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SEARCH

Echo News -January 2012

Message from Pat Campbell



Last year Echo advanced its mission to improve the health and well-being and reduce health inequities for Ontario women. A number of projects have gained momentum and are providing the evidence needed to catalyze change. As we begin the new year with renewed vigour and optimism, we take this opportunity to share a few of our accomplishments:

- The POWER (Project for an Ontario Women's Health Evidence-Based Report) Study has become a vital resource for researchers, educators, policy-makers, providers and consumers. A total of eleven chapters have been released with over 60 investigators involved in the project. This body of work provides a solid baseline of evidence on health and health service equity in Ontario. The final chapters will be released next month and can be accessed at www.powerstudy.ca (<http://www.powerstudy.ca>).
- The [Ontario Women's Health Framework](http://www.echo-ontario.ca/ontario-women%E2%80%99s-health-framework) (<http://www.echo-ontario.ca/ontario-women%E2%80%99s-health-framework>) was released in June 2011. The Framework provides a roadmap for health system improvement activities that will benefit women and girls and responds to the needs women expressed in the Echo Conversation events held in five communities in 2010 and the findings from the POWER Study. All the Framework partners look forward to seeing the action items of this groundbreaking document move forward over the coming years.
- To support the project aimed at helping pregnant or recently pregnant women quit smoking, Echo held a number of community events in 2011. By bringing local women into the conversation around smoking cessation best practices, women were able to help design smoking cessation programs for their communities based in the research evidence regarding smoking. Two of the programs are currently being piloted and will be evaluated over the coming year. A website called Ignite Innovation will be launched early in 2012 to support Echo's smoking cessation work. This project demonstrates how initiatives can be both evidence based and context sensitive.
- Echo joined forces with the Ontario Women's Health Network to support a Women's Health Leadership Development program. Designed to support women to build their leadership capacity the program affords women the opportunity to participate meaningfully and effectively in the systems and structures affecting women's health throughout Ontario and to effectively articulate sex and gender considerations in local planning efforts. This network of community leaders adds to the expanding network of provincial leaders in Women's Health. Echo links to this leadership network through the Researcher Expert Panel, Equity and Inclusiveness Panel and through the [Directory of Women's Health Researchers](http://www.echo-ontario.ca/researcher) (<http://www.echo-ontario.ca/researcher>). You are invited to join the network!

Echo thanks its numerous partners and supporters who make it possible for us to move towards a health system that is effective, reliable and women sensitive. Please continue to follow our activities through this newsletter. We also encourage you to engage with us on [Facebook](http://www.facebook.com/EchoImprovingWomensHealth) (<http://www.facebook.com/EchoImprovingWomensHealth>) and [Twitter](https://twitter.com/#!/echoontario) (<https://twitter.com/#!/echoontario>) as we share and spread knowledge about improving women's health.

New research on problem gambling in women



Gambling has become a growth industry in Canada over the last two decades, but this growth is accompanied by a growing prevalence in problem gambling. Most research on problem gambling focuses on men, but at least one third of gamblers are now female.

Women and men gamble for different reasons, and they gamble in different ways. Women gamblers prefer chance-based games like slot machines, where men prefer skill-based games like blackjack. Men who are problem gamblers generally develop this tendency in their early 20s; women who develop gambling problems tend to be over 30 and living on low income; they turn to gambling to achieve a sense of empowerment.

These and other findings are in the report, Examination of the associations between problem gambling and various demographic variables among women in Ontario. Commissioned by Echo in partnership with the Ontario Problem Gambling Research Centre, University of Toronto researchers took three population-based datasets which addressed gambling addiction and analyzed the data separately for men and women. They used this, along with a literature review and analysis of the stories of almost 90 women gamblers, to characterize women's problem gambling.

Read the report (<http://www.echo-ontario.ca/sites/default/files/FINAL%20Problem%20Gambling%20Report%20Tepperman%20-%2011%20Nov%202011.pdf>)

Read Echo's recommendations for service planners and providers (http://www.echo-ontario.ca/sites/default/files/Echo%20Advance%20-%20Women%20and%20Problem%20Gambling%20-%20November%2022%202011_0.pdf)

Echo Advances on menopause just released



In the Fall of 2011, Echo co-hosted four exciting Echo Conversation events involving mid-life women from Windsor, Timmins, Welland and Port Colborne in order to:

1. Increase their awareness of and encourage reflection on current research-based best practices during menopause;
2. Support them to articulate their preferences for community-based and health care supports given their knowledge of best practices and their knowledge of their community and;

3.Share women's preferred support options with service providers in the community.

Read the recommendations from community women in **Windsor** (<http://www.echo-ontario.ca/sites/default/files/Echo%20Advance%20menopause%20health%20needs%20-%20Windsor%20DEC16%20-%20to%20Ministry.pdf>), **Timmins** (<http://www.echo-ontario.ca/sites/default/files/Echo%20Advance%20menopause%20health%20needs%20-%20Timmins%20DEC16%20-%20to%20Ministry.pdf>), **Welland** (<http://www.echo-ontario.ca/sites/default/files/Echo%20Advance%20menopause%20health%20needs%20-%20CHC%20Hamilton%20Niagara%20DEC16%20-%20to%20Ministry.pdf>) and **Port Colborne** (<http://www.echo-ontario.ca/sites/default/files/Echo%20Advance%20menopause%20health%20needs%20-%20Port%20Colborne-%20DEC16.pdf>)

Echo's community engagement events are part of a larger initiative to support uptake of best practice guidelines related to menopause by women and primary health care providers across Ontario.

POWER Study final chapters being released



The POWER (Project for an Ontario Women's Health Evidence-Based Report) Study has become a vital resource for researchers, educators, policy-makers, providers and consumers. Over the past few years, chapters have been released covering issues like cancer, cardiovascular disease, diabetes, sexual and reproductive health and access to health care services. Over 60 investigators have been involved in the project. This body of work on the health and health care services in Ontario provides a solid baseline of evidence on health and health service equity and is receiving attention both locally and internationally.

We are pleased to announce the release of the final two chapters on February 28, 2012. Please visit www.powerstudy.ca (<http://www.powerstudy.ca>) on the 28th to download chapters on Social Determinants of Health - Populations at Risk and the POWER Study Conclusions.

Smoking cessation and maternal health - video and website



Last November, we reported that Ignite Innovation, Echo's smoking cessation and maternal health initiative held a workshop at the National Conference on Tobacco or Health for more than 50 policy makers, program providers, educators and others. Echo and the Centre for Community Based Research (CCBR), The North Bay Indian Friendship Centre, the Peterborough City-County Public Health Unit and women leaders from Peterborough and North Bay demonstrated Echo's Asset Based Capacity Development (ABCD) Method which supports community women to design their own smoking cessation program incorporating best practices and their knowledge of their community. By using this method, programs can be evidence-based, context sensitive, and support more meaningful participation in other Ontario communities.

The video featuring excerpts from the workshop can be viewed [here](http://youtu.be/8aVQU19rIRQ) (<http://youtu.be/8aVQU19rIRQ>)

Ignite Innovation is preparing to launch its official website in the upcoming weeks. The website will provide important information about Echo's Smoking Cessation and Maternal Health project for service providers and policy-makers and support communities across Ontario to connect with and learn from the

project demonstration sites so that evidence-based programs can be developed by and for pregnant and recently pregnant women who smoke.

Read [Echo Advances on Smoking Cessation](http://www.echo-ontario.ca/womens-health-information/sexual-reproductive-health/sexual-and-reproductive-health-%E2%80%93latest-research) (<http://www.echo-ontario.ca/womens-health-information/sexual-reproductive-health/sexual-and-reproductive-health-%E2%80%93latest-research>)

'Like' us on Facebook and join the discussion

Leave a comment about a community program supporting the health needs of women who experience marginalization



Have you 'liked' us on Facebook yet? Echo recently launched its Facebook page to connect and share knowledge about improving women's health in Ontario with other like-minded individuals and organizations. Echo's page features links to our latest research reports, policy briefs (Echo Advances), photos from events and conferences, as well as links to news articles and information related to women's health in Ontario. We will also begin posting discussion questions on women's health issues where we encourage you to weigh in with your comments.

Our first discussion was posted today. Do you know of any good programs in your community that are helping support the health needs of women who experience marginalization? Please share on Echo's Facebook page.

Click [here](http://www.facebook.com/EchoImprovingWomensHealth) (<http://www.facebook.com/EchoImprovingWomensHealth>) to like our Facebook page and join the conversation!

Be sure to follow Echo's newsfeed [@EchoOntario](https://twitter.com/echoontario) (<https://twitter.com/echoontario>) and for our Francophone followers [@EchoOntario_FR](http://www.twitter.com/EchoOntario_FR) (http://www.twitter.com/EchoOntario_FR)

Mental health and addictions community consultations



In late 2009, Echo travelled across the province to speak to women about the Ministry of Health and Long-Term Care's 10-year Mental Health and Addictions Discussion Paper. We partnered with community organizations in Sudbury, Ottawa, Toronto, Quinte, and Kitchener-Waterloo to hold six full-day meetings - four in English, two in French - to hear what women had to say about mental health service priorities in their regions.

We were able to speak with over 250 women from diverse backgrounds and roles. By design, the largest group in attendance was women with mental illness and addictions. Health care providers, activists, advocates, and researchers also participated. During these meetings, participants spoke about the struggles facing women with mental health and addictions. Participants shared their insights about the current state of mental health services and provided concrete suggestions to improve Ontario's mental health and addictions system. Reports from each event are available [here](#).

In keeping with our desire to reflect women's voices, Echo summarized the information from all reports and created a submission to the Ministry's Select

Committee on Mental Health and Addictions, which was working on establishing the province's Mental Health and Addictions strategy (released in June 2011).

View the community reports:

Kitchener-Waterloo (<http://www.echo-ontario.ca/sites/default/files/MH%20and%20A%20Strategy%20-%20Kitchener%20Roundtable%20Report%20formatted%20and%20edited%20draft%20Oct%202011.pdf>)

Toronto (<http://www.echo-ontario.ca/sites/default/files/MH%20and%20A%20Strategy%20-%20Toronto%20Roundtable%20Report%20draft%20edited%20Oct%202011.pdf>)

Quinte (<http://www.echo-ontario.ca/sites/default/files/MH%20and%20A%20Strategy%20Report%20Quinte%20formatted%20edited%20draft%20Oct%202011.pdf>)

Sudbury (<http://www.echo-ontario.ca/sites/default/files/MH%20and%20A%20Strategy%20Report%20Sudbury%20English%20-%20formatted%20edited%20draft%20Oct%202011.pdf>)

Sudbury - Francophone (<http://www.echo-ontario.ca/sites/default/files/MH%20and%20A%20Strategy%20Report%20Sudbury-Francophone%20formatted%20edited%20draft%20Oct%202011.pdf>)

Ottawa - Francophone (<http://www.echo-ontario.ca/sites/default/files/MH%20and%20A%20Strategy%20-%20Ottawa-Francophone%20Roundtable%20Report%20formatted%20and%20edited%20draft%20Oct%202011.pdf>)

Women's Mental Health: An Interprofessional Education Day for Ontario Practitioners



March 22, 2012 at the Hyatt Regency on King Street, Toronto

Presented by Echo: Improving Women's Health in Ontario; the Ontario Federation of Community Mental Health and Addiction Programs; the Nurse Practitioners Association of Ontario; and the Canadian Mental Health Association.

Eager to support an evidence-based response to mental health issues faced by women, Echo and partners are organizing a one-day educational event for primary care and mental health practitioners. Presentations will be offered by a stellar assortment of speakers on topics including mental health in menopause, the connection between violence against women & mental health, postpartum depression, strengthening therapeutic presence, and the POWER study chapter on depression. A detailed program will be available shortly.

Registration is free but space is limited, so register early! Reimbursement is available for a limited number of participants travelling over 100 KM.

For more information, contact Mavis Jones ([email \(mailto:mjones@echo-ontario.ca\)](mailto:mjones@echo-ontario.ca)); 416-597-9687 X235).

To register click [here](http://events.constantcontact.com/register/event?llr=ct4vsgdab&oeidk=a07e5j0c23p49c130f1) (<http://events.constantcontact.com/register/event?llr=ct4vsgdab&oeidk=a07e5j0c23p49c130f1>)

Offering women's health research webinars starting in March



Beginning this March, Echo will be hosting women's health webinars featuring the work of Ontario researchers. Webinars will be held on a bi-monthly basis at the beginning of each month and will provide an opportunity for researchers to share current information, foster communication and dialogue and provide opportunities for collaboration with others. Please stay tuned for the schedule of upcoming topics. The first webinar will be held on March 6, 2012 and will feature Dr. Angel Foster's work on emergency contraception. Please look out for the webinar invite which will be sent out soon.

The National Collaborating Centre for Determinants of Health online community survey

As a Canadian public health professional working to advance health equity, the [National Collaborating Centre for Determinants of Health](http://www.nccdh.ca) (<http://www.nccdh.ca>) invites you to participate in a brief online survey. The responses you provide will be instrumental in shaping the development of the NCCDH's national online community, expected to launch in March 2012.

The purpose of the online community is to:

- Increase knowledge and access to research and practice-based evidence
- Foster conversations on public health action to improve health equity
- Increase connections and collaboration between and among public health practitioners and researchers

The [survey](http://app.fluidsurveys.com/s/nccdh-sdh-knowledgeexchange-online/?l=en) (<http://app.fluidsurveys.com/s/nccdh-sdh-knowledgeexchange-online/?l=en>) will take approximately 15 minutes to complete, and will be open until February 10, 2012. We greatly appreciate your feedback and time.

Should you have any questions, please direct them to [Pemma Muzumdar](mailto:pmuzumd@stfx.ca) (<mailto:pmuzumd@stfx.ca>)

Interesting Resources:

Dr. Susan Phillips has published an interesting article on measuring the health effects of gender in the Journal of Community Health and Epidemiology. The article can be accessed [here](http://jch.bmj.com/content/62/4/368.full) (<http://jch.bmj.com/content/62/4/368.full>).

Dr. Zena Sharman and Dr. Joy Johnson (Assistant Director and Scientific Director of the Institute of Gender and Health) have recently published an article that describes the Institute of Gender and Health's experience incorporating sex and gender into the grant application process. The article can be accessed [here](http://www.sciencedirect.com/science/article/pii/S0277953611005570) (<http://www.sciencedirect.com/science/article/pii/S0277953611005570>).

New Resource on Sex and Gender-based Analysis

The British Columbia Centre for Excellence for Women's Health, Ann Pederson has launched, in collaboration with other key partners, a new website that is an excellent source of information on sex and gender-based analysis and health data

for women and girls. The site has an alphabetical listing of key health issues and a succinct sex and gender-based analysis of each issue and several other tools, resources, and links. See the website [here](http://www.womenshealthdata.ca/) (<http://www.womenshealthdata.ca/>).

Observances:

February is [Heart and Stroke](#)

(<http://heartmonth.heartandstroke.ca/site/c.jhLOKYPDLqF/b.5203909/k.BEF8/Home.htm>) month

February 4 - [World Cancer Day](#) (<http://www.worldcancerday.org/>)

February 12 - [Sexual and Reproductive Health Awareness Day](#)

(http://www.cfsh.ca/About_CFSH/News-and-Events/news12151101.html)

Events:



February 27-29, 2012

TEACH Certificate Program Course - Helping Pregnant Women Quit Smoking: A Woman-Centered Approach

Organizer: Centre for Addiction and Mental Health (CAMH)

[Read more](#)

(http://www.mindingourbodies.ca/fr/news_and_events/events/teach_certificate_program_courses)



March 19-June 8, 2012 (Deadline for application Feb 23)

Women Speak Out: 12 week intensive training course in public speaking

Organizer: Voices from the Street, the Sistering, the Barbara Schlifer Clinic, and the Mennonite New Life Centre

[Read more](#) (<http://www.echo-ontario.ca/sites/default/files/WOMEN%20SPEAK%20OUT%2020121.pdf>)



March 21-23, 2012 (Deadline for registration Feb 2)

Women's Health Leadership Program

Organizer: Ontario Women's Health Network (OWHN)

[Read more](#) (http://www.own.on.ca/Women%27s_Health_Leadership.htm)



April 2 - 4, 2012

Ontario Public Health Convention - Staying Ahead of the Curve

Venue: Sheraton Centre Downtown Toronto Hotel

Organizer: Public Health Ontario together with the Ontario Public Health Association (OPHA) and the Association of Local Public

Health Agencies (aLPHa)

[Read more](#) (<http://www.tophc.ca/Pages/TOPHC-Registration.aspx>)



April 30, 2012

Business of Aging -Care, Career & Caregiving

Venue: MaRS Centre Auditorium, 201 College Street, Toronto

Organizer: MaRS

[Read more](#) (<http://www.marsdd.com/events/details/business-of-aging-care-career/>)

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