

PRAIRIE WOMEN'S HEALTH
CENTRE OF EXCELLENCE

RESEARCH ■ POLICY ■ COMMUNITY

Improving
*Women's
Health*



2012
ANNUAL REPORT

Table of Contents

Message from the Board Chair and Executive Director	1
Board Members, Staff, Research Associates & Assistants	2
Our Vision, Mission and Mandate	4
Research Programs and Highlights	5
Financial Summary	9
Thanks	13

Message from the Board Chair and Executive Director

Welcome to our third Annual General Meeting.

Prairie Women's Health Centre of Excellence is a remarkable place with remarkable women. This statement is not as self-serving as it may sound. Over the past year the Board of Directors has provided direction as always, but also has had to absorb the recent announcement that the federal funds that support our infrastructure will no longer be available after March 2013. Regrettable as the news is, the Board has again shown leadership and is awaiting new information about all possible options before deciding upon the future.

In the meantime, over the last year we have been delighted to see the fruition of a number of projects. As the staff describe in the following pages, we have conducted new research with women about their maternity care experiences, breastfeeding, limited food choices in inner cities, and health and safety in mines. Each of these projects contributes new evidence in areas of women's health that have not been well explored. We are so privileged to work with community and government partners and experts who can help ensure that the research will be of value to improve women's and girls' health.

In our continued work on women and gender in healthy living, PWHCE partnered with the BC and Atlantic Centres of Excellence for Women's Health in a national project, *Rethinking Healthy Living*, due out later this fall. This analysis of the historical and current discourse of healthy living assesses what is known about whether and how women stay healthy, and provides examples of successful programs and policies that have supported communities to create healthy environments.

Last year PWHCE received a grant from the Truth and Reconciliation Commission to undertake a new digital stories project with women about the lasting effects of the Indian residential schools. The two projects we have been involved in have had profound effects on viewers, leading to increasing numbers of invitations to present the work. A new project, in partnership with the University of Winnipeg, will bring in men's stories.

We look back upon a year of new work and opportunities. As we write this letter, we are not sure what the future holds for PWHCE. For now, we can say thank you for your continued interest and support.

Jocelyne Lavergne
Board Chair

Margaret Haworth-Brockman
Executive Director

Board Members

Saskatchewan

Pat Faulconbridge (*ex officio*)
Judy Hughes
Noreen Johns
Marlene Larocque
Jocelyne Lavergne
Jennifer Poudrier
Diane Rogers
Lil Sabiston

Manitoba

Darlene Beck
Joan Dawkins (Past Chair)
Karen Harlos
Fjola Hart-Wasekeesikaw (Vice Chair)
Judith Huebner
Freda Lepine
Paula Migliardi
Dawn Ridd (*ex officio*)
Jann Ticknor

Staff

Pamela Chalmers - Administration/Knowledge Translation
Yvonne Hanson - Researcher/Diversity Education Coordinator
Margaret Haworth-Brockman - Executive Director
Harpa Isfeld - Senior Researcher
Diane Nicholson - Administrative Coordinator
Carla Simon - Director of Communications
Roberta Stout - Researcher, Aboriginal Women's Health
Sheryl Peters - Researcher

Research Associates & Assistants 2012

Laureen Fulham
Jessica Grant
Aynslie Hinds
Jami Neufeld
Alexandria O'Toole
Rachel Rapaport Beck
Nicola Schaefer
Dorian Watts

Our vision

Our vision is healthy women and girls, and their communities and families.

Our mission and mandate

Our mission is to improve the health and women of girls through high quality, women-centered, action oriented research and policy analysis.

PWHCE is a leader in community-focused research, evaluation, and gender-based analysis and offers the best available evidence to inform decision-makers at the community and government level.

Established in 1996, PWHCE has established a reputation as an ethical organization known for its success at purposefully working with and for Prairie women, respectful of the diversity of partners not only across Manitoba and Saskatchewan, but in the wider Canadian community and internationally.

We provide:

- Outstanding research
- Pragmatic program evaluations
- Capacity building: consultation and training with support
- Knowledge transfer/exchange
- Writing, facilitating

We are rooted in a long history of Prairie Women's commitment to women's health:

- We bring a depth of experience and skill to research by, with, and for communities
- We help organizations and decision makers translate data and analysis into strategies and action
- We offer our advanced knowledge and skills to others through training and mentoring

Research and Program Highlights

Harpa Isfeld Senior Researcher

The past year saw our persistent commitment to better evidence through sex and gender-based analysis (SGBA)—a mainstay in PWHCE’s approach to generating knowledge on women’s distinct and diverse health needs.

This year, we brought a critical analysis to bear on the ‘healthy living’ policy area, and its evidence base. Although women are often specially targeted in behaviourist approaches to health promotion, little attention is given to the social determinants that constrain women’s opportunities and choices for healthy lifestyles.

Our profile of women’s healthy living explored eight topic areas and over 80 indicators, with further analyses on dimensions of diversity. Through coordinating data acquisition and analysis, I earned an awareness of common pitfalls of SGBA applied to quantitative data sets—lessons gathered in a technical appendix. A separate paper addressed challenges in ‘engendering’ falls injury data, an area dominated by gender-blind perspectives that view aging merely as physical change.

Overall, injuries to women—whether in the workplace or home—have not received due attention. A chapter devoted to injury highlighted many issues for women, including widespread inattention to gender-based violence; poor recognition of injury risks in sex-segregated administrative and caring work; and inadequate safety training for women in growing, non-traditional fields.

I am inspired, more than ever, by our network of allies in community. An unmistakable legacy of PWHCE will reside there, as will the impetus for continued collective action. Thanks to all involved for the pleasure and privilege of this work with you.



**Roberta Stout
Researcher**

Injury and Injury Prevention: Women in Work Related to Mining

Building on two years of research that explored the perspectives and experiences of Aboriginal women working in resource extractive industries in Northern Manitoba and Saskatchewan, this year we focused our attention to deepening our understanding of injury and injury prevention for women who work in mining.

In our latest research we heard from women about work-related injuries that can happen in any position across the industry, be it in the office, in the field, on surface, in processing or underground. Poor ergonomics, fatigue and depression were the most frequent health concerns brought up by women in office settings. Injury prevention for them included ergonomic assessments, chiropractic services and more moving about during their shifts. Amongst those in the field, in processing and underground, we heard about physical injuries, such as broken bones, sprains, twisted ankles, crushed hands, back and shoulder injuries and burns to skin and eyes.

Many of these injuries required medical attention and sometimes temporary leave from work. They stressed the importance of safety training, awareness, communications, and reporting as key to injury prevention.

For women who primarily do shift work and live in mine camps, there were added layers of emotional injury and stress due to a work culture dominated by men, continued sexual harassment and intimidation, inadequate spaces designated for a growing workforce of women and anxiety around job advancement due to their reproductive and maternal health needs and responsibilities, to name a few.

As industrial development continues to expand, so too will the numbers of women employed in the mining sector. Continued and targeted research in this area can contribute to women's full, safe participation in economic development initiatives such as mining.



nitâpwewininân: Ongoing Effects of Residential Schools on Aboriginal Women - Toward Inter-generational Reconciliation

From August 2011 to March 2012, PWHCE and Ka Ni Kan-ichihk's Moon Voices program collaborated on a community-driven, art-based project entitled *nitâpwewininân: Ongoing Effects of Residential Schools on Aboriginal Women - Toward Inter-generational Reconciliation*. All eight women who participated designed, developed and presented a digital story rooted in their understanding and experiences of the legacy of Indian residential school system. Their stories highlighted the complex connections and disconnections amongst children, parents, families and

communities; the profound relationship between culture and spirituality with resilience; the determination to disclose personal and collective injustices; and the power in reconciliation.

This project was funded through the Truth and Reconciliation Commission of Canada.



From left to right: Sylvia Boudreau, Linda Murphy, Brenda Cochrane, Pelagie Hart, Chief Justice Murray Sinclair, Katherine Sinclair Arlene Joe-Mann, Maxine Boulanger, Gail Constant and Paula Ducharme.

Yvonne Hanson
Researcher / Diversity Education Coordinator

This year I enjoyed the opportunity to work on three joint research projects. The first two projects involved collaboration with my colleague Roberta Stout in PWHCE's Winnipeg office; the third project involved partnering with our sister centre on the east coast, the Atlantic Centre of Excellence for Women's Health (ACEWH).

In the project *Cartographies of Salt: Sodium, Healthy Eating and the Built Environment*, we interviewed women in Saskatoon and Winnipeg about their lived experiences of seeking out healthy foods in urban neighbourhoods classified as food deserts. Food deserts are built environments where a combination of low income and few opportunities to obtain fresh food makes it difficult to eat well. The study aimed to understand what social, economic and physical factors were at play in obtaining fresh foods and whether eating elevated amounts of sodium through packaged and processed foods resulted.

The second project, entitled *Breastfeeding: Understanding the Motivations and Supports for Women in Saskatoon and Winnipeg* involved groups of mothers who had chosen to breastfeed their babies. Roberta and I sat down with women to discuss their reasons for and challenges in, breastfeeding their babies. Additional interviews were conducted with some healthcare providers that supported women who breastfed.

The final project was a joint project led by the ACEWH: *Weight Expectations: Experiences and Needs of Overweight and Obese Pregnant Women and their Healthcare Providers*. Thirty-three women and their health care providers, throughout Nova Scotia and Saskatchewan, were interviewed. We gained a new understanding of the psychosocial needs of pregnant women, enabling us to make some practical recommendations for healthcare providers to better support this increasing population in maternity care.

Aside from research, PWHCE contracted with Status of Women Canada to offer gender-based analysis training to federal departmental staff in Ottawa. Between the months of January to May, Margaret and I facilitated five day-long training workshops to a broad range of participants in the federal family.



Carla Simon
Director of Communications

This year built upon past work to diversify our community based research and expanded our use of social media.

Last year we launched our Facebook page. Now 80+ active members are discussing current issues affecting women's health in this shared space. We are sharing digital stories about the intergenerational effects of residential schools on our new YouTube channel. While PWHCE's future remains uncertain, I hope our networks we've built might outlast the projects which birthed them, reaching new audiences including young Canadians.

The SGBA e-learning resource (www.sgba-resource.ca) and The Source (www.womenshealthdata.ca) continue to engage, inform and engender discussion online and at events. These resources and data are being used in coursework including statistics, and while most online users are Canadian, many new readers joined us from France, USA, UK, Morocco and Australia. In PWHCE and BCCEWH's February workshop at home in Winnipeg, we were pleased to see the familiar faces of several who had attended training two years ago when the book *Rising to the Challenge* was launched, and revitalize our community network.

In Regina, PWHCE and the Status of Women Office, Ministry of Social Services co-hosted a Women's Health Research Day in June. Participants learned more about interesting research in the prairies, heard what women are saying and shared helpful resources.

PWHCE and Ka Ni Kanichihk's Moon Voices also launched the *nitâpwewininân: Ongoing Effects of Residential Schools on Aboriginal Women - Toward Inter-generational Reconciliation* project at University of Winnipeg's Convocation Hall. Honourable Justice Murray Sinclair, Commissioner Marie Wilson and Commissioner Wilton Littlechild attended. For some participants this was the first time they realized they were affected by residential schools. The process of engagement and relationship-building helped them feel they were not alone. As Roberta Stout commented,

"It's this web of interconnection and relationships that's going to last forever. Each time these stories are shared, more relationships are going to be formed, and more interest is going to be brought up into this project and this process. And so the point of relationships is just so critically important."



Financial Summary

500 - FIVE DONALD STREET
WINNIPEG, MANITOBA
R3L 2T4

TEL: (204) 284-7060
FAX: (204) 284-7105



Independent Auditors' Report

To the Directors of
Prairie Women's Health Centre of Excellence Inc.

We have audited the accompanying financial statements of Prairie Women's Health Centre of Excellence Inc., which comprise the statement of financial position as at March 31, 2012, and the statements of operations and changes in net assets for the year then ended, and a summary of significant accounting policies and other explanatory information.

Management's Responsibility for the Financial Statements

Management is responsible for the preparation and fair presentation of these financial statements in accordance with Canadian generally accepted accounting principles, and for such internal control as management determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

Auditors' Responsibility

Our responsibility is to express an opinion on these financial statements based on our audit. We conducted our audit in accordance with Canadian generally accepted auditing standards. Those standards require that we comply with ethical requirements and plan and perform the audit to obtain reasonable assurance about whether the financial statements are free from material misstatement.

Continued

Continued from previous page.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial statements. The procedures selected depend on the auditor's judgment, including the assessment of the risks of material misstatement of the financial statements, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the Organization's preparation and fair presentation of the financial statements in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Organization's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by management, as well as evaluating the overall presentation of the financial statements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

Opinion

In our opinion, the financial statements present fairly, in all material respects, the financial position of Prairie Women's Health Centre of Excellence Inc. as at March 31, 2012, and the results of its operations and its cash flows for the year then ended in accordance with Canadian generally accepted accounting principles.

Emphasis of Matter

Without qualifying our opinion, we draw attention to Note 2 in the financial statements which indicates that the Organization's Health Canada funding will cease effective March 31, 2013. This condition indicates the existence of a material uncertainty that may cast significant doubt about the Organization's ability to continue as a going concern.

Winnipeg, Canada
September 21, 2012

Booke & Partners
Chartered Accountants



Prairie Women's Health Centre of Excellence Inc.
Statement of Operations

Year ended March 31	2012	2011
Revenues		
Health Canada	\$ 505,753	\$ 569,309
Manitoba Health	50,216	-
Truth and Reconciliation Commission of Canada	25,000	-
Pan American Health Organization	10,237	-
Status of Women Canada	7,312	-
Canadian Research Institute for the Advancement of Women	5,000	-
British Columbia Centre of Excellence for Women's Health	2,120	-
Miscellaneous income	698	4,870
First Nations and Inuit Health Branch	-	22,768
Winnipeg Foundation	-	12,000
World Health Organization	-	10,857
Women and Health Care Reform	-	5,000
Status of Women Office - Saskatchewan	-	4,000
Public Health Agency of Canada	-	3,090
Canadian Institute of Health Research	-	3,000
Saskatchewan Health Research Foundation	-	2,500
	<u>606,336</u>	<u>637,394</u>
Expenditures		
Health Canada (Page 9)	505,753	569,309
Research	63,609	12,795
Travel	29,373	22,195
Contracted services	15,612	6,639
Office	13,992	6,537
Repairs and maintenance	-	3,630
Printing and reproduction	-	297
	<u>628,339</u>	<u>621,402</u>
(Deficiency) excess of revenues over expenditures	\$ <u>(22,003)</u>	\$ <u>15,992</u>

Statement of Changes in Net Assets

Year ended March 31 2012

	Operating Fund	Sustainability and Development Fund	Total 2012	Total 2011
Balance, beginning of year	\$ 132,791	\$ -	\$ 132,791	\$ 116,799
(Deficiency) excess of revenues over expenditures	(22,003)	-	(22,003)	15,992
Interfund transfer (Note 7)	(70,000)	70,000	-	-
Balance, end of year	<u>\$ 40,788</u>	<u>\$ 70,000</u>	<u>\$ 110,788</u>	<u>\$ 132,791</u>

Prairie Women's Health Centre of Excellence Inc.
Statement of Financial Position

March 31	2012	2011
Assets		
Current		
Receivables	\$ 202,027	\$ 212,461
Prepaid expenses	2,613	3,770
Due from University of Saskatchewan	9,184	-
	<u>\$ 213,824</u>	<u>\$ 216,231</u>
Liabilities		
Current		
Payables and accruals	\$ 42,331	\$ 32,933
Deferred contributions	5,000	5,716
Due to University of Winnipeg	55,705	44,791
	<u>103,036</u>	<u>83,440</u>
Net Assets		
Operating Fund	40,788	132,575
Sustainability and Development Fund	70,000	216
	<u>110,788</u>	<u>132,791</u>
	<u>\$ 213,824</u>	<u>\$ 216,231</u>

On behalf of the Board

 Director

 Director

Schedule of Health Canada Expenditures

Year ended March 31	2012	2011
Salaries and benefits	\$ 351,655	\$ 336,751
Contractual personnel	30,085	92,170
Travel and accommodations	15,505	14,007
Meetings and training	10,136	18,543
Materials	17,559	8,009
Audit	7,500	7,504
Evaluation	-	34,321
Communication and dissemination	2,492	26,118
Rent and utilities	24,506	14,626
Equipment	314	4,508
Performance measurement	44,145	-
Other	1,856	12,752
	<u>\$ 505,753</u>	<u>\$ 569,309</u>

Thanks

Thank you to the following organizations and people for the ongoing support which makes our community based research possible:

Arlene Mann-Joe
Atlantic Centre of Excellence for Women's Health
BC Centre of Excellence for Women's Health
Brock Pitawanakwat
Brenda Cochrane
Canadian Women's Health Network (CWHN)
Carolyn Moar
Claudette Michell
CY Solutions
Depeng Jiang, Biostatistical Consulting Unit, Faculty of Medicine, University of Manitoba
Doris Mae Oulton
Gail Constant
Health Canada
Institute of Women and Gender Studies, University of Winnipeg
Ka Ni Kanichick (Moon Voices)
Karen Stuart
Kim Hunter
Laurie Messer
Leslie Spillett
Linda Murphy
Lisa Forbes
Lisa Murdock
Lorena Fontaine
Manitoba Health
Maxine Boulanger
National Network on Environments & Women's Health
Pelagie Hart
Paula Ducharme
Shannon Courtemanche-Cormier
Status of Women Canada
Sylvia Boudreau
The HIV Caribbean Office Pan-American Health Organization
Truth and Reconciliation Commission of Canada
Wendy McNab



Production of this document has been made possible through a financial contribution from Health Canada.
The views expressed herein do not necessarily represent the views of Health Canada.



PRAIRIE WOMEN'S HEALTH
CENTRE OF EXCELLENCE

RESEARCH ■ POLICY ■ COMMUNITY

PWHCE Administrative Centre

56 The Promenade,
Winnipeg, Manitoba, R3B 3H9
Phone: 204.982.6630
Fax: 204.982.6637
E-mail: pwhce@uwinnipeg.ca
Web: www.pwhce.ca



centres d'excellence
pour LA SANTÉ DES FEMMES

centres of excellence
for WOMEN'S HEALTH