

February 2022

**EVEN  
THE  
ODDS**

# NEWSLETTER

**MAP**

Get insights into MAP's research, how donations raised will help fund the development of real-world solutions to tackle inequities in communities across Canada and how Staples is supporting MAP. Together we can **EVEN THE ODDS**.

## Helping kids recover after lockdowns: healthy habits are key

As children in provinces across Canada settle back into in-person school, new MAP research highlights how important it is to focus on helping kids recover healthy habits – particularly related to diet, physical activity, mental health and screen time.

"Our kids have now spent many months total in lockdown," said Dr. Katerina Maximova, scientist at MAP. "Now that many are back in school, the negative effects won't just disappear. There's a lot to recover from."

Maximova gathered in-depth information on students' lived experiences of COVID-19-related lockdowns, and how they affected kids' mental health and lifestyle behaviours. Her research found that school closures prompted deteriorating lifestyle behaviours, mental health, and well-being of children.

## ENDING CHRONIC HOMELESSNESS

### People experiencing homelessness left out in the cold

Amid a bitter cold spell, MAP director Dr. Stephen Hwang speaks with CP24 about the lack of shelter beds in our communities and the proven 'Housing First' approach to ending chronic homelessness.



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## HARM-REDUCTION SERVICES

### Why drug checking services are essential in the opioid crisis

MAP launched Canada's first multi-site drug checking service to prevent overdose. Through the service, clients can get a sample of their drugs tested quickly for toxic substances along with harm-reduction strategies from health care providers, and low-barrier access to treatment. Hayley Thompson, project manager at Map, speaks to Alan Carter on 640 Toronto about the importance of drug checking in harm-reduction services.



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