



SASKATCHEWAN POPULATION HEALTH AND EVALUATION RESEARCH UNIT



ANNUAL REVIEW

2013-2014

 Photo Credits

| | | |
|--|--|---|
| <i>Cover (top right), Page 14 (top left)</i> | <i>Healthy Children</i> | <i>Brad Proudlove</i> |
| <i>Cover (top left), Page 14 (bottom left)</i> | <i>History of Health Inequities</i> | <i>Saskatchewan Archives Board</i> |
| <i>Page 10</i> | <i>Dr. Pammla Petrucka</i> | <i>U of S College of Nursing</i> |
| <i>Page 19</i> | <i>Symposium on First Nations Health & Housing</i> | <i>Gabriel Yahyahkeekoot</i> |
| <i>Page 19</i> | <i>Building a Stronger Future</i> | <i>SSHRC / ResearchImpact-ReseauImpactRecherche</i> |
| <i>Page 20</i> | <i>Bridging Community Connections</i> | <i>Rob Deglau / North Central Community Association</i> |
| <i>Page 30</i> | <i>Falls and Fall-Related Injuries</i> | <i>University of Regina</i> |
| <i>Page 34</i> | <i>Tier 2 Canada Research Chair</i> | <i>University of Saskatchewan</i> |

TABLE OF CONTENTS

| | |
|--|----|
| WHO WE ARE _____ | 4 |
| FUNDERS AND PARTNERS _____ | 5 |
| MESSAGE FROM THE DIRECTOR _____ | 6 |
| MANAGEMENT ADVISORY GROUP _____ | 7 |
| RESEARCHERS _____ | 8 |
| RESEARCH ASSOCIATES _____ | 10 |
| ADMINISTRATIVE AND PROJECT STAFF _____ | 11 |
| RESEARCH STAFF AND TRAINEES _____ | 12 |
| WHAT WE DO _____ | 13 |
| NORTHERN AND ABORIGINAL HEALTH _____ | 13 |
| HEALTHY CHILDREN _____ | 14 |
| HISTORY OF HEALTH INEQUITIES _____ | 14 |
| RURAL HEALTH _____ | 15 |
| INTERVENTION RESEARCH _____ | 15 |
| KNOWLEDGE TRANSLATION _____ | 16 |
| SHRF HEALTH RESEARCH GROUP GRANT 2011-2014 _____ | 22 |
| AWARDED PROJECTS _____ | 24 |
| CONTINUING PROJECTS _____ | 28 |

WHO WE ARE

SPHERU is an interdisciplinary, bi-university unit at the Universities of Saskatchewan and Regina, founded in 1999 to promote health equity through innovative, timely, policy-relevant research. Our researchers come from a variety of academic backgrounds including geography, political science, anthropology, epidemiology, social work, kinesiology, and nutrition. During 2013-14, the unit expanded to a team of 12 researchers and four research associates, including our post-doctoral fellow who was appointed as a SPHERU researcher after successfully securing a faculty position at the University of Saskatchewan. Researchers work from one of three SPHERU sites: at the main campus of both universities and at the University of Regina campus in Prince Albert.

SPHERU has built a national profile and is well-known as one of a handful of research units in Canada where population health research is advanced. SPHERU conducts intervention research to address issues of health inequity among vulnerable populations. A particular strength within SPHERU is our expertise in KT, using integrated and innovative knowledge translation strategies to ensure findings from our research make their way to policy makers at both the government and community level. SPHERU's research can be found across the continuum of care and across the province, contributing to the priority areas of prevention and service integration.

Our mission – the promotion of health equity by understanding and addressing population health disparities through policy-relevant research – is incorporated into all of our research projects. SPHERU's work includes the following types of research:

- The creation of new knowledge
- Independent policy analysis
- Collaborative research with communities
- Collaborative research with policy makers
- Evaluations of policies, programs, and interventions

FUNDERS

SPHERU receives funding from a variety of sources. While small grants from its two university partners help defray administrative costs, the majority of SPHERU's funding comes in the form of project-specific grants from provincial and federal health research funding agencies. Key among these are the Phase III Health Research Group Grant from the Saskatchewan Health Research Foundation (SHRF) and operating grants from the Canadian Institutes of Health Research (CIHR) held by one or more researchers affiliated with the unit. As well, SPHERU has been awarded smaller grants from a number of sources that support conferences, knowledge translation, training, project development, and other activities. SPHERU undertakes contract research on behalf of governments and non-governmental agencies that align with the overall mission and also conducts program evaluations in the area of population health. All of these sources of funding combine to sustain the unit and provide researchers the necessary administrative and infrastructure supports.

PARTNERS

Health research is a major focus for the University of Regina, with world-class researchers conducting leading-edge studies in aging, long-term care, pain assessment and management, cancer research, population health, rehabilitation and risk reduction, rural health, and northern health. Work at the University of Regina includes a multidisciplinary study of the impact of health determinants on various populations, as well as research on policy and program interventions designed to improve these determinants and provide equitable access to health services. Through the provision of funding and office space in both Prince Albert and Regina, the University of Regina continues to support SPHERU in its work to produce high-quality, policy-relevant research.

University
of Regina



The University of Saskatchewan, through its involvement with SPHERU, is helping to redefine the way people think about health determinants and to chart new territory by actively engaging communities, non-governmental organizations, and policy makers in the research enterprise. With a wide range of health science colleges and programs, the University of Saskatchewan is committed to expanding health research. The university contributes to SPHERU's funding and is home to SPHERU's Saskatoon-based researchers and staff. This relationship, along with an association with the College of Medicine, affords SPHERU opportunities to expand its research and continue to achieve its goals.

MESSAGE FROM THE DIRECTOR

If SPHERU were a person, this year we would see her entering the prime of her teen years. Fifteen years on, with just enough life experience to appreciate that the world is a complex place yet idealistic enough to dream big and full of confidence, the SPHERU “teenager” is now looking forward to some of the best years yet to come.



SPHERU as a teenage persona is quite apt, given how well SPHERU has established itself as one of the leading academic/research units in Canada, working in population health research and scholarship. The first 15 years have been energetic as well as developmental, and I am sure the next 15 years will not be simply more of the same, but transformational.

Talking of transformation, my inaugural year as the director is now quickly moving into the past. The three directors who have gone before me – Ron Labonte, Bonnie Jeffery, and Tom McIntosh, as an interim, have all laid a solid foundation for long-term success. My task is to build on these solid accomplishments. Since July 2013, we have had significant changes in our team composition – we had two associate members serving out their terms, and we gained three new faculty researchers, bringing our current complement to 14 faculty researchers and research associates.

There have been other significant directional changes and achievements. Jim Daschuk’s well-referenced telling of the history of the Plains Cree people’s health, *Clearing The Plains*, captured the imagination and attention of Canadians like very few books have this past year. In December, SPHERU landed its third consecutive SHRF group grant (phase 3) funding. No other group has matched this type of funding success with SHRF. A major, innovative dissemination tool, the Saskatchewan Historical Health Timeline, was launched. As well, *Journeys in Community-Based Research*, by University of Regina Press, is being jointly produced by SPHERU and the Community-University Institute for Social Research (CUISR) and will add to our growing *oeuvre* of scholarly products. In between these major highlights there have been other research grant successes, academic papers published and major presentations given by our SPHERU researchers. These have been captured in this report for your perusal.

As noted, if SPHERU were a person, this year would mark the coming of age of a confident young adult, with her own personality (substance) and style. SPHERU has personality and style, and is ready to take on the world!

A handwritten signature in black ink that reads "Nazeem Muhajarine". The signature is fluid and cursive, with a long horizontal stroke at the end.

Nazeem Muhajarine, PhD
Director, SPHERU

MANAGEMENT ADVISORY GROUP

The Management Advisory Group (MAG), representing both the University of Saskatchewan and the University of Regina, provides advice and direction to SPHERU on management level issues. The group consists of senior university administrators who are appointed by the Vice-Presidents Research at both universities.

The management of SPHERU is guided by a Memorandum of Understanding (MOU) signed by the University of Regina and the 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 meet with SPHERU's director to update research and financial activities of the unit and provide collegial support to the research program.

During 2013-2014, the MAG consisted of Dr. M.E. (Beth) Horsburgh, Dr. David Malloy and Dr. Harold Riemer.

The ultimate aim of the MAG is to help SPHERU and its researchers in their work with communities, government agencies, and other academics and institutions to improve the health of our communities and inform dialogues on population health and its many facets.



Dr. M.E. (Beth) Horsburgh
Associate Vice-President Research -- Health
University of Saskatchewan



Dr. David Malloy
Vice-President Research
University of Regina



Dr. Harold Riemer
Dean -- Faculty of Kinesiology and Health Studies
University of Regina

RESEARCHERS



NAZEEM MUHAJARINE, PHD

Dr. Muhajarine is a social epidemiologist, leads SPHERU's Healthy Children research program and is director of SPHERU. His work includes researching questions related to community and family contextual influences (neighbourhood effects) in child development and health, risk in the prenatal period, and developing community-university research partnerships to improve knowledge creation, transfer, and application. He is a professor and department head of Community Health and Epidemiology, University of Saskatchewan.

SYLVIA ABONYI, PHD

Dr. Abonyi is an anthropologist working primarily in the area of Aboriginal health. She explores the role of culture in health through a number of research projects in northern and remote areas of Saskatchewan and across the Prairies. She is an associate professor with the University of Saskatchewan's Community Health and Epidemiology Department and a Canada Research Chair in Aboriginal Health.



JAMES DASCHUK, PHD

Dr. Daschuk is an historian with a background in anthropology. He has been researching and teaching in the field of Aboriginal health for nearly twenty years, and is working on the SPHERU team project analyzing the history of health inequities in Saskatchewan. He is an assistant professor in the Faculty of Kinesiology and Health Studies at the University of Regina.

RACHEL ENGLER-STRINGER, PHD

Dr. Engler-Stringer is an assistant professor in Community Health and Epidemiology at the University of Saskatchewan. Her research interests include food systems and food security, nutritional health inequities, health promotion, and participatory research. Currently, she is principal investigator of the multi-year Smart Cities, Healthy Kids: Food Environment study and the Good Food Junction study.



PAUL HACKETT, PHD

Dr. Hackett's interests focus on the impact of cultural change on community health. His research includes Type 2 diabetes among First Nations in Saskatchewan and Manitoba, and the history of tuberculosis among western First Nations. He is also team lead on the SPHERU project looking at the origins and import of health inequities in Saskatchewan. He is an assistant professor with the University of Saskatchewan's Department of Geography and Planning.



BONNIE JEFFERY, PHD

Dr. Jeffery has been a researcher with SPHERU since 2000 and served as Director from 2006-2012. She is a professor with the Faculty of Social Work at the University of Regina based out of the Faculty's campus in Prince Albert. Dr. Jeffery has had extensive experience in conducting population health research with rural, remote, and northern communities. Her current research program focuses on population health intervention research to support healthy aging in place for rural seniors.

SHANTHI JOHNSON, PHD

Dr. Johnson is a professor and Associate Dean (Research and Graduate Studies) in the faculty of Kinesiology and Health Studies at the University of Regina. Her work covers epidemiological research related to the surveillance and monitoring of falls and fall-related injuries among seniors, and intervention research on the understanding of the underlying mechanisms associated with falls among seniors in community and long-term care settings.



DIANE MARTZ, PHD

Dr. Martz works in the area of rural women's health with a focus on the social, economic, and cultural dimensions of rural health. She is an associate professor with the Department of Geography and Planning at the University of Saskatchewan, and Director of the Research Ethics Office.

TOM MCINTOSH, PHD

Dr. McIntosh brings expertise on public policy making, and knowledge transfer and exchange to numerous SPHERU projects, most notably his work on the political and economic components of SPHERU's historical analysis of population health in Saskatchewan. Dr. McIntosh is a professor and head of the Department of Politics and International Studies at the University of Regina, as well as associate director of SPHERU.



NUELLE NOVIK, PHD

Dr. Novik is an associate professor with the Faculty of Social Work at the University of Regina. Her research interests include the social determinants of health and equity, rural and remote practice in health and social services, aging and seniors, mental health, community-based research, and palliative care and bereavement. She works with the Healthy Aging in Place project.

SARAH OOSMAN, PHD

Dr. Oosman is a post-doctoral fellow and physiotherapist working in the area of health promotion with a specific interest in community-based health intervention research in partnership with Aboriginal communities. She is interested in working with communities to develop and implement culture-based health promotion programs in order to positively influence health across the lifespan.



NAZMI SARI, PhD

Dr. Sari is a health economist with specific research interests in quality and efficiency issues in hospital markets, provider reimbursements and health care financing reforms, and the economics of smoking and physical activity. He is an associate professor in the Department of Economics with the University of Saskatchewan.



RESEARCH ASSOCIATES



GLORIA DESANTIS, PhD

Dr. DeSantis is a research associate in the area of health and social justice with a focus on the work of voluntary organizations on the determinants of health. She is currently an instructor in the Health Studies Program at the University of Regina as well as the Interdisciplinary Studies program at Luther College. Her research interests stem from her twenty-five years of work and volunteering in the voluntary social service sector.

MARY HAMPTON, PhD

Dr. Hampton's research interests are focused on developing materials to increase cross-cultural knowledge and facilitate delivery of culturally appropriate end-of-life care for Aboriginal families. She is the Saskatchewan Research Coordinator for Research and Education Solutions to Violence and Abuse (RESOLVE) and a professor in the Department of Psychology with Luther College, University of Regina.



CORY NEUDORF, PhD

Dr. Neudorf is an assistant professor in the Department of Community Health and Epidemiology at the University of Saskatchewan and Chief Medical Officer of Health for the Saskatoon Health Region. In this role, he collaborated with SPHERU to produce the Healthy Families, Healthy Communities report. His research areas of interest include intervention research, healthy children, and health inequities.

PAMMLA PETRUCKA, PhD

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



ADMINISTRATIVE AND PROJECT STAFF

COLLEEN HAMILTON

Colleen has been with SPHERU since 2002, located at the SPHERU Prince Albert site. She currently is SPHERU's administrative coordinator, overseeing financial and administrative activities at both universities.

JILL ARKLES

Jill began working with SPHERU in 2013 as project coordinator for Dr. Sarah Oosman on an evaluation of Health Canada's Aboriginal Diabetes Initiative. She is based at the University of Saskatchewan.

JUANITA BACSU

Juanita has been project coordinator with SPHERU's Historical Health and Healthy Aging in Place projects since 2009. She is completing her PhD in Community Health and Epidemiology at the University of Saskatchewan.

MIKE CHOUINARD

Mike joined SPHERU as Knowledge Translation Officer in April 2011. Based at the University of Saskatchewan, he oversees SPHERU's KT activities and is also managing editor of the Healthy Children.team's website, kidSKAN.

JEN DONLEVY

Jen joined SPHERU in 2011 working as a research assistant. She has expanded her role to include both research and administrative support at the Saskatoon office.

DIANA FEDOSOFF

Diana has been a member of SPHERU since 2002. She is research officer for Dr. Sylvia Abonyi and manages Dr. Abonyi's research program by coordinating administrative, financial, and research activities on various projects.

FLEUR MACQUEEN SMITH

After working in knowledge translation with SPHERU's Healthy Children research program for over ten years, Fleur left SPHERU in December to join the Saskatchewan Advocate for Children and Youth office.

TRACY RIDALLS

Tracy has been a project coordinator at SPHERU in the Saskatoon office since 2009. She manages a number of projects, including Smart Cities, Healthy Kids; Good Food Healthy Families; and Seasonality and Active Saskatoon Kids.

ANDREA SCERBE

Andrea has worked with Dr. Shanthi Johnson since 2012, coordinating falls prevention research projects from SPHERU's Regina office.

TARA TODD

Tara joined SPHERU as a research assistant in 2011 and has continued to work with SPHERU in a number of capacities. She currently splits her time as research secretary at the Regina office and project coordinator with the Healthy Aging in Place project.

JESSICA TRAWIN

Jessica has worked as research secretary since 2011, providing administrative and financial support to the unit at the Saskatoon office. She now splits her time between her SPHERU position and undergraduate course work.

RESEARCH STAFF AND TRAINEES

Juanita Bacsu – Research Assistant (PhD)
Thilina Bandara – Research Assistant (PhD)
Naomi Bassingthwaite – Research Assistant
Silvia Bermedo-Carrasco – Research Coordinator
Kelly Butler – Research Assistant
Shankar Babu Chelladurai – Research Assistant (Master's)
Luan Chu – Research Assistant (Master's)
Gloria DeSantis – Research Coordinator
Jennifer Donlevy – Research Assistant
Melissa Gan – Research Assistant
Elizabeth Gordon – CIHR Strategic Training Fellow (PHARE)
Hilary Gough – Research Assistant
Kathryn Green – Professional Research Associate
Amanda Guthrie – Research Assistant
Jonathan Harris – Research Assistant (Master's)
Joel Heitmar – Research Assistant
Wemi Jayeoba – Research Assistant
Ha Le – Research Assistant (PhD)
Stuart Lockhart – Research Assistant



Research Assistants Sugandhi Wickremaratchi and Daphne McRae



Research Assistant Swati Madan

Larisa Lotoski – Research Assistant (PhD)
Natalie Ludlow – Research Assistant (Master's)
Swati Madan – Research Assistant (PhD)
Stacey McHenry – Research Assistant
Katherine McLeod – Research Assistant (PhD)
Daphne McRae – Research Assistant (PhD)
Chelsea Millman – Research Assistant
Chineye Nwoke – Research Assistant (Master's)
Peter Opoku – Research Assistant (Master's)
Elsie Piche-Johnson – Research Assistant
Claudia Ruppitsch – Research Assistant
Jacinda Sigurdson – Research Assistant
Duvaraga Sivajohanathan – Research Assistant
Jeffrey Smith – Professional Associate
Lisa Thurairasu – Research Assistant
Tara Todd – Research Assistant
Carolyn Tran – Research Assistant (Master's)
Nikolina Vracar – Research Assistant (Master's)
Sugandhi Wickremaratchi – Research Assistant (PhD)
Hazel Williams-Roberts – Research Assistant (PhD)
Juandell Windigo – Research Intern (undergraduate)

WHAT WE DO

SPHERU's work includes the creation of new knowledge, independent policy analysis, collaborative research with policy makers, and collaboration with communities to develop strategies to reduce health inequities. Our research falls within the following areas:

- Northern and Aboriginal Health
- Healthy Children
- Rural Health
- History of Health Inequities
- Intervention Research

Our researchers take a collaborative approach to population health research by working with communities and policy makers. This approach includes 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.

NORTHERN AND ABORIGINAL HEALTH

Globally, Indigenous peoples continue to show disproportionate disparities in most social and health indicators when compared with other populations. SPHERU's work on Northern and Aboriginal Health is grounded in this global context.

We know culture is an important determinant when looking at the health of Aboriginal people in Canada, and our projects explore the role of culture and how it affects health. This highlights the importance of developing culturally relevant definitions of health, as well as appropriate health indicators.

These areas of research are new and still unfolding, and we recognize there are limits on our understanding of culture and health. We also need to better understand how culture intersects with more-defined determinants – income, social status, education, and employment.



HEALTHY CHILDREN



Children's experiences affect not only their individual long-term health and well-being but that of society as a whole.

At the same time, some evidence has shown that broad social influences – such as a neighbourhood in which the child grows up – affect children's health and well-being, though to a lesser degree than the individual differences among children. Recent studies of child health outcomes, however, are finding children could be more deeply affected by social, economic, or other factors than was previously understood.

SPHERU's work in the area of Healthy Children provides a deeper understanding of how various contexts – family, neighbourhood social and physical environments, schools – play a crucial role in determining the health and development of children.

HISTORY OF HEALTH INEQUITIES



Saskatchewan has historically shown some of the most extreme health outcome disparities in Canada, especially when comparing First Nations with non-Aboriginal populations, or rural with urban populations.

SPHERU is looking at a range of historical data collections to understand how health changed over the course of the twentieth century, how it varied between communities, and how the lessons of the past could assist modern policy makers to reduce health inequities.

As part of our work, we have created an interactive, online History of Health Timeline that traces the evolution of health policy and health outcomes in the province from 1905 to the present day, with a particular emphasis on the emergence of health inequities across different populations.

RURAL HEALTH

Despite urbanization, much of Saskatchewan's population still lives in rural areas. These areas have been hurt by economic restructuring in farming and forestry, young people moving away, deteriorating infrastructure, and restructuring of health and education services.

Government cutbacks in health and social services have led to the decline of primary services in communities, and in turn have forced communities to look to community groups and residents to provide care and services to a population that is aging. One result of these developments is that rural people's health status is relatively poor when compared with that of people in urban communities.

A key approach to our work is that SPHERU research is not simply conducted on rural communities but is done in conjunction with these communities. The rationale is that to best bring about change at the local level, especially in supporting seniors, it is important to involve local partners early and often.



INTERVENTION RESEARCH

Over the past ten years, SPHERU has been conducting intervention research to address issues of health inequity among vulnerable populations with a focus on children, rural seniors, and northern and Aboriginal populations. This work involves evaluations of existing policies and programs, interventions within research projects, and the use of integrated and innovative knowledge translation strategies to ensure that findings from our research make their way to policy makers at government and community levels.

SPHERU's research can be found across the continuum of care and across the province, contributing to the priority areas of prevention and service integration. For example, Healthy Children research is informing interventions in Saskatoon's built environment to support physical activity among children, while our rural work identifies interventions and service integration to support healthy aging in place for seniors throughout Saskatchewan.

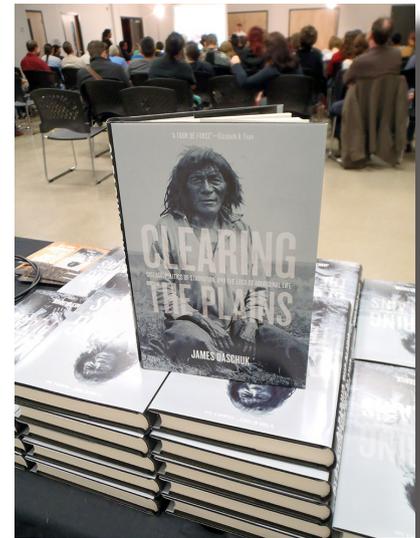


KNOWLEDGE TRANSLATION

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, and relationships that they have with other researchers, policy makers, and community members.

SPHERU's knowledge translation and exchange activities are conducted as an integral part of our collaboratively driven research strategy. We begin by identifying potential users of research and involve them throughout the process. Our knowledge translation and exchange strategies include:

- Publishing research findings in accessible, plain language documents;
- Using videos and new media to share findings;
- Developing toolkits of findings for communities to use as resources;
- Developing research networks for knowledge exchange; and
- Delivering and participating in presentations, forums, and expert dialogues.



HISTORICAL HEALTH TIMELINE



A recent, innovative dissemination tool, the Historical Health Timeline is an interactive, online resource covering a range of historical events that have affected the health of Saskatchewan residents. Highlights include Saskatchewan's becoming the first province to offer free tuberculosis vaccine, the 1962 doctors' strike, the first Red Cross outpost hospital, the outbreak of polio, and the enfranchisement of First Nations, to name only a few. The project is a collaboration of several SPHERU members including Dr. Tom McIntosh, Dr. Paul Hackett, Dr. James Daschuk, Dr. Gloria DeSantis and Tara Todd. The timeline includes text, photographs, and links to external documents. It can be found on the SPHERU website under Publications/History of Health Inequities.

HEALTHY AGING IN PLACE

The Healthy Aging in Place (HAIP) team produced numerous examples of KT work during this last year of the three-year research group grant, including a report of findings based on two years of interviews with participants in our partner communities.

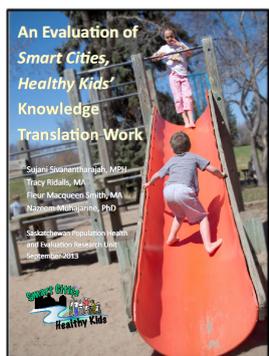
Throughout the year, the team published articles in journals such as *Educational Gerontology*, and presented at academic conferences including the American Society on Aging conference in San Diego and the Canadian Rural Health Research Society conference in Prince George, B.C., where the project received a poster award. The team also contributed the entry for “Rural Seniors” in the massive reference work, *The Encyclopedia of Quality of Life and Well-Being* (Springer).

The project team has communicated with its partner communities through a regular newsletter, a Facebook page and community visits. Various materials have been uploaded to our website, including: conference abstracts, posters, PowerPoints from presentations, environmental scans, and the twice-yearly HAIP newsletter.

The team is now moving onto the new three-year HAIP project, which will be comprised of three studies with the partner communities of Watrous, Wolseley, Young, and Rosetown.



AN EVALUATION OF SMART CITIES, HEALTHY KIDS' KNOWLEDGE TRANSLATION WORK



The Smart Cities, Healthy Kids study examines how urban planning and built environment design can influence children’s activity levels, with the ultimate goal of reducing childhood obesity. As part of funding from CIHR, an external evaluator was hired to evaluate the project. The evaluation examined whether KT materials/activities effectively conveyed the purpose of Smart Cities, which ones were most useful and what impact these had on the behaviours and attitudes of key informants in the project. The evaluation report, co-authored by Sujani Sivanantharajah, Tracy Ridalls, Fleur Macqueen Smith, and Dr. Nazeem Muhajarine, contains summaries of the project presentations, tools and dissemination products, analysis through evaluation forms and key informant interviews, as well as related material such as media coverage. The 84-page report can be downloaded from the SPHERU website.

CLEARING THE PLAINS

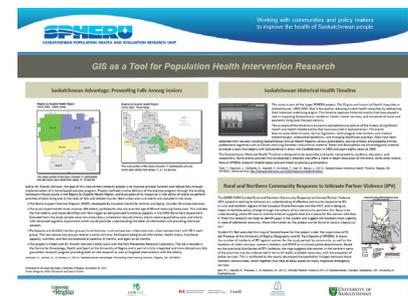


Dr. Jim Daschuk's book (University of Regina Press) chronicles how Old World diseases, climate, and Canadian politics conspired to cause the deaths and subjugation of thousands of Aboriginal people, victims of the realization of Sir John A. Macdonald's "National Dream." It garnered strong advance press, and through the year it found its way onto bestseller lists and won rave reviews. The book was up for numerous awards and took home four Saskatchewan Book Awards for the author, as well as two more for the publisher. It even inspired a song, with Member of Parliament Charlie Angus bringing together his roots band, the Grievous Angels, to record "Four Horses," which was based on material from Daschuk's book.

GIS AS A TOOL FOR POPULATION HEALTH INTERVENTION RESEARCH

SPHERU's Tara Todd and Andrea Scerbe presented a poster at the GIS and Data Expo in the RIC Atrium at the University of Regina on Nov. 20, 2013. Dr. Shanthi Johnson's work on preventing falls among seniors was one of the projects featured. The mapping compared results from seniors that participated in a home-based exercise program with those that received only social visits, for both rural and urban populations.

The poster also included an overview of our new historical health timeline as well as a project on which Dr. Paul Hackett collaborated to map the incidence of intimate partner violence in rural and northern communities. The GIS Day event celebrated both numeric and spatial data research conducted by undergraduates, graduate students, faculty, and staff.



MHEALTH INFORMATION FOR MIGRANTS



This program provides reliable, low-cost health information and advice for migrant workers in Vietnam via text messaging. The intervention research project of Dr. Nazeem Muhajarine and former student Dr. Lan Vu, head of Epidemiology and Biostatistics at Hanoi School of Public Health, was the subject of a May 2013 feature story in the *Saskatoon StarPhoenix*, which discussed the rapid increase in Vietnam's flow of migratory workers and the limited access these workers have to information concerning sexual and other health risks.

THE SYMPOSIUM ON FIRST NATIONS HEALTH & HOUSING

The November event in Saskatoon brought together researchers, policy makers, and representatives from First Nations communities. It was co-chaired by SPHERU's Dr. Sylvia Abonyi, along with Dr. Jo-Ann Episkenew, Director of the Indigenous Peoples' Health Research Centre.

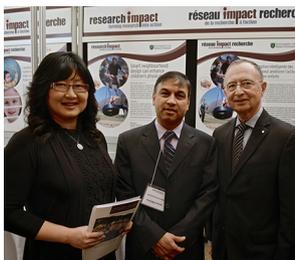
The discussion included findings from the CIHR-funded First Nations Lung Health Study based on research conducted in two Saskatchewan First Nation communities by Dr. Jim Dosman, Dr. Punam Pahwa, Episkenew, and Abonyi. Topics included an evaluation of environments in First Nations housing, preliminary results from the children's portion of the First Nations Lung Health Study, discussion about housing and respiratory health in Saskatchewan and Manitoba, as well as program and policy intervention possibilities. The symposium was funded by CIHR, SHRF, and the University of Saskatchewan.



TWEETING REGINA'S PAST

Through its research, the history project team uncovered a report, *The Preliminary and General Social Survey of Regina*, released in September 1913. Produced by the Department of Temperance and Moral Reform of the Methodist Church and the Board of Social Service and Evangelism of the Presbyterian Church, the report gives a snapshot of Regina in its early years and points out a number of social challenges that persist to this day. Through the fall of 2013, SPHERU sent out daily Tweets to draw attention to many interesting findings from the 100-year-old document. The project received media attention from CBC's Morning Edition and the *Regina Leader-Post*.

BUILDING A STRONGER FUTURE FOR CANADIAN CHILDREN & YOUTH THROUGH SOCIAL INNOVATION



The Smart Cities, Healthy Kids team was invited to submit a poster highlighting the project for a kiosk-style event in February on Parliament Hill. The event, Building a Stronger Future for Canadian Children & Youth through Social Innovation, was sponsored by ResearchImpact-RéseauImpactRecherche. Approximately twenty Parliamentarians spoke with Dr. Nazeem Muhajarine about the poster during the afternoon, as SPHERU represented the University of Saskatchewan, joining six other universities from across the country at the event, including Memorial, York, Guelph, Wilfrid Laurier, Kwantlen Polytechnic, and Victoria.

BRIDGING COMMUNITY CONNECTIONS: CREATING SOLUTIONS TO ADDRESS SENIORS' FOOD SECURITY

Dr. Nuelle Novik helped organize a community workshop in Regina in October 2013 to look at the question of food security for seniors. The event took place at the Core Ritchie Neighbourhood Centre and attracted 76 participants, including seniors, students from the faculties of social work, nursing and nutrition, representatives from the Saskatchewan Seniors Mechanism, the Seniors' Centre, the Lifelong Learning Centre, and two provincial government policy analysts.

The event examined common themes for seniors and food security in Regina and looked at possible interventions in areas of policy, practice, and research.



The University of Regina Faculty of Social Work, the Regina Community Food Bank, REACH, North Central Community Association, and Regina Qu'Appelle Health Region sponsored the workshop, which was funded by a Social Sciences and Humanities Research Council Research Grant.

NATIONAL COLLABORATING CENTRE FOR DETERMINANTS OF HEALTH FIRESIDE CHAT

Dr. Cory Neudorf took part in a Fireside Chat through the National Collaborating Centre for Determinants of Health in December. The NCCDH assembled health practitioners including Neudorf for the “celebrity-style-interview” webinar. This Fireside Chat – Advancing health equity through public health: The power of people and systems – drew on questions from the audience and had participants share personal experiences. Others taking part included: Claire Betker, Senior Knowledge Translation Specialist, NCCDH; Stephanie Lefebvre, Knowledge Translation Specialist, NCCDH; Louis Sorin, Community Area Director, Winnipeg Regional Health Authority; and Kevin Churchill, Manager of Health Promotion, Lambton Public Health.

NEW KIDSKAN WEBSITE



The kidSKAN project launched a new website in the summer of 2013, with a more up-to-date and user-friendly design. The site has several new features, such as Our Research, which includes reports, posters, and fact sheets produced for various research or knowledge translation projects. There is also a brand-new section, For The Record, with stories and opinion pieces about early childhood development from outside the kidSKAN community.

SASKATCHEWAN VOLUNTARY SECTOR EARLY WORK ON THE DETERMINANTS OF HEALTH 1905-1950: SOME UNSETTLING QUESTIONS INSPIRED BY HISTORY

This research report, written by Dr. Gloria DeSantis, Tara Todd, Dr. Paul Hackett, Dr. Jim Daschuk, Dr. Tom McIntosh, Dr. Nazmi Sari, and Juanita Bascu, marked the culmination of two years of geo-historical research. It is part of a larger historical research project consisting of five interrelated studies, all connected by two common research objectives: 1) to identify the underlying origins of health inequities in Saskatchewan, and 2) to assess the impact of historical interventions on health inequity of Saskatchewan's most vulnerable population groups.

DeSantis, Todd, and Hackett also collaborated to publish an article about the voluntary sector and its role in the determinants of health in *Western Policy Analyst* (Vol. 5, Issue 2, December 2013). It provides an overview of the voluntary social service sector's development between 1905 and 1950 in the context of the social determinants of health and looks geographically at how the province was settled and what role this played in the development of the volunteer sector.



MEDICARE@50: OUR HEALTHY FUTURE AND THE ROLE OF COMMUNITY HEALTH CENTRES

Nazeem Muhajarine took part in a plenary session for Medicare@50: Our healthy future and the role of community health centres, held in Saskatoon in September. He spoke to the role of community health centres, as well as to where work in the area of the social determinants of health is headed. The conference was organized by the Canadian Association of Community Health Centres (www.cachc.ca). Videos of the discussions are available online at CACHC's YouTube channel.

SPHERU NEWS: LEARNING, ENGAGING, AND COMMUNICATING

SPHERU's newsletter is published bi-annually during the spring and fall. It provides project activity updates, SPHERU researcher profiles and announcements, as well as information on upcoming publications and events. SPHERU News is available on our website and distributed electronically to anyone interested in learning more about population health and the social determinants of health. To subscribe to SPHERU News, please send a request to spheru@usask.ca.



SHRF HEALTH RESEARCH GROUP GRANT 2011-2014

Funding from a three-year Phase III group grant from the Saskatchewan Health Research Foundation allowed SPHERU researchers to focus on two multi-dimensional projects to meet the goal of addressing inequities by taking action on the social determinants of health: History of Public Health and Health Care in Saskatchewan: The origins and import of health inequities in Saskatchewan 1905-1985; and Healthy Aging in Place: Improving rural and northern Aboriginal seniors' health through policy- and community-level interventions.

Researchers have worked closely with community members and leaders in the towns of Wolseley, Watrous, and Île-à-la-Crosse, to explore the history of health care in each community and the supports needed by rural, northern, and Aboriginal seniors as they age. Understanding these issues will help inform policy that addresses historical health inequities of these population groups, and assist communities to put in place the necessary supports to allow residents to remain in their homes and communities throughout their senior years.

This work is also providing the basis for a new three-year Phase III group grant from the Saskatchewan Health Research Foundation, beginning in April 2014. We will be partnering with the communities of Watrous, Wolseley, Young, and Rosetown on three intervention studies that will help promote healthy aging in place for seniors.

www.spheru.ca

SPHERU
SASKATCHEWAN POPULATION HEALTH AND COMMUNITY RESEARCH UNIT

The promotion of health equity by understanding and addressing population health disparities through policy relevant research

Population Health Intervention Research Model

Research Program Objectives

- To conduct research on evidence-based interventions to improve the health of population health interventions.
- To apply user-generated, health equity, and community-based research to population health interventions.
- To translate research into practice through the synthesis of theoretical and methodological research to population health interventions research.
- To increase the impact of health research, evidence, interventions and governments to lead, improve and collaborate on population health research, knowledge translation and policy development and innovation.

Knowledge Translation: Producing, Sharing & Collaborating

- Develop a variety of dissemination strategies (e.g., journal articles, posters and webinars) targeted at diverse audiences.
- Develop online research evidence (e.g., e-learning, e-books and e-guides).
- Develop a variety of dissemination strategies (e.g., journal articles, posters and webinars) targeted at diverse audiences.
- Develop a variety of dissemination strategies (e.g., journal articles, posters and webinars) targeted at diverse audiences.

Research Team

University of Regina

Bonnie Jeffery, Senior Lecturer – Team Leader
Jan Chisholm, Coordinator and Research Director
Nazeem Muhajarine, Coordinator and Health Studies
Dana Frenkel, Assistant Professor
Jocelyn MacLennan, PhD Candidate
Justine Morris, Research Coordinator (U of R) and U of S

University of Saskatchewan

Nazeem Muhajarine, Community Health and Epidemiology – Team Co-Leader
Suzanne Goggin, Community Health and Epidemiology
Paul Ridd, Community Health and Epidemiology
Dana Frenkel, Community Health and Epidemiology
Jocelyn MacLennan, PhD Candidate
Nazeem Muhajarine

Research Program

Healthy Aging in Place: Improving Rural and Northern Aboriginal Seniors' Health through Policy and Community Level Interventions

Research Objectives: To identify the policy, community and health interventions that address health inequities for rural and northern Aboriginal and non-Aboriginal seniors, and to create an assessment framework to monitor the range and impact of these interventions in supporting senior health outcomes in rural and northern areas.

Study 1: Conceptual Framework
Develop an evidence-based conceptual framework and an evidence synthesis protocol.

Study 2: The senior experience
Conduct a longitudinal qualitative study with seniors from three communities (Watrous, Wolseley, Île-à-la-Crosse) over three years to follow their experience with aging in place and the role of community and health services.

Study 3: Community assessment
Conduct a community assessment to explore the policy, community, and health interventions that support healthy aging in place.

Study 4: The assessment tool
Develop and assess the applicability of health and community level interventions at different levels of government including federal, provincial and local health agencies and organizations for the assessment framework.

The Origins and Import of Health Inequities in Saskatchewan, 1905-1985

Research Objectives: To identify the historical development of health inequities and to assess the impact of historical interventions on health inequities of Saskatchewan's most vulnerable populations (e.g., Indigenous, rural and northern seniors and children).

Study 1: Historical analysis of health inequities
Conduct a historical analysis to explore differences in health status and access to care that have led to the most affected vulnerable populations in Saskatchewan.

Study 2: Historical analysis of health inequities
Conduct an historical analysis to explore differences in health status and access to care that have led to the most affected vulnerable populations in Saskatchewan.

Study 3: Historical analysis of health inequities
Conduct an historical analysis to explore differences in health status and access to care that have led to the most affected vulnerable populations in Saskatchewan.

Study 4: Historical analysis of health inequities
Conduct an historical analysis to explore differences in health status and access to care that have led to the most affected vulnerable populations in Saskatchewan.

Healthy Children

Study 1: Historical analysis of health inequities
Conduct an historical analysis to explore differences in health status and access to care that have led to the most affected vulnerable populations in Saskatchewan.

Study 2: Historical analysis of health inequities
Conduct an historical analysis to explore differences in health status and access to care that have led to the most affected vulnerable populations in Saskatchewan.

HISTORY OF PUBLIC HEALTH AND HEALTH CARE IN SASKATCHEWAN: THE ORIGINS AND IMPORT OF HEALTH INEQUITIES IN SASKATCHEWAN 1905-1985

SPHERU RESEARCHERS: PAUL HACKETT (PROJECT LEAD), JAMES DASCHUK, GLORIA DESANTIS, TOM MCINTOSH

Despite Saskatchewan's longstanding commitment to providing health care for all, the province manifests some of the most extreme disparities in health outcomes in the nation. These disparities have been long entrenched, yet ongoing attempts to achieve a solution have been largely ineffective. This project seeks to understand the root causes of these current health inequities through the use of an historical approach. This approach will identify the past patterns of health in Saskatchewan, how they have changed over time, and how key medical, policy, and other interventions impacted, and were impacted by, the inequitable distribution of health for specific sub-populations. Deliverables on this project include the Historical Health Timeline, which SPHERU has developed outlining key events in Saskatchewan's history related to the social determinants of health.



HEALTHY AGING IN PLACE: IMPROVING RURAL AND NORTHERN ABORIGINAL SENIORS' HEALTH THROUGH POLICY AND COMMUNITY LEVEL INTERVENTIONS

SPHERU RESEARCHERS: BONNIE JEFFERY (PROJECT LEAD), SYLVIA ABONYI, JUANITA BACSU, SHANTHI JOHNSON, DIANE MARTZ

Seniors are one of the fastest growing population groups in Saskatchewan, which makes understanding their health needs of vital importance. Rural and northern communities in Canada are especially facing escalating challenges in meeting the health care needs of an aging non-Aboriginal and Aboriginal population. Using a model of population health intervention research, SPHERU researchers will identify effective interventions at the policy, community, and kin levels that support healthy aging in place both for non-Aboriginal and Aboriginal seniors. To date, the research team has produced journal articles and posters, presented at conferences, and provides a regular newsletter for community partners.



AWARDED PROJECTS

Along with the SHRF group grant projects, SPHERU researchers also hold grant funds as principal investigators or co-investigators on a number of projects related to SPHERU's research themes. The following is a listing of some of the projects on which researchers are working collaboratively with others at Saskatchewan universities, as well as institutions throughout Canada and abroad.

EVALUATION OF THE ABORIGINAL DIABETES INITIATIVE: UNDERSTANDING THE IMPLEMENTATION AND UPDATE OF AS!BC AND YETE PROGRAMS

SPHERU RESEARCHER: SARAH OOSMAN (PRINCIPAL INVESTIGATOR)

Health Canada First Nations and Inuit Health Branch [Saskatchewan Region] (\$108,975) 2013-2014

This project is focused on evaluating the implementation and uptake of two health promotion programs being delivered by Health Canada through the Aboriginal Diabetes Initiative to various First Nations communities throughout Saskatchewan. The overall purpose is to assess Health Canada's initial intent in offering and supporting the Action Schools!BC (AS!BC) and Youth Empowerment Through Exercise (YETE) programming, along with their implementation processes and subsequent responses of participating First Nations communities. The evaluation will serve to highlight strengths and identify areas for improvement in the program implementation process both from Health Canada and First Nations community perspectives.

ADDRESSING AND REDRESSING ISSUES OF RESPIRATORY HEALTH AND HOUSING AMONG FIRST NATIONS PEOPLE: PROGRAM AND POLICY OPTIONS

SPHERU RESEARCHER: SYLVIA ABONYI (PRINCIPAL INVESTIGATOR)

Canadian Institutes of Health Research (\$19,005) 2013-2014

This one-day symposium highlighted knowledge about the linkages between adult and child respiratory health outcomes and housing environments in First Nations communities, focusing on program and policy intervention possibilities. Attendees included multiple stakeholders, there to learn about interventions currently taking place in Canadian First Nation communities and stimulate discussion on successes, strengths, challenges, and opportunities.

DISSEMINATION ACTIVITIES FOR THE SMART CITIES, HEALTHY KIDS: FOOD ENVIRONMENTS STUDY
SPHERU RESEARCHERS: RACHEL ENGLER-STRINGER (PRINCIPAL INVESTIGATOR), FLEUR MACQUEEN SMITH, NAZEEM MUHAJARINE, TRACY RIDALLS (CO-INVESTIGATORS)

Canadian Institutes of Health Research (\$25,000) 2013-2014

These funds will allow for dissemination activities that lead to action and improvements in policy and programs for communities. Activities include a conference, public lecture, and a strategic planning day and workshop that brings together school and municipal leaders to discuss school food environments. Printed materials, including a fact sheet series and plain language reports, will also be produced for distribution.



EVALUATION OF COMMUNITY SUPPORT PROGRAMS FOR INDIVIDUALS WITH COGNITIVE DISABILITIES AND FASD

SPHERU RESEARCHER: NAZEEM MUHAJARINE (PRINCIPAL INVESTIGATOR)

Saskatchewan Ministry of Health (\$79,375) 2013-2014

This project evaluated two initiatives to support individuals with cognitive disabilities in Saskatchewan, including the Cognitive Disabilities Strategy (CDS) and four community-based support programs. The purpose of the evaluation was to describe each of these five programs and how they are perceived by staff, clients, and other service providers. A final report outlined the strengths, challenges and impact of each program, and suggestions for enhancing effectiveness.

HEALTHY COMMUNITY APPROACHES AND THEIR EFFECTIVENESS IN PROMOTING POSITIVE HEALTH OUTCOMES

SPHERU RESEARCHERS: BONNIE JEFFERY, NAZEEM MUHAJARINE (CO-PRINCIPAL INVESTIGATORS)

Public Health Agency of Canada (\$9,972) 2013-2014

This research contract with the Public Health Agency of Canada involved identifying and reviewing evidence from the published and grey literature to describe and summarize the relationship between healthy community approaches and positive health outcomes. The deliverables included a summary report highlighting the themes from the literature reviewed and an annotated bibliography describing key findings. The scope of the review included attention to specific healthy community approaches, including those identified by PHAC.

HEALTHY START/DÉPART SANTÉ: A MULTILEVEL INTERVENTION TO INCREASE PHYSICAL ACTIVITY AND HEALTHY EATING AMONG YOUNG CHILDREN (AGES 3-5) ATTENDING CHILDCARE

ANNE LEIS AND LOUISE HUMBERT, UNIVERSITY OF SASKATCHEWAN; ROGER GAUTHIER, RÉSEAU SANTÉ EN FRANÇAIS DE LA SASKATCHEWAN (CO-PRINCIPAL INVESTIGATORS)

SPHERU RESEARCHERS: NAZEEM MUHAJARINE (CO-PRINCIPAL INVESTIGATOR), RACHEL ENGLER-STRINGER (CO-INVESTIGATOR)

Public Health Agency of Canada (\$240,000 – KDE portion)

Healthy Start is a bilingual initiative developed in Saskatchewan that increases healthy eating and physical activity opportunities in early learning environments. Through a partnership of organizations led by the Réseau Santé en français de la Saskatchewan (Saskatchewan Network for Health Services in French), the Healthy Start approach engages directors, educators, cooks, and parents by providing resources, training, and ongoing support. SPHERU, along with researchers across Canada, is involved in an evaluation component of the initiative to monitor and assess the impact of Healthy Start in both Saskatchewan and New Brunswick. SPHERU is leading the communications and knowledge dissemination and exchange (KDE) component of this research.



SPOR NETWORK IN PRIMARY AND INTEGRATED HEALTH CARE INNOVATIONS: SASKATCHEWAN LOI

SPHERU RESEARCHERS: NAZEEM MUHAJARINE, CORY NEUDORF (CO-PRINCIPAL INVESTIGATORS) WITH MARGARET BAKER, SYLVIA ABONYI, SHANTI JOHNSON (CO-INVESTIGATORS)

Canadian Institutes of Health Research (\$73,750); Saskatchewan Health Quality Council (\$10,000); Saskatchewan Health Research Foundation (\$25,000); Saskatoon Health Region (\$13,438); University of Saskatchewan (\$25,312) 2013-2014

The purpose of this network grant is to develop a collaborative network of researchers, physicians, community members, and policy makers that will focus on generating new evidence in primary and integrated health care effectiveness, efficiency, and access across the care spectrum. The Saskatchewan team includes researchers, physicians, and policy makers who will work together to improve health equity more specifically in indigenous and rural areas, with a focus on prevention, and how to better provide services to patients across their life spans (early childhood to older adults). The network will allow researchers in different areas to come together to focus on integrating primary health care and social determinants across urban and rural areas, and with indigenous peoples to identify specific issues facing individuals in Saskatchewan regarding their primary care.



A STEP TOWARDS CREATING ACTIVE URBAN COMMUNITIES: SEASONALITY AND ACTIVE SASKATOON KIDS (SASK)

SPHERU RESEARCHER: NAZEEM MUHAJARINE (PRINCIPAL INVESTIGATOR)

Canadian Institutes of Health Research (\$362,845) 2014-2016

Seasonality and Active Saskatoon Kids (SASK) is an obesity intervention research project that aims to measure and identify locations where physical activity occurs in Saskatoon, across all seasons, among children aged 10-14 years. Using both a self-reported activity questionnaire and accelerometers, the research team will learn about children's active and sedentary activities at school, at home, and within the community. The goal of the study is to create more active communities in Saskatoon by addressing several existing knowledge gaps such as seasonal effects on physical activity and sedentariness, and where these occur. This study builds on the Smart Cities, Healthy Kids studies previously conducted in Saskatoon (2009-14).

CONTINUING PROJECTS

ASSESS, REDRESS, RE-ASSESS: ADDRESSING DISPARITIES IN RESPIRATORY HEALTH AMONG FIRST NATIONS PEOPLE

JAMES DOSMAN, UNIVERSITY OF SASKATCHEWAN (NOMINATED PRINCIPAL INVESTIGATOR), SYLVIA ABONYI, JO-ANNE EPISKENEW, PUNAM PAHWA (CO-PRINCIPAL INVESTIGATORS)

Canadian Institutes of Health Research (\$1,592,521) 2011-2016

Living and social conditions in some First Nation communities have created environments that are associated with adverse respiratory outcomes. In partnership with the rural communities of Beardy's and Okemasis First Nation and Montreal Lake Cree Nation, the project will evaluate individual and contextual factors on the outcomes of asthma, chronic bronchitis, and other respiratory conditions. Characterization of conditions will provide communities with information that will assist them to undertake interventions aimed at redressing the issues.



A CHARACTERIZATION OF THE FOOD ENVIRONMENT IN SASKATOON FOR FAMILIES WITH CHILDREN *SPHERU RESEARCHERS: RACHEL ENGLER-STRINGER, NAZEEM MUHAJARINE (CO-PRINCIPAL INVESTIGATORS)*

Canadian Institutes of Health Research (\$341,449) 2010-2013

The neighbourhoods in which we live and how easily we can access nutritious food (sometimes called the food environment), particularly for our children, can make a difference in children's health. This study will help us understand the food environment for families with children aged 10-13 years in Saskatoon, and its impact on obesity and overweight levels among children. The first part of the study surveyed where grocery and convenience stores and fast-food restaurants in Saskatoon are located and how nutritious their foods are. A dietary assessment survey of children in 20 neighbourhoods was then undertaken to help understand the relationships between diet quality, body weight, and the food environment in Saskatoon neighbourhoods. This project is part of the Smart Cities Healthy Kids research program.

EVALUATION OF TELEHEALTH FOR THE ASSESSMENT AND FOLLOW-UP OF LUNG CANCER PATIENTS FROM RURAL SASKATCHEWAN

CHRISTOPHER HERGOTT, UNIVERSITY OF SASKATCHEWAN (PRINCIPAL INVESTIGATOR)

SPHERU RESEARCHER: NAZMI SARI

Saskatchewan Health Research Foundation (\$119,957) 2012-2015

In Saskatchewan, many lung cancer patients live outside of large medical centres and must travel long distances to see a specialist for lung cancer assessment and diagnosis. This project will evaluate the potential for a telehealth lung cancer assessment clinic to improve rural patients' access to assessment and diagnosis, and provide evidence to support government funding of this initiative. Researchers will document patient satisfaction, potential cost savings, and diagnosis/treatment timelines. Telehealth uses videoconference equipment to conduct assessment and follow-up of patients, and has been successfully used in other areas of medicine to improve access to care for patients in rural areas.

THE GOOD FOOD JUNCTION: A COMMUNITY-BASED FOOD INTERVENTION TO REDUCE NUTRITIONAL HEALTH INEQUITIES

SPHERU RESEARCHERS: RACHEL ENGLER-STRINGER, NAZEEM MUHAJARINE (CO-PRINCIPAL INVESTIGATORS)

SYLVIA ABONYI, CORY NEUDORF (CO-INVESTIGATORS)

Canadian Institutes for Health Research (\$10,000 + \$50,000); Public Health Agency of Canada (\$150,000) 2012-2015

The environments in which people live, work, and play have an important role in determining their health, including obesity, diabetes, and nutrition. The Good Food Junction, which opened in September 2012, is a 4,900-square-foot full-service not-for-profit grocery store containing a full range of fresh, frozen, and packaged foods. It is located in a low-income food desert neighbourhood in Saskatoon's inner city. The goal of this two-year study is to understand and model how the introduction of this large community-based food program impacts the health of individuals and families. This research presents a unique opportunity to study and understand how transformation occurs from a food desert with poor health outcomes to neighbourhoods with healthy food and healthy citizens.



HEALTH INEQUALITY IN SASKATCHEWAN: COMPARING SMALL AREA AGGREGATE DATA AND INDIVIDUAL LINKED DATA IN URBAN AND RURAL DEVELOPMENTS

SPHERU RESEARCHERS: CORY NEUDORF (PRINCIPAL INVESTIGATOR), NAZEEM MUHAJARINE (CO-INVESTIGATOR)

Saskatchewan Health Research Foundation (\$120,000) 2012-2015

This study will examine the relative effect of individual and area level socio-economic factors on health inequalities. Analyzing health administrative data and survey data at both individual and aggregate levels will help researchers to define geographic areas of greater health inequalities within the province overall and within the targeted areas, and determine the inequality trends over time for selected health indicators. Through dissemination and discussion of the findings, the research will provide a better understanding of priorities and possible interventions at local, regional, and provincial levels, as well as will assist in determining potential policy and program options.

IMPACT OF A HOME-BASED EXERCISE PROGRAM ON FALLS AND FALL-RELATED INJURIES AMONG SENIORS LIVING IN RURAL AND URBAN AREAS IN SASKATCHEWAN

SPHERU RESEARCHER: SHANTHI JOHNSON (PRINCIPAL INVESTIGATOR)

Canadian Institutes of Health Research (\$100,000); Saskatchewan Health Research Foundation (\$72,995); Canadian Institutes of Health Research / RPP (\$72,995) 2010-2013

Unintentional falls are one of the leading causes of mortality and morbidity among frail seniors. While a majority of the community-based falls prevention programs have been shown to reduce falls and falls-related injuries, there is a need for exploring this issue among frail, largely homebound older adults. The purpose of this study is to examine the impact of a home-based exercise program on functional capacity, falls, and fall-related injuries among seniors living in rural and urban areas.



IMPROVING FUNCTIONAL CAPACITY AND REDUCING FALLS AMONG FRAIL OLDER ADULTS: DELIVERY OF EXERCISE INTERVENTION THROUGH HOME CARE NETWORK

SPHERU RESEARCHER: SHANTHI JOHNSON WITH DAWN MCNEIL (PRINCIPAL INVESTIGATORS)

Canadian Institutes for Health Research (\$282,008); Saskatchewan Health Research Foundation (\$68,252) 2012-2015

This project is studying ways to improve functional capacity and reduce falls among frail, largely homebound older adults by examining the impact of a home-based exercise program on functional capacity, falls, and fall-related injuries. Comparisons will be made among seniors living in rural and urban areas, and between those participating in an exercise group and those who are not. By focusing on the delivery of exercise programs through home care networks, researchers aim to reduce the impact of falls on the lives of Saskatchewan residents and the health care system.



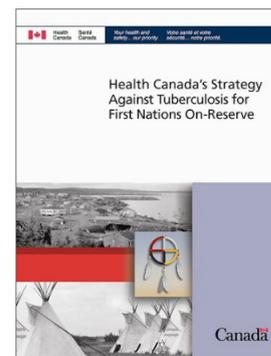
INFORMING THE 'STRATEGY AGAINST TUBERCULOSIS FOR FIRST NATIONS ON RESERVE' EVIDENCE FROM THE DETERMINANTS OF TB TRANSMISSION PROJECT

RICHARD LONG, UNIVERSITY OF ALBERTA (PRINCIPAL INVESTIGATOR)

SPHERU RESEARCHERS: SYLVIA ABONYI, PAUL HACKETT (CO-INVESTIGATORS)

Canadian Institutes of Health Research (\$200,000) 2013-2014

This project will analyze data from The Determinants of TB Transmission in the Canadian-born Population of the Prairie Provinces (DTT) through the lens of the newly launched 2012 Health Canada Strategy Against Tuberculosis for First Nations on reserve. Since there was no Aboriginal TB patient consultation process in the development of the strategy, the DTT project interviews with Aboriginal TB patients will provide some of this missing perspective. This new analysis will provide evidence to promote engagement of First Nations communities, upon which the 2012 Strategy depends for success.



MHEALTH INFORMATION FOR MIGRANTS: A PILOT PROJECT TO INCREASE HEALTH INFORMATION ACCESSIBILITY FOR MIGRANTS IN VIETNAM

SPHERU RESEARCHER: NAZEEM MUHAJARINE (PRINCIPAL INVESTIGATOR)

Grand Challenges Canada (\$113,000) 2013-2014

In the developing world, rural people are increasingly leaving their homes for jobs in cities. In Vietnam, the flow of migrants increased from 1.3 million in 1989 to 3.4 million in 2009, and may top 6 million by 2019. Many of these migrants are poor and live in unstable environments, putting them at higher risk for poor health outcomes. They also have limited access to reliable sexual and other health information. Vietnam project lead Lan Vu and SPHERU are working with mHealth for Migrants to provide reliable, low-cost health advice for migrant workers via text messaging. This is a common form of communication in the developing world and a good way to exchange sensitive information and connect people with health services.



Project funded by:

Grand Challenges Canada™
Grands Défis Canada^{MC}

NEURODEVNET

DAN GOLDOWITZ, UNIVERSITY OF BRITISH COLUMBIA (PRINCIPAL INVESTIGATOR)

SPHERU RESEARCHERS: NAZEEM MUHAJARINE (DIRECTOR / PLATFORM MANAGER, KNOWLEDGE TRANSFER AND EXCHANGE)

Government of Canada – Networks of Centres of Excellence (\$1,000,000) 2009-2014

NeuroDevNet is the first trans-Canada initiative dedicated to studying children's brain development both from basic and clinical perspectives. The network will receive \$19,572,000 in funding over five years to accelerate the pace of understanding the causes of neurological deficits, with an initial focus on autism spectrum disorder, fetal alcohol spectrum disorder, and cerebral palsy. Researchers will explore how the normal brain develops, how to detect abnormalities, and how to repair the damaged brain. NeuroDevNet will also train the next generation of researchers in pediatric brain development and will disseminate new knowledge into improved diagnosis, treatments, and interventions to inform care delivery and policy decisions.



PARENT TRAINING FOR CHALLENGING BEHAVIOUR IN CHILDREN WITH FETAL ALCOHOL SPECTRUM DISORDERS (FASD): STRONGEST FAMILIES FOR FASD

PATRICK MCGRATH, DALHOUSIE UNIVERSITY (PRINCIPAL INVESTIGATOR)

SPHERU RESEARCHER: NAZEEM MUHAJARINE (CO-INVESTIGATOR)

Canadian Institutes of Health Research (\$399,858) 2011-2014

Although the neurodevelopmental disabilities associated with FASD have been well characterized, there is a significant lack of communication between families affected by FASD, service delivery providers and policy makers, which along with access and eligibility issues, prevents the implementation of appropriate (and timely) treatment programs. This project will develop an Internet-based, FASD-specific parent training program designed to meet the current limitations in access and eligibility for families seeking services and supports, and provide evidence for feasibility and efficacy to support changes in policy by key decision makers.

PROMOTING HEALTH EQUITY IN SASKATOON

SPHERU RESEARCHERS: CORY NEUDORF (PRINCIPAL INVESTIGATOR), NAZEEM MUHAJARINE (CO-INVESTIGATOR)

Canadian Institutes of Health Research (\$100,000) 2012-2013

The three main purposes of this recent program of health disparity research were to: a) investigate health disparities in Saskatoon, including the determinants associated with health disparities; b) implement and evaluate evidence-based population health interventions aimed at decreasing health disparities; and c) engage in integrated knowledge translation (KT) to raise awareness of health disparities and prompt action. With the investigation and intervention implementation/evaluation phases completed, we now aim to continue the knowledge translation work already begun. KT activities will focus on promoting awareness and action for health equity among two primary audiences: the community and decision makers.

RURAL AND NORTHERN COMMUNITY RESPONSE TO INTIMATE PARTNER VIOLENCE

SPHERU RESEARCHERS: MARY HAMPTON (PRINCIPAL INVESTIGATOR), BONNIE JEFFERY, PAUL HACKETT, DIANE MARTZ (CO-INVESTIGATORS)

Social Science and Humanities Research Council Community-University Research Alliance (\$1,000,000) 2010-2015

This CURA project, led by RESOLVE Saskatchewan at the University of Regina, will build upon the established connections among the three RESOLVE provincial research offices, and justice and community family violence agencies across the provinces. The project will conduct research to enhance our understanding of current community responses to intimate partner violence in rural and northern regions of the Canadian Prairie provinces in order to expand support in targeted areas experiencing abuse and violence.



TIER 2 CANADA RESEARCH CHAIR IN ABORIGINAL HEALTH

SPHERU RESEARCHER: SYLVIA ABONYI

Canada Research Chairs Secretariat / University of Saskatchewan (\$500,000) 2010-2015



This CRC renewal continues a program of study exploring the role of culture in health and wellness of Aboriginal peoples. Working closely with northern Aboriginal communities out of the population health research lab in Prince Albert, the research is focused on two questions: “What is a healthy community?” and “How would we measure that?” Current research is exploring the lived experience of selected indicators from the Community Health and Wellness Toolkit, created in an earlier phase of the research. The toolkit included over 200 indicators, including strong and vital community cultures, food security, a healthy environment, and access to health and social services. Over the next five years, the toolkit will be implemented with the

Athabasca Health Authority in northern Saskatchewan to build a community database of information and create ways of evaluating programs and policies.



FOR MORE INFORMATION ABOUT SPHERU OR OUR RESEARCH, SEE OUR WEBSITE AT WWW.SPHERU.CA.



UNIVERSITY OF
SASKATCHEWAN

University
of Regina

WWW.**SPHERU**.ca

SPHERU Saskatoon
University of Saskatchewan
Email: spheru@usask.ca
Phone: (306) 966-2250

SPHERU Regina
University of Regina
Email: spheru@uregina.ca
Phone: (306) 585-5674

SPHERU Prince Albert
University of Regina
Email: spherupa@uregina.ca
Phone: (306) 953-5535