

ANNUAL REPORT

APRIL 1, 2023 - MARCH 31, 2024

INSTITUTE FOR HEALTHY LIVING AND CHRONIC DISEASE PREVENTION
PARTNERS IN RESEARCH FOR BETTER HEALTH



THE UNIVERSITY OF BRITISH COLUMBIA
Okanagan Campus



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

Mission

Create and use knowledge to enhance healthy living, and chronic disease prevention through interdisciplinary and community-based collaborations.

Vision

Position UBC Okanagan as a leader in community-driven health promotion by pioneering innovative research methods, enhancing research capacity, and translating knowledge into actionable strategies that empower individuals, families, and communities, ultimately reducing the burden on chronic disease.

Institute for Healthy Living and Chronic Disease Prevention

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

Email: HealthyLiving.Research@ubc.ca

Web: IHLCDP.ok.ubc.ca

Instagram [Instagram.com/IHLCDP](https://www.instagram.com/IHLCDP)

X: [X.com/IHLCDP](https://x.com/IHLCDP)

YouTube [YouTube.com/@IHLCDP](https://www.youtube.com/@IHLCDP)



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

PARTNERS IN RESEARCH FOR BETTER HEALTH

The institute is located on the traditional, ancestral, and unceded territory of the Syilx (Okanagan) Peoples.

Executive Summary

This was my inaugural year as Director of the Institute for Healthy Living and Chronic Disease Prevention (IHLCDP). I am grateful to those that extended guidance on this journey, and proud to reflect on our accomplishments this past year. A special thanks to Jacquetta Benard who continues to guide awareness of the historical context and approaches the IHLCDP has taken. The IHLCDP thrives as a hub for pioneering health research, knowledge exchange, and community engagement. Our mission remains clear; to create and apply knowledge through interdisciplinary and community-based collaborations to enhance healthy living and prevent chronic diseases.

This year, we added in-person events following a pause through the COVID-19 pandemic. The events approached with care in planning and respect for individuals' new appreciation for public health were amazing. Our team was refueled with the energy and smiles captured during these events. We look forward to increasing these opportunities in 2024 - 2025.

The IHLCDP achieved several significant milestones:

- **Research Productivity:** I am excited to report that we secured \$7 million in new research funding from CIHR, NSERC, SSHRC, and numerous industry and non-profit partners. Our faculty associates authored 181 peer-reviewed publications, and 29 of these were co-authored between IHLCDP associate members, demonstrating the strength of our research efforts and partnerships.
- **Knowledge Exchange:** We hosted a variety of events, including 3 IHLCDP Partnership in Research webinars, 3 North Okanagan Hospice Society (NOHS) Research to Practice webinars, 2 Café Scientifique events, and 37 events during the 11th Okanagan Embrace Aging month. These activities engaged over 1,200 attendees in meaningful dialogue and learning. The IHLCDP website attracted over 7,000 visitors and our social media presence continues to grow.

It has been a remarkable year of learning. As I write this, the "Listening Tour" is winding down, and I have heard from partners, members, trainees, and leadership. Through this activity, the strengths of our Knowledge Exchange activities resonate, and the faculty goal is clear - leverage faculty support. I am honored to lead the IHLCDP and build on the legacy Dr. Joan Bottorff founded, to promote health and well-being for individuals, families, and communities.



Institute Operations

IHLCDP ADMINISTRATION & STAFF

Institute Director

Jennifer Jakobi, Professor
School of Health and Exercise Sciences,
University of British Columbia Okanagan

Institute Administrative Assistant

Jacquetta Benard

11TH ANNUAL OKANAGAN EMBRACE AGING COMMITTEE MEMBERS

Community:

Helen Crabb, Ranjit Uppal

Interior Health:

Kim Peake, Michelle Smith, Paula Morrison

Interior Savings Credit Union:

Mollie Woodhouse, Sophie Sullivan, Leigh-Ann Pausch

University of British Columbia Okanagan:

Patience Okuku, Age Link Society, Student Union Okanagan
Lindsay Burton, Jill Williamson
Dr. Jennifer Jakobi and Jacquetta Benard, IHLCDP

IHLCDP FACILITIES

The IHLCDP is located in ARTS 223.

Faculty Associates have labs in locations over the Okanagan campus.

IHLCDP ASSOCIATE MEMBERSHIP

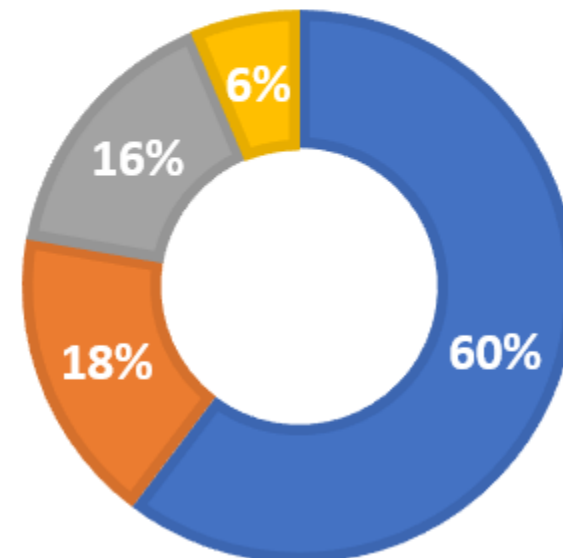
The IHLCDP has 71 associates from a range of academic units and community organizations.

The IHLCDP welcomes Jennifer Bolt, Research & Development Pharmacist with Interior Health.

The IHLCDP thanks outgoing members for their time invested with the institute.

IHLCDP ASSOCIATE MEMBERS RESEARCH AREAS

Community Health Chronic Disease
Aging Technology



IHLCDP at a glance

181 PEER REVIEWED PUBLICATIONS
APRIL 1, 2023 - MARCH 31, 2024

29 co-authored publications between
IHLCDP associate members

LEADERS IN THEIR FIELD

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AWARDS AND RECOGNITIONS



IHLCDP WEBSITE

7.7K VISITORS

500 VIEWS/MONTH

5.7K NEW USERS

42 KNOWLEDGE EXCHANGE EVENTS
WITH OVER 1200 ATTENDEES

- 3 IHLCDP **Partnership in Research** webinars
- 3 North Okanagan Hospice Society (NOHS) / IHLCDP **Research to Practice** webinars
- 2 **Café Scientifique** events
- 37 11th annual **Okanagan Embrace Aging** events

\$7 MILLION IN NEW FUNDING

NEW RESEARCH
PRODUCTIVITY

TYPE	AMOUNT
CFI	\$33,186
CIHR	\$1,358,849
NSERC	\$621,102
SSHRC	\$652,841
UBC Internal Funding	\$1,389,267
Industry	\$38,169
Corporate	\$558,500
Government	\$195,000
Non-profit	\$1,054,327
MSFHR	\$1,077,625
Trainee Awards*	\$1,103,221
TOTAL	6,978,866

59

RESEARCH
PROFILES

- 10 Blogs, Podcasts, Opinions, Recorded Talks
- 28 External media
- 21 UBC profiles of IHLCDP faculty associate research



16 NEW VIDEOS 78 NEW SUBSCRIBERS

7,177 VIEWS 975 HOURS WATCHED



INSTAGRAM

128 FOLLOWERS



X (FORMERLY TWITTER)

2,000+ FOLLOWERS

Featured Research - Leaders in their field

TECHNOLOGY | JAISIE SIN (ETHICAL TECHNOLOGICAL CO-DESIGN)

Jaisie Sin's postdoctoral research at the University of British Columbia Okanagan (UBCO) focused on the joint co-creation of Virtual Reality (VR) applications with older adults, students, and researchers. As a trainee of the Institute for Healthy Living and Chronic Disease Prevention (IHLCDP), her work explored the effectiveness of this approach for VR development, the strategies to support collaboration between different groups of people, and outcomes and products of this process. One of the highlights of her work in 2023/24 was the study of the partnership between older adults in the local community and UBCO students on the creation of bespoke VR applications around travel and recreation. The findings emphasize the possibilities of intergenerational learning and collaboration and the potential of emerging technologies to support these outcomes. Jaisie's experience and skills developed at the IHLCDP has prepared her for her current faculty position as an Assistant Professor at Carleton University, where she teaches and conducts research on user experience design, accessibility, and technologies for older adults.



COMMUNITY HEALTH | SARAH DOW-FLEISNER (CHILDREN & YOUTH)

Sarah Dow-Fleisner's research focuses on children and youth. As an active faculty associate member of the IHLCDP, her work explores various facets of child and youth well-being, including the impacts of social and environmental factors on health outcomes. Her work emphasizes the importance of community-centered interventions and

targeted health strategies for youth. Her findings highlight the critical role of supportive environments in promoting healthier futures for younger populations and speak to the IHLCDP's mission to reduce the burden of chronic disease through innovative, evidence-based approaches.



AGING | KATHY RUSH (ATRIAL FIBRILLATION)

Kathy Rush's research focuses on older adults in rural communities. As a faculty associate member of the IHLCDP, and co-lead of the Aging in Place Research Cluster she has made significant contributions to understanding how aging affects heart health and the management of chronic conditions in older adults through digital connections. Kathy's studies have contributed to developing better care models that integrate technology, patient education, and self-management support.

Kathy's contributions are aligned with the IHLCDP's goals of reducing the burden of chronic disease and informs best practices in chronic disease prevention and management, in an aging society.



CHRONIC DISEASE | SARAH KRAEUTNER (NEUROREHABILITATION)

Sarah Kraeutner's research focuses on chronic disease prevention, with particular attention to motor learning and neurorehabilitation. As a faculty associate member of the IHLCDP, Sarah's work has made significant strides in understanding how neurological conditions, such as stroke, affect movement and learning. Her research has explored innovative methods to improve motor function in individuals with chronic neurological conditions, examining the role of mental imagery and skilled motor practice in enhancing recovery.



By leveraging neuroplasticity—the brain's ability to reorganize and adapt—Sarah's studies improves the effectiveness of rehabilitation techniques that can be implemented in both clinical and community settings. Her recent work focuses on personalizing the way these interventions are delivered (through task selected,

type of mental imagery performed). Sarah's research shows the importance of tailoring tasks to the individual, and assessing one's mental imagery ability prior to its prescription.

Sarah's work aligns with the IHLCDP's mission to promote healthy living through evidence-based interventions. Her research is paving the way for improved therapeutic strategies that not only help individuals manage chronic conditions but also enhance their quality of life.

TECHNOLOGY | KHALAD HASSEN (VIRTUAL REALITY)

Khalad Hasan's research focuses on Human-Computer Interaction, particularly with mobile and wearable devices. As a faculty associate member of the IHLCDP, he explores how immersive technologies can be integrated into healthcare to improve patient outcomes. Recently, his work considers Virtual Reality (VR) in healthy aging and explicitly examines and demonstrates how older adults can actively participate in the design, development, and testing of meaningful VR solutions. His research also shows that VR helps

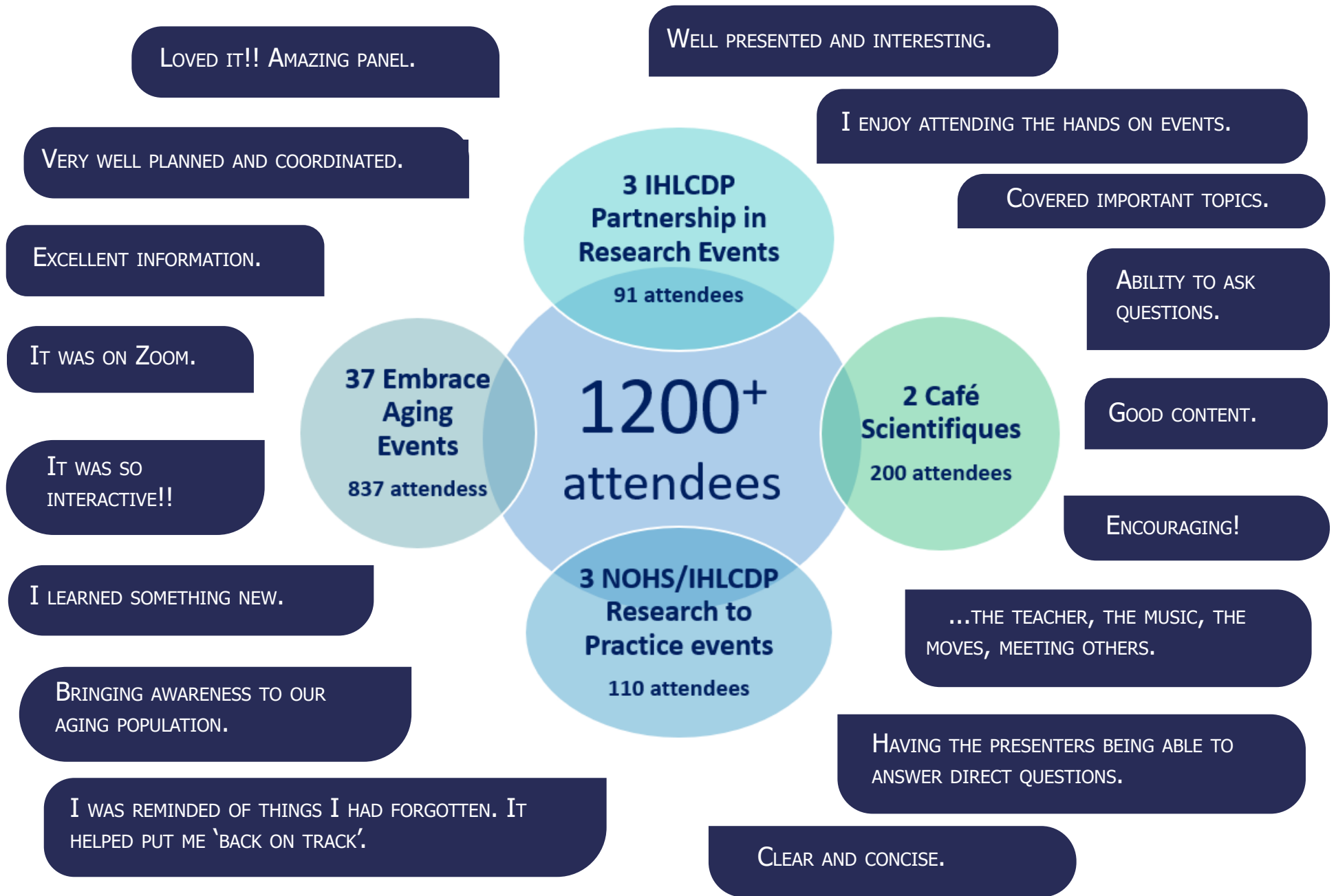
older adults connect and engage in group activities through virtual spaces, demonstrating its potential to enhance social engagement remotely.

Khalad's innovative approach to chronic disease prevention offers a glimpse into the future of technological solutions.

His findings contribute to the IHLCDP's mission of providing strategies to promote health and well-being, especially for those managing long-term conditions.



Science Communication



Okanagan Embrace Aging

Chair yoga
LGBTQ2SA+ SFU / IH Book launch
Flexing your brain after stroke & the power of imagination

Global Fitness and Racquet
Knowledge Café – Dimensions to living with dementia
Silicone to fitness: the key to aging gracefully using healthy technology
Choose to Move – YMCA Discover bird watching

Taandra dance fitness
Playing with virtual reality (VR) Open House

YMCA Mingle Monday
Bone Health 101 MyHealthPortal

YMCA Seniors health assessment
Advance Care Planning – Who will speak for you?
Technology petting zoo Happipad – Companion housing

AgeLink Society – Spring Gala
Estate planning essentials
Discover E-bikes Soul collage workshop Golden – the end of ageism

10 secrets to healthy aging
MyHealthPortal
NavCARE: a volunteer-based compassionate community program
Introduction to tarot cards
Thriving together: nurturing seniors' mental health

11TH ANNUAL
OKANAGAN EMBRACE AGING

March 1 - 31, 2024

Hosted 37 events with
837 attendees.

Events ranged from
serious to fun, and provided
our attendees with a variety of ways
to Embrace Aging.

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

MARCH 2024 | A FULL MONTH OF FREE EVENTS

11th Annual Okanagan
**Embrace Aging
Month**

PROUDLY SUPPORTED BY





Institute for Healthy Living and Chronic Disease Prevention

PARTNERS IN RESEARCH FOR BETTER HEALTH

@IHLCDP

