



Update – April 5, 2005

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A. CALGARY CHRONIC DISEASE NETWORK (CCN) – Moving Toward Integration

In November of 2004, the CCN hosted a chronic disease strategic planning session during which it was proposed that an overarching body be explored to better integrate the work of various coalitions involved with the prevention of chronic disease and the encouragement of wellness. The CCN agreed to facilitate discussions about this proposal.

In January and February, representatives from the CCN met with Smoke-Free Calgary and the Community Prevention of Childhood Obesity (CPCO) to explore their interest in the proposal. As well, there were informal discussions with representatives from mental health, injury prevention, rural health and active living initiatives. Findings from the consultations supported a gathering of representatives to further explore this idea.

On March 18th, representatives gathered and agreed to pursue creation of a *Calgary and Area Healthy Living Alliance*. A draft mission and vision were identified and each coalition, network or initiative agreed to provide two representatives to the alliance for a minimum of six months, commencing April 2005. Since the March meeting, we have been gathering information about each group's mission and structure. As well we are investigating best practices for organizational structures of inter-coalitions health alliances. We are looking forward to the first meeting of the Alliance steering committee in May 2005.

Draft Alliance Mission: To support and enhance the efforts of individual alliance members and add value for the purpose of expanding scope and broadening membership through collective action.

Draft Alliance Vision: A common voice for healthy living.

Initial members include representatives from:

- Calgary Chronic Disease Network
- Smoke-Free Calgary
- Community Prevention of Childhood Obesity
- Active Living Initiative
- Calgary Injury Prevention Coalition
- Mental Health (Canadian Mental Health Association)
- Poverty (Vibrant Communities Calgary)

We would like to thank the Alberta Healthy Living Network for grant money that helped support this work.



B. BILL 201: The Smoke-Free Places Act

Bill 201, the Smoke-Free Places Act, was introduced in the Alberta Legislative Assembly on March 7 by Calgary MLA Dave Rodney. On April 4, the Bill was discussed at the Committee of the Whole and amendments were introduced that would allow people to smoke in a public place or workplace (or part of) if the manager of the public place or workplace a) designates the public place or workplace or a part of the public place or workplace as a place where smoking is permitted, (b) ensures that signs are posted and conspicuously displayed indicating that minors are not permitted to enter or be in the place where smoking is permitted, and (c) subject to the regulations, takes reasonable steps to ensure that smoke does not enter any place where smoking is prohibited under this Act.

Thank you for your efforts in lobbying for smoke-free legislation and against amendments that would weaken the bill.

For a copy of the bill including all the amendments, click on:

http://www.assembly.ab.ca/adr/adr_template.aspx?type=bills_bill&selectbill=201

C. SCHOOL FOOD POLICY COMMITTEE

The CCN's School Food Policy Committee (SFPC) was established in 2004 to support strategies that promote sustainable health school nutrition environments. Over the past year, the committee has been actively involved with a number of initiatives. In view of the CCN's current evolution as well as other healthy eating initiatives underway through the Calgary Health Region's Nutrition and Active Living group, the SFPC will be reviewing and evaluating its the terms of reference and direction for the coming year.

The CCN is pleased to support a part of the school food initiative at Cardinal Newman School in McKenzie Lake. This year, the CCN contributed towards the cost of smoothies and next year we will be supporting an initiative to for an indoor garden that will allow students to grow vegetables indoors at the school.

Cardinal Newman School is currently piloting the School Nutrition Handbook and also actively supporting the community Healthy Eating and Active Living (HEAL) committee action plans. The school is K-9 and has around 1000 students. Through the work of a group of parent volunteers operating under the parent council, three sub groups have been created.

The first parent group - the food group - is focusing on current food offerings within the school and nutrition education events. One of the larger events was a smoothie BYOB (bring your own banana) beach-themed day, where 965 smoothies were served to students dressed in beach wear. Other food group activities involved changes to the sub lunch chip choices with Cheecha pasta chips being added, nutrition education around saturated fats for each classroom with free Cheecha chip samples, and the piloting of pre-ordered, healthy lunch alternatives for junior high students. A milk vending machine was added over the summer and all parent council initiated social events now have healthy snack choices only.

The second group - the activity group - is focusing on enrolling students in more physical activities throughout their day. For six weeks in January and February, students in K-6 were asked to track the days when they participated in 30 minutes of physical activity outside of school hours. Random draws were conducted for prizes donated by Sport Chek and all students received a "Cardinal Newman Fit Kids" sticker. Other proposed ideas include a school marathon in September, a Jump Rope for Heart activity and more unstructured recess ideas throughout the school year.



The third parent volunteer group is focused on communication with parents, administration, teachers and students. Regular committee updates appear in the school newsletter along with a healthy recipe idea and a "Did You Know" question and answer.

Thanks to Sue Parker, parent volunteer at Cardinal Newman School for providing this information.

D. RISE TO THE CHALLENGE!!

- **SHAPE - Safe Healthy Active People Everywhere - May 26, 2005 at 10:00 am**

Albertans are challenging the Guinness World Record for the most people walking at the same time. We can make history together by walking at least one kilometre on Thursday, May 26th at 10 am MST. Invite your school or community to join you - everyone counts! You can register online at www.shapeab.com or call 1-780-406-8530 to request a registration package.

- **Alberta Active Living Challenge Day - May 26, 2005**

Join in this provincial event by being active for at least 30 minutes on May 26, 2005 and register your participation. Last year more than 35,000 Albertans registered their participation in physical activity on Challenge Day. This year we hope to double that number!

You can register at: <http://www.provincialfitnessunit.ca/bffl.php?p=courses>

E. EVENTS

- **Three International Symposia Webcast - "Health Disparities and the Body Politic: Policy, Research, Data and Government Responsibility", April 14 - May 5, 2005**

To enhance the global reach of the symposia, each session will be web cast live, with free access. All sessions will be archived, also with free access, at this symposium web site hosted by the Harvard School of Public Health. For free registration & information on accessing free webcast, check the website: <http://www.hsph.harvard.edu/disparities>

- **The Role of Local Public Health Departments in Chronic Disease and Chronic Disease Risk Factor Prevention – 9-30 – 10:30 a.m., April 19 (Telecast)**

Dr. William Dietz, Director of the Division of Nutrition and Physical Activity in the Center for Chronic Disease Prevention and Health Promotion will be presenting this lecture. Lectures are broadcast from the Capital Health Telehealth site in Edmonton. Contact: lweiss@cha.ab.ca

- **Alberta Coalition for Healthy School Communities (ACHSC) Conference, April 25-26, 2005 - Edmonton, Alberta**

This conference features international, national and provincial speakers who will focus on evidence-based practice in comprehensive school health. Health promotion in the school setting is gaining momentum as people from all walks of life are seeking ways to address health issues of school-aged children. This year's conference has been organized to meet the knowledge exchange and network development goals of the ACHSC. Website: <http://www.timewiseevents.com/achsc/index.htm>



- **Connecting Kids to School: Why is it Important and How Do We Do it? 4:00 – 6:00 pm, April 27, 2005 – Mayland Heights Elementary School, Calgary, Alberta.**

Connectedness to school has become an important focus of research, policy and practice in both education and health. In this session, Helen Butler (Adolescent Health and Social Environments Program, royal Children's Hospital, Melbourne, Australia) will work with participants to explore some practical strategies developed and evaluated in Australian schools for teachers to use in connecting kids to school.)

- **Building an Inclusive Movement – May 4 – 7, 2005 - Sault Ste. Marie, Ontario**

The 2005 National Conference on Community Economic Development and the Social Economy will focus on inclusion of a diversity of people, communities and approaches. Website: <http://www.ccednet-rcdec.ca/en/pages/conference.asp#2005NationalCEDConference>

- **SummerActive - May 6 to June 20, 2005**

Mark your calendars; SummerActive 2005 is on May 6 to June 20. Start planning an event for your school, community or workplace and get active together! Contact your local Be Fit For Life Centre for more information on SummerActive and suggestions they may have to get your group ACTIVE!!

Website: <http://www.provincialfitnessunit.ca/bffl.php?p=summeractive>

- **For Goodness Sake: Being a Virtuous Health Care Provider in Challenging Times, May 9, 2005 - Red Deer, Alberta.**

The Provincial Health Ethics Network is pleased to announce that Dr. Edmund Pellegrino (Georgetown University), Dr. Nuala Kenny (Dalhousie University) and Dr. Wendy Austin (University of Alberta) will present. The conference will examine what it means to be a good health care provider in the moral sense. It will attempt to re-focus attention on the core values and virtues of the health professions, particularly in the midst of economic, social, political and other challenges that often conspire to make it difficult to act ethically. Website: <http://www.phen.ab.ca>.

- **Supreme Court Hearing – June 8 and 9**

"B.C.'s effort to get tobacco companies to pay for the health costs of their products is getting support from other provinces. All of them, except Prince Edward Island so far, have sought intervener status in a case to be heard by the Supreme Court June 8 and 9. The court will be hearing an appeal by five tobacco companies and the Canadian Tobacco Manufacturer's Council against B.C.'s *Tobacco Damages and Health Care Costs Recovery Act* that was deemed to be constitutionally valid by the B.C. Court of Appeal last May. The B.C. government is claiming \$10 billion in damages from tobacco companies, saying the cost of treating British Columbians from tobacco related illnesses amounts to \$500 million a year." (CP, Mar. 2) *from Health Edition, March 4, 2005 — Compliments of Merck Frosst Canada & Co. — Vol. 9 No. 9*

- **Health Equity and Diversity Conference, June 10-12, 2005 - Toronto, Ontario**

This community summit will focus on health needs and issues in relation to diversity and reflect on best practices and perspectives at local, national, and international levels. Through this reflection the conference participants will challenge the exclusion and barriers faced by marginalized communities in accessing the health care system to enhance local, national and global awareness, voice and action. Website: www.officewurx.ca/diversityconf/



- **Workshops on Older Adult Physical Activity and Health Eating, June 16, 2005 – Calgary, Alberta**

The Alberta Centre for Active Living is offering educational workshops on older adult physical activity and healthy eating across Alberta in partnership with Alberta Regional Health Authorities. Practitioners and community leaders involved with providing services for older adults will have an opportunity to attend a workshop to learn about physical activity and healthy eating and how they fit into the continuum of care for older adults; learn about provincial resources and programs for promoting healthy aging; and build capacity to promote healthy aging in their communities.

Website: <http://www.centre4activeliving.ca/Education/OlderAdults/index.html>

- **4th National Conference on Tobacco or Health, June 19 - 22, 2005 - Ottawa, Ontario**

This conference aims to provide tobacco control and public health professionals, policymakers, researchers, executive directors, senior managers, students, and volunteers with current scientific and practical information on effective tobacco control strategies and developments. The 4th national conference will blend the different forms of knowledge that exist within, and outside of the field. Based on the experiences of communities, institutions, organizations and individuals, sessions will explore current issues in tobacco control and stimulate action on local, provincial and national levels. (From the website at <http://www.4ncth.ca/>)

- **International Chronic Disease Management Conference, September 26-29, 2005 – Calgary, Alberta**

The Calgary Health Region is hosting a major international gathering entitled "Global Perspectives on Chronic Disease Management: The Calgary Conference." At this major international conference, health care professionals will share their best practices and learn from each other. Learn more about the management of chronic illnesses including noncommunicable diseases, mental disorders and HIV/AIDS

Website: <http://www.cdmcalgary.ca>

- **From Cure to Prevention: Bringing Together the Partners for Change, September 29 – October 1, 2005 – Banff, Alberta**

The Centre for Health Management Research at the University of Lethbridge is hosting this conference. The theme is health promotion within the healthy system and the workplace as well as policy implications aimed at reducing the demand on the healthcare system.

Website: <http://www.uleth.ca/man/research/centres/chmr/conferences/2005.shtml>

- **Vitamin C for Health Promoting Universities, October 3 - 5, 2005 – Edmonton, Alberta**
Presentations

In October 2003 the first international bilingual conference "Constructing Healthy Universities" was held in Santiago, Chile. In October 2005, a second international, trilingual conference will be held in Edmonton, Alberta, Canada. The conference will promote a comprehensive approach to the creation and maintenance of health-promoting universities and colleges from the perspective of people in all areas of campus life. Project, program and research presentations will promote healthy work and study environments, healthy lifestyles and opportunities to network with national and international colleagues. Website:

<http://www.nursing.ualberta.ca/homepage.nsf/all/FA0491420247FF1F87256F58006434AD>



- **2005 North American Association for the Study of Obesity (NAASO) Annual Scientific Meeting
October 15-19, 2005 - Vancouver, British Columbia**

The NAASO 2005 Annual Scientific Meeting will present cutting-edge basic, clinical, and epidemiological research. In addition to oral and poster presentations, attendees will hear from world-renowned leaders in the field of obesity. Sessions will be presented in four thematic tracks: basic, clinical, integrative physiology and population. Website: http://www.naaso.org/annualmeeting05/2005_annual_meeting.asp

- **The 4th International Conference on Urban Health: Achieving Social Justice in Urban Communities, October 26 - 28, 2005 – Toronto, Ontario**

The Centre for Research on Inner City Health, St Michael's Hospital will host this conference in October, 2005. Website: <http://www.crich.ca/>

- **Know Your Numbers.... Know Your Risk**

Since 1995, the Calgary Fire Department has checked Calgarians' blood pressure at fire stations. The initiative was a joint effort between public and private organizations including the Blood Pressure Coalition, the Calgary Cardiovascular Network and the Calgary Health Region.

Calgary fire stations also provide cholesterol screening, using trained firefighters when they are not responding to emergency calls. Fourteen stations around the city provide screening seven days a week from 1:00 p.m. to 9:00 p.m. Cholesterol testing is painless, convenient and only takes a few minutes. Once you know your numbers, you can know if you are at risk for cardiovascular disease. Please help promote this program. Posters are available by contacting Dennis Rabel, Calgary Fire Department, at 403-268-8777 or drabel@gov.calgary.ab.ca.

F. NEW RESOURCES AND ARTICLES

- **Chronic Diseases in Alberta: Cost of Treatment and Investment in Prevention – Institute of Health Economics Working Paper**

The purpose of this study was to measure the economic burden of four chronic diseases – COPD, heart disease, diabetes and lung cancer – in Alberta in 2000 for persons over 20, and calculate the annual public investment in chronic disease prevention. Website: <http://www.ihe.ca/publications/papers/pdf/2004-09paper.pdf>. (from SEARCH Light Feb 2, 2005)

- **Honouring Our Gift of Life**

The Alberta Cancer Board pleased to announce the release of *Honouring Our Gift of Life*, a new Aboriginal health education video. The film was developed in collaboration with Aboriginal communities in Alberta to support health care and community workers who provide information about cancer and chronic disease prevention programs to First Nations, Inuit and Métis people. Funding support for this project was provided by Alberta Health & Wellness. Honouring Our Gift of Life will be available to community health practitioners in Alberta at no cost in March. For more information, please e-mail prevention@cancerboard.ab.ca. If you would like to find out more about the Honouring Our Gift of Life resource and other programs for Aboriginal communities, please visit http://www.cancerboard.ab.ca/cancer/cancer_public_diversity.html.



- **Aboriginal Children's Circle of Early Learning Website**

The Aboriginal Children's Circle of Early Learning (ACCEL) has officially launched their new website. The ACCEL is a fully functioning bilingual, web portal clearinghouse on Aboriginal early childhood development (ECD). You can consult the site to review, research, and discuss best and promising practices; to exchange with a highly engaged network of Aboriginal ECD practitioners and researchers; and to keep in touch with the emerging needs of communities across Canada. Special website features include a database of resources, research, organizations and individuals; e-bulletins; downloadable resources; calendar of events; and survey of needs. Website: http://www.accel-capea.ca/index_en.htm (from OHPE Bulletin 398.0)

- **Get in the Game Grants**

The Canadian Association for the Advancement of Women in Sport and Physical Activity has created grants to help women "Get in the Game." These grants, up to \$250, are to help women overcome barriers to becoming more active. The grants are available to women to help with anything that will enable them to become more active, including simple things like buying themselves sports shoes or other needed equipment. Please distribute this information through your networks to help get the message out. The Association has not had a lot of applications for the grants so far and is eager to help women to become more physically active. Other programs, including those with financial incentives, to help women become more active, can be found on the Association's website at <http://www.caaws.ca>.

- **Alberta Centre for Active Living: March Issue of Research Update**

This issue of *Research Update* includes articles on the Nudge Project_(Neighbourhood Urban Design to Gain Exercise) and how young Aboriginal women feel about their bodies.

Website: www.centre4activeliving.ca/Research/ResearchUpdate/index.htm

- **Program Training and Consultation Centre (PTCC) - Better Practices Toolkit Website**

PTCC is pleased to announce the addition of six Ontario-relevant programs to our Toolkit of Better Practices in Tobacco Control: The Smoking Zine, The Youth Tobacco Vortal Project, Lungs are for Life's Grade 3 Lesson Plans and Resources, Lungs are for Life's Grade 9 Lesson Plans and Resources, Lungs are for Life's Grade 10 Lesson Plans and Resources, and Lungs are for Life - Community Involvement & Teacher Advisor Program. Website: <http://www.ptcc-cfc.on.ca/bpt/bpt.cfm>

- **Canadian Tobacco Use Monitoring Survey – Statistics Canada Release**

This survey provides timely, reliable and continuous data on tobacco use and related issues. Its objective is to track changes in smoking status and amount smoked, especially among young people aged 15 to 24. Data conducted since 1999 is now available.

Website: <http://www.statcan.ca/Daily/English/050303/d050303d.htm>.

(from the SEARCH Light March 9, 2005)



- **Are Integrated Approaches Working to Promote Healthy Weights and Prevent Obesity and Chronic Disease? – A Review and Synthesis of the Literature with Suggestions and Recommendations for Policy and Decision Makers (Centre for Health and Policy Studies Paper)**

This research reviews the literature on integrated strategies to promote healthy body weights and thus prevent obesity and related chronic diseases in entire populations (including schools, worksites, and whole communities). Website: http://www.chaps.ucalgary.ca/Working_papers/Report_BRIEF_McLaren.pdf. (from the SEARCH Light March 9, 2005)

- **Effectiveness of School Programs in Preventing Childhood Obesity: A Multilevel Comparison**

This study looked at the effects of school programs in regard to preventing excess body weight. Website: <http://www.ajph.org/cgi/content/abstract/95/3/432>. (from SEARCH Light March 9, 2005)

- **What Have We Learned Studying Income Inequality and Population Health? – CIHI Report**

This paper synthesizes the research on income inequality and health. It reviews the chronology of studies in this area, explores some of the differences between countries, and examines research gaps. It concludes with a summary and discussion of policy implications. Website: http://secure.cihi.ca/cihiweb/dispPage.jsp?cw_page=PG_338_E&cw_topic=338&cw_rel=AR_1172_E#full (from SEARCH Light Feb 10, 2005)

- ***Public Health Power, Empowerment and Professional Practice* by Glenn Laverack (Palgrave Macmillan). May 2005**

This book offers theoretical principles and practical solutions for transforming power relations to improve public health practice.

Website: <http://www.palgrave.com/products/Catalogue.aspx?is=1403945608>

- **The Shift – A Newsletter from the Centre for Health Promotion Studies**

The Centre for Health Promotion Studies is pleased to announce a new issue of its newsletter, The Shift. This issue focuses on healthy school environments. To download a PDF version of the newsletter, please visit: http://www.chps.ualberta.ca/publications/shift.htm#volume7_iss1

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