



Report of the Calgary Cardiovascular Network (CCN)

November 2000 – March 2001

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Who is the Calgary Cardiovascular Network?

The Calgary Cardiovascular Network (CCN) is a local group whose mandate is to work together with all interested parties to prevent and control both heart disease and stroke in our communities.

The network is a multidisciplinary group consisting of representatives from physicians, nursing, nutrition and fitness professions, community and volunteer agencies, and the business and education communities.

This group is committed to the Calgary Cardiovascular Network being an action-orientated network whose work focuses on four strategic priorities:

- ?? coordination
- ?? awareness
- ?? advocacy
- ?? action

Vision, Mission, Guiding Principles

Vision

“Communities where healthy living is the routine way of life.”

Mission

“Working together to prevent and control heart disease and stroke in our communities through active coordination, awareness, and advocacy.”

Guiding Principles

Optimal Health – for our citizens and the general public.

Mutual respect – so that we trust one another to work together cooperatively for the good of our communities.

Community focus – through the input and involvement of our citizens, interested groups and organizations.

Equity – in the interests of fairness and justice for our citizens.

Credibility – through research based approaches to best practices for the prevention and control of cardiovascular disease.

Integrity – through our commitment to follow through on plans.

Why is the development of a Calgary Cardiovascular Network Important?

Cardiovascular disease, including heart disease and stroke, is the leading cause of death and suffering in Canada and as a result is the major source of health care expenditures. Over one third of deaths in Canada are attributable to cardiovascular disease. Unfortunately, the prevalence of many cardiovascular risk factors is increasing with the real possibility of this disease overwhelming the capacity of our health care system.

The impact of cardiovascular disease is largely preventable through:

- ?? prevention of the development of risk factors
- ?? comprehensive treatment of risk factors in those who develop them
- ?? effective management of the disease for those who are living with it.

The individual cannot be the only focus for change. Strategies need to be implemented at a community level. *In the Calgary area this requires the formation of a network of dedicated and interested individuals and organizations working together to create an environment where healthy living is a routine way of life.*

What does the work of the Calgary Cardiovascular Network mean to participants?

Participation in the Cardiovascular Network provides an opportunity to contribute to the health of citizens in the Calgary area. It provides a forum for a movement from loose alliances to a strong collaboration of all interested organizations, agencies and individuals.

To the citizens of Calgary, this translates into – raised awareness of cardiovascular disease and risk factors, consistent coordination and increased control of risk factors, and advocacy and increased capacity for communities that support heart healthy lifestyles.

Membership in the Calgary Cardiovascular Network

There are two levels of membership for CCN:

- ?? *Partner Voting Member*
- ?? *Associate Non-Voting Member*

A *Partner Voting Member* is defined as any non-profit agency, government entity, institution, (or division thereof) or for profit entity with an interest in or a desire to contribute to the cardiovascular health of Calgarians.

Each voting member, as defined, will nominate one individual to have their proxy and represent their interests at CCN. No individual designated voting member may profit directly from any CCN activities.

An *Associate Non-voting Member* includes those agencies, groups, individuals, and corporate entities that have an interest in CCN activities and networking but are not allowed to vote.

All prospective members in all categories must complete a CCN membership application form, which will be reviewed by the Membership Sub-committee for recommendation to the Steering Committee. The Steering Committee has the sole right to accept and/or reject any application for membership and will be guided by its established membership policies and guiding principles (as above).

There is no charge for membership in the Calgary Cardiovascular Network.

Current Year Activities

Planning Phase

Spring 2000 Ad-hoc group formed to discuss the need for a coordinated community approach to the control of hypertension and other cardiovascular disease risk factors in the Calgary area.

Dr. Norm Campbell	Mrs. Bretta Maloff
Dr. Brent Friesen	Dr. Richard Musto
Mr. Dan Holinda	Mr. Ron Newman
Dr. Charlotte Jones	

June 2000 A feasibility study was conducted which concluded that there was support for the concept of a coalition to support cardiovascular disease prevention.

November 2, 2000 Plenary session with the Heart and Stroke Foundation of Canada and Cardiovision 2020.

November 3 & 4, 2000 Planning workshop held for the Calgary Cardiovascular Network. Out of this workshop the Calgary Cardiovascular Network was formed, and the interim executive committee and structure and leadership, resources, communications and blood pressure workgroups were established.

Implementation Phase

November 2000 Interim Executive Committee and subcommittees put in place.

Interim Executive Committee

Co-Chairs

Dr. Norm Campbell	Professor of Medicine, Pharmacology & Metabolism, U of C
Dr. Brent Mitchell	Acting Head, Regional Clinical Department of Cardiac Sciences

Committee Members

Dr. Brent Friesen	Medical Officer of Health, CRHA
Mr. Paul Jeffery	Blood Pressure Program Coordinator, Calgary Fire Department
Dr. Charlotte Jones	Director, CRHA Hypertension and Cholesterol Centre
Mrs. Bretta Maloff	Leader, Community Development, Healthy Communities, CRHA
Dr. Richard Musto	Medical Director, Healthy Communities, CRHA
Mr. Frank Neiboer	Past President, Heart and Stroke Foundation of Alberta, NWT & Nunavut
Mr. Ron Newman	Chairman of the Board, Netdriven Solutions Inc.
Dr. Karen Then	Faculty of Nursing, University of Calgary

- December 1, 2000 Network meeting with guest speakers Dr. Greg Taylor and Dr. Stephen Gabos. Topic: Cardiovascular Disease Surveillance. The application of national/provincial surveys to the Calgary Region and the Calgary Cardiovascular Network.
- March 13, 2001 Attendance at and participation in the Diabetes Consultation Sessions (preparing for a provincial diabetes prevention strategy.)

Interim Executive Committee Report

Key Results

- ?? The development of an organizational structure and governance documents
- ?? The securing of a part-time coordinator for the Network
- ?? The development of a CCN Website – www.hearthealthcalgary.com
- ?? The development and initial implementation of a five-month transitional pilot project focused on high blood pressure prevention, awareness and control in the Calgary Region.

Prevention (Advocacy) Activities

The executive committee initiated a number of activities and supports that target key risk factors for cardiovascular disease. These activities included:

- ✍ An endorsement of the non-smoking bylaw campaign to Calgary City Council through promotion of the initiative to the CCN membership and a formal letter of support from the CCN Executive Committee to Calgary Council.
- ✍ Lobbying the region to include biking/walking pathways in the construction plans for the new Alberta Children's Hospital.
- ✍ Lobbying the region to set up referrals to clinical nutrition services to include overweight and obese pediatric and adult populations.

Sub Committee Reports

Communications Work Group

Key Strategic Priorities

- ?? **Coordination**
- ?? **Awareness**
- ?? **Advocacy**
- ?? **Action**

Work Group Members

Mr. Ron Newman (Chair)	Chairman of the Board, Netdriven Solutions Inc.
Mr. Don Thompson	Member, Calgary Chamber of Commerce
Ms. Bretta Maloff	Leader, Community Development Healthy Communities, CRHA
Ms. Maria Lee	Netdriven Solutions Inc.

Purpose

To develop an effective communication mechanism for network members and for involvement of the broader community.

Key Goals

1. To develop a mechanism for keeping track of organizations/individuals interested in being members of the Calgary Cardiovascular Network and for communication of CCN activities to this membership.
2. To develop a communication mechanism that both the public and professionals can access for information about the Calgary Cardiovascular Network and for public and professional information about the prevention and treatment of cardiovascular disease.

Key Results

1. Completion of a database of individuals who attended the CCN Planning Workshop (November 2000) and other parties interested in the CCN. (N =145)
2. Development of a membership form and process for recording membership in the CCN, updating information on the CCN database, and approval for inclusion of membership information on the CCN website.
3. Initial development of a Calgary Cardiovascular Network website. Development of an approval process for inclusion of materials on the website.
4. Development of a logo for the CCN.

Additional Comments

Netdriven Solutions Inc. has provided significant support in the development of the website, the initial database structure organization and preparation of materials for distribution to the CCN membership and target audiences.

Resources Work Group**Key Strategic Priorities**

- ?? **Coordination**
- ?? *Awareness*
- ?? *Advocacy*
- ?? **Action**

Work Group Members

Dr. Richard Musto (Chair)	Medical Director, Healthy Communities, CRHA
Mr. Paul Jeffery	Blood Pressure Program Coordinator, Calgary Fire Department
Ms. Gerri Hemphill	Volunteer, Kerby Centre

Purpose

To secure resources support for the Calgary Cardiovascular Network.

Key Goal

1. To secure financial and personnel support for the coordinating work of the CCN.

Key Results

1. Provision of funding for a 0.5FTE position as CCN coordinator. Funding provided by Community Development, Healthy Communities, CRHA.
2. Provision of partial funding for a full-time faculty position with the Department of Internal Medicine, University of Calgary, to support health promotion and disease prevention initiatives. Funding provided by the Healthy Communities portfolio of CRHA.

High Blood Pressure Action Plan Work Group**Key Strategic Priorities**

- ?? *Coordination*
- ?? *Awareness*
- ?? *Advocacy*
- ?? *Action*

Work Group Members

Dr. Charlotte Jones (Chair)	Director, Hypertension and Cholesterol Centre
Dr. Norm Campbell	Professor of Medicine, Pharmacology & Metabolism, U of C
Dr. Brent Friesen	Medical Officer of Health, CRHA
Mr. Paul Jeffery	Blood Pressure Program Coordinator, Calgary Fire Department
Mr. Jim Graham	Clinical Research Coordinator, Faculty of Medicine, U of C
Ms. Cathy Pryce	Director, Health Promotion and Disease Prevention Healthy Communities, CRHA

Purpose

To develop and implement a short- term (five month) transitional pilot project that focuses on the prevention, awareness, detection and control of high blood pressure.

Key Goals

1. To identify and support community based initiatives aimed at preventing the onset of hypertension.
2. To identify and support community based initiatives aimed at increasing awareness and detection of hypertension.

In Canada, there is a major problem with undetected high blood pressure. One in five Canadians have high blood pressure and almost half of those (an estimated 9% of adults aged 18 – 74 years of age) don't know that they have high blood pressure.
3. To identify and support community based initiatives aimed at promoting appropriate diagnosis and optimum treatment and follow-up of individuals with hypertension.

Less than one-third of adults (25% of men and 31% of women aged 18 – 74) with diagnosed high blood pressure are treated and controlled.

Key Results

1. An increase in coordinated activities designed to impact AWARENESS and detection of hypertension.

Activities conducted which support increased *public* awareness of high blood pressure.

- ✎ Development of public forum teaching slide kit on hypertension.
- ✎ Public forum on hypertension: March 5, Libin Theatre, U of C. 60 attendees.
- ✎ Three more public forums scheduled for April, June and October in three other quadrants of Calgary.
- ✎ Dissemination of Calgary Fire Department (CFD) posters on fire hall blood pressure screenings (e.g. to all membership; attendees at public forums.)

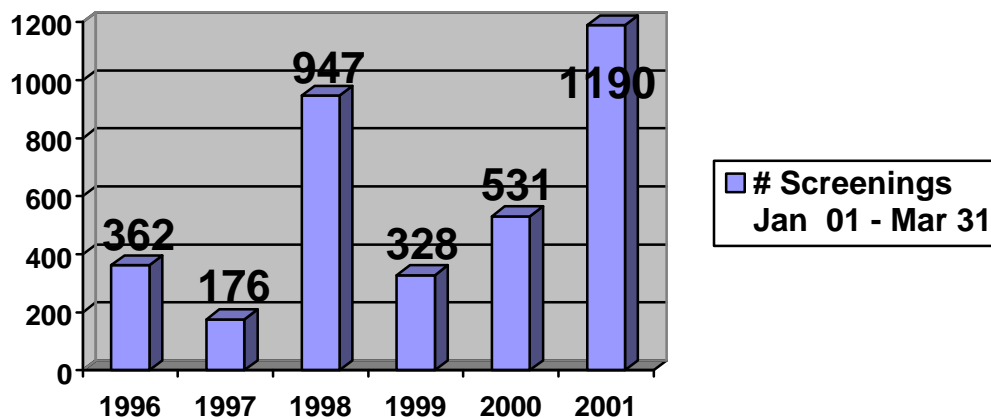
Activities conducted which support increased *professional* (health care provide) awareness and detection of high blood pressure.

- ✎ Development and mail-out of letter to ~1,000 physicians in the CRHA introducing the CCN and highlighting current reports about high blood pressure and the blood pressure screening program offered by the Calgary Fire Department.
- ✎ Dissemination of the Calgary Fire Department blood pressure screening posters: 1,000 physicians and CCN database.
- ✎ CCN information presentations to Calgary Wellness Committee (scheduled for May 15, 2001.)
- ✎ Information booth at the Family Practice Update, University of Calgary, March 15 & 16 (300 attendees.)
- ✎ Articles to CRHA staff and all family physicians about the CCN, Calgary Fire Department blood pressure screening program and the Heart Healthy Kits in:
 - ? Frontlines (pending)
 - ? E-Lines
 - ? Public Health Update.
- ✎ Initial actions on dissemination of the Healthy Heart Kits (approximately 250 kits) to health professionals in the Calgary region (impacts all CVD risk factors.)

2. An increase in coordinated activities designed to impact CONTROL of hypertension.

- ✎ Initiation of proceedings toward a pharmaceutical coalition aimed at improved CONTROL of hypertension in the CRHA.
- ✎ Inclusion of hypertension with diabetes in the upcoming Primary Care Models Project in Diabetes Management: in collaboration with Dr. Alun Edwards (funded Physicians Steering committee Funds: business proposal.)
- ✎ Inclusion of hypertension in the HIF Project: Multidisciplinary Primary Care Team Prevention and Management of Chronic Disease: In collaboration with Dr. June Bergman and Dr. Peter Hatcher.
- ✎ Arrangement between CRHA Information systems and Calgary Fire Department (CFD). CFD to be e-mailed updated physician lists (physicians taking new patients.)

3. Initial work into the development of a local SURVEILLANCE plan for hypertension awareness, detection and control issues.
 - ✎ Expansion of the question bank of the biannual Health of Calgarians survey to include previously asked questions on hypertension awareness and control. Over time this enables more comprehensive tracking of changes in awareness and control.
 - ✎ Initial tracking of CCN activities including numbers of people at public forums, number of letters sent and to whom, number of information pieces sent out. Need to develop this into a tracking of the total number of individuals and the potential expansion effect of individuals accessed by all our maneuvers (annual and total basis).
 - ✎ Calgary Fire Department database on blood pressure screenings (at thirty fire halls in the CRHA) utilized to help track the possible impact of CCN awareness activities.
 - ✎ The following graph illustrates the number of blood pressure screenings (or client visits) performed for the months of January through March between 1996 and 2001. Note: the number of fire halls increased to 30 late in 2000. In 1998 there was a “blitz” which appears to have resulted in a transient increase in fire hall screenings.



- ✎ In addition to the regular mobile BP screening venues (monthly screenings at: BJ Services, Bowcliff Seniors, Good Companions Seniors, Greater Forest Lawn Seniors, Golden Age Seniors, Bowmont, Renfrew), the CFD has, as of January of this year added the following venues: Spruce Lodge, Maxx Petroleum, SMED, Enerflex, Acadia Pool, Heritage Terrace, WCB (for a total of 271 additional BP screenings.)

Additional Comments

The work to date has focused on awareness (early detection of high blood pressure), coordination (increased coordination and consistency of treatment and control of high blood pressure) and advocacy (promotion of health by personal and community-wide efforts).

Structure and Leadership Work Group

Key Strategic Priorities

- ?? *Coordination*
- ?? *Awareness*
- ?? *Advocacy*
- ?? *Action*

Work Group Members

Mr. Frank Nieboer (Chair)	Past President, Heart and Stroke Foundation of Alberta, NWT & Nunavut
Dr. Brent Mitchell	Acting Head, Regional Clinical Department of Cardiac Sciences
Dr. Karen Then	Faculty of Nursing, University of Calgary

Purpose

The purpose of the Structure and Leadership work group was to develop an organizational structure and governance documents for the Calgary Cardiovascular Network.

Key Goals

1. To develop a governance document for the Calgary Cardiovascular Network.
2. To secure a fiscal agent and adopt a fiscal agency agreement for the CCN.

Key Results

1. Development of a Governance Agreement for the Calgary Cardiovascular Network. Key issues regarding membership categories and voting privileges in the CCN were determined, as well as basic structural and governance issues.
2. Development of a Fiscal Agency agreement for the CCN. The fiscal agent for the Calgary Cardiovascular Network is the Calgary Health Trust.

Additional Comments

The structure of the Calgary Cardiovascular Network is seen as evolving as the network grows and develops. The underlying principle of the CCN structure are: 1) that membership should be granted to agencies and organizations or divisions or portfolios of these, with individuals named who represent these organizations 2) the structure should promote inclusion verses exclusion of membership in the CCN 3) the structure should support (verses hinder) the work of the CCN.

Financial Report

**CALGARY CARDIOVASCULAR NETWORK
ACCOUNT UPDATE
March 31, 2001**

REVENUE

DATE	CONTRIBUTOR	FUNDS RECEIVED
Apr 6/00	Servier Canada Inc.	2,000
Oct 5/00	Pfizer Canada Inc	2,000
Nov 23/00	Merck Frosst	4,000
CRHA initial grant transferred to General Expense account 69-3564		<u>15,000</u>
Total		\$23,000

EXPENSES

DATE	PAYABLE TO	EXPENDITURE
June 12/00	Lazy Loaf and Kettle	\$ 57.19
July 6/00	Lazy Loaf and Kettle	\$ 56.34
October 20/00	Harcourt Publishers (reproduction of article from Euro. Heart Journal)	\$ 79.30 (£35.00)
November 9/00	Hampton Inn (accommodation Rebecca Hoffman)	\$ 297.02
November 14/00	Dr. Elinor Wilson (exp for CCN mtg.)	\$ 409.25
November 14/00	Media Services, U. of C. (AV services)	\$ 120.00
November 22/00	Village Park Inn	\$ 4,415.29
December 8/00	Support Services – Linda Ball (10.5 hrs to date @ \$50.00/hr)	\$ 525.00
December 12/00	Dorothy Strachan (invoice for services)	\$12,141.13
December 14/00	U of C Special Events re food (services for December 1/00 meeting)	178.00
January 3/01	Mayo Foundation – expenses (submitted by Rebecca Hoffman)	1,273.43
January 24/01	Heart & Stroke Foundation (information packages)	1,098.28
March 13/01	Calgary Medical Society	<u>102.60</u>
Total Expenditures		\$20,752.83
Available Funds		\$2,247.17

Future Activities

- ?? Organizational meeting of the Calgary Cardiovascular Network to be held April 9, 2001.
- ?? Presentation of the work of the CCN from November 5, 2000 to March 31, 2001.
- ?? Presentation of the Governance Document for acceptance by the membership.
- ?? Presentation of the Fiscal Agency Agreement for acceptance by the membership.
- ?? Presentation of the incoming CCN Steering Committee.
- ?? Strategic Planning with the CCN Interim Executive Committee, new CCN Steering Committee and members of current CCN work groups.

Incoming Steering Committee

Nominated Co-Chairs

Dr. Charlotte Jones Director, Hypertension and Cholesterol Centre
 Mr. Ron Newman Chairman of the Board, Netdriven Solutions Inc.

Nominated Committee Members

Dr. Norm Campbell Professor of Medicine, Pharmacology and Metabolism,
 University of Calgary

Dr. Penny Hawe Markin Chair in Health, Wellness and Society, Professor,
 Department of Community Health Sciences, University of Calgary

Ms. Ellen Murphey Division of Epidemiology, Prevention and Screening, Alberta
 Cancer Board

Ms. Brenda Brown Executive Director, Federation of Calgary Communities

Mr. Paul Jeffery* Blood Pressure Program Coordinator, Calgary Fire Department

Ms. Jennifer McCue Acting Director, Heart Health Program, CRHA

Ms. Janice Stewart Director, Heart Health Program, CRHA

Dr. Richard Musto Medical Director, Healthy Communities, CRHA

Dr. Karen Then Faculty of Nursing, University of Calgary

Mr. Lyle Walton Director, Public Information and Communications, Heart and
 Stroke Foundation of Alberta, NWT & Nunavut

*Designate for Chief Wayne Morris.

Coordinator Position

Continued funding for a 0.5 FTE Coordinator position for the Calgary Cardiovascular Network. Funding and management support provided by Community Development, Healthy Communities, CRHA.

For further information about the Calgary Cardiovascular Network please contact:

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