

Events

22nd Annual Graduate Summer Institute of Epidemiology and Biostatistics June 21 - July 9, 2004

This institute, hosted by the Johns Hopkins Graduate Summer Institute of Epidemiology and Biostatistics, offers courses intended to develop an understanding of basic and advanced principles of epidemiological research, and will present epidemiologic methods and their application to the study of the natural history and etiology of disease. For details, visit www.jhsph.edu/summerepi.

Harm Reduction Professional Enrichment Program July 6 - 9, 2004

York University, Toronto

This 24-hour, non-credit course is designed to introduce service providers, administrators, and policy makers to the basic principles, philosophy, and application of harm reduction. In addition, it will provide a better understanding of how to implement harm reduction policy and practice within an organization and community.

For additional information, contact Marina De Bona at (416) 650-8049 or mdebona@yorku.ca or visit the website at www.atkinson.yorku.ca/harmreduction.

Overcoming Health Disparities: Global Experiences from Partnerships Between Communities, Health Services and Health Professional Schools

October 6 - 10, 2004. Early-bird deadline: July 1, 2004
Atlanta, GA, USA.

The conference is cosponsored by Community-Campus Partnerships for Health and The Network: Towards Unity for Health. The Registration Brochure is available at www.futurehealth.ucsf.edu/ccph/nationalconference.html.

Calls for Abstracts & Proposals

RFP: Process and Outcome Evaluation and Collection of Costing Data, Under 12 Outreach Program, Banyan Community Services
Deadline: July 05, 2004

Banyan Community Services wishes to establish a contract for a process and outcome evaluation and the collection of costing data related to the Under 12 Outreach Program. The purpose of the work is to respond to and expand upon an identified gap in Canadian crime prevention experience/knowledge and to gain a better understanding of the "ingredients" that go into an effective approach aimed at reducing offending behaviour and increasing social competence in boys under the age of 12. RFP documents may be received electronically by contacting Banyan Community Services at ORPRFP@banyancommunityservices.org.

Source: *OHPE Bulletin 366.0* ◀

Membership in the OPHA

Membership runs for a period of one year from the date of joining, and fees are tax deductible. Corporate memberships are not available.

Regular OPHA Membership is \$70, OPHA Constituent Society Members, \$65, Student / Retired / Unemployed, \$35. (Rates are subject to change.) For application forms, call Nolly Baksh-Singh at the OPHA office at (416) 367-3313 or toll-free 1-800-267-6817 (Ontario only) ext. 224, write to 700 Lawrence Ave West, Suite 310, Toronto, Ontario, M6A 3B4, fax (416) 367-2844 or email nolbaksh@opha.on.ca. You can also download an application from our web site at www.opha.on.ca.

Conjoint membership with the Canadian Public Health Association is available by contacting CPHA directly at 1565 Carling Ave., Suite 400, Ottawa, Ontario, K1Z 8N8. Tel: (613) 725-3769. Fax: (613) 725-9826

Advertising in OPHA News

OPHA accepts inserts and advertisements that would be of interest to its membership.

Cost:

- \$200 for one 1/4 page ad
- \$300 for one 1/2 page ad
- \$350 for one full page ad or insert (1,000 copies required).

Reduced fees for multiple mailings are available. Additional charges for postage costs may be applied. Advance approval of copy is required.

Contact Sophie Bart, Editor, at (416) 367-3313 / 1-800-267-6817 ext. 237 or sbart@opha.on.ca for further details. ◀

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Founded in 1949, the Ontario Public Health Association is a voluntary, charitable association that provides leadership on issues affecting the public's health and strengthens the impact of people who are active in public and community health throughout Ontario.

OPHA News is the monthly newsletter of the Ontario Public Health Association (OPHA). The newsletter highlights Association news and upcoming events in public and community health in Ontario, and offers thought-provoking articles on public health issues and in-depth reports on Association positions.

President - Peter Wiebe
Editor - Sophie Bart

54th Annual OPHA Conference Update

Public Health: The Best Health Investment Thinking Fast - Thinking Smart - Thinking New

November 23 - 24, 2004
Marriott Toronto Eaton Centre

Learning Objectives defined & Registration Fees set

The detailed learning objectives, registration fees and other conference updates are available on our website at www.opha.on.ca/conference. ◀

Association Updates

Letters and Releases

The OPHA has recently issued letters and releases on the following:

- A cost effective & low impact future for Ontario's electrical sector;
- Implementation of Toronto's pesticide by-law;
- The lack of funding for sex reassignment surgery in Ontario.

To view the full text of the documents, visit www.opha.on.ca/advocacy/letters.html.

New Air Quality Fact Sheets

The OPHA Environmental Health Program has produced, in consultation with Environment Canada, three fact sheets that articulate how municipalities can reduce air emissions associated with their on-road vehicles and off-road equipment. The fact sheets describe:

- 1) How air emissions can be reduced from off-road equipment in a cost-effective way by using low sulphur on-road diesel;
- 2) How emissions can be reduced from diesel-fuelled transit buses by using ultra-low sulphur diesel, retrofitting with emission control devices such as oxidation catalysts or diesel particulate filters, and/or replacing old buses with new buses that are built to meet more stringent emission standards; and
- 3) The language that can be used in Requests for Proposals (RFPs) to purchase ultra-low sulphur diesel and/or emission control devices for transit buses and/or corporate fleets.

The fact sheets are available for download at www.opha.on.ca/environment/factsheets.html.

"Nutrition in the News"

This new resource, produced by the Nutrition Resource Center, is a collection of articles written by Public Health Dietitians and Nutritionists for local newspapers across Ontario. It can be accessed at www.nutritionrc.ca - click on [Resources] and then [Resources from the Field].

Vegetable and Fruit Behaviour Change Intervention

By Lise Smedmor, M.Ed. RD

Communication Consultant to the Nutrition Resource Centre *Take 5: 5-10 a day...your way transition Project*

Ontario Chronic Disease Prevention Alliance

The Ontario Chronic Disease Prevention Alliance's (OCDPA) recent meeting of June 14 focused on reviewing a one year draft action plan and further developing Terms of Reference and aspects of Governance.

Dr. Verna Mai of Cancer Care Ontario is the acting chair of the Alliance. Carol Timmings, an OPHA Board member, strong advocate for chronic disease prevention and Director at Toronto Public Health, will represent OPHA on the Alliance. The Alliance membership continues to grow while they focus on collaborative action to promote healthy living and address the determinants of health necessary for chronic disease prevention.

For further information contact Tracy Howson, Manager OCDPA, 416-367-3313 ext. 251 or visit www.opha.on.ca/ocdpa.html or www.cdpc.ca/content/initiatives/provincial.asp.

Core Competencies in Public Health Project

With many of the recent public health crises, public health has moved into the spotlight. With that scrutiny comes opportunity. A task group of the Ontario Public Health Association (OPHA) has seized this opening to better define public health and the skills, abilities, knowledge and attitudes – collectively known as core competencies – that make for an efficient, high-quality public health workforce in Ontario.

If you would like clear job expectations, support for training from senior management, help in planning your career, and the status you deserve – in short, a better working environment – participate in the OPHA Core Competencies consultations. To find out more, please visit the project website at: www.opha.on.ca/corecompetencies.

New Breastfeeding Curriculum

The OPHA Breastfeeding Promotion Workgroup has developed a series of modules covering basic, essential information regarding breastfeeding for incorporation into the undergraduate curricula of all health care professionals who work with childbearing families.

The curriculum was developed to facilitate the promotion of breastfeeding as well as the education of professionals who are knowledgeable and skilled regarding breastfeeding and who give evidence-based, accurate and consistent information regarding breastfeeding to future childbearing families

The modules are available for download at www.opha.on.ca/resources/breastfeeding.html.

New Agencies

Public Health Agency of Canada

On May 17, 2004, the Government of Canada released details of the new Public Health Agency of Canada and appointed Dr. Frank Plummer as the Acting Chief Public Health Officer. Additional details are available online at www.hc-sc.gc.ca/english/pha/releases/2004_26.html.

New Reports

Charting the Course, Progress Report: Two Years Later: How Are We Doing?

(Canadian Institute for Health Information)

"This report documents the progress made in response to key population and public health themes and issues that emerged from a cross-country consultation conducted in 2001." www.cihi.ca/cphi.

THE WOUNDS OF EXCLUSION: Poverty, Women's Health, & Social Justice (Colleen Reid)

Through this research, the author attempts "to provide as complete a picture as possible of a group of poor women's exclusion and health and their experiences in a feminist action research project." www.ualberta.ca/~iiqm/QIPress/wounds.html.

Rural, Remote and Northern Women's Health

(The Centres of Excellence for Women's Health)

This is the final report from a two-year study on the health of rural, remote and Northern women. This is the largest qualitative study in Canada to date to address the health concerns in this community. www.cewh-cesf.ca.

Joint Canada/United States Survey of Health, 2002/03 (Statistics Canada and the US National Center for Health Statistics)

This report provides initial results from the first attempt to collect comprehensive information regarding health status and access to health care services using a single survey and a standard approach across countries.

www.statcan.ca/Daily/English/040602/d040602a.htm.

New Tools

Healthy Communities Online Discussion Forum

This forum, launched by the Waterloo Region Healthy Communities Coalition, in partnership with several local agencies, is a venue for discussion on the practices and philosophies surrounding healthy communities. Registration is free, and discussions are loosely moderated. www.civics.ca/forumyellow. ◀

Take 5: 5-10 a day...your way is a community-based behavioural intervention developed by Cancer Care Ontario (CCO) to inform, educate, and stimulate behaviour change related to vegetable and fruit acquisition, preparation and storage in Ontario women aged 25-45 and their families, in order to support them to consume 5 to 10 servings of vegetables and fruit every day.

The **Take 5** program consists of six training modules based on social learning theory and behaviour change. The program is delivered over the course of six consecutive weeks by a trained facilitator.

Key Results from the pilot program evaluation

An extensive evaluation (2002-2003) of the project was conducted with the following results:

- Total vegetable and fruit consumption increased three-fold from expected results from the literature as a direct result of participation in the **Take 5** program.
- Total vegetable and fruit consumption increased to 5.8 times per day three months after the program.
- Behaviour change was maintained 3-months post program.
- Greater increases in overall vegetable and fruit consumption were observed in participants with lower than average consumption pre-program.
- Participants showed increased confidence to maintain behaviour in a variety of situations as a direct result of participation in the program.

Conclusions

Final results from the evaluation of the **Take 5: 5-10 a day... your way** program indicates an increase in participant vegetable and fruit consumption. Total vegetable and fruit consumption increased from 3.8 times per day on average at program start to 5.6 times per day on average. The increase in consumption of 1.8 times per day was 3 times higher than expected based on the literature which reports that an overall increase of 0.6 times per day as an indication of success¹.

Furthermore, the increase in consumption of vegetables and fruit was maintained 5.8 times per day on average at the 3-month post program stage. No significant correlations were found with the environmental and emotional cues associated with fruit consumption. 91% of participants identified that the **Take 5** program contributed towards their increased consumption of vegetables and fruit. And 96% of them shared program information with friends and family.

The program was successful in terms of its retention and completion rate as 76% of the participants that were initially recruited for the program went on to complete the program.

For further information about the program, contact Myrna Wright at myrna.wright@cancercare.on.ca.

Resources

Review of Nutrition Interventions for Cancer Prevention. Entire Report – 190 pages www.cancercare.on.ca/pdf/Report%20Final%20-%20Nutrition%20Review.pdf

Review of Nutrition Interventions for Cancer Prevention. – Executive Summary – 3 pages www.cancercare.on.ca/pdf/Exec%20Summary.pdf

¹ Agency for Healthcare Research and Quality. (2001). *Efficacy of Intervention to Modify Dietary Behaviour Related to Cancer Risk*. Chapel Hill: Research Triangle Institute, Chap. 3, p.56. ◀