



# news to you

SUMMER 2007

## Summer Camps Shape Youth

*Troy Glover, PhD '00, Associate Professor,  
Recreation and Leisure Studies &  
Director, Healthy Communities Research Network*

Cutting a fresh water lake with a paddle; portaging a lofty canoe on a bug-ridden trail; sharing deep belly laughs with friends while lying in a tent. These are iconic images of the quintessentially Canadian experience of summer camp that innumerable youth have enjoyed for generations.

Individuals who attend, work at, or send their children to camp are well aware of the considerable benefits of the summer camp experience. When prompted, they can provide compelling anecdotes of their experiences and speak enthusiastically about the influence these experiences have had on themselves and their children. However, the value of the summer camp experience is not evident to everyone, nor has it been adequately documented by industry professionals over the years.

Many newcomers to Canada, members of ethnic communities, and parents who never attended camp have little or no appreciation for summer camp and its value as a positive experience for youth. Moreover, competition for consumers is greater than ever as Canadian youth and their parents now have more summer program options available to them. The lack of understanding and the wide variety of opportunities available to consumers are understandably disconcerting to the Canadian Camping Association/Association des Camps du Canada (CCA/ACC), a national federation of provincial associations dedicated to the growth, development, and promotion of organized camping in Canada.

Recognizing that its industry must improve its efforts

to collect evidence of the benefits of the summer camp experience, the CCA/ACC contributed \$75,000 over five years to fund a national study of summer camps, under my direction. The purpose of the study is to examine the role of summer camps in developing human, social, and cultural capital in youth.

*Human capital* refers to the skills, competencies, and knowledge that make youth an asset to society (what youth know).

*Social capital* refers to the value of the social ties youth forge, ties that assist youth in "getting ahead" (e.g., networking) or "getting by" (e.g., social support) in life (who youth know).

*Cultural capital* is the product of an experience in terms of socializing youth and developing their character and way of thinking consistent with dominant cultural values.

Surprisingly, summer camps have received no attention in the academic literature as producers of human, social, and cultural capital, even though they provide a nurturing environment in which youth can develop as assets. This project will address that gap in the literature and generate the empirical support to back up the anecdotal evidence of summer camp's positive influence in shaping youth.

As an interesting bonus effect, this research project marks a return of sorts of an association between the summer camp industry and the Department of Recreation and Leisure Studies. Camp management was once a course offered by the department and taught by Jack Pearce, a former faculty member and current coach of the golf team at UW, who is widely acclaimed as a pioneer in the camping field.

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applied  
health  
sciences

## Dean's Update

*Roger Mannell, PhD, Dean of Applied Health Sciences*

In this newsletter is a list of our Faculty's most notable achievements to date; a list that was compiled as part of UW's 50th Anniversary celebrations. We are very proud of our history of achievement, but we are not about to rest on our laurels.

AHS remains the site of many new and exciting developments:

- Our scholars continue to be highly successful in competing for research grants.
- External donors have found our focus on health promotion, active living, and illness and injury prevention to be highly relevant to their goals and they continue to provide support for new initiatives.
- Our undergraduates have been active in the community, winners of scholarships and co-op awards, organizers of conferences, and increasingly involved in faculty research.
- Our Master of Public Health program and our Aging, Health and Well-Being PhD program have had successful first years.
- Our new PhD program in Work and Health was just approved by the Ontario Graduate Council.
- We have attracted excellent graduate students, and the proportion of them receiving external awards and scholarships is among the highest on campus.
- We have had success in expanding our graduate programs to target levels as part of a UW- and Ontario-wide effort to increase the opportunities for graduate study and as part of our own goal to increase the proportion of graduate students in the Faculty.

Along with the successes there have been challenges. As we are growing and attracting more resources for graduate studies and research, we are experiencing budget cuts, due in significant part to the unexpected growth of undergraduate enrolment across Ontario. There is less funding per student, which causes significant budget shortfalls at all universities. Tuition fee increases have provided some relief, but we are falling below inflation. With careful planning, our budget cuts have been kept

to manageable levels over the past few years, but next year is very uncertain. Alumni and donor support has helped significantly in allowing us to avoid retrenching and to continue making progress toward our long-term goals.

Three of our faculty members who have made tremendous contributions during their careers through their teaching, research, service, and leadership are retiring. Also, sadly, our friend and colleague, Professor Aftab Patla, passed away this winter, leaving us bereft of his gentle humor, strong contributions to teaching and research, and his unfailing support. The loss of these valuable members of our community can never be made up and constitutes another significant challenge. Fortunately, we have been successful in attracting some new faculty members – many early in their careers – who are already making excellent contributions. Their addition is providing a dynamic mix of energetic, bright, new colleagues and established, productive, senior faculty members.

As a final note, the UW Deans had their day at Queen's Park in March. As part of our 50th Anniversary, we met with key provincial ministers to celebrate UW's successes and thank the province for its longstanding support. Collectively, we

*“Alumni and donor support has helped significantly in allowing us to avoid retrenching and to continue making progress toward our long-term goals.”*

discussed potential opportunities to contribute to important provincial initiatives in the areas of environment, health, and information technology. In AHS, we are following up and discussing with the Ministry of Health and Long Term Care and the relatively

new Ministry of Health Promotion research and knowledge-translation activities that are clearly and importantly linked to significant provincial needs and directions.

We continue to move forward, meet challenges, build on our past successes, and add to our list of achievements.

### news to you

*News To You is created by and for the Faculty of Applied Health Sciences.*

Applied Health Sciences  
University of Waterloo  
Waterloo, ON, Canada  
N2L 3G1

[www.ahs.uwaterloo.ca/alumni](http://www.ahs.uwaterloo.ca/alumni)

Maureen Corbett, Editor  
519-888-4567, ext. 32610  
[mcorbett@healthy.uwaterloo.ca](mailto:mcorbett@healthy.uwaterloo.ca)



## Special Event Honours Late Professor

Sachin Raina, MSc Candidate, Kinesiology

In honour of Dr. Aftab Patla, the Kinesiology Graduate Students' Association (KGSA) organized the First Annual Aftab Patla Memorial Hockey Game.

The game was played on March 29th and was a huge success. Making the game extra special was the presence of Dr. Patla's wife, Guilda, who was asked to drop the puck for the ceremonial face off.

In what turned out to be an entertaining game, a team of Kinesiology graduate students and faculty defeated a team of Kinesiology undergraduate students by a score of 10 to 6. Adding to the atmosphere were over 300 fans, mostly undergraduate students, who piled into the Columbia Ice Fields arena to cheer on both sides.

Along with honouring Dr. Patla, the purpose of the event was to raise as much money as possible to donate to UW Well-Fit in his name. UW Well-Fit is a centre here on

campus that runs fitness programs for patients undergoing cancer treatment. Thanks to generous donations from the University of Waterloo community, there were a number of prizes to raffle off during the game. Some of the big winners included Dr. Joe Quadrilatero, who took home a golf prize pack; Renee LeClair, who won a football, signed by CFL star Damon Allen; and Diane Gregory, who won Mongolian Grill gift certificates in the chuck-a-puck contest.



Early this year, Dr. Aftab Patla passed away after an eight-month battle with cancer. Dr. Patla had been a professor in our Kinesiology Department for 25 years.

Nearly \$1,000 worth of prizes and food were provided by different sources on campus or in the surrounding area. The money raised from the raffles, chuck-a-puck contest, and food sales was combined with donations made at the door and money panhandled at the Bomber later that evening. In total, the event raised over \$2,300, greatly exceeding the hopes and expectations of the organizers.

Though the game ended in the early evening, the event itself continued for several more hours, as players, spectators, and volunteers gathered at the Bomber for a post-game celebration. With so many people in attendance, the Bomber was rendered to a state of "standing room only". It was easy to tell that undergraduate students were very eager to get to know their professors outside the classroom. At some point, each professor was surrounded by his or her students, exchanging stories and laughs. Perhaps some students were just trying to gain a better grade in a class, or perhaps some professors were trying to subtly scout potential graduate students. Nonetheless, some of the metaphorical barriers that exist between students and administration were broken down that evening.

Because this year's game was such an overwhelming success, the KGSA is excited to carry on the tradition, and planning for next year's game has already begun. The KGSA thanks all who were in attendance, who made donations, and finally, who volunteered to help organize and run the event. The First Aftab Patla Memorial Hockey Game would not have been a success without you!

## The Latest - AHS FACULTY

Both the staff and the office area of the Faculty Office have been undergoing some significant changes recently. Alumni Officer, **Betty Bax**, took a one-year secondment position in Communications and Development with Waterloo Unlimited, a high school enrichment program. Filling the Alumni position in Betty's absence is **Maureen Corbett**, also on secondment from her usual position as the Project Manager for John Hirdes' HSG research group. Former Student Services Coordinator, **Sue Grant**, recently signed on with UW's newly formed Organizational and Human Behaviour department, and **Michelle Douglas-Mills** is transitioning from Recruitment and Publications Coordinator to an interim Communications position within the Faculty Office. Renovations of the central office block in the Dean's area are nearing completion.

Effective July 1, 2007, **Fran Allard** will complete her term as Associate Dean (Undergraduate Studies) and **Ron McCarville** will take over the position.

**Julie Cassaubon**, Administrative Assistant and Executive Secretary to the Dean, was the top female finisher in the second annual President David Johnston Run for Health on Monday April 30, 2007. Julie completed the single lap of the ring road in a time of 12 minutes and 10 seconds, which placed her fourth overall in a tie with RLS's Professor **Ron McCarville**. In all, 35 runners participated to promote health during Mental Health Awareness week.

Sincere congratulations are extended to this year's Alumni Gold Medal recipient, **Joel Emery** of Health Studies and Gerontology, and to Kinesiology's **Devin Hall**, who is the recipient of a Governor General's Silver Medal. The prestigious awards were presented at the June convocation.

### AHS Website

To enhance the appeal and effectiveness of the AHS website, some new features have recently been added and others have been updated.

**AHS Achievement List** - in honour of UW's 50th anniversary, a catalogue of AHS's notable achievements  
<http://www.ahs.uwaterloo.ca/news/ahshistory2007.html>

**Alumni Profiles** - profiles of AHS alums (undergrad and grad) pursuing a variety of career paths  
<http://www.ahs.uwaterloo.ca/alumni/profiles/index.html>

**Classmates Updates** - a new way for alums to share personal updates - the "Grapevine" online  
<http://www.ahs.uwaterloo.ca/alumni/updates/index.html>

**Grad Placement Information** - "grad stats" for the 2006 graduating class  
<http://www.ahs.uwaterloo.ca/alumni/grads/2006/index.html>

**Job Board** - online resource for finding and posting AHS-specific jobs  
<http://www.ahs.uwaterloo.ca/alumni/jobs/index.html>

# Audiences Appreciate Expert Perspectives on Aging, Health and Well-Being

**Ron Schlegel** | The highlight of this year's Recognition Reception was the special tribute to former faculty member and ongoing AHS collaborator Ron Schlegel for his "outstanding contributions as a community leader, a fomenter of positive social change, an innovator in health care, and a devoted philanthropist."

To demonstrate the variety of ways in which Ron has effected positive change at UW and in the community, a pictorial chronicling of his activities was projected during the reception and then given to Ron on DVD as a keepsake. The DVD commentary, recited by Dean Roger Mannell, concludes, "We are extremely fortunate to be able to claim Ron as a friend, fellow researcher, innovator, advocate, and benefactor. He is a visionary who is equipped with both the expertise and the resources to see his ideas through to completion. He has been an integral part of our past, and will remain an important part of our future."

The conference room adjacent to the Fireplace Lounge in Lyle Hallman South was also named in Ron's honour. A plaque will be installed at the entrance to commemorate the official naming.



Ron Schlegel with his wife, Barbara, at the Recognition Reception

The Lyle S. Hallman Professorial Endowment, established by Lyle and Wendy Hallman, provided the funding to attract distinguished visiting researchers to the University of Waterloo. Six renowned experts in areas intimately connected to the aging process were invited to express their views as to why healthy aging should not be just about living longer, but about maintaining good health until the end of life.

Dr. Jaber F. Gubrium, of the University of Missouri-Columbia, spoke about Aging, Life Stories, and Social Context, at the invitation of Dr. Sue Shaw of Recreation and Leisure Studies:

"It was wonderful to have Dr. Jay Gubrium as our first Hallman Visiting Professor in 2007. Dr. Gubrium is an internationally renowned social gerontologist, who has pioneered a life-story approach to understanding old age. Using powerful, poignant, and often humorous examples from his research, he provided the audience with a window into the lives of older adults and an understanding of what it means to give and to receive care. His talk clearly struck a chord, not only with seniors in the audience, but also with health care providers. Understanding the perspectives of older adults can lead to better and more effective health and social services for this diverse population."

Dr. Clinton Rubin's public lecture title, "Osteoporosis: Can it be prevented without the use of drugs?" was sufficiently intriguing to draw an audience so large that his presentation had to be simultaneously broadcast to an overflow room. Dr. Rubin is a SUNY Distinguished Professor and Director of the Center for Biotechnology, a New York State Center for Advanced Technology in Medical Biotechnology, and Chair of the Department of Biomedical Engineering at the State University of New York at Stony Brook. Hosts Dr. Lora Giangregorio and Dr. Rich Hughson of Kinesiology commented: "We thought that Clinton Rubin would be an outstanding addition to the Hallman Lecture Series, not only because he is a well-known researcher whose work in the area of bone health spans basic science to clinical research, but because he is an entertaining speaker who is able to communicate the importance of his work to a wide audience. His talk was of great significance to anyone interested in the older population and its health. Dr. Rubin discussed the importance of low-frequency vibration and muscle activity for the maintenance of bone health, and his innovative research using vibrating platforms to prevent bone loss in both human and animal studies. His talk was attended by members of the university community and individuals living with osteoporosis, and many stayed afterward to engage in discussion with him, which is indicative of the impact he made as a Hallman Lecturer."

The third lecture in the series, "Aging and Well-being: What Can Be Learned from the Research on Leisure?", was to be delivered by Dr. Valeria Freysinger of Miami University of Ohio. Due to unfortunate extenuating circumstances, Dr. Freysinger's visit had to be cancelled.

The University of Queensland's Dr. Len Gray appeared in response to a request by Dr. John Hirdes of the Health Studies and Gerontology Department. The two are colleagues in interRAI, a collaborative network of researchers in over 20 countries who are committed to improving health care for persons who are elderly, frail, or disabled. Dr. Gray's lecture described the conceptual philosophy and design of the interRAI Acute Care assessment, which is just one of the assessment instruments in interRAI's integrated health information system.

Dr. Hirdes commented, "When it comes to finding ways to improve the lives of elderly people, Dr. Len Gray is a triple threat. He is a world-class health care researcher, a practicing physician in a large teaching hospital, and he led a national review of policy on care of the elderly in Australia. Dr. Gray's lecture showed how modern technology, coupled with high-quality assessment systems, can improve geriatric medicine services to the frail elderly in major urban centres and in rural settings. This research is highly applicable to Ontario, where effective treatment of the elderly in hospitals is a major policy concern."

People's endless pursuit of youthfulness was the framework for Dr. Susan Kirkland's presentation. The Dalhousie professor discussed various advances in countering the effects of aging at the level of the cell, the individual, and society.

Visiting from Harvard Medical School, Dr. Lewis Lipsitz offered a surprisingly entertaining discussion of Fainting, Falls, and Blood Pressure Regulation in the Elderly as the last lecture of the series. Some audience members were so taken with his performance that they returned to hear another of his presentations.

In addition to the public lectures that were promoted to community members, including public health practitioners, educators, and other professionals, the guest lecturers delivered academic presentations to graduate and undergraduate students and faculty members during their visits to AHS.



*Iskren Kantchev and Dean Roger Mannell*

## The Impact of a Hallman Undergraduate Research Fellowship in Health Promotion

*Iskren Kantchev, HSG student*

As a second-year Health Studies student embarking on my first co-op term, I was fortunate enough to obtain a four-month position with the Population Health Research Group (PHR), based on a University of Waterloo Undergraduate Research Internship (UW-URI) and funded through a Hallman Undergraduate Research Fellowship in Health Promotion.

Over the four months of the fellowship, I constantly pushed my standards and goals higher in order to fulfill the co-op position to the best of my abilities. I worked closely with the School Health Action Planning and Evaluation System (SHAPES), headed by Dr. Steve Manske. I was heavily involved in the development, revisions, and distribution of individualized school feedback reports for schools participating in the 2006-07 Youth Smoking Survey and the New Brunswick Wellness Initiative. I had the chance to collaborate with and receive guidance from some excellent researchers, project managers, and staff at PHR.

Being involved with SHAPES facilitated my understanding into the type of research carried out by PHR and its uniqueness and value with respect to focusing on prevention as opposed to treatment. I also learned that interventions developed as a result of such research are not focused on high-risk individuals, but rather on a wider scope of the medium- and even low-risk population. This can make lasting changes in the health of communities. I've truly realized just how important school environments can be in shaping and modifying a variety of distinct, yet interrelated, health behaviours, such as tobacco use, physical activity, healthy eating, and even "mental fitness".

Overall, I can certainly reflect on my co-op term as a successful and stimulating experience, and I believe that the invaluable personal, technical and teamwork skills and knowledge I gathered can carry over to any potential future career. As such, I can only see the UW-URI program heading in positive directions.

## Hallman Endowment Funds Undergrad Research Opportunities

In keeping with the UW and AHS sixth-decade plans to provide more research opportunities for undergraduate students, the Lyle S. Hallman Endowment is funding Hallman Undergraduate Research Fellowships in Health Promotion from 2006 to 2008. The fellowships expose undergraduate students to research experiences, allow them to become familiar with the health promotion-related research occurring in AHS departments and research centres, and encourage them to consider graduate studies.

The amounts of the research fellowships, which are distributed at the discretion of the Dean, are based on the time commitment of the students. Students can do project work full-time during a co-op or non-academic term, or part-time during an academic term. In some cases, the fellowship work may be part of a senior student's honours research project.

Students who held fellowships during the Winter term were Amber Gebhardt (RLS), Sarah Elliot (Kin), and HSG's Andrew Costa, Joel Emery, Iskren Kantchev, Susan McElhinney, Jennifer McWhirter, and Laura Mee. For more details, visit:

[http://www.ahs.uwaterloo.ca/news/hallmanfellowship\\_ug\\_2007.pdf](http://www.ahs.uwaterloo.ca/news/hallmanfellowship_ug_2007.pdf).



## Ross and Doris Dixon |

A prominent, retired local businessman, Ross Dixon, and his wife, Doris, have been generous supporters of UW for more than 20 years. They were among the special guests who attended the March 22nd AHS Recognition Reception, which celebrated the outstanding achievements of our students and honoured our many friends and donors. The Dixons are pictured here with student award winners Payman Charkharin and Michelle John.

The Dixons consider it most gratifying that their donations enable so many young people to pursue their educational goals. Fully aware of both the cost and the value of an advanced education, the Dixons are pleased that their scholarships in Applied Health Sciences help students advance along the path to a variety of successful careers, many that directly impact the health and quality of life of individuals and their communities.

# Stride: Toward Reintegration of Federally Sentenced Women

Alison Pedlar, PhD, Recreation and Leisure Studies

## Julie Thompson |

Program Coordinator, Community Justice Initiatives of Waterloo Region: Canada

In 1998, Julie (RLS '89) joined Community Justice Initiatives, where she conceived of and developed the Stride Program concept, model, and infrastructure for working with federally sentenced women who are re-entering the community from prison. Prior to that, Julie worked in addiction treatment, designing and implementing a re-entry skills program and several Therapeutic Recreation services, and designing a methadone maintenance program. Included in her background are positions in Mental Health services, working with children and adults with developmental and physical challenges and the geriatric population.



Stride Program student volunteers

In 1999, I received a phone call from Julie Thompson of Community Justice Initiatives in Kitchener. Julie is an RLS alum and the founder of a most innovative and significant program, known as Stride, based in Community Justice Initiatives. Through Stride, volunteers from the community are engaged in recreation and leisure with incarcerated women, one evening a week, at the Grand Valley Institution (GVI), a Corrections Canada facility for federally sentenced women (FSW) in Kitchener.

Julie had called me in connection with the Recreation and Social Action course that I had developed as part of our Therapeutic Recreation degree. She had heard that students in the course participated in a community placement and wondered whether facilitating the Stride Night would be something we might be interested in as a community placement. There was no doubt in my mind that it would be an excellent opportunity for all concerned, and so began our 7+ year collaboration.

After going into the prison with our students on a few occasions, and seeing the sort of interaction and engagement that existed between the volunteers and the women in the prison, I suggested to Julie that there really ought to be some documentation of the exchanges. She agreed and we then developed a research proposal to consider the impact of the Stride experience on the health and well-being of both the incarcerated women and the community volunteers.

Part of the Stride initiative involves the possible formation of Stride Circles, which are intended to assist in the community reintegration of women following their release from GVI. Stride Night, where women get together in informal leisure and recreation activities, has served as a launching pad for the development of Circles, facilitated through Community Justice Initiatives. Each Circle is made up of one federally sentenced woman who expresses interest in developing a Circle, and two to three community volunteers who form that Circle.

From our initial research activity examining the experiences of the FSW and community volunteers, it was consistently evident that friendships had been formed over a period of time and that it was important to everyone involved that the relationship had grown into something well beyond

a volunteer activity. This is perhaps not surprising, given what we know about the role of friendship in women's lives. But at the same time, it was not necessarily inevitable that friendship would evolve out of the Circle structure because friendship is generally associated with serendipitous connections, not intentional relationships, such as is the case when Circle members are brought together with the very specific intent of helping a woman in her transition from prison back to the community. The friendships that had formed between these women were strong and able to withstand adversity of a sort that most do not have to face, such as that which accompanies the stigma of incarceration and returning to the community *with a record*.

It was also evident that the formerly incarcerated women found it difficult to believe that women from the community had *chosen* to connect with them and seek involvement in their Circle. Coming to terms with the realization that these women from the *outside* actually cared about them and accepted them as they were was, in itself, challenging.

As the relationships between the women in this study deepened and friendships took hold, there was an accompanying experience of reciprocity and mutuality among the members of the Circle. In these friendships, the formerly incarcerated women found a place to trust, and an ability to redefine self identities: identities that had been reduced to a marginalized stereotype—the *female offender*. These women were able to reconstruct their identity and begin the critical process of reintegration into the larger community.

Our work with FSW continues and we are currently examining the social determinants of health, which play a central role in the reintegration process after release from incarceration. What has become evident in our work, thus far, is that extraordinarily difficult challenges face this population, often beginning with poverty, minimal education, little or no training, and limited skills. But these women show determination and commitment to overcoming the factors that have led them to incarceration. Equally, strong, well-resourced community support can provide essential opportunities for reintegration and assist them in their determination to become contributing and valued members of the community. The Stride Circles program is an excellent example of how that can happen.



## MAREP's Educational Tools are Gaining International Attention

Sherry Dupuis, PhD, Director and Jennifer Gillies, PhD Candidate, Acting Associate Director of Research

The Murray Alzheimer Research and Education Program (MAREP) offers educational tools to all those involved in the dementia journey, and in the past year, has introduced four new tools to rave reviews. Here's what people are saying:

Regarding the Dementia Care Education Series CD-ROM: "I was very impressed with this exceptional program. It is well constructed, informative, offers a variety of formats and links to other relevant websites. I very much like the program and could see a multitude of uses – libraries, families, healthcare workers, nursing and other professional schools. It could even be developed into a long distance educational course... You have come up with a fine product!"

In response to the "I'm Still Here" drama: "Thank you for an excellent performance. As a social worker I can tell you, you didn't miss a thing. You provided a great deal of insight for everyone regardless of whether or not their own families had been affected. You have a great educational tool. Continue to use it and share it wherever you can."

This year alone, sales across Canada, the US, Australia, and the UK have brought close to \$60,000 in welcome funds to MAREP, a not-for-profit organization that relies on donations and sales for financial sustenance.

Approximately 400 CD-ROMs and 300 facilitator guides of the *Dementia Care Education Series* have been sold, principally to staff in community programs, long-term care facilities, and public service settings. The "I'm Still Here" DVD, which was officially launched to a full house at UW on January 16, 2007, has sold 200 copies, and 300 of the accompanying Teaching-Learning guides have been purchased.

Over 2,000 copies of *Memory Workout*, the first in the By Us for Us (BUFU) Guide series, have been distributed. The next two BUFU guides – on Communication and Triggers – will be launched at the November *A Changing Melody Forum* in Toronto. MAREP is also creating a *Changing Melody Tool-Kit* to provide insight on hosting a learning and sharing forum for persons with early-stage dementia and their partners in care.

Other tools, such as the *Breaking the Silence* DVD, the *Managing and Accommodating Responsive Behaviours* DVD and Guide, the *Changing Melody* 2004 two-DVD set, and various research reports have also been selling steadily. The money raised goes towards developing new, innovative, knowledge-translation tools and activities.

For more information, visit [www.marep.uwaterloo.ca](http://www.marep.uwaterloo.ca)

## The Latest – RECREATION AND LEISURE STUDIES

After an 18-year career in Recreation and Leisure Studies, **Anne Ross** has retired to explore her leisure interests more fully. Anne was the welcoming face of the department, and she'll be remembered most for the countless wayward or injured creatures that she nursed back to health or rescued, the listening ear she provided, and her unique way of keeping on top of the pulse of the department at all times.



Anne Ross

**Anne Power** has been hired as the new Administrative Coordinator for Undergraduate Studies. She returns to many familiar faces in AHS and brings experience from the Registrar's Office, the Distance Education Office, and more recently, the Computer Science Graduate Admissions Office.



Anne Power

As she helps with the staff transition, **Sandy DeVisser** is gradually focusing more attention on her Administrative Assistant role and providing support for the growing graduate program. New graduate, **Juliana Fung**, is currently working in the department as Recruitment Assistant on a four-month contract.

## Alison Pedlar Retires

Sue Shaw, PhD, Recreation and Leisure Studies

Dr. Alison Pedlar is retiring from the University of Waterloo on June 30, 2007. Alison joined the Department of Recreation and Leisure Studies in January 1990, and has made numerous, valued contributions to the Department, to the University, and to the field of Leisure Studies since that time. She has been an active researcher, dedicated to enhancing our understanding of the needs of vulnerable populations, such as people with disabilities, as well as women living in prison. In 2002, her work was given special recognition when she was elected to the Academy of Leisure Sciences.

Students will remember Alison for her contributions to the Therapeutic Recreation program and for the highly successful community development course that she initiated, designed, and implemented. Alison was the supervisor for many graduate students, at both the master's and the doctoral levels, and was always willing to provide advice, guidance, and support for students. Alison brought compassion, humour, and dedication to all aspects of her work and to her interactions with others. She will be greatly missed.



Loisell Williamson

## In honour of the 50th Anniversary of the University of Waterloo

# Applied Health Sciences Achievement List

# applied health sciences achievement list

### Academic Program Leadership

In 1967, for the first time, scientists specializing in human biochemistry, physiology, psychomotor behaviour, and biomechanics joined forces with experts in psychology and sociology to investigate and define the science of human movement: Kinesiology. UW was among the first few Canadian universities to offer an Honours Bachelor of Science degree in Kinesiology. Today, Kinesiology offers the only Ergonomics and Neurobehavioural Assessment options in Canada.

In 1967, UW approved the first academic program in Recreation, which prepared undergraduate students to address the leisure needs of society using the unique approach of considering the people, environment, and management. The Department of Recreation and Leisure Studies now offers three undergraduate majors, and is the only program in Canada to offer a degree in Recreation and Business.

The Health Studies Department was the first academic department in the world to focus on population and public health research; to offer multi-disciplinary undergraduate and graduate degrees that fully integrate the biological, behavioural, and social science perspectives of health promotion and disease prevention; and to offer a co-op undergraduate Health Studies program. It was also among the first to offer graduate and undergraduate degree options in Health and Aging.

The Dance program that was offered in Applied Health Sciences until 1996 permitted students to pursue dance as both academic and applied study through a balance of theoretical and technical courses. Students could concentrate their studies in several areas, including teaching foundations, documentation, and performance, and it was possible to earn both an Honours degree in Dance and a Diploma from the National Ballet School; to earn a Joint Honours degree with several departments; or to pursue Dance as a minor program.

In 1987, Health Studies was the first program in Canada to offer a Gerontology program that led to a graduate degree.

In October 1993, the first and only Canadian doctoral program in Recreation and Leisure Studies was established at UW. The first students were admitted to the multi-disciplinary program in September 1994.

In 2002, a new master's program, offered jointly by the Department of Recreation and Leisure Studies and the Faculty of Environmental Studies, was initiated. It is the only master's program in Canada that focuses on Tourism Policy and Planning.

The Kinesiology Department currently offers more courses in more areas than any other Kinesiology program in North America; and the graduate and undergraduate programs have been ranked "one of the best in North America" by external reviewers.

The Master of Public Health program that was launched in the fall of 2006 is the only one in Canada that offers a specialization in sociobehavioural health. The program is also unique in that it combines distance education and on-campus components, and requires that a practicum be fulfilled.

The collaborative PhD Program in Aging, Health and Well-Being provides its doctoral students the opportunity to access courses and resources from all three AHS departments of Health Studies and Gerontology, Kinesiology, and Recreation and Leisure Studies, and to study health and well-being in later life from an interdisciplinary perspective.



# achievement list

## applied health sciences

### Faculty Prowess

Seven of the Recreation and Leisure Studies faculty members are among the approximately 100 individuals who have been elected to the US-based Academy of Leisure Sciences for their career contributions to leisure research.

The Kinesiology Department is the largest producer of professional ergonomists for Canadian business and industry, and many of its graduates have held leadership positions with the Association of Canadian Ergonomists.

The Health Studies and Gerontology Department is an international leader in population intervention research. The Department leads the way in the creation of research infrastructure, methods, resources, and partnerships for population-level intervention.

In 2004, the internationally renowned Department of Recreation and Leisure Studies was ranked first among the leisure studies departments of 213 North American institutions in terms of research publications in peer-reviewed scholarly leisure journals, and was considered the top-ranking institution in terms of research productivity.

The Kinesiology Department is home to the largest group of internationally renowned movement scientists, has the most extensively equipped labs of any Kinesiology department, and is the most prolific producer of new Kinesiology faculty members at other Canadian universities.

### Research Innovations

Recreation and Leisure Studies faculty members have pioneered the use of a range of methodological techniques, including time budgets, experiential sampling methods, and various interpretive and participatory approaches to understand the meanings, experiences, and contexts of leisure. Their research has shown the significance of leisure and leisure participation in terms of the health, well-being, and quality of life for different population groups and communities.

Health Studies and Gerontology faculty members have led the way in the development and testing of population health interventions to solve major public health challenges by creating new ways to integrate evidence, policy, and practice by redefining how and where research is conducted.

In its time, the research work of Kinesiology's Biomechanics Impact Laboratory led to vastly improved evaluation of the effectiveness of helmets and face protectors, and to definitive description of the mechanism of cervical spine injury caused by checking from behind in hockey. This innovative work has had the lasting effect of significantly reducing the risk of head, facial, and cervical quadriplegia injuries in hockey worldwide.

The Population Health Research Group (PHR, previously the Health Behaviour Research Group) has provided and cultivated a forum for investigators and students from around the world to conduct sophisticated, ground-breaking studies relevant to public health.

The Centre for Behavioural Research and Program Evaluation (CBRPE), which relocated to the University of Waterloo in 1997, has led the way in developing behavioural research capacity in Canada. The Centre and affiliated colleagues from across Canada conduct population-level social and behavioural studies in areas such as tobacco control, palliative care, and physical activity. The Centre is also known for its evaluation activities in the area of cancer control, conducting evaluations of nationwide programs of the Canadian Cancer Society and smokers' quitlines across Canada. CBRPE is supported by the National Cancer Institute of Canada with funds from the Canadian Cancer Society.

# applied health sciences achievement list

As a research and education group, ideas for Health focuses on promoting “ideas” – innovations in data, evidence, and application systems for the health sector. It engages in leading-edge research and education activities to enhance Canada’s capacity and international reputation in health information systems.

Funded by the Ontario Workplace Safety and Insurance Board, the Centre of Research Expertise for the Prevention of Musculoskeletal Disorders (CRE-MSD) brings researchers and workplace parties together to identify the key questions, research the best answers, and pass on the best knowledge that will lead to the prevention of musculoskeletal disorders at work.

The RBJ Schlegel-UW Research Institute for Aging (RIA) is a partnership of the University of Waterloo, the Faculty of Applied Health Sciences, and Winston Park and Oakwood Retirement Communities. The RIA promotes research relevant to aging in both community and long-term care settings by offering a living research environment from which information can be gathered and translated into policy and best practices.

Established in 1993, the Murray Alzheimer Research and Education Program (MAREP), a major division of the RIA, is an innovative program that integrates educational and research activities in an effort to improve the quality of life for people with dementia and their family members, and to enhance dementia care practices in Canada. MAREP uses a partnership approach involving persons living with dementia, family partners in care, formal care providers and policy makers in its research and knowledge-translation activities. A range of educational tools have been developed to ensure that this research is accessible to families, caregivers, and the general public.

Ergonomics and Safety Consulting Services (ESCS), a service outreach program, has helped solve workplace problems by assessing the biomechanical aspects of the risk of upper limb and low back injuries, along with the organizational and psychosocial aspects of workplace change processes. ESCS provides ergonomics and human factors students the opportunity to obtain practical experience as assistants on projects, and allows faculty to keep in touch with the workplace.

The Neurobehavioural Assessment and Rehabilitation Program (NARP) links the research and clinical expertise of university faculty with individuals and organizations within the community to provide high-quality clinical services that are backed by a solid research program.

Since 1975, hundreds of patients from the local community have benefited from participating in the Hardy Hearts cardiac rehabilitation program that is run on campus by the Kinesiology Department and its student volunteers, in conjunction with Grand River Hospital.

Well-Fit provides cancer patients the opportunity to participate in an exercise-based rehabilitation program in the supportive, well-equipped, and professionally staffed environment of the on-campus Manulife Wellness Centre.

The Functional Abilities Program (FAP) is a joint effort of Kinesiology’s Neurobehavioural Assessment and Rehabilitation Program and Oakwood Retirement Communities/Village of Winston Park. At each of the long-term care facilities, an on-site kinesiologist assesses residents’ cognitive and physical abilities in order to develop customized care plans that will maintain or increase the residents’ functional independence through falls prevention, exercise programs, seating and mobility referrals, and education.

Kids in Action, a nutrition and physical activity program to combat childhood obesity, operates out of UW Fitness and Grand River Hospital.

# achievement list

## applied health sciences

### Educational Innovations

Several interactive online learning resources have been created to help students learn crucial concepts in Kinesiology. Many were created with input from Kinesiology students, with support from the Centre for Learning and Teaching Through Technology (LT3) in Arts 303, a project-based course in which teams of students from a variety of disciplines design and prototype educational multimedia applications for on-campus courses. The interactive resources address such topics as the Moment of Force, Athletic Taping Skills, and  $VO_2$  Max.

The Elliott Avedon Museum and Archive of Games, the first and only one of its kind, was created in 1971 as a resource for research and teaching about game use and play behaviour. Today, the Museum maintains a collection of over 5,000 objects and archival documents associated with games.

The School of Human Anatomy, an integral part of the Kinesiology Department, is the only anatomy school housed at a university that does not have a school of medicine. Established on January 17, 1978, by Orders in Council of the Government of Ontario, the school offers students the rare opportunity to study human cadavers in its anatomy laboratory.

The Leisure Studies Data Bank (LSDB) was established in 1972 to enhance student access to existing data for honours research projects, since the cost of collecting new data was burdensome and often precluded the study of issues on a larger scale. The Department of Recreation and Leisure Studies forged alliances with provincial, federal, and international agencies to gain access to their leisure databases, and eventually, the agencies asked that the LSDB become the custodian of all major leisure-related data.

Ergowatch is a software program developed by Kinesiology professors to help cut the risk of back injuries in the workplace through a computerized ergonomics exposure management system that facilitates the quantification and interpretation of loads on the body.

The Department of Recreation and Leisure Studies, together with the Ontario Research Council on Leisure, founded the *Recreation Review* in 1970. This journal – later renamed *Leisure/Loisir* – is now a publication of the Canadian Association for Leisure Studies and is one of two mainline leisure research journals published in Canada. Waterloo faculty members served as editors for this journal for the first 32 years of its existence.



## MILESTONES

CELEBRATING THE CHANGING  
FACE OF KINESIOLOGY



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## Inside the Schlegel – University of Waterloo Research Institute for Aging

*Mike Sharratt, PhD, Executive Director*

While I was Dean, I had the privilege of working with Dr. Ron Schlegel to establish the Research Institute for Aging (RIA). RIA is a product of the philanthropic spirit and vision of Dr. Schlegel, whose family has been providing long-term care to Ontario residents since the 1950s.

Owner of the Village of Winston Park in Kitchener and part-owner of the seven long-term care (LTC) facilities that operate under Oakwood Retirement Homes, Inc., Ron has committed \$6 million over 10 years to develop the Institute.

The "magic" of the RIA model is that it attracts research projects to "living research environments" within the LTC facilities, with a view to *immediate* translation of research to practical training application for caregivers. To that end, there are Memoranda of Understanding in place with both the University of Waterloo (regarding research generation) and Conestoga College (regarding training application).

Although the "hub" of RIA activity resides at UW, Dr. Schlegel has provided seed grants to researchers at other Ontario universities in proximity to Oakwood Homes. For example, Dr. Lori Ann Vallis (Guelph) has completed several projects at the Village of Riverside Glen in Guelph under the RIA umbrella. Similarly, seed grants have been extended to Dr. Denise Connelly (UWO) and Dr. Norm Park (York), in addition to UW researchers Dr. Rich Hughson and Dr. Lora Giangregorio (Kin), Dr. Suzanne Tyas (HSG), and Dr. Marianne Mellinger at Conrad Grebel. Collaborations are also in place with researchers from Wilfrid Laurier, U of T, McMaster, and Ryerson.

Prior to the formal establishment of RIA, Dr. Schlegel had been funding research and related program development at the Village of Winston Park for over 10 years. Specifically, Dr. Eric Roy (Kin) established the Functional Abilities Program (FAP) in 1995 with a primary goal to improve the quality of life of residents in the Winston-Oakwood Homes by maintaining or increasing their functional independence. Full-time, on-site Kinesiologists assess individual residents to examine their cognitive and physical abilities. From the findings and neurobehavioural consultation services, a care plan is designed to meet the unique needs of each resident. This program was recognized by the Canadian Council on Health Services Accreditations as a best practice in 2005 and is currently in demand by other LTC facilities.

Another "anchor tenant" of RIA is the Murray Alzheimer Research and Education Program (MAREP), founded by Dr. Ken Murray in 1993. This program had operated under the aegis of the AHS Faculty until 2006, when it was determined that its long-term sustainability would be better served within RIA. MAREP, under the leadership of Dr. Sherry Dupuis (RLS), is an innovative program that integrates educational and research activities in an effort to improve dementia care practices in Canada. In addition to having a stellar research profile, MAREP has incorporated this research into training curricula for staff in the Homes, as well as products that can be used in facilitated sessions or as self-study guides.

Currently, RIA is cultivating six research "themes", including FAP and MAREP. Dr. Hughson is coordinating the Vascular Aging Program, while Dr. Mellinger is providing leadership in the area of Spiritual Care for Seniors. Dr. Jake Thiessen (Hallman Director of the new School of Pharmacy) brings extensive expertise to the Optimizing Medications for Seniors Program, and I am coordinating the Fitness and Plasticity of Aging Program. A couple more programs are also under development.

All of the researchers appreciate Susan Brown, our full-time Professional Development and Research Coordinator, who is funded to provide a bridge between research teams and Homes to facilitate access and match research projects to Homes and researcher needs.

In less than two short years, RIA has drawn considerable interest from the Ministry of Health and Long Term Care, as well as from research institutes across Canada, the United States, and Europe. Remarkably, Dr. Schlegel continues to enhance the infrastructure of RIA in a very tangible way with his recent commitment to jointly fund *four new faculty appointments*: polypharmacy (with the School of Pharmacy); neurophysiology, and dementia (with UW); and medicine (within the McMaster School of Medicine satellite on the Kitchener Health Sciences campus).

# Mike Sharratt Retires

*Bob Norman, PhD, Distinguished Professor Emeritus*

I had the privilege of working closely with Dr. Mike Sharratt for about 30 years and knowing him for 40 years. We did some research together on employment strength testing for a mining company and on low back biomechanics. We travelled together to conferences; we worked together when we both had administrative roles in the AHS Dean's Office. I have watched him teach inside and outside the university and I have watched him with more than passing interest as he led and represented the Faculty as Chair of Kinesiology, Associate Dean of Graduate Studies, and Dean of the Faculty. Mike is a man who does everything that he touches with thoroughness, tenacity, skill, knowledge, wisdom, and passion.



Mike has made enormous contributions to his department, Faculty, and University, but in my opinion, his greatest contribution has been to improving the lives of countless people outside the university. He has done this not only by teaching several thousand university students, many of whom are now practicing what they have learned and are teaching others, but also by initiating, developing, and/or nurturing a number of Centres of Applied Health Research in AHS. In fact, Mike is one of Canada's experts

on how to get research out of the laboratory and to use it to make a difference to the lives of people.

He has done this by example. As samples in a long list, he took a lead in 1975 in developing and continuing to work with Hardy Hearts, now a 30-year-old and still operating, cardiac rehabilitation program with Grand River Hospital in Kitchener. He started Well-Fit, a program for cancer patients designed to improve their quality of life through increased physical activity. He was one of the initiators and nurturers of the Murray Alzheimer Research and Education Program (MAREP) that is devoted to improving the quality of life of people with dementia and their family members and to improving dementia care and policy decisions in Canada. He has been instrumental in alerting the community to the increasing prevalence of childhood obesity and finding ways, based on solid research, to reduce the problem by increasing physical activity levels and improving the nutrition of these children through Kids in Action, a joint program with UW Fitness and Grand River Hospital. Most recently, he has taken a lead in the RBJ Schlegel-UW Research Institute for Aging (RIA), a centre devoted to research relevant to (successful) aging in both community and long-term care settings.

I urge Mike to continue to work long, hard, and with all possible speed on producing usable research outcomes from RIA because I am now in need of these outcomes and he soon will be.

I wish Mike happiness and satisfaction in a well-earned, forthcoming long retirement. I wish him not so well in his scores as we continue to play golf together.

Mike, it has been a blast! Thank you for the honour of being able to work side by side with you for so many years, for your collegueship, your wisdom, and your friendship.

**Norm Ashton** | professor emeritus and the highly regarded "architect" of UW's Kinesiology program, was granted an honorary Doctor of Science degree at the June 2007 convocation. Hired by the University in 1965 to establish a Physical Education degree program, Professor Ashton instead had a vision to synthesize several disciplines to address issues associated with human movement, and his vision resulted in the formation of the first Kinesiology department in the world. Professor Ashton retired from the University in 1993, at which time he was made an Honorary Member in recognition of his remarkable contributions to the University, the Faculty of Applied Health Sciences, and the Department of Kinesiology.



## The Latest – KINESIOLOGY

Ontario's Ministry of Research and Innovation is contributing \$393,000 of the \$550-million Ontario Research Fund toward health research at UW. Two of the three research projects to receive funding are led by Kinesiology faculty: **Dr. Lora Giangregorio**, whose research interest is osteoporosis, specifically changes in bone structure with aging and immobility; and **Dr. Clark Dickerson**, whose study of advanced digital ergonomics will enable researchers to evaluate and eliminate risky or stressful jobs before workplaces are built. This provincial money matches previously awarded Canadian Foundation for Innovation funding.

**Dr. Cornelia (Nel) Wieman, Kin '88, MSc '91**, was recently appointed to the Canadian Institutes of Health Research (CIHR) Governing Council for a three-year term. Nel completed medical school at McMaster University to become Canada's first Aboriginal psychiatrist and has since distinguished herself in numerous health and social areas as a clinician, academic, and researcher.

In late April, **Dawn Cheng** left her job as Administrative Support Assistant in the Kinesiology Department and moved on to the position of Assistant to the Chair in Systems Design Engineering.

Saturday, May 5th brought the best weather and possibly the largest turnout (150) ever for the ninth annual **Hardy Hearts** walk in Waterloo Park. CTV Weather Reporter Dave MacDonald continued his tradition of hosting, and several local politicians (MPP Elizabeth Witmer, MP Karen Redman, MP Harold Albrecht, MP Andrew Telegdi, Kitchener Mayor Carl Zehr, and Regional Chair Ken Seiling) lent their support to the event, which raised approximately \$15,000. The concurrent silent auction of 115 items was responsible for bringing in about \$2,700 of that total, and the hot air balloon ride garnered the highest bid of \$160. The day also featured a free barbeque for all participants and the official kick-off of raffle tickets for the November 2007 draw for nine great prizes.

## Graphic Pictures Boost Tobacco Warning Label Effect

Confronted with explicit images of tissue-blackening disease, smokers tend to give the idea of quitting more serious consideration. Unapologetically disturbing photos of smoking's ill effects are prominently displayed on cigarette packages in Canada and they work well as a deterrent, a new study in the *American Journal of Preventive Medicine* shows.

The four-year, four-country research project questioned smokers about the effects of warning labels on tobacco product packages. Fifteen thousand smokers reported their responses to viewing various warnings, four times over the course of the study period. In addition to asking whether smokers noticed the warnings, researchers asked whether the warnings led smokers to consider 1) the associated health risks, 2) not having the cigarette that they were reaching for, and 3) giving up smoking.

David Hammond, Research Assistant Professor, Health Studies and Gerontology, led the research, which concluded that anti-tobacco warnings are most effective when they are large, pictorial, new, and graphic. Textual warnings, regardless of size, don't pack the same wallop as pictures, and pictures offer

the added advantage of being able to convey a message to those who cannot read.

Canada first added photos to the text warnings on packages in December 2000, and now leads all other countries in the size of its mandatory warnings. In this study, the Canadian warnings were found to be more effective than those of the smaller, word-based, American, British, and Australian counterparts. Countries such as India and New Zealand have since cited this research as evidence for their own regulations that require picture warnings on packages.

Smokers know the risks and the health consequences, but knowledge alone is often not enough to compel them to quit. Making the health risks more salient and immediate through graphic warnings does appear to help.



## Pat Wainwright Retires

*Roy Cameron, PhD, Centre for Behavioural Research and Program Evaluation*

Extraordinary competence, integrity, commitment, and impact are hallmarks of Dr. Patricia Wainwright's career.

As an internationally esteemed scientist, Pat shaped her field and its methodology. As a teacher, she built student competence and confidence by setting very high standards, then developing instructional methods that enabled success. As an administrative leader in her Department and Faculty, she tenaciously upheld principles foundational to academic excellence and integrity. As a trailblazing woman, she inspired colleagues and students.

All of us will miss Pat's day-to-day contributions, inspiration, mentorship, and friendship. We wish her well as she retires.

Pat, at a personal level, I will miss you in the departmental "family". Given that we first met as graduate students, and that we have been colleagues for decades, I have known you longer than I have known anyone else in our department or Faculty.

Based on friendships forged with you, many of us look forward to staying in touch.



# SHAPES: Creating Healthy Young People

Steve Manske, EdD, Scientist, Centre for Behavioural Research and Program Evaluation  
Lisa Stockton, MSc, Project Coordinator, Population Health Research Group

## Crisis

Canadian youth are facing an alarming epidemic:

- 19% of Canadian youth aged 15 to 19 years smoke<sup>1</sup>
- 23% of Canadian youth (grades 5 to 9) have tried a cigarette<sup>2</sup>
- 26% of Canadian children and adolescents (ages 2 to 17 years) are overweight or obese<sup>3</sup>
- Over half of Canadian youth are physically inactive; 82% of youth aren't active enough for optimal growth and development<sup>4</sup>

Adults tend to continue the behaviours that start in childhood. Smoking, physical inactivity, and poor eating habits have been linked to common diseases, such as cancer, type 2 diabetes, heart disease, and osteoporosis. We need to act immediately and deliberately to find ways to mobilize communities and save lives with limited resources.



## A Response: SHAPES

SHAPES – the School Health Action Planning and Evaluation System – was developed by the Centre for Behavioural Research and Program Evaluation (CBRPE) and colleagues at the University of Waterloo.

The SHAPES system can collect data from every student in a school (using a machine-readable questionnaire) and provide a quality control process to produce research-quality information, which allows local data to be rolled up to the regional, provincial, or national level. In return for their participation, schools receive an individualized report or profile, usually within six weeks of data collection, to let them know their status and encourage them to take action.

At present, SHAPES has four modules ready for use: Tobacco Use, Physical Activity, Healthy Eating, and Mental Fitness. Because SHAPES is essentially an IT platform, it can be adapted to monitor other behaviours, such as bullying or media literacy. We also have parallel modules to assess school policy, programs, and facilities in relation

to these behaviours. Linking the school environment with youth behaviour can help us understand and plan ways to support change. Christina Kroeker, an HSG graduate, is currently leading a Ministry of Health Promotion-funded project to assess the school health environment in 550 schools across Ontario.

To date, SHAPES surveys have been completed by over 230,000 students in over 1,000 schools across Canada, and more schools are participating each year. SHAPES has involved many AHS graduates who:

- contributed to the development and refinement of SHAPES (Steve Manske, Matt VanderMeer, Scott Leatherdale, and Carol Murray);
- played key roles in leading SHAPES-based projects (Jessica Reid, Katy Wong, and Lisa Stockton);
- used the data for thesis projects (Angela Reitsma, Kelly Vogt, Junelle d'Souza, Jilan Yang, Rosanna Morales, Ian Cromwell, Keerat Grewal, Jessica Csubak, and Suzy Wong).

## The Future

Collecting locally relevant data for planning and monitoring interventions is key to developing effective solutions. SHAPES can collect data from local elementary or high schools to gauge students' smoking, eating, and physical activity habits. Using this information, schools, public health units, and communities can take action to improve the health of young people. Data compiled across regions, provinces, or the country to identify trends can inform policy and planning, and help develop strategies for intervention at those levels. Researchers can also press on with the science of population health using these data.

To learn more, visit [www.shapes.uwaterloo.ca](http://www.shapes.uwaterloo.ca) or email [shapes@healthy.uwaterloo.ca](mailto:shapes@healthy.uwaterloo.ca).

<sup>1</sup> Health Canada's Canadian Tobacco Use Monitoring Survey, 2005

<sup>2</sup> Health Canada, Youth Smoking Survey, 2002

<sup>3</sup> Statistics Canada, 2005

<sup>4</sup> Statistics Canada, 2002

## The Latest – HEALTH STUDIES AND GERONTOLOGY

**Kristin Harris** is not a typical third-year HSG student. She has authored or co-authored 24+ medical papers, has presented her work internationally to researchers and medical professionals, and has been receiving numerous accolades for the cancer questionnaire she developed while working co-op terms as a clinical research assistant at Sunnybrook Regional Cancer Centre. The quality-of-life questionnaire – part of an internationally developed module for various cancers – specifically addresses bone metastases patients' pain, relationships, and concerns. The International Society for Quality of Life Research presented Kristin its Early Career Investigator award, which usually goes to doctors. She has also recently received student-of-the-year awards from the Canadian Association for Co-operative Education, Education at Work Ontario, Applied Health Sciences, and UW's 50th anniversary co-op student award.

**Krista Mills** became HSG's new full-time Academic Assistant – Undergraduate on May 1, 2007. Prior to that, she worked as a Research Assistant on a large "ideas for Mental Health" project with John Hirdes' health informatics research team.

The **Centre for Behavioural Research and Program Evaluation (CBRPE)** recently received a renewed funding commitment from the Canadian Cancer Society, through its research partner, the National Cancer Institute of Canada. Over the next three years, CBRPE will receive \$7.8 million to continue its internationally recognized work in cancer prevention and cancer care.

# Faculty Hosts Fourth-Year Send Off

As a new initiative, AHS hosted a special social event for its graduating class to say thanks and good luck, to provide pertinent information to help with the transition from student to graduate to alum, and to encourage the graduands to stay connected to their faculty.



Laura Klaponski, winner of Raptors tickets, poses with Bob Hunter of Maple Leaf Sports and Entertainment



David Evans, Emily Pattison, Shane Cicchine, and Rachel Onishi wearing their "Glad to Be a Future Grad" stickers

At the University Club on February 1st, the Fourth-Year Send Off gathered together graduating students, faculty members, and staff, who mingled and chatted over refreshments. Dean Roger Mannell emceed the structured portion of the event, which featured:

- Chantel Franklin of UW's Office of Alumni Affairs briefly describing the services that are available to alumni,
- Class representatives Bimal Lakhani, Erin Gaiger, and Ben Austin launching the AHSSIE Pledge/Grad Class Challenge campaign, and
- Special guest, Bob Hunter, Kinesiology alumnus and VP, Venues and Entertainment, Maple Leaf Sports and Entertainment Ltd., who delivered a compelling message to become and remain involved as an alum. Bob shared his experiences and reasons for choosing to be active and engaged with his alma mater, despite having a very hectic life as a family man and the overseer of all that happens at the Air Canada Centre.

Prize draws for the student guests added some suspense and excitement. Kari Jussila's name was drawn for the degree frame that was generously donated by Alumni Affairs; J.R. Gauthier won the \$25 Watcard gift certificate; and Laura Klaponski scored the top prize of a pair of Raptors basketball tickets, courtesy of Bob Hunter.

On departure, each student was given a package of information about important dates related to graduation matters, web addresses for alumni services like career advising and job searching, an alumni calendar, an alumni newsletter, and a "Real Life 101" handbook to prepare for the coming months.

With the very favourable response to the inaugural Fourth-Year Send Off, it will be just the first of many.



Kari Jussila, winner of a UW degree frame



J.R. Gauthier displays his Watcard gift certificate



## AHSSIE Pledge: Championing The Grad Class Challenge

Initiated by engineering students in 1989, UW's Grad Class Challenge has grown into a campus-wide campaign, with most faculties and colleges now participating. Each year, the graduating students are asked to pledge to make a donation that is spread out over a three-year time frame, beginning one year after graduation. The fundraising programs are run primarily by students, with support from the Offices of Development and Alumni Affairs and the individual faculties.

AHS students first took up the challenge in 2000, when they started the tradition of the AHSSIE (pronounced "aussie") Pledge. In past years, an impressive total of \$79,230 was pledged to enhance the undergraduate experience through the Enhanced Learning Fund, scholarships in all departments, and laboratory equipment purchases.

In January, Ben Austin (HSG), Erin Gaiger (HSG), and Bimal Lakhani (Kin) willingly accepted the responsibility of serving as the Student Chairs for the 2007 grad class. Working in tandem with staff, they decided to modify the program to make it more accessible and appealing. They elected to offer three different pledge levels in place of the usual one, and to split the total donations in such a way that the initial amounts would be very affordable for anyone who was in grad school or newly employed. They also felt it would be productive to introduce the campaign at a large event and to incorporate incentives and means by which to formally acknowledge those who commit to a pledge.

The Student Chairs introduced the campaign to their classmates with a promotional presentation during the AHS Fourth-Year Send Off event on February 1st. Students were given the opportunity to submit a pledge form by February 28th to be eligible for the early-bird rewards associated with each pledge level.

In April, the Office of Alumni Affairs began calling all graduates to encourage participation. The Call Centre campaign continued to solicit pledges until the June convocation and will be repeated prior to the fall convocation.



AHSSIE Pledge Student Chairs Bimal Lakhani, Erin Gaiger, and Ben Austin at launch event

## AHSEF Extends Its Support to New Endeavours

Joel Runk, AHSEF Chair 2006-07

The Applied Health Sciences Endowment Fund (AHSEF) is a student-based financial support system created to enhance the academic environment of all undergraduates in the Faculty of Applied Health Sciences. Each undergraduate student registered in AHS contributes to the fund, as a donation to the University of Waterloo through AHSEF. The money is a voluntary contribution used to support student-initiated projects with an academic and student life focus.

AHSEF has an ongoing role in supporting several initiatives. These include funding the Mentorship programs (<http://www.ahs.uwaterloo.ca/kinmentors/>, substitute "health" or "rec" for "kin" in the URL for their respective sites) in all three departments, subsidizing First Aid and CPR training for AHS students, and contributing to the Grad Formal.

The past two terms saw AHSEF branching out somewhat in how monies are spent. Along with funding several workshops for Recreation students, helping a group of students attend Kin Games in Saskatoon, and sponsoring the newly formed AHS Debate Society's events, AHSEF also directed some funds to other on-campus student groups that have significant AHS student involvement or that benefit AHS students. These initiatives included backing the UW International Health Development Association's Documentary and Lecture Series <http://watserv1.uwaterloo.ca/~uwihda/> and buying several pieces of new

equipment for the Campus Response Team <http://watserv1.uwaterloo.ca/~crt/>. It is hoped that these investments will encourage other faculty endowment funds on campus to increase their support for non-faculty student groups.

AHSEF is also excited by its contributions to a couple of upcoming events. The first is bringing guest speaker Dr. Robert Lee to campus in September 2007. Dr. Lee is a practicing physician from Johns Hopkins University who is also a quadriplegic. He will be putting on both a motivational and a topical presentation for all those interested in attending.

AHSEF is also proud to be a major stakeholder in the 2007 Vision Conference <http://vision.conference.ca/> being held on campus this summer. This event will be Canada's first non-profit, student-run health and medical conference that focuses on non-traditional professions in health care. It will feature keynote addresses, workshops, and many exhibits, and is open to all students.

Anybody interested in having AHSEF fund an event or initiative is invited to submit a Proposal for Funding form, which can be found at the website <http://ahsef.uwaterloo.ca>. The AHSEF Board of Directors is made up mostly of students; anybody interested in being on the Board should e-mail the Chair at <mailto:ahsef@ahsmail.uwaterloo.ca>. Please visit the website for more info, or direct any questions to the Chair via e-mail.

## New Doctoral Program in Work and Health Receives Senate Approval

*Nancy Theberge, PhD, Kinesiology*

Plans were recently announced for a new doctoral program in Work and Health, which will be a collaborative effort of the three AHS Departments: Kinesiology, Health Studies and Gerontology, and Recreation and Leisure Studies. The program received approval by the University Senate in February 2007 and is currently under review by the Ontario Council for Graduate Studies. The anticipated date for admitting students is September 2008.

The program grew out of recognition of the growing significance of issues around work and health. With extensive teaching and research activity on a variety of topics related to work and health, AHS is extremely well positioned to respond to these issues by establishing an innovative doctoral program in this area. Some of the main work-related health concerns in contemporary society include stress and burnout, injury and illness, and maintaining a work-life balance. Each of the participating Departments currently has strengths in specific areas related to work and health: Kinesiology in workplace injury and interventions to reduce injury; HSG in occupational disease, epidemiology, and program evaluation; and RLS in work-life balance. The proposed program will bring together complementary expertise and facilitate collaboration among faculty and students in all three Departments.

The goal of the program is to produce scholars and researchers with expertise in work and health who could take positions in academia, or in other related, non-university settings (e.g., Government Ministries of Labour or Health; policy analysis; and workplace health and safety associations, such as the Industrial Accident Prevention Association).



*(Left to right) Heather Mair, Assistant Professor; Kate Connelly, PhD '01; Adrienne Gilbert, BA '73, MA '81, Associate Chair, Undergraduate Studies; Bonnie McCutcheon, BA '06, MA candidate; Andrea Flack, BA '06, MA candidate; Amanda Johnson, BA '02, PhD candidate.*

## RLS Grad Students Host Research Symposium

*Dawn Trussell, MA '05, PhD Candidate, Recreation and Leisure Studies*

The 15th Annual UW Graduate Student Leisure Research Symposium was held on Thursday May 10, 2007. The theme was “Celebrating a Tradition of Excellence in Graduate Student Leisure Research”, which marked not only the 50th anniversary of the University of Waterloo but also the tradition of excellence set by graduate students. The symposium participants were comprised of 30 current graduate students and 12 faculty members.

The first symposium was held in 1993 to provide a unique opportunity for graduate students, in a variety of departments and disciplines, to share their research about recreation, leisure, tourism, and related topics. This year's symposium attracted presenters from several departments across campus, as well as other academic institutions in Ontario. The refereed presentations included a diverse array of topics related to leisure studies, including parks, volunteerism, gender, and tourism, among others.

In celebration of UW's 50th anniversary, Dr. Kate Connelly, an alumna of the RLS doctoral program, delivered the keynote address and provided an exciting message on embracing graduate student life and the learning process.

Her goal was to discuss the link between theory and practice by drawing upon her experiences as she made the transition from being a student at Waterloo to becoming an Associate Professor at Concordia.

Victor Cheng, an alumnus of the RLS master's program and President of iLogic, Inc., provided the closing remarks with an inspirational message that touched on the importance of ethics, integrity, creativity, and humility in both research and practice.

Each year, the symposium is entirely organized and run by RLS graduate students, with support from a faculty advisor. The symposium has become a traditional event and we anticipate its continued success.

# Great Start for Master of Public Health Program

*Christina Mills, MD, FRCPC, MPH Program Leader, Health Studies and Gerontology*

The inaugural class of 23 full-time and 24 part-time Master of Public Health (MPH) students embarked on their unique program of study together in August 2006.

"Spending the initial two weeks in August with the wonderful faculty and a richly diverse group of students from all over the country was an intense but remarkably rewarding experience. Getting to know the faculty and my fellow students through group work and informal times has fostered relationships and a network that has already provided support through the first year of course work and beyond. To be welcomed by guest lecturers including Bob Spasoff, John Frank, and David Butler-Jones, to name just a few, provided a context and set a foundation for the program that ignited a passion for public health that is sure to burn for a lifetime," writes part-time student Kevin Churchill.

Demand for the program is high: 105 applicants competed for the 30 full-time equivalent spaces in 2006, and this year, over 230 vied for 40 spaces. The students come from a wide range of backgrounds, including biology, education, environmental health, geography, health studies, kinesiology, medicine, microbiology, midwifery, nursing, nutrition, psychology, and sociology. They are

also very diverse in cultural and professional experience – from fairly recent graduates to people who have worked in public health for decades.

Full-time student Parvin Ansari notes, "The best part of the program is that it is interdisciplinary, student centered, involves active learning and is online. I can access the course when and where I want. By doing core compulsory courses, I am learning fundamentals of public health, and I will pursue goal-directed courses by choosing electives. The skills and understanding that I get from these courses will allow me to help make a difference in the health of Canadians and people of other countries."

The MPH curriculum – which is offered exclusively online, except for a two-week block of courses on campus at the beginning and again at the end of the program – permits students to achieve a general MPH degree or to specialize in the sociobehavioural aspects of public health. An environmental health sciences stream may be added in the future.

## First Year of Doctoral Program in Aging, Health, and Well-Being

*John Hirdes, PhD, ideas for Health*

The University of Waterloo continues its long tradition of leadership in education and research on health and aging with the recent launch of the first English-language doctoral program in Aging, Health, and Well-being (AHWB) in Canada. The first cohort of five PhD students was admitted in September 2006, and the students are proceeding well to successful completion of their first year. The program is based on a collaborative, faculty-wide model that brings together students from the three AHS departments who have a common interest in aging.

The first year of the program is devoted to fulfilling departmental and AHWB course requirements, including a multidisciplinary program in fundamentals of research on aging, health, and well-being taught by faculty from all three departments. According to departmental requirements, students also must complete comprehensive examinations with a multidisciplinary examining committee.

The program, which may be completed on a full-time or part-time basis, prepares students for careers in academic institutions, the private sector, hospitals, and research and policy institutes. The doctoral candidates currently in the program have a broad range of research interests, including Parkinson's disease, older drivers, medication adherence, leisure, and home care.



*First MPH class in August 2006*



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## **AHS Homecoming Event "Fun Run and Then Some!"**

**SATURDAY SEPTEMBER 29, 2007**

### **Fun Run...**

- Timed run (2 laps of ring road) for interested competitors
- Strictly-for-fun jaunt (1 lap of ring road) for others

### **And Then Some...**

- Crokinole Tournament for children (14 and under) and adults (14+)
- "Games of 1957" display at the Museum and Archives of Games

For details: [www.ahs.uwaterloo.ca/alumni/funrun](http://www.ahs.uwaterloo.ca/alumni/funrun)

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