

## Happenings

### **Centres for Health Promotion Research in Canada**

**Miriam Stewart**

The past decade has been exciting for health promotion research in Canada. An International Symposium on the Effectiveness of Health Promotion in 1996 reviewed impressive evidence regarding health promotion strategies in the 1986 Ottawa Charter for Health Promotion. In 1997, the Working Group on Determinants of Health of the National Forum on Health indicated that the broad approach, recommended in the symposium report, was consistent with their emphasis on the socio-economic-environmental factors that influence health practices and health outcomes. The Working Group on Striking a Balance endorsed rigorous evaluation of health promotion, disease prevention, and sickness care interventions. The National Forum itself recommended that priority be given to supporting gaps in knowledge about the impact of key determinants of health, outcome-oriented research, and dissemination of results (National Forum on Health, 1997a, 1997b). The health promotion research centres in Canada have played and will continue to play a key role in achieving the directions proposed by the National Forum on Health. The funding, structure, mandate, partners, staff, communication mechanisms, and contact numbers of the 15 centres are summarized in Table 1. Fourteen of these centres were launched in the past 10 years. Most centres were established with a threefold mandate: innovative health promotion research, community partnerships, and education and training. The policy function of the centres continues to evolve.

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**Table 1** *Canadian Health Promotion Research Centres*

Centre, Location, Phone #	Funded by	Structure (committees)	Partners, Associates, Members	Newsletter/ Website	Mandate/ Mission
<b>BC Consortium for HP Research (BCCHPR)</b> Year founded: 1993 [includes 3 centres: Community HP Centre (U Vic), Gerontology Research Centre (SFU), Institute for Health Promotion Research (UBC)] 6248 Biological Sciences Rd. Vancouver, BC V6T 1Z4 (604) 822-2258 L Green, Director, UBC CJ Frankish, UBC G Gutman, Director, SFU M Hills, Director, U Vic	SSHRC NHRDP UBC Simon Fraser U U Victoria	Research team Project team Staff	Network of over 500 organizations & individuals – 107 Faculty associates – provincial & national HP & research networks; community; hospitals; government	BCCHPR insert in IHPR Bulletin and GRC News; <a href="http://www.ihpr.ubc.ca">http://www.ihpr.ubc.ca</a>	– foster & facilitate collaboration on innovative, multi- disciplinary & action- oriented approaches to community-based HP research that merge expertise of community, professionals & policy makers
<b>Health Promotion Research Group</b> Year founded: 1993 Department of Community Health Sciences University of Calgary 3330 Hospital Dr. NW Calgary, AB T2N 4N1 (403) 220-6940 A Vollman, Director	University Faculties and Management	Collaboration on activities by many Faculties	35 members -- many disciplines; hospitals; Regional Health Authorities; Community Health Centres; governments; community groups; professional associations; NGO's		– facilitate collaboration between the university & other community resources in HP research, and to nurture multidisciplinary research in the area of HP that builds on this collaboration

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Centre, Location, Phone #	Funded by	Structure (committees)	Partners, Associates, Members	Newsletter/ Website	Mandate/ Mission
<b>Alberta Centre for Well-Being</b> Year founded: 1989 3rd Fl. Percy Page Centre 11759 Groat Rd. Edmonton, AB T5M 3K6 (403) 453-8692 ext. 6884 C Smith, Director	Alberta Sport, Recreation, Parks & Wildlife Foundation; Alberta Community Development; Alberta Health	Executive Management Group; Advisory Board	5800 multidisciplinary associates; Regional Health Authorities; non-profit groups; universities, Health Canada, Alberta Health, students, academics, researchers, health professionals	WellSpring Research Update <a href="http://www.health-in-action.org/well-being">www.health-in-action.org/ well-being</a>	– enhance health & well- being of Albertans by providing research, education and networking opportunities through coordinated, collaborative efforts
<b>Centre for HP Studies</b> Year founded: 1995 University of Alberta 13-127 A Clinical Sciences Building Edmonton, AB T6G 2G3 (403) 492-7385 D Wilson, Director	Alberta Health; Alberta Advanced Education and Career Development; Health Sciences Deans, U of Alberta	Coordinating Council of Health Sciences; HP Standing Committee; Community-based Advisory Committee (under development)	17 Regional Health Authorities; Alberta Centre for Well-Being; Lethbridge RCHP; Calgary HPRG; Alberta Cancer Board; Health Canada; Nechi Research, Training & HP Institute		
<b>Regional Centre for HP and Community Studies</b> Year founded: 1993 University of Lethbridge 4401 University Dr. Lethbridge, AB T1K 3M4 (403) 382-7152 J Kulig, Director	SSHRC NHRDP	Executive Committee Board of Directors Research Advisory Committee 76 research associates	Health Units; Treaty Health Boards; Community organizations; Boards of Education; Hospitals; other universities	Health Links <a href="http://www.uleth.ca/chp/">http://www.uleth. ca/chp/</a>	– promote & conduct community-based research on health & HP in southern AB having relevance to other regions of Canada – disseminate research widely

**Table 1 (con'd)** *Canadian Health Promotion Research Centres*

Centre, Location, Phone #	Funded by	Structure (committees)	Partners, Associates, Members	Newsletter/ Website	Mandate/ Mission
<b>Prairie Region HP Research Centre</b> Year founded: 1993 University of Saskatchewan Health Sciences Building 107 Wiggins Rd. Saskatoon, SK S7N 5E5 (306) 966-7932/7939 J Feather, Coordinator	SSHRC NHRDP	Management Board; 80+ community partners and 90+ research associates in 22 disciplines at 5 universities & in private consulting practice	5 universities; First Nations bands & Tribal Councils; local health districts; community health centres & organizations/groups; unions; professional organizations; government	Connections <a href="http://duke.usask.ca/~sproat">http://duke.usask.ca/~sproat</a>	– foster/support HP research through interprovincial network of community organizations, practitioners, policy makers, & researchers in the 5 universities in the region
<b>Centre for Applied Health Research</b> Year founded: 1984 University of Waterloo 200 University Ave. West Rm 3116 Waterloo, ON N2L 3G1 (519) 855-1211 M Sharratt, Director	project-specific partners share in collaborative projects and clients pay for services (e.g., training & consulting)	Umbrella for several Centres (Ergonomics & Safety Consulting Service; Rehabilitation Education & Research, Alzheimer Research & Education) Board of Directors; Management Committee	70 associates from multi-disciplinary faculties; other universities; governments; industry, community organizations/agencies	CAHR News <a href="http://www.ahs.uwaterloo.ca/~cahr/cahr.html">http://www.ahs.uwaterloo.ca/~cahr/cahr.html</a>	– applied research in disease/ injury prevention & HP – collaborative, interdisciplinary work – develop, implement & evaluate new models for preventive health care, influencing population health
<b>McMaster Research Centre for the Promotion of Women's Health</b> Year founded: 1993 McMaster University Kenneth Taylor Hall 233/226a 1280 Main St. Hamilton, ON L8S 4M4 (905) 525-9140 ext 23316 M Hajdukowski-Ahmed & M O'Connor (co-chairs)	SSHRC NHRDP	Steering committee; Research Project Committees; Immigrant Women, Work and Health Advisory Committee	University researchers (29 research affiliates); service agencies; community groups; Public Health; District Health Council	Promoting Women's Wellness <a href="http://www.mcmaster.ca/mrcpowh">http://www.mcmaster.ca/mrcpowh</a>	– focus on women, work health – identify work-related health concerns of women – develop & implement new strategies for promoting women's health – emphasis participatory action research

**Table 1** (cont'd) *Canadian Health Promotion Research Centres*

Centre, Location, Phone #	Funded by	Structure (committees)	Partners, Associates, Members	Newsletter/ Website	Mandate/ Mission
<b>Centre for Health Promotion</b> Year founded: 1989 Banting Institute University of Toronto 100 College St., Suite 207 Toronto, ON M5G 1L5 (416) 978-1809 (includes 4 research units) I Rootman, Director	Community Health, Faculty of Medicine, University of Toronto; Bertha Rosenstadt Endowment Fund; Connaught Laboratories	Advisory Board; Community Advisory Committee; Members (29); Associates (125)	CPHA; city and regional public health depts; participACTION, Addiction Research Foundation; Ontario Prevention Clearing- house; Canadian Centre of Substance Abuse; hospitals; business; government	Information Update <a href="http://www.utoronto.ca/chp/">http://www.utoronto.ca/chp/</a>	<ul style="list-style-type: none"> <li>– contribute to the health and well-being of Canadians through basic and applied HP research, education and service</li> <li>– in a multi-disciplinary context it will activate, develop &amp; evaluate new approaches to HP</li> </ul>
<b>Community Health Research Unit</b> Year founded: 1989 University of Ottawa Dept. of Epidemiology 451 Smyth Rd. Ottawa, ON K1H 8M5 (613) 562-5800 ext 8262 N Edwards, Director	Ontario Ministry of Health	Management group; Personnel & dissemination committees; Think tanks	Ottawa-Carleton Health Dept.; Dept. of Epidemiology & Community Medicine; School of Nursing, University of Ottawa; Public health staff; community groups	CHRU Highlights; CHRU Perspectives <a href="http://www.uottawa.ca/academic/med/epid/chru.html">http://www.uottawa.ca/academic/med/epid/chru.html</a>	<ul style="list-style-type: none"> <li>– enhance scientific basis for public health practice through development of new knowledge, foster evidence-based practice</li> <li>– understand, measure &amp; test elements of public health for effective practice</li> </ul>
<b>Centre de recherche en promotion de la santé de Montréal</b> Year founded: 1993 Université de Montréal 2375 ch. Côte Ste-Catherine Bureau 7100 Montréal, Québec H3C 3J7 (514) 343-6111 ext 8621 R Perreault, Director	SSHRC NHRDP	Association Committee; 30+ Research Associates from various disciplines; students participate in projects as interns	Public health units; youth groups; municipalities; daycares; CLSC's, school boards; hospitals; ethnic groups; international health units; unions; professional corporations	CRPSM Promotion	<ul style="list-style-type: none"> <li>– evaluate the process of social change in order to promote a better quality of health &amp; well-being within the mandates of: research, education, dissemination of information &amp; partnership</li> </ul>

**Table 1 (cont'd) Canadian Health Promotion Research Centres**

Centre, Location, Phone #	Funded by	Structure (committees)	Partners, Associates, Members	Newsletter/ Website	Mandate/ Mission
<b>Groupe de recherche et d'intervention en promotion de la santé de l'Université Laval</b> Fondé : 1990 École des Sciences infirmières Université Laval Cité universitaire Québec (Québec) G1K 7P4 (418) 656-3356 M O'Neill, co-directeur G Godin, co-directeur	Partenariats de recherche liés des projets et programmes particuliers	L'infrastructure regroupe des chercheurs de multiples disciplines en promotion de la santé (Laval et autres institutions partenaires)	Universités, gouvernements municipaux, provinciaux et fédéraux; hôpitaux; Ministères de la santé; organismes de santé nationaux et internationaux; fondations; associations professionnelles; organismes environnementaux	(page web en développement)	– oriente l'ensemble des activités de recherche, de diffusion des connaissances, de formation et de support
<b>Atlantic HP Research Centre</b> Year founded: 1993 Rm. 5200 Dentistry Building Dalhousie University 5981 University Ave. Halifax, NS B3H 3J5 (902) 494-2240 M Stewart, Director	SSHRC NHRDP	Advisory Board; Management Committee; Centre-Government Liaison Committee; Strategic Planning Committee	150 associates from various disciplines; academic researchers at Atlantic universities; health professionals; community groups; government	Health Promotion Atlantic <a href="http://is.dal.ca/~ahprc/ahprc.htm">http://is.dal.ca/~ahprc/ahprc.htm</a>	– foster research that investigates the impact of self-help, mutual aid, coping and public participation on health behaviour, health status, health services use – facilitate research in Atlantic Canada

### **Educational Initiatives**

Across the country, centres have embarked on educational endeavours which target students, practitioners, community groups and policy makers. The B.C. Consortium for Health Promotion Research, which encompasses three centres, has sponsored a series of seminars and workshops. The Institute for Health Promotion Research [IHPR] (UBC) conducts an annual summer Institute on Health Promotion Planning and Evaluation. Staff members of the three university-based centres teach courses in their respective academic departments. Simon Fraser University offers Health Promotion and Aging as one of two concentrations in its new Masters Program in Gerontology.

A goal of the Centre for Health Promotion Studies [CHPS] at the University of Alberta is "to provide and promote interdisciplinary graduate education and continuing education in health promotion." This is one site of formal university-based programs in health promotion. The post-graduate diploma and Master's of Science degree programs in Health Promotion were initiated in September 1996 and the distance learning component will commence in 1997/98 in collaboration with the University of Calgary and the University of Lethbridge. The director of the Regional Centre for Health Promotion and Community Studies [RCHPCS] in Lethbridge is an advisor for a research and management training program for the provincial Regional Health Authorities. Discussions are underway with U of A to provide opportunities for residents in Southern Alberta to access the CHPS programs. The education coordinator for the Alberta Centre for Well Being reports that numerous workshops, speaking tours, conferences (e.g., resiliency), training workshops, lecture series (e.g., women and health in the workplace), and workshops for community health councils (e.g., determinants of health) are planned for 1997. The Prairie Region Health Promotion Research Centre [PRHPRC] is conducting a Summer School August 6-9, 1997 (University of Saskatchewan), focused on issues, challenges and skills for health promotion. The Centre sponsored Health Promotion Research Conferences in Saskatchewan (1996) and in Manitoba (1997); frequently conducts workshops (e.g., community health needs assessment, participatory action research, program evaluation); and has a video library. Moreover, it is developing a partnership with Saskatchewan Health to respond to needs for health promotion training and education.

One goal of the Centre for Health Promotion [CHP] at the University of Toronto is to provide education and training about health and health promotion for students, educators, practitioners and the public



through a seminar series, teleconferences, symposia/conferences, schools, institutes, courses, interest groups, graduate and undergraduate education, and student exchanges. The Masters Program in Health Promotion at the University of Toronto has been in operation since 1978. The Health Promotion Summer School, offered annually, will take place in Ottawa June 16-20, 1997. Elsewhere in Ontario, the McMaster Research Centre for the Promotion of Women's Health [MRCPOWH] is co-sponsoring an Annual Summer Institute on Gerontology, June 2-13, 1997, and contributed to a conference on the Prevention of Violence. Workshops organized by MRCPOWH in 1996 and 1997 included *Describing the invisible: Problems of teachers, bank tellers and receptionists, and Selected estimates of costs of violence against women; Positive work environments for women and men with disabilities, and Women, body image and food*. The Centre for Applied Health Research [CAHR] (University of Waterloo) helped to create the Program Training and Consultation Centre and offered a "stages of change" workshop by videoconference to remote sites. This centre also co-hosts conferences and presentations and received funding for an Alzheimer Research and Education project which disseminates a resource manual and conducts workshops. The Community Health Research Unit [CHRU] (Ottawa) is applying to Human Resources Development Canada to participate in their summer career placement program for students interested in pursuing a career in health promotion research. The CHRU has encouraged Master's student involvement through internships and thesis projects and developed a framework for a public health/health promotion course in the Master's of Science in Nursing program.

Groupe de recherche et d'intervention en promotion de la santé [GRIPSUL] (Laval) engages in thesis supervision at the doctoral and master's level in health promotion and organizes master's courses (e.g., theories of health promotion, intervention strategies, community organization, educating for health) for students studying health promotion in nursing, community health, nutrition and physical activity programs. The Centre de recherche en promotion de la santé de Montréal has assisted in the preparation of future health promotion researchers among master's and doctoral students.

The Atlantic Health Promotion Research Centre [AHPRC] contributed to an interdisciplinary health promotion course and to the Program Advisory Committee for the PEI Health Promotion Summer Institute held in August 1996 and planned again for 1997. The AHPRC has sponsored numerous lectures on such topics as international development in health promotion, qualitative evaluation, social marketing, and women and substance use, and conducted workshops about such



issues as participatory research and health promotion proposal development.

A working group of the Canadian Consortium for Health Promotion Research, with representation from several health promotion research centres, examined the nature and scope of health promotion courses and programs in Canadian universities. The report, due this spring, recommends communication, collaboration and exchange of resources.

### **Projects and Publications**

The B.C. Consortium has pursued a research agenda focused on participatory research. Fifty-three projects were listed in the 1996 Annual Report. The Consortium's research priorities for 1997 emphasize health care system reform and renewal, health promotion and population health strategies for groups at risk, and knowledge diffusion. Health Promotion and Aging is a designated research theme of the SFU Gerontology Research Centre. The Consortium had 49 peer-reviewed papers published in 1996. This consortium, like many centres for health promotion research, have exemplary track records of productivity in terms of research and reports. Table 2 provides an overview of selected projects and publications emanating from most Canadian centres. In addition to publishing newsletters (Table 1), most centres produce annual reports. Moreover, health promotion research centres are increasingly using the Internet to disseminate projects, publications and research results.

Common research themes include participatory methodologies, community empowerment, seniors' health promotion, disadvantaged groups, multicultural populations, resiliency, injury prevention, work environments, health promotion intervention strategies and dissemination/communication. One research theme – women's health – has emerged across several centres. For example, the AHPRC played a lead role in the development of the successful letter of intent and full proposal for the Maritime Centre of Excellence for Women's Health funded by Health Canada in 1996. The Director of AHPRC is research facilitator and co-chair of the Management Committee of the Maritime Centre. The PRHPRC was a key player in the successful funding of the Prairie Centre of Excellence for Women's Health. The Director of the PRHPRC is Vice-Chair of the Board of the Prairie Region Centre of Excellence for Women's Health. Several other health promotion research centres were involved in proposals for Centres of Excellence in Women's Health (e.g., B.C., Toronto). The McMaster centre from its inception

**Table 2** *Centre Projects and Publications*

Centre	Selected Projects	Selected Publications
BC Consortium for Health Promotion Research (Victoria, Vancouver)	<ul style="list-style-type: none"> <li>- Seniors independence research project on self-help, self-care and mutual aid</li> <li>- First Nations elder care initiative</li> <li>- Design and development of neighbourhood group homes</li> <li>- Kamloops women's action project</li> <li>- Mobility technology for older adults: Outcomes that matter</li> <li>- School and community action on nutrition (SCAN)</li> <li>- EMPOWER project</li> <li>- Stress and coping in student mothers</li> </ul>	<ul style="list-style-type: none"> <li>- Dissemination research: Strengthening disease prevention and health promotion (CJPH)</li> <li>- Health Impact Assessment</li> <li>- The study of participatory research in health promotion/Royal Society of Canada</li> <li>- Facilitating healthful change: Testing models for community empowerment</li> <li>- Monography reviewing 14 prevention research centres in US</li> </ul>
Health Promotion Research Group (Calgary)		<ul style="list-style-type: none"> <li>- Lessons learned from initiatives related to health promotion in Alberta: Strategies for the development of effective partnerships</li> </ul>
Alberta Centre for Well-Being (Edmonton)	<ul style="list-style-type: none"> <li>- Alberta sport and recreation injury survey</li> <li>- Canadian active living program evaluation</li> <li>- Alberta Survey '97: Physical activity in Alberta</li> <li>- Attributable mortality due to sedentary living in Alberta</li> <li>- Survey/study of the benefits of high school athletics in Alberta</li> </ul>	<ul style="list-style-type: none"> <li>- Physical activity and psychological well-being: Knowledge base, current issues and caveats</li> <li>- Tobacco pricing, taxation, consumption and revenue Alberta 1985-1995</li> <li>- Canadian active living challenge program evaluation</li> <li>- Alberta sport and recreation injury survey</li> </ul>
Centre for Health Promotion Studies (Edmonton)	<ul style="list-style-type: none"> <li>- Post-graduate diploma and Master's degree program in health promotion</li> <li>- Distance learning</li> </ul>	

**Table 2 (cont'd) Centre Projects and Publications**

Centre	Selected Projects	Selected Publications
<b>Regional Centre for Health Promotion and Community Studies</b> (Lethbridge)	<ul style="list-style-type: none"> <li>- Development of community-appropriate health promotion models in Southern Alberta</li> <li>- Implementation and evaluation of a smoking reduction/cessation program with Registered Nurses in three Canadian provinces</li> <li>- Bio-behavioural approach to increase resiliency for cancer patients</li> <li>- Study of resiliency in communities</li> <li>- Development of a community wellness centre in the Crowsnest Pass: Enhancing community competence and resiliency</li> </ul>	<ul style="list-style-type: none"> <li>- Understanding rural health issues: An annotated bibliography</li> <li>- Surviving and thriving: Resiliency in the Crowsnest Pass</li> <li>- Discussion and expansion of the concept of resiliency: Summary of a think tank</li> <li>- A health and social needs assessment of Alberta Native seniors</li> <li>- Occupational health and safety needs assessment of farmers in southern central Alberta</li> <li>- Efficiency versus equality: Health reform in Canada</li> <li>- Community assessment of the Kanadier (Mexican) Mennonites</li> </ul>
<b>Prairie Region Health Promotion Research Centre</b> (Saskatoon)	<ul style="list-style-type: none"> <li>- Prairie Women's Health Centre of Excellence</li> <li>- Sharing knowledge from health promotion practice</li> <li>- Health Promotion Summer School 1997</li> </ul>	<ul style="list-style-type: none"> <li>- Sharing knowledge gained from health promotion practice</li> <li>- Reflections on health promotion practice</li> </ul>
<b>Centre for Applied Health Research</b> (Waterloo)	<ul style="list-style-type: none"> <li>- Alzheimer research and education project</li> <li>- Residential elder assessment project</li> </ul>	
<b>McMaster Research Centre for the Promotion of Women's Health</b> (Hamilton)	<ul style="list-style-type: none"> <li>- Immigrant women/work and health</li> <li>- Grassroots communities action and research program</li> <li>- Health promotion project with immigrant women survivors of torture</li> <li>- Economic model of domestic violence</li> <li>- How the work of community nurses affects their health and safety</li> <li>- Interview guide of stress indicators for immigrant, refugee and minority women</li> <li>- Leisure and women with disabilities: New directions for subjective experience</li> <li>- Analysis of barriers in integrating educated immigrant women into Canadian mainstream</li> </ul>	<ul style="list-style-type: none"> <li>- Healthy work environments in community based health and social service agencies, Stage one report: Focus group findings</li> <li>- Support needs for women with multiple sclerosis</li> <li>- Positive work environments for women and men with disabilities: Focus group results</li> </ul>

**Table 2** (cont'd) *Centre Projects and Publications*

Centre	Selected Projects	Selected Publications
Centre for Health Promotion (Toronto)	<ul style="list-style-type: none"> <li>- Priority women and smoking study</li> <li>- Self help mutual aid for seniors and their family caregivers</li> <li>- District Health Council planning</li> <li>- Health Communication Conference</li> <li>- Health Promotion Summer School</li> </ul>	<ul style="list-style-type: none"> <li>- Effectiveness of health promotion</li> <li>- Study on youth and smoking: Plain packaging, health warnings, event marketing and price reductions</li> <li>- Self esteem health</li> <li>- Health promotion empowerment: Practice framework</li> <li>- Making research results meaningful</li> </ul>
Community Health Research Unit (Ottawa)	<ul style="list-style-type: none"> <li>- Guide your patients to a smoke free future</li> <li>- Development and testing of components of a multifaceted intervention program to reduce the incidence of smoking during pregnancy and postpartum of both women and their partners</li> <li>- Towards an understanding of condom use for HIV prevention: Applying the TTM</li> <li>- The determinants of HIV-related risk behaviour in high risk women</li> <li>- Health promotion with isolated seniors</li> <li>- Behavioural determinants of exercise change</li> <li>- Evaluation of breastfeeding support drop-ins</li> <li>- Elderly in need</li> <li>- Fall prevention for seniors</li> <li>- Partnerships for Heart Health</li> </ul>	<ul style="list-style-type: none"> <li>- Smoking stages of change: Summary of development, implementation and evaluation</li> <li>- Mammography and clinical breast examination amongst non-immigrant and immigrant women in Ontario</li> <li>- Partnership success and evaluation: An analysis of the heart beat partnership stories</li> <li>- Evaluation of a high school quit and win smoking cessation program</li> <li>- Evaluation of the site: A pilot HIV prevention programme for injection drug users</li> <li>- Aging and health promotion: A participatory action research project with seniors</li> <li>- Use of assistive devices in fall prevention among community-living seniors</li> <li>- Risk factor measurement in the promotion of cardiovascular health</li> <li>- Health data for public health</li> <li>- Pre and post-natal smoking: A review of literature</li> </ul>

**Table 2** (cont'd) *Centre Projects and Publications*

Centre	Selected Projects	Selected Publications
Groupe de recherche et d'intervention en promotion de la santé de l'Université Laval (Québec)	<ul style="list-style-type: none"> <li>– Relation attitude-comportement chez diverses clientèles</li> <li>– Méthodologie d'intervention politique en santé</li> <li>– Impact d'un programme de prévention du VIH chez les adolescents et adolescentes</li> <li>– Evaluation de villes et villages en santé</li> </ul>	<ul style="list-style-type: none"> <li>– Attitudes et comportements de divers groupes re. MTS-SIDA</li> <li>– L'état de la promotion de la santé au Canada et au Québec</li> </ul>
Atlantic Health Promotion Research Centre (Halifax)	<ul style="list-style-type: none"> <li>– Priority women and smoking project</li> <li>– Resilience: Relevance to health promotion</li> <li>– Self-help mutual aid for seniors and their family caregivers research program (9 projects)</li> <li>– Resiliency in communities</li> <li>– Exploring the links between substance use and mental health: A discussion paper and a round table</li> <li>– Relationship of importance of health, self-efficacy, social support and selected demographics in health- promoting lifestyle in adolescent females</li> <li>– Adult asthmatics (self care) education project</li> </ul>	<ul style="list-style-type: none"> <li>– Smoking among disadvantaged women: Causes and cessation</li> <li>– Disadvantaged women and smoking</li> <li>– Resilience in families: Challenges for health promotion</li> <li>– Fostering children's resilience</li> <li>– Community resilience: Strengths and challenges</li> <li>– The cystic fibrosis mother's group: Personal accounts of coping, shared experience and mutual support</li> </ul>

focused on promotion of women's health. Representatives of other health promotion research centres are linked to women's health initiatives (e.g., Centre for Research in Women's Health, Toronto). The Directors of the Calgary and McMaster centres co-authored a paper for the Canada-U.S. Forum on Women's Health in July 1996. Finally, panellists with connections to both types of research centres will speak on the links between health promotion and women's health at the Fifth National Health Promotion Conference in Halifax in 1997.

### **Interdisciplinary Links**

The array of disciplines represented in centres across the country covers the spectrum of health and health related fields. The diverse health fields and backgrounds include behavioural science, biomechanics, community health, dentistry, epidemiology, health administration, health economics, health education, health planning, human kinetics, kinesiology, medical geography, medicine, nursing, nutrition, occupational therapy, optometry, pharmacy, physiology, political science, psycholinguistics and psychology. Health-related disciplines and fields include: adult education, anthropology, biochemistry, commerce, community studies, demography, economics, education, environmental studies, gerontology, law, philosophy, physical education, recreation, social work, sociology, statistics, and urban planning. All centres are engaged in interdisciplinary and intersectoral work.

All initiatives of the B.C. Consortium are interdisciplinary. Departments and faculties with interests in health promotion are represented among associates. Seminars, faculty associate appointments, e-mail and newsletter networking, and invitations to serve as co-investigators on grant applications are successful mechanisms for promoting interdisciplinary links in the Consortium. The goals of the CHPS (U of A) are "to foster interdisciplinary research in health promotion and to provide and promote interdisciplinary graduate education and continuing education in health promotion." The CHPS is interdisciplinary in its organization, administration, staff, students and courses. A wide variety of disciplines is represented by the research associates of the RCHPCS (Lethbridge). Brown-bag lunch discussions, at which associates share their ideas and research, help to promote collegiality and equality among disciplines. Associates of the Alberta Centre for Well Being are primarily interested in behavioural psychology and physical activity. Activities are undertaken in partnership with varied disciplines in the network of 5,800 individuals. A proposed monthly speaker/seminar series open to everyone at the university should foster inter-



disciplinary connections among the different disciplines represented in the Calgary Health Promotion Research Group. There are more than 80 community partner organizations as well as 160 research associates in 22 disciplines in five universities encompassed within the PRHPRC.

The mission statement of the Centre for Health Promotion (Toronto) states: "In a multidisciplinary context, it will activate, develop and evaluate new approaches to health promotion." The 29 members and 125 associates represent diverse disciplines. A major strength of MRCPOWH (Hamilton) is its multidisciplinary focus with links to social sciences, humanities, business, and health sciences. Researchers from different disciplines work together on research committees, advisory boards and proposal writing. "This has greatly contributed to the understanding, evaluation and explanation of the complex issues of women, work and health promotion," according to Co-Director Mary O'Connor. The 60 to 70 faculty and associates in the CAHR (Waterloo) have varied backgrounds and expertise. The goals of this centre refer to providing a focus and resource base for collaborative interdisciplinary work. The investigators and associates of the CHRU (Ottawa) represent diverse disciplines. Mechanisms for promoting interdisciplinary links include think tanks that provide opportunities for people to "discuss, debate and collaborate on themes" (e.g., collectives, health indicators, community health interventions), interdisciplinary research projects, and seminars.

GRIPSUL (Laval) is multidisciplinary and multi-faculty. The more than 150 associates of AHPRC include representatives of health disciplines and related disciplines. Interdisciplinary links are promoted through project teams, conferences, workshops, newsletters, and lectures.

### **Nursing Involvement**

Nurses are prominent within the interdisciplinary context of the health promotion research centres. Two post-doctoral fellows at IHPR (UBC) are faculty members, at the UBC School of Nursing, another is at the Université de Montréal, and two doctoral students are from the University of Victoria School of Nursing. Several projects of IHPR are directed by nurse principal investigators and the nursing school (UBC) has the largest number of faculty associates in the Centre. A co-principal investigator of the Tri-University B.C. Consortium and co-chair of the community-university health promotion centre in Victoria is a nurse. The director of the RCHPCS (Lethbridge) is a nurse. This centre is physically located in the School of Nursing and nursing faculty and

practitioners contribute as research associates. Nurses are also involved in the membership and leadership of the HPRG (Calgary) and the current Director is a nurse. "The Faculty of Nursing and community health nurses play a leading role in the Centre," according to the director of CHPS, Doug Wilson (U of A). "Individuals in the nursing faculties and others with nursing backgrounds are among the key health promotion researchers and practitioners with whom the Prairie Region centre works," says Director Joan Feather.

The Centre for Health Promotion (U of T) has undertaken a number of projects which involve nurses such as *Stressors and pleasures of pregnancy* (North York Community Health Promotion Research Unit), *Quality of life of the frail elderly* (Quality of Life Unit), and *Face-to-face support group for recently bereaved widows* (Seniors Self Help Mutual Aid Research Program). Many associates and members of the Toronto Centre have a background in nursing and the Dean of Nursing at U of T chairs the Advisory Board. Public health nurses worked closely with CHRU (Ottawa) researchers to design and pilot interventions in the *Fall Prevention* project and contributed to the formative evaluation and the counselling intervention in the *Postpartum Smoking Relapse* study. "Ultimately, most of our research projects would not press forward without the dedication and continued efforts of public health nurses." (Alanna Fox). Several affiliates in the McMaster Centre have major projects with the Nursing Effectiveness Utilization and Outcomes Research Unit. Faculty members in the School of Nursing have received research grants from MRCPOWH.

GRIPSUL has two co-directors situated in the School of Nursing at Laval University. Other professors in the School of Nursing have collaborated in this health promotion research centre and graduate teaching occurs primarily in nursing science and community health programs. The director of the AHPRC is a nurse and nurses have contributed to the work of the centre as research assistants and project coordinators. Sixteen associates of the AHPRC are nurses and nurses participate as members of project teams and Centre committees.

### Sustainability

Long-term sustainability is a critical issue faced by all centres for health promotion research. The five-year funding commitment for the six NHRDP/SSHRC-funded centres concludes in 1998. The sustainability of the B.C. Consortium and the IHPR (UBC) is made possible through grants, contracts, and the endowment of a health promotion professorship matched by the province. Their Summer Institute generates profit,

and honoraria and fees are deposited in IHPR accounts. Recently, UBC committed to a second five-year contract for the director and core budget of IHPR. The SFU Master's Program in Gerontology has a tenure-stream position in Health Promotion and Aging, funded from the university base budget. The associated Gerontology Research Centre has committed to continued funding of a research associate in health promotion through grants, contracts and endowment funds.

The RCHPCS (Lethbridge) has developed partnerships with local regional health authorities and is seeking corporate sponsorship to maintain the funding of the centre. The CHPS (Edmonton) anticipates sustained need and funding for the two educational programs; and research grants and contacts that attract additional funding. The commitment of university and government partners should also enhance sustainability. Concerns about sustainability of the Alberta Centre for Well Being are being addressed by partnerships with corporate sectors, foundations and government, by charging for services, and by developing a membership strategy. The HPRG (Calgary) is undergoing strategic planning. Funding will be contingent upon projects undertaken and proposed interdisciplinary initiatives should foster the centre's visibility. The PRHPRC is progressing with plans for sustainability. Pertinent initiatives include a partnership with Saskatchewan Health to support and strengthen health promotion practice in the new health districts and a key role in various collaborative ventures, including an international linkage project to develop new teaching methods in health promotion based on a participatory and empowering model of primary health-care practice.

Besides seeking funds for individual projects, MRCPOWH will be applying to McMaster University for status and support within departmental or faculty structures. Training of graduate and undergraduate students continues, as do research and activism evolving from completed projects. Project-specific partners share in collaborative projects and clients pay for training and consulting services at the CAHR (Waterloo). The centre has also explored corporate sponsorship. Two initiatives have the potential to move CHRU (Ottawa) into a new direction – anticipated funding for a Centre for Behavioural Change and the Department of Epidemiology and Community Medicine's move towards a research institute format. The Centre for Health Promotion, like IHPR (UBC), receives core funding and infrastructure support from the University of Toronto.

GRIPSUL (Laval) is a non-funded informal centre. Its recent designation as a WHO collaborating centre and its national and international

links should help to sustain it in the future. The AHPRC conducted a search of potential donors targeted to business, government sources and foundations and developed a user-friendly profile of key projects to help market the centre. The centre is investigating registration as a charitable organization and subscription fees for its popular newsletter which reaches approximately 2,000 people. Clearly the struggle for survival continues.

### **Collaboration among Centres of Health Promotion Research**

Alliances of and affiliations among centres lend credibility to particular projects and initiatives. For example, the B.C. Consortium collaborated with investigators in the centres at U of T and Laval, subcontracted another initiative to the Montreal Centre, and have a proposal pending for a collaborative project with U. Waterloo on a tobacco control study. The PRHPRC frequently uses members/associates of other health promotion research centres as resource people. They coordinated a multi-centre study on knowledge development in health promotion practice using a story-dialogue method and workshops hosted by various centres across Canada. The PRHPRC and MRCPOWH are working in partnership on the international linkage project referred to above.

The Toronto Centre collaborated with the AHPRC to conduct the NHRDP-funded research program on self-help mutual-aid for seniors and family caregivers and the Health Canada-funded study of disadvantaged women and smoking. The Toronto Centre launched the project *Making Research Results Meaningful* which entailed workshops hosted by other centres. Focus groups for the AHPRC's Health Canada-funded study of resilience were conducted by health promotion research centres in Toronto, Prairie Region and Montreal, and the Lethbridge and Atlantic Centres investigated community resilience in parallel studies. AHPRC and MRCPOWH are co-sponsoring the next national health promotion research conference. GRIPSUL has links with associates in Quebec and across Canada. Finally, two regional consortia have been formed, comprising four health promotion research centres in Alberta and the three centres in B.C.

### **National Front**

#### ***Canadian Consortium for Health Promotion Research***

In November 1996, the Canadian Consortium for Health Promotion, currently comprising the 15 health promotion research centres, was



established. The Consortium's mission is "to enable Canadians to have greater control of their health, through the development, dissemination and application of knowledge on the determinants of health and on health promotion initiatives." Its goals are to (1) contribute knowledge to inform policy and practice in health promotion and population health; (2) advocate for advancement of knowledge in population health promotion; (3) enhance collaboration in health promotion knowledge development; (4) nurture education, training and research in health promotion; (5) act as a focal point for linking regional networks in health promotion knowledge development; (6) scan the environment for developments in health promotion; (7) enhance communication of health promotion knowledge relevant to policy and practice; and (8) act as a Canadian focal point for knowledge development in health promotion at international and national levels (Rootman & Goodstadt, 1996). The Consortium will host an information session at the Fifth National Health Promotion Research Conference in July 1997 to highlight the mission/goals of the Consortium and its website, display information, materials and publications from individual centres, and invite new members.

In 1996, the Consortium submitted a position paper entitled *Health Promotion and Health Reform in Canada* to the National Forum on Health, which identified encouraging trends: establishment of the university-based health promotion centres/institutes; growing responsiveness of research funding agencies to supporting health promotion studies, increasing emphasis on evaluation; international recognition of Canada as leader in health promotion (e.g., two university-based centres are WHO collaborating centres); and national consensus on the role of health promotion in the public health community, reflected in the *Health Promotion Perspectives* project.

### ***Health Promotion Perspectives Project***

The health promotion research centres played an active role in the Canadian Public Health Association (CPHA) Perspectives Project. Representatives from the centres were corresponding members and were invited to participate in the national symposium in Ottawa in February 1995. Several centres organized or co-sponsored the provincial consultations and workshops associated with this project. Reports on these consensus-building workshops, surveys and teleconferences held in 10 provinces/territories were published by CPHA. The *Action Statement for Health Promotion in Canada*, approved by CPHA in July

1996, identifies the health promotion research centres as key actors in recommendations pertaining to evidence on effectiveness of healthy public policies, strengthening interdisciplinary training, analyzing and synthesizing knowledge-based practice, evaluation methods, training in health promotion research and theory, and dissemination of research results. A December 1996 update by CPHA referred to plans to follow up the discussion during the centres' meeting on November 21, 1996, regarding mechanisms to monitor priority areas in the Action Statement.

### *Centre Meetings*

The first meeting of the centres on February 17-18, 1994, sponsored by Health Canada, is reported in the *Proceedings of the Meeting of the Health Promotion Research Centres on Knowledge Development* (Health Canada, 1994). This meeting re-examined priorities in knowledge development and areas for collaboration. The second meeting of the centres, held in December 1995, focused on disseminating findings of health promotion research, evaluating health promotion activity, and developing the capacity to influence the policy agenda. Brief descriptions of the centres, which were appended to the report, are updated in Table 1. The most recent meeting was held on November 20-21, 1996, in Ottawa, where participants discussed current issues, challenges and opportunities in health promotion, sustainability of centres, and the Canadian Consortium for Health Promotion Research.

A key contribution of the Health Promotion Development Division of Health Canada, which sponsored these meetings, is the paper by Hamilton and Bhatti entitled *Population health promotion: An integrated model of population health and health promotion* (Hamilton & Bhatti, 1995). The health promotion research centres provided feedback on the draft document. To date, over 30,000 copies have been distributed. The Health Promotion Development Division has also sponsored and funded research projects conducted by the centres.

### *Conferences*

Representatives from centres also meet during national conferences. The first national health promotion research conference, held in Toronto in 1990, celebrated the creation of the Centre for Health Promotion. During the second conference in Vancouver in 1993 the Minister of Health announced the funding of six health promotion research centres



by NHRDP and SSHRC. In 1994, a third conference was held during the Learned Societies meeting in Calgary on the theme *Higher Altitudes in Health Promotion*. The fourth conference, held in Montreal in 1996, emphasized the links between health promotion and population health. The fifth conference, which will take place in Halifax on July 4-5, 1997 (funded by NHRDP, Women's Health Bureau, Health Promotion and Programs Branch), will focus on *Gender and Health: From Research to Policy*.

### ***Research funding trends***

The changing climate in health promotion research funding is reflected in the strategic planning exercises of MRC, NHRDP and SSHRC over the past few years. The document *NHRDP Toward 2001: Implementing Conceptual Program Changes* refers to five strategic research themes including population health (which encompasses health promotion issues such as determinants of health and access) and renewal and restructuring of the health system (which targets the distribution of resources among health promotion and other domains). The new Health Transition Fund, recommended by the National Forum on Health, will consider projects in "preventive health." The Canada Foundation for Innovation will invest in research capability and infrastructure and give priority to projects that contribute to quality of life and to improving health.

### **Conclusions**

The significant strides in health promotion research in Canada over the past decade can be attributed in large part to these centres. The 1993 announcement proclaimed that the nationally funded centres for health promotion research "represent working partnerships between community groups, academic researchers, health care providers and policy makers addressing ways in which the health of all Canadians can best be promoted.... Each centre will perform innovative ground-breaking work." These NHRDP-SSHRC-funded centres and the other health promotion research centres in Canada collectively and collaboratively made major contributions to health promotion knowledge generation, practice and policy through their research and educational initiatives. Nurses will continue to play an important role in the achievements of these centres. Although the centres face complex challenges, an exciting and encouraging future looms on the horizon.

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