Message from the President

Hello Alberta Branch members, as we settle into the fall, I am happy to report that our commitment to supporting in-person education by providing a Fall Educational Workshop in Edmonton was successful. I would like to thank Thomas Cheung and Meaghan Allen, the co-chairs of the workshop, for leading this year’s successful event. I would also like to thank the many official and unofficial volunteers who helped contribute to this year’s workshop. Without our workshop leaders and volunteers, the high-quality education and networking events that we have come to appreciate annually would not be possible.

Alberta Branch was honoured to be able to bring Doug Drysdale, our 50 year award member, to the workshop to celebrate his long standing membership with the Institute. Of our CIPHI traditions, formally awarding those who contribute to our profession is one of my favourites and it is especially delightful when our Branch can award great members who have been part of our institute for such a long amount of time.

Alberta Branch has been working on several different initiatives since the spring. In June, the Alberta Branch Annual General Meeting (AGM) changed our bylaws to update organization of sections in addition to wording, and to make changes that more accurately reflect how we conduct our business. Continued on next page...
Message from the President continued.

At the AGM, in our ongoing support of the Concordia University Environmental Public Health (EPH) Program, our branch donated $10,000 towards a simulation laboratory slated for EPH use.

Over the course of the summer, many conversations and subsequent planning was done related to proactive advocacy for EPH Week. I personally was the national chair for EPH Week and would be confident to say that we had a presence in Alberta. However, as I have heard through multiple conversations with members, proactive advocacy work is important and will continue into the future. I would like to thank Jason Feltham for his artwork and time with respect to the EPH Week poster materials. I am always impressed with the breadth of skills that our members possess and share with the branch.

Nationally, the Annual Education Conference in Saskatchewan was also successful. Our colleagues in Saskatchewan did a great job hosting a memorable event and I was happy to see that Alberta members were supporting in great numbers. National initiatives that are on our agenda include making the national AGM more accessible by hosting electronically, increasing our advocacy actions, and changing our working board model to a governance model. With these national and provincial initiatives, 2019 will certainly be very challenging. However, I am confident that with our hard working national executive team we will be successful.

As we ease into a lovely fall, I would like to thank the membership for their continued support as we look ahead to 2019.

Respectfully submitted,
Geoff Tomko CPHI(C)
Branch President, CIPHI Alberta

Editorial Policy

In the pursuit of the Association’s objectives, the Editor and the Newsletter Committee is authorized to publish this Newsletter on a periodic basis, as deemed appropriate. The objectives of the Association are:

- The development and advancement of environmental health, and
- To support the advancement of the Canadian Institute of Public Health Inspectors.

The Association Executive Board has the authority to provide general direction respecting the content of the Newsletter and, in consultation with the Editor, to set policies regarding administrative matters of each issue.

The Editor shall have the general authority to select material for publication in the Newsletter provided all material meets the criteria of being within the objectives of the Association.

Views, comments or positions within the contents of the Newsletter are those of the Editor, Editorial Staff and/or the author, respectively, and does not necessarily reflect those of the Association.

Message from the Editor—My First

I hope that you enjoy the fall edition of the CIPHI Alberta Branch Newsletter (ABN). This is my first edition as Editor of the ABN. Thank you to Pamela Kukuadu for helping to make this a smooth transition and to Lance Honish and the Alberta Branch Executive for their support.

First, I would like to take the time to introduce myself. I have a Bachelor of Science from the King’s University and graduated with distinction from the Concordia Environmental Health Program in 2015. I completed my practicum with Alberta Health Services in the Edmonton Zone where I continue to work as a Public Health Inspector. I enjoy volunteering and pursuing professional development including becoming a certified Playground Inspector and recently training to be part of the AHS Peer Support Team.

Continued on next page...
Message from the Editor—Continued...

Some of my CIPHI contributions include, mock BOC examiner, BOC examiner and a member of the organizing committee for the 2018 CIPHI AB Branch Fall workshop. Furthermore, for the past two years, I have raised money for the Stollery Children’s Hospital and the Edmonton Rowing Club as a member of the CIPHI Alberta Gladi-Boars rowing team participating in the Row for Kids fundraiser.

In this edition of the ABN, Nelson Fok shares an editorial discussing bacteria found on gym equipment as part of our reoccurring “What would Nelson Fok do?” feature. You will also find updates from Central Zone, Row for Kids, a retirement piece about Dr. Predy and an article on the CIPHI AB Branch $10,000 donation to Concordia University of Edmonton.

Thank you to everyone who contributed to this edition! I look forward to sharing the exciting work that is being done by Environmental Health Professionals in Alberta. I hope you enjoy this edition.

Angelina Barlow, CPHI(C)
Editor, ABN

CIPHI AB Donation to Concordia University of Edmonton

If you’re an Alberta Branch member reading this, it should come as no surprise to you that Concordia University of Edmonton (CUE) and CIPHI AB share a special partnership. This is not only because CUE is based in Alberta but also evidenced by the support CUE gives our Branch as a major sponsor at our Annual Fall Workshop’s for a number of years as well as being a host site for our most recent Annual General Meeting (with free coffee and donuts).

In return, CIPHI AB has also supported many CUE initiatives in the past, most notably, a $10,000 donation made towards furniture to improve the student learning experience in a new classroom space where the didactic portion of the Environmental Health Program was offered, of which many current CIPHI AB members have been direct beneficiaries. CIPHI AB members are also known for providing quality instruction to CUE Environmental Health students as guest lecturers, offering education based on field experience and current practices.

In recognizing this special partnership CIPHI AB membership recently passed a motion at our AGM to support a new initiative brought forth by the Director of the Environmental Health After Degree Program.

The initiative proposed was the support of a newly constructed Public Health Simulation Lab (known as S-Lab) that is designed to simulate facilities and experiences for training Environmental Health students. The S-Lab intends to enhance student learning through visualization and hands-on experience utilizing Augmented Reality (AR). Although there is no substitute for the sights, sounds, and smells of being on-site at an inspection, AR will allow students to experience real-world situations in a controlled environment. This technology also has the potential to benefit current CIPHI AB members as a tool for continuing education and professional development.

CIPHI AB Executive members in the Edmonton area were on-site at CUE in July to present a cheque for $10,000 in support of the S-Lab to Environmental Health Faculty as well as Dr. Tim Loreman, President and Vice-Chancellor.

Continued on next page...
CIPHA AB Donation to CUE—Continued

Continued from page 3.

CIPHI AB Executive members also had an opportunity to tour the Centre for Science, Research and Innovation, a state-of-the-art building that was recently constructed where the S-Lab will be located.

The application of this technology for CIPHI AB members as well as Environmental Health students at CUE will be an exciting and innovative approach to educating future Environmental Public Health Professionals and advancing the field of Environmental Health.

Respectfully Submitted,

Danny Thepsouvanh, CPHI(C)

CIPHI AB Treasurer

CIPHI AB Executive were on hand to present CUE Faculty with a cheque for $10,000 in support of the innovative S-Lab which will revolutionize the way which Environmental Health students will learn.

Board of Certification—Update

The Board of Certification has some exciting news to announce.

The BOC is going green! In a joint effort, the CIPHI office and the BOC have developed an electronic submission process for exam applications and reports. It is expected that this change will take effect spring 2019. The new electronic process will save paper, money, and time for all.


The new and improved BOC instructional objectives describe the required knowledge, skills and behaviours of an entry level public health inspector using clear, specific and measurable language that is in line with current Canadian degree expectations. The new IOs also separates program-level requirements from module-level and course level requirements which facilitates curriculum and program development for BOC accredited programs.

IMPORTANT: These instructional objectives will be implemented by accredited programs in Fall 2019 and will not be reflected in the Board of Certification Examination until October 2020.

Do you have questions about the BOC? Contact Keara Shaw, Alberta Branch Rep, at boc@ciphi.ab.ca
Editor’s Note: This is an ongoing feature in the ABN and is a professional opinion submission from Nelson Fok on emerging issues in environmental public health.

Exercise In Futility

I am never one for going to the gym on a regular basis. My philosophy is no pain, no pain. Exercise, however, is an important part of healthy lifestyle (for other people). Annual growth for gym, health and fitness club industry in Canada was 2.3% per year for the last five years, with an increasing number of people getting fit by going to these facilities.

Have you ever wondered how clean the equipment is? A 2012 study (Markley et al.) found 10% of samples taken at a university fitness center to be positive for Staphylococcus aureus. It was concluded that gym surfaces could be colonized and may play a role in the community transmission of Staphylococcal species. An earlier study found the presence of viral cultures on equipment and that disinfection of equipment did not lower the prevalence of virus isolation (Goldhammer et al., 2006). Recently, a home fitness equipment company, Fitrated.com, sampled 27 pieces of gym equipment at three different public gyms. The testing of treadmills, exercise bikes and free weights all were positive for bacteria. Exercise bikes and free weight samples also were positive for Bacillus, some with microbial counts over $1 \times 10^6$ cfu.

Most infections reported from gym are related to skin infection. Fungi, bacteria and viruses are common in wet areas. Sweat left to dry on equipment can be a breeding ground for bacteria. Influenza is probably the most serious respiratory infection at the gym (Weissfeld, 2015).

After someone uses a piece of gym equipment, to be courteous, it is common to use a spray bottle to wet and wipe the handle and seating area (but not the controls used to adjust seats and weights). While the action looks great, the use of water in spray bottle is of little use. Bacterial transfer via hands or skin is greatest when the surface is wet. By spraying surfaces, it will increase bacteria transfer to another person. Since the handles are usually covered by foam type padding material, water will penetrate, increasing bacterial growth, survival and transfer.

The use of disinfectant spray is not common due to potential damage to equipment, odour problems and sensitively by some users. Some gyms have started replacing water spray bottles with dispensers of pre-moistened, antibacterial wipes. Chemicals takes time to work, and in some cases, the equipment is used immediately by others and there is not enough time for any chemicals to be effective. Also because of the presence of oil and sweat, the organic demand will most likely render most disinfectant useless.

Sometimes it is not just the touching. The inhalation of indoor pollutants increases with higher breathing rate. Ramos et al., 2015 studied the inhaled dose of air pollutants based on minute ventilation rate. Results found four times level of PM10 were inhaled in aerobic classes than in holistic classes. The study showed that inhalation of pollutants is increased during heavy exercise (Ramos et al., 2015). Your best defense is to wash hands often. Bleach will not penetrate dirt/oil and will be neutralized by the organics present. Gym equipment and high-touch surfaces should therefore be cleaned regularly by a disinfectant with surfactant power to lift and remove dirt.

As for me, I would quote Ellen DeGeneres: "I really don’t think I need buns of steel. I’d be happier with buns of cinnamon."

Submitted by Nelson Fok

References:
Fitrated.com Examining Gym Cleanliness, 2018 access September 6 2018
https://www.fitrated.com/resources/examining-gym-cleanliness/

Goldhammer KA etal, 2006 Prospective study of Bacterial and Viral Contamination of Exercise Equipment Clinical Journal of Sport Medicine 16(1):34-38


Weissfeld AS Infections at the Gym, 2015 Clinical Microbiology Newsletter 37:11
ROW FOR KIDS

The CIPHI Alberta Gladi8oars were back on the water in their second season participating in Row for Kids, an Edmonton Rowing Club fundraiser in support of the Stollery Children’s Hospital (75%) and youth rowing programs (25%). The crew trained hard for 8 practices on the North Saskatchewan River, to prepare for their three heats of racing on Telford Lake in Leduc on Saturday September 8 2018. This year the CIPHI crew was made up of 3 Edmonton Rural PHIs (Colin Charest, Baldev Sandha and coach Karah Harvey), 1 Edmonton Food PHI (Angelina Barlow), 6 Edmonton Safe Built PHIs (Meaghan Allen, Alaa Farhat, Susana Roqara, Stephanie Bodnar, Rebecca Johnson and team captain Lois Wiberg), as well as Health Canada PHI (Wojciech Drobina) and 2 friends/family of CIPHI members. 6 of the 13 were part of the crew in 2017 and returned for the fun, fitness and good causes. The Gladi8oars thank CIPHI Alberta Branch for their support through CIPHI in the Community Funds for both the Edmonton and Federal Zones. This support helped cover part of the registration cost, and helped with the cost of T-shirts for the new members.

The crew had a fundraising goal of $5000 and absolutely crushed it, coming in with a total of $6072 in donations. This success was due to hard work with various initiatives including two charity garage sales (with generous donations of items and prime yard locations from the larger CIPHI family), a pub night, 50/50 ticket sales, organizing a spin class with X-Therapy, and support through online donations. HSAA also supported the team this year with a $500 donation through a sponsorship request approved by the HSAA Social Justice Committee. Thank you to the CIPHI family for all of the support. This year the entire event raised over $122,000 for 2 worthy local causes!

On September 8 2018 the Gladi8oars crew competed in heats racing an 8 seat rowing shell against the other 15 corporate teams. The winning team is determined by race times on the water, as well as fundraising efforts (a 2 second advantage is given for every $1000 the crew fundraises). The crew worked hard (at keeping warm on a cool, rainy day and also in the races) and had a great day in support of the Stollery and youth rowing. There is already talk about ideas for next year. If you are interested in joining the crew, keep an eye on your email in late winter 2019!

Respectfully submitted,

Karah Harvey
News from Central Zone

**Staffing Updates**
Amber Keus has moved to Red Deer office from Camrose.

Recent students Shawana Pirzada and Adeniyi Adeju-mo have finished their practicum with Central Zone. You both will be missed.

Concordia graduates and new practicum students Avik Sharma and Amanda Amagwu have joined our team. Avik is working out of the Wetaskiwin office while Amanda is working out of the Johnstone Community Health Centre in Red Deer.

**Winter Clothing Drive**
Johnstone Crossing CHC has brought back the annual sock drive.
But this year we asked that staff consider bringing in winter clothing, boots, gloves, jackets and toiletries.
Coffee cards are also always appreciated.

We have renamed our annual sock drive to the “Johnstone Crossing CHC Winter Clothing Drive”. Donations will be brought to the Women’s Shelter and to the Night Reach Workers. Night reach workers deal first hand with our homeless population.

**Zone Baby News**
Pamela Kutuadu and Allan Kutuadu welcomed a new addition to the family.

Miss Evelyn Delali Afi Kutuadu (pictured below) was born on July 20 at 5:19 pm. She weighed 8lbs 12 oz and measures 20.5 inches.

Manny and Anisa Ahmad also welcomed a new addition to their family (pictured below). Maya Yasmin Ahmad was born on Friday September 7th at 8:14 am weighing 8lbs.

Maya and Anisa are both doing well Big Brother Sami is very pleased to have a little sister to look after.

Mock BOC exams
I am pleased to report that Erin Teare arranged the mock oral BOC exam for Concordia students on September 29, 2018.
Three candidates sat the mock oral exam with three awesome volunteer examiners giving up their weekend to help out.

Respectfully submitted,
Scott Budgell
Zone Councilor

Jason Lee
Assistant Zone Councilor
Retirement Announcement: Dr. Predy

After 40 years of service to Albertans, Dr. Gerry Predy retired in August of this year.

We’d like to acknowledge this milestone in recognition of Dr. Predy’s support of environmental public health and CIPHI during his distinguished career.

After graduating from the University of Alberta, Dr. Predy started his career in public health as the Clinical Medical Officer with the Edmonton Board of Health. Between 1981 and 2009 he assumed various leadership roles in Edmonton public health, eventually serving as Vice President Public Health and Medical Officer of Health in the former Capital Health Region from 1996-2009. With the formation of Alberta Health Services, he was appointed to the position from which he retired: Senior Medical Officer of Health and Senior Medical Director Population, Public and Indigenous Health. In this role he co-led the reorganization of Public Health Services in Alberta.

His accomplishments include leadership related to the re-organization of public health in Alberta following the formation of AHS, emergency preparedness, leading the response to the 2009/10 H1N1 influenza pandemic, meningococcal outbreak and vaccination campaigns, air quality, development and introduction of school screening and health protection programs. Dr. Predy worked part time in general medical practice with a special interest in clinical preventive medicine, pediatrics and sports medicine until 2009. Throughout his career, Dr. Predy has been a faculty member in the Faculty of Medicine and Oral Health Sciences at the University of Alberta, eventually being promoted to the rank of Clinical Professor.

A large cohort of environmental public health professionals in Alberta will recall Dr. Predy as an educator. He was among the first instructors for the Environmental Health program Concordia University College of Edmonton and served in this role (including Adjunct Professor) from 1995 to 2014.

In 2008, Dr. Predy was awarded Honorary Membership in CIPHI. In addition to his Public Health leadership in Alberta and his work at Concordia, the nominators indicated that he:

“… has been a strong supporter of Environmental Public Health Professionals and of CIPHI, working to ensure that there is continued organizational support for Environmental Public Health staff to attend various professional development opportunities including the CIPHI Annual Education Conference and the CIPHI Alberta Annual Fall Workshop. Additionally, he has provided innovative frameworks that allow Environmental Public Health staff to enroll in post-graduate studies leading to advanced degrees such as Masters of Science and Masters of Public Health. … Nationally, he has been on the Advisory Council of the National Collaborating Centres, one of which is the National Collaborating Centre for Environmental Health.”

We wish Dr. Predy well in his retirement.

Submitted by Lance Honish and Phi Phan
Thank You to the Platinum and Silver Sponsors!

On behalf of the 2018 CIPHI Alberta Fall Workshop Organizing Committee, thank you to the following key sponsors for their contributions:

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Thank you.....
For your generous support!

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Alberta Branch News

The Alberta Branch News is published twice yearly by the Newsletter Committee of the Alberta Branch to provide current information on the many activities of the Alberta Branch. The newsletter is distributed to members and friends of the Alberta Branch.

Any inquiries, correspondence or change of address should be forwarded to:

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Our Next edition:
- AEC Saskatoon 2018
- CIPHI AB Branch Fall 2018 Workshop
- Alberta Branch Award Recipients

Do you know of great work being done by yourself or your colleagues?

If you are interested in contributing to the next edition, please send an email to the ABN Editor at newsletter@ciphi.ab.ca

Contributions for the next edition requested by March 1, 2019