

CCN PRIMARY PREVENTION WORKING GROUP

Meeting Minutes

Tues. Mar. 4

9-11

EPS Room-Tom Baker Cancer Centre

Present: R. Hovey, J. Thirsk, V. Moore, J. Andres, L. Young, H. Reisch, C. Shore, F. Bandali, A. Smith

Regrets: C. Smith, C. Parker, T. Cochran, S. Galesloot, E. Murphy

Project updates

Toolbox Working Group

- Farah Bandali and Anne Smith, project coordinators, joined group and provided an update on project.
- 3 communities have now been selected and are currently mobilizing themselves to prepare for the project. The communities include: Pineridge, Falconridge and McKenzie Lake.
- Each community has very unique characteristics which will enhance the diversity of the project.

CLANS

- Date will be changed but has not yet been finalized. Potential locations include COP or Fort Calgary.
- Have completed interviews for project coordinator position and have hired Susan Kehoe. March 6th is scheduled for orientation for Susan. CCN members are asked to forward orientation components to Suzanne if there are specific recommendations for inclusion.
- Susan will begin by compiling a local directory of what services currently exist in Calgary. The purpose of this is to identify potential gaps or areas that require further work.

Walk to Work Challenge

- City of Calgary initiative that is looking for potential CCN involvement.
- The project would like to encourage a group of Calgary individuals (approx. 50-75 people) who would walk to work. The project will target those living within 4 kms of work-who currently drive to work, and challenge them to walk at least some of the time.
- Virginia and Heidi are interested in participating on a working group for this project.
- Specific recommendations for the project as generated by the group:
 - Encourage people to walk a couple of times a week as opposed to everyday. This might encourage compliance.

- Tie it into other local initiatives (e.g. walkable communities)
- Use recommended guidelines established in Health Canada's Physical Activity Guides.
- Have distance clocked and compared (e.g. distance to work off a donut).
- *ACTION: Carey to connect with Nicole Jensen (City of Calgary) to share recommendations and potential collaboration with CCN.*

Annual General Meeting

- Scheduled for June 5, 2003
- Speaker will be Dr. Brent Friesen
- Trying to secure COP as location
- More details to follow at a later date

Live Well, Eat Well

- Nutrition Month event to be held at the Talisman Centre
- Thur. Mar. 20, 4-8 p.m.
- Includes: nutrition and fitness presentations, food samples, games & door prizes, etc.

Talisman Active Living Event

- Follow up event to the Active Lifestyles Workshops sponsored by the Alberta Cancer Board.
- Organized by the Talisman Centre and Recreation Solutions as a networking opportunity for participants of the workshops.
- Aundrea Smith (CCN-Communications Subcommittee), Virginia, and Heidi will organize next event to continue this collaboration. Details to follow at a later date.

Supportive Environments Group

- New local committee composed of City of Calgary, Healthy Communities (Calgary Health Region), and Univ. of Calgary researcher.
- Currently meeting once every two weeks and working on scoping out a vision for their group.

Diversity Outreach (Corinne)

Tabled to next meeting