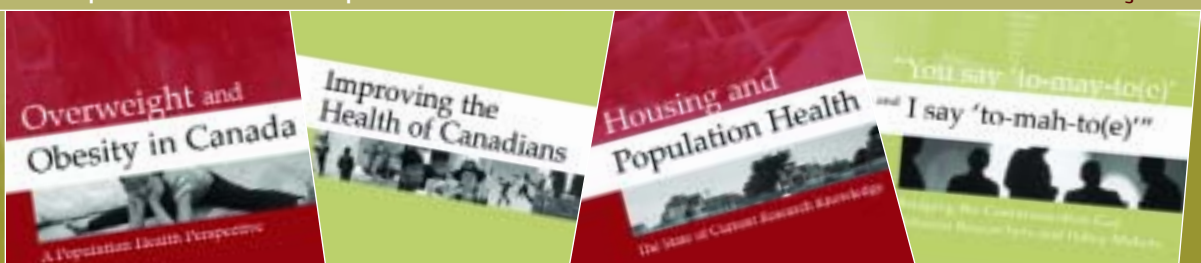


Patterns of health and disease are largely a consequence of how we learn, live and work.



Inside

PULSE

- 2 Insights and Highlights
- 3 What's New?
- 4 Population Health Around Canada
- 6 Looking Forward
- 7 Connections

Links

- Improving the Health of Canadians >
- Overweight and Obesity in Canada: A Population Health Perspective >
- You say 'to-may-to(e)' and I say 'to-mah-to(e)': Bridging the Communications Gap Between Researchers and Policy-Makers >
- Housing and Population Health >
- About CPHI >
- Canadian Institute for Health Information >

- To Subscribe >
- To Unsubscribe >
- Contact Us >

Adolescence is a time of rapid growth and transition, expanding horizons, self-discovery and emerging independence. It is a time during which youth develop the skills necessary to make decisions about their lifestyle, learning, relationships and self-reliance.

Welcome to the winter 2004 edition of *Health of the Nation*. In this issue, we are pleased to introduce the theme for the first individual report in our second *Improving the Health of Canadians* series, which will be released in the fall of 2005: healthy transitions to adulthood.

Our aim in producing this report and in providing the information found in past, present and future issues of *Health of the Nation* is to provide a pan-Canadian voice, perspective and forum for dialogue on population health issues.

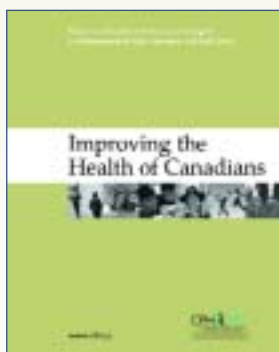


INSIGHTS AND HIGHLIGHTS

Health of the Nation was launched in February 2004 in conjunction with the Canadian Population Health Initiative (CPHI) flagship report, *Improving the Health of Canadians*. Release of this report set the stage for the focus of *Health of the Nation*—taking action to improve population health knowledge generation, synthesis and exchange. This newsletter aims to promote CPHI activities, including funded research, synthesis papers and workshop reports.

Health of the Nation is produced and distributed quarterly.

View past editions of *Health of the Nation* at www.cihi.ca/cphi.



Improving the Health of Canadians, 2004 is available at www.cihi.ca/cphi.

Council Renewal

This fall, Dr. Cameron Mustard completed his term as Chair of the Canadian Population Health Initiative Council. CPHI would like to take this opportunity to once again thank Dr. Mustard for his dedication and leadership in guiding CPHI towards its vision.

The Canadian Population Health Initiative is pleased to announce Dr. Richard Lessard as the new Chair of the CPHI Council. Dr. Lessard is the Director of Public Health, Montréal-Centre Regional Health and Social Services Board and has been a member of the CPHI Council since 2000.

At this time, CPHI would also like to express sincere appreciation to outgoing Council members Judith Maxwell, Catherine Donovan and Clyde Hertzman.

Please join us in welcoming the following new members to the Council of the Canadian Population Health Initiative:

- André Corriveau, Chief Medical Health Officer and Director, Population Health, Health and Social Services for the Government of Northwest Territories
- Lynn McIntyre, Professor and Dean, Faculty of Health Professions at Dalhousie University
- Dr. Elinor Wilson, CEO of the Canadian Public Health Association

The purpose of the CPHI Council is:

- To provide leadership and coordination to CPHI in achieving its vision of creating knowledge and enhancing Canadians' understanding of health and its broad determinants
- To support the undertaking of policy-relevant research leading to improvement of the health and well-being of Canadians

For more information, please visit [CPHI Council](http://www.cihi.ca/cphi).

Strategic Planning

Through a strategic planning process, CPHI Council and staff identified three areas of focus for CPHI for 2004 to 2007:

- Healthy transitions to adulthood
- Place and health
- Healthy weights

Projects and reports in the next two years will focus on these three thematic areas. Please watch future editions of *Health of the Nation* for further updates.

In accordance with our Strategic Plan, the second *Improving the Health of Canadians* report will be released as a series of three individual reports, one on each of the above focus topics, starting with a report on healthy transitions to adulthood in the fall of 2005. A final summary report will also be produced following the release of this report series.

WHAT'S NEW?



Women's Health Surveillance Report—Supplementary Chapters

On October 27, 2004, CPHI and Health Canada released three supplementary chapters to the *Women's Health Surveillance Report*. These new chapters investigate the following aspects of women's health:

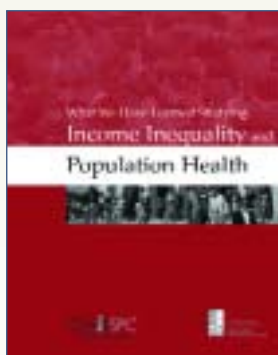
- Ethnicity and migration as determinants of women's health
- Socioeconomic determinants of women's health
- Patterns of health care utilization by Canadian women

The supplementary chapters reveal that:

- Immigrant women are generally healthy on arrival into Canada, but their favourable health status tends to decline over time: immigrant women who have been in Canada for at least 10 years are more likely to report fair or poor health than Canadian-born women.
- Most Canadians are likely to have a family physician—12% reported not having one. However, there was variation by sex: 15.8% of men, versus 8.8% of women, reported having no regular doctor.
- Adjusting for a variety of socioeconomic variables, women homemakers were less likely to report chronic health conditions (such as diabetes and heart disease) than full-time employed women—but at the same time, they were more likely to report poorer self-perceived health.

[Download free copies](#) of these new chapters and their summaries, or [view the media release](#).

The *Women's Health Surveillance Report: A Multidimensional Look at the Health of Canadian Women* was the result of a CPHI-funded research project that highlighted gender differences and identified disparities in the distribution of determinants of health, health behaviours, health outcomes and health care utilization and also examined vulnerable subgroups of women. [View this report](#).



What Have We Learned Studying Income Inequality and Population Health?

CPHI is pleased to announce the release of *What Have We Learned Studying Income Inequality and Population Health?*, a report synthesis by Dr. Nancy A. Ross, Assistant Professor in the Department of Geography at McGill University.

This report reviews the chronology of studies on income inequality, compares Canada and the U.S. on urban income segregation and the earnings gap and discusses research gaps and policy implications.

What Have We Learned Studying Income Inequality and Population Health? may be downloaded from www.cihi.ca/cphi.

POPULATION HEALTH AROUND CANADA

Research Results—Getting the Word Out

As reported in the fall 2004 issue of *Health of the Nation*, CPHI is beginning to disseminate the results of its funded research program. Of the 44 programs and projects funded, 27 final reports have been received to date. To facilitate knowledge transfer, CPHI began posting summaries of research results on the Web site in November 2004, including links to full reports and publications (as applicable). CPHI will continue to post results of funded research programs and projects as they are completed. Please see our [research results](#) to access current postings, including:

- *Socioeconomic Status and Asthma in Canada*
Yue Chen, Department of Epidemiology and Community Medicine,
University of Ottawa
- *The Antibiotic Paradox: Identifying Communities at Risk*
Anita Kozyrskyj, Department of Community Health Sciences,
University of Manitoba

Publications Based on CPHI-Funded Research

Overweight and Obesity in Canadian Adolescents and Their Associations With Dietary Habits and Physical Activity Patterns

Results of research conducted by Ian Janssen, a member of the CPHI-funded Canadian Adolescents at Risk Research Network Program (CAARRN), and colleagues Peter Katzmarzyk, William Boyce, Matthew King and William Pickett, were published in the November issue of the *Journal of Adolescent Health* (volume 35, issue 5, pages 360 to 367). The study examined associations between overweight and obesity with dietary habits and leisure-time physical activities in Canadian youth aged 11 to 16. No clear associations were observed between dietary habits and measures of overweight and obesity; however, television viewing times were higher and physical activity levels were lower in overweight and obese boys and girls than they were in normal-weight youth. The results suggest that sedentary behaviours and physical inactivity may be strongly related to obesity in Canadian adolescents. To view the abstract for this research, please see <http://www.journals.elsevierhealth.com/periodicals/jah/article/PIIS1054139X04000588/abstract>.

Traumatic Experiences in Childhood and the Risk of Arthritis

This article, authored by CPHI-funded researcher Jacek Kopec and co-investigator Eric Sayre, was published in the September-October 2004 issue (volume 95, issue 5, pages 361 to 365) of the *Canadian Journal of Public Health*. The primary objective of this large prospective study was to determine whether traumatic experiences in childhood were associated with an increased risk of self-reported arthritis later in life. Results revealed a moderate increase in the risk of arthritis among persons reporting multiple traumatic experiences in childhood. To access the abstract for this research, please visit http://www.cpha.ca/shared/cjph/archives/abstr04.htm#361_65.

(cont'd)

POPULATION HEALTH AROUND CANADA

Education Workshops

CPHI offers a full-day, hands-on education workshop entitled "Applying a Population Health Perspective to Health Planning and Decision-Making." This workshop is intended to provide participants with a basic understanding of population health principles and the tools to apply population health concepts to planning. It includes an overview of population health definitions, a discussion of population health planning principles and processes and an outline of resource allocation issues and strategies.

The following are the upcoming dates and locations for the 2005 winter workshops:

- January 21, 2005 by videoconference for the Northwest Territories and Nunavut.
- February 23, 2005 in Fredericton, New Brunswick

Please visit [Education Workshops](#) for details and registration information.

Comments from previous participants

"I will use [this course] in planning programs/strategies for prevention of FASD. Thank you—this was time well spent!"

"The entire course provides information on population health planning. As a support staff (finance) member, this helps me provide appropriate information and understand the context of their initiatives."

Metropolitan Income Inequality and Working-Age Mortality: A Cross-Sectional Analysis Using Comparable Data From Five Countries

This paper, authored by CPHI-funded researchers Nancy Ross and James Dunn, and colleague Danny Dorling, has been accepted for publication in the *Journal of Urban Health*. The paper examines the relationship between income inequality and working-age mortality in Australia, Canada, Great Britain, Sweden and the United States. Publication is currently scheduled for early 2005.

Dimensions and Dynamics of Residential Segregation by Income in Urban Canada, 1991–1996

This paper, authored by CPHI-funded researchers Nancy Ross and James Dunn, and colleagues Christian Houle and Marcellin Aye, has been accepted for publication in *The Canadian Geographer*. The paper examines trends in residential segregation by income between 1991 and 1996 in the 39 largest Canadian urban areas. Publication is scheduled for December 2004.

Request for Proposals

The Canadian Population Health Initiative is requesting proposals for the following research syntheses:

- *State of the Evidence Review on Urban Health—Healthy Weights*
To what extent do structural or community-level characteristics of urban environments encourage or inhibit the achievement of healthy weights?
- *State of the Evidence Review on Urban Health—Healthy Transitions to Adulthood*
How does the urban environment shape healthy transitions to adulthood?

CPHI's "state of the evidence reviews" are syntheses of the research evidence on a particular topic. State of the evidence reviews are intended to contribute to CPHI's strategic goal of knowledge generation and synthesis, and are designed to fulfill decision-makers' need for consolidated and contextualized research findings.

Deadline for proposals: Monday, January 10, 2005 at 2 p.m. EST

All enquires should be addressed to the Project Lead, Lorna Malone, at lmalone@cihi.ca.

For more information, or to submit a proposal, please visit www.cihi.ca/cphi.



Taking health information further

Canadian Institute for Health Information

LOOKING FORWARD

Policy Efforts to Ensure the Health and Development of Children in Early Childhood

Caroline Beauvais and Jane Jenson of the Canadian Policy Research Networks review research and policies needed for healthy child development. Specifically, the paper looks at current and potential public policy interventions that provide adequate income, that support parenting and/or that promote inclusive communities in Canadian and international contexts.

Prepared as a background paper for CPHI's flagship report *Improving the Health of Canadians, Policy Efforts to Ensure the Health and Development of Children in Early Childhood* is scheduled for release in winter 2005 and will be available, free of charge, on the CPHI Web site, at www.cihi.ca/cphi.

Public Views and Media Coverage on the Determinants of Health

Public Views and Media Coverage on the Determinants of Health deals with the public's perception and understanding of health and the factors considered to influence health. The report is scheduled for release in winter 2005 and will be available free on the CPHI Web site, at www.cihi.ca/cphi.

Socio-Demographic and Lifestyle Correlates of Obesity

Socio-Demographic and Lifestyle Correlates of Obesity by Cora Lynn Craig, Christine Cameron and Adrian Bauman of the Canadian Fitness and Lifestyle Research Institute, investigates the socioeconomic, demographic and lifestyle factors associated with obesity among adults. The authors examine the Canadian Community Health Survey 2000–2001 to (1) explore the prevalence of obesity and overweight, (2) assess the likelihood of being overweight or obese by physical activity and diet quality, (3) evaluate the association between obesity and lifestyle and socioeconomic factors and (4) determine whether certain select factors like social support, self esteem, mastery, stress, food insecurity and behavioural intentions are associated with healthy lifestyle patterns and body weight. The report also discusses the policy and research implications of the findings.

Socio-Demographic and Lifestyle Correlates of Obesity is scheduled for release in winter 2005 and will be available, free of charge, on the CPHI Web site, at www.cihi.ca/cphi.

Seven Years Later: An Inventory of Population Health Policy Since the Royal Commission on Aboriginal Peoples (RCAP) 1996–2003

The purpose of this inventory is to document provincial, territorial and federal government action to address RCAP recommendations regarding health services and healing, housing and education. For each policy and program, the inventory identifies the lead agency, the delivery agents and the eligibility criteria; it also includes references to any available evaluations. The inventory includes an introduction followed by separate sections for each jurisdiction.

Seven Years Later: An Inventory of Population Health Policy Since the Royal Commission on Aboriginal Peoples (RCAP) 1996–2003 is scheduled for release in early 2005 and will be available, free of charge, on the CPHI Web site, at www.cihi.ca/cphi.

CONNECTIONS

Moving Ahead

The Canadian Population Health Initiative strives to deliver objective and credible information on population health issues through our four complementary functions:

- Knowledge exchange
- Knowledge transfer and reporting
- Knowledge generation and synthesis
- Policy synthesis and analysis

It's Your Turn

To evaluate our contribution of relevant, timely and evidence-based knowledge, we are requesting anecdotes that illustrate how CPHI-generated information is used for sound decision-making.

Please email your story to healthofthenation@cihi.ca.

If you would like to submit to the Connections section of *Health of the Nation*, please visit our Web site, at www.cihi.ca/cphi, for complete submission criteria and guidelines.

CPHA 96th Annual Conference

The Canadian Public Health Association's 96th annual conference, Mapping the Future of Public Health: People, Places and Policies, will be held September 18 to 21, 2005, in Ottawa, in partnership with the Canadian Institute for Health Information–Canadian Population Health Initiative (CIHI–CPHI), the Canadian Institutes of Health Research–Institute of Population and Public Health (CIHR–IPPH) and the Public Health Agency of Canada, and in association with Statistics Canada's second Health Statistics Data Users' Conference 2005. The conference steering committee will soon be inviting poster and presentation submissions for the conference. Deadline for submission is February 25, 2005. For more information, please see www.cpha.ca.

The Canadian Health Measures Survey

In the October 2004 edition of *WellSpring*, Dr. John Spence (Assistant Professor, Faculty of Physical Education and Recreation, University of Alberta) outlines how the Canadian Health Measures Survey will benefit health practitioners. To view this article, please visit <http://www.centre4activeliving.ca/Publications/WellSpring/2004/Fall.html>.

The Canadian Health Measures Survey (Mark Tremblay, PhD, Senior Scientific Advisor on Health Measurement, Health Statistics Division, Statistics Canada) is a national direct measures survey that will collect information from 5,000 to 8,000 Canadians in 2006 and 2007. Interviews will be conducted and physical measurements will be taken from randomly selected individuals (participation is voluntary) as a measure of environmental exposures and lifestyle habits that are related to health and disease. For more information, please visit <http://www.statcan.ca/english/survey/household/measures/measures.htm>.

Why Canada Needs a National Youth Policy Agenda

In April 2004, the [National Children's Alliance](http://www.nationalchildrensalliance.ca) commissioned a paper to spur discussion on the issue of why there is a need for a national youth policy agenda in Canada. The stated objectives of the paper are as follows:

- To open a dialogue on adolescent health and well-being
- To demonstrate how adolescence is a critical period in human development, where the decisions that we make as a society can have an enormous impact for better or worse
- To highlight key social issues relating to adolescence
- To establish adolescence as a priority action area

To view this paper, please visit [Why Canada Needs a National Youth Policy Agenda](http://www.nationalchildrensalliance.ca/WhyCanadaNeedsANationalYouthPolicyAgenda).

International Union for Health Promotion and Education (IUHPE) 2007 Conference

The 19th World Conference on Health Promotion and Education will be hosted by Canada in June 2007, in Vancouver. The Canadian Consortium for Health Promotion Research (CCHPR), co-chaired by Dr. Marcia Hills and Dr. Irving Rootman of the University of Victoria, will take the lead as the host organization. For more information, please visit [IUHPE](http://www.iuhpe.org).