



THE UNIVERSITY OF BRITISH COLUMBIA

Okanagan Campus

Institute for Healthy Living and  
Chronic Disease Prevention

# Annual Report

2022 - 2023

March 31, 2023





## Institute for Healthy Living and Chronic Disease Prevention

PARTNERS IN RESEARCH FOR BETTER HEALTH

### Vision and Mission

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

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

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## Executive Summary

The IHLCDP has grown significantly since it was launched in May 2009. Research programs led by our Institute Associates have expanded exponentially. Supported by new and enduring partnerships with communities and knowledge users, these research programs are addressing shared priorities in advancing health and wellbeing, and supporting a growing number of outstanding trainees. The successes outlined in this report are directly related to the exceptional Associates engaged in this research. This year we highlight significant achievements with respect to healthy aging, feature examples of the real-world impact of current research programs, profile two new international research partnerships, and recognize the success of two decade-long IHLCDP initiatives: The North Okanagan Hospice Society/IHLCDP co-hosted annual webinar series and the annual Okanagan Embrace Aging Month. Lastly, the IHLCDP is delighted to introduce the next director of the Institute, Dr. Jennifer Jakobi.

### *Key achievements of the IHLCDP and its associates include:*

#### **New funding for Health Research**

- Over **\$16 million** in new research funding

#### **Impact by the numbers**

- Over **213** peer-reviewed publications, with 21 representing collaboration among Institute Associates
- Over **1,200** people attended the **51** IHLCDP events held during the year
- Over **94** profiles of IHLCDP research via internal and external media blogs, podcasts and recorded talks
- **29** new webinars and over **11,300** views on the IHLCDP YouTube channel this year
- And **13,632** IHLCDP website views, with more than **6,100** visits by new users

#### **Research Training**

- **21** trainees received a total of **\$436,950** in awards for research training with our Institute faculty.

#### **Our People**

- Our IHLCDP Associates received **10** new awards and recognitions.

# Institute Operations

## *IHLCDP advisory committee*

The IHLCDP Advisory Committee for 2022 - 2023 was comprised of the following members:

Thomas Heilke	Associate Dean Research and Postdoctoral Studies; Professor, Political Science Irving K. Barber Faculty of Arts and Social Sciences, UBC Okanagan
Charlotte Jones	Southern Medical Program, Faculty of Medicine, UBC Okanagan
Paul van Donkelaar	Associate Vice-Principal, Research, Office of the Vice-Principal Research; Professor, School of Health and Exercise Sciences, Faculty of Health and Social Development, UBC Okanagan
Vacant	Interior Health representative

The Advisory Committee did not meet in person during the year.

## *IHLCDP associate membership*

The IHLCDP welcomed four new associates to its research activities in 2022 - 2023.

The Institute now has 76 associates from a range of academic units and community organizations.

See [Appendix A](#) for a complete list.

## *IHLCDP space / facilities*

The Institute for Healthy Living and Chronic Disease Prevention is located in ARTS 223.

Faculty Associates have labs in various locations on campus.

## *IHLCDP administration and staff*

Institute Director

Joan L. Bottorff, Professor

School of Nursing, Faculty of Health and Social Development, UBC Okanagan

Institute Administrative Support

Jacquetta Benard

## IHLCDP at a Glance

**213**  
peer-reviewed  
Publications

IHLCDP ASSOCIATES PEER-REVIEWED PUBLICATIONS BETWEEN APRIL 1, 2022 - MARCH 31, 2023.

**21** ARTICLES WERE CO-AUTHORED BY IHLCDP ASSOCIATES AND TRAINEES, AS WELL AS COLLABORATIVE WORK WITH COLLEAGUES AT UBCV AND NATIONAL AND INTERNATIONAL PARTNERS.

SEE [APPENDIX C](#) FOR LIST OF PUBLICATIONS.

**2,000+**

Twitter followers  
[@IHLCDP](#)

**94**  
Research  
Profiles

**39** BLOGS, PODCASTS, RECORDED TALKS  
**36** EXTERNAL MEDIA STORIES  
**19** UBC PROFILES OF IHLCDP FACULTY RESEARCH

SEE [APPENDIX E](#) FOR FULL DETAILS.

**10** NEW AWARDS & RECOGNITIONS  
THE IHLCDP RESEARCHERS  
ARE LEADERS IN THEIR FIELD

**51** IHLCDP KNOWLEDGE EXCHANGE EVENTS  
WITH OVER **1,200** ATTENDEES.

SEE [APPENDIX D](#) FOR  
FULL EVENT DETAILS.

**29** NEW WEBINARS ON THE [@IHLCDP](#) YOUTUBE CHANNEL  
**395** subscribers

**11.3K** views this year  
& **1.5K** hours watched

**\$16** MILLION IN NEW RESEARCH  
FUNDING (SEE [TABLE 1](#))

NEARLY 1/2 MILLION IN FELLOWSHIPS AND AWARDS TO SUPPORT TRAINEES UNDER THE SUPERVISION OF IHLCDP FACULTY. SEE [APPENDIX B](#) FOR FULL DETAILS.

TABLE 1:

IHLCDP ASSOCIATES NEW FUNDING RECEIVED IN 2022 - 2023\*

Type	Amount
Tri-council funding (CIHR, SSHR, NSERC)**	\$10,972,420
Other external funding**	\$4,235,569
UBC Research funding**	\$789,964
Trainee Awards	\$436,950
<b>Total funding</b>	<b>\$16,434,903</b>

\*Based on data available from the VPRI and IHLCDP Associates

\*\*Funding awarded to Institute Associates as PI or Co-PI.

**6,165** NEW [IHLCDP](#) WEBSITE VISITORS  
AND OVER **1,100** VIEWS PER MONTH.

## Awards and Recognitions

- Dr. Jennifer Davis received the UBCO 2022 Researcher of the Year – Health Award
- Dr. Mary Jung received a 2022 UBC Killam Accelerator Research Fellowship
- Dr. Eric Li was received by the Royal Society of Canada (RSC) and named a member of the College of New Scholars, Artists and Scientists
- Dr. Charlene Ronquillo received a 2022 Women Leaders in Digital Health Award
- Dr. Charlene Ronquillo received a 2022 Research Fellowship in Compassion and Artificial Intelligence award
- Dr. Laura Struik received a NNPBC Nursing Award of Excellence in Advancing Nursing Knowledge & Research
- Dr. Katrina Plamondon was appointed to the CIHR Scientific Advisory Committee on Global Health
- Dr. Lesley Lutes was appointed to the Ministry of Health Special Committee on Publicly Funded Mental and Behavioural Health in BC.
- Dr. Braden Te Hiwi received a 2022 MSHR BC Scholar Award (on leave)

### *Reconciliation Award recognized at ceremony*

xaʔqanaʔ ʔitkiniʔ (Many Ways of Doing the Same Thing) Research Team was presented with a BC Reconciliation Award at Government House in Victoria with Lt Governor Janet Austin to honour groups and individuals who have demonstrated leadership in advancing reconciliation. The team behind this project won the award in 2021, but the ceremony was held January 13, 2023. “The Many Ways of Doing the Same Thing” research team, co-led by Dr. Christopher Horsethief and Dr. Sana Shahram, has developed a community-driven and culturally-informed approach to decolonizing relationships between health systems and Indigenous peoples.



xaʔqanaʔ ʔitkiniʔ (Many Ways of Doing the Same Thing) Research Team presented with a BC Reconciliation Award. (Supplied by the BC Achievement Foundation)

## Featured IHLCDP Research

### *Aging takes centre stage at UBCO*

In June 2022, UBCO became the 8th Canadian university, and third in Western Canada to join the [Age Friendly University global network](#), thanks to the work of the [Aging-in-Place Research Cluster](#), led by **Dr. Jennifer Jakobi**. The Age Friendly University (AFU) network is comprised of institutions of higher education around the globe who have formalized their commitment to improving the age-friendliness of their policies, programs, and spaces. Joining this network



positions UBC Okanagan as not only a leader in research on aging but also as an institution committed to being inclusive to all. The AFU principles can be applied beyond the realm of “age” and speak to the overall importance of diversity, accessibility, and inclusivity in higher learning, ultimately improving the campus experience for all. The Aging In Place research cluster looks forward to continuing to work with UBCO to find ways to make our campus more age friendly with the support of this global network.

### *Unlocking new ways to support healthful aging*

**Dr. Brian Dalton** (PI) and his team are conducting research to identify underlying factors related to acute and chronic age-related alterations of the vestibular control of balance. Insights from this research will inform efforts to support standing balance and prevent balance-related falls. This research was funded by NSCERC.

**Dr. Jennifer Davis** (Co-PI), as part of a team of researchers at UBC’s Vancouver campus, is leading an economic evaluation of a health coaching intervention aimed at positively impacting physical activity and improving mobility in community-dwelling older adults with limited mobility (e.g., such as slow walking and difficulty getting up from a chair). Health coaching is an attractive strategy because it may have lower cost and greater convenience than traditional healthcare services. The research is supported with a CIHR grant.

**Dr. Brodie Sakakibara** (PI) is conducting a study involving virtual rehabilitation using smart mirror technologies to support recovery among patients following stroke. This research is supported by the KGH Foundation.

**Dr. Jennifer Jakobi** (NPI), **Dr. Jen Boger** (Co-PI) and **Drs. Brian Dalton, Mohammad Khalad Hasan, Vicki Komisar**, and **Brodie Sakakibara** (Co-Is) are developing a virtual reality (VR) intervention for health and wellbeing. Their unique design approach brings together older adults as expert members of the development team to co-create a relevant, trusted, and enjoyable VR intervention. This research is supported with a grant from the New Frontiers in Research Fund.



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**Dr. Kathy Rush** (PI) and **Drs. Nelly Oelke** and **Ryan Wilson** (Co-Is) and other members of their team are exploring new ways to enhance patient self-care and management of atrial fibrillation (AF) within primary care. They are bringing together doctors, nurses, patients and researchers to identify possible solutions to address AF self-care in practice and research. This project is funded by the MSHR BC.

**Dr. Sanjoy Ghosh** (PI) is studying whether regular whole eggs or omega-3 poly-unsaturated fatty acid (PUFA) enriched eggs with their anti-inflammatory properties can be useful in preventing and treating inflammatory cardiovascular disease in both older and diabetic patients. This study was funded by a grant from the Egg Farmers of Canada.

### *International partnerships: research with reach*

This year we highlight two of our IHLCDP Associates who are adapting and evaluating innovative interventions developed at UBCO with researchers and community stakeholders in study sites around the world. These newly funded projects highlight the potential for accelerating innovative research and its impact on health outcomes.



**Dr. Barb Pesut** and her team are collaborating with colleagues in Europe to address the need to deliver high-quality, equitable and cost-effective care to millions of older people with cancer and their frequently overburdened family caregivers. This interdisciplinary, cross-country and intersectoral EU-funded NAVIGATE project is assessing the effectiveness and cost-effectiveness of an innovative navigation intervention in more than 530 patients with cancer aged 70 years and older and their family caregivers in different healthcare systems in Europe. The intervention is based on a successfully-tested [NAV-Care](#) intervention pioneered by Dr. Pesut. It supports people with declining health and their families to improve their quality of life and well-being, foster empowerment, and facilitates timely and equitable access to health and social care services and resources. This project is funded by the European Union.

**Dr. Mary Jung** and her team, in partnership with YMCAs in Canada and Australia spanning 8 provinces and the state of Queensland, will evaluate the implementation and effectiveness of [Small Steps for Big Changes](#) across 16 urban municipalities. As the number of people at risk for developing type 2 diabetes (T2D) continues to climb, new approaches are needed to prevent diabetes. Small Steps for Big Changes is a diet and exercise counselling intervention that significantly reduces the risk of developing T2D. Designed for feasible, scalable, and sustainable implementation into communities, *Small Steps for Big Changes* will be delivered by trained community-dwelling peers to ensure the content is ethnoculturally relevant. Evaluation will include changes in patient health over two years following program completion. This research is supported by grants from CIHR, Public Health Agency of Canada, and the National Health and Medical Research Council of Australia.



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## *Translating science into practice and policy change*

Our IHLCDP Associates provide excellent examples of what is possible when researchers are passionate about translating their research into practice and policy change – with a focus on those most vulnerable. Below we highlight three exemplary researchers:

**Dr. Lesley Lutes** is playing a leading role in bringing Primary Care Behavioural Health to BC to enable psychologists and other health-care professionals to treat the problems that are most pressing to patients where and when they need it. Over the past two years, Dr. Lutes' advocacy has included media interviews, writing Op Eds, accepting invitations to contribute and speak to the BC budget committee, and participating in over 30 meetings with MLAs, party leaders, Ministers, and the Attorney General (now Premier Eby). Dr. Lutes is the first psychologist to sit on the recently formed publicly funded mental health committee advocating for integration of mental and behavioural health services within the healthcare system in BC. Her recent \$27 million-dollar proposal to the BC government to integrate mental health services in primary care is currently under review. In the meantime, Vision Loss Canada announced partnering with Dr. Lutes and colleagues to begin implementing mental and behavioural health services for all patients living with vision loss, beginning with implementation in BC this year.

**Dr. Katrina Plamondon** is playing a national leadership role in advancing health equity. As lead of an interdisciplinary team focusing on the issue of vaccine nationalism, she is bringing people together to reimagine the standards and guidelines that might guide governing tables toward more equitable futures. With members from across Canada and funding from CIHR, the SOLVE team is using the findings from deliberative dialogues to contribute directly to the development of a pandemic treaty at the World Health Organization. In addition to submitting comments and a 90 second video, the team attended a series of conversational sessions led by the WHO International Negotiating Body (INB) focusing on a range of topics including equity. On behalf of this team, in March 2023 Dr. Plamondon accepted an invitation to speak at the Canada Pandemic Instrument Partner and Stakeholder Forum, convened by Canada's Minister of Health, Jean Yves Duc. With Dr. Plamondon's efforts, the SOLVE research was used to respond to the draft WHO legal instrument on pandemic prevention, preparedness and to advocate for equitable global action in future pandemics. Through these efforts this research is also contributing to the development of Canada's priorities and objectives in the creation of a pandemic instrument that considers equity.

**Dr. Paul van Donkelaar** and his collaborators in the Supporting Survivors of Abuse and Brain Injury (SOAR) Initiative are using their research to make a real-world impact. Combined with community engagement efforts, their research is changing the conversation around the supports that are provided to intimate partner violence (IPV) survivors among healthcare providers, social workers, law enforcement officers, frontline staff at gender-based violence organizations, and within the justice system. In addition to sharing their research in presentations and meetings with advocacy groups and policy makers, the SOAR Team are developing tools to change practice. In partnership with community stakeholders and women's shelters, the team co-designed a new module in the Concussion Awareness Training Tool specifically for frontline staff at women's shelters. Research by the SOAR team has also informed the development of the Intimate Partner Violence Brain Injury Medical Provider Resource, published in February 2023. These resources are available here: <https://cattonline.com/>. By placing integrated knowledge translation at the core of its activities, Dr. van Donkelaar and the SOAR team are ensuring that the evidence they generate quickly makes its way to inform the day-to-day practices of staff working in the gender-based violence sector.

# Training the next generation

## *IHLCDP and AGE-WELL Network of Centres of Excellence Partnership*

In the second year of our partnership with AGE-WELL, we are pleased to announce that UBCO trainee Phuong “Lisa” Ha (PhD student, Health and Exercise Science) was one of the 2022 recipients an AGE-WELL-UBC Graduate Student Award in Technology and Aging (Supervisor: **Dr. Brian Dalton**)

## *Multidisciplinary Undergraduate Research Project in Health (MURPH)*

The [MURPH program](#), co-led by partners from the IHLCDP, the Material and Manufacturing Research Institute (Faculty of Engineering), the Centre for Heart, Lung and Vascular Health (Faculty of Health and Social Development), and the UBC Southern Medical Program, provides research opportunities for faculty and students. The 2022-2023 program supported 9 applied health projects encompassing 14 disciplines with a total of 18 faculty members (9 IHLCDP Associate members were PIs in 6 projects), and 18 MURPH Scholars. Students presented their research at the UBC Okanagan Interdisciplinary Student Health Conference on March 11, 2023.

MURPH Projects co-led by IHLCDP Associates in 2022-2023 included:

- *EMPHASize: E-module for professional health awareness on eating disorders and weight stigma.* Co-PIs: **Dr. Sally Stewart** (School Health and Exercise Science) and Dr. Libben (Psychology)  
UG students: Lakoda R. Thomas (Psychology) and Mona Huang (Microbiology)
- *Co-Creating an Indigenous-led culturally safe tele-diabetes/obesity implementation toolkit.* Co-PIs: **Dr. Charlotte Jones** (Medicine) and **Dr. Donna Kurtz** (Nursing)  
UG students: Myra Molen (Health and Exercise Science) and Marie-Claire Lantin (Biology, Psychology)
- *Personal belongings carrier: An interdisciplinary collaborative intervention project to address homelessness and the precariousness of personal belongings.* Co-PIs: **Dr. Shirley Chau** (Social Work) and Dr. Milani (Engineering)  
UG students: Shiva Natarajan (Psychology) and Alison Marie Rose Siddon (Engineering)
- *Design and testing of an augmented reality-assisted vein detection device: A low-cost solution for difficult intravenous access in healthcare settings.* Co-PIs: **Dr. Charlene Ronquillo** (Nursing) and Dr. Milani (Engineering)  
UG students: Nicole Merritt (Nursing) and Kibele Sebnem Yildirim (Computer Science).
- *Integrating patient user experience platforms and sharing data to visualize.* Co-PIs: **Dr. Barb Marcolin** (Management) and **Dr. Charlene Ronquillo** (Nursing) UG Students: Vanessa Ferraro (Management) and Wenqi (Wayne) Guo (Computer Science)
- *Design and testing of an airborne disease mitigation device for interior hospitals.* Co-PIs: **Dr. Eric Li** (Management) and **Dr. Jonathan Little** (Health and Exercise Sciences) UG students: Ryan Gordon (Mechanical Engineering) and Ashley Tahara (BIMB)

## Trainee Success



**Allison Kooijman**, PhD Student in Nursing, received a Health Impact Doctoral Fellowship funded jointly by CIHR, MSHR BC and Interior Health. This award is aimed at helping to build BC's health policy research capacity for the integration of policy research into decision making. Under the supervision of IHLCDP Associate **Dr. Nelly Oelke**, Ms Kooijman will gather stories of patients, families and healthcare workers who have been adversely affected by restricted visitation policies, the loss of residents, and burnout, to better understand the context of long-term care, facilitate a Restorative Community of Care for healing, and learn from these situations to inform subsequent action. Ms Kooijman co-authored this article in The Conversation entitled "[\*When health care goes wrong: It's time for transparency in patient safety.\*](#)"



**Keyara Brody**, MSc Student, supervised by **Dr. Brodie Sakakibara**, received a CIHR Canada Graduate Scholarships-Master's (CGS-M) and a UBC Aboriginal Bridge Funding award. Her research examines sex and gender differences in support for chronic disease self management, with a focus on cardiovascular disease. She is working towards a career focusing on Indigenous health and wellness.



**Erin Delfs**, a MA student in the Community Engagement, Social Change & Equity IGS program, received a SSHRC CGS-M Award. Under the supervision of **Drs. Sana Shahram** and **Katrina Plamondon**, Erin's research will explore how municipal policies align with community understandings and needs relative to youth wellness and suicide prevention in the Central Okanagan. This research is housed within the Community-Led Actions for Resiliency Important Throughout Youth (CLARITY) Project, which Erin has been engaged with for over two years.



**Dr. Alex Kent** is the recipient of a Banting Postdoctoral Fellowship award, one of the most prestigious awards for postdoctoral researchers in Canada, along with a Michael Smith Health Research BC postdoctoral award. While completing her PhD research at Simon Fraser University, Dr. Kent supported efforts to build relationships and develop methodology with the [\*Ktunaxa Nation\*](#) through her ongoing work with the [\*xax̱qanaʔ ʔitkiniʔ \(Many Ways of Working on The Same Thing\)\*](#) research team. For her postdoctoral fellowship, Kent will continue working with this team under the mentorship and supervision of **Dr. Sana Shahram** and Dr. Christopher Horsethief and the [\*xax̱qanaʔ ʔitkiniʔ\*](#) research team and advisory. Read more about Dr. Kent [here](#).



**Dr. Majidullah Shaikh**, supervised by **Dr. Heather Gainforth**, received a SSHRC Postdoctoral Award to support his research focused on co-developing principles and strategies for research partnerships to advance positive youth development through sport.

## Community Outreach and Knowledge Exchange

### IHLCDP Speaker Series

The IHLCDP hosted and co-hosted a total of 51 events with 1,221 attendees. Many events were hosted virtually through webinar.

- **Ten IHLCDP Partnership in Research** events with 210 attendees.
- **Four Research to Practice** events co-hosted with North Okanagan Hospice Society and 199 attendees.



Dr. Barb Pesut, Professor, School of Nursing, UBCO (left) and Clara Dyck, Educational and Resource Leader, North Okanagan Hospice Society, at an IHLCDP / NOHS event.

### Celebrating a decade of partnership for knowledge and action

It was 10 years ago when the [North Okanagan Hospice Society](#) and the IHLCDP offered the first jointly sponsored webinar series in palliative care. In each subsequent year, researchers from UBCO and across the country were invited to share their latest research via webinar to community members. Provincial and national experts were also invited to share policy and practices advances in palliative care. These webinars were open to everyone, and quickly became some of our most well attended sessions. This webinar series has provided our Institute Associates and trainees with opportunities to share their latest findings to support enhancements to palliative and end-of-life care. Over the past 10 years, a total of 42 webinars were offered.



See [Appendix D](#) for a complete list of events and presenters.

Recorded webinar events are available on the IHLCDP YouTube channel [here](#)

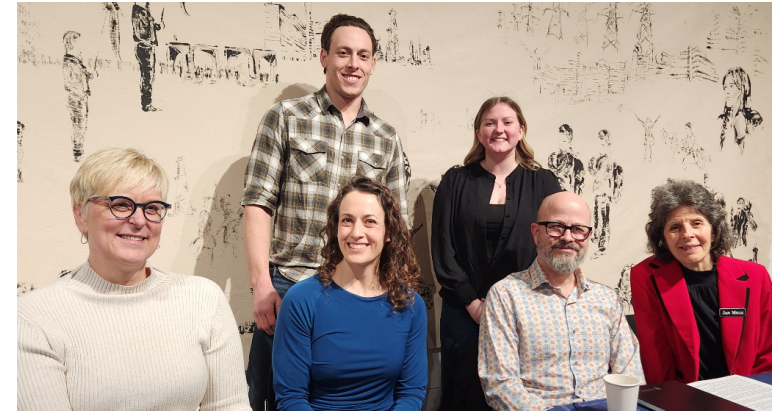
## Okanagan Embrace Aging turns 10

The [10th annual Okanagan Embrace Aging](#) month, held in March, hosted 41 events with 914 attendees. Events ranged from serious to fun, and provided our attendees with a variety of ways to Embrace Aging.

- **Two Café Scientifique** events were hosted during Embrace Aging with 137 attendees.

Embrace Aging is co-hosted by the Institute for Healthy Living and Chronic Disease Prevention, Interior Savings Credit Union, and Interior Health.

**Community Partners** for Embrace Aging this year were Central Okanagan Hospice Association, North Okanagan Hospice Society and Okanagan Regional Library



Café Scientifique, March 3, 2023. *Medicinal Cannabis: unpacking the knowledge, perceptions and stigmatism*. Panel Experts, bottom row, left to right: Dr. Janet Evans, Dr. Jennifer Bolt, Dr. Zachary Walsh, Jan Mills. Moderators, top row, left to right, UBCO students: Eli Haynes, Paige Copeland

### *The 2023 Embrace Aging Planning Committee included*

Corinne Johnson and Mollie Woodhouse, Interior Savings Credit Union;

Kim Peake, Michelle Smith and Paula Morrison, Interior Health;

Joey Thompson, Society for Learning in Retirement;

Patience Okuku, AgeLink Society, UBC Okanagan;

Dr. Colin Reid, School of Health and Exercise Sciences/Social Work and Lindsay Burton, School of Nursing, UBC Okanagan;

Drs. Jennifer Jakobi and Jennifer Boger, School of Health and Exercise Sciences, UBC Okanagan;

Jill Williamson, Aging in Place research cluster, UBC Okanagan;

and Dr. Joan Bottorff and Jacquetta Benard, IHLCDP.

See [Appendix D](#) for a complete list of events and presenters.

MARCH 2023 | A FULL MONTH OF FREE EVENTS

# 10th Annual Okanagan Embrace Aging Month

PROUDLY SUPPORTED BY

The image features a promotional graphic for the 10th Annual Okanagan Embrace Aging Month. At the top, it says 'MARCH 2023 | A FULL MONTH OF FREE EVENTS'. Below that is the main title '10th Annual Okanagan Embrace Aging Month' in large, bold, black font. Underneath the title, it says 'PROUDLY SUPPORTED BY' followed by logos for UBC, the Institute for Healthy Living and Chronic Disease Prevention, Interior Health, and Interior Savings. The bottom half of the graphic shows a photograph of an elderly couple, a man and a woman, smiling and riding a yellow roller coaster car. The man is wearing a blue shirt and the woman is wearing a yellow top.

## Introducing our new IHLCDP Director

Dr. Jenn Jakobi is taking on the role of IHLCDP Director on May 1, 2023. She brings to this position a distinguished record of research in physical activity and exercise interventions for older adults. The heart of Dr. Jakobi's research is interdisciplinarity with a focus on the functional independence in older adults using unique combinations of two fields of work - traditional neuromuscular 'bench' science and applied community-based research. Her work provides an outstanding demonstration of the value of integrating bench science into community-based studies, and reflects the interdisciplinary research that we are supporting in the IHLCDP and on our campus. Not surprisingly, Dr. Jakobi ensures that her research is not only translated to end-users but includes them in meaningful ways. For example, with this approach, she has studied perceptions and approaches to physical activity among master athletes and Indigenous persons. This research has informed the advancement of a physical literacy model, and the Esk'etemc First Nation is using the research findings to increase physical activity through culturally-based activities. Dr. Jakobi has played a significant role in capacity building and has been a stimulus for new collaborative work. She is the lead on a UBCO Eminence Cluster Aging-in-Place and has been an IHLCDP Associate since its inception. She is also the founder and Director of the iSTAND Program at UBCO, a network that recruits, supports and increases underrepresented persons, including Indigenous youth, in STEM. Her contributions and expertise developed in this program built a platform for her to apply, interview and be awarded the NSERC Chair for Women in Science and Engineering BC/Yukon region (2021). On behalf of all Institute Associates, we welcome her to this new leadership role at the IHLCDP and look forward to working with her.



## Summary

It has been over a decade since the IHLCDP was launched. Our vision was to support innovative and collaborative research to place UBCO at the forefront of advances in health promotion including fostering the use of that knowledge in ways that benefit individuals, families and communities and reduce the burden of chronic disease. Programs of research have grown significantly over these years, supported by strong community and stakeholder partnerships across increasingly diverse target groups. As reflected in this report, our Institute Associates and their trainees are clearly conducting leading-edge research and making significant contributions to health promotion and chronic disease prevention through the development of novel interventions and approaches. It has indeed been a pleasure and honour to witness this rapid growth and celebrate the many significant achievements of our Associates and their trainees.

As my tenure as the Director of the IHLCDP draws to a close, I want to extend my sincere thanks to all our Associates, both past and current, for their unwavering support and for sharing their time to participate in Institute activities. I wish our incoming Director, Dr. Jennifer Jakobi, much success in further advancing the IHLCDP and making it one of UBC's premier Institutes for advancing interdisciplinary and community partnered research in health promotion and chronic disease prevention.

## Contact Information

### Institute for Healthy Living and Chronic Disease Prevention

located on the unceded territory of the Syilx (Okanagan) peoples

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

Email: [HealthyLiving.Research@ubc.ca](mailto:HealthyLiving.Research@ubc.ca)

Web: <https://ihlcdp.ok.ubc.ca>

Twitter: <https://twitter.com/ihlcdp>



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

## Appendix A: Associate Members

### \* New Associate Member, 2022 - 2023

Lauren Airth, HaRT Campus Wellness and Education, UBCO

Elisabeth Antifeau, Interior Health

Shelly Ben-David, Social Work, FHSD, UBCO

Stephen Berg, Education, Faculty of Education, UBCO

\* Charlyn Black, Population and Public Health, UBCV

Jennifer Boger, Health and Exercise Sciences, FHSD, UBCO

Leslie Bryant, Interior Health

Chris G.Buse, Simon Fraser University

Cristina Caperchione, University of Technology Sydney

Shirley Chau, Social Work, FHSD, UBCO

Jon Corbett, Community, Culture and Global Studies, IKBFASS, UBCO

Melba D'Souza, Thomspon Rivers University

Brian Dalton, Health and Exercise Sciences, FHSD. UBCO

Jennifer Davis, Faculty of Management, UBCO

Heather Deegan, Interior Health

Sarah Dow-Fleisner, Social Work, FHSD, UBCO

Cheryl Drewitz-Chesney, Divisions of Family Practice, Vancouver

\* Clara Dyck, North Okanagan Hospice Society

Michael Evans, Community, Culture and Global Studies, IKBFASS, UBCO

Melanie Fenton, Aging in Place, UBCO

Paul Filiatrault, Health Standard Organization

Tanya Forneris, Health and Exercise Sciences, FHSD, UBCO

Heather Gainforth, Health and Exercise Sciences, FHSD, UBCO

Sanjoy Ghosh, Biology, IKBFS, UBCO

Deanna Gibson, Biology, IKBFS, UBCO

John Graham, Social Work, FHSD, UBCO



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Casey Hamilton, Campus Wellness and Education, UBCO  
Khalad Hasan, Computer Science, Mathematics and Statistics, IKBFS, UBCO  
\* Carla Hilario, Nursing, FHSD, UBCO  
Trish Hill, Interior Health  
Susan Holtzman, Psychology, IKBFASS, UBCO  
Jennifer Jakobi, Health and Exercise Sciences, FHSD, UBCO  
Charlotte Jones, Southern Medical Program, Faculty of Medicine, UBCO  
Mary Jung, Health and Exercise Sciences, FHSD, UBCO  
Elizabeth Keys, Nursing, FHSD, UBCO  
Mary Kjorven, Interior Health  
Vicki Komisar, Engineering, Faculty of Applied Science, UBCO  
\* Sarah Kraeutner, Psychology, IKBFASS, UBCO  
Marvin Krank, Psychology, IKBFASS, UBCO  
Donna Kurtz, Nursing, FHSD, UBCO  
Eric Li, Faculty of Management, UBCO  
Cailan Libby, Happipad, Kelowna  
Jonathan Little, Health and Exercise Sciences, FHSD, UBCO  
Jessica Lougheed, Psychology, IKBFASS, UBCO  
Gord Lovegrove, Engineering, Faculty of Applied Science, UBCO  
Lesley Lutes, Psychology, IKBFASS, UBCO  
Virginie Magnat, Faculty of Creative and Critical Studies, UBCO  
Karin Maiwald, Family Practice, Faculty of Medicine, UBCV  
Barb Marcolin, Faculty of Management, UBCO  
Ali McManus, Health and Exercise Sciences, FHSD, UBCO  
Nelly Oelke, Nursing, FHSD, UBCO

Lise Olsen, Nursing, FHSD, UBCO  
Barbara Pesut, Nursing, FHSD, UBCO  
Tricia Penny, School District 23, Kelowna  
Katrina Plamondon, Nursing, FHSD, UBCO  
Karen Ragoonaden, Education, Faculty of Education, UBCO  
Colin Reid, Health and Exercise Sciences/Social Work, FHSD, UBCO  
Charlene Ronquillo, Nursing, FHSD, UBCO  
Kathy Rush, Nursing, FHSD, UBCO  
Brodie Sakakibara, Southern Medical Program, Faculty of Medicine, UBCO  
Cherisse Seaton, FHSD, UBCO  
Sana Shahram, Nursing, FHSD, UBCO  
Michelle Smith, Interior Health  
Laura Struik, Nursing, FHSD, UBCO  
Carolyn Szostak, Psychology, IKBFASS, UBCO  
Deanne Taylor, Interior Health  
Edward Taylor, Social Work, FHSD, UBCO  
Braden Paora Te Hiwi, Community, Culture and Global Studies, IKBFASS, UBCO  
Paul van Donkelaar, Health and Exercise Sciences, FHSD, UBCO  
Zach Walsh, Psychology, IKBFASS, UBCO  
Susan Wells, Psychology, IKBFASS, UBCO  
Sally Willis-Stewart, Health and Exercise Sciences, FHSD, UBCO  
Ryan Wilson, Nursing, FHSD, UBCO  
Michelle Wong, Medicine, UBCV  
Tina Wu, Trinity Western University  
Janelle Zebedee, School District 23, Kelowna

## Appendix B: IHLCDP Faculty Research Awards

### TRI-Council Funding

Title and IHLCDP Principal / Co- Investigators	Funding Source	Amount	Years
Restoring gut symbiosis caused by a Western diet through a Mediterranean-like diet combined with novel probiotics that target the gut-brain metabolic interactome. PI: <b>Dr. Deanna Gibson</b>	CIHR	\$100,000	2023-2024
Investigating racism in youth mental health care: A mixed-methods youth-engaged study. PI: <b>Dr. Carla Hilario</b>	CIHR	\$105,000	2022-2025
Impacts of the COVID-19 pandemic on youth mental health service use. PI: <b>Dr. Carla Hilario</b>	CIHR	\$185,600	2022- 2025
Better Nights and Better Days for Canadians: An innovative national sustainable strategy to prevent and treat insomnia across the lifespan using digital approaches for sleep promotion, intervention, and provider training. PI: <b>Dr. Elizabeth Keys</b>	CIHR	\$35,767	2022-2023
Mobilizing stakeholders to build trust in public health systems in post-pandemic West Africa. Co-PI: <b>Dr. Katrina Plamondon</b>	CIHR	\$100,000	2022-2023
Small steps for big changes: Implementing an evidence-based diabetes prevention program into diverse urban communities. PI: <b>Dr. Mary Jung</b> ; Co-investigator: <b>Dr. Jennifer Davis</b>	CIHR – Team Grant Public Health Agency of Canada National Health and Medical Research Council, Australia (\$1,249,612)	\$2,958,703 \$2,467,035	2022 -2028

STROKECOG Platform: Innovative Clinical Trials Training Initiatives for STROKE and COGnition. Co-PI: <b>Dr. Brodie Sakakibara</b>	CIHR: Clinical Trials Training Platforms	\$4,479,815	2023-2026
Neuromechanics of postural responses to balance loss. PI: <b>Dr. Vickie Komisar</b>	NSERC – Discovery NSERC - Individual	\$37,500 \$140,000	2022-2028
Characterising neuroplasticity stimulated by covert practice and the nature of learning through covert practice. PI: <b>Dr. Sarah Kraeutner</b>	NSERC – Discovery NSERC - Individual	\$37,500 \$145,000	2022-2028
PromoScience supplement for science odyssey PI: <b>Dr. Jennifer Jakobi</b>	NSERC - Promoscience	\$5,000	2022
Community connectedness, fast features methodology, and wellness through systematic platforms. PI: <b>Dr. Barbara Marcolin</b>	SSHRC Partnership Engage Grant	\$25,000	2023-2024
Sustainable transport safety (SMARTer Growth System Planning): tools to proactively move toward zero deaths and zero emissions transport. PI: <b>Dr. Gordon Lovegrove</b>	NSERC	\$151,000	2022-2028

## Other funding sources

Title and IHLCDP Principal / Co- Investigators	Funding Source	Amount	Years
Immersive Teaching Agents for Educational Services. PI: <b>Dr. Mohammad Khalad Hasan</b> (Grad student: Satabdi Das)	Mitacs Inc.: Accelerate	\$100,000	2022-2027
Linkbase Hospitality Software: From Research and Development to Commercialization. PI: <b>Dr. Eric Li</b> (Grad Student Brandon Caiza)	Mitacs Inc.: Accelerate	\$9,500	2023

Investigating the effectiveness of an online research education course to build capacity for meaningful research partnerships among the spinal cord injury research system. PI: <b>Dr. Heather Gainforth</b> (Grad Student: Emily Giroux)	Mitacs Inc.: Accelerate	\$30,000	2022-2023
A partnership approach to co-developing a smoking cessation intervention for persons with spinal cord injury. PI: <b>Dr. Heather Gainforth</b>	Michael Smith Health Research BC – Convening and Collaborating Award	\$14,930	2022-2024
Role of omega-3 eggs in reducing pro-oxidative and inflammatory effects of omega-6 PUFA in diabetic and geriatric hearts. PI: <b>Dr. Sanjoy Ghosh</b>	Egg Farmers of Canada – Research Grants Program	\$80,100	2022-2025
Modeling patient response to a therapeutic diet in Crohn's disease. PI: <b>Dr. Deanna Gibson</b>	Crohn's and Colitis Foundation of America	\$77,000	2022-2023
Restoring gut symbiosis using a novel live biotherapeutic product that acts via the gut-brain. PI: <b>Dr. Deanna Gibson</b>	Crohn's and Colitis Canada	\$100,000	2023-2024
Examining motor imagery-related brain function in health and after stroke to leverage its prescription. PI: <b>Dr. Sarah Kraeutner</b>	Michael Smith Health Research BC – Scholar Award	\$450,000	2022-2027
Identifying patient-validated compassion and equity concepts in community care clinical notes through natural language processing. PI: <b>Dr. Charlene Ronquillo</b>	AMS Healthcare Fellowship in Compassion and Artificial Intelligence	\$75,000	2022-2023
Basic and applied investigations of motor imagery to promote recovery after stroke. PI: <b>Dr. Sarah Kraeutner</b>	British Columbia Knowledge Development Fund (BCKDF)	\$125,000	2022-2024
Basic and applied investigations of motor imagery to promote recovery after stroke. PI: <b>Dr. Sarah Kraeutner</b>	Canada Foundation for Innovation – John R. Evans Leaders Fund	\$125,000	2022-2024

For Veterans: An integrated solution for in-service CAF members and veterans' transition. PI: <b>Dr. Eric Li</b>	Department of National Defence - Innovation for Defence Excellence and Security (IDEaS)	\$1,103,080	2022-2023
Environmental Scan: Military Creative Arts Therapies Initiative PI: <b>Dr. Eric Li</b>	CIMVHR True Patriot Love Research Initiative	\$40,000	2022-2023
Exploration of an Intra- and Inter-national blockchain-powered and physical internet-enabled food supply chain traceability system in Canada and India. PI: <b>Dr. Eric Li</b>	India-Canada Centre for Innovative Multidisciplinary Partnerships to Accelerate Community Transformation and Sustainability (IC-IMPACTS) - NCE	\$24,000	2022-2023
Performing peripheral blood mononuclear cell (PBMC) isolations as a service for BC Cancer. PI: <b>Dr. Jonathan Little</b>	BC Cancer	\$13,000	2022-2023
Remission possible: A knowledge translation project to inform British Columbians with type 2 diabetes that remission is possible. PI: <b>Dr. Jonathan Little</b> ; Co-Investigator: <b>Dr. Deanne Taylor</b>	Michael Smith Health Research BC – Reach Award	\$15,000	2022-2024
Pilot implementation project: A pharmacist and registered dietitian led diet and medication deprescription intervention to promote type 2 diabetes (T2D) remission. PI: <b>Dr. Jonathan Little</b>	Lotte and John Hecht Memorial Foundation	\$650,000	2022-2026
Feasibility of exercise "snacks" in people living with type 2 diabetes: A pilot randomized control trial. PI: <b>Dr. Jonathan Little</b>	Diabetes Canada	\$300,000	2022-2023
Investigation into saliva matrix effects on standard protein quantification assays. PI: <b>Dr. Jonathan Little</b>	Metabolic Insights Inc.	\$2,800	2022-2023
The centre for obesity and well-being research excellence (The CORE). PI: <b>Dr. Lesley Lutes</b>	Canadian Foundation for Innovation – Infrastructure Operating Fund	\$18,238	2022-2028

<p>Program evaluation/audit of Interior health emergency departments' protocols regarding suicidal screening.</p> <p>PI: <b>Dr. Lesley Lutes</b></p>	Interior Health	\$75,000	2022-2023
<p>Implementation and evaluation of a navigation intervention for people with cancer in old age and their family caregivers: An international pragmatic randomized controlled trial.</p> <p>PI: <b>Dr. Barb Pesut</b></p>	European Union total awarded €5,993,222 (\$8.7M CDN)	\$384,710 (to UBC)	2022-2027
<p>BCCI collaborative team building grant (RHSRNbc).</p> <p>PI: <b>Dr. Katrina Plamondon</b></p>	Rural Health Services Research Network of BC	\$5,000	2022
<p>British Columbia Coalition Institute - Strategic planning for our community of practice.</p> <p>PI: <b>Dr. Katrina Plamondon</b></p>	Pacific Institute for Climate Solutions (Event Partnership)	\$2,500	2022
<p>DIGNITY: DIGital inclusion through social Innovation and TechnologY synergies in rural communities: A multi-disciplinary and multi-country collaboration.</p> <p>NPI: <b>Dr. Kathy Rush</b>; CoPI: <b>Dr. Eric Li</b>; Cols: <b>Dr. Sarah Dow-Fleisner, Dr. Mohammad Khald Hasan</b></p>	New Frontiers in Research Fund	\$492,565	2023-2026
<p>Optimizing the provision of virtual rehabilitation using smart mirror technologies: The TRAIL-M study.</p> <p>PI: <b>Dr. Brodie Sakakibara</b></p>	KGH Foundation Stroke Innovations Grant	\$110,000	2023-2025
<p>A virtual interprofessional collaborative care student-run intervention to promote chronic disease self-management after stroke: A pilot-randomized controlled study.</p> <p>PI: <b>Dr. Brodie Sakakibara</b></p>	KGH Foundation Stroke Innovations Grant	\$80,000	2023-2025
<p>KT Challenge 2022: Show me the evidence – nursing practices and policy at BC Cancer.</p> <p>Mentor: <b>Dr. Nelly Oelke</b> (with Raman Sandhu, Michelle LaFreniere, Megan Crosby, Jagbir Kaur, Scott Beck, Heather Kilgour - BC Cancer Registered Nurses).</p>	Providence Health Care (PHC), Vancouver Coastal Health Research Institute (VCHRI) and BC Cancer	\$5,000	2022
<p>The Regional Okanagan Youth Council ROYC): A pilot project.</p> <p>Co-PIs: <b>Dr. Katrina Plamondon</b> and <b>Dr. Sana Shahram</b></p>	Royal Bank of Canada and KGH Foundation	\$100,000	2023-2024

## UBC Research Awards

Title and IHLCDP Principal / Co- Investigators	Funding Source	Amount	Year
UBC Killam Accelerator Research Fellowship to <b>Dr. Mary Jung</b>	UBC Faculty Research Award	\$110,000	2022-2024
Portable technology to assess balance deficits in community-based settings. PI: <b>Dr. Brian Dalton</b>	VPRI: Critical Research Equipment and Tools Grant	\$13,886	2023-2024
Canada Research Chair (Tier II) in Patient-Oriented Health Economics. PI: <b>Dr. Jennifer Davis</b>	UBCO Management	\$443,332	2022-2026
Transforming pre-clinical research using the next generation cell imaging multi-mode reader platform Cytation 7. PI: <b>Dr. Deanna Gibson</b>	VPRI: Critical Research Equipment and Tools Grant	\$100,000	2023-2024
Exploring socioecological relations of infant sleep in a Canadian sample born during the COVID-19 pandemic. PI: <b>Dr. Elizabeth Keys</b>	UBC Hampton Award	\$10,000	2022-2024
Mapping trust in nurses with dimensions of trustworthy artificial intelligence: A scoping review. PI: <b>Dr. Charlene Ronquillo</b>	UBC Hampton Award	\$10,000	2022-2024
UBCO-Exeter Collaboration Fund Fellowship. PI: <b>Dr. Virginie Magnat</b>	UBCO and Exeter Collaboration Fund Fellowship	\$2,320	2022-2023
Homelessness Research in Kelowna: Journey Home Research Cluster. PI: <b>Dr. Barbara Marcolin</b>	VPRI – Eminence Program	\$6,000	2022-2023

<p>Advancing data-driven rural unattached patient personas development: A person-centered design to inform preventive care solutions.</p> <p>PI: <b>Dr. Kathy Rush</b></p> <p>Co-Is: <b>Drs. Eric Li, Charlene Ronquillo, Mohammed Khalad Hasan</b></p>	<p>UBC VP Health - Health Innovation Funding Investment Award (HIFI)</p>	<p>\$25,000</p>	<p>2022-2023</p>
<p>Operating equitable and impactful harm reduction services.</p> <p>UBC partner: <b>Lauren Airth</b></p> <p>Community Partner: Fahmy Bahauddin (Living Positive Resource Centre)</p>	<p>UBC Community Partners 2022 Partnership Recognition &amp; Exploration (PRE) fund</p>	<p>\$1,500</p>	<p>2022</p>
<p>Science World/Westcoast Women in Engineering, Science, and Technology (WWEST) STEM Support Program Exploration.</p> <p>UBC Partner: <b>Dr. Jennifer Jakobi</b></p> <p>Community Partner: Cameron Beck, ASTC Science World Society.</p>	<p>UBC Community Partners 2022 Partnership Recognition &amp; Exploration (PRE) fund</p>	<p>\$1,500</p>	<p>2022</p>
<p>Virtual reality training tool to facilitate police investigations of head injury and stimulation in intimate partner violence cases.</p> <p>Co-PI: <b>Dr. Paul van Donkelaar</b></p>	<p>UBC VP Health - Health Innovation Funding Investment Award (HIFI)</p>	<p>\$25,000</p>	<p>2022-2023</p>
<p>Traditional knowledge and Indigenous wellness in graduate nursing education in BC: The time for transformation and reconciliation.</p> <p>PI: <b>Dr. Donna Kurtz</b></p>	<p>UBC Indigenous Strategic Initiative (ISI) Fund</p>	<p>\$99,927</p>	<p>2022-2024</p>
<p>Community engaged development of an Indigenous health certificate at UBC Okanagan.</p> <p>PI: <b>Dr. Tanya Forneris</b></p>	<p>UBC Indigenous Strategic Initiative (ISI) Fund</p>	<p>\$65,385</p>	<p>2022-2024</p>



## Student Fellowships / Research Awards

Title and Awardees	Funding Source	Amount	Year
Phoung (Lisa) Ha (PhD student, HES): The influence of adult aging on balance in the upper arms while using assistive devices. Supervisor: <b>Dr. Brian Dalton</b>	Age-Well Graduate Student Award in Technology and Aging	\$10,000	2022-2023
Helen Chiang (UG Student, Biology) Can brain chemicals impact your gut? The investigation of kynurenine and serotonin on colitis and anxiety/depression. Supervisor: <b>Dr. Deanna Gibson</b>	UBCO IURA	\$10,500	2022
Kaela Cranston (PhD student, HES) Evaluating the digitalization of the Small Steps for Big Changes coach training: From conceptualization to effectiveness. Supervisor: <b>Dr. Mary Jung</b>	UBC Faculty of Graduate and Postdoctoral Studies – UBC Public Scholars Initiative Award	\$7,500	2022-2024
Emily Giroux (PhD Student, HES) Investigating the effectiveness of an online research education course to build capacity for meaningful research partnerships among the spinal cord injury research system. Supervisor: <b>Dr. Heather Gainforth</b>	UBC Faculty of Graduate and Postdoctoral Studies – UBC Public Scholars Initiative Award	\$7,000	2022-2023
Alanna Shwed (PhD Student, HES) Transforming the research system: Implementing the integrated knowledge translation guiding principles for meaningful research partnerships in the spinal cord injury research system. Supervisor: <b>Dr. Heather Gainforth</b>	UBC Faculty of Graduate and Postdoctoral Studies – UBC Public Scholars Initiative Award	\$6,500	2022-2023
Dr. Alex Kent (PDF): Advancing anti-colonial implementation science and knowledge translation with the xaxqanaƛ ʔitkiniƛ* (Many ways of working on the same thing) research team. Co-supervisor: <b>Dr. Sana Shahram</b>	Banting Postdoctoral Award (\$70K a year) Michael Smith Trainee Award (top-up \$15K a year).	\$170,000	2022-2024

Dr. Majidullah Shaikh (PDF) Co-developing principles and strategies for research partnerships to advance positive youth development through sport. Supervisor: <b>Dr. Heather Gainforth</b>	SSHRC Postdoctoral Fellows Program	\$55,000	2023-2024
Dr. Femke Hoekstra (PDF). Improving knowledge translation processes in the area of rehabilitation and physical activity promotion. Co-Supervisor: <b>Dr. Heather Gainforth</b>	2022 Killam Postdoctoral Fellow Research Prize	\$5,000	2022
Erin Delfs (MA in CESCE IGS program). Supervisors: <b>Dr. Katrina Plamondon</b> and <b>Dr. Sana Shahram</b>	SSHRC CGS-M Award	\$17,500	2022-2023
Parres Holliday (UG Student) The Effect of Mental Practice Frequency on Improving Athletic Performance. Supervisor: <b>Dr. Sarah Kraeutner</b>	UBCO Dept of Psychology – UG Research Award	\$650	2022
Sophia Mah (UG student) Managing Complications: Empowering postpartum individuals with education and self-monitoring mobile application. Supervisor: <b>Dr. Eric Li</b>	UBCO Faculty of Management – UG Research Award	\$9,500	2022
Allison Kooijman (PhD Student, SON) Using a restorative approach to create communities of care in the long-term care setting. Supervisor: <b>Dr. Nelly Oelke</b> ; Committee member: <b>Dr. Dee Taylor</b>	Health Impact Fellowship – Doctoral CIHR MSHR BC	\$35,000	2022-2023
Nicole Ketter (MSc Student, Rehab Sciences) Pritchard graduate fellowship. Supervisor: <b>Dr. Brodie Sakakibara</b>	UBCO VPRI - Prichard Graduate Fellowship	\$24,000	2022-2024
Keyara Brody (MSc Student, Rehab Sciences), Scholarships. Supervisor: <b>Dr. Brodie Sakakibara</b>	UBC Aboriginal Bridge Funding CIHR CGS Masters UBC Indigenous Graduate Fellowship (declined to accept CIHR)	\$26,500	2022-2023

<p>T. Sanchez (PhD Student, Psych) Mental Health Doctoral Fellowship. Supervisor: <b>Dr. Lesley Lutes</b></p>	<p>Faculty of Arts and Social Sciences, UBCO</p>	<p>\$14,500</p>	<p>2022-2023</p>
<p>MURPH Scholars: Lakoda R. Thomas (Psychology) and Mona Huang (Microbiology): EMPHASize: E-module for professional health awareness on eating disorders and weight stigma. Supervising Co-PI: <b>Dr. Sally Stewart</b> (School Health and Exercise Science)</p>	<p>UBCO's Multidisciplinary Undergraduate Research Projects in Health (MURPH)</p>	<p>\$6,800</p>	<p>2022-2023</p>
<p>MURPH Scholars: Myra Molen (Health and Exercise Science) and Marie-Claire Lantin (Biology, Psychology): Co-Creating an Indigenous-led culturally safe tele-diabetes/obesity implementation toolkit. Supervising Co-PIs: <b>Dr. Charlotte Jones</b> (Medicine) and <b>Dr. Donna Kurtz</b> (Nursing)</p>	<p>UBCO's Multidisciplinary Undergraduate Research Projects in Health (MURPH)</p>	<p>\$6,800</p>	<p>2022-2023</p>
<p>MURPH Scholars: Shiva Natarajan (Psychology) and Alison Marie Rose Siddon (Engineering): Personal belongings carrier: An interdisciplinary collaborative intervention project to address homelessness and the precariousness of personal belongings. Supervising Co-PI: <b>Dr. Shirley Chau</b> (Social Work)</p>	<p>UBCO's Multidisciplinary Undergraduate Research Projects in Health (MURPH)</p>	<p>\$6,800</p>	<p>2022-2023</p>
<p>MURPH Scholars: Nicole Merritt (Nursing) and Kibele Sebnem Yildirim (Computer Science): Design and testing of an augmented reality-assisted vein detection device: A low-cost solution for difficult intravenous access in healthcare settings. Supervising Co-PI: <b>Dr. Charlene Ronquillo</b> (Nursing)</p>	<p>UBCO's Multidisciplinary Undergraduate Research Projects in Health (MURPH)</p>	<p>\$6,800</p>	<p>2022-2023</p>
<p>MURPH Scholars: Vanessa Ferraro (Management) and Wenqi (Wayne) Guo (Computer Science): Integrating patient user experience platforms and sharing data to visualize. Supervising Co-PIs: <b>Dr. Barb Marcolin</b> (Management) and <b>Dr. Charlene Ronquillo</b> (Nursing)</p>	<p>UBCO's Multidisciplinary Undergraduate Research Projects in Health (MURPH)</p>	<p>\$6,800</p>	<p>2022-2023</p>
<p>MURPH Scholars: Ryan Gordon (Mechanical Engineering) and Ashley Tahara (BIMB): Design and testing of an airborne disease mitigation device for interior hospitals. Supervising Co-PIs: <b>Dr. Eric Li</b> (Management) and <b>Dr. Jonathan Little</b> (Health and Exercise Science)</p>	<p>UBCO's Multidisciplinary Undergraduate Research Projects in Health (MURPH)</p>	<p>\$6,800</p>	<p>2022-2023</p>

## Appendix C: IHLCDP Associate Publications April 1, 2022 - March 31, 2023

### 2022

von Gerich, H., Moen, H., Block, L.J., Chu, C.H., DeForest, H., Hobensack, M., Michalowski, M., Mitchell, J., Nibber, R., Olalia, M.A., Pruinelli, L., **Ronquillo, C.E.**, Topaz, M., Peltonen, L.-M. (2022). Artificial Intelligence -based technologies in nursing: A scoping literature review of the evidence. *International Journal of Nursing Studies*, 127. doi: 10.1016/j.ijnurstu.2021.104153

Rosa-Neto, J.C., Lira, F.S., **Little, J.P.**, Landells, G., Islam, H., Chazaud, B., Pyne, D.B., Teixeira, A.M., Batatinha, H., Moura Antunes, B., Guerra Minuzzi, L., Palmowski, J., Simpson, R.J., Krüger, K. (2022). Immunometabolism-fit: How exercise and training can modify T cell and macrophage metabolism in health and disease. *Exercise immunology review*, 28. 29-46.

Balhim, G.M., Falck, R.S., Barha, C.K., Starkey, S.Y., Bullock, A., **Davis, J.C.**, Liu-Ambrose, T. (2022). Effects of exercise training on the cognitive function of older adults with different types of dementia: a systematic review and meta-analysis. *British Journal of Sports Medicine*, 56 (16), 933-940. doi: 10.1136/bjsports-2021-104955

Kealy, D., **Ben-David, S.**, Cox, D.W. (2022). Early parental support and meaning in life among young adults: the mediating roles of optimism and identity. *Current Psychology*, 41 (6), 3865-3872. doi: 10.1007/s12144-020-00907-w

Montella, A., Chiaradonna, S., Mihiel, A.C.D.S., **Lovegrove, G.**, Nunziante, P., Rella Riccardi, M. (2022). Sustainable complete streets design criteria and case study in Naples, Italy. *Sustainability (Switzerland)*, 14 (20), 13142. doi: 10.3390/su142013142

**Sakakibara, B.M.**, Lear, S.A., Barr, S.I., Goldsmith, C.H., Schneeberg, A., Silverberg, N.D., Yao, J., Eng, J.J. (2022). Telehealth coaching to improve self-management for secondary prevention after stroke: A randomized controlled trial of Stroke Coach. *International Journal of Stroke*, 17 (4), 455-464. doi: 10.1177/17474930211017699

Falkenhain, K., Daraei, A., Forbes, S.C., **Little, J.P.** (2022). Effects of exogenous ketone supplementation on blood glucose: A systematic review and meta-analysis. *Advances in Nutrition*, 13 (5), 1697-1714. doi: 10.1093/advances/nmac036

Grundmann, O., Veltri, C.A., Morcos, D., Knightes, D., Smith, K.E., Singh, D., Corazza, O., Cinosi, E., Martinotti, G., **Walsh, Z.**, Swogger, M.T. (2022). Exploring the self-reported motivations of kratom (*Mitragyna speciosa* Korth.) use: a cross-sectional investigation. *American Journal of Drug and Alcohol Abuse*, 48 (4), 433-444. doi: 10.1080/00952990.2022.2041026

MacKay, D., Chan, C., Dasgupta, K., Dominy, C., Gagner, M., Jin, S., Kim, J., **Little, J.P.**, MacDonald, B., McInnes, N., Reichert, S., Bajaj, H.S., Gilbert, J., Houlden, R., Mansell, K., Rabi, D., Senior, P., Sherifali, D. (2022). Remission of Type 2 diabetes: Diabetes Canada Clinical Practice Guidelines Expert Working Group. *Canadian Journal of Diabetes*, 46 (8), 753-761.e8. doi: 10.1016/j.cjcd.2022.10.004

Hoekstra, F., **Gainforth, H.L.**, Anderson, K., Anton, H., Chernesky, J., Forwell, S., Maffin, J., Ginis, K.M., McBride, C.B., Mortenson, B., Willms, R. (2022). Principles and related strategies for spinal cord injury research partnership approaches: a qualitative study. *Evidence and Policy*, 18 (4), 776-788. doi: 10.1332/174426421X16161715996124

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- Hoekstra, F., Schaefer, L., Athanasopoulos, P., **Gainforth, H.L.** (2022). Researchers' and research users' experiences with and reasons for working together in spinal cord injury research partnerships: A qualitative study. *International Journal of Health Policy and Management*, 11 (8), 1401-1412. doi: 10.34172/ijhpm.2021.35
- MacPherson, M., Bakker, A.M., Anderson, K., **Holtzman, S.** (2022). Do pain management apps use evidence-based psychological components? A systematic review of app content and quality. *Canadian Journal of Pain*, 6 (1), 33-44. doi: 10.1080/24740527.2022.2030212
- Fossey, M.P.M., Balthazaar, S.J.T., Squair, J.W., Williams, A.M., Poornasjedi-Meibod, M.-S., Nightingale, T.E., Erskine, E., Hayes, B., Ahmadian, M., Jackson, G.S., Hunter, D.V., Currie, K.D., Tsang, T.S.M., Walter, M., **Little, J.P.**, Ramer, M.S., Krassioukov, A.V., West, C.R. (2022). Spinal cord injury impairs cardiac function due to impaired bulbospinal sympathetic control. *Nature Communications*, 13 (1), 1382. doi: 10.1038/s41467-022-29066-1
- Rootman, J.M., Kiraga, M., Kryskow, P., Harvey, K., Stamets, P., Santos-Brault, E., Kuypers, K.P.C., **Walsh, Z.** (2022). Psilocybin microdoses demonstrate greater observed improvements in mood and mental health at one month relative to non-microdosing controls. *Scientific Reports*, 12 (1), 11091. doi: 10.1038/s41598-022-14512-3
- Komisar, V.**, Dojnov, A., Yang, Y., Shishov, N., Chong, H., Yu, Y., Bercovitz, I., Cusimano, M.D., Becker, C., Mackey, D.C., Robinovitch, S.N. (2022). Injuries from falls by older adults in long-term care captured on video: Prevalence of impacts and injuries to body parts. *BMC Geriatrics*, 22 (1), 343. doi: 10.1186/s12877-022-03041-3
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## Appendix D: IHLCDP Knowledge Exchange Activities April 1, 2022 - March 31, 2023

### IHLCDP Partnership in Research Series

IHLCDP Associate Members in green

#### [Designing web-based resources to support inclusive and safe recreation participation for families and children with autism](#)

April 6, 2022

**Dr. Lise Olsen**, RN, Associate Professor, School of Nursing  
Faculty of Health and Social Development, University of British Columbia Okanagan

**Rebecca Anderson**, Psychology student, University of British Columbia Okanagan  
Paige Dafoe, Psychology student, University of British Columbia Okanagan

#### [Transportation is a Social Determinant of Health: Proven Ways to Thrive via SMARTer Growth Management](#)

May 25, 2022

**Dr. Gord Lovegrove**, Associate Professor, School of Engineering,  
Faculty of Applied Science, University of British Columbia Okanagan;  
Departmental Science Advisor, Transport & Infrastructure Canada, Government of Canada

#### [University Peer Support: Can non-professional interventions improve student mental health and wellbeing?](#)

June 23, 2022

**Julia Haas** (she/her), PhD Candidate, King's College London and Student Wellbeing & Welfare Manager  
King's College London Students' Union (KCLSU)

#### [Evaluating responses to the drug poisoning crisis in British Columbia](#)

September 20, 2022

**Dr. Mary Clare Kennedy**, Research Scientist, BC Centre on Substance Use;  
Assistant Professor, School of Social Work  
Faculty of Health and Social Development, University of British Columbia Okanagan

#### [Finding balance: Sensing our environment to prevent falling](#)

October 3, 2022

**Dr. Brian Dalton**, Assistant Professor, School of Health and Exercise Sciences  
Faculty of Health and Social Development, University of British Columbia Okanagan

*Evaluating the value for money of lifestyle interventions to promote healthy aging*

November 16, 2022

**Dr. Jennifer C. Davis**, Canada Research Chair (Tier 2) in Applied Health Economics;  
Assistant Professor, Faculty of Management, University of British Columbia Okanagan

**Cassandra Adjetej**, Masters student in IGS CESCE theme, University of British Columbia Okanagan

*Exploring the cancer care workforces' capacity to implement exercise counselling and an exercise referral pathway: a mixed methods study*

November 29, 2022

**Dr. Cristina Caperchione**, Associate Professor of Physical Activity and Health  
University of Technology Sydney, Australia

*The impact of COVID-19 on family time in Long Term care*

March 8, 2023

**Evans Appiah-Kusi**, BSN, MN, Thompson Rivers University

**Jordan Bremner**, 3rd year BA student, Thompson Rivers University

**Dr. Tracy Christianson**, Associate Professor, Thompson Rivers University

**Dr. Colin Reid**, Assistant Professor, School of Health and Exercise Sciences/Social Work  
Faculty of Health and Social Development, University of British Columbia Okanagan

*Stimulate your brain: Motor imagery as a tool to enhance recovery after stroke*

March 14, 2023

**Dr. Sarah Kraeutner**, Assistant Professor, the Neuroplasticity, Imagery, and Motor Behaviour Laboratory  
([thenimbl.com](http://thenimbl.com)), Department of Psychology, University of British Columbia Okanagan  
& Djavad Mowafaghian Centre for Brain Health

*Aging and mental health: starting a conversation with the Mental Health Continuum for Aging Canadians in home and community care*

March 29, 2023

**Dr. Nelly D. Oelke**, RN, Associate Professor, School of Nursing  
Faculty of Health and Social Development, University of British Columbia Okanagan;  
Scientific Director, Rural Coordination Centre of British Columbia

**Dr. Justine Giosa**, Scientific Director, SE Research Centre, SE Health;  
Assistant Professor (adjunct status), School of Public Health Sciences, University of Waterloo



# 10th annual Okanagan Embrace Aging Events

**Global Fitness and Racquet Centre** - 10 visit punch card

March 1 - April 9, 2023

**The Readers: Conversations about books**

with Okanagan Regional library via teleconference

March 1, 2023  
March 8  
March 15  
March 23  
March 29

**Adult Story Time: Listen and Relax**

with Okanagan Regional library via teleconference

March 1, 2023

**Community Powered Care: Bringing communities together through smart technology for better Aging in Place**

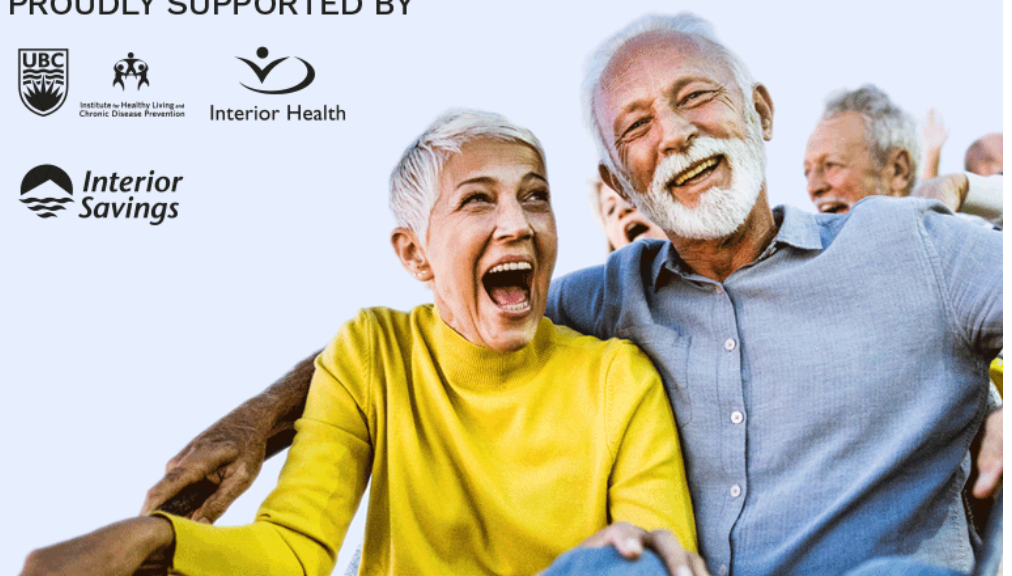
**Komal Makkad**, Co-founder, [Tuktu Care](#)

March 1, 2023

**MARCH 2023 | A FULL MONTH OF FREE EVENTS**

# 10th Annual Okanagan Embrace Aging Month

PROUDLY SUPPORTED BY



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## ***Interior Savings Credit Union Feature Event***

***Rethink Aging: A bold new path to life at any age***

March 2, 2023

**Dan Levitt**, MSc., CHE, CEO, [Kin Village](#)

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## ***Café Scientifique***

March 3, 2023

***Medicinal Cannabis: unpacking the knowledge, perceptions and stigmatism***

### **Panel Experts**

**Dr. Zachary Walsh**, Professor, Department of Psychology, University of British Columbia Okanagan

**Dr. Janet Evans**, MD, UBC Clinical Instructor, Medical Director CGB Medical;  
Family Physician, University of British Columbia Okanagan Aging in Place Research Cluster Board Member

**Dr. Jennifer Bolt**, BSc. Pharm, A.C.P.R., Pharm.D., Clinical Assistant Professor (Partner)  
Faculty of Pharmaceutical Sciences, University of British Columbia;  
Research & Development Pharmacist, Interior Health

**Jan Mills**, Patient Perspective

### **Moderators**

**Paige Copeland**, PhD Candidate, University of British Columbia Okanagan

**Eli Haynes**, MSc, University of British Columbia Okanagan

**Hosted by** [Aging in Place Research Cluster](#), University of British Columbia Okanagan

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## **Intergenerational STEM**

March 4, 2023

### **Co-hosted by**

[Integrative STEM Team Advancing Networks of Diversity \(iSTAND\)](#)  
[Westcoast Women in Engineering, Science and Technology \(WWEST\)](#)  
University of British Columbia Okanagan

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## [Volunteer in health research studies through REACH BC](#)

March 6, 2023

**Stefanie Cheah**, Manager, REACH BC

**Aisling Quigley**, Marketing & Communications, REACH BC

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## [Embrace Reflexology](#)

March 6, 2023

**Maralee Webber**, RCRT/LCRT. (Licensed Canadian Reflexology Teacher)

**Kim Richards**, RCRT. (Registered Canadian Reflexology Therapist)

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## [MyHealthPortal: Electronic Medical Records and you](#)

with Interior Health - in person and via webinar event

March 7, 2023

March 8

March 13

March 29

March 30

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## [Café Scientifique](#)

March 8, 2023

### [Living your best atrial fibrillation life](#)

#### **Panel Experts**

**Dr. Kevin Pistawka**, MD Cardiologist, Medical Director

Central Okanagan Association for Cardiac Health

Department of Medicine, Division of Cardiology, University of British Columbia Okanagan

**Dr. Ryan Wilson**, PhD, RN Assistant Professor of Teaching, School of Nursing

Faculty of Health and Social Development, University of British Columbia Okanagan

**Dr. Peter Loewen**, PharmD Associate Professor, Faculty of Pharmaceutical Sciences

University of British Columbia Vancouver, Centre for Cardiovascular Innovation

**Sheryl Sargent**, Patient Perspective

#### **Moderator**

**Dr. Kathy Rush**, RN, Professor, School of Nursing,

Faculty of Health and Social Development, University of British Columbia Okanagan

[Stigma, Dementia, and COVID-19: Insights from social media and lived experience](#)

March 8, 2023

**Dr. Juanita-Dawne Bacsu**, Canada Research Chair (Tier II) in Nursing and Population Health; Assistant Professor, School of Nursing, Thompson Rivers University

*Advocates for People with Dementia and Caregivers*

**Myrna Norman**, Patient Perspective

**Wayne Hykaway**, Caregiver Perspective

[Chair Yoga with Paula](#)

March 9, 2023

**Paula Morrison**, Certified Yoga Teacher

[10 secrets to healthy aging](#)

March 10, 2023

**Ranjit Uppal**, MN

[AgeLink Society Spring Gala](#)

March 10, 2023

AgeLink Society - UBC Okanagan Ballroom

[Reducing isolation: the Aging Well Penticton experience](#)

March 14, 2023

**Patricia Tribe**, Project Coordinator – Aging Well Penticton, OneSky Community

**Tanya Osborne**, Community Health Facilitator, Interior Health

[Embrace Aging through dance](#)

March 17, 2023

**Erin Delfs**, MA Candidate, University of British Columbia Okanagan

[Discover bird watching](#)

March 18, 2023

**Jim Fenton**

**Melanie Fenton**

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[\*Putting the PIECES™ together: Supporting Older Adults Living with Complexity\*](#)

March 21, 2023

**Shannon Paul-Jost**, BSN, RN, GNC (C), MScN, Clinical Nurse Specialist, Gerontology  
Seniors Specialized Care Transformation, Interior Health

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[\*Virtual Reality for Older Adults' Health and Wellbeing\*](#)

March 21, 2023

**Joanna Harrison**, Executive Director, Seniors Specialize Care Transformation, Interior Health

**Karen Littleton**, Director, Clinical Services, Pandemic Response, Interior Health

**Paula Morrison**, Research Coordinator, Research and Quality, Long Term Care and Seniors Care  
Interior Health

**Jake Pechauer**, Growth Manager, Rendeever

**Michelle Smith**, Regional Practice Lead, Research and Quality, Long Term Care and Seniors Care  
Interior Health

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[\*7 Splendid Services for Older Adults\*](#) - Okanagan Regional Library

March 22, 2023

**Tara Thompson**, Community Engagement Coordinator

**Kara Desimone**, Community Learning and Assessment Coordinator

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[\*Celebrating older adults in the Okanagan\*](#)

March 22, 2023

**Emma Oddy**, 4th year student, School of Health and Exercise Sciences

Faculty of Health and Social Development, University of British Columbia Okanagan

**Rebecca Frechette**, BSc, MKin, Clinical Exercise Physiologist, School of Health and Exercise Sciences

Faculty of Health and Social Development, University of British Columbia Okanagan

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[\*Embrace Technology for a physically active lifestyle... anywhere!\*](#)

March 23, 2023

**Jonathan Low**, PhD Student, School of Health and Exercise Sciences

Faculty of Health and Social Development, University of British Columbia, Okanagan

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[\*Future for BC Seniors – BC Advocate\*](#)

March 23, 2023

**Isobel Mackenzie**, Seniors Advocate  
Office of the Seniors Advocate, Province of BC

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[\*Adapting to a new knee: What matters to patients undergoing total knee replacement\*](#)

March 27, 2023

**Ellen Randall**, PhD Candidate, School of Population and Public Health  
University of British Columbia Vancouver  
**Charlyn Black**, MD, ScD, Professor, School of Population and Public Health  
University of British Columbia Vancouver

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[\*Top 10 Estate Planning tips – Things to plan for\*](#)

March 27, 2023

**Doug McMechan**, Business Succession & Estate Planning Specialist, Interior Savings Estate Planning Inc.

**Moderator**

**Ken Wingrove**, Senior Manager, Wealth Management, Interior Savings Credit Union

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[\*Empowering rural older adults: Digital literacy training that sticks\*](#)

March 28, 2023

**Dr. Cherisse Seaton**, PhD, Research Coordinator, School of Nursing  
Faculty of Health and Social Development, University of British Columbia Okanagan

**Linda Fawcus**, Founder and CEO, Gluu Society

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[\*Discover E-biking with Kelowna Bike Rentals\*](#)

March 31, 2023

owned and operated by local Okanagan charities - all rental proceeds support

[Elevation Outdoors](#)

[CRIS Adaptive Adventures](#)

## RESEARCH TO PRACTICE SEMINARS

IHLCDP in partnership with NOHS (North Okanagan Hospice Society)

### [Adapting the Serious Illness Conversation Guide for Patients from Diverse Communities](#)

May 4, 2022

**Elizabeth Beddard-Huber**, RN, MSN, CHPCN(C), BC Centre for Palliative Care

**Nicole Wikjord**, RN, MN, CHPCN(C), Clinical Nurse Specialist, First Nations Health Authority

### [Exploring grief following MAiD: Bereavement experiences of friends and family](#)

November 15, 2022

**Rosanne Beuthin**, RN, Adjunct Professor, School of Nursing  
University of Victoria

### [Addressing the need for culturally safer care at the end of life for Indigenous Peoples](#)

February 15, 2023

**Holly Prince**, MSW, PhD Candidate, Lakehead University, Ontario

### [Adapting Nav-CARE to support caregivers of people living with dementia: a pilot study](#)

March 15, 2023

**Madison Huggins**, PhD Candidate

School of Nursing, University of British Columbia Okanagan



## Appendix E: Profiles of IHLCDP Research April 1, 2022 - March 31, 2023

### *UBCO News Releases*

Dr. Cristine Caperchione: *New research suggests ways to get men to open up* by Patty Wellborn, May 10, 2022. <https://news.ok.ubc.ca/2022/05/10/new-research-suggests-ways-to-get-men-to-open-up/>

Dr. Susan Holtzman: *UBCO researchers tune in to children's screen time and sleep* by Patty Wellborn, June 14, 2022. <https://news.ok.ubc.ca/2022/06/14/ubco-researchers-tune-in-to-childrens-screen-time-and-sleep/>

Dr. Zach Walsh: *Psychedelic mushroom microdoses can improve mood, mental health* by Patty Wellborn, July 11, 2022. <https://news.ok.ubc.ca/2022/07/11/psychedelic-mushroom-microdoses-can-improve-mood-mental-health/>

Dr. Susan Holtzman: *Texts can help when someone is dealing with a mental health crisis* by Patty Wellborn, July 27, 2022. <https://news.ok.ubc.ca/2022/07/27/texts-can-help-when-someone-is-dealing-with-a-mental-health-crisis/>

Dr. Lesley Lutes: *UBCO research proves it's worth the money to pay for a weight loss program* by Patty Wellborn, August 30, 2022. <https://news.ok.ubc.ca/2022/08/30/ubco-research-proves-its-worth-the-money-to-pay-for-a-weight-loss-program/>

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