



Alberta Public Health Association Annual Report 2013/2014



About APHA

The Alberta Public Health Association (APHA) has over 65 years of working in public health. It was established in 1943 and was incorporated as a registered charitable organization in 1955. APHA is the provincial affiliate of the Canadian Public Health Association and works closely with the other provincial and territorial public health associations across Canada.

Membership is open to any individual or group who is interested in promoting and protecting the health of the public. APHA is a leader, voice and catalyst in promoting and protecting the health of the public through advocacy, partnerships and education. Our members are a diverse group with an interest in:

- Health Protection
- Disease and injury prevention
- Health promotion
- Determinants of Health
- Population health
- Health equity
- Health-related policy

A voluntary board is elected by the membership and governs the Association. The membership gives direction to the board to act on specific health issues through resolutions passed annually at the Annual General Meeting and through ongoing interaction.

APHA Vision

APHA's vision for Alberta is a province in which all people have the ability to lead healthy lives they have a reason to value.

APHA Mission

The Alberta Public Health Association is a provincial not-for-profit association representing public health in Alberta whose mission is to improve health and reduce inequities.

What we Do

APHA works to achieve its mission by:

- Providing leadership on issues affecting the public's health
- Strengthening the impact of those who promote and protect the public's health
- Advocating on issues that affect health
- Providing education and networking opportunities
- Providing mechanisms to seek and discuss issues and views of members and the public
- Providing expertise and consultation in public and community health



APHA 2013/2014 Board of Directors

President **Dr. PK (Tish) Doyle- Baker**

Dr. Doyle-Baker is a doctor of public health and a clinical exercise physiologist at the University of Calgary. She is an associate professor in the Faculty of Kinesiology with an adjunct associate professorship in the Faculty of Environmental Design. Her interests are in the epidemiologic investigation of prevalent health outcomes, most notably obesity and fatty liver disease. Her focus is on how biometrics are impacted positively through lifestyle behaviours and the built environment. She teaches two courses at the university level that revolve around the epidemiology of public health and physical activity. Dr Doyle-Baker enjoys communicating research and knowledge through the media.

President-Elect **Dr. Lindsay McLaren**

Dr. Lindsay McLaren is Associate Professor and Alberta Innovates – Health Solutions Population Health Investigator in the Department of Community Health Sciences, Faculty of Medicine; and Scientific Co-Director of the Population Health & Inequities Research Centre in the Institute for Public Health at the University of Calgary. Her program of research focuses on population and public health issues in a number of thematic areas including drinking water fluoridation and oral health, dietary sodium reduction policy, and body weight-related issues.

Treasurer **Angeline Webb**

Angeline Webb is a Senior Public Policy Advisor with the Canadian Cancer Society, Alberta/NWT Division, where she has been engaged in health policy advocacy for the last 10 years. She develops, implements, and administers all policy development programming for the Canadian Cancer Society in Alberta, the Northwest Territories and at the federal level. Angeline's focus is healthy public policy with most of her attention devoted to tobacco reduction policy.

Secretary **Jacqueline Schnider**

Jacqueline Schnider has been a Public Health Inspector for over 27 years. Currently she is a Health Educator in Calgary. She holds a certificate in Public Health Inspection (CPHI (C)). She is also a Board member for the Environmental Health Foundation of Canada. Jacquie holds the highest Toastmaster designation, Distinguished Toastmaster.

Membership Co-Chair **Cathy Gladwin**

Cathy Gladwin has been employed as the Policy Analyst at the Alberta Centre for Injury Control and Research since 1998 where she researches policy initiatives that can reduce injury and advocate for their adoption by government. She graduated with a Master of Science in Health Promotion from the University of Alberta in 2007. Her thesis work was in the area of public policy and physical activity in schools. She has been a member of APHA and CPHA for over 10 years.



Membership Co- Chair Farah Bandali

Farah Bandali is the Manager of Early Childhood, Healthy Living, Alberta Health Services. She leads a provincial team in the planning and implementation of collaborative initiatives to promote and improve the health of children birth to six years of age. Farah is a registered dietitian, practicing for over 17 years in a variety of roles from private sector to health services and has led a number of health promotion and disease prevention initiatives and areas with local and provincial scope. Farah is a graduate of the University of Alberta where she completed her undergraduate and graduate degrees.

Public Issues Committee Chair Elaine Hyshka

Elaine Hyshka is a PhD candidate in the Addiction and Mental Health Research Laboratory at the University of Alberta's School of Public Health. Her doctoral research focuses on population health interventions for preventing harmful substance use, and is supported by the Canadian Institutes of Health Research and Alberta Innovates: Health Solutions. Elaine previously completed a Masters of Arts in Sociology and a Certificate in Addiction Studies from the University of Toronto.

Member-at-Large Shannon Doram

Shannon is YMCA Calgary's Vice President Health and Wellness; a new position for the organization that focuses on partnerships, strategies, programs and impacts that support and promote well-being. Shannon has a Bachelor's degree in Kinesiology from the University of Calgary and a Master's Degree in Health Promotion from the University of Alberta's School of Public Health. Currently Shannon is leading YMCA Calgary's partnerships for health promotion, the management of a new YMCA inside Calgary's South Health Campus Hospital, and strategies to connect individuals and families to the wellness benefits of the YMCA. When she's not promoting well-being, she's out in the mountains, on the water paddling, cycling on the road, or with her family living wellness herself!

Communication Co-Chair Amy Beck

Amy Beck is a PhD student in the Faculty of Nursing at the University of Calgary. Her area of interest is school health nursing, with a focus on student engagement and participation in health promotion initiatives. Amy has a Master of Nursing degree, as well as certification in Community Health Nursing from the Canadian Nurses Association. She has been a member of APHA and CPHA since 2009. In 2010, Amy served as a committee member on a CPHA expert working group that developed and published recommendations to reduce the harmful effects of alcohol in Canada.

Communication Co-Chair Lisa McLaughlin

Lisa McLaughlin holds BA in Psychology, with Distinction, from the University of Alberta and is currently a student in the University of Calgary's Master of Planning program in addition to Program Manager of the Alberta Recreation and Parks Association's Communities ChooseWell initiative. Lisa has worked in public health in Alberta since 2006, including roles with Alberta Health and the Alberta Project Promoting active Living and healthy Eating in Schools (APPLE Schools), and she chaired a community health council in the former Capital Health Region. Lisa is passionate about working with communities using an asset-focused approach to create environments that support health.



Student Committee Chair Jill McWilliam

Jill is a registered nurse currently working at the Calgary West Central Primary Care Network guiding clients through chronic health issues, most often diabetes and metabolic syndrome, as well as assisting those struggling with smoking cessation goals. With a career path that has crossed several health care streams and a passion for health promotion, the APHA represents an obvious fit for her interests

Member at Large Kenda Swanson

Kenda Swanson is a MSc student at the University of Calgary in Community of Health Sciences within the Population/Public Health stream. She has an undergraduate honours degree in Bachelor of Health Sciences from the University of Calgary. She is interested in the relationship between the built social and physical environments and human health behaviours and wellbeing, particularly those relating to obesity.

President's Report

I am pleased to present the 2013-2014 Annual president's report to the members of the Alberta Public Health Association.

I would like to begin with thanking the University of Alberta School of Public Health (SPH) for sponsoring this AGM.

- Specifically Ms. Elaine Hyshka for coordinating the sponsorship (gifts in kind) from the SPH.

We are a volunteer organization that has a common philosophy that is echoed by the following statement of Ratzan, (2009), in that Public Health is not defined solely by health care, but rather is shaped by what people do each day outside that system. Our small board is very committed and the **following highlights** demonstrate some of our accomplishment over the past 12 months.

APHA

On March 26th we had a Board of Directors' Strategic Planning day in Calgary Alberta, which was held in the offices of Western Management Consultants. Several outcomes from this planning day emerged and in particular is our new APHA mandate which is supported by the following four strategic priorities: 1. Governance, 2. Funding, 3. Public Health Policy and Issues, and 4. Communication and Membership.

- I would like to specifically mention Ms. Catherine Angus and Ms. Sangeetha Varghese for their leadership and gifts in kind in helping us move forward with this 'bold' new strategic plan.

Public Issues

Please refer to the Public Issues Committee report for more detail on public issue-related activities over the past year that APHA was involved in.

CNPHA

- APHA is a valued member of the Canadian Network of Public Health Association (CNPHA) and Dr. Doyle-Baker sits on this committee and attends monthly meetings via teleconference call.

Invitations

APHA continues to receive many invitations to attend forums, meetings, keynote address', and provide expertise and support to several organizations.

- Dr. Tish Doyle-Baker attended via teleconferencing the Core Competencies meeting held by the Public Health Association of B.C. on October 3rd 2013. The meeting reviewed a recently completed Environmental Scan on Intersectoral and Interprofessional Collaboration Competency Statements for Public Health professionals in B.C. APHA will continue to follow the Public Health Association of BC (PHABC) progress in this area.
- APHA sent a letter on November 6th 2013, to Dr. John Spence (U. of A), supporting the Alberta Centre for Active Living proposal to Alberta Innovates Health Solutions for a knowledge-to-action grant.
- APHA, as a registered charity, was selected to participate (November 12th 2013) in a survey regarding the use of social media (SM) for knowledge management in non-profit organizations. We are awaiting the results of this from *The SM Research Team* at the University of Alberta.
- On February 6th, 2014, Dr. Doyle-Baker attended the *Building Communities that Create Health* in Calgary on behalf of APHA. Dr. James Talbot, Alberta' Chief Medical Officer of Health gave the opening address.



- APHA was invited to formalize our relationship with Alberta Recreation and Parks Association. The Protocol purpose is to establish the basis for a long-term collaborative relationship and this agreement was signed, by Dr. Doyle-Baker (president APHA) and Mr. Dan Pagely (president ARPA) on March 14th, 2014.

In closing I would like to express my appreciation to all of the Board of Directors for their dedicated work over this past year. Also to say a very special thank you to those Board members that have finished their terms and/or stepping down, specifically Ms. Farah Bandi and Ms. Elaine Hyshka.

Finally I would like to welcome Dr. Lindsay McLaren as the incoming president. I believe the board will move forward in a very positive direction under Dr. McLaren's leadership.

Respectfully submitted,

**P. Tish K. Doyle-Baker, Dr. PH, (FACSM)
APHA president, June 2012-May 2014**



Treasurer's Report

I am pleased to present the Alberta Public Health Association (APHA) Treasurer's Report for the 2013-2014 fiscal year.

The Alberta Public Health Association (APHA) continues operations as a voluntary organization without government funding. However, we continue to provide services to members, support the public health community and maintain general operations.

In the 2013-2014 fiscal year the APHA:

- Continued to manage flow-through grants for the John Waters Memorial Fund (John Waters Memorial Award and John Waters Memorial Scholarship);
- Completed year-end filing to Alberta Registries for ongoing Societies Act registration;
- Completed year-end filing of Registered Charity Information Return to the Canada Revenue Agency;
- Maintained membership subscription and renewal;
- Supported public health advocacy and other initiatives.

For ease of accounting and reporting accounts held by APHA are in four separate accounts:

- #24 Operating
- #31 Reserve
- Renewable GIC Investment
- #26 John Waters Memorial Fund

At the beginning of 2013-2014 fiscal year APHA held an operating budget of \$3,189.00 and \$25,566.43 in reserve (in a T-Bill savings account). Due to financial operating constraints APHA voted to apply a portion of the APHA reserves (\$10,000) towards APHA operating funds. The remainder of reserve was applied to a long-term renewable GIC investment (\$15,000) and retained within the T-Bill savings account (\$577.53). Our total reserve at the end of 2013-2014 fiscal year is \$15,577.53.

At year end, the APHA continues to struggle with financial constraints, with a year end operating balance of \$13,100.93. In the 2014-2015 fiscal year APHA will be continue to rely on membership contributions as a funding source. However, there will be a renewed focus on funding diversification in the upcoming fiscal year.

As an organization managed solely by volunteers, the APHA continues to face capacity and resource issues. However, in the face of these challenges, the APHA continues to focus on progress and developing a strategy to search for diverse sources of funding. The Board is enthusiastic and hopeful in building sustainable revenue to continue supporting Alberta's public health community.

Respectfully submitted,

A handwritten signature in cursive script that reads "Angeline Webb".

Angeline Webb



2013/2014 APHA Budget	2014/15 Budget	2013/14 Actuals
Opening Balance April 1, 2013		
Operating		\$3,189.75
Revenues		
Provincial Grant	\$0	\$0
Other Grants	\$0	\$ 0
AGM/Summer School	\$0	\$0
Projects	\$0	\$0
Membership Fees	\$6,200.00	\$ 6,260.00
Donations	\$0	\$ 22.00
Other	\$0	\$10,000.00
Interest Income		\$ 157.92
Total Revenues	\$6,200.00	\$16,439.92
Expenses		
Other Personnel	\$0	\$0
President/Board Expenses	\$ 500.00	\$0
AGM	\$ 200.00	\$0
Board Teleconference	\$ 550.00	\$ 474.46
Website Support/Design	\$1,500.00	\$1,942.50
Bookkeeping/Audit	\$1,200.00	\$1,141.09
Insurance	\$ 936.00	\$ 1872.00
Archiving	\$ 400.00	\$ 401.08
Administrative Costs	\$ 100.00	\$ 88.86
Professional/Consultant Fees	\$0	\$2,762.81
Project Expenses	\$0	\$0
Total Expenses	\$ 5,386.00	\$8,682.80
Projected Balance at Year End	\$814.00	



Membership Report

Membership Report

We respectfully present the Membership Report for 2013-2014. Membership in APHA is open to any individual or group who is interested in promoting and protecting the health of the public. As of May 1, 2014, APHA reports a membership of 159 members. This is a reduction of 14 members from 2012-2013.

The membership breaks down into the following Categories:

APHA/CPHA Conjoint Memberships		
	Regular Members	79
	Student	36
	Retired/Low income	1
	Total	116
APHA Direct Memberships		
	Regular	22
	Student	11
	Honourary	10
	Total	43
Total APHA Membership		159

The APHA Membership Database has been consolidated into ACCESS and is now searchable by a number of variables. With an improved database, the renewal process and the creation of an up-to-date communications email list have become more streamlined.

Thanks to the Alberta Centre for Injury Control & Research for providing technical support for the database.

Respectfully Submitted,

Farah Bandali and Cathy Gladwin



Public Issues Committee Report

The APHA was involved in a number of public issues-related activities over the past year in an effort to further efforts of individuals and organizations working to improve public health in Alberta and Canada.

Harm reduction and supervised consumption services

On April 16th 2014, I gave a talk on “Reducing the health and social costs of illicit drug use through expanded access to medically supervised injection facilities in Canada” to Alberta Health Services’ Public Health Works series. This talk was broadcast via Telehealth and reached approximately 200 audience members. My bio and speaker introduction acknowledged my position as the Alberta Public Health Association’s Public Issues Chair. I also continue to be involved in multi-stakeholder efforts to secure access to medically supervised injection services in Edmonton.

Tobacco Reduction efforts

APHA sent a letter of thank you (signed by our President) to Health Minister Fred Horne, congratulating him on passing Bill 33 - Tobacco Reduction Amendment Act, and Bill 206 - Tobacco Reduction (Flavoured Tobacco Products) Amendment Act. We also urged him to ensure that menthol continues to be included in the later.

APHA member Klaus Irrgang represents our organization on the Provincial Advisory Committee on Tobacco (PACT). However, since the release of the Alberta Tobacco Reduction strategy in November 2012, PACT has not met. Klaus has emailed the chair of PACT, urging him to resume PACT meetings and the work of the group. Klaus also represented APHA as a referee for the 2013 Barb Tarbox Awards of Excellence in Tobacco Reduction.

Calorie and Sodium Labeling in Restaurants

In February 2014, APHA signed a joint statement of support endorsing Ontario’s Bill 149 *An Act to amend the Health Protection and Promotion Act* and the Smoke-Free Ontario Act to improve the health of Ontarians. This Bill proposed sodium and calorie labelling in Ontario restaurants. The Centre Science in the Public Interest coordinated this activity. I am happy to report that this bill was successfully passed by MPPs in the Ontario legislature on February 20, 2014.

Alberta Policy Coalition for Chronic Disease Prevention

The APHA is a member organization of the Alberta Policy Coalition for Chronic Disease Prevention (APCCP). Cathy Gladwin is the APHA APCCP representative. The APCCP is composed of fourteen member organizations who work together in advocating for healthy policy changes for a healthier Alberta. Its efforts are supported by a research committee. The key objectives of the APCCP are: 1) Increase the capacity of policy makers and decision-makers in Alberta to use policy as a strategy for chronic disease prevention. 2) Provide leadership in the development, implementation and evaluation of policy-related activities for chronic disease prevention. 3) Facilitate practitioners, policy-makers, researchers and community organizations from various sectors working together to enhance public acceptance of policy-related activities.



The APHA is actively involved in the operations and activities of the APCCP. Through the APCCP the APHA advocates for healthy policy changes in Alberta including the creation of a Wellness Foundation. More information about the APCCP is available at <http://www.abpolicycoalitionforprevention.ca/about-us.html>

In 2013 the APCCP, in collaboration with a group of new business, recreation, health and community stakeholders, formed Wellness Alberta. Wellness Alberta is a new campaign that brings together thousands of individuals including business, health and recreational leaders and non-governmental organizations who support a meaningful investment in the prevention of disease and injuries. Through Wellness Alberta, the APCCP and our supporters will continue to advocate for a sustainable investment in an Alberta Wellness Foundation to ensure current and future generations of Albertans benefit from improved health outcomes, reduced demands on health care and an enriched quality of life. As of February 2014, Wellness Alberta had the support of 100 diverse organizations representing over 3.5 million Albertans.

Wellness Alberta has had numerous key discussions with members of Cabinet and key health department staff about developing an effective plan to implement a Wellness Foundation in Alberta. Right now the top priority for Wellness Alberta is to develop a detailed business plan that will help to guide the development and implementation of a Wellness Foundation. We are hoping that this plan will be developed in collaboration with Alberta Health to help ensure its ultimate success. See <http://www.wellnessalberta.ca/> for more information.

The priority areas for APCCP work in 2014 will be to:

1. Support the Wellness Alberta Campaign
2. Advocate to restrict marketing of unhealthy food and beverages to children in public institutions (schools, recreation facilities) and support national efforts on advertising.
3. Advocate for taxation of sugar sweetened beverages
4. Analysis of evidence and capacity for policies that promote physical activity/decrease sedentary behaviours in workplaces
5. Analysis of evidence and capacity for development of a Universal School Food Strategy
6. Advocate for mandated, resource and monitored implementation of ANGCY in recreation facilities

Indoor Tanning is Out Coalition Advocacy Group

Since the formation of this coalition in December 2011, the APHA has had a board member serving as co-chair of the Indoor Tanning Is Out Advocacy Group (ITiO) along with a co-chair from the Canadian Cancer Society. Cathy Gladwin is the APHA ITiO representative. ITiO is seeking a provincial ban on the use of indoor tanning beds by youth under 18 years of age as well as a prohibition of indoor tanning marketing that targets persons under the age of 18 and the of false health claims in the marketing material. During the past year the APHA has once again been involved in numerous meetings with MLAs to inform them about the risk of malignant melanoma posed by indoor tanning and the heightened risks faced by young people who use indoor tanning devices. Alberta Health continues to consider recommendations for legislation that may be brought to the legislature. During the 2013 and 2014 the ITiO has been gathering support through a postcard campaign which will present signatures to the Minister of Health later this year.



In March 2014 ITiO met with Associate Minister of Wellness Dave Rodney to seek his support for the legislation that we proposed. It was a very positive meeting and Min. Rodney stated he would further discuss the issue with Minister of Health, Fred Horne. ITiO will also seek a meeting with Min. Horne in hopes that we will see wither a government sponsored or private member's bill in the fall session.

ITiO and the APHA are also promoting the Canadian Cancer Society's Takeaction.cancer.ca which has campaigns against both indoor tanning and flavoured tobacco.



Communications Committee Report

In our role as Co-Chairs of APHA's Communications Portfolio, we are pleased to present a report for 2013-14.

Over the past year, APHA has focused its efforts on building capacity for effective external communication by reviewing and exploring opportunities to enhance our communications infrastructure and processes. APHA has been investigating alternative platforms that would enhance the professionalism, readability and coordination of communications such as notices, newsletters, website posts, and other communications. Awaiting the results of its strategic planning exercise in Spring 2014, APHA has also been considering opportunities to more effectively utilize the APHA website as a means of supporting the organization's goals and communicating with members and the public.

Looking to 2014-15, APHA is considering re-establishing a member newsletter, enhancing information on the website and using social media as a platform for communication and member engagement.

Respectfully submitted,

Lisa McLaughlin and Amy Beck
Co-Chairs