

Annual Report

2012-2013



Institute for Healthy Living and
Chronic Disease Prevention

PARTNERS IN RESEARCH FOR BETTER HEALTH

March 31, 2013



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA

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INTRODUCTION

The Institute for Healthy Living and Chronic Disease Prevention (IHLCDP) was established in 2009 to support the development of innovative and collaborative health research. Over the past four years there has been a steady growth in community-based research focused on healthful living and chronic disease prevention, and increasing recognition of the importance of this work.

During the last year our focus has been on strategic planning, supporting the development of research partnerships, and profiling the work of our research teams. Our Advisory Committee continued to meet quarterly. We thank the outgoing members of the Advisory Committee, Donna Mendel, Allan Jones, and John Burton, for their valuable contributions. Heather Cook, Charlotte Jones, and Paul van Donkelaar joined the committee this year. See Appendix A for the list of Advisory Committee members.

IHLCDP IN CONTEXT

Healthy living and the prevention of chronic disease remain priorities to improve health outcomes and reduce the burden of chronic disease. In Canada, as is the case in developed countries throughout the world, chronic diseases are the leading cause of death and disability, and a major source of health care costs. Currently in BC, chronic diseases—such as cancer, diabetes, heart and stroke, and lung disease—place a tremendous burden on our health care system, accounting for over 80 % of the combined acute care, MSP and PharmaCare budgets.

These trends are driving discussions about health and new initiatives across the country. For example, a report of the House of Commons Standing Committee on Health was released in 2012 focusing on issues of chronic diseases related to aging, health promotion, and disease prevention. In addition, the federal minister of health engaged provincial and territorial ministers of health and health promotion/healthy living in discussions about the need to adapt primary health care to a more interdisciplinary and multisectoral model. Nongovernment organizations are increasing their focus on prevention. For example, the Canadian Cancer Society launched a number of research initiatives over the past year directed toward cancer prevention.

OUR VISION

The Institute for Healthy Living and Chronic Disease Prevention is an innovative and collaborative research centre that places UBC Okanagan in the forefront of community-based health promoting research through advancing research methods, building research capacity, and fostering the use of knowledge in ways that benefit individuals, families, and communities, and reduce the burden of chronic disease.

OUR MISSION

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

In BC's Guiding Framework for Public Health, recently released by the BC Ministry of Health, one of the core programs is health improvement with a focus on healthy living, wellness, and chronic disease prevention, as well as maternal child health. The new framework also calls for research and knowledge transfer through strengthened ties between the academic community and the public health system.

The Institute's mandate is well aligned to support research addressing these priorities.

Finally, at the regional level, Interior Health and the Southern Medical Program at UBC Okanagan are developing strategic plans for research. The IHLCDP has participated in these consultations and is well positioned to partner on future research initiatives.

IHLCDP KEY ACTIVITIES AND ACCOMPLISHMENTS IN 2012–2013

STRATEGIC PLANNING

During the past year, the IHLCDP Advisory Board has been engaged in developing strategic directions for the Institute for 2013–2016. A focus of this work has been identifying and prioritizing activities in relation to each goal.

A round-table discussion was held on August 29, 2013 to gather feedback and input from IHLCDP associates as well as interested members of the campus and community. Those attending included IHLCDP associates, representatives from Interior Health, interested community members, and representatives of the IHLCDP Advisory Committee. Participants were invited to provide feedback on the proposed strategic directions for the Institute for 2013–2016 and advice on prioritizing research activity areas for the development of core research areas.

The four strategic directions for 2013–2016 are as follows:

1. Build core areas of research

The goal of this strategic direction is to build core areas of research that align with identified regional, provincial, and national health priorities, and support continued development of interdisciplinary and multidisciplinary health research. Through seed funding provided by the IHLCDP, nine Research Interest Groups have been supported. These groups are clustered

under the themes of active living, aging and health, healthy eating, promoting well-being, and tobacco reduction. The IHLCDP will prioritize the following research clusters for future development: enabling healthy behaviour, aging and health, and diversity and health.

2. Develop local, provincial, national, and international partnerships

The goal of this strategic direction is to build local, provincial, national, and international partnerships to support the development of research programs and make a positive impact on the health and well-being of individuals, families, and communities.

3. Provide training and educational enrichment activities in health research

The goal of this strategic direction is to provide research training and educational enrichment activities to build capacity in health research.

4. Secure funding for infrastructure and research

The goal of this strategic direction is to secure funding for infrastructure and research to enable IHLCDP teams to develop their research programs and make a difference to health outcomes, practices, and policies that demonstrate improvements in healthy living and prevention of chronic disease.

BUILDING CORE AREAS OF RESEARCH

Steady growth in relation to core areas of research was evident over the past year with the development of new research teams and the continuing efforts of existing research teams.

New teams were established with the launch of a Research Interest Group funding opportunity in the summer of 2012. Grants received in November 2012 were sent out for external review and in January 2013 a panel met to review applications. Four grants were funded in this competition (see Table 1) – each represents exciting new research collaborations on topics that are aligned with the mandate of the Institute.

Over the coming year, the IHLCDP will seek funding to support the development of research clusters identified in the Institute's new strategic directions: enabling healthy behaviour, aging and health, and diversity and health.



Drs. Lisa Wenger and Noel Richardson

TABLE 1: IHLCDP RESEARCH INTEREST GROUPS AWARDED 2013

Integration of prevention into chronic disease management models of care

PI: **Dr. Nelly Oelke**, School of Nursing, UBC's Okanagan campus

Co-PI: **Anne Clarotto**, Interior Health

Co-Investigators: Dr. Cristina Caperchione, Ms. Darlene Arsenault, Ms. Cathy Thibault, Ms. Leslie Bryant MacLean

Psychological distress and self-management in older adults with persistent atrial fibrillation

PIs: **Dr. Kathy Rush**, School of Nursing, UBC's Okanagan campus

Dr. Carol Laberge, Interior Health

Co-Investigators: Dr. Edward Taylor, Dr. Colin Reid, Dr. Linda Hatt, Ms. Nicole Gorman, Mr. Ryan Wilson

Medical cannabis and arthritis: Barriers and pathways

PIs: **Dr. Zach Walsh**, Department of Psychology, Irving K. Barber School of Arts and Sciences

Dr. Kam Shojania, Arthritis Research Centre of Canada, Vancouver

Co-Investigators: Dr. Susan Holtzman, Ms. Cheryl Koehn

Got health? Student-led inquiry for health promoting schools

PIs: **Dr. Stephen Berg**, Faculty of Education, UBC's Okanagan campus

Dr. Sally Willis-Stewart, School of Health and Exercise Sciences, UBC's Okanagan campus

Tricia Labrie, Health Promoting Schools Coordinator, School District No. 23, Kelowna
Janelle Zebedee, School District No. 23, Kelowna

IHLCDP RESEARCH INTEREST GROUP STORIES

IMPROVING MENTAL HEALTH AND SUBSTANCE USE TREATMENT

Seed funding provided by a Research Interest Group grant from the Institute for Healthy Living and Chronic Disease Prevention played an important role in the development of the Aboriginal Concurrent Disorders Project. Faculty and student researchers from UBC's Okanagan campus partnered with representatives from the Westbank First Nation, Ki-Low-Na Friendship Society, Metis Community Services Society of BC, and Interior Health. Concurrent disorders describes a condition in which a person has both a mental illness and a substance use problem. The joint initiative aims to better deliver concurrent disorders services to Aboriginal populations in a culturally safe and accessible way. The teams have developed a treatment manual and are now ready to pilot test this new approach. See more at:

<http://www.tinyurl.com/crbd57c>

“The project and its results thus far are based on a groundbreaking level of collaboration,” says Irene Gonneau, project manager and Master of Social Work student at UBC’s Okanagan campus who is mentored by Dr. Susan Wells, professor of social work and psychology.

HEART HEALTH IN RURAL COMMUNITIES

A Research Interest Group team led by Drs. Barb Pesut (UBC) and Carol Laberge (Interior Health) focused on improving cardiac care for rural populations. The collaboration grew to include others from UBC and Interior Health, the Patient Voices Network, and representatives from the Cardiac Rehabilitation program (Kelowna site) and the Heart Failure program (Kelowna). Findings of this preliminary work pointed to the need to find innovative models of cardiac rehabilitation for rural-dwelling individuals. In addition, this seed funding provided an opportunity for team building and the foundation for continued collaboration led by Dr. Kathy Rush. Her team was recently awarded an IHLCDP Research Interest Group grant (see Table 1) and a CIHR catalyst grant entitled *Towards Integrated Care Using a Risk Model in Rural and Small Urban Communities: A Pilot Study of Older Adults with Atrial Fibrillation* (see Table 2).

IHLCDP AND DEVELOPING PARTNERSHIPS

The past year has seen an increased level of research activity characterized by strong interdisciplinary and community partnerships. Our teams are now extending their reach to include co-investigators, stakeholders, and knowledge users from across the province as well as from other provinces and countries. The IHLCDP provided consultation and support as several teams refined research directions and prepared grant applications.

The Director of the IHLCDP was invited to lead a multi-sector team of researchers and health professionals from the Canadian Cancer Society – BC & Yukon Division, BC Cancer Agency (BCCA), and Northern Health in a project aimed at reducing the incidence of cancer in northern British Columbia. Nearly \$1 million from the Canadian Cancer Society supports the work of this multidisciplinary team of researchers and health professionals. In this project, the team will develop and evaluate approaches for delivering two cooperative cancer prevention projects specifically tailored for northern B.C. communities over the next four years.

IHLCDP ASSOCIATES

The IHLCDP welcomes participation from the community and academia in its research activities. Currently the Institute has 48 associates. See Appendix B for a complete list. IHLCDP associates have been very successful over the past year in securing funding for new research projects (see Table 2).

TABLE 2:
EXAMPLES OF RESEARCH PROJECTS LAUNCHED IN 2012–2013 BY IHLCDP ASSOCIATES

Understanding the relationship between physical activity service provision and physical activity participation in older adults living in Kelowna, BC

(funding: FHSD, UBCO)

PI: **Cristina Caperchione**

Co-Investigators: **Susan Holtzman, Nelly Oelke**

Sustainable childhood obesity prevention through community engagement

(funding: Public Health Agency of Canada)

PI: Shazhan Amed

Co-Investigators: **Patti-Jean Naylor, Joan Wharf-Higgins, Jean-Paul Collet, Louise Masse, Tom Warshawski, Stephen Berg**

Smokefree men: Translating research findings through a tobacco reduction website for cancer prevention action

(funding: Canadian Cancer Society Research Institute)

PI: **John Oliffe, Joan Bottorff**

Co-Investigators: **Martha MacKay, Blye Frank, Cristina Caperchione, Leanne Currie, Jack Boomer**

Cardiac oxidative stress in diet induced obesity:

Role of polyunsaturated fatty acids

(funding: Canadian Diabetes Association)

PI: **Sanjoy Ghosh**

Which way from here?

Navigation competencies for the care of older rural adults at the end of life

(funding: CIHR)

PI: **Wendy Duggleby**

Co-Investigators: **Carole Robinson, Barb Pesut, and 23 other co-investigators**

Towards integrated care using a risk model in rural and small urban communities:

A pilot study of older adults with atrial fibrillation

(funding: CIHR)

PI: **Kathy Rush**

Co-Investigators: **Nelly Oelke, Mary Kjørven, Colin Reid, Carole Laberge, Frank Halperin, Francois Louw**

Café Scientifique: Stopping the diabetes epidemic—what will it take?

(funding: CIHR)

PI: **Joan Bottorff**

Co-Investigators: **Charlotte Jones, Jonathan Little, Sanjoy Ghosh**

Hypertension: Multiple perspectives of Zambian adults

(funding: FHSD, UBCO)

PI: **Kathy Rush**

Co-Investigators: **Nelly Oelke, Fastone Goma, Cristina Caperchione, Fay Karp, Jessica Barker, Margaret Maimbolwa (collaborator)**

Assessing service delivery, program efficiency and expansion potential for bariatric surgery

(funding: Mitacs)

PI: **Keith Brewster**

Co-Investigators: **Gareth Jones, Andreas M. Klufftinger**

Harmonization: Building a collaborative framework for cancer prevention

(funding: Canadian Cancer Society Research Institute)

PIs: **Joan Bottorff, Lucy Beck, Cathy Adair, Sonia Lamont, Theresa Healy, Margaret Jones-Bricker**
Co-Investigators: **John Oliffe, Steve Johnson, William Osei, Sherri Tillotson, David Bowering, Brandon Grant, Nancy Viney**

IHLCDP RESEARCH TRAINING – STUDENT STORIES

Casey Hamilton, a master's student in the School of Health and Exercise Sciences, was among the first to receive funding through the IHLCDP Research Interest Group grant program in 2009. As a community nutritionist and past chair of the Central Okanagan Food Policy Council, she recognized the importance of access to healthy food and smart food choices to a healthy population. With the support of an IHLCDP grant, Casey teamed up with Dr. Jon Corbett to develop a map of food-related resources in the region to increase awareness and interest in food-related issues. In her graduate program, Casey will build on her early work to examine the practice of urban agriculture policy development in Kelowna, a practice that supports and adds to health-promoting environments.



“Our IHLCDP grant has been so helpful in moving forward food security work in the Central Okanagan. The relationships that were formed created opportunities for more fantastic work to help foster a healthier food system.”

Casey Hamilton

Laura Struik completed one of the first studies to explore adolescent girls' perspectives on the use of social media to deliver tobacco control messages. She received the DIVA Foundation Award for Excellence in Women's Health Research in recognition of this outstanding research. In addition to presenting her findings at both national and international conferences, the study was published in the *Canadian Journal of Nursing Research*. Laura is working as a research coordinator with IHLCDP-affiliated researchers and began an IGS doctoral program at UBC's Okanagan campus. She plans to evaluate the use of web-based technologies to support smoking cessation among young women and men.



Dr. Aimei Mao started a postdoctoral fellowship in the IHLCDP in October 2012. She completed her master's degree in nursing at Sichuan University, China, and her PhD in nursing at the University of Liverpool. Dr. Mao's research is focused on gender relations and home smoking in Chinese families. She is leading a study exploring ways to support smoking cessation among Chinese-immigrant fathers residing in British Columbia. Dr. Mao is also helping to establish international research partnerships with leading tobacco control researchers in China.

SUPPORTING KNOWLEDGE TRANSLATION AND EXCHANGE

The IHLCDP engaged in a variety of knowledge exchange activities to share knowledge from ongoing research activities with the university and broader community, profile the achievements of research partnerships, and support networking both within and outside the university. In total, 15 activities were held; these included a symposium, panel presentations, and seminars. The IHLCDP Partnership in Research seminar series continues to be an important avenue for profiling the collaborative work of our research associates. Although the majority of the IHLCDP knowledge exchange activities are held on UBC's Okanagan campus, opportunities have been provided to join these events by teleconference and online. Introduced this year for the first time was a series of four seminars co-hosted with the North Okanagan Hospice Society.

All of the IHLCDP-hosted events have been well-attended. In particular, online attendance has increased substantially over the year, with some seminars attracting over 86 online attendees. We are continuing to enhance the online experience with web-based technologies.

Information is provided in the following sections about the events sponsored by the IHLCDP over the past year.

TABLE 3: IHLCDP PARTNERSHIP IN RESEARCH SEMINAR SERIES 2012–2013

April 12, 2012	<p><i>Is the weight finally over? Experts discuss a surgical and lifestyle intervention for obesity</i></p> <p>Dr. Gareth Jones, Assistant Professor, School of Health and Exercise Sciences, UBC's Okanagan campus Dr. Andreas Kluftringer, Surgeon, Director of Surgical Services, Kelowna Band Surgery Keith Brewster, PhD student, School of Health and Exercise Sciences, UBC's Okanagan campus</p>
November 8, 2012	<p><i>Urban Aboriginal women and nondiscriminatory health care</i></p> <p>Dr. Donna Kurtz, Associate Professor, School of Nursing, UBC's Okanagan campus Jessie C. Nyberg, Stswécemc/Xgat'tem Nation Diana Moar, (Saulteaux) Berens River First Nation Chawow Eagle Feather, (Saulteaux) Berens River First Nation</p>
February 14, 2013	<p><i>Got health? A student-led inquiry youth engagement project</i></p> <p>Dr. Stephen Berg, Assistant Professor, Faculty of Education, UBC's Okanagan campus Tricia Labrie, Health Promoting Schools Coordinator, School District No. 23, Kelowna</p>
March 14, 2013	<p><i>Getting to the heart of the matter: Using exercise to reduce cardiovascular disease risk in people with chronic obstructive pulmonary disease</i></p> <p>Dr. Neil Eves, Associate Professor Ms. Jinelle Gelinis, MSc student, Dr. Nia Lewis, Postdoctoral Fellow School of Health and Exercise Sciences, Faculty of Health and Social Development, UBC's Okanagan campus</p>

IHLCDP SYMPOSIUM:

AGING AND WELLNESS - OPTIMIZING RESIDENTIAL CARE FOR OLDER ADULTS

This half-day symposium held on January 23, 2013 was attended by 130 faculty, students, health professional and representatives from the community (including 40 online attendees). The goal of the symposium was to share the outcomes of research conducted in our region and discuss their implications for improving care for older adults in residential care. The symposium was co-hosted with Interior Health and the Faculty of Health and Social Development at UBC's Okanagan campus.

The presentations and speakers included:

Plenary Presentation

The Older Persons' Transitions in Care (OPTIC) study: What have we learned so far?

Dr. Greta Cummings, Professor, Faculty of Nursing, University of Alberta

Dr. Colin Reid, Associate Professor, School of Health and Exercise Sciences, UBC's Okanagan campus

Dr. Carole Robinson, Associate Professor, School of Nursing, UBC's Okanagan campus

Cindy Regier, Director, Access and Flow/Alternate Level of Care, Interior Health

Panel Presentations

Residential Care and Health Services

Achieving a good death in rural residential care: Opportunities and challenges

Dr. Barb Pesut, Associate Professor, School of Nursing; Canada Research Chair, Health, Ethics, and Diversity, UBC's Okanagan campus

Care aides' relational practices and caring contributions

Dr. Elizabeth Andersen, Assistant Professor, School of Nursing, UBC's Okanagan campus

Learning together in residential care: Shaping practice, strengthening confidence, and moving evidence into action. The evidence-informed practice innovations study

Katrina Plamondon, Nursing Research Facilitator, Interior Health; Adjunct Professor, School of Nursing, UBC's Okanagan campus



Aging and Wellness Symposium speakers, left to right: Joanne Konnert (moderator), Dr. Greta Cummings, Dr. Carole Robinson, Dr. Colin Reid, Cindy Regier

Closing Plenary

Tapping existing resources for improvement in the SCOPE project: Potential for culture change?

Dr. Carole A. Estabrooks, Professor and Canada Research Chair, Faculty of Nursing, University of Alberta

Cindy Regier, Director, Access and Flow/Alternate Level of Care, Interior Health

The presentations from this symposium are posted on the Institute website.

The planning committee for this event included: Joan Bottorff (chair), Colin Reid, Elizabeth Andersen, Agnes Sauter, Katrina Plamondon, and Jacquetta Benard.

TABLE 4: RESEARCH TO PRACTICE SEMINAR SERIES 2012–2013
(CO-SPONSORED BY THE IHLCDP AND THE NORTH OKANAGAN HOSPICE SOCIETY)

October 2, 2012	<i>The changes toolkit: Helping palliative care patients and their family caregivers deal with transitions</i> Dr. Wendy Duggleby Lead Researcher and Nursing Research Chair in Aging and Quality of Life, University of Alberta
November 27, 2012	<i>Completing the circle: End of life care with Aboriginal families</i> Dr. Carrie Bourassa, Associate Professor Indigenous Health Studies, First Nations University of Canada
January 22, 2013	<i>The relationship between hope and advance care planning</i> Dr. Carole Robinson, Associate Professor School of Nursing, UBC's Okanagan campus
March 5, 2013	<i>The TCARE project: Trail Castlegar Augmented Response: Supporting patients and families living with life-limiting chronic illness</i> Dr. Barb Pesut, Associate Professor School of Nursing, UBC's Okanagan campus

TABLE 5: IHLCDP HOSTED AND CO-HOSTED EVENTS 2012–2013

June 14, 2012	IHLCDP and School of Health and Exercise Sciences co-hosted visiting scholar seminar <i>Is exercise the fountain of youth? Whole body rejuvenation and aging</i> Dr. Adeel Safdar, Harvard Medical School
August 30, 2012	IHLCDP and Sing for Your Life Foundation, BC co-hosted visiting scholar seminar <i>Sing along for health and well-being: Examining the benefits of singing groups for older adults</i> Elisabetta Corvo. MPhil/PhD Candidate, Canterbury Christ Church University, UK

TABLE 5: IHLCDP HOSTED AND CO-HOSTED EVENTS 2012–2013

October 10, 2012	<p>IHLCDP, School of Social Work, and FACET research team co-hosted international panel</p> <p><i>Game On! Healthy Lifestyles for Men</i></p> <p><i>The Man Up project: Improving men’s physical activity and nutrition</i></p> <p>Dr. Mitchell Duncan, Research Fellow, Institute for Health and Social Science Research, Central Queensland University, Australia</p> <p>Dr. Cristina Caperchione, Assistant Professor, School of Health and Exercise Sciences, UBC’s Okanagan campus</p> <p><i>Men’s health and well-being programme</i></p> <p>Dr. Noel Richardson, Institute of Technology, Carlow, Ireland</p> <p><i>Active and smoke-free dads</i></p> <p>Dr. Joan Bottorff, Director, IHLCDP, and Professor, School of Nursing, UBC’s Okanagan campus</p> <p>Dr. John Oliffe, Associate Professor, School of Nursing, UBC’s Vancouver campus</p>
November 6, 2012	<p>IHLCDP and Faculty of Health and Social Development co-hosted seminar for THRIVE Week at UBC</p> <p><i>Behind closed doors: Depression and family experiences</i></p> <p>Dr. Joan Bottorff Director, IHLCDP, and Professor, School of Nursing, UBC’s Okanagan campus</p> <p>Dr. Edward Taylor Director and Associate Professor, School of Social Work, UBC’s Okanagan campus</p>
March 7, 2013	<p>CIHR Café Scientifique, Bohemian Café, Kelowna</p> <p><i>Stopping the diabetes epidemic: What will it take?</i></p> <p>Dr. Charlotte Jones Associate Professor, Southern Medical Program, UBC’s Okanagan campus</p> <p>Dr. Jonathan Little Assistant Professor, School of Health and Exercise Sciences, UBC’s Okanagan campus</p> <p>Cathy Wilson, Certified Diabetes Educator, Central Okanagan Diabetes Program, Interior Health</p> <p>Dr. Joan Bottorff, Director, IHLCDP, and Professor, School of Nursing, UBC’s Okanagan campus</p> <p>Moderator: Chris Walker, Host, CBC Daybreak</p>
March 28, 2013	<p>Visiting Scholar Seminar</p> <p><i>Breast Cancer—Not just a disease of older women</i></p> <p>Lorna Larson, President, Team Shan, and Health Promotion Specialist</p>

IHLCDP IN THE COMMUNITY

Opportunities to profile the Institute and the work of our associates have included the following:

- Participating in the Canadian Academy of Sport and Exercise Medicine (CASEM) meeting: *Sports medicine and the prevention of chronic disease: An emerging role for sport & exercise medicine and primary care practitioners*, June 20–23, 2012, Kelowna, BC.
 - Exhibit table: IHLCDP and the School of Health and Exercise Sciences
 - Invited presentations by Dr. Joan Botorff as well as IHLCDP associates Drs. Jennifer Jakobi and Mary Jung.
- Joining in UBC's Okanagan campus orientation for new faculty and staff with a presentation and welcome table, August 29, 2012.
- Co-hosting a seminar with the School of Social Work for Thrive Week at UBC's Okanagan campus on the topic of depression and family experiences, November 6, 2012.
- Working with UBCO Public Relations. Ten media releases profiled Institute associates and research activities during the past year. Many of these stories also appeared in our local newspapers. See: <http://www.ubc.ca/okanagan/ihlcdp/news.html>
- Participating in the Diversity Health Fair held in Kelowna on February 3, 2013, including a presentation and exhibit table.
- Leveraging new technologies to create new connections and conversations, and put new information into the hands of more people by using social media (Twitter @IHLCDP; Facebook) as well as our website: <http://www.ubc.ca/okanagan/ihlcdp>
- Accepting invitations to attend the following meetings:
 - Tobacco Control Workshop hosted by the BC Ministry of Health and the BC Lung Association, January 7–8, 2013, Vancouver, BC.
 - Harnessing the Social Web – Communities for Health and Wellness Workshop sponsored by the UBC Peter Wall Institute for Advanced Studies (host: Dr. Kendall Ho), February 3–5, 2013, Vancouver, BC.

Tanis Burnett, School of Health and Exercise Sciences student, and Dr. Joan Botorff at the CASEM meeting.



Selected invited presentations by the Institute Director:

- Bottorff, J. L. (October 28, 2012). *Adding healthy years to your life*. Panel presentation at Focus on Health: Men and Women's Health (convened by MLA Norm Letnick). UBC's Okanagan campus, Kelowna, BC.
- Bottorff, J. L. (January 15, 2013). *Let's talk secondhand smoke: The findings of a community-based research project*. Invited webinar presentation for the BC First Nations Headstart program. <http://www.bcfhns.org/>
- Bottorff, J. L. (January 30, 2013). *Integrating gender in smoking cessation programs*. Invited panel presentation in webinar entitled "Beyond the tobacco war: What's next in prevention and protection" sponsored by the BC Healthy Living Alliance.
- Bottorff, J. L., & Richardson, C. R. (February 5, 2013). *When one size doesn't fit all: Developing gendered internet-based messages for youth about breast cancer and smoking*. Invited webinar presentation sponsored by the Clean Air Coalition of BC.
- Bottorff, J. L. (February 7, 2013). *Focusing on gender relations*. Invited panel presentation in webinar entitled "His and Hers: Perspectives on Health" sponsored by BC Healthy Communities, Ministry of Health, BC.
- Bottorff, J. L. (March 6, 2013). *Integrating gender into approaches for tobacco cessation*. Invited webinar presentation for the New York State Smokers' Quitline, NY. [presentation posted: <http://www.nysmokefree.com/confcalls/Prevcalls.aspx>]



Drs. Joan Bottorff and Barb Pesut

OTHER ACTIVITIES

The Director has been involved in the following activities:

Chair, Institute Advisory Board, Institute of Gender and Health, Canadian Institutes of Health Research (2012–2013)

Invited Member, Research Advisory Group, Canadian Partnerships Against Cancer (2013–2014)

Consultations with faculty members regarding the development of research proposals, and provision of letters of support/collaboration to accompany grant applications.

CONCLUSION

In this annual report, we have catalogued the Institute's activities and events, and highlighted some of the accomplishments of Institute associates and trainees. Through its research, leadership, knowledge translation, partnerships, and training, the Institute of Healthy Living and Chronic Disease Prevention continues to make important contributions to developing programs of health research, strengthening ties between academia and the community, and supporting research that will lead to health improvements through effective health promotion and prevention. In the coming year we are committed to strengthening our capacity to leverage this integrative approach by beginning to operationalize the goals we have set out in our 2013–2016 strategic plan.

APPENDICES

APPENDIX A: INSTITUTE ADVISORY COMMITTEE MEMBERS

- Jan Appleton Senior Manager, Community Integrated Health Services, Interior Health
- John Burton Assistant Professor, Faculty of Management, UBC's Okanagan campus (to March 2013)
- Heather Cook Chief Nursing Officer and Professional Practice Lead, Interior Health (commencing March 2013)
- Linda Hatt Associate Professor, Psychology, Irving K. Barber School of Arts and Sciences
- Tracey Hawthorn Work Re-Integration and Accommodation Program (WRAP) Coordinator, Human Resources, UBC's Okanagan campus
- Jennifer Jakobi Assistant Professor, School of Health and Exercise Sciences, Faculty of Health and Social Development, UBC's Okanagan campus
- Allan Jones Regional Associate Dean, Interior, Southern Medical Program, Faculty of Medicine, UBC's Okanagan campus (to August 2012)
- Charlotte Jones Associate Professor, Southern Medical Program, Faculty of Medicine, UBC's Okanagan campus (commencing August 2012)
- Donna Mendel Regional Practice Lead, Professional Practice Office, Interior Health (to December 2012)
- Barbara Pesut Associate Professor, School of Nursing; Canada Research Chair, Health, Ethics, and Diversity, Faculty of Health and Social Development, UBC's Okanagan campus
- Carole Robinson Associate Professor, School of Nursing, Faculty of Health and Social Development, UBC's Okanagan campus
- Edward Taylor Director, School of Social Work, Faculty of Health and Social Development, UBC's Okanagan campus
- Paul van Donkelaar Acting Director, Associate Dean, School of Health and Exercise Sciences, Faculty of Health and Social Development, UBC's Okanagan campus (commencing August 2012)
- Roger Wilson Director, Health and Wellness, UBC's Okanagan campus

APPENDIX B: IHLCDP ASSOCIATES

Associates include academics, community members, health practitioners, and policy makers who are interested in healthy living and chronic disease prevention. The main requirement of Institute associates is active participation (engaging in research related to the Institute's research mandate, attending Institutes seminars, events and meetings, serving on committees, etcetera)

Current Associates are:

- Elisabeth Antifeau
- Stephen Berg
- Claire Budgen
- John Burton
- Robert Callaway
- Cristina Caperchione
- Shirley Chau
- Anne Clarotto
- Jon Corbett
- Heather Deegan
- Sanjoy Ghosh
- Casey Hamilton
- Tracey Hawthorn
- Nial Helgason
- Trish Hill
- Mark Holder
- Susan Holtzman
- Andrew Hughes
- Peter Hutchinson
- Jennifer Jakobi
- Gareth Jones
- Mary Jung
- Mary Kjorven
- Joanne Konnert
- Marvin Krank
- Donna Kurtz
- Carol Laberge
- Tricia Labrie
- Jonathan Little
- Gord Lovegrove
- Julie Maitland
- Patricia Marck
- Barb Marcolin
- Jamie Marshall
- Jodi Morris
- Nelly Oelke
- Roger Parsonage
- Barbara Pesut
- Katrina Plamondon
- Colin Reid
- Daryle Roberts
- Carole Robinson
- Kathy Rush
- Kam Shojanian
- Zach Walsh
- Susan Wells
- Sally Willis-Stewart
- Janelle Zebedee

APPENDIX C: IHLCDP PERSONNEL

Institute Administrative Support

- Jacquetta Benard, BEd, BPA
(IHLCDP)

Research Support

- Gayl Sarbit, PhD, Knowledge Broker
(position funded by CIHR operating grants for FACET, iTAG)
- Laura Bissell, MA, Research Coordinator
(position funded by operating grants from CIHR, MSFHR, Interior Health, and other sources, OPTIC)
- Svea Brousseau, BSN student, Research Assistant (May 2012 to present)
(position funded by CIHR Summer Student Research Award and CIHR FACET grant)
- Raquel Graham, BA, Research Assistant
(position funded by CIHR operating grants for iTAG)
- Rebecca Haines-Saah, PhD, Research Associate
(position funded by CIHR operating grant, iTAG)
- Saiful Islam, PhD(c), Research Coordinator
(position funded by CIHR operating grant, iTAG, to July 2012)
- Debby Kinakin, MA, Research Assistant
(position funded by operating grants from CIHR, MSFHR, Interior Health, and other sources, OPTIC, to May 2012)
- Andrew Munroe, MA, Knowledge Exchange Specialist
(position funded by CIHR operating grants for FACET and iTAG)
- Cherisse Seaton, PhD, Research Coordinator
(position funded by CCSRI operating grant for Harmonization Project, from January 2013)
- Jodie Stevens, BSN student, Research Assistant (May 2012 to present)
(position funded by CBCRA/CBCF operating grant, START)
- Laura Struik, PhD student, Research Coordinator
(position funded by CBCRA/CBCF operating grant, START)

Student Research Practicum

- Jodie Stevens, Aimee Derksen, and Merrell Rome, Community Service Learning Project (CSL) for Nursing 324

UBC's Okanagan campus Graduate Students (supervised or co-supervised by the Director)

- Sana Shahram, IGS PhD student
- Laura Struik, IGS PhD student

Postdoctoral Fellows

- Aimei Mao, PhD (supervised by Dr. Bottorff), October 2012 to October 2013
- Jennifer Schwartz, PhD (supervised by Drs. Bottorff and Richardson), March 2012 to May 2013
- Iris Torchalla, PhD (supervised by Drs. Bottorff and Oliffe), April 2010 to present



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