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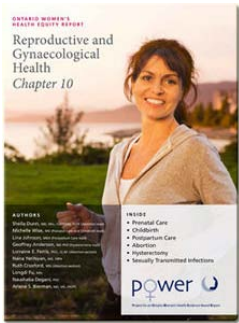
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Echo News - March 2011

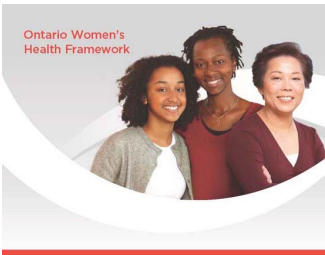
POWER Study Reproductive and Gynaecological Health chapter released



The tenth chapter of the POWER (Project for an Ontario Women's Health Evidence-Based Report) Study was released last month highlighting important findings on c-section rates, hysterectomies, and other sexual and reproductive health indicators for Ontario. More than 1 in 4 babies in Ontario is delivered by C-section.

Visit powerstudy.ca for more information
[Read the news release](#)

Echo Advance Released - Ontario Women's Health Framework - Hearing Women's Voices



Last summer, Echo travelled across Ontario to engage stakeholders in discussion about a draft Ontario Women's Health Framework. We partnered with several organizations on events which provided an opportunity to 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 and health care, and gather input around the Framework priorities. January's issue of Echo News featured Echo Advances on key recommendations from discussions in [Cornwall, Halton, London, Thunder Bay and York Region](#).

This month, we are pleased to release the Echo Advance featuring views shared by over 200 Ontario women from the 5 communities. This input was instrumental in shaping the final recommendations of the framework which will

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RECENTLY UPDATED TOPICS

▶ 1 in 4 new HIV infections in Ontario are among women: study

▶ More than 1 in 4 babies in Ontario is delivered by C-section

▶ The human drama of abortion counselling

▶ Partnering to Help Pregnant Women in Ontario Quit Smoking

▶ Ontario's Mental Health and Addictions Action Plan must consider gender differences

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be released shortly.

[Improving Women's Health in Ontario: Priorities and Actions Hearing Women's Voices from across Ontario](#) 

Echo Congratulates KT Specialist, Dr. Simone Kaptein



We are thrilled to acknowledge the accomplishment of Dr. Simone Kaptein, one of Echo's Knowledge Translation (KT) Specialists, whose manuscript entitled, "Gender, age, arthritis and chronic disease: influence on physical activity behaviours," was recently accepted for publication in the Journal of Physical Activity and Health.

Simone is an asset to Echo's team of qualified KT specialists. Her extensive experience in qualitative and quantitative research and focus on women's health issues, including: women's physical and mental health, promotion of physical activity and sport, gender differences research, and eating disorders and body image provide a strong basis for the important work we do.

Dr. Kaptein's work examined the prevalence of physical activity across three populations with chronic disease, which included musculoskeletal conditions, as well as diabetes, cancer, heart disease, and hypertension. Dr. Elizabeth Badley, Professor, University of Toronto was co-author of the study.

"Make It Real"

Making Gender-Based and Equity-Assisting Frameworks Accessible



In December 2010, Echo funded Make it Real, a project to improve the appropriateness and acceptability of healthcare provided to women in Ontario by increasing the capacity of health care professionals to use gender based analysis and equity assisting frameworks which can support improved health outcomes for women.

The project was lead by Margot Lettner of Wasabi Consulting and Arlene Moscovitch. The team's major findings were:

- 1) Reframe language and perception to avoid exclusionary language and jargon.
- 2) Embed equity into organizational fabric.
- 3) Focus on leadership.

- 4) Adapt existing frameworks and tools.
- 5) Refine knowledge-sharing strategies.

The final report is now available for download on Echo's website, [Health Professional member section - Resources](#).

Peri to Post Menopause Scoping Review



In December 2010, Echo funded a project to assess the current state of knowledge in peri to postmenopausal health in Ontario. Consisting of a literature review, qualitative interviews with key informants and a research synthesis, the project identified four major issues:

1. Menopausal life stages need to be re-framed as a normative, universal, and positive life transition and as a time and opportunity for midlife women to optimize health.
2. Current research has not addressed the experiences of diverse women in Ontario, the effectiveness of alternative and non-prescriptive treatment options for the management of symptoms, strategies for optimizing health, and the development and evaluations of integrated and multidisciplinary care models.
3. Knowledge gaps limit the ability of health providers to assess and respond effectively to midlife women's health needs and preferences.
4. The regulation and licensing of alternative health practitioners and products is extremely controversial and requires further examination.

The project was lead by principal investigator Janet Maher, consultant and Ilene Hyman of the University of Toronto.

The final report and literature review are now available for download from Echo's website, [Health Professional member section - Resources](#).

Patient Tools for Aboriginal Women with Benign Uterine Conditions



In 2010, Echo funded a project to address hysterectomy rates among Aboriginal women in Ontario by developing patient education materials to help them make informed decisions about the options available for treating benign uterine conditions.

Although the project was small in scale and had a short timeline, the preliminary findings offer insights about the design and use of culturally appropriate patient education materials that address the health care and information needs of First Nations women.

The project team included Difat Jakubovicz, Lena Salach, Anna Meuser and Elizabeth Huggins.

The final report is now available for download from Echo's website, [Health Professional member section - Resources](#).

Observances:

April 7th is World Health Day



[April 7th is World Health Day](#)

Antimicrobial resistance: no action today, no cure tomorrow

Interesting Resources:

Gender Differences in Stroke Care and Outcomes in Ontario
Now available through the [Women's Health Issues library](#)

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