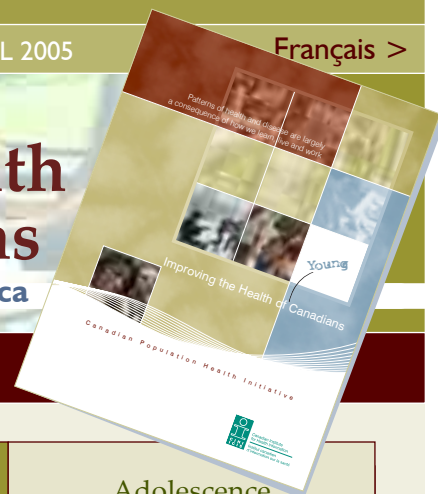


Patterns of health and disease are largely a consequence of how we learn, live and work.

Improving the Health of Young Canadians

Get your copy on October 19 from www.cihi.ca



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Improving the Health of Canadians

Young

Adolescence

is the life phase between childhood and adulthood and is marked by physical changes, intellectual growth and social development.

A broad range of factors—"determinants of health"—may interact to affect health and well-being during this life phase.

Positive relationships youth have with their family, friends, school and the community have been identified as positive assets.

In general, youth with more positive assets in their lives are less likely to report engaging in risky health behaviours.

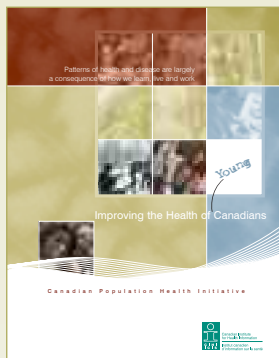
Youth with four or five assets report higher levels of self-worth and health status than youth with two or three assets.

In turn, youth with two or three assets report higher levels of self-worth and health status than youth with zero or one asset.

WELCOME
to the fall 2005 edition
of *Health of the Nation*
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



Improving the Health of Young Canadians, 2005 is available at www.cihi.ca/cphi.

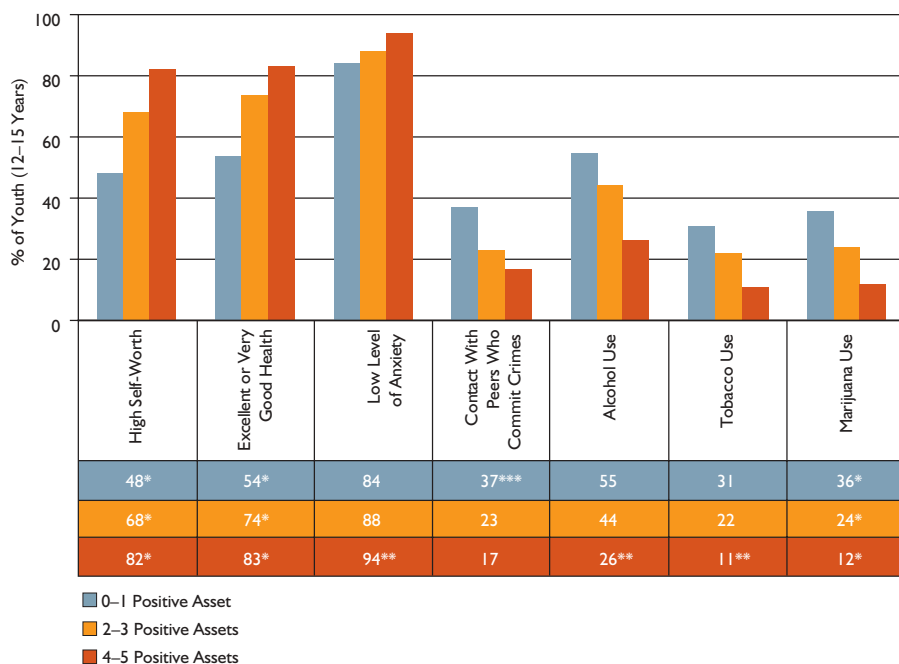
Improving the Health of Young Canadians

CPHI is pleased to announce the release of *Improving the Health of Young Canadians, 2005*, the first individual report in the *Improving the Health of Canadians 2005–2006 Report Series*. *Improving the Health of Young Canadians* highlights research relevant to understanding adolescent health and development. Analyzing data from the National Longitudinal Survey of Children and Youth (NLSCY) and the Canadian Community Health Survey (CCHS), this report explores the association between positive assets in adolescents' social environments and their health behaviours and status.

Summary of Data

- **Overall:** Youth who feel nurtured by their parents and who feel connected to their school, their community and their peers tend to report better health and a higher sense of self-worth. In addition, youth who reported feeling cared for by their parents (nurtured, monitored) and/or felt engaged in their school were less likely to report engaging in risky behaviours such as smoking, drinking alcohol and using marijuana.
- **Multiple assets:** Evidence suggests that the association between positive assets and self-worth and health status is cumulative. Youth who report four or five assets rate their health and self-worth better than youth with two or three assets, who in turn rate their health and self-worth better than youth with zero or one asset. In general, youth with more assets are less likely to report engaging in risky behaviours and are more likely to report low levels of anxiety.

Adolescents' Health Status and Behaviours in Relation to the Number of Positive Assets



Source: CPHI analysis of NLSCY (Cycle 4, 2000–2001), Statistics Canada.

* All pair-wise comparisons statistically significant at $p < .05$.

** Statistically significantly different from two or three assets and zero or one asset at $p < .05$.

*** Statistically significantly different from two or three assets and four or five assets at $p < .05$.

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 2004*. 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.

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INSIGHTS AND HIGHLIGHTS

- **Socioeconomic status:** The link between socioeconomic status and health are complex. Income is an important determinant of health. CPHI analyses on adolescents' assets in relation to income adequacy and education in the household where they live showed that the proportion of youth reporting high levels of parental monitoring and peer connectedness, as well as school and community engagement, did not vary significantly by income or education level. However, the proportion of youth reporting high levels of parental nurturance is higher in the highest income level (quintile 5) than in any of the other income groups and higher in households with college or university graduation compared to households with some college or university. Further analysis showed that lower levels of household income and education do not appear to be related to increased odds that youth aged 12 to 15 years will report high levels of health status and self-worth, or to increase the odds that youth will report using tobacco, alcohol or marijuana. Please see the report for a discussion of the methodology and limitations.

Improving the Health of Young Canadians, 2005 is available, free of charge, at www.cihi.ca/cphi.

WHAT'S NEW?

CPHI Web Site

As part of our ongoing efforts to increase knowledge transfer strategies, CPHI is currently exploring the redesign of the [CPHI Web site](#). The goals of the redesign are to make the site more user friendly and to improve site content, thus making it easier to navigate and find information, as well as reports and other publications. We will also be exploring ways of making the site more interactive.

We welcome your comments and suggestions for additional content or new features as we develop the Web site over the coming months. Please contact Lisa Sullivan, at lsullivan@cihi.ca, for more information on how you can provide input.

CIHI Press Release—Conquering Childhood Inactivity: Is the Answer in the Past?

An article by CPHI-funded researcher Dr. Mark Tremblay entitled "Conquering Childhood Inactivity: Is the Answer in the Past?" appeared in the July 2005 edition of *Medicine and Science in Sports and Exercise*. The primary focus of the research was to compare health-related fitness and physical activity of Old Order Mennonite children from Ontario to both urban and rural Saskatchewan children living a contemporary lifestyle.

The study found that Old Order Mennonite children, on average, do up to 18 minutes more moderate or vigorous physical activity a day than urban and rural contemporary children. Researchers estimate that, all else being equal, this translates into a caloric difference between the Old Order Mennonite children and children living a contemporary lifestyle of approximately 15,000 kcal per year—or over 40 pounds of fat per person, per decade.

The results from this study will contribute to knowledge required to produce evidence-based, health-related physical activity guidelines for children and youth.

View the [press release](#).

View the [abstract](#).

CIHI Press Release—More Than Half of All Alcohol-Related Severe Injuries Due to Motor Vehicle Collisions

New data released in June by CIHI show that motor vehicle collisions were responsible for more than half (783) of the alcohol-related severe trauma hospitalizations in Canada in 2002–2003, representing a 9% increase over three years. The data also indicated that youth between the ages of 10 and 24 represented the highest proportion (27%) of people admitted to a specialized trauma hospital in 2002–2003 due to alcohol-related injuries, followed by those 25 to 29 years old (22%). Over 30% of alcohol-related motor vehicle collisions involved Canadians under the age of 25.

For more information, please visit http://secure.cihi.ca/cihiweb/dispPage.jsp?cw_page=media_22jun2005_e.

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WHAT'S NEW?

New Publication—Motor Vehicle Collision Risk and Driving Under the Influence of Cannabis: Evidence From Adolescents in Atlantic Canada

Dr. Mark Asbridge, CPHI-funded researcher Christiane Poulin and Andrea Donato (all from Dalhousie University) are co-authors of a new paper recently published in *Accident Analysis and Prevention*. This research was funded by CPHI and through a grant from the Canadian Institutes of Health Research (CIHR).

This paper examines the relationship between driving under the influence of cannabis (DUIC) and motor vehicle collision (MVC). Participants (6,087 senior students) were drawn from the 2002/2003 Student Drug Use Survey in the Atlantic Provinces, an anonymous cross-sectional survey of adolescent students in the Atlantic provinces.

Results revealed that the prevalence of DUIC among senior students was higher than the prevalence of driving under the influence of alcohol (DUIA) (15.1% versus 11.7%), despite the higher prevalence of alcohol consumption relative to cannabis use. Adolescents who engaged in DUIA were six times more likely to report driving under the influence of cannabis. Students who reported driving under the influence of cannabis were over four times more likely to have been involved in a MVC relative to cannabis-free adolescents.

Findings from this research contribute to our knowledge of DUIC as both a socio-legal and public health issue and have implications for road safety and for educating new drivers about the use of cannabis in the context of driving.

To view the abstract, please visit [doi:10.1016/j.aap.2005.05.006](https://doi.org/10.1016/j.aap.2005.05.006).

Healthy Eating and Active Living Policies and Initiatives in Canada: An Inventory

CPHI recently funded the work of the Atlantic Health Promotion Research Centre (AHPRC) to update and enhance the Healthy Eating and Active Living (HEAL) policy and initiatives inventory. This inventory identifies a broad range of policies and initiatives that promote healthy eating and active living in Canada. The availability of health outcome and process evaluations is also identified. As a follow-up, CPHI will conduct an analysis of identified policies and initiatives from a population health perspective. A report on the inventory will be produced following the release of *Improving the Health of Canadians: Healthy Weights*, in early 2006.

The inventory is now available on the AHPRC Web site, at <http://www.ahprc.dal.ca/heal/index.cfm>.

Literacy and Health Research in Canada: Where Have We Been and Where Should We Go?

As part of the work with the National Steering Committee of the "Reducing Health Disparities and Promoting Equity for Vulnerable Populations Strategic Initiative" led by the Canadian Institutes of Health Research (CIHR), CPHI co-sponsored the publication of "Literacy and Health Research in Canada: Where Have We Been and Where Should We Go?," by Irv Rootman and Barbara Ronson. The article, which appeared in the March/April supplement of the *Canadian Journal of Public Health*, uses a conceptual framework to analyze information from current literature and research on literacy and health.

For more information, please visit http://www.cpha.ca/shared/cjph/archives/CJPH_96_Suppl_2.pdf.

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WHAT'S NEW?

Data, Data, Everywhere . . . : Improving Access to Population Health and Health Services Research Data in Canada

In April 2005, The Canadian Policy Research Networks (CPRN), in partnership with the Centre for Health Services and Policy Research (CHSPR), published *Data, Data, Everywhere . . . : Improving Access to Population Health and Health Services Research Data in Canada*. This final report is the result of a request for proposals (RFP) issued jointly in the fall of 2002 by CPHI; the Canadian Institutes of Health Research (CIHR)—Institutes of Population and Public Health and Health Services and Policy Research; and Health Canada's Centre for Surveillance Coordination; and Statistics Canada. The objectives of the RFP were to describe the current status of population-based health and health services databases in Canada and to show the potential for their use in innovative and important health research.

For more information, please visit http://www.chspr.ubc.ca/Research/datainfradevel/data_data.pdf.

POPULATION HEALTH AROUND CANADA

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" was 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, in association with Statistics Canada's second Health Statistics Data Users' Conference (2005).

Highlights from the conference include:

- Plenary session by Dr. Ilona Kickbusch (Senior Advisor on Health Policy, Pan American Health Organization) entitled **Learning From Others**.
- Concurrent thematic sessions, including sessions on healthy weights, place and health, health across the life course and health disparities.
- A number of abstract and poster sessions on population and public health.
- Presentation of the second annual **Population and Public Health (PPH) Student Awards** and the **Dr. John Hastings CPHA Student Award**. The purpose of this award program is to recognize excellence in the next generation of population and public health researchers, policy-makers and practitioners. This year's recipients were Margaret Broughton and Helen Oliver (Master's Level PPH Awards), Dana Wilson, Prithwish De and Elinor Boyle (PhD Level PPH Awards) and Renee Larocque (Dr. John Hastings CPHA Student Award).
- Presentation of the first **CPHA National Public Health Hero Award 2005**. The CPHA National Public Health Hero Award 2005 was created to broaden awareness and understanding of public health by recognizing individuals for their significant contributions and exceptional commitment to promoting and protecting the health of the population. The inaugural recipient was André Picard (Public Health Reporter, *The Globe and Mail*).

The CPHA's 97th Annual Conference will take place in Vancouver, B.C., from May 28 to 31, 2006.

For full conference details, please visit <http://www.cpha.ca>.

CIHI Has a New Home

Please note our new Ottawa address:

495 Richmond Road
Suite 600
Ottawa, Ontario K2A 4H6

Phone and fax numbers remain the same.

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POPULATION HEALTH AROUND CANADA

Research Results—Getting the Word Out

CPHI continues to disseminate the results of its funded research program. Of the 44 programs and projects funded, 31 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:

- *Year 2000 Follow-up—Ontario Child Health Study Cohort*
Cameron Mustard, University of Toronto
- *A Lifecourse Approach to the Social Determinants of Health*
Peggy McDonough, University of Toronto

LOOKING FORWARD

Improving the Health of Canadians 2005–2006
Report Series: Healthy Weights

The second individual report in the *Improving the Health of Canadians 2005–2006 Report Series* will be released in February 2006. The **Healthy Weights** report will present data analyses from a number of sources, including the National Longitudinal Survey of Children and Youth, the Canadian Community Health Survey and the Canadian Census. This report explores some of the broader contexts that may be associated with eating behaviours and physical activity, and their association with obesity, by examining issues related to healthy weight from a number of perspectives, including family, community and societal, as well as the role of environmental structures and social factors.

The **Healthy Weights** report will be available free of charge from www.cihi.ca/cphi.

A Place for Youth: Research to Policy Workshop

CPHI and the Canadian Adolescents at Risk Research Network (CAARRN), in collaboration with the Centre of Excellence for Youth Engagement (CEYE) and the Public Health Agency of Canada (PHAC), will be holding a “research to policy” knowledge exchange workshop in October 2005, with a focus on youth health issues. The objective of the workshop is to advance adolescent health policy through discussions and presentations with the underlying theme of **a place for youth: engagement, community, family and school**. The workshop will feature the results of the CPHI report *Improving the Health of Young Canadians, 2005* and the work of CAARRN researchers. Workshop proceedings will be published as a CPHI report in early 2006.



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 in 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.

Determining Health Through Public Health Action

The 2005 Joint Conference of the Ontario Public Health Association and the Association of Local Public Health Agencies will provide a forum for high-quality learning and networking opportunities for public health practitioners, researchers, students and others interested in public health.

November 22 and 23, 2005—Toronto, Ontario

For more information, please visit <http://www.publichealthaction.ca/index.html>.

Atlantic Networks for Prevention Research Forum 2005

The [Atlantic Health Promotion Research Centre](#), in partnership with [SafetyNet](#), the [Prince Edward Island Health Research Institute](#), the [Canadian Research Institute for Social Policy](#) and the [Canadian Institutes of Health Research](#) will host Forum 2005—Building a Healthier Atlantic Canada Through Health Promotion and Prevention Research.

October 25 and 26, 2005—Western Shore, Nova Scotia

For more information, please visit <http://www.ahprc.dal.ca/anpr/default.html>.

2005 Canadian Injury Prevention and Safety Promotion Conference

[Safe Communities Foundation](#), [Safe Kids Canada](#), [SMARTRISK](#) and [ThinkFirst Canada](#) are pleased to announce the 2005 Canadian Injury Prevention and Safety Promotion Conference—Evidence to Action: Injury, Violence and Suicide Prevention. Designed to build on the 2003 national conference, the 2005 Canadian Injury Prevention and Safety Promotion Conference will focus on unintentional injury, violence and suicide prevention.

November 6 to 8, 2005—Halifax, Nova Scotia

For more information, please visit <http://207.35.157.99/natconf/index.html>.

Canadian Institutes of Health Research (CIHR)— Institute of Population and Public Health (IPPH)

The Canadian Institutes of Health Research (CIHR)—Institute of Population and Public Health (IPPH) is pleased to announce the following request for application (RFA):

“Mental Health in the Workplace: Delivering Evidence for Action”

(Letter of intent deadline—November 1, 2005; full application deadline—July 1, 2006)

Launched by the Institute of Neurosciences, Mental Health and Addiction and a number of partners, the purpose of this RFA is to support the creation of new or emerging teams of researchers undertaking action-oriented multidisciplinary research in collaboration with workplace stakeholders leading to improved mental health in the workplace.

For full details on this RFA, please visit CIHR's Web site, at <http://www.cihr-irsc.gc.ca/e/28318.html>.

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.