

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



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The concept of “place” as it relates to health is a subject of great interest to researchers, policy-makers and practitioners. Increasingly, we are learning that where we live, work and play is associated with the well-being of individuals and communities. However, “place” is broad, and can include physical location, urban or rural infrastructures and school, workplace and neighbourhood settings. As well, it may include the social and economic aspects of people’s lives at different periods of time in the place they are living.

Welcome to the summer 2005 edition of *Health of the Nation*. Included in this issue, you will find information regarding current work exploring the pathways by which place is associated with health. In so doing, we hope to provide a further introduction to the theme of the third individual report in our *Improving the Health of Canadians 2005–2006 Report Series*, which will be released in April 2006: place and health.

Our aim in producing *Health of the Nation* is to provide a pan-Canadian voice, perspective and forum for dialogue on population health issues.

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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.

CPHI Expert Advisory Group—Place and Health

The Canadian Population Health Initiative is pleased to announce the members of the Expert Advisory Group for the third individual report in the *Improving the Health of Canadians 2005–2006 Report Series*. The following individuals will provide guidance and expertise during the development of the **Place and Health** report, scheduled for release in the spring of 2006:

- **Cordell Neudorf** (Chair), Chief Medical Health Officer/Vice President Research, Saskatoon Health Region
- **Marie Desmeules**, Chief, Population Health Assessment Section, Centre for Chronic Disease Prevention and Control, Public Health Agency of Canada
- **Karen Dufton**, Director, Communications, Infrastructure Canada, Cities Secretariat—Office of the Deputy Head, Operations
- **James Dunn**, Research Scientist, Centre for Research on Inner City Health, St. Michael's Hospital
- **Trevor Hancock**, Medical Consultant, British Columbia Ministry of Health Services, Population Health and Wellness
- **Michael Hayes**, Associate Director, Institute for Health Research and Education, Simon Fraser University
- **Russell Mawby**, Director, Housing, Community and Protective Services Department, City of Ottawa
- **Michael Wolfson**, Assistant Chief Statistician, Analysis and Development, Statistics Canada, Population Health Program

State of the Evidence Review on Urban Health—Healthy Weights

CPHI is pleased to announce that the successful bid for the state of the evidence review on urban health and healthy weights is from a team led by Drs. Kim Raine and John Spence of the University of Alberta.

This state of the evidence review will contribute to CPHI's strategic goal of knowledge generation and synthesis, and is designed to fulfill decision-makers' need for consolidated and contextualized research findings. This review will examine existing policy interventions that address the interface of urban health and healthy weights. Results of the state of the evidence review will be available in the fall of 2006.

Scoping Paper on Urban Health—Healthy Transitions to Adulthood

CPHI has commissioned a scoping paper to examine the state of research knowledge and policy experience related to the impact of the urban environment on youth health. This scoping paper will provide:

- An overview of the *state of the research knowledge with respect to the impact of the urban environment on youth health* that addresses the question "What do we know?" based on research evidence from Canada and around the world.
- An *examination of what policy and programmatic responses* there have been that address the intersection of the urban environment and youth health. This will look at policy levers that have been used in Canada and elsewhere and will highlight what has worked or not worked to address the issues identified in the research.

CPHI is pleased to announce that the successful bidders are Dr. William Boyce and team members Diane Davies, Hana Saab and Ralph Shaw from the Social Program Evaluation Group (SPEG) at Queen's University. A report based on this scoping paper will be available in 2006.

WHAT'S NEW?

Place and Health: Research to Policy Workshop

In April 2005, a CPHI-sponsored workshop entitled *Place and Health: Research to Policy* was held in Val-David, Quebec. Organized by CPHI-funded researchers Michael Hayes and Louise Potvin, with the assistance of the Léa Roback Research Centre on Social Inequalities in Health of Montréal, the objectives for the workshop were to:

- Bring together research projects that have received funding from CPHI to report on their findings related to how place affects the health of Canadians
- Discuss implications and propose directions for policy development related to place and health issues
- Examine future directions for place and health research in Canada

The workshop proceedings report will be available in fall 2005, from www.cihi.ca/cphi.

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*. The workshop is intended to provide participants with a basic understanding of population health principles and the tools to apply population health concepts to planning. The workshop includes:

- Definitions and frameworks for population health and how to apply them
- Guiding principles and their importance for population health planning and action
- Identification of key challenges faced in applying a population health perspective
- How to access data from key national and regional sources to facilitate population health planning
- Interpreting and using regional data on key health topics for planning and program purposes

The course is participatory and includes the opportunity to work with case studies in small groups using actual regional data.

Workshops for April 2005 to March 2006 are tentatively scheduled as follows:

- Richmond, B.C., and Calgary, Alta.
— **May/June 2005**
- Ontario (location to be determined); Saskatoon, Sask.; Halifax, N.S.; Summerside, P.E.I.
— **October to December 2005**

Further workshops will be scheduled for winter 2006.

In addition, CPHI will be pilot testing an e-learning module on population health this fall. If you are interested in providing input or feedback for this module, please contact Keith Denny, Consultant, Research and Policy Analysis, at kdenny@cihi.ca.

Please visit www.cihi.ca/cphi for exact dates and registration information for all CPHI education workshops.

Research Results: Getting the Word Out

CPHI continues to disseminate the results of its funded research program. Of the 44 original programs and projects funded, 31 final reports have been received to date. CPHI will continue to post summaries of results of funded research programs and projects as they are completed. Please see our [research results](#) to access current postings.



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LOOKING FORWARD

Improving the Health of Canadians 2005–2006 Report Series: Healthy Transitions to Adulthood

The first individual report in the *Improving the Health of Canadians 2005–2006 Report Series* will be released at the end of September 2005. The **Healthy Transitions to Adulthood** report will present new analyses using data from the National Longitudinal Survey of Children and Youth (NLSCY) and the Canadian Community Health Survey (CCHS) and will review the latest research on youth from a public policy perspective. Focusing on Canadian youth from 12 to 19 years of age, this new analysis explores how the interplay of such factors as family, school, community, peer relationships and work life are associated with adolescent development and adolescent health.

This report will be available free of charge at www.cihi.ca/cphi.

Rural Health

Results for the first part of a CPHI-funded research program entitled *Canada's Rural Communities: Understanding Rural Health and Its Determinants* will be available in winter 2006. The primary objectives of this research (conducted by Dr. Raymond Pong, Laurentian University, and Marie Desmeules, Public Health Agency of Canada) are to identify determinants of rural health and to provide a comprehensive profile of the health status and health care utilization of rural Canadians. Part two of the report will be available in the spring of 2007.

Canadian Public Health Association 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).

Featured speakers:

- **The Honourable Carolyn Bennett**, Minister of State for Public Health
- **Dr. David Butler-Jones**, Chief Public Health Officer of the new Public Health Agency of Canada
- **Iлона Kickbusch**, PhD, Senior Advisor on Millennium Development Goals and Health Targets to the Director of the Pan American Health Organization
- **Roy J. Romanow**, Q.C., Commissioner of the Commission on the Future of Health Care in Canada (invited)
- **Dr. Michael Decter**, Chair of the Health Council of Canada

Early-bird registration cut-off date is July 15, 2005.

For more information, please visit www.cpha.ca/conf96/web_eng/index.html.



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CONNECTIONS

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.

In this section, you'll find profiles of what is happening in population health in Canada, including how the collective understanding of research is expanding and how the research can be used in policy development and evaluation, as well as knowledge exchange. To submit to Connections, please email healthofthenation@cihi.ca. The topics found in the Connections section of the e-newsletter should not be construed as an endorsement by CPHI/CIHI of that material and are not an indication of CPHI/CIHI's commitment to any particular course of action.

The 4th International Conference on Urban Health Achieving Social Justice in Urban Communities

This conference, now in its fourth year, has become the leading international forum for the discussion of issues relating to urban health. The annual meeting of the International Society for Urban Health brings together researchers, practitioners, community members and policy-makers to present leading-edge research and reviews relating to urban health and to discuss how to translate research into practice and policy. The past conferences have had increasing international attendance and representation from a wide variety of research disciplines. This year's conference has a particular emphasis on social justice in urban communities and promises to have strong community representation.

Hosted by: **Centre for Research on Inner City Health**

St. Michael's Hospital, Toronto

October 26 to 28, 2005

Toronto, Ontario

For more information, please visit www.crich.ca/isuhconference2005/.

BRIDGING THE DISTANCE—Sixth Conference of the Canadian Rural Health Research Society and First Conference of the Canadian Society for Circumpolar Health

Researchers, decision-makers, practitioners, educators, community members and others interested in circumpolar, northern and rural health are invited to attend a conference jointly sponsored by the Canadian Rural Health Research Society and the Canadian Society for Circumpolar Health. Participants will be able to learn about and discuss recent research results, research approaches and policy frameworks with others who are interested in the health and well-being of those who live and work in rural and northern communities.

October 27 to 29, 2005

Québec, Quebec

For more information, please visit crhrs-scrsr.usask.ca/quebec2005/info/.

The NUDGE Project (Neighbourhood Urban Design to Gain Exercise!)

The **Alberta Centre for Active Living** has provided one-time seed funding for a research project to study how urban design factors influence walking. Dr. Tish Doyle-Baker (a clinical exercise physiologist at the University of Calgary's Faculty of Kinesiology) and Dr. Bev Sandalack (Environmental Design, University of Calgary) will compare the "walkability" of two Calgary neighbourhoods—Garrison Woods (a newer neighbourhood built according to the principles of "new urbanism") and Somerset (conventional suburban "loops and lollipops" design). Doyle-Baker and Sandalack will compare these two neighbourhoods to find out whether people who live in a more walkable community walk more.

For more information, please visit www.centre4activeliving.ca/research/researchupdate/2005/activelivingmarch.htm.

Moving Ahead

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

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

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.