



Aboriginal Peoples - May 3, 2017
James Daschuk

SHERO

SASKATCHEWAN POPULATION HEALTH AND EVALUATION RESEARCH UNIT

ANNUAL REVIEW
2017-2018

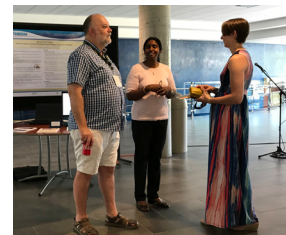
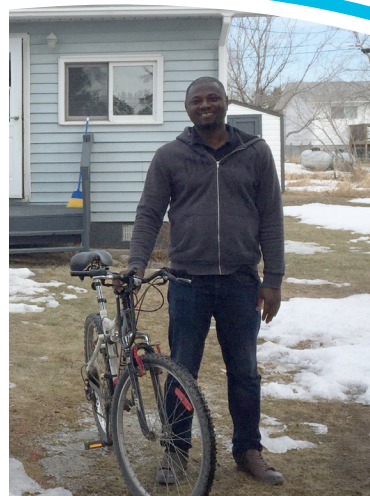


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MESSAGE FROM THE DIRECTORS

The 2017-18 year was a year of progress for SPHERU's researchers and projects.

Whether advancing academic or project goals, our research unit goals remain as firm as ever. SPHERU continues to create and distribute new knowledge, collaborate with other researchers, policy makers; and evaluate programs and other initiatives.

Recently, Dr. Shanthi Johnson was offered a position as dean of the School of Public Health at the University of Alberta. Dr. Johnson has been an active member of SPHERU since 2007. During these past 11 years, she made important contributions to the unit in terms of her research, her collaboration with colleagues and her teaching in the Faculty of Kinesiology and Health Studies. Dr. Johnson started as dean in July 2018. We wish her the best in her new role!

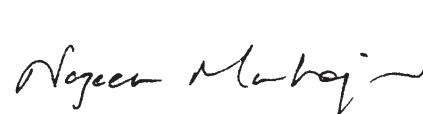
This year also saw some changes within our Management Advisory Group (MAG). Dr. Adam Baxter-Jones is currently on administrative leave at the U of S, as well as his capacity in the MAG. Dr. Dena McMartin continues to remain within the group, however as a representative of the University of Saskatchewan instead of the University of Regina. In 2017, Dr. McMartin became the Assistant Vice-President of Research and Director of Research Services at the U of S. We congratulate Dr. McMartin on her new position and looking forward to continuing to work with her.

SPHERU capitalized on a fantastic opportunity at the 2018 Congress of Social Sciences and Humanities at the University of Regina in May 2018. One of the things that makes SPHERU so unique is our multi-faceted approach to research. Our researchers come from various disciplines to collaborate on projects. A common thread in our research is a focus on aging – how it affects all older adults from different cultures, how built environments can change to address aging. SPHERU's Aging Well on the Prairies community connections event was an excellent opportunity to host a conversation about how aging affects all of us living on the Prairies.

The History of Health in Saskatchewan Timeline continues to gain attention from colleagues and members of the public. We've had interest from teachers in using the timeline and incorporating it into their curriculum. It's exciting to see the timeline be used for one of its intended purposes and we look forward to seeing its potential growth.

The ambitious Mozambique-Canada Maternal Health Project is continuing to work to reduce maternal deaths and improve newborn health. Recent visits to the Inhambane province have allowed to make connections with leaders and women from various communities, a crucial step in this research project.

The 2017-18 Annual Review contains many more highlights of SPHERU's work throughout the year and how we continue to explore and share research opportunities locally, nationally, and internationally.



Nazeem Muhajarine, PhD
Co-Director, SPHERU
University of Saskatchewan



Tom McIntosh, PhD
Co-Director, SPHERU
University of Regina

WHO WE ARE

SPHERU is an interdisciplinary, bi-university unit at the Universities of Saskatchewan and Regina.

Founded in 1999, SPHERU promotes health equity through innovative, timely, policy-relevant research. Our researchers come from a variety of academic backgrounds including geography, political science, anthropology, epidemiology, social work, kinesiology, and nutrition. Researchers are located at three SPHERU sites: the main campus of the Universities of Saskatchewan and Regina, and at the University of Regina Prince Albert campus.

SPHERU has built a national profile and is one of a handful of research units in Canada well-known for advancing population health research.

SPHERU conducts intervention research to address issues of health inequity among vulnerable populations with a focus on children, rural older adults, and northern and Indigenous populations. This work involves evaluations of existing policies and programs, integrates interventions within research projects, and uses iterative and innovative knowledge translation strategies to ensure that findings from our research make their way to policy makers at multiple levels of governance.

OUR MISSION

The promotion of health equity by understanding and addressing population health disparities through policy-relevant research – is incorporated into all of our projects. SPHERU's work includes the following types of research:

- Creation of new knowledge;
- Independent policy analysis;
- Collaborative research with communities;
- Collaborative research with policy makers; and
- Evaluations of policies, programs, and interventions.

PARTNERS

Health research is a major focus for the University of Regina, with world-class researchers conducting leading-edge studies in aging, long-term care, pain assessment and management, cancer research, population health, rehabilitation and risk reduction, rural health, and northern health. Work at the University of Regina includes a multidisciplinary study of the impact of health determinants on various populations, as well as research on policy and program interventions designed to improve these determinants and provide equitable access to health services. Through the provision of funding and office space in both Prince Albert and Regina, the University of Regina continues to support SPHERU in its work to produce high-quality, policy-relevant research.

University
of Regina



The University of Saskatchewan, through its involvement with SPHERU, is helping to redefine the way people think about health determinants and to chart new territory by actively engaging communities, non-governmental organizations, and policy makers in the research enterprise. With a wide range of health science colleges and programs, the University of Saskatchewan is committed to expanding health research. The university is home to SPHERU's Saskatoon-based researchers and staff. This relationship, along with an association with the College of Medicine, affords SPHERU opportunities to expand its research and achieve its goals.

FUNDERS

SPHERU receives funding from a variety of sources. While its two university partners primarily provide in-kind support, the majority of SPHERU's funding comes in the form of project-specific grants from provincial and federal health research funding agencies. Key among these are the Phase III Health Research Group Grant from the Saskatchewan Health Research Foundation (SHRF) and operating grants from the Canadian Institutes of Health Research (CIHR) held by one or more researchers affiliated with the unit. As well, SPHERU has been awarded smaller grants from a number of sources that support conferences, knowledge translation, training, project development, and other activities. SPHERU undertakes contract research on behalf of governments and non-governmental agencies that align with the unit's overall mission, and also conducts program evaluations in the area of population health. All of these sources of funding combine to support the work of the unit.



CIHR IRSC

Canadian Institutes of Health Research / Instituts de recherche en santé du Canada

Social Sciences and Humanities Research Council of Canada

Conseil de recherches en sciences humaines du Canada

Canada



MANAGEMENT ADVISORY GROUP

As a bi-university research group, SPHERU is guided by a Memorandum of Understanding (MOU) signed by the University of Regina and the University of Saskatchewan. The MOU, which is in effect for 2014-2019, outlines the cooperative agreement of the partner institutions to support the work of SPHERU and is operationalized through a Management Advisory Group (MAG). MAG members are senior university administrators who are appointed by the Vice-Presidents Research at both universities. SPHERU's co-directors meet twice a year with the MAG to provide updates on the group's research and financial activities and to seek advice and support for the unit.

MAG members for 2017-2018:



Dr. Adam Baxter-Jones is a professor in the College of Kinesiology at the University of Saskatchewan. He held the position of interim dean in the College of Graduate and Postdoctoral Studies from 2013 to August 2017. Dr. Baxter-Jones is renowned for his international collaborations and seminal approaches to longitudinal research of children's growth and development. His many studies and leadership in this area have significantly altered how the medical and health professional communities view the role that exercise has on childhood growth and maturation.



Dr. Dena McMartin is the Director of Research Services and the Assistant Vice-President of Research at the University of Saskatchewan. In 2018, Dr. McMartin moved to her current position from the University of Regina. She is a former Associate Vice-President (Academic and Research) at the University of Regina with experience overseeing research centres, institutes, and the Canada Research Chairs program. Her research focus includes rural water and quantity needs in Canada and abroad, among others. Dr. McMartin has also developed and supported a number of academic and research partnerships within the university, community, and province.



Dr. Marek Radomski (MD, PhD, DSc) is the Vice-Dean Research at the University of Saskatchewan. He is the senior leader in the college for all research-related matters and provides vision for the development and implementation of a comprehensive, integrated research plan for the College of Medicine. His research interests include platelet regulation, cancer, nitric oxide and MMP biology and pharmacology, as well as nanomedicine, nanopharmacology and nanotoxicology.



Dr. Judy White is the Dean of Social Work at the University of Regina. She migrated to Canada from Trinidad in 1987. She received her bachelor and master of social work degrees from the University of Regina, and her PhD from the University of Manitoba. Much of her research has focused on the settlement experiences of immigrant and new Canadian women and families in Canada. Dr. White has worked at the University of Regina since 1999. She has served as Acting Dean from July 2013 to June 2015 and then accepted a five-year term as the Dean of Social Work.

SPHERU

FACULTY



**SYLVIA
ABONYI,
PHD**

Dr. Abonyi is an anthropologist working primarily in the area of Indigenous health. She explores the role of culture in health through a number of research projects in northern and remote areas of the province and across the Prairies. She is an associate professor with the University of Saskatchewan's Community Health and Epidemiology Department.



**JAMES
DASCHUK,
PHD**

Dr. Daschuk is an associate professor in the Faculty of Kinesiology and Health Studies at the University of Regina. His book, "Clearing the Plains: Disease, Politics of Starvation and the Loss of Aboriginal Life" (University of Regina Press, 2013) has won numerous awards including the Governor General's Medal for Scholarly Research in History.



**RACHEL
ENGLER-
STRINGER,
PHD**

Dr. Engler-Stringer is an associate professor in Community Health and Epidemiology at the University of Saskatchewan. Her research expertise includes food security, food environment interventions, nutritional health inequities, community-based, and participatory research. Her current research includes a critical ethnographic study of food practices in the inner city, and studies on the school food environment.



**DANIEL
FULLER,
PHD**

Dr. Fuller is a Canada Research Chair in Population Physical Activity in the School of Human Kinetics and Recreation at Memorial University. His research is focused on using wearable technologies to study physical activity, transportation interventions, and equity in urban spaces. He focuses his methodological work on methods for natural experiments, and machine learning.



**PAUL
HACKETT,
PHD**

Dr. Hackett's research focuses on the impact of cultural change on community health. His research includes type 2 diabetes among First Nations in Saskatchewan and Manitoba. He is also team lead on the SPHERU project looking at the origins of health inequities in Saskatchewan. He is an assistant professor with the University of Saskatchewan Department of Geography and Planning.



**BONNIE
JEFFERY,
PHD**

Dr. Jeffery is a professor with the Faculty of Social Work at the University of Regina's Prince Albert site, and served as SPHERU Director from 2006 to 2012. She has extensive experience in community-based research with rural, remote and northern communities, and expertise in evaluation research. Her current work is focused on supporting healthy aging in place and reduction of social isolation for rural older adults.



**SHANTHI
JOHNSON,
PHD**

Dr. Johnson is a professor in the Faculty of Kinesiology and Health Studies at the University of Regina. Her work covers epidemiological research related to the surveillance and monitoring of falls and fall-related injuries among seniors, and intervention research on the understanding of the underlying mechanisms associated with falls among seniors in community and long-term care settings.



**TOM
MCINTOSH,
PHD**

Dr. McIntosh brings expertise on public policy making, knowledge transfer and exchange to numerous projects, including the political and economic components of SPHERU's historical analysis of population health in Saskatchewan. He is a professor and head of the Department of Politics and International Studies at the University of Regina, as well as co-director of SPHERU.



**NAZEEM
MUHAJARINE,
PHD**

Dr. Muhajarine is a social epidemiologist, academic and mentor with a passion for investigating family and neighbourhood contextual influences in children and promoting action on this knowledge. His research expertise include population health and primary care intervention research, physical activity in children, early childhood development, place and health, and application of epidemiological methods.



**CORY
NEUDORF,
MD**

Dr. Neudorf is an assistant professor in the Department of Community Health and Epidemiology at the University of Saskatchewan and Chief Medical Officer of Health for the Saskatoon Health Region. In this role, he collaborated with SPHERU to produce the *Healthy Families, Healthy Communities* report. As a research associate with SPHERU, he is also involved in research on health inequities.



**GABRIELA
NOVOTNA,
PHD**

Dr. Novotna is an assistant professor at the Faculty of Social Work at the University of Regina. Her research interests include understanding and addressing issues related to the implementation of treatment and interventions for substance abuse problems, and the development and testing of knowledge translation strategies into real-world clinical practice.



**NUELLE
NOVIK, PHD**

Dr. Novik is an associate professor with the Faculty of Social Work at the University of Regina. Her research interests include the social determinants of health and equity, rural and remote practice in health and social services, aging and older adults, mental health, community-based research, and palliative care and bereavement. She works with the Healthy Aging in Place project.



**MICHELLE
STEWART,
PHD**

Dr. Stewart is the Director of the Community Research Unit at the University of Regina. Her research is focused on understanding and addressing the question of equal access to justice, supports and services for those living with stigmatized medical conditions, including Fetal Alcohol Syndrome Disorder (FASD) and mental illness.



**SARAH
OOSMAN,
PHD**

Dr. Oosman is a physiotherapist and an assistant professor at the School of Physical Therapy, University of Saskatchewan. She works in the area of health promotion with an interest in community-based health intervention research in partnership with First Nation and Métis communities. She is interested in culture-based health promotion programs.

POST DOCTORAL FELLOWS



KRISTJANA LOPTSON, PHD

Kristjana Loptson is a post doctoral fellow with SPHERU. She recently completed her Ph.D. in political science at the University of Alberta. Her doctoral research examined the economic significance of residential real estate in Canada, and its implications for political initiatives aiming to address homelessness and other forms of housing insecurity. As a postdoctoral fellow, Kristjana will be working with the Multisectoral Urban Systems for Health and Equity in Canadian Cities (MUSE) project.



DAPHNE MCRAE, PHD

Daphne McRae, PhD (2017, U. of S.) was appointed as a Postdoctoral Research Fellow in a joint-position between the University of British Columbia and the University of Saskatchewan. Fifty percent of her work will be with UBC's Human Early Learning Partnership program, and 50% with SPHERU., under the supervision of Drs. Martin Guhn and Nazeem Muhajarine.

RESEARCH STAFF AND TRAINEES

A.M. Hasanthi Abeykoon – Student Research Assistant (graduate)
 Thilina Bandara – Student Research Assistant (PhD)
 Joanne Blythe – Administrative Assistant
 Janice Braden – Professional Research Associate
 Angela Culham – Student Research Assistant (graduate)
 Martina Desjarlais – Research Assistant
 Alex Donald – Research Assistant
 Tracy Everitt – Research Assistant
 Stefanie Foster – Research Assistant
 Hira Ghani – Student Assistant (undergraduate)
 Joshua Howie – Student Research Assistant (undergraduate)
 Ulfat Ara Khanam – Student Assistant (undergraduate)
 Michael Knight – Research Assistant
 Lise Kossick-Kouri – Research Assistant (graduate)
 Stephanie Liu – Research Assistant (graduate)
 Larisa Lotoski – Student Research Assistant (PhD)

Nicole Loucks – Student Research Assistant (graduate)
 Kirsten Maurice – Research Assistant
 Brynn Mayo – Student Research Assistant (undergraduate)
 Kate Morrison – College of Medicine Graduate Student
 Jennifer Nghiem – Research Assistant (graduate)
 Nick Nishikawa – College of Medicine Graduate Student
 Caitlin Olauson – Research Assistant
 Boabang Owusu – Research Assistant
 Thomas Roy – Research Assistant
 Aisha Siddique – Research Associate
 Joelle Schaefer – Technical Assistant
 Juliana Talen – Student Research Assistant (undergraduate)
 Sylvana Tu – Student Research Assistant
 Sugandhi Wickremaratchi – Student Research Assistant (graduate)
 Michele Yungwirth – Administrative Assistant

PROJECT AND ADMINISTRATIVE STAFF

COLLEEN HAMILTON

Research Coordinator
 Colleen is based at SPHERU's Prince Albert site, coordinating the administrative, financial and research activities for a number of Dr. Bonnie Jeffery's projects.

SHARIANNE CAFFET

Project Coordinator
 Working from the University of Regina site, Sharianne coordinates the Reducing Isolation of Seniors Collective (RISC) evaluation project, funded by New Horizons for Seniors program.

MARGOT GOUGH

Research Officer
 Margot is a research officer for two SPHERU projects in Saskatoon. She manages and provides support for the MUSE and INTERACT projects, working with Dr. Daniel Fuller and Dr. Nazeem Muhajarine.

KRISTEN MCEWEN

Communications/Administrative Officer
 Based in Saskatoon, Kristen promotes and disseminates the work of the unit across both universities. She also handles the unit's social media pages and other administrative duties.

DIANA FEDOSOFF

Research Officer
 As project coordinator for Dr. Sylvia Abonyi, Diana manages the administrative, financial, and research activities for a number of projects. Diana is based at the University of Saskatchewan site.

FIONA FICK

Research Officer
 Fiona is working for SPHERU as a Research Officer and is conducting a Realist Evaluation in Phase 3 of the Healthy Start-Départ Santé program under Dr. Nazeem Muhajarine.

WHAT WE DO



SPHERU's work includes the creation of new knowledge, independent policy analysis, collaborative research with policy makers, and collaboration with communities to develop strategies to reduce health inequities.

Healthy Children

SPHERU focuses on how social and physical environments play a role in the health and development of children. Our researchers also study the outcomes and impacts of community- and population-level interventions for children and families.

Rural Health

With a significant portion of Saskatchewan's aging population living in rural communities, more people in those areas look to community groups to provide primary care and services. SPHERU research in this area is conducted in partnership with rural communities to create change based on study findings by developing programs and policy that can support healthy aging for older adults.

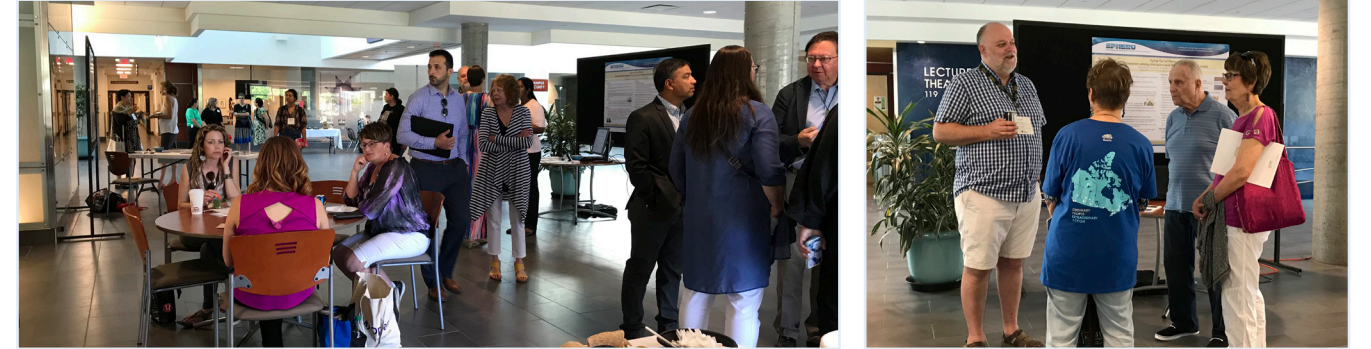
History of Health Inequities

In order to compare Indigenous with non-Indigenous populations, or rural with urban populations, SPHERU is looking at a range of historical data collections to understand how health changed during the 20th century. SPHERU researchers are also looking at how health varied between communities, and how the lessons of the past could assist modern policy makers to reduce health inequities.

Northern and Indigenous Health

Globally, Indigenous peoples experience poorer overall health outcomes when compared with other populations. Many Indigenous peoples and communities are characterized by incredible resilience and a growing capacity internally for addressing these inequities. SPHERU research projects and evaluation contracts in this area use a community-driven, participatory approach towards identifying relevant issues.

KNOWLEDGE TRANSLATION HIGHLIGHTS



SPHERU RESEARCHERS WELCOMED COLLEAGUES AND MEMBERS OF THE PUBLIC TO DROP IN AND LEARN MORE ABOUT HEALTHY AGING IN SASKATCHEWAN DURING CONGRESS 2018 AT THE UNIVERSITY OF REGINA. PHOTOS BY COLLEEN HAMILTON

SPHERU AT CONGRESS 2018

SPHERU researchers had the opportunity to present their work at the 2018 Congress of Social Sciences and Humanities in Regina.

The Aging Well on the Prairies Community Connections event at Congress included posters and information SPHERU researchers shared about their projects during the afternoon workshop.

SPHERU's work presented during the Congress event explored how making changes to built environments, reducing social isolation among older adults, immigrants and refugees, and maintaining culture and traditions can all lead toward healthy aging on the Prairies.

SPHERU faculty members come from a wide variety of academic backgrounds, from both within and outside of Saskatchewan. Their research has a focus on intervention research to address issues of health inequity among children, rural older adults, and northern and Indigenous populations.

SPHERU brings researchers together in an environment that promotes and supports collaboration between academics and community partners. Researchers developing projects are able to draw on their colleagues' disciplinary expertise, experience and professional relationships.

SPHERU's knowledge translation and exchange activities are an integral part of our collaborative research strategy. We identify people who will potentially utilize research and involve them throughout the process.

For more information on what was presented at Congress, find our informational booklet on SPHERU's website under the Publications section.

THE ETHICS BEHIND USING MOBILE DATA

To what extent is consent needed when using cell phone data in research?

SPHERU's Daniel Fuller published two new papers in September 2017, reflecting upon the state of data and ethics of using large amounts of cellphone data in public health research.

The first paper is entitled, "A glossary for big data in population and public health: discussion and commentary on terminology and research methods."

The second focuses on "Ethical implications of local and accelerometer measurement in health research studies with mobile sensing devices."

Dr. Fuller and his team notes that "ongoing consent is crucial for participants to be aware of the precision and volume of data that is collected with mobile sensing devices." To read the full papers, find them on BMJ Journals - Journal of Epidemiology and Community Health and Science Direct.com.

SPHERU knowledge translation and exchange strategies include:

- Publishing research findings in accessible, plain language documents;
- Using new media to share findings;
- Developing toolkits of findings for communities to use as resources;
- Developing research networks for knowledge exchange; and
- Delivering and participating in presentations, forums, and expert dialogues.

HOME CARE PROGRAMS ACROSS CANADA

What sort of home care programs exist within each province for older adults?

SPHERU's Shanthi Johnson, Tom McIntosh, Bonnie Jeffery, Nuelle Novik, and Juanita Bacsu, published their environmental scan, "Home Care in Canada: An Environmental Scan" in October 2017.

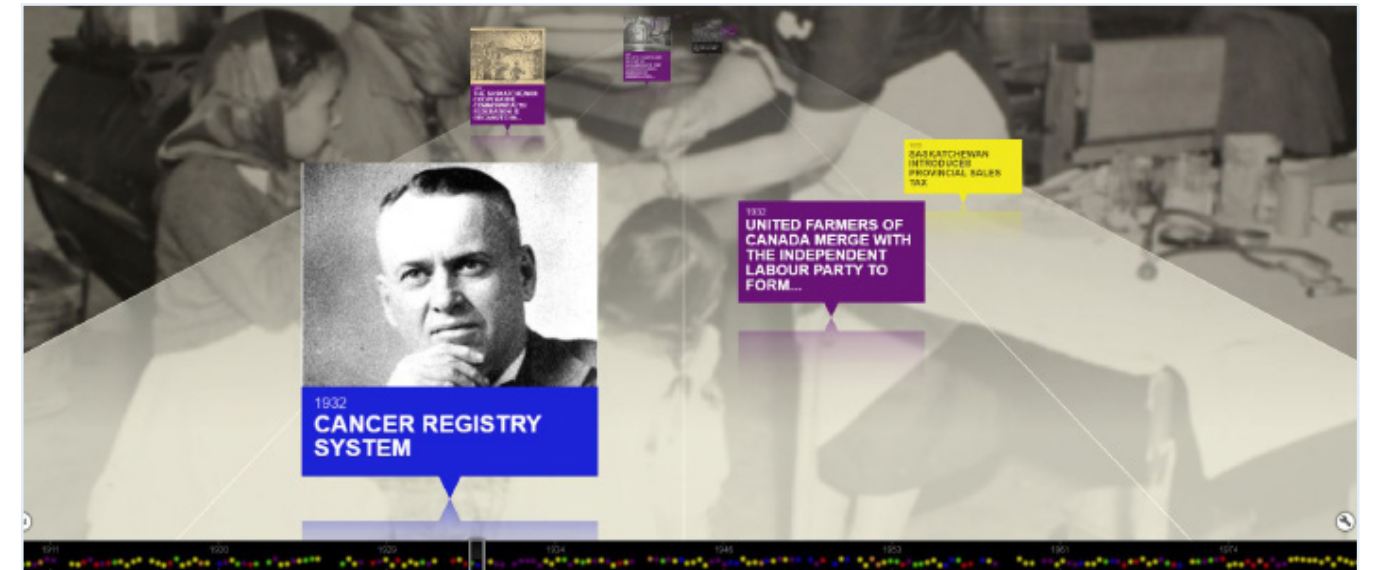
The environmental scan of programs and services in Canada looks at what national and provincial responses exist to provide home care support for older adults, aged 65 and older.

"Although there is a growing need for home care services in Canada, many programs are implemented in isolation, often by local health authorities or regional health boards," the report says.

The complete scan can be found on the SPHERU website, under Rural Health publications.



THE PUBLISHED ENVIRONMENTAL SCAN LOOKED AT NATIONAL AND PROVINCIAL PROGRAMS THAT EXIST TO PROVIDE HOME CARE SUPPORT.



THE NEW AND IMPROVED HISTORY OF HEALTH IN SASKATCHEWAN INTERACTIVE TIMELINE IS NOW AVAILABLE ONLINE. THE TIMELINE IS INTENDED TO BE USED AS A TOOL TO COMPARE AND CONTRAST DATA GATHERED FROM WITHIN THE PROVINCE INCLUDING, ECONOMIC, EMPLOYMENT, POLITICAL, SOCIAL AND HEALTH ISSUES. COURTESY OF SPHERU.CA.

HISTORY OF HEALTH IN SASKATCHEWAN INTERACTIVE TIMELINE

Saskatchewan was once considered to be the healthiest population in the British Empire.

SPHERU researchers Tom McIntosh, Paul Hackett and James Daschuk created the History of Health in Saskatchewan interactive timeline to investigate how health has changed in the province over time.

Along with Dr. Twyla Salm (University of Regina, Education), the research team hopes that the timeline can be used as a teaching tool for high schools and universities, as well as a resources for other researchers.

The interactive timeline is a compilation of events recorded since the late 1700s, including politics,

employment, economic data, recordings of major health issues and disease outbreaks. by tracking this information, the timeline could illustrate how inequalities exist between different populations in the province.

SPHERU's goal is to continue to build the timeline to be a valuable resource and tool for teachers, researchers, and interested residents to explore the uneven distribution of health across the province.

The team is also looking for more input from the public to add to the historical timeline.

For those interested in contributing information to fill gaps in data, events and other historical moments in Saskatchewan, please contact SPHERU.timeline@uregina.ca.



DR. CORY NEUDORF RECEIVED THE SHRF IMPACT AWARD AT THE 2017 SANTÉ AWARDS EVENING. PHOTO VIA TWITTER

SPHERU ASSOCIATE WINS SHRF IMPACT AWARD

SPHERU associate researcher Dr. Cory Neudorf was presented with the Saskatchewan Health Research Foundation (SHRF) Impact Award at the Santé Awards Evening in December 2017.

The Impact Award recognizes a SHRF Establishment grant recipient for their work during the past five years to build capacity, advance knowledge, inform decision making, and to provide health, economic, and social impacts in Saskatchewan.

The evening provided a chance to learn more about health research in the province, while recognizing research achievements.

OPIOID CRISIS A HEALTH ISSUE, NOT A CRIMINAL ONE

SPHERU's Tom McIntosh and Gabriela Novotna wrote an opinion editorial on how opioids have escalated from a medical issue to a population health issue.

The piece goes on to describe how opioid overdoses began with over-prescription of painkillers like Oxy-Contin, which then eventually lead to the illegal production and distribution of fentanyl.

SPHERU's researchers pointed out that first responders are now better equipped to stop overdoses with naloxone, however, the individual will most likely be "processed into the criminal justice system."

Novotna and McIntosh point out that long-term strategies must view addictions as a health issue, not a criminal issue.

The op-ed was picked up by iPolitics, the Evidence Network, the Winnipeg Free Press and HuffPo Quebec. For the full op-ed, find it on our website www.SPHERU.ca under the What's Happening archives.



SPHERU'S TOM MCINTOSH AND GABRIELA NOVOTNA WROTE AN OPINION EDITORIAL ABOUT THE ESCALATION OF OPIOID USE IN POPULATION HEALTH. COURTESY OF IPOLITICS.CA.

NAZEEM MUHAJARINE SELECTED AS CJPH EDITOR

Nazeem Muhajarine was selected to act as a senior editor of the Canadian Journal of Public Health.

As of January 2018, Dr. Muhajarine will review and participate in shaping the content and future for the Canadian Journal of Public Health (CJPH).



Some of his responsibilities include reviewing submitted articles to the journal upon request of the Editor-in-Chief. He participates in annual and quarterly meetings of the CJPH editorial board.

Dr. Muhajarine has also been invited to contribute scholarly work to the journal during his four-year term as senior editor.

In accepting this position, Dr Muhajarine said, "I am looking forward to joining the board, and adding my voice at a time when the journal is elevating its profile not only in Canada but worldwide."

JAMES DASCHUK MAKES PRESENTATION AT THE SENATE OF CANADA

In May 2017, SPHERU's James Daschuk, and John Milloy (Trent University), spoke in front of the Standing Committee on Aboriginal Affairs at the Senate of Canada.

The two spoke in front of the committee to provide context for the study on the new relationship between the federal government and Indigenous peoples in the Prairies.

Daschuk provided context as to what initial relationships were like between Indigenous populations and the federal government, to contemporary relations between the groups.

For the full presentation: <http://www.cpac.ca/en/programs/in-committee-fromthe-senate-ofcanada/episodes/51106311>



JAMES DASCHUK, LEFT, AND JOHN MILLOY SPOKE TO THE STANDING COMMITTEE ON ABORIGINAL AFFAIRS AT THE SENATE OF CANADA IN MAY 2017. COURTESY OF CPAC.

A MONTH IN MOZAMBIQUE

Nazeem Muhajarine was away on a month-long trip to Mozambique in October 2017 as part of the Mozambique-Canada Maternal Health Project.

Along with then-project director Denise Kouri, and communications and engagement advisor Don Kossick, the trio travelled to Inhambane, Mozambique, where they joined a team of 12 project staff.

During the first week, the group attended a workshop by Women and Law in Southern Africa (WLSA). WLSA director Terzinha de Silva led the workshop. Key leaders of the provincial Department of Health (DPSI) directors of Health Training Centres in Inhambane were in attendance, as well as project staff. The workshop focused on gender rights and equality in Mozambique.

The Program Steering Committee met on Oct. 17 to welcome representatives of Global Affairs Canada/the Canadian high Commission in Mozambique, and the Ministry of Health who were travelling from Maputo to Inhambane.

The purpose of the meeting was to introduce visitors from Maputo to the project and its activities. A visit was arranged to a community health post, a district hospital, and to the Massinga Training Centre.

A three-day workshop was held from October 25-27, to focus on women-centred community economic development. A guest facilitator flew in from Cape Town, South Africa.



DENISE KOURI, LEFT, AND NAZEEM MUHAJARINE, SECOND FROM RIGHT, VISITED WITH MOZAMBIQUE-CANADA MATERNAL HEALTH PROJECT PARTNERS IN INHAMBANE IN OCTOBER.

More than 40 attendees from 10 communities involved in the project, learned about social determinants of health, and how to raise chickens in a small-scale community-based business.

Dr. Muhajarine also conducted a consultation session with DPSI management. They discussed the use of maternal near-miss analysis in their work, which has a research component. Near-miss is the term used to describe women who experience complications and nearly die in childbirth.

The Mozambique-Canada Maternal Health project is to improve sexual, reproductive, maternal and newborn health in the province of Inhambane, Mozambique.

The five-year project began in April 2017 and is funded by Global Affairs Canada. It is a partnership between the Inhambane Provincial Health Directorate and the University of Saskatchewan.



CIHR, SHRF PROVIDES FUNDING FOR SPHERU RESEARCHERS

Two of SPHERU's researchers learned they received funding from the Canadian Institute of Health Research (CIHR) in June 2017.

Dr. Sylvia Abonyi applied and received nearly \$20,000 from CIHR to support her project, "Disparities in Respiratory Health Among First Nations People: Assess, Redress, Re-assess. Sharing Knowledge & Experience, Revealing Priorities & Directions." Dr. Abonyi submitted the application to the Planning and Dissemination Grant — Institute Community Support competition. The Saskatchewan Health Research Foundation provided \$6,000 for the project.

Dr. Michelle Stewart was also successful in receiving a CIHR Planning and Dissemination Grant. Her project, "Toward a Participatory Framework on the Social Determinants of Health of Fetal Alcohol Spectrum Disorder," was approved for nearly \$20,000 in funding for the next year.

SPHERU'S GABRIELA NOVOTNA FEATURED IN DISCOURSE

SPHERU's Gabriela Novotna was featured in the Spring/Summer 2018 edition of *Discourse*, the University of Regina research magazine.

This particular issue focused on Novotna's research that she conducted with Saskatchewan addictions counselors. In her research, Novotna how their professional identity and counselling practice is affected while being in recovery from their own addictions issues.

According to Novotna's research, 46% of the province's addictions counsellors self-identify as being in recovery from their own addictions issues.

Novotna received \$78,200 from SHRF to develop recommendations to support counsellors in their work.

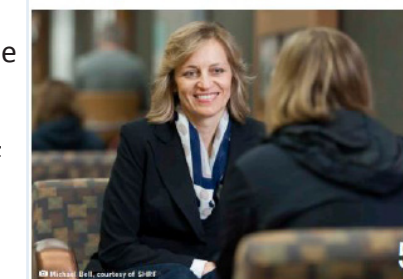
The full story, and additional issues of *Discourse*, can be found on the University of Regina website under Communications and Marketing Publications.

research will explore the history of sugar in Canadian recipes and cookbooks, the history of Canada's largest sugar refineries, the development of the beet sugar industry and historical statistics pertaining to sugar's production, distribution and consumption in Canada during the 19th and 20th centuries.

4. The English department's Chris Burdick received a \$280,000 grant from the University of Regina to create a digital archive of Romantic medical texts, such as "hysteria" – now called Bipolar Disorder – which referred to a stomach complaint in 1780, but a nervous disorder of the imagination by 1800. The archive will provide much-needed

what the Romantics thought about nervous disorders, were they patients of the body or of the mind? This question is difficult to answer, but it is one that was argued during the Romantic period since, in the immediately preceding Enlightenment period, the body became the basis for empirical science and experimentation. Burdick will also create a digital archive of Romantic medical texts, such as "hysteria" – now called Bipolar Disorder – which referred to a stomach complaint in 1780, but a nervous disorder of the imagination by 1800. The archive will provide much-needed

about 20 per cent. Social sci- Gabriela Novotna received \$78,200 from SHRF to develop recommendations to support counsellors in their work. The findings could then inform social work, counsellors and psychology curricula, as well as the certification of addictions counsellors at the provincial and national levels.



SPHERU'S GABRIELA NOVOTNA WAS FEATURED IN A RECENT ISSUE OF DISCOURSE, THE U OF R RESEARCH MAGAZINE.

SPHERU PHD STUDENT RECEIVES CPHA AWARD

SPHERU trainee Larisa Lotoski received the Dr. John Hastings Student Award during the Canadian Public Health Association's (CPHA) 2018 Public Health Conference in May 2017.

Lotoski's abstract was selected as the best student research paper (PhD) at the CPHA scientific meetings in Montreal. The award is named after Dr. Hastings and his commitment to and belief in students as the future of public health in Canada.

Ten of the top-rated student abstract submissions were selected and presented in a three-minute thesis style format during a special session at the conference.

Lotoski, a PhD candidate in the Department of Community Health and Epidemiology at the U of S, was announced the winner after all 10 submissions were judged by the panel and independently by the audience

Her paper was entitled, "Season, demographics and built environment features predict sedentary behavior in 9-14-year-old Canadian children."

Under the supervision of Nazeem Muhajarine, Lotoski has been studying the results of the Seasonality and Active Saskatoon's Kids Study (SASK), which ran from 2014-2015.

The study sought to better understand how seasonal changes and neighbourhood design can effect children's physical activity and sedentary



NAZEEM MUHAJARINE, LEFT, CONGRATULATES PHD CANDIDATE LARISA LOTOSKI ON RECEIVING THE PRESTIGIOUS DR. JOHN HASTINGS STUDENT AWARD DURING THE CPHA 2018 PUBLIC HEALTH CONFERENCE IN MAY 2018. PHOTO BY KRISTEN MCEWEN

behaviours throughout the year. The study found that children in newer, safer, and activity friendly, were less active as a result of fewer amenities when compared to children in other neighbourhoods with more things to see and do.

The Office of VP Research at the U of S wrote a profile and highlighted Lotoski's work on the study and on receiving the award. The story also received coverage by CBC Saskatoon.

40 PER CENT OF UNIVERSITY STUDENTS REPORT FOOD INSECURITY

Rising tuition rates and post-secondary costs are creating food insecurity for nearly 40 per cent of university students who responded to a survey at the University of Saskatchewan.

In December 2016, SPHERU's Rachel Engler-Stringer and graduate student Caitlin Olauson, published the study in the Journal of Hunger and Environmental Nutrition, which surveyed a random sample of 4,500 students from the U of S.

Of the nearly 1,360 students who responded to a random sample survey, 40 per cent reported some degree of food insecurity.

Students reporting experiencing food insecurity included:

- 58 per cent of international students
- 53 per cent of students who are parents
- 55 per cent of students who rely on government loans (as primary income)
- 64 per cent of Indigenous students

International students are twice as likely to experience food insecurity when compared to non-international students. Students who are parents are also 1.73 times more likely to be food insecure than students who are not parents.

Food insecurity is indicative of a larger problem students face – poverty, said Engler-Stringer.

"A food drive isn't the solution to help end food insecurity for students pursuing post-secondary education," Engler-Stringer said.

"We must take a look at the largest expenses for students, such as housing and tuition," she added.

Students who experienced food insecurity said different aspects of their lives were affected, including their mental and physical health, academic standing, and social lives. About 30 per cent of food insecure students dropped a course within the last year. In order to cope, students were working more, borrowing more money, and delaying or not buying textbooks.

"A food drive isn't the solution to help end food insecurity for students pursuing post-secondary education."
- Dr. Rachel Engler-Stringer

The random sample study was the first of its kind, and most rigorous to date in Canada on student food insecurity.

Olauson conducted the study with Dr. Engler-Stringer, Dr. Hassan Vatanparast (Nutrition and School of Public Health, U of S) and Rita Hanoski (Student Health Services, U of S).

The study appeared in Eaglefeather News, MBC, CBC, Saskatoon Star Phoenix and the Regina Leader Post. Find the full study on SPHERU's website archives.

HONOURING COMMUNITY MEMBERS IN THE TEA AND BANNOCK NEWSLETTERS

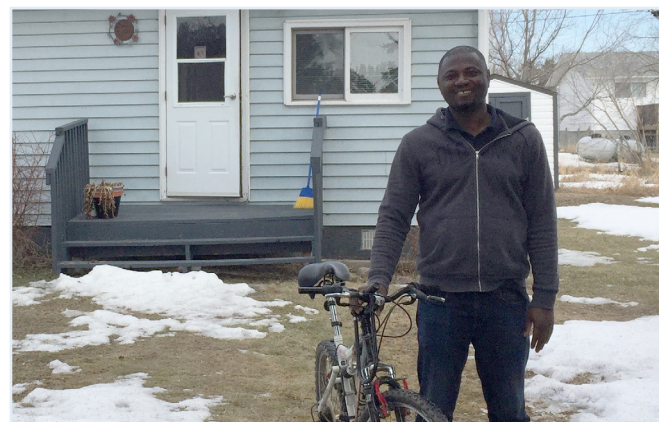
The Wuskiwiy-Tan! and Tah-Nigahniwhak! projects launched a series of newsletters about the community of Île-à-la-Crosse and the people that call it home.

The Tea and Bannock newsletters feature stories that honour Elders, introduce youth of the community, and members of the research team.

In the July 2018 issue, Elders Jim and Marie Favel reflect on their contributions to the community as well as personal achievements.

The pair have lived most of their lives in and around Île-à-la-Crosse. Both have contributed to the well-being of Métis people in Saskatchewan, fighting for Métis Rights, and supporting cultural activities.

Each newsletter includes stories from youth in the community. A common theme emerges in each of the stories — how they value the skills gained from learning from local Elders, as well as the opportunity to participate in outdoor activities.



BOABANG "ICEMAN" OWUSU IS STUDYING HOW MÉTIS OLDER ADULTS ARE CONNECTED TO THE LAND, AS WELL AS THE STRATEGIES THEY USE TO AGE WELL, AND IMPROVE THEIR ENVIRONMENT TO PROMOTE HEALTHY AGING.



ELDERS JIM AND MARIE FAVEL WERE FEATURED IN THE MOST RECENT ISSUE OF THE TEA AND BANNOCK NEWSLETTERS. THE NEWSLETTERS HONOUR THE STORIES OF THE PEOPLE WHO LIVE IN THE COMMUNITY OF ÎLE-À-LA-CROSSE.

Project team members also share their stories in the newsletters. Boabang Owusu is a graduate student looking at how Métis older adults are connected to the land; the strategies and actions older adults use to age well; and to improve their environment to promote healthy aging in the community.

Owusu has also earned the nickname "Iceman" during his work in Île-à-la-Crosse. When he first made the trip to the northern community, he had to cross the ice road leading into the community.

The Wuskiwiy-Tan! project works with Métis older adults in Île-à-la-Crosse to understand their perspectives and experience of aging well.

The Tah-Nighaniwhak! project focuses on the Métis youth experiences of growing up and living in the community.

INTERACT LAUNCHES PILOT PROJECT IN SASKATOON

In June 2018, the INTERACT team launched a pilot project to look at the impact of route changes in Saskatoon's transit system.

The pilot looked at how the changes effected riders, including transit use, wait times, rider satisfaction, among others. The small sample size helped the team refine data collection tools, participant recruitment methods, and gave the research team a small glimpse into the impact of service changes on riders. In September 2018, the Saskatoon team aims to recruit 500 participants for the main study.

The INTERventions, Research, and Action in Cities Team (INTERACT) is a national research collaboration of scientists, urban planners, and engaged citizens uncovering how the design of our cities is shaping the health and wellbeing of Canadians from coast to coast.

In Saskatoon, INTERACT is studying how proposed changes to the city's transit system might impact residents' physical activity, social interaction and wellbeing. Local team members include Drs. Nazeem Muhajarine (CH&E), Kevin Stanley (Computer Science), Scott Bell (Geography) and Daniel Fuller (Memorial University).



INTERACT IS CURRENTLY LOOKING FOR 500 PARTICIPANTS FOR THE STUDY IN SASKATOON, STARTING FALL 2018.

MUSE COLLABORATORY IN MONTREAL



SPHERU members convened in Montreal for the first national meetings of the MUSE project in November 2017. The meetings were an opportunity to engage partners from across Canada in the project. The MUSE meetings also featured the launch of the MUSE Collaboratory website.

The purpose of the MUSE Collaboratory is to encourage MUSE researchers, knowledge users, community partners, Chief Medical Health Officers, and multisectoral partnerships to use the website as a tool to collaborate and share ideas from across the country.

MUSE (Multisectoral Urban Systems for health and Equity in Canadian cities) is a pan-Canadian program of research and knowledge sharing that focuses on how public health organizations, municipalities, and other organizations establish partnerships to improve the health of populations living in urban areas.

Research will largely be focusing on four Canadian cities: Montreal, Saskatoon, Toronto, and Vancouver. In Saskatoon, the research team is looking to describe and compare structure, composition, and functions of multisectoral partnerships that are driving changes in the urban environments across these four cities. A list of local team members can be found on musecollaboratory.ca/places/saskatoon.

AWARDED PROJECTS

SPHERU researchers hold grant funds as principal investigators or co-investigators on a number of projects related to our research themes. The following is a listing of some of the recently awarded and continuing projects our researchers are working on, often collaboratively with others at Saskatchewan universities, and institutions throughout Canada and abroad.

SUCCESSFUL AGING FOR ALL: CONGRESS 2018 COMMUNITY CONNECTIONS GRANT SPHERU RESEARCHERS: TOM MCINTOSH

University of Regina, (\$2,000) May 2018

Isolation can be an issue for older adults no matter where they live. Those in rural and Northern Indigenous communities far from services, as well as immigrants and refugees aging in urban centres – far from friends and family – experience the same types of mobility issues, illnesses, and pain. These obstacles to good health have the potential to impact all older adults and their ability to lead healthy and happy lives. Researchers from the Saskatchewan Population Health and Evaluation Research Unit (SPHERU) are delving into what it means to age well in the province. From ensuring small towns have proper sidewalks lining their main streets and helping young people connect with and value the experiences of Elders, to encouraging organizations to deliver services collaboratively to have more impact, the end goal is more successful aging for all.

As part of Congress 2018 at the University of Regina, SPHERU hosted a conversation on healthy aging. A booklet is available on www.spheru.ca, which was shared at the Community Connections Event on May 28, 2018.

IMPROVING SCHOOL FOOD: UNIVERSAL INTEGRATED HEALTHY LUNCH INTERVENTION RESEARCH

SPHERU RESEARCHERS: RACHEL ENGLER-STRINGER (PRINCIPAL INVESTIGATOR), NAZEEM MUHAJARINE (CO-INVESTIGATOR)

College of Medicine, University of Saskatchewan (\$100,000) 2018

With the bridge funding provided by the College of Medicine at the University of Saskatchewan, the Universal School Food project aims to determine the impact of a curriculum-integrated healthy school lunch program on diet quality, Canada's Food Guide (CGG) food group consumption, and food and nutrition-related knowledge, attitudes and practices of elementary students in schools in Saskatoon. One of the main goals of the lunch programs would be to promote "food literacy."

The study is looking to better understand existing school meal programs in Canada, through a scoping review, and reviewing peer-reviewed literature as well as "grey" literature. These reviews are assessing curricula designed to teach children about food, as well as information on menu planning, and supportive policies for integrated school meal programs.

IMPLEMENTING THE "PATIENT'S CHARTER OF TUBERCULOSIS CARE" IN HIGH INCIDENCE INDIGENOUS COMMUNITIES ACROSS JURISDICTIONAL BORDERS/CIHR PATHWAYS COMPONENT 2: "PATHWAYS TO HEALTH EQUITY FOR ABORIGINAL PEOPLE"

SPHERU RESEARCHERS: PAUL HACKETT (SHRF - PRINCIPAL INVESTIGATOR; CIHR - CO-APPLICANT), SYLVIA ABONYI (CIHR - KNOWLEDGE USER); RICHARD LONG, U OF ALBERTA (CIHR - PRINCIPAL INVESTIGATOR)

Saskatchewan Health Research Foundation (\$100,000) 2018
Canadian Institutes of Health Research (CIHR) Pathways Component 2 (\$975,000)

With matching funds from SHRF we are exploring the factors that contribute to the persistence of tuberculosis in Indigenous communities located adjacent to both sides of the Saskatchewan-Alberta border. Among our SHRF funded initiatives we are exploring the historical role of tuberculosis treatment and government policy in perpetuating high incidence of TB in these communities.

CIHR - Component 2 project: This project builds on our earlier Pathways (Component 1)-funded project to leverage a regional coalition of high TB incidence community partners located adjacent to both sides of the Saskatchewan-Alberta border, with the end goal of eliminating TB. A key innovation in this project is that we are taking a regional approach, rather than focusing on a single jurisdiction or community, in keeping with our understanding that TB elimination cannot be accomplished through isolated interventions. In this component we are implementing two locally-relevant intervention strategies: 1) improved, regional, surveillance and translation of those surveillance data back to relevant community members, and 2) an expanded program of outreach that has as its primary focus "wellness."

INDIGENOUS FOOD IN THE CITY: KNOWLEDGE DISSEMINATION AND EXCHANGE SPHERU RESEARCHERS: RACHEL ENGLER-STRINGER (PRINCIPAL INVESTIGATOR), SYLVIA ABONYI, (CO-INVESTIGATOR), GLENDA ABBOTT (RESEARCH ASSOCIATE), LISE KOSSICK-KOURI (RESEARCH ASSOCIATE)

Saskatchewan Health Research Foundation (SHRF), (\$10,000)
Social Sciences and Humanities Research Council of Canada (SSHRC), (\$37,608) 2018-2019
Saskatchewan Health Authority, (\$4,000) 2017-2018

After nearly a decade of research focused on food justice in Saskatoon, the Indigenous Food in the City project is aiming to draw on research results to develop an action plan for improving access to traditional foods for urban Indigenous peoples. The team will utilize a documentary they produced, a short play about the use of land, Indigenous language, and food, as well as research results to engage community members, legal, public health and Indigenous rights experts in several locations across Canada in dialogue to develop an action plan toward improvement of Indigenous traditional food in urban centres.

EVALUATION OF AN OLDER ADULT-CONTINUING CARE AIDE DYAD EXERCISE PROGRAM WITHIN HOME CARE NETWORKS

SPHERU RESEARCHERS: SHANTHI JOHNSON (PRINCIPAL INVESTIGATOR)

Canadian Institutes of Health Research (\$485,775) 2018-2021

Dr. Johnson and her team will be working to enroll older adults and their support workers in a home exercise program. The program aims to improve physical health and reduce the incidence of falls among older adults, while lowering rates of musculoskeletal disorders among personal support workers. Support workers often experience strains and injuries from repeated lifting and carrying.

CONTINUING PROJECTS

CHANGING INNER-CITY FOOD ENVIRONMENTS: INTERVENTIONS TO ADDRESS NUTRITIONAL HEALTH INEQUITIES

SPHERU RESEARCHERS: RACHEL ENGLER-STRINGER (PRINCIPAL INVESTIGATOR); SYLVIA ABONYI, NAZEEM MUHAJARINE (CO-INVESTIGATORS)

Canadian Institutes of Health Research Operating Grant -- Population Health Intervention Research Saskatchewan Health Research Foundation (\$200,000) 2015-2016

This project builds on our on-going research on food environments and a grocery store intervention in the inner city. By examining household food practices in low income inner city neighbourhoods, the study will allow us to understand how families access the food they need in urban environments where healthy food access is limited. It will also provide insight into programs and policies that improve nutritional health. With the support of community agencies and the Saskatoon Health Region we will use interviews, observations, photos and videography to collect in-depth information on the food practices of participating families. This project will be conducted in close partnership with community groups in a way that achieves a positive impact for the people in the neighbourhood.

ENGAGING COMMUNITIES AND HEALTH WORKERS FOR SEXUAL, REPRODUCTIVE, MATERNAL AND NEWBORN HEALTH

SPHERU RESEARCHERS: NAZEEM MUHAJARINE (CO-PRINCIPAL INVESTIGATOR), SYLVIA ABONYI (CO-INVESTIGATOR), DENISE KOURI (PROJECT DIRECTOR)

Global Affairs Canada (\$16,594,946) 2017--2022

Maternal mortality rates remain high in Mozambique -- an estimated 408 deaths per 100,000 live births. The University of Saskatchewan has teamed up with the Mozambique Ministry of Health (MISAU), specifically the Province of Inhambane health Directorate (DPSI), to improve sexual, reproductive, maternal and newborn health for women, adolescent girls and newborns in five districts of Inhambane Province. The project aims to improve access to sexual, reproductive, maternal and newborn health care; increase community support; train health care workers; mobilize local leaders and residents in 20 communities on women's empowerment; improve the capacity of health clinics for maternal and reproductive health; and share information and research on sexual, reproductive, maternal and newborn health.

GOOD FOOD FOR LEARNING: AN EXAMINATION OF THE CURRENT STATE OF SCHOOL FOOD IN THE SASKATOON REGION

SPHERU RESEARCHERS: RACHEL ENGLER-STRINGER (PRINCIPAL INVESTIGATOR); NAZEEM MUHAJARINE (CO-INVESTIGATOR)

University of Saskatchewan -- College of Medicine (\$30,000) 2016-2017

A national school food program has been presented as one solution to the problems associated with childhood nutrition. The purpose of this research is to characterize the school lunches and snacks of elementary school children in Saskatoon and the surrounding rural areas as the first step towards a comprehensive study of school food practices in Saskatchewan. This research will provide the first stage of data collection that will be used to compare the effectiveness of future interventions in these schools.

HEALTHY AGING IN PLACE: IMPROVING RURAL SENIORS' HEALTH THROUGH POLICY AND COMMUNITY LEVEL INTERVENTIONS

SPHERU RESEARCHERS: BONNIE JEFFERY (PRINCIPAL INVESTIGATOR), NAZEEM MUHAJARINE (CO-PRINCIPAL INVESTIGATOR), SYLVIA ABONYI, PAUL HACKETT, SHANTHI JOHNSON, TOM MCINTOSH, NUELLE NOVIK, SARAH OOSMAN (CO-INVESTIGATORS)

Saskatchewan Health Research Foundation Phase III Health Research Group Grant (\$749,335) 2014-2017

This research builds on findings from our 2009-2010 pilot project (Role of Social Systems in the Health of Seniors Living in Rural Saskatchewan), and our previous Healthy Aging in Place (2011-2014) SHRF Group Grant project. Findings from these previous studies determined rural seniors had concerns about access to doctors, pharmacists, other health care services, and the ability to age in their communities. We will develop interventions that support rural older adults' ability to remain independent and live within their own homes, and communities, for as long as they choose. Our community-based research is being conducted in collaboration with community advisory groups in the towns of Young, Watrous, Rosetown, and Woseley. The studies include: an exercise intervention to improve mobility and social interaction; an examination of the walkable built environment to determine barriers and supports to seniors' mobility; and a project focused on assessing rural seniors' access to information.

HEALTHY START/DÉPART SANTÉ: A MULTILEVEL INTERVENTION TO INCREASE PHYSICAL ACTIVITY AND HEALTHY EATING AMONG YOUNG CHILDREN (AGES 3-5) ATTENDING CHILDCARE
 SPHERU RESEARCHER: NAZEEM MUHAJARINE (CO-PRINCIPAL INVESTIGATOR); RACHEL ENGLER-STRINGER (CO-INVESTIGATOR) WITH ANNE LEIS AND LOUISE HUMBERT, UNIVERSITY OF SASKATCHEWAN; ROGER GAUTHIER, RÉSEAU SANTÉ EN FRANÇAIS DE LA SASKATCHEWAN (CO-PRINCIPAL INVESTIGATORS)

Public Health Agency of Canada (\$240,000 – KDE portion) February 2013 to January 2017

Healthy Start is a bilingual initiative developed in Saskatchewan that increases healthy eating and physical activity opportunities in early learning environments. Through a partnership of organizations led by the Réseau Santé en français de la Saskatchewan (Saskatchewan Network for Health Services in French), the Healthy Start approach engages directors, educators, cooks, and parents by providing resources, training, and ongoing support. SPHERU, along with researchers across Canada, is involved in an evaluation component of the initiative to monitor and assess the impact of Healthy Start in both Saskatchewan and New Brunswick. SPHERU is leading the communications and knowledge dissemination and exchange (KDE) component of this research.

INDIGENOUS FOOD IN THE CITY: KNOWLEDGE DISSEMINATION AND EXCHANGE

SPHERU RESEARCHER: RACHEL ENGLER-STRINGER (PRINCIPAL INVESTIGATOR), SYLVIA ABONYI (CO-PRINCIPAL INVESTIGATOR), GLENDA ABBOTT (RESEARCH ASSOCIATE), LISE KOSSICK-KOURI (RESEARCH ASSOCIATE)

Saskatchewan Health Research Foundation (SHRF) -- (\$10,000)
 Social Sciences and Humanities Research Council of Canada (SSHRC) -- (\$37,608) 2018-2019
 Saskatchewan Health Authority -- (\$4,000) 2017-2018

After nearly a decade of research focused on food justice in Saskatoon, the Indigenous Food in the City project is aiming to draw on research results to develop an action plan for improving access to traditional foods for urban Indigenous peoples. The team will utilize a documentary they produced, a short play about the use of land, Indigenous language, and food, as well as research results to engage community members, legal, public health and Indigenous rights experts in several locations across Canada in dialogue to develop an action plan toward improvement of Indigenous traditional food in urban centres.

INTERVENTIONS, RESEARCH AND ACTION IN CITIES TEAM (INTERACT)

SPHERU RESEARCHERS: DANIEL FULLER (CO-PRINCIPAL INVESTIGATOR), NAZEEM MUHAJARINE

Canadian Institutes of Health Research (\$2 million) 2017--2022

The key objectives of the program are to measure the impact of changes to the urban form on physical activity, social participation, and well-being, and inequalities in these outcomes. The secondary objective is to create and refine methodological tools that will be used for intersectoral urban form and health research.

The program will be looking at four investments in four separate cities: the Arbutus Greenway in Vancouver, #Biketoria in Victoria, the Bus Rapid Transit in Saskatoon and the Montreal Community 2016-2020 sustainability plan.

The INTERACT team is composed of uniquely positioned researchers including Yan Kestens (Université de Montréal), who holds a CIHR Chair in Urban Interventions and Population Health; Meghan Winters (Simon Fraser University), who holds a Michael Smith foundation for Health Research Scholar for a program on population health intervention research, and Daniel Fuller, who currently holds a Canada Research Chair in Population Physical Activity.

MULTISECTORAL URBAN SYSTEMS FOR HEALTH AND EQUITY IN CANADIAN CITIES (MUSE)/ MULTISECTORIELLES ET URBAINES: APPROCHES POUR LA SANTÉ ET L'ÉQUITÉ DANS LES VILLES CANADIENNES

SPHERU RESEARCHERS: NAZEEM MUHAJARINE (CO-PRINCIPAL INVESTIGATOR), RACHEL ENGLER-STRINGER (CO-PRINCIPAL INVESTIGATOR), CORY NEUDORF (COLLABORATOR)

Canadian Institutes of Health Research (\$2 million) 2016--2019

The MUSE program is focusing on Intersectoral and Multisectoral Partnerships (IP) between health organizations and municipalities to transform built environments, and how to introduce health promotion initiatives based on how they will be received by individuals and by urban populations. The program will also look at how a person's health, socioeconomic status and geographic location factors into how receptive they are to these initiatives. The results of the study could help cities learn from each other's approaches, and help to identify where to invest in unfolding health initiatives. New evidence will help explain why parts of the population may or may not be receptive to new public initiatives. The project could also determine how to deliver health initiatives and how to encourage community involvement.

Researchers from SPHERU and the Léa-Roback Centre on Social Inequalities in Health at the University of Montreal (Lise Gauvin, Co-Principal Investigator) will be conducting the program as they take place in the four Canadian Cities in the study Montréal, Saskatoon, Toronto, and Vancouver.

REDUCING ISOLATION OF SENIORS COLLECTIVE (RISC) EVALUATION PROJECT

SPHERU RESEARCHERS: BONNIE JEFFERY (PRINCIPAL INVESTIGATOR), TOM MCINTOSH, NUELLE NOVIK (CO-INVESTIGATORS)

Employment and Social Development Canada (ESDC) New Horizons for Seniors Program: (\$504,241) 2016-2019

SPHERU researchers are collaborating with provincial agencies to evaluate the effectiveness of programs designed to reduce social isolation experienced by urban and rural older adults.

The Reducing Isolation of Seniors Collective (RISC) partners include the Saskatchewan Seniors Mechanism, the Alzheimer Society of Saskatchewan, the Canadian Red Cross (Saskatchewan), along with the Lifelong Learning Centre at the University of Regina. SPHERU's role is to evaluate the collective impact of the RISC initiative in reducing social isolation of seniors.

Project lead Dr. Bonnie Jeffery, along with Dr. Tom McIntosh and Dr. Nuelle Novik, will form the Evaluation Oversight Committee, and work with Dr. Chad Nilson of Living Skies Centre for Social Inquiry. Upon completion of the evaluation, SPHERU will present its findings and results at a one-day policy summit where policy and community representatives from South and Central Saskatchewan will be in attendance.



SPOR PAN-CANADIAN NETWORK IN PRIMARY AND INTEGRATED HEALTH CARE INNOVATIONS: MANAGEMENT AND OPERATING GRANTS

SPHERU RESEARCHERS: NAZEEM MUHAJARINE (CO-PRINCIPAL INVESTIGATOR), CORY NEUDORF (CO-PRINCIPAL INVESTIGATOR), SHANTHI JOHNSON (CO-INVESTIGATOR)

Canadian Institutes of Health Research / Strategy for Patient-Oriented Research Phase 2 (\$500,000) 2015-2020

The purpose of this grant is to develop a collaborative network of Saskatchewan researchers, physicians, community members, and policy makers that will focus on generating new evidence in primary and integrated health care effectiveness, efficiency, and access across the care spectrum. The team will work together to improve health equity, more specifically in Indigenous and rural areas, focus on prevention, and look for ways to improve services to patients across their life spans. The value of the Saskatchewan network lies in allowing researchers from different areas to come together to work on integrating primary health care and social determinants across urban and rural areas and with Indigenous peoples, while involving both physicians and policy makers to identify specific issues.



WHAT GETS MEASURED, GETS MANAGED: NUTRITIONAL QUALITY INDICATORS IN LONG-TERM CARE

SPHERU RESEARCHERS: SHANTHI JOHNSON (PRINCIPAL INVESTIGATOR); TOM MCINTOSH, BONNIE JEFFERY (CO-INVESTIGATORS); WITH HEALTH REGION PARTNERS

Saskatchewan Centre for Patient-Oriented Research (SCPOR) (\$15,000) 2016-2017

Within long-term care (LTC), food, a basic necessity of life, has been a routine aspect of care provision and an indicator of quality care at the individual and facility levels. Despite this, malnutrition and other dietary problems are widespread. Improving nutrition-related quality of care in LTC facilities has been identified as a global priority for research, program, and policy. In Saskatchewan, addressing the quality of vulnerable seniors in home care and LTC as well as the culture of safety are part of the provincial priorities. In this study we will examine the nutrition-related quality indicators in LTC facilities in Saskatchewan. Using RAI-MDS data (2004 to 2014) a 10 year profile will be created for future quality improvement work. The study will also look at variation in the rates based on factors of importance within the Saskatchewan context, including age, gender, level of care, rural/urban setting, and health region.

WUSKIWIY-TAN! LET'S MOVE! AGING WELL IN A NORTHERN SASKATCHEWAN MÉTIS COMMUNITY/ TAH-NIGAHNIWHAK!

SPHERU RESEARCHERS: SYLVIA ABONYI, SARAH OOSMAN, BONNIE JEFFERY, SHANTHI JOHNSON, NAZEEM MUHAJARINE, LIZ DUROCHER, TJ ROY (PROJECT COORDINATOR)

Canadian Institutes of Health Research (\$1.2 million) 2014-2019

Very little is known about the aging experiences, aspirations, and support needs of Indigenous and Métis older adults.

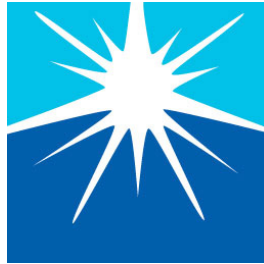
The Wuskiwiy-Tan program is working with communities and community partners to fill the knowledge gap and provide evidence of the effectiveness of current and emerging programs and policy interventions that promote aging well for Métis and other Indigenous peoples.

Tah-Nigahniwhak focuses on Indigenous youth populations in Canada and their experience with chronic conditions at an earlier age compared to the country's overall population. The project is intended to identify what Indigenous youth perceive to be important to them in order to set them on a healthier life trajectory.





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