



THE UNIVERSITY OF BRITISH COLUMBIA

INSTITUTE FOR HEALTHY LIVING AND CHRONIC DISEASE PREVENTION  
MARCH 31, 2020

## ANNUAL REPORT 2019 - 2020





# Institute for Healthy Living and Chronic Disease Prevention

PARTNERS IN RESEARCH FOR BETTER HEALTH

**INSTITUTE FOR HEALTHY LIVING AND CHRONIC DISEASE PREVENTION**

**UNIVERSITY OF BRITISH COLUMBIA OKANAGAN**

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## Our Vision

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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.

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

## Our Mission

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# Institute for Healthy Living and Chronic Disease Prevention

# Executive Summary / Highlights

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The Institute for Healthy Living and Chronic Disease Prevention (IHLCDP) is now in its 12th year, and continues to support and respond to the growth in health research on our campus. The following section offers highlights of the activities and achievements of the Institute and our Associates in 2019-2020.

## **New Funding for Health Research**

Our IHLCDP Associates received over \$7.3 million in competitive research funding, more than doubling the total amount of research funding in the previous year. This funding includes new interdisciplinary research collaborations among Associates, along with a growing research focus on rural health and child and youth wellbeing. For example:

- Rural Health Equity through Social Enterprise and Technologies Synergies. A new eminence cluster led by IHLCDP Associates Drs. Kathy Rush and Eric Li.
- Understanding Access and Engagement among Youth and Young Adults with Mental Health Disorders led by IHLCDP Associate Dr. Shelly Ben-David

## **Community Research Collaborations**

Our IHLCDP Associates continue to expand and strengthen community partnerships to enable collaborative work to find innovative solutions to promote health and wellbeing. For example, the newly funded Eminence Cluster on Homelessness led by Associate Dr. John Graham brings together other Institute Associates, community partners, Indigenous communities, as well as the city of Kelowna to help make homeless strategies more responsive and effective.

## **Knowledge Generated**

Publications are an indicator of new knowledge that can accelerate progress to reducing the impact of chronic disease through health promotion and prevention strategies. Projects conducted by IHLCDP Associates and their trainees resulted in 135 peer-reviewed publications.

## **Knowledge Exchange and Communications**

The Institute hosted or co-hosted 38 webinars and community events, with an estimated total attendance of 925. The outstanding work of our IHLCDP Associates was featured over 50 times in UBC online news reports, and on national, provincial and regional news outlets.

## **Enhanced Student Research Experiences**

The IHLCDP continues to collaborate with other Institutes and campus partners to expand research training opportunities. For example, the Multidisciplinary Undergraduate Research Project in Health (MURPH) program enabled students to work with interdisciplinary research teams led by IHLCDP Associates. In addition, the Campus Health Voice project engaged students in a participatory research project focusing on student food security in support of one of UBC's priorities related to promoting wellbeing.

# Institute Operations

## IHLCDP Advisory Committee

The IHLCDP Advisory Committee for 2019 - 2020 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 did not meet during the year.

## IHLCDP Associate Membership

The IHLCDP continues to welcome associates from the community and academia in its research activities. Currently the Institute has 59 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.

## 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 (on contract)  
Cherisse Seaton, Research Coordinator

### Campus Health Project

Lauren Airth, Campus Health Specialist  
Casey Hamilton, Campus Health Specialist

# Academic Measures

## Funding to support research

UBCO Faculty IHLCDP Associates received over \$7.3 million in research funding during the past year (see Table 1). Although just over \$1.8 million was received from Tri-council granting programs (CIHR, SSHR, 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.

## Publications

Faculty IHLCDP Associates published 136 peer-reviewed papers between April 2019 and March 2020 representing collaborations among the Institute Associates (n=20) and trainees, as well as collaborative work with colleagues at UBCV and national and international partners. See Appendix D for list of publications.

Table 1: IHLCDP Associates Funding 2019 - 2020\*

Type	Amount
Tri-council funding (CIHR, SSHRC, NSERC)	\$1,806,208
MSFHR	\$503,648
CFI/BCKDF	\$109,300
CRC Program	\$100,000
Other External funding	\$3,149,905
UBC Competitive funding	\$1,666,338
<b>TOTAL funding</b>	<b>\$7,335,399</b>

\* The majority of data provided by the VPRI UBCO

### IHLCDP Work Study Research Assistants

Desiree Amaral, Undergraduate student  
 Stephanie Awotwi-Pratt, Undergraduate student  
 Katie Del Buono, Undergraduate student  
 Louis Fayolle, Undergraduate student  
 Alex Gula, Undergraduate student  
 Kaylee Kowch, Undergraduate student  
 Stella Li, Undergraduate student  
 Mariza Micallef, Undergraduate student  
 Natalia Penuela, Graduate student  
 Thomas Pool, Undergraduate student  
 Kimberly Rutledge, Undergraduate student  
 Ross St. George, Undergraduate student  
 Jacquelyn Wang, Undergraduate student  
 Chris Yang, Undergraduate student



Anne Huisken and Joan Bottorff presented the findings of their evaluation of the Healthy Together program at the symposium entitled, Joining Forces for Healthy Kids, held on October 10, 2019 in Kelowna.

# Featured IHLCDP Activities and Projects

## Growing Rural Health Research

During the past year, we brought together Institute Associates and other researchers across campus with an interest in rural health to discuss opportunities for collaboration and building interdisciplinary programs of research. These meetings provided a catalyst for the formation of several research groups. The IHLCDP supported several emerging teams in preparing grant applications. In addition, the Institute Director continues to represent UBC Okanagan on the [Regional Alliance for Rural Health](#).

### **Rural Health Equity through Social Enterprise and Technologies Synergies (RHE-SETS).**

IHLCDP Associates Dr. Kathy Rush and Dr. Eric Li are leading this new Eminence Cluster team that includes Drs. Donna Kurtz, Charlotte Jones, Nelly Oelke, Barb Pesut, Katrina Plamondon, Sarah Dow-Fleisner, and Cherisse Seaton. The team will work with rural communities to find ways to use technology and local businesses to enable children, youth and older adults with chronic illnesses and Indigenous people have better opportunities to promote their health and access healthcare. They plan to leverage their relationship with the *Regional Alliance for Rural Health* and other groups committed to rural health to support this work. More information about RHE-SETS can be found here: <https://ruralhealthequity.com/>

### **Indigenous Pathways for Diabetes and Obesity Prevention**

IHLCDP Associates Drs. Donna Kurtz and Charlotte Jones are leading a team that is working in collaboration with Indigenous people in the BC Interior to identify and deliver community led, culturally relevant programs to prevent diabetes and unhealthy weight. Their research sites include Friendship Centres in the rural communities of Williams Lake and Lillooet. IHLCDP Associates Drs. Mary Jung and Jonathan Little are also members of this team.

### **Building Resilient Rural Communities: Understanding the Mental Health Impacts of Climate Change**

IHLCDP Associate Dr. Nelly Oelke is co-leading this tri-university funded project with Dr. Davina Banner Lukairs (UNBC), and Dr. Bonnie Fournier (TRU). Collaborators include IHLCDP Associates Drs. Donna Kurtz and Carolyn Szostak, in addition to Robert Woollard. With the support of regional, national and international partners, the team will explore the mental health impacts of climate change events and COVID-19. The findings will contribute to the development of a community-based action plan for mental health supports in rural communities.

### **Developing an Agenda for Rural Health Research in BC**

IHLCDP Associates, Dr. Katrina Plamondon and Dr. Deanne Taylor, are co-leading a new MSFHR funded project entitled, *Developing an Evidence-, Equity-, and Community-Informed Agenda for Rural Health Research in BC*. This funding will bring people together to share their perspectives about research priorities for rural communities, and shape a vision for rural health research. The *Regional Alliance for Rural Health* is represented on the team leading this project.

### **Physical Activity Programs for Rural Children with Neurodevelopmental Disabilities**

IHLCDP Associate, Dr. Lise Olsen and her team are studying the implementation of a new physical activity coaching approach for children and their families living in rural and Indigenous communities in BC. Key components of the approach include personalized child-centred coaching; home-based activity components (using an app); an online networking site for parents and coaches; and social activities for parents.

## Focusing on Child and Youth Wellbeing

Over the past year, research related to child and youth health and wellbeing has emerged as a key area of focus among our IHLCDP Associates and has provided important opportunities for collaboration within the Institute, as well as with stakeholders and communities in our region.

### Safe Sport and Recreation for Children with Autism

IHLCDP Associates Drs. Lise Olsen and Ali McManus have teamed up to assess the feasibility and effectiveness of an on-line parent resource to support safe and active sport and recreation for children with autism spectrum disorders.

### Screen Time and Young Children: What Parents and Caregivers Need to Know

IHLCDP Associate, Dr. Susan Holtzman, shared results of her recent survey involving Okanagan parents about technology and child wellbeing, along with fellow UBCO researchers, in Kelowna on November 27, 2019. The panel discussed caring for young children in an age dominated by screen time, and provided information about online privacy and strategies to help children develop a healthy relationship with digital devices. Dr. Holtzman's teams have also begun to share blogs on the topic.

More information is available here:

<https://familyscreentime.ca/>

### Youth Vaping Assessment, Prevention and Early Intervention (Y-VAPE)

IHLCDP Associates Drs. Laura Struik and Sarah Dow-Fleisner are collaborating with School District 23 to address the issue of youth vaping. The work is aimed at increasing understanding of vaping among youth, and will provide a foundation for the development of school-based policies and peer-led, youth-driven interventions to meaningfully curb youth vaping.

### Understanding Access and Engagement among Youth and Young Adults with Mental Health Disorders

IHLCDP Associate, Dr. Shelly Ben-David, is leading a program of research in collaboration with Foundry BC to explore barriers in accessing mental health services with the goal of developing interventions to increase service use among this vulnerable group in BC. Her current research, with Dr. Sky Barbic (UBCV), is focused on understanding and dismantling the barriers to accessing digital information, research and communication technologies for youth with mental illness.

To hear more about this research: <https://www.youtube.com/watch?v=hA6FalH1AoQ>

### CLARITY: Community-Led Actions for Resiliency Important Throughout Youth

In this community-based research project, IHLCDP Associate, Dr. Sana Shahram, and her team are working to understand and promote factors that support resiliency to prevent youth suicide in Kelowna, BC. The goal is to set up a network of research-based prevention and care measures to strengthen the resilience of youth up to 25 years and guide those who care for them in supporting their mental wellbeing. Other Institute Associates on this team include: Drs. Katrina Plamondon, Shelley Ben-David, Deanna Taylor, and Ms. Leslie Bryant.

# Committed to Community Engagement

Community engagement is a core commitment of the IHLCDP and has a central place in UBC's Strategic Plan. Our Institute Associates are demonstrating the value that community engagement brings as we combine our experiences and expertise to enhance health and wellbeing.

Listed below are some examples.

Dr. Shirley Chau, supported by Community-University Engagement Support (CUES) funding, is partnering with Dr. Anima Anand, Kelowna Community Resources, to map incidents of discriminatory acts and practices to better address needs and social impacts.

Dr. Joan Bottorff, with funding from the Community-University Engagement Support (CUES) is partnering with Michele Hopkins (Director) at the Bridge Youth and Family Services along with Dad Central Canada to develop a father-friendly family health promotion program.



Dr. Mary Jung and the YMCA of Okanagan celebrated their second anniversary of the Small Steps for Big Changes program on November 13, 2019. This community partner event was held on the eve of World Diabetes Day and hosted over 70 diabetes prevention stakeholders from the academic, clinical, and community contexts at the Laurel Packing House, Kelowna.

Drs. Donna Kurtz, Charlotte Jones, and Joan Bottorff (pictured left to right) participated in the Indigenous Gender and Wellness: Idea Fair and Learning Circle held on June 18-20, 2019 in Montreal, located on the traditional unceded territory of the Kanien'keha:ka (Mohawk) people. The event provided an opportunity for Indigenous Peoples (i.e., First Nations, Inuit and Métis) and allies to meet each other, share their ideas and goals about Indigenous gender and wellness and to work with supporters (e.g., researchers, Indigenous community members).



A newly funded Eminence Cluster Research Team on Homelessness led by Institute Associate Dr. John Graham brings together a number of associates including Drs. Shirley Chau, Eric Li, Gordon Lovegrove, Sana Shahram, and Paul van Donkelaar to find effective solutions to homelessness. This team will collaborate with community-based agencies and Indigenous communities, as well as the city of Kelowna through its Journey Home strategy, to help make homelessness strategies more responsive and efficient in addressing the diverse needs of vulnerable populations.



# Enriching Student Research Opportunities

## Multidisciplinary Undergraduate Research Projects in Health

The Multidisciplinary Undergraduate Research Projects in Health (MURPH) undergraduate research program at UBC Okanagan was launched in 2019-2020, led by a partners from the IHLCDP, the Material and Manufacturing Research Institute (Faculty of Engineering), the Centre for Heart, Lung and Vascular Health (FHSD), and the UBC Southern Medical Program. Over 90 applications were received from students interested in engaging in health research, while also receiving training through MURPH workshops. In 2019-2020 a total of 9 projects were funded by MURPH, involving 22 undergraduate research assistants, 2 graduate students, and 19 faculty members. Four of the 9 MURPH funded projects were led by IHLCDP Associates. The MURPH program was featured at the UBC Board of Governors on Feb 14, 2020. Students presented posters on their research projects at the UBCO Okanagan Interdisciplinary Student Health Conference (March 5, 2020).

The effects of virtual reality on depressive symptoms in inpatient stroke survivors: A pilot randomized controlled trial. PIs: **Dr. Brodie Sakakibara** (Medicine) & Ms. Donna Jansons (Social Work); UG students Nicole Ketter (Biology) and Lynda Wood (Psychology).

Microencapsulation platform for oral delivery of microbiome-based therapy for the treatment of inflammatory bowel disease. PIs: **Dr. Deanna Gibson** (Biology) & Dr. Mina Hoorfar (Engineering); UG students Ryan Bonnie (Biology) and Kaden Workun (Engineering)

Smoke-free Dads: A game changer for better health. PIs: **Dr. Joan Botorff** (Nursing), **Dr. Laura Struik** (Nursing), and Dr. Mohammad Khalad Hasan (Computer Science); UG students Angela Leung (Nursing), Noman Mohammad (Computer Science), and Poddar Swakhar (Computer Science)

Indigenous methodologies: building capacity for telediabetes care in urban (and rural) Indigenous communities. PIs: **Dr. Donna Kurtz** (Nursing) and **Dr. Charlotte Jones** (Southern Medical Program); UG students: Aidan O'Callahan (Psychology & Indigenous Studies) and Karim Davarani (Human Kinetics)

Student success stories and program highlights from 2019-2020 are available here: <https://ok-mmri.sites.olt.ubc.ca/files/2020/07/MURPH-Pamphlet.pdf>

"I learned a lot about telehealth implementation and delivery, but the most important learning moments I had during this project were really with Elders, Indigenous physicians, community members and my two supervisors."

Aidan O'Callahan, Honours Psychology and Indigenous Studies



Front from left to right: IHLCDP Associate Member, Dr. Donna Kurtz; Elder Jessie Nyberg; IHLCDP Associate Member Dr. Charlotte Jones  
Back from left to right: Karim Davarani; Aidan O'Callahan;  
Dr. Julianne Barry; Chella Percy

## Campus Health Voice Food Security Project: What's your recipe?

The Campus Health Voice team and Institute Associates, Casey Hamilton, Lauren Airth, Roger Wilson, and Dr. Joan Bottorff have teamed up with UBCO students to tackle food insecurity – currently estimated to affect over 42% of our undergraduate students. During the past year, the team designed and implemented student-led, participatory strategies to gather student perspectives on food insecurity, experiences navigating campus systems influencing food security, needs related to food literacy/food culture, and suggestions for supporting both student and campus-wide food security. Preliminary findings were included in a report on student food insecurity to the UBC Board of Governors on April 6, 2020, as well as in communications with campus leaders at UBCO.



Voice Students, Kimberly Rutledge and Desiree Amaral, joined 70 student leaders from across Canada at the National Student Food Summit held at McMaster University in August 2019.

## Community Outreach and Knowledge Exchange

### IHLCDP Speaker Series

During the past year, the IHLCDP has continued to expand its knowledge exchange activities through our webinars and other events. We planned to host and co-host 65 events this year, with 50 of these events at off-campus locations. Due to the COVID-19 outbreak, 27 of the Okanagan Embrace Aging Month events were postponed or cancelled. The range of topics and events has grown (see Appendix A for a complete list). Although our attendance was significantly affected by cancellations due to COVID-19, over 900 attended the 38 IHLCDP events held during the year.



Dr. Barb Pesut, IHLCDP Associate, and Clara Dyck, North Okanagan Hospice Society, presented their collaborative work on scaling out a volunteer navigation program, October 8, 2019.

## Okanagan Embrace Aging 2020

The 7th Annual Okanagan Embrace Aging month, co-hosted with Interior Savings Credit Union and Interior Health, organized and supported 52 educational opportunities in the Okanagan Valley and Kamloops. We hosted 23 events before we were required to postpone or cancel remaining events due to COVID-19. Okanagan Embrace Aging community support has been expanding and now offers the opportunity to be a Community Sponsor. A special thank you to this year's Community Sponsors: Springfield Funeral Home, NexGen Hearing and CHIP Reverse Mortgage. Okanagan Embrace Aging also thank ongoing community partners: YMCA of Okanagan, Okanagan Regional Library, Baptist Housing, and Chartwell Chatsworth Retirement Residence.

The 2020 planning committee included: Corrine Johnson, Rod Rieu and Sue Manzuik (Interior Savings Credit Union); Dr. Deanne Taylor and Kim Peake (Interior Health); 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.

## Profiles of IHLCDP Research

The research activities of our IHLCDP Associates has been profiled over 50 times over the past year, sharing vital knowledge generated through our research to a wide audience, including community members. This is a clear indication of the important research that is underway at UBC Okanagan, and the potential for facilitating the relevant and practical application of this knowledge to strengthen health promotion programs and improve health services.

With the support of UBCO, our research has been featured throughout the year on the UBC Okanagan website on media stories and videos. Our researchers have been recognized in external media stories and have shared their research in blogs, podcasts, and webinars. We have also profiled our research activities and achievements on the IHLCDP website (<https://ihlcdp.ok.ubc.ca/>)

## UBCO News Releases

Dr. Jonathan Little: *Need to control blood sugar? There's a drink for that, says UBC prof* by Nathan Skolski, January 7, 2020. <https://news.ok.ubc.ca/2020/01/07/need-to-control-blood-sugar-theres-a-drink-for-that-says-ubc-prof/>

Dr. Jennifer Davis: *UBC research says poor sleep can impact recovery from a stroke* by Patty Wellborn, December 12, 2019. <https://news.ok.ubc.ca/2019/12/12/ubc-research-says-poor-sleep-can-impact-recovery-from-a-stroke/>

Dr. Brodie Sakakibara: *Too many Canadians live with multiple chronic conditions, say UBC researchers* by Nathan Skolski, December 10, 2019. <https://news.ok.ubc.ca/2019/12/10/too-many-canadians-live-with-multiple-chronic-conditions-say-ubc-profs/>

Dr. Barb Pesut: *Moral challenges still exist around medical assistance in dying* by Patty Wellborn, Dec 5, 2019. <https://news.ok.ubc.ca/2019/12/05/moral-challenges-still-exist-around-medical-assistance-in-dying/>

Dr. Gordon Binsted: *Canadian research team headed to 'Mars'* by Nathan Skolski, November 26, 2019. <https://news.ok.ubc.ca/2019/11/26/canadian-research-team-headed-to-mars/>

Dr. Paul van Donkelaar: *UBCO researcher examines traumatic brain injury in survivors of intimate partner violence* by Patty Wellborn, November 20, 2019. <https://news.ok.ubc.ca/2019/11/20/ubco-researcher-examines-traumatic-brain-injury-in-survivors-of-intimate-partner-violence/>

Dr. John Graham: *Collaboration aims to improve services for homeless* by Bud Mortenson, July 22, 2019. <https://news.ok.ubc.ca/2019/07/22/collaboration-aims-to-improve-services-for-homeless/>

Dr. Paul van Donkelaar: *Ground breaking UBC project studies brain injury in women abused by partners* by Patty Wellborn, June 28, 2019. <https://news.ok.ubc.ca/2019/06/28/groundbreaking-ubc-project-studies-brain-injury-in-women-abused-by-partners/>

Dr. Kathy Rush: *UBC professor examines support programs for fresh nursing graduates* by Patty Wellborn, June 20, 2019. <https://news.ok.ubc.ca/2019/06/20/ubc-professor-examines-support-programs-for-fresh-nursing-graduates/>

Dr. Zach Walsh: *'Ecstasy' shows promise for post-traumatic stress treatment* by Patty Wellborn, May 30, 2019. <https://news.ok.ubc.ca/2019/05/30/ecstasy-shows-promise-for-post-traumatic-stress-treatment/>

Dr. Lesley Lutes: *Walk-in well-being clinic permanently open for business* by Patty Wellborn, May 29, 2019. <https://news.ok.ubc.ca/2019/05/29/walk-in-well-being-clinic-permanently-open-for-business/>

Dr. Gordon Lovegrove: *Does being seen really make cyclists safer on the road?* by Patty Wellborn, May 27, 2019. <https://news.ok.ubc.ca/2019/05/27/does-being-seen-really-make-cyclists-safer-on-the-road/>

Dr. Joan Bottorff: *Men's knowledge on prostate cancer needs improving* by Patty Wellborn, April 16, 2019. <https://news.ok.ubc.ca/2019/04/16/mens-knowledge-on-prostate-cancer-needs-improving/>

Dr. Jonathan Little: *UBC researchers say eggs for breakfast benefits those with diabetes* by Patty Wellborn, April 11, 2019. <https://news.ok.ubc.ca/2019/04/11/ubc-researchers-say-eggs-for-breakfast-benefits-those-with-diabetes/>

Dr. Joan Bottorff: *UBC research recommends graduated return to work after prostatectomy* by Patty Wellborn, April 3, 2019. <https://news.ok.ubc.ca/2019/04/03/ubc-research-recommends-graduated-return-to-work-after-prostatectomy/>

## UBCO TV

Dr. Mary Jung: *Celebrating the Small Steps for Big Changes program.*  
[https://www.youtube.com/watch?v=x\\_FHcns8IJA](https://www.youtube.com/watch?v=x_FHcns8IJA)

Dr. Tanya Forneris: *Stress management tool for UBC students: Breathing and biofeedback for better health.*  
<https://www.youtube.com/watch?v=9WgGg1Ubt34>

Dr. Brian Dalton: *Exploring health and human movement with Brian Dalton.*  
<https://www.youtube.com/watch?v=eycQ-p-cNr4>

Dr. Kathy Rush: *Understanding Incontinence.* <https://www.youtube.com/watch?v=6VSAwq212xk>

Dr. Gordon Lovegrove: *The future of sustainable transportation.*  
<https://www.youtube.com/watch?v=8K5s0or33f8>

Dr. Lesley Lutes: *The Centre for Obesity and Wellbeing Research Excellence (CORE) at UBC's Okanagan campus.* <https://www.youtube.com/watch?v=2trQCHjmDSM>

Dr. Lesley Lutes: *Melding clinical psychology and health psychology.*  
<https://www.youtube.com/watch?v=vC7DYVM0whE>

Dr. Mary Jung: *Preventing type 2 diabetes in the community through a partnership with the university and the YMCA.* [https://www.youtube.com/watch?v=yXT\\_LKVqZAA](https://www.youtube.com/watch?v=yXT_LKVqZAA)

## External Media

Dr. Eric Li: *Ethical consumerism important through the COVID-19 pandemic: expert.* Published in Vernon Morning Star March 18, 2020. <https://www.vernonmorningstar.com/news/ethical-consumerism-important-through-the-covid-19-pandemic-expert/>

Dr. Lesley Lutes: *UBC Okanagan introduces weight management special service.* Published on Castanet February 11, 2020. <https://www.castanet.net/news/Kelowna/276863/UBC-Okanagan-introduces-weight-management-special-service>

Dr. Marvin Krank. *Dr. Marvin Krank on vaping* (live). Vernon Morning Star January 21, 2020. <https://www.facebook.com/vernonmorningstar/videos/dr-marvin-krank-on-vaping/612048036006318/>

Dr. Marvin Krank: *Likely to exceed 200 vape-related suspensions: Vernon School District.* Published in Kelowna Capital News January 15, 2020. <https://www.kelownacapnews.com/news/likely-to-exceed-200-vape-related-suspensions-vernon-school-district/>

Dr. Marvin Krank: *WATCH: North Okanagan schools see gross effects of vaping.* BC Local News January 24, 2020. <https://www.bclocalnews.com/news/watch-north-okanagan-schools-see-gross-effects-of-vaping/>

Dr. Jonathan Little: *UBC study says ketone drinks may help control blood sugar.* Published in The Province and Vancouver Sun January 7, 2020. <https://theprovince.com/news/local-news/ubc-study-says-ketone-drinks-may-help-control-blood-sugar/wcm/edcd0f2b-47ce-41b1-bc11-57e49f322a44>

Dr. Jonathan Little: *Why you should consider 'exercise snacks' and just moving more in 2020.* Published on CBC December 29, 2019. <https://www.cbc.ca/news/canada/british-columbia/can-i-get-in-better-shape-just-by-moving-more-1.5396990>

Dr. Paul van Donkelaar: *Brain injury from domestic abuse a 'public health crisis', says BC researcher.* Published on CBC December 8, 2019. <https://www.cbc.ca/news/canada/british-columbia/brain-injury-public-health-crisis-1.5388677>

Dr. Lesley Lutes: *UBCO study recruiting participants for weight loss research.* Published on Castanet December 5, 2019. <https://www.castanet.net/news/Kelowna/271789/UBCO-study-recruiting-participants-for-weight-loss-research>

Dr. Barb Pesut: *Moral challenges still exist around euthanasia: UBC Okanagan study.* Published on BC Local News December 5, 2019. <https://www.bclocalnews.com/news/moral-challenges-still-exist-around-euthanasia-ubc-okanagan-study/>

Dr. Gordon Binsted: *Canadian researchers travel to simulated Mars habitat in Hawaii.* Published on Castanet November 28, 2019. <https://www.castanet.net/news/Kelowna/271410/Canadian-researchers-travel-to-simulated-Mars-habitat-in-Hawaii>

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Dr. Marvin Krank: *First case of 'probable' vaping-related illness in BC 'not surprising': UBC Prof.* Saanich News October 16, 2019. <https://www.saanichnews.com/news/first-case-of-probable-vaping-related-illness-found-in-b-c/>

Dr. Marvin Krank: *Inside the vaping crisis that has hooked – and killed- young people.* By Alanna Mitchell, Macleans. October 1, 2019. <https://www.macleans.ca/society/health/inside-the-vaping-crisis-that-has-hooked-and-killed-young-people/>

Dr. Gordon Lovegrove: *Higher speed limits don't mean safer roads, researcher says.* Published on CBC September 30, 2019. <https://www.cbc.ca/news/canada/ottawa/highway-417-speed-increase-could-mean-more-dangerous-crashes-1.5302491>

Dr. Paul van Donkelaar: *New project to research brain injuries caused by domestic violence.* Published in the Vancouver Sun July 8, 2019. <https://vancouver.sun.com/news/local-news/new-project-to-research-brain-injuries-caused-by-domestic-violence>

Dr. Paul van Donkelaar: *UBCO study of brain injuries from domestic violence gets \$1M.* Published in The Daily Courier on July 2, 2019. [http://www.kelownadailycourier.ca/life/article\\_0b9bc286-9d28-11e9-aec6-8346377b78fd.html](http://www.kelownadailycourier.ca/life/article_0b9bc286-9d28-11e9-aec6-8346377b78fd.html)

Dr. Paul van Donkelaar: *UBC Okanagan gets \$1 million to fund research for victims of domestic violence.* Published on Global News June 28, 2019. <https://globalnews.ca/news/5444963/ubc-okanagan-gets-1-million-to-fund-research-for-victims-of-domestic-violence/>

Dr. Lesley Lutes: *Mental health clinic here to stay.* Published in The Daily Courier June 1, 2019. [http://www.kelownadailycourier.ca/life/article\\_3dbda6f4-83e6-11e9-9bac-979e22bc7a95.html](http://www.kelownadailycourier.ca/life/article_3dbda6f4-83e6-11e9-9bac-979e22bc7a95.html)

Dr. Zach Walsh: *Ecstasy not just for raves: UBC study finds MDMA can help treat PTSD.* Published in Vancouver Sun May 31, 2019. <https://vancouver.sun.com/news/local-news/ecstasy-not-just-for-raves-study-finds-mdma-can-help-treat-ptsd>

Dr. Lesley Lutes: *UBCO to keep community drop-in mental health clinic after trials shows demand.* Published on Kelowna Now May 29, 2019. [https://www.kelownanow.com/watercooler/news/news/UBCO/UBCO\\_to\\_keep\\_community\\_drop\\_in\\_mental\\_health\\_clinic\\_after\\_trial\\_shows\\_demand/](https://www.kelownanow.com/watercooler/news/news/UBCO/UBCO_to_keep_community_drop_in_mental_health_clinic_after_trial_shows_demand/)

Dr. Jennifer Jakobi: *Live and active life for a healthy old age.* Published in The Daily Courier May 10, 2019. [http://www.kelownadailycourier.ca/life/article\\_d6b45842-737b-11e9-b744-b75defddbd5c.html](http://www.kelownadailycourier.ca/life/article_d6b45842-737b-11e9-b744-b75defddbd5c.html)

Dr. Mary Jung: *UBC Okanagan opens new spaces for community-engaged research.* Published in Kelowna Capital News April 16, 2019. <https://www.kelownacapnews.com/news/ubc-okanagan-opens-new-spaces-for-community-engaged-research/>

## Blogs, Podcasts, Recorded Talks

Neufeld, V. & Plamondon, K. *A tale of two crises* [Blog]. British Columbia Coalition Institute. March 29, 2020. <https://bccoalitioninstitute.com/2020/03/29/a-tale-of-two-crises/>

Dr. Shelly Ben-David and Dr. Erin Michalak: *Bridging the digital divide among youth in BC.* [Blog] Crest. BD, June 13, 2019. <http://www.crestbd.ca/2019/06/13/bridging-digital-divide-among-youth-bc/>

Dr. Shelly Ben-David and Dr. Sky Barbic: *Bridging the digital divide and opening access to online research opportunities in youth and young adults living mental illness in British Columbia* [Video Blog]. Patient Engagement Methods Cluster, July 17, 2019. <https://www.youtube.com/watch?v=hA6FalH1AoQ>

Dr. Barb Pesut: *Medical Assistance in Dying: Policy, practice and ethical implications for nursing*. CNA Webinar Series – Progress in Practice, October 15, 2019. <https://www.youtube.com/watch?v=mAuTSNwT258&feature=youtu.be>

Dr. Zach Walsh: *Cannabis revised: Legalization, mental health and public health*, UBC Psychology Colloquia 2019-2020, Nov 1, 2019. <https://www.youtube.com/watch?v=O5R79gcOMmA>

Drs. Nelly Oelke and Katrina Plamondon, *Rural stories of getting back home: An integrated knowledge translation study of people's experiences of navigating access to healthcare from rural and remote communities in British Columbia, Canada*. Presentation for the 2nd Asian Pacific Conference on Targeted Care in Melbourne. December 2, 2019 [https://www.youtube.com/watch?v=H\\_xOomxJfTs](https://www.youtube.com/watch?v=H_xOomxJfTs)

Dr. Nelly Oelke, *Facilitating integrated care through primary healthcare teams*, Plenary presentation for the 2nd Asian Pacific Conference on Targeted Care in Melbourne. December 2, 2019 <https://www.youtube.com/watch?v=Y7IbDAYOdk0>

Astle, B., Bourgque-Berskin, L., Dordunoo, D. Egert, A., Houweling, R., Moen, N., Plamondon, K., et al. *Nurses for planetary health: A call to action* [Blog]. Nurses and Nurse Practitioners of British Columbia. January 7, 2020. Available here: <https://www.nnpbc.com/nurses-for-planetary-health-a-call-to-action/>

Pesut, B., & Thorne, S. *Why people choose medically assisted death revealed through conversation with nurses*. The Conversation. September 19, 2019. <https://theconversation.com/why-people-choose-medically-assisted-death-revealed-through-conversations-with-nurses-122000>

Dr. Mary Jung: *Move Daily Health Podcast Episode 33: Making health habits stick* [Podcast]. Canada's Nutrition Coach, February 10, 2020. <https://canadanutritioncoach.com/move-daily-health-podcast-33-making-health-habits-stick-dr-mary-jung/>

## Awards and Recognitions

- Dr. Shelley Ben-David received a MSFHR Scholar Award
- Dr. Sarah Dow-Fleisner received a Top 40 Under 40 Award, Kelowna Chamber of Commerce
- Dr. Nelly Oelke received the 2019 Excellence in Advancing Nursing Knowledge & Research Award, Association of Nurses and Nurse Practitioners of BC
- Dr. Barb Pesut received the 2019 Innovation in Nursing Award, Association of Nurses and Nurse Practitioners of BC
- Dr. Jennifer Jakobi, named the WWEST Associate Chair for NSERC's Westcoast Women in Engineering, Science and Technology (WWEST) at UBC Okanagan

We tweet regularly about the research activities and projects of our Associates, and about Institute events. Our twitter account has over 1900 followers.



Follow us on Twitter  
@IHLCDP

# Selected Activities by the Director

## Community and University Roles

Member, Research Advisory Council, Interior Health

UBCO Representative, Regional Alliance for Rural Health Steering Committee

Member, UBC Wellbeing Advisory Committee

Member, UBCO Standing committee on Tobacco and Cannabis

Member, UBCO Health Services Review Committee

Co-Lead, Campus Health Voice Project

External reviewer, Health Research Institute, University of Northern British Columbia, Prince George, BC.

Member, Planning Committee, *The Future of Health Forum*, Oct 18, 2020, The Innovation Centre, Kelowna, BC

UBC Okanagan, Accelerate Okanagan, BC Cancer and Interior Health joined forces to host an annual forum called Future of Health—an event designed to foster connection and provide an opportunity to exchange ideas around health research and innovation. The focus of the inaugural forum was cancer care. More information about the forum: <https://futureofhealth.ca/>

Consultant, Penticton Seniors Planning Committee to support planning activities for Penticton's 1st Seniors Week, June 1-8 2019. Included in their program were talks by IHLCDP Associates:

Dr. Brian Dalton, Assistant Professor in the School of Health and Exercise Science, on the topic of physical activity and healthy aging, and Cailan Libby, CEO and Co-founder of Happipad, who shared insights from a home-sharing service for older adults and post-secondary students.  
<https://www.pentictonwesternnews.com/news/big-plans-for-pentictons-first-seniors-week/>

Invited panel member on Health Promoting Universities, UBC's experiences in promoting wellbeing, International Health Promoting Campuses Symposium, Sudima Hotel, Rotorua, New Zealand (April 7, 2019).

## Regional Talks by the Director

Bottorff, J.L. (2019). *Medical cannabis use and older adults*. Invited presentation as part of the Cannabis-Demystifying the myths and inspiring change panel. Hosted by Gallagher's Healthy Living Club, Kelowna, BC (November 21, 2019).

Bottorff, J.L., & Huisken, A. (2019). *Healthy Together: What we have learned*. Panel presentation at the Joining Forces for Healthy Kids Symposium, co-hosted by the Bridge Youth and Family Services and the Institute for Healthy Living and Chronic Disease Prevention, Kelowna, BC. (October 10, 2019).

# Goals for Next Academic Year

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1. 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 revisiting how we support knowledge sharing in the context of a pandemic.
2. Advance opportunities to strengthen research collaborations and impact by:
  - a. Supporting Institute Associates in exploring opportunities for collaboration and community-engaged research with citizens and community partners to promote health and wellbeing in the context of COVID-19
  - 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 virtual planning meetings, providing consultation on team building and proposal development, and providing letters of support
3. Increased the number of IHLCDP Associates in the MURPH and related programs to expand interdisciplinary research training for undergraduate and graduate students.
4. Strengthen engagement of our IHLCDP Associates in research opportunities that support strategic priorities identified in the UBC Wellbeing initiative to promote wellbeing on campus.

## Contact Information

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

University of British Columbia Okanagan

1147 Research Road ART 223

Kelowna BC V1V 1V7 CANADA

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

<i>Cannabis legalization and young adults: Early signals from the METRIC-L Study</i> Dr. Zach Walsh, UBC Okanagan Tatiana Sanchez, MA student, UBC Okanagan	November 8, 2019
<i>Tobacco industry tactics for drawing in youth to vaping</i> Dr. Laura Struik, UBC Okanagan	January 21, 2020
<i>Getting home: Stories of navigating rural access to healthcare in the interior of British Columbia</i> Dr. Katrina Plamondon, UBC Okanagan Kim Peake, Interior Health	January 23, 2020
<i>Mental health services use experiences among youth at Foundry Kelowna</i> Dr. Shelley Ben-David, UBC Okanagan Chantal Vien, MSW student, UBC Okanagan	January 28, 2020

### RESEARCH TO PRACTICE SEMINARS

IHLCDP in partnership with NOHS  
(North Okanagan Hospice Society)

<i>More, better and earlier conversations: Promoting Advance Care Planning in the community and with the health care team</i> Elizabeth Beddard-Huber, BC Centre for Palliative Care Kathy Kennedy, BC Centre for Palliative Care	April 16, 2019
<i>Making connections: Making a difference</i> <i>Scaling out a volunteer navigation intervention</i> Dr. Barb Pesut, UBC Okanagan Clara Dyck, North Okanagan Hospice Society	October 8, 2019
<i>New frontiers at end-of-life: Evidence on Canadian nurses' experience with MAiD</i> Dr. Barb Pesut, UBC Okanagan	February 25, 2020

### Other IHLCDP Events

Co-assist The School of Population and Public Health - Inaugural Voices in Health speaker series <i>Public Health, Law and Climate Change: Legal Approaches to Protecting Children's Health in a Warming World</i>	September 30, 2019
Co-sponsor with The Bridge Family Services <i>Joining forces for healthy kids symposium</i>	October 10, 2019
Co-assist The School of Population and Public Health - Voices in Health speaker series <i>Including equity in global health setting</i>	October 28, 2019

Co-assist The School of Population and Public Health – Voices in Health <i>Developing Canada’s new food guide and the healthy eating strategy</i>	November 18, 2019
Co-assist The School of Population and Public Health – Voices in Health <i>HIV and Tuberculosis Implementation Science: Learning from Uganda</i>	December 9, 2019
Co-assist The School of Population and Public Health – Voices in Health <i>Indigenous sovereignty is sustainability: Public health, biodiversity and climate change</i>	February 13, 2020
An Embrace Aging event Global Fitness	Fitness pass for the month
An Embrace Aging event <i>Disrupt Ageism</i> Rachel Lewis, Baptist Housing	March 2, 2020
An Embrace Aging event <i>Scam Protection</i> Paula Naka, Interior Saving Credit Union	<b>Lake Country</b> March 3, 2020 <b>Kelowna</b> March 4, 2020 <b>West Kelowna</b> March 25 - Cancelled
An Embrace Aging event <i>Balance and Dizziness</i> Dr. Nichole Sorensen, Lakeside Hearing	March 3, 2020
An Embrace Aging event <i>Mental Health 101</i> Shirley Hogan, Canadian Mental Health Association	March 4, 2020
An Embrace Aging event <i>MyHealthPortal</i> Interior Health Authority	<b>Penticton</b> March 4, 2020 <b>Peachland</b> March 5, 2020 <b>West Kelowna</b> March 12 – Cancelled <b>Kelowna</b> March 16 – Cancelled <b>Lake Country</b> March 17 – Cancelled <b>Vernon</b> March 20 – Cancelled <b>Kamloops</b> March 27 - Cancelled
An Embrace Aging event <i>Hear Better: Live Better</i> Colin VanBergen, NexGen Hearing	March 5, 2020

An Embrace Aging event <i>Estate Planning Essentials</i> Interior Savings Credit Union experts	<b>West Kelowna</b> March 6, 2020 <b>Kelowna</b> March 12 – Cancelled <b>Lake Country</b> March 30 – Cancelled
An Embrace Aging event <i>Happy homes, healthy people: How home sharing is changing the way seniors age in place</i> Amanda Aubé, Happipad	<b>Kelowna</b> March 6, 2020 <b>West Kelowna</b> March 19 - Cancelled
An Embrace Aging event <i>Smart phone and tablet basics</i> CSL program students, UBC Okanagan	March 6, 2020 March 13, 2020 March 20 – Cancelled March 27 - Cancelled
An Embrace Aging event <i>Quality of life workshop</i> Central Okanagan Hospice Association	March 7, 2020 March 14, 2020 Cancelled
An Embrace Aging event <i>Mingle Monday</i> YMCA Okanagan	<b>Family YMCA</b> March 9, 2020 <b>H2O Fitness Centre</b> March 16 – Cancelled <b>Downtown YMCA</b> March 23 - Cancelled
An Embrace Aging event <i>Is Alzheimer's in your genes?</i> Dr. Kim Christie, Okanagan Clinical Trials	March 9, 2020
An Embrace Aging event <i>9 Struggles executors face</i> Springfield Funeral Home	<b>Lake Country</b> March 10, 2020 <b>Kelowna</b> March 18 - Cancelled
An Embrace Aging event <i>Taking care of YOU: self-care for caregivers</i> Naomi Mison, Okanagan Clinical Trials	March 10, 2020
Café Scientifique <i>Understanding obesity at any age</i> Dr. Tom Warshawski, Childhood Obesity Foundation Karyn Rasmussen, Interior Health Authority Jordelle Dupré, C.O.A.C.H. Cardiac Rehabilitation Dr. Lesley Lutes, UBC Okanagan	March 10, 2020
An Embrace Aging event <i>Muscle Fatigues: Does age impact muscle performance?</i> Alex Yacyshyn, PhD Candidate, UBC Okanagan	March 11, 2020
An Embrace Aging event <i>Hearing is believing: Access your tablet's assistive technologies</i> Meghan Currie, UBC Okanagan	March 11, 2020
An Embrace Aging event SPECIAL EVENT <i>Dr. Art Hister presents a guide to living a long and healthy life</i> Interior Savings Credit Union	Postponed March 11, 2020

An Embrace Aging event <i>Leaving a legacy with planned giving</i> Geoffrey White, Geoffrey W. White Law Corporation	March 12- Cancelled
An Embrace Aging event <i>Seniors Health Assessment</i> YMCA Okanagan	March 13, 2020
An Embrace Aging event <i>Healthy eating in 2020: Cooking tips for 1-2 adults</i> Rebecca Frechette, UBC Okanagan Jennifer Podovennikof, Healthy Essentials Clinic	March 16- Cancelled
An Embrace Aging event <i>Loss, loneliness and isolation: is it the new smoking?</i> Janine Karlsen, Home Instead Senior Care Hope Kelly, Home Instead Senior Care	March 17- Cancelled
An Embrace Aging event <i>Healthy adult aging and balance: Where do we stand?</i> Dr. Brian Dalton, UBC Okanagan	March 18, 2020
An Embrace Aging event <i>Getting hooked on fishing</i> Okanagan Men's Shed	Postponed March 19, 2020
An Embrace Aging event <i>Older adult vaccination: A shot of truth</i> Andrew Bennett, Clinical Consultant Pharmacist	March 20- Cancelled
A 'Visiting Scholar' event <i>Pathways to transformation in long-term care</i> Dr. Carole Estabrooks, University of Alberta	March 20, 2020
An Embrace Aging event <i>Benefits of Reflexology Workshop</i> Maralee Webber, IRIE Wellness	<b>Lake Country</b> March 23 - Cancelled <b>West Kelowna</b> March 30 - Cancelled
Café Scientifique <i>Gut Health: A key to unlocking better health and wellbeing</i> Dr. Deanna Gibson, UBC Okanagan Natasha Haskey, PhD Candidate, UBC Okanagan Candice Quin, PhD Candidate, UBC Okanagan Gerald de Veer, Crohn's and Colitis Canada Dr. Andis Klegeris, UBC Okanagan	Postponed March 25, 2020
An Embrace Aging event <i>Feldenkrais – Life is Movement</i> Springfield Funeral Home	March 26- Cancelled
An Embrace Aging event <i>Transitions in care: Improving the outcome</i> Rachel Lewis, Baptist Housing	March 26- Cancelled
An Embrace Aging event <i>GrandStem Day camp</i>	March 28- Cancelled
An Embrace Aging event <i>Aging: A lifelong process</i> Isobel Mackenzie, Office of the Seniors Advocate	March 30 - Cancelled

## Appendix B - IHLCDP Associate Members

Airth, Lauren  
Antifeau, Elizabeth  
Anton, Gayle  
Ben-David, Shelly  
Berg, Stephen  
Bryant MacLean, Leslie  
Caperchione, Cristina  
Chau, Shirley  
Corbett, John  
Dalton, Brian  
Davis, Jennifer  
Deegan, Heather  
Dow-Fleisner, Sarah  
Drewitz-Chesney, Cheryle  
Evans, Michael  
Filiatrault, Paul  
Forneris, Tanya  
Gainforth, Heather  
Ghosh, Sanjoy  
Graham, John

Hamilton, Casey  
Hill, Trish  
Holtzman, Susan  
Hostland, Craig  
Jakobi, Jennifer  
Jones, Charlotte  
Jung, Mary  
Kjorven, Mary  
Krank, Marvin  
Kurtz, Donna  
Li, Eric  
Libby, Cailan  
Little, Jonathan  
Lovegrove, Gordon  
Lutes, Lesley  
Maiwald, Karin  
Marcolin, Barb  
McManus, Ali  
Oelke, Nelly  
Olsen, Lise

Penny, Tricia  
Pesut, Barb  
Plamondon, Katrina  
Reid, Colin  
Rush, Kathy  
Sakakibara, Brodie  
Shahram, Sana  
Smith, Michelle  
Struik, Laura  
Taylor, Deanne  
Taylor, Edward  
Te Hiwi, Braden Paora  
van Donkelaar, Paul  
Walsh, Zach  
Wells, Susan  
Willis-Stewart, Sally  
Wilson, Roger  
Wu, Tina  
Zebedee, Janelle

### **Outgoing Associate Members**

Holder, Mark  
Taylor, Darlene

## Appendix C - List of Research Awards to IHLCDP Faculty Associates

### Tri-Council Funding

Title and IHLCDP Principal / Co- Investigators	Funding Source
Univenture: A Partnership to Address Heavy Drinking and Other Substance Misuse on Canadian University Campuses. (PI: Marvin Krank)	SSHRC
SSHRC General Research Fund. (PI: Paul van Donkelaar)	SSHRC
If we build it, how will they use it? In-field evaluation of an innovative personal belongings carrier to build capacity to transition out of homelessness. (PI: Shirley Chau)	SSHRC
Promoting and supporting anti-racism in British Columbia's Civil Society. (PI: Shirley Chau)	SSHRC (including FHSD matching funds)
Organisational changes to address homelessness: Lessons learned from 3 mid-sized Canadian Cities (PI: John R. Graham)	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
Polyunsaturated fatty acid (PUFA), inflammation and antioxidants. (PI: Sanjoy Ghosh)	NSERC
Impact of exercise and nutritional manipulations on inflammatory function in humans. (PI: Jonathan Little)	NSERC
iSTAND- Hands-On STEM Learning for Under-represented Youth. (PI: Jennifer Jakobi)	NSERC
Achieving health systems integration through policy development and implementation. (PI: Nelly Oelke)	CIHR

The effect of exogenous ketone supplementation on glucose control in type 2 diabetes. (PI: Jonathan Little)	CIHR
Decolonizing and Reorienting Health Systems Towards Health Equity: The xaqana itkini (Many Ways of Working Together) Research Project. (PI: Sana Shahram)	CIHR
Scaling up Principles for Equity-Centred Global Health Research. (PI: Katrina Plamondon)	CIHR
Youth Vaping Assessment, Prevention and Early intervention (Y-VAPE): A combined policy and intervention approach to curb youth vaping. (PI: Laura Struik; Co-I: Sarah Dow-Fleisner)	CIHR

## Other Funding Sources

Title and IHLCDP Principal / Co- Investigators	Funding Source
Get Cracking for Diabetes: An Egg-based Breakfast for Improving Blood Glucose Control in Type 2 Diabetes. (PI: Jonathan Little)	American Egg Board
Can Patient-Reported Outcome Measures (PROMs) Data Be Used to Support Adherence to Falls Prevention Clinic Recommendations? A Pilot Study. (PI: Jennifer Davis)	BC SUPPORT Unit
A Mixed Methods Study Exploring the Meaning, Value, and Use of Patient-Reported Data for Personal Health Records within a Primary Care Network in Rural BC. (PI: Kathy Rush)	BC SUPPORT Unit
Patient-engaged priority setting and mental health data in the Okanagan Nation. (PI: Braden Te Hiwi; Co-I: Michael Evans)	BC SUPPORT Unit
Qualitative Study of Financial Well-being of Survivors who Married or Entered into a Common-Law Relationship with a Veteran who was aged 60+. (PI: Eric Li)	Canadian Institute for Military and Veteran Health Research
Understanding Health and Life Sciences Research and Innovation Impact in British Columbia (PI: Eric Li)	Genome British Columbia, Innovation, Science and Economic Development Canada, Province of British Columbia
Achieving health systems integration through policy development and implementation. (PI: Nelly Oelke)	Health Standards Organization

A mixed-methods pilot pragmatic randomized controlled trial examining the real-world effectiveness of the MOVR mobile application. (PI: Mary Jung)	Innovation, Science and Economic Development Canada, Lululemon Athletica Canada Inc, Province of British Columbia
A randomized control trial comparing weight loss effects between the Keyto virtual 'ketogenic diet' program compared to a standard-care weight loss app. (PI: Jonathan Little)	Innovation, Science and Economic Development Canada, Keyto, Inc, Province of British Columbia
Building Navigation Skills Through a Health Literacy Program for Immigrants in Rural Communities. (PI: Nelly Oelke)	Innovation, Science and Economic Development Canada, South Okanagan Immigration and Community Services
Implementing Physical Activity Programs in Communities for Children with Neuro-disabilities. (PI: Lise Olsen)	MSFHR
Dads in Gear Indigenous Program (Program Evaluation). (PI: Joan Bottorff)	First Nations Health Authority
Determining optimal post-stroke exercise (DOSE) Stepped-Wedge RCT (Co-I: Brodie Sakakibara)	Canadian Partnership for Stroke Recovery
Telerehabilitation with aims to improve lower extremity recovery post stroke: the TRAIL study (PI: Brodie Sakakibara)	Brain Canada
Development of the eHealth Innovation Laboratory for Stroke Recovery (PI: Brodie Sakakibara)	Canada Foundation for Innovation
Developing an evidence-, equity-, and community -informed agenda for rural health research in BC (PI: Katrina Plamondon).	MSFHR
BC Community Network of Substance Use Observatories: Monitoring and Informing Public Responses to Substance Use (NPI: Sana Shahram)	Health Canada Substance Use and Addictions Program
xaꞗqanaꞗ ʔitkiniꞗ (Many Ways of Working Together): Laying the Foundation for a Participatory Action Research Project Plan (PI: Sana Shahram)	Vancouver Foundation
The CLARITY (Community-Led Actions for Resiliency Important Throughout Youth) Research Program (PI: Sana Shahram, Co-I: Katrina Plamondon, Shelley Ben-David, Deanna Taylor, Leslie Bryant)	Kelowna General Hospital Foundation, Blenk Family Fund, and Interior Health

## UBC Competitive Research Awards

Title and IHLCDP Principal / Co- Investigators	Funding Source
Building a Foundation for Testing and Refining a Framework for Health Equity Action. (PI: Katrina Plamondon)	UBC Hampton Research Endowment Fund
Understanding initiatives to address mental health concerns in rural communities affected by natural disasters. (PI: Nelly Oelke)	UBC Killam Faculty Research Fellowship
Community Health Research Cluster Eminence Funding. (PI: Lesley Lutes; Co-Is: Charlotte Jones, Donna Kurtz, Jonathan Little, Kathy Rush, Mary Jung, Nelly Oelke, Stephen Berg, Susan Holtzman)	UBCO Vice Principal Research
UBCO Diabetes Research Day. (PI: Jonathan Little)	UBCO Vice Principal Research
Eminence Cluster: Rural Health Equity through Social Enterprise and Technology Synergies. (PIs: Kathy Rush & Eric Li; Co-Is: Barbara Pesut, Charlotte Jones, Donna Kurtz, Katrina Plamondon, Nelly Oelke, Sarah Dow-Fleisner)	UBCO Vice Principal Research
Eminence Cluster: Homelessness - Identifying technology and service delivery solutions to reduce homelessness in vulnerable populations. (PI: John R. Graham; Co-Is: Shirley Chau, Eric Li, Gordon Lovegrove, Sana Shahram, Paul van Donkelaar)	UBCO Vice Principal Research
Generation 4 RespirAct (VPR Critical Research and Equipment Tools program). (PI: Ali McManus)	UBCO Vice Principal Research
Multidisciplinary Undergraduate Research Projects in Health (MURPH). Team member: Joan Bottorff (Co-I)	UBC's Office of the Vice-President, Research & Innovation
Bearing witness to discriminatory acts and practices: Mapping incidents to better access and address needs and social impacts. University Partner: Shirley Chau	UBC Community-University Engagement Support Fund
Healthy Together: Engaging dads in promoting children's healthy lifestyles. University partner: Joan Bottorff	UBC Community-University Engagement Support Fund

## Career / Fellowship / Travel Awards

Title and Awardees	Funding Source
Can Blending Together Traditional and Western Knowledge Improve Diabetes and Obesity Health Outcomes in Urban Indigenous Communities? (Postdoctoral Fellowship: Julianne Barry. Supervisor: Donna Kurtz)	CIHR
Understanding service use decision-making and improving engagement among youth and young adults with mental health disorders. (Scholar Award for Shelly Ben-David)	Michael Smith Foundation for Health Research
A community-based partnership approach to develop a diabetes prevention program for Indigenous Peoples. (Trainee: Kaela Cranston. Supervisor: Mary Jung)	WorkSafe BC
Effects of SAME in omega-6 polyunsaturated fatty acids induced toxicity in the heart. (Undergraduate student: Lucas Starchuk. Supervisor: Sanjoy Ghosh)	UBCO I.K. Barber School Endowment
Utilizing Smartwatch Technology to Prevent Substance Use Disorder Relapses. (Undergraduate student: Ross St George. Supervisor: Marvin Krank; Co-Supervisor: Sarah Dow-Fleisner)	UBCO I.K. Barber School Endowment
Can Patient Outcome Measure data improve patient's decision to adhere to Falls Prevention Clinic recommendations? (Undergraduate student: Louisa Li. Supervisor: Jennifer Davis)	UBCO Internal Research Funds (NSERC URSA)
Consuming K-Beauty: An Examination of the Socio-Historical Development of Cosmetic and Beauty Industry in Korea. (Undergraduate student: Somin Lee. Supervisor: Eric Li)	UBCO Internal Research Funds (NSERC URSA)
Smart Donate: Research on Food Donation in Okanagan. (Undergraduate student: Dias Yessenbayev. Supervisor: Eric Li)	UBCO Internal Research Funds (NSERC URSA)
Indigenous Gender and Wellness: Idea Fair and Learning Circle. (Travel grants: Charlotte Jones, Donna Kurtz, Joan Bottorff, and Paul van Donkelaar)	CIHR
Learning from our Elders: Indigenous Perspectives of Gender in Harvesting and Gathering. (Travel grant for Postdoctoral Fellow: Julianne Barry. Supervisor: Donna Kurtz)	CIHR

## Appendix D - Publications by IHLCDP Faculty Associates (April 2019 - March 2020)

### 2020

- Wright, A.D., Smirl, J.D., Bryk, K., Jakovac, M., & **van Donkelaar, P.** (2020). A prospective transcranial doppler ultrasound-based evaluation of the effects of repetitive subconcussive head trauma on neurovascular coupling dynamics. *Clinical Journal of Sport Medicine: Official Journal of the Canadian Academy of Sport Medicine*, 30, S53-S60.
- Pesut, B.**, Greig, M., Thorne, S., Storch, J., Burgess, M., Tishelman, C., Chambaere, K., & Janke, R. (2020). Nursing and euthanasia: A narrative review of the nursing ethics literature. *Nursing Ethics*, 27 (1), 152-167.
- Dierijck, J., Kennefick, M., Smirl, J., **Dalton, B.H.**, & **van Donkelaar, P.** (2020). Attention is required to coordinate reaching and postural stability during upper limb movements generated while standing. *Journal of Motor Behavior*, 52 (1), 79-88.
- Pesut, B.**, Thorne, S., & Greig, M. (2020). Shades of gray: Conscientious objection in medical assistance in dying. *Nursing Inquiry*, 27 (1). (8 pages)
- Robinson, C.A., **Bottorff, J.L.**, **Pesut, B.**, & Zerr, J. (2020) Development and implementation of the family caregiver decision guide. *Qualitative Health Research*, 30 (2), 303-313.
- Airth, L.**, & **Oelke, N.D.** (2020). How neoliberalism, ageism and stigma drive the lack of policy for older adults' mental health. *Journal of Psychiatric and Mental Health Nursing*, early view Feb 2020. (6 pages)
- Hali, K., **Dalton, B.H.**, Harwood, B., Fessler, A.F., Power, G.A., & Rice, C.L. (2020). Differential modulation of motor unit properties from the separate components of the triceps surae in humans. *Neuroscience*, 428, 192-198.
- Gibala, M.J., & **Little, J.P.** (2020). Physiological basis of brief vigorous exercise to improve health. *Journal of Physiology*, 598 (1), 61-69.
- Colino, F.L., Williams, C.C., Hassall, C.D., **Binsted, G.**, & Krigolson, O.E. (2020). The impact of wellness on neural learning systems. *Neuroscience Letters*, 714, 134537. (6 pages)
- Bean, C., Sewell, K., & **Jung, M.E.** (2020) .A winning combination: Collaborating with stakeholders throughout the process of planning and implementing a type 2 diabetes prevention programme in the community. *Health and Social Care in the Community*, 28 (2), 681-689.
- Prescott, C., **Shahram, S.Z.**, Ogilvie, G., Hassam, N., Franks, A.S., & Pauly, B. (2020). Applying a health equity tool to assess a public health nursing guideline for practice in sexually transmitted infection assessment in British Columbia. *Canadian Journal of Public Health*, early view Feb 2020. (7 pages)
- Forbes, S.C., Candow, D.G., Smith-Ryan, A.E., Hirsch, K.R., Roberts, M.D., Vandusseldorp, T.A., Stratton, M.T., Kaviani, M., & **Little, J.P.** (2020) .Supplements and nutritional interventions to augment high-intensity interval training physiological and performance adaptations — A narrative review. *Nutrients*, 12 (2), 390. (22 pages)
- Oelke, N.D.**, & Lints-Martindale, A. (2020). The Orange Declaration: Relevance for Canada [Letter to the Editor]. *The Australian Journal of Rural Health*, 28 (1), 96.
- Lake, S., Kerr, T., Buxton, J., **Walsh, Z.**, Marshall, B.D.L., Wood, E., & Milloy, M.-J. (2020). Does cannabis use modify the effect of post-traumatic stress disorder on severe depression and suicidal ideation? Evidence from a population-based cross-sectional study of Canadians. *Journal of Psychopharmacology*, 34 (2), 181-188.

- Jakobi, J.M.**, Dempsey, J.A., Hellsten, Y., Monette, R., & Kalmar, J.M. (2020). On the horizon of aging and physical activity research. *Applied Physiology, Nutrition and Metabolism*, 45 (2), 113-117.
- Abbie, E., Francois, M.E., Chang, C.R., Barry, J.C., & **Little, J.P.** (2020). A low-carbohydrate protein-rich bedtime snack to control fasting and nocturnal glucose in type 2 diabetes: A randomized trial. *Clinical Nutrition*. Early view 10.1016/j.clnu.2020.03.008 (6 pages)
- Lindgren, A., **Corbett, J.**, & Hodson, J. (2020). Mapping change in Canada's local news landscape: An investigation of research impact on public policy. *Digital Journalism*. doi: 10.1080/21670811.2020.1724516 Early view (22 pages)
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- Sharp, P., Spence, J.C., Botorff, J.L., Oliffe, J.L., Hunt, K., Vis-Dunbar, M., & **Caperchione, C.M.** (2020). One small step for man, one giant leap for men's health: A meta-analysis of behaviour change interventions to increase men's physical activity. *British Journal of Sports Medicine*. doi:10.1136/bjsports-2019-100912 Early view (10 pages)
- Jung, M.E.**, Locke, S.R., Bourne, J.E., Beauchamp, M.R., Lee, T., Singer, J., MacPherson, M., Barry, J., Jones, C., & **Little, J.P.** (2020). Cardiorespiratory fitness and accelerometer-determined physical activity following one year of free-living high-intensity interval training and moderate-intensity continuous training: A randomized trial. *International Journal of Behavioral Nutrition and Physical Activity*, 17 (1), 1. (10 pages)
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- Yacyshyn, A.F.**, Kuzyk, S., **Jakobi, J.M.**, & McNeil, C.J. (2020). The effects of forearm position and contraction intensity on cortical and spinal excitability during a submaximal force steadiness task of the elbow flexors. *Journal of Neurophysiology*, 123 (2), 522-528.
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- Falck, R.S., Best, J.R., **Davis, J.C.**, Eng, J.J., Middleton, L.E., Hall, P.A., & Liu-Ambrose, T. (2019). Sleep and cognitive function in chronic stroke: A comparative cross-sectional study. *Sleep*, 42 (5), zsz040. (11 pages)
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