

**PRAIRIE WOMEN'S HEALTH**  
CENTRE OF EXCELLENCE

RESEARCH ■ POLICY ■ COMMUNITY

Improving  
*Women's  
Health*



**2011**  
**ANNUAL REPORT**

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## Message from the Board Chair

Welcome to our second Annual General Meeting. We've accomplished a lot since our strategic planning and incorporation last year. We took proactive steps towards ensuring the sustainability of our community based research. As we look around us, we are honoured to have weathered challenging fiscal realities, and genuinely thankful for the support of our many partners.

At last year's AGM, we watched a powerful screening of digital stories created by First Nations women in kiskinohamâtôtâpânsk: Intergenerational Effects on Professional First Nations Women Whose Mothers are Residential School Survivors. Since then, their stories have reached high school and university students, local, national and international conferences, and storytelling festivals. We are very pleased to continue this important work with a new grant from the Truth and Reconciliation Commission.

Similarly, we shared our Manitoban research on the experiences of women who work in non-traditional fields such as mining and other resource extraction, to generate pan-Canadian interest. This year, we were able to conduct a follow-up study in Saskatchewan.

We also uncovered new opportunities in the area of Healthy Living. Building on our momentum in addressing issues of poverty, PWHCE investigated women's experiences of food insecurity in Saskatchewan and how well local and regional programs are including women in their planning.

PWHCE is fortunate to have a dynamic team working together in research, training, policy advice and communications. I would like to thank my dedicated colleagues on the Board of Directors for their commitment and hard work over many extra hours. Notably, we are especially grateful for the exemplary service and ongoing support of past Chair, Lil Sabiston. We also wish to recognize the continued contribution from Health Canada which allows our work to continue, and our on-going relationship with Manitoba Health. We look forward to a new year of investigation, education, participation and advancement of the health of women and their families and communities.

Joan Dawkins  
Chair of the Board, PWHCE

## Letter from the Executive Director

It is hard to believe that the year has already passed since we prepared our last annual report. As the pages in this Report relate, our wonderful staff at PWHCE have been very busy, conducting new research, connecting with community and providing policy advice.

Besides the projects described by our researchers, we at PWHCE have been involved in other work as well. Our experience in Gender-based Analysis opens a number of windows. In one case we were commissioned by First Nations Inuit Health (Health Canada) to do an assessment of the ability and interest in project holders to include gender-based analysis in their work. Our recommendations should help both community groups and government to communicate better about GBA and how it can be applied in many situations.

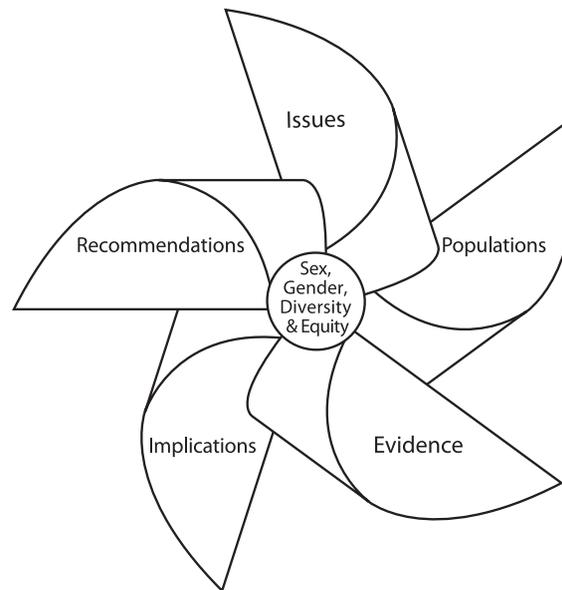
In 2010 PWHCE was invited by the World Health Organization to help facilitate and serve as rapporteur at an international meeting held in Washington D.C. One of our contributions to the meeting was to develop a document examining the best ways to include GBA and gender in health indicator frameworks. Our relationship with WHO and Pan American Health Organization continues, as we are currently developing an analysis of non-communicable diseases for one of PAHO's region countries.

Sadly, the national group Women and Health Care Reform ended in 2011. PWHCE was proud to collaborate with the group for 15 years on work about women as providers and recipients of care. A final book will be published in 2012.

Be sure to check our website for all the new developments, and we hope you will join us on Facebook. My thanks to our Director of Communications Carla Simon for all she does behind the scenes to make these vehicles work so well.

Finally, a special thank you to Diane Nicholson for 10 years of superb work as our Administrative Coordinator.

Margaret Haworth-Brockman  
Executive Director, PWHCE



Sex and Gender-based Analysis in Research Policy and Planning.  
Adapted from *Rising To The Challenge*, 2009.

## Board Members

### Saskatchewan

Pat Faulconbridge (Ex Officio)  
Judy Hughes  
Noreen Johns  
Jocelyne Lavergne  
Jennifer Poudrier  
Diane Rogers  
Lil Sabiston (Past Chair)

### Manitoba

Darlene Beck  
Joan Dawkins (Chair)  
Karen Harlos  
Fjola Hart-Wasekeesikaw (Vice Chair)  
Judith Huebner  
Freda Lepine  
Paula Migliardi  
Dawn Ridd (Ex Officio)

## Staff

Pamela Chalmers - Administration and Multimedia  
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 - Aboriginal Women's Health Researcher

## Research Associates & Assistants

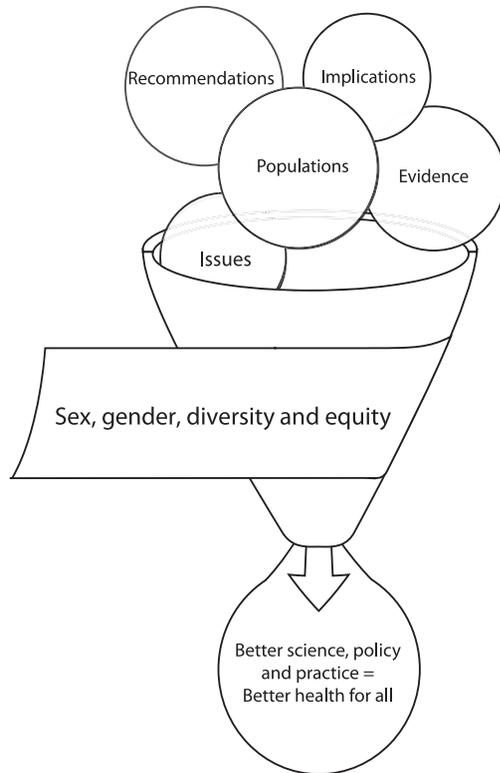
Kim Benson  
Bernice Downey  
Elaine Enarson  
Jessica Grant  
Rick Harp  
Aynslie Hinds  
Sheryl Peters  
Rachel Rapaport Beck  
Maureen Seguin  
Rebecca Sutherns  
Dorian Watts  
Kay Willson

## Long Service Award

Diane Nicholson has been coordinating our offices for 10 years! Thank you Diane for everything you do, which enables our team and all of its projects to succeed.

## Our vision

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



Sex and Gender-based analysis in research policy and planning.  
Adapted from *Rising To The Challenge*, 2009.

## 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 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

During the past year, I've had the pleasure of venturing onto new ground with Prairie Women—developing a new area in our research, plumbing new depths of gender-informed analysis, and entering new global conversations on women's health data.

'Older Women's Information Needs on Medications' was a new study that responded to the concerns of women who often lack a voice in care and policy. Based on interviews and online surveys, this research clarified concerns, gaps in knowledge, and moved us toward practical recommendations. The study showed needs for services and information more appropriate to older women's drug sensitivities, memory of drug harms, complex health issues, memory or cognition challenges, limited self-advocacy skills, and distinct issues in informed consent.

Another major project brought together staff from PWHCE, BCCEWH, ACEWH and PHAC field epidemiologist Brooke Kinniburgh, for an ambitious sex and gender-based analysis of a deprivation index. Our research demonstrated different relationships among the component variables of the index and different susceptibilities of women and men to the health effects of each, questioning the common use of gender-neutral area-level analyses.

We also had an exciting opportunity to participate in a WHO-sponsored international dialogue on improving women's health data—its collection, analysis, and uptake. We contributed to planning, small group facilitation, a background paper on frameworks for women's health indicators, and a report documenting the dialogue, good practices shared, and a collaborative call to action.

My sincere thanks go to research participants, our staff and Board, and partners who made this work possible.



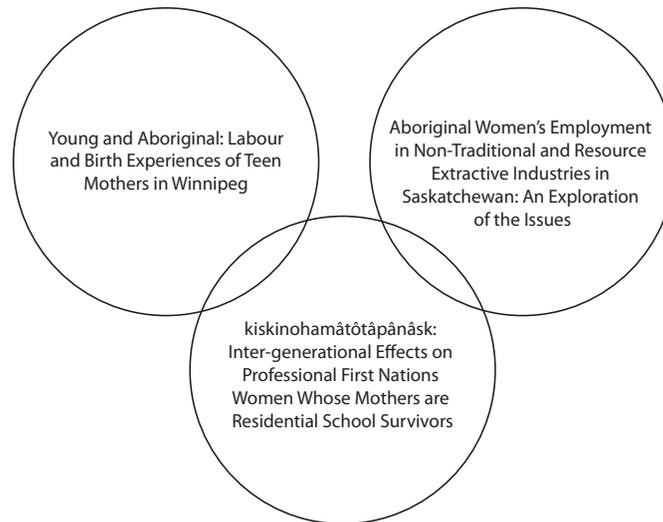
**Roberta Stout**  
**Aboriginal Women's Health Researcher**

This year saw the development of three dedicated PWHCE projects on Aboriginal women's health. One of these projects set out to talk with young Aboriginal mothers in Winnipeg to hear their stories on labour and birth. As teenage mothers, they told us how having family support, being prepared for and being active decision-makers throughout labour, and seeing their babies for the first time all contributed to positive outcomes. They called for improvement in the continuum of care and more compassion and attention by the maternal health care providers in hospital settings.

A second project brought us to a mining camp in northern Saskatchewan. There we met with eight Aboriginal women working in traditional and non-traditional jobs in uranium mining. While there are obvious economic benefits to be had through this sector, women continue to grapple with balancing home life

and with work life, sexual harassment, lower paying and positioned jobs, and workplace injuries. They recommended improved camp facilities, continued training for a respectful workplace, and dedicated women's activities for off-hours.

The third project assembled six First Nations women in Winnipeg over three weekends to explore the inter-generational effects of their mothers' attendance at residential school. They then translated their stories of hope, childhood trauma, mother-daughter relationships, assimilation, colonization, resilience and healing into short digital videos. These have been since screened in high schools, universities, national and international conferences and storytelling festivals in Manitoba, Saskatchewan, British Columbia and Iceland, for educational purposes. A second digital story telling project is now underway.



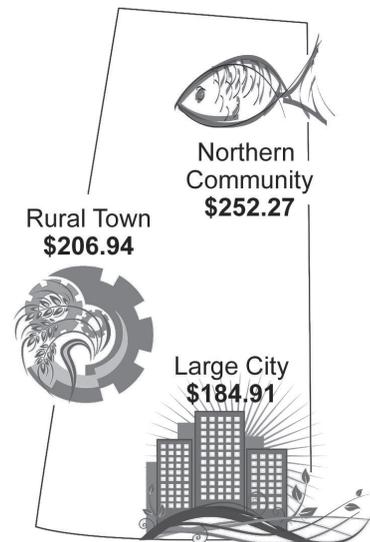
**Yvonne Hanson**  
**Researcher / Diversity Education Coordinator**

I would like to draw attention to a number of activities and achievements that occurred during the past year in the Saskatoon office.

The Gender-Based Analysis (GBA) file continued to flourish over the past year with training and resource development. Staff from Prince Albert-Parkland Health Region, Community Action Program for Children (CAPC) and Canadian Prenatal Nutrition Program (CPNP) and the STI/AIDS Prevention Network took part in the training and information sessions we offered. I have also worked with a collaborative team from the BC and Atlantic Centres of Excellence on developing an interactive learning website on SGBA. Have a look at [www.sgba-resource.ca](http://www.sgba-resource.ca). I am confident this website will have a significant role for GBA understanding across the country.

In January, the Saskatoon office organized a Café Scientifique and a workshop for community and academic researchers, with support from the Saskatchewan Health Research Foundation, the Canadian Institutes for Health Research and the Status of Women Office. The theme for both events centred around women's health and gender, emphasizing knowledge transfer, networking and ways to strengthen the women's health research agenda in Saskatchewan. One tangible result of the workshop has been the creation of a Facebook group site for PWHCE.

My final achievement is the completion of a year-long investigation into food insecurity's implications on women's health and well-being from select rural, remote and urban locations in Saskatchewan. The final report - Recipes for Food Insecurity: Women's Stories from Saskatchewan - discusses participants' lived experiences as well as recommendations that include an integrated food system policy. The report has been shared widely with members of Food Secure Canada/Saskatchewan, provincial ministries of health, social services and agriculture, and Health Canada. A number of presentations have been made including a national webinar organized in conjunction with the Canadian Women's Health Network.



**Saskatchewan Food Costs Per Week, 2009 (Family Reference)**

(Based on data extracted from: Public Health Nutritionists, Saskatchewan. (2010)  
*The Cost of Healthy Eating in Saskatchewan 2009: Impact on Food Security.*)

**Carla Simon**  
**Director of Communications**

This year built upon past work to shape our community based research. A recurring theme was new methods of communication for more effective knowledge exchange.

For example, one participant at a presentation on the intergenerational effects of residential school commented: "What an honour to be in that room, and to hear all of your stories. Thank you for your work in bringing them forward – and finding a new way to communicate the impact. I was truly moved by it".

We've had to do an extra print run to cover the requests of our Photovoice manuals. The Canadian Mental Health Association purchased some manuals to kick-start their own project. And York University purchased manuals to use in their curriculum.

Yvonne Hanson presented a pan Canadian webinar on Recipes for Hunger. Her work enjoyed many new connections, some of which may be represented at our 2011 AGM in Saskatoon.

Every year PWHCE works with new students, and this year was no exception. At the Summer Institute on Infectious Diseases IV at the University of Winnipeg, we introduced students to current issues in infectious diseases, health policy and vulnerable populations, with a focus including gender and Aboriginal peoples.

This year we took the advice of Saskatchewan SHRF workshop participants and launched Prairie Women's Facebook page. Social media is allowing us to bring women's health issues into the homes and workplaces of women around the globe, when travelling to in person events could be impossible. We're hopeful our ongoing research and outreach raises support in women's health for new generations.



# Financial Summary

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## Independent Auditors' Report

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

The accompanying summarized financial statements, which comprise the statement of financial position as at March 31, 2011 and the statements of operations and changes in net assets for the year then ended, and related note, are derived from the audited financial statements of Prairie Women's Health Centre of Excellence Inc. for the year ended March 31, 2011. We expressed an unmodified audit opinion on those financial statements in our report dated November 4, 2011.

The summarized financial statements do not contain all the disclosures required by Canadian generally accepted accounting principles. Reading the summarized financial statements, therefore, is not a substitute for reading the audited financial statements of the Organization.

### *Management's Responsibility for the Summarized Financial Statements*

Management is responsible for the preparation of a summary of the audited financial statements on the basis described in Note 1.

### *Auditors' Responsibility*

Our responsibility is to express an opinion on the summarized financial statements based on our procedures, which were conducted in accordance with Canadian Auditing Standard (CAS) 810, "Engagements to Report on Summary of Financial Statements".

### *Opinion*

In our opinion, the summarized financial statements derived from the audited financial statements of Prairie Women's Health Centre of Excellence Inc. for the year ended March 31, 2011 are a fair summary of those statements, on the basis described in Note 1.

Winnipeg, Canada  
November 4, 2011

Chartered Accountants



# Thanks

Atlantic Centre of Excellence for Women's Health  
BC Centre of Excellence for Women's Health  
Canadian Women's Health Network (CWHN)  
Health Canada  
National Network on Environments & Women's Health  
Women and Health Care Reform

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

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Annette Desmarais, University of Regina  
Assiniboine Regional Health Authority  
Bernie Hillier, Peter Ballantyne Health Centre  
Brooke Kinniburgh  
CAMECO  
Carla Roppel, University of Saskatchewan  
Caroline Monnet  
Central Urban Métis Federation Inc.  
Christine Ogaranko, Consultant  
Claudette Michell  
College of Midwives of Manitoba  
Debbie Bonson, Midwest Food Resources  
Department of Community Health and Epidemiology, University of Saskatchewan  
Don Skinner, Turtle River Food Bank  
Doug Racine  
Elaine Lafleur, CAMECO  
Ijeoma Udemgba, International Women of Saskatoon  
Indian Residential Schools Resolution Health Support Program  
Janice Sanford-Beck, CHEP  
Jill Aussant, Saskatoon Health Region  
Julia Peristerakis  
JustTV – Broadway Neighbourhood  
Karen Archibald, CHEP

Lesley Biggs, University of Saskatchewan  
Lisa Forbes  
Lisa Murdock  
Lorena Fontaine  
Lynn Thompson, Walking the Journey/Astam Oteh Iskweyak  
Manitoba Health  
Manitoba Status of Women  
Mylene Inocencio  
National Farmer's Union  
Native Women's Transition Centre  
Neena Saxena, Public Health Agency of Canada  
Pan-American Health Organization - The Gender, Diversity and Human Rights Office  
Pan-American Health Organization - The HIV Caribbean Office Pan-American Health Organization  
Prince Albert-Parkland Health Region  
Public Health Agency of Canada, MB/SK Regional Office  
Randy Robinson, Saskatoon Health Region  
Resources for Adolescent Parents, New Directions for Children, Youth, Adults and Families  
Rick Harp  
Sandy Addison  
Saskatoon Anti-poverty Coalition  
Saskatoon Food Coalition  
Saskatoon Health Region  
Saskatchewan Population Health and Evaluation Research Unit (SPHERU)  
Status of Women Saskatchewan  
University of Saskatchewan  
University of Winnipeg  
Victoria Ballantyne, Peter Ballantyne Health Centre, University of Manitoba  
Wendy McNab  
White Buffalo Youth Lodge  
Willis Petti  
World Health Organization, Gender and Health Unit

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The views expressed herein do not necessarily represent the views of Health Canada.



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