

The Centre for Hip Health and Mobility (CHHM) improves the lives of Canadians by decreasing the burden of arthritis and fall-related fractures. The Centre's mission is to **prevent**, **detect**, and **treat** bone and joint problems and to translate new knowledge into enhanced mobility across the lifespan.



Focus on People

NEW HOME FOR CHHM Robert H.N. Ho Research Centre

The Canada Foundation for Innovation, provincial government and donor supported seven-storey, 70,000 square ft Robert H.N. Ho Research Centre hosts CHHM in its upper four floors. Located on the Vancouver General Hospital campus, CHHM also encompasses 12,500 sq ft of space at the VGH Research Pavilion, located one block east of the new facility.

State-of-the-art equipment and cutting-edge technologies at CHHM foster a collaborative research environment with a focus on innovation and impact.

The Problem The annual health care cost for bone and joint health problems exceeds \$16 billion. This cost is expected to double in the next 25 years.

- ▶ **Arthritis** affects 85% of Canadians aged over 75 years.
- ▶ **Osteoporosis** affects 25% of women and 12% of men aged over 50 years.
- ▶ **Falls** account for 78% of injury-related deaths in seniors.
- ▶ **Hip Fractures** cause 50% of patients to lose their independence.

Centre for Hip Health and Mobility FOCUS ON SOLUTIONS

CHHM is a community of scientists, clinicians, decision-makers and stakeholders whose goals are to:



PREVENT

Discovering cost-effective lifestyle interventions that prevent bone and joint disease across the lifespan.



DETECT

Pioneering imaging methods and sophisticated biochemical measures to identify at-risk populations and to detect joint diseases earlier than ever before.



TREAT

Designing and implementing effective clinical interventions; developing advanced surgical techniques that decrease risk of infection and maximize quality of life.

CENTRE FOR HIP HEALTH AND MOBILITY

Moving Research into Action

IMPACT THROUGH COMMUNITY PARTNERSHIPS

Our research meets societal needs. We partner strategically to influence teaching, clinical practice, community programs and government policy for the health benefit of Canadians.



Betty Sullivan participated in a weight training program and says

"I am more steady on my feet and I'm more confident."

After participating in a school-based physical activity intervention, Action Schools!BC, a Grade 5 student says

"Before I wasn't that active, and now I am the activist kid in the whole family".



Having previously suffered four fall-related fractures in 12 years, a participant in a falls prevention research study described her experience as

"a life-changing blessing".

Contact Us

For more information about CHHM, research projects and participation opportunities, please contact us:

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FUNDING AND SUPPORT

The Centre for Hip Health and Mobility (CHHM) was born of success in national and provincial peer-reviewed grant competitions and through the support of the BC Government and private donors. CHHM is one of Canada's world-class research centres and scientists rely upon your support to continue their life-changing work.

We thank the following major supporters to date:



CHHM partners with the VGH and UBC Hospital Foundation, the UBC Faculty of Medicine Development Office and corporate and private donors. Together, our aim is to provide Canadians with the mobility they deserve and to turn the tide on debilitating bone and joint diseases.