Day 1 (2:50-4:20pm): Working Upstream to Promote Community Health and Wellbeing (pick one from this list)

B1

90-minute think tank

Public Health and Primary Health Care: Creating a Research Agenda

Aligning the mission, vision and goals of public health and primary care and translating this into effective practice requires a solid evidence base. This evidence base is currently underdeveloped and its creation is a high priority. Creating a research agenda and setting research priorities to create this evidence base requires the input from front line practitioners for it to be relevant. In this interactive session, participants will discuss the gaps in evidence that research can address.

**Audience:** All audiences

**Presenters:** Ross E Upshur

Dr. Upshur is the Canada Research Chair in Primary Care Research. At the University of Toronto he is a Professor at the Department of Family and Community Medicine and Dalla Lana School of Public Health. He is an Adjunct Scientist at the Institute of Clinical Evaluative Sciences and a member of the College of Family Physicians of Canada and the Royal College of Physicians and Surgeons of Canada.

B2

90-minute case study

Awareness, Prevention, Training and FASD Diagnostics at NorWest Community Health Centres

In 2001, the Norwest Community Health Centres (CHCs) responded to the request of community members to assist with the development of an FASD Coalition with 20 partner agencies, including public health. Several grants and many partnerships enabled Norwest CHCs to function as an incubator for awareness, training, support and enhancement of local diagnostic ability. Participants will see the goodness of fit for FASD programs and services within the CHC model.

**Audience:** Front Line/Program Staff, Program Management, Senior Management, Policy Makers

**Presenters:** Anita Jean, Maureen Parkes

Anita Jean has an MBA and more than 20 years of experience in the field of community development, health and social programs, and volunteer management. She has been a manager at
the Norwest Community Health Centres since 2002 when NorWest first received funding for FASD programs. Anita has been a peer reviewer in the CHC sector since 2004. She is active in the community as a board member for the Thunder Bay Regional Health Sciences Centre and the Thunder Bay Counselling Centre.

Maureen Parkes is the FASD Coordinator at the Norwest Community Health Centres. Since the FASD program’s inception in 2002, Maureen has gained extensive and comprehensive training and experience in working with and providing programming for individuals with FASD. As a Program Developer and Certified Health Canada Fetal Alcohol Spectrum Disorder Trainer, she has trained providers from various agencies serving clients with FASD, and has supported the development of the FASD Diagnostic Clinic at Norwest CHCs.

B3

Curated Session: By Invite Only – Building the Foundation for Collaborative Relations between Public Health Units and the Aboriginal Community

B4

90-minute workshop

Touch Wood: A Prescription for Green Health

In this session we will discuss the preventive benefits of ‘shinrin yoku” the medicine of being in the forest, an age old practice from Asia that is rapidly gaining acceptance in Europe. There, primary care and public health practitioners are ‘prescribing’ time in nature for health promotion, disease prevention, convalescence and more. Evidence has shown great promise for shinrinyoku to improve population health, save health care dollars and encourage forest conservation. We will discuss this win-win situation for Canadian primary care and public health and the budding program at UBC. Despite the abundance of Canada’s forests, shinrinyoku, and other related health practices, are new here.

Audience: All audiences

Presenters: Farah M Shroff, John Innes

Dr Farah M Shroff, PhD, works in the Department of Family Practice and the School of Population and Public Health in the UBC Faculty of Medicine. The emphasis in her research is on visioning and developing Health for All. Her main areas of research are holistic health, health services research and community development within a social justice framework. Her research is predicated on the notion that all people, regardless of ability to pay, have a right to health and health services.

Dr John Innes is the Dean of Forestry at UBC.
90-minute think tank

**Inter-sectoral Action for Population Health in Canada: Public Health, Primary Care and Beyond**

For health systems in Canada, the whole is greater than the sum of its parts. Interested in knowing how health system actors are working together to improve the health of populations? While emphasis is still placed on clinical care, a number of leaders are applying the population health approach to establish partnerships focused on the social determinants of health, wellness, prevention, and health equity. This session will describe results from a new CIHI study focused on the integration of the population health approach in healthcare and will encourage discussion about future inter-sectoral opportunities through examination of Canadian case studies.

**Audience:** Senior Management, Policy Makers

**Presenters:** Deborah Cohen

Deborah Cohen is a PhD Candidate in Population Health with the Institute for Population Health at the University of Ottawa and conducts research with the Institute for Clinical Evaluative Sciences (ICES) of Ontario. Deborah is also a Senior Researcher at the Canadian Institute for Health Information (CIHI) spending her last five years with the Canadian Population Health Initiative (CPHI). She has been with CIHI for more than 15 years, conducting health services research across multiple sectors of care.

B6

90-minute workshop

**Health Providers Against Poverty (HPAP): Lessons Learned From Nine Years of Education, Engagement, and Political Advocacy**

Our 90 minute workshop will describe the origins and upstream successes of Ontario’s first interdisciplinary political advocacy organization comprised solely of health care providers. We will present a frank critique of what has worked and the challenges encountered followed by an interactive break-out session in which participants work through lessons learned and strategies for fostering innovative collaborations between public health and primary care. We will conclude by establishing a group consensus on priority issues and collective brainstorming on how to move those issues forward.

**Audience:** All audiences

**Presenters:** Kathy Hardill, Katie Dorman, Monika Dutt

Kathy Hardill is a Primary Care Nurse Practitioner working in Peterborough, Ontario. She has worked for 25 years with people whose health is made vulnerable by poor access to the social determinants of health. She believes that health is political, and that downstream nursing work
must inform upstream advocacy to ensure that everyone has access to the basic prerequisites for health. Kathy’s upstream work includes writing and speaking in professional and public forums and anti-poverty organizing. She is a founding member of HPAP.

Katie is a family medicine resident at the University of Toronto, St. Michael’s Hospital. A member of HPAP’s steering committee, she is an advocate for income equality and affordable housing in Ontario. A member of the Ontario College of Family Physicians (OCFP) Poverty and Health Committee, Katie co-authored an article in the Ontario Medical Review on Why Poverty Is A Medical Problem and contributed to the development of the MainPro C workshop Treating Poverty. Her interests include homeless and refugee health care and addiction medicine.

B7

90-minute workshop

**Addressing Poverty as the Biggest Barrier to Health: How can we move forward on pharmacare and public dental?**

As primary care providers and public health workers many of us see firsthand the impact of poverty on health. We’re not surprised to learn from an Ekos poll that 23% of Canadians can’t afford the medications they need. At this session hear from 3 speakers who are working upstream to promote community health and wellbeing through public education and advocacy calling for policies to reduce poverty and increase access to dental and drug benefits. At this knowledge building workshop you will get an update on Ontario’s Poverty Reduction Strategy, learn what a pharmacare plan for the province might look like, and hear a call for OHIP to cover dental care.

**Audience:** Front Line/Program Staff, Program Management, Senior Management, Board Members, Policy Makers

**Presenters:** Jacquie Maund, Michael McBane, Chris Mackie

Jacquie Maund is Policy and Government Relations Lead at AOHC, and a member of the Steering Committee of the 25 in 5 Network for Poverty Reduction, and Ontario Oral Health Coalition. During her time leading Ontario Campaign 2000 she was part of successful advocacy campaigns that brought in Ontario’s Poverty Reduction Strategy, ended the claw back of child benefits, increased the minimum wage, and led to new funding for subsidized child care.

Michael McBane is the National Coordinator of the Canadian Health Coalition. Michael has 25 years’ experience working in coalitions on issues relating to Medicare, privatization, food and drug safety and economic justice. Author of Ill-Health Canada: Putting Food and Drug Company Profits Ahead of Safety.

B8

90-minute workshop
Stand Up For Health! – A Simulation Game for the Social Determinants of Health

Stand Up For Health is a fun and innovative learning simulation that immerses participants physically, psychologically, and emotionally, in the life of a low-income Canadian. It is based on a challenge to get through two weeks as a single parent, down to your last $1000. This session will focus on experiential learning as an effective form of teaching the SDOH, and highlight research outcomes from nursing students who played this game. In addition, all session delegates will play the simulation together! The session concludes with a group discussion on integrating experiential learning into SDOH education on a broader scale.

**Audience:** All audiences

**Presenters:** Latif Murji, Onye Nnorom, Tony Jno Baptiste

Latif Murji is an MD student at UofT and recipient of TD Scholarship for Community Leadership. He has a BSc from Wilfrid Laurier University. He conceived and developed “Stand Up For Health,” a social determinants of health (SDOH) educational simulation, first launched at TAIBU CHC and now played at other sites. As VP External he represents UofT at the Canadian Federation of Medical Students & was Chair of Ontario Medical Student Weekend 2013. Latif is interested in advocacy and public policy, and hopes to build upon his work with SDOH education.

Dr. Onye Nnorom is a Family Doctor and a Public Health and Preventive Medicine specialist. She practices family medicine at TAIBU CHC, where she is the Chronic Disease Prevention Lead. She is also the Associate Program Director of the Public Health & Preventive Medicine Residency Program at the University of Toronto. She is particularly interested in immigrant health, and Black community health.

**B9: Two 45-minute workshops**

**B9.1**

45-minute workshop

**Street Based Sex Workers Needs Assessment**

Our presentation will present findings from a needs assessment completed in February 2014 on street based sex workers in Barrie, Oshawa and Greater Toronto Area. Findings from the assessment will be shared, along with recommendations for providing better services to this population of women. The workshop will also focus on harm reduction services for women and trans-women who engage in sex work; 2) share best practices building on successes and 3) identify gaps in services for women and trans women engaged in sex work. The workshop will be an interactive discussion with the audience.

**Audience:** All audiences
Presenters: Flavia Genovese, HIPS Project Co-ordinator, Regent Park Community Health Centre; Norma Neal, Peer Outreach worker, Regent Park Community Health Centre; Judy Hyndman, Peer Outreach worker, Regent Park Community Health Centre; Sushi, Peer Harm Reduction Worker, Street Health

B9.2

45-minute workshop

HANS KAI An Innovative Community Led Health Promotion Project

HANS KAI is a community led health program that empowers participants to monitor their own health in a group setting independent of health care providers. Prior to meeting, all participants attend an 8 session health school with healthcare providers to learn how to monitor physical, social, and mental health. Support is available after groups are independent. This session will focus on showcasing what HANS KAI really is and why it works.

Audience: Front Line/Program Staff, Program Management, Senior Management, Board Members

Presenters: Michelle Kirkbride, Shannon Milks, Nancy Heinrichs

Michelle Kirkbride is a Community Development Coordinator with NorWest Co-op Community Health Centre in Winnipeg. Michelle has been the lead on the development of the Community Development team as well as a number of innovative health projects. Michelle holds a Bachelor of Arts from the University of Winnipeg with a focus on Geography and Community Development.

Shannon Milks is a Registered Dietitian and Certified Diabetes Educator with NorWest Co-op Community Health Centre. Shannon co-leads HANS KAI as well as chronic disease programming at NorWest. Shannon holds a Bachelor of Science (Human Nutritional Sciences) from the University of Manitoba.

B10

90-minute think tank

Weight and Wellbeing: An Interactive Think Tank Around Making Healthy Weights Part of the Healthy Kids Conversation at Well-Child Visits in Ontario

The Ontario Government set a target to reduce childhood obesity by 20% in 5 years. Subsequently the Healthy Kids Panel made 23 recommendations in its fulsome Healthy Kids Strategy. This Think Tank Session (a thematic roundtable) will address Recommendation #1.5 relevant to the collaboration of public health, primary and community practice and child health research, which will form the basis for interactive discussion. Effective practice-based
interventions will be explored with a focus on best practices for children and families during the well child visit, in order to help participants ensure they prevent more to treat less.

**Audience:** Front Line/Program Staff, Program Management, Senior Management, Policy Makers

**Presenters:** Andrea Feller, Paula Brauer, Joanne Beyers, Hiro Yamashiro, Imaan Bayoumi, Catherine Birken, Ruta Valaitis, Patricia Parkin

Dr. Feller is board-certified in both paediatrics and preventive medicine. As AMOH with Niagara Region Public Health, she concentrates her efforts in the areas of chronic disease prevention and family health. She co-chairs the Healthy Human Development table (HHD) for Ontario and the Public Health Early Years group (PHEY). Dr. Feller’s passion is to ensure children and families have the best chance for the healthiest future by promoting and supporting optimal mental, emotional, social and physical development, and healthy lifestyles.

Paula Brauer is a dietitian and epidemiologist at University of Guelph working on obesity services in team-based primary care. She has been active in promoting primary health care reform in Ontario and is a member of the revitalized Canadian Task Force on Preventive Health Care. She and her colleagues have developed a population-based obesity services planning framework, laying out priorities for prevention and treatment and integrating provider perspectives with the evidence base.

**B11**

**Achieving Community Wellbeing In Oxford County by Working Together**

A partnership involving Oxford Public Health and Emergency Services, the Woodstock and Area Community Health Centre (WACHC), United Way of Oxford, Social Planning Council of Oxford and others has been engaging people of Oxford County in discussions about community wellbeing. The Canadian Index of Wellbeing (CIW) is a resource that has assisted people in understanding the factors that affect their wellbeing. This discussion has helped people to become involved in a plan to increase community belonging as one domain where people in Oxford County feel committed to creating of individual, family and community wellbeing.

**Audience:** All audiences

**Presenters:** Cate Melito, Executive Director Woodstock and Area Community Health Centre; Lynn Beath, Director/CEO, Oxford County Public Health and Emergency Services

**B12**

**Kingston Community Health Centres & Kingston, Frontenac, Lennox & Addington Public Health; Partners for Health Equity**

The session will use several partnership initiatives between KCHC and KFL&A Public Health as case studies to demonstrate how CHCs and public health can work together for health equity.
From Healthy Smiles and Needle Exchange to Healthy Kids Strategies and applied research for population health, these partners are influencing health care planning tables in Kingston and Napanee area. The workshop will engage participants in exploring opportunities and challenges they face in developing sustainable partnerships in their own communities.

**Audience:** All audiences

**Presenters:** Hersh Sehdev, Executive Director, Kingston Community Health Centres; Kieran Moore, Associate Medical Officer of Health, Kingston, Frontenac and Lennox & Addington Public Health

**B13**

**Growing a Baby-Friendly Ontario – Progress Check and Update**

This presentation will provide an overview of the Baby Friendly Initiative (BFI) Strategy for Ontario including an update on work to date and the work plan for the next two years. Toronto East General Hospital (TEGH) was invited by the Ministry of Health and Long-Term Care to lead this initiative in partnership with the Provincial Council for Maternal and Child Health (PCMCH) and the Best Start Resource Centre (BSRC). The scope of the implementation plan includes Hospitals, Family Health Teams, Community Health Centres, Aboriginal Health Access Centres, Nurse Practitioner-Led clinics and Birthing Centres, a total of about 370 organizations across Ontario. Research indicates that ongoing support from community partners such as public health and primary care is essential to breastfeeding success. Participants attending this session will acquire increased understanding of the toolkits, workshops, materials, coaching strategy and evaluation components for the BFI Implementation Strategy.

**Presenter:** Linda Young, Director Maternal Newborn and Child Health, Mental Health, Interprofessional Practice and Organization, Toronto East General Hospital

**B14: Six Ten-minute presentations**

**B14.1**

**Ten-minute presentation**

**Peer Leadership Model: Maximizing Access to Public Health Services for Diverse Communities**

This presentation will highlight a peer leadership model focused on the prevention of type 2 diabetes. The model will be explored as a strategy to enhance capacity to provide health services for high-risk communities in a way that reduces cultural, educational and social barriers.

**Audience:** Front Line/Program Staff, Program Management, Senior Management

**Presenter:** Ella Manowiec, RD, MHSc, Nutrition Promotion Consultant, Toronto Public Health
Ten-minute presentation

Meeting the Needs of Ontarians with Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS), Fibromyalgia (FM) and Environmental Sensitivities/Multiple Chemical Sensitivity (ES/MCS), with a Focus on the Role of Primary Care

A business case requesting increased supports for Ontarians with ME/CFS, FM and/or ES/MCS was submitted to the Ontario Ministry of Health and Long-Term Care in 2013. Patients and professionals worked together to document the current situation, based on statistics, patient experience and clinical experience. The study found serious inequities and gaps in health and social services. The role of primary care and support for primary care providers, are important issues as this initiative moves forward.

Audience: Front Line/Program Staff, Program Management, Senior Management, Policy Makers

Presenters: Margaret Parlor, Erika Halapy

Ms Parlor worked for many years in the public services as a data analyst, project manager and program manager. Since 2008, she has been president of the National ME/FM Action Network which represents Canadians with Myalgic Encephalomyelitis/Chronic Fatigue Syndrome and Fibromyalgia. She has been actively involved in informing Canadians about the conditions and working for improved services.

Ten-minute presentation

Smoking Cessation Services for People with Serious Mental Illnesses

To address gaps in smoking cessation services for clients with serious mental illnesses, our focus was to develop, deliver and evaluate an innovative interagency model of cessation services between three mental health agencies, a hospital, community pharmacist and a public health nurse as a part of a community of practice.

Audience: Front Line/Program Staff, Program Management

Presenters: Rosemary Lamont, Clinical Nurse Specialist, Tobacco-Free Living Program, York Region Community and Health Services; Eva Estrella, Clinical Nurse, Markham Stouffville Hospital, Outpatient Mental Health, Medication and Wellness Clinic

Ten-minute presentation
Mobilizing Newcomers and Immigrants to Cancer Screening Through Partnership

Between 2012 and 2014, the Integrated Cancer Screening Unit at the South West Regional Cancer Program, in partnership with the Middlesex-London Health Unit, Cross Cultural Learner Centre, London InterCommunity Health Centre and Canadian Cancer Society, were funded by the Public Health Agency of Canada to increase participation rates in cancer screening programs among two newcomer and two immigrant populations in London. Working directly with Peer Health Educators, the project provided equitable access to information about cancer screening and primary prevention, to develop, deliver and evaluate an evidence-based cancer prevention/screening service delivery model.

**Audience:** Front Line/Program Staff, Program Management

**Presenters:** Linda M Stobo

Linda holds a Bachelor of Science in Honours Health Studies, specializing in health promotion and communication, and is currently enrolled in the Masters of Public Health program at the University of Waterloo. Linda began her career at the Huron County Health Unit in 2000. In 2007, she joined the Middlesex-London Health Unit as the Southwest Tobacco Control Area Network Manager. In 2010, Linda became the Program Manager for Chronic Disease Prevention and Tobacco Control, where she has the pleasure of working with an interdisciplinary team of public health nurses, health promoters, registered dietitians, tobacco enforcement officers and youth.

**B14.5**

Ten-minute presentation

**Healthy Nail Salon Workers: Exploring Strategies to Reduce the Health Risks of Women Working at Toronto Nail Salons**

This session describes a community research project exploring how the social determinants of health impact nail salon workers’ health. Throughout the workday, nail salon workers are regularly exposed to chemicals known to cause cancer, respiratory illnesses and reproductive problems. As immigrants, issues such as gender, language, income, and immigration status create increased vulnerabilities and barriers to health and safety.

**Audience:** Front Line/Program Staff, Program Management, Board Members, Policy Makers

**Presenter:** Linor David, Health Promoter, Central Toronto Community Health Centres

**B14.6**

Ten-minute presentation

**Inter-Sectoral Action for Healthcare for the Homeless**
People experiencing homelessness continue to have significantly worse health outcomes than the general population. Interventions focused solely on medical care have failed to achieve significant impact on these outcomes. In this session, I will explore opportunities for intersectoral collaboration that holds promise for going beyond medical needs to a comprehensive improvement on health.

**Audience:** Program Management, Senior Management, Policy Makers

**Presenter:** Abe Oudshoorn RN PhD, Assistant Professor, School of Nursing, Western University