

# Annual Report

2015-2016

March 31, 2016



## 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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## Introduction

The UBC Okanagan campus celebrated its 10<sup>th</sup> anniversary during the past year. Looking back over the last decade there has been tremendous growth in the number of faculty and students on our campus and along with this a rapid growth in research activity. The Institute for Healthy Living and Chronic Disease Prevention is a part of that history. Established in 2008 to support the development of health research, the Institute has responded to expanding interests in chronic disease prevention and health promotion among faculty and students, as well as among communities, health service providers, policy makers, and organizations. Looking forward, there continues to be an urgent need to design, implement and evaluate solutions by addressing the complexities underlying chronic disease prevention and the need for action at a variety of levels. Along with this, there is increasing recognition that our ability to influence health depends on relevant evidence as well as meaningful relationships and collaborative action.

Our work over the past year has focused on building capacity to complement growing programs of research, optimizing outreach and engagement with community members and groups, and taking an active role in the Wellbeing Initiative at UBC. This annual report provides a summary of our activity and some of the highlights.

## 2015-2016 Year in Review

In supporting the growth of research programs focused on healthy living and chronic disease prevention during the past year we have:

- Led knowledge exchange activities with 29 IHLCDP hosted or co-hosted events attended by over 1500.
- Strengthened ties with community-based partners including Interior Health, North Okanagan Hospice Society, BC Lung Association, UBC's Men's Depression and Suicide Network, Canadian Association of Psychosocial Oncology, the Centre of Excellence in Cancer Prevention at UBC, and Interior Savings Credit Union.
- Assisted in building capacity in community-based research at UBC by co-hosting the *Community-Based Research in Practice: A Symposium* held May 19, 2015.
- Advised the Planning Committee for the *International Conference on Health Promoting Universities and Colleges* held at UBC's Okanagan campus, June 22-25, 2015.
- Engaged in promoting wellbeing on campus through alignment of the Campus Health/Voices Project under the IHLCDP, and participation on the Wellness at UBC Steering Committee.
- Provided research teams with consultations and support with development and implementation of knowledge exchange activities, including assisting with coordination of a Knowledge Translation workshop.
- Promoted research training opportunities for undergraduate and graduate students.

### 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.



## IHLCDP: Fostering Knowledge Translation and Exchange

Knowledge translation and exchange is key to driving innovation, speeding up the transfer of best ideas into new approaches, and strengthening collaborations between our researchers, communities, and the practice and policy sectors. Over the past eight years, the IHLCDP has developed a platform of resources to promote and facilitate knowledge translation and exchange across settings. These resources include: our ability to host a variety of events in partnership with researchers and community-based partners (e.g., symposia, workshops, and webinars), established expertise in development of knowledge exchange tools (e.g., websites, social media, videos), and supporting our Institute Associates in forging effective research partnerships with communities and other stakeholders. These resources are of high value to research teams in designing and implementing effective knowledge translation strategies. Accordingly, the IHLCDP has advised research teams on the development of knowledge translation plans, provided letters of support for grant applications, assisted research teams with implementing knowledge exchange activities, and supported capacity development in community-based research. In addition, over the past year we were invited to collaborate with the Propel Centre for Population Health Impact at the University of Waterloo by serving as a linking agent to others within our network.

### Our knowledge exchange activities continue to grow

During the past year the IHLCDP hosted or co-hosted 29 events, and increased the number of off-site events over the previous year (see Table 1). The range of topics and events has also grown (see Appendix A for a complete list) as well as the number of people attending our events either in person, by webinar, or by teleconference (see Table 2). Our total attendance for the 2015-2016 year was 1539 people. Topics related to aging attracted the largest audiences. For example, over 180 people attended Dr. Jennifer Jakobi's seminar/webinar entitled, "*Fit for life: Preventing frailty among older adults.*"

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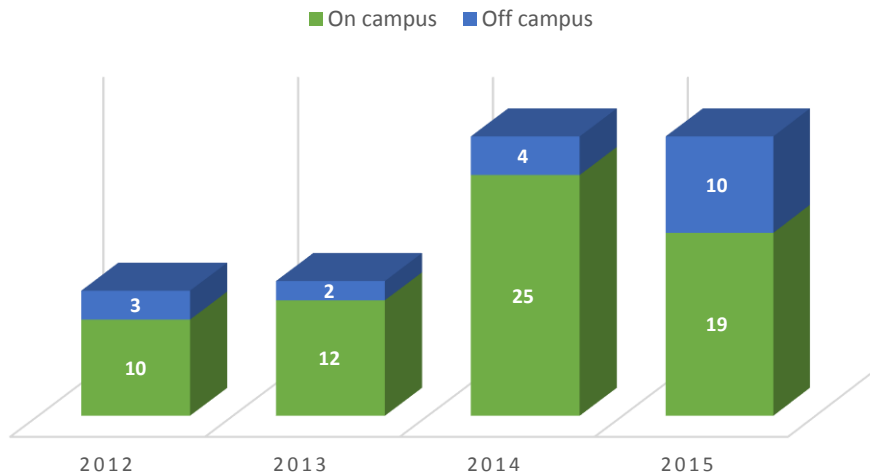
### IHLCDP Knowledge Exchange Activities

- Partnerships in Research Seminar Series (co-presented by collaborative research teams)
- Research to Practice Seminar Series (co-hosted with North Okanagan Hospice Society)
- Café Scientifique (co-hosted with Interior Health)
- 3<sup>rd</sup> Annual Okanagan Embrace Aging month (co-hosted with Interior Health)
- Other co-hosted events, including seminars, symposia, etc.

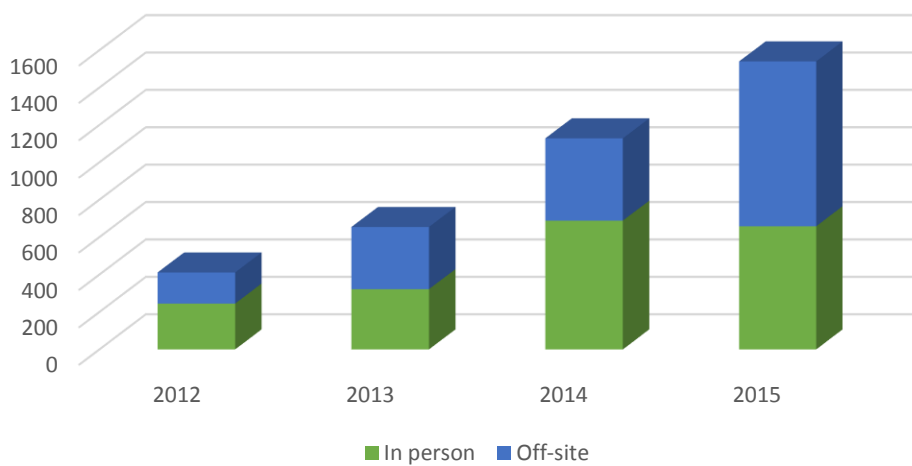
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The *3rd Annual Okanagan Embrace Aging* month, co-hosted with Interior Health, included 13 educational opportunities and events focusing on a broad range of topics related to healthy aging throughout March 2016. In response to growing enthusiasm for this initiative, events were held in Kelowna and Vernon as well as on the UBCO campus. Attendance over the month was 587, an increase of 49% over the previous year. The planning committee included: Dr. Yvonne Lefebvre, Dr. Deanne Taylor, Kim Barnes and Betty Brown (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. In addition to organizing Embrace Aging, the committee is actively seeking partners to support the sustainability of this initiative.

**TABLE 1: IHLCDP EVENT HISTORY 2012-2015**



**Table 2: Attendance at IHLCDP Events 2012-2015**



## IHLCDP and the Campus as a Living Lab

The Institute has significantly strengthened its involvement in promoting wellbeing at UBC. Effective January 1, 2016, the Campus Health Continued Development Grant (Ministry of Health, with oversight from Interior Health) has been transferred to the IHLCDP. Informed by health promotion, population health, and community health and ecosystem theories, the Campus Health project has a long history of success in engaging students in community-based participatory action research and testing new practices for their usefulness in a campus setting. This funding provides a unique extension of the IHLCDP's work. With the campus as a living lab, the grant provides new opportunities for focusing on implementation questions related to scaling up interventions in key areas to support wellbeing across the campus. Together with the Institute's involvement in the UBC Steering Committee for the new *Wellbeing at UBC* initiative and its support for cross-campus collaboration and knowledge exchange, the Campus Health project will take on an increasingly important role in health promotion. Furthermore, the new *Okanagan Charter for Health Promoting Universities and Colleges (2015)* will inform Campus Health practices and create network opportunities that will increase knowledge exchange with other campuses across Canada



and around the world. This work will create new opportunities for students and faculty to engage in research to support wellbeing.

## IHLCDP Highlights for 2015-2016

### FOCUSING ON RESEARCH: Return on Investment

An IHLCDP Research Interest Group Grant (\$10,000) in 2013 provided the foundation for Co-Principal Investigators and Institute Associates Dr. Kathy Rush, Associate Professor in the School of Nursing and Dr. Carol Laberge, Royal Inland Hospital Health Services Administrator, to bring together a multidisciplinary team to understand how older adults with persistent atrial fibrillation manage the distress and anxiety associated with an irregular and often very fast heartbeat and its inherent risks. The topic is of increasing importance because with Canada's aging population, 1 in 4 Canadians over 40 are expected to suffer from atrial fibrillation in their lifetime. The return on investment on this IHLCDP grant has been impressive: an expanded team of regional health services and faculty experts, enriched research training opportunities for students including a PhD and a Masters' student who are focusing their research on this topic, and additional funding to extend this work through a CIHR grant (\$120,000). Preliminary results are already in press with a forthcoming publication in the *Journal of Applied Gerontology*, and have been the focus of several presentations, including this year's IHLCDP Café Scientifique held in March 2016. This continuing research partnership is exceptionally well positioned for translating research findings into new supportive interventions for patients. The timing could not be better - coinciding with expansion of cardiac services in the Southern Interior.



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*“My program of research on ways to support older adults with atrial fibrillation began with the invaluable funding from the IHLCDP. This research has become a passion to make a difference for those living with this condition. Our initial IHLCDP Research Interest Group grant ignited it all.”*

Dr. Kathy Rush

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### FOCUSING ON RESEARCH: Leading Innovation in Prevention

Dr. Cristina Caperchione, IHLCDP Associate and Assistant Professor in the School of Health and Exercise Sciences, is developing innovative, gender-sensitive approaches to increase physical activity for both men and women. Over the past year, with funding from the Canadian Cancer Society (\$199,500), she launched Project**MOVE** (<http://projectmove.ca>), a microgrants program to encourage women with breast cancer throughout the Okanagan to engage in physical activity. In addition, starting in 2016, with the support of a Canadian Cancer Society Innovation grant (\$188,000) and the Kelowna Rockets, she will introduce **Hat Trick**, a new, men-friendly lifestyle management program for inactive, overweight male hockey fans focused on physical activity and healthy eating. This ongoing research is positioning Dr. Caperchione as an innovator and leader in community-based cancer prevention. Building on this success, the IHLCDP and Dr. Caperchione collaborated on a successful visiting scholar application (\$5,000) to bring Dr. Kate Hunt, Professor of Gender and Health at the University of Glasgow to UBC Okanagan in the fall of 2016.





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*“The organic, real world approach of these projects provides a great opportunity for us to work collaboratively with people in their communities. The support from the IHLCDP in developing plans for knowledge translation as we adapt and implement innovations designed to promote healthy living has been invaluable.”*

Dr. Cristina Caperchione

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## FOCUSING ON COMMUNITY PARTNERSHIPS: Award winning collaboration in cancer prevention

POWERPLAY, a workplace health promotion program designed to support men’s engagement in healthy eating and active living, was in the spotlight over the past year. Along with demonstrated success in a pilot test of the program in four male-dominated workplaces in northern British Columbia, POWERPLAY received 5 awards. The Harmonization team behind this innovative program included IHLCDP researchers (Bottorff, Caperchione), research staff (Sharp, Seaton, Stolp, Munroe), knowledge broker (Sarbit) and UBCO student research assistants, and co-investigators and collaborators from the Canadian Cancer Society (Jones-Bricker, Klitch), BC Cancer Agency (Lamont, Medhurst, Errey) and Northern Health (Christian) as well as researchers from the University of British Columbia Vancouver campus (Olliffe) and Athabasca University (Johnson). The Harmonization Project was supported by funding from the Canadian Cancer Society.

The innovative program is profiled on the newly launched, POWERPLAY website <http://powerplayatwork.com>.

- Harmonization Project Group: Canadian Cancer Society, BC Cancer Agency, Northern Health Authority, UBC, Athabasca University, and designs by PG Web Designs. (2015). *POWERPLAY - Men's Health at Work*. Gold winner in the “Total Public Relations Campaign” category of the 13<sup>th</sup> Annual Service Industry Advertising Awards. See: <http://siaawards.com/winners-list/winners-list-2016/> (March 2015)
  - Harmonization Project: BC Cancer Agency, Canadian Cancer Society, Northern Health, University of British Columbia, and Athabasca University (with credits to PG Web Design). (2015). *POWERPLAY - Men's Health at Work Campaign*. Platinum winner in the Promotion/Marketing Materials category of the International competition for marketing and communication professionals (with credits to PG Web Design). <https://enter.marcomawards.com/entry/powerplay-mens-health-at-work-campaign/> (November 2015)
  - Harmonization Project: BC Cancer Agency, Canadian Cancer Society, Northern Health, UBC, and Athabasca University (with credits to PG Web Design). (2015). *POWERPLAY Playbook - Men's Health at Work*. Platinum winner in the Pro Bono category of the International competition for marketing and communication professionals. <https://enter.marcomawards.com/entry/powerplay-playbook-mens-health-at-work-2/>. (November 2015)
  - Canadian Cancer Society, Northern Health, BC Cancer Agency, University of British Columbia, & Athabasca University. (2015). *The POWERPLAY project*. Recipient of the Healthy Workplace for Small Business award at the Healthier You Awards, Prince George, BC (Nov 13, 2015).
  - Harmonization Project Group: Canadian Cancer Society, BC Cancer Agency, Northern Health Authority, UBC, Athabasca University, and designs by PG Web Design. (2015). *POWERPLAY - Men's Health at Work*. Gold winner in the “Patient Education – Series” category of Cancer Awareness Advertising Awards (for excellence in cancer awareness marketing and advertising). See: [http://www.caaawards.com/wp-content/uploads/2016/01/2015CAAWinners\\_List.pdf](http://www.caaawards.com/wp-content/uploads/2016/01/2015CAAWinners_List.pdf) (p.4) (November 2015).
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## FOCUSING ON KNOWLEDGE EXCHANGE: Extending our Impact

Conference on Health Promoting Universities and Colleges at UBC Okanagan

Between June 22-25, 2015, 375 people from 43 countries convened at UBC's Okanagan campus for the *2015 International Conference on Health Promoting Universities and Colleges: 10 years after the Edmonton Charter*. The idea for the conference originated with colleagues from the University of British Columbia, Simon Fraser University, the University of Victoria and the Canadian Mental Health Association, and attracted the attention of international leaders in health promotion. Nonetheless, it was Dr. Claire Budgen (IHLCDP Associate, Associate Professor Emerita Nursing and Conference Chair), Mr Martin Mroz (Co-Chair from Simon Fraser University), the planning committee, and numerous volunteers that helped make this conference an overwhelming success. The IHLCDP Director served as a consultant to the planning committee and was invited to Co-MC the conference plenary sessions. With the support of a writing team, the delegates critiqued and refined the Charter in a design lab and development sessions, and pledged to bring the Okanagan Charter back to their settings. The Okanagan Charter is now being widely disseminated and will be used to mobilize health promotion action both on and off campuses to address increasingly complex issues about health, wellbeing, and sustainability of people for years to come.

The Okanagan Charter is available on the conference website

<http://internationalhealthycampuses2015.com>



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*"The Okanagan Charter is especially valuable because it is visionary, inspiring and also very practical, with an action framework that can be adapted to any campus"* Dr. Claire Budgen

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Drs. Claire Budgen and Joan Bottorff

## Okanagan Embrace Aging Takes Off

The 2016 Embrace Aging series held in March 2016 received attention across the Okanagan and beyond:

- Okanagan Men's Shed, *ShawTVOkanagan*, February 18, 2016  
<https://www.youtube.com/watch?v=GFZq9lasnuo>
- Aging Well, UBCO Embracing Aging Month, *UBC Okanagan News*, February 26, 2016  
<https://news.ok.ubc.ca/2016/02/26/aging-well-ubc-embraces-aging-month/>
- UBC Series embraces aging, *Castanet*, March 5, 2016  
<http://www.castanet.net/news/Kelowna/134400/UBC-series-embraces-aging>
- UBCO taking part in Embrace Aging Month, *Kelowna Now*, March 6, 2016  
[https://www.kelownanow.com/watercooler/news/news/Central\\_Okanagan/16/03/06/UBCO\\_Takes\\_Part\\_in\\_Embrace\\_Aging\\_Month/](https://www.kelownanow.com/watercooler/news/news/Central_Okanagan/16/03/06/UBCO_Takes_Part_in_Embrace_Aging_Month/)
- Okanagan Embrace Aging events in March, *Kelowna Capital News*, March 10, 2016  
<http://www.kelownacapnews.com/lifestyles/295790631.html>
- Seniors Exercise Fair, *Global News*, March 10, 2016  
<http://globalnews.ca/news/2571447/seniors-exercise-fair/>
- UBC Embraces Aging Month, *Peachland View*, March 11, 2016, p. 14  
[https://issuu.com/peachlandview/docs/march\\_11\\_2016](https://issuu.com/peachlandview/docs/march_11_2016)

- Kelowna's 'Men's Shed' replaces isolation with purpose in retirement, *CBC News* article and *Radio West* podcast, March 17, 2016 <http://www.cbc.ca/news/canada/british-columbia/kelowna-s-men-s-shed-replaces-isolation-with-purpose-in-retirement-1.3496600>
- Kelowna Men's Shed, *Kootenay Council of Senior Association*, March 2016 <http://kcosa.ca/seniors-news/>
- The Kelowna Daily Courier columnist, Shannon Linden profiled Embrace Aging in five columns:
  - Discover ways to live longer and better, March 1, 2016
  - Showing compassion good for health of all, March 4, 2016
  - Dealing with grief, there is an app for that, March 11, 2016
  - Men's sheds build belonging, self-esteem, March 18, 2016
  - Chasing a good night's sleep? Some tips, March 26, 2016
- Social Media - Tweets (e.g., @IHLCDP @Embrace\_Aging @ChrisWalkerCBC @SLindenAuthor @UBCFHSD) along with posts on Facebook




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During the past year, we have begun to leverage the IHLCDP expertise in knowledge translation and exchange by offering fee-for-service assistance. For example, we assisted the Okanagan Men's Shed with developing their website <http://mensshed.ca>

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Dr. Bottorff and Mr. Art Post, President of Okanagan Men's Shed

## IHLCDP Research Training

The Institute provided eight UBCO students with research training over the past year through the UBC Work Study program. In addition, three doctoral students and a postdoctoral fellow worked out of the Institute.

### **Kudos to the following trainees:**

Dr. Sana Shahram successfully defended her PhD dissertation, entitled: Understanding the social determinants of substance use among pregnant-involved young Aboriginal Women: A mixed methods research project in May 2015 and commenced a postdoctoral fellowship with Dr. Bernie Pauly, University of Victoria.

Ms. Haleema Jaffer-Hirji completed her BSc at UBCO in April 2015 and was accepted into medicine in the Southern Medical Program at UBC in September 2015.

IHLCDP Postdoctoral Fellow, Dr. Marianne Clarke accepted a Research Associate position commencing March 2016 at the University of Waikato, New Zealand.



Ms. Alex Cloherty's (BSc student) experiences as a research assistant in the IHLCDP were profiled on the UBC Work Study website [http://students.ok.ubc.ca/careers/faculty/wagesubsidy/Alex\\_s\\_Story.html](http://students.ok.ubc.ca/careers/faculty/wagesubsidy/Alex_s_Story.html) Alex will complete her Bachelor of Science degree this year at UBCO. We congratulate her on her acceptance into a master's program at Utrecht University in the Netherlands where she will be supported with a highly competitive scholarship (\$43,000).

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*"My work study experience taught me that research is about solving mysteries, telling stories, and discovering connections. It taught me that research is for me."*

Ms. Alex Cloherty

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Ms. Alex Cloherty and Dr. Gayl Sarbit

## IHLCDP Expanding Our Resources

To enable the IHLCDP's work in supporting faculty members and students in leading health promotion research, we developed three opportunities for donations that have as their ultimate goal helping individuals and communities flourish and grow to their fullest potential. These opportunities are included in all IHLCDP event feedback forms (as of January 2016) and will soon be posted on the Institute website.

- **SUPPORT HEALTHY AGING:** Donations to this initiative will help the IHLCDP deliver the latest research and expert advice in educational events in communities. This funding will be used to expand activities such as Embrace Aging Month.
- **ACCELERATE HEALTH RESEARCH TRAINING:** Donations for health research training will be used to help inspire the next generation of health researchers by providing student research internships with IHLCDP affiliated health research teams.
- **KICK-START HEALTH INNOVATION:** Donations will be directed to kick-start the transfer of new ideas into innovative community health promotion approaches in communities in our region.

We are very appreciative of the support received from Interior Savings Credit Union to purchase new equipment to improve delivery of knowledge exchange events on campus as well as in the community.

## IHLCDP Director's Activities

The Director was involved in the following activities:

- UBCO Representative, Interior Health Research Advisory Committee
- Member, Community-based Research Steering Committee, UBC Okanagan campus
- Advisor to the Planning Committee and Co-MC, 2015 International Conference on Health Promoting Universities and Colleges: 10 years after the Edmonton Charter, held at the UBC Okanagan campus, June 22-25, 2015.
- Member, Wellbeing at UBC Steering Committee, UBC
- Member, UBC Wellbeing Initiative, UBC Okanagan campus
- Nominated Principal Investigator, Campus Health Development Grant (Ministry of Health/Interior Health), UBC Okanagan
- Member, National Board, Canadian Cancer Society
- Member, Advisory Committee, *Working on Wellness* project (led by the BC Healthy Living Alliance)

## IHLCDP Advisory Committee

The IHLCP Advisory Committee held two meetings during the year. See Appendix C for a list of members.

## IHLCDP Associates

The IHLCDP has welcomed additional associates from the community and academia and many have participated directly in Institute activities. Currently the Institute has 70 associates.

See Appendix D for a complete list.

Our IHLCDP associates continue to be very successful in obtaining grant funding, providing research training for students, and disseminating their work in publications and other knowledge products. In this report we highlight IHLCDP Associates who received the following prestigious awards during the past year.

- Dr. Jennifer Jakobi was awarded a Killam Research Fellowship to assist with her research to identify sex-specific changes in the neuromuscular systems in older adults that influence functional independence in later years.
- Dr. Barb Pesut's tenure as Canada Research Chair (CRC) in Health, Ethics, and Diversity was renewed for a further five years. This award enables her to continue her interdisciplinary work on improving the quality of end-of-life healthcare.
- Dr. Ali McManus received a CFI grant for the Pediatric Inactivity Physiology Laboratory.
- Dr. Mary Jung received a CIHR Foundation Scheme New Investigator grant entitled, Self-Regulation of Exercise Behaviour in Individuals with Prediabetes: From Evidence to Community Implementation. Other IHLCDP Associates working with her include Drs. Heather Gainforth, Charlotte Jones, and Jonathan Little.

The work of our IHLCDP Associates has also been featured throughout the year on the UBC Okanagan website:

- Dr. Carole Robinson: Oncologists support having advance care planning discussions earlier, UBC research shows By Matthew Grant on March 2, 2016 <https://news.ok.ubc.ca/2016/03/02/oncologists-support-having-advance-care-planning-discussions-earlier-ubc-research-shows/>
- Dr. Barb Pesut: Canada Research Chair title extended further five years for UBC Professor. By Patty Wellborn on February 15, 2016. <https://news.ok.ubc.ca/2016/02/15/canada-research-chair-title-extended-further-five-years-for-ubc-professor/>
- Dr. Charlotte Jones: UBC prof. looking for seniors with hearing loss for new study. By Matthew Grant on February 9, 2016. <https://news.ok.ubc.ca/2016/02/09/ubc-prof-looking-for-seniors-with-hearing-loss-for-new-study/>
- Dr. Stephen Berg: Education faculty join forces to teach BC Curriculum Competencies in a fun, innovative way. By Jill Dickau on January 4, 2016. <https://news.ok.ubc.ca/education/2016/01/04/healthfair/>
- Dr. Kathy Rush: UBC research links stress relief motivation to physical discomfort. By Matthew Grant on December 8, 2015. <https://news.ok.ubc.ca/2015/12/08/ubc-research-links-stress-relief-motivation-to-physical-discomfort/>
- Dr. Ali McManus: UBC ties girls' sedentary lifestyles to potential health issues. By Matthew Grant on December 3, 2015. <https://news.ok.ubc.ca/2015/12/03/ubc-ties-girls-sedentary-lifestyles-to-dangerous-health-issues/>



- Dr. Jon Corbett: Jon's Story. Geography prof Jon Corbett drives social transformation by amplifying the voices of secluded populations, December 3, 2015. <https://ourstories.ok.ubc.ca/stories/jon-corbett/>
- Dr. Stephen Berg: UBC Okanagan teacher candidates recently introduced healthy living activities at Quigley Elementary School. By Jill Dickau on November 30, 2015. <https://news.ok.ubc.ca/education/2015/11/30/education-students-host-health-fair-at-kelowna-primary-school/>
- Dr. Jonathan Little: Just one HIIT: High intensity interval training may reduce risk of diabetes. By Patty Wellborn on November 2015. <https://news.ok.ubc.ca/2015/11/17/just-one-hiit-high-intensity-interval-training-may-reduce-risk-of-diabetes/>
- Dr. Sanjoy Gosh: The fats you consume may make you lazy and prone to diabetes. By Patty Wellborn on November 12, 2015. <https://news.ok.ubc.ca/2015/11/12/the-fats-you-consume-may-make-you-lazy-and-prone-to-diabetes/>
- Dr. Jonathan Little: Health Inside out. By Allyssa Costerton-Grant on November 11, 2015. <https://ourstories.ok.ubc.ca/stories/jonathan-little/>
- Dr. Jennifer Jakobi: UBC researcher investigates fall prevention for the elderly. By Patty Wellborn on November 10, 2015. <https://news.ok.ubc.ca/2015/11/10/ubc-researcher-investigates-fall-prevention-for-the-elderly/>
- Dr. Zach Walsh: Study highlights potential public health benefits of medical cannabis. By Patty Wellborn on October 5, 2015. <https://news.ok.ubc.ca/2015/10/05/study-highlights-potential-public-health-benefits-of-medical-cannabis/>
- Dr. Eric Li: Management professor prepares students for successes at UBC's Okanagan campus and in the business world. By Anne-Rachelle McHugh, on Sept 4, 2015. <https://ourstories.ok.ubc.ca/stories/eric-li/>
- Dr. Zach Walsh: Shifting attitudes around cannabis allow Dr. Zach Walsh and his team contribute to a scientific explosion that explore therapeutic uses of medicinal plants. By Deanna Roberts, on August 28, 2015. <https://ourstories.ok.ubc.ca/stories/zach-walsh/>
- Dr. Claire Budgen: Health and sustainability promotion top priorities in Okanagan Charter. By Bud Mortenson, on June 25, 2015. <https://news.ok.ubc.ca/2015/06/25/health-and-sustainability-promotion-top-priorities-in-okanagan-charter/>
- Dr. Cristina Caperchione: UBC researchers host information session about ProjectMOVE. By Patty Wellborn on June 25, 2015. <https://news.ok.ubc.ca/2015/06/25/ubc-researchers-host-information-session-about-projectmove/>
- Ms. Casey Hamilton: Passion Projects: How do you create environmental support to make healthier lives. By Chris Bowerman on June 17, 2015. <https://ourstories.ok.ubc.ca/stories/casey-hamilton/>
- Dr. Claire Budgen: Global Conference to renew international charter at UBC Okanagan. By Patty Wellborn on June 8, 2015. <https://news.ok.ubc.ca/2015/06/08/universities-and-colleges-mobilize-to-promote-healthy-sustainable-campuses/>
- Dr. Cristina Caperchione: UBC looking for breast cancer survivors who like to be active. By Patty Wellborn on May 20, 2015. <https://news.ok.ubc.ca/2015/05/20/ubc-looking-for-breast-cancer-survivors-who-like-to-be-active/>



- Dr. Barb Pesut: UBC study finds nurse ‘navigators’ play vital role in senior care. By Patty Wellborn on April 21, 2015. <https://news.ok.ubc.ca/2015/04/21/ubc-study-finds-nurse-navigators-play-vital-role-in-senior-care/>
- Dr. Mary Jung: Our Stories. The future of exercise. By Allyssa Costerton-Grant on April 14, 2015. <https://ourstories.ok.ubc.ca/stories/mary-jung/>

#### UBCO TV

- Dr. Mary Jung: Short active bursts may lead to better health. <http://ubco.tv/?id=489>
- Dr. Casey Hamilton: Making a difference. <http://ubco.tv/?id=845>
- Dr. Nelly Oelke: Health care collaboration between UBCO and Brazil. <http://ubco.tv/?id=767>
- Dr. Cristina Caperchione: Breast cancer and fitness research. <http://ubco.tv/?id=819>
- Ms. Tracey Hawthorn, Thrive 2015. The Award-winning Thrive Week celebrates another year. <http://ubco.tv/?id=885>

#### CBC News

- Dr. Sally Willis-Stewart: Eating disorders in university becoming more common researcher says. By Daybreak South, CBC News Feb 8, 2016. <http://www.cbc.ca/news/canada/british-columbia/eating-disorders-university-1.3436413>

## Conclusion

With approximately half of Canadians over the age of 20 living with a chronic illness, there is little doubt that knowledge development related to supporting healthy living and chronic disease prevention remains a priority. The achievements over the past year demonstrate that the IHLCDP continues to build and support relationships and collaborations on and off campus to foster the development and mobilization of knowledge for health promotion. The Institute has extended its impact by profiling health research across our region and beyond, and provided a valuable platform for supporting the engagement of research, policy and practice partners in ways that foster new ways of thinking and doing to promote wellbeing. This has prompted an increasing number of calls from individuals seeking to link with students and faculty to provide assistance with conducting research projects in the community. We have also strengthened our capacity to advance health promoting knowledge relevant to real world outcomes through our growing expertise in knowledge translation. Our IHLCDP Associates have engaged in cutting edge research and attracted highly competitive grants, helping to establish UBCO as a centre for research excellence in health promotion and chronic disease prevention.

We look forward to contributing to efforts at UBC to enhance and amplify research activities, particularly in key areas that focus on promoting health and wellbeing.



## Appendices

### Appendix A: IHLCDP Supporting Knowledge Exchange

#### IHLCDP PARTNERSHIP IN RESEARCH SERIES

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<i>Leveraging masculinities to strengthen men's smoking cessation success</i> Dr. John Oliffe, UBC Vancouver Dr. Joan Bottorff, UBC Okanagan	Monday, January 18, 2016
<i>Fit for Life: Preventing frailty among older adults</i> Dr. Jennifer Jakobi, UBC Okanagan	Thursday, January 21, 2016
<i>Canadian Men's Sheds: Growth, expansion, and future opportunities</i> Mr. Doug Mackie, Menshed Manitoba, and Acting Chair of the Canadian Men Shed Association Mr. Gene Mitran, Vanderhoof MenShed Society Mr. Andrew Munroe, UBC Vancouver Dr. Corey Mackenzie, University of Manitoba Dr. Kerstin Roger, University of Manitoba	Thursday, January 28, 2016
<i>Leveraging masculinities to strengthen men's smoking cessation success</i> Dr. John Oliffe, UBC Vancouver Dr. Joan Bottorff, UBC Okanagan	Tuesday, February 2, 2016
<i>Early results from the Healthy Together Program: An innovative family education model for children and their families</i> Dr. Anima Anand, The Bridge Youth & Family Services Dr. Mary Jung, UBC Okanagan	Thursday, February 18, 2016
<i>BC Strategy for Patient Orientated Research (SPOR) Regional Centre: Strategic directions for Interior BC</i> Dr. Deanne Taylor, Interior Health Dr. Nelly Oelke, UBC Okanagan	Friday, February 19, 2016
<i>Options for a dementia friendly community: Experiences from Sicamous</i> Mr. Malcolm Makayev, District of Sicamous Dr. Mary Ann Murphy, UBC Okanagan Dr. Elizabeth Andersen, UBC Okanagan Dr. Gareth Jones, UBC Okanagan	Thursday, March 24, 2016

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#### RESEARCH TO PRACTICE SERIES

#### IHLCDP IN PARTNERSHIP WITH NOHS (NORTH OKANAGAN HOSPICE SOCIETY)

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<i>The power to choose: Improving end-of-life care in First Nation communities</i> Dr. Mary Lou Kelley, Lakehead University	Tuesday, September 22, 2015
<i>Supporting family caregivers: The development and use of a decision guide</i> Dr. Carole Robinson, UBC Okanagan	Tuesday, November 24, 2015
<i>BC Centre for Palliative Care: Providing leadership to promote excellence in palliative and end-of-life care</i> Dr. Doris Barwich, BC Centre for Palliative Care	Tuesday, January 19, 2016

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<p><i>The Canadian Virtual Hospice Loss and Grief Interactive Tool for patients and families</i> Dr. Christopher MacKinnon, McGill University; Co-host: Canadian Association of Psychosocial Oncology</p>	Tuesday, March 8, 2016
<b>OTHER IHLCDP EVENTS</b>	
<p>ADVANCE CARE PLANNING EVENT <i>Don't take chances. Making a health care plan</i> Dr. Carole Robinson, UBC Okanagan</p>	Thursday, April 16, 2015
<p>UBCO COMMUNITY-BASED RESEARCH SYMPOSIUM <i>Community-based research in practice: A Symposium</i> UBC Okanagan campus; IHLCDP co-host</p>	Tuesday, May 19, 2015
<p>VISITING SCHOLAR PRESENTATION <i>Remote Aboriginal community research: Translating knowledge into action</i> Dr. Jan Robertson, James Cook University</p>	Thursday, September 17, 2015
<p>COMMUNITY UNIVERSITY PARTNERSHIPS for HEALTH <i>First steps to take action on Healthy Public Policy in your community</i> Dr. Nelly Oelke, UBC Okanagan Ms. Cheryl Van Vliet-Brown, UBC Okanagan PhD student</p>	Thursday, October 22, 2015
<p>CITIZENS SERIES' WEBINAR <i>Nothing about us without us: Practices and tools to build community engagement and participation</i> Hosted by the BC Healthy Communities Society; IHLCDP facilitated UBC Okanagan campus as a host site</p>	Thursday, February 4, 2016
<p>ICER's CONVERSATION STARTER <i>When we can't agree: Deliberative public engagement on controversial policies</i> Dr. Michael Burgess, UBC Co-hosted by the Institute for Community Engaged Research and the IHLCDP</p>	Tuesday, February 16, 2016
<p>An EMBRACE AGING Event <i>Savvy Seniors: New communication technologies and you</i> Facilitated by the Community Service Learning Program, UBC Okanagan</p>	Tuesday, March 1, 2016
<p>An EMBRACE AGING Event <i>Am I kind? Person-centered wellbeing in residential care</i> Dr. Deanne Taylor, Interior Health</p>	Wednesday, March 2, 2016
<p>An EMBRACE AGING Event <i>Risk taking by older adults: Contradictions and controversies</i> Ms. Mary Kjørven, Interior Health, UBC Okanagan PhD student</p>	Thursday, March 3, 2016
<p>An EMBRACE AGING Event <i>So, YOU are in the hospital: What to expect from your Interior Health hospital pharmacist during your admission</i> Dr. Lauren Hutton, Vernon Jubilee Hospital</p>	Monday, March 7, 2016
<p>An EMBRACE AGING Event <i>Public transportation accessibility and options for seniors</i> Ms. Joyce Mainland, BC Transit</p>	Wednesday, March 9, 2016



An EMBRACE AGING Event <i>Seniors' Exercise Fair: Exercise is Medicine Open House</i> Facilitated by the School of Health and Exercise Sciences practicum students, the UBC Okanagan Exercise is Medicine Club, and Ms. Rebecca Frechette, UBC Okanagan	Thursday, March 10, 2016
CAFE SCIENTIFIQUE / An EMBRACE AGING Event <i>Got rhythm? Getting to the heart of atrial fibrillation</i> Dr. Frank Halperin, Interior Health Dr. Kathy Rush, UBC Okanagan Ms. Anne Pistawka, Central Okanagan Association for Cardiac Health (COACH) Mr. Gerry Morrison, patient	Thursday, March 10, 2016
An EMBRACE AGING Event <i>Singing makes everything better!</i> Mr. Nigel Brown, Sing for your Life Canada Foundation BC	Tuesday, March 15, 2016
An EMBRACE AGING Event <i>Listen Up: Hearing and healthy aging for older adults</i> Ms. Theresa Durante, Connect Hearing	Wednesday, March 16, 2016
An EMBRACE AGING Event <i>Okanagan Men's Shed Open House</i> Mr. Art Post, Okanagan Men's Shed	Thursday, March 17, 2016
An EMBRACE AGING Event <i>Tossin' and Turnin'? Sleep tips for seniors</i> Dr. Ronald Cridland, Kelowna Sleep Clinic	Thursday, March 17, 2016
<i>Invitational Workshop in Knowledge Translation</i> Co-hosted by Michael Smith Research Foundation, Interior Health, UBCO Research Office, and IHLCDP	Thursday, March 24, 2016

## Appendix B: Selected Invited Presentations by the Institute Director

Bottorff, J. L. (July, 2015). *Gender-sensitive approaches to cancer prevention: Promising directions for promoting health*. Keynote Address at the International Conference on Cancer Nursing 2015, hosted by the International Society of Nurses in Cancer Care, Vancouver, BC. Presentation posted online: <http://www.isncc.org/?page=ICCN2015ppt>

Bottorff, J.L. (Oct 19, 2015). *Co-designing gender-sensitive ehealth interventions*. Invited presentation at the Annual School of Nursing, Midwifery and Paramedicine Research Forum, Australian Catholic University, Sydney. Australia.

Bottorff, J.L. (March 18, 2016). *Smoking cessation for safer surgery: Tips for helping patients quit*. Invited video-linked presentation for health professionals in Nunavut (organized by Context Research for Nunavut Tobacco Control Program).

## Appendix C: IHLCDP Advisory Committee Members

Gayle Anton	Director, Community Integrated Health Services, Interior Health
Jan Appleton	Senior Manager, Community Integrated Health Services, Interior Health (to June 2016)
Betty Brown	Community Research Facilitator, Interior Health
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 (to June 2016)
Glenn McRae	Chief Nursing Officer and Professional Practice Lead, Interior Health
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

## 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

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



## Appendix E: IHLCDP Personnel

### Institute Administrative Support

Jacquetta Benard

### Research Support

Gayl Sarbit, Knowledge Broker

Nikolai Holm, Research Assistant (to September 2015)

Andrew Munroe, Knowledge Exchange Specialist

Cherisse Seaton, Research Coordinator

Paul Sharp, Research Assistant (to July 2015)

Sean Stolp, Data Analyst (December 2014 – March 2016)

Renee Toxopeus, Undergraduate Research Assistant (February 2016 – present)

### Work Study Research Assistants

Kennedy Amyotte, Undergraduate student

Andriyana Chychkevych, Graduate student

Alex Cloherty, Undergraduate student

Pamela Gunawan, Undergraduate student

Haleema Jaffer-Hirji, Undergraduate student

Jonathan Louie, Undergraduate student

Alana Perusse, Undergraduate student

Aman Soin, Undergraduate student

### UBC's Okanagan campus Graduate Students (supervised by the Director)

Katrina Plamondon, IGS PhD Student

Sana Shahram, IGS PhD Candidate (completed May 2015)

Laura Struik, IGS PhD Candidate

### Postdoctoral Fellow

Marianne Clark, PhD (supervised by Drs. Bottorff and Caperchione) - December 2014 – March 2016





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

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

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