

CALGARY CARDIOVASCULAR NETWORK

Primary Prevention Working Group September 4, 2003

In Attendance: Jill Andres, Marni Wilks, Ellen Murphy, Liz Young, Suzanne Galesloot

1.0 **Agenda/Minutes**

No additions to agenda or changes to minutes

2.0 **Introductions**

Marni Wilks has replaced Carey Shore as Prevention Outreach Coordinator – Physical Activity for Alberta Cancer Board while she is on maternity leave. Marni will continue Carey's role as co-chair of the committee.

3.0 **Project Updates**

3.1 **Toolbox Working Group**

- Liz provided an update on the project. The last meeting was held in June. The data collection phase of the project is almost complete, unsure as to where they are with respect to analysis of the data. Highlights from the June quarterly report were reviewed.

3.2 **CLANS**

- Over the summer, criteria for invitations to the November workshop were finalized along with a list of invitees. Criteria included key members such as CCN Steering Committee, Primary Prevention and CLANS committees. Although the goal is to stay local, a small percentage of national and provincial representatives were included. Effort was also made to not have overrepresentation from Calgary Health Region and U of C. Over 110 invitations were sent out although space is limited to 60-80 participants.
- The Physical Activity and Nutrition Inventory is not yet ready to report to this group. The inventory will first go to CLANS for feedback and will then be circulated to this group. Once complete, the map will be widely shared.

4.0 **Walk to Work Challenge**

- Heidi met with the group to discuss potential evaluation of the project. A pre and post test will be developed. There are 71 participants registered, 1/3 being from the Foothills Hospital and 50% from Calgary Health Region. Participants from the Foothills Hospital will be granted a 1 year LOA from their designated parking stalls. A workshop will be held on September 13th for participants. Members from this committee are invited to the workshop but must let Nicole know if they plan to attend. Nicole will also be doing individual assessments with participants to review the public transit system. The

CCN assisted with promotion of the project via its membership list and website. The Walk to Work Challenge was also promoted at the U of C.

ACTION: Suzanne to send workshop invitation to Marni for attachment to minutes. Committee members who plan to attend workshop need to contact Nicole.

5.0 Other

5.1 Public Health Works

- Ellen provided update. Due to the amalgamation of Health Regions, the South Alberta Health Living Network has been combined with Public Health Works. The AHLN has developed a framework for health promotion and chronic disease prevention for the province. Organizations will be encouraged to support the framework in their plans by being invited to state how they will fit into this framework. Public Health Works has already developed a draft response from RHA's.

5.2 Obesogenic Environments

- Suzanne brought forth an opportunity for collaboration. The Health and Society Research Program – Centre for Health and Policy Studies, U of C are researching the locational disadvantage and environmental barriers to a healthy lifestyle. They are interested in whether features of socioeconomically disadvantaged neighbourhoods make it more difficult for people to follow a health diet and engage in physical activity. They are interested in finding “what else is out there” in Alberta. Marni will contact Lindsay to discuss.

ACTION: Marni to contact Lindsay McLaren to discuss project.

5.3 Resource Guide

- Suzanne passed around a copy of the *Resource Guide for Nutrition and Physical Activity Interventions to Prevent Obesity and Other Chronic Diseases* developed by the Department of Health and Human Services Centers for Disease Control and Prevention.

ACTION: Suzanne to send link for Resource Guide to Marni for attachment to the minutes

Next Meeting: TBA