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MTP News

Issue 3 January 2023

Letter from our Principal Investigator

I am very pleased to bring you our third annual newsletter!

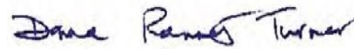
We are thankful for your generosity and continued participation.

In October we were able to switch our focus away from recruitment and towards resuming our in-person study appointments. While optional, these visits are part of what makes the Manitoba Tomorrow Project unique. Our collection of survey information, physical measures and biospecimens will help advance our knowledge of cancer and chronic disease for future generations. We would be thrilled if you would come for an in-person appointment, so please keep an eye out for an invitation from our team.

That said, we have not closed our recruitment. If you have a family member, friend, or colleague who hasn't sent back their initial study package, or if you know somebody who still wants to participate, it is not too late! They can still sign up, but be sure to tell them to act quickly.

Moving into 2023 we look forward to another productive year. We will continue to complete in-person study appointments, finalize recruitment, and will be opening a newly renovated project space!

Please stay in touch! Thank you again for your continued participation.



Dr. Donna Turner, PhD
Scientific Director



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 information and updates.

Online

manitobatomorrowproject.ca

Email

CCMBTomorrow@cancercare.mb.ca

Telephone

Toll-free: 1-855-588-0658

Mail

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



In-Person Appointment Update

In October we resumed our in-person study appointments for the first time since March 2020. Unsurprisingly, this delay has resulted in quite the substantial backlog. To date we have completed 660 appointments, but still have over 7,000 remaining.

At the in-person appointments we take a number of physical measurements including height, weight, blood pressure, heart rate, waist and hip circumferences, and body composition. We also aim to collect a small amount of blood and urine. You can choose to complete as many – or as few – of the requested measures as you please.

If you have already completed your appointment, thank you for coming in! If you haven't had the chance yet, your time is coming. We are working our way through the list, but if you know you have time for an appointment in the near future, please contact us at: CCMBTomorrow@cancercare.mb.ca.

We appreciate your patience as we work through our backlog, and look forward to meeting you!

Keep your eyes open!

In January we launched an online media campaign to raise awareness about the project.

We hope this push will help us reach anyone who may have missed our prior recruitment efforts, or has been waiting for a last call before signing up.

Consider this a last call for any friends or family members (who are residents of Manitoba) who may be interested in signing up!

COVID-19 Studies

COVID-19 Antibody Study: Manitoba's Preliminary Results

- 9.7% of Manitoban participants said they had tested positive for COVID-19.
- 99% tested positive for antibodies from either prior COVID-19 infection or by a COVID-19 vaccination.
- 92% said they had received at least two doses of a COVID-19 vaccine.

For more information and a look at the results from across Canada, check out the CanPath Webinar:

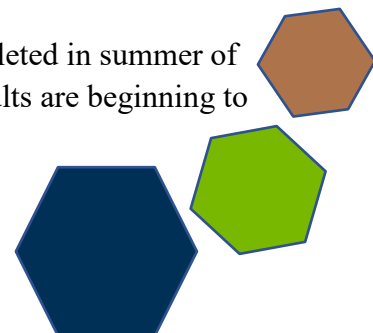
[Webinar: COVID-19 Antibody Study Results - CanPath - Canadian Partnership for Tomorrow's Health](#)

As part of a national project led by the Canadian Partnership for Tomorrow's Health (CanPath), The Manitoba Tomorrow Project participated in a national study that collected blood samples and survey data about COVID-19 infections and vaccinations from over 24,000 Canadians.

The Manitoba Tomorrow Project began distributing questionnaires and dried blood spot kits to participants in August 2021.

Each blood spot kit was tested for antibodies produced either by prior COVID-19 infection or by a vaccination to COVID-19.

Data collection was completed in summer of 2022 and preliminary results are beginning to be distributed.



Around the MTP Office...



Pictured from left to right: **Johnnus Gomez**- Application Programmer Analyst, **Sarah Teillet**-Project Coordinator: Communications, **Peniel Eshetu**- Research Assistant, **Mary Natividad**-Senior Lead Developer, **Dr. Travis Hrubeniuk**- Project Lead, **Gary Annable**- Project Coordinator: Ethics, **Sydney Earpwiebe**- Research Assistant, **Laurie Lange**- Lab Technician, **Allison Kolly**- Research Assistant, **Dr. Donna Turner**- Principal Investigator, **Galvin Huen**-Research Assistant, **Fernanda Willhelm**- Project Coordinator: Recruitment. Not Pictured: **Allen (Ao) Xiao**- Application Programmer Analyst, **Kevin Luong**- Programmer/Coordinator, **Madeline Kells**- Administrative Officer.

Study Centre Renovations!

We are extremely excited to announce our facility is under construction! We are currently in the process of renovating our offices, located within the Manitoba Possible building at 825 Sherbrook.

The updated facility will provide us with our own dedicated office space, and three private Manitoba Tomorrow Project interview/examination rooms for our team to complete in-person appointments in. We hope this new space will allow us to increase the volume of appointments we can schedule in a day, helping us to clear our backlog sooner.

The estimated completion date for this renovation is in Spring 2023. We can't wait to show you!

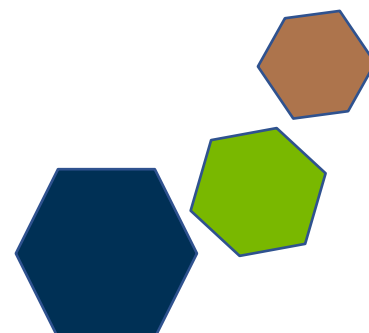


Staffing Updates

In 2022 we said goodbye to Project Coordinator Nikita Lysenko. Nikita's contributions to the Manitoba Tomorrow Project were integral to building the foundation of the project. We wish him the best of luck as he pursues an exciting new career.

Next, we were pleased to announce Dr. Travis Hrubeniuk as the new Project Lead in September. Travis previously worked as the Project Coordinator: Recruitment. We were also happy to promote two of our Research Assistants, Sarah Teillet and Fernanda Willhelm, to the positions of Project Coordinator: Communications, and Project Coordinator: Recruitment, respectively.

Lastly, we happily added two Research Assistants to the team. Galvin Huen and Peniel Eshetu both joined the team in late November. Join us as we welcome them aboard!

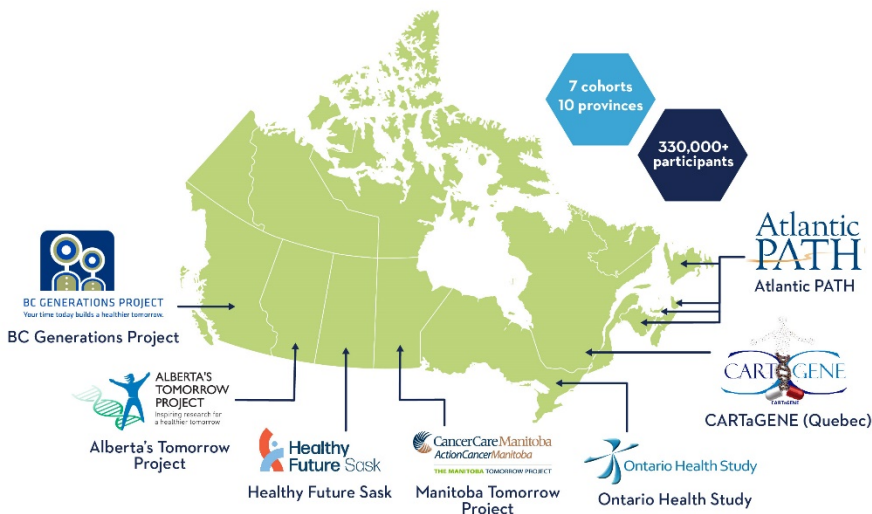


National Coordinating Centre

The Manitoba Tomorrow Project is proud to be a member of Canada's largest population health study, **The Canadian Partnership for Tomorrow's Health (CanPath)**.

CanPath hosted four webinars throughout 2022, with many more planned for 2023. You can watch them here:

[Webinar Archives - CanPath - Canadian Partnership for Tomorrow's Health.](#)



New Strategic Plan

CanPath recently released an updated strategic plan to support the enrichment of the platform and a wide range of studies. This plan includes four main strategic paths:

Expand

- Recruit additional participants to enhance the representation of historically underrepresented populations.
- Identify scientific partners in the territories.

Enrich:

- Implement in-depth national dietary and physical activity assessment.
- Administer regular follow up questionnaires to update and enhance the data.

Transform:

- Improve the access procedure for researchers.
- Increase engagement with industry partners.

Engage:

- Develop new materials to better communicate with participants.
- Empower the participant in order to foster participant engagement.

You can review the new strategic plan on CanPath's website, canpath.ca, or by [clicking here.](#)

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 will occur in approximately three years' time. If you haven't heard from the team regarding your appointment, keep an eye on your email. We will be working through our backlog over the next year or two.

In the meantime, we will 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**.

