

harmonization

WORKING TOGETHER FOR CANCER PREVENTION 

working together IN THE NORTH



The Canadian Cancer Society, the BC Cancer Agency and Northern Health along with researchers at the University of British Columbia and Athabasca University are collaborating on an exciting new program and research initiative funded by the Canadian Cancer Society.

The goal is to reduce the incidence of cancer through strengthening and advancing cancer prevention programs in northern British Columbia.

The Harmonization team will use a new approach in working together to reach more people and improve cancer prevention. Two innovative projects will be conducted by the team:

- **Stop Smoking Before Surgery** is an initiative to increase awareness of the benefits of stopping smoking and to support patients in their decision to stop smoking before surgery. This project will be implemented in Prince George and Prince Rupert.
- **Men's Healthy Eating and Active Living** is an initiative that will be implemented in two communities (Prince George and Dawson Creek) and include activities to promote healthy eating and active living tailored for northern men.

The team will evaluate the success of these initiatives, and the strategies used to work together to deliver the programs. The findings will inform and guide the Canadian Cancer Society's future work to promote cancer prevention.

Visit www.harmonization.ok.ubc.ca to learn more.

This research is funded by the Canadian Cancer Society (grant #701259-00)

“1/2

About

of all cancers can be prevented by making lifestyle changes, such as stop smoking, physical activity, and healthy eating.”

- Dr. Ronald Chapman, Vice President, Medicine and Clinical Programs, Northern Health

for more information:

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Centre for Healthy Living

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a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA



BC Cancer Agency
CARE + RESEARCH
An agency of the Provincial Health Services Authority



northern health
the northern way of caring



Canadian Cancer Society
Société canadienne du cancer

Athabasca University

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men's healthy eating and active living

Why Men?

Obesity rates among northern men are higher than the rest of BC¹. In 2009-10, 45% of the BC population was considered obese or overweight, while the northern health region averaged 57%².

The lifetime risk of developing cancer can be reduced by³:



Consuming a healthy diet



Staying physically active



Maintaining a healthy weight

Implementing new approaches to support healthy lifestyles among men is a priority in strengthening cancer prevention services in northern BC.

The Men's Healthy Eating and Active Living (M-HEAL) Initiative

The Canadian Cancer Society, BC Cancer Agency and Northern Health, along with researchers from the University of British Columbia and Athabasca University, are combining their resources and expertise to introduce initiatives that can be offered in workplaces to support men's engagement in healthy eating and active living.

Get involved!

Interested in being involved? Visit www.harmonization.ok.ubc.ca.



We believe that healthier men will

help to build healthier families and communities in northern BC.



- Dr. David Bowering,
Chief Medical Health Officer,
Northern Health

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¹ Kerr J. (2011). Where are the Men? Chief Medical Health Officer's Report on the Health and Wellbeing of Men and Boys in Northern BC.

² BC Cancer Agency. (2012). British Columbia Regional Cancer Control Statistics Report; Available at: <http://www.bccancer.bc.ca/HPI/CancerStatistics/default.htm>

³ Parkin, D.M. (2011). The fraction of cancer attributable to lifestyle and environmental factors in the UK in 2010. *British Journal of Cancer*, 105, S77-S81.