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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.

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.

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.
Executive Summary / Highlights

The Institute for Healthy Living and Chronic Disease Prevention (IHLCDP) is now in its 12th year, and continues to support and respond to the growth in health research on our campus. The following section offers highlights of the activities and achievements of the Institute and our Associates in 2019-2020.

New Funding for Health Research
Our IHLCDP Associates received over $7.3 million in competitive research funding, more than doubling the total amount of research funding in the previous year. This funding includes new interdisciplinary research collaborations among Associates, along with a growing research focus on rural health and child and youth wellbeing. For example:

- Understanding Access and Engagement among Youth and Young Adults with Mental Health Disorders led by IHLCDP Associate Dr. Shelly Ben-David

Community Research Collaborations
Our IHLCDP Associates continue to expand and strengthen community partnerships to enable collaborative work to find innovative solutions to promote health and wellbeing. For example, the newly funded Eminence Cluster on Homelessness led by Associate Dr. John Graham brings together other Institute Associates, community partners, Indigenous communities, as well as the city of Kelowna to help make homeless strategies more responsive and effective.

Knowledge Generated
Publications are an indicator of new knowledge that can accelerate progress to reducing the impact of chronic disease through health promotion and prevention strategies. Projects conducted by IHLCDP Associates and their trainees resulted in 135 peer-reviewed publications.

Knowledge Exchange and Communications
The Institute hosted or co-hosted 38 webinars and community events, with an estimated total attendance of 925. The outstanding work of our IHLCDP Associates was featured over 50 times in UBC online news reports, and on national, provincial and regional news outlets.

Enhanced Student Research Experiences
The IHLCDP continues to collaborate with other Institutes and campus partners to expand research training opportunities. For example, the Multidisciplinary Undergraduate Research Project in Health (MURPH) program enabled students to work with interdisciplinary research teams led by IHLCDP Associates. In addition, the Campus Health Voice project engaged students in a participatory research project focusing on student food security in support of one of UBC’s priorities related to promoting wellbeing.
Institute Operations

IHLCDP Advisory Committee

The IHLCDP Advisory Committee for 2019 - 2020 was comprised of the following members:

Gayle Anton  Director, Home Health and Chronic Disease Management; Regional Lead, Electronic Home Health Monitoring, Stroke Care and Diabetes Care, Interior Health Authority

Gordon Binsted  Dean, Faculty of Health and Social Development; Acting Dean of Faculty of Education, UBC Okanagan

Mike Evans  Professor, Community, Culture, and Global Studies, Irving K Barber School of Arts and 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

The Advisory Committee did not meet during the year.

IHLCDP Associate Membership

The IHLCDP continues to welcome associates from the community and academia in its research activities. Currently the Institute has 59 associates. See Appendix B for a complete list.

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.

Staff and Administration

Institute Director
Joan L Bottorff, Professor
School of Nursing,
Faculty of Health and Social Development,
UBC Okanagan

Institute Administrative Support
Jacquetta Benard

Research Support
Anne Huiskens, Research Assistant
Gayl Sarbit, Knowledge Broker (on contract)
Cherisse Seaton, Research Coordinator

Campus Health Project
Lauren Airth, Campus Health Specialist
Casey Hamilton, Campus Health Specialist
Academic Measures

Funding to support research

UBCO Faculty IHLCDP Associates received over $7.3 million in research funding during the past year (see Table 1). Although just over $1.8 million was received from Tri-council granting programs (CIHR, SSHR, and NSERC), this amount was surpassed by funding obtained from a variety of other sources. See Appendix C for the complete list of IHLCDP Faculty Associate Awards.

Publications

Faculty IHLCDP Associates published 136 peer-reviewed papers between April 2019 and March 2020 representing collaborations among the Institute Associates (n=20) and trainees, as well as collaborative work with colleagues at UBCV and national and international partners. See Appendix D for list of publications.

<table>
<thead>
<tr>
<th>Type</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tri-council funding (CIHR, SSHRC, NSERC)</td>
<td>$1,806,208</td>
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<td>MSFHR</td>
<td>$503,648</td>
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<td>TOTAL funding</td>
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* The majority of data provided by the VPRI UBCO

IHLCBP Work Study Research Assistants

Desiree Amaral, Undergraduate student
Stephanie Awotwi-Pratt, Undergraduate student
Katie Del Buono, Undergraduate student
Louis Fayolle, Undergraduate student
Alex Gula, Undergraduate student
Kaylee Kowch, Undergraduate student
Stella Li, Undergraduate student
Mariza Micallef, Undergraduate student
Natalia Penuela, Graduate student
Thomas Pool, Undergraduate student
Kimberly Rutledge, Undergraduate student
Ross St. George, Undergraduate student
Jacquelyn Wang, Undergraduate student
Chris Yang, Undergraduate student

Anne Huisken and Joan Bottorff presented the findings of their evaluation of the Healthy Together program at the symposium entitled, Joining Forces for Healthy Kids, held on October 10, 2019 in Kelowna.
Featured IHLCDP Activities and Projects

Growing Rural Health Research
During the past year, we brought together Institute Associates and other researchers across campus with an interest in rural health to discuss opportunities for collaboration and building interdisciplinary programs of research. These meetings provided a catalyst for the formation of several research groups. The IHLCDP supported several emerging teams in preparing grant applications. In addition, the Institute Director continues to represent UBC Okanagan on the Regional Alliance for Rural Health.

Rural Health Equity through Social Enterprise and Technologies Synergies (RHE-SETS).
IHLCDP Associates Dr. Kathy Rush and Dr. Eric Li are leading this new Eminence Cluster team that includes Drs. Donna Kurtz, Charlotte Jones, Nelly Oelke, Barb Pesut, Katrina Plamondon, Sarah Dow-Fleisher, and Cherisse Seaton. The team will work with rural communities to find ways to use technology and local businesses to enable children, youth and older adults with chronic illnesses and Indigenous people have better opportunities to promote their health and access healthcare. They plan to leverage their relationship with the Regional Alliance for Rural Health and other groups committed to rural health to support this work. More information about RHE-SETS can be found here: https://ruralhealthequity.com/

Indigenous Pathways for Diabetes and Obesity Prevention
IHLCDP Associates Drs. Donna Kurtz and Charlotte Jones are leading a team that is working in collaboration with Indigenous people in the BC Interior to identify and deliver community led, culturally relevant programs to prevent diabetes and unhealthy weight. Their research sites include Friendship Centres in the rural communities of Williams Lake and Lillooet. IHLCDP Associates Drs. Mary Jung and Jonathan Little are also members of this team.

Building Resilient Rural Communities: Understanding the Mental Health Impacts of Climate Change
IHLCDP Associate Dr. Nelly Oelke is co-leading this tri-university funded project with Dr. Davina Banner Lukairs (UNBC), and Dr. Bonnie Fournier (TRU). Collaborators include IHLCDP Associates Drs. Donna Kurtz and Carolyn Szostak, in addition to Robert Woollard. With the support of regional, national and international partners, the team will explore the mental health impacts of climate change events and COVID-19. The findings will contribute to the development of a community-based action plan for mental health supports in rural communities.

Developing an Agenda for Rural Health Research in BC
IHLCDP Associates, Dr. Katrina Plamondon and Dr. Deanne Taylor, are co-leading a new MSFHR funded project entitled, Developing an Evidence-, Equity-, and Community-Informed Agenda for Rural Health Research in BC. This funding will bring people together to share their perspectives about research priorities for rural communities, and shape a vision for rural health research. The Regional Alliance for Rural Health is represented on the team leading this project.

Physical Activity Programs for Rural Children with Neurodevelopmental Disabilities
IHLCDP Associate, Dr. Lise Olsen and her team are studying the implementation of a new physical activity coaching approach for children and their families living in rural and Indigenous communities in BC. Key components of the approach include personalized child-centred coaching; home-based activity components (using an app); an online networking site for parents and coaches; and social activities for parents.
Focusing on Child and Youth Wellbeing

Over the past year, research related to child and youth health and wellbeing has emerged as a key area of focus among our IHLCDP Associates and has provided important opportunities for collaboration within the Institute, as well as with stakeholders and communities in our region.

Safe Sport and Recreation for Children with Autism
IHLCDP Associates Drs. Lise Olsen and Ali McManus have teamed up to assess the feasibility and effectiveness of an on-line parent resource to support safe and active sport and recreation for children with autism spectrum disorders.

Screen Time and Young Children: What Parents and Caregivers Need to Know
IHLCDP Associate, Dr. Susan Holtzman, shared results of her recent survey involving Okanagan parents about technology and child wellbeing, along with fellow UBCO researchers, in Kelowna on November 27, 2019. The panel discussed caring for young children in an age dominated by screen time, and provided information about online privacy and strategies to help children develop a healthy relationship with digital devices. Dr. Holtzman's teams have also begun to share blogs on the topic. More information is available here: https://familyscreentime.ca/

Youth Vaping Assessment, Prevention and Early Intervention (Y-VAPE)
IHLCDP Associates Drs. Laura Struik and Sarah Dow-Fleisner are collaborating with School District 23 to address the issue of youth vaping. The work is aimed at increasing understanding of vaping among youth, and will provide a foundation for the development of school-based policies and peer-led, youth-driven interventions to meaningfully curb youth vaping.

Understanding Access and Engagement among Youth and Young Adults with Mental Health Disorders
IHLCDP Associate, Dr. Shelly Ben-David, is leading a program of research in collaboration with Foundry BC to explore barriers in accessing mental health services with the goal of developing interventions to increase service use among this vulnerable group in BC. Her current research, with Dr. Sky Barbic (UBCV), is focused on understanding and dismantling the barriers to accessing digital information, research and communication technologies for youth with mental illness. To hear more about this research: https://www.youtube.com/watch?v=hA6FalH1AoQ

CLARITY: Community-Led Actions for Resiliency Important Throughout Youth
In this community-based research project, IHLCDP Associate, Dr. Sana Shahram, and her team are working to understand and promote factors that support resiliency to prevent youth suicide in Kelowna, BC. The goal is to set up a network of research-based prevention and care measures to strengthen the resilience of youth up to 25 years and guide those who care for them in supporting their mental wellbeing. Other Institute Associates on this team include: Drs. Katrina Plamondon, Shelley Ben-David, Deanna Taylor, and Ms. Leslie Bryant.
Committed to Community Engagement

Community engagement is a core commitment of the IHLCDP and has a central place in UBC’s Strategic Plan. Our Institute Associates are demonstrating the value that community engagement brings as we combine our experiences and expertise to enhance health and wellbeing. Listed below are some examples.

Dr. Shirley Chau, supported by Community-University Engagement Support (CUES) funding, is partnering with Dr. Anima Anand, Kelowna Community Resources, to map incidents of discriminatory acts and practices to better address needs and social impacts.

Dr. Joan Bottorff, with funding from the Community-University Engagement Support (CUES) is partnering with Michele Hopkins (Director) at the Bridge Youth and Family Services along with Dad Central Canada to develop a father-friendly family health promotion program.

Dr. Mary Jung and the YMCA of Okanagan celebrated their second anniversary of the Small Steps for Big Changes program on November 13, 2019. This community partner event was held on the eve of World Diabetes Day and hosted over 70 diabetes prevention stakeholders from the academic, clinical, and community contexts at the Laurel Packing House, Kelowna.

Drs. Donna Kurtz, Charlotte Jones, and Joan Bottorff (pictured left to right) participated in the Indigenous Gender and Wellness: Idea Fair and Learning Circle held on June 18-20, 2019 in Montreal, located on the traditional unceded territory of the Kanien'keh:ka (Mohawk) people. The event provided an opportunity for Indigenous Peoples (i.e., First Nations, Inuit and Métis) and allies to meet each other, share their ideas and goals about Indigenous gender and wellness and to work with supporters (e.g., researchers, Indigenous community members).

A newly funded Eminence Cluster Research Team on Homelessness led by Institute Associate Dr. John Graham brings together a number of associates including Drs. Shirley Chau, Eric Li, Gordon Lovegrove, Sana Shahram, and Paul van Donkelaar to find effective solutions to homelessness. This team will collaborate with community-based agencies and Indigenous communities, as well as the city of Kelowna through its Journey Home strategy, to help make homelessness strategies more responsive and efficient in addressing the diverse needs of vulnerable populations.
Enriching Student Research Opportunities

Multidisciplinary Undergraduate Research Projects in Health

The Multidisciplinary Undergraduate Research Projects in Health (MURPH) undergraduate research program at UBC Okanagan was launched in 2019-2020, led by a partnership from the IHLCDP, the Material and Manufacturing Research Institute (Faculty of Engineering), the Centre for Heart, Lung and Vascular Health (FHSD), and the UBC Southern Medical Program. Over 90 applications were received from students interested in engaging in health research, while also receiving training through MURPH workshops. In 2019-2020 a total of 9 projects were funded by MURPH, involving 22 undergraduate research assistants, 2 graduate students, and 19 faculty members. Four of the 9 MURPH funded projects were led by IHLCDP Associates. The MURPH program was featured at the UBC Board of Governors on Feb 14, 2020. Students presented posters on their research projects at the UBCO Okanagan Interdisciplinary Student Health Conference (March 5, 2020).

The effects of virtual reality on depressive symptoms in inpatient stroke survivors: A pilot randomized controlled trial. PIs: Dr. Brodie Sakakibara (Medicine) & Ms. Donna Jansons (Social Work); UG students Nicole Ketter (Biology) and Lynda Wood (Psychology).

Microencapsulation platform for oral delivery of microbiome-based therapy for the treatment of inflammatory bowel disease. PIs: Dr. Deanna Gibson (Biology) & Dr. Mina Hoorfar (Engineering); UG students Ryan Bonnie (Biology) and Kaden Workun (Engineering)

Smoke-free Dads: A game changer for better health. PIs: Dr. Joan Bottorff (Nursing), Dr. Laura Struik (Nursing), and Dr. Mohammad Khalad Hasan (Computer Science); UG students Angela Leung (Nursing), Noman Mohammad (Computer Science), and Poddar Swakhar (Computer Science)

Indigenous methodologies: building capacity for telediabetes care in urban (and rural) Indigenous communities. PIs: Dr. Donna Kurtz (Nursing) and Dr. Charlotte Jones (Southern Medical Program); UG students: Aidan O’Callahan (Psychology & Indigenous Studies) and Karim Davarani (Human Kinetics)

Student success stories and program highlights from 2019-2020 are available here: https://ok-mmri.sites.olt.ubc.ca/files/2020/07/MURPH-Pamphlet.pdf

“I learned a lot about telehealth implementation and delivery, but the most important learning moments I had during this project were really with Elders, Indigenous physicians, community members and my two supervisors.”

Aidan O’Callahan, Honours Psychology and Indigenous Studies
Community Outreach and Knowledge Exchange

IHLCDP Speaker Series

During the past year, the IHLCDP has continued to expand its knowledge exchange activities through our webinars and other events. We planned to host and co-host 65 events this year, with 50 of these events at off-campus locations. Due to the COVID-19 outbreak, 27 of the Okanagan Embrace Aging Month events were postponed or cancelled. The range of topics and events has grown (see Appendix A for a complete list). Although our attendance was significantly affected by cancellations due to COVID-19, over 900 attended the 38 IHLCDP events held during the year.

Campus Health Voice Food Security Project: What’s your recipe?

The Campus Health Voice team and Institute Associates, Casey Hamilton, Lauren Airth, Roger Wilson, and Dr. Joan Bottorff have teamed up with UBCO students to tackle food insecurity – currently estimated to affect over 42% of our undergraduate students. During the past year, the team designed and implemented student-led, participatory strategies to gather student perspectives on food insecurity, experiences navigating campus systems influencing food security, needs related to food literacy/food culture, and suggestions for supporting both student and campus-wide food security. Preliminary findings were included in a report on student food insecurity to the UBC Board of Governors on April 6, 2020, as well as in communications with campus leaders at UBCO.

Voice Students, Kimberly Rutledge and Desiree Amaral, joined 70 student leaders from across Canada at the National Student Food Summit held at McMaster University in August 2019.

Dr. Barb Pesut, IHLCDP Associate, and Clara Dyck, North Okanagan Hospice Society, presented their collaborative work on scaling out a volunteer navigation program, October 8, 2019.
Okanagan Embrace Aging 2020

The 7th Annual Okanagan Embrace Aging month, co-hosted with Interior Savings Credit Union and Interior Health, organized and supported 52 educational opportunities in the Okanagan Valley and Kamloops. We hosted 23 events before we were required to postpone or cancel remaining events due to COVID-19. Okanagan Embrace Aging community support has been expanding and now offers the opportunity to be a Community Sponsor. A special thank you to this year’s Community Sponsors: Springfield Funeral Home, NexGen Hearing and CHIP Reverse Mortgage. Okanagan Embrace Aging also thank ongoing community partners: YMCA of Okanagan, Okanagan Regional Library, Baptist Housing, and Chartwell Chatsworth Retirement Residence.

The 2020 planning committee included: Corrine Johnson, Rod Rieu and Sue Manzuiik (Interior Savings Credit Union); Dr. Deanne Taylor and Kim Peake (Interior Health); Alex Yacyshyn (UBCO graduate student); Lindsay Burton (Alumni and Research Assistant, UBCO), Dr. Colin Reid (School of Health and Exercise Sciences, UBCO), and Dr. Joan Bottorff and Jacquetta Benard from the IHLCDP.

Profiles of IHLCDP Research

The research activities of our IHLCDP Associates has been profiled over 50 times over the past year, sharing vital knowledge generated through our research to a wide audience, including community members. This is a clear indication of the important research that is underway at UBC Okanagan, and the potential for facilitating the relevant and practical application of this knowledge to strengthen health promotion programs and improve health services.

With the support of UBCO, our research has been featured throughout the year on the UBC Okanagan website on media stories and videos. Our researchers have been recognized in external media stories and have shared their research in blogs, podcasts, and webinars. We have also profiled our research activities and achievements on the IHLCDP website (https://ihlcdp.ok.ubc.ca/)

UBCO News Releases


Dr. Jennifer Davis: UBC research says poor sleep can impact recovery from a stroke by Patty Wellborn, December 12, 2019. https://news.ok.ubc.ca/2019/12/12/ubc-research-says-poor-sleep-can-impact-recovery-from-a-stroke/


Dr. Kathy Rush: UBC professor examines support programs for fresh nursing graduates by Patty Wellborn, June 20, 2019. https://news.ok.ubc.ca/2019/06/20/ubc-professor-examines-support-programs-for-fresh-nursing-graduates/


Dr. Joan Bottorff: Men’s knowledge on prostate cancer needs improving by Patty Wellborn, April 16, 2019. https://news.ok.ubc.ca/2019/04/16/mens-knowledge-on-prostate-cancer-needs-improving/


Dr. Joan Bottorff: UBC research recommends graduated return to work after prostatectomy by Patty Wellborn, April 3, 2019. https://news.ok.ubc.ca/2019/04/03/ubc-research-recommends-graduated-return-to-work-after-prostatectomy/

**UBCO TV**

Dr. Mary Jung: Celebrating the Small Steps for Big Changes program. https://www.youtube.com/watch?v=x_FHcns8IJA

Dr. Tanya Forneris: Stress management tool for UBC students: Breathing and biofeedback for better health. https://www.youtube.com/watch?v=9WgGg1Ubt34

Dr. Brian Dalton: Exploring health and human movement with Brian Dalton. https://www.youtube.com/watch?v=eycQ-p-cNr4

Dr. Kathy Rush: Understanding Incontinence. https://www.youtube.com/watch?v=6VSAwq212xk

Dr. Gordon Lovegrove: The future of sustainable transportation. https://www.youtube.com/watch?v=8K5s0or33f8

Dr. Lesley Lutes: The Centre for Obesity and Wellbeing Research Excellence (CORE) at UBC’s Okanagan campus. https://www.youtube.com/watch?v=2trQCHjmDSM

Dr. Lesley Lutes: Melding clinical psychology and health psychology. https://www.youtube.com/watch?v=vC7DYVM0whE
Dr. Mary Jung: Preventing type 2 diabetes in the community through a partnership with the university and the YMCA. https://www.youtube.com/watch?v=yXT_LKVqZAA

**External Media**


Dr. Lesley Lutes: *UBCO study recruiting participants for weight loss research*. Published on Castanet December 5, 2019. https://www.castanet.net/news/Kelowna/271789/UBCO-study-recruiting-participants-for-weight-loss-research


Dr. Lesley Lutes: *Mental health clinic here to stay*. Published in The Daily Courier June 1, 2019. http://www.kelownadailycourier.ca/life/article_3dbda6f4-83e6-11e9-9bac-979e22bc7a95.html


**Blogs, Podcasts, Recorded Talks**


Dr. Shelly Ben-David and Dr. Sky Barbic: *Bridging the digital divide and opening access to online research opportunities in youth and young adults living mental illness in British Columbia* [Video Blog]. Patient Engagement Methods Cluster, July 17, 2019. https://www.youtube.com/watch?v=hA6FaIH1AoQ
Awards and Recognitions

- Dr. Shelley Ben-David received a MSFHR Scholar Award
- Dr. Sarah Dow-Fleisner received a Top 40 Under 40 Award, Kelowna Chamber of Commerce
- Dr. Nelly Oelke received the 2019 Excellence in Advancing Nursing Knowledge & Research Award, Association of Nurses and Nurse Practitioners of BC
- Dr. Barb Pesut received the 2019 Innovation in Nursing Award, Association of Nurses and Nurse Practitioners of BC
- Dr. Jennifer Jakobi, named the WWEST Associate Chair for NSERC’s Westcoast Women in Engineering, Science and Technology (WWEST) at UBC Okanagan

We tweet regularly about the research activities and projects of our Associates, and about Institute events. Our twitter account has over 1900 followers.

Follow us on Twitter @IHLCDP
Selected Activities by the Director

Community and University Roles

Member, Research Advisory Council, Interior Health
UBCO Representative, Regional Alliance for Rural Health Steering Committee
Member, UBC Wellbeing Advisory Committee
Member, UBCO Standing committee on Tobacco and Cannabis
Member, UBCO Health Services Review Committee
Co-Lead, Campus Health Voice Project
External reviewer, Health Research Institute, University of Northern British Columbia, Prince George, BC.

Member, Planning Committee, The Future of Health Forum, Oct 18, 2020, The Innovation Centre, Kelowna, BC

UBC Okanagan, Accelerate Okanagan, BC Cancer and Interior Health joined forces to host an annual forum called Future of Health—an event designed to foster connection and provide an opportunity to exchange ideas around health research and innovation. The focus of the inaugural forum was cancer care. More information about the forum: https://futureofhealth.ca/

Consultant, Penticton Seniors Planning Committee to support planning activities for Penticton’s 1st Seniors Week, June 1-8 2019. Included in their program were talks by IHLCDP Associates:

Dr. Brian Dalton, Assistant Professor in the School of Health and Exercise Science, on the topic of physical activity and healthy aging, and Cailan Libby, CEO and Co-founder of Happipad, who shared insights from a home-sharing service for older adults and post-secondary students. https://www.pentictonwesternnews.com/news/big-plans-for-pentictons-first-seniors-week/

Invited panel member on Health Promoting Universities, UBC’s experiences in promoting wellbeing, International Health Promoting Campuses Symposium, Sudima Hotel, Rotorua, New Zealand (April 7, 2019).

Regional Talks by the Director


Bottorff, J.L., & Huisken, A. (2019). Healthy Together: What we have learned. Panel presentation at the Joining Forces for Healthy Kids Symposium, co-hosted by the Bridge Youth and Family Services and the Institute for Healthy Living and Chronic Disease Prevention, Kelowna, BC. (October 10, 2019).
Goals for Next Academic Year

1. Strengthen IHLCDP as a hub for knowledge exchange and dissemination for research teams and Eminence funded research clusters related to healthy living and chronic disease prevention by revisioning how we support knowledge sharing in the context of a pandemic.

2. Advance opportunities to strengthen research collaborations and impact by:
   a. Supporting Institute Associates in exploring opportunities for collaboration and community-engaged research with citizens and community partners to promote health and wellbeing in the context of COVID-19
   b. Supporting the development of a research cluster focused on healthy aging and associated applications for funding
   c. Continuing to support team-based proposals and knowledge translation plans by facilitating virtual planning meetings, providing consultation on team building and proposal development, and providing letters of support

3. Increased the number of IHLCDP Associates in the MURPH and related programs to expand interdisciplinary research training for undergraduate and graduate students.

4. Strengthen engagement of our IHLCDP Associates in research opportunities that support strategic priorities identified in the UBC Wellbeing initiative to promote wellbeing on campus.

Contact Information

Institute for Healthy Living and Chronic Disease Prevention
University of British Columbia Okanagan
1147 Research Road ART 223
Kelowna BC V1V 1V7 CANADA
Email: HealthyLiving.Research@ubc.ca
Web: http://ihlcdp.ok.ubc.ca
Twitter: http://twitter.com/ihlcdp
## Appendices

### Appendix A - IHLCDP Supporting Knowledge Exchange

<table>
<thead>
<tr>
<th>IHLCAR Partnership in Research Series</th>
</tr>
</thead>
</table>
| **Cannabis legalization and young adults: Early signals from the METRIC-L Study**  
Dr. Zach Walsh, UBC Okanagan  
Tatiana Sanchez, MA student, UBC Okanagan  
**November 8, 2019** |
| **Tobacco industry tactics for drawing in youth to vaping**  
Dr. Laura Struik, UBC Okanagan  
**January 21, 2020** |
| **Getting home: Stories of navigating rural access to healthcare in the interior of British Columbia**  
Dr. Katrina Plamondon, UBC Okanagan  
Kim Peake, Interior Health  
**January 23, 2020** |
| **Mental health services use experiences among youth at Foundry Kelowna**  
Dr. Shelley Ben-David, UBC Okanagan  
Chantal Vien, MSW student, UBC Okanagan  
**January 28, 2020** |

### RESEARCH TO PRACTICE SEMINARS  
IHLCAR in partnership with NOHS (North Okanagan Hospice Society)

<table>
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<th>RESEARCH TO PRACTICE SEMINARS</th>
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| **More, better and earlier conversations: Promoting Advance Care Planning in the community and with the health care team**  
Elizabeth Beddard-Huber, BC Centre for Palliative Care  
Kathy Kennedy, BC Centre for Palliative Care  
**April 16, 2019** |
| **Making connections: Making a difference**  
**Scaling out a volunteer navigation intervention**  
Dr. Barb Pesut, UBC Okanagan  
Clara Dyck, North Okanagan Hospice Society  
**October 8, 2019** |
| **New frontiers at end-of-life: Evidence on Canadian nurses’ experience with MAiD**  
Dr. Barb Pesut, UBC Okanagan  
**February 25, 2020** |

### Other IHLCAR Events

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<th>Other IHLCAR Events</th>
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| **Co-assist The School of Population and Public Health - Inaugural Voices in Health speaker series**  
**Public Health, Law and Climate Change: Legal Approaches to Protecting Children's Health in a Warming World**  
**September 30, 2019** |
| **Co-sponsor with The Bridge Family Services**  
**Joining forces for healthy kids symposium**  
**October 10, 2019** |
| **Co-assist The School of Population and Public Health - Voices in Health speaker series**  
**Including equity in global health setting**  
**October 28, 2019** |
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<th>Event Description</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Co-assist The School of Population and Public Health – Developing Canada’s new</td>
<td>November 18, 2019</td>
</tr>
<tr>
<td>food guide and the healthy eating strategy</td>
<td></td>
</tr>
<tr>
<td>Co-assist The School of Population and Public Health – HIV and Tuberculosis</td>
<td>December 9, 2019</td>
</tr>
<tr>
<td>Implementation Science: Learning from Uganda</td>
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</tr>
<tr>
<td>Co-assist The School of Population and Public Health – Indigenous sovereignty is</td>
<td>February 13, 2020</td>
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<tr>
<td>sustainability: Public health, biodiversity and climate change</td>
<td></td>
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<tr>
<td>An Embrace Aging event Global Fitness</td>
<td>Fitness pass for</td>
</tr>
<tr>
<td></td>
<td>the month</td>
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<tr>
<td>An Embrace Aging event Disrupt Ageism</td>
<td>March 2, 2020</td>
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<tr>
<td>Rachel Lewis, Baptist Housing</td>
<td></td>
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<tr>
<td>An Embrace Aging event Scam Protection</td>
<td>Lake Country</td>
</tr>
<tr>
<td>Paula Naka, Interior Saving Credit Union</td>
<td>Kelowna</td>
</tr>
<tr>
<td></td>
<td>Kelowna</td>
</tr>
<tr>
<td></td>
<td>West Kelowna</td>
</tr>
<tr>
<td></td>
<td>March 25 - Cancelled</td>
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<tr>
<td>An Embrace Aging event Balance and Dizziness</td>
<td>March 3, 2020</td>
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<tr>
<td>Dr. Nichole Sorensen, Lakeside Hearing</td>
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<tr>
<td>An Embrace Aging event Mental Health 101</td>
<td>March 4, 2020</td>
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<tr>
<td>Shirley Hogan, Canadian Mental Health Association</td>
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<tr>
<td>An Embrace Aging event MyHealthPortal</td>
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<tr>
<td>Interior Health Authority</td>
<td>March 4, 2020</td>
</tr>
<tr>
<td></td>
<td>Peachland</td>
</tr>
<tr>
<td></td>
<td>March 5, 2020</td>
</tr>
<tr>
<td></td>
<td>West Kelowna</td>
</tr>
<tr>
<td></td>
<td>March 12 – Cancelled</td>
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<tr>
<td>An Embrace Aging event Hear Better: Live Better</td>
<td>Kelowna</td>
</tr>
<tr>
<td>Colin VanBergen, NexGen Hearing</td>
<td>March 16 – Cancelled</td>
</tr>
<tr>
<td></td>
<td>Lake Country</td>
</tr>
<tr>
<td></td>
<td>March 17 – Cancelled</td>
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<tr>
<td></td>
<td>Vernon</td>
</tr>
<tr>
<td></td>
<td>March 20 – Cancelled</td>
</tr>
<tr>
<td></td>
<td>Kamloops</td>
</tr>
<tr>
<td></td>
<td>March 27 - Cancelled</td>
</tr>
<tr>
<td>An Embrace Aging event</td>
<td>March 5, 2020</td>
</tr>
</tbody>
</table>

*Note: Some events were cancelled.*
<table>
<thead>
<tr>
<th>Event Description</th>
<th>Location</th>
<th>Dates</th>
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<tbody>
<tr>
<td>An Embrace Aging event</td>
<td>West Kelowna</td>
<td>March 6, 2020</td>
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<tr>
<td>Estate Planning Essentials</td>
<td>Kelowna</td>
<td>March 12 – Cancelled</td>
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<tr>
<td>Interior Savings Credit Union experts</td>
<td>Lake Country</td>
<td>March 30 – Cancelled</td>
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<tr>
<td>Happy homes, healthy people: How home sharing is changing the way seniors age in place</td>
<td>Kelowna</td>
<td>March 6, 2020</td>
</tr>
<tr>
<td>Amanda Aubé, Happipad</td>
<td>West Kelowna</td>
<td>March 19 - Cancelled</td>
</tr>
<tr>
<td>Smart phone and tablet basics</td>
<td>Kelowna</td>
<td>March 6, 2020</td>
</tr>
<tr>
<td>CSL program students, UBC Okanagan</td>
<td>West Kelowna</td>
<td>March 13, 2020</td>
</tr>
<tr>
<td>Quality of life workshop</td>
<td>Kelowna</td>
<td>March 20 – Cancelled</td>
</tr>
<tr>
<td>Central Okanagan Hospice Association</td>
<td>Lake Country</td>
<td>March 27 - Cancelled</td>
</tr>
<tr>
<td>Mingle Monday</td>
<td>Kelowna</td>
<td>March 9, 2020</td>
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<tr>
<td>YMCA Okanagan</td>
<td>Family YMCA</td>
<td>March 9, 2020</td>
</tr>
<tr>
<td>Is Alzheimer’s in your genes?</td>
<td>H20 Fitness Centre</td>
<td>March 16 – Cancelled</td>
</tr>
<tr>
<td>Dr. Kim Christie, Okanagan Clinical Trials</td>
<td>Downton YMCA</td>
<td>March 23 - Cancelled</td>
</tr>
<tr>
<td>Taking care of YOU: self-care for caregivers</td>
<td>Lake Country</td>
<td>March 10, 2020</td>
</tr>
<tr>
<td>Naomi Mison, Okanagan Clinical Trials</td>
<td>Kelowna</td>
<td>March 18 - Cancelled</td>
</tr>
<tr>
<td>Alex Yacyshyn, PhD Candidate, UBC Okanagan</td>
<td>Postponed</td>
<td>March 11, 2020</td>
</tr>
<tr>
<td>Hearing is believing: Access your tablet’s assistive technologies</td>
<td>Lake Country</td>
<td>March 11, 2020</td>
</tr>
<tr>
<td>Meghan Currie, UBC Okanagan</td>
<td>Postponed</td>
<td>March 11, 2020</td>
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<tr>
<td>Dr. Art Hister presents a guide to living a long and healthy life</td>
<td>Postponed</td>
<td>March 11, 2020</td>
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<tr>
<td>Event Type</td>
<td>Event Title</td>
<td>Speaker(s)</td>
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<tr>
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<tr>
<td>Embrace Aging event</td>
<td>Leaving a legacy with planned giving</td>
<td>Geoffrey White, Geoffrey W. White Law Corporation</td>
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<tr>
<td>Embrace Aging event</td>
<td>Seniors Health Assessment</td>
<td>YMCA Okanagan</td>
</tr>
<tr>
<td>Embrace Aging event</td>
<td>Healthy eating in 2020: Cooking tips for 1-2 adults</td>
<td>Rebecca Frechette, UBC Okanagan; Jennifer Podovennikof, Healthy Essentials Clinic</td>
</tr>
<tr>
<td>Embrace Aging event</td>
<td>Loss, loneliness and isolation: is it the new smoking?</td>
<td>Janine Karlsen, Home Instead Senior Care; Hope Kelly, Home Instead Senior Care</td>
</tr>
<tr>
<td>Embrace Aging event</td>
<td>Healthy adult aging and balance: Where do we stand?</td>
<td>Dr. Brian Dalton, UBC Okanagan</td>
</tr>
<tr>
<td>Embrace Aging event</td>
<td>Getting hooked on fishing</td>
<td>Okanagan Men's Shed</td>
</tr>
<tr>
<td>Embrace Aging event</td>
<td>Older adult vaccination: A shot of truth</td>
<td>Andrew Bennett, Clinical Consultant Pharmacist</td>
</tr>
<tr>
<td>Visiting Scholar event</td>
<td>Pathways to transformation in long-term care</td>
<td>Dr. Carole Estabrooks, University of Alberta</td>
</tr>
<tr>
<td>Embrace Aging event</td>
<td>Benefits of Reflexology Workshop</td>
<td>Maralee Webber, IRIE Wellness</td>
</tr>
<tr>
<td>Event Type</td>
<td>Event Title</td>
<td>Speaker(s)</td>
</tr>
<tr>
<td>------------</td>
<td>-----------------------------------------------------------------------------</td>
<td>---------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Cafe Scientifique</td>
<td>Gut Health: A key to unlocking better health and wellbeing</td>
<td>Dr. Deanna Gibson, UBC Okanagan; Natasha Haskey, PhD Candidate, UBC Okanagan; Candice Quin, PhD Candidate, UBC Okanagan; Gerald de Veer, Crohn's and Colitis Canada; Dr. Andis Klegeris, UBC Okanagan</td>
</tr>
<tr>
<td>Embrace Aging event</td>
<td>Feldenkrais – Life is Movement</td>
<td>Springfield Funeral Home</td>
</tr>
<tr>
<td>Embrace Aging event</td>
<td>Transitions in care: Improving the outcome</td>
<td>Rachel Lewis, Baptist Housing</td>
</tr>
<tr>
<td>Embrace Aging event</td>
<td>GrandStem Day camp</td>
<td></td>
</tr>
<tr>
<td>Embrace Aging event</td>
<td>Aging: A lifelong process</td>
<td>Isobel Mackenzie, Office of the Seniors Advocate</td>
</tr>
</tbody>
</table>
Appendix B - IHLCDP Associate Members

Airth, Lauren
Antifeau, Elizabeth
Anton, Gayle
Ben-David, Shelly
Berg, Stephen
Bryant MacLean, Leslie
Caperchione, Cristina
Chau, Shirley
Corbett, John
Dalton, Brian
Davis, Jennifer
Deegan, Heather
Dow-Fleisner, Sarah
Drewitz-Chesney, Cheryle
Evans, Michael
Filiatrault, Paul
Forneris, Tanya
Gainforth, Heather
Ghosh, Sanjoy
Graham, John
Hamilton, Casey
Hill, Trish
Holtzman, Susan
Hostland, Craig
Jakobi, Jennifer
Jones, Charlotte
Jung, Mary
Kjorven, Mary
Krank, Marvin
Kurtz, Donna
Li, Eric
Libby, Cailan
Little, Jonathan
Lovegrove, Gordon
Lutes, Lesley
Maiwald, Karin
Marcolin, Barb
McManus, Ali
Oelke, Nelly
Olsen, Lise
Penny, Tricia
Pesut, Barb
Plamondon, Katrina
Reid, Colin
Rush, Kathy
Sakakibara, Brodie
Shahram, Sana
Smith, Michelle
Struik, Laura
Taylor, Deanne
Taylor, Edward
Te Hiwi, Braden Paora
van Donkelaar, Paul
Walsh, Zach
Wells, Susan
Willis-Stewart, Sally
Wilson, Roger
Wu, Tina
Zebedee, Janelle

Outgoing Associate Members
Holder, Mark
Taylor, Darlene
### Appendix C -
List of Research Awards to IHLCDP Faculty Associates

#### Tri-Council Funding

<table>
<thead>
<tr>
<th>Title and IHLCDP Principal / Co- Investigators</th>
<th>Funding Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Univenture: A Partnership to Address Heavy Drinking and Other Substance Misuse on Canadian University Campuses. (PI: Marvin Krank)</td>
<td>SSHRC</td>
</tr>
<tr>
<td>SSHRC General Research Fund. (PI: Paul van Donkelaar)</td>
<td>SSHRC</td>
</tr>
<tr>
<td>If we build it, how will they use it? In-field evaluation of an innovative personal belongings carrier to build capacity to transition out of homelessness. (PI: Shirley Chau)</td>
<td>SSHRC</td>
</tr>
<tr>
<td>Promoting and supporting anti-racism in British Columbia’s Civil Society. (PI: Shirley Chau)</td>
<td>SSHRC (including FHSD matching funds)</td>
</tr>
<tr>
<td>Organisational changes to address homelessness: Lessons learned from 3 mid-sized Canadian Cities (PI: John R. Graham)</td>
<td>SSHRC</td>
</tr>
<tr>
<td>Assessing feasibility and effectiveness of an on-line parent resource to support safe and active sport and recreation for children with autism spectrum disorders. (PI: Lise Olsen; Co-I: Ali McManus)</td>
<td>SSHRC</td>
</tr>
<tr>
<td>Polyunsaturated fatty acid (PUFA), inflammation and antioxidants. (PI: Sanjoy Ghosh)</td>
<td>NSERC</td>
</tr>
<tr>
<td>Impact of exercise and nutritional manipulations on inflammatory function in humans. (PI: Jonathan Little)</td>
<td>NSERC</td>
</tr>
<tr>
<td>iSTAND- Hands-On STEM Learning for Under-represented Youth. (PI: Jennifer Jakobi)</td>
<td>NSERC</td>
</tr>
<tr>
<td>Achieving health systems integration through policy development and implementation. (PI: Nelly Oelke)</td>
<td>CIHR</td>
</tr>
</tbody>
</table>
The effect of exogenous ketone supplementation on glucose control in type 2 diabetes. (PI: Jonathan Little)  
Decolonizing and Reorienting Health Systems Towards Health Equity: The xaqana itkini (Many Ways of Working Together) Research Project. (PI: Sana Shahram)  
Scaling up Principles for Equity-Centred Global Health Research. (PI: Katrina Plamondon)  
Youth Vaping Assessment, Prevention and Early intervention (Y-VAPE): A combined policy and intervention approach to curb youth vaping. (PI: Laura Struik; Co-I: Sarah Dow-Fleisner)

### Other Funding Sources

<table>
<thead>
<tr>
<th>Title and IHLCDP Principal / Co-Investigators</th>
<th>Funding Source</th>
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</thead>
<tbody>
<tr>
<td>Get Cracking for Diabetes: An Egg-based Breakfast for Improving Blood Glucose Control in Type 2 Diabetes. (PI: Jonathan Little)</td>
<td>American Egg Board</td>
</tr>
<tr>
<td>Can Patient-Reported Outcome Measures (PROMs) Data Be Used to Support Adherence to Falls Prevention Clinic Recommendations? A Pilot Study. (PI: Jennifer Davis)</td>
<td>BC SUPPORT Unit</td>
</tr>
<tr>
<td>A Mixed Methods Study Exploring the Meaning, Value, and Use of Patient-Reported Data for Personal Health Records within a Primary Care Network in Rural BC. (PI: Kathy Rush)</td>
<td>BC SUPPORT Unit</td>
</tr>
<tr>
<td>Patient-engaged priority setting and mental health data in the Okanagan Nation. (PI: Braden Te Hiwi; Co-I: Michael Evans)</td>
<td>BC SUPPORT Unit</td>
</tr>
<tr>
<td>Qualitative Study of Financial Well-being of Survivors who Married or Entered into a Common-Law Relationship with a Veteran who was aged 60+. (PI: Eric Li)</td>
<td>Canadian Institute for Military and Veteran Health Research</td>
</tr>
<tr>
<td>Understanding Health and Life Sciences Research and Innovation Impact in British Columbia (PI: Eric Li)</td>
<td>Genome British Columbia, Innovation, Science and Economic Development Canada, Province of British Columbia</td>
</tr>
<tr>
<td>Achieving health systems integration through policy development and implementation. (PI: Nelly Oelke)</td>
<td>Health Standards Organization</td>
</tr>
<tr>
<td>Title</td>
<td>Funding</td>
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<tr>
<td>----------------------------------------------------------------------</td>
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</tr>
<tr>
<td>A mixed-methods pilot pragmatic randomized controlled trial examining the real-world effectiveness of the MOVR mobile application. (PI: Mary Jung)</td>
<td>Innovation, Science and Economic Development Canada, Lululemon Athletica Canada Inc, Province of British Columbia</td>
</tr>
<tr>
<td>A randomized control trial comparing weight loss effects between the Keyto virtual ‘ketogenic diet’ program compared to a standard-care weight loss app. (PI: Jonathan Little)</td>
<td>Innovation, Science and Economic Development Canada, Keyto, Inc, Province of British Columbia</td>
</tr>
<tr>
<td>Building Navigation Skills Through a Health Literacy Program for Immigrants in Rural Communities. (PI: Nelly Oelke)</td>
<td>Innovation, Science and Economic Development Canada, South Okanagan Immigration and Community Services</td>
</tr>
<tr>
<td>Implementing Physical Activity Programs in Communities for Children with Neuro-disabilities. (PI: Lise Olsen)</td>
<td>MSFHR</td>
</tr>
<tr>
<td>Dads in Gear Indigenous Program (Program Evaluation). (PI: Joan Bottorff)</td>
<td>First Nations Health Authority</td>
</tr>
<tr>
<td>Determining optimal post-stroke exercise (DOSE) Stepped-Wedge RCT (Co-I: Brodie Sakakibara)</td>
<td>Canadian Partnership for Stroke Recovery</td>
</tr>
<tr>
<td>Telerehabilitation with aims to improve lower extremity recovery post stroke: the TRAIL study (PI: Brodie Sakakibara)</td>
<td>Brain Canada</td>
</tr>
<tr>
<td>Development of the eHealth Innovation Laboratory for Stroke Recovery (PI: Brodie Sakakibara)</td>
<td>Canada Foundation for Innovation</td>
</tr>
<tr>
<td>Developing an evidence-, equity-, and community -informed agenda for rural health research in BC (PI: Katrina Plamondon).</td>
<td>MSFHR</td>
</tr>
<tr>
<td>BC Community Network of Substance Use Observatories: Monitoring and Informing Public Responses to Substance Use (NPI: Sana Shahram)</td>
<td>Health Canada Substance Use and Addictions Program</td>
</tr>
<tr>
<td>xaæqanaؤʔitkiniؤ (Many Ways of Working Together): Laying the Foundation for a Participatory Action Research Project Plan (PI: Sana Shahram)</td>
<td>Vancouver Foundation</td>
</tr>
<tr>
<td>The CLARITY (Community-Led Actions for Resiliency Important Throughout Youth) Research Program (PI: Sana Shahram, Co-I: Katrina Plamondon, Shelley Ben-David, Deanna Taylor, Leslie Bryant)</td>
<td>Kelowna General Hospital Foundation, Blenk Family Fund, and Interior Health</td>
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## UBC Competitive Research Awards

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<tr>
<th>Title and IHLCDD Principal / Co-Investigators</th>
<th>Funding Source</th>
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<tbody>
<tr>
<td>Building a Foundation for Testing and Refining a Framework for Health Equity Action. (PI: Katrina Plamondon)</td>
<td>UBC Hampton Research Endowment Fund</td>
</tr>
<tr>
<td>Understanding initiatives to address mental health concerns in rural communities affected by natural disasters. (PI: Nelly Oelke)</td>
<td>UBC Killam Faculty Research Fellowship</td>
</tr>
<tr>
<td>Community Health Research Cluster Eminence Funding. (PI: Lesley Lutes; Co-Is: Charlotte Jones, Donna Kurtz, Jonathan Little, Kathy Rush, Mary Jung, Nelly Oelke, Stephen Berg, Susan Holtzman)</td>
<td>UBCO Vice Principal Research</td>
</tr>
<tr>
<td>UBCO Diabetes Research Day. (PI: Jonathan Little)</td>
<td>UBCO Vice Principal Research</td>
</tr>
<tr>
<td>Eminence Cluster: Rural Health Equity through Social Enterprise and Technology Synergies. (PIs: Kathy Rush &amp; Eric Li; Co-Is: Barbara Pesut, Charlotte Jones, Donna Kurtz, Katrina Plamondon, Nelly Oelke, Sarah Dow-Fleisner)</td>
<td>UBCO Vice Principal Research</td>
</tr>
<tr>
<td>Eminence Cluster: Homelessness - Identifying technology and service delivery solutions to reduce homelessness in vulnerable populations. (PI: John R. Graham; Co-Is: Shirley Chau, Eric Li, Gordon Lovegrove, Sana Shahram, Paul van Donkelaar)</td>
<td>UBCO Vice Principal Research</td>
</tr>
<tr>
<td>Generation 4 RespirAct (VPR Critical Research and Equipment Tools program). (PI: Ali McManus)</td>
<td>UBCO Vice Principal Research</td>
</tr>
<tr>
<td>Multidisciplinary Undergraduate Research Projects in Health (MURPH). Team member: Joan Bottorff (Co-I)</td>
<td>UBC’s Office of the Vice-President, Research &amp; Innovation</td>
</tr>
<tr>
<td>Bearing witness to discriminatory acts and practices: Mapping incidents to better access and address needs and social impacts. University Partner: Shirley Chau</td>
<td>UBC Community-University Engagement Support Fund</td>
</tr>
<tr>
<td>Healthy Together: Engaging dads in promoting children’s healthy lifestyles. University partner: Joan Bottorff</td>
<td>UBC Community-University Engagement Support Fund</td>
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## Career / Fellowship / Travel Awards

<table>
<thead>
<tr>
<th>Title and Awardees</th>
<th>Funding Source</th>
</tr>
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<tbody>
<tr>
<td>Can Blending Together Traditional and Western Knowledge Improve Diabetes and Obesity Health Outcomes in Urban Indigenous Communities? (Postdoctoral Fellowship: Julianne Barry. Supervisor: Donna Kurtz)</td>
<td>CIHR</td>
</tr>
<tr>
<td>Understanding service use decision-making and improving engagement among youth and young adults with mental health disorders. (Scholar Award for Shelly Ben-David)</td>
<td>Michael Smith Foundation for Health Research</td>
</tr>
<tr>
<td>Effects of SAMe in omega-6 polyunsaturated fatty acids induced toxicity in the heart. (Undergraduate student: Lucas Starchuk. Supervisor: Sanjoy Ghosh)</td>
<td>UBCO I.K. Barber School Endowment</td>
</tr>
<tr>
<td>Utilizing Smartwatch Technology to Prevent Substance Use Disorder Relapses. (Undergraduate student: Ross St George. Supervisor: Marvin Krank; Co-Supervisor: Sarah Dow-Fleisner)</td>
<td>UBCO I.K. Barber School Endowment</td>
</tr>
<tr>
<td>Can Patient Outcome Measure data improve patient’s decision to adhere to Falls Prevention Clinic recommendations? (Undergraduate student: Louisa Li. Supervisor: Jennifer Davis)</td>
<td>UBCO Internal Research Funds (NSERC URSA)</td>
</tr>
<tr>
<td>Consuming K-Beauty: An Examination of the Socio-Historical Development of Cosmetic and Beauty Industry in Korea. (Undergraduate student: Somin Lee. Supervisor: Eric Li)</td>
<td>UBCO Internal Research Funds (NSERC URSA)</td>
</tr>
<tr>
<td>Smart Donate: Research on Food Donation in Okanagan. (Undergraduate student: Dias Yessenbayev. Supervisor: Eric Li)</td>
<td>UBCO Internal Research Funds (NSERC URSA)</td>
</tr>
<tr>
<td>Indigenous Gender and Wellness: Idea Fair and Learning Circle. (Travel grants: Charlotte Jones, Donna Kurtz, Joan Bottorff, and Paul van Donkelaar)</td>
<td>CIHR</td>
</tr>
<tr>
<td>Learning from our Elders: Indigenous Perspectives of Gender in Harvesting and Gathering. (Travel grant for Postdoctoral Fellow: Julianne Barry. Supervisor: Donna Kurtz)</td>
<td>CIHR</td>
</tr>
</tbody>
</table>
Appendix D -
Publications by IHLCDP Faculty Associates
(April 2019 - March 2020)

2020


2019


Shoji, T., & Lovegrove, G. (2019). Integrating communication with conspicuity to enhance vulnerable road user safety: Arro where case study. *Sustainability (Switzerland), 11*(10). 2761. (15 pages)


Corbett, J., & Lindgren, A. (2019). Exploring the potential for crowdsourced spatial information to inform debate related to the changing Canadian local news landscape. Spatial Knowledge and Information Canada, 7 (4), 2. (7 pages)


Struik, L.L., Bottorff, J.L., Baskerville, N.B., Oliffe, J.L., & Crichton, S. (2019). Comparison of developers’ and end-users’ perspectives about smoking cessation support through the crush the crave app. *JMIR mHealth and uHealth, 7*(3), e10750. (12 pages)


Struik, L.L., Bottorff, J.L., Baskerville, N.B., Oliffe, J.L., & Crichton, S. (2019.) Comparison of developers’ and end-users’ perspectives about smoking cessation support through the Crush the Crave app. *Journal of Medical Internet Research, 7*(3), e10750. (12 pages)


