



CANADIAN  
PUBLIC HEALTH  
ASSOCIATION

The Voice of Public Health

ANOTHER YEAR OF  
**SPEAKING  
OUT ON  
PUBLIC  
HEALTH  
ISSUES**

2018 ANNUAL REPORT

[www.cpha.ca](http://www.cpha.ca)

# RACISM IS INSIDIOUS AND AFFECTS ALL ASPECTS OF LIFE.

Unfortunately, Canada remains a nation where a person's colour, religion, culture or ethnic origin are determinants of health that result in inequities in social inclusion, economic outcomes, personal health, and access to and quality of health and social services. Those who experience racism exhibit poorer health outcomes, including negative mental health outcomes, negative physical health outcomes, and negative health-related behaviours.

## Enough is enough.

The Canadian Public Health Association is advocating for the elimination of racist and oppressive systems, laws, regulations and policies in Canada's public institutions and society in general in its position statement on **Racism and Public Health**.

The position statement includes a set of recommendations for all levels of government and governmental agencies as well as for agencies and organizations involved in education, research and the provision of health and social services to address systemic racism in Canada. Canada should be a country where every person has the ability to reach their full health potential regardless of their colour, religion, culture or ethnic origin.

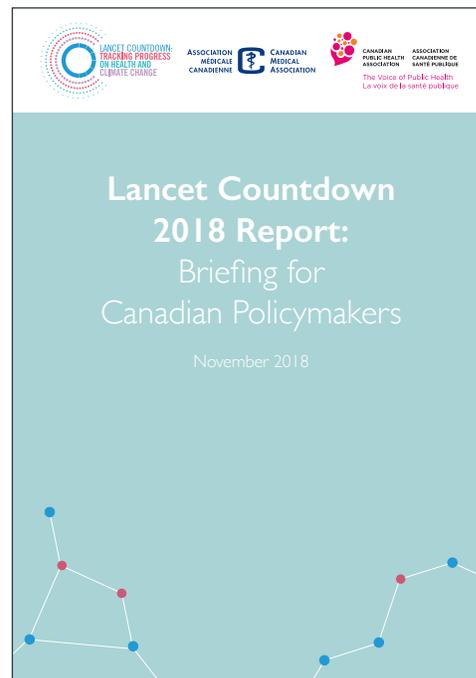




## Tackling climate change

The World Health Organization has said climate change is the biggest public health threat of this century and, according to the *Lancet* Commission on Health and Climate Change, tackling it could be the greatest public health opportunity. Canada's slow progress in reducing greenhouse gas emissions is having a significant impact on the physical and mental health of Canadians. CPHA, in partnership with the Canadian Medical Association, published the *Lancet Countdown Policy Brief: Canada in 2018*, which provides seven evidence-informed policy recommendations federal, provincial and territorial governments can adopt to immediately mitigate the impact climate change is already having on the health of Canadians.

CPHA has also **entered the legal battle over greenhouse gas pollution pricing** in Saskatchewan and Ontario. Greenhouse gas pollution pricing is a necessary part of Canada's strategy to reduce greenhouse gas emissions and curb the negative environmental, physical and mental health effects caused by



climate change. **Jennifer L. King** and **Michael Finley**, lawyers from **Gowling WLG's Environmental Law Group**, are representing CPHA pro bono in both the Saskatchewan and the Ontario interventions. It is anticipated that this constitutional challenge will end up in front of the Supreme Court of Canada.

## Canada's public health resource

### Preventing youth dating violence

#### Building capacity for comprehensive sexuality education in Canada

CPHA is receiving funding to adapt, deliver and evaluate an existing comprehensive sexuality education curriculum that has shown promise for preventing youth dating violence in school and community settings. **The project** will increase youth's understanding of issues related to healthy relationships, gender equity and consent. It will also contribute to the improvement of the skills they need for healthy sexual and social relationships that are free of violence. *Funding for this initiative was provided by the Public Health Agency of Canada.*

### Creation of a Canadian immunization resource centre

The **Canadian Vaccination Evidence Resource and Exchange Centre** (CANVax) is an online database of curated resources to support immunization program planning and promotional activities to improve vaccine acceptance and uptake in Canada. CANVax aims to increase access to evidence-based products, resources, and tools to inform public health professionals in immunization program planning and promotion. Launched in December 2018, it is the first online, centralized resource of its kind in Canada. *Funding for this initiative was provided by the Public Health Agency of Canada.*

### Children's Unstructured Play

Play is crucial for children's physical, mental and emotional health, and it can reduce their experiences of depression, anxiety, aggression, and sleep problems. Unstructured play represents play where children follow their own ideas without a defined purpose or outcome. Unfortunately, children's access to this type of play is increasingly limited. The goal of this **project** is to reduce this trend both by providing tools - including a series of evidence-based infographics, research summaries, and practical tools that define key terms, address widespread myths, explain the health benefits, summarize current laws, and respond to frequently asked questions about kids' play - and by advocating for change. *Funding for this initiative was provided by the Lawson Foundation and its Outdoor Play Strategy.*





If it  
doesn't make  
sense here...

...why would it  
make sense when  
you drive?

## A public health approach to cannabis

With the legalization and regulation of cannabis in Canada, CPHA revitalized its [Pot & Driving resources](#) designed to facilitate conversations and raise awareness among young drivers and passengers on the harms associated with cannabis-impaired driving.

Throughout the year, we held 23 community consultations across Canada with participants from public health and social services organizations, including Indigenous communities, concerning the need to normalize conversations about cannabis consumption. The [findings from these consultations](#) informed the development of capacity-building tools and resources for professionals that are evidence-based and culturally appropriate.

We hosted a [webinar series](#) on a range of issues related to cannabis consumption in partnership with public health researchers and practitioners to present different views and work that is occurring across Canada. These webinars have been viewed more than 5,000 times on YouTube.

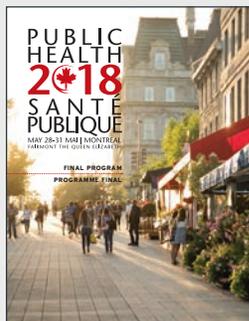
In collaboration with members of the Chief Public Health Officer Health Professionals Forum, we published [Cannabasics](#), an information package for health and social service providers that includes fact sheets and links to key resources on cannabis. It provides a basic overview of common cannabis plants and products, methods of consumption as well as information to better understand consumption and harm reduction. The document has been downloaded more than 3,000 times since it was launched.

*Funding for these initiatives was provided by Health Canada through the Substance Use and Addictions Program.*

The image shows the cover of a fact sheet titled "Cannabasics" with the subtitle "Methods of Consumption". It features a cannabis leaf icon at the top. Below the title, it states "There are four basic delivery methods: 01 // Inhalation 02 // Oral-Mucosal 03 // Ingestion 04 // Topical". The fact sheet is divided into four sections, each with an icon and a brief description: 01 // INHALATION (smoking pipe icon), 02 // ORAL-MUCOSAL (oil dropper icon), 03 // INGESTION (edible icon), and 04 // TOPICAL (oil bottle icon). The bottom of the page has the text "METHODS OF CONSUMPTION OVERVIEW".

## Driving progress, sharing knowledge

**Public Health 2018** delivered an excellent scientific program in Montreal, Quebec. The Call for Submissions resulted in 579 submissions – a new record. Close to 900 delegates registered for the accredited three-day conference that featured plenary sessions, workshops, oral and poster presentations, and other special sessions. Both the Honourable Ginette Petitpas Taylor,

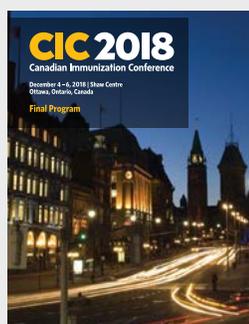


federal Minister of Health, and Lucie Charlebois, Minister of Public Health in Québec, addressed conference delegates. Close to 90% of post-conference evaluation respondents reported

the Conference met their personal learning needs.

Two parallel forums were held concurrently with Public Health 2018 – one on public health vaccination and the other on tobacco control.

The **2018 Canadian Immunization Conference** brought to Ottawa over 850 delegates who discussed current trends in immunization, learned about the latest developments in the field, and established new or renewed existing professional relationships. The Canadian Immunization Conference is the biennial gathering of the wide range of individuals working in immunization from across Canada and internationally.



As of 1 January 2018, Springer became the publisher for the **Canadian Journal of Public Health**. This new collaboration allowed for streamlined publication processes and for the Journal to disseminate its content to a wider international audience. An official publication of the Canadian Public Health Association, the CJPH advances public health research and practice in Canada and around the world, contributing to the improvement of the health of populations and the reduction of health inequalities. The CJPH published six issues in 2018, including special sections on substance use, epidemiology and biostatistics, and qualitative research.



Building on the success of the inaugural year of the **Public Health Mentorship Program**, CPHA relaunched the program in 2018. With the enlistment of 40 volunteer mentors, we were able to match all of the applicants.

“One of the big advantages for me was that my mentor was able to put me into contact with people working in public health that I would not have been able to find or contact on my own.”

– Feedback from a mentee

The program helps foster professional development and academic opportunities among CPHA members by establishing connections between students and early career professionals and more established public health professionals. The program helps develop supportive and engaging learning relationships that will ultimately strengthen Canada's public health community.

## Outstanding Contributions to Public Health in Canada

In 2018, the Canadian Public Health Association honoured these very **deserving individuals** for exceptional service to their community and profession.



**R.D. Defries Award**  
Richard Massé

**Honorary Life Membership Award**  
Isra Levy

**Ron Draper Health Promotion Award**  
Billie Thurston

**R. Stirling Ferguson Award**  
Jake Pauls

**Dr. John Hastings Student Award**  
Larisa Lotoski

## Canadian Public Health Association 2018 Board of Directors

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	Association pour la santé publique du Québec
	Canadian Alliance for Regional Risk Factor Surveillance
	Métis National Council
	Network of Schools and Programs of Population Public Health
	Pan American Health Organization
	Public Health Agency of Canada
	Public Health Physicians of Canada

## Financial Results

For the fiscal year ending 31 December 2018.

Audited financial statements are available at [www.cpha.ca](http://www.cpha.ca).

### Statement of Financial Position

CURRENT ASSETS	2018	2017	2016
Cash and cash equivalents	\$1,029,229	\$518,371	\$716,364
Accounts receivable	234,734	324,264	107,438
Inventory	38,612	30,976	25,748
Prepaid expenses	47,814	45,070	45,524
	1,350,389	918,681	895,074
Long-term investments	208,495	211,448	204,495
	<b>\$1,558,884</b>	<b>\$1,130,129</b>	<b>\$1,099,569</b>
<b>CURRENT LIABILITIES</b>			
Accounts payable and accrued liabilities	\$334,468	\$143,729	\$184,117
Deferred revenue	696,797	622,082	401,151
	<b>1,031,265</b>	<b>765,811</b>	<b>585,268</b>
<b>NET ASSETS</b>			
Internally restricted for contingencies and extraordinary services	425,000	425,000	425,000
Unrestricted	102,619	(60,682)	89,301
	<b>527,619</b>	<b>364,318</b>	<b>514,301</b>
	<b>\$1,558,884</b>	<b>\$1,130,129</b>	<b>\$1,099,569</b>

### Statement of Operations

REVENUE	2018	2017	2016
Projects and conferences	\$3,439,004	\$2,190,673	\$1,945,098
National Office	610,799	396,868	743,572
Journal	174,773	171,259	159,284
Publication sales	69,896	68,855	97,247
Investment income	8,894	18,154	14,800
	<b>\$4,303,366</b>	<b>\$2,845,809</b>	<b>\$2,960,001</b>
<b>EXPENSES</b>			
Projects and conferences	\$3,439,004	\$2,190,673	\$1,945,098
National Office	563,673	590,882	783,443
Journal	92,111	155,276	146,408
Publication	45,277	58,961	61,536
	<b>\$4,140,065</b>	<b>\$2,995,792</b>	<b>\$2,936,485</b>
<b>Excess (deficiency) of revenues over expenses</b>	<b>\$163,301</b>	<b>(\$149,983)</b>	<b>\$23,516</b>