



Update – July 8, 2005

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A. CALGARY AND AREA HEALTHY LIVING ALLIANCE

The first steering committee meeting of the Calgary and Area Healthy Living Alliance was held on June 23, 2005. Representatives from the Calgary Chronic Disease Network, Smoke-Free Calgary, Community Prevention of Childhood Obesity, Active Living Initiative, Calgary Injury Prevention Coalition, mental health and poverty initiatives gathered to review draft mission, vision, framework and strategic priorities for the Alliance. There was discussion about the factors that contribute to a successful network as well as the next steps for the Alliance. All agreed that there are areas where the Alliance could catalyze increased synergies as well as areas where more focus would be beneficial. It was agreed that a fall planning workshop should be held to identify areas of common interest and develop a work plan based on these interests.

***Draft Alliance Vision:** A common voice for healthy living.*

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

For more information: lisa.casselman@calgaryhealthregion.ca

B. SMOKE-FREE INITIATIVES

- **Rural Smoking Cessation Telehealth Project**

In collaboration with the Alberta Cancer Board's Psychosocial Oncology Network Medical Affairs and Community Affairs division, the Calgary Health Region Tobacco Reduction team has facilitated two rural smoking cessation groups via telehealth technology. The groups in Didsbury and Canmore have participated in the Tom Baker Cancer Centre Smoking Cessation program since September 2004. This project, through funding from Alberta Health and Wellness, has now been expanded to the rest of the province.

- **Smoke-Free Airdrie**

The Smoke-Free Airdrie Coalition continues to be active in the community of Airdrie prior to the implementation of a 100% smoke-free public places and workplaces bylaw in Airdrie on July 1, 2005. The Coalition is working with local businesses, health care professionals, the City of Airdrie and community members to support the community before, during and after bylaw implementation. This work has been made possible through a grant from the Alberta Alcohol and Drug Abuse Commission.



- **New Smoke-Free Ontario Act**

"Smoking will be prohibited in all workplaces and enclosed public places in Ontario by May 31, 2006 under legislation which received third and final reading. Health and Long-Term Care Minister George Smitherman announced.

Upon receiving Royal assent, the Smoke-Free Ontario Act will:

- ban smoking in all enclosed public places and workplaces as of May 31, 2006, including restaurants, bars, schools, private clubs, sports arenas, entertainment venues, work vehicles and offices;
- toughen laws on tobacco sales to minors;
- restrict the display of tobacco products in retail outlets, with a complete ban on the display of tobacco products by May 31, 2008."

Website: http://ogov.newswire.ca/ontario/GPOE/2005/06/08/c9483.html?lmatch=?=_e.html.

Source: Ontario Health Promotion E-Mail Bulletin 416

C. WE ROSE TO THE CHALLENGE!

The Guinness World Record for most people walking simultaneously has now been broken. The Guinness World Record was 77,500 walkers set in 2001. This year, 79,280 Albertans and over 350 locations confirmed they walked at least 1 km on May 26, 2005. Thank you for making this day a success.

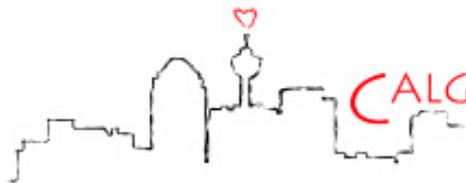
Website: <http://www.cd.gov.ab.ca/asrpfw/programs/active/SummerActive/index.asp>

D. MAKING AN IMPACT – REDUCING THE INCIDENCE OF HIGH BLOOD PRESSURE

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.

Pharmacists are now involved with the Integrated Multidisciplinary Pharmacy Acute Care Community Treatment program which saw 12 pharmacists complete training to become blood pressure screeners. Read about it in the May 6, 2005 issue of *Pharmacy Post*, which highlights the Calgary initiative to reduce incidence of high blood pressure through monitoring initiatives by firefighters and pharmacists. (See next page).



Pharmacist Donna Galvin (left) of Alberta's IMPACCT program has her blood pressure checked at a Calgary, Alberta firehall by Dennis Rabel, medical Training Officer with the Calgary Fire Department. The pair are joined by Dr. Charlotte Jones (right), director, Calgary Health Region Hypertension and Cholesterol Centre.

Making an IMPACCT

Firefighters teach pharmacists to manage high blood pressure BY KRISTAN WOLFE

What do a firefighter and a pharmacist have in common? Most people are surprised to learn that in Calgary, the two helping professions have joined forces to reduce the incidence of high blood pressure (BP).

It all started with the belief that there's a need for innovative, community-based and multidisciplinary solutions that link the acute care sector to the community

and non-health care sectors. In response came the Integrated Multidisciplinary Pharmacy Acute Care Community Treatment (IMPACCT) program. IMPACCT began operating in November when 12 pharmacists completed all advanced training to become blood pressure screeners—training that was provided through the Calgary Fire Department (CFD).

The short-term goal of the program is simply to increase detection and control of hypertension. In the long term, however

Donna Galvin, the program's pharmacy co-ordinator, hopes the program can be "expanded to include increased detection and control of other chronic disease states that similarly impose a significant burden on the health of Canadians and are also sub-optimally managed [osteoporosis, diabetes, dyslipidemias, asthma, osteoarthritis, congestive heart failure, etc.]."

Even though teaming pharmacists and firefighters together may seem like an

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PHARMACY POST news

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unlikely or unusual pairing, it's a good one, says Galvin.

As participants in a blood

IMPACCT pharmacists are responsible for:

- monitoring and encouraging compliance to medication and lifestyle interventions;
- providing medication counselling on all prescription medications;
- monitoring blood pressure;
- providing project-approved medication teaching sheets;
- monitoring and counselling about OTC medications like

pressure monitoring initiative since 1995, the firefighters have the BP measurement expertise, she explains. "CFD firefighters

NSAIDs, decongestants, certain herbals, etc.;

- intervening if side effects occur;
- encouraging timely refills;
- identifying medication-related problems and informing the study team;
- ongoing interaction and communication with the program team; and
- recommending the most cost-effective treatment options.

are either paramedics or have significant medical training. Initially, there was some hesitation, but once pharmacists saw the expertise demonstrated, they were impressed." The firefighters are also trained to test cholesterol levels.

IMPACCT pharmacists must complete a Web-based program and workshops using case studies and standardized patients. Pharmacists are also trained and certified in point-of-care blood pressure assessment by the fire department and certified in hypertension management by the Alberta College of Pharmacists.

Galvin hopes to have 20 pharmacist volunteers trained by the

end of the program's first year and 40 more at the three-year point. "Pharmacists seem to be itching to provide this type of patient care," says Galvin.

The IMPACCT program kicks in when participating physicians refer hypertensive patients to a certified community pharmacist for assessment and management. The pharmacist then takes the patient's medical history—including cardiovascular risk factors, current medications, blood pressure measurements—after which drug therapy is started or modified in collaboration with the referring physician.

Unfortunately, patient recruit-

ment by family physicians has been a problem. The procedure is being changed slightly so that pharmacists find and recruit patients of partner physicians (Chronic Disease Physicians). IMPACCT pharmacists monitor their blood pressure, inform their physician by fax, and encourage the patient to make an appointment with their doctor.

Pfizer Canada and Bayer donated funds to purchase the necessary equipment and supplies. The CFD site is the only nationally recognized training centre.



E. UPCOMING EVENTS

- **Mapping the Future of Public Health: People, Places and Policies, Canadian Public Health Association 96th Annual Conference and the Statistics Canada's Health Statistics Data User's Conference 2005, September 18 to 21, Ottawa, Ontario.**

This year's conference features initiatives that transcend research, policy and practice domains and make meaningful change at all levels to improve the health of Canadians.

Website: http://www.cpha.ca/conf96/web_eng/index.html

- **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/Default.aspx?tabid=50>

- **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>

- **GROUP WORKS: Facilitating Small Group Learning, October 5 to November 30, 2005 – Calgary**

This course, sponsored by the Families Matter Society, is an introductory-level course for prospective and practicing facilitators of educational and/or support groups. In nine Wednesday evenings, this course gives participants knowledge and hands-on experience in the art of helping people learn in small groups. Wednesdays, October 5 to November 30, 2005, 6:30 to 9:00 pm. For more information or to register, contact Sherri Melrose at 241-5145 or sherrim@athabascau.ca.

- **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



- **First International Cancer Control Congress, October 23-26 – Vancouver, B.C.**

This congress will bring together a broad constituency to share strategies, experiences, tactics and best practices to address the implementation of population-based cancer control – with principal foci on the science underlying cancer control, what population-based programs are effective, key elements for maximum impact at the population level, collaborative multi-sectoral partnerships needed – culminating in exploring how to build an international community of practice. Website: <http://www.cancercontrol2005.com>

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

This conference, now in its 4th 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. Website <http://www.crich.ca/isuhconference2005/>

- **Making Gains in Mental Health and Addictions, October 23 - 26, 2005 - London, Ontario**

Canada's most important mental health and addictions conference is taking place again! This year's third annual conference centers on transforming ourselves and our communities, organizations, systems, and partnerships, to create a consumer- and family-focused community-based system for all who utilize, work in, and conduct research in the addictions and mental health field. Website: <http://www.makinggains.ca>
Source: Ontario Health Promotion E-Mail Bulletin 413 May 20, 2005

- **Dialogue and Deliberation, October 27 - 30, 2005 - Ottawa, Ontario**

The Canadian Conference on Dialogue and Deliberation (C2D2) is open for information and early registration. Set for October 27-30, 2005, in Ottawa, Canada, this innovative conference will bring together 300 practitioners, decision makers, policy developers, and researchers from the public, voluntary and private sectors to learn and share information and skills. Participants will head back to their communities knowing more about opportunities and techniques for public participation, as well as the rich results that can be achieved when it's done well. Website: <http://www.c2d2.ca>

- **Zero to Six Conference 2005, October 28 – 29, 2005 – Calgary, Alberta**

The *Zero to Six Conference 2005* seeks to cultivate Practical Wisdom in support of best practice in early childhood development. Gathering together the diverse professionals who work with children under six and their families, the Conference will feature the sharing of knowledge and experience across sectors and will promote a holistic, integrated approach to working together towards better outcomes for children from conception to age six. For information: gina.beasley@calgaryhealthregion.ca

- **Diversity and Well-being Conference, November 16-17, 2005 – Calgary, Alberta**

The Calgary Health Region, Alberta Cancer Board and the University of Calgary Faculties of Education, Medicine, Nursing and Social Work are pleased to invite you to attend the second annual Diversity and Well-being Conference – designed to bring health professionals, researchers and policy makers together with communities and organizations that represent diverse populations.

Website: <http://www.calgaryhealthregion.ca/hecomm/diversity/whatsnew2.htm>

Email: diversityservices@calgaryhealthregion.ca

- **Determining Health Through Public Health Action, November 22-23 - Toronto, Ontario**

The Association of Public Health Agencies (alpha) and Ontario Public Health Association (OPHA) are partnering to present a joint conference which will address these subthemes: social/economic



determinants of health, chronic disease prevention/ healthy living, injury prevention, child health, infectious disease prevention and control and reshaping public health.

Website: <http://www.publichealthaction.ca/new%20files/about.html>

F. RESOURCES AND ARTICLES

- **Clearing the Air Compact Disk Resource**

This resource contains a ten minute video highlighting some of the key strategies used to successfully implement the Calgary Health Region's smoke-free property policy. The video and attached resources are intended to answer the many questions organizations have when working towards implementing a smoke-free property policy and facilitate policy implementation. This CD has now been distributed across Canada with positive feedback. A formal evaluation process will be completed in the future.

For more information: shannon.parker@calgaryhealthregion.ca

- **Clearing the Air: The Case for 100% Smoke-Free Health Facility Properties**

This national videoconference is a collaboration between Mental Health Centre Penetanguishene, Calgary Health Region and Northern Lights Health Region (northern Alberta). Due to the overwhelming interest the presentation will be webcast and archived for one year at <http://webcast.northnetwork.com/archive.php>

- **Program Checklist Group Smoking Cessation**

The Program Training and Consultation Centre has posted a new document on its website: "Program Checklist. Group Smoking Cessation." This ten-page document uses the Canadian Tobacco Control Research Initiative's Better Practices Model to help you select programs and strategies for group smoking cessation. The advice in this checklist can help you decide how well your group cessation program meets standards of "Better Practice." The checklist was distilled from a published literature review conducted by Steve Manske and colleagues in 2004. Website: <http://www.ptcc-cfc.on.ca/rds/rds-search-results.cfm?ResourceID=83> Source: Ontario Health Promotion E-Mail Bulletin 412 May 13, 2005

- **Alberta Centre for Active Living: New Issue of Research Update – June 2005**

This issue has includes the article, "Leisure-Time Physical Activity (LTPA) among Albertan Adults, 2000-2005" by Enrique García Bengoechea, PhD (Alberta Centre for Active Living) and John C. Spence, PhD, and Shawn N. Fraser, PhD candidate (Faculty of Physical Education and Recreation, University of Alberta) The authors compare the results of three recent surveys of physical activity levels among Alberta adults.

Website: <http://www.centre4activeliving.ca/Research/ResearchUpdate/index.htm> .

- **Dietitians of Canada article: "Healthy Growth in Children Toolkit: Translating Public Policy into Frontline Practice"** by Kristyn Hall, MSc, RD, Danielle Wohlgemuth , RD, & Debra Buffum, RD.

Alberta Health and Wellness provided funding to develop a toolkit for health professionals in public health clinics. The toolkit helps these professionals assess children's growth between two months and six years.

Website: <http://www.centre4activeliving.ca/Research/ResearchUpdate/2005/June.htm>

Source: Alberta Centre for Active Living, Research Update, June 2005

- **Canada on the Move: Innovation in Research, Evaluation, and Partnership** by Adria Rose, Director of Partnerships for Canada on the Move, Institute of Nutrition, Metabolism, and Diabetes, Canadian Institutes of Health Research.

Canada on the Move is a web-based research platform designed to collect information about Canadians' physical activity levels. Find out how Canada on the Move is expanding its mandate as a research, evaluation, and partnership tool.

Website: www.centre4activeliving.ca/Publications/WellSpring/index.html

Source: June 2005 Issue of WellSpring



- **Sunright Sun**

The Alberta Cancer Board is pleased to invite community leaders (e.g., parents, nurses, teachers, pharmacists, and others) in the former Headwaters Health Authority to view bi-weekly editions of the Sunright Sun e-newsletter! This summer, don't miss this informative new component of our award-winning Sunright campaign

Website: <http://www.cancerboard.ab.ca/sunright/sunrightsun.html>

- **Try Something New (TSN) - TAKE 2**

This multi-media initiative is designed to inspire kids to try a new physical activity, a new nutritious snack, a new healthy active attitude. Try Something New - TAKE 2, brought to you by Kraft Canada, YTV and the parks and recreation sector, returns for its second year to bring a positive message about the importance of physical activity and nutritious eating habits to Canadian children.

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

- **New Website – Alberta Coalition for Healthy School Communities (ACHSC)**

The Executive Committee of the Alberta Coalition for Healthy School Communities (ACHSC) is pleased to announce the official launch of a new website to further the ACHSC mission: "to promote and foster healthy school communities through a comprehensive school health approach that enhances the health of Alberta children and youth." Website: <http://www.achsc.org>

- **Free Health Promotion Course**

The Ontario Health Promotion Resource System (OHPRS) developed a free course, "Health Promotion 101," as a collaborative effort between its 22 member organizations with funding from the Ontario Ministry of Health and Long Term Care. Website: <http://www.ohprs.ca/hp101/main.htm>

- **National Population Health Survey: Healthy aging 1994/95 to 2002/03**

Read the results of this survey available from Statistics Canada.

Website: <http://www.statcan.ca/Daily/English/050509/d050509a.htm>

- **Public Health Goals Underway for Canada**

The development of Canada's first national public health goals passed an important milestone Wednesday, June 29, at a meeting of health leaders and elected officials with Federal Minister of State (Public Health) Carolyn Bennett. The meeting was the first session planned to take stock of the input that has been gathered through an extensive consultation process that began on March 29, 2005.

Website: http://www.phac-aspc.gc.ca/media/nr-rp/2005/2005_24_e.html

- **Make Your VOICE Count!**

This new, on-line guide to collaborative health policy development is a culmination of the activities and learnings of the VOICE in health policy Project. The website includes innovative tools and resources that have been developed to increase the capacity of Voluntary Organizations Working in Health (VOWH) and government to influence policy development. Highlights include an adaptable policy training workshop, reading rooms, planning tools, library and more. Production of Make Your VOICE Count! has been made possible by a financial contribution from the Sectoral Involvement in Departmental Policy Development (SIDPD) Program, Health Canada. Website: <http://www.projectvoice.ca>

- **July Issue of Preventing Chronic Disease (PCD)**

The July issue is now available. Website: www.cdc.gov/pcd

- **Southern Alberta Child and Youth Health Network (SACYHN) Spring 2005 Newsletter**

This newsletter has interesting articles including one on the Whole School Mental Health Promotion pilot project in Calgary to support the mental health of children and youth.

Website: <http://www.sacyhn.ca/media/pdf/SACYHNnewsletterSpring05.pdf>

<http://www.hearthealthcalgary.com>



- **Canadian Health Network News Capsule - Cardiovascular Disease and Stroke Affiliate for the Canadian Health Network (CHN).**

Capital Health is the Cardiovascular Disease and Stroke Affiliate for the Canadian Health Network (CHN). As the Cardiovascular Disease and Stroke Affiliate, Capital Health is responsible for providing credible, comprehensive and up-to-date cardiovascular disease and stroke information for the CHN website. Check out the online news capsules.

Website: <http://www.capitalhealth.ca/AboutUs/Partners/CanadianHealthNetwork/Newsletters/default.htm>

- **Revised edition of "The IDM Manual: a Guide to the Interactive Domain Model (IDM) Approach to Best Practices for Better Health"**

The IDM Manual sections include: an explanation of the model and framework, answers to frequently asked questions, the guidelines upon which the IDM is based, using the framework, evidence framework, research and evaluation, and reports on using the IDM. Website: <http://www.idmbestpractices.ca>

Source: Ontario Health Promotion E-Mail Bulletin 413 May 20, 2005

- **Consultations Website from Social Development Canada**

Social Development Canada recently launched its Consultations web site. The site offers all Canadians the chance to express their views and share their ideas on social issues that are important to them. Participate in this consultative process by sharing your thoughts and stories. The feedback collected will help inform the department's work -- so the more people participate, the more effective the process.

Website: <http://sdc-dsc.dialoguecircles.com/>

Source: Ontario Health Promotion E-Mail Bulletin 412 May 13, 2005

G. CALLS FOR PROPOSALS

- **Call for Community Sport Program Proposals--Team Spirit: Aboriginal Girls in Sport**

In partnership with the Aboriginal Sport Circle (ASC), the Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS) has received funding from Sport Canada's Sport Participation Development Program. The goal of Team Spirit: Aboriginal Girls in Sport is to increase community-based sport participation opportunities for Aboriginal girls and young women. CAAWS and the ASC are now seeking proposals from organizations across Canada to develop and implement multi-year community sport programs for Aboriginal girls and young women. Four programs will receive funding to develop and implement community sport programs for Aboriginal girls and young women, increase their capacity to address the needs and interests of this target group, and raise the profile of female Aboriginal leaders and role models.

Deadline for Submissions: July 22, 2005

Website: http://caaws.ca/onthemove/e/news/teamspirit_proposals_june05.htm

Source: Ontario Health Promotion E-Mail Bulletin 417 June 17, 2005

For further information or to submit information:

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<http://www.hearthealthcalgary.com>