

LEARNING, ENGAGING AND COMMUNICATING

PROJECT ACTIVITY UPDATE

Healthy Aging in Place

The Healthy Aging in Place study is addressing the growing health needs of seniors living in rural and northern communities. The research, framed from a strengths perspective, will endeavour to uncover conceptual, capacity, and material assets to address and appropriately frame the service, policy, and programmatic implications of the findings. This study uses an innovative model of population health intervention research to identify effective policy, community, and kin level interventions that support healthy aging in place for seniors in Saskatchewan.



The research team has also completed a literature review of existing studies on rural seniors' health and healthy aging, a review of articles relating to gender and aging, conducted interviews with

40 seniors in the Saskatchewan rural communities of Watrous and Preeceville, and recorded senior experiences of aging in place. Initial findings have been presented to the Canadian Rural Health Research Society Conference (CRHRS) in September 2010 by Juanita Bacsu and Nuelle Novik. The results from this pilot project will also be presented during a multi-stakeholder workshop with representatives from Regional Health Authorities (RHAs), community representatives, and university team members.

Research Team: Bonnie Jeffery, Sylvia Abonyi, Diane Martz, Shanthi Johnson, Juanita Bacsu, and Nuelle Novik.

For further information on this project, please contact Juanita Bacsu at Juanita.bacsu@usask.ca or 306-966-7942.

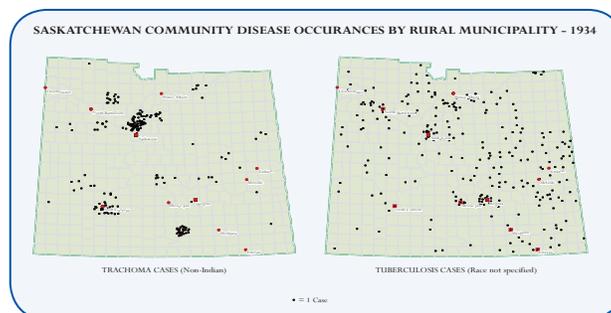
Funding for this research is provided by the Saskatchewan Health Research Foundation (SHRF) and the Canadian Centre for Health and Safety in Agriculture (CCHSA).

OUR RESEARCH

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

SPHERU's Web-based Digital Atlas Showcases Innovation in Population Health Research

Modern cartography can serve as a multifaceted tool for researchers in public and population health. Traditional maps are useful for illustrating patterns of health and health care and their digital counterparts are useful for illustrating this same information and more. Digital maps act as a storage container for data, a mechanism for its retrieval, and a device for hypothesis testing. The web-based SPHERU digital atlas makes use of the digital advantage and will become both a showcase for our innovative work in population health as well as a key part of research analysis. SPHERU's digital atlas is expected to provide users with a greater level of interactivity and user-controlled cartographic animation resulting in an atlas that educates users on health issues facing Saskatchewan's population.



Development is a continuous and ongoing process. SPHERU's focus, in the short term, is on presenting findings from existing SPHERU studies into the health of the province's children and northern First Nations communities. Development continues to include additional maps as our new projects unfold, including those examining rural health in Saskatchewan and its health history. As new maps become available users will be able to view the changing health of the province's people, with particular emphasis on those who are vulnerable.

Project funding received from the Saskatchewan Health Research Foundation's health research team grant program.

OUR RESEARCH TEAM

University of Regina

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

University of Saskatchewan

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

WHO WE ARE

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

OUR RESEARCH AREAS

SPHERU's research promotes health equity by addressing health disparities through policy relevant research. We conduct our work within four interrelated research areas, derived from our understanding of health outcomes of populations and issues particularly relevant to Saskatchewan, which are derived from our understanding of health outcomes of populations and issues that are particularly relevant to Saskatchewan. In Northern and Aboriginal Health we study the role that culture plays as a determinant of health. The Healthy Children area considers how contexts shape children's health and development outcomes. Rural Health focuses on the impacts of socio-economic determinants of health in rural populations. SPHERU also conducts Evaluation Research and studies the effectiveness of various programs and policies in making social and environmental conditions healthier and more equitable.

ANNOUNCEMENTS

SPHERU Celebrating 10 Years of Collaborative Population Health

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

Sylvia Abonyi's Canada Research Chair Renewed:

On March 29, 2010, Sylvia Abonyi, SPHERU faculty researcher, received the news that her Canada Research Chair will aid in continuing her work in



fostering healthy northern communities. The Government of Canada renewed investment in this, and three other research chairs at the University of Saskatchewan, to 2015.

Smart Family Policy: the triple threat that can help children, support families, and grow our economy.

(Dr. Paul Kershaw)
Mon. Nov. 15, 2010; 4:30 - 8:30 pm; Saskatoon; Gathercole Auditorium in Saskatoon Public School Board's Central Office, 310 - 21st Street East. For more information, or to register, contact fleur.macquensmith@usask.ca or 306-966-2197.

PUBLICATIONS



Redistributing Health: New Directions in Population Health Research in Canada (Edited by Tom McIntosh, Bonnie Jeffery, and Nazeem Muhajarine): This compilation of papers and presentations to the 2008 *New Directions in Population Health Research: Linking Theory, Ethics, and Practice* Conference will be released by the Canadian Plains Research Centre.

Please join us for the launch on Tuesday, November 16, from 3:00 pm to 5:00 pm, at the University of Regina (The Terrace, 10 Research Drive).

Alberta Centre for Active Living Research

Update: Research Update, published

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

"Evaluating Chronic Disease Self-Management in Northern Saskatchewan" (Vol. 17 / No.3 September 2010) highlights the work of Dr. Bonnie Jeffery, Carol Gillis (Health Care Consultant), Napoleon Gardiner (Northern Health Strategy Coordinator), and Dr. Peter Butt (Associate Professor with the Department of Family Medicine, University

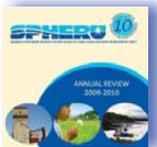


of Saskatchewan). The article describes development of an evaluation framework that will incorporate individual, cultural, and community factors relevant to assessing the effectiveness of the Chronic Disease Self-Management Program in northern Saskatchewan communities.

SPHERU Annual Review 2009-2010:

Released in summer 2010, this comprehensive listing of our work and activities is now available on our website.

For an electronic copy and access to past publications, please visit www.spheru.ca.



MEET OUR RESEARCHERS



Paul Hackett (SPHERU Research Faculty): Dr. Hackett, based out of SPHERU's Saskatoon office at the University of Saskatchewan, focuses his interests 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 II diabetes among First Nations in Saskatchewan and Manitoba and investigating the history of tuberculosis among the Canada's western First Nations. In 2009, Dr. Hackett was interviewed in the Winnipeg Free Press as part of an award-winning series of articles on the history of Aboriginal tuberculosis, in which his cartographic research was showcased. Dr. Hackett is an Assistant Professor, Medical Geography, Aboriginal Health, and Historical Epidemiology, with the University of Saskatchewan's Department of Geography and Planning.



James Daschuk (SPHERU Associate Research Faculty):

Dr. Daschuk, based out of SPHERU's Regina offices at the University of Regina, has been teaching and conducting research in the field of Aboriginal health for nearly twenty years and specializes in the area of Medical-Environmental Health. He joined SPHERU in 2008 and brings experience as an historian with a background in anthropology to SPHERU's already diverse research team. Dr. Daschuk is also a faculty member of Kinesiology and Health Studies at the University of Regina.



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