



THE CHAMPLAIN
CARDIOVASCULAR DISEASE
PREVENTION NETWORK

The Navigator

Issue 3: Summer 2008

INTRODUCTION

Welcome to this edition of *The Navigator*, the Champlain Cardiovascular Disease Prevention Network (CCPN)'s e-bulletin.

The Navigator will guide you through the latest news about the Network, its partners, and the progress of its initiatives. Visit www.ccpnetwork.ca for more information.

NETWORK NEWS

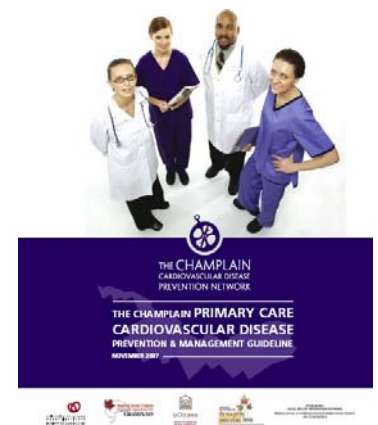
The summer edition is here – time for a short break.

While some things slow down during the summer months, progress is still being made in many parts of the CCPN and we are pleased to bring you highlights of some of those activities. We will be back in a few weeks with more news including our first CCPN Annual Report and much more. In the meantime, have a safe and enjoyable summer.

Release of 2008 Champlain CVD Prevention & Management Guideline

The Champlain Primary Care CVD Prevention & Management Guideline, a comprehensive and locally-tailored desktop resource for the primary care community, is now available to Champlain District family physicians.

The Guideline is a compilation of evidence-based practices for screening and managing the major risk factors for CVD (hypertension, cholesterol, chronic kidney disease, smoking, physical inactivity, obesity/ weight management), as well as disease management guidelines for diabetes, coronary artery disease, peripheral vascular disease, and stroke/TIA. Each risk factor and disease has its own section and includes a summary of current evidence-based strategies, supplemental information, and links to local resources for patients to access in their own community. The Guideline's comprehensive and locally-tailored design makes it unlike any other resource currently available to practitioners.



The Guideline was developed as part of the IDOCC initiative and represents the contribution of more than 45 knowledge experts, specialists, and community-based practitioners from across the Champlain region. Hard copy versions of the Guideline were distributed to practitioners involved in the IDOCC program at the end of May and will be circulated to all practitioners in the region in the fall. Look for updates in future editions of *The Navigator*.

For more information please contact Lorraine Montoya, Coordinator, Guideline Development Project Team at lmontoya@ottawaheart.ca or 613-798-5555 x18099.

OUR INITIATIVES

The CCPN is currently leading the implementation of six large-scale Priority Initiatives in the Champlain District. To find out more, visit www.ccpnetwork.ca/priorities/index_e.php.

Champlain Community Heart Health Survey

The CCPN is partnering with McMaster University in Hamilton, Ontario to undertake a large-scale CVD risk factor and health behaviours survey in the Champlain region.

This community-based survey, known as the Champlain Community Heart Health Survey (CCHHS), will target 3,000 residents from across the Champlain District and include the collection of physical and biochemical measures related to CVD health. This information will allow the CCPN to assess the current heart health status of individuals and communities within the Champlain District, better understand the causes of disease, and ensure programmatic efforts are responsive and meaningful to the health needs identified.

Participants in the survey will complete a health and lifestyle questionnaire, physical assessment, ECG, and fasting blood and urine sample collection. Randomly selected adults from with the region will be invited to participate in the survey. Participant recruitment is expected to commence in the summer, pending final ethics approval.

The survey is being conducted in collaboration with the PURE (Prospective Urban and Rural Epidemiological) study - an international study looking to understand the relationship between urban and rural environments and CVD risk. The CCPN's partnership with PURE will allow for the necessary funds to conduct the CCHHS.

For more information about this initiative, please contact Stella Muthuri, CCPN Surveillance Coordinator, at smuthuri@ottawaheart.ca or 613-798-5555 x17797.

School-based Policy Framework for the Champlain District

Identified as one of four action areas under the Champlain Healthy School-aged Children Strategy, the School-based Policy Framework project is underway and seeks to engage all nine Champlain School Boards in developing an overarching physical activity and healthy eating policy framework for the Champlain District school setting.

Letters outlining the scope of the project along with a request to assign a key contact were prepared and sent to each of the nine Champlain Directors of Education under co-signature of Dr. Andrew Pipe, the Medical Officers of Health of the four health units in Champlain, and Dr. Mark Tremblay.

Blair Stevenson, Silta Associates, is leading this work on behalf of the Champlain Healthy School-aged Children committee. Mr. Stevenson will be responsible for drafting a suggested regional policy framework and engaging a consultation and feedback process with the Champlain School Boards. The goal is to achieve consensus across the Boards on a policy framework and obtain sign-off vis-a-vis a declaration at the end of January 2009.

For more information about this initiative, please contact Laurie Dojeiji, CCPN Coordinator, at ldojeiji@ottawaheart.ca or 613-798-5555 x18836. This project was made possible through funding from the Heart and Stroke Foundation of Ontario.



Healthy Living and Risk Factor Management Strategy

A communications campaign designed to help residents of the Champlain District manage their risk for heart disease and stroke reached an important milestone recently, thanks to the leadership of one of Canada's leading social marketers.

The Communications and Marketing Expert Panel recently held a facilitated session with Francois Lagarde, social marketing and communications consultant, and adjunct professor in the Faculty of Medicine at the University of Montreal. With Mr. Lagarde's guidance, members of the Expert Panel worked through key steps in the design of a communications campaign that will focus on helping residents of the Champlain District lower their consumption of sodium.

Over the coming weeks, a summary of the meeting's outcomes will be presented to the CCPN's Board Executive for approval of the campaign's direction. The campaign is expected to be launched in the spring of 2009.

For more information about this initiative, please contact Danielle Côté, CCPN Communications Specialist, at dcote@ottawaheart.ca or 613-798-5555, extension 17611.

OUR PARTNERS

New Additions at the Heart and Stroke Foundation of Ontario

Anu Singh joins the Heart and Stroke Foundation of Ontario (HSFO) as the Community Mission Specialist for the Champlain region. Anu will be covering maternity leave for Micheline Turnau.

She will join the Champlain Healthy School-aged Children Committee and support the activities of the school-based policy framework and communications campaign currently underway. Anu joins HSFO with a background in community development and expertise in individual and group counseling with youth, women and seniors of diverse cultures, health issues, fundraising, and partnership building. She can be reached at 613-727-5060 or via email at asingh@hsf.on.ca.

Our best wishes go out to Micheline and husband Paul on the arrival of their second child. Baby girl Marieke was born on July 17 weighing in at 8 lb, 2 oz. Congratulations!

UPCOMING EVENTS

CCPN Meetings

September 2, 2008 – 2 p.m. to 5 p.m.: CCPN Coordinating Committee Meeting
Location to be determined

Events & Conferences

September 17, 2008: *Chronic Disease Self Management - Improving Care in the Champlain LHIN*
For more information, please contact Sarah Mae Ives, Project Coordinator, via phone 613-562-4262 x1449 or email sives@scohs.on.ca.

October 24 to 26, 2008: *Canadian Association of Cardiac Rehabilitation (CACR) 18th Annual Meeting and Symposium, "Cardiac Rehab – Foundation to Innovations"*
Metro Toronto Convention Centre
For more information, visit www.cacr.ca/ed/am2008/am2008info.html

October 25 to 29, 2008: *Canadian Cardiovascular Congress (CCC)*
Metro Toronto Convention Centre
For more information, visit www.cardiocongress.org

November 24 to 26, 2008: Chronic Disease Prevention Alliance of Canada (CDPAC) Third National Conference, "Integrated Chronic Disease Prevention – Taking Action Together"
The Westin Ottawa
For more information, visit www.cdpac.ca/conference

CONTACT US

Current and past issues of *The Navigator* are available on the CCPN website www.ccpnetwork.ca.

Your comments and suggestions are always welcome. Please write to us at ccpn@ottawaheart.ca. We look forward to hearing from you!

CCPN Partner Organizations

Champlain Local Health Integration Network
Champlain Regional Stroke Centre
City of Ottawa Public Health Unit
Department of Family Medicine, University of Ottawa
Eastern Ontario Community Primary Health Care Network
Eastern Ontario Health Unit
Élisabeth Bruyère Research Institute
Healthy Active Living & Obesity Research Group, CHEO
Heart and Stroke Foundation of Ontario
Institute of Population Health, University of Ottawa
Leeds, Grenville & Lanark District Health Unit
Renfrew County & District Health Unit
The Ottawa Hospital
University of Ottawa Heart Institute

CCPN Founding Industry Partner

Pfizer Canada Inc.

Funding Support

Champlain Local Health Integration Network
Health Canada's Federal Tobacco Control Strategy
Ontario Ministry of Health Promotion