



THE CHAMPLAIN
CARDIOVASCULAR DISEASE
PREVENTION NETWORK

The Navigator

Issue 4: Fall 2008

INTRODUCTION

Welcome to this edition of *The Navigator*, the Champlain Cardiovascular Disease Prevention Network (CCPN)'s e-bulletin.

The Navigator will guide you through the latest news about the Network, its partners, and the progress of its initiatives. Visit www.ccpnetwork.ca for more information.

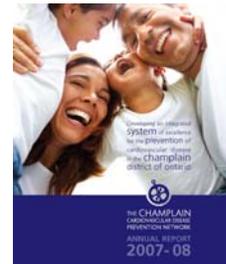
NETWORK NEWS

CCPN First Annual Report Now Available

The CCPN is pleased to present its **2007-08 Annual Report**. This first annual report highlights key performance milestones achieved for each of the CCPN's six Priority Initiatives, and outlines key action areas moving forward in 2008-09.

The report reflects our commitment to performance management and demonstrating tangible results for the residents of the Champlain District and the Ontario Government. The network's accomplishments in 2007-2008 are a reflection of the unique partnership which has been developed in the Champlain District and the collaborative efforts of so many leaders in our region.

Visit www.ccpnetwork.ca/resources/AnnualReport2007-08.pdf to view a copy of the 2007-2008 Annual Report.



CCPN Prepares to Renew its Five Year Strategy

Planning for Phase 2 of the Champlain CVD Prevention Strategy will begin in Fall 2008. The strategy renewal exercise will evaluate the networks success to date and opportunities to enhance our work. The renewal of the strategy will involve consultation with partners, expert panel deliberations and the identification of a second set of priority initiatives which will build on our work to date.

The Champlain CVD Prevention Network launched phase 1 of its five year strategy on April 1st 2007. The focus of our work has been on the implementation of our six priority initiatives. These large scale regional initiatives were identified by our network during a comprehensive strategic planning process as the most important initiatives for our network to implement in phase 1 of our strategies implementation. The initiatives were selected as the building blocks of a system of excellence in CVD prevention and include initiatives across the continuum of prevention from school-aged children to those with existing disease.

The strategy renewal exercise will evaluate the networks success to date and opportunities to enhance our work. The renewal exercise will begin in 2008 and will involve consultation with partners, expert panel deliberations and the identification of a second set of priority initiatives which will build on our work to date. The network will work collaboratively with the Champlain Diabetes Network in establishing our next set of priority initiatives.

Launch of www.idocc.ca – A New Primary Care CVD Prevention and Management Web Portal

We are pleased to announce the launch of the Champlain Primary Care Cardiovascular Disease Prevention and Management Collaborative Web Portal.

www.idocc.ca is an online resource targeted to primary care providers. The website features:

- Our Improved Delivery of Cardiovascular Care (IDOCC) through outreach facilitation Initiative
- An E-version of Champlain CVD Prevention & Management Guideline
- Community Resource Listings
- Tool Kits for practitioners (under development)

Please visit the new website at www.idocc.ca. Web postings relevant to the portal may be forwarded to ccpn@ottawaheart.ca.

OUR INITIATIVES

The CCPN is currently leading the implementation of six large-scale Priority Initiatives in the Champlain District. To find out more, visit www.ccpnetwork.ca/priorities/index_e.php.

Champlain Community Heart Health Survey – Underway!

The CCPN announces the launch of the Champlain Community Heart Health Survey - one of our six priority initiatives.

The Champlain Community Heart Health Survey is a large scale survey of randomly selected households from across the Champlain District, which will assess cardiovascular risk factors and collect information on health behaviours. One participant from each randomly selected household will be invited to take part in the study via a letter mailed to their home, as well as a follow-up telephone call. Eligible and interested participants will be scheduled for a clinic appointment at which time a physical assessment will be performed including height, weight, waist circumference, blood pressure, blood lipids and glucose. Participants will also fill out a series of questionnaires on lifestyle behaviours and knowledge. Clinic appointments will begin September 29th at the Civic Cancer Center. Additional sites in other parts of the Champlain District will be added at a later date.

The survey will provide more in-depth information regarding the prevalence of cardiovascular risk factors in our region to support future planning. It is the first study since the late 1980's to evaluate CVD risk factors in our region using physical measures.

For more information about this initiative, please contact Stella Muthuri, CCPN Surveillance Coordinator, at smuthuri@ottawaheart.ca or 613-798-5555 x17797.

UPCOMING EVENTS

CCPN Meetings

Expert Panel on Marketing and Communications

Sept 24th 2008 9:00AM-11:00AM, 2nd Floor, Gordon Henderson Boardroom, UOHI

Expert Panel on Knowledge Translation

October 10th 2008 9:00AM-11:00AM, 2nd Floor, Gordon Henderson Boardroom, UOHI

Events & Conferences

September 17, 2008: Chronic Disease Self Management - Improving Care in the Champlain LHIN

For more information, please contact Sarah Mae Ives, Project Coordinator, via phone 613-562-4262 x1449 or email sives@scohs.on.ca.

October 24 to 26, 2008: Canadian Association of Cardiac Rehabilitation (CACR) 18th Annual Meeting and Symposium, "Cardiac Rehab – Foundation to Innovations"

Metro Toronto Convention Centre

For more information, visit www.cacr.ca/ed/am2008/am2008info.html

October 25 to 29, 2008: Canadian Cardiovascular Congress (CCC)

Metro Toronto Convention Centre

For more information, visit www.cardiocongress.org

November 24 to 26, 2008: Chronic Disease Prevention Alliance of Canada (CDPAC) Third National Conference, "Integrated Chronic Disease Prevention – Taking Action Together"

The Westin Ottawa

For more information, visit www.cdpac.ca/conference

CONTACT US

Current and past issues of *The Navigator* will be available on the CCPN website www.ccpnetwork.ca.

Your comments and suggestions are always welcome. Please write to us at ccpn@ottawaheat.ca. We look forward to hearing from you!

CCPN Partner Organizations

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
Healthy Active Living & Obesity Research Group, CHEO
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

CCPN Founding Industry Partner

Pfizer Canada Inc.

Funding Support

Champlain Local Health Integration Network
Ontario Ministry of Health Promotion