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# Annual Report

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2013—2014

March 31, 2014

## 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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# Healthy Living Research



**Institute for Healthy Living and  
Chronic Disease Prevention**  
PARTNERS IN RESEARCH FOR BETTER HEALTH

University of British Columbia Okanagan  
Arts Building Room 223  
3333 University Way  
Kelowna BC V1V 1V7  
CANADA

Phone: 250-807-8072  
Fax: 250-807-8629  
Email: [HealthyLiving.Research@ubc.ca](mailto:HealthyLiving.Research@ubc.ca)  
Web: <http://ihlcdp.ok.ubc.ca>  
Twitter: @ihlcdp

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Institute for Healthy Living and Chronic Disease Prevention

# PARTNERSHIP

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*Healthy Living*

Research

DISEASE PREVENTION

COMMUNITY

Health Initiatives

PARTNERSHIP

# Introduction

The Institute for Healthy Living and Chronic Disease Prevention (IHLCDP) is completing its 5<sup>th</sup> year of operation. Over the past five years we have seen a tremendous growth in health research activity on our campus as new faculty members have joined us, new health research labs have been established, new and existing research programs have expanded, and the number of graduate students has grown.

Particularly gratifying has been to observe the expansion of community-based research projects and, along with this, the increasing number of research partnerships with community members, health professionals, and other stakeholders. Our researchers are now working in communities not only in our region, but in partnership with others throughout the province and across Canada. Inclusive partnerships are now recognized as a key to enabling the mutual influence and integration of research, practice and policy processes to improve health and health outcomes. The IHLCDP is pleased to continue to network and broker partnerships to engage community organizations, government agencies, and communities in collaborative research that is responsive to local context and needs. These partnerships, along with the Institute's efforts to foster knowledge exchange, have made available emerging evidence to put into action, attracting not only those in our local region but also national and international audiences.

I want to thank our Advisory and Management Committees for their guidance and sage advice over the past year; the faculty, students and community members who have presented seminars; and all those who have attended our events either in person, by teleconference or by webinar. We are very appreciative of your support and continuing participation.

## 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.

## IHLCDP Research Activities

- ◆ The IHLCDP provided seed funding to four collaborative research teams in 2013. These teams, as well as research teams that were previously supported with IHLCDP grants, continue to develop their respective programs of research. Three teams presented their findings over the past year in our *Partnerships in Research Seminar Series*. Our IHLCDP affiliated research teams have also presented their research to national and international audiences; published their work in peer-reviewed journals; and are translating their findings into innovative resources and approaches to support health promotion and enhance health care services. Further information about the IHLCDP supported research projects can be found on the Institute's website. <http://IHLCDP.ok.ubc.ca>
- ◆ The IHLCDP has continued to provide researchers with assistance in identifying potential collaborators and team members, letters of support for grant applications (e.g., to assist with knowledge translation), and consultation on proposals and on-going research initiatives.
- ◆ We have committed our support to the *UBC Wellbeing Project* (UBC Okanagan's lead Dr. Claire Budgen) and look forward to providing consultation on the scholarship activities that will occur on our campus over coming years.
- ◆ Through the IHLCDP we have provided both graduate and undergraduate students with opportunities for hands on experience in research projects through the work-study program and our funded research projects. For example, the Director supported two undergraduate nursing students, Ms. Jodie Stevens and Ms. Svea Brousseau, to attend the 2014 National Canadian Nursing Students Association Conference in Vancouver (January 21-26, 2014) and give oral presentations on the research they assisted with in ongoing Institute affiliated research programs.
- ◆ The IHLCDP's support for the *Be Well at Work* research project was recognized by lead investigator, Dr. Carolyn Gotay, and the encouraging results from the project have led to the implementation of the Canadian Cancer Society's WellnessFits workplace health promotion program at UBC Okanagan.

## IHLCDP in the Community

The Institute has hosted or co-hosted over 20 events during the past year. In addition to in-person attendance, we provided opportunities to join events by teleconference or webinar. Attendance at each event has ranged from 20 to 150 people. In total, over 800 people attended our events over the past year, with almost 40% attending by webinar and teleconference. Individuals from rural communities, other provinces, and as far away as Saudi Arabia have participated in our events. In addition to an increasing number of inquiries for additional information related to the topics presented, several of our seminars have resulted in interviews for local television and radio broadcasts. Overall, the level of interest in the topics addressed in the IHLCDP seminars and events is reflective of the growing recognition of the importance of prevention and the need for innovative approaches to health promotion and healthy living.

- ◆ The IHLCDP *Partnerships in Research Seminar Series* is unique in that these seminars are co-presented by collaborative research teams. During the past year, we held five seminars. (see Appendix A, Table 1)
- ◆ Our *Research to Practice Seminar Series*, co-hosted with the North Okanagan Hospice Society included three seminars each addressing a topic related to palliative or end-of-life care. (see Appendix A, Table 2)

- ◆ The IHLCDP hosted or co-hosted 12 other events, including workshops, presentations by visiting scholars, a research roundtable, and a CIHR Café Scientifique (see Appendix A, Table 3 for details).



*Speak Up – Starting the conversation about end-of life care*

April 16, 2013

left to right: Loraine MacDonald, Dr. Carole Robinson, Dr. Gillian Fyles, and Dr. Joan Botorff

These events were open to the public and campus community, and addressed high priority health issues. For example, in response to the national initiative, *Start the Conversation*, we co-hosted a panel discussion with UBC's Okanagan campus Human Resources. Dr. Carole Robinson, Dr. Gillian Fyles, and Ms. Loraine MacDonald offered suggestions on how to begin discussing preferences for future health care with family and friends.

Kelowna's  
*Run for the Cure*  
October 6, 2013

Raquel Graham and  
Joan Bottorff



- ◆ Kelowna's *CIBC Run for the Cure*. The IHLCDP teamed up with students in the School of Nursing to participate in this event. We distributed information about how young women could reduce their risk of breast cancer by avoiding smoking and exposure to secondhand smoke, and invited participants to learn more about research that is underway at UBC Okanagan.
- ◆ Members of the IHLCDP participated in a number of campus events including the UBCO orientation program for new staff and faculty, and the Be Well at Work event where faculty and staff heard about the research findings regarding their participation in a workplace health promotion program.
- ◆ 1<sup>st</sup> Annual Okanagan Embrace Aging month was launched by the IHLCDP in collaboration with Interior Health. To celebrate and raise awareness about positive aging, we organized six educational opportunities and events throughout the month of March 2014. The sessions were for everyone – young and old alike, and focused on a variety of topics related to healthy aging and improving quality of life among seniors and their family caregivers.

The *Embrace Aging* Planning Committee included: Heather Cook and Elisabeth Antifeau (Interior Health), Dr. Colin Reid (School of Health and Exercise Science), Lindsay Burton (Graduate Student, UBCO), and Dr. Joan Bottorff and Jacquetta Benard from the IHLCDP.



UBC Okanagan Staff / Faculty  
Orientation Day, August 29, 2013

left to right: Jacquetta Benard, Raquel  
Graham, Alexandra Cloherty, Aimei Mao,  
and Joan Bottorff

## Consultations and Invitational Workshops

The Director and Institute Associates were invited to participate in a number of consultations and invitation workshops on topics related to healthy living, cancer prevention, and chronic disease at the regional and national level. An international workshop in China provided an opportunity for a team, led by the Director, to discuss research collaborations related to tobacco control. In addition, the Director was invited to give presentations at provincial and national meetings. Together these occasions have provided opportunities to profile health research activities on the UBC's Okanagan campus, promote community-based health research, and extend our network. These activities also provide an indication of the growing recognition of the research underway at UBC's Okanagan campus and the expertise among those affiliated with the Institute.

A list of community partners, invitational meetings and presentations is included in Appendix B.

## National and International Appointments

During the past year, Dr. Bottorff accepted a nomination to join the Board of Research Canada: An Alliance for Health Discovery and the Research Advisory Group for the Canadian Partnership Against Cancer. She has also accepted an invitation to the Faculty of Health Sciences, Australian Catholic University as a Professorial Fellow, and an appointment as a Senior International Consultant to the Centre for Tobacco Control Research, Zhejiang University, Hangzhou, China.

## Planning for Future Events

The IHLCDP is actively engaged in planning and organizing events for the coming year.

- ◆ ***Building Intersections for Vibrant Rural Communities—Research on Health, Wellness, and Place***

The IHLCDP is represented on the organizing committee for the Interior Health conference, 2014 Rural Health Services Research Conference to be held in Kelowna, BC (April 10-12).



Dr. Tingzhong Yang, Director, Centre for Tobacco Control Research, Zhejiang University, China and research team with UBC delegates Drs. Joan Bottorff, John Oliffe, Gayle Sarbit, and Aimei Mao.

- ◆ ***Communities in Motion: Healthy Kids for Better Futures***

The IHLCDP, the Okanagan Sustainability Institute and Interior Health will co-host this symposium, to be held in Kelowna on April 7, 2014. The program will showcase international and regional research as well as community initiatives that support physical activity among children and youth to positively impact obesity and chronic disease.

Members of the planning committee include: Dr. Charlotte Jones (Southern Medical Program), Dr. Lise Olsen (School of Nursing), Dr. Ali MacManus (School of Health and Exercise Science), Dr. Stephen Berg (Faculty of Education), Dr. Keith Culver (Okanagan Sustainability Institute), Betty Brown (Interior Health), and Dr. Joan Bottorff and Jacquetta Benard from the IHLCDP.

## IHLCDP in the News and Online

With the assistance of UBCO's public relations staff, the research activities and findings of IHLCDP Associates, IHLCDP supported projects and related research have been reported in news advisories, press releases, and videos. Ten of these news stories are profiled on the IHLCDP website. Stories and information about Institute events have also appeared regularly in the media throughout the region. As one example, Dr. Zach

Walsh's IHLCDP supported research on the topic of attitudes related to the use of medical cannabis among individuals living with arthritis was profiled in a UBCO TV produced video,

*UBC's Next Big Thing* - Zach Walsh <https://tinyurl.com/lpg8umo> and in a Global TV news report, *Medical marijuana perception changes* <https://tinyurl.com/ph75k8w>.

We have revised the IHLCDP website <http://ihlcdp.ok.ubc.ca> to include new features and to profile our social media. We now have over 550 followers on Twitter (@ihlcdp).

## IHLCDP Management and Advisory Committees

During the past year, the IHLCDP Management Committee was formed and met on one occasion. The committee includes: Dr. Alan Jones, Associate Dean, Southern Medical Program; Dr. Gord Binsted, Dean, Faculty of Health and Social Development, and Dr. Joan Bottorff, Director of the IHLCDP.

The IHLCDP Advisory Committee held three meetings during the year.

See Appendix C for a list of members.



## IHLCDP Associates

The IHLCDP continues to welcome associates from the community and academia in its research activities. Currently the Institute has 61 associates.

See Appendix D for a complete list.

## Conclusion

Over the past five years, the IHLCDP has established a reputation on campus, and in the broader community, for supporting and disseminating high-quality health research. We view the linkages among researchers, decision-makers, health professionals, and community members as essential for effective health-promotion research which strives to develop creative solutions and collective action that promote chronic disease prevention and healthy living. The level of interest in Institute affiliated research has demonstrated the value of these collaborative endeavors.

Developing effective research collaborations in teams that include multiple disciplines, multiple community sectors and groups, and various interested community members can be challenging. The IHLCDP is well-positioned to support the development of new collaborations. Our Institute-supported researchers have gained valuable experience and knowledge in community-based, collaborative research that provides a solid foundation for new initiatives. In addition, our success in reaching out to communities using a variety of mechanisms has positioned the IHLCDP as a valuable hub for connecting researchers with communities.

Our ability to sustain and develop collaborative, community-based research – for priorities such as start-up grants, research internships for students, and the building of research capacity in communities – relies upon the availability of external funding support. As we continue seeking these necessary sources of funding, the Institute for Healthy Living and Chronic Disease Prevention remains committed to maintaining current levels of activity and exploring ways to expand our efforts in supporting the development and use of new knowledge to enhance healthy living and chronic disease prevention.

IHLCDP and UBCO Human Resources co-hosted presentation, *Lessons learned from a randomized study of workplace health promotion*, January 30, 2014

left to right: Jerilynn Maki, Health Promotion Coordinator, Canadian Cancer Society; Carolyn Gotay, Canadian Cancer Society Chair in Cancer Primary Prevention; and Joan Bottorff, IHLCDP



# Appendices

## Appendix A: IHLCDP Supporting Knowledge Exchange

Table 1: IHLCDP Partnerships in Research Seminar Series Presentations 2013 – 2014

September 12, 2013	<p><i>Cultural Safety: Negotiating cultural safety in a North Okanagan context – Perspectives and experiences</i></p> <p><b>Dr. Rachelle Hole</b>, Associate Professor, School of Social Work, Faculty of Health and Social Development, UBC's Okanagan campus <b>Jessie Nyberg</b>, BScN, Elder Advisor, Stswécemc/Xgat'tem Nation <b>Carmella Alexis</b>, BSc, MA student, UBC's Okanagan campus</p>
October 10, 2013	<p><i>Digital Dissemination: Online breast cancer prevention messages for youth</i></p> <p><b>Dr. Chris Richardson</b>, Associate Professor, School of Population and Public Health, UBC's Vancouver campus <b>Dr. Joan Bottorff</b>, Director, IHLCDP; Professor, School of Nursing, Faculty of Health and Social Development, School of Nursing <b>Laura Bissell</b>, MA, UBC's Okanagan campus <b>Raquel Graham</b>, BA, UBC's Okanagan campus</p>
January 9, 2014	<p><i>Take heart: Distress associated with atrial fibrillation</i></p> <p><b>Dr. Kathy Rush</b>, Associate Professor, School of Nursing, Faculty of Health and Social Development, UBC's Okanagan campus <b>Dr. Linda Hatt</b>, Associate Professor, Irving K. Barber School of Arts &amp; Sciences Unit 4, UBC's Okanagan campus</p>
February 13, 2014	<p><i>Joints for Joints: Barriers and pathways to medical cannabis among individuals with arthritis</i></p> <p><b>Dr. Zach Walsh</b>, Assistant Professor, Psychology, Irving K. Barber School of Arts &amp; Sciences Unit 4, UBC's Okanagan campus <b>Kim Crosby</b>, MA student, UBC's Okanagan campus <b>Kelsey Lozenski</b>, Honours BA student, UBC's Okanagan campus</p>
March 13, 2014	<p><i>Taking prevention into the clinic: Directions for reforming primary care</i> (An Embrace Aging event)</p> <p><b>Dr. Nelly Oelke</b>, Assistant Professor, School of Nursing, Faculty of Health and Social Development, UBC's Okanagan campus <b>Ms. Anne Clarotto</b>, Program Director, Promotion and Prevention, Community Integrated Health Services, Interior Health</p>

**Table 2: Research to Practice Seminar Series 2013 – 2014**  
*Co-sponsored by the IHLCDP and the North Okanagan Hospice Society*

October 15, 2013	<p><b><i>Helping family caregivers of people at the end-of-life: What we have learned from research</i></b></p> <p><b>Dr. Kelli Stajduhar</b>, Associate Professor, School of Nursing and Centre on Aging, University of Victoria</p>
November 5, 2013	<p><b><i>Managing fatigue at end of life</i></b></p> <p><b>Dr. Kärin Olson</b>, RN, Professor, Faculty of Nursing, University of Alberta</p>
January 28, 2014	<p><b><i>Spiritual care within palliative care: What does the evidence tell us?</i></b></p> <p><b>Dr. Shane Sinclair</b>, Assistant Professor, Faculty of Nursing, University of Calgary; Clinician Scientist – Person Centred Care, Alberta Health Services, Cancer Care, Tom Baker Cancer Centre; Adjunct Assistant Professor, Divisions of Palliative Medicine, Department of Oncology, Faculty of Medicine, University of Calgary</p>

Table 3: IHLCDP Hosted and Co-hosted events 2013 – 2014

April 11, 2013	Visiting Scholar Seminar <i>Imagine Being Jack</i> <b>Dr. Maria Lohan</b> , School of Nursing and Midwifery, Queen's University Belfast, Northern Ireland
April 12, 2013	Research Roundtable <i>Building International Research Partnerships</i>
April 16, 2013	Research Panel Presentation co-hosted by the IHLCDP and Human Resources, UBC's Okanagan campus <i>Speak Up – Starting the conversation about end-of life care</i> <b>Dr. Carole Robinson</b> , Associate Professor, School of Nursing, UBC's Okanagan campus <b>Dr. Gillian Fyles</b> , Medical Lead, Pain & Symptom Management / Palliative Care, BC Cancer Agency Sindi Ahluwalia Hawkins Centre for the Southern Interior <b>Ms. Loraine MacDonald</b> , RN , Nurse Manager, Orchard Manor at Hawthorn Park, Kelowna
January 15, 2014	IHLCDP Workshop <i>All about Grounded Theory: Lessons from the field</i> <b>Dr. Kärin Olson</b> , University of Alberta
January 30, 2014	Partnership Presentation co-hosted by the IHLCDP and Human Resources, UBC's Okanagan campus <i>Lessons learned from a randomized study of workplace health promotion</i> <b>Dr. Carolyn Gotay</b> , Canadian Cancer Society Chair in Cancer Primary Prevention; Professor, School of Population and Public Health, UBC's Vancouver campus
February 27, 2014	Partnership Presentation co-hosted by School of Population and Health, UBC's Vancouver campus (KT event); and the IHLCDP and Human Resources, UBC's Okanagan campus <i>Be Well at Work Celebration</i> <b>Dr. Carolyn Gotay</b> , UBC's Vancouver campus <b>Crystal Flaman</b> , Social Entrepreneur and Inspirational Speaker

- 
- March 6 & 7, 2014      CIHR Café Scientifique, Kelowna and Vernon  
IHLCDP, and the Faculty of Health and Social Development, UBC's  
Okanagan campus Embrace Aging Month event  
*What makes for quality of life when you have an advanced  
life-limiting illness?*  
**Dr. Carole Robinson**, UBC's Okanagan campus  
**Dr. Barb Pesut**, Associate Professor,  
School of Nursing, UBC's Okanagan campus  
**Dr. Richard Sawatzky**,  
Canada Research Chair in Patient Reported Outcomes;  
Associate Professor, School of Nursing, Trinity Western University  
**Gail Potter**, patient perspective, Kelowna  
**Debra Pool**, patient perspective, Vernon  
Moderator:  
**Chris Walker**, Journalist and host of CBC's Daybreak, Kelowna  
**Ruth Edwards**, Executive Director of North Okanagan  
Hospice Society, Vernon
- March 18, 2014      IHLCDP and Interior Health Embrace Aging Month event  
*Elder abuse prevention: The time is now*  
**Linda Myers**, BSW, RSW, Clinical Specialist, Vulnerable or Incapable  
Adults, Professional Practice Office, Interior Health
- March 19, 2014      IHLCDP Workshop  
*Getting to grips with mixed methods and multi-method designs*  
**Dr. Karin Olson**, University of Alberta
- March 25, 2014      IHLCDP and Interior Health Embrace Aging Month event  
*Human attachment to companion animals:  
Using dogs to promote healthy aging*  
**Lindsay Burton**, MSc student, UBC's Okanagan campus
- March 31, 2014      IHLCDP and Interior Health Embrace Aging Month event  
*Advance Care Planning: 'What he told us made a world of difference'*  
**Judy Nicol**, BSW, RSW, Regional Practice Leader,  
Professional Practice Office, Interior Health

## Appendix B: IHLCDP in the Community

### Community Partners

Interior Health  
Okanagan Similkameen Healthy Living Coalition  
North Okanagan Hospice Society  
Canadian Cancer Society

### Invitational Meetings attended by the Institute Director

- May 2013            Invited participant, Okanagan Similkameen Healthy Living Coalition (OSHLC) Inaugural Coalition Forum, May 9<sup>th</sup>, 2013, Oliver, BC. [Also in attendance: Dr. Carole Robinson, IHLCDP Advisory Committee member]
- October 2013        Invited participant, Okanagan Similkameen Healthy Living Coalition (OSHLC) Scenario Planning event, October 25-26, 2013, Naramata, BC.
- Fall 2013            Invited participant, Central Okanagan Healthy Community Dialogues, Kelowna, BC (monthly meetings).
- January 2014        Invited participant, Collaborative Action for Prevention: Canadian Cancer Society Research Institute Prevention Research Workshop, Toronto, Ontario, January 28, 2014.
- March 2014         Invited participant, Accelerating Evidence-Informed Action on Tobacco Workshop, Canadian Partnership on Cancer, Toronto, ON, March 26-27, 2014.

### Selected invited presentations by the Institute Director

#### **International**

- Bottorff, J.L. (2013). *Integrating gender into approaches for tobacco cessation*. Invited webinar presentation for the New York State Smokers' Quitline, NY (March 6, 2013). [presentation and recording posted: <https://tinyurl.com/m36dsse>]
- Bottorff, J.L. (December, 2013). *Tobacco control in Canada*. Invited presentation at the Expert Seminar on Policy Promotion of Tobacco Control Capacity Building among Medical Schools, Centre for Tobacco Control Research, Zhejiang University School of Medicine, Hangzhou, China (December 2, 2013).

## National

- Bottorff, J. L. (2013). *Smoking cessation in young families: What about Dad?* Invited presentation at the CIHR Institute of Gender and Health Journalist Workshop - Science fact or science fiction? Debunking common myths about sex, gender, and health. Toronto, ON, June 14, 2013.
- Bottorff, J.L. (2013). *Motivating family members to quit smoking: A new gender-sensitive resource for families of lung cancer patients.* Invited presentation for the Smoking Cessation Champions Network – Specific Populations Webinar, Registered Nurses’ Association of Ontario, ON, August 13, 2013.
- Bottorff, J.L. (2014). *Reflections on collaboration: A multi-sector team focusing on cancer prevention.* Invited presentation at the Collaborative Action for Prevention: CCSRI Prevention Research Workshop, Toronto, Ontario, January 28, 2014.
- Bottorff, J. L. (2014). *Panel Discussion: Insights from Participants in the Be Well @ Work and other Wellness Programs.* Invited panelist at the Wellness@ Work: Incorporating Health Promotion into the Workplace, meeting hosted by the Cancer Prevention Centre at the Morris J. Wosk Centre for Dialogue, Vancouver, BC, March 4, 2014.
- Bottorff, J. L., & Caperchione, C. (2014). *Innovations in men’s health promotion: Implications for workplace programs.* Invited workshop at the Wellness@ Work: Incorporating Health Promotion into the Workplace, meeting hosted by the Cancer Prevention Centre at the Morris J. Wosk Centre for Dialogue, Vancouver, BC, March 4, 2014.

## Provincial

- Bottorff J.L. (2013). *Knowledge in action: Designing breakthrough inventions for better health.* Invited plenary presentation, Connect 2013 Health Services Research at Work: Using Evidence to Transform Care, INSPIRENet Conference, Vancouver, BC, September 16, 2013. [presentation available: <http://tinyurl.com/lt2jn8z> ]
- Bottorff, J. L. (2013). *Innovation in cancer prevention: One size doesn’t fit all.* Invited keynote presentation at the Canadian Cancer Society, BC Yukon Division, 2013 Northern Regional Summit, Prince George, BC, October 5, 2013.
- Bottorff, J. L. (2013). *Bringing cancer prevention research to northern communities.* Invited presentation at the Canadian Cancer Society, BC Yukon Division, Northern Region Luncheon, Prince George, BC, October 4, 2013.

## Appendix C: IHLCDP Advisory Committee Members

Jan Appleton	Senior Manager, Community Integrated Health Services, Interior Health
Heather Cook	Chief Nursing Officer and Professional Practice Lead, Interior Health
Linda Hatt	Associate Professor, Psychology, Irving K. Barber School of Arts and Sciences
Tracey Hawthorn	Work Re-Integration and Accommodation Program (WRAP) Coordinator, Human Resources, UBC's Okanagan campus
Jennifer Jakobi	Assistant Professor, School of Health and Exercise Sciences, Faculty of Health and Social Development, UBC's Okanagan campus
Charlotte Jones	Associate Professor, Southern Medical Program, Faculty of Medicine, UBC's Okanagan campus
Barbara Pesut	Associate Professor, School of Nursing; Canada Research Chair, Health, Ethics, and Diversity, Faculty of Health and Social Development, UBC's Okanagan campus
Carole Robinson	Associate Professor, School of Nursing, Faculty of Health and Social Development, UBC's Okanagan campus
Edward Taylor	Director, School of Social Work, Faculty of Health and Social Development, UBC's Okanagan campus
Paul van Donkelaar	Acting Director, Associate Dean, School of Health and Exercise Sciences, Faculty of Health and Social Development, UBC's Okanagan campus
Roger Wilson	Director, Health and Wellness, UBC's Okanagan campus

## Appendix D: 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 such as engaging in research related to the Institute's research mandate, attending Institute seminars, events and meetings, and serving on committees.

### Current Associates

Elisabeth Antifeau	Mary Kjorven
Jan Appleton	Joanne Konnert
Stephen Berg	Marvin Krank
Leslie Bryant MacLean	Donna Kurtz
Claire Budgen	Carol Laberge
John Burton	Tricia Labrie
Robert Callaway	Jonathan Little
Sarah Campbell	Gord Lovegrove
Cristina Caperchione	Julie Maitland
Shirley Chau	Patricia Marck
Anne Clarotto	Barb Marcolin
Heather Cook	Jamie Marshall
Jon Corbett	Ali McManus
Heather Deegan	Jodi Morris
Cheryl Drewitz	Nelly Oelke
Michael Evans	Lise Olsen
Geoff Gowe	Barbara Pesut
Sanjoy Ghosh	Katrina Plamondon
Casey Hamilton	Colin Reid
Linda Hatt	Daryle Roberts
Tracey Hawthorn	Carole Robinson
Nial Helgason	Kathy Rush
Trish Hill	Kam Shojania
Mark Holder	Edward Taylor
Susan Holtzman	Paul van Donkelaar
Andrew Hughes	Zach Walsh
Peter Hutchinson	Susan Wells
Jennifer Jakobi	Sally Willis-Stewart
Charlotte Jones	Roger Wilson
Gareth Jones	Janelle Zebedee
Mary Jung	

## Appendix E: IHLCDP Personnel

### Institute Administrative Support

Jacquetta Benard

### Research Support

Gayl Sarbit, Knowledge Broker

Laura Bissell, Research Coordinator

Svea Brousseau, Research Assistant  
(to August 2013)

Ryan Dirnback, Implementation Coordinator  
(May to October 2013)

Raquel Graham, Research Assistant

Rebecca Haines-Saah, Research Associate  
(to June 2013)

Andrew Munroe,

Knowledge Exchange Specialist

Sharon Pan (July to December 2013)

Cherisse Seaton, Research Coordinator

Paul Sharp, Research Assistant  
(October 2013 to present)

### Work Study Research Support

Alex Cloherty

Haleema Jaffer-Hirji

Kimberly Rempel

Cheryl Van Vliet-Brown

### UBC's Okanagan campus Graduate Students (supervised by the Director)

Katrina Plamondon, IGS PhD Student

Sana Shahram, IGS PhD student

Laura Struik, IGS PhD student

### Postdoctoral Fellows

Aimei Mao, PhD

(supervised by Dr. Bottorff),  
October 2012 to October 2013

Iris Torchalla, PhD

(supervised by Drs. Bottorff and Oliffe),  
April 2010 to August 2013



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

University of British Columbia Okanagan  
223 Arts Building  
3333 University Way  
Kelowna BC V1V 1V7  
CANADA

Phone: 250-807-8072  
Fax: 250-807-8269  
Email: [HealthyLiving.Research@ubc.ca](mailto:HealthyLiving.Research@ubc.ca)  
Web: <http://ihlcdp.ok.ubc.ca>  
Twitter: @ihlcdp

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