

# Annual Report

2016 – 2017

March 31, 2017



## Institute for Healthy Living and Chronic Disease Prevention

PARTNERS IN RESEARCH FOR BETTER HEALTH





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

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

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**THE UNIVERSITY  
OF BRITISH COLUMBIA**

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## 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.

## Introduction

The Institute for Healthy Living and Chronic Disease Prevention (IHLCDP) has concluded another very successful year in supporting the growth and impact of health research on our campus. Our knowledge exchange activities continue to attract diverse audiences from our region and across Canada. In large part, this success is due to increasing recognition of the exceptional research underway on our campus. Our capacity for enabling research teams to reach interested communities and knowledge users through our events and activities provides an increasingly valuable asset to researchers and is a clear demonstration of UBC's commitment to community engagement. In our annual report this year we highlight our achievements, provide a compilation of our knowledge exchange events, and feature our involvement in key research activities and training.

## IHLCDP 2016 - 2017 Year in Review

We continue to support research focusing on healthy living and chronic disease prevention with the following activities:

- Providing our researchers with expanded opportunities for knowledge exchange and community engagement with 38 IHLCDP hosted or co-hosted events, and an attendance of over 1700.
- Strengthening ties with community-based partners and establishing new partnership activities with the Interior Health Research Department, The Bridge Youth and Family Services Society, Interior Savings Credit Union, Canadian Institute for the Relief of Pain and Disability, and Propel Centre for Population Health Impact.
- Working with Interior Health and other stakeholders as a member of the Regional Alliance for Rural Health Steering Committee to build a network to support action-oriented, community-engaged research collaborations that strengthen health and wellbeing in rural communities and enrich educational programs.
- Mobilizing research and action to promote wellbeing on campus through the Campus Health Voice Project activities, and participation on the UBC Wellbeing Steering Committee and the Wellbeing at UBC Okanagan Advisory Committee.
- Providing research teams with consultations and support with development and implementation of knowledge exchange activities and partnerships.
- Promoting research training opportunities for undergraduate and graduate students.

**In 2016-2017 over 1700 people attended our knowledge exchange events.**



## IHLCDP Knowledge Translation and Exchange

### Our outreach and engagement

During the past year, the IHLCDP has expanded its knowledge exchange activities through our webinars and other events to support the dissemination and use of our growing research evidence related to healthy lifestyles and chronic disease prevention into day-to-day applications, and evidence-based policy and practice in communities across our region and beyond. In the past year, we hosted or co-hosted 38 events, and increased the number of community-based events over the previous year (see Table 1). The range of topics and events has also grown (see Appendix A for a complete list) as well as the number of people attending our events either in person or by webinar (see Table 2).



The *4th Annual Okanagan Embrace Aging* month, co-hosted with Interior Health and Interior Savings Credit Union, included over 20 educational opportunities and events focusing on an expanded number of topics related to healthy aging throughout March 2017. This year events were held in Kelowna, West Kelowna, Vernon and Oliver, as well as on the University of British Columbia Okanagan campus (UBCO). Attendance over the month topped 1100, an increase of 51% over the previous year. The planning committee included: Dr. Deanne Taylor, Kim Barnes and Betty Brown (Interior Health), Corinne Johnson and Rod Rieu (Interior Savings Credit Union), Joyce Springate and Pat Andrews (community members), Nick Bray (UBCO Graduate student), Lindsay Burton (Alumni and Research Assistant, UBCO), Dr. Colin Reid (School of Health and Exercise Sciences), and Dr. Joan Bottorff and Jacquetta Benard from the IHLCDP.

## IHLCDP Knowledge Exchange Activities

**Partnerships in Research Seminar Series** (co-presented by collaborative research teams)

**Research to Practice Seminar Series** (co-hosted with North Okanagan Hospice Society)

**New: Campus-Community Partnership for Rural Health Seminar Series** (co-hosted with the Interior Health Research Department)

**4th Annual Okanagan Embrace Aging month** (co-hosted with Interior Health and Interior Savings Credit Union)

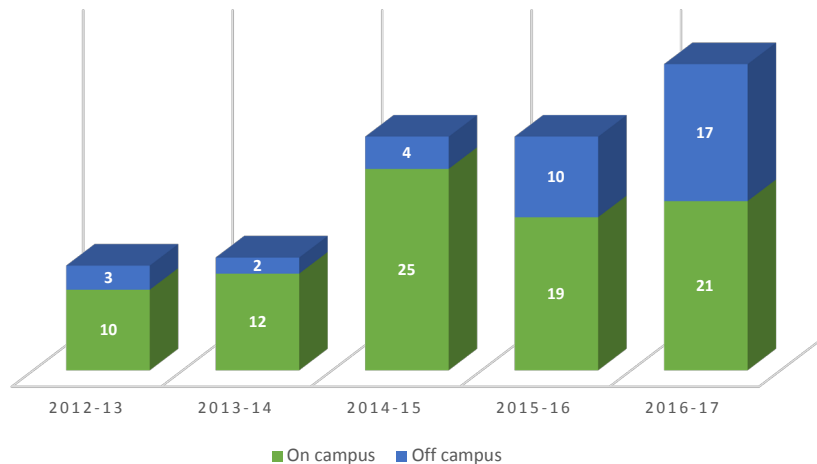
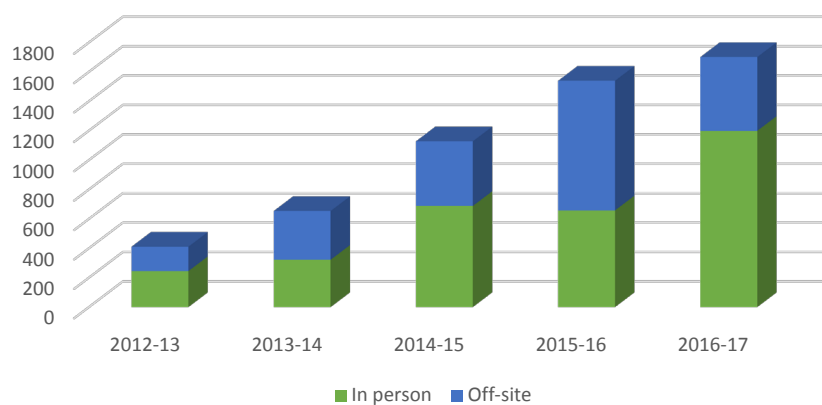
**UBC Celebrate Research Week with IHLCDP hosted Café Scientifique** (co-hosted with Interior Health and Interior Savings Credit Union) and invited **Lunch and Learn session** entitled, *Rural health in rural hands: Building partnerships with a regional alliance for health research*

### Embrace Aging Welcomed New Partners:

Interior Savings Credit Union as a co-host and supporter, as well as community members, Joyce Springate and Pat Andrews, and Nick Bray, student representative, to our planning committee.



Savvy Seniors trying out their new skills

**TABLE 1: IHLCDP EVENT HISTORY 2012-2017****TABLE 2: Attendance at IHLCDP Events 2012-2017**

Cafe Scientifique panelists, left to right: Dr. Andis Klegeris, Associate Professor, Biology, Irving K Barber School of Arts and Sciences, UBCO; Dr. Brodie Sakakibara, Postdoctoral Fellow, Department of Physical Therapy, Faculty of Medicine, UBC Vancouver; Ms. Jennifer Upshaw, PhD candidate, Clinical Psychology, Irving K Barber School of Arts and Sciences, UBCO; Dr. Harry Miller, Clinical Neuropsychologist, Interior Health; and Clinical Assistant Professor, Irving K Barber School of Arts and Sciences, UBCO; and Dr. Joan Bottorff, Director, IHLCDP, UBC Okanagan.

## Featured IHLCDP Research Activities and Training

### Campus Health Research supports wellbeing at UBC

On October 31, 2016, our Campus Health team joined Dr. Deborah Buzzard and others across our campus to activate the Okanagan Charter to demonstrate organizational commitment to health promotion and wellbeing at UBC Okanagan. Recognized at this event was the outstanding leadership and vision of Dr. Claire Budgen, IHLCDP Associate and Campus Health lead to December 2015, for her outstanding work to promote healthy campuses that laid the foundation for current efforts, the Okanagan Charter, and the Wellbeing at UBC initiative. A similar event was held at UBC's Vancouver campus, establishing Wellbeing at UBC as a campus-wide priority. Our Campus Health team is represented on the UBCO Wellbeing Advisory Committee and the UBC Wellbeing Steering Committee.

In support of Wellbeing at UBC, our Campus Health team, in collaboration with students, staff and faculty have been involved in a number of projects over the past year.

- VOICE 4 was launched to gather views on system factors influencing mental wellness at UBCO using a community-based participatory action research approach. With the support of 80 student co-researchers, over 4,000 completed Community Dialogue surveys have been collected. Members of the campus community have also been invited to share their views in interviews, or using photovoice and story capture methods. The team has obtained funding for a UBC Sustainability Scholar and Workstudy Undergraduate Co-Researcher to assist with data analysis over the summer and prepare reports of findings. The VOICE 4 research project is funded by Campus Health, and supported by the UBCO Workstudy Program, the VOICE Research Team, and the VOICE Advisory Committee.
- The Campus Health and VOICE team are evaluating the use of a treadmill desk in the UBCO Library to promote physical activity while studying. In this pilot project, students, staff and faculty are being encouraged to try out the desk and provide feedback by completing an online survey. To date, there have been 80 unique users and over 325 treadmill key sign outs. Users are invited to complete an online survey to provide feedback on the treadmill desk.  
UBCO TV prepared this video on the project: <https://m.ubc.ca/okanagan/okvideo/search?search=Search&filter=treadmill+desk&feed=youtube-ubcotv&id=WCnh1w-XakE>
- The VOICE team are collaborating with the UBCO Food Exchange to research the topic of student food security on campus. Supported by a grant from the Equity Enhancement Fund, the team completed a literature review on student food insecurity and university food banks, and hosted dinners with students to gather views about food security. An assessment of food security at UBCO was included in the VOICE 4 Community Dialogue survey, and responses will be analyzed over the summer.

*Our Campus Health and VOICE teams have employed seven undergraduate students as research assistants through the UBCO Workstudy Program, and over 80 undergraduate students joined our team as VOICE co-researchers.*

**Voice**  
CAMPUS HEALTH PROJECT

## Rural communities as hubs for innovations in health promotion

The IHLCDP has taken an active role in a steering committee to form a *Regional Alliance for Rural Health* to increase and advance knowledge to improve rural health and wellbeing, through collaborative community-engaged action research on the social determinants of health. Initiated by Interior Health with enthusiastic support from multiple academic, community, and health partners, the work has progressed to the point where a draft Memorandum of Understanding (MOU) has achieved approval by the current membership and a version of the MOU is proposed for partner sign off in 2017. Members of the Regional Alliance currently include six post-secondary institutions, two rural Divisions of Family Practice, the First Nations Health Authority, Interior Health representatives (Research Department, Rural Hospital and Community Integrated Service administrators and Aboriginal Health), and Board representatives from Southern Interior Local Government Association and Association of Kootenay Boundary Local Government.



## Building international research collaborations

In partnership with IHLCDP Associate Dr. Cristina Caperchione and with the support of the UBC Visiting Professor Fund, the IHLCDP co-hosted a visit by Dr. Kate Hunt, Associate Director and Professor, MRC/CSO Social and Public Health Sciences Unit, Institute of Health and Wellbeing, University of Glasgow, Scotland in September 2016. Dr. Hunt provided an IHLCDP seminar on her research with Football Fans in Training, a weight management and healthy living program for overweight men, and another on the development, evaluation and roll-out of public health interventions. She also met with research teams, and provided individual consultations with faculty, students and other stakeholders in the community. The visit has resulted in expanding research collaborations between UBCO researchers and Dr. Hunt and her team.



### International Visiting Scholars to the IHLCDP in 2016-2017

**Dr. Kate Hunt**, Associate Director and Professor, MRC/CSO, Social and Public Health Sciences Unit, Institute of Health and Wellbeing, University of Glasgow, Scotland

**Dr. Uba Backonja**, Assistant Professor, Nursing & Healthcare Leadership; Adjunct Assistant Professor, Biomedical Informatics & Medical Education, School of Nursing, University of Washington, Tacoma

Left to right: Dr. Kate Hunt, University of Glasgow and Drs. Cristina Caperchione and Joan Bottorff, University of British Columbia Okanagan

## Featured Research Focusing on Older Adults

### Supporting mental health in rural communities

Dr. Nelly Oelke, IHLCDP Associate and Assistant Professor in the School of Nursing, is leading a program of community-based research focused on improving services and supports for adults 50 and over with mental health concerns in the South Okanagan and Similkameen. The team includes representatives from Interior Health, community organizations, a community member, and UBC researchers Drs. Carolyn Szostak and Jon Corbett. The team are currently using social network analysis, focus groups, and community meetings to explore and facilitate collaborations among participating organizations and set priorities for addressing needs of this target population.

## IHLCDP in the Community

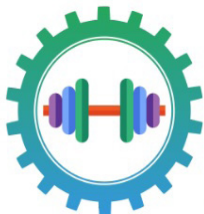
The IHLCDP is an invited Academic Co-sponsor and member of the conference planning committee for the *Safe, Healthy, and Productive Workplaces: Learning from Research and Practice Conference* hosted by the Canadian Institute for the Relief of Pain and Disability. The conference will be held on UBC campus from June 1-3, 2017.

## IHLCDP Advisory Committee

The IHLCDP Advisory Committee held two meetings during the year.

See Appendix B for a list of members.

## Using exercise to fight frailty



Dr. Gareth Jones, Assistant Professor in the School of Health and Exercise Sciences, is leading research on the best ways to reverse frailty, the physiological decline many people experience as they get older. Women from the community who are becoming frail were invited to the Healthy Exercise and Aging

Laboratory (HEAL) on campus to complete a 12-week exercise program of functional resistance training and balance delivered by UBCO undergraduate and graduate students. The results showed that the exercise intervention was effective at reversing frailty. As one of the only frailty exercise research programs currently underway in Canada, Dr. Jones and his team are now testing whether a tailored, multi-component program of exercise can assist both pre-frail and frail adults. This research is profiled in this UBCO video <https://www.youtube.com/watch?v=v2dgRWU9kL0&t=2s>

Dr. Jones' interdisciplinary research team includes MSc students Nick Bray and Rowan Smart, Dr. Jennifer Jakobi (Associate Professor, School of Health and Exercise Sciences), Dr. Kathy Rush (Associate Professor, School of Nursing), and Dr. Charlotte Jones (Associate Professor, Faculty of Medicine).



## IHLCDP Activities by the Director



- Member, Wellbeing at UBC Steering Committee, UBC
- Member, Wellbeing at UBC Okanagan Advisory Committee
- Nominated Principal Investigator, Campus Health Development Grant (Ministry of Health/Interior Health), UBC Okanagan
- UBCO Representative, Interior Health Research Advisory Council
- UBCO Representative, Regional Alliance for Rural Health Steering Committee
- Member, National Board of Directors, Canadian Cancer Society (to Aug 2016)
- Invited participant, *Best Brains Exchange on Masculinity and Male Suicide Prevention*, hosted by Public Health Agency of Canada, CIHR, Mental Health Commission of Canada, Movember, and Men's Depression and Suicide Network. September 30, 2016, Ottawa, ON

## IHLCDP Associates

The IHLCDP continues to welcome associates from the community and academia in its research activities. Currently the Institute has 68 associates. See Appendix C for a complete list.

Over the past year our UBC Okanagan IHLCDP Associates received over \$2.3 million in externally funded research grants. In addition, they have received prestigious awards and new positions. We highlight some of these achievements below:

- Dr. Mary Jung, Associate Professor in the School of Health and Exercise Sciences, was a recipient of the UBCO Health Researcher of the Year Award.
- Dr. Ali McManus, received a CFI and BCKDF award to establish the Paediatric Inactivity Physiology Laboratory at UBCO
- Drs. Kathleen Martin Ginis, Heather Gainforth, and Mary Jung in the School of Health and Exercise Sciences received a CFI award to establish the Centre for Translational Research in Behaviour Change for People with Chronic Conditions.
- Dr. Nelly Oelke, Assistant Professor, School of Nursing, is the new Academic Co-Lead BC Support Unit, Interior Centre at Interior Health providing co-leadership for the Centre including leadership on implementation science and assistance with patient engagement.



The work of our IHLCDP Associates has also been featured throughout the year on the UBC Okanagan website:

- Dr. Mary Jung: *Digital tools can motivate diabetics to exercise and eat well.* By Patty Wellborn, May 10, 2016. <https://news.ok.ubc.ca/2016/05/10/digital-tools-can-motivate-diabetics-to-exercise-and-eat-well/>
- Dr. Susan Holtzman: *Men who have sex with men in small cities less likely to be tested for HIV.* By Patty Wellborn, June 2, 2016. <https://news.ok.ubc.ca/2016/06/02/men-who-have-sex-with-men-in-small-cities-less-likely-to-be-tested-for-hiv/>
- Dr. Gareth Jones: *Exercise prescriptions could keep elderly out of hospitals.* By Patty Wellborn, September 21, 2016. <https://news.ok.ubc.ca/2016/09/21/exercise-prescriptions-could-keep-elderly-out-of-hospitals/>
- Dr. Mary Jung: *Fitness apps more effective when they are personalized.* By Matthew Grant, September 29, 2016. <https://news.ok.ubc.ca/2016/09/29/fitness-apps-more-effective-when-they-are-personalized/>

- Dr. Cristina Caperchione: *UBC researchers team up with Kelowna Rockets to support men's health.*  
By Patty Wellborn, October 20, 2016. <https://news.ok.ubc.ca/2016/10/20/ubc-researchers-team-up-with-kelowna-rockets-to-support-mens-health/>
- Dr. Heather Gainforth: *People trying to quit smoking don't always focus on tobacco cessation.*  
By Matthew Grant, October 25, 2016. <https://news.ok.ubc.ca/2016/10/25/people-trying-to-quit-smoking-dont-always-focus-on-tobacco-cessation/>
- Dr. Joan Bottorff: *UBC research aims to increase health of men in blue-collar jobs.*  
By Patty Wellborn, November 1, 2016. <https://news.ok.ubc.ca/2016/11/01/ubc-research-aims-to-increase-health-of-men-in-blue-collared-jobs/>
- Dr. Zach Walsh: *Marijuana could help treat drug addictions, mental health.* By Matthew Grant, November 26, 2016. <https://news.ok.ubc.ca/2016/11/16/marijuana-could-help-treat-drug-addiction-mental-health/>
- Dr. Marie Tarrant: *Pregnant women at risk of getting the flu are not getting vaccinated.*  
By Matthew Grant, November 22, 2016. <https://news.ok.ubc.ca/2016/11/22/pregnant-women-at-risk-of-getting-the-flu-are-not-getting-vaccinated/>
- Dr. Mary Jung: *Daily reminders to increase calcium intake are effective.* By Patty Wellborn, November 29, 2016. <https://news.ok.ubc.ca/2016/11/29/daily-reminders-to-increase-calcium-intake-are-effective/>
- Dr. Marie Tarrant: *New moms moving toward the bottle.* By Patty Wellborn, December 7, 2016. <https://news.ok.ubc.ca/2016/12/07/new-moms-moving-toward-the-bottle/>
- Dr. Jonathan Little: *Pumping iron is good for the heart, UBC researchers show.* By Christine Zeindler, January 11, 2017. <https://news.ok.ubc.ca/2017/01/11/pumping-iron-is-good-for-the-heart-ubc-researchers-show/>
- Drs. Jennifer Jakobi and Gareth Jones: *Hand-grip test can indicate decline in physical function of Parkinson's patients.* By Patty Wellborn, February 1, 2017. <https://news.ok.ubc.ca/2017/02/01/hand-grip-test-can-indicate-decline-in-physical-function-of-parkinsons-patients/>
- Dr. Kathy Rush: *Digital photography could be a key factor in rural health care.* By Patty Wellborn, February 9, 2017. <https://news.ok.ubc.ca/2017/02/09/digital-photography-could-be-a-key-factor-in-rural-health-care/>
- Dr. Zach Walsh: *Given the choice, patients will reach for cannabis over prescribed opioids.* By Christine Zeindler, February 27, 2017. <https://news.ok.ubc.ca/2017/02/27/given-the-choice-patients-will-reach-for-cannabis-over-prescribed-opioids/>
- Dr. Cristina Caperchione and Paul Sharp: *Even when given pedometers, university students don't make time to exercise.* By Patty Wellborn, March 7, 2017. <https://news.ok.ubc.ca/2017/03/07/even-when-given-pedometers-university-students-dont-make-time-to-exercise/>
- Dr. Carole Robinson: *Lack of adequate support a barrier for those wishing to die at home.*  
By Patty Wellborn, March 8, 2017. <https://news.ok.ubc.ca/2017/03/08/lack-of-adequate-support-a-barrier-for-those-wishing-to-die-at-home/>

## UBCO TV

- Dr. Heather Gainforth: *Are kids active enough?* August 18, 2016 <https://www.youtube.com/watch?v=15yc6QL5-A&list=PL6JWPcX0WhHX0eEcw6tp-I87YjioVOLcp&index=20>
- Dr. Gareth Jones: *Using exercise to fight frailty.* September 14, 2016 <https://www.youtube.com/watch?v=v2dgRWU9kL0&list=PL6JWPcX0WhHX0eEcw6tp-I87YjioVOLcp&index=16>

- Dr. Kathy Rush: *Healthcare journeys of rural older adults with atrial fibrillation*. September 20, 2016 [https://www.youtube.com/watch?v=nI03XIk1\\_ZE&index=15&list=PL6JWPcX0WhHX0eEcw6tp-I87YjioVOLcp](https://www.youtube.com/watch?v=nI03XIk1_ZE&index=15&list=PL6JWPcX0WhHX0eEcw6tp-I87YjioVOLcp)
- Dr. Heather Gainforth: *Smoking cessation research*. October 13, 2016 <https://www.youtube.com/watch?v=NqH3Us28NhY>
- Dr. Kathy Rush: *Atrial fibrillation stressors*. November 3, 2016 <https://www.youtube.com/watch?v=Bgkodoezho4>
- Dr. Kathy Rush: *Telehealth for rural atrial fibrillation patients*. November 3, 2016 <https://www.youtube.com/watch?v=sENf8La6gAI>
- Dr. Marie Tarrant: *Pregnant vaccines research*. November 21, 2016 <https://www.youtube.com/watch?v=4h9hGzD7aWU>
- Dr. Mary Jung: *Increasing calcium intake for adults*. November 29, 2016 <https://www.youtube.com/watch?v=aQHfaNusHt0>
- Drs. Jennifer Jakobi and Gareth Jones: *How hand strength can indicate Parkinson's patients' decline*. February 1, 2017 <https://www.youtube.com/watch?v=eB7KQUckD7Y>
- Dr. Mary Jung: *2017 Health Researcher of the Year*. March 10, 2017 <https://www.youtube.com/watch?v=h3m8hmnebzA>

## Conclusion



Canada continues to face significant challenges in preventing chronic disease, with more than one in five Canadian adults living with a chronic disease that could largely be prevented. There is no doubt that research related to health promotion and supporting healthful lifestyles across the lifespan continue to be a priority. Over the past year, there has been significant growth in research programs addressing this need, and a parallel growth in interest from the wider community in our research. Together, these developments have provided unique opportunities for engaging communities and stakeholders in research partnerships, and extending our networks for knowledge sharing. In addition, our expanding research programs are providing rich hands-on research training for both undergraduate and graduate students.

The Institute remains committed to supporting research teams by profiling their research through our seminar series and other activities, facilitating knowledge translation efforts, and expanding regional, national and international partnerships. Finally, we look forward to supporting efforts to intensify research collaborations to establish UBCO as a centre of excellence in health promotion and chronic disease prevention research that is relevant, accessible and useful.

# Appendices

## Appendix A IHLCDP Supporting Knowledge Exchange

### IHLCDP Partnership in Research Series

<i>Down on the farm: Understanding male farmers and mental health</i> Dr. Philippe Roy, University of Montreal	Monday, May, 30, 2016
<i>Playing to strength: Leveraging masculinities to promote men's physical activity and healthy eating</i> Ms. Megan Klitch, Canadian Cancer Society, BC and Yukon Division Dr. Cherisse Seaton, UBC Okanagan Dr. Joan Bottorff, UBC Okanagan	Wednesday, June 15, 2016
<i>If they build it, will they act? ProjectMOVE – a novel approach for increasing physical activity among breast cancer survivors</i> Dr. Cristina Caperchione, UBC Okanagan	Friday, October 14, 2016
<i>Do good things really come in small packages? Small Changes – A big idea to deal with the obesity epidemic</i> Dr. Lesley Lutes, UBC Okanagan	Thursday, January 26, 2017
<i>Assessing Social Return on Investment (SROI) in health promotion: Findings from the Healthy Together © Program</i> Ms. Stephanie Robertson, SiMPACT Strategy Group Dr. Anima Anand, The Bridge Youth & Family Services	Thursday, February 16, 2017
<i>The curious case of age related muscle fatigue: Keys to staying active and strong</i> Dr. Brian Dalton, UBC Okanagan	Friday, March 10, 2017

### Research to Practice Seminars IHLCDP with North Okanagan Hospice Society

<i>Indigenous Voices: Stories of serious illness and grief</i> Ms. Kali Leary, Métis & Inuit Cancer Control and the Underserved Populations Program, CancerCare Manitoba	Tuesday, November 15, 2016
<i>Dying at home: Enabling caregivers' determination</i> Dr. Carole Robinson, UBC Okanagan	Tuesday, January 24, 2017
<i>Giving voice to older people and family caregivers: A tablet-based tool to enhance person-centred palliative care</i> Dr. Rick Sawatzky, Trinity Western University	Tuesday, March 21, 2017

## Campus-Community Partnerships for Rural Health

IHLCDP with Interior Health Research Department

<p><i>Aging at risk: The South Okanagan-Similkameen Rural Mental Health Project</i></p> <p>Dr. Nelly Oelke, UBC Okanagan          Ms. Tracy Janzen, Graduate student, UBC Okanagan          Dr. Carolyn Szostak, UBC Okanagan</p>	<p>Wednesday, November 2, 2016</p>
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<p><i>Closing the gap in rural health care services: Exploring the entrepreneurial activities of citizen led coalitions</i></p> <p>Dr. Kathy Rush, UBC Okanagan          Dr. Mike Chiasson, UBC Okanagan          Ms. Marilyn Clark, Sorrento Health Centre</p>	<p>Tuesday, January 17, 2017</p>
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<p><i>An asset-based community development approach to 'healthful aging' and care in rural communities</i></p> <p>Dr. Denise Cloutier, University of Victoria          Dr. Karen Kobayashi, University of Victoria          Mr. Walter Popoff, Regional District of Central Kootenay</p>	<p>Tuesday, March 14, 2017</p>
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### Other IHLCDP Events

<p>A Knowledge Exchange Webinar</p>	<p>Monday, May 2, 2016</p>
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<p>MSFHR – Program Consultation</p>	<p>Wednesday, June 22, and Thursday, June 23, 2016</p>
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<p>Citizen Series Webinar          host site for BC Healthy Communities and Northern Health  <i>Growing up Northern: Raising healthy children, families and communities</i></p>	<p>Tuesday, June 28, 2016</p>
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<p>A Visiting Scholar Event  <i>Why might gender be important in the design and delivery of public health interventions?</i>          Dr. Kate Hunt, University of Glasgow, Scotland</p>	<p>Thursday, September 8, 2016</p>
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<p>A Visiting Scholar Event  <i>A win, win, win? Negotiating challenges, partnerships and public benefits in the development, evaluation and roll-out of public health interventions</i>          Dr. Kate Hunt, University of Glasgow, Scotland</p>	<p>Friday, September 9, 2016</p>
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An Embrace Aging Event <i>Savvy Seniors: New communication technologies and you</i> Facilitated by the Community Service Learning Program, UBC Okanagan	Wednesday, March 1, 2017
An Embrace Aging Event <i>Age of Love Movie – Vernon</i>	Wednesday, March 1, 2017
An Embrace Aging Event <i>Age of Love Movie – Kelowna</i>	Thursday, March 2, 2017
An Embrace Aging Event <i>Age of Love Movie – West Kelowna</i>	Friday, March 3, 2017
Celebrate Research Week <i>Rural health in rural hands: Building partnerships with a regional alliance for health research</i> Drs. Joan Bottorff, Judy Gillespie, and Mike Chiasson, UBC Okanagan Ms. Betty Brown, Interior Health	Tuesday, March 7, 2017
An Embrace Aging Event <i>Seniors fraud protection tips – Kelowna</i> Interior Savings Credit Union	Tuesday, March 7, 2017
An Embrace Aging Event <i>MyHealthPortal: Interior Health electronic health records and you</i> Ms. Pamela Reese, Interior Health	Wednesday, March 8, 2017
An Embrace Aging Event <i>Sound of Music: A partnership to enhance lives</i> Baptist Housing	Wednesday, March 8, 2017
An Embrace Aging Event <i>Senior fraud protection tips – Vernon</i> Interior Savings Credit Union	Wednesday, March 8, 2017
Café Scientifique <i>Side stepping the effects of stroke</i> Ms. Jennifer Monaghan, Stroke Survivor Dr. Brodie Sakakibara, UBC Vancouver Dr. Andis Klegeris, UBC Okanagan Dr. Harry Miller, UBC Okanagan Ms. Jennifer Upshaw, PhD candidate, UBC Okanagan	Thursday, March 9, 2017

An Embrace Aging Event <i>Singing makes everything better</i> Mr. Nigel Brown, Sing for your Life Canada Foundation BC	Monday, March 13, 2017
An Embrace Aging Event <i>Age of Love Movie – Oliver</i>	Tuesday, March 14, 2017
An Embrace Aging Event <i>Sleep: The key to healthy aging</i> Dr. Ronald Cridland, Kelowna Sleep Clinic	Wednesday, March 15, 2017
An Embrace Aging Event <i>Estate planning essentials: What you need to know – Vernon</i> Interior Savings Credit Union	Wednesday, March 15, 2017
An Embrace Aging Event <i>Estate planning essentials: What you need to know – Kelowna</i> Interior Savings Credit Union	Thursday, March 16, 2017
An Embrace Aging Event <i>Exercise: Putting the brakes on aging</i> Dr. Gareth Jones, UBC Okanagan	Wednesday, March 22, 2017
An Embrace Aging Event <i>Okanagan Men’s Shed Open House: Building the well-being of men in the community</i>	Thursday, March 23, 2017
An Embrace Aging Event <i>Introduction to Pickleball</i> Pickleball Kelowna	Saturday, March 25, 2017
A Visiting Scholar Presentation <i>Data visualization and healthcare: Current trends and untapped potential</i> Dr. Uba Backonja, University of Washington	Thursday, March 30, 2017



HEALTHY LIFESTYLE

## Appendix B

## IHLCDP Advisory Committee

Betty Brown	Community Research: Lead, Interior Health Professional Practice Office – Research Department
Linda Hatt	Associate Dean, Curriculum and Student Affairs, Irving K Barber School of Arts and Science, UBC Okanagan
Tracey Hawthorn	WRAP Coordinator, Human Resources, UBC Okanagan
Jennifer Jakobi	Associate Professor, School of Health and Exercise Sciences, Faculty of Health and Social Development, UBC Okanagan
Charlotte Jones	Southern Medical Program, Faculty of Medicine, UBC Okanagan
Glenn McRae	CNO and Professional Practice Lead, Interior Health
Roger Parsonage	Corporate Director, Population Health, Interior Health
Carole Robinson	Professor, School of Nursing, Faculty of Health and Social Development, UBC Okanagan
Edward Taylor	Associate Professor, School of Social Work, Faculty of Health and Social Development, UBC Okanagan
Paul van Donkelaar	Director, Professor, School of Health and Exercise Sciences, Faculty of Health and Social Development, UBC Okanagan

## Appendix C

## IHLCDP Associates

Antifeau, Elisabeth	Helgason, Nial	McManus, Ali
Anton, Gayle	Hill, Trish	Oelke, Nelly
Berg, Stephen	Holder, Mark	Olsen, Lise
Brown, Betty	Holtzman, Susan	Parsonage, Roger
Bryant MacLean, Leslie	Hughes, Andrew	Penny, Tricia
Callaway, Robert	Jakobi, Jennifer	Pesut, Barbara
Campbell, Sarah	Jones, Charlotte	Plamondon, Katrina
Caperchione, Cristina	Jones, Gareth	Reid, Colin
Chau, Shirley	Jung, Mary	Robinson, Carole
Cook, Heather	Kjorven, Mary	Rush, Kathy
Corbett, Jon	Konnert, Joanne	Shahram, Sana
Dalton, Brian	Krank, Marvin	Shojania, Kam
Deegan, Heather	Kurtz, Donna	Smith, Michelle
Drewitz, Cheryl	Li, Eric	Taylor, Darlene
Evans, Michael	Little, Jonathan	Taylor, Dee
Filiatrault, Paul	Lovegrove, Gord	Taylor, Edward
Forneris, Tanya	Lutes, Lesley	van Donkelaar, Paul
Foster, Tracy	Maitland, Julie	Walsh, Zach
Gainforth, Heather	Maiwald, Karin	Wells, Susan
Ghosh, Sanjoy	Mallinson, Julian	Willis-Stewart, Sally
Hamilton, Casey	Marck, Patricia	Wilson, Roger
Hatt, Linda	Marcolin, Barb	Zebedee, Janelle
Hawthorn, Tracey	Marshall, Jamie	

## Appendix D

## IHLCDP Personnel

### **Institute Administrative Support**

Jacquetta Benard

### **Research Support**

Gayl Sarbit, Knowledge Broker  
Alex Cloherty, Research Assistant  
Andrew Munroe, Knowledge Exchange Specialist  
Anne Huisken, Research Assistant  
Cherisse Seaton, Research Coordinator  
Ian Newcombe, Research Assistant  
Janna Olynick, Research Assistant  
Renee Toxopeus, Research Assistant

### **Work Study Research Assistants**

Kennedy Amyotte, Undergraduate student  
Alana Perusse, Undergraduate student  
Himayini Sharma, Undergraduate student  
Jackson Traplin, Undergraduate student

### **Campus Health Project**

Casey Hamilton, Campus Health Specialist  
Melissa Feddersen, Campus Health Specialist (to February 15, 2017)  
Chelsey Hartwig, Campus Health Specialist (March 1, 2017 - present)

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

Katrina Plamondon, IGS PhD Student  
Laura Struik, IGS PhD Candidate





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

PARTNERS IN RESEARCH FOR BETTER HEALTH

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