CASHC Research Highlights

Healthy Brains At Work: Estimating the Impact of Workplace Mental Health Benefits and Programs

The third of a four-part series that explores the importance of addressing mental health and mental illnesses in Canadian workplaces, this briefing shows that a large proportion of working Canadians have unmet mental health care needs that prevent them from working to their utmost.

Depression and anxiety cost the Canadian economy at least $32.3 and $17.3 billion per year, respectively, in foregone GDP due to lost productivity. Yet organizations can improve the treatment of anxiety and/or depression among employed Canadians by facilitating access to evidence-based benefits, programs, and supports. If those whom mental illness prevented from entering the workforce had access to better treatment and supports, the economy could see up to 352,000 Canadians with depression/anxiety enter the workforce as fully functional employees each year until 2035.

CASHC members received a pre-release copy on Wednesday, August 24, with the public release date scheduled for Thursday, September 1.

Moving Ahead: School-Based Interventions to Reduce Physical Inactivity and Sedentary Behaviour

Canadian children and youth aged 5 to 17 spend most of their waking hours being sedentary and physically inactive. Only about 9 per cent of boys and 4 per cent of girls meet the guideline of 60 minutes of moderate-to-vigorous physical activity at least 6 days a week. More alarming is the increasing amount of time spent sitting in front of a screen, which well exceeds the recommended maximum of 2 hours per day. This decrease in physical activity and increase in sedentary behaviour is associated with a rise in the prevalence of overweight and obesity as well as an elevated risk of chronic diseases later in life.

The school environment offers a unique opportunity to impact health behaviour change. This report shows that the most effective, and cost-effective, interventions for schools regardless of size, availability of resources, or population characteristics include programs that are integrated into the existing school curriculum and activity breaks embedded into class time. Interventions which involve the parents or caregivers, include a teacher training component, and which allow for flexibility in delivery may have better adoption, acceptance, and reach.

The anticipated release date for this report is in September 2016. CASHC members will receive the pre-release one-week prior to public release.
Upcoming Events

**Are Canadian Kids Too Tired to Move? Results from the 2016 ParticipACTION Report Card on Physical Activity for Children and Youth**

**Presenter:** Dr. Allana LeBlanc, Knowledge Manager, ParticipACTION, and Project Lead, ParticipACTION Report Card

**Schedule:** September 27 at 11:00 am EDT

**Description:** The ParticipACTION Report Card on Physical Activity for Children and Youth is the most comprehensive assessment of child and youth physical activity in Canada. The 2016 edition has for the first time assigned a grade specifically to sleep and includes new Canadian 24-Hour Movement Guidelines for Children and Youth: and Integration of Physical Activity, Sedentary Behaviour, and Sleep.

These new Guidelines state that children and youth need a combination of high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day to be healthy—simply, they need to sweat, step, sleep, and sit the right amounts.

Your CASHC membership entitles you to attend this webinar at no charge. Please check your membership level benefits for the number of passes available to you.

To register, contact Beverley Hinterhoeller at Hinterhoeller@conferenceboard.ca and indicate that you are a CASHC member.

**Bending the Cost Curve in Canadian Health Care: The Economics of Health**

**Presenter:** Dr. Greg Marchildon, Ontario Research Chair in Health Policy and System Design, University of Toronto, Institute of Health, Policy and Evaluation

**Schedule:** October 25 at 2:00 pm EDT

**Description:** Canadian provinces typically devote approximately 7.7 per cent of their GDP to health expenditures—a figure that some say could climb to around 10 per cent by 2030. Although current expenditure growth on public health care appears to be slowing, it is unclear whether this slowdown is the result of the provinces' success in sustainably bending the cost curve, or a result of short-term cost-cutting in response to reduced economic growth and federal health transfers. What can be done to fix this issue before it becomes a major crisis?

In this webinar, Greg will discuss how although efficiencies and better value for money are important, fundamental reforms to the management and delivery of health services are also required, even if there is considerable controversy over the direction and details of the changes needed.

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To register, contact Beverley Hinterhoeller at Hinterhoeller@conferenceboard.ca and indicate that you are a CASHC member.
## Events At A Glance

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<thead>
<tr>
<th>Event (click on the title for more information)</th>
<th>Location</th>
<th>Dates &amp; times</th>
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<tbody>
<tr>
<td>Promoting Workplace Innovation: How to Become a “Shift Disturber”</td>
<td>N/A</td>
<td>August 25, 3:00 PM EDT</td>
<td>Discounted for CASHC members.</td>
<td>Contact Joel Elliott – <a href="mailto:Elliott@conferenceboard.ca">Elliott@conferenceboard.ca</a></td>
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<tr>
<td>Value of Physician Assistants: Understanding the Role of Physician Assistants within Health Systems</td>
<td>N/A</td>
<td>September 7, 2:00 PM EDT</td>
<td>Discounted for CASHC members.</td>
<td>Contact Shannon Cripps – <a href="mailto:Cripps@conferenceboard.ca">Cripps@conferenceboard.ca</a></td>
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<tr>
<td>The Privacy Dilemma: Is Good Technology Bad for Privacy?</td>
<td>N/A</td>
<td>September 19, 11:00 AM EDT</td>
<td>Discounted for CASHC members.</td>
<td>Contact Joel Elliott – <a href="mailto:Elliott@conferenceboard.ca">Elliott@conferenceboard.ca</a></td>
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<tr>
<td>Are Canadian Kids Too Tired to Move? Results from the 2016 ParticipACTION Report Card on Physical Activity for Children and Youth</td>
<td>N/A</td>
<td>September 27, 11:00 AM EDT</td>
<td>Waived for CASHC members.</td>
<td>Contact Beverley Hinterhoeller – <a href="mailto:Hinterhoeller@conferenceboard.ca">Hinterhoeller@conferenceboard.ca</a></td>
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<tr>
<td>Walkability Pays: The Financial Benefits of Healthy Communities</td>
<td>N/A</td>
<td>October 18, 2:00 PM EDT</td>
<td>Discounted for CASHC members.</td>
<td>Contact Shannon Cripps – <a href="mailto:Cripps@conferenceboard.ca">Cripps@conferenceboard.ca</a></td>
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<tr>
<td>Bending the Cost Curve in Canadian Health Care: The Economics of Health</td>
<td>N/A</td>
<td>October 25, 2:00 PM EDT</td>
<td>Waived for CASHC members.</td>
<td>Contact Beverley Hinterhoeller – <a href="mailto:Hinterhoeller@conferenceboard.ca">Hinterhoeller@conferenceboard.ca</a></td>
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<tr>
<td>Council on Innovation Procurement in Health Care Executive Meeting: Assessing Value Within Value-Based Procurement in Health Care</td>
<td>Ottawa, ON</td>
<td>October 25 and 26</td>
<td>Discounted for CASHC members.</td>
<td>Contact Shannon Cripps – <a href="mailto:Cripps@conferenceboard.ca">Cripps@conferenceboard.ca</a></td>
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<tr>
<td>Centre for the Future of Health Executive Meeting: Re-Designing our Health Care System</td>
<td>Toronto, ON</td>
<td>November 28 and 29</td>
<td>Discounted for CASHC members.</td>
<td>Contact Shannon Cripps – <a href="mailto:Cripps@conferenceboard.ca">Cripps@conferenceboard.ca</a></td>
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<tr>
<td>CASHC Members Meeting and Networking Dinner</td>
<td>Toronto, ON</td>
<td>November 21</td>
<td>Waived for CASHC members.</td>
<td>Contact Beverley Hinterhoeller – <a href="mailto:Hinterhoeller@conferenceboard.ca">Hinterhoeller@conferenceboard.ca</a></td>
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<tr>
<td>Council for Healthy Living Executive Meeting: Increasing Healthy Years of Life</td>
<td>Ottawa, ON</td>
<td>December 5 and 6</td>
<td>Discounted for CASHC members.</td>
<td>Contact Shannon Cripps – <a href="mailto:Cripps@conferenceboard.ca">Cripps@conferenceboard.ca</a></td>
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<tr>
<td>Healthy Canada Conference 2017: Access to Affordable Medicines</td>
<td>Toronto, ON</td>
<td>April 25 - 27</td>
<td>Waived for CASHC members.</td>
<td>Contact Beverley Hinterhoeller – <a href="mailto:Hinterhoeller@conferenceboard.ca">Hinterhoeller@conferenceboard.ca</a></td>
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### Complimentary or Discounted Webinar Recordings

CASHC members have access to recorded Conference Board webinars at no or reduced fees. Please contact Joel Elliott at Elliott@conferenceboard.ca and indicate you are a CASHC member.

- Dollars and Sense: Using Health Economics to Inform Public Policy (Part 1)
- Dollars and Sense: Using Health Economics to Inform Public Policy (Part 2)
- Canadian Health Care in2035: Four Scenarios on the Future of Health Care Funding
- The Path to Better: Improving Quality in our Health Care Systems
- Multiple Sclerosis in the Workplace: Achieving Successful Employment Experiences
- More than Prescribed: A Review of Pharmacy Services and Skills in Canadas
Resources

Please contact us if you require access to any of the following resources. We would be happy to assist you.

All CASHC Publications to Date

All of our CASHC publications are accessible to the general public on our website.

Previous CASHC Events

Select health-related recorded webinars, CASHC presentations, and conference proceedings are available to CASHC members. A full listing can be found on our website.

Other Research & Reports

- Pan-Canadian Dialogue to Advance the Measurement of Equity in Health Care
- Care in Canadian ICUs
- Specialty Medications: Background Information for Employers
- PMPRB Guidelines Modernization - Discussion Paper
- Is the Budget Balance Fragile or Robust: Quebec Faces Health Funding Challenges (French report with an English executive summary)
- A population-based analysis of incentive payments to primary care physicians for the care of patients with complex disease
- Indigenous health: Time for top-down change?
- Acute care hospitalization by Aboriginal identity, Canada, 2006 through 2008
- Senate Committee Holds Hearing on Palliative and Hospice Care
- More than 90% of ED visits for sport-related brain injuries receive a concussion diagnosis
- Does investment in the health sector promote or inhibit economic growth?
- Every Step You Fake: A Comparative Analysis of Fitness Tracker Privacy and Security

News, Commentaries, and Conference Proceedings

- Canada’s high drug prices under review
- Paying extra fees for complex patients hasn’t improved care in B.C., research finds
- Canadian doctors legally cautioned on risk of providing birth tourism services
- International study targets care of elderly in ICU
- U.S. Health Care Is on the Cusp of Bundled Payments
- OMA, doctors’ coalition wage duelling campaigns over deal with Ontario
- Alberta health advocate remains a work in progress two years after creation
- Emergency room suspensions part of a bigger problem, mayor says
- Ottawa has studied ‘soda pop tax’ to tackle obesity, documents show
- Impact of pharmacist administration of influenza vaccines on uptake in Canada
- The new era of First Nations health research
- UNB’s Tracey Rickards wins grant to study health and poverty
- Stop Thinking Short-Term When It Comes To Social Investment
- Comment: Homeless deserve end-of-life care, but aren’t getting it
- The online tool that helps the public decode health research
- Do wearable fitness devices put your privacy at risk?