

ANPR Conference POSTER Abstracts

Healthy Eating In Arenas Pilot Project

Durham Region Health Department: Alba Aguanno, Public Health Nurse, Adrienne Baltadjian, MHSc, RD/ Public Health Nutritionist; Pam Frisby, Public Health Nurse; Canadian Cancer Society: Lynn Nazarko; Canadian Diabetes Association: Gabriella Simo; Heart & Stroke Foundation of Ontario, Tyler Moon; Municipality of Scugog, Scugog Community Recreation Complex, Brenda Robinson; Municipality of Clarington: Garnet B. Rickard; Recreation Centre: Evelyn Mayhew.

Creating Healthy Environments for Youth Coalition (CHEY) has been working on a Healthy Eating in Arenas Pilot Project. The goal of the coalition is to ultimately develop nutrition guidelines/policies that will be implemented throughout Durham Region Recreation Facilities. As part of this process, the CHEY group has utilized a number of Health Promotion strategies such as Health Education & Communication, Capacity Building and Advocacy, to name a few. The coalition has developed bulletin board posters for display in local arenas, Healthy Menus and Meal Deals for the 2 pilot arenas, and a number of promotional items. We have developed partnerships at the local and provincial level, and have gained support from key influential stakeholders. The coalition has received substantial funding to expand the program, and will soon be producing a report with the pilot results, and a tool kit to assist other communities in implementing similar projects.

Examination of regional variation in treating HCV

Angelique Myles, The National Canadian Research Training Program in Hepatitis C and the Atlantic Interdisciplinary Research Network; Peter Wang MD PhD; Murray Krahn MD MSc FRCPC; Gerry Mugford PhD

Approximately 170 million people worldwide are infected with Hepatitis C virus (HCV) and the current prevalence of HCV in Canada is approximately 0.8%. A sustained virological response (i.e. no detectable hepatitis C ribonucleic acid 6 months after completion of therapy) represents the goal of therapy. Canadian hepatologists have varied perspectives towards treating HCV patients and treatment intensity varies significantly by province. The study examines if regional variation in treating HCV patients can be explained by differences in clinical opinions/practice among HCV specialists. A nationwide anonymous mail survey was conducted to determine if treatment varies by geographical location. The questionnaire was mailed to the entire sample of physicians identified by the Canadian Medical Directory. The survey requested information regarding health care provider demographics, referral pathways, treatment eligibility, pattern of drug prescribing, barriers to providing high quality service, and the role of physicians in providing treatment.

The 2004-05 Youth Smoking Survey Results for PEI

Donna Murnaghan (School of Nursing and PEI Health Research Institute, UPEI),
Melissa Perry (PEI Health Research Institute, UPEI), Steve Manske (Centre for
Behavioural Research and Program Evaluation, University of Waterloo)

Smoking typically begins in the adolescent years and is a key risk factor associated with many chronic diseases. The Youth Smoking Survey (YSS) is a Health Canada sponsored national survey that was first administered in 1994 and was the largest and most comprehensive survey on youth smoking behaviour since 1979. The current YSS is designed to track changes in the attitudes and behaviour of Canadian children and adolescents towards tobacco. Grades 5-9 adolescents (NCanada 27,456, NPEI 3000) completed school-based questionnaires examining smoking behaviour and predictors of smoking adoption as well as assessing various health-related behaviours. Parents (NCanada 19,219, NPEI 2100) completed a telephone survey examining household smoking behaviours and gathering demographic information. School Administrators (NCanada 310, NPEI 24) participated in brief, 15 minute interviews which provided information about school tobacco policies and enforcement. Smoking behaviour and youth access to tobacco for PEI will be described and compared to national results.

Alcohol consumption during and after TAGS in a Newfoundland and Labrador coastal community

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Newfoundland

Following the cod moratorium of 1992, affected individuals received federal financial support through The Atlantic Groundfish Strategy (TAGS). The TAGS program ended in 1998, while the cod moratorium continued.

The purpose of this study was to assess how alcohol consumption among drinkers and among specific groups of high-risk drinkers changed from the time when TAGS was in place (T1) to the time after the TAGS program had ended (T2). The study included a random sample of 1352 persons (T1 = 681; T2 = 671) in the Bonavista Headland area of Newfoundland, of which 800 were drinkers.

The study found that alcohol consumption among drinkers had decreased from T1 to T2. Further, alcohol consumption had decreased among drinkers of low-income households, males and unemployed drinkers. Alcohol consumption had not changed among low-income individual drinkers, drinkers who were single, and drinkers who perceived themselves as stressed. Implications for health care, education and further research will be discussed.

Funded by the Social Sciences and Humanities Research Council of Canada.

Exploring the services for rural postpartum women

Kelly Fenn (BScH Psychology Student, Acadia University); Dr. Peter Horvath (Professor, Acadia University)

Health service workers, specifically public health nurses and community outreach workers involved in the care of pre- and postpartum women in Annapolis and Kings Counties, Nova Scotia, were interviewed concerning the current state of services and resources available to women at-risk for or suffering from postpartum depression. Interview questions were developed to obtain perspectives related to the causes, prevention, and treatment of postpartum depression in rural communities. The effectiveness and appropriateness of these services were also examined using a qualitative approach. Perspectives related to the factors precipitating postpartum depression in women living in rural communities were also explored. Interviews with 16 participants indicated that the services and identification process that are currently in Kings and Annapolis Counties do not meet the needs of childbearing women and their families. Thematic analysis of participant responses provided important insight into how detection of postpartum depression among rural populations can be improved. Participants identified several barriers that rural women face to obtaining treatment and support for postpartum depression. These included isolation, lack of adequate transportation, and stigma related to mental health issues, which are barriers consistent with current research concerned with depression in rural populations. Recommendations concerning the future care and support of rural postpartum women, and implications for health service delivery were also discussed. Health professionals interviewed indicated that they would be willing to participate in a community project to help women suffering from postpartum depression in their community.

Best practices for assessing expert panel ratings

Laurie Hellsten (University of Saskatchewan)

Regardless of setting, researchers utilize instruments to assess health challenges and the effectiveness of health interventions. However, as an instrument is considered valid only to the extent that the inferences are appropriate, validity evidence should be collected from a variety of sources. Content validity evidence is often collected during item-construction where experts are asked to rate the degree of match between the content of items and the objectives measured by the instrument. However, quantitative and statistical assessments of the ratings are uncommon. Due to the lack of systematic assessment and documentation of item ratings, the selection of items for field testing is often unjustified. The purpose of this research was to illustrate how multiple assessments of the item ratings provided by experts can be used to provide content validity evidence and aid in the justification of item selection. This study provides a “best practice” guide to assessing expert panel judgments.

Adolescent Smoking: The Role of the Smoke Hole

Professor Donna Murnaghan (UPEI); Dr. Colleen MacQuarrie (UPEI); Dr. Debbie MacLellan (UPEI); Mr. Bob Gray (UPEI); Dr. Chris Blanchard (Dalhousie University); Dr. Wendy Rodgers (University of Alberta)

This study examined key student beliefs that are predictive of not smoking and identified important environmental variables within the school that influence student beliefs. Using the Theory of Planned Behaviour (TPB), student-specific beliefs about not smoking were identified. Four focus groups with 23 intermediate school students explored students' perceptions of barriers and facilitators to not smoking. A key finding from the focus groups was the role of the 'smoke hole' on adolescents' decisions to not smoke. The issue of student smoking on the periphery of school property, in areas known as 'smoke holes' was discussed by students. Implications for policy and practice include identifying methods to alleviate student smoking adjacent to school property during school hours and establishing personally relevant programs, policies, and rules that students take seriously. (Funded by the Canadian Tobacco Research Initiative)

Effects of a Self Help Book to Practice Self Care

Sears, Sheila A. - Guysborough Antigonish Strait Health Authority; MacNeil, Stephanie - Dietitian Intern

Increasing incidence of visits to emergency rooms and physician offices has prompted the need for self-care of ailments not deemed emergent. The Canadian Triage Acuity Scale suggests a majority of individuals seeking professional health care services do not exhibit conditions of an urgent nature. Resulting increases in health costs and wait times may be avoided by providing families with the knowledge to practice self-care. A self-help book entitled, "Do I Need to See the Doctor?" was selected as an appropriate information source and was distributed to families of the Guysborough Antigonish Strait Health Authority, Nova Scotia.

The hypothesis that the "Do I Need to See the Doctor?" book effectively builds perceived confidence and ability to practice self-care was shown through evaluation.

The Hidden Hurt: Abuse, Disclosure, & Prevention

Barter, Ken, PhD. Professor, School of Social Work, Memorial University of Newfoundland; Fairholm, Judi, MEd. National Manager, RespectED Program, Canadian Red Cross, Burnaby, BC; McConnell, Sheri, MSW. Research Assistant, Hidden Hurt Project, School of Social Work, Memorial University of Newfoundland; Tutty, Leslie, PhD. Professor, RESOLVE Alberta, Faculty of Social Work, University of Calgary; Ungar, Michael, PhD, RMFT. Associate Professor, Maritime School of Social Work, Dalhousie University.

While it is certain that the incidence of child abuse far exceeds the rate of disclosure, there have been no systematic means to access the hidden phenomena of abuse or to access information directly from youth concerning their thoughts/experiences of abuse and disclosures. Over 2200 program evaluation forms completed by youth participants in the Canadian Red Cross RespectED program plus interviews with youth, educators, and RespectED staff/volunteers were examined to explore patterns of abuse and disclosures.

In order to broaden our perspective beyond the individual to the social causes of violence and oppression, it is essential to recognize prevention programming as an essential aspect of social change. The Hidden Hurt Project also examined the content and process of two RespectED programs, It's Not Your Fault (abuse/neglect within families) and What's Love Got To Do With It? (dating violence), in order to explore best practices in abuse prevention programming.

Protective role of social environments in injury

William Pickett, PhD (1,2,3), Suzanne Dostaler, MSc (1,2), Wendy Craig, PhD (3), Ian Janssen, PhD (1,4), Kelly Simpson, MSc (1,2), S. Danielle Shelley, MA (3), William F Boyce, PhD (1,5); Department of Community Health and Epidemiology, Queen's University, ON, Canada (1) Department of Emergency Medicine, Queen's University, ON, Canada (2) Department of Psychology, Queen's University, ON, Canada (3) School of Physical Health and Education, Queen's University, ON, Canada (4) Social Program Evaluation Group, Faculty of Education, Queen's University, ON, Canada (5)

The Population Health Framework was used to examine relationships between adolescent risk-taking and injury, and the modifying effects of supportive home and school environments.

A representative sample of 7,235 students (10-16 years old) from Canada completed the W.H.O. Health Behaviour in School-aged Children Survey. Individual items and factor-analytically derived scales were used to assess relationships between these variables in an aetiological analysis.

Adolescents with supportive home and school environments experienced lower relative odds of engagement in risk-taking behaviour and of injury. Gradients were observed between the extent of adolescent risk-taking and the occurrence of injury. Interactions were not observed between risk-taking behaviour, perceived support in home and school climates, and injury.

Supportive social climates protect adolescents from engaging in risk behaviours, and also the occurrence of some forms of injury. However, once an adolescent chooses to engage in risk-taking behaviour, a supportive environment may not protect them from injury.

Maternal Depressive Symptoms & Children's Longitudinal Development

N.L. Letourneau, University of New Brunswick, C.B. Fedick, McGill University; J.D. Willms, University of New Brunswick; C-L. Dennis, University of Toronto; K. Hegadoren, University of Alberta; M. Stewart, University of Alberta; Trina Cluney, University of New Brunswick

Approximately fifteen percent of women experience postpartum depression (PPD). PPD may impair mother-infant interactions which can increase vulnerability to behavioural problems. Data from the National Longitudinal Survey of Children and Youth were used to examine the impact of maternal PPD on children's behaviours and if factors such as parenting, social support, and demographics affect this impact. Hierarchical linear modelling was used to examine behavioural growth trajectories of the sample of children (n=3533). Children, aged 0-24 months, of both depressed (n=691) and non-depressed (n=2842) mothers were identified and followed until they reached 8 years of age. Analysis revealed children of mothers who experienced PPD have higher levels of anxiety, hyperactivity and aggression than children of non-depressed mothers, initially and over time. Positive, nurturant and consistent parenting however diminished these effects. These findings provide direction for interventions aimed at reducing the impact of depression on children's behavioural development via support for parenting.

Knowledge and Skills for Life

Cathy A. Smith, MSc BSc, Research & Data Analyst, Addiction Services, DHA's 123, Nova Scotia, Canada

Substance abuse among young people has increased in the past decade, and it is occurring at younger ages. In western Nova Scotia, Addiction Services offers a prevention program named "Knowledge and Skills for Life" intended to prevent or delay the onset of substance use among adolescents. This program is presented in schools to grade seven students, by Addiction Services staff, over a 10-week period. It combines social and personal skills development with the provision of factual substance and addiction-related education. It is designed to be interactive and provide opportunities to practice skills in a safe, supportive, and encouraging environment. The overall objective is to educate adolescents to make healthy life decisions.

In evaluating the impact of this initiative, it has proven to reduce barriers and increase the accessibility of addiction treatment for the adolescent population. In addition, students have demonstrated increased awareness and rated the program as effective.

Improving Influenza Vaccine Uptake in Long Term Care Homes

Donna Pierrynowski Gallant PhD, RN Saint Francis Xavier University; The Canadian Center for Vaccinology; Sherry Bowman BN, RN, Saint Francis Xavier University; Joseph Apaloo PhD Saint Francis Xavier University; Shelly McNeil, MD, Dalhousie

University, The Canadian Center for Vaccinology; Robert Strang MD, Medical Officer of Health Capital Region; Shannon Sullivan MSc Elizabeth Bruyere Research Institute

Objectives: 1) Increase awareness about the impact of influenza in long term care homes and the benefits of influenza immunization of health care providers; 2) Determine whether or not direct care providers have decisional conflict about receiving the influenza vaccine; 3) Determine if decisional conflict is associated with intent to receive the vaccine and characteristics of the direct care providers.

Methods: A cross sectional survey was conducted in the Capital Health District in Nova Scotia to assess the presence of decisional conflict in direct care providers.

Results: RN's and LPN's experienced less decisional conflict than other direct care providers. Personal care workers and Continuing Care Assistants indicated some dissatisfaction with the information and support needed for making decisions about vaccination. Respondents under 40 years of age had more decisional conflict regarding certainty about their decisions.

Conclusions: Decisional conflict is an important determinant in the quality of decision making and decision aids maybe useful to influence uptake of influenza vaccine.

Tobacco Reduction Operation by Youth

Pam Moores BN RN, Parent & Child Health Coordinator, Western Health

The Tobacco Reduction Operation by Youth (TROY) project was a proactive approach to tobacco reduction initiatives activities in Western Newfoundland. The project consisted of three phases from April 2005 to August 2006. Partnership between Health Canada, Western Health, the Tobacco Free Network and the Western School District made this project possible. The TROY project supported the Provincial Tobacco Reduction Strategy in its four main goals: prevention, protection, cessation and denormalization. Our project aimed to engage youth in tobacco reduction initiatives and demonstrate their capacity to work with others to increase awareness in their schools and communities. Nine schools developed goals and work plans that targeted specific initiatives to promote the smoke free message and build healthy environments. The project was evaluated using data from surveys, participant evaluations and focus groups. It was determined that a youth-led approach within the school system was an effective method in addressing issues around tobacco.

Rural Women's Leisure, Community Identity & Health

Deborah Stiles, Jamie MacLaughlin, Katriona MacNeil, Cristian Rangel, Lauranne Sanderson, and Steven Dukeshire, Women's Health in Rural Communities initiative in the Rural Research Centre at Nova Scotia Agricultural College

Using historical research, focus group interviews, survey research and a CBPR-model of community input, this project examines the links between rural women's leisure, community identity, and community health and well-being. The research is part of a larger initiative, Women's Health in Rural Communities (WHIRC), which is studying the health of young women in rural Nova Scotia. The sample frame includes approximately 125 women between 19 and 45 who reside in the community of 'Hampshire'. Using discourse analysis and thematic coding of the focus group transcripts, the ideas, perceptions, and attitudes of rural women on community, health and leisure are explored. One of the key concepts that emerges is that a rural community's health and well-being may be related to both participation in and access to leisure opportunities. A survey generated from the focus group interview results provides an in-depth look at community identity, health, and leisure activities of young rural women in this community.

Dietary intake, the new "CFG" and NS youth

Matthew Durant - Acadia University; Phil Campagne - Dalhousie University; Rene Murphy - Acadia University; Laurie Rehman - Dalhousie University; Angela Thompson - St. Francis Xavier University; Laurie Wadsworth - St. Francis Xavier University

Investigation by the Physical Activity and Dietary Intake of Children and Youth (PACY) research group reveals many Nova Scotia youth (males and females in grades 7 & 11) fail to meet minimum recommendations outlined by Health Canada in Canada's Food Guide (CFG) to Healthy Eating (1992). The newly released food guide (2007) recommends an increased number of daily servings for youth for grain products, meat and alternatives and vegetables and fruit. The number of NS youth which don't meet the new minimum recommendations has increased. If strong education and messaging regarding the need to reduce intake levels from energy dense food sources isn't implemented, the new guide may serve to further increase dietary intake in this population, rendering the new CFG more obesogenic for youth than the previous version. Policy and programmatic implications will be discussed.

Supported by Nova Scotia Department of Health Promotion and Protection and Nova Scotia Department of Education.

Healthy body image: The Body Image Network approach

Natalie Beausoleil, Monique Goguen Campbell, Kate Hickey, Lorraine King, Pamela Ward, Sarah Wickham, Memorial University of Newfoundland

Key health and education officials have partnered and started a variety of health and wellness campaigns in schools and the community. These campaigns focus primarily on food and physical activity with little focus on promoting positive body image. In recent years, educators and school administrators have recognized many youths dissatisfaction with their body and have turned to guest lectures to promote positive body image messages. The Body Image Network (BIN) has provided presentations and training to

educators, health professionals and youth with an aim to emphasize self-esteem and healthy body image despite body size. BIN's message includes: critical media literacy, artistic creativity, positive body messages, a focus on diversity and health at every size, and activism for change. BIN's poster will present the Networks adopted self-esteem approach to address existing body image problems. We argue that actively promoting positive body image in schools is essential to the Vitality message.

The Meaning of Rural Health

Samantha Kelloway BScN, RN, Dalhousie University, WHIRC; Jessie Sheppard, Dalhousie University; Lois Jackson BA, MA, PhD. Dalhousie University, WHIRC; Anita Unruh, BSc, MSW, PhD. Dalhousie, WHIRC

Objective: The purpose of this study was to explore with young rural women (ages 18-39) the impacts of recent community changes on their health and well-being. This paper will focus on the women's conceptualizations of health.

Methods: Twenty-two women living in two different rural communities on the south shore of Nova Scotia were interviewed in face-to-face interviews using a semi-structured interview guide.

Findings: Some women express key emotional health stressors in their lives, yet when speaking about their health in general terms, talk about health in a very limited manner (ie., in terms of their physical health not their emotional health. This conceptualization of health may have implications for the types of services advocated by some rural women since emotional health is not directly linked to their definition of health. Suggestions for program strategies and policy implications will be discussed including the importance of understanding a holistic approach to rural women's health and well-being.

Screen time and obesity of boys and girls in NS.

Dana L. Fox 1, Phil D. Campagna 2, Matthew Durant 1, Laurene Rehman 2, Angie M. Thompson 3, Laurie Wadsworth 3, René J.L. Murphy 1.

1 Acadia University; 2 Dalhousie University; 3 St. Francis Xavier University

Child and adolescent obesity rates continue to rise. Physical activity and nutritional practices are important and can be influenced by “screen” time (i.e. television viewing, internet use, video and computer games). Screen time was measured using self-reported leisure activity questionnaires completed by ~2300 children throughout Nova Scotia in grades 3, 7 and 11. Grade 3 boys and girls averaged 3.7 and 3.1 hours per day respectively. Grade 7 averages increased to 5.4 hours for boys, and 4.8 hours for girls. Grade 11 boys and girls reported an average of 6.3 and 5.5 hours per day respectively in

front of a screen. Television was the most reported sedentary activity for all grades. The potential impact of these sedentary pursuits on obesity rates and health implications are significant.

Supported by Nova Scotia Department of Health Promotion and Protection and Nova Scotia Department of Education.

Walking to school- Doesn't anyone do that anymore?

René J.L. Murphy 1, Phil D. Campagna 2, Matthew Durant 1, Laurene Rehman 2, Angie M. Thompson 3, Laurie Wadsworth 3.

1 Acadia University; 2 Dalhousie University; 3 St. Francis Xavier University

Using data from our Physically Active Children and Youth provincial surveys, (collected in 2001-02 and 2005-06) the number of students that regularly walk to school and the possible impact of this activity on obesity was assessed. In both surveys, we measured body mass, height and analyzed questionnaires completed by ~2300 randomly selected Nova Scotian students in grades 3, 7 and 11. The majority of students reported taking the bus; very few walked to school. The small number of students in each grade who walked to school was reduced by approximately half in poor weather conditions. BMI classification of active commuters (walkers, bikers) was compared to non-active transportation users (bus, driven by someone else or drive themselves). Regional differences and trends observed in the province over the four year period are outlined and policy implications are discussed.

Supported by NS Department of Health Promotion and Protection, NS Department of Education.

Are school region socio-economic status and geographic locale associated with differing school food environments in British Columbia?

Kathryn Proudfoot, Dalhousie University; Dr. Aleck Ostry, University of Victoria; Dr. Donald Langille, Dalhousie University; Dr. Mark Asbridge, Dalhousie University

The recent dramatic rise in overweight in Canada and other western nations suggests that the environment may be a strong contributor to the current epidemic. While the role of behavioural determinants of obesity - eating too much and not exercising enough - are well established, less well understood are environmental and social determinants of those behaviours and ways to change those determinants.

The objective of this study is to reveal underlying social determinants of a healthy school environment. Specifically, it will link data from the British Columbia School Nutrition Survey with census data to underline geographic patterns of unhealthy food sales in public schools and socioeconomic variables that are connected to healthy school food policies. This study addresses the need for more research on school policy within

an ecological framework and will help community stakeholders and policy makers establish effective school nutrition policy.

Rural women's stress with specialized health care

Jessie Sheppard, B.Sc., M.A. (cand.), Dalhousie University; Samantha Kelloway, B.Sc.N., M.A. (cand.), Dalhousie University; Lois Jackson, PhD, Dalhousie University; Anita Unruh, PhD, Dalhousie University

Objective: The purpose of this study was to explore the impacts of recent community changes on the health and well-being of young rural women.

Methods: Twenty-five young women (ages 18-39) living in rural Nova Scotia participated in face-to-face interviews using a semi-structured interview guide. A small number of these women reported specialized health care needs for themselves and/or their children.

Findings: Among the women who had specialized health care needs, there were particular stressors associated with gaining access to health care services. These stressors included accessing a family physician on an immediate and regular basis and extensive traveling to consult with specialized health care providers. Programme and policy implications of these issues will be discussed, including distance health care provision and access to interdisciplinary health care teams.

Yoga as part of Wellness in the Workplace: A Case Study

Diana Shields, B.GS., M.A.(Integrated Studies - Work, Organization, and Leadership and Cultural Studies) in progress. Athabasca University and South Okanagan Yoga Assoc.

This paper is written for a presentation at the 2nd Annual Atlantic Networks for Prevention Research (ANPR) Conference and is accompanied by a series of short activities that demonstrate some of the potential health benefits resulting from even minimal participation in Yoga practices. A brief history and description of the development of one Wellness Committee at a Canadian workplace and the activities that it has sponsored is presented. A summary of Yoga theory is given in relation to how incorporating structured Yoga practice in the workplace can be a significant factor in addressing common office workplace ailments and other health issues among employees. Finally, some of the challenges that may present themselves when attempting to implement Yoga as part of a formal wellness program will be discussed based upon the author's experience at one place of employment.

Care or scare: What do health and law enforcement workers prefer to do about injection drug use?"

Lesley Goodyear MSc candidate (MUN); Diana L. Gustafson PhD (MUN); Maria Mathews PhD (MUN)

Injection drug use is becoming an increasing health challenge in our society. It is estimated that there are between 75,000 to 125,000 people in Canada who inject drugs. While the precise number of people who inject drugs in Newfoundland and Labrador (NL) is not known, estimates put the number at about 575, well below the national and regional figures. The low incidence may be one of the reasons this issue received little public attention until the Oxycontin Task Force released its final report in 2004. The potential health consequences of injection drug use are well documented and include the spread of HIV and HCV and possible fatal overdoses. Preventing the transmission of disease and promoting health in the drug use community are important goals when building a healthy environment in St. John's known as the provincial "hotspot" for drug use. Achieving this goal has been difficult given the illegal nature of injection drug use, the negative societal view of the behaviour, and the gaps in knowledge about the issue in NL.

The present research responded to this gap by developing and testing a community-wide survey of public attitudes about drug use in general, and awareness of and attitudes toward meeting the health needs of people who inject drugs, in particular. We conducted a telephone survey of 200 randomly selected residents from St. John's NL to assess public views and knowledge about harm reduction strategies, and injection drug use.

In this presentation, we compare the responses from individuals who work in health and law enforcement. We challenge the belief that health workers are more likely to support "care" oriented harm reduction strategies while law enforcement professionals favour "scare" oriented legal approaches to promote safer communities in the province. Conclusions from this research will inform health professional and law enforcement groups about educational needs concerning injection drug use, health promotion and disease prevention.

Geographic Information Systems (GIS) as a method of identifying and mapping food access within downtown Antigonish, NS

Ashley McGregor, StFX Human Nutrition; Dr. Ozeas Costa, Ohio State University at Mansfield School of Earth Sciences; Christine Johnson, StFX Human Nutrition; Colleen Cameron, StFX Nursing; Dr. Laurie Wadsworth, StFX Human Nutrition

Food insecurity is associated with a diminished diet that is usually lacking in both quantity and quality. Poor nutrition can have immediate effects on health as well as

more long term effects like chronic disease. Food accessibility, a core component of food security, is concerned not only with the geographical location of food shops but also the variety of foods that are available for purchase and whether they are reasonably priced. Measuring food access can be done in several ways. A new and emerging methodology is that of Geographic Information Systems or GIS, which has the ability to create maps that show not only geographic features but also differences in the health and demographics of the population and how they relate to these geographic areas.

The town of Antigonish, Nova Scotia has been affected by the trends seen elsewhere of grocery stores locating on the outskirts of towns leaving the downtown core, and the residents within, without ready access to food sources. A research study initiated in response to the closure of the last downtown grocery store examined food access issues. GIS methodology was used to visually represent socio-demographic characteristics of residents of the town of Antigonish and how these characteristics and geographic areas contribute to food insecurity. These maps create a visualization of 'hot spots' and problem areas for food access which can be quickly and easily identified in an attempt to understanding appropriate solutions. This poster presentation will highlight the use of GIS as a methodology for examining food access issues highlighting strengths and limitations of this methodology that were learned from our case in Antigonish.

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Understanding the older adult driver: A qualitative exploration

E.K. Gillin, M.Sc., Ph.D. (Candidate) Faculty of Health and Rehabilitation, University of Western Ontario; A.W. Salmoni, Ph.D. Faculty of Health and Rehabilitation, University of Western Ontario

Purpose: To understand the most important issues expressed by older-adults during semi-structured interviews about driving safety.

Design and Methods: Semi-structured interviews were conducted as part of a study of aging and visual attention location in drivers 69 to 90 years of age in Central and

Midwestern Ontario, Canada. In addition, two driver rehabilitation specialists were interviewed using the same format. Interviews were taped and transcribed verbatim.

Results: The driving experience was captured by coding the transcribed interviews using the following general categories: Physical Function, Social Factors, Psychological Response, Cognitive Processing, Vehicle Design and Environmental Conditions. Analysis of the interviews revealed that the majority of the older adults interviewed exhibited varying degrees of confidence and driving comfort based on socio-psychological factors as well as vehicle design. The most pronounced finding was the social implication of losing independence due to the loss of the privilege to drive. Maintenance of independence was perceived to be directly related to the ability to drive. Due to the fact that the respondents were all retired and could usually choose when and where they drove, they self-limited driving to comfortable and safe conditions. Not surprising was the consistent mention of disliking driving at night, in heavy rain and snow, driving into a sunrise or sunset and during heavy truck traffic. Very little mention was made of physical problems other than vision (glare) as a restriction.

Implications: Older adults are fiercely protective of the right to drive and have practical suggestions on how they would like to continue to drive safely as they age. Understanding the physical impediments due to aging, vehicle design issues as well as driving confidence of the older driver can enhance our understanding of how to safely extend driving years for this burgeoning population.

ADVANCED ACCESS APPOINTMENTS IMPACT

John Hudec, PhD, Cape Breton University; Elaine Rankin, RN, MES, Cape Breton District Health Authority; Steven MacDougall, MD, Cape Breton District Health Authority

The purpose of this research project is to measure the impact of advanced access (same day physician appointments) on patient and provider satisfaction and to determine its association with other variables such as physician income as measured by Medical Services Insurance billings and emergency room visits for non-urgent and less urgent visits (Levels 4 and 5 triage) as reported by NshIS (NS Health Information System). Three comparable non-advanced access family physician practices will be purposefully selected to participate in the patient satisfaction survey and physician/support staff interview.

Semi-structured interviews will be held with each office support staff and physician. Patient satisfaction surveys using the Institute for Healthcare Improvement tool will be completed. Physician Medical Insurance billings and emergency room visits by physician for triage level 4 and 5 will be reported.

Study period has started in January 2007 and interim study results will be shared during the symposium. Findings may be used to enhance primary care physician practice re-design.

Promoting Safe Drinking Water

Dr. Sandra MacDonald, A. Ross, D. Best, J. Blakeley, L. Bennett and C. Twomey, Memorial University of Newfoundland

Safe drinking water in Canada and around the world has become a major public health concern. The outbreaks of water borne disease in Walkerton, Ontario and North Battlefield Saskatchewan alerted the federal government to the need for a standardized, multi-barrier approach to managing public drinking water distribution systems and although many provinces have adopted such an approach, problems still exist. Between 1997 and 2004, a Community Health Needs and Resources Assessment Study was conducted in NL to assess health beliefs and practices, satisfaction with health and community services and concerns in relation to community health. The study used a triangulation of data collection methods including a random household survey, (n = 2,841), key informant interviews (n = 86) and focus group sessions (n = 22). Findings indicated there were serious issues of concern regarding the safety of drinking water in the province, including boil orders, improper chlorination and turbidity. This paper will explore the findings from the community assessment study and discuss the implications for healthy public policy and population health initiatives to promote drinking water safety in the community.

Evaluation of IPM in NYC Public Housing

Nagle S, Kass D, Chew G, McKelvey W, Carlton E, Clarke B, Tiven J, Evans D.; Integrated Pest Management in New York City Public Housing: A Partnership to Increase Housing Authority Capacity to Safely and Effectively Control Pests in Urban Areas.

Cockroach and rodent infestations occur in many urban areas of the United States. Besides causing annoyance and stress, they are sources of allergens that can exacerbate asthma. Efforts to reduce pests often involve toxic pesticides. Integrated Pest Management (IPM) is an alternative approach that minimizes use of potentially hazardous chemicals by improving sanitary and structural conditions so that pests are denied access to food, water, and shelter.

In response to concerns about pest control practices voiced by the City Council, the New York City Department of Health and Mental Hygiene (DOHMH) and the New York City Housing Authority, (NYCHA) developed and implemented an IPM intervention for public housing. As part of the intervention, NYCHA hired and trained community residents to conduct the IPM and provided them with the opportunity to become fully licensed pest control operators with civil service status. DOHMH and CCCEH collaborated with NYCHA to evaluate the feasibility and impact of the program in 324

apartments in 13 buildings in public housing developments. The presentation will describe the collaboration process, the IPM intervention, resident responses to the intervention, and present preliminary findings that suggest that IPM successfully reduced cockroach populations and allergen levels compared with standard pest control practices.

Outdoor play environment for children with ASD

Natalie Seniuk; Dr. Deborah Buszard; School of Planning, Dalhousie University

Play is important in child development and safe outdoor play environments are essential components of healthy neighbourhoods. The inclusion of children with physical and sensory disabilities is becoming inherent in the design of these areas. With an increasing population of children with Autism Spectrum Disorder (ASD) growing up in our communities, it is important to begin looking at how play environments can be designed to include the cognitive needs of these children. This project focuses on understanding the needs of children with ASD and the design of suitable outdoor play environments. Based on current and past research, the project sets out guidelines and criteria which can be applied in the design of outdoor play environments that would meet the needs of children with ASD, additionally areas for future research are identified.

Teachers' Perceptions of Child Neglect

Lynn McIntyre MD, MHSc, FRCPC, University of Calgary; Melissa Potestio MSc, University of Calgary

Elementary school teachers are relied upon to report suspicions of neglect among their pupils. The purpose of this study was to determine the consistency by which teachers report neglect indicators (e.g. coming to school poorly nourished/hungry, inappropriately dressed for the weather, too tired to work) among children and how reliable their claims are when compared to a parental report that their child experiences hunger. All five cycles of the National Longitudinal Survey of Children and Youth were examined where there were concurrent reports from teachers on various indicators of neglect and responses from parents on whether or not the child experienced hunger. Teachers did seem to discriminate among neglect indicators affecting different children i.e., correlations of 0.3 to 0.6, but the correlation between a teacher determination that the child was poorly nourished/hungry correlated poorly with parental report of hunger (i.e., never better than 0.12). Implications for schools are discussed.

Adult perspectives on youth outmigration

Martin, D (Dalhousie University); Jackson, L (Dalhousie University); Tirone, S (Dalhousie University); Donovan, C (Memorial University)

Objective: To understand adults' perspectives of the impacts of socio-economic and political restructuring on the outmigration of youth from a small community.

Methods: Twenty face-to-face, one-on-one interviews were conducted with adult key informants in a small coastal community in rural Newfoundland. The interviews were a component of a larger study exploring the health impacts of restructuring on youth.

Findings: Among adults that participated in this study, outmigration among youth was viewed as inevitable. At the same time, however, youth were viewed as a resource that is needed in the community – and the loss of a large number of youth was thought to contribute to the very decline of the community that the adults want to avoid. The implications of adults' 'push and pull' attitude towards youth will be discussed particularly in relation to the health and well-being of youth, and the future of the community.

Mind Over Matter? The Role of Mindfulness in Sexual Health Education

Cecily Milne, Dalhousie University

Numerous researchers have highlighted the lack of comprehensive sexual health education found in the formal curricula of Nova Scotia's education system. Absent from this discourse is an example of an Atlantic Canadian school environment that fosters an open, positive and safe space for young women to realize the power of self-awareness and peer communication. This paper presents critiques of education alongside the sexual health issues facing today's youth while exploring the teaching techniques found within a particular setting - that of the Halifax Shambhala School. Here, socio-cultural notions of what it means to be a young woman growing up in a globalized world are acknowledged and critically engaged. This examination of female adolescent sexuality is informed by the philosophy of mindful learning, which infuses physical, emotional and social well-being into pedagogical practices that then have the potential to transform how women conceive of their bodies and the world around them.

Environmental lead and human exposure

David Allison, Eastern Health, NL

St. John's has been a site of human habitation for over 500 years and investigations of soil quality in the city have demonstrated areas of contamination by lead and have suggested how contamination came about. Several approaches to the acquisition of information on blood lead have been used but have so far failed to demonstrate any significant recent exposure in humans. This presentation will discuss findings of investigations undertaken to clarify blood lead status among children in the St. John's area during the last few years.

Developing a Community-based approach to OHS: Lessons learned

Katie Temple, SafetyNet, Memorial University of Newfoundland; Dr. Barbara Neis, SafetyNet and Department of Sociology, Memorial University

Research indicates that prevention of occupational diseases is particularly challenging in rural and remote contexts. This presentation reports on lessons learned from an on-going project to develop a community-based approach to prevention and policy innovation in shellfish processing in Atlantic Canada. The presentation will describe the issues, the rationale for a community-based approach, the methods adopted and lessons to date from this work. Four regional multi-stakeholder workshops provided an overview of OHS risks and resources related to shellfish processing. We also introduced the concept of a community-based approach to illness and injury prevention. Multi-stakeholder steering committees are working in two regions to develop and pilot test a CBA adapted to their areas and issues. The CBA approach is challenging but has the potential to improve existing policies and contribute to the enhancement of prevention capacity in these regions.

Investigating patient's expectations regarding complementary and alternative medicine in Newfoundland: essential information for health care policies

Xiao Hong Liu MD (China), R. Ac, Chinese Therapy Center St. John's, Newfoundland and School of Human Kinetics and Recreations, Memorial University of Newfoundland; Dr. John Crellin and Dr. Scott Mackinnon

In recent years, interest in complimentary /alternative therapies (CAM) such as acupuncture has grown. Statistics for Canadian 2003 reported that twenty percent of Canadians aged 12 or older (5.4million people) had used some type of alternative or complementary health care. No studies have been undertaken on the use of CAM in Newfoundland and Labrador, though, for many people, this is an important part of their health care. Indeed such information should be an important consideration in the development of health care policies for the province.

This presentation discusses this situation and offers an example of the type of research that can be developed. An important issue is the patient's role of expectation in seeking CAM care. One study suggests that high expectations for complimentary therapy may be excessive and unrealistic (Richardson, 2004). On the other hand, an initial review of the case histories of over 2000 patients (around 2% were referred by family physicians) seen in one St. John's acupuncture clinic from 1994-2004 suggest this not the case. Subjecting this extensive experience to a research study –on the relationship between the effectiveness of acupuncture treatment and expectations of patients that acupuncture treatment would work –need the development of a group of interested people to pursue CAM research. This presentation suggests that such a group be developed.

Reference:

Richardson. J. (2004). What patients expect from complementary therapy: qualitative study. *American Journal of Public Health*, 94, 1049-53.

A Critical Review of Healthcare Treatment Barriers for Eating Disorders

Kate J. Hickey, Memorial University of Newfoundland

Multiple barriers confront those seeking treatment for eating disorders from Canada's healthcare system. As community groups in Newfoundland and Labrador advocate for new healthcare services to treat eating disorders, improving these services must begin with an awareness of these barriers. This paper is a critical literature review of international research on the accessibility of healthcare for mental health illnesses. Specifically, I address what is known in the literature regarding healthcare delivery challenges faced by women seeking care for eating disorders and consider the relevance of the findings to Canada's healthcare system. Through application of Dorothy Smith's concept of the ideological circle, and feminist intersectionality theory, I present explanations for the differential access to care experienced by women with differing social characteristics as based on age, weight, race, ethnicity, and socioeconomic status. I argue that addressing the barriers to care may greatly improve the effectiveness of mental health interventions.

Comorbidities associated with psoriasis in the Newfoundland and Labrador Founder population: a multi-linkage administrative database approach

Neil Gladney, BTech, MSc (c), Don Macdonald, MSc, PhD (c), Wayne P. Gulliver, MD, FRCPC, Zohair Tomi, MD, FRCPC, Kayla D. Collins, MSc, PhD (c), Reza Alaghebandan, MD

Research and Evaluation Division, Newfoundland & Labrador Centre for Health Information, St. John's, NL; New Lab Clinical Research, Inc., St. John's, NL, Canada

The aim of this study was to investigate comorbidities associated with psoriasis and possible prognostic factors among the Newfoundland and Labrador founder population during a 10-year period. Medical records of a large cohort of patients with psoriasis (n = 3472) from a dermatology clinic have been linked to the following databases: provincial Mortality System, hospital separation database and Fee-for-service Physician Claims database. Statistical analyses of those individuals who utilized health services has been performed based on age, sex, age of onset, severity of disease, genetic markers and associated comorbidities. Clinical and socio-demographic characteristics of patients with psoriasis who died and are alive are compared. Investigating epidemiologic characteristics of comorbidities associated with psoriasis is important and can be used: 1) as a powerful tool in understanding the genetics of comorbidities linked to psoriasis and 2) to find possible links between treatments and disorders in the Newfoundland and Labrador founder population.

Recognition & Reporting of Illness in the Workplace

Dana Howse, Dept of Public Health Sciences, University of Toronto; Joan Eakin, Dept of Public Health Sciences, University of Toronto; Ron House, Occupational and Environmental Health, St. Michael's Hospital; Linn Holness, Occupational and Environmental Health, St. Michael's Hospital

This developmental project examines key issues and concepts related to under-recognition and under-reporting of occupational disease from the perspective of various workplace parties. Under-recognition and under-reporting of occupational disease may lead to sub-optimal treatment and management, denial of workers' compensation benefits that the workers and their families may be entitled to, under-estimation of the burden of occupational disease and ultimately poorer prevention activities. The problem of under-reporting has been addressed in some studies wherein the percentage of under-reporting is examined, but there is little work done to understand why under-recognition and under-reporting happens or to identify ways to overcome barriers to proper reporting. To begin examining these questions we are conducting focus groups with five workplace parties: a worker group, an employer group, a union group, a worker's compensation group and a health care professional group. This presentation will provide an overview of the project. Preliminary findings will be discussed.

Breastfeeding and Obesity in NL - an association?

Laurie Twells PhD candidate Memorial University; Leigh Ann Newhook MD Janeway Hospital, Eastern Health; Sara Day, dietician, Research Assistant, Eastern Health

Newfoundland and Labrador has a high rate of childhood obesity and the lowest provincial rate of breastfeeding in Canada. Previous studies have shown an inverse relationship between rates of obesity and breastfeeding duration rates. The objectives of this study were to determine (1) the prevalence of overweight and obesity (measured by BMI and percentiles) among preschool children living in the Eastern region of NL in 2006 (2) the breastfeeding initiation and duration rates for mothers of these children and (3) if there was an association between breastfeeding rates and subsequent BMI's for this cohort. Children attending the 2006 Preschool Health Fairs were measured and weighed. BMI's were calculated and converted to percentiles (>85% overweight and >95% obese). Concurrently, questionnaires on infant feeding practices were administered to mothers/guardians. All data were entered in to SPSS for analysis. Both descriptive and inferential statistics were conducted to answer the research questions.

The Caregiver's Handbook: A community-based health promotion tool for unpaid caregivers in Nova Scotia

Carolina Crewe (MA), Atlantic Centre of Excellence for Women's Health and Healthy Balance Research Program

The Healthy Balance Research Program (HBRP) is a 5-year, CIHR funded program investigating the health and well-being of unpaid caregivers. As part of an extensive knowledge exchange strategy, the Program has developed a community-based health promotion tool: The Caregiver's Handbook: A helping hand for friends and family giving care in Nova Scotia. The Handbook includes information about health, financial and legal issues related to caregiving, and serves to connect caregivers with existing services. It was developed in response to recommendations that emerged from the research, and involved extensive collaboration with caregivers and community and government partners. This poster presentation will describe the process of consultation and collaboration which resulted in this health promotion tool.

Perceptions and Experiences of Women Who Continue Vigorous Physical Activity during Pregnancy

Julie Downey, School of Human Kinetics and Recreation, Memorial University of Newfoundland; Dr. Michael Murray, School of Psychology, Keele University, Staffordshire, U.K.

Despite medical evidence suggesting that exercise during pregnancy does not cause any harm to the developing foetus, anecdotal reports would suggest that many pregnant women are reluctant to exercise. The purpose of this project was to explore the experiences of highly active women who continued with vigorous physical activity during their pregnancy(s), to clarify the reactions of and the advice they received from people around them and how they responded to those reactions. In-depth semi-structured interviews were conducted with ten pregnant women aged between 30 and 45. Detailed analysis of the interview transcripts identified a number of consistent themes. All of the women viewed exercise as a critical part of their lives and demonstrated a strong exerciser identity. They all reported experiencing negative encounters and limitations being placed on them regarding their exercise behavior during pregnancy. However, all of the women reported that they maintained their vigorous activities throughout their pregnancies in spite of these reactions. Many women reported that they felt that their pregnancy experiences were being medicalized and that they felt pressured to follow their physician's advice and to downgrade their activity levels. All of the women reported that a variety of supports were very important to them continuing with their exercise routine including their spouses, other exercising women, encouraging research, and supportive physicians. These results are discussed with reference to pre-natal education for expectant mothers and their spouses and for professional education for health professionals.

An Attempt to Increase the Consumption of Fruits by Elementary School Children in Newfoundland and Labrador

Kara Roberts R.Dt., M.Sc. Candidate, and Barbara Roebathan R.Dt., Ph.D., Memorial University of Newfoundland

It has been suggested that repeated exposure to fruit could increase the likelihood of children accepting it into their diets. In this ongoing study, 341 elementary schoolchildren from seven schools (Eastern School Board, province of Newfoundland and Labrador) were investigated. Students were asked to complete pre-tested questionnaires regarding three 'new fruits' (cantaloupe, kiwifruit and green seedless grapes). Questionnaires asked if the children liked and/or were willing to taste each of the fruits. Eight weeks later students repeated the questionnaires. Then students were offered each of these fruits once per week for eight consecutive weeks as part of the Kids Eat Smart Breakfast Club and asked to complete the questionnaires again. After a subsequent 10 week follow-up period, during which these fruits were not offered at school, the questionnaires were administered for the fourth and final time. Principals of participating schools were asked, by a second questionnaire, to identify factors potentially associated with the students' food choices at school. This study could help with developing and/or sustaining interventions aimed to increase fruit intake by schoolchildren and to decrease ill health associated with low intakes of fruits and vegetables.

The role of Facilities management In performance Improvement of King Abdul Aziz University users: The study of students Satisfaction on educational buildings in relation to their Academic productivity

Dr. Ammar S. Dahlan, Assistant Professor, Department of Architecture, College of Environmental Design, King Abdul Aziz University, Saudi Arabia

There is a positive relationship between user satisfaction and productivity, as user's satisfaction increase their productivity increases. This relation was concluded by several studies as stated in literature review.

In general, Facilities management studies focuses on upgrading work performance through the following building aspects:

- 1- Best use of building spaces, equipment and energy.
- 2- Reduction in cost of space improvement.
- 3- Efficiency of building maintenance.
- 4- User safety.
- 5- Provision of satisfactory and productive environment.

This study has been made in educational sitting, King Abdul Aziz University-Jeddah-Saudi Arabia, and directed to investigate the levels of user's satisfaction in respect of the Provision of satisfactory and productive environment.

It focuses on measuring students Academic productivity (male& female), in relation to their satisfaction level of the facilities allocated for them in educational and non

educational spaces in faculties buildings, to formulate a guideline to decision makers in overall developing process of King Abdul Aziz University.

This study will illustrate literature review, study execution, analysis methodology, and finally the analysis and discussion of results in relation to students “GPA”.

Results concluded that there is a negative relationship between user satisfaction and their performance.

Discerning Sub-Types in Adult Mentoring Relationships with Vulnerable Children

David J. De Wit, Ph.D., Centre for Addiction and Mental Health; Ellen L. Lipman, MD., McMaster University; Maria Manzano-Munguia, Ph.D. Candidate, Centre for Addiction and Mental Health; Jeffery Bisanz, Ph.D, University of Alberta; Jose Da Costa, Ph.D., University of Alberta; Kathryn Graham, Ph.D., Centre for Addiction and Mental Health; Simon La Rose, Ph.D, Laval Univeristy; Elizabeth O’Neill, Big Brothers Big Sisters of Edmonton; Debra Pepler, Ph.D., York University; Karen Shaver, Ph.D., Big Brothers Big Sisters of Canada

This study aims to identify typologies of Big Brother Big Sister (BBBS) match relationships that are effective in promoting the health of children. *Method:* 50 children matched to an adult mentor were drawn from five Ontario communities. Children’s outcomes were assessed using a face-to-face interview and a parent self-administered questionnaire. Match characteristics were assessed using a mentor self-administered questionnaire. Hierarchical clustering was performed on variables describing the quality and functioning of matched pairs. *Results:* A two group solution was obtained and validated independently. Group 1 (n=20) was significantly higher than Group 2 (n=30) on match quality and lower on weekly contact, telephone conversations, and sports/games. Girls were 8 times more likely than boys to fall into Group 1. Group 1 participants exhibited a stronger self-image and better social skills but experienced more emotional problems. *Conclusions:* Quality matches with moderate face to face contact may be beneficial to children’s health.

Organizational Commitment in Times of Change (TBC)

Dr. Mike Devine, School of Social Work, MUN

Human services organizations in today’s society experience ongoing and, some may argue, constant change. What is the impact of organizational changes on individual employees in relation to the organization? In other words, how is one’s commitment to the organization affected during and/or after rapid and pervasive organizational change processes and products?

As part of a larger study completed by this researcher, the concept of organizational commitment was measured after a rapid and pervasive organizational change process

had been completed in the province of Newfoundland and Labrador. The study measured the commitment levels of selected social workers to the organization over four years after the organizational change process had taken place. The study provides some insights into the impacts of organizational change and recommends ways and means to help ensure that change processes and products result in more positive outcomes for the organization, its employees and for those to whom it provides services.

Minimizing Chemical Exposure in Hospitals

Karan Singh, Professor, University of Cincinnati and Vice President Research & Development, MC Technologies

Health care facilities (hospitals, outpatient clinics, physicians' offices etc.) present a myriad of potential exposure to hazardous chemicals. Operating room employees often develop reproductive problems due to anesthetic gases; radiology technicians are exposed to radioisotopes; housekeeping and maintenance employees develop skin problems due to detergents, disinfectants, and solvents; and pharmacy employees and nurses are routinely exposed to toxic drugs. Compliance with Hazard Communication Standard in the US and WHMIS in Canada involves MSDSs, a technical document that few employees can interpret correctly. To improve hazard communication and training, a system has been developed that allows for classification (categorization) of chemicals based on their intrinsic physical, chemical, and health hazards. Thousands of chemicals can be reduced to 36 different categories based on clusters of properties, making it possible to provide information and training to employees in a simple language that could be understood by all employees irrespective of their educational background.

The Urban Poor and Environmental Health in Nigeria

Geoffrey Nwaka, Abia State University, Uturu, Nigeria

Health is a major urban policy issue in Nigeria because poverty and slum conditions pose a serious public health threat to the country's rapidly expanding urban population. To achieve the Millennium Development Goals the WHO has emphasized that it is the home, not the clinic that holds the key to an effective health delivery system. Unfortunately, in the poor areas of most Nigerian and other African cities, inadequate sanitation and waste management, and the poor state of public health infrastructure have led to the spread of a wide variety of water-borne and other communicable disease. The paper considers ways to forestall the growth and spread of slums in the future, and ensure that the existing ones are upgraded and progressively integrated into the urban mainstream; how poverty which leads to slum conditions can be alleviated in order to reduce the worsening disparities in access to health care. The central argument is that human development ought to be at the centre of the concern for sustainable urbanization in Africa. To achieve this, the paper considers how best to promote the growth of more inclusive and humane cities by reviewing discriminatory laws and codes which tend to

inhibit the access of the poor to affordable land and housing security. The concluding section cautions that the mere presence of health facilities in the cities should not be confused with these facilities being accessible to and affordable by the poor. It stresses the need for appropriate and well targeted urban health and other related interventions by state and local authorities, the international development community, private and civil society organizations, and the urban poor themselves in a collaborative effort to build safer, healthier and more equitable cities. In this regard the paper draws insights from the Habitat Agenda, WHO's Healthy Cities Programme, and other recent global initiatives which provide guidance on ways to improve health and environmental conditions in the cities of the developing world.

Risks caused by PCBs in buildings and in demolition waste

Sannamari Hellman, TUT, Tampere, Finland, Outi Lindroos, TUT, Tampere, Finland, Eero Priha, Regional Environmental Centre, Tampere, Finland, Tiina Rantio, Regional Environmental Centre, Tampere, Finland, Tuula Tuhkanen, TUT, Tampere, Finland

The purpose of the study was to investigate NLPCBs in paints used in buildings built 1950-1976 and to assess occupational and residential exposure to PCBs. Material and wipe samples showed that 60% of buildings studied contain PCB over 20mg/kg in indoor paints. The highest concentration was found in a school building. In building that had been renovated by using sandblasting, PCBs were found in surfaces, which had not originally contained PCBs. The secondary contamination was often over the limit value. The results indicate that under renovations the exposure of workers should be more emphasized. Education is needed as the renovations are now done without sufficient awareness of the existing risks. To prevent occupational and residential exposure to PCBs and unwanted disposal of PCBs in nature, formal advice is to be given. The study continues as the environmental fate of PCBs via demolition waste will be assessed.

Patients' expectation and satisfaction with Primary Health Care in Saudi Arabia

Dr. Badran Al-Omar, King Saud University; Dr. Saad Al-Ghanim, King Saud University

Since primary health care centers are considered important aspects of the Saudi health care system, assessing patients' expectation and satisfaction with services provided to them at these centers is an important task for health decision makers.

This is an analytical-descriptive study which investigates patients' expectations and satisfaction with health care provided to them in primary health care centers in Saudi Arabia. Patients using primary health care services comprise the study population. Data were collected by a self-administered questionnaire.

Despite that the majority of respondents were satisfied with health care provided to them, a considerable percentage of respondents were not satisfied, particularly with aspects relate to the organizational variables. The study provided valuable information

that will help health decision-makers to fill-in the gaps in the provision of primary health services.

Work Stressors and Causal Attributions

S. Mohammad Haybatollahi, University of Helsinki, FI

To investigate the mediating role of causal attributions in improving personal resources to cope with work stressors, a battery questionnaire was distributed among two working groups including university employees and hospital nurses. The study attempted to test a hypothetical model using five work stressors (i.e., role overload, role insufficiency, role ambiguity, role boundary, and responsibility), four personal resources (i.e., recreation, self-care, social support, and cognitive coping), and four dimensions of causal attributions. The study aimed at understanding individuals' preference in attributing their experiences, which are influenced by stressors, to certain causes that may lead them to weaken their personal resources. This will have an important implications for organizations to make a balance between employees' cognitive capability in standing against stressors and prevent perceived stressful work environments. Although analyzing the data is still ongoing, the results of testing 29 hypothesis will be ready for the oral presentation in the conference.

Social Inclusion and Financial Protection against the cost of illness: Challenges and Opportunities for the Ghana National Health Insurance Scheme

Tenkorang Ofori(B.Pharm.MSc.); Alexander Nii Otoo Dodoo (PhD), Centre for Tropical Clinical Pharmacology & Therapeutics(CTCPT),University of Ghana Medical School,Korle-Bu Teaching Hospital, Korle-Bu, Ghana

Objectives: 1) To find out the health-seeking behaviour of members and non-members of the Okwahuman Health Insurance Scheme; 2) To ascertain if members are financially better protected than non-members against the impoverishing effects of illness; 3) To assess if the scheme is inclusive of the poor.

Method: Data were collected from household surveys in four randomly selected towns from the Kwahu-South district, using a 2-stage cluster sampling approach. The list-sampling procedure was then used to select members and non-members. In each town, 31 member-households and 31 nonmember-households were interviewed to get a total of 248 households with 1083 family members.

Results

- Health-seeking behaviour was influenced by income, membership status, distance and the “perceived cause” of the illness.

- Members were better financially protected against health shocks than non-members.
- The poorest were not reached.

Conclusion: Community financing can play a significant role in reducing financial barriers to quality healthcare.

Ergonomic evaluation of working postures in nurses

Nakhaee Maryam; Tabiee Shahnaz-Frajzadeh Zahra-Saadatjoo Seid-Alireza -Mahmoodyrad Gholam Hossein, Faculty members of Nursing & Midwifery Department- Birjand University of medical science, Birjand, Iran; Hosseini Mohammad Hamed, Professional health in health domain- Birjand university of medical science ,Birjand, Iran

Background and Aim :Musculoskeletal disorders comprise significant occupational injuries within the nursing profession .Assessing work activities by postural analysis in different nursing tasks can identify the hazardous aspects of the job and develop the alternative methods to decrease these stress .The aim of this study was ergonomic evaluation of working postures and musculoskeletal disorders in nurses in Medical-Surgical wards of Birjand Medical Science university hospitals 2005 .

Material & Methods :In this cross-sectional study all registered nurse in those wards were selected . Data were collected by Nordic questionnaire and REBA checklist .REBA risk level and action necessary were determined by REBA software and then the data were analysed by descriptive and analytic tests .

Results:In 43 nurses were assessed 95.3 % were female , mean age 34.8 5.94 year . 58.1 % had BS and 41% had less than 5 years work experience. The most musculoskeletal disorders were in leg (62.8 %) and low back (53.5%) .The most possible cause for their disorder was presented working in their position . In REBA assessing :although all tasks were in moderate risk level (REBA score was 4-7 , action necessary)but patient - handling was in high and very high risk level (REBA score 8 and higher , action necessary soon or now).

Conclusion : Nursing work is physically demanding ; bending , twisting and other manual handling have been implicated in nurses musculoskeletal disorders , specially when these tasks are performing in a normal work day may be more of a risk factor than simply performing one hazardous lift . So educating nurses about body mechanics , changing the physical demands of the job (using an ergonomic approach) by using assistive devices must be paid attention.