

CSHR QUARTERLY

COMPREHENSIVE SCHOOL HEALTH RESEARCH GROUP
creating new knowledge to inform healthy school environments



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Happy New Year!

We hope yours was a happy and safe
holiday season.



CSHR UPDATE: 2009

by T. Herrell & B. Bell

It has been another busy year here at the Comprehensive School Health Research Group (as I am sure is the case in your own respective work environments). We are continuing to work on coordinating and managing three research initiatives throughout 2010. In particular, we are focused on developing effective knowledge exchange (KE) processes with multiple stakeholders and across various sectors (schools, boards, funders, partners & community groups).

In January 2010, we launched the School Health Grant Program, offered through the **SHAPES-PEI project** (featured in October 2009 issue). The purpose behind the Grant Program is to provide resources and support to schools who wish to respond (plan and implement an action plan) to their student and/or school level data. School boards are also eligible to apply. This winter/spring will include meeting with schools, processing applications, and documenting school/board activities. A related component to our KE activities is to investigate and understand knowledge exchange networks around youth health, which could help to define critical success factors to be shared with partners locally and nationally. Finally, we are continuing to change our website to the Virtual Research Environment (VRE) platform, maintain the distribution of our quarterly School Health Newsletter, and participate in various networking opportunities (grant applications, teleconferences, committees) through our **ANPR—School Health Unit**.

There are also many other noteworthy updates to report for 2009.

(Continued on page 2)

CSHR UPDATE: 2009 (cont'd)



First, UPEI is very pleased to welcome Dr. Kate Tilleczek, Canada Research Chair (CRC) in Child/Youth Culture and Transitions. Please look for more information in upcoming issues on her role as CRC, and also her work on school based mental health.

Second, the Mental Health Commission of Canada released a report in November 2009 with one of the advisory committees aimed at ensuring child and youth issues are represented within the larger national framework.

Third, we (CSHR Group & HERG, UNB) are exploring the relationship between mental fitness and its influence on other health behaviours, including school connectedness.

Finally, the Joint Consortium for School Health is moving from the West to the East, to PEI, which will continue to act as a leader in supporting the advancement of Comprehensive School Health in Canada.

We look forward to continuing our work into 2010—as it brings new opportunities, expanded partnerships, and greater diversity within the school health networks across Atlantic Canada and beyond. Finally, we are very pleased to introduce Christopher Murray to our research group, who is completing a Masters of Applied Health Services Research here at UPEI.

Conferences/Events

3rd International Congress on Physical Activity and Public Health

- ◇ May 5 - 8, 2010 Toronto, ON
- ◇ Registration is open until April 28, 2010
- ◇ Website: <http://www.cflri.ca/icpaph/>

Healthy Youth Today, Healthy World Tomorrow

- ◇ Feb 11-12, 2010 Victoria, BC
- ◇ Website: <http://www.youth.society.uvic.ca/news/201001/register-2010-ys-conference>

Annual National School Health Conference: “Schools for All”

- ◇ April 22-23, 2010 Halifax, NS
- ◇ Registration opens in January 2010
- ◇ Website: www.safehealthyschools.org



Call for Profiles and Conference Reports

We would like to continue to dedicate sections of our newsletter to sharing information on individuals, schools, or organizations involved in school health. If you are interested in submitting content please email us at csqrt@upei.ca.

We are also interested in receiving conference reports from our readers. If you have attended a relevant conference or event in recent months and would like to submit a summary of conference highlights or an account of your experience please email us at csqrt@upei.ca.

Additional suggestions for content are also welcome.

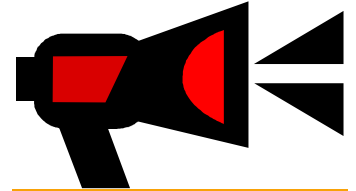
Workshop Report: *National Conference on Tobacco or Health* by CSHR Group

The National Conference on Tobacco or Health was held in Montreal, Quebec in November 2009. The CSHR Group (Donna Murnaghan, Brandi Bell, and Tasha Herrell) along with Colleen MacQuarrie and Lorraine Begley from the Psychology Department at UPEI attended. It was a great chance to meet other tobacco-focused researchers from various disciplines. There were multiple youth- and school-based concurrent sessions (oral & poster), along with various workshops aimed at connecting researchers, policy-makers, and youth.

The CSHR Group hosted a workshop titled, “School-Based Programs for Preventing Tobacco—Challenging the Debate”. The discussion brought together approximately 25 researchers, programmers, policy-makers, and youth. The premise behind the workshop was to present the conflicting literature, which has sparked a debate about the usefulness of school-based tobacco programs and how to interpret some of that evidence. Some suggestions offered through the presentation and dialogue included: challenge the rigorous and divergent criteria for systematic reviews; long-term follow-up is important; identify strengths as well as limitations to programs; reach and scope of sessions need to be age appropriate; and effective programs can be adopted and implemented with success.

Workshop participants had a lively discussion around their experiences with school-based tobacco programs. Participants identified some key messages: the social context and approach to programming matters, coordination between health and education still poses resistance, and the importance of a school champion to the program success.

Please contact us for more information.



Recent Publications & Reports



Dobbins, M., De Corby, K., Robeson, P., Husson, H., & Tirilis, D. (2009). School-based physical activity programs for promoting physical activity and fitness in children and adolescents aged 6-18. *Cochrane Database of Systematic Reviews (Online)*, (1)(1), CD007651. Website: <http://mrw.interscience.wiley.com/cochrane/clsysrev/articles/CD007651/frame.html>

Leatherdale, S. T., Ahmed, R., Barisic, A., Murnaghan, D., & Manske, S. (2009). Cigarette brand preference as a function of price among smoking youths in Canada: Are they smoking premium, discount or native brands? *Tobacco Control*, 18(6), 466-473. Website: <http://tobaccocontrol.bmj.com/content/early/2009/10/01/tc.2009.029736>

Mental Health Commission of Canada (2009). Toward Recovery & Well-Being: A Framework for Mental Health Strategy for Canada. Website: http://www.mentalhealthcommission.ca/SiteCollectionDocuments/boarddocs/15507_MHCC_EN_final.pdf

Watch for our next issue coming April 2010!



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