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Echo News - May 2010

2009 Successful Applicants



Echo released eight RFAs (Requests for Application) in 2009 and received an enthusiastic response from women's health researchers across the province. All applications were reviewed internally for eligibility, completeness and relevance. Upon successfully passing through these stages, the proposals were then evaluated by three external scientific and/or community reviewers as appropriate. Finally, external review results were compared with those of other comments from all three external reviewers.

A list of [successful applicants](#) is now posted on our website.

We also invite you to view the following [RFAs](#) recently posted:

- Initiating a current state/knowledge review on cardiac and stroke rehabilitation for women
- Informal caregiver education: Best practices for empowering caregivers

Women's Health Research Café in June



Join Echo for breakfast on June 15, 2010 from 7:00 a.m. – 8:30 a.m. to chat informally about the Ontario Women's Health Strategy. Conveniently scheduled during the [Canadian Public Health Association Conference](#) at the [Sheraton Centre Toronto](#), participants will have an opportunity to preview some of the strategy highlights and engage in valuable group discussions in an innovative café format.

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SUBMIT

Submit your events and articles here

Echo is accepting articles and event submissions. Please contact Julie McFayden for submission requirements at 416.597.9687 ext. 232 or [via email](#).

Space is limited so please **register early**.

Women's Health Research Cafes are 'like friends getting together for coffee'. You will be interested in attending if you:

- 1) believe research is more accessible and useful when offered in plain language discussion;
- 2) want to participate in an event that aims to bridge the worlds of community, science, and policy; and
- 3) like to explore the 'landscape' of an idea and see where the conversation goes.

Women's Health in Ontario - 20 minute survey



Please encourage all women (family, friends, and those you work with as well as yourself) to take a moment to fill out a [20 minute survey](#). The survey gives women of Ontario a way to identify their health priorities and provide direction for researchers and policy-makers.

This electronic survey will seek to hear from women across Ontario about the health issues that are of most interest to them, especially in relation to personal experiences with health and gaps in access to services, information and treatment. The information gathered will help to increase our understanding and provide an overview of what Ontario women believe are their health issues.

This is an anonymous survey for statistical purposes. The questions in this survey are meant to help gather information on factors known to impact health.

This survey is part of a project called Health Research Knowledge Translation: Including the Voices of Ontario Women. A collaborative partnership, including the Ontario Women's Health Network, and under the guidance of an Advisory Committee, funded by Echo: Improving Women's Health in Ontario.

Please take 20 minutes now to click on the survey link and have your say today. Please fill out the survey by June 15, 2010.

[Link to survey](#)

If you have any questions or concerns, please contact Tekla Hendrickson at tekla@sympatico.ca

Congratulations to Pat Armstrong on her major SSHRC award



Dr. Pat Armstrong, Chair of the Canadian Health Service Research Foundation (CHSRF) /Canadian Institute of Health Research (CIHR), has been awarded a prestigious \$2.5-million award to lead an international study to identify promising practices for understanding and organizing long-term residential healthcare.

[Read more](#)

Interview with an Echo Research Chair



Dr. Nazilla Khanlou is Echo's OWHC Chair in Women's Mental Health Research at York University in Toronto. We checked in with Dr. Khanlou recently to hear more about her work and research. Echo's predecessor organization, the Ontario Women's Health Council (OWHC) originally established four chairs in women's health across Ontario. Dr. Khanlou was appointed in 2008 with a focus on Women's mental health. Ms. Tahira Gonsalves is the Chair's Research Office Coordinator and a PhD Student in Sociology at York University (owhchair@yorku.ca).

Why a special focus on Women's mental health?

Dr. Khanlou: Mental health is important for all of us. However, the circumstances that influence mental health and mental health outcomes are gendered. A focus on women recognizes that disparities affecting women's mental health differ and, at the same time, appreciates the resilience of women across their lifespan. Researching, educating, and advocating for women's mental health provides important opportunities to have an impact on the mental health of entire populations, given the many roles women hold as mothers, daughters, sisters, employees, caregivers, and citizens.

What are you currently working on?

Dr. Khanlou: We have completed our multi-method data gathering with Access Alliance Multicultural Health and Community Service. We looked at the diverse understandings of mental health among newcomer youth and their families. The project is funded by Children's Hospital of Eastern Ontario as part of its Provincial Centre of Excellence for Child and Youth Mental Health initiative. In another project, in partnership with the Wellesley Institute, we are looking at the link between neighbourhood and health through a qualitative study.

In 2009 I wrote two policy reports, one for the Public Health Agency of Canada (PHAC) on Immigrant Mental Health and another for the Provincial Ministry of Health and Long-Term Care on Immigrant Health in Ontario. This year I co-authored another policy report for PHAC on the topic of resilience and mental health promotion in among children and youth.

How does Echo's funding of women's health chairs help improve women's health?

Dr. Khanlou: Echo Chairs focus on related and yet distinct dimensions of women's health. The knowledge arising out of the chairs' research programs as well as the opportunities for collaboration, mentorship, education, dissemination helps with capacity-building in women-centred health policy and practice across Ontario and beyond. The existence of Echo and its support of the chairs send a clear message that the organization is committed to linking policy to knowledge-based practice toward improving the health of Ontario's women.

Some have suggested that women's studies programs in universities are no longer necessary. What's your perspective?

Dr. Khanlou: I have heard this argument before. I am not sure how one can justify that women studies are no longer necessary given 1) the important theoretical and empirical knowledge women studies programs have provided, 2) drawn attention to the intersections of inequity existing within and across societies; and 3) the continuing socio-economic gaps between women and men, and differential access to decision-making forums and power, which have an impact on women as a group and also their families, communities, and society at large.

What could be done to improve women's mental health?

Dr. Khanlou: I believe that recognizing the multiple systems that influence women's mental health and how they interact is important. At the individual level, these include each woman's strengths and challenges. At the next level they can include relationships with family, friends, colleagues, and her community. At the larger level they include the barriers to and promoters of full participation of women in diverse segments of society, as enacted through policies, laws and equitable opportunities. Rather than a deficits-based approach, I like to focus on what strengths-based and resilience perspectives can offer us in promoting women's mental health.

Health Equity Survey



This [Echo funded survey](#) is part of a project called Making Gender-Based and Equity-Assisting Frameworks Accessible: Knowledge Translation Strategies for Ontario's Healthcare Professionals. Please take 15 minutes and fill it out. It is anonymous. It will help the Project Team understand how Ontario's health-care professionals use an equity lens in their work. It's one way for you to influence development of knowledge translation strategies and tools to support health-care providers, planners, and policy-makers as well as expand equity as a key criterion when developing, implementing, and evaluating health programs and services. Please fill out the survey by June 30, 2010.

[Link to Survey](#)

Let's Discuss the Ontario Women's Health Strategy



Echo and several partner organizations will travel across Ontario in early summer to engage stakeholders in discussion about the Ontario Women's Health Strategy that Echo is drafting. These events will share information about the current state of women's health in Ontario, involve participants in discussion about their access to and experiences with the health-care system, and gather input around the strategy and its implementation.

The strategy has identified four priority areas for action: improving access to services and addressing barriers; integrating services using a women-centred approach; improving life circumstances for vulnerable women; and adding accountability and planning mechanisms, particularly around the use of sex- and gender-based analysis, to improve health-care quality.

Please go to www.echo-ontario.ca in the near future for an opportunity to provide input into the Ontario's Women's Health Strategy.

Join the discussion



Bioidentical hormones: Are they safe?

The latest controversy swirling around hormones is a mouthful: "bioidenticals." What's going on?

[Read the article](#) on More.ca and log in to our [Health Professionals member section](#) on Echo's website to tell us what you think.

Interesting Links

[The Social Determinants of Health](#)

The Canadian Facts

[Network - Spring 2010](#)

Canadian Mental Health Association, Ontario

[Reducing Environmental Cancer Risk](#)

[What We Can Do Now](#)

2008-2009 Annual Report - President's Cancer Panel

Call for Abstracts

The **Canadian Institute of Health Research** Innovations in Gender, Sex, and Health
Research Every Cell is Sexed, Every Person is Gendered

November 22-23, 2010
Toronto, Ontario

[Website](#)
[Call for abstracts](#)
[Abstract submission form](#)

Event Calendar



June 1, 8 & 15, 2010
Caregiver Support Circle - Owen Sound
VON Grey-Bruce
Venue: VON Owen Sound Office, 1280 20th St. E., Owen Sound
Time: 6:30 p.m. – 8:30 p.m.
For more information contact: Diane Pfeffer or Jacky Herbert, 519-376-5895 or 1-800-265-3138, email: Jacqueline.herbert@von.ca



June 2, 2010
Care of the Elderly Perspectives for Primary Care - Hamilton
Venue: Hamilton Convention Centre, 1 Summers Lane, Hamilton Ontario
For more information contact 905-525-9140 ext. 26327 or silla@mcmaster.ca



June 3, 2010
Women and Diabetes: A Health Information Event - Mount Brydges
Canadian Diabetes Association
Venue: Caradoc Community Centre, 116 Lions Park Rd., Mount Brydges
Time: 9:00 a.m. – 3:00 p.m.
For more information contact Cindy Silva, 519-246-5939, diabeteseducationcentrep@mha.tvh.ca



June 11, 2010
Minwaashin Lodge - The Aboriginal Women's Support Centre's Annual Women's Gathering - Ottawa
Venue: Waupoos Farm, Ottawa
For more information contact 613-741-5590 ext. 258, gathering@minlodge.com
Website: Minwaashin Lodge (<http://minlodge.com/>)



June 13 – 16, 2010
Public Health in Canada: Shaping the Future Together - Toronto
Canadian Public Health Association
Venue: Sheraton Centre, Toronto
<http://www.cpha.ca/en/conferences/conf2010.aspx>

June 15, 2010



Women's Health Research Café on the Ontario Women's Health Strategy - Toronto

Echo: Improving Women's Health in Ontario
Venue: Sheraton Centre, Toronto, York room
Time: 7:30 a.m. – 8:30 a.m.

[Click to register](#)



June 17, 2010
Upcoming Breastfeeding Education - Oakville
Venue: Halton Regional Administrative Bldg., Oakville
For more information contact liza.barcelona@halton.ca



June 18, 2010
Research to Action Conference 2010 - London
Canadian Centre for Activity and Aging
Venue: University of Western Ontario (London Hall), 1151 Richmond St., London
For more information contact Leslie McAdam, 519-661-1607, lbrown59@uwo.ca .
www.ccaa-outreach.com



June 18, 2010
Breastfeeding Current Research and Updates Session - Oakville
Venue: Milton District Hospital, Oakville
For more information contact liza.barcelona@halton.ca



June 23, 2010
Bringing Health Research Out of the Closet - Toronto
Venue: 1214 Queen St. West Toronto
Time: 7 p.m. – 9 p.m.
Please RSVP to jkeystone@rainbowhealthontario.ca to receive updates about this event.

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