

What's in this Issue:

Year in Review

HEAL Study is
Launching in the Spring

Regina New Study Centre

Summer Community Engagement
with Healthy Future Sask student

Recruitment Update



Year in Review:

As we wrap up 2024, Healthy Future Sask celebrates a year of growth and learning. We want to open this edition of our newsletter by recognizing you, our Healthy Future Sask participants. Thanks to our community, partners, and team for their support and commitment.

Here are some highlights:

Participant Growth

This year, more than 800 people joined our research studies, helping us work towards a healthier future for Saskatchewan, but we still need 6,000 more!

Community Engagement

Our team connected with communities across the province through events and outreach campaigns, making it easier for people to learn about and join our studies.

Commitment to Truth and Reconciliation

As part of our commitment to Truth and Reconciliation each Healthy Future Sask staff member has completed training on the Fundamentals of OCAP provided by the First Nations Information Governance Centre (FNIGC). OCAP (ownership, control access and possession), maintains that First Nations

have control of data collection processes in their communities—and that they should own, protect and control how this information is used. Healthy Future Sask is committed to incorporating these principles into our data collection, management, and use strategies.

Data Safety and Security

Healthy Future Sask follows the privacy rules of Saskatchewan Cancer Agency, which is a trustee under the Health Information Protection Act (HIPA), and in compliance with provincial legislation. The Healthy Future Sask Biobank operates with best practices that ensure our quality meets Canadian and international standards. Healthy Future Sask has also been approved by the University of Saskatchewan Biomedical Research Ethics Board. These pieces work together to ensure all Healthy Future Sask data is safe, secure, and well-managed.

Upcoming Events

Recruitment continues to be our focus as we work towards our goal of having 7,000 participants in our study. We're excited to launch a new recruitment campaign in the beginning of 2025. Look out for recruitment ads on our social media feeds and share with your family and friends. We will also be updating our website in the new year to improve your online experience.

**Thank you for being
part of our journey.**

**Stay tuned for more
updates in 2025!**

Healthy Eating & Active Living (HEAL)

Study Launches Spring 2025

We are excited to announce that we will be launching the HEAL study in the spring. This study is a pan-Canadian initiative and will be one of the biggest dietary intake and physical activity data collection efforts in Canada! It is part of the larger effort to understand how our environment, the food we eat and our overall dietary choices impact our lives and well-being.

The HEAL study will be the first supplementary study made available to Healthy Future Sask participants and will also be rolled out in other provincial study groups that make up the Canadian Partnership for Tomorrow's Health ([CanPath](#)). HEAL will consider qualities of life factors such as the types of food available, the stores close to you and the walkability of your neighbourhood—all of these things can affect your physical activity and what you eat.

Chronic diseases remain one of the leading causes of preventable deaths in Canada, with diet being a key factor. However, there is still much to learn about creating environments that make healthy choices easy, accessible, and affordable. Current research often focuses on individual food items or small groups, neglecting the broader community dynamics that affect dietary habits. Understanding how neighbourhood environments shape dietary choices is vital in developing strategies that promote healthy eating for all Canadians.

Your participation in HEAL will help researchers explore the connections between neighbourhood environments, individual behaviour, and diet quality. Your contribution will be significant in building healthier communities and guiding changes that will benefit all Canadians.

Watch your inbox for an invitation e-mail and stay tuned for more details on how you can get involved and continue to make a difference.





New Study Centre in Regina

The Healthy Future Sask's clinic in Regina is now located in a new clinic space at the Regina Centre Crossing (old Superstore location on Albert Street). We moved there in September, allowing us to hold more clinics and accommodate the anticipated growing number of participants as we work towards our recruitment target.

If you live in Regina and haven't yet booked your in-person appointment, you can book an appointment at our new clinic and add valuable information to your survey data.

Call (1-833-701-0089) or email (info@healthyfuturesask.ca) to book your appointment.

*We are grateful to everyone who has
taken the time to visit our clinic in
Regina or Saskatoon.*



Summer Highlights: Master of Public Health (MPH) Summer Students

This summer, Healthy Future Sask had the pleasure of working with the University of Saskatchewan to host two Master of Public Health (MPH) students. The summer students supported Healthy Future Sask recruitment efforts by completing a project focused on participant recruitment and engagement in health research studies. Their enthusiasm and hard work brought fresh energy to our community engagement and participant recruitment efforts. These students were a great addition to the Healthy Future Sask team!

They played a significant role in Healthy Future Sask summer engagement by attending different events across Saskatchewan, including the Sask Marathon Race Expo; the Queen City Pride Festival; the Canadian Elite Basketball League's Rattlers vs. Calgary Surge game in Saskatoon; Saskatoon Jazz Fest; and Back to Batoche Days. The students also assisted with content creation on our social media space to support engagement and interest of Healthy Future Sask online.

Find us on Facebook and Instagram and keep up with our progress there.

We're grateful for their dedication to join our team and for reminding us how meaningful our work can be when we come together with purpose and heart. To our MPH students—thank you for your participation and enthusiasm in the Healthy Future Sask journey.



Recruitment Update

One of the main goals of Healthy Future Sask is to better understand how our lifestyle, environment and genetics influence our health by following participants' health over 50 years. The success of Healthy Future Sask depends on having enough participants to ensure that our data is representative of Saskatchewan's diverse population.

Without robust recruitment, we face limitations in uncovering the key insights needed to tackle pressing health issues, from cancer prevention to chronic disease management. We are well on our way and we hope that each of you will spread the word about this important research and help us meet our recruitment goals.

Recruitment Highlights



First participant recruited in 2022 as part of a small pilot.

1,210

Saskatchewan residents have joined Healthy Future Sask.

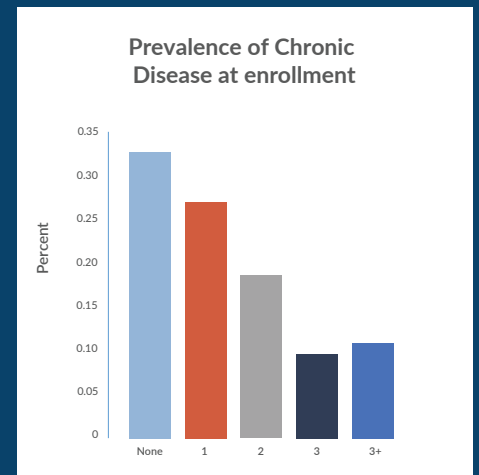
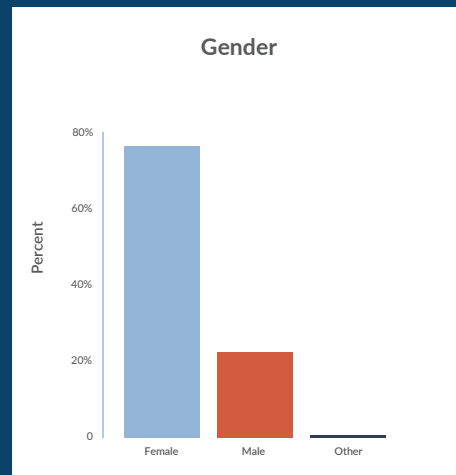
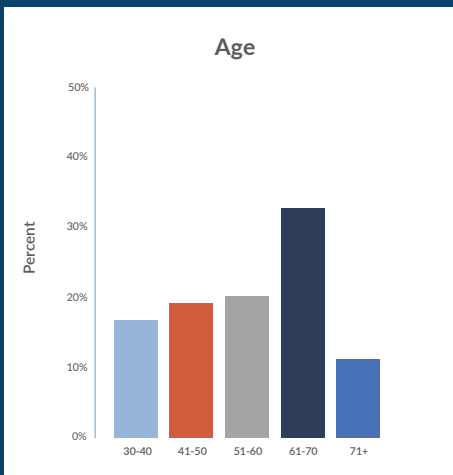


Full scale recruitment started February 1, 2023.

567

Participants have visited our study centre to provide physical measurements and biological samples, such as blood and saliva.

A closer look at our participants. The images below paint a picture of our current participants in terms of age, gender and health status.





We Need Your Help!

We're asking for your support by:



Staying Engaged. As a participant, you can encourage others to sign up. You can also follow us on Facebook and Instagram and like, comment, and share our posts.



Spread the Word. Share your experience with friends, family, and colleagues. Let them know how easy it is to participate and the impact it can have on the health of future generations.



Please help us keep your information up-to-date!

Healthy Future Sask is a long-term study and staying in touch with our participants is important for the project's success. If you have moved or changed your email address recently, please take a moment to update it with us.

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 healthyfuturesask.ca



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Toll Free: 1.833.701.0089

Stay tuned for our next newsletter.



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