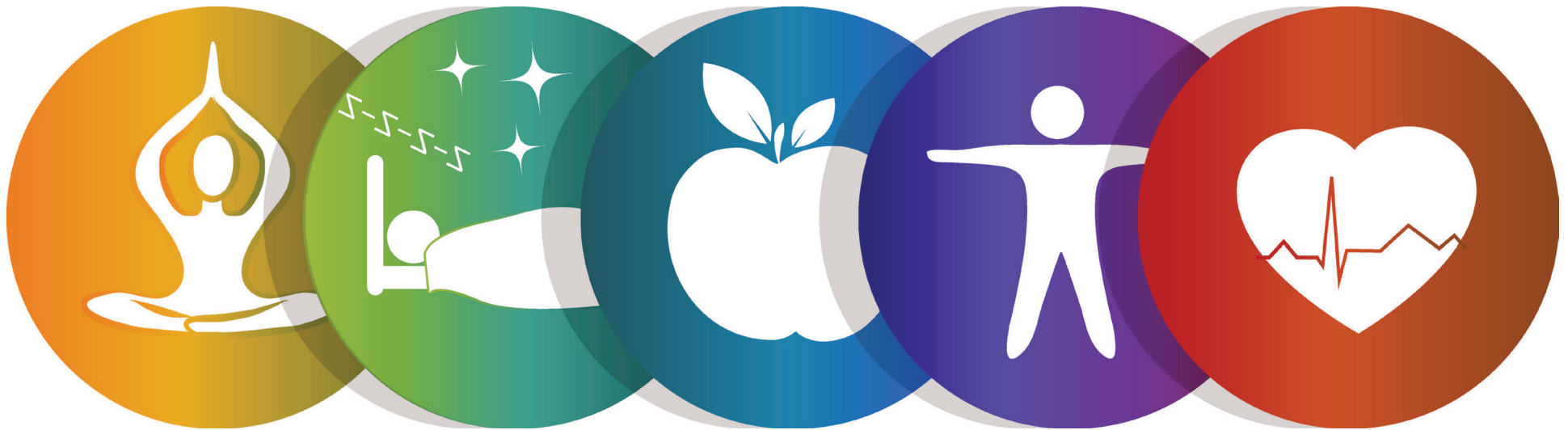


Institute for Healthy Living and Chronic Disease Prevention

March 31, 2021

Annual Report

2020 - 2021



THE UNIVERSITY OF BRITISH COLUMBIA

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.

Institute for Healthy Living and Chronic Disease Prevention

University of British Columbia Okanagan
1147 Research Road ART 223
Kelowna BC V1V 1V7
CANADA



THE UNIVERSITY OF BRITISH COLUMBIA
Okanagan Campus

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.

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Institute for Healthy Living and
Chronic Disease Prevention

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Institute for Healthy Living and Chronic Disease Prevention

PARTNERS IN RESEARCH FOR BETTER HEALTH

Executive Summary / Highlights

The Institute for Healthy Living and Chronic Disease (IHLCDP) continues to support the expansion of health promotion research on our campus and its impact on a regional, national and global scale. The focus of this research remains a high priority. The COVID-19 pandemic has shone a spotlight on the importance of good health for all as a prerequisite to our resilience as a society. Furthermore, emerging evidence is indicating that chronic disease may put individuals at higher risk for complications and a more severe case of illness from COVID-19. These and other observations over the past year have reinforced the critical need for research that is directed to finding effective and novel approaches to enable equal access to resources and solutions that support chronic disease prevention and healthier lifestyles. Despite the challenging environment over the past year, there were many significant accomplishments in 2020 - 2021.

Key achievements of the IHLCDP and its Associates are listed below.

New Funding for Health Research

- Over \$14 million in new research funding, doubling the total amount of research funding in the previous year and providing new interdisciplinary research collaborations among Associates.
- Two new Eminence Research Clusters led by IHLCDP associates were funded: Aging in Place (cluster lead: Dr. Jenn Jakobi) and Airborne Disease Transmission (cluster co-lead: Dr. Jon Little).

Research Snapshots - Making a difference

- When the COVID-19 pandemic hit, our researchers mobilized to better understand the impact on our health and our lives. Over the past year 18 COVID-related projects were launched.
- A growing portfolio of research to support healthy aging is generating new evidence and innovations such as online resources and virtual intervention models to prevent chronic disease, enhance quality of life and healthy living, and improve health equity.
- The Campus Health team is using participatory research methods to find and test solutions to address food insecurity and reduce the risks of substance use to support student wellbeing and academic achievements.

Impact by the numbers

- Over 170 peer-reviewed publications, with 32 representing collaboration among Institute associates
- Over 1,100 people attended the 35 IHLCDP events held over the past year
- Over 100 profiles of IHLCDP research via internal and external media, blogs, podcasts and recorded talks
- Over 2,000 views on the IHLCDP YouTube channel and 1,500 IHLCDP website page views per month

Research Training

- The MURPH project supported 9 undergraduate students to work on multi-disciplinary health research projects led/co-led by IHLCDP Associates
- A new partnership was established with AGE-WELL to offer enriched research training to qualified applicants in aging and technology.

Our People

- We welcomed 11 new Associates to the IHLCDP
- Our IHLCDP Associates received 17 new awards and recognitions.

IHLCDP ADVISORY COMMITTEE

The IHLCDP Advisory Committee members for 2020 - 2021:

Gordon Binsted	Dean, Faculty of Health and Social Development, UBC Okanagan
Thomas Heilke	Associate Dean Research and Postdoctoral Studies; Professor, Political Science, Irving K. Barber Faculty of Arts and Social 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
Vacant	Interior Health representative

The Advisory Committee did not meet in person 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 69 associates.

See [Appendix A](#) 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 (on contract)



Third-year UBCO nursing student, Thomas Pool, a trained FTIR technician, checks a drug sample during a harm-reduction session on campus.

Campus Health Project

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

MURPH Undergraduate Student Researchers

Helen Chiang (Biochemistry)
Ethan Cody Dallaire (Psychology)
Erin Delf (Human Kinetics)
Caitlin Elias (Nursing)
Violet Ignace (Nursing)
Sienna Kantymir (Nursing)
Bethany Kolisniak (Biochemistry and Indigenous Studies).
Ceyanna Pohl (Management)
Jenna Sim (Human Kinetics)

Student Research Assistants

David Byres (BA Industrial Relations student)
Katie Del Buono (BSN student)
Sarah Erickson-Montague (BHK student)
Jonathan Kirsch (BSN student)
Mariza Micallef (BA Psychology student)
Thomas Pool (BSN student)
Kimberly Rutledge (BA Psychology student)
Lucas Standing (BA Psychology student)
Kaitlin Ukrainetz (BSc Biology student)
Rebekah Underhill (MSW Student)

Wellbeing/Sustainability Scholar

Sarah Clement (MSW student)

Impact in Numbers

**\$14 MILLION
IN NEW RESEARCH
FUNDING**

UBCO Faculty IHLCDP Associates received over **\$14 million** in research funding during the past year (**see Table 1**). Over **\$8 million** was received from Tri-council granting programs (CIHR, SSHRC, and NSERC), in addition to funding obtained from a variety of other sources.

See Appendix B for list of Associate research awards.

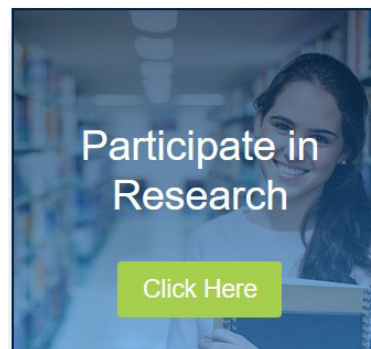
TWO UBC Clusters of Research Excellence Grants were awarded to IHLCDP Associates:

- *Aging in Place: Optimizing active and healthy aging at home for seniors –*
Cluster Lead: **Dr. Jennifer Jakobi**. IHLCDP Cluster Team members include: **Drs. Brian Dalton, Vicki Komisar, and Brodie Sakakibara**. Other team members include: Dr. Christianne Hoppmann (UBCV) and Dr. Jenn Boger (Univ. of Waterloo).
- *Airborne Disease Transmission: Breaking the chain of airborne disease transmission in healthcare facilities –*
Cluster co-leads: **Dr. Jonathan Little** and Dr. Sunny Li. Other cluster team members include IHLCDP Associate **Dr. Vicki Komisar** along with other cluster members: Drs. Joshua Brinkerhoff, Sina Kheirkhah, Mario Brondani (UBCV), Stephan Mostowy (Kelowna General Hospital) and Teresa Skelton (Univ. of Toronto).

Table 1:
UBCO Faculty IHLCDP Associates NEW Funding received 2020 - 2021*

Type	Amount
Tri-council funding (CIHR, SSHRC, NSERC)	\$8,390,834
Other External funding	\$4,726,379
UBC Research funding	\$886,444
Student Fellowship/Research awards	\$98,300
TOTAL funding	\$14,101,967

*Based on data available from the VPRI UBCO and IHLCDP Associates.



During the past year, we added a [Participate in Research](#) page to the IHLCDP website to support recruitment to new research projects.

172

PUBLICATIONS

IHLCDP Associates published 172 peer-reviewed articles between April 2020 and March 2021 representing collaborations among the Institute Associates (n=32) and trainees, as well as collaborative work with colleagues at UBCV and national and international partners.

See [Appendix C](#) for list of publications.

36 IHLCDP KNOWLEDGE EXCHANGE EVENTS WITH OVER 1,100 ATTENDEES

See [Appendix D](#) for list of events.

112

RESEARCH PROFILES

- 35 UBC Profiles of IHLCDP Research
- 52 External Media Stories
- 28 Blogs, Podcasts, Recorded Talks

See [Appendix E](#) for full details.

1,502 IHLCDP WEBSITE VIEWS / MONTH AVG

- 78% of users were new visitors

2,213 VIEWS

IHLCDP YouTube Channel

17 NEW AWARDS AND RECOGNITIONS

Our IHLCDP researchers are leaders in their field

Here are some of the awards and recognitions they received in the past year:

- **Dr. Barb Pesut** was appointed as a UBCO Principal Chair (Tier 1) in Palliative and End-of-Life Care
- **Dr. Jennifer Davis** received a MSFHR Health Scholar Award
- **Dr. Katrina Plamondon** received a MSFHR Health Scholar Award
- **Dr. Katrina Plamondon** was named to the 2020 Canadian Women in Global Health list
- **Dr. Donna Kurtz** received an Excellence in Advancing Nursing Knowledge and Research Award from the Association of Nursing and Nurse Practitioners of BC.
- **Dr. Katrina Plamondon** received an Excellence in Advancing Nursing Knowledge and Research Award from the Association of Nursing and Nurse Practitioners of BC.
- **Dr. Zach Walsh** was awarded 2020 UBCO Researcher of the Year – Health.
- **Dr. Joan Bottorff** was admitted as a Fellow to the Canadian Academy of Nursing
- **Dr. Jonathan Little** received a Killam Accelerator Research Fellowship
- **Dr. Jennifer Jakobi** was named as the new Westcoast Women in Engineering, Science and Technology Associate Chair
- **Dr. Jennifer Jakobi** received the Canadian Society for Exercise Physiology (CSEP) Volunteer Recognition Award.
- **Dr. Gord Lovegrove** received the 2020 Community Service Award from the Engineers & Geoscientists British Columbia
- **Dr. Nelly Oelke** was appointed as Co-Scientific Director, Rural Coordination Centre of BC (RCCbc)
- **Dr. Karen Ragoonaden**, 2020 Recipient of a UBCO Teaching Excellence and Innovation Award
- **Dr. Sarah Dow-Fleisner**, 2020 Top 40 under 40, Kelowna Chamber of Commerce Award
- **Dr. Jonathan Little** received the 2020 Canadian Society for Exercise Physiology (CSEP) Young Investigator Award

Featured IHLCDP Research

IHLCDP RESEARCHERS ANSWER THE CALL

Over the past year, research related to COVID-19 has emerged as a key area of focus among our IHLCDP Associates to provide much needed guidance for addressing the health-related impacts of the pandemic. These projects have fostered collaborations within the Institute, as well as with stakeholders and communities in our region

- **Dr. Brodie Sakakibara** is working with researchers at UBCO, UNBC and Interior Health to create a student-delivered Community Outreach Telehealth Program that will engage older adults from outside urban centres and establish best practices for providing health support during a pandemic.
- **Dr. Nelly Oelke** is collaborating with **Drs. Donna Kurtz, Carolyn Szostak**, and Robert Woolard, as well as Drs. Davina Banner-Lukaris (UNBC) and Bonnie Fournier (TRU) to expand ongoing research that explores the mental health impacts of climate change events. This research will identify the effects of the pandemic on the mental health and well-being of people living in [rural communities](#) to help foster resilience.
- **Dr. Khalad Hasan** is working with Drs. Bala Nikku (TRU) and Rahul Jain (UNBC) to better understand whether new technologies are improving the resiliency of rural health care practitioners.
- **Dr. Mary Jung** is leading a project to expand the reach of an effective diabetes prevention program through a national YMCA platform to enhance accessibility during COVID-19 and beyond.
- **Drs. Lesley Lutes** and **Zach Walsh** are co-leading a project to provide confidential virtual addiction treatment for healthcare workers.
- **Dr. Kathy Rush** is leading a team to learn about rural health practitioners' experiences undertaking virtual health appointments with patients during COVID-19 to identify gaps in support for telehealth adoption and learn about barriers to use to inform future use of virtual health options.
- **Drs. Nelly Oelke, Heather Gainforth, Katrina Plamondon**, and Davina Banner (UNBC) are examining different consensus building approaches to guide virtual deliberative dialogue sessions to develop consensus for the provision of timely and safe access to rehabilitation services during situations of physical distancing and COVID-19.
- **Drs. Lise Olsen and Kathy Rush** are exploring the discharge experiences of parents with a child living with a complex medical condition in order to provide clinicians with concrete suggestions of ways to improve COVID-19 related discharge processes and practices.

- **Drs. John Graham, Paul van Donkelaar, and Shirley Chau** are working to identify the challenges and successes in response to COVID-19 in the homelessness sector and the impact on service providers and users, with the intention to scale up and scale out innovative and successful practices among service organisations.
- **Dr. Jennifer Davis** conducted a study to ascertain the longitudinal health, social and economic impact of COVID-19 on tenure-track faculty in Canada using survey methodology.
- **Dr. Barb Pesut** and Dr. Sally Thorne (UBCV) along with other collaborators have added interview questions to their ongoing study exploring strategies to relieve suffering at end-of-life to explore current COVID-related impacts on these strategies and to capture evolving trends as they unfold during a pandemic.
- **Dr. Paul van Donkelaar** is collaborating on a team led by Dr. Vicky Bungay (UBCV) to test the effectiveness of an adapted outreach project to provide women who require essential life sustaining supports to optimize social and physical distancing in the DTES during a pandemic response.
- **Dr. Barb Pesut** is leading a project focusing on seniors living with advanced chronic illness and their volunteer navigators to better understand both the impact of COVID-19 and innovations to better support seniors by distance navigation.
- **Drs. Kathy Rush and Eric Li** and the RHE-SETS Eminence Cluster team (including **Drs. Donna Kurtz, Charlotte Jones, Nelly Oelke, Barb Pesut, Katrina Plamondon, Sarah Dow Fleisner, and Khalad Hasan**) gathered information in an online survey about the challenges rural living people are facing during COVID-19 and how technology is being used. Representatives from rural communities and the tech sector also brainstormed ways that technology can be used to address the health-related needs of people living with chronic illness.
- **Dr. Lesley Lutes** is conducting a study on wellbeing and happiness during the COVID-19 pandemic. Research participants will have a chance to complete the ENHANCE program, a 12 session, skills-based intervention aimed at improving health and wellbeing. The program specifically addresses the social, emotional, and physical well-being of people struggling in response to the COVID-19 pandemic and related public health measures.
- **Dr. Lesley Lutes** teamed up with Dr. Scott Lear (SFU) to interview young adults (18-40 years) about their experiences during the pandemic including the impact of financial and job loss, working in high-risk jobs (e.g., retail), and loss of social connections.
- **Dr. Jonathan Little** is leading a dental care project to determine whether an ICU-grade negative pressure ventilation system reduces risk for self-reported cold and flu symptoms in dental office staff and patients during COVID-19.

RESEARCH AND INNOVATION IN HEALTHY AGING

Research focusing on aging and ways to support older adults to age successfully has never been more important than it is now. By 2036 it is estimated that over 20% of the population will be over the age of 65. Our researchers are collaborating with healthcare professionals, community organizations and older adults locally, nationally and internationally to ensure our research makes a difference that matters.

SUCCESSFUL AGING

Many of our IHLCDP researchers are focusing on helping Canada's growing older population age successfully by improving the health, wellbeing and independence of adults as they age. Their research was featured recently by UBC in this story, [Successful Aging](#).

- **Drs. Nelly Oelke** and **Carolyn Szostak** are leading a program of research studying mental health in older adults to inform programs and services to meet their needs. In one project, a collaboration with the Okanagan Men's Shed led to using a mobile shed to raise rural men's awareness of ways that proactive social environments can be particularly effective in promoting men's mental health.
- **Dr. Jennifer Jakobi's** program of research focuses on enabling adults to live and function as independently as possible in their homes by designing and testing exercise interventions to help mitigate the decline in muscle ability with age.
- **Dr. Barb Pesut** and Dr. Wendy Duggleby (U of A) have collaborated to design and implement an innovative program, Nav-CARE (Navigation - Connecting Accessing, Resourcing, Engaging), that connects older adults who may be isolated or in declining health, with trained volunteers who can assist with daily, non-health related functions during regular visits to enhance their quality of life. The research team evaluated the feasibility, acceptability and impact of this program across Canada, and are now expanding the program. For more information, visit the [Nav-CARE website](#).

*Health Canada has awarded **\$2.2 million** to scale-up Nav-CARE across the country. The funding will also enable an online adaptation of the Nav-CARE toolkit and training, and allow for adaptation of Nav-CARE for Francophones, Indigenous populations and caregivers of persons living with dementia.*

"We want to provide support to all, but we especially want to reach the one in five seniors who admit they are experiencing emotional distress and have difficulty coping day-to-day," says Dr. Pesut. "While the pandemic has exposed the vulnerability of this population, I'm hopeful that Nav-CARE will help improve the lives of countless Canadians."

LIVING WELL WITH CARDIAC DISEASE

With more than 2.4 million Canadian living with heart disease, the majority 65 years and older, an important area of research undertaken by IHLCDP researchers is related to finding new treatments and improved care options that will deliver better health and quality of life for older adults.

These research programs led by IHLCDP Associates were profiled in a recent UBC Story, [Matters of the Heart](#).

- **Dr. Ryan Wilson** is developing strategies to increase awareness of the symptoms of Atrial Fibrillation and ways to support self-management to reduce the incidence of stroke and improve quality of life.
- **Dr. Brodie Sakakibara** is developing community-based options to support patients in managing their health following a stroke, and is exploring the use of technology such as interactive virtual reality programs to improve stroke recover.
- **Dr. Kathy Rush** is exploring ways to effectively provide educational support for people with chronic disease like heart disease, diabetes, and those recovering from stroke by comparing the health impact of virtual care using a variety of platforms vs in-person delivery.

SOLUTIONS FOR FALLS AND INJURY PREVENTION

Falls-related injuries are a leading cause of hospitalizations and can result in loss of independence, reduced ability to maintain activities of daily living and diminished quality of life. Given estimates that 20–30% of community-dwelling Canadian adults aged 65 years or older experience one or more falls each year, finding effective falls prevention strategies is a research priority to support healthier aging.

- **Dr. Vicki Komisar** is examining evidence from real-life falls to find ways to reduce the risk falls and associated injuries. For example, in a recent study she found that holding weight bearing objects such as walkers and chairs reduced the risk of head impact during falls in older adults.
- **Dr. Jennifer Davis** is exploring falls prevention programs to describe their influence on quality of life for older adults and cost effectiveness. In a recent study, she found that cognitive function and functional mobility influence participation in these programs. Dr. Davis is working on an initiative to apply proven cost-effective and cost-saving secondary falls prevention interventions for high risk older adults across BC.

AGING IN PLACE CLUSTER OF RESEARCH EXCELLENCE

The IHLCDP supported the development of a cross-sectoral research cluster, led by **Dr. Jennifer Jakobi**, that is helping older adults 'age in place' or remain in their homes, safely and comfortably, by developing evidence-based, in-home self-management supports and assistive technologies to maintain physical activity, functional independence and social connections.

IHLCDP Cluster Team members include: **Drs. Brian Dalton, Vicki Komisar, and Brodie Sakakibara**. Other team members include: Dr. Christianne Hoppmann (UBCV) and Dr. Jenn Boger (Univ. of Waterloo). Cluster members are leaders in their field with expertise in aging, neuromuscular and exercise physiology, sensorimotor control, mobility and risk assessments, fall and injury prevention, biomechanics, artificially intelligent monitoring technologies, health psychology, chronic disease prevention, and personalized lifestyle medicine.

TRANSFORMING INDIGENOUS HEALTH

Drs. Donna Kurtz and Charlotte Jones, IHLCDP Associates, and their team are using Indigenous collaborative methodologies to bring together Traditional and Western knowledge and resources to co-create a community-driven telediabetes/obesity program to improve diabetes and obesity wellness among urban (off-reserve) Friendships and Metis Centres in five communities in the BC Interior. A telediabetes/obesity training and implementation toolkit for physicians and nurse practitioners is being disseminated across Canada and beyond.



Story Poles at UBCO

SOLUTION-FOCUSED 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 address pressing challenges and co-create meaningful and impactful approaches for better health. Listed below are some examples.

- The UBCO Campus Health team is partnering with Interior Health to offer harm reduction services, including confidential drug checking, in Kelowna, Vernon, and Penticton. The harm reduction project team, lead by Campus Health Specialist and PhD Student, **Lauren Airth**, provides valuable information to individuals providing samples, as well as data used by BCCSU to monitor and report on BC's toxic illicit drug supply. To our knowledge, the university-community partnership to offer drug checking on campus and the community is the first of its kind.
- **Dr. Mary Jung** and the *Small Steps for Big Changes* team in collaboration with the YMCA launched the YHealth: [Diabetes Prevention Series](#) in July 2020. The program is hosted on the YHealth virtual platform and includes a series of videos to teach people how to prevent type 2 diabetes, learn if they are at risk and ways to adopt a healthy lifestyle.
- **Dr. Jon Corbett**, supported by Community-University Engagement Support (CUES) funding, is partnering with Liz Blakeway with the North Okanagan Land to Table Network, a regional network of community partners working to create a prosperous, sustainable and accessible food system. The project funding will be used to build relationships along the food value chain, from farmers to processors, distributors, food services, and consumers, that may enable these partners to overcome challenges to local food procurement.

Training the Next Generation

MULTIDISCIPLINARY UNDERGRADUATE RESEARCH PROJECTS IN HEALTH (MURPH)

The **MURPH undergraduate research program** is led by partners from the IHLCDP, the Material and Manufacturing Research Institute (Faculty of Engineering), the Centre for Heart, Lung and Vascular Health (Faculty of Health and Social Development), and the UBC Southern Medical Program. MURPH provides research opportunities for faculty and students. In August 2020, MURPH profiled its success stories in this [2019-2020 Report](#). Building on these achievements, **5 new multidisciplinary projects were funded** during the past year, involving **11 undergraduate students, 2 graduate students, and 10 faculty members**. Students presented posters on their research projects at the UBCO Okanagan Interdisciplinary Student Health Conference hosted virtually on March 9, 2021.

Projects that were led by IHLCDP Associates

- *Building resilient rural communities: Understanding the mental health impacts of climate change events and COVID-19.* PIs: **Dr. Nelly D. Oelke** (Nursing) and **Dr. Carolyn Szostak** (Psychology); UG students Ceyanna Pohl (Management) and Sienna Kantiymir (Nursing)
- *Incorporating cultural safety in diabetes prevention train-the-trainer program: Building and testing inclusivity content into a digital educational learning platform.* PIs: **Dr. Mary Jung** (Health and Exercise Sciences) and **Dr. Braden Te Hiwi** (Community, Culture and Global Studies); UG students Jenna sim (Human Kinetics) and Bethany Kolisniak (Biochemistry and Indigenous Studies)
- *All my relations: Indigenous youth and elder wellness circle.* PIs: **Dr. Donna Kurtz** (Nursing) and **Dr. Charlotte Jones** (Medicine); UG students Ethan Cody Dallaire (Psychology), Violet Ignace (Nursing) and Caitlin Elias (Nursing)
- *Community-led action for resiliency important throughout youth (CLARITY) project.* PIs: **Dr. Sana Shahram** (Nursing) and **Dr. Karen Ragoonaden** (Education); UG students Erin Delf (Human Kinetics) and Helen Chiang (Biochemistry)

Efforts are underway to secure funding to continue this successful program.

A new partnership has been established between the IHLCDP and AGE-WELL NCE to provide funding to highly qualified master's, doctoral and postdoctoral candidates, as well as access to training and mentorship opportunities through the AGE-WELL Network of Centres of Excellence.

Other examples of **student research training** opportunities **supervised by IHLCDP Associates** included:

Irving K Barber International Undergraduate Research Awards provide undergraduate students the opportunity to pursue research as part of their learning experience at UBCO.

- FASS UG student Soumyaa Subramaniam (Kumar) received this award to complete a project entitled, Suicide in digital media: Does media adhere to guidelines for suicide (Supervisor: **Dr. Carolyn Szostak**)
- FOS UG student Livia Tan received this award to complete a project entitled, Exploring Users' Smartphone Usage Behaviour during the COVID-19 Pandemic (Supervisor: **Dr. Khalad Hasan**)

Faculty of Management Undergraduate Research Awards support experiential learning through the summer ([more information here](#)). Students who received these awards during the past year had the opportunity to work on the following projects with IHLCDP Associates:

- Shiven Vinod Khara worked with **Dr. Eric Li** to explore how non-metropolitan and rural regions can have greater health equity and food security during disruptive events, such as COVID-19, wildfires and flooding.
- Vinil Sood and Mohana Rambe worked with **Dr. Eric Li** (and Dr. Amir Ardestani-Jaafari) to systematically review food bank operations to explore food inventory management methodologies and food waste management with the Central Okanagan Food Bank and Helen's Acres Community Farm.
- Shree Nithi Santhagunam worked with **Dr. Jennifer Davis** on a comprehensive literature review on fall prevention among seniors to increase adherence to prevention protocols.



Shree Nithi Santhagunam

Dr. Eric Li (middle) with undergraduate students at Helen's Acres



CAMPUS AS LIVING LAB:

HIGHLIGHTS FROM THE CAMPUS HEALTH TEAM

Student Hunger on Campus: The Campus Health team's VOICE participatory-action research project, led by Casey Hamilton, Campus Health Specialist and IHLCDP Associate, focused attention on the urgent need to reduce student food insecurity at UBCO. Findings were included in a report on student food insecurity to the UBC Board of Governors, and shared with campus leaders and students, as well as in an invited presentation at a virtual national conference on promoting food security in higher education. Casey is working with students to develop solutions. They developed a vision for a physical food hub, and partnerships to support programming, service delivery, and additional opportunities for a physical food hub. Further information is available on the [Campus Health website](#).

Safer Use on Campus: The Campus Health team, led by Lauren Airth, Campus Health Specialist and PhD student, held 9 virtual dialogues to explore needs related to substance use on campus as well as suggestions for ongoing development of harm reduction resources and services. The findings of these dialogues were shared with the campus community and are informing the development of harm reduction services on campus. With the support of Interior Health, Campus Health students are participating in a project to provide confidential drug testing on a temporary basis in Kelowna, Penticton and Vernon. Further information is available on the [Campus Health website](#).



Community Outreach and Knowledge Exchange

SELECTED ACTIVITIES BY THE DIRECTOR

COMMUNITY AND UNIVERSITY ROLES

- Member, Research Advisory Council, Interior Health
- Chair, FHSD Research and Graduate Training Committee
- Member, UBC Wellbeing Advisory Committee
- Member, UBCO Standing committee on Tobacco and Cannabis
- Co-Lead, Campus Health Voice Project
- Member, Search Committee for CRC in Substance Misuse, School of Social Work, FHSD
- Invited member, Project team for Clinical Pathways to Smoking Cessation, Legacy for Airway Health for QuitNow (BC Lung Association), July 2020-March 2021.

IHLCDP SPEAKER SERIES

OKANAGAN EMBRACE AGING 2021

Although we were influenced by the pandemic, the IHLCDP continued to offer knowledge exchange events virtually via webinar. We hosted or co-hosted 36 events this year, and attracted over 1,170 people.

See Appendix A
for a complete list.

The 8th Annual Okanagan Embrace Aging month

Co-hosted with Interior Savings Credit Union and Interior Health, March 2021 offered educational opportunities on a wide range of topics. We held 26 events and cancelled only one event because of COVID-19. Okanagan Embrace Aging also thank community partners: Border Free Bees, Canadian Mental Health Association, Central Okanagan Hospice Association, and Kelowna Museums.

The 2021 planning committee:

Corinne Johnson, Rod Rieu and Sue Manzuik (Interior Savings Credit Union); Sage Runner (Interior Health); Naomi Mison (Discuss Dementia); Paige Copeland (UBCO graduate student); Dr. Colin Reid (School of Health and Exercise Sciences, UBCO), and Dr. Joan Bottorff and Jacquetta Benard from the IHLCDP.



Goals for Next Academic Year

1. Continue to strengthen the role that the IHLCDP plays as a hub for knowledge exchange and dissemination of research conducted by Associates and their trainees.
2. Advance opportunities to strengthen research collaborations and impact by:
 - a. Supporting IHLCDP Associates in exploring opportunities for collaboration and community-engaged research with citizens and community partners to promote wellbeing and health equity in a post-pandemic context
 - b. Contributing to the development of strategies to support equity, diversity and inclusion in health promotion research
 - c. Supporting the development and sustainability planning for a Mental Health Research and Practice Network
 - d. 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. Continue to support IHLCDP Associates in the MURPH and related programs (e.g., AGE-WELL) to expand interdisciplinary research training for undergraduate and graduate students, including opportunities to build skills in communicating scientific findings to diverse communities.
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

Institute for Healthy Living and Chronic Disease Prevention

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Kelowna BC V1V 1V7 CANADA

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Web: <http://ihlcdp.ok.ubc.ca>
Twitter: <http://twitter.com/ihlcdp>

Appendices

APPENDIX A: IHLCDP ASSOCIATES

Airth, Lauren	Hasan, Khalad	Penny, Tricia
Antifeau, Elizabeth	Hill, Trish	Pesut, Barb
Anton, Gayle	Holtzman, Susan	Plamondon, Katrina
Ben-David, Shelly	Jakobi, Jennifer	Ragoonaden, Karen
Berg, Stephen	Jones, Charlotte	Reid, Colin
Bryant, Leslie	Jung, Mary	Rush, Kathy
Buse, Chris G	Keys, Elizabeth	Sakakibara, Brodie
Caperchione, Cristina	Kjorven, Mary	Shahram, Sana
Chau, Shirley	Komisar, Vicki	Smith, Michelle
Corbett, John	Krank, Marvin	Struik, Laura
Dalton, Brian	Kurtz, Donna	Szostak, Carolyn
Davis, Jennifer	Li, Eric	Taylor, Deanne
Deegan, Heather	Libby, Cailan	Taylor, Edward
Dow-Fleisner, Sarah	Little, Jonathan	Te Hiwi, Braden Paora
Drewitz-Chesney, Cheryle	Lougheed, Jessica	van Donkelaar, Paul
Evans, Michael	Lovegrove, Gordon	Walsh, Zach
Filiatrault, Paul	Lutes, Lesley	Wells, Susan
Forneris, Tanya	Magnat, Virginie	Willis-Stewart, Sally
Gainforth, Heather	Maiwald, Karin	Wilson, Roger
Ghosh, Sanjoy	Marcolin, Barb	Wilson, Ryan
Gibson, Deanna	McManus, Ali	Wong, Michelle
Graham, John	Oelke, Nelly	Wu, Tina
Hamilton, Casey	Olsen, Lise	Zebedee, Janelle

We tweet regularly about the research activities and projects of our Associates, and about Institute events.



Our twitter account has over 2,000 followers.

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APPENDIX B

LIST OF NEW RESEARCH AWARDS TO IHLCDP FACULTY ASSOCIATES

TRI-COUNCIL FUNDING

Title and IHLCDP Principal / Co- Investigators	Funding Source	Amount	Years
Service Utilization among youth: Testing a novel decision-making framework (PI: Dr. Shelly Ben-David; Co-Is: Drs. John Graham, Nelly Oelke)	SSHRC Insight Development	\$11,802	2020-2021
An investigation into the physical activity levels of children in outdoor early childhood environments (PI: Dr. Stephen Berg)	SSHRC Insight Development	\$6,117	2020-2021
COVID-19: Going digital during COVID-19 and beyond: expanding the reach of an effective diabetes prevention program through a national YMCA platform to enhance accessibility (PI: Dr. Mary Jung)	SSHRC Special Initiative	\$25,000	2020-2021
Organisational changes to address homelessness: Lessons learned from three mid-sized Canadian cities (PI: Dr. John Graham)	SSHRC Insight grant	\$97,806	2020-2022
Food bank operations during COVID-19 pandemic (Co-Is: Dr. Eric Li and Dr. Barb Marcolin)	SSHRC Partnership Engage grant	\$25,000	2021-2022
Vascular responsiveness and oxygen transport during exercise in children and adolescents (PI: Dr. Ali McManus)	NSERC (Discovery grant)	\$18,480	2020
NSERC PromoScience Science Odyssey Supplement (PI: Dr. Jennifer Jakobi)	NSERC	\$5,000	2020
Capturing the anticipated/unanticipated consequences of COVID-19 and C19 prevention, management, and treatment strategies (C19PS) among Indigenous peoples (IP) in Arctic communities (AC) (Co-PI: Dr. Donna Kurtz)	CIHR	\$1,517,380	2020-2021
Assessing attitudes, barriers, and opportunities for human papillomavirus (HPV) vaccination (HPVV) to inform, develop, implement, and evaluate a culturally appropriate program for increasing utilization and addressing vaccination hesitancy in Arctic Canadian Indigenous communities (Co-PI: Dr. Donna Kurtz)	CIHR	\$2,103,750	2020-2025

Strategies to Relieve Suffering at End-of-Life (STRS-EOL): A longitudinal qualitative study of healthcare policy and nursing (NPI: Dr. Barb Pesut)	CIHR	\$498,785	2020-2025
Toward equity-and evidence-informed policy and practice in global health research (PI: Dr. Katrina Plamondon)	CIHR	\$100,000	2020-2021
Promoting health equity through anti-colonial health systems transformation: The xacqanal itkinil (many ways of working on the same thing) research project (NPI: Dr. Sana Shahram)	CIHR	\$956,250	2020-2025
CARE NT: Caring and Responding in the Northwest Territories (Co-PI: Dr. Donna Kurtz)	CIHR	\$1,384,650	2020-2025
Advancing virtual care in stroke rehabilitation: TeleRehabilitation with Aims to Improve Lower Extremity Recovery Post-Stroke (TRAIL) (NPI: Dr. Brodie Sakakibara; Co-I: Dr. Jennifer Davis)	CIHR	\$50,000	2020-2021
Technologies for home medication vigilance and protection (TEC4HomeMVP) (Co-PI: Dr. Deanne Taylor; Co-I: Michelle L. Smith)	CIHR	\$50,000	2020-2021
The impact of the COVID-19 pandemic on long term care home staff and residents (Co-I: Dr. Colin Reid)	CIHR	\$756,890	2020-2022
Pragmatic trial of two novel pathways for implementation of the Better Nights, Better Days (BNBD) online program to promote and protect the sleep, mental health, psychosocial wellbeing, and family resiliency of children and families during and after COVID-19 (Co-I: Dr. Elizabeth Keys)	CIHR	\$179,700	2020-2021
Evaluating tetrahydrocannabinol as an adjunct to opioid agonist therapy for individuals living with opioid use disorder: A Phase II, placebo-controlled, blinded, pilot study to assess safety and feasibility (Co-I: Dr. Zach Walsh)	CIHR	\$279,224	2020-2023
Learning from Our Elders: Indigenous perspectives of gender in harvesting and gathering (PIs: Dr. Donna Kurtz, Charlotte Jones).	CIHR	\$75,000	2020-2021
TeleRehabilitation with aims to improve lower extremity recovery post-stroke (TRAIL) (NPI: Dr. Brodie Sakakibara, Co-I Dr. Jennifer Davis)	CIHR	\$100,000	2021-2022
Mobile health biometrics to enhance exercise and physical activity adherence in Type 2 diabetes (Canadian Team: NPI Dr. Ali McManus; Co-Is: Drs. Jon Little, Mary Jung; Charlotte Jones)	CIHR-MRC Diabetes Team Grant	\$150,000 [133,000 pounds]	2020-2023

OTHER FUNDING SOURCES

Title and IHLCDP Principal / Co- Investigators	Funding Source	Amount	Years
Advancing health equity action (Dr. Katrina Plamondon)	MSFHR (Scholar Award, 5 yr)	\$450,000	2020-2025
Adding quality years to later life via innovative health economics research methods (Dr. Jennifer Davies)	MSFHR (Scholar Award, 5 yr)	\$450,000	2020-2025
Closing the gap: The preparation and integration of newly graduate nurses into the BC workforce (Co-I: Dr. Kathy Rush)	MSFHR (Convening & Collaborating Award)	\$15,000	2021-2022
Developing a research program on using a restorative approach to address secondary harm to patient, families and clinicians after adverse events in our healthcare system (PI: Dr. Nelly Oelke)	MSFHR (Convening & Collaborating Award)	\$15,000	2021-2022
Development of the stroke management and eHealth innovation laboratory (Dr. Brodie Sakakibara)	CFI John Evans Leaders Fund (JELF)	\$85,534	2020-2023
The economic consequences of functional independence to patients, health care and society (PI: Dr. Jennifer Davis)	UBCO Regional Socio-Economic Development Institute of Canada (RSEDIC)	\$3,500	2020
Happipad expansion across BC and Alberta: A national housing strategy demonstration initiative (PI: Cailan Libby)	Canada Mortgage and Housing Corporation	\$250,000	2020-2021
Nav-CARE (Navigation – Connecting, Accessing, Resourcing, Engaging) scale-up across Canada. (NPI: Dr. Barb Pesut)	Health Canada	\$2,250,000	2021 - 2025
Observing microdosing: Effects on cognitive performance and mental health (PI: Dr. Zach Walsh)	Mitacs; Prov of BC, Quantified Citizen Technologies Inc	\$75,000	2020-2025
Harm reduction pilot program (NPI: Joan Bottorff)	Interior Health	\$12,507	2020-2021
Building resilient rural communities: Understanding the mental health impacts of climate change events (PI: Dr. Nelly Oelke; Co-I: Drs. Carolyn Szostak, Donna Kurtz, Lauren Airth)	BC Interior University Research Coalition - Regional/Rural/Remote Communities (R3C) Collaborative Research	\$50,000	2020-2021

Aging in place in rural and remote regions: A multi-case study of health care repositioning (Co-Is: Drs. Kathy Rush, Katrina Plamondon)	BC Interior University Research Coalition - Regional/Rural/Remote Communities (R3C) Collaborative Research	\$40,000	2020-2021
A student-delivered community outreach telehealth program for COVID education and health promotion (COACH) (PI: Dr. Brodie Sakakibara)	BC Interior University Research Coalition -	\$20,000	2020-2021
Establishing and mitigating youth housing stability in response to COVID-19: Engaging with the BC Interior (PI: Dr. John Graham; Co-I: Dr. Shirley Chau)	Making the Shift Inc. - Youth Homelessness Social Innovation Lab - Networks of Centres of Excellence (NCE)	\$39,850	2020-2021
Back to Basics: A Sustainable Response to COVID-19 (PI: Dr. Eric Li; Student Ariele Parker)	Mitacs Accelerate; Okanagan Lifestyle	\$15,000 \$15,000	2020-2021
Get cracking for diabetes: An egg-based breakfast for improving blood glucose control in Type 2 diabetes (PI: Dr. Jon Little)	Egg Farmers of Canada & Egg Nutrition Centre; American Egg Board	\$55,000 \$55,000	2020-2022
Impact of dark chocolate consumption on glucose levels of people with diabetes (PI: Dr. Jon Little; Student: Eugenia Socia)	Mitacs Accelerate; Praemium Chocolates Corp.; Prov of B. C.	\$15,000	2020-2021
Best practice framework for healthcare innovation infrastructure, implementation and learning campus (PI: Dr. Barb Marcolin; Co-I: Dr. Eric Li; Student: John Henderson)	Mitacs Acccerate; Providence Health; Prov of B.C.	\$11,250 \$15,000 \$3,750	2020-2021
Exploring perceptions on the QUIT smart case to guide continued development of this digitally enhanced technology for reducing and quitting dependence on e-cigarettes. (PIs: Drs. Laura Struik, Khalad Hasan, and Joan Bottorff; Student: Zil Huma)	Mitacs Accelerate Program Tina Horizon	\$15,000 \$15,000	2021
Indigenous methodologies: Building capacity for telediabetes care in urban Indigenous communities (I'm T'CARE). (PIs: Drs. Charlotte Jones and Donna Kurtz)	AGE-WELL National Centre of Excellence	\$615,302	2020-2023
Cannabis use among First Nations Peoples of Turtle Island: Motives for use, substitution and impacts of legalization. (Co-PI: Dr. Zach Walsh; Co-I: Dr. Mike Evans)	Canadian Centre on Substance Use and Addiction/ Health Canada	\$99,836	2020
Establishing and mitigating youth housing stability in response to COVID-10: Engaging with the BC Interior. (PI: Dr. John Graham; Co-I: Dr. Shirley Chau)	Making the Shift NCE	\$39,850	2020-2021

UBC RESEARCH AWARDS

Title and IHLCDP Principal / Co- Investigators	Funding Source	Amount	Year
Killam Accelerator Research Fellowship award to Dr. Jonathan Little (2 years)	UBC Faculty Research Award	\$50,000 (research allowance) \$60,000 (teaching release)	2021-2023
Principal Research Chair (Tier 1) – award to Dr. Barb Pesut (5 years)	UBCO Vice Principal Research	\$175,000	2020 - 2025
Aging in Place: Optimizing active and healthy aging at home. Eminence Cluster: (PI: Dr. Jenn Jakobi &; Co-Is: Brian Dalton, Vicki Komisar, Brodie Sakakibara)	UBCO Vice Principal Research	\$360,000	2020-2023
Airborne disease transmission: Breaking the chain of airborne disease transmission in healthcare facilities. Eminence Cluster: (Co-PI: Dr. Jonathan Little; Co-I: Vicki Komisar)	UBCO Vice Principal Research	\$200,000	2020-2023
Social & Economic Impact (SE-Impact) on Tenure Track Faculty: a Canadian Perspective on COVID-19 (PI: Dr. Jennifer Davis)	UBCO Vice-Principal Research	\$4,000	2020
The ability of ketones to suppress appetite in people with Type II diabetes (PI: Dr. Jon Little)	UBC Internal Research Funds	\$10,444	2020
Rural and Remote Communities’ Technological Usage during Covid-19 Pandemic – Seed grant (PI: Dr. Kathy Rush)	UBCO Regional Socio-Economic Development Institute of Canada (RSEDIC)	\$3,500	2020
The economic consequences of functional independence to patients, health care and society – Seed grant (PI: Dr. Jennifer Davis)	UBCO Regional Socio-Economic Development Institute of Canada (RSEDIC)	\$3,500	2020
Self-management, lifestyle behaviours and cardiovascular risk in First Nations people with cardiometabolic multimorbidity (PI: Dr. Brodie Sakakibara; Co-Is: Dr. Mary Jung, and Leslie Bryant)	UBC Centre for Chronic Disease Prevention and Management – Seed Grant	\$20,000	2021-2023

STUDENT FELLOWSHIPS/ RESEARCH AWARDS

Title and Awardees	Funding Source	Amount	Year
Nav-CARE-D: A volunteer navigation adaptation for living with frailty and dementia: 2020 Interdisciplinary Fellowship Awarded to PhD student Maddison Huggins; Supervisor Dr. Barb Pesut)	Canadian Frailty Network (+matching funds from Nav-Care project of \$17,500)	\$17,500	2020-2021
Exploring Users' Smartphone Usage Behavior during the COVID-19 Pandemic (IURA award to Livia Tan; Supervisor: Dr. Khalad Hasan)	UBCO Irving K Barber Faculty of Science International Undergraduate Research Award	\$10,500	2020
Suicide in digital media: Does media adhere to guidelines for suicide (IURA Award to Soumyaa Subramaniam [Kumar]; Supervisor Dr. Carolyn Szostak)	UBCO Irving K Barber Faculty of Science International Undergraduate Research Award	\$10,500	2020
Designing for Emergence: Co-Creating Resilience Communities in Non-Metropolitan and Rural Regions in Canada. (Student: Shiven Vinod Khera; Supervisor: Dr. Eric Li)	UBCO Faculty of Management Undergraduate Research Award (MURA)	\$9,500	2020
Exploring food inventory management methodologies and food waste management with the Central Okanagan Food Bank and Helen's Acres Community Farm (Student: Vinil Sood; Supervisor Dr. Eric Li)	UBCO Faculty of Management Undergraduate Research Award (MURA)	\$9,700	2020
Developing a theoretical framework to optimize adherence to primary care recommendation: A Falls Prevention Clinic Case Study (UG award to Shree Nithi Santhagunam; Supervisor: Dr. Jennifer Davis)	UBCO Faculty of Management Undergraduate Research Award (MURA)	\$9,500	2020
Assessing a new food inventory management system with the Central Okanagan Food Bank and Helen's Acres Community Farm (Student: Mohana Rambe; Supervisor Dr. Eric Li)	Faculty of Management 2020 Regional Socio-Economic Development Institute of Canada (RSEDIC) award	\$9,300	2020
Assessing a new food inventory management system with the Central Okanagan Food Bank and Helen's Acres Community Farm (Student: Mohana Rambe; Supervisor Dr. Eric Li)	UBCO Regional Socio-Economic Development Institute of Canada (RSEDIC)	\$9,300	2020
A physical food hub for UBCO (MSW student: Sarah Clement; Supervisors: Dr. Joan Bottorff and Casey Hamilton)	UBC Sustainability Scholars Program	\$6,250	2020
Launching partnerships for a physical food hub at UBCO (MSW student: Sarah Clement; Supervisors: Dr. Joan Bottorff and Casey Hamilton)	UBC Sustainability Scholars Program	\$6,250	2020 - 2021

APPENDIX C:

PUBLICATIONS BY IHLCDP FACULTY ASSOCIATES (APRIL 2020 - MARCH 2021)

2020

Rabi, D.M., McBrien, K.A., Sapir-Pichhadze, R., Nakhla, M., Ahmed, S.B., Dumanski, S.M., Butalia, S., Leung, A.A., Harris, K.C., Cloutier, L., Zarnke, K.B., Ruzicka, M., Hiremath, S., Feldman, R.D., Tobe, S.W., Campbell, T.S., Bacon, S.L., Nerenberg, K.A., Dresser, G.K., Fournier, A., Burgess, E., Lindsay, P., Rabkin, S.W., Prebtani, A.P.H., Grover, S., Honos, G., Alfonsi, J.E., Arcand, J., Audibert, F., Benoit, G., Bittman, J., Bolli, P., Côté, A.-M., Dionne, J., Don-Wauchope, A., Edwards, C., Firoz, T., Gabor, J.Y., Gilbert, R.E., Grégoire, J.C. | Gryn, S.E., Gupta, M., Hannah-Shmouni, F., Hegele, R.A., Herman, R.J., Hill, M.D., Howlett, J.G., Hundemer, G.L., **Jones, C.**, Kaczorowski, J., Khan, N.A., Kuyper, L.M., Lamarre-Cliche, M., Lavoie, K.L., Leiter, L.A., Lewanczuk, R., Logan, A.G., Magee, L.A., Mangat, B.K., McFarlane, P.A., McLean, D., Michaud, A., Milot, A., Moe, G.W., Penner, S.B., Pipe, A., Poppe, A.Y., Rey, E., Roerecke, M., Schiffrin, E.L., Selby, P., Sharma, M., Shoamanesh, A., Sivapalan, P., Townsend, R.R., Tran, K., Trudeau, L., Tsuyuki, R.T., Vallée, M., Woo, V., Bell, A.D., Daskalopoulou, S.S. (2020). Hypertension Canada's 2020 Comprehensive Guidelines for the Prevention, Diagnosis, Risk Assessment, and Treatment of Hypertension in Adults and Children. *The Canadian journal of cardiology*, 36 (5), 596-624. doi: 10.1016/j.cjca.2020.02.086

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APPENDIX D:

IHLCDP KNOWLEDGE EXCHANGE ACTIVITIES APRIL 2020 – MARCH 2021

IHLCDP PARTNERSHIP IN RESEARCH EVENTS

Being creative for health and wellbeing

Dr. Virginie Magnat, Faculty of Creative and Critical Studies, UBC Okanagan

Tania Willard, Faculty of Creative and Critical Studies, UBC Okanagan

Dr. Karen Ragoonaden, Okanagan School of Education, UBC Okanagan

<https://youtu.be/-DgfyO90wEI>

October 22, 2020

Internet access is not a luxury, it's a necessity: Rural communities speak about challenges and technology use during COVID-19

Dr. Kathy Rush, School of Nursing, UBC Okanagan

Dr. Eric Li, Faculty of Management, UBC Okanagan

<https://youtu.be/JUe6xo5tszo>

November 5, 2020

VIRTUAL IHLCDP RESEARCH CAFÉS

Fighting flu – Experts talk about viruses and flu vaccine

Dr. Sepideh Pakpour, School of Engineering, UBC Okanagan

Dr. Julie Bettinger, Faculty of Medicine, UBC Vancouver

Dr. Marie Tarrant, School of Nursing, UBC Okanagan

https://youtu.be/pohe_kop5OU

December 2, 2020

Gut health: A key to unlocking better health and well-being

Dr. Deanna Gibson, Irving K Barber Faculty of Arts and Social Sciences, UBC Okanagan

Natasha Haskey, PhD candidate, Irving K Barber Faculty of Sciences, UBC Okanagan

Gerald deVeer, Patient Perspective

<https://youtu.be/1SYROPOOFpQ>

March 18, 2021

RESEARCH TO PRACTICE EVENTS

IHLCDP IN PARTNERSHIP WITH NOHS (NORTH OKANAGAN HOSPICE SOCIETY)

Assessing the quality of community-based palliative care: Perspectives from families, decision makers and researchers

Dr. Dawn Guthrie, Department of Health Sciences, Wilfred Laurier University

<https://youtu.be/NfQThOzpQtM>

April 14, 2020

A life well lived is a life well planned

Laurel Gillespie, Advance Care Planning Canadian Hospice Palliative Care Association

Ryley Garagan, Advance Care Planning Canadian Hospice Palliative Care Association

<https://youtu.be/vNdR2Uafxgdg>

May 5, 2020

Colour outside the lines: Compassion in the 21st Century

Dr. Shane Sinclair, Faculty of Nursing, University of Calgary

October 13, 2020

Dis(Connecting) through COVID: Experiences of older persons and their volunteer navigators

Dr. Barb Pesut, School of Nursing, UBC Okanagan

Paxton Bruce, UBCO Master's student in Interdisciplinary studies

<https://youtu.be/pmhWWUm-sqs>

November 20, 2020

Relational practice and pandemic restrictions: A qualitative study of palliative care nursing

Dr. David Kenneth Wright, School of Nursing, University of Ottawa

Dr. Kim McMillan, School of Nursing, University of Ottawa

<https://youtu.be/gPZU8Q5Ow6g>

January 19, 2021

The caregiver experience of Medical Assistance in Dying (MAiD)

Dr. Sarah Hales, Division of Psychosocial Oncology, Princess Margaret Cancer Centre

https://youtu.be/3WcQ1t_pI5k

February 2, 2021

8TH ANNUAL OKANAGAN EMBRACE AGING EVENTS

Hearts beating out of time: The experiences of patients before and after an atrial fibrillation diagnosis

Dr. Ryan Wilson, School of Nursing, UBC Okanagan

https://youtu.be/10_324mwnSA

March 2, 2021

Build a mason bee home workshop

Nancy Holmes, UBC Okanagan, Border Free Bees

Jen Garner, Kelowna Museums

<https://youtu.be/AI9jyEKZBcM>

March 3, 2021

Walking your way to good health

Rebecca Frechette, School of Health and Exercise Sciences, UBC Okanagan

Gurvinder Liddar, student, School of Health and Exercise Sciences, UBC Okanagan

https://youtu.be/FWjk7Bg_IPk

March 4, 2021

MyHealthPortal – Electronic Health Records and You – Interior Health

March 8, 2021

March 17, 2021

March 25, 2021

Women of the Okanagan – Kelowna Museums

March 8 2021

Unlocking the future of healthcare treatments: How volunteers can help by participating in clinical research

Coleen Adderley, Clinical Research, Interior Health

Marie McClelland, Clinical Research, Interior Health

<https://youtu.be/CgBc81OSfeY>

March 9, 2021

Estate planning essentials: What you need to know

Interior Savings Credit Union

Brendon Coe, QAFP professional, BBA, RIS

Fulton & Company LLP

Leah Card, Lawyer

Tyson McNeil-Hay, Lawyer

<https://youtu.be/q3ahfZrOxwM>

March 9, 2021

Welcoming spring – online painting class

Canadian Mental Health Association and Interior Savings Credit Union – Special Event – two sessions

CMHA Kelowna's ArtWorks Studio

Painting instruction by the award-winning artist and educator **Tina Siddiqui**

March 10 & 17

March 24 & 31

Homecare vs Long Term Care – COHA (Central Okanagan Hospice Association)

Sharon Hughes-Geekie, JumpStart Communications and Business Development

Melanie Reinhardt, Vantage Living

<https://youtu.be/AzRVRxeo3gw>

March 10, 2021

ná?kʷulamən: Women in syilx Culture – Kelowna Museums

March 10, 2021

Stroke care and you: Innovation and research in Interior Health

Dr. Aleksander Tkach, Vascular Neurologist, Interior Health

Marie McClelland, Clinical Research, Interior Health

<https://youtu.be/NY-Ba-W6oi0>

March 11, 2021

Virtual solutions for caregiving at a distance

Naomi Mison, Discuss Dementia

<https://youtu.be/FUI285bsOEs>

March 12, 2021

Why staff relationships in Long-Term Care homes matter

Dr. Heather Cooke, UBC School of Nursing

<https://youtu.be/aUnqjXkxek>

March 16, 2021

Traditional Métis Floral Beadwork Workshop

Linda Van Wieringen, President/Elder, Vernon & District Métis Association

<https://youtu.be/5SbTk7E5l-o>

March 19, 2021

Sleeping better for fall prevention

Paige Copeland, MSc student, School of Health and Exercise Sciences, UBC Okanagan

<https://youtu.be/BMHE2QuYhFE>

March 19, 2021

Staying nimble: Healthy ways to keep moving with aging

Dr. Daryl Wile, Neurologist, Interior Health; Clinical Investigator, UBC Faculty of Medicine

Marie McClelland, Clinical Research, Interior Health

<https://youtu.be/pWJUHSB2794>

March 22, 2021

Building a balanced meal – A virtual cooking demonstration

Sarah Dalman, UBC Dietetics student

https://youtu.be/tX_RRu-S_jQ

March 23, 2021

Bee Ambassador Workshop

Nancy Holmes, UBC Okanagan, Border Free Bees

Jen Garner, Kelowna Museums

Mac Repovs, UBC Okanagan student, Kelowna Bee Ambassador researcher

<https://youtu.be/o5aJeV74MsU>

March 24, 2021

Scam protection: Knowledge is power

Paula Naka, Risk Management, Interior Savings Credit Union

<https://youtu.be/ev0rUyILczs>

March 25, 2021

Leaving a legacy with planned giving

Geoffrey W. White, Lawyer, Geoffrey W. White Law Corporation

Andrea Manifold, Habitat for Humanity, Okanagan

<https://youtu.be/OmwIOKUsY0A>

March 26, 2021

Okanagan Men's Shed and Helen's Acres Open House

Okanagan Men's Shed

Helen's Acres Community Farm

Food for Thought garden project

March 27, 2021

Cancelled

Strategies to prevent falls and fall-related injuries: From fundamental evidence to real-world implementation

Dr. Vicki Komisar, School of Engineering, UBC Okanagan

<https://youtu.be/4ugkSEIVgmQ>

March 30, 2021

Advance Care Planning: Who will speak for you? – COHA (Central Okanagan Hospice Association)

Iona Reitsma

Patty Walker

Donna Rubadeau

<https://youtu.be/aXSv4GIYFY>

March 31, 2021

APPENDIX E: PROFILES OF IHLCDP RESEARCH IN 2020-2021

The research activities of our IHLCDP Associates has been profiled 118 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 been featured throughout the year on the UBC Okanagan website media stories and videos. Our researchers have been recognized in external media 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: *Can exercise boost your immune system? Yes, but in moderation* by Patty Wellborn, April 29, 2020 <https://news.ok.ubc.ca/2020/04/29/can-exercise-boost-your-immune-system-yes-but-in-moderation/>
- Dr. Jennifer Jakobi: *UBC professor encourages seniors to pick up weights to combat frailty* by Nathan Skolski, May 4, 2020. <https://news.ok.ubc.ca/2020/05/04/ubc-professor-encourages-seniors-to-pick-up-weights-to-combat-frailty/>
- Dr. Katrina Plamondon: *UBCO researcher says equity is the key to global health*, May 15, 2020. <https://news.ok.ubc.ca/2020/05/15/ubco-researcher-says-equity-is-key-to-global-health/>
- Dr. Susan Holtzman: *The good, and bad, of living connected* by Patty Wellborn, June 4, 2020. <https://news.ok.ubc.ca/2020/06/04/ubco-researcher-discusses-the-good-and-bad-of-living-connected/>
- Dr. Jon Corbett: *In their own words: an interactive map shares the stories of Sixties Scoop Survivors* by Abi Hayward, Canadian Geographic, July 3, 2020. <https://www.canadiangeographic.ca/article/their-own-words-interactive-map-shares-stories-sixties-scoop-survivors>
- Dr. Shirley Chau: *Kelowna organization launches online portal to report racism, discrimination* by Kaudia Van Emmerik, Global News, July 9, 2020. <https://globalnews.ca/news/7159901/kelowna-organization-online-portal-racism-and-discrimination/>
- Drs. Nelly Oelke, Kathy Rush, Carolyn Szostak, and Lauren Airth: *Research collaborations tackle challenges faced by rural BC residents* by Nathan Skolski, July 13, 2020. <https://news.ok.ubc.ca/2020/07/13/research-collaborations-tackle-challenges-faced-by-rural-bc-residents/>
- Dr. Leslie Lutes: *Free COVID-19 mental health service enters new phase in response to public need* by Nathan Skolski, July 27, 2020. <https://news.ok.ubc.ca/2020/07/27/free-covid-19-mental-health-service-enters-new-phase-in-response-to-public-need/>
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- Dr. Brodie Sakakibara: *Study examines the benefits of virtual stroke rehabilitation programs* by Patty Wellborn, Sept 2, 2020. <https://news.ok.ubc.ca/2020/09/02/study-examines-the-benefits-of-virtual-stroke-rehabilitation-programs/>
- Dr. Jennifer Davis: *UBCO health economist using innovative research to improve senior care* by Nathan Skolski, September 16, 2020. <https://news.ok.ubc.ca/2020/09/16/ubco-health-economist-using-innovative-research-to-improve-senior-care/>

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Dr. Deanna Gibson: *UBCO researchers evaluate the effects of fish oil supplementation on infants during breastfeeding* by Christine Zeindler, September 29, 2020. <https://news.ok.ubc.ca/2020/09/29/steer-clear-of-fish-oil-supplements-while-breastfeeding-says-ubc-study/>

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Dr. Zach Walsh: *UBCO's substance use clinic goes viral* by Nathan Skolski, October 14, 2020. <https://news.ok.ubc.ca/2020/10/14/ubcos-substance-use-clinic-goes-virtual/>

Dr. Shelley Ben-David: *UBC research identifies gaps when it comes to helping youth diagnosed with early stages of psychosis* by Nathan Skolski, October 14, 2020. <https://news.ok.ubc.ca/2020/10/14/ubc-research-identifies-gaps-when-it-comes-to-helping-youth-diagnosed-with-early-stages-of-psychosis/>

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Dr. Sarah Dow-Fleisner: *Standardized measures needed to screen kinship foster placements* by Nathan Skolski, October 29, 2020. <https://news.ok.ubc.ca/2020/10/29/standardized-measures-needed-to-screen-kinship-foster-placements/>

Dr. Jennifer Jakobi: *Exposing kids to STEM is important, even during a pandemic*, says UBCO prof by Nathan Skolski, November 17, 2020. <https://news.ok.ubc.ca/2020/11/17/exposing-kids-to-stem-is-important-even-during-a-pandemic-says-ubco-prof/>

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Drs. Mary Jung and Jonathan Little: *How to work "exercise snacks" into your day* by Carolyn Ali, December 16, 2020. <https://beyond.ubc.ca/exercise-snacks/>

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Drs. Brodie Sakakibara, Khalad Hasan, Nelly Oelke, & Donna Kurtz: *Province partners with Interior universities for COVID-19 solutions*, Nathan Skolski, February 18, 2021. <https://news.ok.ubc.ca/2021/02/18/province-partners-with-interior-universities-for-covid-19-research-solutions/>

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EXTERNAL MEDIA

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Dr. Laura Struik discussed the importance of preventing youth from using nicotine-based vaping products with The Tyee News, July 27, 2020. <https://thetyee.ca/News/2020/07/27/Experts-Like-BC-Youth-Vaping-Rules-Want-Focus-On-Causes/>

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Dr. Nelly Oelke shares her experiences as UBCO rural health researcher in this UBCO “Our Stories” profile, June 15, 2020. <https://ourstories.ok.ubc.ca/stories/nelly-oelke/>

Dr. Chris Buse: Policy intersections for the global crises of COVID-19 and climate change. Webinar hosted by the CCGHR Working Group on the Health Impacts of Climate Change, June 23, 2020. https://www.youtube.com/watch?v=_ub2ZVXL15s

Dr. Lesley Lutes: *Self-care has never been so critical as it is right now.* Gallup Podcast, July 9, 2020. <https://news.gallup.com/podcast/315572/self-care-critical-right.aspx>

Dr. Susan Holtzman explains how she is using her research to help student engage with their courses and each other in the UBCO profile, August 5, 2020. https://you.ubc.ca/ubc_stories/dr-susan-holtzman/

Dr. Virginie Magnat: Invited speaker at Poundmaker Indigenous Performance Festival, *In Search of Healing: Artaud's Quest for Alchemical Theatre and His Encounter with the Tarahumara*, August 7, 2020. A recording of this presentation is here: <https://www.youtube.com/watch?v=l2vhTyWk30>

Dr. Zach Walsh: *The Microdose Study with Zachary Walsh* [Podcast] hosted by Alex Dorr, Mushroom Revival, August 11, 2020. <https://www.mushroomrevival.com/blogs/podcast/the-microdose-study-with-zachary-walsh>

Casey Hamilton (with S. Amaral, M. Micallef, & K. Rutledge), Food security at UBCO: What's your recipe? A VOICE Project. Webinar presentation for the UBC Okanagan campus, August 12, 2020. https://campushealth.ok.ubc.ca/food_security_at_ubco/

Casey Hamilton (with S. Clement), Envisioning a physical food hub at UBCO. Webinar presentation for the UBC Okanagan campus. (August 12, 2020). <https://campushealth.ok.ubc.ca/voice-action-groups/food-and-water/>

Dr. Lesley Lutes (and Dr. Scott Lear): Opinion in the Vancouver Sun entitled: *Public health messaging has left young adults out in the cold, but there's still time to get it right*, August 12, 2020. <https://vancouver.sun.com/opinion/scott-lear-public-health-messaging-has-left-young-adults-out-in-the-cold-but-theres-still-time-to-get-it-right/wcm/3363977b-e008-44a9-bad4-091f9187e65c/>

Dr. Barb Pesut: Stories from UBC's Okanagan campus. *End of life lessons*, August 18, 2020. <https://ourstories.ok.ubc.ca/stories/barbara-pesut/>

Dr. Lesley Lutes: *Small changes – An innovative and evidence-based approach to weight loss and lifestyle change* [Podcast of the Ottawa Institute of Cognitive Behavioural Therapy]. August 27, 2020. <https://www.buzzsprout.com/811163/5177836-dr-lesley-lutes-r-psych-small-changes-an-innovative-and-evidence-based-approach-to-weight-loss-lifestyle-change>

Dr. Zach Walsh: Our stories “Zach’s story” by Deanna Roberts. <https://ourstories.ok.ubc.ca/stories/zach-walsh/>

Dr. Karen Ragoonaden: Stories from UBC’s Okanagan campus, *Inspiring minds, shaping hearts, changing the world*, October 5, 2020. <https://ourstories.ok.ubc.ca/stories/karen-ragoonaden/>

Dr. John Graham (and Dr. Peter Kellett): Men in the minority [Podcast] hosted by iSTAND (Integrative STEM Team Advancing Networks of Diversity), November 3, 2020. <https://www.sfu.ca/wwest/projects/best-of-the-WWEST/episode-86-istand-miniseries-3.html>

Dr. Vicki Komisar: *The injury pyramid of impacts and injuries to body parts from video-captured falls in long-term-care*. Presentation at the Canadian Fall Prevention Virtual Conference, November 18, 2020. https://www.youtube.com/watch?v=2JF_Ry5mFgc

Dr. John Graham: *Housing for All: Pioneering a coordinated & accessible system of care* (Panel speaker), Session 3: Finding integrated solutions for substance use and homelessness at the Heads Up! Community Mental Health Virtual Summit, November 26, 2020. <https://www.youtube.com/watch?v=UFtwxUYoYcE>

Dr. Deanna Gibson: *Can we change our gut microbes via diet or probiotics?* Presentation at Mini Med School 2020, December 2, 2020. Watch here: <https://www.bcchr.ca/video/capitalizing-good-gut-bacteria>

Dr. Vicki Komisar (with Drs. Peter Hong and Steve Robinovitch) post a Blog entitled, *Data sharing during VOID: The tips video data base of real-life falls*, International Society of Posture and Gate Research, February 8, 2021. <https://ispgr.org/data-sharing-during-covid-the-tips-video-database-of-real-life-falls/>

Dr. Karen Ragoonden: *How to be a mindful anti-racist*. The Conversation, February 10, 2021. <https://theconversation.com/how-to-be-a-mindful-anti-racist-147551>

Dr. Lesley Lutes: *Letter to Premier Horgan: Investing in mental healthcare results in an overall cost savings*, by L. Lutes, D. Mensink and A. Picard on behalf of the BC Psychological Association, February 17, 2021. <https://www.psychologists.bc.ca/blog/letter-premier-horgan-investing-mental-healthcare-results-overall-cost-savings>

Dr. Jennifer Davis: *University survey shows how COVID-19 pandemic is hampering career progress for women and racialized faculty*. The Conversation, March 2, 2021. <https://theconversation.com/university-survey-shows-how-covid-19-pandemic-is-hampering-career-progress-for-women-and-racialized-faculty-153169>

Casey Hamilton (with M. Micallef, and K Rutledge): Food security at UBCO: What’s your recipe? A VOICE Project. Invited presentation as part of a virtual dialogue panel, What do we know? The state of food insecurity and research and dialogue building, at the Promoting Food Security in Higher Education national conference, March 4, 2021. <https://www.youtube.com/watch?v=dkd6tph91J4&t=1561s>

Dr. Elizabeth Keys: *Better Nights, Better Days to help children and families go from surviving to thriving during COVID-19*, March 18, 2021. Dr. Keys participated in this panel discussion hosted at Dalhousie University. The panel presentation is here: <https://betternightsbetterdays.ca/information-media>

Dr. Katrina Plamondon (with Drs. Ronald Labonte and Srinivas Murthy), co-author an open letter to the Federal Government re: *Canada, evidence- and equity-informed pandemic recover, and global distribution of vaccine*, on behalf of the Canadian Coalition for Global Health Research and Canadian Society for International Health, March 22, 2021. <https://global1hn.ca/wp-content/uploads/2021/03/Open-Letter-Global-Vaccine-Distribution-March-2021.pdf>



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