

Feb 28, 2023

Healthy Future Sask: From Idea to Reality

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Healthy Future Sask: a cohort of CanPath



CanPath

Canadian Partnership
for Tomorrow's Health



- Canada's Largest Pop Health Research Platform
- 330,000 Canadians followed longitudinally (1 in every 100 Canadians)
- CanPath is jointly housed at the U of T & the Ontario Institute for Cancer Research

Saskatchewan Joins CanPath

- Spring 2018- Saskatchewan Cancer Agency (SCA) approached by Cancer Care Manitoba and CanPath (CPTP)
- January 2019- Workshop to discuss potential of combining cohorts with Manitoba.
- Decision was made for both provinces to run their own cohorts.

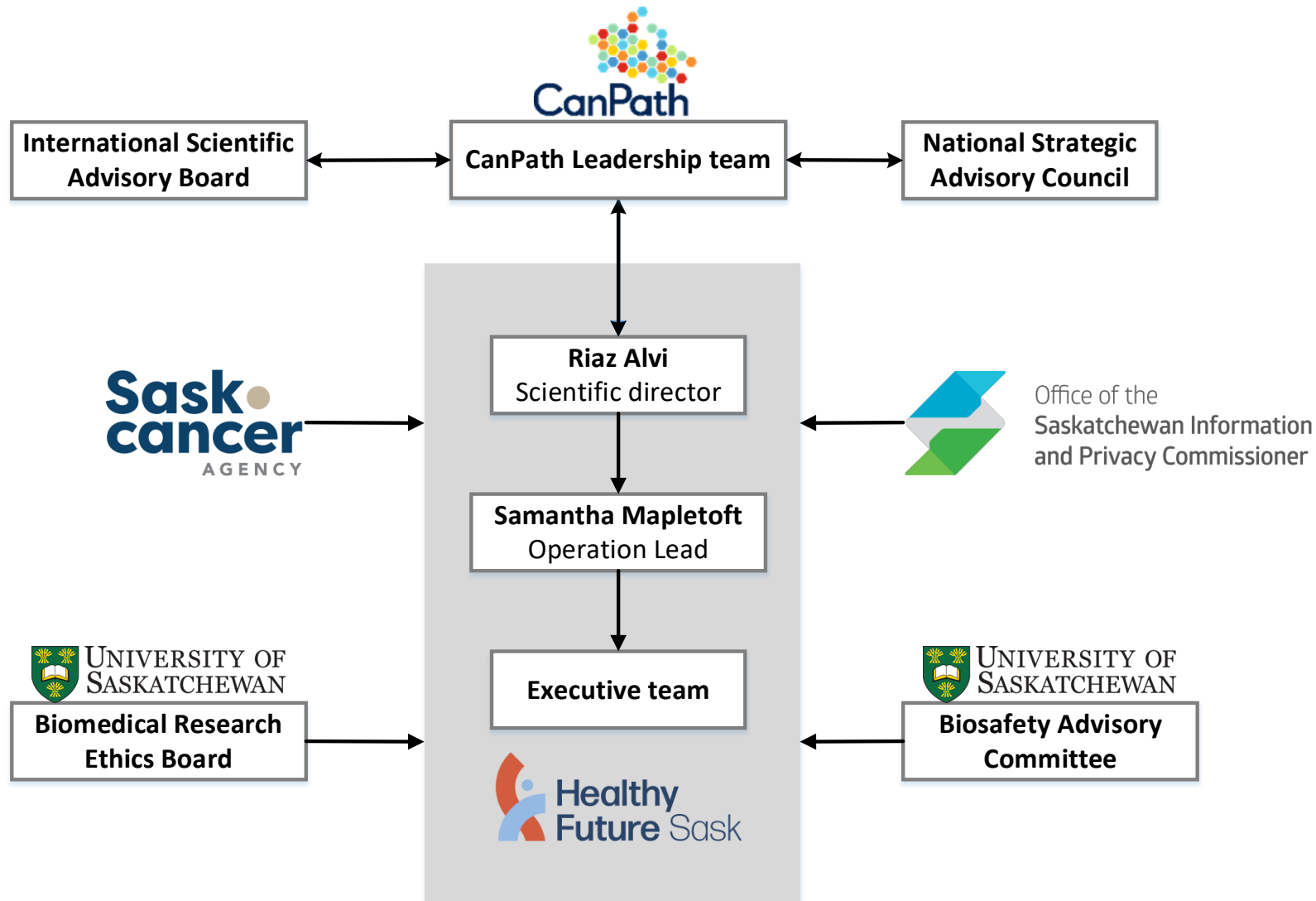


Proposal Stage

- Hired lead to develop proposal
- Initial plan looked to have multiple partnerships across different organizations support the cohort (Health Authority, LifeLabs, Provincial Lab etc.)
- Pandemic priorities made it difficult for partners to commit.
- Decision made to house the project fully within SCA.



Governance of HFS



HFS Targets

- Target- 7300 participants
 - Aged from 30 – 74
 - Valid SK health card
 - Voluntarily
- Data to be collected
 - Consent form
 - CanPath core questionnaire
 - Biosamples (blood and/or saliva)
 - Physical measurement



Participants

7000+

Adult participants to be recruited.

HFS – Three Phase Approach

Phase	Timeline	Objectives
Phase I- Planning and Pilot	FY20/21-FY22/23	<ul style="list-style-type: none">- Stakeholder engagement- SOP development- IT systems and software development- Regulatory approvals- Pilot implementation and evaluation
Phase II- Recruitment and collection	FY 22/23-FY25/26	<ul style="list-style-type: none">- Recruit approx. 7300 Sask. Residents- Secure financial support for Phase III
Phase III- Maintenance and use	FY26/27 and beyond	<ul style="list-style-type: none">- Follow-up of cohort for up to 50 years- Enrichment of biobank resources- Facilitation of research access to project data and biological samples

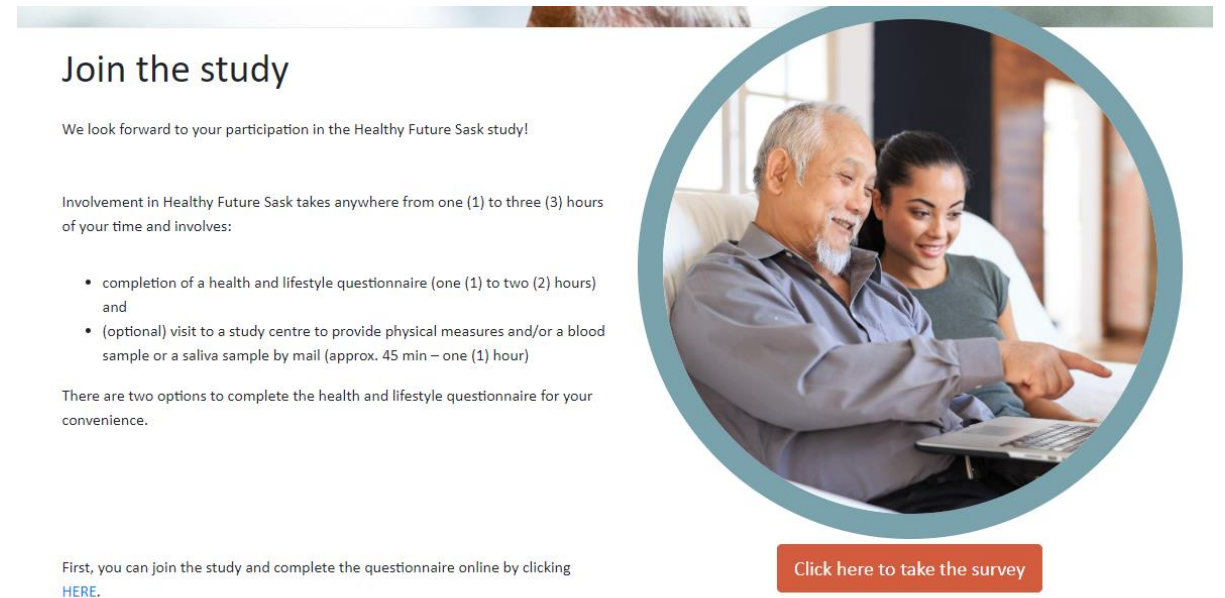
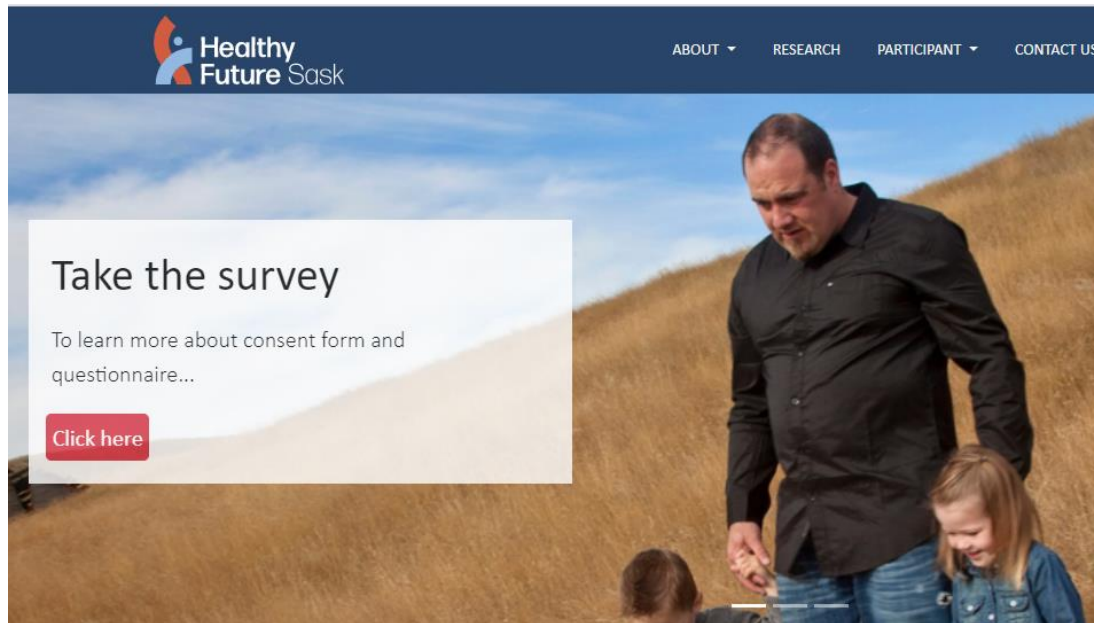
HFS Innovation- Technical Systems Requirements

Saskatchewan's 1st registered biobank

Objective: To develop an application or a platform to help this research in recruiting participants, collect their survey responses, bio samples and physical measures

HFS Website

- IT development to support recruitment
- External facing website
- Participant information and study updates



Study Centre Appointment Scheduler

July 2022

	Mon	Tue	Wed	Thu	
26	27	28	29	30	
	8am Bio Sample +4 more	8am Physical measures +5 more	8am Both - Physical measures and bio sam +3 more	8am Both - Physical measures and bio sam +7 more	
3	4	5	6	7	
	8am Physical measures				
10	11	12	13	14	
		11:15am Both - Physical measures and bio 11:15am Both - Physical measures and bio	8am Bio Sample		
17	18	19	20	21	
24	25	26	27	28	

Please fill out this form to book an appointment

What would you like to donate?


- Biosample refers to a blood or a saliva sample.
- Physical measurements includes heart rate and blood pressure, standing and sitting height, waist and hip dimensions, grip strength, weight, and body composition.

Physical measures

Select a location

☐ Regina ☐ Saskatoon

Choose a date




Time Preference

- ☐ 8:15 am to 9:15 am
 ☐ 1:30 pm to 2:30 pm
- ☐ 9:15 am to 10:15 am
- ☐ 10:30 am to 11:30 am
- ☐ 12:30 pm to 1:30 pm

- If the available appointments don't fit your schedule, please e-mail info@healthyfuturesask.ca

☐ I'm not a robot



 reCAPTCHA
 [Privacy](#)
[Terms](#)

Submit

Online Questionnaire

- Fully electronic survey with option for paper if requested
- Internal and external applications



- Consent form and questionnaire

Healthy Future Sask Questionnaire

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Family characteristics

FA01 What is your **current** marital status? * must provide value

FA02 How many **biological** siblings (brothers and sisters) do you have? Please include those who have died and half siblings (one common parent), but not step siblings or adopted siblings. ☐ Don't know reset

Enter "0" BROTHERS AND "0" SISTERS if none.

Brothers Enter # of brothers

Sisters Enter # of sisters

* must provide value

FA03 How many of your **biological** siblings are, or were, **older** than you? If you are part of a multiple birth (e.g. twins, triplets etc), please treat all of the siblings that were born with you as being the same age as you, regardless of the order in which you were actually born. ☐ Don't know reset

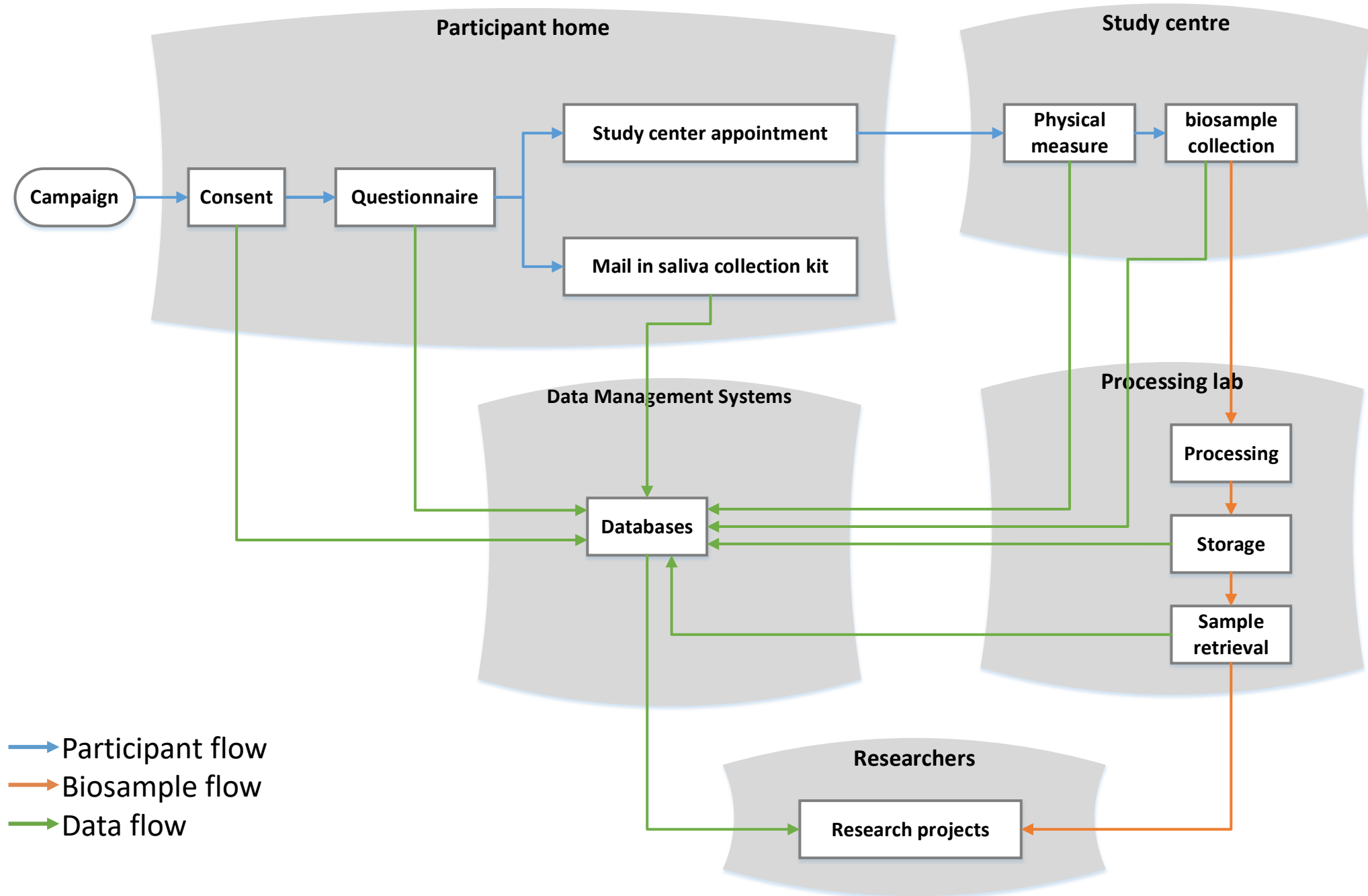
Enter # of siblings older than me.

Enter "0" if none.

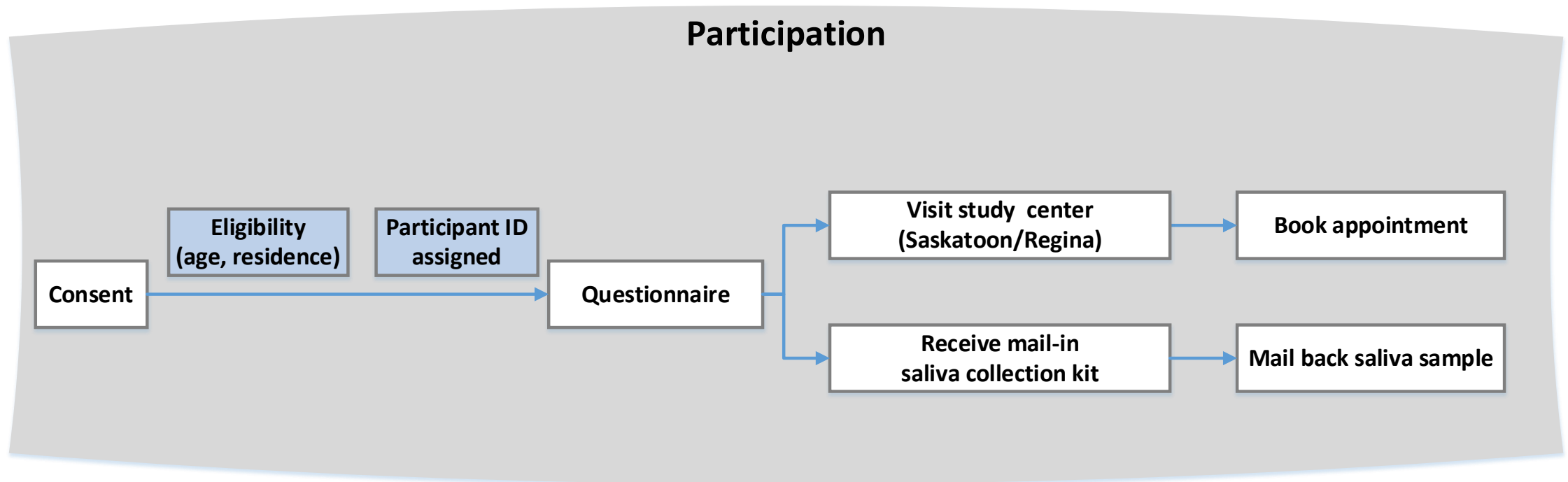
* must provide value

FA04 Are you a twin or part of a multiple birth? Multiple births include twins, triplets, quadruplets, quintuplets, sextuplets, etc. ☐ Yes ☐ No ☐ Don't know reset

* must provide value



HFS enrollment



<https://healthyfuturesask.ca>

Consent and Survey

• Online:



Join the

We look forward to

Involvement in Health
of your time and inv

- completion of
- and
- (optional) visit
- sample or a sa

There are two option
convenience.

First, you can join th
[HERE](#).



Participant demographics

Health status

Medical history

Prescribed medication

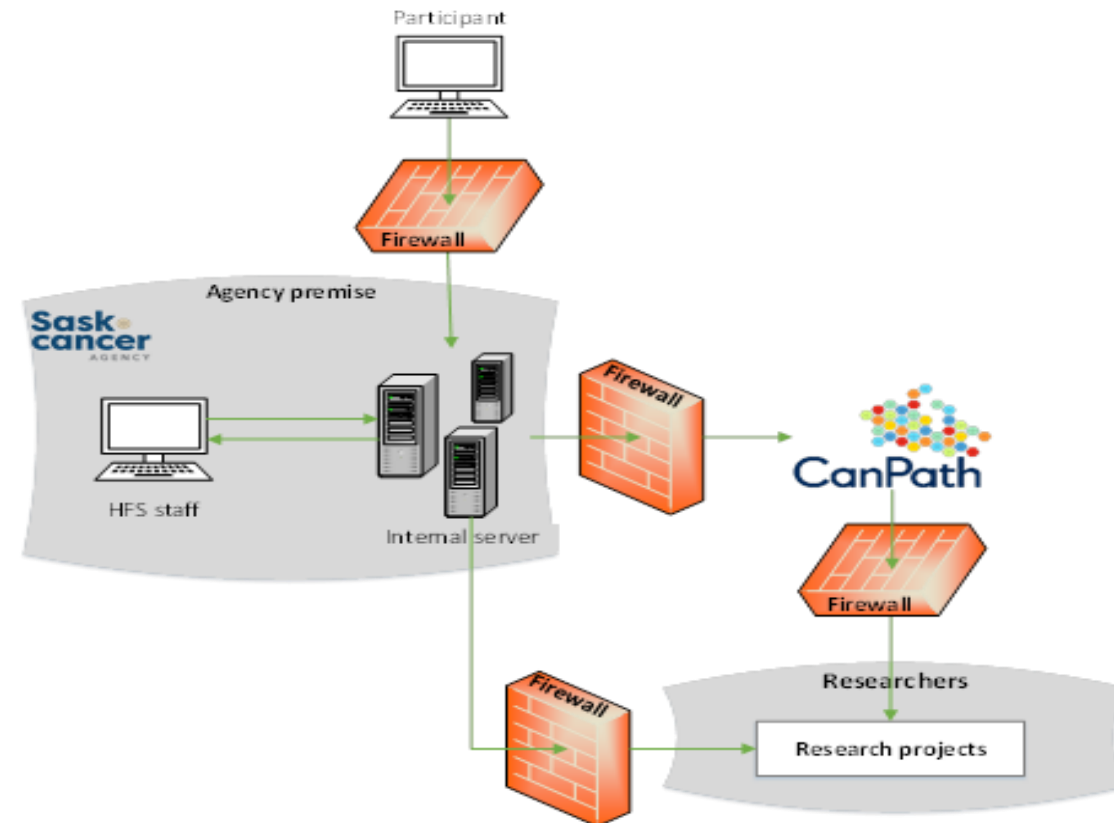
Family health history

Anthropometric measurements

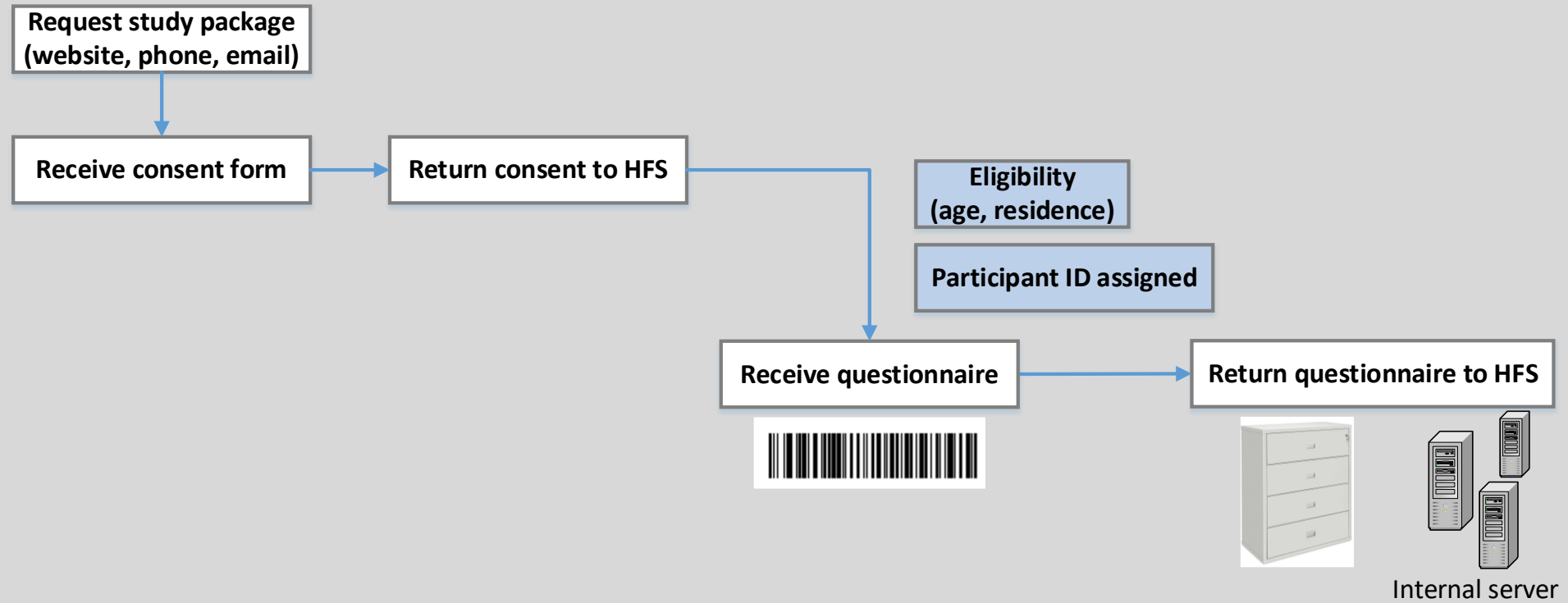
Working status

Household income

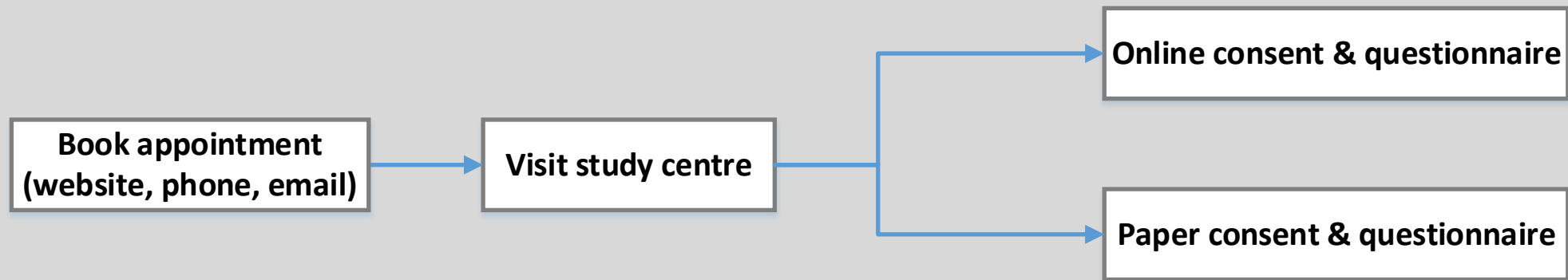
Behaviours (uv exposure, sleep,
alcohol / tobacco / marijuana, and
e-cigarette use)



- Paper



- In-person

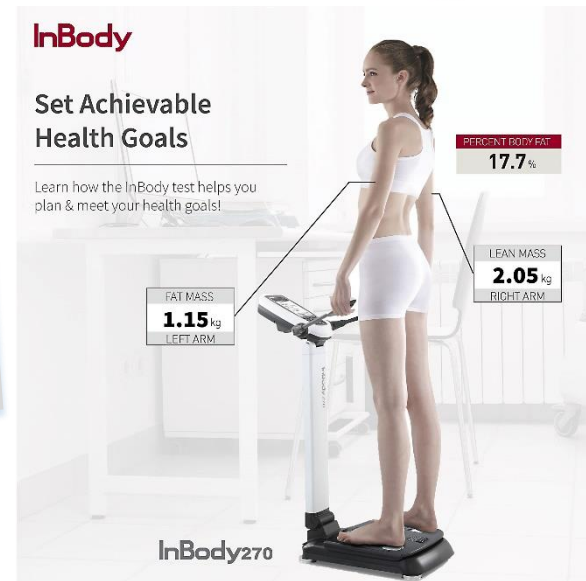
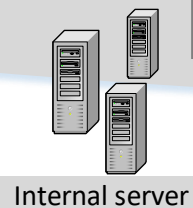


Study centre visits

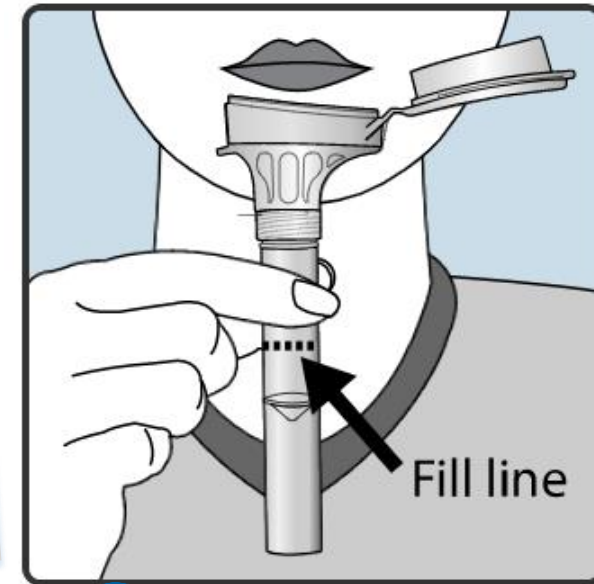
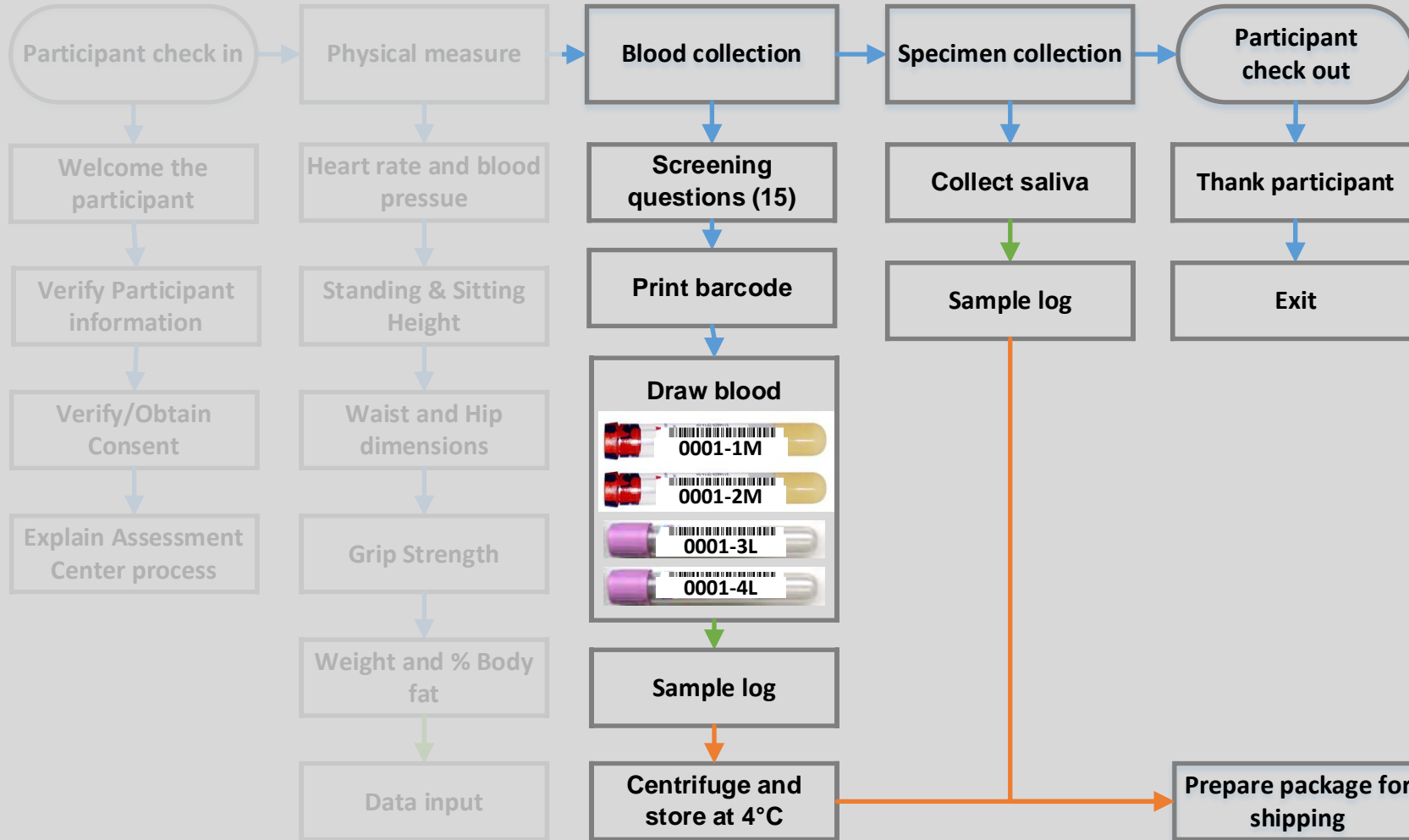
- Online booking system
- Study centres:
 - Saskatoon
 - Regina
 - Mobile centre (TBD)
- Additional data
 - Physical measurements
 - Biosamples
- Visit preparation:
 - <45 minutes
 - A piece of photo ID

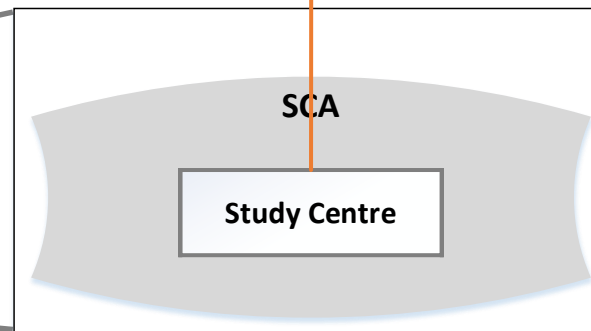
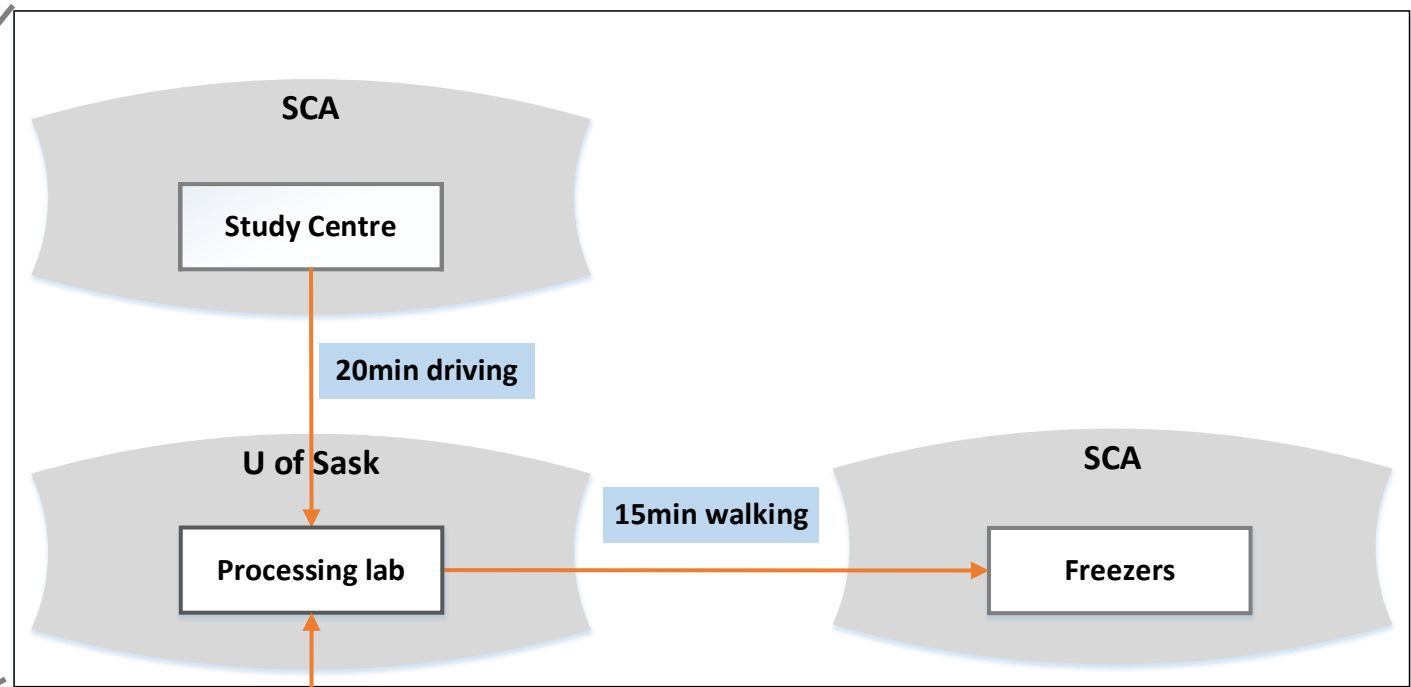


Study centre

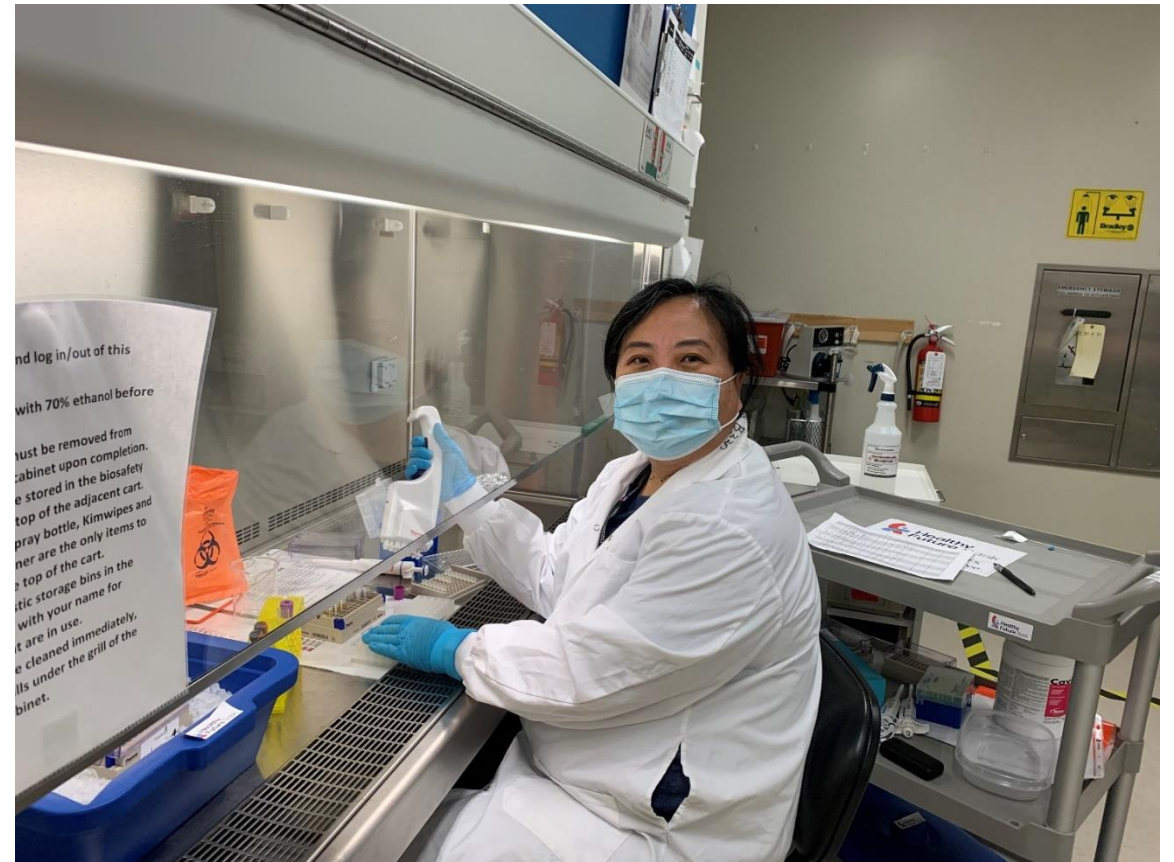


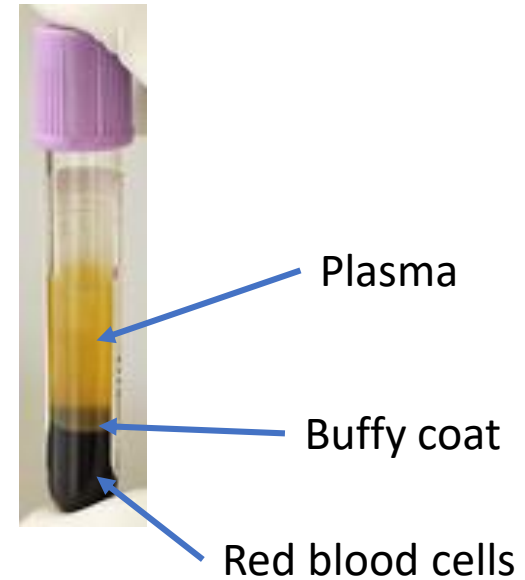
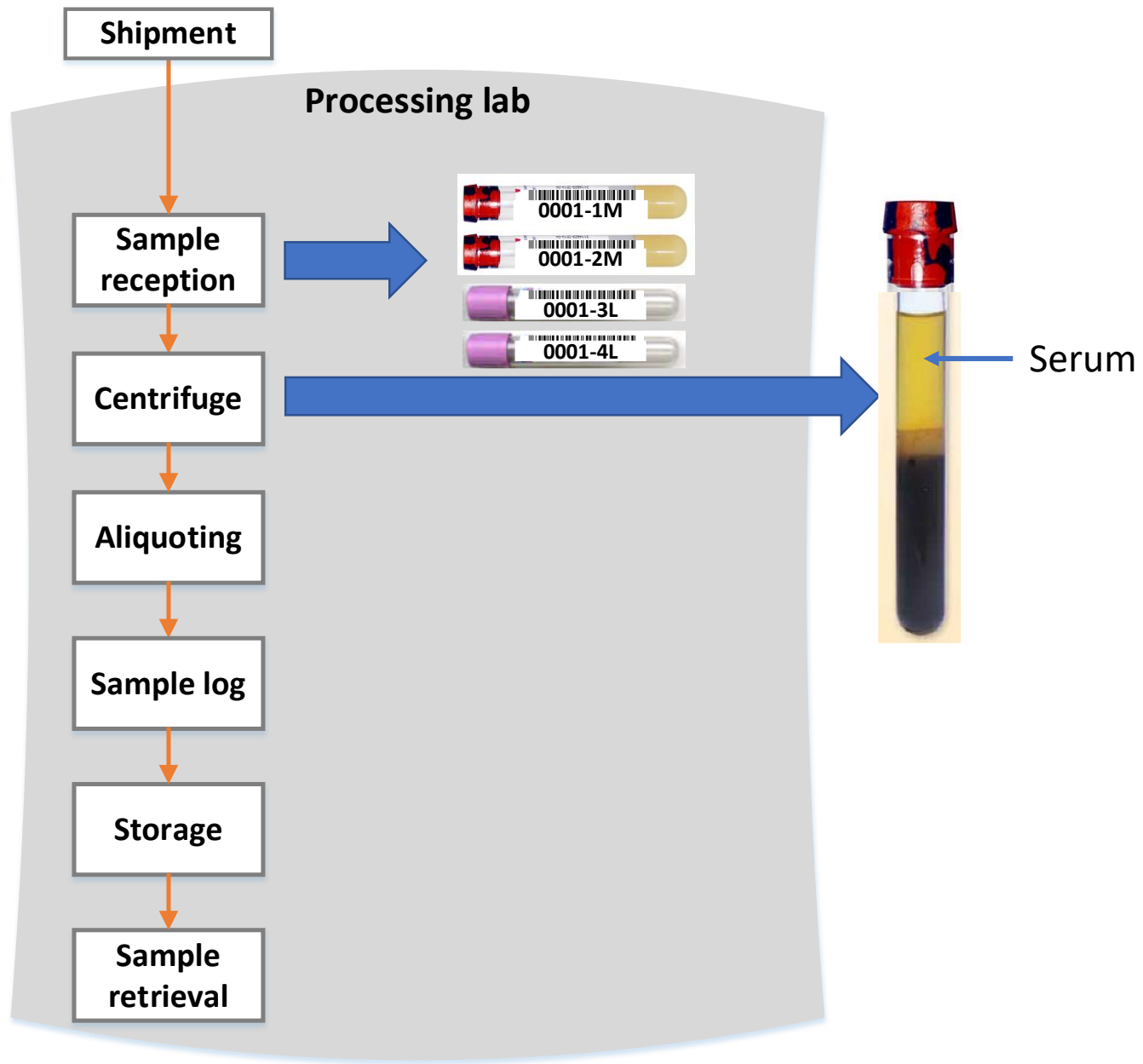
Study centre

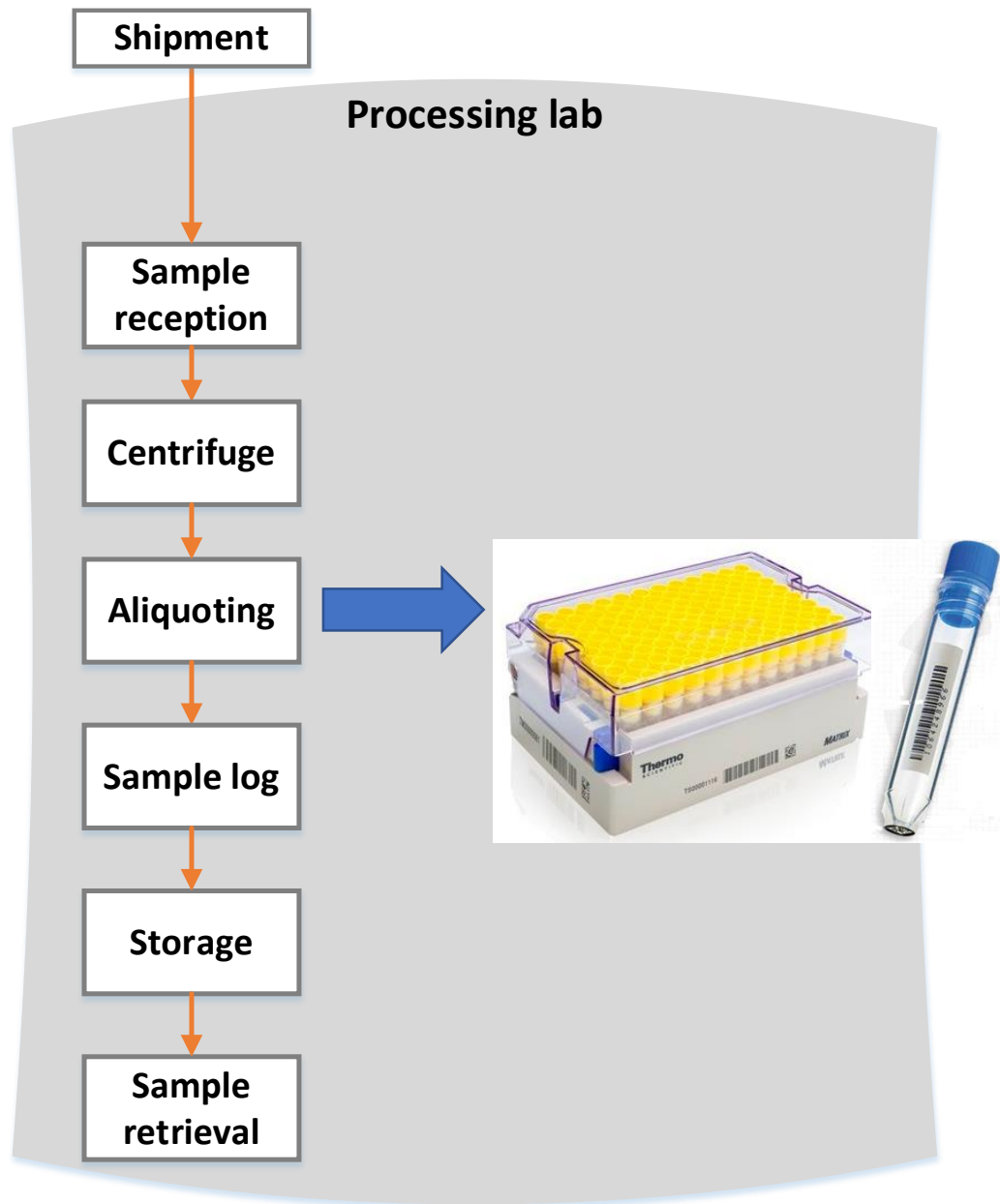




Processing lab







Participant ID: 1234

Sample ID:

1234-1M

1234-2M

1234-3L

1234-4L

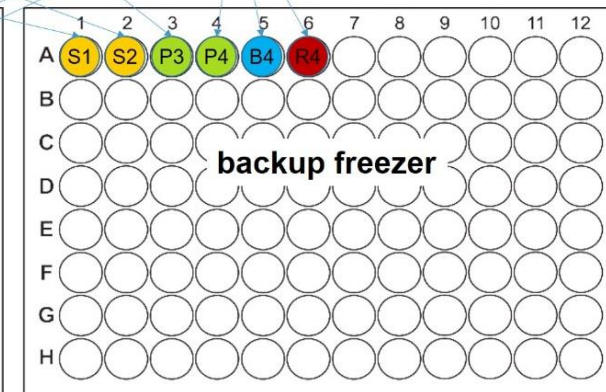
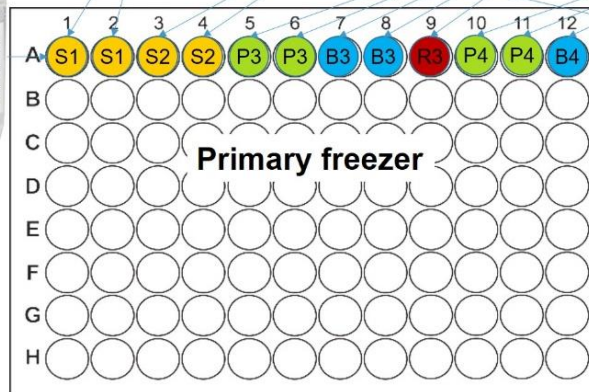
SST 8.5ml

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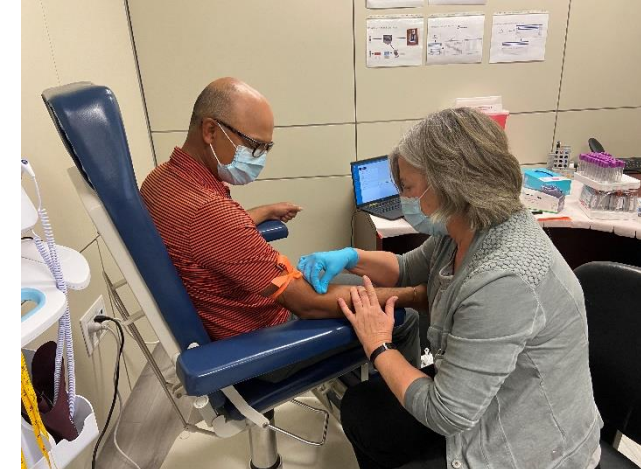
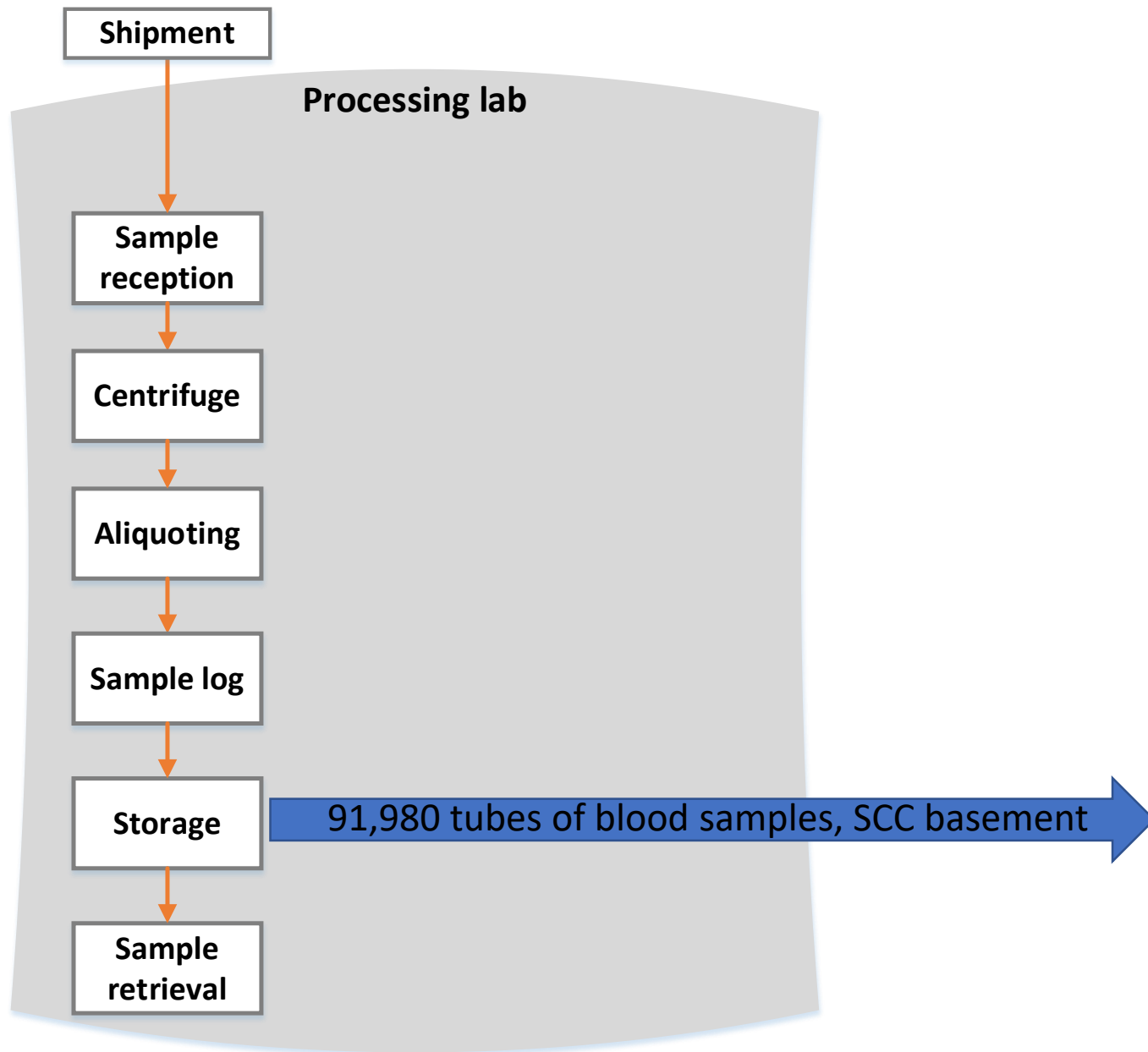
EDTA 10ml

EDTA 10ml

Aliquot ID:

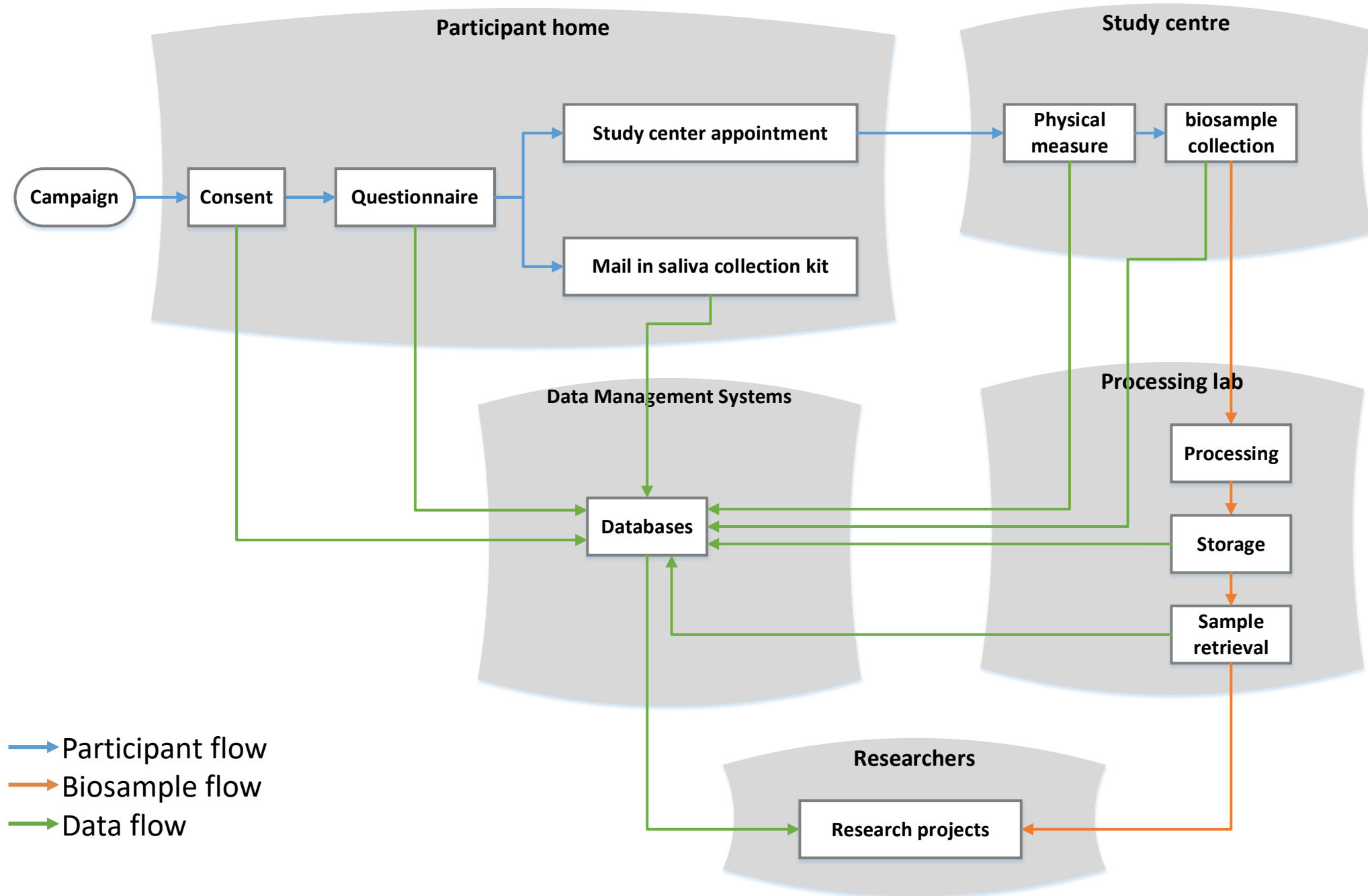


S = serum
P = plasma
B = buffy coat
R = Red blood cells



36 hours





HFS Pilot Study

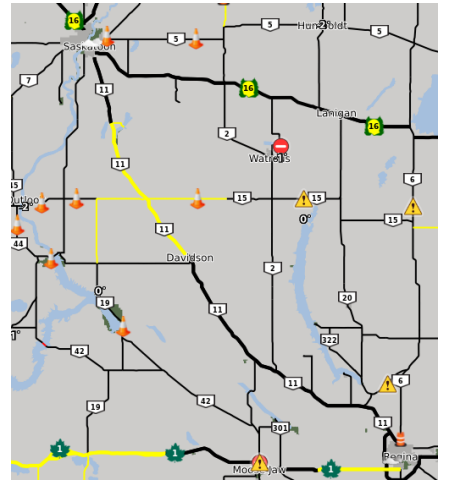
- Pilot open to SCA staff, family and friends.
- Promoted through internal SCA communication.

Total no. of participants enrolled in pilot	59
Total no. study centre visits	34
Total no. Blood samples collected	30
Total no. saliva samples collected	5
Total no. of Physical Measures assessments completed	33



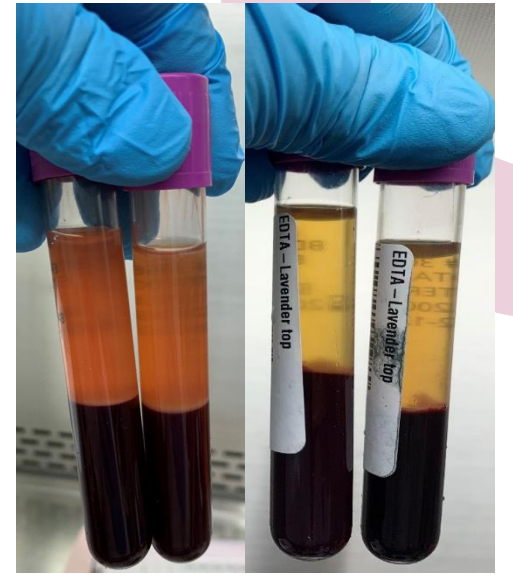
Challenges Revealed

- Staffing
- Winter in Saskatchewan-Snow storms and closed highways
 - Biosample collection required study nurse to travel from Saskatoon and Regina (261km)
- Courier
 - inbound pick up and delivery requirements can be difficult to execute
- Space
 - Permanent space for the study centre needed in Regina.



Pilot Learnings

- Communication
 - Team communication and Coordination
 - Participant communication- Increased engagement
- Hemolysis
 - Checklist developed to help staff navigate technical pieces of biosample appointments.
- Streamlining Workflow
- Shipment of Biosamples
 - Ensure we utilize a courier service that has access to storage in the event of highway closure.
- The use of data management application: NO down time



Advertising Campaign and Launch

- HFS Leveraged the SCA relationship with Phoenix Group to develop HFS advertising campaign and Visual Identify.

Cohort name: Healthy Future Sask

Tagline: Tomorrow's Health Together

Logo:





2023 - Healthy Future Campaign

CAMPAIGN	MEDIA	January					February				March				
		2	9	16	23	30	6	13	20	27	6	13	20	27	3
	SCA - Healthy Future Sask														
ONLINE	Flight Deck - Programmatic Display														
	Post Media - Display + Outstream Video														
	Bell Media - In Fee + RON Display														
	Corus - RON Display + Video														
	CBC - Display + Video + Audio														
	Facebook + Instagram - Newsfeed & Stories														
	YouTube - Pre-roll + Audio														
	Spotify - Audio														
OUT OF HOME	Pattison - Digital Boards														
	Pattison - Super Boards														
PRINT	SWNA - Full Province										1/4 pg		2x4		
	Leader Post										11	18			
	Star Phoenix										11	18			
	Moose Jaw Express										8	15			
TV	Global Regina													*Ends March 31	
	Global Saskatoon													*Ends March 31	
	CTV													*Ends March 31	
	CBC													*Ends March 31	
	Rogers - City TV													*Ends March 31	
RADIO	Regina - Rawlco, Harvard, Bell media													*Ends March 31	
	Saskatoon - Rawlco, Harvard, Saskatoon Media Group													*Ends March 31	

TV

Radio

Out of Home

Online

Billboards, Social Media etc.



Commercial



HFS initial recruitment strategy

- Agency Matters (pilot and public recruitment)
- Provincial ad campaign
- Social media and web advertisement
- News releases
- Radio and Television
- Sponsorships opportunities
- Speaking and community events



Where are we today?

- Public Launch- February 1, 2023
- Awareness campaign
- First 100 participants enrolled- February 4, 2023
- Monitoring reach on website and social media channels
- Gap- bridging views to sign-ups

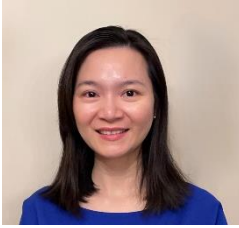
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HFS Team



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Applications Analyst



Nike Adigun
Business Analysts



Samantha Mapletoft
Provincial Manager

Acknowledgement



Office of the
Saskatchewan Information
and Privacy Commissioner



All pilot participants!



Questions?