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Echo News - March 2010

Just released - POWER Study Access to Care chapter



A key finding in chapter seven of the Echo funded POWER Study highlights immigrants - particularly women identifying themselves as South Asian, West Asian or Arab - as having the most difficulty accessing a doctor to address an urgent health concern or to monitor health problems. Visit the [POWER Study](#) page on our website to view chapter highlights and links to this and other chapters in the POWER Study series.

Access to Care is the final chapter in volume one of the POWER Study. Volume two chapters are already in development and include Diabetes, Musculoskeletal Disorders, HIV Infections, Reproductive Health, Social Determinants of Health and Populations at Risk.

The POWER Study is funded by Echo and conducted by researchers at St. Michael's Hospital and the Institute for Clinical and Evaluative Sciences.

[MINORITY WOMEN LEAST LIKELY TO GAIN ACCESS TO A DOCTOR, STUDY SAYS](#) 
[Access to Health Care Services, Chapter 7, Highlights \(1.3MB\)](#) 
[POWER Study Access to Care chapter](#)

We're working on a women's health strategy for Ontario



Did you know that...

- Over 80% of women reported having unmet mental health needs (Lin et. al, 2009)
- Marginalized women face barriers that make them less likely to access cancer-screening (and less likely to follow up on screening results)
- Among patients 50 and over, women appear less likely to be admitted to an intensive care unit and receive selected life-supporting treatments (Fowler et al., 2007)

Ontario women continue to experience significant health disparities that could be readily reduced. Together with partners and stakeholders from across the province, Echo is currently developing a women's health strategy to target

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priority actions directed at these inequities.

The strategy will build on the year-long consultation process conducted by Diana Majury in association with the Honourable Elinor Caplan in 2007, which identified mental health and addictions, management of chronic disease and sexual and reproductive health as Echo's three priority areas for action. It will also build on the collaborative work of the [POWER Study](#), which provides a baseline assessment of equity (and inequity) in the Ontario health system.

A draft strategy will be completed by late spring, after which Echo will seek input from across the province throughout the summer and fall. We encourage you to email womenshealthstrategy@echo.ca to provide your comments, opinions and ideas.

Pat Campbell discusses the impact of media on women's health



Our CEO Pat Campbell participated in a panel discussion hosted by the McMaster Health Forum on March 8th – International Women's Day, where she and fellow panellist Shari Graydon, responded to keynote speaker, Dr. Marla Shapiro's address on the impact of media on women's health and wellness.

An author and health consultant for Canadian news programs, Dr. Shapiro talked about how media operates and the fact that media messages can and do instill fear in the public. Once people are scared, it's hard to shift opinions and behaviour despite newer information. She suggested there needs to be a better translation mechanism of scientific findings related to health, which is not always possible to do in "sound bites".

Almost 200 people attended the forum with many posing thoughtful questions to the panel.

Shari Graydon is a writer and consultant who works to help individuals and organizations communicate effectively about education, health and social justice issues.

Board members passionate about health care reform

Lori Marshall and Marianne Park both agree that placing a specific focus on women's health will help strengthen Ontario's health care system and improve the overall health and well-being of Ontario women. As members of Echo's Board of Directors both women bring unique skills, experiences and perspectives to their role on the board providing valuable insight and input toward Echo's mission of greater health for women through leadership, productive partnerships and research-based action.

Here's what both women had to say when asked about women's health, what it means to them and how they plan to make a difference...

Why is women's health an important issue for you?

Lori

As a hospital administrator, I see women accessing the health care system on a daily basis. Some programs, specific to women such as mammography or obstetrics, do a

great job in tailoring care to women appropriately. However, in other areas such as cardiac or mental health care, gender inequity may not be as obvious to us. My interest lies in improving the system for women in these specific areas.

Marianne

Women's health is an important issue personally for a number of reasons. My family and I have been faced with many health challenges and these experiences have spotlighted for me the need to provide health care through a gendered lens taking into account how men and women's lives are different.

What do you hope to achieve through your role on Echo's Board of Directors?

Marianne

I hope to bring my extensive experience in the field of violence against women coupled with my lived experience of being a woman with a disability to assist in developing strategic directions for the agency.

Lori

As a resident of Northwestern Ontario, I bring a northern perspective to Echo's Board of Directors. I hope to influence greater policy decisions around gender equity, particularly where geography or culture may add complexity to access issues.

What do you think is needed to increase equity in Ontario's health care system?

Lori

Equity is a complex concept. To provide the greatest impact on the system, we need to understand where and why inequities exist. Research focused on this area is imperative as it identifies the challenges health providers need to engage on and helps define targeted strategies to improve the quality of the system. Finally, evaluation of these strategies is essential to ensure wise use of our limited health system resources. Often change in how we are doing things will go a long way in improving the capability of the system to reach more people and better address their needs.

Marianne

I believe an open dialogue between all stakeholders would assist in equity. I think emphasis on health care prevention for all people in Ontario is important.

[Lori's bio](#)

[Marianne's bio](#)

[Echo's Board of Directors](#)

Celebrate World Health Day on April 7, 2010

[World Health Day](#) 2010 will focus on urbanization and health.

Interesting Resources

You may also find the following reports of interest...

[Echo's Submission to the Select Committee on Mental Health and Addictions](#)

[Women and Tobacco Info Pack](#)

[The Chief Public Health Officer's Report on The State of Public Health in Canada 2009](#)

[Study: Projections of the diversity of the Canadian population](#)

ECHO CALENDAR



Living with Bipolar Disorder

Date: Wednesday, April 14, 2010
Time: 6:00 p.m. -9:00 p.m.
Venue: Elmvale Curling Club
14 George St, Unit A
Elmvale, Ontario

Organizer: John ORourke, PhD Candidate Psychology and Joy Irschick, BSW

» [View event details](#)



Bringing Cognitive Behavioural Therapy to the Front Lines

Date: Wednesday, April 14, 2010
Time: 9:00 a.m.-4:00 p.m.
Venue: West Park Healthcare Centre
Jane and Weston Rds
Toronto, Ontario
Organizer: West Park Healthcare Centre, Seniors Mental Health Service

» [View event details](#)



Living with Bipolar Disorder

Date: Thursday, April 15, 2010
Time: 6:00 p.m.-9:00 p.m.
Venue: Tara Community Centre
133 Hamilton St
Tara, Ontario

Organizer: John ORourke, PhD Candidate Psychology and Joy Irschick, BSW

» [View event details](#)



Psychotherapy Effectiveness: Making therapeutic use of counter-transference and mentalizing

Date(s): Friday, April 16, 2010
to Saturday, June 12, 2010
Venue: Mount Sinai Hospital
Toronto, Ontario
Organizer: Mount Sinai Hospital, Department of Psychiatry

» [View event details](#)



Innovations in Aging: Transforming our Future - Ontario Gerontology Association

April 29th-30th, 2010
Sheraton Parkway North Toronto Hotel

» [View event details](#)

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