## Understanding Healthy Lifestyles: Measuring & Monitoring Behavioural Risk Factors

2005 APHEO Conference

The NAV CENTRE Canada - Cornwall, Ontario  
September 25–27, 2005

**Monday, September 25**

| **8:30–16:30** | **Invited Speakers Presentations**  Dr. Marie Beaudet, Statistics Canada  *The Ingrained Nature of Behavioural Risk Factors*  Dr. Ian Janssen, Assistant Professor, Dept. of Community Health & Epidemiology  *Overweight and Obesity in Canadian Adults*  Dr. Steve Manske, Scientist and Suzy Wong, PhD Candidate, Centre for Behavioural Research and Program Evaluation, University of Waterloo  *SHAPES-Ontario Initiative: Physical Activity Measures*  Dr. Janet Fulton, Epidemiologist, Division of Nutrition and Physical Activity, Centre for Disease Control and Prevention, Atlanta  *Overview of Current Practices and Future Directions in the Measurement of Physical Activity* |
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| **17:00** | **Escape to another time and place, amidst the sights and sounds of an 1860s village & enjoy a tour and dinner at the Upper Canada Village** |

**Tuesday, September 27**

| **8:30–12:15** | **Invited Speakers Presentations**  Dr. Roberta Ferrence, Director, Ontario Tobacco Research Unit  *Ontario’s Progress on Tobacco Control*  Dr. Robert Cushman, Medical Officer of Health, Ottawa Health Unit  *Ottawa’s Local Bylaw Experience and Impact of Provincial Legislation*  Larry McNabb, Project Manager, Canadian Community Health Survey, Health Statistics Division, Statistics Canada  *Overview of the Canadian Community Health Survey, Nutrition-focused Survey* |
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| **13:30–16:00** | **Workshop**  *In-depth discussion of the Canadian Health Measures Survey* |

**Other Presentations**

Robert Bourdeau  
*History of Epidemiology in Eastern Ontario Health Unit*

Maurizzio Colarossi  
*School Health Assessment - Measuring Adolescent Behavioural Risk Factors*

Dar Malaviarachchi & Cynthia Colapinto  
*Knowledge of Canada’s Food Guide to Healthy Eating and Serving Size Awareness*

Paula Stewart  
*Enhancing Capacity for Surveillance of Healthy Living and Chronic Disease in Canada*