



THE UNIVERSITY OF BRITISH COLUMBIA

Institute for Healthy Living and Chronic Disease Prevention

GENERATING INNOVATIVE SOLUTIONS  
TO SUPPORT HEALTHY LIVING

**Annual Report 2017 - 2018**

March 31, 2018

Institute for Healthy Living and Chronic Disease Prevention



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

PARTNERS IN RESEARCH FOR BETTER HEALTH



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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.

**In 2017-2018 over 2320 people attended our knowledge exchange events.**

## EXECUTIVE SUMMARY

The Institute for Healthy Living and Chronic Disease Prevention (IHLCDP), now in its tenth year, has continued to expand its activities to support the growth and impact of health research through new research initiatives, community partnerships, and innovative knowledge products. Over the past year, our IHLCDP Associates have obtained over \$3.4 million dollars in external research funding, published over 120 articles in leading peer-reviewed journals, and received career awards as well as awards for their research achievements and knowledge projects. In addition, IHLCDP Associates have been actively involved in establishing research clusters on our campus. The outstanding research of our IHLCDP Associates has been frequently featured on the UBCO website and in the media.

Other achievements during the past year include the following:

- Our researchers were provided with expanded opportunities for knowledge exchange and community engagement with 44 IHLCDP hosted or co-hosted events, drawing an attendance of 2300 people.
- A new IHLCDP website was developed to profile the emergence of research clusters, new partnerships (e.g., SMP Chronic Disease Prevention Program; Work Wellness and Disability Prevention Institute; First Nations Health Authority), and featured research.
- The Institute led UBCO's involvement with Interior Health and other stakeholders in continuing to build the Regional Alliance for Rural Health to support action-oriented, community-engaged research collaborations that strengthen health and wellbeing in rural communities and enrich educational programs.
- Through our Campus Health VOICE project, we have engaged faculty and students in research and action to promote wellbeing on campus, and participated on the UBC Wellbeing Steering Committee and the Wellbeing at UBC Okanagan Advisory Committee.
- Research teams have benefits from consultations and support with development and implementation of knowledge exchange activities and partnerships.
- Research training opportunities have been provided for undergraduate and graduate students.

## INSTITUTE OPERATIONS

### IHLCDP Advisory Committee

The IHLCDP Advisory Committee for 2017-2018 was comprised of the following members:

Betty Brown	Community Research: Lead, Interior Health Professional Practice Office – Research Department
John Graham	Professor and Director, School of Social Work, Faculty of Health and Social Development, UBC Okanagan
Linda Hatt	Associate Professor, Irving K Barber School of Arts and Science, UBC Okanagan
Tracey Hawthorn	Wellbeing Coordinator, 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
Paul van Donkelaar	Associate Vice-Principal Research, Office of Research Services; Professor, School of Health and Exercise Sciences, Faculty of Health and Social Development, UBC Okanagan
Carole Robinson	Professor, School of Nursing, Faculty of Health and Social Development, UBC Okanagan (retired in December 2017)

The Advisory Committee met three times during the year.

### Staff and Administration

#### Institute Director

Joan L Bottorff, Professor,  
School of Nursing, Faculty of Health and Social Development, UBC Okanagan

#### Institute Administrative Support

Jacquetta Benard

#### Research Support

Anne Huisken, Research Assistant  
Gayl Sarbit, Knowledge Broker

Janna Olynick, Research Assistant  
Cherisse Seaton, Research Coordinator

#### Campus Health Project

Casey Hamilton, Campus Health Specialist

Chelsey Hartwig, Campus Health Specialist

#### Wellbeing Scholar

Keskine Poku, Graduate student

#### Work Study Research Assistants

Alanna Baiton, Undergraduate student  
Angela Foster, Undergraduate student  
Philip Jaling, Undergraduate student  
Tyler Kopp, Undergraduate student  
Kyle Potter, Undergraduate student

Mariah Brown, Undergraduate student  
Milan Hecimovic, Undergraduate student  
Larissa Just, Undergraduate student  
Alana Perusse, Undergraduate student  
Dylan Wall, Undergraduate student

## IHLCDP Associate Membership

The IHLCDP continues to welcome associates from the community and academia in its research activities. Currently the Institute has 67 associates. See Appendix B for a complete list.

## Space / Facilities

The Institute for Healthy Living and Chronic Disease Prevention is located in ARTS 223.

Faculty Associates have labs in various locations on campus.

## ACADEMIC MEASURES

### Funding to support research

UBCO Faculty IHLCDP Associates received over \$3.4 million in external funding during 2017-2018 (see Table 1). This represents an increase of over \$1 million dollars in external funding over the previous year. Although the largest source of funding was from the Tri-council granting programs (CIHR, SSHRC and NSERC), this amount was nearly matched by external funding from a wide range of regional, provincial and national funding sources. Funding to establish several new centres to support the development of research programs was a significant achievement as well as the number of career and fellowship awards. See Appendix C for list of external research funding.

**Table 1: UBCO Faculty IHLCDP Associate Funding 2017-2018\***

Type	Amount
Tri-council funding (CIHR, SSHRC, NSERC)	\$1,106,525
MSFHR	\$354,587
CFI/BCKDF	\$344,520
CRC Program	\$100,000
Other External funding	\$1,053,254
UBC Internal funding	\$456,014
<b>TOTAL Funding</b>	<b>\$3,414,900</b>

\* Based on data provided from the VPR UBCO. Only includes grants held at UBC. This does not include funding where IHLCDP Associates are co-investigators on grants held at other universities.

## Publications

Faculty IHLCDP Associates published 123 articles in peer reviewed journals between April 2017 and March 2018. See Appendix D for list of publications.



## IHLCDP ACTIVITIES AND PROJECTS

### New Research Clusters

During the past year, our IHLCDP Associates have been involved in developing research clusters that are directly related to the focus of the Institute. This development has been supported by UBC Okanagan's new strategic directions for research, the Eminence competition established through the Office of the Vice-Principal Research, and growing research programs.

#### Research Cluster in Community Health

This research cluster, supported by funding from the UBCO Eminence Program, aims to build a framework for community-engaged health research and knowledge translation. This interdisciplinary team with researchers from the Faculty of Health and Social Development, Irving K. Barber School of Arts and Sciences, Faculty of Education and Faculty of Medicine will design, implement and evaluate interventions that address three community-identified health priorities: mental health and aging, obesity and diabetes, and aboriginal and rural health. Using systematic, evidence-based, and community-engaged processes, the team will help guide current and future UBC Okanagan researchers in undertaking meaningful community health research and knowledge translation activities.

IHLCDP Associates participating in this cluster include: Dr. Mary Jung (co-lead), and Drs. Susan Holtzman, Charlotte Jones, Donna Kurtz, Jonathan Little, and Kathy Rush (co-investigators).

#### Research Cluster in Healthy and Successful Aging

The IHLCDP is working with Dr. Jennifer Jakobi and other IHLCDP associates to develop a cross-campus research cluster to advance knowledge to inform the design and evaluation of tailored approaches for healthy and successful adult aging. Supporting collaboration among researchers on both UBC campuses and established community and government partners, this cluster will focus on advancing existing programs of research that address the social, psychological, physiological and environmental domains of aging. Since aging is profoundly heterogeneous, research activities will engage diverse adult populations as well as those living with chronic illness in order to inform tailored interventions and approaches that strengthen resilience, support self-management, and build social support for men and women's healthy and successful aging.

This emerging research cluster is supported by other IHLCDP activities including the Embrace Aging initiative held each year in collaboration with Interior Health and Interior Savings Credit Union. Embrace Aging has grown from four to over 30 events in the last five years, providing a strong platform for knowledge exchange and continuing to build community-based research partnerships.



## New Featured Research Programs and Activities

### Chronic Disease Prevention Program

The Southern Medical Program (SMP) established the Chronic Disease Prevention Program with the appointment of Dr. Kathleen Martin Ginis as Director and the Inaugural Reichwald Family SMP Chair in Preventive Medicine in October 2017. The Chronic Disease Prevention Program will engage researchers from both Okanagan and Vancouver campuses, and Interior Health to support discoveries and knowledge translation in areas of physical activity and nutrition/healthy eating, and diabetes, cardiovascular disease, neurotrauma and neurodegenerative diseases, and implementing those findings into the community. This newly established program will provide new opportunities for research collaborations for our IHLCDP Associates. The Chronic Disease Prevention Program and IHLCDP will collaborate to launch a new seminar series beginning in the fall of 2018.

### Developing Indigenous Pathways for Diabetes and Obesity Prevention and Management

IHLCDP Associates **Dr. Donna Kurtz, Ms. Leslie Bryant, and Dr. Charlotte Jones** recently received funding from CIHR to work with six BC Interior Friendship and Métis Centres to blend traditional and western knowledge to optimized health and health equity in holistic, patient-centred diabetes and obesity care. This four year community-led study is guided by local governance and ownership, values and customs, and will enable full community involvement in all aspects of study. The team will co-develop pathway tools and frameworks for culturally safe, equitable, strength-based, site-specific healthcare policies, research, and practice for communities of similar size, geographic and cultural distinctness, nationally and internationally.

The research team also includes IHLCDP Associates Dr. Peter J Hutchinson, Dr. Mary E Jung, and Dr. Jonathan P Little as well as Dr. Alexandra King, Dr. Malcolm King, Dr. Jonathan M McGavock, Dr. Mary Ann Murphy, Dr. Julianne C Barry, and Ms. Danielle M Wilson.

## Featured IHLCDP Projects

### Campus Health Research Supports Wellbeing at UBC

- **Mental Wellness on Campus:** VOICE 4 team of students, faculty and staff continued to gather views on system factors influencing mental wellness at UBCO using a community-based participatory action research approach. During the summer of 2017 data gathered from over 4,000 students, staff and faculty were analyzed, infographics prepared to highlight main findings, and presentations were made to various groups on campus. Action groups have been formed to develop strategies to address system level factors that negatively influence student mental wellness. The VOICE 4 research activities are supported by Campus Health, in addition to funding from the UBCO Work Study and the UBC Wellbeing Scholar Programs. The VOICE team is also supported by a VOICE Advisory Committee comprised of a wide range of faculty, staff and students.
- **Increasing Physical Activity and Reducing Sedentary Behaviour:** A pilot study was completed to evaluate the use of two active study



stations placed in the UBCO Library to promote physical activity while studying. School of Health and Exercise Sciences 4th year student, Amanda Seemann, supervised by Dr. Tanya Forneris (IHLCDP Associate), contributed to this work along with our VOICE students Kyle Potter and Tyler Kopp. The findings of this project have supported plans for creating an active study area in the new Teaching and Learning Centre to open in September 2018.

- Hilary Kopp, 4th year School of Health and Exercise Sciences student, completed her Independent Project in Human Kinetics while working closely with Campus Health Specialist, Casey Hamilton.
- Recreational Cannabis on Campus: The VOICE team are collaborating with IHLCDP Associate Dr. Zach Walsh on a CIHR funded project to describe student attitudes and practices related to recreational cannabis use on campus. A panel presentation entitled, Curious about Cannabis, was co-hosted on February 21, 2018 to begin to engage the campus community in a dialogue about the implications of the legalization of recreational cannabis for our campus.
- Tobacco Use on Campus: The Canadian Cancer Society reported in March 2018 that there are at least 26 universities and colleges in Canada with policies for a 100% smoke-free campus. This is a significant trend because smoking is the leading preventable cause of premature death and disease in Canada. The VOICE team, in collaboration with UBC Wellbeing, launched the first “One Day Stand” at UBC to raise awareness about the benefits of a smoke-free campus, presented a briefing note on smoke-free campuses for UBC Wellbeing Steering Committee and UBC’s Executive Committee, and collaborated on a literature review on the topic to guide continuing discussions. The VOICE team have also begun to consult with campus stakeholders to gather perspectives about the potential for becoming a smoke-free campus.

### Regional Alliance for Rural Health

The Regional Alliance for Rural Health is a ten organization collaborative with representation from post-secondary institutions, health service providers and rural community representatives from the Interior region of south central BC. The IHLCDP Director is UBCO’s lead and a member of the RARH steering committee. The Alliance facilitates sustainable partnerships to support wide engagement of citizens, patients and community partners from diverse rural and remote areas to ensure essential rural context considerations and perspectives inform and direct research priorities.

The Alliance is guided and directed by a Steering Committee which is comprised of one representative from each of the ten partner organizations. The organizations include six post-secondary institutions, the First Nations Health Authority (FNHA), Interior Health (IH) 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.

The 2nd organizational meeting of the Regional Alliance for Rural Health partners was held at the Nicola Valley Institute of Technology in Merritt on June 12, 2017. Over 25 participants from all ten organizations came together to jointly review and finalize Alliance core documents, to discuss future regional research projects and to strengthen relationships.

Six community consultations were convened by the Regional Alliance for Rural Health in the Interior Health region in the spring of 2018. The aim of the meetings was to engage community members in identifying opportunities for collaborating on rural health research. Funding for these events has been obtained from the UBC Engagement Partnership Recognition Fund, along with support for travel for Indigenous participants from the First Nations Health Authority.

## Dads in Gear Indigenous

Drawing on the success of the Dads in Gear program ([www.dadsingear.ok.ubc.ca](http://www.dadsingear.ok.ubc.ca)) and with funding from the First Nations Health Authority and Interior Health, a team that included IHLCDP Associates Drs. Joan Bottorff and Cristina Caperchione, UBC Professor Dr. John Oliffe, IHLCDP Knowledge Broker Dr. Gayl Sarbit, and community partners (IH: Jeff Conners, Danielle Wilson, and Dr. Anima Anand) gathered data to inform a cultural adaption of the Dads in Gear program for Indigenous fathers. The resulting program, Dads in Gear Indigenous, is the first of its kind for Indigenous men who want to be involved healthy and smoke free fathers (<https://www.dadsingearindigenous.ca>). In September 2017, 12 Indigenous men from across the province participated in the two day DIG facilitator training program. The FNHA will support trained facilitators to implement the program in BC communities.

As a result of the work completed by the Dads in Gear team, during the last year the following collaborations have resulted:

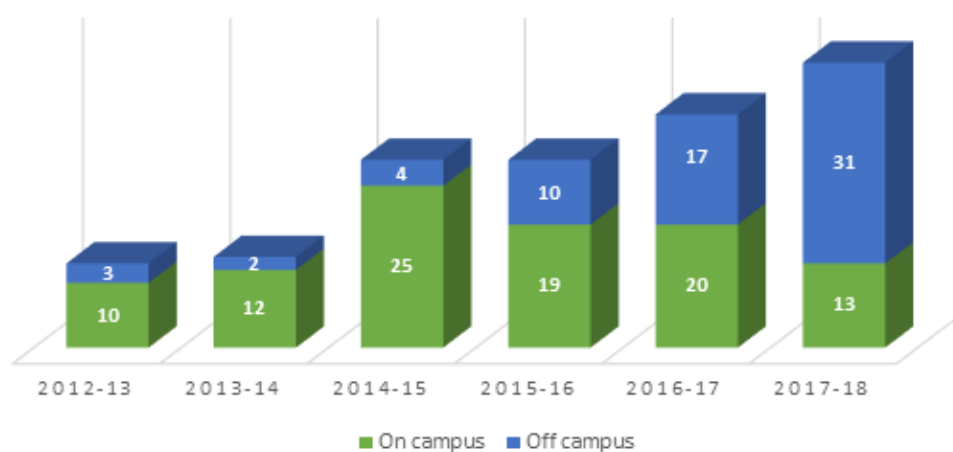
- The Central Okanagan Early Years Partnership contracted the DIG team to develop a resource for new fathers. The “Being a Dad” booklet is now available here: [www.coey.ca](http://www.coey.ca)
- Dr. Richard Fletcher, Director of the Family Resource Centre at the University of Newcastle, invited the DIG team to collaborate on his SMS4Dads program (<https://www.sms4dads.com/>). Text messages developed by the DIG team to motivate smoking cessation will be tested in the next phase of SMS4Dads.

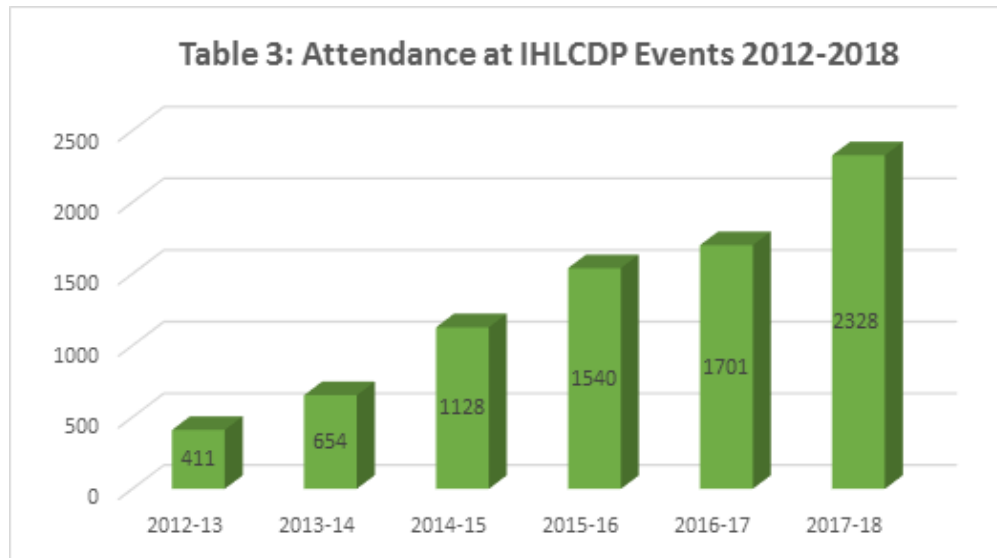


## Speaker Series

During the past year the IHLCDP has continued to expand its knowledge exchange activities through our webinars and other events. We have hosted or co-hosted 44 events, and increased the number of community-based events over the previous year (see Table 2). 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 3). In collaboration with the SMP Chronic Disease Prevention program we will launch a new seminar series focusing on research related to chronic disease prevention.

TABLE 2: NUMBER OF IHLCDP EVENTS 2012-2018





## Conferences, Symposia, and Other Events

The IHLCDP was actively involved in the following events:

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 Work Wellness and Disability Prevention Institute. The conference was held on the UBC campus from June 1-3, 2017.

Co-host, ***Curious About Cannabis*** panel event, UBCO campus, February 21, 2018. Over 150 people joined this session in person or on webinar. The panel included UBCO undergraduate students and IHLCDP Associate **Dr. Zach Walsh**. A news advisory about the event appeared on the UBCO website: <https://news.ok.ubc.ca/2018/02/15/ubc-hosts-panel-discussion-about-legalization-of-marijuana/>

Partner, ***Research Symposium: Alternative Housing Models: Future of Kelowna***, March 27, 2018, UBCO co-chaired by IHLCDP Associates **Drs. Gordon Lovegrove** (School of Engineering) and **Eric Li** (Faculty of Management) as well as Brigitte Le Normand (Irving K. Barber School of Arts and Sciences). This Research Symposium brought together researchers and practitioners to discuss housing problems in the Okanagan valley and City of Kelowna, to share findings of related research and future research needs, and to facilitate ongoing networking and collaboration towards practical solutions to these problems. Housing problems are varied and complex, crossing many disciplines, with many related and confounding factors, and, thus require a multi-discipline approach to address. Factors discussed included, among others: affordability; supply; aging in place; loss of mobility; social isolation; mental illness.

# COMMUNITY OUTREACH AND COMMUNICATIONS

## Community Outreach Activities

The **5th Annual Okanagan Embrace Aging** month, co-hosted with Interior Health and Interior Savings Credit Union, included over 30 educational opportunities and events focusing on an expanded number of topics related to healthy aging throughout March 2018. This year we launched a new website for Embrace Aging ([www.okanaganembraceaging.com](http://www.okanaganembraceaging.com)), and events were held in Kelowna and West Kelowna as well as on the UBCO campus. Attendance over the month was 1836, an increase of 55% over the previous year.



The planning committee included: Corrine Johnson and Rod Rieu (Interior Savings Credit Union); Dr. Deanne Taylor, Ann Ungaro, and Kim Peake (Interior Health); Joyce Springate (community member); Alex Yacyshyn (UBCO graduate student), Lindsay Burton (Alumni and Research Assistant, UBCO), Dr. Colin Reid (School of Health and Exercise Sciences), and Dr. Joan Botorff and Jacquetta Benard from the IHLCDP.

**Embrace Aging Welcomed New Partners:** Heart and Stroke Foundation, YMCA of Okanagan, West Kelowna Pickleball Club, Okanagan Regional Library, Baptist Housing, Arthritis Society, and AGF.

**UBC Thrive Week:** Our IHLCDP Associates, **Drs. Holtzman** and **Zach Walsh** participated in a panel to discuss current mental health and resilience research held on November 1, 2017 in the Rotary Centre for the Arts (for more information see: <https://news.ok.ubc.ca/2017/10/27/explore-ubc-okanagans-research-on-mental-health-resiliency/>). In addition, Campus Health VOICE teams participated in various activities on campus to promote mental health.

**Mini-Med 2017:** The focus of this year's Mini-Med series was child health. IHLCDP Associate, **Dr. Ali McManus**, was one of four speakers included in the event. Her talk was entitled: "Please wait to be seated: Sedentary behavior and the importance of keeping children active." (<https://minimed.ok.ubc.ca/>)

## Other Outreach Activities by the Director

- UBC Representative, Interior Health Research Advisory Council
- UBCO Representative, Regional Alliance for Rural Health Steering Committee
- Invited member, Ad Hoc Committee on Future Cancer Prevention Research, Canadian Cancer Society, March 2018 - ongoing
- Invited participant, *The Future of Sex and Gender in Health Research*. CIHR Institute of Gender and Health Consultation Event, Montreal, QC, November 8-9, 2017.
- Invited participant, CIHR *Workshop on Health Research Needs and Priorities related to Cannabis Legalization and Regulation*, Ottawa, Ontario, September 18, 2017
- UBC Participant, *Stakeholder Consultation: Creating and Interior Academic Health Science Centre*, Kelowna, February 7, 2018.

## Selected Regional Talks by the Director

- Bottorff, J.L. (2018). *Healthy aging research at UBC Okanagan*. Invited presentation to the Lake Country Rotary Club, Kelowna, BC (March 8, 2018).
- Bottorff, J.L. (2017). *New directions in research for better health*. Invited presentation to the Morningside Rotary Club, Kelowna, BC (November 23, 2017).
- Brown, B., Bottorff, J.L., & Petrick, T. (2017). *Rural health in rural hands: Building partnerships with a Regional Alliance for Rural Health*. Invited presentation to the Interior Health Research Network, Kelowna (April 5, 2017).

## Communications

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

**Dr. Barb Pesut:** *UBC researcher tackles the complexity of palliative care*, March 14, 2018. <https://news.ok.ubc.ca/2018/03/14/ubc-researcher-tackles-the-complexity-of-palliative-care/>

**Dr. Gareth Jones:** *Researchers want boomers to meet daily exercise requirements* by Patty Wellborn, February 28, 2018. <https://news.ok.ubc.ca/2018/02/28/researchers-want-boomers-to-meet-daily-exercise-requirements/>

**Dr. Johnathan Little:** *A ketone drink could help diabetics by lowering blood sugars* by Nathan Skolski, February 14, 2018. <https://news.ok.ubc.ca/2018/02/14/a-ketone-drink-could-help-diabetics-by-lowering-blood-sugar/>

**Dr. Eric Li:** *Healthy Living reaches out* by Maggie Rendulich, February 3, 2018. <https://news.ok.ubc.ca/management/2018/02/05/healthy-living-reaches-out/>

Graduate student Danika Quesnel (IHLCDP Associates on supervisory committee **Drs. Nelly Oelke, Sally Willis-Stewart** and **Christina Caperchione**): *Abrupt end to exercise not the answer when it comes to eating disorder treatment* by Nathan Skolski, January 10, 2018. <https://news.ok.ubc.ca/2018/01/10/abrupt-end-to-exercise-not-the-answer-when-it-comes-to-eating-disorder-treatment/>

**Dr. Zach Walsh:** *UBC prof points to a potential aid in combating the opioid crisis* by Nathan Skolski, December 19, 2017. <https://news.ok.ubc.ca/2017/12/19/ubc-prof-points-to-a-potential-aid-in-combating-the-opioid-crisis/>

**Dr. Heather Gainforth:** *People with Type 2 diabetes need more support, say researchers* by Patty Wellborn, December 19, 2017. <https://news.ok.ubc.ca/2017/12/19/people-with-type-2-diabetes-need-more-support-say-researchers/>

**Dr. Carole Robinson:** *Program may help those reluctant to engage in advance care planning* by Patty Wellborn, December 12, 2017. <https://news.ok.ubc.ca/2017/12/12/ubc-professor-tests-software-to-help-cancer-patients-have-the-tough-conversations/>

PhD student Maxine Crawford (supervised by **Dr. Mark Holder**): *Send the kids outside but let them take their devices with them* by Patty Wellborn, November 22, 2017. <https://news.ok.ubc.ca/2017/11/22/send-the-kids-outside-but-let-them-take-their-devices-with-them/>

**Dr. Jonathan Little:** *From 100 to zero in two weeks flat* by Nathan Skolski, November 15, 2017. <https://news.ok.ubc.ca/2017/11/15/from-100-to-zero-in-two-weeks-flat/>

**Dr. Mary Jung:** *UBC and YMCA partner to offer evidence-based health program to community* by Nathan Skolski, November 13, 2017. <https://news.ok.ubc.ca/2017/11/13/ubc-and-ymca-partner-to-offer-evidence-based-health-program-to-community/>

PhD Student Holli-Anne Passmore (supervised by **Dr. Mark Holder**): *Science confirms you should stop and smell the roses* by Patty Wellborn, November 2, 2017. <https://news.ok.ubc.ca/2017/11/02/science-confirms-you-should-stop-and-smell-the-roses/>

**Dr. Zach Walsh:** *Don't dispense with cannabis dispensaries, caution UBC researchers* by Patty Wellborn, October 12, 2017. <https://news.ok.ubc.ca/2017/10/12/dont-dispense-with-cannabis-dispensaries-caution-ubc-researchers/>

**Dr. Jonathan Little:** *Ketone nutritional supplements: Good or bad for athletic performance?* by Nathan Skolski, October 11, 2017. <https://news.ok.ubc.ca/2017/10/11/ketone-nutritional-supplements-good-or-bad-for-athletic-performance/>

**Dr. Susana Caxaj:** *Small towns need to do more to help immigrants feel they belong* by Patty Wellborn, September 19, 2017. <https://news.ok.ubc.ca/2017/09/19/small-towns-need-to-do-more-to-help-immigrants-feel-they-belong/>

**Dr. Brian Dalton:** *Big and strong may not last as long, according to UBC prof* by Nathan Skolski, August 23, 2017. <https://news.ok.ubc.ca/2017/08/23/big-and-strong-may-not-last-as-long-according-to-ubc-prof/>

**Dr. Cristina Caperchione:** *UBC Okanagan's HAT TRICK returns for round three* by Nathan Skolski, July 27, 2017. <https://news.ok.ubc.ca/2017/07/27/ubc-okanagans-hat-trick-returns-for-round-three/>

**Dr. Barb Pesut:** *Community health-based volunteer program spreads across Canada* by Patty Wellborn, June 15, 2017. <https://news.ok.ubc.ca/2017/06/15/community-health-based-volunteer-program-spreads-across-canada/>

**Dr. Susan Holtzman:** *Talk – don't text – in times of stress, says UBC research* by Patty Wellborn, May 15, 2017. <https://news.ok.ubc.ca/2017/05/15/talk-dont-text-in-times-of-stress-says-ubc-research/>

**Dr. Lesley Lutes:** *ENHANCE happiness and well-being study opens to new participants* by Patty Wellborn, May 15, 2017. <https://news.ok.ubc.ca/2017/05/15/enhance-happiness-and-well-being-study-opens-to-new-participants/>

**Dr. Sanjoy Ghosh:** *UBC researchers connect common fats to a lazy lifestyle and diabetes* by Patty Wellborn, April 12, 2017. <https://news.ok.ubc.ca/2017/04/12/ubc-researchers-connect-common-fats-to-a-lazy-lifestyle-and-diabetes/>



## News Release

- *UBC provides the secrets on how to tap into the fountain of youth* by Patty Wellborn, February 28, 2018. <https://news.ok.ubc.ca/2018/02/28/ubc-provides-the-secrets-on-how-to-tap-into-the-fountain-of-youth/>
- *UBC launches program to advance chronic disease research* by Patty Wellborn, October 19, 2017. <https://news.ok.ubc.ca/2017/10/19/ubc-launches-program-to-advance-chronic-disease-research/>
- *Student health and wellbeing focus of new UBC course (Dr. Sally Stewart)* by Nathan Skolski, July 31, 2017. <https://news.ok.ubc.ca/2017/07/31/student-health-and-wellbeing-focus-of-new-ubc-course/>

## UBCO TV

- **Dr. Barb Pesut:** 2018 Researcher of the Year, March 9, 2018 <https://www.youtube.com/watch?v=twrS6EWKYKs>
- **Dr. Mary Jung:** Small steps for big changes October 24, 2017 <https://www.youtube.com/watch?v=-y6WfVZaeto>
- **Chronic Disease Prevention Program:** October 18, 2017. [https://www.youtube.com/watch?v=Umkte27\\_sNg](https://www.youtube.com/watch?v=Umkte27_sNg)
- **Dr. Cristina Caperchione:** HAT TRICK program, July 25, 2017. <https://www.youtube.com/watch?v=KKpTBtiGqS8>

## Other Media

- **Twitter** (@ihlcdp): We tweet regularly to profile the research activities of our Associates and current projects as well as IHLCDP events. Our twitter account now has over 1500 followers.
- **Bottorff, J. L. & Seaton, C. L.** (Oct 3, 2017). *Friendly competition motivates men to get healthy on the job*. Article published on **The Conversation Canada**, an online independent source of news and views from the academic and research community (See: <https://theconversation.com/friendly-competition-motivates-men-to-get-healthy-on-the-job-83867>). At the end of March 2018, 1,462 reads, 16 tweets and 51 Facebook shares were recorded.
- **POWERPLAY** – A Men’s Workplace Health Promotion Program, 2015 (for more information see: [www.harmonization.ok.ubc.ca](http://www.harmonization.ok.ubc.ca) ). POWERPLAY has been showcased on the Canada’s Healthy Workplace month website in November 2017: <http://healthyworkplacemonth.ca/en/showcases> (click the name ‘POWERPLAY’ in the list to see information). Also awarded a Certificate of Merit and recognized in *CHWM Best Practices Collection* (with online profile of the program between January – December 2018)

## Awards

- **Dr. Barb Pesut** received the 2018 UBC Okanagan Researcher of the Year award.
- **Dr. Jonathan Little** was named a 2017 UBC Killam Research Fellow
- **Dr. Sanjoy Ghosh, Dr. Heather Gainforth, Dr. Jonathan Little, and Dr. Mary Jung** received MSFHR Scholar Awards
- **Dr. Kathy Rush** received the CRNBC Award of Excellence in Advancing Nursing Knowledge and Research.
- **Dr. Joan Bottorff** received the Canadian Association of Psychosocial (CAPO) Life Time Achievement Award
- **Dr. Claire Budgen** was recognised posthumously for her outstaying contributions as nurse leader in the CRNBC Memorial Book.

IHLCDP Associate **Dr. Cristina Caperchione** leads the HAT TRICK project focused on development and evaluation of a novel health promotion program for overweight and obese men.

The HAT TRICK program received several awards in the past year:

- HAT TRICK Playbook: Gold award in the 2017 Cancer Awareness Advertising Awards under the category of Patient Education. The Cancer Awareness Advertising Awards (CAA Awards) is an annual contest that recognizes excellence in cancer awareness marketing and advertising. The CAA Awards program is hosted by Marketing Healthcare Today magazine and Creative Images, Inc., which is an internationally recognized firm that has specialized in strategic healthcare marketing for more than 20 years (announced January, 2018).
- HAT TRICK Playbook: 2017 MarCom International Awards - Platinum Award, category Print Media – Print Creativity. Awarded by the Association of Marketing and Communication Professionals.  
<https://marcomawards.com/winners-gallery>
- HAT TRICK: Canadian Cancer Society, UBC, University of Glasgow, Athabasca University, and designs by Red Sand Creative. (2017). Hat Trick Playbook. Award of Distinction winner in the “Marketing/Promotion – Campaign - Total Campaign” category of the 23rd Annual Communicator Awards. See:  
<http://www.communicatorawards.com/winners/list/?event=1012&category=1915&award=9&p=5>
- HAT TRICK: Canadian Cancer Society, UBC, University of Glasgow, Athabasca University, and designs by Red Sand Creative. (2017). Hat Trick Playbook. Bronze Award winner in the “Public Relations Program/Event” category of the 23rd Annual Summit Creative Award. See: <http://summitawards.com/past-sca-awards-listings/> (Search UBC)



IHLCDP Director, **Dr. Joan Bottorff** leads the Harmonization Cancer Prevention team. During the past year, the team's collaboration guide, a knowledge translation product, entitled: *Building bridges to collaborative success: An evidence-based, inter-agency primer for health promotion* received several awards. The guide is available from: <http://harmonization.ok.ubc.ca/wp-content/uploads/Final-PDF-Collaboration-Primer.pdf> (An online version of this knowledge translation product is available at: <http://harmonization.ok.ubc.ca/collaboration/> )

- **AVA Digital Awards.** Ava Digital Awards is an international competition that recognizes excellence by creative professionals responsible for the planning, concept, direction, design and production of digital communication (announced January 2018).
  - ◊ Harmonization Project Group: UBC, Athabasca University, Northern Health Authority, BC Cancer Agency, Canadian Cancer Society, and designs by PG Web Designs. (2017). Interactive collaboration primer website. Gold winner in the "Creativity (Web Design) – Website" category of the AVA Digital Awards. See: <https://enter.avaawards.com/entry/interactive-collaboration-primer-website/>
  - ◊ Harmonization Project Group: UBC, Athabasca University, Northern Health Authority, BC Cancer Agency, Canadian Cancer Society, and designs by PG Web Designs. (2017). Interactive collaboration primer website. Gold winner in the "Pro Bono" category of the AVA Digital Awards. See: <https://enter.avaawards.com/entry/interactive-collaboration-primer-website-2/> (click on "H" for Harmonization).
- Harmonization Project Group: Canadian Cancer Society, BC Cancer Agency, Northern Health Authority, UBC, Athabasca University, and designs by PG Web Designs. (2017). Interactive Collaboration Primer Website (<https://www.collaborationprimer.ca/>). Platinum winner in the "Interactive Capabilities" category of the dotCOMM Awards. See: <https://enter.dotcommawards.com/winners/#/platinum/2017>
- Harmonization Project Group: Canadian Cancer Society, BC Cancer Agency, Northern Health Authority, UBC, Athabasca University, and designs by PG Web Designs. (2017). Building bridges to collaborative success. Award of Distinction winner in the "Marketing/Promotion – Design Features-Overall Design" category of the 23rd Annual Communicator Awards. See: <http://www.communicatorawards.com/winners/list/?event=1012&category=1915&award=9&p=3> (search for Harmonization)
- Harmonization Project Group: Canadian Cancer Society, BC Cancer Agency, Northern Health Authority, UBC, Athabasca University, and designs by PG Web Designs. (2017). Building bridges to collaborative success. Gold winner in the "Other: Misc collateral, Special promo" category of the 34th Annual Healthcare Advertising Awards. See: <http://healthcare-advertising-awards.com/winners-list/winners-list-2017/> (search for Harmonization)
- Harmonization Project Group: Canadian Cancer Society, BC Cancer Agency, Northern Health Authority, UBC, Athabasca University, and designs by PG Web Designs. (2017). Building bridges to collaborative success. Platinum winner in the "Publications – Other – Primer" category of the Hermes Creative Awards. See: <https://enter.hermesawards.com/winners/#/platinum/2017>
- Harmonization Project Group: Canadian Cancer Society, BC Cancer Agency, Northern Health Authority, UBC, Athabasca University, and designs by PG Web Designs. (2017). Building bridges to collaborative success. Platinum winner in the "Pro Bono" category of the Hermes Creative Awards. See: <https://enter.hermesawards.com/winners/#/platinum/2017> (click on "H" for Harmonization Group)
- Harmonization Project Group: Canadian Cancer Society, BC Cancer Agency, Northern Health Authority, UBC, Athabasca University, and designs by PG Web Designs. (2016). Building Bridges to Collaborative success. Bronze winner in the "Publication/External" category of the 14th Annual Service Industry Advertising Awards.

## GOALS FOR NEXT ACADEMIC YEAR

1. Strengthen the ongoing development of research clusters related to the mandate of the IHLCDP by brokering inter-disciplinary and cross-campus partnerships among researchers and community stakeholders, enabling knowledge exchange activities, profiling achievements on the IHCLDP website, and fostering connections among research cluster teams.
2. Support the establishment of a research cluster in healthy living, wellness and aging.
3. Work collaboratively with cross-campus partners to establish a Campus Wellbeing research cluster to support the UBC Wellbeing strategy and meet goals related to wellbeing in UBC's new strategic plan.
4. Develop opportunities through the Regional Alliance for Rural Health for UBCO faculty and students to engage in collaborative, community-engaged action research with citizens and community partners in rural and remote areas to address community-identified challenges that influence health and wellbeing.
5. Expand efforts to communicate research findings of our IHLCDP Associations and their students, including the establishment of a new seminar series in collaboration with the SMP Chronic Disease Prevention Program.

## CONTACT INFORMATION

### Institute for Healthy Living and Chronic Disease Prevention

University of British Columbia Okanagan

1147 Research Road ART 223

Kelowna BC V1V 1V7 CANADA

Phone: 250-807-8072

Email: [HealthyLiving.Research@ubc.ca](mailto:HealthyLiving.Research@ubc.ca)

Web: <http://ihlcdp.ok.ubc.ca>

Twitter: <http://twitter.com/ihlcdp>



## APPENDICES

### Appendix A IHLCDP Supporting Knowledge Exchange

#### IHLCDP PARTNERSHIP IN RESEARCH SERIES

*Walk and Talk for Life in your community? Using an online implementation toolkit*  
Dr. Charlotte Jones, UBC Okanagan

Thursday, November 16, 2017

#### OTHER IHLCDP EVENTS

UBC Host site for BC Healthy Communities  
*Move it!! Exploring active community innovations – a virtual forum*

Wednesday, May 17, 2017

A Visiting Scholar presentation  
*Health coaching and eHealth Technology:  
Behaviour change and system transformation*

Monday, May 29, 2017

Dr. Harvey Skinner, York University

A Visiting Scholar presentation  
*Objectively assessed activity patterns of cancer survivors: The wheels are  
turning but are we upside down?*

Thursday, August 3, 2017

Dr. Jeff Vallance, Athabasca University

A Visiting Scholar presentation  
*Integrating physical activity into cancer care: moving ahead, sitting down, or  
standing still*

Tuesday, October 3, 2017

Dr. Catherine Sabiston, University of Toronto

Co-sponsored event  
*Listening for direction: The development and optimization of workplace mental  
wellness programs for men*

Thursday, November 23, 2017

A Visiting Scholar presentation  
*Move, eat, sleep for better health*

Thursday, November 30, 2017

Dr. Mitch Duncan, University of Newcastle, Australia

Work Wellness and Disability Prevention Institute  
*Men's preferences for workplace health promotion programs and the  
effectiveness of tailored approaches*

Friday, February 9, 2018

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A Campus Community Event

*Curious about cannabis*

Ms. Daniella Mitchell, UBC Okanagan student

Ms. Janine Mintz, UBC Okanagan student

Dr. Ian Mitchell, UBC Vancouver

Dr. Zach Walsh, UBC Okanagan

Ms. Shelley Kayfish, UBC Okanagan

Mr. Michael Serebriakov, UBC Vancouver

Wednesday, February 21, 2018

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## An Embrace Aging event

*MyHealthPortal: Electronic health records and you*

Mr. Levi Weir, Interior Health

Thursday, March 1, 2018

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## An Embrace Aging event

*Scam protection: Knowledge is power*

Ms. Paula Naka, Interior Savings Credit Union

West Kelowna

Monday, March 5, 2018

Kelowna

Wednesday, March 7, 2018

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## An Embrace Aging event

*Savvy Seniors – New communication technologies and you*

Facilitated by the Community Service Learning Program, UBC Okanagan

Monday, March 5, 2018

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## An Embrace Aging event

*IGen by happipad: Inter-generational living opportunities to connect students and seniors*

Dr. Kenneth Chau, UBC Okanagan; Co-founder of happipad

Mr. Cailan Libby, Co-founder of happipad

Tuesday, March 6, 2018

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## An Embrace Aging event

*Understanding arthritis*

Ms. Lynnea Westlind, The Arthritis Society

Tuesday, March 6, 2108

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## Café Scientifique

*Sleepless nights? The science behind better sleep for healthy aging*

Dr. Wayne Lai, UBC Vancouver; KGH Sleep Lab, Kelowna

Dr. Teresa Liu-Ambrose, UBC Vancouver; Canada Research Chair, Physical Activity, Mobility, and Cognitive Health

Dr. Glen Foster, UBC Okanagan

Dr. Wendy Richardson, Patient Perspective; CPAP User

Thursday, March 8

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## An Embrace Aging event

*Bits and Bytes – Technology fair for seniors*

Facilitated by the Okanagan Regional Library

Saturday, March 10, 2018

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## An Embrace Aging event

*Mingle Mondays – YMCA Monthly social*

Kelowna Family YMCA

Monday, March 12, 2018

H2O Adventure & Fitness Centre

Monday, March 19, 2018

Kelowna Downtown YMCA

Monday, March 26, 2018

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# Institute for Healthy Living and Chronic Disease Prevention

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An Embrace Aging event <i>Beyond kale: Reuniting your head and heart for health and wellness</i> Ms. Shyloe Fayad, Plan for Joy	Monday, March 12, 2018
An Embrace Aging event <i>Managing chronic pain – Arthritis Society</i> Ms. Lynnea Westlind, The Arthritis Society	Tuesday, March 13, 2018
An Embrace Aging event <i>The Patient Engagement in Research Project</i> Dr. Karin Maiwald, Interior Health Ms. Marilyn Parker, Patient Perspective	Wednesday, March 14, 2018
An Embrace Aging event <i>Estate planning essentials: What you need to know</i> Interior Savings Credit Union	Kelowna Wednesday, March 14, 2018 West Kelowna Wednesday, March 21, 2018
An Embrace Aging event <i>Walk, Talk and Listen – a program for older adults with hearing loss: Does it work?</i> Dr. Charlotte Jones, UBC Okanagan Ms. Marie MacRae, Patient Perspective	Thursday, March 15, 2018
An Embrace Aging event <i>Indigenous mental wellness project</i> Dr. Nelly Oelke, UBC Okanagan Ms. Kaela Schill, University of Calgary	Thursday, March 15, 2018
An Embrace Aging event <i>Seniors health assessment – YMCA</i>	Friday, March 16, 2018
An Embrace Aging event <i>Co-housing: Intentional communities that address aging in place, social isolation, and affordable housing challenges</i> Dr. Gordon Lovegrove, UBC Okanagan	Friday, March 16, 2018
An Embrace Aging event <i>Use it or lose it: Three steps to maintain your mobility</i> Facilitated by the Exercise is Medicine Club, School of Health and Exercise Sciences, UBC Okanagan	Monday, March 19, 2018
An Embrace Aging event <i>Alzheimer's in the 21<sup>st</sup> century</i> Mr. Jay Ingram	Kamloops Monday, March 19, 2018 Kelowna Tuesday, March 20, 2018 Oliver Wednesday, March 21, 2018

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An Embrace Aging event <i>Exercising control over arthritis – Arthritis Society</i> Ms. Lynnea Westlind, Arthritis Society	Tuesday, March 20, 2018
An Embrace Aging event <i>Transitions in care: Improving the outcome</i> Ms. Rachel Lewis, Baptist Housing	Thursday, March 22, 2018
An Embrace Aging event <i>Introduction to Pickleball</i> Facilitated by West Kelowna Pickleball Club	Saturday, March 24, 2018
An Embrace Aging event <i>PokemonGo</i> Ms. Alana Perusse Ms. Angie Foster	Saturday, March 24, 2018
An Embrace Aging event <i>Wise and Well – Mental Fitness</i> Mr. Aaryn Secker, CMHA Kelowna	Monday, March 26, 2018
An Embrace Aging events <i>Spinal arthritis – Arthritis Society</i> Mr. Ken Adams, Lighthouse Chiropractic Mr. Graham Jenkins, Lighthouse Chiropractic	Tuesday, March 27, 2018
An Embrace Aging event <i>Cyber security: Assessing and protecting your online security</i> Facilitated by Okanagan Regional Library	Thursday, March 29, 2018

### CAMPUS-COMMUNITY PARTNERSHIPS FOR RURAL HEALTH

in partnership with Interior Health Research Department

*Engaging stakeholders in co-creating sustainable communities: A study on rural communities in the BC Interior*

Dr. Eric Li, UBC Okanagan Ms. Betty Brown, Interior Health Mr. Tom Kadla, Village of Lumby	Thursday, May 4, 2017
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### RESEARCH TO PRACTICE SERIES

IHLCDP in partnership with North Okanagan Hospice Society

*Making life more livable for older adults with advanced chronic disease: A pilot study with volunteer navigators*

Dr. Barb Pesut, UBC Okanagan	Tuesday, May 2, 2017
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*Priorities and challenges in rural indigenous palliative care: Cultural safety revisited*

POSTPONED

*Exercise for advanced cancer patients: Truths, myths, and logistics*

Dr. Nicole Culos-Reed, University of Calgary	Tuesday, March 13, 2018
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## Appendix B IHLCDP Associates

Antifeau, Elisabeth  
Anton, Gayle  
Berg, Stephen  
Brown, Betty  
Bryant MacLean, Leslie  
Callaway, Robert  
Campbell, Sarah  
Caperchione, Cristina  
Chau, Shirley  
Cook, Heather  
Corbett, Jon  
Dalton, Brian  
Deegan, Heather  
Drewitz, Cheryl  
Evans, Michael  
Filiatrault, Paul  
Forneris, Tanya  
Foster, Tracy  
Gainforth, Heather  
Ghosh, Sanjoy  
Hamilton, Casey  
Hatt, Linda  
Hawthorn, Tracey

Helgason, Nial  
Hill, Trish  
Holder, Mark  
Holtzman, Susan  
Hughes, Andrew  
Jakobi, Jennifer  
Jones, Charlotte  
Jones, Gareth  
Jung, Mary  
Kjorven, Mary  
Konnert, Joanne  
Krank, Marvin  
Kurtz, Donna  
Li, Eric  
Little, Jonathan  
Lovegrove, Gord  
Lutes, Lesley  
Maitland, Julie  
Maiwald, Karin  
Mallinson, Julian  
Marck, Patricia  
Marcolin, Barb  
Marshall, Jamie

McManus, Ali  
Oelke, Nelly  
Olsen, Lise  
Parsonage, Roger  
Penny, Tricia  
Pesut, Barbara  
Plamondon, Katrina  
Reid, Colin  
Robinson, Carole  
Rush, Kathy  
Shahram, Sana  
Shojania, Kam  
Smith, Michelle  
Taylor, Darlene  
Taylor, Dee  
Taylor, Edward  
van Donkelaar, Paul  
Walsh, Zach  
Wells, Susan  
Willis-Stewart, Sally  
Wilson, Roger  
Zebedee, Janelle



## Appendix C

### List of External Research Awards to IHLCDP Faculty Associates

#### Tri-Council Funding

Title and Principal Investigator	Funding Source
Theorizing the Impact of Participatory Mapping Projects (PI: Jon Corbett)	SSHRC
A league of their own: Examining the effectiveness of a psycho-social and sport program targeting at-risk adolescent girls (PI: Cristina Caperchione)	SSHRC
The connection between intimate partner violence and traumatic brain injury: Addressing gaps in knowledge and awareness (PI: Paul Van Donkelaar)	SSHRC
Positive Youth Development through sport: Examining and understanding program quality (PI: Tanya Forneris)	SSHRC
Enhancing Social Participation Among People with Spinal Cord Injury: Investigating the Peer Mentor-Mentee Relationship (PI: Heather Gainforth)	SSHRC
Social support in the palm of your hand: can support through mobile phones be as effective as face-to-face? (PI: Susan Holtzman)	SSHRC
Engaging Stakeholders in Co-Creating Sustainable Communities: A Study on Rural Communities in B.C. Interior (PI: Eric Li)	SSHRC
ABC's of Assessing Physical Literacy in Older Adults (PI: Lise Olsen)	SSHRC
Child protective services organizational environment, practice, and outcomes (PI: Susan Wells)	SSHRC
Beyond Reefer Madness: Capturing the normal cannabis user in a nomological net (PI: Zach Walsh)	SSHRC
iSTAND- iSTAND Youth Outreach: Program Diversification and Leadership (PI: Jennifer Jakobi)	NSERC
Contributions of Neural and Mechanical Input to Spinal Motoneuron Output in Human Force Control (PI: Jennifer Jakobi)	NSERC
Myokines as a novel link between exercise metabolism and inflammation (PI: Jon Little)	NSERC
Optimizing exercise for improving cardiometabolic health and inflammation in individuals with prediabetes and type 2 diabetes (PI: Jon Little)	NSERC
Sustainable Transport Safety (Safe Systems Planning): Tools to Proactively Evaluate Communities & Move Loss of Life Towards Vision Zero (PI: Gord Lovegrove)	NSERC
Exercise Oxidative Metabolism in Children (PI: Ali McManus)	NSERC

# Institute for Healthy Living and Chronic Disease Prevention

Cortical and sensory control of standing balance (PI: Brian Dalton)	NSERC
Neural mechanisms of predictive movement planning (PI: Paul Van Donkelaar)	NSERC
Improving the Implementation and Impact of Evidence-based Health Promotion Interventions in Real World Settings (PI: Joan Bottorff)	CIHR
ABC's of Assessing Physical Literacy in Older Adults (PI: Gareth Jones)	CIHR
Self-regulation of Physical Activity Behavior: Novel Strategies to Enhance Adherence (PI: Mary Jung)	CIHR
The Virtual Atrial Fibrillation Clinic: Improving Specialty Care in Rural Communities (PI: Kathy Rush)	CIHR
An integrated knowledge translation approach to examining a model of volunteer navigation (NCARE) to support older adults living with advanced chronic illness in the home (PI: Barb Pesut)	CIHR
Practice, policy, and ethical implications of Canadian nursing roles in medical aid in dying: A knowledge synthesis and qualitative investigation (PI: Barb Pesut)	CIHR
The impact of cannabis legalization on campus health: A multi-method approach to establishing a baseline and monitoring change (PI: Zach Walsh)	CIHR

## Other Funding Sources

Development, Delivery and Evaluation of the HAT TRICK train-the trainer module (PI: Cristina Caperchione)	MSFHR
Physician-led low-carbohydrate therapeutic nutrition for type 2 diabetes: Building on a grass-roots movement in BC and beyond (PI: Jon Little)	MSFHR
Healthy Weights for Children - Phase 3 Project (PI: Joan Bottorff)	PHAC / Bridge Youth and Family Services
Dads in Gear Indigenous Participant Manual (PI: Joan Bottorff)	First Nations Health Authority
In-Person Happiness Intervention (PI: Leslie Lutes)	Frank Diener Foundation
HAT TRICK: An innovative health promotion program for men (PI: Cristina Caperchione)	Canadian Men's Health Foundation; Innovation, Science and Economic Development Canada; Province of BC
Dissemination of HAT TRICK: A gender-sensitized health promotion program for men (PI: Cristina Caperchione)	Canadian Men's Health Foundation
Mapping for Change: A Case Study of Enhancing Informational Exchange and Collaboration Through Geoweb Technology (PI: Jon Corbett)	Central Okanagan Foundation; Innovation, Science and Economic Development Canada; Province of BC; United Way of the Central & South Okanagan Similkameen
Regional Socio-Economic Development Institute of Canada (RSEDIC) (PI: Jon Corbett)	Community-University Research Portal
Improving Research to Practice: Investigating the Feasibility of Community Organizations Developing Methods to Ensure Implementation Efforts to Address the Needs and Priorities of the Spinal Cord Injury Community (PI: Heather Gainforth)	Development Canada; Province of BC; Spinal Cord Injury Ontario

Enhancing iKT Partnership: Developing iKT Guiding Principles for conducting and disseminating research in partnership with the spinal cord injury community (PI: Heather Gainforth)	Rick Hansen Foundation
Profibrotic effects of a high n-6 PUFA in the obese aging heart muscle (PI: Sanjoy Ghosh)	Diabetes Canada
iSTAND - Integrating Robotics and Coding into Neuroscience (PI: Jennifer Jakobi)	The Westcoast Women in Engineering, Science and Technology (WWEST)
Small Steps for Big Changes (PI: Mary Jung)	Moss Rock Park Foundation
Does exercise choice matter for physical activity adherence? Foundation doctoral student research grant (Supervisor: Mary Jung)	American College of Sports Medicine
An Opportunity for Impact on the Lives of People Dealing with Celiac Disease (PI: Mary Jung)	Canadian Celiac Association
Food Economy Research Project (PI: Eric Li)	Community Connections (Revelstoke) Society; Innovation, Science and Economic Development Canada; Province of British Columbia; Regional Socio-Economic Development Institute of Canada (RSEDIC)
Insulin sensitivity and fatty acid partitioning in skeletal muscle after exercise (PI: Jon Little)	National Institutes of Health
E-PARA DIGM (Exercise-Physical Activity and Diabetes Glucose Monitoring Protocol) (PI: Jon Little)	Medtronic of Canada Ltd.
Impact of oral ketones on cardiovascular risk factors (PI: Jon Little)	Heart and Stroke Foundation of Canada
Impact of a pharmacist-led therapeutic nutritional intervention on medications and glucose control in type 2 diabetes (PI: Jon Little)	Innovation, Science and Economic Development Canada; Pharmasave Drugs (Pacific) Ltd.; Province of BC
An egg at night to keep morning glucose tight (PI: Jon Little)	Egg Farmers of Canada; American Egg Board
Saliva insulin profiles throughout the day in healthy humans (PI: Jon Little)	CoreHealth Technologies; Innovation, Science and Economic Development Canada; Province of BC
Prolonged sitting and brain health in healthy weight and obese children (PI: Ali McManus)	Heart and Stroke Foundation of Canada
Health and Wellness Index for Kelowna Youth: Growing healthy children (PI: Ali McManus)	Sonrise Foundation and various sources
Understanding best practices for care transitions for patients from hospital to home (PI: Nelly Oelke)	Innovation, Science and Economic Development Canada
An integrated knowledge translation approach to implementing a model of volunteer navigation for rural older adults living with advanced cancer (PI: Barb Pesut)	Canadian Cancer Society Research Institute
Volunteer navigation partnerships: A compassionate community approach to early palliative care (PI: Barb Pesut)	Max Bell Foundation
Incontinence Self-Screening for Health Aging (PI: Kathy Rush)	The Retired Teachers of Ontario Foundation

## Career / Fellowship Awards

Understanding how diet and exercise influence cardiovascular disease in obesity and diabetes – Scholar Award to Sanjoy Ghosh	MSFHR
Self-Regulation of Physical Activity Behaviour: Novel Theory-based Intervention Strategies for Bolstering Exercise Adherence – Scholar Award to Mary Jung	MSFHR
Optimizing lifestyle interventions for the treatment and prevention of type 2 diabetes – Scholar Award, Jon Little	MSFHR
Changing cognitions to change behavior: Reframing biased thinking to improve exercise adherence in individuals with prediabetes – Fellowship award, Mary Jung	MSFHR
Does exercise choice matter for physical activity adherence? Fellowship award, Mary Jung	MSFHR
Exploring Women’s Experiences in a Prediabetes Community-based Exercise Intervention - Fellowship award, Bean (Mary Jung supervisor)	MSFHR
Improving the Implementation and Impact of Evidence-based Health Promotion Interventions in Real World Settings – Scholar Award, Heather Gainforth	MSFHR
Changing cognitions to change behavior: Reframing biased thinking to improve exercise adherence in individuals with prediabetes - Fellowship award, Locke (Mary Jung supervisor)	Diabetes Canada
Canada Research Chair in Health, Ethics and Diversity - Barb Pesut	CRC

## CFI / BCKDF Awards

The Centre for Obesity and Well-being Research Excellence (The CORE) – Lesley Lutes	CFI and BCKDF
Biochemistry laboratory for exercise metabolism and inflammation research – Jon Little	CFI
The Sustainable Road Safety Research Lab: A Facility to develop and use community-based, macro-level collision prediction models – Gord Lovegrove	CFI
Pediatric Inactivity Physiology Laboratory – Ali McManus	CFI
Infrastructure to Support Canada Research Chair in Health Ethics and Diversity – Barb Pesut	CFI
CFI Infrastructure Operating Fund – Paul van Donkelaar	CFI
Centre for the Study of Psychology and Law, University of British Columbia Okanagan – Zach Walsh	CFI
Centre for the Study of Services to Children and Families – Susan Wells	CFI

## Appendix D

### Publications by IHLCDP Faculty Associates

#### April 2017- March 2018

### 2018

- Halsall, T., & **Fornieris, T.** (2018). Evaluation of a leadership program for First Nations, Métis, and Inuit Youth: Stories of positive youth development and community engagement. *Applied Developmental Science, 22*(2), 125-138.
- Francois, M.E., Pistawka, K.J., Halperin, F.A. & **Little, J.P.** (2018). Cardiovascular benefits of combined interval training and post-exercise nutrition in type 2 diabetes. *Journal of Diabetes and its Complications, 32*(2), 226-233.
- Ruiz-Cárdenas, J. D., Rodríguez-Juan, J. J., Smart, R. R., **Jakobi, J. M., & Jones, G. R.** (2018). Validity and reliability of an iPhone App to assess time, velocity and leg power during a sit-to-stand functional performance test. *Gait & Posture, 59*, 261-266.
- Ruiz-Cárdenas, J. D., Rodríguez-Juan, J. J., **Jakobi, J. M.,** Ríos-Díaz, J., Marín-Cascales, E., & Rubio-Arias, J. A. (2018). Bilateral deficit in explosive force related to sit-to-stand performance in older postmenopausal women. *Archives of Gerontology and Geriatrics, 74*, 145-149.
- Simpson, C. L., Flatman, M. M., Kim, B. D., Bouwmeester, N. M., & **Jakobi, J. M.** (2018). Increase in post activation potentiation in females following a cycling warmup. *Human Movement Science, 57*, 171-177.
- Swogger, M.T., & **Walsh, Z.** (2018). Kratom use and mental health: A systematic review. *Drug and Alcohol Dependence, 183*, 134-140.
- Pesut, B.** (2018). Profits and prophets: Derrida on linguistic bereavement and (Im)possibility in nursing. *Nursing Philosophy, 19*(1), e12186.
- Dew, M.A., Butt, Z., Liu, Q., Simpson, M.A., Zee, J, Ladner, D.P., **Holtzman, S.** and 11 more (...) (2018). Prevalence and predictors of patient-reported long-term mental and physical health after donation in the adult-to-adult living-donor liver transplantation cohort Study. *Transplantation, 102*(1) 105-118.
- Creighton, G., Oliffe, J.L., Ferlatte, O., **Bottorff, J.L.,** Broom, A., & Jenkins E.K. (2018). Photovoice ethics: critical reflections from men's mental health research. *Qualitative Health Research, 28*(3), 446-455.
- Alley, S. J., Kolt, G. S., Duncan, M. J., **Caperchione, C. M.,** Savage, T. N., Maeder, A. J., ... & Vandelanotte, C. (2018). The effectiveness of a Web 2.0 physical activity intervention in older adults—a randomised controlled trial. *International Journal of Behavioral Nutrition and Physical Activity, 15*(1), 4.
- Nie, J., Zhang, H., Kong, Z., George, K., **Little, J. P.,** Tong, T. K., ... & Shi, Q. (2018). Impact of high-intensity interval training and moderate-intensity continuous training on resting and post-exercise cardiac troponin T concentration. *Experimental Physiology.* (early view)
- Walker, N., **Gainforth, H.,** Kiparoglou, V., Robinson, H., Woerden, H., & West, R. (2018). Factors moderating the relative effectiveness of varenicline and nicotine replacement therapy in clients using smoking cessation services. *Addiction, 113*, 313-324.
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## 2017

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