



**CENTRE FOR
Urban Health
INITIATIVES**



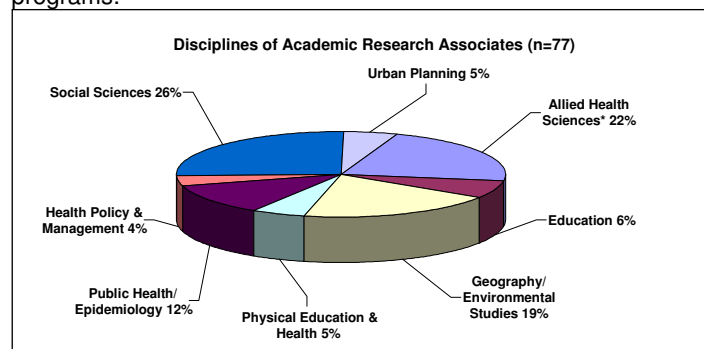
Fall Newsletter 08

Notable News

CUHI, now in its fifth year of operation, continues to attract faculty, students, and representatives from community and policy organizations interested in social and physical determinants of health research. This fall newsletter will introduce our exciting new Research Interest Group (RIG), give updates on our other growing RIGs, introduce our new community intern, and profile the recipients of our annual Community Based Research Award of Merit.

But before you turn the page, I would like to share some highlights from our CIHR Centres for Research Development mid-term evaluation which took place in October 2008. CUHI presented an overview of our accomplishments in multidisciplinary research development, commitment to seek external research funding, teaching and mentoring of students and engagement with community and policy stakeholders to the Review Panel of CIHR, Institute of Population and Public Health.

Our main strategies for engaging researchers and developing multidisciplinary research teams are Research Interest Groups (RIG). RIG funding, seed grant funding and teaching release combined with the brokering role played by CUHI between academics, community or policy stakeholders have been vital to our success in research development. Our RIGs work in multidisciplinary teams across departments and faculties mainly at U of T, York and Ryerson Universities. CUHI has contributed to the development of new research capacity in population and public health by supporting 77 University based researchers across varied disciplines in their research programs.



There are an additional 74 researchers who are peer reviewers, visiting scholars, or researchers in community settings. To date, 58 research projects have been supported in our three initial RIGs (Food and Health, Neighbourhoods and Health and Physical Environment and Health) and new RIGs (Youth Sexual Health, Environmental Health Justice and Chronic Disease Prevention). Our seed grant projects have now produced numerous external grants, some large, some more modest and many more are in the pipeline.

CUHI has been strongly committed to training and mentoring undergraduate and graduate students by providing research experiences for 161 students to date across a wide range of disciplines. We facilitate research placements, fund students as research assistants, provide conference scholarships, and support knowledge exchange forums to students. CUHI proudly sponsored 12 students to attend the recent Determinants of Health: Toronto in a Global Village symposium which was very relevant to the social determinants research and engagement with community and policy organizations that CUHI supports.

Finally in our review, we highlighted our engagement with community and policy partners. Mechanisms for engagement include centre and project governance, partners in seed grant awards, community internships, access to students, supportive networking and knowledge exchange forums. There are a diverse range of partners engaged in CUHI research including public health departments, school boards, neighbourhood centres and community health centres. We expect to hear results and recommendations from the Institute of Population and Public Health on the Centres for Research Development in the new year.

Further updates of our centre's work can be viewed on our website (www.cuhi.utoronto.ca). Here you will also see our exciting line up of speakers for CUHI sponsored knowledge exchange forums. If you are interested in being involved in our centre's work and current research interest groups, please let us know. We also welcome community and policy people to let us know what research would inform their agendas.

Brenda Ross, Director of Research
Alexis Kane Spear, Centre Coordinator

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Research Interest Groups in Action...

Urban Youth & the Determinants of Sexual Health RIG

The *Urban Youth & the Determinants of Sexual Health Research Interest Group* has made excellent progress under Dr. Sarah Flicker's leadership following planning and project team meetings held this past year.

RIG associates now include researchers across diverse disciplines from York, Ryerson, Laurier, McGill, University of Toronto, and a variety of community organizations.

To date, two seed grant projects have been funded by CUHI: *Youth, Disability and Sexual Health* and *Performed Ethnography, HIV/AIDS & Aboriginal Youth* (for full descriptions, please visit www.cuhi.utoronto.ca). *Youth, Disability and Sexual Health* has already been awarded additional funding from CANFAR (\$25,000). The team has developed partnerships with various community organizations, and is preparing to launch its youth workshops in early 2009. *Performed Ethnography, HIV/AIDS & Aboriginal Youth* has secured renowned Aboriginal actor and playwright Herbie Barnes to direct the play writing for the project. Three youth recruitment and training workshops have been held recently.

The RIG is organizing an exciting speaker series to highlight innovative academic and community work in adolescent sexual health, including: Elizabeth Saewyc (UBC, McCreary Centre), Michelle Fine (New York University), and Alex McKay (Sex Information and Education Council of Canada). The first of this series was a panel held on October 16th, which profiled the work of a community agencies, including Planned Parenthood Toronto, the Black Coalition for AIDS Prevention, Supporting our Youth (a Program of Sherbourne Health Centre) and "ReachOUT" (a program of the Griffin Centre).

The RIG is pleased to acknowledge the work of a talented group of work study students; Dan Stadnicki, Sarah E McCardell, Safiya Pindare, Chase Lo (York), and Kristin Mcilroy (UofT), who continue to support secondary analysis and dissemination of Toronto Teen Survey results.

In combination with projects like the Toronto Teen Survey (recipient of the CIHR 2008 Synapse Award for Student Mentorship and Engagement), the RIG is building on the success of existing partnerships as well as creating exciting new ones.

To be kept informed of new RIG developments, please join our listserv, through the CUHI web site:

<http://www.utoronto.ca/cuhi/membership.html>

Chronic Disease Prevention and Management RIG

The *Chronic Disease Prevention and Management Research Interest Group* has been very productive under the co-leadership of Drs. Wendy Young and Enza Gucciardi as a result of extensive collaboration between a number of new and established research teams. RIG associates now include researchers from Memorial, Ryerson, McMaster, Dalhousie, Guelph, University of Alberta, the University of Toronto, the Centre for Addiction and Mental Health, and a network of community organizations.

To date, two seed grant projects have been launched: *Dissecting the 'Obesogenic' Environment of CAMH Service Users: Clients' Perspectives* and *The Development of a Community-Designed Diabetes Self-Management Education Program for Women of Colour*, the full descriptions of which can be found on the CUHI website. *Dissecting the 'Obesogenic' Environment of CAMH Service Users* has undergone ethics review and will begin data collection this November. There are two systematic literature reviews in progress for *The Development of a Community-Designed Diabetes Self-Management Education Program for Women of Colour*. CUHI has also supported the submission of a CIHR Knowledge Dissemination Grant proposal to host a nationwide workshop in the fall of 2009.

CUHI has awarded faculty release funds to Dr. Margareth Zanchetta of Ryerson's School of Nursing to support her continued work on health literacy. This fall Margareth is submitting a proposal for a pilot study, leading to a full proposal addressing men's health literacy within a multicultural context toward self-management of chronic disease.

Community Dietician, Yogeeta Sharma of Women's Health in Women's Hands (WHIWH), has been seconded as CUHI's 2008/2009 Community Intern. She is working with Drs. Gucciardi and Zanchetta to investigate diabetes management among non-status women of colour, a priority identified by her community health centre. Yogeeta has begun training on qualitative and quantitative research methodologies and is working on her research proposal.

The RIG has awarded a fellowship to PhD Candidate Jennifer Boyko, of Health Research Methodology, Clinical Epidemiology and Biostatistics at McMaster University. Jennifer's thesis is entitled *Deliberative Dialogues as a Mechanism for Knowledge Translation*. Clinical Engineering graduate student Rachel Zhang will also be working with the RIG to support the evaluation of the "Healthy Weights: Halton Takes Action" CIHR funded intervention study.

“Environmental Health Justice in the City” – A New CUHI Research Interest Group

On October 9th 2008, students, community members, NGO representatives and researchers gathered at Mozart's Piano Café to celebrate the launch of a new interdisciplinary Research Interest Group (RIG) on urban environmental health justice, funded by the Centre for Urban Health Initiatives. Over crepes, brownies and piano melodies attendees networked, socialized and were informed through short speeches by project leads, about the proposed aims and activities of the RIG and ways to get involved.

The *Environmental Health Justice in the City* RIG is led by co-directors Blake Poland (Dalla Lana School of Public Health, University of Toronto) and Cheryl Teelucksingh (Sociology, Ryerson) and Deputy Co-Directors Jeffrey Masuda (Canadian Network on Health, Environment and Social Equity) and Mark Pajot (Peel Public Health). Membership includes faculty and students from several disciplines at five universities, and has established and developing partnerships with a variety of policy stakeholders, including Health Canada, the Ontario Ministry of Health & Long Term Care, Ontario Ministry of Environment, Peel Public Health and Toronto Public Health. Community stakeholders include the Environmental Justice Organizing Initiative, the Canadian Environmental Law Association, Just Earth and St. Christopher House. Visit our webpage for an extensive list of partners
<http://www.utoronto.ca/cuhi/research/environmentalhealth.html>.

In 2007, several RIG members conducted an extensive review of the Canadian literature on environmental health equity. They found a preponderance of descriptive quantitative research on point source exposures and few published studies of qualitative and theoretically informed work linking environmental health justice to the uneven social distribution of health. The review also found a disconnect between environmental health research and promising work on asset-based community and collective resilience-enhancement in other sectors, disciplines and jurisdictions. The *Environmental Health Justice in the City* RIG was formed to address these lacunae, and to catalyze the development of intersectoral linkages and the emergent critical mass of researchers, policy-makers, students and NGOs interested in environmental health justice.

Environmental health justice is a process for enabling marginalized populations to improve health and environmental systems in ways that both *redress* past and present discrimination, to improve access to environmental benefits, as well as to promote equity in *access* to information and decision making that optimizes the conditions of their health and well being.

To that end, the goal of this RIG is to assess (measure), understand (explain, account for), and address the relationship between social inequality and environmental health. RIG research foci include: (1) perception, governance, distribution of environmental health inequities in the urban context; (2) urban form and the built environment as key components of

environmental justice, as well as (3) climate justice in an urban context.

Upcoming RIG events include the launch of the Urban Environmental Health Justice Seminar Series. The first seminar delivered by Geoffrey Edwards on Nov. 13th was entitled, “Arts-Informed, Embodied Research Installations” which highlighted its application to public health research. More seminars are being scheduled for December, and monthly in the new year. Additionally, there are two Conversation Café’s being planned for the new year, in Parkdale and in the Peel region with the goal of bringing community stakeholders together to dialogue about important issues related to environmental health justice. Visit our website for information about future events or contact us by email at EHJCRIG@gmail.com.



Photo contributed by Alexis Kane Speer

In addition to RIG operational funding, CUHI seed grant funding has been secured for two exploratory studies.

1. “**Toward a Community-based Participatory Research Partnership for Environmental Health Justice in Parkdale, Toronto: A Capacity Assessment and Pilot Study**”
Jeffrey Masuda (UBC/University of Toronto), Rick Eagan (St Christopher House), Cheryl Teelucksingh (Ryerson University) and Blake Poland (University of Toronto)

This study, in partnership with St. Christopher House, PARC and other Parkdale organizations will use Photovoice methods to assist low-income residents in documenting environmental justice issues in their community as a basis for local activism and the development of environmental health justice indicators grounded in the experiences and insights of marginalized communities.

2. “**Arts-Enabled Approaches to Popular Education on Global Warming**”

Geoffrey Edwards (Canada Research Chair in Geomatics, Université Laval) & Marie Louise Bourbeau (Bourbeau Voice Dynamics)

This study is focused on the development of interactive, embodied, arts-enabled methods for engaging practitioners and members of the public in urban climate justice issues.

IRONhI Update

Since its proposal in the spring of 2006, IRONhI has completed three core neighbourhood projects: systematic social disorder observations, concept mapping of mental health and well-being and a neighbourhood health survey. It has supported the research of two University of Toronto Department of Geography graduate students which focused on issues of residential food production and the role of public space in the well-being of urban residents. IRONhI has provided research experiences for over fifty undergraduate students in various capacities. Furthermore, CUHI is currently supervising four University of Toronto Health Studies students who are using the data from IRONhI's core projects for independent study projects. At least one of these student projects will focus on disseminating IRONhI results to community agencies and service providers in the studied neighbourhoods, providing valuable information on residents' perceptions of health service delivery, self-rated health and their health priorities. Finally, a report based on findings from the neighbourhood health survey is being prepared for the Ontario Ministry of Health and Long-Term Care. Two presentations on IRONhI projects were given at this year's International Conference on Urban Health in Vancouver.

Utility and Feasibility of a Rapid Assessment Tool for Small Area Health Needs in a Metropolitan Canadian Context

H. Gibson-Wood, A.M. Jabbar, M. Zangeneh, J.R. Dunn

Routinely collected data sources lack adequate information on neighbourhood level health outcomes. Such data would be particularly useful for regionalized health authorities to identify small-area health needs. This study developed and pilot tested a rapid assessment tool for small-area health needs to assess health status and health needs in four low-income Toronto neighbourhoods (Eglinton East, North St. Jamestown, South Parkdale, and Weston-Mt. Denis).

The survey was primarily derived from the Canadian Community Health Survey (CCHS) and other valid Canadian health questionnaires. Respondents were randomly selected and completed a face-to-face interview between August 2007 and March 2008. Associations between three health outcome variables (self rated health status (SRHS), frequency of alcohol intake, and time since last dentist visit) by low-income neighbourhood (LIN) were examined. Frequencies of the health outcome variables were also compared to CCHS data. Sample size included a total of 785 residents.

Results yield significant neighbourhood differences in frequency of alcohol intake and time since last dental visit. Health outcomes were poorer among the LINs in comparison to CCHS data, most notably, among those who drink alcohol. Findings demonstrate the utility and necessity of neighbourhood level survey methods in assessing health status and health needs in a Canadian metropolitan setting. With appropriate implementation, the methodology may provide critical data for healthcare decision-makers.

Space for Healthy Communities: An Exploration of the Relationship between Public Space and Health in Four Toronto Neighbourhoods

The IRONhI research infrastructure has supported the graduate work of two students from the University of Toronto's Department of Geography. The most recent of these studies looked at the relationship between public space and health in the four low-income IRONhI neighbourhoods.

There is an increasing awareness that neighbourhood attributes of social, economic, service and built environments influence health. This study's objective was to investigate the relationship between access to public space and self-rated health status, specifically those aspects of public space which foster place attachment and may address urban health concerns in multicultural communities. CUHI Centre Coordinator Alexis Kane Speer and Professor James Dunn analyzed data collected from a community health survey conducted with residents in four diverse Toronto neighbourhoods with contrasting built forms for project. The project was titled *Space for Healthy Communities: An Exploration of the Social Pathways between Public Space and Health*.

The investigation was framed by a model that conceptualized the pathways between the lived experience of space and health as influenced by the physical and mental dimensions of space. The lived dimension of space impacts an individual's likelihood of establishing place attachment. The model also emphasized that there are many different ways to experience the same space.

The findings partially supported the model used. The results suggested that indicators of both physical and mental space are related to lived space. Furthermore, the results support the hypothesis that there is a relationship between the lived dimension of space and health, its most important impacts being on mental health. Mental health appears to be the outcome most affected by indicators of place attachment. Several of these relationships were found more commonly in the densest populated of the four neighbourhoods. Variations were found between foreign- and Canadian-born residents, which suggest that each subgroup values different elements of public space. Nearly one quarter of participants indicated that public space concerns were among their top neighbourhood priorities, which suggests that residents are aware that neighbourhood public spaces play an important role in their local social environment.

Findings from this study has been submitted to the pending "Healthy Communities and the Built Environment" publication of the Public Health Agency of Canada and the Ontario Healthy Communities Coalition, as well as presented at this year's International Conference on Urban Health in Vancouver. A detailed report on the project can be found at: <http://www.utoronto.ca/cuhi/research/neighbourhoodrig.html>.

CUHI Continues to Support Health Studies

As part of CUHI's commitment to the Health Studies Program at University College, CUHI has provided faculty release time to Health Studies Program Director, Dr. Paul Hamel, to support his research related to neighbourhood disparities on health. CUHI has also provided teaching stipends for a post-doctoral fellow to provide mentoring and supervision supports to Health Studies students conducting research projects.

Several undergraduates enrolled in the program were sponsored to attend the *Determinants of Health – Toronto in a Global Village* symposium, held at the University of Toronto this fall. Students who attended the symposium expressed that they "just wanted to get up and do something." One student articulated that "it clarified for me, what I can do with my health degree... its helping me connect ... to hear and see those people at the symposium was great and made it real for me". Another student commented that without attending this symposium "I would not have known all health can mean and so many things people do."

Presently, CUHI has facilitated research placements for several of the Health Studies Practicum students with various academic, community and policy partners. CUHI is supervising one student on a qualitative project investigating the neighbourhood health priorities of Toronto residents.

CUHI is supporting four 4th year Health Studies students in their independent research studies by matching them with supervisors. Lucia Fiestas Navarrete, Thomas Krakowski and Christine Oh will be doing secondary analysis of the IRONHI community health survey to explore research questions on the determinants of health. Marjorie McAllister is exploring criminal diversion for those with severe and persistent mental illness. Additionally, work space and access to statistical software will be provided to these students. CUHI has also facilitated the placement of 4th year student Sarah Young with the *Performed Ethnography, HIV/AIDS & Aboriginal Youth* seed grant project.

During the summer of 2008, CUHI hired Health Studies student, Kristin McIlroy through the Ontario Student Experience Program to work on the Toronto Teen Survey with Planned Parenthood of Toronto. The project team was so impressed with Kristin's commitment to the project that CUHI was able to support her continued employment through the 2008/2009 academic year as a work-study student. Along with Kristin, two other work-study students have been hired to support the work of our Environmental Health Justice and Chronic Disease Prevention and Management RIGs, while gaining valuable research experience. We welcome and look forward to working with Ciann Wilson and Rachel Zhang.

Kristin McIlroy (4th Year Student, Health Studies and Human Biology, University of Toronto)

I spent the summer working at Planned Parenthood Toronto as a part of the Ontario Student Experience Program, and I am now continuing for the year as a work-study student; both supported by CUHI. I have been working with the Toronto

Teen Survey (TTS), a community-based research project investigating the barriers for diverse youth to accessing sexual health services in Toronto. I have had the opportunity to gain experience in qualitative and quantitative analysis of data as well as participate in focus group facilitation training. I have also been compiling literature and summaries of our collected data into fact sheets that will be disseminated to service providers working with youth.

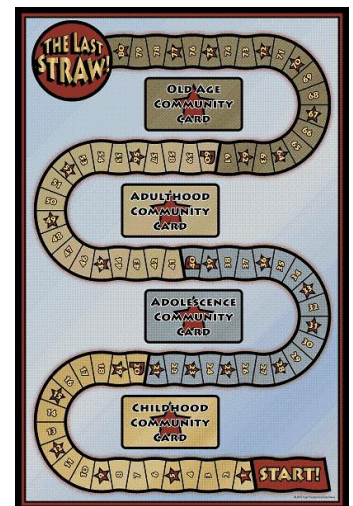
Working with TTS, I have had the opportunity to work with a diverse team of researchers from a variety of backgrounds, and have learned a lot about research process by participating in project team meetings. I have also been able to meet the staff at Planned Parenthood and see all of the great work going on in the organization. This whole experience has helped to shape my future educational goal of pursuing a master's degree in epidemiology. I am looking forward to continuing with the project as we move forward to the next phases of focus groups with youth and dissemination of results.

The Last Straw Board Game on the Social Determinants of Health: French Copies Available!

In Spring 2008 medical student Kate Reeve (McMaster) and doctoral student Kate Rossiter (University of Toronto) released English copies of their innovative teaching tool called "The Last Straw: A Board Game on the Social Determinants of Health."

Last month Kate and Kate released the next iteration of the game: a French translation. Like English copies of the game, the French copies can be purchased through the company's website: www.thelaststraw.ca. Kate and Kate are delighted that the game is available to players across Canada, and are contemplating further translations in order to make the game accessible on a global scale.

The Last Straw is a teaching tool on the social determinants of health. Originally developed by Kate Rossiter and Kate Reeve for a health promotion class in 2004 at the University of Toronto, the game is now produced and distributed by Progressive Moves Consulting Inc. Partners include the Association of Faculties of Medicine of Canada, the Wellesley Institute, Fernwood Books, the Centre for Health Promotion. The Centre for Urban Health Initiatives continues to play an integral role in promoting this innovative education tool.



Examining Determinants of Health among Immigrant Populations in the Dixie-Bloor Neighbourhood – Seed Grant Update

"My health has improved because I always have everything I need here...": A qualitative exploration of change in health status since migration.

CUHI's Spotlight on Urban Health seminar series continue to profile the seed grant projects that we fund. On December 10th, Dr. Kathi Wilson of University of Toronto Mississauga's Department of Geography and Planning will be presenting results from the CUHI/Wellesley co-sponsored seed grant *Examining Determinants of Health among Immigrant Populations in the Dixie-Bloor Neighbourhood*, in which she partnered with the Dixie-Bloor Neighbourhood Centre.

Immigrants in Canada constitute approximately 20 percent of the total population and will continue to account for a significant portion of the country's population in the future. Accordingly, a growing body of research has focused on examining the disparity in health status between the increasing foreign-born and the Canadian-born populations. The healthy immigrant effect, in particular, acknowledges that immigrants have better health status than their Canadian-born counterparts upon arrival in Canada. However, studies have shown that over time immigrants' health status declines to the level of the Canadian-born population. This study is one of the first to qualitatively examine the factors associated with the observed change in health status among immigrants. The paper presents the results of 23 in-depth interviews with recent (less than 3 years of residency), mid-term (3-10 years), and long-term (more than 10 years) immigrants living in the Greater Toronto Area. The findings reveal that the majority of the participants believed their health had remained stable or increased over time due to improved living standards and lifestyle behaviours in Canada. Those who perceived their health to have worsened over time attributed the change to life course events rather than a lack of health-promoting opportunities in the country or their adoption of an unhealthy lifestyle. This research highlights the need to incorporate more mental health measures into the current understanding of the healthy immigrant effect and its decline, as well as continue to focus on those factors that contribute to high levels of stress and subsequent negative health outcomes among more recent immigrants.

Dr. Wilson will be presenting project results on Wednesday, December 10th – please see the back cover of the newsletter for further details.

Homelessness: Solutions from Lived Experiences through Arts-Informed Research – CUHI Sponsored Event

As part of our commitment to innovative research methodology and knowledge exchange, CUHI, along with other partners, proudly sponsored an event to launch a policy report on homelessness. The event showcased two CUHI/ Wellesley Community-Based Research Award of Merit recipients as well as one CUHI seed grant project, all related to issues of housing insecurity. The *Coming Together: Homeless Women, Housing and Social Support* (2007 CBR Award of Merit Recipient), the *Street Health Community Health Survey* (2008 CBR Award of Merit Recipient) and the *Which of the Following is Not an Essential Service; Roads, Schools, Food Access?, Exploring Food Security with Young Aboriginal Moms* (2006 Seed Grant Recipient) project teams worked with five other arts-informed community-based research projects to raise awareness of issues related to homelessness in Toronto.

These eight innovative projects came together as a Collaborative to showcase the art produced by each study and to release a policy recommendations report at Metro Hall on Oct. 1, 2008. These projects were unique in their inclusion of peer researchers and use of participative research methodologies. The participation of peer researchers (research team members who had themselves experienced homelessness) directly recognize these individuals as the "experts" of their own lived experiences with valuable knowledge to inform solutions in addressing homelessness.



Photo contributed by Alexis Kane Speer

The Exhibit was very successful, attracting several hundred visitors, including community members, service providers and politicians and receiving significant media attention.

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The launch of the policy recommendation report, "Homelessness – Diverse Experiences, Common Issues, Shared Solutions: *The Need for Inclusion and Accountability*", emphasized that the face of homelessness is varied and draws from the multiple and diverse voices of people and experiences. In addition to the need to ensure adequate income, affordable and appropriate housing, quality health care, social and community support, the report capitalizes on the importance of inclusion and accountability in order to address homelessness. Governments and service providers need to ensure that diverse people with experiences of homelessness are included in the development and delivery of programs, services, policies and systems, and that these systems are accountable to the people they are meant to serve.

For more information, please visit www.artsandhomeless.com or email Professor Izumi Sakamoto at izumi.sakamoto@utoronto.ca.

Older Women's Perceptions/Experiences of and Responses to Abuse/Violence in the Post-migration Context

CUHI has a history of partnering with the Wellesley Institute to support emerging community-based urban health research. In the spring of 2008, CUHI and Wellesley provided funding to Dr. Sepali Guruge of Ryerson University's School of Nursing and the Vasantham Tamil Seniors' Wellness Centre. This pilot study will explore the experience of intimate partner violence among female newcomers to Canada in St. Jamestown – one of IRONHI neighbourhoods.

Violence against women (VAW) occurs in every community and society, and takes many forms. According to Statistics Canada reports on victims of violence, while both older and younger victims are more likely to be abused by someone known to them, nearly half of older victims were abused by a family member, including their current/previous intimate partner. In the post-migration context, older immigrant women also face other forms of violence that arise out of racism and ageism in society at large. Literature on this topic is limited.

This pilot study will explore the topic of abuse/violence among older immigrant women from one immigrant community in Toronto. Our objective is to understand the perceptions of abuse/violence, its risk and protective factors that shape older Tamil women's experiences of and responses to VAW in the post-migration context, and the resources they require to respond to VAW in a manner that is most appropriate for them. The need for the study arises out of a) the concerns of the study community partners; b) the findings of previous research, and health and settlement work; and c) results of a preliminary literature search.

This qualitative study will be informed by a social determinants of health approach and a feminist theoretical perspective. Such an approach facilitates a gender- and diversity-based analysis of a broad range of factors that affect the health of women (Thurston, 1999).

The research plan is to conduct 10 to 12 in-depth individual interviews using a combination of unstructured to structured, and open-ended to close-ended questions to allow maximum flexibility in exploring the topic in-depth. Following the completion and analysis of the individual interviews, 2 focus groups will be organized (each consisting of 5 to 8 women) to generate further information from a diverse group of women and to obtain their responses and reactions to the emerging ideas. The interviews and focus groups will be conducted in Tamil and/or English at various community locations that are safe and convenient to the participants.

Interviews and focus group discussions will be translated and transcribed for analysis. Transcripts will be read by each team member individually to develop codes. At regular team meetings, codes will be compared, discussed, and consensus reached about the emerging coding scheme. The subcategories already developed will be compared with the new codes to determine commonalities and variations, and collapsed and condensed to develop categories. Gaps in emerging relationships will be addressed in subsequent interviews and/or focus groups.

CUHI Welcomes New Community Intern: Yogeeta Sharma from Women's Health in Women's Hands Community Health Centre

We are delighted to introduce our new Community Intern, Yogeeta Sharma, a Community Dietitian from Women's Health in Women's Hands Community Health Centre. Yogeeta will be participating in the Chronic Disease Prevention and Management Research Interest Group with Enza Gucciardi and Margareth Zanchetta to examine diabetes prevention & management in non-status women of African, Caribbean, Latin American and South Asian descent living in the Greater Toronto Area. In her first few months, Yogeeta has taken training courses in NVIVO, SPSS and community based research methods including the conduct of focus groups. She has been inspired by her experience working with non-status women as a Dietitian and by her discussions with Margareth Zanchetta to dive deeply into examining issues of non-status women related to diabetes management and to the development of a thought provoking hypothesis. She has also made connections with the Canadian Diabetes Association, Food Secure Canada and the Toronto Central Local Health Integrated Networks regarding her project and hopes the results will prove meaningful to the population she serves.

We would like to give a royal welcome to Yogeeta Sharma and thank Women's Health in Women's Hands Community Health Centre for their collaboration. This is a capacity building exercise that can provide opportunities for health research in community members.

Honouring Community-Based Research at Its Best

CUHI and the Wellesley Institute presented the Community Based Research Award of Merit on Thursday, October 2nd at the 10th Anniversary Wellesley Institute event. Each project team that was recognized demonstrated exemplary participation in community based research defined as a collaborative approach to research that equitably involves all partners in the research process and recognizes the unique strengths that each brings. CBR begins with a research topic of importance to the community with the aim of combining knowledge and action for social change to improve community health and eliminate health disparities. The Selection Committee was unified in their decision to name the projects teams for the Award of Merit and the Honourable Mention.



Photo contributed by Alexis Kane Speer

Award Winner: *The Street Health Report*, Erika Khandor & Kate Mason (Street Health).

This project involved extensive collaboration with community, academic and institutional partners including Casey's House, Regent Park Community Health Centre, the Centre for Research on Inner City Health at St. Michael's Hospital and the National Film Board of Canada. The total number of team members was 43 including 15 peer researchers with lived experience of homelessness. The report explores the daily living conditions of homeless people and presents findings on the physical and mental health status of homeless people, how they use health care services, and the barriers homeless people face when using these services. In partnership with the National Film Board of Canada's Filmmaker-in-Residence project, the study also conducted qualitative interviews and portrait photographs with a sub sample of the study

participants that were used to create a photo and sound exhibit, as well as a 9-minute film entitled *Street Health Stories*.

Street Health conducted this study to create current evidence on which to ground its and other community groups' ongoing advocacy efforts addressing poverty and homelessness. The report outlines an action plan of targeted policy and program recommendations to improve the health of homeless people and to ultimately end homelessness. More information on the Street Health Project and CBR Award can be found on the CUHI website with links to the Street Health website.

Honourable Mention: *Promoting Breast Health among Ethno-cultural Women in an Underserved Health Region: Barriers, Facilitators and Best Practices*, Dr. Uzo Anucha (Faculty of Social Work, York University)

This community based research project focused on understanding the barriers and facilitators of women from continental Africa and Asia who experience language and cultural challenges to accessing breast screening and health promotion in Windsor/Essex County. The project team consisted of seven community partners including the Multicultural Council of Windsor Essex County; the South Asian Centre of Windsor, Windsor Women Working with Immigrant Women; the Windsor Essex County Health Unit, and the Ontario Breast Screening Program. In total there were 25 members on the project team.



Photo contributed by Alexis Kane Speer

The findings informed the development of a culturally competent education and awareness programs for women and health care providers thereby building the capacity of the Windsor/Essex community to promote breast health within a growing diverse population.

CUHI Sponsored Health Research Seminars

December 3, 2008, Wednesday, 12:00-2:00pm
(Rm. 618, Dalla Lana School of Public Health, 6th Floor, Health Sciences Building, 155 College Street)
How to Involve Youth as Co-researchers
Dr. Sarah Flicker, Environmental Studies, York University & Urban Youth & the Determinant's of Sexual Health RIG Leader

December 10, 2008, Wednesday, 1:15-2:45pm
(Rm. 177, University College, 15 King's College Cir.)
Examining Determinants of Health Among Immigrant Populations in the Dixie-Bloor Neighbourhood
Dr. Kathi Wilson, Geography & Planning, University of Toronto
Mississauga & 2006 CUHI Seed Grant Recipient