



Study Summary of BETTER HEALTH: Durham

BETTER = Building on Existing Tools To Improve Chronic Disease Prevention and Screening

Involving researchers from Sunnybrook Health Sciences Centre, St. Michael's Hospital, the University of Toronto, and Durham Region Health Department

Background

Research has shown that many Ontarians do not participate in all the chronic disease prevention and screening activities (CDPS) that could keep them healthy. Previous studies have found that a prevention practitioner, a nurse who works with health care providers and their practices, can be effective at improving the uptake of CDPS.

Goal of BETTER HEALTH: Durham

The goal of this study is to adapt the BETTER intervention from a family practice setting to a community-based strategy in designated areas in Durham Region. The BETTER intervention consists of supportive meetings between a specially trained prevention practitioner nurse and individuals aged 40-64 years to review recommended CDPS. The prevention practitioner nurse will assist participants to identify goals for accomplishing CDPS activities in the next 6 months. Promotion, recruitment of participants and delivery of the BETTER intervention will be adapted to meet the needs of the residents through community engagement strategies.

Who Do We Want to Reach?

Previous work by the researchers identified areas in Ontario with: (1) low household income, (2) low cancer screening rates, and (3) low access to primary care services. We want to reach individuals aged 40-64 years living in several designated areas or "clusters" within Durham Region in Oshawa and Whitby. We will be working closely with local community agencies and primary care providers to identify people who may benefit from this study.

Study Objectives

1. Help people in the designated areas identify personal goals related to CDPS activities.
2. Evaluate whether the BETTER intervention was effective in helping people achieve their goals and explore whether this type of intervention could work in other settings.
3. Share what we learn with government and other public health units in Ontario and across Canada.

Study Design

Some clusters will receive the BETTER intervention right away and other clusters will receive the intervention 6 months later. We will compare the two groups. The study will involve about 120 residents in about 10 designated areas. Our main outcome is the change in the number of CDPS activities achieved during the 6 months. We will also do in-depth interviews and focus groups with health care providers, community organizations and people who live in the designated areas to understand their views on the BETTER intervention.

Funding: Canadian Institutes for Health Research and the Canadian Cancer Society Research Institute

Timeline: February 2017 – December 2020

Study Start Date: October 2nd 2017

For more information: See www.durham.ca/BETTER or call Kawsika Siva at 905-668-7711 ext. 3202 or the study Principal Investigator, Dr. Lawrence Paszat, BA MD MS FRCPC at lawrence@ices.on.ca



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