



THE CHAMPLAIN  
CARDIOVASCULAR DISEASE  
PREVENTION NETWORK

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RÉSEAU DE PRÉVENTION DES  
MALADIES CARDIOVASCULAIRES  
DE LA RÉGION DE CHAMPLAIN

## Community Partnerships in Action

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Chair, Champlain Cardiovascular Disease Prevention Network  
Medical Director, Minto Prevention & Rehabilitation Centre, University of Ottawa  
Heart Institute



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***“Whenever I meditate about a disease, I always think of a means of preventing it, rather than finding a cure.”***

**Louis Pasteur**



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## ***A Focus on Prevention***

***“The scope and scale of cardiovascular disease (CVD) is greater than that which can be handled by any one health sector...  
... an integrated and coordinated CVD intervention program involving multiple sectors and multiple levels is required to produce a population level impact.”***

The Champlain CVD Prevention Network

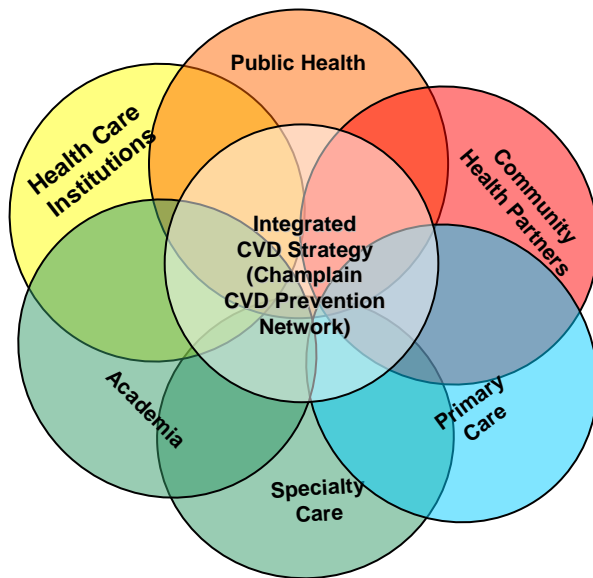


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# An Integrated Approach to CVD Prevention

## CCPN PARTNERS



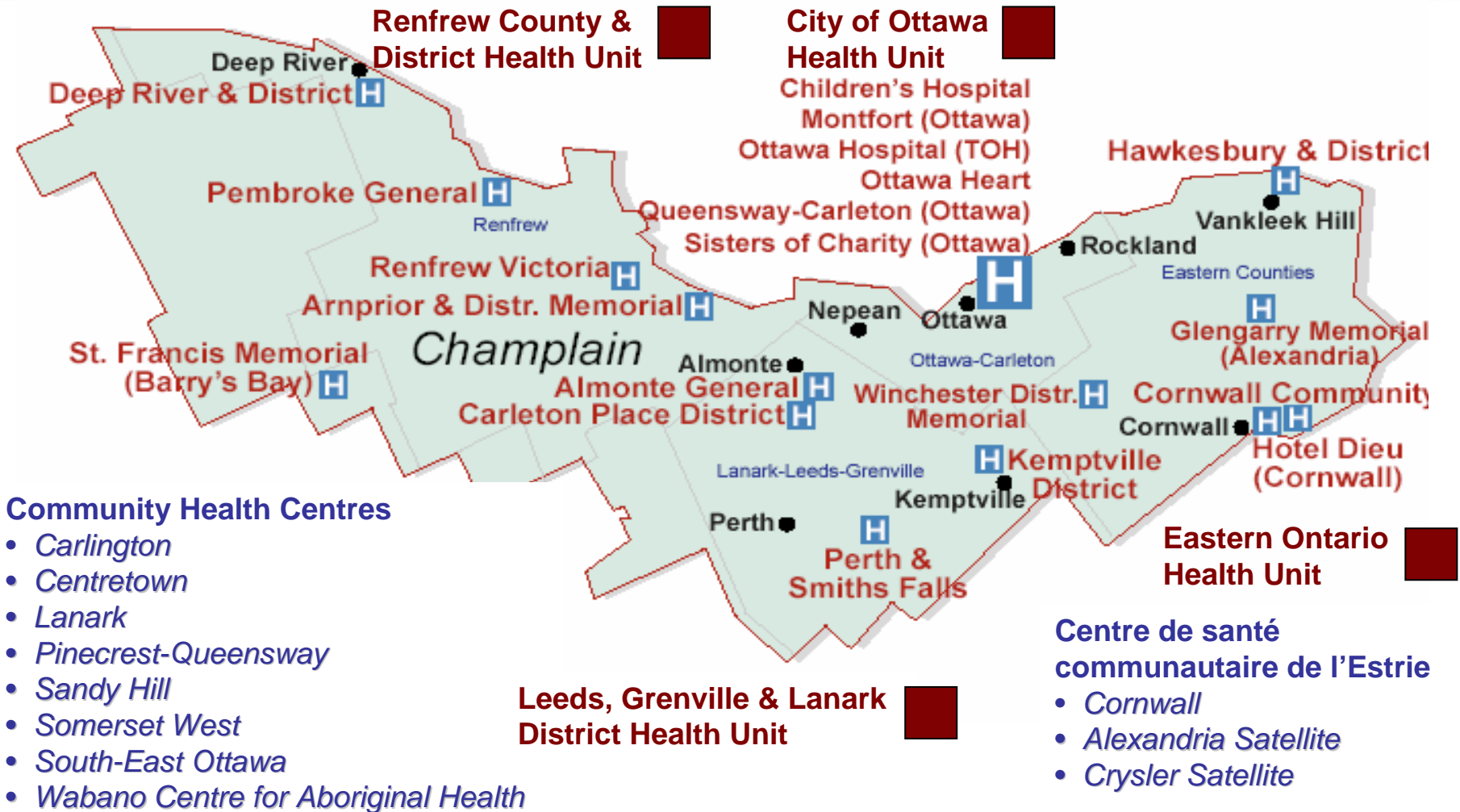
- *Champlain Local Health Integration Network*
- *Champlain Regional Stroke Centre*
- *City of Ottawa Public Health Unit*
- *Department of Family Medicine, University of Ottawa*
- *Eastern Ontario Community Primary Health Care Network*
- *Eastern Ontario Health Unit*
- *Élisabeth Bruyère Research Institute*
- *Heart and Stroke Foundation of Ontario*
- *Institute of Population Health, University of Ottawa*
- *Leeds, Grenville & Lanark District Health Unit*
- *Renfrew County & District Health Unit*
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# The Champlain District (1.2 Million Residents)





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# Champlain Chronic Disease Risk Factor Profile

Area	CVD Mortality Rate	Hyper-tension	Diabetes	Over-weight (BMI>25)	Obesity (BMI>30)	Smoke	Physical Inactivity	< 5 serv. F&V
Canada	200.7	14.4	4.6	33.3	14.8	23.0	47.3	55.2
Ontario	204.9	14.7	4.6	33.3	14.8	22.1	47.3	55.3
Champlain	206.7	14.0	6.0	36.6	14.3	21.2	43.9	54.8
Eastern Ontario	<b>247.6</b>	<b>17.1</b>	5.4	<b>40.9</b>	<b>18.8</b>	<b>31.6</b>	48.7	55.6
Renfrew County	<b>257.0</b>	<b>16.9</b>	5.5	<b>36.6</b>	<b>18.4</b>	<b>27.5</b>	47.0	58.1
LG&L	<b>225.0</b>	<b>15.5</b>	5.1	<b>35.6</b>	<b>18.1</b>	<b>27.2</b>	46.0	57.2
City of Ottawa	186.5	12.3	4.6	35.6	12.8	19.7	42.4	54.1

## Adults 18+

Prevalence of CVD risk factors (%) in Canada, Ontario, and Champlain

Source: Statistics Canada's health indicators data (2003)



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# *Developmental Milestones*



<b><i>ACTIVITY</i></b>	<b><i>DATE</i></b>
Advisory Committee Established	June 2004
Environmental Scanning	September 2004
Expert Panel Deliberations	January to April 2005
Strategic Planning Retreat	July 2005
Strategy & Action Plan Defined	September 2005
Champlain CVD Prevention Network Created	November 2005
Priority Initiatives Finalized	November 2005
Executive & Partner Plans Finalized	December 2005
Demonstration Projects Launched	April 2006



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# ***A Vision for Champlain***

***The development of an integrated system of excellence in CVD prevention that acts as a model for Ontario & Canada...***

***...To ensure the citizens of the Champlain District are the most heart healthy and stroke-free in Canada.***





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# ***CCPN Priority Initiatives 2006-08***

- **Champlain Hospital-based Smoking Cessation Network**
- **Champlain Primary Care CVD Prevention Network (The IDOCC Initiative)**
- **Champlain Hospital CVD Prevention Network (Guidelines Applied in Practice)**
- **Champlain Healthy Living & Risk Factor Management Program**
- **Champlain Sentinel CVD Surveillance Program**
- ***Champlain Healthy School-aged Children Initiative***



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## The Challenge...



*“Unless effective interventions to reduce obesity are developed, the steady rise in life expectancy observed in the modern era may soon come to an end and the youth of today may live shorter lives than their parents.”*

N Engl J Med 2005 Mar;352(11):1138-1145

“Can Johnny come out and eat?”



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*... and Opportunity!*





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***“The challenge is to do today what men and women of intelligence and good will would wish, ten or fifteen years hence, had been done!”***

Edmund Burke



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## *Partner Organizations:*

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Champlain Regional Stroke Centre  
City of Ottawa Public Health Unit  
Department of Family Medicine, University of Ottawa  
Eastern Ontario Community Primary Health Care Network  
Eastern Ontario Health Unit  
Élisabeth Bruyère Research Institute

Heart and Stroke Foundation of Ontario  
Institute of Population Health, University of Ottawa  
Leeds, Grenville & Lanark District Health Unit  
Renfrew County & District Health Unit  
The Ottawa Hospital  
University of Ottawa Heart Institute

## *Funding Support:*

Ontario Ministry of Health Promotion  
The Change Foundation  
Health Canada's Federal Tobacco Control Strategy

## *Founding Industry Partner:*

Pfizer Canada Inc.