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MTP News

Issue 6 July 2024

Letter from our Principal Investigator

Please help us keep your information up to date!

The Manitoba Tomorrow Project is a long-term study and staying in touch with our participants is important for the project's success.

If you have moved or changed your email address recently, please take a moment to update us. Even if you move outside of Manitoba or Canada, we can send you invitations, information and updates.

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Email

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Telephone

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Twitter

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Mail

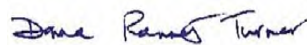
Manitoba Tomorrow Project
c/o CancerCare Manitoba
675 McDermot Ave
Winnipeg, MB. R3E 0V9

Welcome to our July 2024 newsletter! I hope the beginning of your summer has been very enjoyable.

The Manitoba Tomorrow Project (MTP) team has spent the first half of 2024 focused on completing study appointments. Since moving into our dedicated space in November, we've had the privilege of welcoming more than 3,400 of you to our offices for data collection! I am so proud of the team, and grateful to have such a dedicated pool of participants.

We have some exciting new initiatives coming up that you'll learn about in this newsletter. First, we are in the planning stages of developing a Participant Advisory Committee. It is you, our participants, who make the MTP possible, and we want your input to help us succeed. Recruitment is expected to begin later this year, so keep an eye on your email. Looking further ahead towards 2025, we are happy to announce our involvement in the Canada-wide 'HEALthy Eating and Supportive Environments' Study. This will be one of the largest projects ever undertaken to gather information on Canadian's diet and physical activity habits, and we are so happy to be involved.

On behalf of all of us at the MTP, I wish you a wonderful summer, and thank you for your participation. I'm looking forward to continuing our work to advance our knowledge of cancer and other chronic diseases!



Dr. Donna Turner, PhD
Scientific Director



All About Bioelectrical Impedance

During study appointments our Research Assistants will take several measurements of your body. Some of these are similar to those your doctor might take, such as your height and weight. However, one measurement we take may be new to you: body composition.

Your body is “composed” of different tissues, including muscle, bone and fat. How much of each tissue is different for everyone, and having too much or too little of some tissues may affect your health.

To figure out your body composition, we will ask you to stand on an advanced scale. It uses a method called ‘*bioelectrical impedance*’ to estimate your body composition.

A small electric current is sent through you (don’t worry – you won’t feel a thing!), and the quality and speed of the current after it gets from one side, to the other, is determined. Each type of body tissue affects the current in a different way. Because of those differences, the scale can use the measurements to provide our team with an estimate of your body fat percentage! We’ll be more than happy to give you the results.

Bioelectrical Impedance Analysis FAQ:

Q: Does using a bioelectrical impedance device hurt?

A: Not at all! The electric current is imperceptible. You will not feel anything.

Q: Is the machine safe? Are there any risks involved in using the machine?

A: Bioelectrical impedance devices are safe for most people. However, they should not be used by anyone with an electronic medical implant such as a pacemaker or defibrillator. Bioelectrical impedance devices should not be used during pregnancy.

Lend Your Voice to the MTP

Later this year we will take the first steps towards forming a Participant Advisory Committee, and we want you to be a part of it!

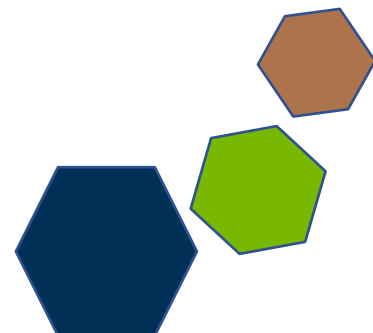
We will be on the search for approximately 15 participants who are willing to commit to meeting twice a year to provide important feedback to MTP leadership.

Members of the Committee will be asked to review upcoming surveys, let us know how often and through which avenues you would like to hear from us, provide feedback on our communication materials, discuss your experience and opinions on the project, and much more.

If you ever felt we could be doing something better, felt confused by an email we sent, or simply want to get involved with the project, this Committee is for you. Please keep an eye on your email this fall. We will be sending out invitations to participate in an initial interest survey and explain the interview process at that time.



Our Bioelectrical Impedance Analysis scale in use!



Around the MTP Office...



MTP Team & Friends at Challenge for Life. Pictured above from left to right: **Dr. Travis Hrubeniuk**- Project Lead, **Fernanda Wilhelm**- Project Coordinator: Recruitment, **Sarah Teillet**- Project Coordinator: Communications, **Dr. Donna Turner**- Principal Investigator, **Kathryn Dyck**- Director of Cancer Standards for CancerCare Manitoba.

MTP in the Community!

In February 2024, the MTP was featured on 680 CJOB, where Richard Cloutier interviewed Project Lead Dr. Travis Hrubeniuk and one of our valued participants. They spoke about our progress since launch, our goals, and Richard became a participant!

Later that month, Dr. Hrubeniuk visited Pacific Junction School to take part in *I Love to Read* month. While there, he read to the students, answered questions about CancerCare, and spoke about the importance of physical activity.

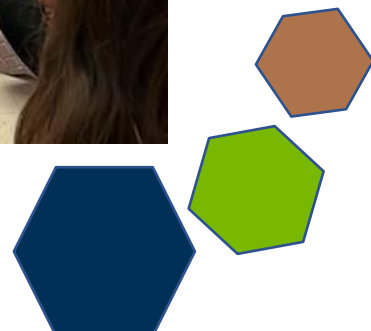
In June, MTP staff, friends, and family participated in the 17th annual *Challenge for Life*. Once again, the Tomorrow Project Trekkers team raised funds and got active in the name of improving health and reducing our cancer risk!

The Sun Has Set on the SunFit Project

In April we wrapped up our participation with the SunFit Project, after a fantastic response from MTP participants. We want to express a BIG thank you to the 2,300 participants who completed the SunFit Survey.

The SunFit Project is aimed at understanding Canadian's knowledge of different risk factors for developing skin cancer, and asks participants to outline their beliefs regarding, and use of, sun-protective measures.

The SunFit team is now busy working on publishing the results from Manitoban participants. We look forward to sharing the manuscript once it's available!



An Exciting NEW Opportunity!

We are very excited to announce that our first full cohort follow-up will begin in early 2025! As part of a CanPath led, nation-wide initiative, the HEALthy Eating and Supportive Environments (HEAL) Study will be one of the largest sources of data reflecting Canadian's diet and physical activity habits.

The study aims to understand how your neighbourhood and environment impacts the food you eat, what you drink, what physical activity you do, and how all of these factors influence your health. The research team will consider the walkability of your neighbourhood, how close you live to a grocery store, how many fast food restaurants are near you, as well as your access to playgrounds, parks and public transportation, and try to figure out how those factors contribute to what you eat and how much physical activity you do.

Participation will involve our team reaching out a few times throughout the year, asking you to let us know everything you ate, drank, and what physical activity you did over the past 24-hours. By spreading our requests out over the year, we can better understand how eating and physical activity habits change throughout the different seasons.

We are extremely excited to be taking part in HEAL, and want to make sure Manitoba is represented in this groundbreaking work. Please keep an eye on your email inbox, as invitations will go out in early 2025.

So... What's Next?

When will you hear from us next?

If you have already come in for an in-person appointment, your next follow-up survey will occur in early 2025 as part of the HEAL Study. You will also hear from us in late 2024 regarding the formation of the Participant Advisory Committee. If you haven't heard from the team regarding your initial study appointment, please reach out so we can schedule you in.

We will also continue to reach out to provide periodic updates throughout the year. If your contact information has changed, or you have any questions, please let us know by submitting the updated information on our website (manitobatomorrowproject.ca), by email at CCMBTomorrow@cancercare.mb.ca or by phone at: **1-855-588-0658**.

What is CanPath?

The MTP is a part of the Canadian Partnership for Tomorrow's Health (CanPath).

Based out of University of Toronto's Dalla Lana School of Public Health, CanPath is made up of seven regional Canadian cohorts: the Atlantic Partnership for Tomorrow's Health, CARTaGENE (Quebec), the Ontario Health Study, Healthy Future Sask (Saskatchewan), Alberta's Tomorrow Project, the BC Generations Project and the MTP. All together, we represent over 330,000 participants across the country!

CanPath's mission is to provide a national platform for population-level health research in Canada and globally.

CanPath provides the MTP with leadership, support, and coordinates numerous projects that span provincial borders. To learn more, please visit www.canpath.ca.



CanPath

Canadian Partnership
for Tomorrow's Health

Partenariat canadien
pour la santé de demain

