**HIGHLIGHTS**
- Data Collection
- Awards
- HR News

**IMPORTANT DATES**

**June 26** | WTT Team Research Meeting

**June 22** | Healthy People, Healthy City - Making Vancouver a Leader in Urban Health

**June 24-26** | Aging, Mobility & Quality of Life Conference, University of Michigan

**June 26-29** | Velo City Conference, Vancouver

**July 24** | WTT Team Research Retreat/Think-Tank

**October 18-20** | Canadian Association on Gerontology Conference, Aging in a Changing World, Vancouver

**October 22** | Walk the Talk 3rd Annual Research Symposium, Vancouver

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**Paul Drexler chauffeured the study participants to and from data collection sites. Paul’s enthusiastic and energetic nature made him quite popular with the participants.**

**PROJECTS**

Data collection for the WTT cross-sectional study, the core study of the WTT research program, was conducted throughout the month of March. Older adult recipients of a rental subsidy from BC Housing (Shelter Aid for Elderly Renters, SAFER) served as the target population for the study. The population is a unique study group as older adults of low socio-economic status are difficult to recruit and thus are under represented in the literature.

After an energetic recruitment effort, 161 participants completed the full battery of measures, which included objective measures of mobility and health, such as the Short Physical Performance Battery and a Dual-energy X-ray Absorptiometry scan (which measures bone mineral density) as well as questionnaires that assessed cognitive function, perceptions of neighbourhood walkability, the social environment and quality of life. Participants’ physical activity and travel patterns were assessed using an accelerometer, a global positioning system and a self-reported travel diary. Throughout the coming months, the team will focus on data management and data analysis. The 2013 plans for the second phase of the cross-sectional study are also in development.

Since April a sub-set of these participants have been taking part in one-on-one walking interviews in their neighbourhood as well as in-depth interviews regarding the impact of the built environment on their health and mobility. The team is also conducting street audits in the neighbourhoods of these participants in an effort to get a deeper understanding of the influence of the built environment on their health and mobility.

**PAPERS & POSTINGS**

“Walkable by Willpower”: Resident perceptions of neighbourhood environments, Montemurro et al, 2010. [Click here for link](https://www.hiphealth.ca). Suggested by Catherine Craven, WTT PhD Candidate.
**PEOPLE**

**WTT trainees receive top awards**

Success breeds success! Two of the WTT team’s PhD trainees have been awarded prestigious, competitive grants to support their thesis research.

Catherine Craven, received a Canadian Institutes of Health Research (CIHR) Doctoral Research Award. Catherine’s research focuses on the physical mobility of foreign-born, visible minority older adults, and examines the features of the local built and social environments that promote or inhibit mobility. Catherine’s core project is based within the WTT cross-sectional study where she has recruited a sub-set of older adults to participate in in-depth, one-on-one interviews, walking interviews and senior-specific street audits.

Anna Chudyk, received a Vanier Canada Graduate Scholarship, CIHR’s top trainee award. The award was created to attract and retain world-class doctoral students and to establish Canada as a global centre of excellence in research and higher learning. As one of nine award recipients at UBC, Anna demonstrates exceptional leadership skills and a high standard of academic achievement in her graduate studies. Anna has taken a leadership role in conducting the Walk the Talk cross-sectional study, which aims to uncover the association between the neighbourhood built environment, mobility and health of older adults with low socio-economic status in Vancouver’s Lower Mainland.

**New to the team**

The WTT team is pleased to welcome Suman Auluck. Suman joined the team in February and is working as a research assistant for the cross-sectional study. She has contributed a great deal to both the quantitative and qualitative components of the cross-sectional study. After graduating as a physiotherapist from Gharwal University, Suman developed an interest in research while working at the Christian Medical College in Punjab. She brings both practical and research experience and has previously volunteered at the Arthritis Research Centre.

**Departures**

Sarah Lusina-Furst will be departing for maternity leave on June 29th. She will keep connected with WTT and CHHM while on leave and will return in her same capacity in July 2013. In her absence, a number of WTT staff will step in to take on some of Sarah’s regular duties. If you have any questions about WTT operations in Sarah’s absence, please contact Joanie Sims-Gould (joanie.sims-gould@hiphealth.ca)

**PARTNERS**

The WTT team would like to extend a special thanks to our partners at BC Housing for their support and collaboration in the recruitment of the cross-sectional study participants. We would also like to thank the following community centres and organisations for hosting our team and the mobile laboratory: Harry Jerome Community Centre, North Vancouver; Confederation Seniors Centre, Burnaby; Bonsor Community Centre, Burnaby; Elim Village, Surrey; Killarney Community Centre, South Vancouver. CHHM staff and trainees also deserve a big ‘thankyou’ for their assistance during the cross-sectional study, including Paul Drexler, Kira Frew, Kaitlyn Gutteridge, Erin Gorman, Callista Haggis, Heather Hanson, Ian Kerr, Hannah Rose, Lutetia Wallis-Meyer and Victoria Webber.