

HEAL AND CHARM

Presented by: Dr. Rachel Murphy and
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**YOU HAVE THE POWER
TO CHANGE THE
FUTURE!**



**WHAT SHAPES
HOW WE EAT
AND MOVE?**

THE NEIGHBOURHOOD ENVIRONMENT



Built environment

Options for walking,
parks/green space,
transit, facilities



Food environment

Amount and types of
stores selling food

REDUCE YOUR RISK

4 in 10 cancers can be prevented through healthy living

Environment



Eating
and
moving



Health
and
wellbeing

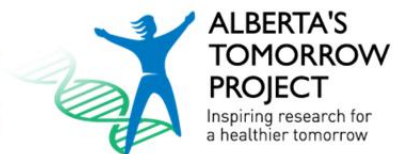


HEAL



HEALthy
Eating & Supportive
Environments

Participating cohorts



HEAL



Largest study in Canada

Diet and
physical
activity



All CanPath participants

10 provinces in
Canada



Data collection

Check your e-mail
for your study
invitation!

HEAL



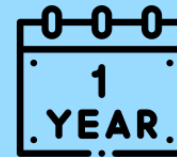
HEAL
PARTICIPANTS



Survey
about you



What you ate
& drank, how
you
moved



What you ate
& drank, how
you
moved

CHARM

**CURRENTLY
RECRUITING**



CHARacterizing heterogeneity in
dietary intake among structurally
excluded populations using
Multidimensional data

Participating cohorts

CHARM



STRUCTURALLY EXCLUDED

People who are excluded, oppressed or disadvantaged due to factors like income, gender, race, rural residence, and/or living with a chronic disease

CHARM



**~4,500
HEAL
participants**



Data collection

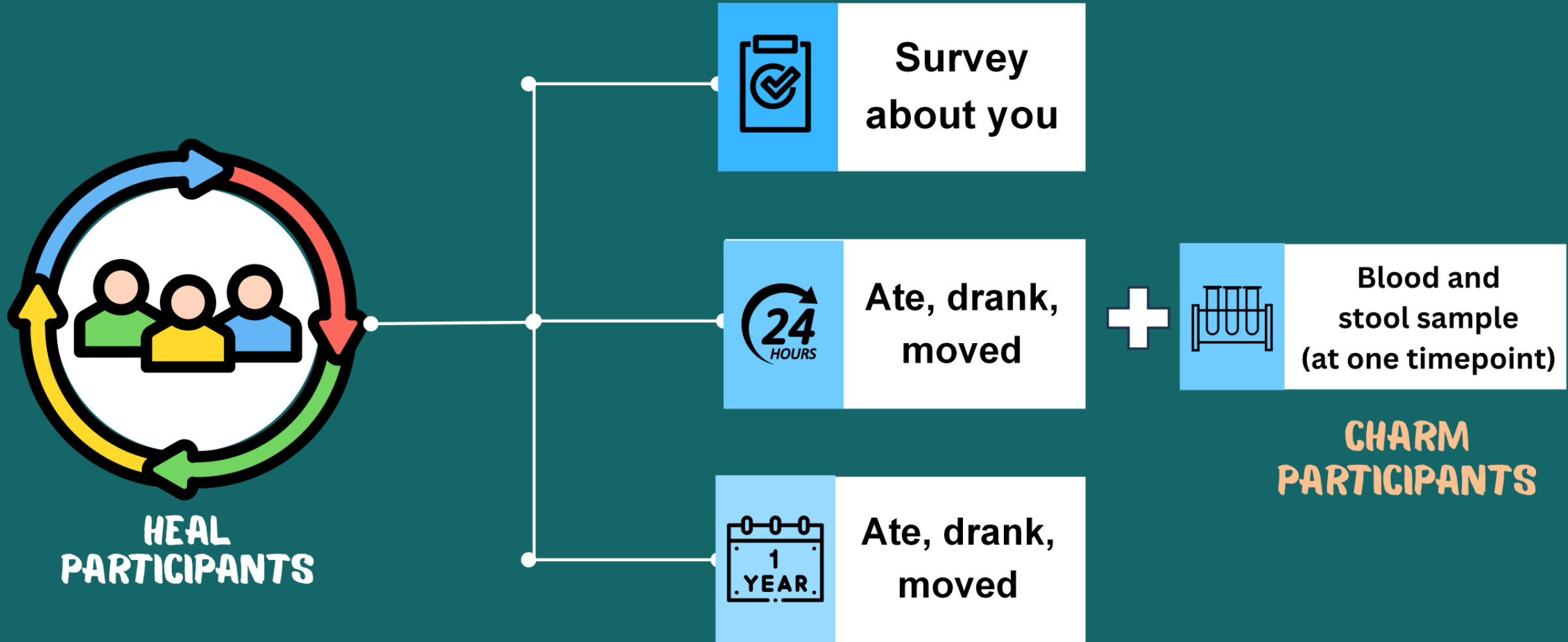
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**Metabolic
measures**

Blood and stool

CHARM



HOW WILL MY DATA BE USED?

NOW

HEAL
CHARM



FUTURE

What nutrients help
prevent cancer?

How does sleep impact
cancer risk?

How does what you eat
change your microbiome?

Do processed foods increase
cancer risk? If so – how?



How much and what
type of movement
reduces cancer risk?

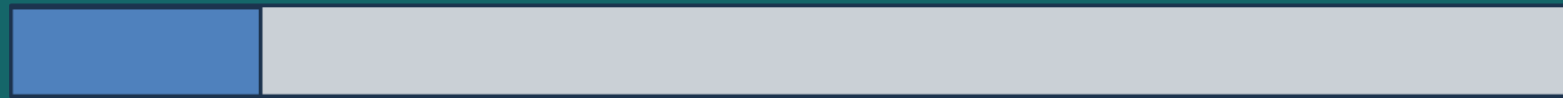


**WE NEED YOU!
USE YOUR POWER OF
PARTICIPATION TO
CHANGE THE FUTURE**

THANKS FOR LISTENING



Current number of
participants



Goal: **100,000**
participants



To **learn more about HEAL & CHARM**, reach out to your regional cohort or scan this QR code with your phone's camera and visit our webpage or use the link below.

<https://canpath.ca>



CanPath.ca



CanPath

Canadian Partnership
for Tomorrow's Health

Partenariat canadien
pour la santé de demain