

**From Evidence to Action:
Creating the win-win
through key partnerships:**

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Centre for Hip Health and Mobility

PREVENTION • EARLY DETECTION • NEW TREATMENTS




MISSION: to prevent, detect, and treat bone and joint diseases through effective behavioral and clinical interventions that foster enhanced mobility.

A Lifespan approach:  → 

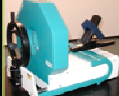
Centre for Hip Health and Mobility



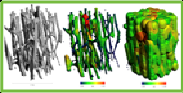
Imaging Suite




DXA




PQCT



microCTs
Viva CT 75 (15-90 microns)
In vitro 40 (9 microns)



Xtreme CT
100 microns



Open MRI

Safe Movement Environment

- Motion capture to study injury biomechanics mechanisms of falls and fall recovery.
- To develop fracture prevention products such as wearable sensors, compliant flooring and hip protectors.





Action Schools BC

Bone Health

Physical Activity

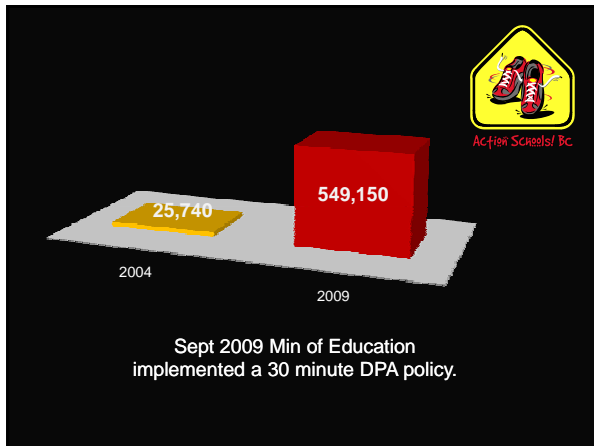
CV Health

Healthy Eating

Academic Performance

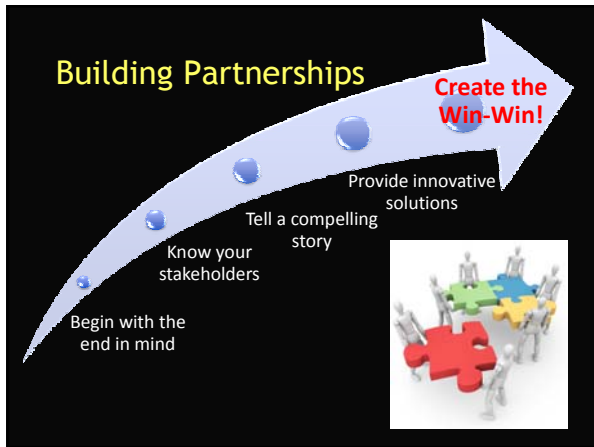
Multiple health benefits!

www.actionschoolsbc.ca



Disclosure

The rest of this presentation is an evidence free zone.



Begin with the end in mind ...

"One day Alice came to a fork in the road and saw a Cheshire cat in a tree

"Which road do I take?"

Alice asked

"Where do you want to go?"

was his response.

"I don't know." Alice answered.

"Then" said the cat, "it doesn't much matter."

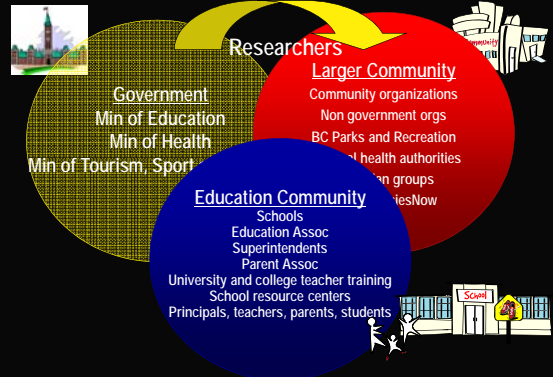
- Know where you are going and what you aim to achieve.
 - And in what time frame ...
 - short term
 - medium term
 - long term
 - And at what level? (socioecological model)
 - Individual
 - Community
 - Systems

Know your stakeholders ...



- For successful KT:
 - Clearly identify your stakeholders
 - Plan well
 - Work hard
 - Build relationships

Action Schools! BC Alliances



Tell a compelling story ...

“The moment I hit the floor, I knew my life had changed forever.”

Imagine transforming an urban desert ...



www.actiondesignlab.com

into an urban oasis



that promotes health and wellbeing.

www.actiondesignlab.com



Measure what can be measured, and make measurable what cannot." — Galileo Galilei

Support your "story" with quality evidence
Evidence is a powerful tool.

Develop clear messages ...



Physical activity is about more than health.



It is about achieving children's educational goals



JUST DO IT

- Rather than
 - Just do it - when $p > 0.05$
 - Just do it when you are a women aged 65-75y, on no medication and who has sustained no falls in the past 6 months.

Provide innovative solutions ...



AS! BC highlighted in the National Plan for Physical Activity, Education Sector in the United States pp. 14-16

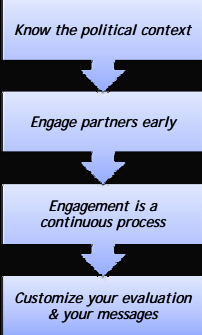
"A COMPREHENSIVE INNOVATION

The most comprehensive innovation reviewed was in the Canadian province of British Columbia.

This model brings together government policy and leadership, adequate training of education professionals, adequate provision of resources for schools and a clear set of expectations for PA and healthy eating."

D. Siedentop

Building Partnerships



Never surrender!



Acknowledgements



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Our Sponsors and Funders :



Thank you!

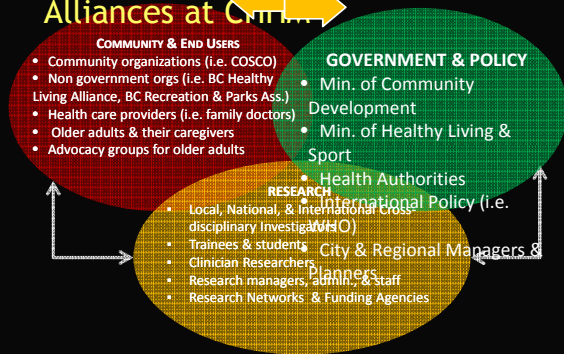
■ THINK BIG!



Be prepared to take small steps forward.



Knowledge Translation & Alliances at CHHM



Building Partnerships to Create Research *IMPACT* & Effective Knowledge Translation



