

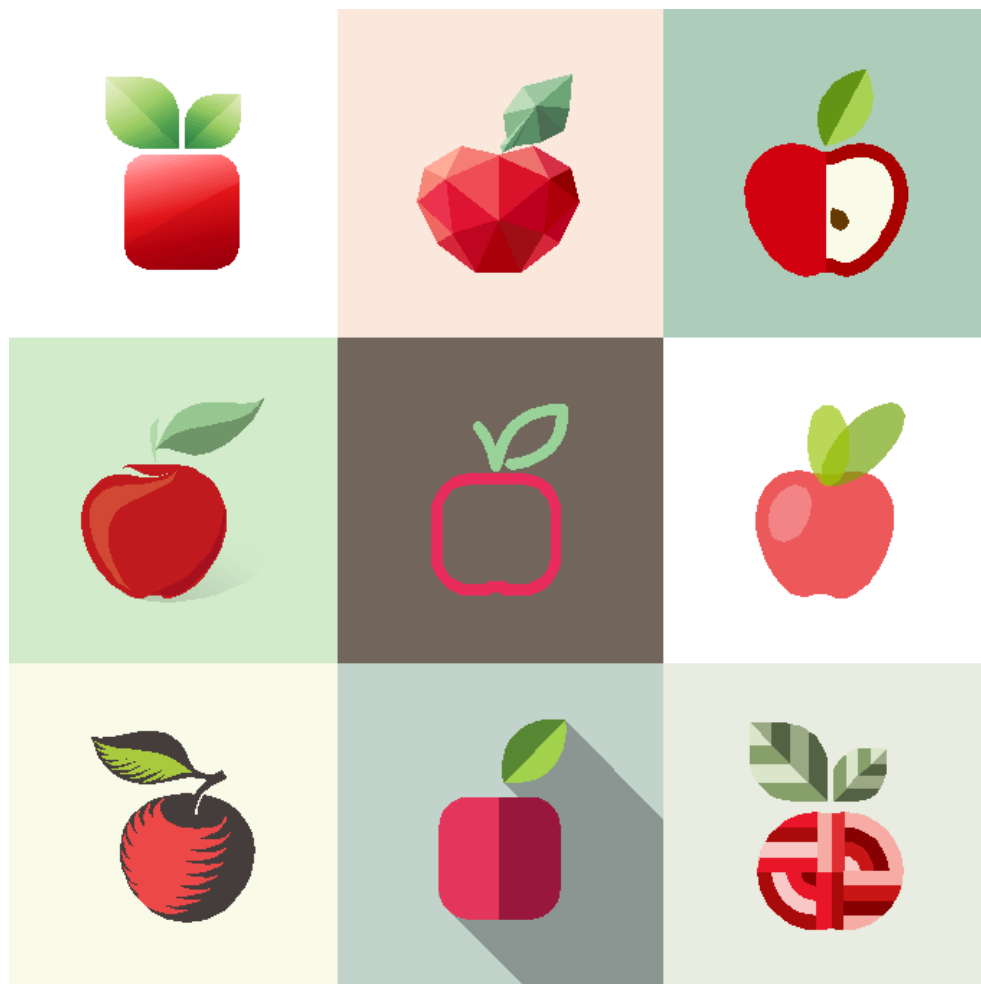
Annual Report

2014 - 2015

March 31, 2015

Institute for Healthy Living and Chronic Disease Prevention

PARTNERS IN RESEARCH FOR BETTER HEALTH



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA



Institute for Healthy Living and Chronic Disease Prevention

PARTNERS IN RESEARCH FOR BETTER HEALTH

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THE UNIVERSITY OF BRITISH COLUMBIA

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Healthy Living



Research

Introduction

The INSTITUTE FOR HEALTHY LIVING AND CHRONIC DISEASE PREVENTION (IHLCDP) is completing its 6th year of operation. Our efforts to promote chronic disease prevention and health promotion through research and knowledge exchange remain strategically aligned with the priorities of health-related organizations at all levels.

Over the past year, we have witnessed increasing interest from a wide range of stakeholders in fostering healthy communities, community-based research approaches, and efforts to develop and evaluate innovations in health promotion. In this context, our activities continue to evolve in response to growing programs of research and the interests of our community in the research that is underway and the implications of the findings for health promotion.

Our Advisory Committee has been steadfast in supporting the Institute. We sincerely thank the members of this committee for their continued support and advice. In particular we want to recognize outgoing members, Dr. Barb Pesut and Ms. Heather Cook, for their valuable contributions. We welcomed Dr. Yvonne Lefebvre (Interior Health), Glenn McRae (Interior Health), and Betty Brown (Interior Health) to the committee this year. See Appendix C for the list of Advisory Committee members.

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.

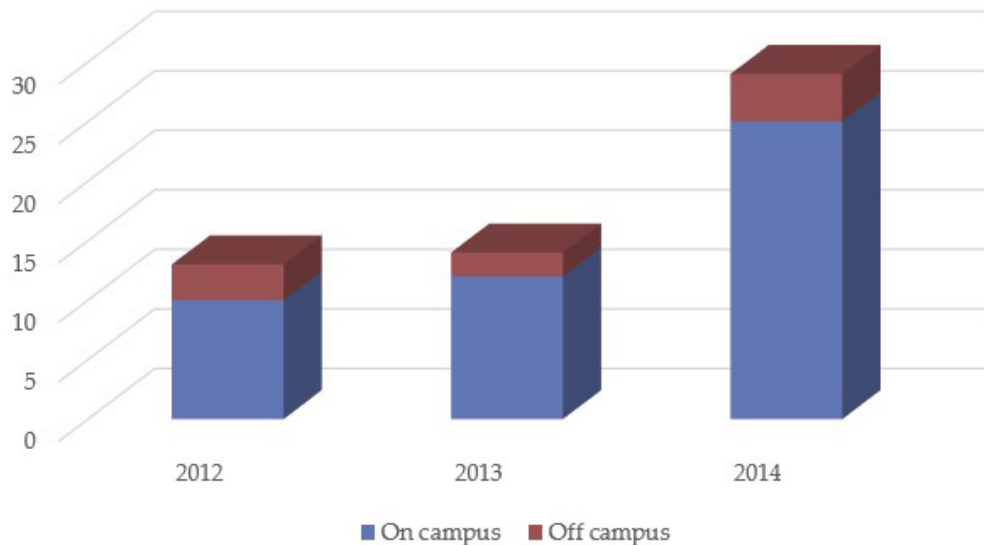
THE YEAR IN REVIEW

- WE HOSTED 28 SEMINARS AND RELATED EVENTS WITH OVER 1200 PEOPLE ATTENDING.
- OUR COMMUNITY PARTNERSHIPS HAVE GROWN AND INCLUDE INTERIOR HEALTH, NORTH OKANAGAN HOSPICE SOCIETY, BC INTERIOR HEALTHY LIVING HUB, CANADIAN ASSOCIATION OF PSYCHOSOCIAL ONCOLOGY, AND UBC'S MEN'S DEPRESSION AND SUICIDE NETWORK.
- REQUESTS TO SUPPORT COLLABORATIVE PARTNERSHIPS AND KNOWLEDGE TRANSLATION EFFORTS HAVE INCREASED.
- WE HAVE PROVIDED CONSULTATION TO RESEARCH TEAMS AND GROUPS UNDERTAKING HEALTH-RELATED PROJECTS AND INITIATIVES.

IHLCDP in the Community

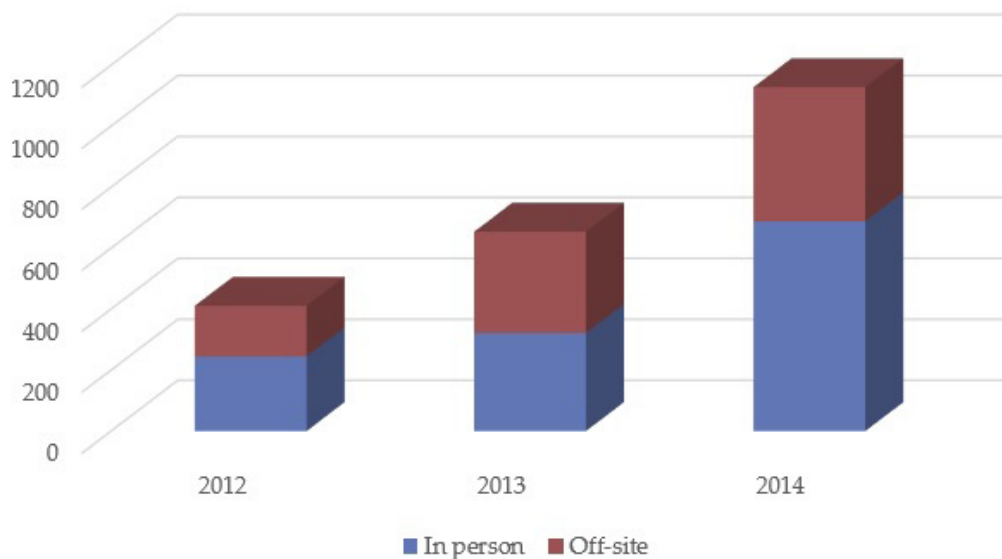
The Institute has hosted or co-hosted 28 events during the past year, almost doubling the number of events offered in the previous year (Table 1). This extensive range of seminars and focused discussions, often co-hosted with community organizations as well as UBC faculties, institutes and research networks, have provided the opportunity to demonstrate our interest in supporting collaborations and extend our reach to regional, provincial and national audiences. The majority of our seminars were also recorded and uploaded to the IHLCDP website. <http://ihlcdp.ok.ubc.ca/events/history>

Table 1: IHLCDP Event History 2012-2014



Event advisories prepared by UBC's Media Relations have supported our regular advertising efforts, and have resulted in profiles of the events in regional print media, as well as requests for interviews for local television and radio broadcasts. Attendance at events has ranged from 20 to 150 people. Particularly attractive have been the opportunities to join events via teleconference or webinar. In total, over 1200 people attended our events during the past year, representing a significant growth in community outreach (Table 2).

Table 2: Attendance at IHLCDP Events 2012-2014



An overview of the events held during the past year is presented below:

- The IHLCDP Partnerships in Research Seminar Series is unique in that these seminars are co-presented by collaborative research teams. During the past year, we held six seminars (see Appendix A, Table 1).
- Our Research to Practice Seminar Series, co-hosted with the North Okanagan Hospice Society (NOHS), included four seminars each addressing a topic related to palliative or end-of-life care (see Appendix A, Table 2).
- The IHLCDP hosted or co-hosted 18 other events, including workshops, presentations by visiting scholars, a half-day symposium, and a Research Roundtable (see Appendix A, Table 3 for details). These events were open to the public and campus community, and addressed high priority health issues.
- As part of UBC Research Week, the IHLCDP co-hosted a Café Scientifique with Interior Health held at the Bohemian Café. The topic was *Breaking the cycle of chronic pain: What will it take?*
- 2nd Annual Okanagan Embrace Aging month was launched by the IHLCDP in collaboration with Interior Health. To celebrate and raise awareness about positive aging, we organized 10 educational opportunities and events throughout the month of March 2015. The sessions were for everyone – young and old alike, and focused on a variety of topics related to healthy aging and improving quality of life among seniors and their family caregivers. The Embrace Aging Planning Committee included: Yvonne Lefebvre, Deanne Taylor, Kim Barnes (Interior Health), Dr. Colin Reid (School of Health and Exercise Science), Lindsay Burton (Graduate Student, UBCO), and Dr. Joan Bottorff and Jacquetta Benard from the IHLCDP.

2014 – 2015 Institute Highlights

Focusing on Researchers: Return on investment

Starting with a Research Interest Group grant of \$10,000 from the Institute in 2010, IHLCDP Associate, Dr. Zachary Walsh, and his team, began to study barriers to accessing medical cannabis by individuals with chronic illnesses. The return on investment has been outstanding: an expanded number of regional, provincial and national partners; research opportunities for UBC graduate and undergraduate students; and additional funding to extend this work through a Peter Wall Solutions Initiative grant (\$90,000) and an industry partnership valued at more than \$200,000. Dr. Walsh's publications and presentations have been included in several court cases and in his testimonies to the Canadian House of Commons and the Uruguayan government. This ongoing research has positioned him as one of the leading experts in this field in Canada.



“The program of research that I have developed around the therapeutic use of cannabis has become the richest and most rewarding aspect of my career. I absolutely trace it back to the RIG award from the IHLCDP, and I can't imagine that I would be doing this work without that initial support. I can't thank the IHLCDP enough!

Zach Walsh, Associate Professor, Psychology,
Irving K Barber School of Arts & Sciences Unit 4, UBC Okanagan

Focusing on Knowledge Exchange

Communities in Motion: Healthy kids for better futures



“The symposium provided a great opportunity for us to share our research and collaboration with School District #23 and discuss how bridging knowledge with action led to healthier school settings and student empowerment.

Stephen Berg, Assistant Professor, Faculty of Education, UBC Okanagan

Tricia Labrie and Stephen Berg, April 7, 2014

This symposium held on April 7, 2014, showcased international and regional research by UBC Okanagan faculty as well as community initiatives that support physical activity among children and youth.

Breast cancer and smoking: Do you know the link?

The Supporting Tailored Approaches to Reducing Tobacco (START) project team used one of its newly designed infographics about smoking and breast cancer during October to support Breast Cancer Awareness month. The START study and videos were also profiled in the 2013-2014 UBC Annual Report, in an article entitled, “Stubbing out breast cancer” published July 14, 2014.

<http://annualreport.ubc.ca/story/stubbing-out-breast-cancer>



Gayl Sarbit, Laura Bissell & Penelope, Joan Bottorff and Jacquetta Benard, October 1, 2014



Left to right: Drs. Susan Holtzman, Michelle Teo, Sally Willis-Stewart, Zach Walsh and Joan Bottorff, March 5, 2015

Breaking the cycle of chronic pain: What will it take?

Dr. Bill Nelems moderated the Café Scientifique panel discussion dealing with chronic pain. UBC experts Zach Walsh, Associate Professor of psychology; Susan Holtzman, Associate Professor of psychology; and Sally Willis-Stewart, senior instructor in the School of Health and Exercise Sciences joined rheumatologist Michelle Teo to discuss the issues faced by those who live with chronic pain, and whether there are better ways to deal with it. This event was co-hosted with Interior Health and over 80 people attended.

Focusing on Community Partnerships

Community-University Partnerships for Health Series

This new seminar series was launched in partnership with the BC Interior Healthy Living Hub and the Okanagan Sustainability Institute. Discussions explore ways that UBC students and faculty members can work with communities to implement, measure, and learn about cultural change to promote health and reduce chronic disease. In this seminar series, Dr. Susana Caxaj, Assistant Professor in the School of Nursing, UBC Okanagan, and her South Similkameen team shared their experiences in establishing a community-based health research project (visit their project website for details <http://belonginginthess.wordpress.com>).

**Building belonging in the South Similkameen:
Towards community-wide cross-cultural
mental health promotion**

Susana Caxaj, Assistant Professor,
School of Nursing, UBC Okanagan

Summer Community Picnic hosted in Keremeos, BC,
August 21, 2014



“Leveraging UBC expertise - in the form of student and research partnerships - enables sustained community action towards health promoting environments and policies. By working together we can create the best conditions possible so everyone has an equal opportunity to be healthy.

Betty Brown, Community Health Facilitator,
Promotion & Prevention, Interior Health;
BC Interior Healthy Living Hub, UBC Okanagan

Talking about Men's Sheds

In partnership with the Okanagan Men's Sheds Association, and the UBC led Men's Depression and Suicide Network (funded by Movember Canada), we hosted a panel to provide information about the growing interest in establishing Men's Sheds in Canada. Experiences in starting sheds in Kelowna and Winnipeg were shared, along with opportunities Sheds offer men in reaching out and avoiding isolation by socializing and working with other men. The panel was held in conjunction with Bell Let's Talk Day on January 28, 2015 to promote conversations about mental health.

“The interest in Men's Sheds is burgeoning in Canada – drawn into this webinar and conversation were diverse stakeholders including politicians, health workers, retailers, funders and researchers along with many energized men intent on building their own community based sheds. We look forward to other opportunities to collaborate with the Institute in this way.

John Oliffe, Professor, School of Nursing, UBC Vancouver

Focusing on Innovation

Walk 'n Talk for your Life

Institute Associate, Dr. Charlotte Jones, and her UBC team along with community partners, launched a novel 10-week program for seniors. The program is designed to engage seniors in exercise, socialization, and health education and will study its effects in minimizing loneliness and social isolation.



QuitNow Men

The first program of its kind, QuitNow Men™ is an online, gender-specific resource that offers new tools and tactics to help men quit smoking. The unique resource was developed by a team of UBC researchers associated with the IHLCDP and QuitNow experts. QuitNow Men™ was launched in January 2015.



Focusing on Research Training

“I wanted to gain confidence working in an academic setting, and learn about how research is conducted. I achieved all of this. I have a new appreciation for the scope and methods of health research.”

Alex Cloherty, Undergraduate Research Assistant, UBC Okanagan



Raquel Graham, Research Assistant, received a CIHR Fellowship to complete a Master's Degree in Psychology, University of Victoria.

Alex Cloherty, joined the IHLCDP as a Work Study undergraduate research assistant. Significant among her achievements was developing strategies to use social media for knowledge translation in health research. She co-lead a seminar, with Dr. Gail Sarbit, to share these strategies. She was also a member of a UBCO student-led organizing committee for Cancer 101, an event that attracted over 80 people to hear about cancer prevention. The event was also supported by the Canadian Cancer Society.

left to right: Alex Cloherty and Drs. Carolyn Gotay, Joan Bottorff and Gail Sarbit

IHLCDP Activities by the Director

The Director has been involved in the following activities:

- Member, Community-based Research Steering Committee, UBC Okanagan campus, 2014
- Member, Interior Health Research Advisory Committee, February 2015
- Member, Scientific Advisory Committee, 2015 International Conference on Health Promoting Universities and Colleges: 10 Years after the Edmonton Charter, to be held at UBC Okanagan in June, 2015.
- Member, UBC Wellbeing Initiative, UBC Okanagan Committee, 2015
- Member, Advisory Council to Arts Health BC for survey-based mapping project to identify arts and health activity in BC in an effort to provide a more complete picture of this growing sector, 2014-2015
- Member, Research Canada Board of Directors, 2014 – 2015
- Member, Advisory Committee, Working on Wellness project, BC Healthy Living, 2014

IHLCDP Advisory Committees

The IHLCDP Advisory Committee held three meetings during the year.

See Appendix C for a list of members.

IHLCDP Associates

The IHLCDP continues to welcome associates from the community and academia in its research activities. Currently the Institute has 63 associates.

See Appendix D for a complete list.

Conclusion

The Institute has made a significant contribution to profiling health research underway on our campus and in the community, supporting knowledge exchange, and enabling the growth of successful programs of research. Our health research community continues to thrive and there is growing recognition of the importance of community-based research on our UBC campus. The stories highlighted in this annual report illustrate how our community-engaged research is creating knowledge and translating knowledge in innovative ways to improve the health of individuals, families and communities. While the Institute cannot lay sole claim to all of these developments, our success with knowledge exchange activities and other initiatives has positioned the IHLCDP as a valuable hub for connecting researchers with communities, and vice versa.

In going forward, we are committed to finding ways to build on this momentum. The establishment of new Institutes at UBC Okanagan, the UBC Wellbeing Initiative, and the emerging university-wide focus on community-based research provide new opportunities for expanding our partnerships and reach. Community engagement will remain high on our agenda as we continue to foster collaborative, community-based research and seek additional funding to extend our approaches to include support for building research networks, creating opportunities for co-location of co-investigators, establishing national and international collaborations, and creating internships in community-based research.

Appendices

Appendix A: IHLCDP Supporting Knowledge Exchange

IHLCDP Partnership in Research Series

Table 1

Mars vs. Venus: Understanding sex differences in frailty and muscle activity	Thursday, October 16, 2014
Healthy living and diabetes: Exercise and lifestyle interventions for preventing type 2 diabetes	Thursday, November 13, 2014
QuitNow Men: A quit smoking website designed with men for men	Thursday, January 15, 2015
Building the wellbeing of men in the community: Starting Men's Sheds in Canada	Wednesday, January 28, 2015
Building belonging in the South Similkameen: Towards community-wide cross-cultural mental health promotion	Thursday, February 12, 2015
Walk 'n Talk for your Life: Tackling loneliness and isolation and improving health and well-being of seniors in Kelowna and area	Thursday, March 19, 2015

Research to Practice Series

Table 2

IHLCDP in partnership with NOHS (North Okanagan Hospice Society)

Euthanasia and physician-assisted suicide: Lessons from the Canadian National Palliative Care Survey	Tuesday, October 21, 2014
Navigating upstream in palliative care: Expanding the frontiers of volunteer care	Tuesday, November 18, 2014
Dignity Therapy: Why is it important and what role can I play in supporting it?	Tuesday, January 27, 2015
Nurses and other palliative caregivers providing care in a context of end-of-life delirium	Tuesday, March 3, 2015

Other IHLCDP Events

Table 3

IHLCDP Symposium Communities in Motion: Bring back play	Monday, April 7, 2014
Research Roundtable Strategic directions for health research at Interior Health	Tuesday, May 13, 2014

A Visiting Scholar presentation Designing innovative interventions from research findings	Monday, May 26, 2014
Community-University Partnerships for Health Working together to improve health	Wednesday, September 17, 2014
A Social Media Presentation Practical tips for using Twitter: #KnowledgeTranslation #HealthResearch	Wednesday, October 1, 2014
A Visiting Scholar Presentation Conducting research with indigenous communities as owners	Thursday, October 2, 2014
Healthy Living Forum Co-sponsor	Thursday, October 16, 2014
Cancer 101 Participant table at event	Tuesday, November 18, 2014
Healthy Living Ideasfest 2014 Co-sponsor	Thursday, November 20, 2014
Community-University Partnerships for Health Age friendly communities: Perspectives from Revelstoke and Okanagan Falls	Wednesday, February 4, 2015
Café Scientifique Breaking the cycle of chronic pain: What will it take?	Thursday, March 5, 2015
An Embrace Aging event Savvy Seniors: New communication technologies and you	Wednesday, March 11, 2015
An Embrace Aging event Is chronic inflammation the common link between aging and chronic disease?	Thursday, March 12, 2015
An Embrace Aging event Behaviour challenges of dementia	Wednesday, March 18, 2015
An Embrace Aging event Driving transitions: Hanging up the car keys	Wednesday, March 18, 2015
An Embrace Aging event Reducing medication in the frail elderly	Wednesday, March 25, 2015
An Embrace Aging event Keep seniors singing	Thursday, March 26, 2015
An Embrace Aging event It's your life: Cancer prevention and you	Friday, March 27, 2015

Appendix B: Selected Invited Presentations by the Institute Director

- Bottorff, J. L. (Oct 14, 2014). Translating evidence into new health promotion interventions for men. Invited plenary presentation, 8th International Conference on Research Nuclei on Nursing Knowledge Production, hosted by the Universidade Federal do Rio de Janeiro, Centro de Ciencias da Saude, Escola de Enfermagem Anna Nery, Rio de Janeiro, Brazil.
- Bottorff, J. L. (August 29, 2014). Taking gender into account: Promising approaches to health promotion. Invited lecture, Florence Nightingale School of Nursing and Midwifery, King's College London, London, UK.
- Bottorff, J. L. (June 23, 2014). Knowledge translation: Extending the research and impact of research. Visiting Research Fellow presentation hosted by the Nursing Research Institute, St. Vincent's Hospital and Australian Catholic University, Sydney, Australia.
- Bottorff, J. L. (June 16, 2014). Building research centres: Scoring the trifecta with community engagement, research capacity building, and knowledge exchange. Australian Catholic University School of Nursing, Midwifery and Paramedicine 2014 Senior Research Staff Forum, Melbourne, Australia. (June 16-17, 2014).

Appendix C: IHLCDP Advisory Committee Members

- Jan Appleton**, Senior Manager, Community Integrated Health Services, Interior Health
- Betty Brown**, Community Health Facilitator, Promotion & Prevention, Interior Health
- Heather Cook**, Chief Nursing Officer and Professional Practice Lead, Interior Health (to April 2014)
- Linda Hatt**, Associate Professor, Psychology, Irving K. Barber School of Arts and Sciences, Unit 4, UBC Okanagan
- Tracey Hawthorn**, Work Re-Integration and Accommodation Program (WRAP) Coordinator, Human Resources, UBC Okanagan
- Jennifer Jakobi**, Associate Professor, School of Health and Exercise Sciences, Faculty of Health and Social Development, UBC Okanagan
- Charlotte Jones**, Associate Professor, Southern Medical Program, Faculty of Medicine, UBC Okanagan
- Yvonne Lefebvre**, Scientific Research Director, Interior Health
- Glenn McRae**, Chief Nursing Officer and Professional Practice Lead, Interior Health
- Barbara Pesut**, Associate Professor, School of Nursing; Canada Research Chair, Health, Ethics, and Diversity, Faculty of Health and Social Development, UBC Okanagan (to August 2014)
- Carole Robinson**, Associate Professor, School of Nursing, Faculty of Health and Social Development, UBC Okanagan
- Edward Taylor**, Associate Professor, School of Social Work, and Associate Dean, Faculty of Health and Social Development, UBC Okanagan
- Paul van Donkelaar**, Director, School of Health and Exercise Sciences, and Associate Dean, Faculty of Health and Social Development, UBC Okanagan
- Roger Wilson**, Director, Health and Wellness, UBC Okanagan (to March 2015)

Appendix D: 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 such as engaging in research related to the Institute's research mandate, attending Institute seminars, events and meetings, and serving on committees.

Current Associates

Elisabeth Antifeau	Mary Kjorven
Jan Appleton	Joanne Konnert
Stephen Berg	Marvin Krank
Betty Brown	Donna Kurtz
Leslie Bryant MacLean	Carol Laberge
Claire Budgen	Tricia Labrie
John Burton	Yvonne Lefebvre
Robert Callaway	Jonathan Little
Sarah Campbell	Gord Lovegrove
Cristina Caperchione	Julie Maitland
Shirley Chau	Patricia Marck
Anne Clarotto	Barb Marcolin
Heather Cook	Jamie Marshall
Jon Corbett	Ali McManus
Heather Deegan	Jodi Morris
Cheryl Drewitz	Nelly Oelke
Michael Evans	Lise Olsen
Geoff Gowe	Barbara Pesut
Sanjoy Ghosh	Katrina Plamondon
Casey Hamilton	Colin Reid
Linda Hatt	Daryle Roberts
Tracey Hawthorn	Carole Robinson
Nial Helgason	Kathy Rush
Trish Hill	Kam Shojania
Mark Holder	Edward Taylor
Susan Holtzman	Paul van Donkelaar
Andrew Hughes	Zach Walsh
Peter Hutchinson	Susan Wells
Jennifer Jakobi	Sally Willis-Stewart
Charlotte Jones	Roger Wilson
Gareth Jones	Janelle Zebedee
Mary Jung	

Appendix E: IHLCDP Personnel

Institute Administrative Support

Jacquetta Benard

Research Support

Gayl Sarbit, Knowledge Broker

Laura Bissell, Research Coordinator
(to June 2014)

Raquel Graham, Research Assistant
(to August 2014)

Nikolai Holm, Research Assistant

Andrew Munroe, Knowledge Exchange
Specialist

Cherisse Seaton, Research Coordinator

Paul Sharp, Research Assistant

Sean Stolp, Data Analyst
(December 2014 – present)

Work Study Research Assistants

Andriyana Chychkevych, MSW student

Alex Cloherty, Undergraduate student

Quinn Harris, BSN student

Haleema Jaffer-Hirji, Undergraduate
student

Jensen Lund, MSc Biochemistry student

Aman Soin, Undergraduate student

UBC Okanagan campus Graduate Students (supervised by the Director)

Katrina Plamondon, IGS PhD Student

Sana Shahram, IGS PhD student

Laura Struik, IGS PhD student

Postdoctoral Fellow

Marianne Clark, PhD
(supervised by Drs. Bottorff and
Caperchione) December 2014 – present



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