



2011-2012
Annual Report

Dr. Joan L. Bottorff
March 31, 2012



**Institute for Healthy Living and
Chronic Disease Prevention**

PARTNERS IN RESEARCH FOR BETTER HEALTH



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA

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Executive Summary

The Institute for Healthy Living and Chronic Disease Prevention completed its third year of operation. The past year has been marked with significant achievements by the research teams supported by the Institute, and very strong interest in our knowledge exchange activities.

Our research teams have been involved in a number of activities that have strategically positioned them for continued success. Achievements include publications based on their preliminary work, grant applications, the development of new resources, and funding to continue their research activities. Enriched research training opportunities for both undergraduate and graduate students have also been an important outcome of the work undertaken by these groups.

Attendance continues to rise at Institute events including the symposia held on the topics of obesity and physical activity, our seminar series on *Partnerships in Research*, and other events co-hosted by the Institute. These events attract attendees from our campus community as well as from around the region and the province. This growing interest in our work is also reflected in responses to our efforts to expand our reach using social networking.

Our Advisory Committee met in December and January to begin strategic planning for the next

three years. Increasing interest in research partnerships from the community as well as from our faculty and students present new opportunities for expanding health research in our region.

In the coming year, we look forward to refining our strategic directions with the input of our interested communities, and setting the stage for the next phase of the Institute's activities.



Joan L. Bottorff, PhD, RN, FCAHS
Director, Institute for Healthy Living and
Chronic Disease Prevention

Institute for Healthy Living and Chronic Disease Prevention Annual Report for 2011-2012

About the Institute

Our Vision

The Institute for Healthy Living and Chronic Disease Prevention is an innovative and collaborative research centre that places UBC Okanagan in the forefront of community-based health promoting research through advancing research methods, building research capacity and fostering the use of knowledge in ways that benefit individuals, families and communities, and reduce the burden of chronic disease.

Our Mission

The mission of the Institute for Healthy Living and Chronic Disease Prevention is to create and use new knowledge to enhance healthy living and chronic disease prevention through the development of interdisciplinary and community-based collaborations.

Our Values

- **Excellence** – in community-based health promoting research, knowledge transfer and exchange.
- **Innovation** – designing and conducting cutting-edge research and its application.
- **Partnership and Collaboration** – meaningful engagement through all phases of the research process with a wide range of stakeholders. This fosters relevant research that makes a difference in people's lives.
- **Accounting for Diversity** – acknowledging that differences related to sex, gender, sexual orientation, race, ethnicity, culture, and socio-economic status matter when it comes to health and these complex interactive factors need to be integrated into health research.
- **Equity** – committed to conducting research that will enhance equitable access to health for all.
- **Inclusiveness** – engaging those who have a stake in issues or problems which influence healthy living and this is important for finding effective solutions and for using new knowledge.
- **Commitment to Learning** – respecting a wide range of expertise and experiences that can inform the production of knowledge and its use; providing research training opportunities and building capacity to use research findings.
- **Walking our Talk** – modelling healthy living in how and where we work.

Introduction

The Institute for Healthy Living and Chronic Disease Prevention (IHLCDP) completed its third year of operation. During the past year, the focus has been on supporting the development of research programs for team grant funding, profiling and disseminating information about the research activities of our associates and students, and engaging the community through a variety of activities.

Our Advisory Committee continued to meet quarterly. We thank outgoing members of the Advisory Committee, Leanne Bilodeau and Dr. Claire Budgen, for their valuable contributions. Tracey Hawthorn, Roger Wilson and Donna Mendel joined the committee this year. See Appendix A for the list of Advisory Committee members. The Advisory Committee, assisted by Nicole Udzenija,

Organizational Development and Learning Consultant with UBC Okanagan's Human Resources, also engaged in strategic planning exercises in December 2011 and January 2012.

This report summarizes the Institute's accomplishments over the past year.

Developments which Support the Direction of the Institute

Chronic disease continues to be on the rise in Canada. Three out of five Canadians older than 20 years of age have a chronic disease and four out of five people are at risk. Recent reports indicate that in British Columbia the rates of chronic disease (e.g., diabetes, asthma and hypertension) among women have been increasing since 1995, along with the prevalence of depression and anxiety.¹ Men in British

Columbia have a higher risk of dying from heart disease, liver disease and diabetes than women.²

Over the past year, governments and other groups, not only in Canada but also around the world, have focused attention on the problem of chronic disease. The World Health Organization (WHO) reported in 2011 that chronic diseases kill 36 million people per year, 80%

of which live in developing countries. WHO estimates that by 2030, chronic diseases are expected to contribute to 75% of global deaths.³ Based on these projections, Secretary-General Ban Ki-moon called habits like smoking, overeating and a sedentary lifestyle "a public health emergency in slow motion."

¹ Kendall, P. (2011). *The health and well-being of women in British Columbia. Provincial Health Officer's 2008 Annual Report*. Victoria, BC: BC Ministry of Health. Available online:

<http://www.health.gov.bc.ca/pho/pdf/phoannual2008.pdf>

² Goldenberg, L. S. (2012). Men's Health Initiative of British Columbia: Connecting the dots. *Urologic Clinics of North America*, 39(1), 37-51.

³ World Health Organization (2011). *Global status report on noncommunicable diseases 2010*. Geneva: World Health Organization. Available online: http://www.who.int/nmh/publications/ncd_report_full_en.pdf

Since for many Canadians current lifestyle behaviours are not optimal for health, governments and other organizations have prioritized chronic disease prevention and management, and launched new initiatives. In a joint initiative by Canada's federal, provincial and territorial governments, an online forum and resource centre, *Our Health Our Future*, was launched in 2011 to provide a forum for exploring factors that contribute to childhood obesity and options to support healthy choices. Starting June 1,

2011, B.C. family physicians were provided with additional tools to help British Columbians who belong to one of the at-risk populations (smoker, unhealthy eating, physically inactive, obese) get on the road to a healthier lifestyle. In January 2012, the Federal Minister of Health announced that \$35 million dollars would be allocated to the study of chronic disease prevention and management, and improved access for vulnerable groups. Other groups, such as the Canadian Cancer Society, have

developed strategic research funding mechanisms focused on prevention. The Institute's research on healthy living and chronic disease prevention is directly aligned with these new initiatives.

Institute activities continue to be closely aligned with UBC Place and Promise commitments related to excellence in interdisciplinary and multidisciplinary research, research-based learning, and community engagement.

Key Activities and Accomplishments in 2011-2012

The IHLCDP's key activities and accomplishments are directly related to the strategic directions set out for the Institute when it was established in 2009. Highlights will be reported in relation to each.



Strategic Directions

1. Building core areas of research to address identified priority areas.
2. Developing partnerships and engaging a broad range of stakeholders.
3. Providing research training opportunities.
4. Translating research into action.
5. Securing funding for infrastructure and research.
6. Building our profile and increasing our visibility.

Kaitlyn Roland accepting her draw prize following the IHLCDP symposium, Research on motion: Innovative approaches to support physical activity, May 30, 2011.

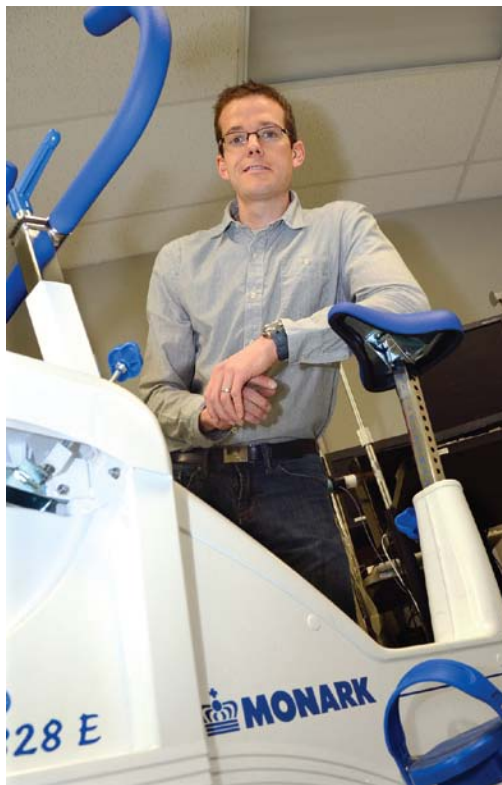
Building Core Areas of Research

Over the past three years, the IHLCDP supported a Research Interest Group (RIG) grant program to stimulate new community-academic partnerships in research areas relevant to the Institute's mandate. Through this funding program, RIGs were encouraged to engage in a number of activities including: identifying research priorities using environmental scans and literature reviews, conducting pilot studies, developing grant

applications, and conducting workshops and other capacity-building activities. Each RIG was awarded a one year grant of \$10,000. In total, nine RIG grants were awarded over the past three years.

The RIG grant program was highly successful in catalyzing the development of research programs, creating platforms for knowledge creation and exchange, and providing enriched opportunities for

research learning. Several RIG teams have obtained additional funding to support their ongoing research. All of the teams have presented on their work at IHLCDP hosted seminars or symposia, and many have also disseminated their work at provincial and national conferences, and in publications. In the following section, achievements of three of the nine RIG projects are highlighted.



Dr. Jonathan Little, co-investigator on the research project, The effects of high-intensity interval exercise on glucose regulation and exercise affect in pre-diabetes.

Research Interest Groups - Selected Highlights

Supporting the health and well-being of family caregivers

The RIG team led by Dr. Carole Robinson, Dr. Merridith Lilly and Ms. Tanis Coletti completed a literature review and gathered focus group data to better understand the needs of both urban and rural family caregivers. The work completed by this team provided a strong foundation for their continuing work. Recent achievements include the following:

- The findings of this research have been published, and shared at professional meetings and in the community:
 - Lilly, M., Robinson, C.A., Holtzman, S., & Bottorff, J.L. (2012). Can we move beyond burden and burnout to support the health and wellness of family caregivers to persons with dementia? A qualitative study. *Health and Social Care in the Community*, 22, 103-112.
 - Lilly, M., Robinson, C.A., Holtzman, S., & Bottorff, J.L. (2011, June). *Can we move*

beyond caregiver burden and burnout in the Canadian policy context? Paper presented at the Festival of International Conferences on Caregiving, Disability, Aging and Technology, Toronto, ON.

- Robinson, C.A., Lilly, M., Holtzman, S., & Bottorff, J.L. (2011, June). *The rising tide of dementia: Time for a new family approach*. Paper presented at the International Family Nursing Conference, Kyoto, Japan.
- Café Scientifique, *Who cares for caregivers* (Kelowna, March 7, 2012). A second café was co-hosted by Interior Health and IHLCDP (Penticton, March 20, 2012).
- The work completed by this RIG team provided the foundation for a successful grant application focused on understanding couples experiences with early dementia (Faculty of Health and Social Development, UBC Okanagan; PI Carole Robinson).
- A new partnership with Australian researchers,

focusing on caregiving in the context of dementia care, has led to a successful CIHR planning grant. Researchers from Australia, the US and Canada will meet April 16 – 18, 2012 in Kelowna, along with representatives from Interior Health and the Alzheimer Association. The meeting will focus on developing a shared research agenda and program of collaborative research. Dr. Carole Robinson (UBC Okanagan) and Dr. Elizabeth Beatty (Queensland University of Technology) are the co-leaders of this initiative.

Improving the health and well-being of men who have sex with men

This RIG team led by Dr. Susan Holtzman, Mr. Kevin Saya-Moore and Mr. Daryl Roberts focused on the lack of information about the health and well-being of men who have sex with other men (MSM) living outside major Canadian urban centres. The IHLCDP grant provided the resources to

conduct an anonymous online survey of 160 MSM living in the BC Interior. This study represents the first survey designed specifically to better understand the health of MSM living in our region. Significant achievements of this RIG include the following:

- Development of partnerships with the Living Positive Resource Centre and the Engaging Physicians Project funded by the Public Health Agency of Canada.
- Funding to support the development of an evidence-based resource to disseminate findings to physicians in Interior Health provided a UBC Okanagan student with research training. Supported by a 2011 Irving K. Barber School of Arts and Sciences summer student undergraduate award, Karly Drabot assisted the research team in developing on-line resources to disseminate study findings. A professional development workshop is now being developed based on this work. A PowerPoint presentation on the study

results is available on the IHLCDP website.



Karly Drabot, Psychology Student

- The project has provided an enriched research experience for undergraduate psychology student, Ms. Drabot. She presented the results of the project at the Gay Men's Health Summit in Vancouver in November 2011. On March 8, 2012, she gave an award winning presentation on this project at the UBC Okanagan Research Rodeo, held in conjunction with UBC Celebrate Research Week.
- The project is also providing the basis for Lisa Landis' undergraduate honours

thesis in psychology. Her thesis research entitled, *Predictors of HIV testing among men who have sex with men*, is supervised by Dr. Susan Holtzman.

- The findings have been shared at a national meeting and profiled in the media:
 - Shlomi, H., Beggs, T., Walsh, Z., Roberts, D., Puterman, E., & Holtzman, S. (2011, June). *The health and well-being of men who have sex with men in the Interior of British Columbia*. Poster presented at the 72nd Annual Convention of the Canadian Psychological Association, Toronto, ON.
 - *Knowledge of gay men's health reflects big city experience*, Xtra Magazine; December 23, 2011; (http://www.xtra.ca/public/vancouver/Knowledge_of_gay_mens_health_reflects_big_city_experience-11310.aspx)
- In collaboration with the Living Positive Resource Centre – Okanagan, results from this project have been included in an application to create a workshop on the sexual health of gay, bisexual and MSM for continuing medical

education credits for local health professionals.

- Findings from this study have contributed to the ongoing efforts of the Engaging Physicians project.

Access to medical cannabis among individuals with chronic illness

With RIG funding from the IHLCDP, Dr. Zachary Walsh and Mr. Robert Callaway, along with co-investigators Mr. Jamie Marshall, Dr. Susan Holtzman and Mr. Michael Woodward, are describing barriers to accessing medical cannabis among individuals with chronic illness. Participation in the *Cannabis access for medical purposes survey (CAMPS)* has extended beyond the Okanagan

to include over 500 people from across Canada. Achievements associated with Dr. Walsh's interdisciplinary research team include the following:

- Expanded partnerships now include key stakeholders representing regional, provincial and national partners: Be-Kind Okanagan Growers and Compassion Club, Canadian Treatment Action Council, Canadian Association of Medical Cannabis Dispensaries, Canadian AIDS Society, Canadians for Safe Access, Green Cannapy Research and Development Corporation, Center for Addictions Research of British Columbia, Interior Health and Canadian Aboriginal AIDS Network.

- Collaborative relationships forged during the implementation of the IHLCDP-supported CAMPS project led to a successful application to the Peter Wall Solutions Initiative to continue this work. This new three-year project, *Medical cannabis: Standards, engagement, evaluation and dissemination (SEED)*, led by Dr. Walsh, addresses the lack of standardized, certified and effective access to medical cannabis. Co-investigators on the SEED project include Ms. Rielle Capler from the Canadian Association of Medical Cannabis Dispensaries and Mr. Philippe Lucas from Canadians for Safe Access.

Other Projects

A number of new research projects directly or indirectly supported by the IHLCDP were launched over the past year. These projects are listed in

Table 1 and organized by the research foci of active living, aging and health, promoting well-being, and tobacco reduction. This list does not

include the wide range of research activities currently underway at UBCO that fall under the mandate of the IHLCDP.

Table 1: Selected Research Projects Launched in 2011-2012

Title	Principal Investigators	Co-Investigators
Active Living		
Early identification of frailty (Operating grant, UBC)	Gareth Jones	
The effects of high-intensity interval exercise on glucose regulation and exercise affect in pre-diabetes (Operating grant, FHSD UBCO)	Sally Willis-Stewart Mary Jung	Jonathan Little Jodi Mackenzie
Aging and Health		
Improving care for people with dementia: Supporting communities, families, and health decisions (Meeting grant, CIHR)	Carole Robinson	Elizabeth Beattie Joan Bottorff Barb Pesut Mary Courtney Helen Edwards
Café Scientifique: Who cares for caregivers? Families and serious illness (Café funding, CIHR)	Carole Robinson	Barb Pesut Joan Bottorff
SUCCEED: Supporting and understanding Canadian couples' experiences with early dementia (Operating grant, FHSD UBCO)	Carole Robinson	Susan Holtzman Joan Bottorff Barb Pesut Colin Reid Elizabeth Antifeau J. Hamilton
Developing a decision support tool for palliative family caregivers (Interior Health)	Carole Robinson	Barb Pesut Joan Bottorff

Title	Principal Investigators	Co-Investigators
Promoting Well-being		
Medical cannabis: Standards, engagement, evaluation and dissemination (SEED) project (Operating grant, Peter Wall Solutions Initiative)	Zack Walsh	Rielle Capler Philippe Lucas
Cannabis use prevention among Canadian youth: Environmental scan and literature review (Operating grant, Health Canada)	Zach Walsh	Audra Roemer Kimberly Crosby Erin Hutton
Developing an Alberta/BC research team agenda in chronic disease management (Meeting grant, CIHR)	Nelly Oelke Joan Bottorff	Darlene Arsenault Denise Campbell-Scherer Ester Scherer Richard Lewanczuk Ester Sutter Linda Woodhouse
Developing an integrated community-based chronic disease management model in rural communities and small urban centres (Operating grant, FHSD UBCO)	Nelly Oelke	Joan Bottorff Cristina Caperchione Linda Woodhouse Ester Suter Denise Campell-Schere Richard Lewanczuk Darlene Arsenault
Development of best practice options for mental health and substance use services integration with Aboriginal services – a community collaboration project (Operating grant, Interior Health Aboriginal Team)	Susan Wells	
Tobacco Reduction		
iTAG invitational meeting on gender, tobacco and health (Meeting grant, CIHR)	John Oliffe Joan Bottorff	Rebecca Haines-Saah
Picture me smoke free – Young adult cessation photo portal (Operating grant, Canadian Cancer Society Research Institute)	Rebecca Haines-Saah Joan Bottorff John Oliffe	Jack Boomer Kate Seely Kate Frohlich
Addressing cardio-vascular disease prevention with an innovative men-centred approach to tobacco reduction (Operating grant, CIHR)	John Oliffe Joan Bottorff	Jack Boomer Cristina Caperchione Ann Dauphinee Carolyn Gotay Susan Wells

Developing Partnerships and Engaging a Broad Range of Stakeholders

In relation to this strategic direction, the IHLCDP has engaged in a range of activities. To take advantage of new funding opportunities in chronic disease prevention and management, the IHLCDP is supporting the development of interdisciplinary teams to position IHLCDP affiliated

researchers to apply for these new grants. The IHLCDP has assisted with identifying partners, supported preparation of CIHR meeting grant applications, and provided consultation and expert review of Letters of Intent for a CIHR team grant competition.

In addition, the IHLCDP has hosted symposia, seminars and other events to facilitate knowledge exchange with a broad range of stakeholders on selected topics. These activities are described in more detail below.

IHLCDP Symposia

During the past year, the IHLCDP hosted two successful symposia:

1. Research on motion: Innovative approaches to support physical activity

This half day symposium, held on May 30, 2011, was attended by just over 100 (including 38 via webcast) faculty, students, health professionals and representatives from the community. The goal of the symposium was to showcase international and regional research related to improving physical activity among adults to positively impact obesity and chronic disease, and enhance quality of life.

The symposium was co-hosted with the School of Health and

Exercise Sciences, Faculty of Health and Social Development, UBC Library, and Irving K. Barber Learning Centre. Speakers included:

Professor Gregory Kolt, Professor and Head of the School of Biomedical and Health Sciences, University of Western Sydney, New South Wales, Australia – *Engaging older adults in physical activity: The use of primary care and telephone counselling*

Feedback from symposium attendees:

Valuable research is being carried out and unless we are in an academic environment and have access to published research, we miss out on knowing about findings. I applaud you for creating opportunities for us to hear about and implement research findings – directly from the researchers!

Good information sharing. I work in the community with adults wanting to remain in their own homes for as long as possible and the “green prescription” was a very interesting concept that would assist our clients avoid and manage the chronic illnesses that often put them in acute and then residential care.

Dr. Mitch Duncan, Senior Post Doctoral Research Fellow, Institute for Health and Social Science Research (IHSSR), Central Queensland University, Rockhampton, Queensland, Australia – *Using GPS to measure physical activity and travel behaviour*

Dr. Cristina Caperchione, Assistant Professor, School of Health and Exercise Sciences, Faculty of Health and Social Development, UBC Okanagan – *ManUp project – Utilizing internet and mobile phone*

innovations to promote physical activity in middle aged men

Dr. Peter Hutchinson, Chronic Disease Surveillance Program Manager, Métis Nation British Columbia and Adjunct Professor, Faculty of Health and Social Development, UBC Okanagan – *Ecological concepts of health: Indigenous interactions with land promote health*

Dr. Kathy Rush, Associate Professor, School of Nursing, Faculty of Health and Social

Development, UBC Okanagan – *Getting around: Rural older adult challenges and opportunities*

The presentations from this symposium are posted on the Institute website.

The planning committee for this event included: Joan Bottorff (Chair), Cristina Caperchione, Gordon Binsted, Kelli Sullivan, and Deborah Power.



Dr. Gregory Kolt, University of Western Sydney, Australia, at the Research on Motion symposium.

2. Weighing in: Current scientific evidence and community perspectives on obesity

This half day symposium, held on September 30, 2012, brought together over 250 (including 48 via webcast) faculty, students, health professionals and representatives from the community. The goals of the symposium were to:

- Profile current research initiatives to reduce adult obesity
- Learn about community experiences in addressing obesity
- Explore advances and challenges related to improving healthy living with obesity
- Support networking and capacity building for collaborative community-based research on obesity

The symposium was co-hosted with the Faculty of Health and Social Development. Donations from Sun-Rype and Gambell Farms were received for refreshments. Speakers included:

Dr. Jay Wortman, Senior Medical Advisor, First Nations and Inuit Health Branch, Health Canada – *My big fat diet: Traditional diet in First Nation communities*

Dr. Deanna Gibson, Assistant Professor, Biology, Irving K. Barber School of Arts and Sciences, UBC Okanagan – *Understanding how commonly consumed oils affect our gastrointestinal health*

Dr. Jonathan Little, Postdoctoral Fellow, Biology, Irving K. Barber School of Arts and Sciences, UBC Okanagan – *High-intensity interval training: A time-efficient strategy to improve glucose control in type 2 diabetes?*

Dr. Mary Jung, Assistant Professor, School of Health and Exercise Sciences, Faculty of Health and Social Development, UBC Okanagan – *Will vs. skill: What it takes to make lasting lifestyle changes*

Dr. Andreas Klufftinger, General and Laparoscopic Surgeon, Director of Surgical Services, Kelowna Band Surgery and **Dr. Gareth Jones**, Assistant Professor, School of Health and Exercise Sciences, Faculty of Health and Social Development, UBC Okanagan – *Laparoscopic gastric banding: A catalyst for lifelong change*

Glen Cross, Former Greens Superintendent, Lone Wolf Golf Club, Taylor, BC – *Village on a diet: First hand experiences*

The presentations from this symposium are posted on the Institute website.

Feedback from symposium attendees:

Loved the topics! Very informative. As a human kinetics' student, I'm grateful that I had the opportunity to come to this symposium. It further pushed my interest in this field. As a health promoter and nutritionist, I loved the fact that Glen Cross came.

Great audience participation. Very interesting speakers. They raised many questions about current "conventional" wisdom about weight loss and obesity.

Loved the holistic, inter-disciplinary approach. I am a patient and family counsellor in a primary care program and run a therapeutic group for obese patients. The symposium was very relevant for me.

The planning committee for this event included: Joan Bottorff

(Chair), Sanjoy Ghosh, Gareth Jones, Keith Brewster, Mary

Jung, Kelli Sullivan and Kate Woods.



Obesity Symposium speakers, left to right: Dr. Gareth Jones, Dr. Jonathan Little, Dr. Mary Jung, and Dr. Deanna Gibson.

Seminars and Other Events

Partnerships in Research, a seminar series first established in 2009, continued to be a success. Unique to this seminar series, Institute supported research teams are provided the opportunity to share their research experiences. Researchers from UBC

Okanagan and the community co-presented these seminars as a demonstration of their collaborative work.

Five seminars were held during the past year (see Table 2). In addition, nine other presentations and events were

hosted or co-hosted by the Institute (see Table 3). All were well attended.

We have regularly used teleconferences to facilitate participation of those unable to come to campus.

TABLE 2: IHLCDP Partnerships in Research Seminar Series 2011-12

Date	Event	Presenters
April 19, 2011	<p>Partnerships in Research: <i>On the go: Exploring mobility and aging issues in BC rural communities</i></p>	<p>Dr. Kathy L. Rush, Associate Professor, School of Nursing, UBC Okanagan</p> <p>Elisabeth Antifeau, Practice Lead, Community Care Special Populations, Community Integrated Health Services, Interior Health</p>
October 13, 2011	<p>Partnerships in Research: <i>Concurrent disorders: Adapting mental health service delivery for Aboriginal communities</i></p>	<p>Jamie Marshall, Practice Lead, Interior Health, Community Integration, Mental Health and Substance Use Services</p> <p>Dr. David H. Smith, Adolescent and Adult Psychiatrist, Okanagan Psychiatry Clinical Lead</p> <p>Dr. Susan J. Wells, Professor and Director, Centre for the Study of Services to Children and Families, UBC Okanagan</p> <p>Allan Weselowski, Executive Director, Métis Community Services Society</p> <p>Andrew Vergara, Honours Undergraduate student, Psychology, UBC Okanagan</p>
November 24, 2011	<p>Partnerships in Research: <i>Father knows best? Integrating masculinities and health promotion</i></p>	<p>Dr. Joan Bottorff, Director Dr. Gayl Sarbit, Knowledge Broker Jared Seminoff, Work-study student IHLCDP, UBC Okanagan</p> <p>Doug Werry, Building Healthy Families Society</p>

Date	Event	Presenters
January 19, 2012	Partnerships in Research: <i>Medicine out of joint: Barriers to accessing medical cannabis among individuals with chronic illness</i>	Dr. Zach Walsh, Assistant Professor, Psychology and Co-Director, Centre for the Advancement of Psychological Science and Law (CAPSL), UBC Okanagan Rob Callaway, Medical Cannabis Activist Bob Kay, Be-Kind Okanagan Growers and Compassion Club Ben Atkinson, Undergraduate student, Psychology, UBC Okanagan
March 15, 2012	Partnerships in Research: <i>Going the distance for rural heart patients</i>	Dr. Barb Pesut, Assistant Professor, School of Nursing, Faculty of Health and Social Development, UBC Okanagan Carol Laberge, Director of Cardiac Services, Kelowna General Hospital



First year BSc student,
David Kokubun, assisting at
the IHLCDP table during the
UBC Health Fair held on
February 16, 2012.

TABLE 3: IHLCDP Hosted and Co-Hosted Events 2011-12

Date	Event	Presenters
April 12, 2011	<p>IHLCDP, BC Centre of Excellence for Women’s Health, and FACET research program co-sponsored webinar:</p> <p><i>Tobacco reduction and pregnancy: Taking stock of the evidence</i></p>	<p>Dr. Joan Bottorff, Director, IHLCDP, UBC Okanagan</p> <p>Dr. John Oliffe, Associate Professor, School of Nursing, UBC Vancouver</p> <p>Dr. Lorraine Greaves, Investigator, BC Centre of Excellence for Women’s Health</p> <p>Ms. Nancy Poole, Co-Director, BC Centre of Excellence for Women’s Health</p>
May 30, 2011	<p>IHLCDP, Faculty of Health and Social Development, UBC Library, and Irving K. Barber Learning Centre co-sponsored symposium:</p> <p><i>Research on motion: Innovative approaches to support physical activity</i></p>	<p>Dr. Gregory Kolt, University of Western Sydney, Australia</p> <p>Dr. Mitch Duncan, Central Queensland University, Australia</p> <p>Dr. Cristina Caperchione</p> <p>Dr. Kathy Rush UBC Okanagan</p> <p>Dr. Peter Hutchinson, Métis Nation British Columbia and UBC Okanagan</p>
September 30, 2011	<p>IHLCDP and Faculty of Health and Social Development co-sponsored symposium:</p> <p><i>Weighing in: Current scientific evidence and community perspectives on obesity symposium</i></p>	<p>Dr. Jay Wortman, First Nations and Inuit Health Branch, Health Canada</p> <p>Dr. Deanna Gibson</p> <p>Dr. Jonathan Little</p> <p>Dr. Mary Jung</p> <p>Dr. Gareth Jones UBC Okanagan</p> <p>Dr. Andreas Klufftinger, Kelowna Band Surgery</p> <p>Mr. Glen Cross, Lone Wolf Golf Club, Taylor, BC</p>

Date	Event	Presenters
January 31, 2012	<p>IHLCDP hosted webinar link for the CIHR Institute of Gender and Health book launch:</p> <p><i>What a difference sex and gender make</i></p> <p>The webinar event was organized by the CIHR Institute of Gender and Health and the Canadian Women's Health Network</p>	<p>Webinar Panelists: Dr. Adrianna Mendrek Dr. Karen Messing Dr. John Oliffe</p> <p>With chapter co-authors Drs. Joan Bottorff and Gayl Sarbit at UBC Okanagan providing free copies of the book to UBCO attendees.</p>
February 9, 2012	<p>IHLCDP and Faculty of Health and Social Development co-sponsored event:</p> <p><i>The athletic and sedentary nervous - nervous system</i></p>	<p>Dr. Phillip Gardiner, Director, Health, Leisure and Human Performance Research Institute, University of Manitoba; Scientific Director, Institute of Musculoskeletal Health and Arthritis, CIHR</p>
February 10, 2012	<p>IHLCDP and Research Services, UBC Okanagan co-sponsored event:</p> <p><i>CIHR's peer review reforms and new initiatives: What they mean for you, the researcher</i></p>	<p>Dr. Phillip Gardiner, Scientific Director, Institute of Musculoskeletal Health and Arthritis, CIHR</p>
February 16, 2012	<p>IHLCDP participated in the UBC Okanagan Health Fair with a display, and information about the Institute</p>	

Date	Event	Presenters
March 7, 2012 and March 20, 2012	<p>CIHR Café Scientifique and IHLCDP co-hosted event:</p> <p><i>Who cares for caregivers? Families and serious illness</i> March 7, 2012, Bohemian Café, Kelowna</p> <p>Moderator: Mr. Chris Walker, Journalist, CBC Daybreak</p> <p>Research Café co-hosted by Interior Health and IHLCDP:</p> <p><i>Who cares for caregivers? Families and serious illness</i> March 20, 2012, Dream Café, Penticton</p> <p>Moderator: Ms. Katrina Plamondon, Research Facilitator, Interior Health</p>	<p>Dr. Barb Pesut, Assistant Professor, School of Nursing, UBC Okanagan; Canadian Research Chair, Health, Ethics and Diversity</p> <p>Dr. Carole Robinson, Associate Professor, School of Nursing, UBC Okanagan</p> <p>Ms. Lorriane Topf, Palliative Care Coordinator, North Okanagan Community Integration Health Services, Interior Health</p> <p>Ms. Janice Vance, Nurse Clinician, Salmon Arm Mental Health, Interior Health; Family Caregiver</p>



Café Scientifique,
 March 7, 2012,
 speakers were, from
 the left:
 Dr. Barb Pesut,
 Dr. Carole Robinson,
 Ms. Janice Vance,
 Dr. Joan Bottorff and
 Mr. Chris Walker

Associates of the Institute for Healthy Living and Chronic Disease Prevention

The IHLCDP welcomes participation from the community and academia in its research activities. Currently the Institute has 45 Associates. See Appendix B for a complete list.

Providing Research Training Opportunities

The IHLCDP is committed to providing opportunities for students to be involved in research. The following examples highlight student involvement in IHLCDP research activities.

IHLCDP funded research projects have provided valuable research training opportunities for students. For example, through support from the UBC work study program, undergraduate student, Jared Seminoff, worked with the FACET research team to develop web-based resources to enhance the project's website. First year BSc student, David Kokubun, is assisting with recruitment for a smoking cessation study involving young adults. Keith Brewster, PhD student in interdisciplinary studies, is working with Drs. Gareth Jones and Andreas Klufftinger on a RIG funded project to explore prehabilitative exercise interventions for morbidly obese patients waiting for laparoscopic

gastric banding surgery. Keith Brewster will continue this research for his doctoral dissertation. Dr. Carole Robinson's research program on care giving is providing a research internship for Natalia Polchenko, a SFU master's student in gerontology, who is interested in communication between family caregivers and their ill family members.

In addition, on-going research programs supported by grants from funding agencies such as CIHR and NSERC also provide valuable research training. Sana Shahram, IGS PhD student, completed a research internship working with the FACET research team as part of her doctoral program. The Families Controlling and Eliminating Tobacco (FACET) program, led by Dr. Joan Bottorff, is one of the core research foci in the Institute. Kaitlyn Roland, IGS PhD student, is working with Drs. Gareth Jones and Jennifer Jakobi to study sex difference in

those with involuntary movements to guide the development of sex-specific programs to strengthen muscles and optimize functional ability to perform daily tasks. Dr. Iris Torchalla is continuing her work with the iTAG (Investigating Tobacco and Gender) research team as a postdoctoral fellow (Supervisors Drs. Joan Bottorff and John Oliffe).



Laura Struik, MSN, RN,
Research Coordinator

IHLCDP Associates provide a wide range of research experiences for UBCO undergraduate and graduate students. For example, Dr. Mark Holder has supervised a number of undergraduate students completing literature reviews and empirical research for credit

as directed study courses on the topics related to well-being and happiness. Drs. Jennifer Jakobi and Gareth Jones provide research experiences for students in their Healthy Exercise and Aging Lab. For example, work completed by Kaitlyn Roland (PhD student) and Dr. Olga Theou (Postdoctoral fellow) has been published in the past year:

Roland K.P., Theou O., Jakobi J.M., Swan, L., & Jones, G.R. (2011). Exploring frailty: Community physical and occupational therapists' perspectives. *Physical & Occupational Therapy in Geriatrics*, 29(4), 270-286.

Roland K.P., Jakobi J.M., Powell C. & Jones, G.R. (2012). Determinants of frailty phenotype in community-dwelling males and females with Parkinson's disease. *Journal*

American Geriatrics Society. (Early On-Line <http://onlinelibrary.wiley.com/doi/10.1111/jgs.2012.60.issue-3/issuetoc>)

Theou O., Jakobi J.M., Vandervoort A., & Jones G.R. (in press). A comparison of physical activity assessment tools across levels of frailty. *Archives of Gerontology and Geriatrics*. (accepted December 2011).

Several students working with Institute affiliated researchers completed their graduate research.

- Ms. Lorriane Topf, completed her MSN thesis research, *When a desired death does not occur: Family caregiver experiences* (Supervisors Drs. Carole Robinson and Joan Bottorff).

- Ms. Erin Ptolemy, completed her MSW thesis research, *Tobacco exposure and breast cancer: Perspectives of young women* (Supervisors Drs. Joan Bottorff and Ed Taylor).
- Ms Laura Struik, completed her MSN thesis research, *Reaching girls through social networking: Is there a new avenue for smoking prevention messages* (Supervisor Dr. Joan Bottorff).
- Dr. Cameron White completed his postdoctoral training (supervisors Drs. Joan Bottorff and John Oliffe) with the iTAG (Investigating Tobacco and Gender) research team in December 2011.

Translating Research into Action

IHLCDP affiliated research teams have developed resources to facilitate the translation of knowledge. Selected achievements include:

- Holtzman, S., & Drabot, K. (2011). *Improving men's health in the Interior of BC: A focus on MSM*. Kelowna, BC: Irving K. Barber School of Arts and Sciences, and Institute for Healthy Living and Chronic Disease Prevention, University of British Columbia.

PowerPoint presentation available at:

<http://www.ubc.ca/okanagan/ihlcdp/research/wellbeing/improvinghealthmsm.html>

- Robinson, C.A., Bottorff, J.L., MacKay, K., Graham, R., Pesut, B., Lockie, S., Fyles, G., & Broughton, S. (2010). *It takes a team: Families talk about traveling for advanced cancer care*. Kelowna, BC: Faculty of Health and Social Development, University of

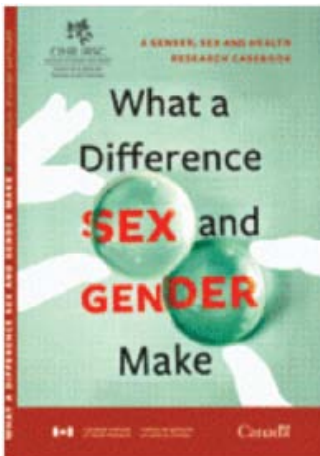
British Columbia. PDF available on UBC Circle:

<http://hdl.handle.net/2429/38805>

This publication was posted on the Canadian Virtual Hospice website in November 2011. A commentary on the project and resource appeared in UBC Partners in Innovation, Issue 3, January 2012, available at: <http://governmentrelations.ubc.ca/files/2012/01/LabourJan2012.pdf>

- Oliffe, J.L., Bottorff, J. L., & Sarbit, G. (2010). *The right time. The right reasons: Dads talk about reducing and quitting smoking*. Kelowna, BC: Institute for Healthy Living and Chronic Disease Prevention, University of British Columbia. Online at: www.facet.ubc.ca and www.menshealthresearch.ubc.ca

This publication has been re-printed for distribution in health regions in Ontario. The development of this evidence-based resource was also profiled in a CIHR casebook:



- Oliffe, J.L., Bottorff, J. L., & Sarbit, G. (2012). Mobilizing masculinity to support fathers who want to be smoke free. In: *What a difference sex and gender make: A gender, sex and health research casebook* (pp. 94-101). Vancouver, BC:

CIHR Institute of Gender and Health.



Drs. Gayl Sarbit and Joan Bottorff

- Bottorff, J. L., Carey, J., Poole, N., Greaves, L., & Urquhart, C. (2008). *Couples and smoking: What you need to know when you are pregnant*. Available from: www.facet.ubc.ca and www.hcip-bc.org. Jointly published by the British Columbia Centre of Excellence for Women's Health, the Institute for Healthy Living and Chronic Disease Prevention, University of British Columbia Okanagan, and NEXUS, University of British Columbia Vancouver.

This publication was placed on the BC Healthy Families website as a resource for pregnant women. See: <http://www.healthyfamiliesbc.ca/healthy-start-smoking-during-pregnancy.php>

Invited publications to facilitate knowledge dissemination with health providers during the past year include:

- Bottorff, J.L., Oliffe, J.L., Greaves, L., Poole, N., Sarbit, G., & Hensing, N. (in press). Imagine: Gender specific tobacco reduction and cessation strategies in pregnancy and the postpartum. In C. Els & D. Kunyk (Eds). *Tobacco reduction and cessation: A guide for health professionals*. Health Canada.

This e-book will be available free of charge to students and health professionals. The project to develop this new resource is funded by Health Canada.

- Bottorff, J. L., Haines-Saah, R., Oliffe, J.L., & Sarbit, G. (2012). Gender influence in tobacco use and cessation interventions. *Nursing Clinics of North America: Advances in Tobacco Control*, 47, 55-70. [invited paper]

The audience for this journal is nursing students and clinicians. This article summarizes research findings and provides helpful advice for using these findings in practice.

Building our Profile and Increasing our Visibility

Updates on IHLCDP activities have been profiled on our website: www.ubc.ca/okanagan/ihlcdp, as well as on Facebook and Twitter. We now have over 170 Twitter followers. As well, we have also re-branded the Institute visual identify with an updated logo, banner and promotional items.



IHLCDP⁴



IHLCDP⁵

The IHLCDP has also been profiled in media during the past year:

June 27, 2011: Fit seniors better able to care for themselves, UBC research shows (UBC press release) <https://news.ok.ubc.ca/2011/06/27/fit-seniors-better-able-to-care-for-themselves-ubc-research-shows/>

September 14, 2011: Experts discuss growing problem of obesity (UBC press release) <https://news.ok.ubc.ca/2011/09/14/experts-discuss-growing-problem-of-obesity/>

November 28, 2011: Healthy food demonstrations part of Be Well at Work program (UBC press release) <https://news.ok.ubc.ca/2011/11/28/healthy-food-demonstrations-part-of-be-well-at-work-program/>

December 23, 2011: Knowledge of gay men's health reflects big city experience (Xtra Magazine) http://www.xtra.ca/public/Vancouver/Knowledge_of_gay_mens_health_reflects_big_city_experience-11310.aspx

March 22, 2012: Food mapping website a place for tasty conversations (UBC press release) <https://news.ok.ubc.ca/2012/03/22/food-mapping-website-a-place-for-tasty-conversations/>

Examples of IHLCDP supported research projects profiled at scientific meetings:

Shlomi, H., Beggs, T., Walsh, Z., Roberts, D., Puterman, E., & Holtzman, S. (2011, June). *The health and well-being of men who have sex with men in the Interior of British Columbia*. Poster presented at the 72nd Annual Convention of

the Canadian Psychological Association, Toronto, ON.

Lilly, M., Robinson, C.A., Holtzman, S., & Botorff, J.L. (2011, June). *Can we move beyond caregiver burden and burnout in the Canadian policy context?* Paper presented at the Festival of International Conferences on Caregiving, Disability, Aging and Technology, Toronto, ON.

Robinson, C.A., Lilly, M., Holtzman, S., & Botorff, J.L. (2011, June). *The rising tide of dementia: Time for a new family approach*. Paper presented at the International Family Nursing Conference, Kyoto, Japan.

Rush, K.L., Antifeau, E., Pesut, B., Murphy, M.A., & Helgason, N. (2011, October). *Rural mobility for older adults: It takes a community*. Poster presentation at 40th Annual Scientific and Educational Meeting of the CAG and 4th Pan American Congress of the IAGG, Ottawa, ON.

Rush, K.L., Antifeau, E., Helgason, N., Pesut, B., & Murphy, M.A. (2010, September). *Conceptual models of mobility: Applicability to older adults in*

⁴ <http://tinyurl.com/cakukpy>

⁵ <http://twitter.com/IHLCDP>

Canadian rural communities.

Paper presentation at Canadian Rural Health Research Society Conference: Rural Health: Connecting Research and Policy, Fredericton, NB.

Drabot, K., & Senya-Moore, K. (2011, November). *Improving*

the health of men who have sex with men: Engaging local physicians. Paper presented at the BC Gay Men's Health Summit, Vancouver, BC.

Marshall, J. (2012, March). *Mental health and substance use (MHSU) integration with Aboriginal services.* Paper

presented at the National Mental Health Conference - Mental Health Disorders: Challenges with Youth, Aboriginal Communities and the Criminal Justice System, Winnipeg, MB.



Mr. Shayne Wright, Human Geography student (left) and Dr. Jon Corbett, Assistant Professor, Community, Culture and Global Studies, reviewing a food mapping website they developed with partial funding by the IHLCDP.

Selected Presentations by the Institute Director

Bottorff, J.L. (2011, June).

Gendering health promotion: Contributions that qualitative health research can make.

Invited plenary presentation at the 1st Global Congress for Qualitative Health Research, Ewha Women's University, Seoul, Korea.

Bottorff, J.L. (2011, October).

Gender relations and health research. Invited plenary presentation to the CIHR

Institute for Gender and Health Invitational Meeting for IGH-funded Chairs, and Principal Investigators for Teams and Centres, Toronto, ON.

Bottorff, J.L., & Richardson, C. (2012, February).

Tailored, internet delivered messages about smoking and breast

cancer: Reactions of girls and boys across BC. Invited webinar presentation for the BC Youth Excel Knowledge Exchange Network, BC.

Bottorff, J. L. (March, 2012).
Panel presentation at the
Sharing Knowledge and

*Breakthroughs in Cancer
Prevention*, sponsored by UBC
Alumni Relations, Faculty of

Medicine and the Canadian
Cancer Society, UBC Okanagan.

Other Activities

The Director has been involved
in the following activities:

Invited member, Canadian
Nurses Association, Chronic
Disease Prevention and
Management Reference Group,
March 2012 – to present.

Invited Participant, *Boys and
Men's Health Forum* (national
invitational meeting). Hosted by

the Public Health Agency of
Canada and CIHR Institute of
Gender and Health, November
22-23, 2011, Gatineau, Quebec.

Invited Participant, *1st Annual
Summit on Men's Health* (BC
invitational meeting), November
4, 2011, Vancouver, BC.

Invited faculty mentor, CIHR
Institute of Gender and Health

Summer Institute, June, 6-10,
2011, Vancouver, BC. (40
graduate and post-doctoral level
multidisciplinary trainees from
across Canada).

Chair, Institute Advisory Board,
Institute for Gender and Health,
Canadian Institutes of Health
Research (2011 – 2012).



Chef Ricardo Scabba demonstrating healthy cooking with Dr. Joan Bottorff
at a *Be Well at Work* event held in November 2011,
a partnership project with
UBC's School of Population and Public Health and the
Canadian Cancer Society - British Columbia and Yukon Division

Securing Funding for Infrastructure and Research

The goal of this strategic direction is to obtain operating and secure additional funds from external sources for research and other activities to enable the IHLCDP to function as a world-class research institute.

Regular meetings with the UBC Okanagan Development office were held to discuss funding opportunities for the Institute. The IHLCDP has been included as one of the funding priorities for the UBC Capital Campaign.

A number of IHLCDP Associates were successful in obtaining grants from provincial and national granting agencies to support their research.

Conclusion

The Institute for Healthy Living and Chronic Disease Prevention continues to expand and take advantage of new opportunities.

Over the next year we look forward to:

- Developing strategic directions for the Institute for the next three years.

- Expanding efforts to support the development of research teams to take advantage of new funding opportunities.
- Establishing partnerships with the other Institutes on campus to identify areas of synergy.
- Developing new opportunities for providing

- research training experiences for undergraduate and graduate students.
- Securing additional space and funding for the Institute to support expanded research programs and student involvement in our research.

APPENDICES

Appendix A: Institute Advisory Committee Members

- Jan Appleton Senior Manager, Community Integrated Health Services, Interior Health Authority
- Leanne Bilodeau Director, Sustainability Operations, UBC Okanagan [to December 2011]
- John Burton Assistant Professor, Faculty of Management, UBC Okanagan
- Claire Budgen Director, UBC Okanagan Health and Wellness [to December 2011]
- Tom Fulton Chief, Professional Practice and Nursing, Interior Health [on leave]
- Linda Hatt Associate Dean, Curriculum and Student Affairs, Barber School of Arts and Science, UBC Okanagan [on leave July 2011 – June 2012]
- Tracey Hawthorn Work Re-Integration and Accommodation Program Coordinator, Human Resources, UBC Okanagan [December 2011 – present]
- Jennifer Jakobi Assistant Professor, School of Health and Exercise Science, Faculty of Health and Social Development, UBC Okanagan
- Allan Jones Regional Associate Dean, Interior, Faculty of Medicine, UBC Vancouver
- Donna Mendel Acting Chief Professional Practice and Nursing, Interior Health
- Barbara Pesut Assistant Professor and Canada Research Chair, School of Nursing, Faculty of Health and Social Development, UBC Okanagan
- Carole Robinson Associate Professor, School of Nursing, Faculty of Health and Social Development, UBC Okanagan [returned from leave July 2011]
- Edward Taylor Director, School of Social Work, Faculty of Health and Social Development, UBC Okanagan
- Roger Wilson Acting Director, UBC Okanagan Health and Wellness [January 2012 - present]

Appendix B: IHLCDP Associates

Associates include academics, community members, health practitioners and policy makers who are interested in healthy living and chronic disease prevention. The main requirement of Institute Associates is active participation (e.g., engaging in research related to the Institute's research mandate, attending Institute seminars, events and meetings, serving on committees, etc.).

Current Associates are:

- Elisabeth Antifeau
- Claire Budgen
- John Burton
- Robert Callaway
- Cristina Caperchione
- Shirley Chau
- Jon Corbett
- Heather Deegan
- Michael Evans
- Tom Fulton
- Sanjoy Ghosh
- Casey Hamilton
- Tracey Hawthorn
- Nial Helgason
- Trish Hill
- Mark Holder
- Susan Holtzman
- Andrew Hughes
- Peter Hutchinson
- Jennifer Jakobi
- Gareth Jones
- Mary Jung
- Mary Kjorven
- Joanne Konnert
- Marvin Krank
- Donna Kurtz
- Carol Laberge
- Meredith Lilly
- Gord Lovegrove
- Patricia Marck
- Jamie Marshall
- Martin McMahon
- Nelly Oelke
- Clare Overton
- Roger Parsonage
- Barbara Pesut
- Katrina Plamondon
- R. Colin Reid
- Daryle Roberts
- Carole Robinson
- Kathy Rush
- Zach Walsh
- Susan Wells

Appendix C: IHLCDP Personnel

Institute Administrative Support

- Deborah Power (IHLCDP)
- Kate Woods (IHLCDP)

Research Support

- Gayl Sarbit, PhD, Knowledge Broker
(position funded by CIHR operating grant, FACET, iTAG)
- Laura Bissell, MA, Research Coordinator
(position funded by operating grants from CIHR, MSFHR, IH, and other sources, OPTIC)
- Christina Han, BA, Research Assistant *
(position funded by CIHR operating grant, iTAG, to December 2011)
- Rebecca Haines-Saah, PhD, Research Associate
(position funded by CIHR operating grant, iTAG)*
- Debby Kinakin, MA, Research Assistant (position funded by operating grants from CIHR, MSFHR, IH, and other sources, OPTIC, September 2011-present)
- Saiful Islam, PhD (c), Research Coordinator (position funded by CIHR operating grant, iTAG December 2011- present)*
- Laura Struik, MSN, Research Coordinator (CBCRA/CBCF operating grant, START, January 2012 - present)
- Keith Z. Brewster, PhD student, Research Assistant
(Position funded by CCS supported Be Well at Work project)

Student Research Support (work study program)

- Adam Fulton, BScN student (September 2010 - April 2011)
- Katie Lewall, MSW student (September 2010 - April 2011)
- Jared Seminoff, BSc student (June – December 2011)
- David Kokubun, BSc student (December 2011 – April 2012)

Student Research Practicum

- Sana Shahram, IGS PhD student (May – December 2011)

UBC Okanagan Graduate Students (supervised or co-supervised by the Director)

- Donna Mendel, MSN student
- Natalie Murdoch, MSN student
- Erin Ptolemy, MSW student
- Laura Struik, MSN student
- Sana Shahram, IGS PhD student

Postdoctoral Fellows

- Cameron White, PhD (supervised by Drs. Bottorff and Oliffe), January 2010 – December 2011
- Iris Torchalla, PhD (supervised by Drs. Bottorff and Oliffe), April 2010 to present *

* Working out of UBC's Vancouver campus



Institute for Healthy Living and Chronic Disease Prevention

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a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA