

IHPME CONNECT 01.2016

STEPS TO GOOD HEALTH

IHPME STUDENT RECEIVES VANIER SCHOLARSHIP

Nicholas Howell receives Vanier Scholarship to study effect of urban environment on cardiovascular health

When people choose a neighbourhood to live in they could also be making an important health choice — one that could help them avoid chronic conditions such as cardiovascular disease. IHPME graduate student Nicholas Howell has received a 2015 Vanier Canada Graduate Scholarship to explore this connection. Previous researchers have examined the impact of neighbourhood “walkability” on obesity and diabetes, however, the impact on rates of cardiovascular disease are less well known.

“It can be hard for people to commit to being active every day, but the built environment can play a significant role in increasing people’s daily physical activity. Running errands by foot or visiting a nearby park are not things people think about as physical activity, but they might contribute to reducing cardiovascular disease risk,” says Nicholas.

Walkability is measured using several factors including the number of destinations that a person of average physical ability could reach by foot, such as schools, workplaces and small businesses. A walkable neighbourhood has parks and public spaces, and streets designed for pedestrians. They also typically have a greater density of people and residences.

To conduct the broad-based study, Nicholas will access data from the Institute for Clinical Evaluative Sciences and a walkability scale developed at the Centre for Research on



Inner City Health by a team including IHPME researchers Dr. Richard Glazier and his supervisor Dr. Gillian Booth. Nicholas will then follow Ontarians over time to analyze whether rates of heart disease are lower in more walkable neighbourhoods.

The results of the research could show the value of community investments. For example, physical barriers, such as a freeway or railway tracks, could impede pedestrians from choosing to walk in their neighbourhood. A pedestrian bridge that connects a neighbourhood to local stores, and services could improve health outcomes. Municipalities could also be encouraged to re-zone addresses to encourage more small business development. Vacant land could be redeveloped to create parks. Nicholas hopes that his research findings could help create the business case for such public investments. “The goal of the research is to add to the evidence on how the urban environment affects our health.”

While his academic interests have been varied, Nicholas was ultimately drawn to the topic after growing up in a household where meal times with parents, both previously geography students at the University of Toronto, were punctuated by public policy debates. “Both my parents had an interest in public policy, especially my father, and from all our conversations his interest in urban planning ended up inspiring me.”

STUDENTS AT WORK



Waleed Mohammad and Rasha Kubba

Recently, MHI students Waleed Mohammad and Rasha Kubba reflected on their experiences at IHPME and working part-time at Closing the Gap Healthcare Group (CTG). At CTG, Mohammad and Kubba have been involved in the development and implementation of an innovative

solution that will help advance the home care system in Ontario.

“As Masters of Health Informatics students, we were able to apply a lot of our knowledge on the current IT project underway at Closing the Gap Healthcare Group. We had the opportunity to solidify our knowledge in a real-world setting by working with mentors such as Joanne Greco, VP of Infrastructure, which was both a privilege and an invaluable learning experience. We had the opportunity to be part of the project’s team and make significant contributions to the overall IT project by leading key components of it. IHPME’s Masters of Health Informatics program and our experience at Closing the Gap Healthcare Group equipped us with the necessary skills to become successful health informatics professionals.”

IHPME RESEARCH: NOW ONLINE



IHPME is excited to unveil its new research pages. This new online feature will highlight key research publications, showcase student research, as well as summarize our research domains and initiatives.

Read our recently released white paper *Evaluating Investment in Quality Improvement Capacity Building: A Synthesis of the Literature*, and [join the online discussion](#) by posting your questions and comments.

IHPME IN THE NEWS

IHPME Professor [Paul Williams](#) insights on elder care were recently featured in the *Globe and Mail*: ‘Elder care is the new child care,’ professor says. Read the full article [here](#).

PUBLICATIONS

[Brown A, Seeman N](#)
HealthcarePapers
[How Big Is Our System?](#)

Evans JM, Brown A, [Baker GR](#)
BMC Health Services Research
[Intellectual capital in the healthcare sector: a systematic review and critique of the literature](#)

[Williams AP](#), Peckham A, [Kuluski K](#), Lum J, Morton-Chang F
HealthcarePapers
[Caring for Caregivers: Bridging the Care Gap](#)

Williams AP, Peckham A, Kuluski K, Lum J, Warrick N, Spalding K, Tam T, Bruce-Barrett C, Grasic M, Im J
HealthcarePapers
[Caring for Caregivers: Challenging the Assumptions](#)

RESEARCH NEWS

Congratulations go out to Aviroop Biswas at IHPME – Biswas’s recent paper was included in Altmetric’s top 100 research papers of 2015. The paper, *Sedentary Time and Its Association With Risk for Disease Incidence, Mortality, and Hospitalization in Adults: A Systematic Review and Meta-analysis*, was published in the *Annals of Internal Medicine*.

Click here for the DLSPH Bulletin

CALL FOR CHAPTERS

We are pleased to announce the CFP for the forthcoming edited book *Health Professionals' Education in the Age of Clinical Information Systems, Mobile Computing and Social Networks*.

Editors: IHPME Associate Professor [Aviv Shachak](#), PhD; Elizabeth Borycki, PhD, RN; and Shmuel Reis, MD, MHPE.

Proposal submission instructions can be found [here](#). The deadline is February 1st, 2016.

For additional information regarding the publisher, please visit: <http://www.elsevier.com/>

CALL FOR SUBMISSIONS

The Gender and Public Policy Initiative at the School of Public Policy and Governance, University of Toronto, invites you to submit a paper for presentation at the Gender and Public Policy Conference. The conference will be held on Friday, March 18, 2016 from 12:30-5:00 PM.

This conference provides graduate students from faculties across the University of Toronto campus with the opportunity to present independent research on a topic relating to gender and public policy. It is a great opportunity to develop presentation skills and gain some conference experience.

Questions and papers should be submitted to the Gender and Public Policy Initiative at genderandpublicpolicy@gmail.com. The submission deadline is Monday, January 18, 2016 at 11:59 pm.

THESIS DEFENSES

PhD

Kawsari Abdullah (supervisor Patricia Parkin)
Non-anemic Iron Deficiency and Health Outcomes in Pre-School Children

EVENTS

IHPME Scholarly Activity

January 12, 2016

1:00 pm

155 College Street, Health Sciences Building, Rm 412

Meet our Associate Minister of Health & Long-Term Care and Wellness

Hon. Dipika Damerla, MPP

Primary Care Reform Symposium

January 15, 2016

8:00 am to 4:00 pm

The Faculty Club, University of Toronto

41 Willcocks St.

Hosted by IHPME Professor [Audrey Laporte](#) and Dr. Arthur Sweetman, Professor, McMaster University.

Details available: <http://ihpme.utoronto.ca/events/primary-care-reform-symposium/>

CCHE Seminar Series

Please make note of the upcoming seminars.

[Gregory Marchildon](#)

January 22, 2016

Michel Grignon

January 29, 2016

Reza Yousefi Nooraie

February 5, 2016

12th Annual Summit on Mobile Healthcare

January 26-27, 2016

Old Mill Toronto

mHealth is moving at a rapid pace. Do you know what will be trending for 2016? Learn about best practices & overcoming challenges from health industry professionals with the right experience.

IHPME Professor [Emily Seto](#) is a featured speaker at this event.

Details available: <http://www.mobilehealthsummit.ca/>

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EVENTS

When Things Go Wrong: Leading Through Critical Incidents

February 22, 2016

5:00 pm to 7:00 pm

Bridgepoint Active Health

14 St. Matthews Road, Toronto, ON

IHPME, the Society of Graduates (SOG) and the GTA Chapter of the Canadian College of Health Leaders (CCHL) are proud to present *When Things Go Wrong: Leading Through Critical Incidents*.

Featuring four experienced and compelling health care leaders who will share their personal stories and explain how future leaders can respond effectively in challenging times. This event will borrow from the popular TED Talks format to give each leader 10 minutes to present and end with an opportunity for audience participation.

Details available: <http://ihpme.utoronto.ca/events/when-things-go-wrong-leading-through-critical-incidents/>

Introduction to Social Network Analysis Workshop

March 3-4, 2016

155 College Street, Room 412

Instructor: Reza Yousefi Nooraie, MD, PhD, Post-doctoral research fellow, IHPME

Details available: <http://ihpme.utoronto.ca/events/social-network-analysis-workshop/>

Get a Jump on Research Day 2016!

May 4, 2016

155 College Street, Health Sciences Building

IHPME's student-led research event, hosted at Health Sciences Building on May 4, 2016, will showcase IHPME student work or research (from all our programs), with the aim of recognizing excellence in teaching and learning; featuring internationally renowned thinkers and leaders. Additional details will be available in the new year.

Details available: ihpme.utoronto.ca/events/ihpme-research-day-2016/

WE'D LIKE TO HEAR FROM YOU

Our monthly newsletter profiles members of the IHPME community and lists upcoming events.

We're pleased to receive submissions of 400 words or less for consideration in upcoming editions. If you'd like your event listed, please send full details.

Contact: rhonda.cockerill@utoronto.ca and ihpme@utoronto.ca



To share your IHPME pictures and videos, email IHPME@utoronto.ca