



SASKATCHEWAN POPULATION HEALTH AND EVALUATION RESEARCH UNIT

University
of Regina



During an unexpectedly, and rare, sunny spring day in Ireland, the Cliffs of Moher were in clear sight on March 20. Photo by Kristen McEwen

As the end of the winter semester quickly approaches, March has seemingly slipped away as well. Our faculty was as busy as ever this month, from signing new contracts to speaking at special meetings.

Signing new contract

SPHERU faculty Dr. Shanthi Johnson, Dr. Bonnie Jeffery, Dr. Tom McIntosh and Dr. Nuelle Novik signed a new contract to create a Social Isolation of Seniors Toolkit, to be customized for recent immigrant and refugee seniors.

Two other contractors have also been selected to customize the toolkit for LGBTQ seniors and Indigenous seniors.

In September, Federal, Provincial and Territorial Ministers made a decision to create the toolkit to address the issue of seniors experiencing social isolation within their communities.

The toolkit is made up of

two volumes: background information and context for seniors' social isolation; and a set of tools for community leaders to use in organizing events.

The toolkit will be posted on federal, provincial and territorial websites.

Congratulations to the SPHERU faculty working on this contract!

Momentum 2017

Dr. Nazeem Muhajarine was the keynote speaker at Momentum 2017: Planning Healthy Communities, Connecting the Pieces.

Momentum 2017 looked at the many factors that contribute to community health. This year focused on active transportation, including how to plan for it and public health benefits; environment and food security, including healthy yards and urban agriculture; planning for growth, such as infill development and

discussing Saskatoon's growth plan; and planning with Indigenous communities.

Dr. Muhajarine spoke about "Building cities and changing health: lessons from Smart Cities, Healthy Kids research."

Dr. Muhajarine used findings from his research with the Smart Cities, Healthy Kids project to explain how the way cities are built shape the lives of citizens and inspire activity.

During the talk, Dr. Muhajarine presented examples of built environment research and policy actions in Saskatoon and the insights gained from this research.

Growing International Research

Dr. Muhajarine also spoke at a special meeting in March dedicated to honour international research month and to discuss international research prospects for the College of Kinesiology at the

University of Saskatchewan.

Dr. Muhajarine shared stories of his experience with international research.

The College of Kinesiology invited Dr. Muhajarine along with Dr. Diane Martz, director of International Research and Penny Skilnik, director of Internationalization and Special Projects in the College of Graduate and Postdoctoral Studies.

The College of Kinesiology invited guest speakers to continue a dialogue about advancing the college's international research portfolio.

Reminder: If you have any information about upcoming events, current and/or new projects related to SPHERU please send them to kristen.mcewen@usask.ca. Photos are always welcome and appreciated!