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Message from Healthy Future Sask's Scientific Director, Riaz Alvi

ONE YEAR OF SUCCESSES WITH HEALTHY FUTURE SASK!

The first year of Healthy Future Sask has been marked by many achievements and successes. We have you to thank for that.

This study would not be possible without your participation, dedication and commitment.

You are an integral part of an unprecedented study that hopes to lead the way in chronic disease prevention, treatment and outcomes. Together, we can help create a healthier future for generations to come. Thank you for joining us on this journey to leave this world a little better than we found it.

On behalf of our team, we recognize and appreciate your willingness to share your information by completing our questionnaire, and optional an in-person appointment. Collecting key information will help our researchers better understand chronic diseases, their causes, and ultimately translate into interventions that will help us all live long, chronic disease-free, healthier lives.

We hope this newsletter helps to keep you engaged and informed on our progress. This special anniversary edition includes important information and updates, such as:

- Why this project is so important and meaningful;

- Our first year highlights;
- What to expect during the study centre visits;
- Upcoming study plans;
- Research updates and much more.

This newsletter, as well as future editions, will be e-mailed to you and posted on our website (healthyfuturesask.ca) for you to read anytime.

As you may already know, Healthy Future Sask is a provincial cohort of CanPath, the Canadian Partnership for Tomorrow's Health, Canada's largest population health study. We are one of seven regional cohorts across ten provinces. To date, more than 330,000

Canadians are already enrolled to be a part of these meaningful projects. Our team has enjoyed collaborating with the other cohorts, working towards our shared vision of a world without chronic disease and cancer. We are so thankful for their guidance and leadership as we navigate our first year—the first of many in this journey. Read more on Canpath.ca

I am honored to be the first Scientific Director of Healthy Future Sask and lead our hardworking and passionate Healthy Future Sask team. I have been with the Saskatchewan Cancer Agency for more than 20 years working on many different projects and Healthy Future Sask is one of the projects I am most proud to be a part of.

As we move forward, we will continue to encourage people from across Saskatchewan to participate in this exciting project. If you're willing, we would love to have your help to spread the word. Simply follow us on social media and like, comment and share our posts. You could also talk to your family and friends as well—perhaps they would be interested in following your lead and doing their part to make a difference.

Once again, thank you for working with us to create a healthier future—you are a health hero!



Riaz Alvi

*Scientific Director, Healthy Future Sask
Director, Epidemiology and Performance Measurement
Saskatchewan Cancer Agency*





Why is Healthy Future Sask important?



Did you know?

Diseases such as cancer, heart disease and diabetes are the primary causes of death in Canadian adults.

Treating these and other illnesses costs the Canadian healthcare system billions of dollars every year.



Focusing on prevention.

It is important to note that we are starting to see the onset of these diseases in younger populations.

The goal of Healthy Future Sask is to help researchers discover which factors increase the risk of developing various diseases, as well as what can be done to reduce the chance of developing them.

These risk factors may include where people live and work, what they eat, how much they exercise, whether they smoke, as well as other factors that we have yet to identify.



You are making a difference.

Your participation will help improve the health of future generations. By participating in Healthy Future Sask, you are a key part of a broader, country-wide initiative. Healthy Future Sask is part of the Canadian Partnership for Tomorrow's Health (CanPath). To learn more, visit canpath.ca




CanPath

Canadian Partnership
for Tomorrow's Health


Our first year highlights



What have we been up to?

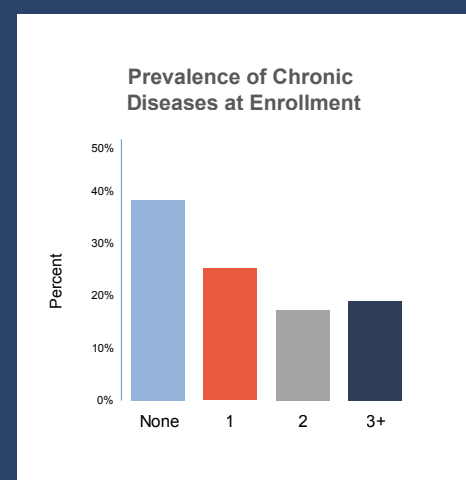
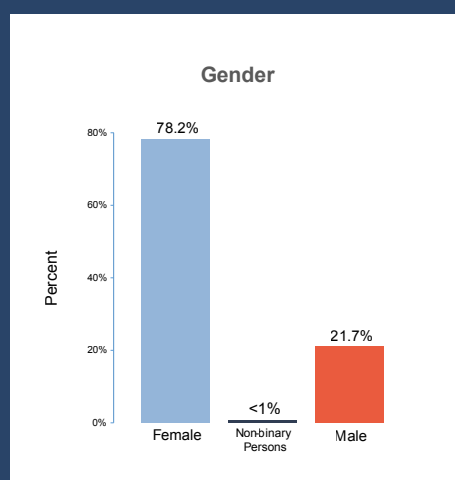
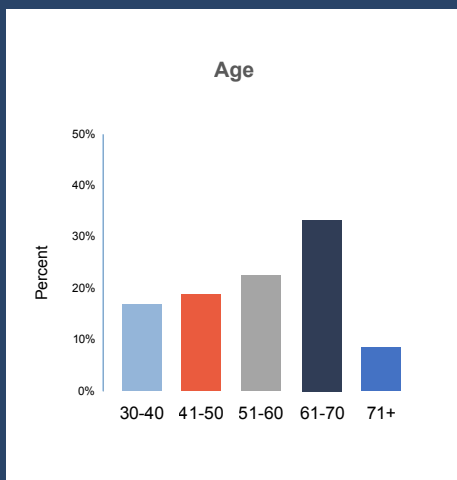
 First participant recruited in 2022 as part of a small pilot.

821 participants have joined our study in the first year.

 Full scale recruitment started February 1, 2023.

246 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.












Study centre visit

What you need to know.

Once you have completed the Healthy Future Sask core questionnaire, you have the option to attend an in-person appointment in one of our study centres in Regina or Saskatoon.

At our study centre, you will meet with one of our health professionals to provide physical measurements and a biological sample. For those who are unable to attend the in-person appointment we can mail you a saliva kit to provide a biological sample from the convenience of your own home. If you have not already been invited to attend the study centre, please keep an eye out for an invitation letter in your email.

At that appointment we will measure your:

-  Height
-  Weight
-  Waist and hip circumference
-  Body composition
-  Grip strength
-  Blood pressure
-  Resting heart rate

You also have the option to provide a blood or saliva sample.

Why the in-person appointment is so important.

The more information researchers have, the more questions they can answer about chronic diseases, such as cancer, heart disease and diabetes.

That's why Healthy Future Sask invited participants, (when they completed the questionnaire) to also provide their physical measurements and biological samples.



Biological samples are an essential tool for research and help us better understand a disease and find markers for a better diagnosis and/or treatment.

Physical measurements are useful for evaluating the relationship between risk factors and the development of disease. They can analyze change over time for the group as a whole, or for particular individuals.

If you are not able to come to one of our study centres, but are interested in providing information and samples, please email info@healthyfuturesask.ca to request a saliva kit.





We are looking for new participants! We need your help!

Healthy Future Sask is looking to recruit more than 7,000 participants and we need your help.

Do you have friends, family members or co-workers who may be interested in becoming a participant?

All Saskatchewan residents between the ages of 30-74 are eligible to participate, regardless of health status.

Please encourage those you know to sign up at <https://healthyfuturesask.ca/Participant/Portal>

- Prospective participants can also email us at info@healthyfuturesask.ca if they would like to fill the survey out on paper.
- Share our ads on social media.



Healthy Future Sask champions. We would love to share your story!

What inspired you to join Healthy Future Sask? Your reasons might encourage others to do the same.

Please contact us anytime if you would be interested in telling us a little more about yourself and your family. We would love to feature your story on our social media platforms or in our next newsletter.



Help us keep our contact information up-to-date!

If you move or change addresses, phone number or emails, please let us know by emailing info@healthyfuturesask.ca

Feel free to take a selfie at your next appointment! Remember to tag Healthy Future Sask on your social post.

Want to share the word about Healthy Future Sask?

Our team members are available to give presentations to workplaces, groups, etc. If you would like to schedule a presentation, please contact info@healthyfuturesask.ca

Watch out for our next issue.

Our summer/fall newsletter will be dropped in your inbox in September.



info@healthyfuturesask.ca
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