



Alberta Public Health Association Annual Report 2014/2015



About the APHA

The Alberta Public Health Association (APHA) is a provincial not-for-profit association representing public health in Alberta. The APHA was established in 1943 and was incorporated as a registered charitable organization in 1955. The APHA is a provincial affiliate of the Canadian Public Health Association and works with the other provincial and territorial public health associations across Canada. The APHA is the only independent voice for public health in Alberta.

APHA has a voluntary membership that includes practitioners, academics, students, representatives of government departments, non-government organizations, community members, and others. Interests and professional foci of members include but are not limited to:

- Health protection;
- Disease and injury prevention;
- Health promotion;
- Social 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.

Membership is open to anyone with an interest in public health. We welcome memberships from those working in health, as well as those working outside of the health system but whose work influences well-being, such as planners, transportation engineers, individuals working in social policy or any aspect of the social determinants of health, social workers, recreation and parks professionals, and others.

We are always interested in hearing from enthusiastic and hard-working members who would like to take on formal roles within the Association, including but not limited to serving on the Board of Directors. Please contact us for more information (info@apha.ab.ca).

APHA Vision: Health for all Albertans

APHA Mission: The APHA is a leading voice for public health and works to strengthen the impact of those who promote and protect the highest standard of public health.

APHA Mandate

- Providing leadership on issues affecting the public's health
- Advocating on issues that affect health
- Providing educational and networking opportunities
- Providing mechanisms to seek and discuss issues and views of members and partners
- Providing expertise and consultation in public and community health



APHA 2014/2015 Board of Directors

Dr. Lindsay McLaren **President**

Dr. Lindsay McLaren is Associate Professor in the Department of Community Health Sciences and the O'Brien Institute for Public Health at the University of Calgary. She holds an Applied Public Health Chair funded by the Canadian Institutes of Health Research, the Public Health Agency of Canada, and Alberta Innovates – Health Solutions. Her research focuses on population health and health inequities in various thematic areas including community water fluoridation and oral health, dietary sodium reduction policy, and body weight related issues. She is a Senior Editor for the Canadian Journal of Public Health.

President-Elect

(vacant during 2014/15)

Dr. PK (Tish) Doyle- Baker **Past President** **Member, Funding strategic planning portfolio subcommittee**

Dr. Doyle-Baker is a Doctor of Public Health (Dr. PH) and a clinical exercise physiologist (CSEP-CEP) 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 findings to multiple audiences and has experience communicating research and knowledge through the media. She was the 2010 keynote speaker for the yearly Physical Activity Forum in Alberta.

Angeline Webb **Treasurer** **Lead, Funding strategic planning portfolio** **Co-Lead, Public Issues strategic planning portfolio subcommittee**

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 11 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.



Jacqueline Schnider

Secretary

Lead, Governance strategic planning portfolio subcommittee

Jacqueline Schnider has been a Health Educator with Alberta Health Services for the past 12 years. She has a Certificate in Public Health Inspection (Canada), a Diploma in Environmental Health BCIT 1987, a Bachelor of Science Degree, Augustana University College 1993, and a Certificate in Adult Education, Mount Royal College, 2002. She is also a Distinguished Toastmaster with Toastmasters International.

Cathy Gladwin

Membership Chair

Co-Lead, Public Issues strategic planning portfolio subcommittee

Member, Membership and Communications strategic planning portfolio subcommittee

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 the APHA and CPHA for over 10 years.

Lisa McLaughlin

Lead, Membership and Communications strategic planning portfolio subcommittee

Member, Public Issues strategic planning portfolio subcommittee

Lisa McLaughlin holds BA in Psychology, with Distinction, from the University of Alberta and is currently a student in the University of Alberta's Master of Public Health - Health Promotion program and the University of Calgary's Master of Planning program. She is also 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.

Amy Beck

Co-Lead, Membership and Communications strategic planning portfolio subcommittee

Member, Public Issues strategic planning portfolio subcommittee

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.



Benjamin Kung

Member, Governance strategic planning portfolio subcommittee

Member, Public Issues strategic planning portfolio subcommittee

Ben Kung is the Program Manager of Infection Prevention & Control with the College of Physicians & Surgeons of Alberta. He has training in the fields of Biology, Microbiology, Environmental Public Health, Infection Control & Epidemiology, and holds professional registration with the Alberta College of Paramedics, Canadian Institute of Public Health Inspectors, and Certification Board of Infection Control & Epidemiology. Ben has diverse experience in the BC and Alberta public health systems at both the provincial and national levels, including past employment with the Canadian Food Inspection Agency, Vancouver Island Health Authority, Alberta Health Services, and Canadian Standards Association.

Shannon Doram

Member, Funding strategic planning portfolio subcommittee

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!

Kenda Swanson

Member, Governance strategic planning portfolio subcommittee

Kenda Swanson is an MSc student in Community Health Sciences at the University of Calgary within the Population/Public Health stream. She has completed an honours bachelor's degree in health sciences and throughout her academic career has studied everything from basic chemistry and mechanics to literature, history, culture and film. During this time, she has had the pleasure of working in community health sciences as a research assistant in various projects. Of particular interest to Kenda is how the modern physical and social environments interact with human health behaviour to influence an obesogenic lifestyle. She is keenly interested in developing a better understanding the relative influence of built environmental factors to human health behaviours so that appropriate, effective interventions can be implemented to improve the wellbeing of the population.

Jill McWilliam

Member, Public Issues strategic planning portfolio subcommittee

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.

President's Report

I am proud to report on the Alberta Public Health Association's 2014-15 activities and status.

During the past year we have worked to implement our strategic plan, which we developed in March 2014. This has entailed trying out some structural and organizational changes, such as forming sub-committees to work on strategic priority areas (e.g., communications, governance) and shifting to a bi-monthly (once every two months) meeting schedule for the full board, to better permit subcommittees to work effectively in between.

These efforts have helped us to identify gaps and areas where we need to particularly focus our efforts. One such priority area is board governance, where we are engaged in efforts to improve and clarify our bylaw document as well as board member roles and responsibilities (see Governance report below). Though this work is of the 'back to the drawing board' nature, it has nonetheless been essential to establish some structure and coherence for our board, which in turn will best position us for sustainable impact on public issues as per our vision and mission.

Another area of focused effort is member communication and engagement. Though the APHA has historically provided significant communication and engagement opportunities (e.g., APHA conference), these activities have declined in recent years due to loss of operational funding and corresponding challenges related to capacity. We are keenly aware of the need to re-establish some regularity of contact with members, and to work towards opportunities for members to engage in APHA activities. We have made some significant progress in this regard (see Communications and Public Issues reports below) and will work hard to ensure this continues.

It is a testament to our amazing slate of board members that, despite these 'behind the scenes' demands, we have been able to maintain considerable activity in terms of advocacy efforts around a variety of public health issues, including recent successes in provincial legislation around indoor tanning and flavoured tobacco (see Public Issues report below). We are very interested to see what opportunities exist with the new provincial NDP government, and we are in the process of reaching out to the new government and letting them know who we are and what we have to offer.

We continue to work with important partners, such as the Alberta Policy Coalition for Chronic Disease Prevention and the Indoor Tanning is Out Coalition Advocacy Group. These partnerships are critical to our capacity to engage in advocacy activities. Moving forward, our plans include reaching out to other groups / organizations / institutions across Alberta, to explore collaborative opportunities such as co-hosted events or resources for the public health community. The APHA is a member of the Canadian Network of Public Health Associations, which permits us to share experiences with and gain inspiration from other provincial public health associations. Inspired by the work of the Ontario Public Health Association (OPHA) in particular, we are presently discussing the formation in the APHA of "interest groups" (resembling OPHA's "workgroups") that convene members interested in working together on specific public health issues. Also inspired by the OPHA, I am delighted to report that 2015-16 will see the revival of an APHA Student Committee, so stay tuned for their exciting ideas.

Financially, we remain in a situation of relying predominantly on membership revenue (see Financial report below). However I feel confident that, as we gain structure and momentum, we'll be in a good



position to seek pockets of funding for specific initiatives, and to think about what the optimal longer term funding structure is for us.

Overall, I am feeling very optimistic about the Alberta Public Health Association and am honoured to work with and represent this group which I feel has a unique and highly important niche in Alberta. My sincere gratitude to our committed and hard-working board members who make it possible to have some significant impact with limited resources, not to mention being fun to work with! I am looking forward to working with the 2015-16 board. I/we welcome feedback from members at any time.

Thank you for the opportunity to present this report.

Lindsay McLaren
APHA President, 2014-16



Governance Report

After setting out some strategic priorities for the Alberta Public Health Association (in Spring 2014) the Governance Committee of the board was formed.

Two items were identified as immediate priorities:

1. Board orientation needs to be improved
2. Governance documents need to be updated to reflect current operations

The Association's Bylaws are currently undergoing revision with the following objectives: closer alignment with the Alberta Societies Act, increased flexibility to reflect current capacity, updates to reflect current activities, and reorganization of Articles and clauses for better clarity. Amendments to Association Bylaws require review and approval by the membership by special resolution at an official membership meeting. Once revisions are ratified by the Board, they will be presented to the membership for review at least 30 days prior to calling the special meeting later in 2015.

These are projects that the committee has been and will continue to work on.

Respectfully submitted,

Jacqueline Schnider and Benjamin Kung
Governance Committee



Financial Report

I am pleased to present the Alberta Public Health Association (APHA) Treasurer's Report for the 2014-2015 fiscal year.

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

In the 2014-2015 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 2014-2015 fiscal year APHA held an operating budget of \$13,162.01. The APHA fiscal reserve is within a long-term renewable GIC investment (\$15,000) and retained within the T-Bill savings account (\$764.49). Our total reserve at the end of 2014-2015 fiscal year is \$15,764.49. The APHA also manages finances for the John Waters Memorial Fund. This account has a year-end balance of \$29,687.94.

At year end, the APHA continues to be cognizant of financial constraints, with a year end operating balance of \$13,162.01. However, I am pleased to report that the APHA did not register a deficiency of revenue over expenses for the fiscal year. In the 2015-2016 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 – APHA Treasurer



2014/2015 APHA Budget	2015/16 Budget	2014/15 Actuals
Opening Balance April 1, 2014	Operating	\$13,870.07
Revenues		
Provincial Grant	\$0	\$0
Other Grants	\$0	\$0
AGM/Summer School Projects	\$0	\$0
Membership Fees	\$5,000.00	\$ 5,172.25
Donations	\$800.00	\$ 1,000.00
Other	\$0	\$0
Interest Income	\$0	\$ 202.11
Total Revenues	\$5,800.00	\$6,374.36
Expenses		
Other Personnel	\$0	\$0
President/Board Expenses	\$1,000.00	\$735.58
AGM	\$ 200.00	\$138.88
Board Teleconference	\$ 550.00	\$ 66.27
Website Support/Design	\$1,000.00	\$0
Bookkeeping/Audit	\$1,000.00	\$702.77
Insurance	\$ 936.00	\$936.00
Archiving	\$ 200.00	\$124.74
Administrative Costs	\$ 100.00	\$ 26.47
Professional/Consultant Fees	\$0	\$0
Project Expenses	\$ 200.00	\$135.00
Total Expenses	\$5,186.00	\$2,865.71
Projected Balance at Year End	\$ 614.00	

Public Issues Report

The Alberta Public Health Association was involved in a number of public issues-related activities during the 2014-2015 fiscal year in an effort to support individuals and organizations working to improve public health in Alberta and Canada.

Tobacco Reduction

APHA participated in numerous tobacco reduction policy development events, including government engagement, media advocacy and mobilization initiatives, over the fiscal year through our partnership with a Campaign for a Smoke-Free Alberta (CSFA). CSFA is a coalition of prominent health organizations who are working to reduce tobacco use in Alberta.

- **Flavoured Tobacco**

APHA supported the policy development initiatives related to Alberta's ban on all flavoured tobacco products which will come into full force September 30, 2015. This included participating in the launch of a media advocacy and government engagement campaign (May 2014) entitled 'Join Jianna'. The campaign was highlighting the efforts of a youth advocate encouraging the Alberta government to proclaim comprehensive tobacco reduction legislation that was passed in 2013. In November of 2014, the Alberta government proclaimed the Alberta Tobacco & Smoking Reduction Act. However, sections of the act were un-proclaimed and exemptions were allowed in the tobacco product flavourings additive section. As well, the prohibition on waterpipe use in public places was left un-proclaimed. Menthol cigarettes were exempted from the regulations. As a result, APHA participated in various government engagement events along with stakeholders promoting the inclusion of menthol in Alberta's tobacco flavourings ban. In May of 2015 the menthol exemption was repealed from Alberta's Tobacco and Smoking Reduction Act's regulations. Alberta is the second jurisdiction (behind Nova Scotia) internationally to ban menthol tobacco products.

- **Tobacco Tax Increase**

APHA supported a CSFA submission to the Alberta government regarding the importance of a comprehensive tobacco taxation framework, with a particular focus on the need to increase tobacco taxes to prevent youth tobacco use. Also included in the submission was a recommendation to apply a portion of any tax increase towards tobacco use prevention and cessation programming. In March 2015, the Alberta government raised tobacco taxes by \$5.00 per carton.

- **Electronic Cigarettes**

In March 2015, the APHA supported a presentation to the City of Edmonton regarding regulating electronic cigarettes in spaces where tobacco smoking is currently prohibited. Decision on this regulation is expected in August 2015.

Skin Cancer Prevention

The APHA is a member of the Indoor Tanning is Out Coalition Advocacy Group. The APHA participated in several government engagement events in collaboration with indoor tanning stakeholders seeking a provincial ban on the use of indoor tanning beds by youth under 18 years of age. In particular, the APHA sent a letter to all MLAs encouraging them to support indoor tanning legislation. In March 2015 the Alberta government passed Bill 22 – the Skin Cancer Prevention Act which includes a full ban for



persons under the age of 18, a ban on advertising targeted at youth and regulatory authority on health warnings and signage and a ban on all unsupervised tanning equipment. Proclamation is expected this fall. APHA will monitor regulation development.

Nutrition Labelling

In September 2014 the APHA endorsed the NGO joint-statement on Health Canada's nutrition label proposal prepared by CSPI. The statement argues that Health Canada's proposal is a step in the right direction but is insufficient. The statement proposes additional measures such as standardizing serving sizes and moving to front of package labelling that is established via an independent expert process. The APHA indicated our support for this but emphasized our particular interest in supporting activities of a more upstream nature.

Violence Prevention Charter

In October 2014 the APHA endorsed an online Violence Prevention Charter process via the Public Health Agency of British Columbia.

Chronic Disease Prevention Policy

Alberta Policy Coalition for Chronic Disease Prevention and Wellness Alberta

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. The priority areas for APCCP work in 2014-2015 are to:

1. Support the Wellness Alberta Campaign and the establishment of a Wellness Levy as a sustainable source of funding for prevention.
2. Advocate for mandated, resourced, and monitored implementation of the Alberta Nutrition Guidelines for Children and Youth in recreational facilities.
3. Advocate to restrict the marketing of unhealthy food and beverages to children.
4. Advocate for healthy school food and the development of a Universal School Food Strategy for Alberta.

Wellness Alberta. 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 in collaboration with Wellness Alberta (a 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 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. Wellness Alberta and APCCP 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.

Capacity Building

- In March 2015, the APHA encouraged our members to participate in the provincial budget survey with an emphasis on maintain and increasing funding supports for prevention. A newsletter with key messages and links to the budget survey was sent to members.



- In March 2015, the APHA provided a letter of support to the Alberta Policy Coalition for Chronic Disease Prevention regarding a grant from the Heart and Stroke Foundation for “Increasing Healthy Food Choices in Recreation Facilities.”

Responsible Gambling Advisory Committee (RGAC)

In November 2014 the APHA was contacted to have someone replace our previous representative, Cheryl Currie, on the RGAC. Cathy Gladwin has taken on this role. The mandate of the committee is to act as a provincial advisory group to help inform and guide the implementation as well as to monitor and evaluate the results of the Alberta responsible and problem gambling strategy. The APHA is one of 13 organizations with membership on the committee which is co-chaired by a representative from each of Alberta Gaming and Liquor Commission, Alberta Health Services, and Alberta Health. The committee meets three times per year with a broader stakeholder meeting held each October.

The committee had been working on revising the original Alberta responsible and problem gambling strategy. The meeting on January focused on completing the new document entitled *Both Sides of the Coin*. At the May meeting we saw the final version of the strategy and it should be available on the AGLC website in the near future. The May meeting was devoted to developing actions to achieve the strategy. Unfortunately, none of the meeting participants was equipped with or spoke about the best practices in promoting responsible gambling. Ensuring that the actions for dealing with problem gambling and promoting responsible gambling are evidence-based will be the focus of the work for the APHA with the RGAC.

Continued involvement of the APHA on the RGAC will be very important as more of the members are from the gaming industry rather than the health promotion community. As one of the only members without a vested interest in the promotion of gambling and no ties to the provincial government allows the APHA to speak from an unbiased perspective.

Respectfully submitted,

Angeline Webb and Cathy Gladwin
Public Health Issues Committee



Membership and Communications Report

In 2014-15, the Membership and Communications Committee undertook several activities to engage members and enhance our communications.

During Fall 2014, the APHA Board engaged in several outreach activities. In September, APHA was represented at the Campus Alberta Student Conference on Health, an innovative event that involved faculty and graduate students from public health-related programs across Alberta. APHA set up a booth at the conference to raise awareness about the organization, re-connect with current members and engage potential new members. As a result of a partnership established with the Alberta Recreation and Parks Association (ARPA) in 2013-14, the APHA Board received a complimentary registration and sent a representative to attend the ARPA's Annual Conference and Energize Workshop in October. This year's conference had a strong focus on wellness and our participation in this well-organized event was beneficial to promoting APHA and building relationships with a sector that plays an important role in supporting health and quality of life. In November, APHA was represented at a networking event hosted by the University of Alberta's School of Public Health Student Association.

In January, we sent our first newsletter in quite some time to current and past members and administered a survey asking a variety of questions about what members would like from their membership, what they value about membership in a provincial public health association, issues they feel need attention in Alberta, ideas about possible roles for APHA in the future, and more. We were happy to receive 34 responses and many great ideas!

One of the things we heard was that members want regular information from APHA, and we have taken steps to address this. In 2015, members received several newsletters from APHA regarding advocacy efforts, opportunities to support public health in Budget 2015 and opportunities to become involved in the organization and AGM. Additionally, we created accounts on Facebook, Twitter and LinkedIn to enable us to share information and enable members and interested professionals to connect with us. We currently have 28 "likes" on Facebook, 68 Twitter followers and 9 LinkedIn followers.

Additionally, members of the communication committee spoke to delegates of the Canadian Public Health Conference at a breakfast session, co-hosted with the O'Brien Institute of Public Health. During this discussion we had the opportunity to engage current and potential members, and we used this time to further understand what specific activities and events public health professionals in Alberta would like to be involved in.

We recently acquired an intern through Volunteer Alberta's Serving Communities Internship Program (SCIP) to assist us with our membership and communications efforts as well as explore opportunities to update our website. Qendresa Beka is currently an MSc Epidemiology student at the University of Alberta and brings valuable skills to support these important functions.

As of June 7, 2015 the APHA has 106 members in good standing, 20 of whom are students. It is exciting to see that 1/5 of our membership are vital up-and-comers in the field of public health.

In 2015-16, we hope to continue offering timely and relevant communications with members and to focus on establishing an effective membership system. We will also be considering ways to engage



members more actively in the organization. We welcome input from current and prospective members at any time!

Respectfully submitted,

Lisa McLaughlin, Amy Beck, Cathy Gladwin
Membership and Communications Committee