



UNIVERSITY OF SASKATCHEWAN

Canadian Centre for Rural
and Agricultural Health

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Canadian Centre for Rural and Agricultural Health

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BE WHAT THE WORLD NEEDS



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Research that supports the creation of cutting-edge health knowledge and programs to support rural and agricultural people.

Supporting Rural and Agricultural

PEOPLE

Since 1986

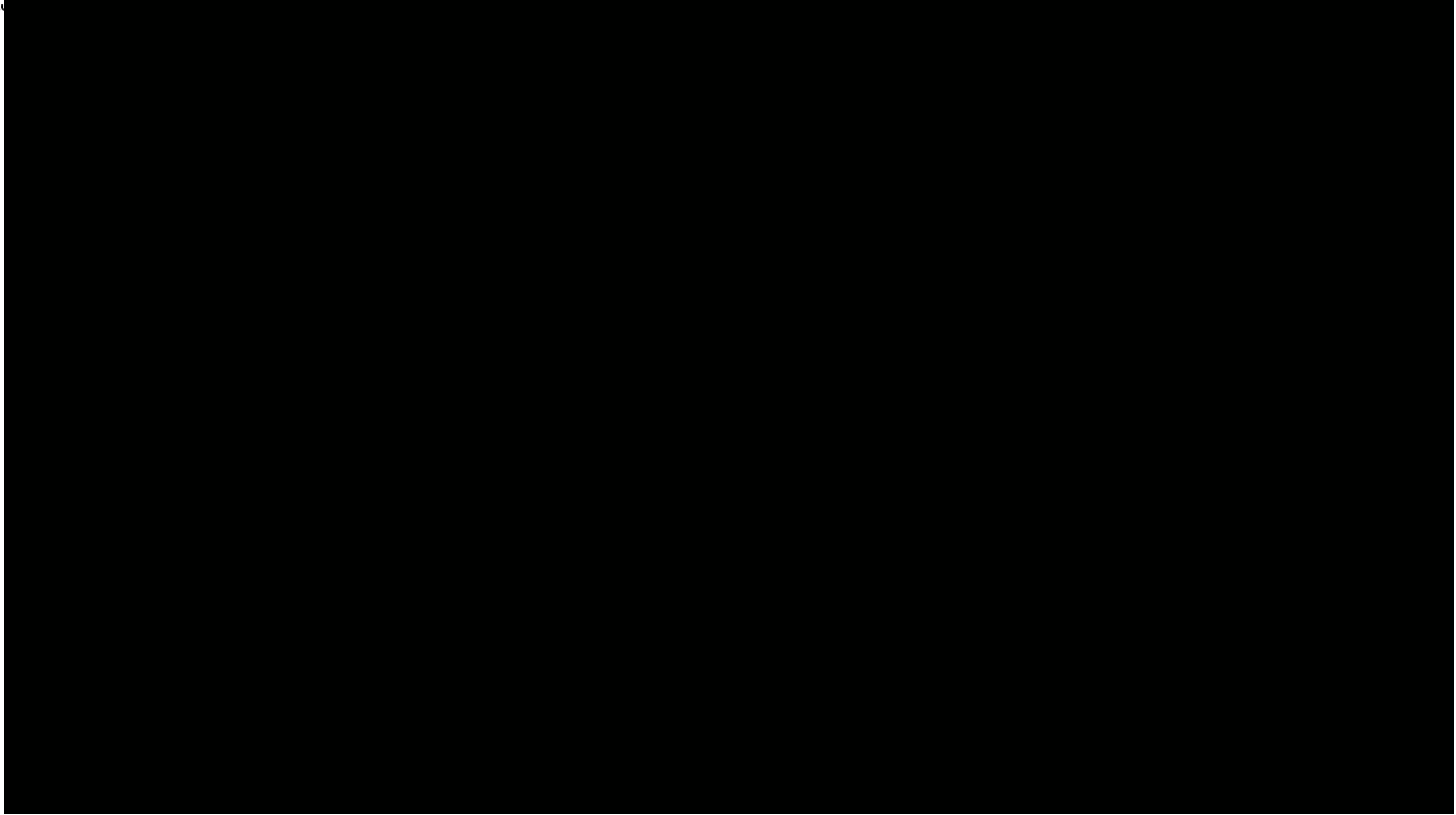
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<https://youtu.be/dYSAXC4CKdl?si=ilM9Nupvv6E1vc6w>

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Interdisciplinary

23 Collaborators
from
16 Canadian
Universities

83 Collaborators
from **12 Colleges** at the
University of Saskatchewan

21 Collaborators
from
15 International
Universities



9 Government
Supports



30 Industry
Partners



Research to Action





RESEARCH



Areas

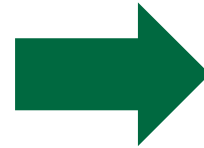
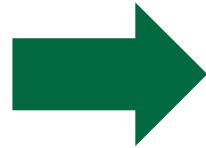
- Rural Exposures and Health
(physical, chemical, biologic,
psychologic, ergonomic)
- Rural Health
 - Sleep, Respiratory,
Cardiovascular, Infectious
diseases Health
 - Children's Health
 - Indigenous Health
- Musculoskeletal Health
- Agricultural Health & Safety
- Rural and Remote Dementia
Care
- Rural populations access to
health services



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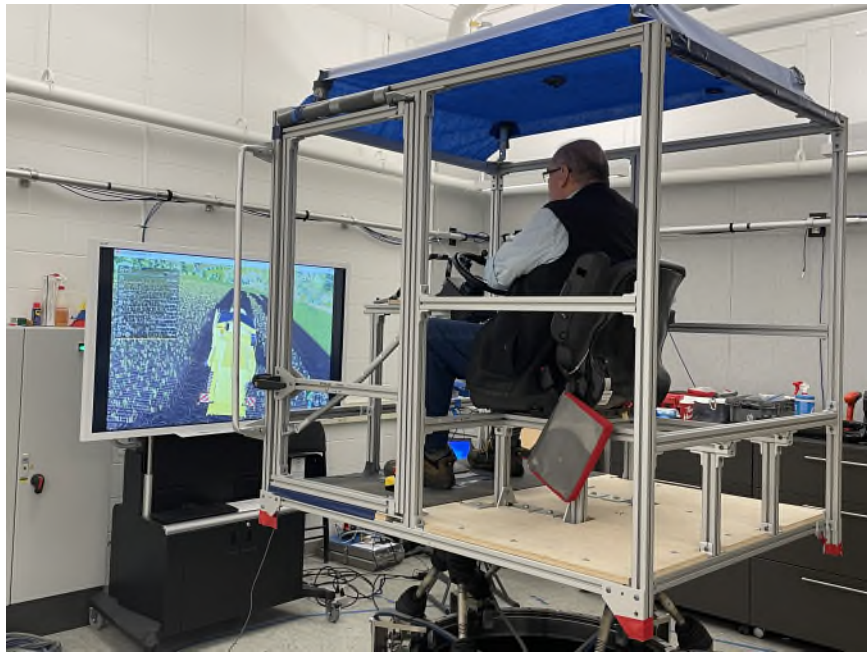
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WBV Risks

Shaken, not stirred

Whole body vibration (WBV) is known to be associated with back and hip disorders, but it can also contribute to the risk of falls and collisions (accidents).

The short-term effects of WBV include:

- Cognitive impairment (memory difficulties, for example)
- Stress
- Loss of balance
- Reduced control of body position and self-movement
- Reduced sensory and motor responses

WBV, being a long-term exposure to WBV, the effects are cumulative and can contribute to the development or aggravation of low-back injuries.

Additional Resources

Go to the 18 books with QR codes below.

Dr. Denis Burnett
Denis.burnett@usask.ca
306-244-6727

Take a Break from the Shake

It's not just something as simple as taking a break during your workday can help reduce some of the negative effects from whole-body vibration (WBV) when operating farm machinery.

Learn more about the risks of WBV, along with practical tools and strategies to help reduce the adverse health effects.

Get up and move!

Supported by the Saskatchewan Government and the Government of Canada

USASK SASKATCHEWAN CANADA

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SERVICE





Agricultural Health and Safety Network






STRONGER TOGETHER IN AGRICULTURAL HEALTH AND SAFETY

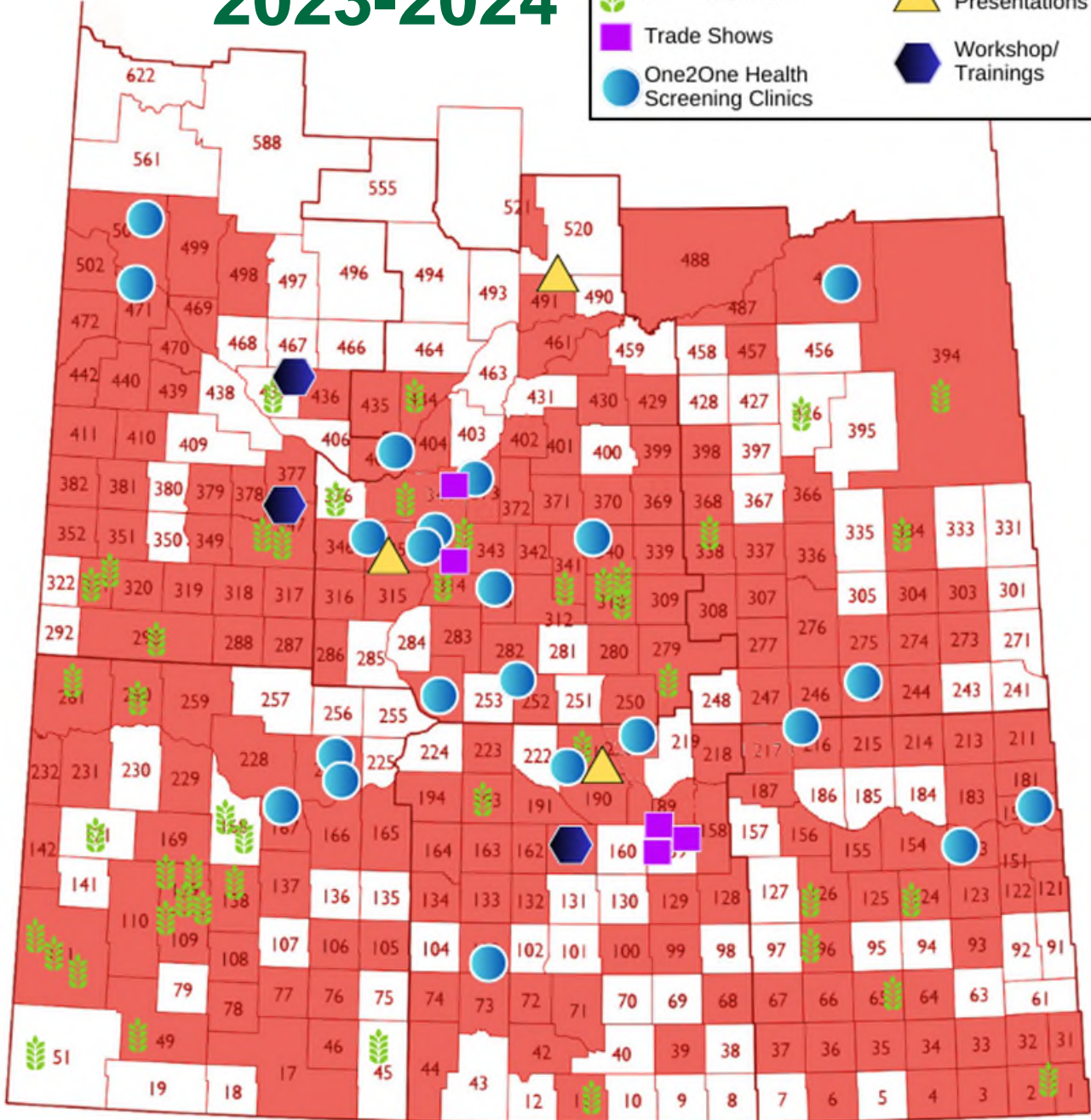
Programs and Services



- Discovery Days – farm safety education for kids.
- One2One Clinics - assessing farm families and farm workers respiratory or hearing health.
- Workshops – offered in a variety of topics including
 - Farm Safety Plan
 - Aging Farmers
 - Stress and Agriculture
 - Sleep Health
- Gear Up for Ag – interactive education program for agricultural post–secondary students.

2023-2024

-  Discovery Days
-  Community Presentations
-  Trade Shows
-  One2One Health Screening Clinics
-  Workshop/ Trainings

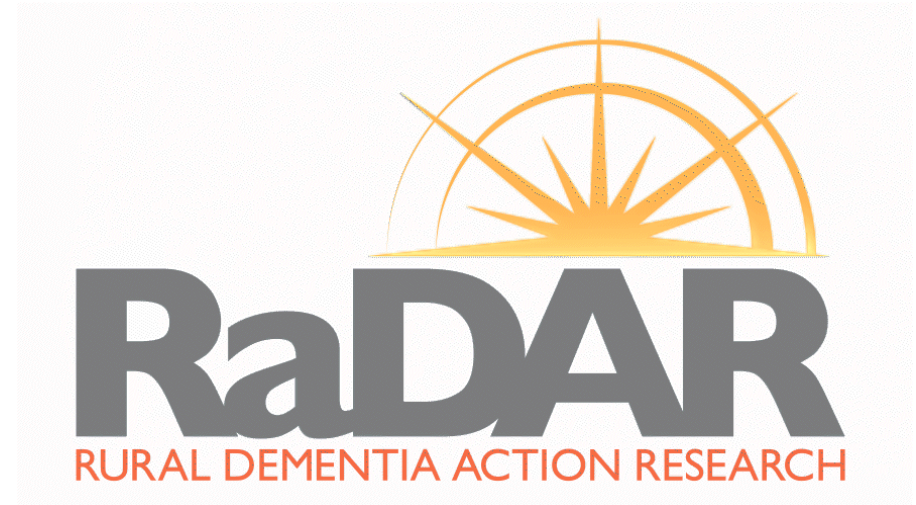


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Complex Memory Clinic at USask

- Focused on atypical and complex dementias.
- Interdisciplinary team (neurology, neuropsychology, physical therapy) coordinates in-depth, **one-day** assessment to reduce repeated travel.
- Follow-up offered via TeleHealth.





Rural Primary Health Care Memory Clinics

- Local one-day memory clinics provided by primary health care teams.
- 8 rural locations, with more sites underway (Canora starts Oct 3)
- Trained & supported by RaDAR team.
- Accessible, team-based dementia care.



Map of Rural Primary Health Care Memory Clinics



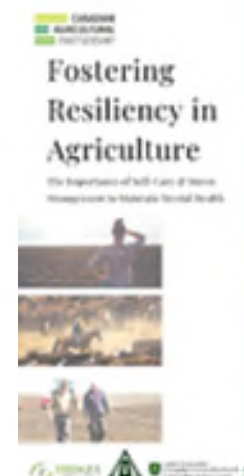
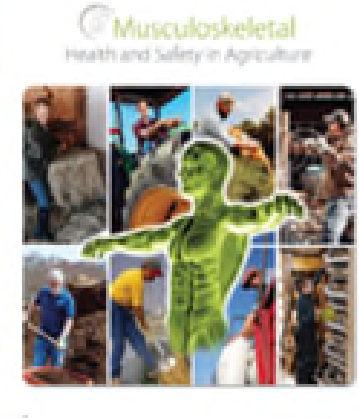
KNOWLEDGE MOBILIZATION



A KT team to support development of:

- a) Resources
- b) Videos
- c) Workshops
- d) Programs

<https://cchsa-ccssma.usask.ca/aghealth/resources/resources-by-theme.php>





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