and disseminating research knowledge to influence public policies. The trainees received mentorship over thirty-six faculty members from the University of Saskatchewan and the University of Regina. The numerous achievements of these students serve to show the high quality of training they have received.
<ul> <li>Principal Investigator: James Mulvale, University of Regina</li> <li>Co-Investigators: Mary Hampton, SPHERU; Carrie Bourassa, First Nations University of Canada; Donna Poorman, Yellow Quill First Nation</li> </ul>	This action research project puts into place an intervention for males suffering from domestic violence on the Yellow Quill First Nation.
Co-principal Investigators: Lewis Williams and Caroline Tait, University of Saskatchewan Co-Investigators: Sylvia Abonyi and Mary Hampton, SPHERU; Karen Chad, Patience Elabor-Idemudia, Kathryn Green, Diane Janes, Bonnie Janzen, Lewis Mehl-Madrona, and Ozlem Sari, University of Saskatchewan; Gail Guthrie- Valaskakis, Aboriginal Healing Foundation; Jennifer Hatfield and Wilfreda Thurston, University of Calgary; Judy White, University of Regina	Through knowledge development and translation activities this project aims to understand and address mental health disparities among vulnerable populations, specifically Indigenous and racialized immigrant women. This project mobilizes a trans- disciplinary and multifaceted research program that creates new knowledge in mental health promotion theory, policy and practice that is achieved by bringing together a unique blend of research scientists, policy and decision makers, and community-based practitioners.

	PROJECT TITLE	Funder, Amount, Time Frame
	community mapping for Moose Jaw, n Understanding the Early Years	Human Resources Skills and Development Canada Moose Jaw
Theme: Healt	thy Children	Understanding the Early Years
		\$40,000
		2007-2010
	"We are very pleased to have partnered with D jarine and SPHERU as researchers in our Moos Saskatchewan Understanding the Early Years p a wealth of knowledge and experience to this p	e Jaw- South Central project. SPHERU brings
	Melody Mitchell, Community Coordinator, Mo Understanding the Early Years project	ose Jaw-South Central
	community mapping for Northeast n Understanding the Early Years	Human Resources Skills and Development Canada Northeast Saskatchewan Understanding the Early Years
meme. near		\$29,000
		2007-2008
	community mapping for Southeast n Understanding the Early Years	Human Resources Skills and Development Canada Southeast Saskatchewan
		Understanding the Early Years
Theme: Healt		Understanding the Early Years \$57,500
Theme: Heal		\$57,500
Theme: Healt Saskatchewar Unit	thy Children	\$57,500 2007-2010 Saskatchewan Health Research Foundation

RESEARCHERS	DESCRIPTION
Principal Investigator: Nazeem Muhajarine, SPHERU	<ul> <li>UEY is a national initiative that helps community members understand the needs of the children in their communities so that they are better able to develop programs and services to meet these needs. Each UEY research team conducts research in their own community and works with other community members to share this knowledge and address local issues. The Healthy Children research team provides expertise in conducting community-based research, neighbourhood mapping, and knowledge transfer and exchange to three UEY projects:</li> <li>Southeast Saskatchewan project;</li> <li>Moose Jaw-South Central Saskatchewan project, and</li> <li>North East Saskatchewan Project.</li> </ul>
Principal Investigator: Nazeem Muhajarine, SPHERU	
Principal Investigator: Nazeem Muhajarine, SPHERU	
Principal Investigator: Bonnie Jeffery, SPHERU	SPHERU focuses on building new knowledge, influencing policy change, and increasing research capacity in three themes:
Co-Principal Investigator: Nazeem Muhajarine, SPHERU	northern and Aboriginal health, healthy children, and rural health. In the next five to seven years, SPHERU aims to consolidate its
<b>Co-Investigators:</b> Sylvia Abonyi, Paul Hackett, Nazmi Sari, Diane Martz, Tom McIntosh, Mary Hampton, Shanthi Johnson, and Pammla Petrucka, SPHERU	reputation as the premier research unit in Canada that conducts a particular brand of population health research - policy relevant, community-engaged, and equity-focused population health research.

PROJECT TITLE	Funder, Amount, Time Frame
Social and Economic Dimensions of an Aging Population SEDAP-II – Canada in the 21st century: moving towards an older society Theme: Northern and Aboriginal Health	Social Sciences and Humanities Research Council Major Collaborative Research Initiatives \$2,498,000 2005-2009
Tier 2 Canada Research Chair Research Award Theme: Northern and Aboriginal Health	Canadian Institutes of Health Research \$500,000 2005-2009

#### RESEARCHERS

**Principal Investigator:** Byron Spencer, McMaster University

Co-Investigators: Sylvia Abonyi, SPHERU; François Béland, Université de Montréal; Stephen Birch, Lori Campbell, Frank Denton, Margaret Denton, Amiram Gafni, Lonnie Magee, Dean Mountain, Bruce Newbold, Jenny Ploeg, Leslie Robb, Raina Parminder, Carolyn Rosenthal, William Scarth, Michael Veall, and Isik Zeytinoglu, McMaster University; Thomas Crossley, University of Cambridge; Lori Curtis and Lynda Hayward, University of Waterloo; Peter Donahue, University of Calgary; Lars Pico Geerdsen, The Danish National Centre for Social Research; Paul Grootendorst, Elsa Marziali, Lynn McDonald, John Myles, and Linda O'Brien-Pallas, University of Toronto; Vincent Hildebrand, York University; Karen Kobayashi, University of Victoria; Anne Martin-Matthews, University of British Columbia; Eric Moore and Mark Rosenberg, Queen's University; Yuri Ostrovsky, Statistics Canada; Steven Prus, Carleton University; Martin Schellhorn, Institute for the Study of Labor, Germany

**Principal Investigator:** Sylvia Abonyi, SPHERU

#### This research focuses on how population aging affects the labour force and the economy, with differences across ethnic groups, with internal and external migration patterns, with the viability of pension plans, residential choice, marital transitions, health, retirement, and standards of living.

DESCRIPTION

This program of study explores the role of culture in health and wellness of Aboriginal peoples. A comprehensive investigation of the innovative concept of 'cultural vitalization' provides the foundation for the development of a conceptual framework and indicators of cultural vitalization in population health. This enhances our success in incorporating culture in the design of health promoting programs and policies and development of more comprehensive and critical perspectives on the role of culture / culture vitalization specific to the health of Aboriginal Canadians.

PROJECT TITLE	Funder, Amount, Time Frame
Tools 2 – Community health and wellness indicators reflecting daily life in Saskatchewan's isolated far north: Implications for program planning and evaluation Theme: Northern and Aboriginal Health	Canadian Institutes of Health Research Operating \$543,355 2007-2011
Toward an international analysis of the justice system response to intimate partner violence	Social Sciences and Humanities Research Council International Opportunities Fund
Theme: Rural Health	\$71,000 2007-2008

RESEARCHERS	DESCRIPTION
<ul> <li>Principal Investigators: Sylvia Abonyi and Bonnie Jeffery, SPHERU</li> <li>Co-Investigators: Jennifer Poudrier and June Anonson, University of Saskatchewan</li> </ul>	This projects builds upon previous work that created a conceptual framework that reflected northern Saskatchewan Aboriginal views of healthy community. The former study addressed what is a healthy community and how we measure that. This study will now address how healthy a community is and why measurement is important in the domains of food security, identity and culture, and services and infrastructure-housing. Community and health authority representative on the research team see the purpose of this research as leading to their goals of providing information to the public, as well as to administrators, program planners, policy makers, and funders to identify where programs are making a positive impact as well as identify challenges and gaps.
Principal Investigator: Carmen Gil, University of New Brunswick Co-Investigators: Mary Hampton, SPHERU; Dominique Damant, Université de Montréal; Elizabeth Blaney, Nicole Letourneau, and Rina Arseneault, University of New Brunswick; Jane Ursel, University of Manitoba; Elizabeth Moore, Charles Sturt University; Helene Berman and Peter Jaffe, University of Western Ontario; Holly Johnson, University of Ottawa; Joseph Hornick, Canadian Research Institute for Law and the Family; Leslie Tutty, University of Calgary; Liberty Aldrich and Michael Rempel, Center for Court Innovation; Lise Bellefleur, Government of New Brunswick; Liz Kelly, London Metropolitan University; Margaret Jackson, Simon Fraser University; Myrna Dawson, University of Guelph; Paul Joseph Mazerolle, Griffith University; Robyn Holder; Department of Justice and Community	This project obtains a clearer international picture of intimate partner violence and how intimate partner violence cases are processed through criminal justice systems. Through piloting a standardized framework for the collection of data and analyzing the data collection process this project raises the research profile in intimate partner violence and the justice system response.

Safety; Rochelle Babins-Wagner, Calgary

Counselling Centre

Funder, Amount, Time Frame
Saskatchewan Health Research Foundation New Investigator Establishment Grant \$73,934 2007-2009
Canadian Institutes of Health Research Aboriginal Health New Investigator \$299,923 2007-2010
Canadian Institutes of Health Research Childhood Obesity Prevention and Treatment Heart and Stroke Foundation of Canada Health Research Foundation \$447,000 2008-2011
RESEARCHERS
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<b>Principal Investigator:</b> Gerry Uswak, University of Saskatchewan <b>Co-Investigators:</b> Nazeem Muhajarine, SPHERU; Johnmark Opondo, Saskatoon Health Region
Principal Investigator: Jennifer Poudrier, University of Saskatchewan Co-Investigators: Sylvia Abonyi, SPHERU; Karen Chad and Roanne Thomas-MacLean, University of Saskatchewan; Janice Kennedy, Mīwayawin Health Services
<ul> <li>Principal Investigator: Nazeem Muhajarine, SPHERU</li> <li>Co-Investigators: Bill Holden, City of Saskatoon; Karen Chad, University of Saskatchewan; Cordell Neudorf, Saskatoon Health Region; Charlie Clark, City of Saskatoon; Paul Hanley, Saskatoon Star Phoenix; Adam Baxter-Jones, University of Saskatchewan; Linda Martin, <i>In Motion</i>; Scott Bell, University of Saskatchewan; Kathryn Green, University of Saskatchewan; Kelley Moore, Saskatchewan Ministry of Social Services; Sara Kirk, Dalhousie University; Lauren Sherar, University of Saskatchewan</li> </ul>

# **EVALUATION PROJECTS**

# EARLY CHILDHOOD INTERVENTION IN THE COMMUNITY... MAKES SENSE BUT DOES IT REALLY WORK?

#### **KIDSFIRST EVALUATION**

Theme: Healthy Children Funder: Canadian Institute for Health Information Amount: \$300,000 Timeframe: 2007-2010

Evaluating an existing population health promotion program in Saskatchewan, *KidsFirst*, will determine the effectiveness of the program in improving selected health and development outcomes. *KidsFirst* is an early childhood development intervention program that works at the family level to address multiple determinants of health: social support networks, personal health practices and coping skills, education, income and social services, and health services. By identifying and providing support to very vulnerable families with young children (beginning prenatally, up to five years of age), *KidsFirst* aims to reduce disparities in maternal and child health outcomes.

For this evaluation, we are focusing on:

- developing a provincial evaluation framework to guide the evaluation;
- conducting a detailed assessment of one aspect of the program; and
- its short-term impact on families and child health and development.

Ultimately, through this research we hope to inform emerging knowledge on promising or best practices in early childhood intervention in Canada. Such information is essential for developing more effective policy interventions to reduce maternal and child health disparities specific to the Canadian context. The findings of our research are intended to help fill this gap.

# CANADA PRENATAL NUTRITION PROGRAM IMPACT ANALYSIS (CPNP) Theme: Healthy Children Funder: Public Health Agency of Canada

Amount: \$40,000 Timeframe: 2009

Evaluation of an existing population health promotion program, Canada Prenatal Nutrition Program (CPNP), will determine whether it has been effective in improving selected maternal and child health outcomes. CPNP is an early childhood development intervention program that works at the individual, family and community levels to address multiple determinants of maternal and child health; from personal health practices, coping skills and personal



Dr. Nazeem Muhajarine with Taynamera Smith (daughter of Fleur Macqueen Smith, Research Officer)

capacity, social and health services, social support networks, and community capacity. By identifying and providing support to very vulnerable women who are pregnant (beginning prenatally and up to six months after birth of the child), CPNP aims to reduce disparities in maternal and child health outcomes.

This evaluation focuses on addressing the CPNP program impact on outcomes, improved personal health practices and improved social and health outcomes for participants and their infants. The work addresses the overall question: 'How has the CPNP contributed to improved health and reduced health disparities for pregnant women and their infants facing conditions of risk?' using information collected on outcomes from participants.

# NORTHERN HEALTH STRATEGY PROGRESS EVALUATION Theme: Aboriginal and Northern Health Funder: Northern Health Strategy Working Group Amount: \$80,000 Timeframe: 2008-2010

The Northern Health Strategy Working Group (NHSWG), a partnership of thirteen government, nongovernment and First Nation health organizations engaged in the delivery of health care in Northern Saskatchewan, has contracted with SPHERU to conduct an evaluation of their current project funded under the integration initiatives of the Aboriginal Health Transition Fund. The goal of the NHSWG is to work cooperatively and collaboratively across the multiple jurisdictions that have responsibility for service delivery in the North, with the goal of achieving better integrated and adapted services. This progress evaluation follows an earlier evaluation completed by SPHERU of NHSWG's "Shared Paths for Northern Health Project".

PHASE II: EVALUATION WORKSHOP, CONSULTATION AND BEGINNING PHASE OF REGIONAL EVALUATION FOR ABORIGINAL HEALTH HUMAN RESOURCES INITIATIVE AND ABORIGINAL HEALTH TRANSITION FUND Theme: Aboriginal and Northern Health Funder: Health Canada Amount: \$113,582 Timeframe: 2007-2008

Further to SPHERU's development of a set of evaluation frameworks for the First Nations and Inuit Health Branch (FNIHB), Health Canada, Saskatchewan Region, we were requested by FNIHB to build on this work to:

- Develop and deliver two workshops designed to assist Aboriginal Health Human Resource Initiative (AHHRI) and Aboriginal Health Transition Fund (AHTF) project managers in developing and implementing their project evaluation plans;
- Provide consultation with AHHRI and AHTF project managers to support progress on their evaluation plans; and
- Begin to gather data related to the evaluation plan for the AHHRI and AHTF initiatives.

The evaluation frameworks created in Phase I provided the background for this evaluation. Relevant sections in the *Final Report: Evaluation Frameworks for Two First Nations and Inuit Health Branch (FNIHB) Programs: The Aboriginal Health Human Resource Initiative and the Aboriginal Health*  *Transition Fund* ) served as the general guideline for development of this project. Information on Phase I, including the final report, can be found on the SPHERU website.

PHASE III: REGIONAL REVIEW OF THE ABORIGINAL HEALTH HUMAN RESOURCES INITIATIVE AND MID-TERM PROGRESS REVIEW OF THE ABORIGINAL HEALTH TRANSITION FUND Theme: Aboriginal and Northern Health Funder: Health Canada Amount: \$119,251 Timeframe: 2008-2010

In Phase III of the Aboriginal Health Human Resource Initiative (AHHRI), SPHERU is again working with First Nations and Inuit Health (FNIH), Health Canada, Saskatchewan Region to:

- Assist with data collection methods and collecting data for regional evaluations;
- Complete the regional review of the Aboriginal Health Human Resource Initiative (AHHRI);
- Complete a mid-term progress review of the Aboriginal Health Transition Fund (AHTF); and
- Deliver workshops aimed at advancing project specific evaluations.

This work builds upon evaluation framework development in Phase I and Phase II, and continues our commitment to conducting evaluation research within the areas of our main research themes.

# INTRODUCTION TO COMMUNITY BASED PARTICIPATORY EVALUATION: BASICS FOR COMMUNITIES EVALUATION WORKBOOK

SPHERU has developed a guide for moving through the evaluation process. Sharing lessons learned and our knowledge in this area is an important aspect of our overall knowledge exchange strategy.

Key aspects of the evaluation process involve the determination of questions to be answered throughout the evaluation, developing logic models outlining the overall structure and function of a program, and considering the unique ethical considerations of conducting evaluations. The

workbook considers these processes and shares techniques in collecting the necessary data, organizing, and managing this data.

These and other components of the evaluation process are outlined in SPHERU's workbook, which will be available as an open source document on

SPHFRU's

website.



Data collection at the Uranium City Health Clinic Left to right: Colleen Hamilton and Dr. Bonnie Jeffery

# **KNOWLEDGE TRANSFER AND EXCHANGE ACTIVITIES**

# New Directions in Population Health Research: Linking Theory, Ethics, and Practice November 12 – 14, 2008

#### **REGINA, SK**

Theme: Northern and Aboriginal Health; Healthy Children; Rural Health Funder & Amount: Canadian Institutes of Health Research - \$20,000; Saskatchewan Health Research Foundation - \$10,000; University of Saskatchewan - \$2,500; University of Regina - \$1,250; University of Regina - \$1,250

Collaboration between researchers, communities, policy makers, and practitioners is vital for the development of innovative partnerships and strategies which address heath disparities among populations. In keeping with this sentiment, SPHERU co-sponsored with the CPHR training program a national conference exploring recent innovations and existing or emerging trends in population health research and practice as they relate to reducing health disparities for particular communities or populations.

Two hundred plus delegates representing communities, academia, international organizations, government, and other interested stakeholders, came together to discuss the current state of population health. Over the course of three days, delegates enjoyed presentations and the opportunity for interested stakeholders from across the country to highlight the current state of population health research in Canada and abroad. Presenters, representative of the academic community, policy makers, community researchers, and practitioners, addressed various topics highlighting ongoing research and emerging trends in population health research and practice. With a focus on new researchers, a number of student presentations were among the sessions, providing exposure and experience for those beginning their academic careers.

Andre Picard, public health reporter for The Globe and Mail, author of three books and one of Canada's top public policy writers, delivered the keynote address entitled "Getting Population Health Noticed: Barriers and Opportunities." The Honourable Dr. Carolyn Bennett, author and Member of Parliament, delivered the opening plenary address entitled "The Politics of Population Health." Ron Labonte, Canada Research Chair in Globalization and Health Equity at the Institute of Population Health and past Director of SPHERU, delivered the closing plenary address entitled "New Directions? or old Directions with a new Compass." Poster presentations brought a number of perspectives from academia, practitioner, community, and policy.

We are pleased to announce the publication of the presentations and papers in an edited volume entitled "Population Health Research in Canada: New Directions and New Voices." The volume, published by the Canadian Plains Research Centre, is expected to be released Fall 2009.

For further information on the events or discussions that took place please visit our website, <u>www.spheru.ca</u>, where POD and VOD casts along with a variety of conference material is available for viewing.

# ABORIGINAL AGING SYMPOSIUM: SETTING RESEARCH AND POLICY PRIORITIES SEPTEMBER 17 – 19, 2008 RADISSON HOTEL, SASKATOON, SK

Theme: Northern and Aboriginal Health Funder & Amount: Canadian Institutes of Health Research - \$25,000; National Collaborating Centre for Aboriginal Health (University of British Columbia) -\$15,000; Indian and Northern Affairs Canada -\$10,500; Saskatchewan Health Research Foundation (Research Connections) - \$5,000; University of Saskatchewan (Conference Fund) - \$1,500

Very little is known about aging issues and the service needs of older Aboriginal people. Reviewing what is currently known about the aging experience of Aboriginal Peoples and identifying research and policy gaps for future study and development was the focus of a Symposium recently organized by SPHERU researcher, Sylvia Abonyi and colleagues Dr. Mark Rosenberg (Queen's University), and Dr. Kathi Wilson (University of Toronto).

The symposium used a determinants of health lens to look at the social, economic, and cultural aspects of healthy aging, in addition to health care service needs for those who become ill. Distribution to symposium delegates of a discussion paper "Aboriginal Peoples in Canada: Aging, Health, and Health Care" outlined the findings of a CIHR-funded project held by Rosenberg, Wilson, and Abonyi. The paper provided a platform for speakers and participants to add their experiences in the areas of program, policy, and research relating to the current and projected health and social service needs of older Aboriginal Peoples. We are thrilled to host this very first national conference on First Nations and Métis seniors, bringing together representatives from First Nations, the Métis Nation, researchers and policy makers."

Symposium Organizing Team

were approached from a variety of perspectives. Symposium speakers included two elders, academic researchers, and two scientific directors from the CIHR who shared their knowledge and learned from the experiences of forty-seven delegates. Elder Marie Favel (IIe-a-Ia-Crosse, SK), Elder Albert Marshall (Mi'kmaq First Nation Nova Scotia), Dr. Malcolm King (University of Alberta, CIHR Institute for Aboriginal Peoples Health), and Dr. Anne Martin Matthews (UBC, CIHR Institute for Aging) were among those who gave presentations.

Presentations are available for download via the SPHERU website, along with a research and policy document (spring 2009). The discussion paper is being published on the website of the Social and Economic Dimensions of an Aging Population project (<u>http://socserv.mcmaster.ca/sedap/</u>). In addition to these dissemination activities, next steps include a pilot project where stories from Elders and community members will be compiled to provide a contextual understanding of the aging experience within a selected community.

The aging challenges faced by Aboriginal peoples

#### WWW.SPHERU.CA

SPHERU launched a revamped and updated website (<u>www.spheru.ca</u>) in August 2008. Providing up to date information to the public on the various aspects of population health and other research interests of our unit is a key component of our knowledge exchange and translation strategy. The website provides information on the work we do, direct access to our publications and researchers, as well as updates on our events and research activities.

#### **PUBLICATION IN LANCET**

The Lancet is one of the world's leading and most prestigious medical journals. It remains an independent publication that seeks to publish highquality information that will alter medical practice and continues to be committed to international health ensuring that research and analysis from all regions of the world is widely covered.

## <u>Recommendations for action on the social</u> <u>determinants of health: a Canadian Perspective</u>

(Lancet 2008; 372: 1690-93. November 2008) notes that "Health disparities are widely prevalent within and between countries, and Canada is no exception." The article highlights five recommendations for action to address health disparities and is a collaborative effort of SPHERU's Faculty Researchers.

An electronic copy of this article can be found on <u>www.spheru.ca</u> or by visiting The Lancet website at www.thelancet.com.

## ALBERTA CENTRE FOR ACTIVE LIVING RESEARCH UPDATES PUBLICATIONS

*Research Updates,* published by the Alberta Centre for Active Living: Research and Education for the Promotion of Physical Activity summarizes recent research that will interest practitioners in health promotion and physical activity. The publication reaches about 41,000 people with each issue. In March and September of each year SPHERU contributes articles highlighting the work of SPHERU researchers.

#### Volume 15, Number 1, March 2008:

<u>First Nations Health Development Project: Tools for</u> <u>Program Planning and Evaluation:</u> highlighted Bonnie Jeffery's and Sylvia Abonyi's research that helps First Nations and Aboriginal communities in northern Saskatchewan plan, track, and evaluate their community-based health and human service programs.

#### Volume 15, Number 3, September 2008:

<u>Helping Rural Youth Live Healthier</u>: promoted Diane Martz's Saskatchewan rural youth healthy lifestyles and risk behaviour project.

Further information and full articles can be found on <u>http://www.centre4activeliving.ca/publications/</u>research.html.

## **CPHR TRAINING PROGRAM**

It is well known that the conditions influencing health status lie largely outside the health care system. Population health research seeks to better understand health determinants embedded in our social, economic, and political systems. Such research seeks new knowledge that will inform and influence communities and policy makers to act in ways that sustain the health of our social systems and our physical environments. The Community and Population Health Research (CPHR) training program, supported by the Canadian Institutes of Health Research (CIHR) 2002 Strategic Training Initiative in Health Research (STIHR) program, was an innovative post-graduate training initiative with an interdisciplinary approach to population health research. CPHR focused on creating new health knowledge and applying research findings through partnerships with practitioners and policymakers in community-based organizations and governmental bodies, such as health regions and provincial ministries.

From 2002 to 2008, the CPHR Training Program facilitated an interdisciplinary approach to population health research, successfully training twenty-seven different researchers and scholars from thirteen different disciplines. Nationally and internationally renowned guest lecturers instructed trainees on new ways of framing research questions, applying research methodologies and disseminating research knowledge to influence public policies. The trainees as a collective received mentorship from over thirtysix faculty members from the University of Saskatchewan and the University of Regina. The numerous achievements of these trainees serve to show the high quality of training they have received. For example:

- two trainees won the Population and Public Health Student award from the Canadian Public Health Association (CPHA) in 2006 and 2007;
- another received the Gold Poster Award at the CIHR National Research Poster Competition and Canadian Student Health Research Forum (CSHRF) in 2007; and
- a fourth won the North American Society for Pediatric Exercise Medicine Student Research Award in 2007.

As important as it is to note CPHR trainee successes while in the program, it is what the trainees do, the positions they land immediately following the completion of the program that merits as an indicator of program success. Training in the CPHR program has given our trainees a sound foundation upon which to base future successes. Our trainees have gone on to occupy roles that further population health research and practice in the greater community:

- three training fellows have secured faculty positions;
- two are currently in competitively funded

"I thought that your trainees were equal to, or better than, the students I have met in other training programs in London, Melbourne, Toronto, Berkeley, Cambridge and New York. I don't know if your remarkable success is due to superior selection methods or to superior training, but the result is clear."

Professor Emeritus Leonard Syme (Visiting CPHR Scholar), University of California at Berkeley.



#### **CPHR Retreat**

Back, left to right: Tom McIntosh, Karen Wood, George Maslany, Lesley McLeod, Nazeem Muhajarine, Murray Knuttila Middle, left to right: Harley Dickinson, Kori Fisher, Marta Erlandson, Elisabeth Brass, Hang Lai, Bonnie Jeffery, Nathan Klassen, Laura Taylor

Seated, left to right: Jennifer Cushon, Kelly Chessie, Janelle Hippe, Van Tran

postdoctoral fellow positions, one of which is in the United Kingdom; and

 many have secured research or policy positions in provincial health departments, non government organizations, and health authorities across the province of Saskatchewan, Canada, and the world.

The CPHR training program drew to a close in 2008, culminating with the very successful *New Directions in Population Health Research: Linking Theory, Ethics,* 

and Practice conference held in Regina, Saskatchewan (November 2008). This conference provided a venue to our strategic training fellows, the community, other academics, and policy makers to showcase their research, innovative ideas and practices in population health research as they relate to researching and reducing health disparities in our communities and populations at large.

# STRATEGIC TRAINING FELLOWS

Parvez Ahmed	Post-Doctoral	Adverse pregnancy outcomes among families with low socio- economic status and community based prevention
Kristal Anderson	Doctoral	Exploring the factors related to body fat and its distribution in Aboriginal youth
Flavia Bianchi	Doctoral	First Nations health needs and challenges
Angela Bowen	Doctoral	Antenatal depression: Prevalence and determinants in high-risk women in Saskatoon
Elisabeth Brass	Doctoral	Restoring balance: social determinants of health and depressive symptoms in Aboriginal people
Jody Burnett	Masters	Aboriginal family members' experiences of problem gambling
Kelly Chessie	Doctoral	Exploring the democratization effects of citizen governance boards within the Saskatchewan health care system
Gloria DeSantis	Doctoral	An examination of the policy advocacy work and impacts of the Saskatchewan voluntary sector using a population health framework
Marta Erlandson	Masters	Effects of structured physical activity on childhood body composition development
Corina Farbacher	Doctoral	Youth gambling in Saskatchewan: Understanding the social, cultural and developmental issues that influence gambling behavior among youthful populations
Koren Fisher	Doctoral	Community based physical activity and health services research
Tara-Leigh Fleming	Masters	Body-related emotional experiences of young Aboriginal women
Terrance Gibson	Work Sabbatical	How do health regions integrate a population health approach into the design and delivery of services?
Janelle Hippe	Masters	Risk, regulation, and individualization: a critical consideration of health discourses, policies, and practices addressing Canadian Aboriginal women's prenatal health
Randy Johner	Post Doctoral	Employment and its relationship to low-income single parents' health and social exclusion status in Saskatchewan

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Madeline Johnson	Masters	Women's experiences with migration in Nicaragua: connections between globalization and local health
Nathan Klassen	Masters	Autonomy and population health: an examination of the East Asian financial crisis through a critical population health lens
Hang Lai	Masters	A longitudinal analysis of physical activity and overweight/obesity in adolescents in Saskatoon
Karen Lynch	Masters	Study of green spaces in population health issues
Lesley McLeod	Masters	Characteristics of tuberculosis among Aboriginal populations: Is there a difference in rates by residence (on and off reserve)?
Helen Oliver	Masters	In the wake of structural adjustment programs: A comprehensive look at the relationship between domestic policies and health outcomes in Argentina and Uruguay
Katrina Plamondon	Masters	The Global Fund & TB in Nicaragua: Making links between global policies and local experiences
Allisson Quine	Doctoral	Intercultural anxiety and cultural self-efficacy among nursing students in Saskatchewan
Lauren Sherar	Doctoral	Relationships among physical maturity, adolescent physical activity and risk for metabolic syndrome in young adulthood
Laura Taylor	Doctoral	The influence of spirituality and religion on healing from intimate partner violence
Brandace Winquist	Doctoral	Prenatal screening in Saskatchewan: Impact, uptake and ethics
Ryan Wright	Masters	Understanding the role of sport in fostering community capacity building within a majority world setting

For the most current and up to date information, please visit:



SPHERU Saskatoon E-mail spheru@usask.ca Phone (306) 966-2250 Fax (306) 966-6487 SPHERU Regina E-mail spheru@uregina.ca Phone (306) 585-5674 Fax (306) 585-5694 SPHERU Prince Albert E-mail spherupa@uregina.ca Phone (306) 953-5535 Fax (306) 953-5305