

Policy-Maker/Community Summit Event Summary

On April 9, 2019, SPHERU hosted the Policy-Maker/Community Summit on Reducing the Isolation of Seniors in South and Central Saskatchewan at the Italian Club in Regina. The event was the culmination of SPHERU's role as evaluator of a three-year collective impact project. Funded by Employment and Social Development Canada (ESDC) as part of a pan-Canadian New Horizons for Seniors program, SPHERU has worked in collaboration with the Alzheimer Society of Saskatchewan, the Canadian Red Cross in Saskatchewan, and Saskatchewan Seniors Mechanism as they undertook various interventions addressing the social isolation of seniors in South and Central Saskatchewan.

As its title suggests, the Summit event brought together a broad range of invited policy-makers and community members, including government officials, community-based organizations, NGOs, and community members from both urban and rural centres in South and Central Saskatchewan. In total, 41 participants attended the event and provided valuable insight via the World Café format. Thanks to a Saskatchewan Health Research Foundation Research Connections grant, SPHERU



was able to provide travel and accommodation support that enabled several older adult community members to travel from rural areas and ensure their voices were heard.

In preparation for the Summit event, SPHERU conducted a scoping review of interventions designed to reduce social isolation of older adults internationally, nationally, and locally. This review formed the basis of a background document provided to participants ahead of time. Attendees were grouped randomly to ensure a mix of policy-makers and community members at each table, and facilitators at each table helped ensure the conversations flowed smoothly. Note-takers recorded emergent themes and ideas, which were then shared with the broader group. The items discussed included what interventions or policies exist to deal specifically with social isolation of older adults, ways to overcome the difficulty in identifying socially isolated individuals and mitigating stigma.

The conversation then moved on to a discussion of the path forward in dealing with the social isolation of older adults. SPHERU continues to examine and analyze input from the World Café discussions as researchers prepare a final report to summarize the day's findings.



Partnership Development Grant

Dr. Nazeem Muhajarine, Professor in the Department of Community Health and Epidemiology, is part of a team that has been awarded a Partnership Development Grant under SSHRC-CMHC joint initiative on Collaborative Housing Research Network. The PDG is titled, "Housing for those in greatest need," and brings together researchers and community and policy partners from three regions: Cape Breton, NS, Southern Ontario, and Saskatoon, SK (the team is led by Catherine Leviten-Reid, Cape Breton University).

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WHAT'S HAPPENING

INTERACT Trainee Summit



INTERACT

Team INTERACT will be holding a Trainee Summit from May 14-16th at the University of Saskatchewan.

INTERACT focuses on delivering evidence and action to advance the design of smart, sustainable and healthier cities for all. This event will be hosting 16 Master's and PhD-level students from across Canada studying in a variety of disciplines.

Trainees will meet in person to develop and refine their skills and contribute their expertise. They will workshop their academic work with each other and with mentors, and will learn career building skills through a series of workshops.

For more information on INTERACT visit the website at <https://teaminteract.ca/>.



First steps: creating an initial program theory for a realist evaluation of Healthy Start-Départ Santé intervention in childcare centres.

International Journal of Social Research Methodology

Fiona Fick & Nazeem Muhajarine

Realist evaluation (RE) is increasingly adopted to assess the effectiveness of social programs. RE goes beyond measurement of outcomes, providing insight into how and why programs work by focusing on how participants experience and respond to programs within certain contexts. A RE was conducted on Healthy Start-Départ Santé (HSDS), an early childhood development program in Canada, created to address the prevalence of overweight and obese children. This article aims to add to the realist methodological literature by describing the construction of the initial program theory, reflecting on the process used, and providing a starting point for future realist practitioners.

Impact of a public transit strike on public bicycle share use: An interrupted time series natural experiment study.

Journal of Transport & Health

Daniel Fuller, Hui Luan, Richard Buot, Amy Auchincloss

Promoting active transportation is an important public health objective. Limited research has examined the potential of interventions that highly constrain transportation and their potential impact on cycling. From November 1-7th, 2016, Philadelphia's transit workers went on strike, stopping all transit services in the city. Methods: We used the strike event as a natural experiment to examine the impact of public transit strikes on use of Philadelphia's bicycle share program. We estimated the impact of the strike using two separate approaches, interrupted time series and Bayesian structural time series models. We estimate the strike caused an increase of between 86 and 92 trips per 100,000 population (57% increase in use) on average in Philadelphia during the strike period. After the strike ridership quickly returned to baseline, decreasing by 80 trips per 100,000 population after the strike. Our results suggest that interventions that highly constrain transit can increase active transportation but the behavior may not be sustained after transit becomes available again.

Reducing the Social Isolation of Older Adults A Scoping Review of Interventions.

Bonnie Jeffery, Nazeem Muhajarine, Hazel Williams-Roberts, Tom McIntosh, Nuelle Novik

The purpose of this scoping review was to assess the current research literature that describes the implementation and assessment of interventions and their associated outcomes related to reducing social isolation of older adults. The review was completed by the Saskatchewan Population Health and Evaluation Research Unit (SPHERU) as part of the collective impact evaluation of the Reducing Isolation of Seniors Collective (RISC), a project funded by the federal New Horizons for Seniors Program.