



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

ANNUAL REPORT FOR 2018-2019



THE UNIVERSITY
OF BRITISH COLUMBIA

March 31, 2019



THE UNIVERSITY OF BRITISH COLUMBIA



Institute for Healthy Living and Chronic Disease Prevention

PARTNERS IN RESEARCH FOR BETTER HEALTH

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Institute for Healthy Living and Chronic Disease Prevention

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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.

**RURAL
HEALTH**



**HEALTHY
AGING**

**CHRONIC
DISEASE
PREVENTION**



**COMMUNITY
HEALTH**



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.

Executive Summary

The Institute for Healthy Living and Chronic Disease Prevention (IHLCDP) is now in its 11th year, and continues to support and respond to the growth in health research on our campus. In the past year we have witnessed continued expansion of research programs and activities. In particular, community engagement and partnerships have expanded, and there have been outstanding efforts to increase the real-world impact of this research by bringing innovative health promotion programs into community settings.

Notable achievements during the past year include the following:

- During the past year our IHLCDP Associates attracted over \$3 million dollars in research funding, published over 120 articles in peer reviewed journals, and received research awards for their work.
- Stories of the outstanding work of the IHLCDP Associates have been profiled in UBC online news reports, on the IHLCDP website, and on national, provincial and regional news outlets.
- The IHLCDP hosted or co-hosted 61 knowledge exchange and community engagement events, an increase of 28% over the previous year. Over 2600 people attended these events.
- The IHLCDP has been involved in supporting new initiatives to enrich research experiences for undergraduate students with the Multidisciplinary Undergraduate Research Projects in Health (MURPH) and for graduate students with the launch of a new graduate program at UBC Okanagan in Community Engagement, Social Change, Equity. These initiatives have grown out of partnerships with other Institutes (i.e., Materials and Manufacturing Research Institute and the Institute for Community Engaged Research), and the Centre for Heart, Lung & Vascular Health and Southern Medical Program.
- Through the Campus Health Voice project, we continue to engage faculty and students in research to advance wellbeing on campus. Our IHLCDP Associates and students are also actively involved in activities to support UBC's priorities related to promoting wellbeing.

Institute Operations

IHLCDP Advisory Committee

The IHLCDP Advisory Committee for 2018 - 2019 was comprised of the following members:

Gayle Anton	Director, Home Health and Chronic Disease Management; Regional Lead; Electronic Home Health Monitoring, Stroke Care and Diabetes Care, Interior Health Authority
Gordon Binsted	Dean, Faculty of Health and Social Development; Acting Dean of Faculty of Education, UBC Okanagan
Mike Evans	Professor, Community, Culture, and Global Studies Irving K Barber School of Arts and Sciences, UBC Okanagan
Charlotte Jones	Southern Medical Program, Faculty of Medicine, UBC Okanagan
Paul van Donkelaar	Associate Vice-Principal, Research, Office of the Vice-Principal Research; Professor, School of Health and Exercise Sciences, Faculty of Health and Social Development, UBC Okanagan

The Advisory Committee met once during the year.

Outgoing Advisory Committee 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
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

IHLCDP Associate Membership

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

See Appendix B for a complete list.

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 (June - September 2018)
Cherisse Seaton, Research Coordinator
Sean Stolp, Research Assistant

Campus Health Project

Lynnelle Freisen, Campus Health Specialist (January 2019 - March 2019)
Casey Hamilton, Campus Health Specialist
Chelsea Hartwig, Campus Health Specialist (to December 2018)

Wellbeing Scholar

Morgan Alford, Graduate student

Work Study Research Assistants

Desiree Amaral, Undergraduate student
Karen Coppock, Undergraduate student
Eric Douglas, Undergraduate student
Louis Fayolle, Undergraduate student
Angela Foster, Undergraduate student
Alex Gula, Undergraduate student
Tyler Kopp, Undergraduate student
Stella Li, Undergraduate student
Mariza Micallef, Undergraduate student
Alana Perusse, Undergraduate student
Kyle Potter, Undergraduate student
Jacquelyn Wang, Undergraduate student
Chris Yang, Undergraduate student

Space / Facilities

The IHLCDP 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 \$2.8 million in research funding during the past year (see Table 1). Although just over \$1.4 million was received from Tri-council granting programs (CIHR, SSHRC, and NSERC), this amount was surpassed by funding obtained from a variety of other sources.

See Appendix C for the complete list of IHLCDP Faculty Associate Awards.

Type	Amount
Tri-council funding (CIHR, SSHRC, NSERC)	\$1,471,000
MSFHR	463,273
CFI/BCKDF	38,665
CRC Program	100,000
Other External funding	791,135
Other Internal funding	439,454
TOTAL funding	\$3,303,527

* Based on data provided from the VPRI UBCO. This does not include funding to IHLCDP Associates held outside UBC.

Publications

Faculty IHLCDP Associates published 118 articles in peer reviewed journals between April 2018 and March 2019 representing collaborations among the Institute Associates (n=27) and trainees, as well as collaborative work with colleagues at UBCV, and national and international partners. See Appendix D for the complete list of publications.

IHLCDP Activities and Projects

Featured research programs and activities

It's New!

The Center for Obesity and Well-being Research Excellence (CORE)

IHLCDP Associate, Dr. Lesley Lutes opened CORE at UBC Okanagan, a new community-focused research centre aimed at transforming health care by focusing on both physical and mental health. Anchoring her work is the fact that over 6 in 10 Canadians are now living with overweight and obesity, putting them at risk for cancer, heart disease and diabetes. Dr. Lutes explains: "We know that the stress, anxiety, and distress related

to managing these chronic health conditions places people at greater risk for also developing mental health conditions including depression and anxiety. Therefore, helping people manage weight and their associated health conditions is imperative to Canadian's health." The CORE research program, led by Dr. Lutes and Co-Director, Dr. Derrick Wirtz, will bring together evidence from mental health and behavioural medicine fields to develop innovative behavioural and cognitive interventions that not only make people emotionally feel better, but also physically improve their health. Dr. Lutes recently demonstrated the effectiveness of this approach in an evaluation of a tailored cognitive behavioural intervention for people living with diabetes with depressive symptoms. Not only were feelings of distress and depression reduced in the treatment group, but improvements in medication adherence, reduced weight, and reduced glucose levels were also demonstrated. Several other projects are already underway including an international, multi-site trial evaluating whether a commercial weight loss program is more effective than do-it-yourself dieting, the development of new technologies to minimize the psychological burden of nutrition monitoring, and a study in collaboration with IHLCDP Associate Dr. Ali McManus to assess the impact of social media on physical and mental well-being of over 300 children and adolescents from the Okanagan. The CORE is made possible by funding from the Canadian Foundation for Innovation, the BC Knowledge Development Fund and the Frank C. Diener Foundation. CORE is located in the new research facility in UBC Okanagan Upper Campus Health Building, space that is shared with IHLCDP Associates Drs. Mary Jung and Heather Gainforth, and Dr. Kathleen Martin Ginis.

Regional Alliance for Rural Health Listens for Direction

The Regional Alliance for Rural Health hosted a series of community engagement events across the Interior in April and May 2018 to shape the Alliance and to inform future rural health research priorities. Meetings were held in Osoyoos, Merritt, Nelson, Sicamous, and Cranbrook. Over 90 community members participated in these meetings. Reports for each of these meetings are available here: <https://ihlcdp.ok.ubc.ca/organizational-meeting/>. Funds for these meetings were provided by the Rural Health Services Research Network BC, UBC Engagement Partnership Recognition Fund, South Okanagan Similkameen Division of Family Practice, and the Kootenay Boundary Local Government Association along with support for travel for Indigenous participants from the First Nations Health Authority. The IHLCDP is representing UBC Okanagan researchers on the Steering Committee for the Regional Alliance.

Real-World Impact:

IHLCDP Associates offer new programs in communities

Our IHLCDP associates are using their research to offer innovative health services and health promotion programs in communities to increase the impact of their work.

IHLCDP Associate, Dr. Lesley Lutes, in a joint initiative with the university's Psychology Clinic and the Social Work Mental Health Clinic, conducted a five-week pilot project

to provide accessible, free opportunities to address urgent issues related to mental health. The aim of the pilot project was to assess whether a walk-in well-being clinic was feasible, acceptable and filled a gap in the delivery of mental health services for students, staff, faculty and community health members. Based on a successful pilot, the Walk-in-Wellness Clinic is now permanently open for business and is the first public walk-in mental health clinic on a university campus in BC. <https://psych.ok.ubc.ca/psychology-clinic/walk-in-wellness/>

In a related initiative, IHLCDP Associate, Dr. Zach Walsh, began offering a low-barrier, out-patient service for individuals seeking help to reduce the harm associated with their use of alcohol or other substances. Information about the Problematic Substance Use Clinic can be found here: <https://news.ok.ubc.ca/exchange/2018/09/27/new-problematic-substance-use-clinic-being-offered/>

Dr. Carole Robinson, along with IHLCDP Associates Drs. Barb Pesut, Joan Bottorff, and Gayl Sarbit, launched an interactive version of the Family Caregiver Decision Guide (FCDG) in December 2018. The guide was developed from their research with family caregivers who provide support for loved ones with life-limiting illnesses. The guide is available free online <http://caregiverdecisionguide.ca>. Users can complete the FCDG Guide online and print it along with their answers to use in discussion with a trusted healthcare provider or download and complete a hard copy. The FCDG has been translated into Portuguese by the Portuguese Palliative Care Association to be used throughout the country.

These initiatives build on other efforts by IHLCDP Associates to put their research into action.

- IHLCDP Associate, Dr. Mary Jung, in partnership with the YMCA, continues to offer her Small Steps for Big Changes lifestyle counselling program to lower risk of developing type 2 diabetes in the community. <http://ok-smallsteps.sites.olt.ubc.ca/>
- IHLCDP Associate, Dr. Heather Gainforth is working with Spinal Cord Injury BC and Spinal Cord Injury ON to develop peer mentorship tools, resources and training for people with spinal cord injury and their families. This project is supported by the UBC Community-University Partnership Support fund.
- POWERPLAY, a workplace health promotion program for male dominated industries, developed at UBC Okanagan under the leadership of Dr. Joan Bottorff, has now expanded into Alberta workplaces in partnership with Dr. Steve Johnson (Athabasca University) with funding from the Alberta Ministry of Labour – Occupational Health and Safety Futures Program. The success of the POWERPLAY program is also demonstrated by the following 2018 awards:
 - o POWERPLAY received a 2018 Canada’s Healthy Workplace month Certificate of Merit. <http://healthyworkplacemonth.ca/en/showcases>
 - o POWERPLAY has been showcased on the Canada’s Healthy Workplace month

website in November 2017: <http://healthyworkplacemonth.ca/en/showcases>. POWERPLAY was also awarded a Certificate of Merit and recognized in CHWM Best Practices Collection (with online profile of the program between January – December 2018).

Featured IHLCDP Projects

The Multidisciplinary Undergraduate Research Projects in Health (MURPH)

The IHLCDP and Centre for Heart, Lung & Vascular Health are partnering with researchers from Materials and Manufacturing Research Institute (MMRI) and the Southern Medical Program to offer a new team-based research experience cross-disciplinary platform for undergraduate students to engage in academic research. The core component of MURPH includes project teams comprising multiple undergraduate students and faculty members across faculties to conduct applied health research projects. In addition to working on a team-based research project, participating undergraduates will be provided the opportunity to attend various research and professional skills workshops—such as multidisciplinary teamwork, data analysis, job interviews, research report preparation, and entrepreneurship. The program will begin in September 2019. Funding for MURPH was awarded through the UBC’s Office of the Vice-President, Research & Innovation Program for Undergraduate Research Experience (PURE).

Campus Health Starts Conversations about Smoking on Campus

Dr. Joan L. Bottorff, Co-Lead Campus Health, and Ms. Tracey Hawthorne, UBCO Wellbeing Specialist, presented a briefing note on issues and emerging trends related to smoking on campuses across Canada to the UBC Executive Committee on May 8, 2018. We were encouraged to consult with the campus community regarding smoking on campus. The Campus Health Voice Project team led conversations on our campus to gather the views of students, staff and faculty about tobacco and cannabis smoking and vaping using a series of dialogues and observed gazebo use patterns. The findings have been shared in presentations and reports, along with recommendations for a Clean-Air Initiative. This work was supported by funding from the Canadian Institute for Substance Use Research, the BC Lung Association and BC Ministry of Health, and UBCO Operations and Risk Management. The briefing note and reports are available on the Campus Health website: <http://campushealth.ok.ubc.ca/voice-action-groups/substance-use/>. As a result of this work, UBC Okanagan has established a Standing Committee on Tobacco and Cannabis. Campus Health Co-Leads Joan Bottorff and Roger Wilson have been invited to join this committee.

Community Outreach and Communications

Speakers 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 61 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).

Table 2: Number of IHLCDP Events 2012 - 2019

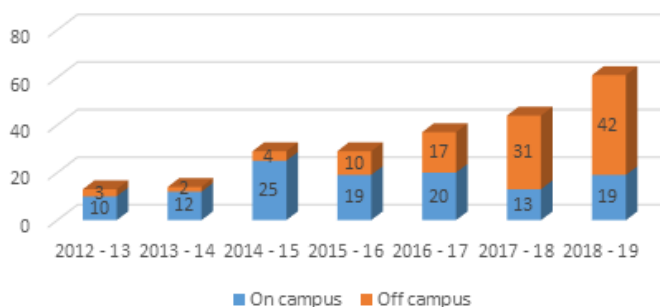
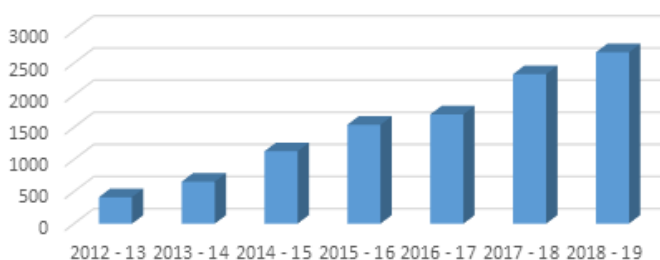


Table 3: Attendance at IHLCDP Events 2012 - 2019



Conferences, Symposia, and Other Events

Making the Links: Climate Change, Community Health and Resilience, November 5-6, 2018

The IHLCDP joined Shift Collaborative as a partner to plan this two-day symposium on collaborative action. Recent impacts to individuals and communities from extreme weather events such as flooding, wildfires, and extreme heat have raised the profile and urgency of climate action in British Columbia. This symposium, the first gathering of its kind in BC seeking to advance collaborative, cross-sectoral action on climate change and health in the province, brought 180 people together to listen to inspiring speakers and community stories and share knowledge, participate in cross-sector dialogue, and identify challenges and opportunities for collaborative action. Representatives from the health sector, local governments, First Nations, provincial/federal government,

academic institutions, non-profit organizations, community organizations, school districts, and the private sector attended the symposium. As part of this symposium, the IHLCDP hosted a film screening – *How to Let Go of the World and Love All the Things Climate Can't Change*. A summary report of the symposium, including calls to action to address health and climate change can be found here: <https://shiftcollaborative.ca/symposium/>

The Get Ready...Get Safe...Go! Symposium for supporting Safe and Active Recreation for Okanagan Families Living with Autism

The IHLCDP supported Dr. Lise Olsen and partners from the Autism Okanagan Association in organizing this symposium held at UBC Okanagan on June 16, 2018. The meeting brought together over 45 community service providers, family members and researchers to learn about safe active recreation for families living with autism and provide a forum for interaction and networking. Speakers at the event included IHLCDP Associates Drs. Lise Olsen and Ali McManus. The symposium report is available here: <https://autismokanagan.ca/get-ready-get-safe-go-symposium-report/>. The event was supported by grant funding from the MSFHR.

Promoting UBC Wellbeing

The IHLCDP and Campus Health have been strong supporters of UBC Wellbeing initiatives over the past year. Students working with Campus Health presented survey results describing beverage consumption patterns and attitudes of the campus community as part of a collaboration with UBCO Food Services to evaluate changes in beverage displays introduced in support of the UBC Healthy Beverage Initiative. Campus Health students and staff also participated in THRIVE week by leading a dialogue on opioid use, and supported MOVE UBC with a number of activities, including co-hosting an interactive talk on high intensity interval training led by IHLCDP Associates Drs. Jon Little and Mary Jung. The success of the Campus Health active study station pilot study supported the establishment of an active study area in the Commons building with six more active study stations.

2019 Okanagan Embrace Aging

The 6th Annual [Okanagan Embrace Aging](#) month, co-hosted with Interior Savings Credit Union and Interior Health, presented 43 educational opportunities in the Okanagan Valley and Kamloops, with almost 1800 people attending the events.

Embrace Aging welcomed new partners, who contributed to the success of Okanagan Embrace Aging: Canadian Mental Health Association, Home Instead Senior Care, Chartwell Chatsworth, HomeEquity Chip Reverse Mortgage, and Global Fitness. Okanagan Embrace Aging also thank ongoing community partners: YMCA of Okanagan, Okanagan Regional Library, North Okanagan Hospice Society, Baptist Housing and the Arthritis Society.

The planning committee included: Corrine Johnson, Rod Rieu and Sue Manzuik (Interior Savings Credit Union); Dr. Deanne Taylor 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, UBCO), and Dr. Joan Bottorff and Jacquetta Benard from the IHLCDP.

Other outreach activities by the Director

- UBC Representative, Interior Health Research Advisory Council
- UBCO Representative, Regional Alliance for Rural Health Steering Committee
- Member, UBC Wellbeing Advisory Committee
- Member, UBCO Standing Committee on Tobacco and Cannabis
- Member, Committee to establish an IGS theme program “Community Engagement, Social Change, Equity at UBC Okanagan in collaboration with the Institute for Community Engaged Research
- Member, Panel to develop the RNAO Best Practice Guideline: Supporting Commercial Tobacco Interventions in Indigenous Pre and Post Natal Women and their Families, Jan 2019 – March 2021.
- Attendee, Women’s Health Research Symposium, Kelowna Yacht Club (Feb 27, 2019)
- Invited participant, Re-imaging Aging Workshop #1. Hosted by Dr. Heather Mackay and Dr. Joanie Sims-Gould, University of British Columbia, Vancouver BC, June 7, 2018.
- Consultant, Evaluation Synthesis of Movember’s Funded Programs: Scalability Assessment and Future Investment Recommendations
- Consultant, Penticton Seniors Planning Committee (March 2019)

Communications

The work of our IHLCDP Associates has been featured through the year on the UBC Okanagan website.

Dr. Jonathan Little: *On the keto diet? Ditch the cheat day, says UBC study* by Nathan Skolski, March 27, 2019. <https://news.ok.ubc.ca/2019/03/27/on-the-keto-diet-ditch-the-cheat-day-says-ubc-study/>

Dr. Gordon Lovegrove: *UBC Okanagan students help plan Kelowna’s first co-housing development* by Nathan Skolski, March 1, 2019. <https://news.ok.ubc.ca/2019/03/01/ubc-okanagan-students-help-plan-kelownas-first-co-housing-development/>

Dr. Susana Caxaj: *UBC Okanagan and Okanagan College researchers explore how to better support migrant workers* by Nathan Skolski, February 28, 2019. <https://news.ok.ubc.ca/2019/02/28/ubc-okanagan-and-okanagan-college-researchers-explore-how-to-better-support-migrant-workers/>

Dr. Joan Bottorff: *March is Embrace Aging Month in the Okanagan* by Patty Wellborn, February 27, 2019. <https://news.ok.ubc.ca/2019/02/27/march-is-embrace-aging-month-in-the-okanagan/>

Dr. Carole Robinson: *UBC research examines living well while dying* by Patty Wellborn, January 30, 2019. <https://news.ok.ubc.ca/2019/01/30/ubc-research-examines-living-well-while-dying/>

Dr. Heather Gainforth: *UBC researcher adopts play-by-play method to understand how counsellors can promote health* by Patty Wellborn, January 29, 2019. <https://news.ok.ubc.ca/2019/01/29/ubc-researcher-adopts-play-by-play-method-to-understand-how-counsellors-can-promote-health/>

Dr. Zach Walsh: *UBC provides alcohol and drug counselling* by Patty Wellborn, November 6, 2018. <https://news.ok.ubc.ca/2018/11/06/ubc-provides-alcohol-and-drug-counselling/>

Dr. Kathy Rush: *Bringing the healthcare mountain to the patient* by Christine Zeindler, November 5, 2018. <https://news.ok.ubc.ca/2018/11/05/bringing-the-healthcare-mountain-to-the-patient/>

Dr. Lesley Lutes: *UBC tests out walk-in well-being clinic* by Patty Wellborn, October 30, 2018. <https://news.ok.ubc.ca/2018/10/30/ubc-tests-out-walk-in-well-being-clinic/>

Casey Hamilton: *Urban Harvest*, October 4, 2018. <https://ok.ubc.ca/okanagan-stories/urban-harvest/>

Dr. Mary Jung: *UBC study shows school-based activity depends on teacher buy-in* by Patty Wellborn, September 5, 2018. <https://news.ok.ubc.ca/2018/09/05/ubc-study-shows-school-based-activity-depends-on-teacher-buy-in/>

Dr. Joan Bottorff: *Researchers examine success of quit smoking app* by Nathan Skolski, August 9, 2018. <https://news.ok.ubc.ca/2018/08/09/researchers-examine-success-of-quit-smoking-app/>

Dr. Lesley Lutes: *Depression and diabetes treatment should go hand-in-hand* by Patty Wellborn, July 24, 2018. <https://news.ok.ubc.ca/2018/07/24/depression-and-diabetes-treatment-should-go-hand-in-hand/>

Dr. Ali McManus: *UBC Okanagan researcher encourages kids to move more to boost brain health* by Patty Wellborn, June 19, 2018. <https://news.ok.ubc.ca/2018/06/19/ubc-okanagan-researcher-encourages-kids-to-move-more-to-boost-brain-health/>

Dr. Lesly Lutes: *UBC researchers to weigh in on commercial weight loss option* by Patty Wellborn, June 18, 2018. <https://news.ok.ubc.ca/2018/06/18/ubc-researchers-to-weigh-in-on-commercial-weight-loss-option/>

Dr. Donna Kurtz: *Pathways to better health among Indigenous peoples through collaboration*, June 13, 2018. <https://ihlcdp.ok.ubc.ca/pathways-to-better-health-among-indigenous-peoples-through-collaboration/>

Graduate student Michelle Thiessen (supervised by Dr Zach Walsh): *Psychedelic drug use associated with better emotion regulation and reduced partner violence in men* by Nathan Skolski, June 5, 2018. <https://news.ok.ubc.ca/2018/06/05/psychedelic-drug-use-associated-with-better-emotion-regulation-and-reduced-partner-violence-in-men/>

Dr. Charlotte Jones: *Exercise can help with social isolation of seniors* by Patti Wellborn, May 23, 2018. <https://news.ok.ubc.ca/2018/05/23/exercise-can-help-with-social-isolation-of-seniors/>

Regional Alliance Community Engagement, May 18, 2018. <https://ihlcdp.ok.ubc.ca/community-consultations/>

Dr. Cristina Caperchione: *Let's get physical: Breast cancer survivors on the move* by Christine Zeindler, May 2, 2018. <https://news.ok.ubc.ca/2018/05/02/lets-get-physical-breast-cancer-survivors-on-the-move/>

UBCO TV

Dr. Jon Corbett: 2019 Researcher of the Year, March 11, 2019
<https://www.youtube.com/watch?v=1I90H7q94e0>

PhD student Katrina Plamondon (supervised by Dr. Joan Bottorff): 2019 Student Researcher of the Year, March 11, 2019. <https://www.youtube.com/watch?v=IMGYW05P4g>

MSc student Emily Giroux (supervised by Dr. Heather Gainforth): 2019 Student Researcher of the Year Master's Level. <https://www.youtube.com/watch?v=kxWT4rkTTbQ>

Other media

PhD student Cody Durrer (supervised by Dr. Jonathan Little): *Cheat days while in ketosis can be dangerous reveals UBCO research*. Published on Kelowna Now March 27, 2019. https://www.kelownanow.com/watercooler/news/news/UBCO/Cheat_days_while_in_ketosis_can_be_dangerous_reveals_UBCO_research/

Dr. Zach Walsh: Meet the experts- Interview with Zach Walsh. Interview published by Fundación CANNA: Scientific research and Cannabis testing, January 4, 2019. <https://www.fundacion-canna.es/en/meet-experts-interview-zach-walsch>

Dr. Zach Walsh: *Smoking pot may be good for your mental health*. Article published by infoNew.ca – Penticton, November 7, 2019. <https://infotel.ca/newsitem/smoking-pot-may-be-good-for-your-mental-health/it57136>

Dr. Zach Walsh: *UBCO now providing drug and alcohol counselling*. Article published on Kelowna Now November 6, 2018. https://www.kelownanow.com/watercooler/news/news/UBCO/UBCO_now_providing_drug_and_alcohol_counselling/

Dr. Zach Walsh: *Increased access to cannabis is changing the face of research, says UBCO prof*. Article published by CBC, October 16, 2018. <https://www.cbc.ca/news/canada/british-columbia/increased-access-to-cannabis-is-changing-the-face-of-research-says-ubco-prof-1.4865231>

Dr. Zach Walsh: *Cannabis use on campus could curb binge drinking, says psychologist*. Article published by CBC News, New Brunswick, September 3, 2018. <https://www.cbc.ca/news/canada/new-brunswick/nb-marijuana-legalize-university-campus-1.4808371>

Graduate student Michelle Thiessen (supervised by Dr Zach Walsh): *UBCO study links psychedelics with reduced domestic violence*. Article published on Kelowna Now June 6, 2018. https://www.kelownanow.com/watercooler/news/news/UBCO/UBCO_study_links psychedelics with reduced domestic violence/

Dr. Cristina Caperchione: *UBC Okanagan study promotes healthy living for cancer survivors through monetary incentives*. Article published on Kelowna Now May 4, 2018. https://www.kelownanow.com/watercooler/news/news/UBCO/UBC_Okanagan_study_promotes_healthy_living_for_cancer_survivors_through_monetary_incentives/



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 1700 followers

Follow us on Twitter @IHLCDP

Awards

- Dr. Jon Corbett received a 2019 UBC Okanagan Researcher of the Year award
- Dr. Nelly Oelke received a UBC Killam Research Fellowship
- Dr. Katrina Plamondon received the 2019 Student Researcher of the Year Award – PhD level (supervised by Dr. Joan Bottorff)
- Ms. Emily Giroux received the 2019 Student Researcher of the Year Award – Master’s level (supervised by Dr. Heather Gainforth)

Goals for Next Academic Year

1. Build on past achievements to continue to strengthen IHLCDP as a hub for knowledge exchange and dissemination for research teams and Eminence funded research clusters related to healthy living and chronic disease prevention by providing faculty and students with opportunities to share their research activities and achievements, and by profiling their work on our website and via social media.
2. Advance opportunities for research partnerships and impact by:
 - a. Supporting the rural health research group at UBC Okanagan to explore and develop strategies for advancing inter-disciplinary, collaborative, community-engaged action research with citizens and community partners in rural and remote areas to address community-based challenges that advance health and wellbeing
 - b. Supporting the development of a research cluster focused on healthy aging and associated applications for funding
 - c. Continuing to support team-based proposals and knowledge translation plans by facilitating planning and team building, providing consultation, and letters of support
3. Continue to provide and support research training for undergraduate and graduate students
4. Continue to collaborate with students, staff and faculty to engage in activities that align with and support strategic priorities identified in the UBC Wellbeing initiative to promote wellbeing on campus

Contact Information

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Appendices

Appendix A - IHLCDP Supporting Knowledge Exchange

IHLCDP Partnership in Research Series

<i>Physical activity or sedentary behaviour in children</i> Dr. Ali McManus, UBC Okanagan	Thursday, April 5, 2018
<i>Top down bottom up: Preventing drug overdoses</i> Dr. Bernie Pauly, University of Victoria Dr. Trevor Corneil, Interior Health	Tuesday, May 1, 2018
<i>Men's sheds: Putting men on the road to better health</i> Dr. John Oliffe, UBC Vancouver Dr. Nelly Oelke, UBC Okanagan Art Post, Okanagan Men's Shed	Tuesday, June 19, 2018
<i>Assessing the feasibility of active study stations at UBC Okanagan</i> Casey Hamilton, UBC Okanagan Angela Foster, Undergraduate student, UBC Okanagan Kyle Potter, Undergraduate student, UBC Okanagan	Wednesday, July 4, 2018
<i>What is patient-oriented research?</i> Dr. Nelly Oelke, UBC Okanagan Dr. Karin Maiwald, Interior Health Allison Kooijman, Patient Partner, BC SUPPORT Unit Interior Centre	Monday, December 3, 2018

Research to Practice Seminars

IHLCDP in partnership with North Okanagan Hospice Society

<i>A brave new world: Nurses' experiences with Medical Assistance in Dying</i> Dr. Barb Pesut, UBC Okanagan Adam Fulton, Graduate student, UBC Okanagan Madeleine Grieg, Graduate student, UBC Okanagan	Tuesday, May 8, 2018
<i>Priorities and challenges in rural Indigenous palliative care: Cultural safety revisited</i> Dr. Susana Caxaj, UBC Okanagan	Thursday, October 18, 2018
<i>Cannabis: Does it have a place in palliative and end-of-life care?</i> Dr. Lynda Balneaves, University of Manitoba	Thursday, February 28, 2019
<i>Too little, too late: How we fail vulnerable and marginalized people as they die, and what to do about it</i> Dr. Kelli Stajduhar, University of Victoria	Thursday, March 7, 2019

Chronic Disease Prevention Seminars

IHLCDP in partnership with the Centre for Chronic Disease Prevention and Management

Trials, Tribulations, and Triumphs! Translating a diabetes prevention program from the lab to the community

Dr. Mary Jung, UBC Okanagan

Wednesday, November 14, 2018

The Stroke Coach: New approaches for secondary prevention of stroke

Dr. Brodie Sakakibara, UBC Okanagan

Wednesday, March 20, 2019

Other IHLCDP Events

An Embrace Aging Follow-up event

Get control of your blood pressure:

What causes it and what you can do about it

Dr. Nadia Khan, UBC Vancouver

Wednesday, May 9, 2018

A Visiting Scholar Event

An ounce of prevention is worth a pound of cure:

Physical activity in relation to obesity and diabetes

Presenter:

Dr. Scott Lear, Simon Fraser University

Panel Experts

Dr. Scott Lear

Dr. Mary Jung, UBC Okanagan

Mariko Siggers, City of Kelowna

Tom Clark, City of Kelowna

Thursday, September 27, 2018

A Visiting Scholar Event

Population health interventions research and evaluation for chronic disease prevention

Dr. Bruce Baskerville, University of Waterloo

Friday, September 28, 2018

Work Wellness and Disability Prevention Institute

Strategies for supporting smoking cessation among Indigenous

fathers: Results of a participatory design project

Dr. Joan Bottorff, UBC Okanagan

Dr. Gayl Sarbit, UBC Okanagan

Monday, October 15, 2018

Partnership - Shift Collaborative

Symposium: Making the Links 2018

How to let go of the world - Film screening

Monday, November 5, 2018

Co-partnership - Sing for your life Canada

Ageing with confidence!

What you need to know to add more life your years ahead

Friday, November 9, 2018

A Visiting Scholar event

Bring patients back to the PROM

Dr. Nick Bansback, UBC Vancouver

Wednesday, November 21, 2018

An Embrace Aging event Global Fitness & Racquet Centre	8 visit pass for March 2019
An Embrace Aging event <i>The new Canada Food Guide 2019: Do you meet the guidelines?</i> Rebecca Frechette, UBC Okanagan	Friday, March 1, 2019 AM Friday, March 1, 2019 PM
An Embrace Aging event <i>Understanding arthritis</i> Lynnea Westlind, Arthritis Society	Monday, March 4, 2019
An Embrace Aging event <i>Alive Inside</i> - Film screening	Kamloops Monday, March 4, 2019 Kelowna Tuesday, March 5, 2019 Oliver Wednesday, March 6, 2019
An Embrace Aging event <i>Dare to age well: A physical activity approach</i> Dr. Jennifer Jakobi, UBC Okanagan	Tuesday, March 5, 2019
An Embrace Aging event <i>Wise & Well: Mental fitness</i> Aaryn Secker, Canadian Mental Health Association	Kelowna Tuesday, March 5, 2019 Lake Country Wednesday, March 13, 2019
An Embrace Aging event <i>Cancer prevention: Are we making progress</i> Karen Barnstable, BC Cancer Prevention Programs	Tuesday, March 5, 2019
An Embrace Aging event <i>Fall prevention among seniors: Examining the effectiveness and efficiency</i> Dr. Jennifer Davis, UBC Okanagan	Wednesday, March 6, 2019
An Embrace Aging event <i>My friend has dementia.... now what?</i> Hope Kelly, Home Instead Senior Care	Lake Country Wednesday, March 6, 2019 Kelowna Tuesday, March 26, 2019
An Embrace Aging event <i>Estate Planning Essentials</i> Interior Savings Credit Union experts	Kelowna Friday, March 8, 2019 Lake Country Tuesday, March 12, 2019 West Kelowna Friday, March 15, 2019
An Embrace Aging event <i>Tips every man needs to cook like a pro</i> Chef Martin Laprise	Saturday, March 9, 2019

An Embrace Aging event
Mingle Mondays
YMCA Okanagan monthly social

Kelowna Family YMCA
Monday, March 11, 2019
H2O Adventure and Fitness Centre
Monday, March 18, 2019
Downtown Kelowna YMCA
Monday, March 25, 2019

An Embrace Aging event
Managing chronic pain
Lynnea Westlind, Arthritis Society

Monday, March 11, 2019

An Embrace Aging event
Disrupt ageism
Rachel Lewis, Baptist Housing
Marc Kinn, Baptist Housing

Tuesday, March 12, 2019

An Embrace Aging event
Benefits of Reflexology workshop
Maralee Webber, IRIE Wellness

Wednesday, March 13, 2019

An Embrace Aging event
*Happy homes, healthy people:
Benefits and challenges of shared living*
Cailan Libby, Happipad

Thursday, March 14, 2019

An Embrace Aging event
Healthy living for your brain and body
Naomi Mison, NexGen Hearing

Thursday, March 14, 2019

An Embrace Aging event
Technology workshops - All things Android
Community Services Learning program, UBC Okanagan

Settings / Tips / Tricks
Thursday, March 14, 2019
Apps: Downloading/arranging
Thursday, March 21, 2019
Privacy and Security
Thursday, March 28, 2019

An Embrace Aging event
*Early signs of dementia? Strategies to delay onset and maintain
brain health*
Dr. Eugene Okorie, Interior Health

Friday, March 15, 2019

An Embrace Aging event
The real drug problem: Older adults and over medications
Dr. Jennifer Bolt, Interior Health

Monday, March 18, 2019

An Embrace Aging event
Spinal Arthritis
Dr. J and Dr. Ken,
Lighthouse Chiropractic & Integrative Health

Monday, March 18, 2019

An Embrace Aging event
Transitions in care: Improving the outcome
Rachel Lewis, Baptist Housing

Tuesday, March 19, 2019

An Embrace Aging event
Sleep: The key to healthy aging
Dr. Ronald Cridland, Kelowna Sleep Clinic
Wednesday, March 20, 2019

Cafe Scientifique
Breathing troubles: Living well with lung disease
Panel Experts
Dr. Douglass Rolf, Kelowna Respiratory Clinic
Dr. Joshua Brinkerhoff, UBC Okanagan
Dr. Neil Eves, UBC Okanagan
Dr. Pat Camp, UBC Vancouver
Shelly Rowe, Patient Perspective
Wednesday, March 20, 2019

An Embrace Aging event
MyHealthPortal: Electronic health records and you
Sarah Carson, Interior Health
Thursday, March 21, 2019

An Embrace Aging event
Scam Protection: Knowledge is power
Paula Naka, Interior Savings Credit Union
Kelowna
Monday, March 25, 2019
Lake Country
Monday, March 25, 2019
West Kelowna
Tuesday, March 26, 2019

An Embrace Aging event
Choose to Move program
YMCA Okanagan information session
Wednesday, March 27, 2019
Thursday, March 28, 2019

An Embrace Aging event : Cafe Scientifique:
Bladder health: Relieving stress and urgency
Panel Experts
Dr. Kathy Rush, UBC Okanagan
Dr. Martha Spencer, St. Paul's Hospital, Vancouver
Dr. Mary Kjorven, Interior Health
Sophie Zonnis, Patient Perspective
Wednesday, March 27, 2019

An Embrace Aging event
Seniors Health Assessment
YMCA Okanagan
Friday, March 29, 2019

An Embrace Aging event
Hearing is believing: Access your tablet's assistive technologies
Meghan Currie, UBC Okanagan
Saturday, March 30, 2019

Appendix B - IHLCDP Associates

Antifeau, Elizabeth	Holder, Mark	Pesut, Barb
Anton, Gayle	Holtzman, Susan	Plamondon, Katrina
Ben-David, Shelly	Hostland, Craig	Reid, Colin
Berg, Stephen	Hughes, Andrew	Rush, Kathy
Bryant MacLean, Leslie	Jakobi, Jennifer	Sakakibara, Brodie
Campbell, Sarah	Jones, Charlotte	Shahram, Sana
Caperchione, Cristina	Jung, Mary	Shojania, Kam
Chau, Shirley	Kjorven, Mary	Smith, Michelle
Corbett, John	Krank, Marvin	Taylor, Darlene
Dalton, Brian	Kurtz, Donna	Taylor, Deanne
Davis, Jennifer	Li, Eric	Taylor, Edward
Deegan, Heather	Little, Jonathan	Te Hiwi, Braden Paora
Dow-Fleisner, Sarah	Lovegrove, Gordon	van Donkelaar, Paul
Drewitz-Chesney, Cheryle	Lutes, Lesley	Walsh, Zach
Evans, Michael	Maiwald, Karin	Wells, Susan
Filiatrault, Paul	Marck, Patricia	Willis-Stewart, Sally
Forney, Tanya	Marcolin, Barb	Wilson, Roger
Gainforth, Heather	McManus, Ali	Wu, Tina
Ghosh, Sanjoy	Oelke, Nelly	Zebedee, Janelle
Hamilton, Casey	Olsen, Lise	
Hill, Trish	Penny, Tricia	

Outgoing Associate Members

Callaway, Robert	Helgason, Nial	Marshall, Jamie
Cook, Heather	Jones, Gareth	Parsonage, Roger
Foster, Tracy	Konnert, Joanne	Robinson, Carole
Hatt, Linda	Maitland, Julie	
Hawthorn, Tracey	Mallinson, Julian	

Appendix C - List of External Research Awards to IHLCDP Faculty Associates (April 2018 - March 2019)

Tri-Council Funding

Title and Principal Investigator	Funding Source
Smart Donate: A socio--technological intervention of food bank donation (PI: Eric Li; Co-Is: Jennifer Davis, Kathy Rush)	SSHRC
Service utilization among youth: Testing a novel decision-making framework (PI: Shelly Ben-David; Co-I: Nelly Oelke)	SSHRC
An investigation into the physical activity levels of children in outdoor early childhood environments (PI: Stephen Berg)	SSHRC
Academic resilience in post-secondary education: Using an innovative biofeedback approach to help students learn how self-regulate their stress response (PI: Tanya Forneris; Co-I: Heather Gainforth)	SSHRC
Exploring girls' success in STEM: A positive organizational perspective (PI: Jennifer Jakobi)	SSHRC
Partnering to deliver a mobile Men's Shed to rural communities in the southern interior of British Columbia (PI: Nelly Oelke)	SSHRC
Co-developing and co-implementing the first integrated knowledge translation guiding principles for the spinal cord Injury research system (PI: Heather Gainforth)	SSHRC
Assessing feasibility and effectiveness of an on-line parent resource to support safe and active sport and recreation for children with autism spectrum disorders (PI: Lise Olsen; Co-I: Ali McManus)	SSHRC
Impact of exercise and nutritional manipulations on inflammatory function in humans (PI: Jonathan Little)	NSERC
iSTAND youth outreach: Program diversification (PI: Jennifer Jakobi)	NSERC
iSTAND- Hands-on STEM learning for under-represented youth (PI: Jennifer Jakobi)	NSERC
UBC Okanagan peptide detection facility (PI: Jonathan Little)	NSERC

Building Indigenous pathways for diabetes and obesity prevention and management with urban and rural communities in BC (PI: Donna Kurtz; Co-Is: Charlotte Jones, Jonathan Little, Mary Jung)	CIHR
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Optimizing exercise for improving cardiometabolic health and inflammation in individuals with prediabetes and type 2 diabetes (PI: Jonathan Little)	CIHR
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Moving knowledge into action for more effective practice, programs and policy: A research program focusing on IKT (PI: Heather Gainforth)	CIHR
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Canadian underage substance abuse prevention (CUSP) trial: A hybrid effectiveness/ implementation study to increase access to evidence-based drug prevention for Canadian Adolescents (PI: Marvin Krank)	CIHR
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Supporting integration through primary health care teams: A comparative policy analysis across four Canadian provinces (PI: Nelly Oelke)	CIHR
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Other Funding Sources

Title and Principal Investigator	Funding Source
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Understanding how diet and exercise influence cardiovascular disease in obesity and diabetes (PI: Sanjoy Ghosh)	MSFHR
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Self-regulation of physical activity behaviour: Novel theory-based intervention strategies for bolstering exercise adherence (PI: Mary Jung)	MSFHR
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Changing cognitions to change behavior: Reframing biased thinking to improve exercise adherence in individuals with prediabetes (PI: Mary Jung)	MSFHR
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Improving the implementation and impact of evidence-based health promotion interventions in real world settings (PI: Heather Gainforth)	MSFHR
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Optimizing lifestyle interventions for the treatment and prevention of type 2 diabetes (PI: Jonathan Little)	MSFHR
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Does exercise choice matter for physical activity adherence? (PI: Mary Jung)	MSFHR
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Supporting integration through primary health care teams: A comparative policy analysis across four Canadian provinces (PI: Nelly Oelke)	MSFHR
--	-------

Engaging champions in the process of embedding a type 2 diabetes prevention lifestyle program into a community setting: A collaborative approach (PI: Mary Jung)	MSFHR
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Investigation of exogenous ketone supplementation on cerebral blood flow, metabolism, and cognitive function in Type II diabetes (PI: Jonathan Little)	MSFHR
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Incorporating practical, high-intensity interval training (HIIT) in the workplace: Examining the impact on physiological and psychological health, absenteeism, and work productivity (PI: Mary Jung; Co-I: Jonathan Little)	MSFHR
Digital archive database (DAD) project (PI: Michael Evans)	Aboriginal Affairs and Northern Development Canada
Studying consensus methods in integrated knowledge translation to promote patient-oriented research (PI: Nelly Oelke; Co-I: Heather Gainforth)	BC SUPPORT Unit
PHASE II 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; Interior Savings Credit Union; Province of British Columbia
Saliva insulin profiles throughout the day in humans with elevated waist circumference (PI: Jonathan Little)	CoreHealth Technologies; Innovation, Science and Economic Development Canada; Province of British Columbia
Cannabis, mindfulness, and yoga (PI: Zachary Walsh)	DOJA Cannabis Company Ltd; Innovation, Science and Economic Development Canada; Province of British Columbia
The power of choice on exercise adherence and cardiovascular health in prediabetes (PI: Mary Jung; Co-I: Jonathan Little)	Heart and Stroke Foundation of Canada
Today's digital family: Patterns of technology use and wellbeing in families with young children (PI: Susan Holtzman)	Innovation, Science and Economic Development Canada; Project Literacy; Province of British Columbia; The Bridge Youth and Family Services
Analyzing cognitive-motor function through the development of portable tools (PI: Brian Dalton)	Innovation, Science and Economic Development Canada; Province of British Columbia; Xco Tech Inc.

Supporting and enabling physicians to deliver personalized therapeutic nutrition using an online technology platform (PI: Jonathan Little)	Institute for Personalized Therapeutic Nutrition; Lotte and John Hecht Memorial Foundation; various sources
Assessing traumatic brain injury knowledge and awareness at community organizations serving women who have experienced intimate partner violence (PI: Paul van Donkelaar; Co-I: Heather Gainforth)	MITACS, Inc
A collaborative web-based decision-support tool for First Nations to respond to natural resource development referrals (PI: Jon Corbett)	MITACS, Inc
Contribution of Achilles tendon mechanics to torque steadiness of the intact limb of unilateral lower-limb amputees (PI: Jennifer Jakobi)	MITACS, Inc
Smart donate: A socio-technological intervention of food bank donation (PI: Eric Li; Co-Is: Jennifer Davis, Kathy Rush)	Regional Socio-Economic Development Institute of Canada
Academic-industry collaborative integration (PI: Barbara Marcolin)	Various sources
Prompts to action: Improving workplace accessibility of a diabetes prevention program through push notifications (PI: Mary Jung)	WorkSafe BC

Career / Fellowship Awards

Title and Principal Investigator	Funding Source
Changing cognitions to change behavior: Reframing biased thinking to improve exercise adherence in individuals with prediabetes (Fellowship Award, Sean Locke. Supervisor: Mary Jung)	Diabetes Canada
Exploring women's experiences in a prediabetes community-based exercise intervention (Fellowship award, Corliss Bean. Supervisor: Mary Jung)	MSFHR
ASSOCIATE CHAIRS PROGRAM- Westcoast Women in Engineering, Science and Technology (WWEST) (PI: Jennifer Jakobi)	NSERC
Innovative uses of technology to prevent secondary events after stroke (Scholar Award to Brodie Sakakibara)	MSFHR

Appendix D - Publications by IHLCDP Faculty Associates (April 2018 - March 2019)

2019

Thomas, J.J., **Lutes, L.**, Smirnova, E., Das, B.M., Huzurbazar, S., Aldrich, L., & Lee, M. (2019). Self-concept in the context of diabetes prevention: development of the lifestyle health-related self-concept questionnaire. *American Journal of Health Promotion, 33*(3), 452-456.

Walsh, Z. (2019). A crude approach to evaluating cannabis legalization. *CMAJ: Canadian Medical Association Journal, 19*(4), E109.

Chou, F.Y., Armstrong, H.L., Wang, L., Bacani, N., Lachowsky, N.J., Patterson, T.L., **Walsh, Z.**, Olarewaju, G., Card, K.G., Roth, E.A., Hogg, R.S., & Moore, D.M. (2019). A longitudinal analysis of cannabis use and mental health symptoms among gay, bisexual, and other men who have sex with men in Vancouver, Canada. *Journal of Affective Disorders, 247*, 125-133.

Salway, T., Thomson, K., **Taylor, D.**, Haag, D., Elliot, E., Wong, T., Fairley, C.K., Grennan, T., Shoveller, J., Ogilvie, G., & Gilbert, M. (2019). Post-test comparison of HIV test knowledge and changes in sexual risk behaviour between clients accessing HIV testing online versus in-clinic. *Sexually Transmitted Infections, 95*(2), 102-107.

Backman, C., Johnston, S., **Oelke, N.D.**, Burns, K.K., Hughes, L., Gifford, W., Lacroix, J., & Forster, A.J. (2019). Safe and effective person- and family-centered care practices during transitions from hospital to home—A web-based Delphi technique. *PLoS ONE, 14*(1), e0211024.

Sakakibara, B.M., Chakrabarti, S., Krahn, A., Mackay, M.H., Sedlak, T., Singer, J., Whitehurst, D.G.T., & Lear, S.A. (2019). Delivery of peer support through a self-management mHealth intervention (healing circles) in patients with cardiovascular disease: Protocol for a randomized controlled trial. *Journal of Medical Internet Research, 21*(1), e12322.

Yu Ko, W.F., Oliffe, J.L., Johnson, J.L., **Bottorff, J.L.** (2019). Reformulating the worker identity: Men's experiences after radical prostatectomy. *Qualitative Health Research. doi: 10.1177/1049732318825150.*

Barbic, S.P., Leon, A., Manion, I., Irving, S., Zivanovic, R., Jenkins, E., **Ben-David, S.**, Azar, P., Salmon, A., Helps, C., Gillingham, S., Beaulieu, T., Pattison, R., Talon, C., Oyedele, O., Tee, K., Mathias, S. (2019). Understanding the mental health and recovery needs of Canadian youth with mental health disorders: A Strategy for Patient-Oriented Research (SPOR) collaboration protocol. *International Journal of Mental Health Systems, 13*(1), 6.

Kysar, J.E., & **Dalton, B.H.** (2019). Static monocular visual cues can decrease the vestibular-evoked balance response at low frequencies. *Gait and Posture, 69*, 162-168.

You, J.J., Allatt, P., Howard, M., **Robinson, C.A.**, Simon, J., Sudore, R., Tan, A., Bernard, C., Swinton, M., Jiang, X., Klein, D., McKenzie, M., Fyles, G., & Heyland, D.K. (2019). Short Graphic Values History Tool for decision making during serious illness. *BMJ Supportive and Palliative Care. doi:10.1136/bmjspcare-2018-001698*

Corbett, J., & Legault, G. (2019). Neogeography: Rethinking participatory mapping and place-based learning in the age of the geoweb. In: Balram S., Boxall J. (eds). *GIScience Teaching and Learning Perspectives. Advances in Geographic Information Science* (pp. 123-143). Springer, Cham. doi: https://doi-org.ezproxy.library.ubc.ca/10.1007/978-3-030-06058-9_8

Wyman Battalen, A., **Dow-Fleisner, S.J.**, Brodzinsky, D.M., & McRoy, R.G. (2019). Lesbian, gay, and heterosexual adoptive parents' attitudes towards racial socialization practices. *Journal of Evidence-Informed Social Work. doi.org.ezproxy.library.ubc.ca/10.1080/23761407.2019.1576565*

Lo, O.-Y., **van Donkelaar, P.**, & Chou, L.S. (2019). Effects of transcranial direct current stimulation over right posterior parietal cortex on attention function in healthy young adults. *European Journal of Neuroscience*. doi: 10.1111/ejn.14349

Kosson, D.S., **Walsh, Z.**, Anderson, J.R., Brook, M., Swogger, M.T., & Verborg, R. (2019). Evaluation of a cognitive-behavioral intervention for high- and medium-risk probationers. *Behavioral Sciences and the Law*. doi:10.1002/bsl.2394

Seaton, C.L., Oliffe, J.L., Rice, S.M., **Bottorff, J.L.**, Johnson, S.T., Gordon, S.J., & Chambers, S.K. (2019). Health literacy among Canadian men experiencing prostate cancer. *Health Promotion Practice*. doi: 10.1177/1524839919827576

Bottorff, J.L., Sarbit, G., Oliffe, J.L., **Caperchione, C.M.**, Wilson, D., & **Huisken, A.** (2019). Strategies for supporting smoking cessation among indigenous fathers: A qualitative participatory study. *American Journal of Men's Health*, 13(1), 155798831880643. doi: 10.1177/1557988318806438

Rush, K.L., **Hatt, L.**, Gorman, N., Janicki, L., Polasek, P., & Shay, M. (2019). Planning telehealth for older adults with atrial fibrillation in rural communities: Understanding stakeholder perspectives. *Clinical Nursing Research*, 28(2), 130-149.

Munson, M.R., Narendorf, S.C., **Ben-David, S.**, & Cole, A. (2019). A mixed-methods investigation into the perspectives on mental health and professional treatment among former system youth with mood disorders. *American Journal of Orthopsychiatry*, 89(10), 52-64.

Lambert, S.D., Ould Brahim, L., Morrison, M., Girgis, A., Yaffe, M., Belzile, E., Clayberg, K., Robinson, J., Thorne, S., **Bottorff, J.L.**, Duggleby, W., Campbell-Enns, H., Kim, Y., & Loiselle, C.G. (2019). Priorities for caregiver research in cancer care: an international Delphi survey of caregivers, clinicians, managers, and researchers. *Supportive Care in Cancer*, 27(3), 805-817.

Kosson, D.S., Chi, T., Riser, N.R.E., **Walsh, Z.**, Beussink, C.N., Pera-Guardiola, V., & Briz, A.J. (2019). Facial affect recognition in college students with psychopathic traits: A comparison using tests matched in discriminating power. *Journal of Research in Personality*, 78, 52-60.

Gainforth, H.L., Lorencatto, F., Erickson, K., Baxter, K., Owens, K., Michie, S., & West, R. (2019). Use of dynamic systems methods to characterize dyadic interactions in smoking cessation behavioural support sessions: A feasibility study. *British Journal of Health Psychology*, 24(1), 192-214.

Ben-David, S., Cole, A.R., Brucato, G., Girgis, R., & Munson, M.R. (2019) A conceptual model of mental health service utilization among young adults at clinical high-risk for developing psychosis. *Psychiatric Rehabilitation Journal*, 42(1), 17-25.

Taylor, D., Lunny, C., Lolić, P., Warje, O., Geldman, J., Wong, T., Gilbert, M., Lester, R., & Ogilvie, G. (2019). Effectiveness of text messaging interventions on prevention, detection, treatment, and knowledge outcomes for sexually transmitted infections (STIs)/HIV: A systematic review and meta-analysis. *Systematic Reviews*, 8(1), 12. doi: 10.1186/s13643-018-0921-4

Fraser, S., Wright, A.D., **Van Donkelaar, P.**, & Smirl, J.D. (2019). Cross-sectional comparison of spiral versus block integrated curriculums in preparing medical students to diagnose and manage concussions. *BMC Medical Education*, 19(1), 17. doi: 10.1186/s12909-018-1439-0

Kennefick, M., Burma, J.S., **van Donkelaar, P.**, & McNeil, C.J. (2019). Corticospinal excitability is enhanced while preparing for complex movements. *Experimental Brain Research*, 237(3), 829-837.

2018

Hsu, C.L., Best, J.R., **Davis, J.C.**, Nagamatsu, L.S., Wang, S., Boyd, L.A., Hsiung, G.R., Voss, M.W., Eng, J.J., & Liu-Ambrose, T. (2018). Aerobic exercise promotes executive functions and impacts functional neural activity among older adults with vascular cognitive impairment. *British Journal of Sports Medicine*, *52*, 184-191.

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Van Vliet-Brown, C.E., **Shahram, S.**, & **Oelke, N.D.** (2018) Health in All Policies utilization by municipal governments: Scoping review. *Health Promotion International*, *33*, 713-722.

Bottorff, J.L., Oliffe, J.L., **Sarbit, G.**, Sharp, P., & Kelly, M.T. (2018). Smoke-Free Men: Competing and connecting to quit. *American Journal of Health Promotion*, *32*(1), 135-142.

Seaton, C.L., Holm, N., **Bottorff, J.L.**, Jones-Bricker, M., Errey, S., **Caperchione, C.M.**, Lamont, S., Johnson, S.T., & Healy, T. (2018). Factors that impact the success of inter-organizational health promotion collaborations: A scoping review. *American Journal of Health Promotion*, *32*(4), 1095-1105.

Lee, R.A., & **Jung, M.E.** (2018). Evaluation of a mhealth app (destressify) on university students' mental health: Pilot trial. *Journal of Medical Internet Research*, *20*(1), e2. doi: 10.2196/mental.8324

Myette-Côté, É., Neudorf, H., Rafiei, H., Clarke, K., & **Little, J.P.** (2018). Prior ingestion of exogenous ketone monoester attenuates the glycaemic response to an oral glucose tolerance test in healthy young individuals. *Journal of Physiology*, *596*, 1385-1395.

Smart, R.R., Baudry, S., Fedorov, A., Kuzyk, S.L., & **Jakobi, J.M.** (2018). Influence of biceps brachii tendon mechanical properties on elbow flexor force steadiness in young and old males. *Scandinavian Journal of Medicine and Science in Sports*, *28*, 983-991.

Bean, C., Kramers, S., **Forneris, T.**, & Camiré, M. (2018). The Implicit/explicit continuum of life skills development and transfer. *Quest*, *70*, 456-470.

Passmore, H.-A., Howell, A.J., & **Holder, M.D.** (2018). Positioning implicit theories of well-being within a positivity framework. *Journal of Happiness Studies*, *19*, 2445-2463.

Quesnel, D.A., Libben, M., **Oelke, N.D.**, Clark, M.I., **Willis-Stewart, S.**, & **Caperchione, C.M.** (2018). Is abstinence really the best option? Exploring the role of exercise in the treatment and management of eating disorders. *Eating Disorders*, *26*, 290-310.

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