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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.

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

The Institute for Health Living and Chronic Disease Prevention (IHLCDP) report takes a look back at the previous fiscal year to recognize the many accomplishments of our Institute Associates. Despite the challenges of the COVID-19 pandemic, our researchers have continued to build interdisciplinary research teams with strong partnerships with communities and knowledge users. These efforts have resulted in increased research support, enhanced research training opportunities, and novel knowledge products that are transforming health promotion activities and equitable access to supports for healthy lifestyles and wellbeing. In this report we feature research partnerships with Indigenous communities and the community-centered projects underway to enhance health equity. Also highlighted are projects to advance innovations to support healthful aging and diabetes prevention. Research training opportunities have continued to grow alongside our Associate research programs, with an increasing number of training awards to our trainees. Finally, the IHLCDP remains a dynamic and expanding hub for knowledge exchange and dissemination of research conducted by Associates and their trainees.

Key achievements for the IHLCDP and its Associates include:

New funding for Health Research
- Over $6 million in new research funding
- A new UBCO Eminence Research Cluster was funded: Urban Indigenous Wellbeing (led by Institute Associate, Dr. Donna Kurtz)

Impact by the numbers
- Over 209 peer-reviewed publications, with 29 representing collaboration among Institute Associates
- Over 1100 people attended the 38 IHLCDP events held during the year
- Over 98 profiles of IHLCDP research via internal and external media blogs, podcasts and recorded talks
- Over 15,700 views on the IHLCDP YouTube channel
- And nearly 14,000 IHLCDP website views, with more than 6,200 visits by new users

Research Training
- 39 trainees received a total of $1 million in awards for research training with our Institute faculty.

Our People
- Our IHLCDP Associates received 11 new awards and recognitions.
**INSTITUTE OPERATIONS**

**IHLCDP ADVISORY COMMITTEE**

The IHLCDP Advisory Committee for 2021 - 2022 was comprised of the following members:

Gordon Binsted  Dean, Faculty of Health and Social Development (to December 2021)

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 continues to welcome associates from the community and academia in its research activities. Currently the Institute has 70 associates.  
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.
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

CAMPUS HEALTH PROJECT

Lauren Airth, Campus Health Specialist
Casey Hamilton, Campus Health Specialist
Lisa Knox, Campus Health Specialist
Jordyn Coates, Research Assistant and Tech II
Sean Garden, Research Assistant and Tech II
Ayla De Grandpre- Brown, Graduate student
Rebekah Underhill, Graduate student
Hardikaa Balasubramaniam, Undergraduate student
Victoria Bester, Undergraduate student
David Byres, Undergraduate student
Morgan Game, Undergraduate student
Jonathan Kirsch, Undergraduate student
Thomas Pool, Undergraduate student
Kierra Pritchard, Undergraduate student
Kassidy Rutledge, Undergraduate student
Sierra Vallancourt, Undergraduate student
Quinn van de Mosselaer, Undergraduate student
Adrian van de Mosselaer, Undergraduate student
Elana Wood, Undergraduate student

MURPH UNDERGRADUATE STUDENT RESEARCHERS

Ojogbane Amedu
Rebecca Anderson
Ella Bannon
Madyson Campbell
Paige Dafoe
Ashish Giri
Deniz Gunduz
Jiyoung Jang
Vanessa Lo
Emily Mayzes-Kotulla
Riya Naik
Dawson Penner
Endrio Rambelli
Tristen Ramsay
Paige Reekie
Dylan Rogers
David Shifflett
Alisha Sindhu
Andrea Tam
Spencer Ursel
Nadine Widjaja

HTTPS://MMRI.UBC.CA/MURPH
IHLCDP BY THE NUMBERS

$6 Million in research funding

INSTITUTE FACULTY RECEIVED OVER $6 MILLION IN NEW RESEARCH FUNDING DURING THE PAST YEAR AS PI OR CO-PI. (SEE TABLE 1). ONE MILLION WAS RECEIVED FROM TRI-COUNCIL GRANTING PROGRAMS (CIHR, SSHR, AND NSERC), WITH THE REMAINDER FROM A VARIETY OF OTHER SOURCES. 

SEE APPENDIX B FOR FULL DETAILS.

209 Publications

AMONG THE PEER-REVIEWED PUBLICATIONS BETWEEN APRIL 2021 AND MARCH 2022 WERE 29 ARTICLES THAT WERE CO-AUTHORED BY INSTITUTE ASSOCIATES AND TRAINEES. ALSO INCLUDED ARE PUBLICATIONS WITH COLLEAGUES AT UBCV AS WELL AS NATIONAL AND INTERNATIONAL PARTNERS.

$1 Million to support trainees

TRAINEES UNDER THE SUPERVISION OF IHLCDP FACULTY RECEIVED A TOTAL OF ONE MILLION IN FELLOWSHIPS AND RESEARCH AWARDS. 

SEE APPENDIX B FOR FULL DETAILS.

The IHLCDP YouTube channel has daily visits.

At March 31, 2022, 66 WEBINARS HAD 15,785 VIEWS.

265 YouTube Subscribers

18 Research Profiles

1,162 IHLCDP Website views/month

6,275 of users were new visitors

9 UBC Profiles of Institute Faculty Research

31 External Media stories

33 BLOGS, PODCASTS, RECORDED TALKS

SEE APPENDIX E FOR FULL DETAILS.

New UBC Cluster of Research Excellence

URBAN INDIGENOUS WELLBEING

CLUSTER LEADS: DR. DONNA KURTZ AND DR. GABRIELLE LEGAULT

IHLCDP TEAM MEMBER: BRADEN TE HIWI.

OTHER TEAM MEMBERS ARE: ELDER DIANA MOAR, SKYE BARBIC, MARGO GREENWOOD, PETER HUTCHINSON (UBCV), SARA DE LEEUW (UBCV), AND SHAWN WILSON.

Table 1: IHLCDP Associates NEW funding received in 2021 - 2022*

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<th>Type</th>
<th>Amount</th>
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<td>Tri-council funding (CIHR, SSHR, NSERC)**</td>
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<td>Other external funding**</td>
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<td>UBC Research funding**</td>
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<td>Total funding</td>
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*Based on data available from the VPRI and IHLCDP Associates
**Funding awarded to Institute Associates as PI or Co-PI.
AWARDS AND RECOGNITIONS

Dr. Jennifer Davis was awarded a Canada Research Chair (Tier 2) in Applied Health Economics.

Dr. Jennifer Jakobi received the Natural Sciences and Engineering Research Council of Canada Chair for Women in Science and Engineering for the British Columbia/Yukon region.

Dr. Sana Shahram received a MSHR BC 2021 Scholar Award.

Dr. Sarah Dow-Fleisner received a MSHR BC 2021 Scholar Award.

Dr. Laura Struik received an Emerging Scholar Award from the Canadian Cancer Society.

Dr. Eric Li was awarded a Principal’s Research Chair Tier 2 in Social innovation for health equity and food security.

Dr. John Graham was inducted as a 2022 fellow of the American Academy of Social Work and Social Welfare.

Dr. Sana Shahram recipient of a 2021 BC Reconciliation Award, The Office of the Lieutenant Governor of British Columbia.

Dr. Eric Li received a 2021 UBCO Researcher of the Year Award.

Dr. Jonathan Little received a 2021 UBCO Researcher of the Year Award.

Dr. Laura Struik, 2021 top 40 under 40 Kelowna Chamber of Commerce Award

FEATURED IHLCDP RESEARCH

PARTNERING WITH INDIGENOUS COMMUNITIES FOR HEALTH

Indigenous community research partnerships are central to developing knowledge that can be translated into improved health and wellbeing. IHLCDP Associates are demonstrating their commitment to community-centered research approaches that honour Indigenous voices to understand and address health inequities. New projects funded in the last year include the following:

Dr. Donna Kurtz is co-leading a team that will bring together Indigenous youth, young adults, Elders, and Knowledge Keepers to share/create knowledge, raise awareness and improve understanding of Indigenous concepts of gender and identity. The aim is to co-develop strengths-based Indigenous-led culturally safe and gendered approaches for self-determination and improved wellness. Knowledge creation will occur through Talking/Healing/Learning Circles, Community Gatherings, Cultural Safety Education & Resilience Gatherings, site-specific interventions, and surveys. Multi-site, multi-sectoral partnerships will be developed for knowledge mobilization, and collaboration/communication strategies. This 3-year project was funded by CIHR.
Dr. Sana Shahram is co-leading a team working with Ktunaxa First Nation in the Kootenay region of British Columbia to develop and test a new approach to research that is led by Ktunaxa peoples and reflects Ktunaxa culture. Ktunaxa Elders named this approach xacqanal itkinil (Many Ways of Doing the Same Thing). Important features of this approach include: coming together during community gatherings and ceremonies, starting with a shared meal, using traditional approaches for sharing information and solving problems, including everyone’s voices, and getting feedback often. The goal is to use the xacqanal itkinil approach to look at how the healthcare system can learn from Ktunaxa understandings of wellness to improve health services in Ktunaxa communities. This 5-year project was funded by CIHR.

Dr. Nelly Oelke is partnering with Carrier Sekani Family Services (CSFS) to understand how mental health services and supports are meeting the needs of community members in 11 First Nations and urban populations in north central BC served by CSFS. Project activities include a literature review, environmental scan of current services and supports, and interviews with community leaders, health and social care providers, and other key stakeholders. The results will be used by the CSFS to adapt and develop programming to meet the needs of Carrier and Sekani peoples living in north central BC. This project was funded by Mitacs and Carrier Sekani Family Services.

Dr. Sana Shahram and her team are re-defining research partnerships by establishing a Mothering Co/Lab with the goal of advancing equity-oriented perinatal substance use monitoring to inform more effective health and social services for women and their families. Under the leadership of the Grandmothers of the seven linguistic Nations of the Interior Region of BC and community partners, the Mothering Co/Lab will apply the BC Human Rights Commissioner’s framework, *Disaggregated demographic data collection in British Columbia: The grandmother perspective*, to substance use monitoring and anti-racist approaches to promote justice for women who use drugs and alcohol in pregnancy and/or mothering. The Mothering Co/lab is linked with the CISUR’s larger Co/Lab, the first population health observatory of its kind to bring together community-led processes alongside formalized monitoring and surveillance for action- and equity-oriented data on substance use. The Mothering Co/Lab project is funded by SSHRC for 3 years.

Drs. Donna Kurtz, Charlotte Jones, Jonathan Little, and Mary Jung are collaborating with Indigenous Elders, researchers and community members with the goal of reversing the upward trajectory of diabetes and obesity among urban Indigenous peoples. Indigenous-led and community-driven ways of knowing and doing are being used co-develop culturally safe Traditional and Western approaches grounded in local Indigenous ways of understanding of wholistic pathways/models of resilience, identity, and gender to prevent diabetes and obesity, and improve health and wellness outcomes for urban Indigenous peoples, families and communities. This 1-year project was funded by CIHR.

**Urban Indigenous Wellbeing Cluster of Research Excellence**

Dr. Donna Kurtz (Associate Professor in the School of Nursing and IHLCDP Associate) is co-leading a new research cluster with Dr. Gabrielle Legault (Assistant Professor, Department of Community, Culture and Global Studies). The cluster team will work with urban Indigenous communities to respond to community needs and identified research priorities. Institute Associate faculty member, Dr. Braden Te Hiwi, is a member of the team, along with Elder Diana Moar, Drs. Margo Greenwood, Shawn Wilson, Sarah de Leeuw, Skye Barbic and Peter Hutchinson. Learn more about the Urban Indigenous Wellbeing cluster [here](#).

UBCO Clusters of Research Excellence are funded by the Eminence Program.
**New Approaches to Healthy Aging**

Canadians are getting older. The 2021 Census data indicates that nearly one quarter of Canada’s population are baby boomers (56-75 years of age), and the number of people over 80 is continuing to grow. With current social and healthcare systems already under strain, there is an urgent need for proactive approaches that focus on maintaining optimal health and independence, creating age-friendly infrastructure in communities, and developing innovative technologies and tools for aging in place.

Institute faculty research and knowledge exchange activities are shaping the field and contributing to the evidence base for decision making to help Canadians to age connected to their communities while maintaining optimal health and a robust quality of life. Importantly, our researchers are engaging older adults in all phases of this research. New projects funded in the last year include the following:

**Dr. Jennifer Jakobi** (PI) and **Drs. Brian Dalton** and **Brodie Sakakibara** (Co-Is) are working on designing a relevant, safe, trusted and co-created virtual reality platform to support older adults aging in place.

**Dr. Kathy Rush** (PI) and **Drs. Eric Li** and **Khalad Hasan** (Co-Is) conducting a project to promote equitable digital engagement among rural older adults that will enable better access to health-related resources.

**Dr. Jennifer Davis** (PI) is leading a knowledge translation project to mobilize falls prevention knowledge with patients and clinicians in British Columbia.

**Dr. Jennifer Jakobi** and the **Aging in Place Research Cluster team** partnered with the National Association of Federal Retirees to understand what aging in place means. The results of their nation-wide survey can be found here. [Aging in Place website](#)

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**Improving Health with Immersive Technologies**

IHLCDP Associates **Drs. Brodie Sakakibara, Khalad Hasan, Laura Struik, and Joan Bottorff** have teamed up with an interdisciplinary team led by Dr. Abbas Milani in the School of Engineering to bring a new immersive technologies graduate program to UBCO. The team of faculty and their partners in the newly funded CREATE Immersive Technologies (CITech) program will support interdisciplinary research, training and skills development in immersive technologies. The program will include a focus on the finding novel ways to use immersive technology to support health and wellbeing.

**Dr. Donna Kurtz** is working in a multi-partnership led by several Indigenous Nations and communities, and Indigenous nurse research teams across all six BC university Schools of Nursing to co-create innovative educational pathways and research frameworks for Indigenous Health nursing graduate specialty curricula, practice, and policy. The team is committed to honoring Traditional and western knowledge pathways guided by local Indigenous community leaders, Elders, and Knowledge Holders, nursing leaders, Deans, Directors, faculty, and Indigenous students to co-develop, implement, and evaluate culturally safe gender-relevant Indigenous health nursing pathways. This CIHR project is funded for 5 years.
**Diabetes Prevention**

The 100th anniversary of the discovery of insulin was celebrated in 2021. Although this Canadian discovery has changed lives, more Canadians have diabetes than ever before, affecting 1 in 3 Canadians. To mark this significant anniversary the IHLCDP co-hosted a panel discussion with the BC Diabetes Research Network entitled “Hope on the horizon for diabetes.” Dr. Jonathan Little and Dr. Bruce Verchere (UBCV) and patients shared advances in diabetes prevention and management. A recording of this panel presentation can be found [here](#).

Institute researchers are continuing to advance efforts to reduce the burden of diabetes. New projects launched over the past year include the following:

**Dr. Jonathan Little** (PI) and **Drs. Jennifer Davis and Mary Jung** (Co-Is) have launched a project to develop a patient-centered, interdisciplinary nutrition intervention for delivery in urban and rural community pharmacies with the aim of putting Type 2 diabetes in remission.

**Dr. Mary Jung** (Co-PI) and **Dr. Jennifer Davis** (Co-I) are translating an evidence-based diabetes program, Small Steps for Big Changes, into diverse urban communities.

**Dr. Mary Jung** (PI) and **Dr. Jennifer Davis** (Co-I) have teamed up with others to making an impact on rural health by scaling-out and evaluating the implementation and effectiveness of an evidence-based diabetes prevention program across Interior British Columbia.

**Dr. Donna Kurtz** (Co-PI) and **Drs. Charlotte Jones, Jonathan Little and Mary Jung** (Co-Is) are building a team to support partnerships, share traditions and take action for urban Indigenous diabetes prevention and management.

**Dr. Hashim Islam** (PDF) working with **Dr. Jonathan Little** (Supervisor) are studying the impact of hyperglycemia and the restorative effects of exercise in individuals with Type 2 diabetes.

**Training the Next Generation**

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

The IHLCDP is proud to be a partner with [AGE-WELL](https://www.age-well.ca), Canada’s technology and aging network, to help build research capacity in healthy aging. Three outstanding UBCO trainees working with Institute faculty were among 19 graduate students and postdoctoral fellows awarded scholarships through the 2021 AGE-WELL Award program. These awards support trainees in pursuing research related to accelerating the delivery of new and innovative technologies and technology-related services to support older adults and caregivers.

- Violet Ignace, Northern Oji-Cree and Northern Cree from North Spirit Lake First Nation, Master of Science Nursing student (Supervisor: Dr. Donna Kurtz)
- Dr. Changki Kim, Postdoctoral Fellow (Supervisor: Dr. Jennifer Jakobi)
- Jonathan Low, PhD student, Health and Exercise Sciences (Supervisors: Dr. Ali McManus and Dr. Jonathan Little)

Dr. Changki Kim and Ms. Violet Ignace were profiled, along with information about their proposed research projects, by AGE-WELL in this news release about the 2021 awards [here](#).
The MURPH undergraduate research program is 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. MURPH provides research opportunities for faculty and students.

The 2021-2022 program supported 10 applied health projects encompassing 10 disciplines with a total of 17 faculty members (12 IHLCDP Associate members were PIs in 9 projects), and 21 MURPH Scholars.
For full details about the funded projects see the MURPH 2021 – 2022 Report.

Students presented their research projects at the UBC Okanagan Interdisciplinary Student Health Conference on March 10, 2022.

MURPH Projects Led by IHLCDP Associates

- **Immersive Technology Application for Collaborative Training.** PIs: Dr. Abbas Milani, School of Engineering, and Dr. Khalad Hasan, School of Computer Science; UG students Vanessa Lo and Jiyoung Jang.

- **Sleep and Family Relationships Before and During the Covid-19 Pandemic.** PIs: Dr. Susan Holtzman, Department of Psychology, and Dr. Elizabeth Keys, School of Nursing; UG students Andrea Tam and Tristen Ramsay.

- **Restorative Approach to Addressing Healthcare Harem: Building a Curriculum.** PIs: Dr. Nelly Oelke, School of Nursing, and Dr. Colin Reid, School of Social Work; UG students Alisha Sindhu, Dylan Rogers, and Madyson Campbell.

- **Foundations of Equitable Nursing Documentation and the Design of Healthcare Fairness Artificial Intelligence.** PIs: Dr. Charlene Ronquillo, School of Nursing, Dr. Xiaoxiao Li, School of Engineering, and Dr. Shirley Chau, School of Social Work; UG students Dawson Penner and David Shifflett.

- **Using Artificial Intelligence to Assess Performance of Fine Motor and Upper-Limb Skills in Health and Disease.** PIs: Dr. Sarah Kraeutner, Department of Psychology, and Dr. Vicki Komisar, School of Engineering; UG students Ella Bannon and Nadine Widjaja.

- **A Mobile MakerSpace to Support Inclusive Patient and Community-led Technology Solutions for Rural Health and Wellness.** PIs: Dr. Charlene Ronquillo, School of Nursing, Dr. Kathy Rush, School of Nursing, and Dr. Eric Li, Faculty of Management; UG students Emily Mayzes-Kotulla and Ashish Giri.

- **The ‘Personal Belongings Carrier’ and its Impact on Vulnerable Communities.** PIs: Dr. Shirley Chau, School of Social Work, and Dr. Abbas Milani, School of Engineering; UG students Paige Reekie and Deniz Gunduz.

- **An Online Resource for Safe Active Recreation for Families Living with Autism.** PIs: Dr. Lise Olsen, School of Nursing, and Dr. Carolyn Szostak, Department of Psychology; UG students Paige Dafoe and Rebecca Anderson.

- **Steps to Indoor Normalcy through Covid-19 Particle Spread Experiments.** PIs: Dr. Sunny Li, School of Engineering, and Dr. Jonathan Little, School of Health and Exercise Sciences; UG students Riya Naik and Endrio Rambelli.

[https://MMRI.ubc.ca/MURPH](https://MMRI.ubc.ca/MURPH)
Other examples of student research training experiences.

Faculty of Management Undergraduate Research Awards support experiential learning though the summer. Students who received these awards during the past year have the opportunity to work on the following projects with IHLCDP Associates:

- Josie Leung is working with Dr. Jennifer Davis to conduct a longitudinal survey to explore the health & economic impact of COVID-19 on faculty in Canada: A longitudinal survey.
- Shuhui Wu is working with Dr. Jennifer Davis to study which falls prevention interventions provide the best value for money for seniors.
- Yunji Im is working with Dr. Eric Li on a project exploring the co-creation of K-fashion by interviewing designers and market agents.
- Tiarra Porter is working with Dr. Eric Li to explore the intersectionality of environmental sustainability, food security, and climate change.
- Muhammad Konain is working with Dr. Eric Li to conduct a systematic review of the literature on social innovation for health equity.

**STUDENT SUCCESS**

Tashia Petker, PhD student in Clinical Psychology, is a 2021 Killam Doctoral Scholarship recipient. Under the supervision of IHLCDP Associate, Dr. Zach Walsh, Ms Petker’s is focusing her research on treatments for opioid addiction, looking at how psilocybin-assisted psychotherapy can be used as an innovative approach for opioid dependence. She describes her research in this video.

UBC Okanagan Co-Op student Shiven Khera, who worked with Dr. Eric Li on a partnership project with a local food bank to develop a new donation management system, on the IMPACT 2020 Award. This award, introduced by the BC Association for Co-operative Education and Work Integrated Learning, (ACE-WIL) is an initiative to showcase the impact and innovation that post-secondary students continue to bring to organizations across the province, despite the unique challenges presented by COVID-19. Watch a video with Dr. Li and Shiven Khera describing their project here.
During the past year, the Campus Health team received one-time funding from UBC to jump start new initiatives to strengthen harm reduction services, reduce student food insecurity, and enhance wellness education. This funding was part of a university-wide effort to address student needs related to the pandemic.

Working in collaboration with key community partners, the Campus Health harm reduction team (HaRT) successfully launched peer-led drug checking services on campus and in the community, and developed a new website dedicated to providing information related to harm reduction. This university-community partnership, conceived and led by Lauren Airth (Campus Health Specialist and PhD student in nursing), is the first of its kind.

UBCO Public Relations profiled this work on the UBC Okanagan News website.

The Campus Health team was also busy forging new ways to address student food insecurity. Working in collaboration with students and community stakeholders, Casey Hamilton (Campus Health Specialist), supported student teams in developing the vision for a community food hub on campus, and pilot tested food skills workshops and a farmers market. The team has made important contributions to developing the UBC Food Hub as well as a number of other initiatives to reduce student food insecurity.

Beginning April 1, 2022, the leadership for Campus Health will shift to Melissa Feddersen, Manager, Campus Wellness & Education, Student Wellness, UBCO. This change will provide an opportunity for strengthening collaborations with Student Wellness and UBC’s Wellbeing initiatives in order to support optimal use of resources and respond to the needs of an increasing number of students as the campus grows.
**Community Outreach and Knowledge Exchange**

**Selected Activities by the Director**

**Community and University Roles**

- Member, UBC Wellbeing Advisory Committee
- Co-Lead, Campus Health Voice Project
- Member, AVP Students Search Committee, Director for Student Wellness

**IHLCDP Speaker Series**

The IHLCDP hosted and co-hosted a total of 38 events with 1144 attendees. Most events were hosted virtually through webinar.

- Seven IHLCDP Partnership in Research events with 265 attendees.
- Three Research to Practice events co-hosted with North Okanagan Hospice Society and 94 attendees.
- The annual Café Scientifique, co-hosted with Interior Health, was held in person at the Laurel Packing House with 40 attendees.

**Okanagan Embrace Aging 2022**

The 9th Annual Okanagan Embrace Aging month, held in March, hosted 27 events with 745 attendees. Events ranged from serious to fun, and provided our attendees with a variety of ways to Embrace Aging.

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, Kelowna Museums, and the YMCA Okanagan.

The 2022 Planning Committee included:
- Corinne Johnson and Rod Rieu, Interior Savings Credit Union;
- Kim Peake, Sage Runner and Michelle Smith, Interior Health;
- Tiana Broen and Phuong ‘Lisa’ Ha, UBCO graduate students;
- Dr. Colin Reid, School of Health and Exercise Sciences/Social Work;
- Lindsay Burton, School of Nursing; and
- Dr. Joan Bottorff and Jacquetta Benard, IHLCDP.

See Appendix D for a complete list of the 2021 - 2022 events and presenters.
**Summary**

This report highlights the outstanding achievements of the IHLCDP and its Associates over the past year. Since the IHLCDP’s inception in 2009, research to promote health and wellbeing has grown exponentially at UBCO, along with our reputation for high quality research and strong research partnerships with the communities we work with.

We take this opportunity to thank the many people who have supported the Institute, partnered with us, and attended our events in person and virtually. Over the next few months, a new Institute Director will be appointed for a five-year term.

**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 Associate Members**

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<tr>
<td>Willis-Stewart, Sally</td>
<td>Wilson, Ryan</td>
</tr>
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<td>Wong, Michelle</td>
<td>Wu, Tina</td>
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<tr>
<td>Zebedee, Janelle</td>
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</tr>
</tbody>
</table>

IHLCMP 2021 - 2022 Annual Report 13
## Appendix B - List of New Research Awards to IHLCDP Faculty Associates

### TRI-Council Funding

<table>
<thead>
<tr>
<th>Title and IHLCDP Principal / Co-Investigators</th>
<th>Funding Source</th>
<th>Amount</th>
<th>Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Understanding how parents build and mobilize personal support networks to obtain tangible social support. PI: Dr. Elizabeth Keys</td>
<td>SSHRC Partnership Engage Grant</td>
<td>$24,996</td>
<td>2022 - 2023</td>
</tr>
<tr>
<td>Food odyssey: An exploratory study of the implementation of sustainable and resilient local food systems. PI: Dr. Eric Li; Co-Is: Drs. Jennifer Davis, John Graham, and Kathy Rush</td>
<td>SSHRC Partnership Development Grant</td>
<td>$179,800</td>
<td>2021 - 2024</td>
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<tr>
<td>Daily conflicts in parent-adolescent dyads: associations with parent and adolescent development. PI: Dr. Jennifer Lougheed</td>
<td>SSHRC Insight Development</td>
<td>$74,874</td>
<td>2021 - 2023</td>
</tr>
<tr>
<td>Exploring rural emergency health services innovation: A relational approach to change. PI: Dr. Nelly Oelke; Co-I: Dr. Deanne Taylor</td>
<td>SSHRC Catalyst Grant</td>
<td>$100,000</td>
<td>2022 - 2023</td>
</tr>
<tr>
<td>Empowering rural older adults: Promoting equitable digital engagement that sticks. PI: Dr. Kathy Rush; Co-Is: Drs. Eric Li and M. Khalad Hasan</td>
<td>SSHRC Partnership Engage Grant</td>
<td>$25,000</td>
<td>2021 - 2023</td>
</tr>
<tr>
<td>Gaining CLARITY in the prevention of youth suicide: From pilot to partnership. NPI: Dr. Sana Shahram; Co-PI: Dr. Katrina Plamondon; Co-I: Dr. Shelly Ben-David</td>
<td>SSHRC Connection Grant</td>
<td>$75,000</td>
<td>2021 - 2022</td>
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<tr>
<td>A perinatal collaborative community laboratory on substance use and harm reduction: The Mothering Co/Lab. PI: Dr. Sana Shahram</td>
<td>SSHRC Race Gender and Diversity Initiative</td>
<td>$447,650</td>
<td>2022 - 2025</td>
</tr>
<tr>
<td>Digital readiness in rural Canada: Pathways towards digital equity. PI: Dr. Kathy Rush; Co-Is: Drs. Sarah Dow-Fleisner, Khalad Hasan, Eric Li, Nelly Oelke, and Barb Pesut</td>
<td>SSHRC Insight Grant</td>
<td>$91,189</td>
<td>2022 - 2023</td>
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<tr>
<td>Mindfulness and antiracist education: Developing critical reflection. PI: Dr. Karen Ragoonaden</td>
<td>SSHRC Insight Grant</td>
<td>$86,370</td>
<td>2021 - 2022</td>
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<tr>
<td>Small Steps for Big Changes: Translating an evidence-based diabetes prevention program into diverse urban communities. Co-PI: Dr. Mary Jung; Co-I: Dr. Jennifer Davis</td>
<td>CIHR Team Grant (LOI)</td>
<td>$24,784</td>
<td>2021 - 2022</td>
</tr>
<tr>
<td>Coming together, sharing traditions and taking action for urban Indigenous diabetes prevention and management. Co-PI: Dr. Donna Kurtz; Co-Is: Drs. Charlotte Jones, Jonathan Little and Mary Jung</td>
<td>CIHR Development Grant</td>
<td>$35,000</td>
<td>2021 - 2022</td>
</tr>
</tbody>
</table>
Reclaiming and recovering Indigenous knowledge in graduate nursing education: intergenerational learning with communities.  
Co-PI: **Dr. Donna Kurtz** (NPI: Dr. L. Bourque Bearskin)  
CIHR Project Grant $684,676 2022 - 2025

Urban Indigeneous identity, gender, and wellness: Sharing wisdom across generations.  
Co-PI: **Dr. Donna Kurtz**  
CIHR Team Grant $486,807 2021 - 2026

Beyond vaccine nationalism: Advancing ethically-coherent policy action for equitable responses to inherently global health crises. PI: **Dr. Katrina Plamondon**  
CIHR Project Grant $471,146 2021 - 2022

Advancing virtual care in stroke rehabilitation: Telerehabilitation with aims to improve lower extremity recovery post-stroke (TRAIL) program. NPI: **Dr. Brodie Sakakibara**  
CIHR Project Grant $279,244  
CMA Foundation $75,000 2021 - 2024

Making an impact on rural health: Scaling-out and evaluating the implementation and effectiveness of an evidence-based diabetes prevention program across Interior British Columbia. PI: **Dr. Mary Jung; Co-I: Dr. Jennifer Davis**  
CIHR Project Grant $585,224 2021 - 2025

Indigenizing Okanagan STEM outreach.  
PI: **Dr. Jennifer Jakobi**  
NSERC Promo Science $8,000 2021

Integrative stem team advancing networks of diversity - science odyssey.  
PI: **Dr. Jennifer Jakobi**  
NSERC Promo Science $5,000 2021

Southern railway of BC Green Goat switcher locomotive retrofit into a zero-emission vehicle via low pressure hydrogen storage and fuel cell/battery hybrid power system.  
PI: **Dr. Gordon Lovegove**  
NSERC Alliance Grant $396,000 2021 - 2026

### Other Funding Sources

<table>
<thead>
<tr>
<th>Title and IHLCDP Principal / Co-Investigators</th>
<th>Funding Source</th>
<th>Amount</th>
<th>Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Modernizing approaches to tobacco use. Dr. Laura Struik</td>
<td>Canadian Cancer Society – Emerging Scholar Award</td>
<td>$620,800</td>
<td>2021 - 2026</td>
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<tr>
<td>The ADAPT Project: Adaptation, Development, And Positive trajectories in the context of childhood adversity. Dr. Sara Dow-Fleisner</td>
<td>MSHR BC Scholar Award</td>
<td>$450,000</td>
<td>2021 - 2026</td>
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<tr>
<td>Systems transformation for health equity: The PHAIRNESS in health research program. Dr. Sana Shahram</td>
<td>MSHR BC Scholar Award</td>
<td>$450,000</td>
<td>2021 - 2026</td>
</tr>
<tr>
<td>Mobilizing falls prevention knowledge with patients and clinicians in British Columbia Dr. Jennifer Davis, CRC Tier II (CIHR)</td>
<td>MSHR BC Reach - Canada Research Chairs Program</td>
<td>$20,000</td>
<td>2021 - 2026</td>
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<tr>
<td>Patient-oriented health economics research laboratory. PI: Dr. Jennifer Davis</td>
<td>CFI John Evans Leaders Fund (JELF) and BCKDF</td>
<td>$170,336</td>
<td>2021 - 2023</td>
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<tr>
<td>Project Description</td>
<td>PI</td>
<td>Funders</td>
<td>Amount</td>
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<td>-----------------------------------------------------------------------------------</td>
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<tr>
<td>Advanced co-located mobile interaction laboratory.</td>
<td>Dr. Khalad Hasan</td>
<td>CFI John Evans Leaders Fund (JELF) and BCKDF</td>
<td>$154,280</td>
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<tr>
<td>Investigating parent-adolescent dynamics in the emotion dynamics lab.</td>
<td>Dr. Jessica Lougheed</td>
<td>CFI John Evans Leaders Fund (JELF) and BCKDF</td>
<td>$198,005</td>
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<tr>
<td>Mobilizing falls prevention knowledge with patients and clinicians in British Columbia.</td>
<td>Dr. Jennifer Davis</td>
<td>MSHR BC (Reach Award)</td>
<td>$15,000</td>
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<tr>
<td>Enhancing patient self-care and management of atrial fibrillation within primary care.</td>
<td>Dr. Kathy Rush; Co-I: Dr. Nelly Oelke</td>
<td>MSHR BC (Convening and Collaborating Award)</td>
<td>$75,000</td>
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<tr>
<td>Understanding discrimination in BC: The case of Okanagan Valley.</td>
<td>Dr. Shirley Chau</td>
<td>Prov of BC</td>
<td>$10,000</td>
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<tr>
<td>Design and delivery of Grand Council Treaty #3 geospatial portal.</td>
<td>Dr. Jon Corbett</td>
<td>The Firelight Group</td>
<td>$45,375</td>
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<tr>
<td>Assessing neuromuscular responses following a single session of whole-body electrical myostimulation exercise.</td>
<td>Dr. Brian Dalton</td>
<td>Innovation, Science and Economic Development (Mitacs); Prov of BC; Torus Health Inc.</td>
<td>$15,000</td>
</tr>
<tr>
<td>The effect of exercise-induced fatigue on inter-limb asymmetries in elite youth hockey athletes.</td>
<td>Dr. Brian Dalton</td>
<td>Innovation, Science and Economic Development (Mitacs); Okanagan Hockey Group</td>
<td>$60,000</td>
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<tr>
<td>Examining the mental health impacts of COVID-19 in Canada: A combined statistics and machine learning equity-informed study.</td>
<td>Dr. Sara Dow-Freisner</td>
<td>BC Interior Region Seed Grant – Health Research</td>
<td>$50,000</td>
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<tr>
<td>Impact locally and influence nationally.</td>
<td>Dr. Jennifer Jakobi</td>
<td>Westmar Advisors Inc.</td>
<td>$10,000</td>
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<tr>
<td>STEM high school program.</td>
<td>Dr. Jennifer Jakobi</td>
<td>Okanagan Indian Band</td>
<td>$4,787</td>
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<tr>
<td>Virtual reality: A relevant, safe, trusted and co-created platform with older adults.</td>
<td>Dr. Jennifer Jakobi; Co-Is: Drs. Brian Dalton and Brodie Sakakibarra</td>
<td>New Frontiers Research Fund</td>
<td>$124,973</td>
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<tr>
<td>Online preventure feasibility study (OPfS).</td>
<td>Dr. Marvin Krank</td>
<td>Centre Hospitalier Universitaire Sainte-Justine</td>
<td>$32,500</td>
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<tr>
<td>Smart Choice: An integrated solution for in-service CAF members and veterans’ career and education planning:</td>
<td>Dr. Eric Li</td>
<td>Department of National Defense</td>
<td>$168,150</td>
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<tr>
<td>True patriot love environmental scan: military creative arts therapies initiative.</td>
<td>Dr. Eric Li</td>
<td>Canadian Institute for Military and Veteran Health Research</td>
<td>$40,000</td>
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<tr>
<td>Project Title</td>
<td>PI/Co-PI Details</td>
<td>Funding Details</td>
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<tr>
<td>Impact of a corrective model of chiropractic care on immune cell phenotype and function.</td>
<td>PI: Dr. Jonathan Little</td>
<td>Australian Spinal Research Foundation $16,900 2021 - 2023</td>
<td></td>
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<tr>
<td>Exercise snacks as a novel strategy in primary cancer prevention.</td>
<td>PI: Dr. Jon Little; Co-I: Dr. Mary Jung</td>
<td>Canadian Cancer Society – Action Grant $79,984 2022 - 2023</td>
<td></td>
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<tr>
<td>Development, characterization, and efficacy testing of a C-polar integrated solution for airborne transmission mitigation.</td>
<td>Co-PI: Dr. Jonathan Little</td>
<td>Interior Health $10,680 2022</td>
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<tr>
<td>Southern Railway of BC (SRY) Green Goat switcher locomotive retrofit into a zero-emission vehicle (ZEV) via low pressure hydrogen, fuel cell / battery hybrid (hydrail) System.</td>
<td>PI: Dr. Gordon Lovegrove</td>
<td>Hydrogen in Motion Inc. $27,000 2021 - 2026</td>
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<tr>
<td>Evaluating current mental health services for First Nations communities served by Carrier Sekani Family Services (CSFS).</td>
<td>PI: Dr. Nelly Oelke</td>
<td>Carrier Sekani Family Services; Innovation science and Economic Development Canada; Prov of BC (Mitacs) $15,000 2021 - 2022</td>
<td></td>
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<tr>
<td>Exploring the experience of leadership and career advancement of newcomers to Canada in small urban and rural settings.</td>
<td>PI: Dr. Nelly Oelke; Co-I: Dr. Shirley Chau</td>
<td>Innovation science and Economic Development Canada; Prov of BC; South Okanagan Immigrant and Community Services; $20,000 2021 - 2022</td>
<td></td>
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<tr>
<td>The impacts of team culture on primary care teams.</td>
<td>PI: Dr. Nelly Oelke</td>
<td>Interior University Research Coalition $50,000 2021 - 2022</td>
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<tr>
<td>The impact of COVID-19 restrictions on family time in long-term care: The CroFT-LTC project.</td>
<td>PI: Dr. Colin Reid</td>
<td>BC Interior Region Seed Grant Health Research Fund $15,189 2021 - 2022</td>
<td></td>
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<tr>
<td>Human computer interactions and health care resilience: A mixed-method study to design health technologies and resilience of primary healthcare professionals working in rural, remote and challenging environments in BC.</td>
<td>PI: Dr. Khalad Hasan</td>
<td>BC Interior Region Seed Grant Health Research Fund $5,000 2021 - 2022</td>
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<tr>
<td>Electronic data capture in the care of chronic pain: Identifying barriers and improving usability.</td>
<td>PI: Dr. Susan Holtzman</td>
<td>Thrive Health $45,500 2021 - 2023</td>
<td></td>
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<tr>
<td>Exploration of an Intra- and Inter-national Blockchain-powered and Physical Internet-enabled Food Supply Chain Traceability System in Canada and India.</td>
<td>PI: Dr. Eric Li</td>
<td>IC- IMPACTS $24,000 2022 - 2023</td>
<td></td>
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<tr>
<td>ForVeterans: An Integrated Solution for In-Service CAF Members and Veterans’ Career and Education Planning.</td>
<td>PI: Dr. Eric Li</td>
<td>Department of National Defense (Innovation for Defence Excellence and Security (IDEaS) 1b Program $1,103,080 2022 - 2023</td>
<td></td>
</tr>
<tr>
<td>Title and IHLCDP Principal / Co-Investigators</td>
<td>Funding Source</td>
<td>Amount</td>
<td>Year</td>
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<tr>
<td>Urban Indigenous wellbeing cluster. PI: <strong>Dr. Donna Kurtz</strong>; Co-I: <strong>Dr. Braden Te Hiwi</strong></td>
<td>UBCO VPR – Eminence Program</td>
<td>$500,000</td>
<td>2021 - 2024</td>
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<tr>
<td>Principal’s Research Chair Tier 2 in Social innovation for health equity and food security. <strong>Dr. Eric Li</strong></td>
<td>UBCO VPR – Principal Research Chair</td>
<td>$137,500</td>
<td>2021 - 2026</td>
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<tr>
<td>Social exposome collaboration. PI: <strong>Dr. Sara Dow-Fleisner</strong></td>
<td>UBCO VP Research &amp; Innovation – Collaborative Research Mobility Award</td>
<td>$4,970</td>
<td>2021</td>
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<tr>
<td>Centre for the Study of Services to Children and Families (CSSCF) collaboration. PI: <strong>Dr. Sara Dow-Fleisner</strong></td>
<td>UBC VP Research &amp; Innovation – Collaborative Research Mobility Award</td>
<td>$5,000</td>
<td>2021</td>
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<tr>
<td>A lightweight moveable testing system for human-based mobility monitoring fieldwork. PI: <strong>Dr. Vicki Komisar</strong>; Co-Is: <strong>Drs. Brian Dalton and Jennifer Jakobi</strong></td>
<td>UBCO VPR – Critical Research Equipment &amp; Tools Program</td>
<td>$85,396</td>
<td>2022 - 2023</td>
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<tr>
<td>Linking immune cell and skeletal muscle mitochondrial structure and function across the health span: Impact of biological sex and obesity. PI: <strong>Dr. Jonathan Little</strong></td>
<td>UBC OHS Collaborative Catalyst Grant Opportunity</td>
<td>$30,000</td>
<td>2022 - 2024</td>
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<tr>
<td>High-resolution respirometer for measuring mitochondrial function. PI: <strong>Dr. Jonathan Little</strong></td>
<td>UBCO VPR – Critical Research Equipment &amp; Tools Program</td>
<td>$100,000</td>
<td>2022 - 2023</td>
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<tr>
<td>Barriers, facilitators and outcomes of a novel interdisciplinary e-health clinical system to improve pediatric sleep care pathways in British Columbia. PI: <strong>Dr. Elizabeth Keys</strong></td>
<td>UBC VP Health: Health Innovation Funding Investment Award (HIFI)</td>
<td>$25,000</td>
<td>2022-2023</td>
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<tr>
<td>Putting Type 2 Diabetes into remission: Developing a patient-centred, interdisciplinary nutrition intervention for delivery in urban and rural community pharmacies. PI: <strong>Dr. Jonathan Little</strong>; Co-Is: <strong>Drs. Jennifer Davis and Mary Jung</strong></td>
<td>UBC VP Health: Health Innovation Funding Investment Award (HIFI)</td>
<td>$25,000</td>
<td>2022 - 2023</td>
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<tr>
<td>Harm reduction innovation: Exploring a tri-partnership model for the delivery of drug-checking services on campus and in the community. PI: <strong>Dr. Nelly Oelke</strong>; Co-Is: <strong>Dr. Zach Walsh and Lauren Airth</strong></td>
<td>UBC VP Health: Health Innovation Funding Investment Award (HIFI)</td>
<td>$24,975</td>
<td>2022 - 2023</td>
</tr>
<tr>
<td>Building community resilience through ecosystem disruptions: Community-partnered Initiatives to address mental health and substance use. PI: <strong>Dr. Nelly Oelke</strong>; Co-Is: <strong>Drs. Carolyn Szostak, Elizabeth Keys, Eric Li, Kathy Rush and Katrina Plamondon</strong></td>
<td>UBCO VPR – Eminence Program</td>
<td>$10,000</td>
<td>2021 - 2011</td>
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### STUDENT FELLOWSHIPS / RESEARCH AWARDS

<table>
<thead>
<tr>
<th>Title and Awardees</th>
<th>Funding Source</th>
<th>Amount</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kelsey Wuerstl (PhD Student, HES): Application of the ORBIT model to test a tailored smoking cessation intervention for persons with spinal cord injury. Supervisor: Dr. Heather Gainforth</td>
<td>CIHR – Doctoral Award</td>
<td>$70,000</td>
<td>2021-2023</td>
</tr>
<tr>
<td>Anti-inflammatory cytokine function in individuals with type 2 diabetes: impact of hyperglycemia and restorative effects of exercise. PDF award to: Dr. Hashim Islam. Supervisor: Dr. Jonathan Little</td>
<td>MS Health Research BC (PDF award)</td>
<td>$135,000</td>
<td>2021-2024</td>
</tr>
<tr>
<td>Paige Copeland (PhD student, HES): The effect of concentrations of THC and CBD on sensory, motor, and cognitive function over the adult lifespan in males and females. Supervisor: Dr. Brian Dalton</td>
<td>Killam Doctoral Scholarship</td>
<td>$64,000</td>
<td>2021-2022</td>
</tr>
<tr>
<td>Tashia Petker (PhD student, Psychology): Therapeutic applications of psychedelic substances to help people recover from drug addiction. Supervisor: Dr. Zach Walsh</td>
<td>SSHR Doctoral Scholarship and Killam Award recipient</td>
<td>$105,000</td>
<td>2021-2023</td>
</tr>
<tr>
<td>Meredith Rusk (PhD student, Okanagan School of Education): Breaking down racism, power and privilege through sharing circles and conversations can help to engage and validate Indigenous knowledge systems. Co-supervisor: Dr. Karen Ragoonaden</td>
<td>SSHRC Doctoral Award</td>
<td>$20,000</td>
<td>2021-2022</td>
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<tr>
<td>Kaela Cranston (PhD student, HES): Evaluating the digitalization of the Small Steps for Big Changes coach training: From conceptualization to effectiveness. Supervisor: Dr. Mary Jung</td>
<td>SSHRC Doctoral Fellowship</td>
<td>$60,000</td>
<td>2021-2024</td>
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<tr>
<td>Emily Giroux (PhD student, HES): Bridging the research to practice gap: An in-depth, prospective examination of the role of community-based organizations in fostering meaningful research partnerships. Supervisor: Dr. Heather Gainforth</td>
<td>SSHRC Doctoral Fellowship</td>
<td>$80,000</td>
<td>2021-2025</td>
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<tr>
<td>Name</td>
<td>Title</td>
<td>Supervisor</td>
<td>Funding</td>
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<tr>
<td>Meagan MacPherson</td>
<td>PhD student, HES: How do we know what to say and when to say it? User-informed development of a text messaging intervention.</td>
<td>Dr. Mary Jung</td>
<td>SSHR Doctoral Fellowship</td>
</tr>
<tr>
<td>Joseph Rootman</td>
<td>PhD student, Psychology: Drink consumption in cannabis-alcohol co-use: Timing, context and subjective intoxication.</td>
<td>Dr. Zach Walsh</td>
<td>SSHR Doctoral Fellowship</td>
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<tr>
<td>Clara Letef</td>
<td>Biochemistry student: Factors controlling the impact of OXLAMS in the heart.</td>
<td>Dr. Sanjoy Ghosh</td>
<td>UBCO Irving K Barber Faculty of Science NSERC Undergraduate Student Research Award (USRA)</td>
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<tr>
<td>Catarina Rodriguez</td>
<td>UG Mechanical Engineering student: Sex-based differences related to the use of handrails.</td>
<td>Dr. Vicki Komisar</td>
<td>UBCO School of Engineering NSERC Undergraduate Student Research Award (USRA)</td>
</tr>
<tr>
<td>Dr. Changki Kim,</td>
<td>Postdoctoral Fellow: Imperceptible vibration effect on sensorimotor function in older adults with diabetic neuropathy.</td>
<td>Dr. Jennifer Jakobi</td>
<td>AGE-WELL Networks of Centres of Excellence</td>
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<tr>
<td>Jonathan Low</td>
<td>PhD student: Mobile health biometrics to enhance exercise and physical activity adherence in older adults with Type 2 Diabetes.</td>
<td>Drs. Ali McManus and Jonathan Little</td>
<td>AGE-WELL Networks of Centres of Excellence</td>
</tr>
<tr>
<td>Violet Ignace</td>
<td>MSN student: Co-Creating digital spaces to share elders and knowledge keeper stories.</td>
<td>Dr. Donna Kurtz</td>
<td>AGE-WELL Networks of Centres of Excellence</td>
</tr>
<tr>
<td>Muhammad Konain</td>
<td>Social innovation for health equity: A systematic review.</td>
<td>Dr. Eric Li</td>
<td>UBCO Undergraduate Summer Research Award</td>
</tr>
<tr>
<td>Yunji Im</td>
<td>Co-Creating K-fashion: Voices from the designers and market agents.</td>
<td>Dr. Eric Li</td>
<td>UBCO Undergraduate Summer Research Award</td>
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<tr>
<td>Tiara Porter</td>
<td>A study on the intersectionality of environmental sustainability, food security, and climate change.</td>
<td>Dr. Eric Li</td>
<td>UBCO Faculty of Management Undergraduate Research Award</td>
</tr>
<tr>
<td>Josie Leung and Hardikaa Balasubramaniam</td>
<td>Social, Health &amp; economic Impact of COVID-19 on faculty in Canada: A longitudinal survey (SHE-Impact).</td>
<td>Dr. Jennifer Davis</td>
<td>Undergraduate Research Award</td>
</tr>
<tr>
<td>Shuhui Wu</td>
<td>Which falls prevention interventions provide the best value for money for seniors?</td>
<td>Dr. Jennifer Davis</td>
<td>UBCO Undergraduate Summer Research Award - International</td>
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<tr>
<td>MURPH Scholars</td>
<td>Project Title</td>
<td>Supervising Co-PIs</td>
<td>Funding</td>
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<tr>
<td>Andrea Tam (Psychology) and Trishen Micheal Ramsay (Nursing)</td>
<td>Sleep and family relationships before and during the COVID-19 pandemic: A study of Okanagan families with young children</td>
<td>Drs. Susan Holtzman (Psychology) and Elizabeth Keys (Nursing)</td>
<td>$10,000</td>
</tr>
<tr>
<td>Vanessa Lo (Nursing) and Jay Jang (Computer Science)</td>
<td>Designing and developing an immersive technology solution for telehealth.</td>
<td>Dr. Khalad Hasan (Computer Science)</td>
<td>$10,000</td>
</tr>
<tr>
<td>Denise Gunduz (Engineering) and Paige Reekie (Health and Exercise Sciences)</td>
<td>Personal belongings carrier.</td>
<td>Dr. Shirley Chau (Social Work)</td>
<td>$10,000</td>
</tr>
<tr>
<td>Dylan Rogers (Science), Alisha Sindhu (Nursing), and Madyson Campbell (Science)</td>
<td>Developing and evaluating an educational program for using a restorative approach to address healthcare harm.</td>
<td>Drs. Nelly Oelke (Nursing) and Colin Reid (HES)</td>
<td>$10,000</td>
</tr>
<tr>
<td>Endrio Rambelli (Engineering) and Riya Naik (Science)</td>
<td>Steps to indoor normalcy: Real-time analysis of aerosol spread and dispersion in dynamic indoor environments.</td>
<td>Dr. Jonathan Little (HES)</td>
<td>$10,000</td>
</tr>
<tr>
<td>Emily Mayzes-Kotulla (Science) and Ashish Giri (Engineering)</td>
<td>A mobile makerspace to support inclusive patient and community-led technology solutions for rural health and wellness.</td>
<td>Drs. Eric Li (Management) and Kathy Rush (Nursing)</td>
<td>$10,000</td>
</tr>
<tr>
<td>Nadine Widjaja (Psychology) and Elizabeth Bannon (Human Kinetics)</td>
<td>Using artificial intelligence to assess performance of fine motor and upper-limb skills in health and disease.</td>
<td>Dr. Vicki Komisar (Engineering)</td>
<td>$10,000</td>
</tr>
<tr>
<td>Paige Dafoe (Science) and Rebecca Anderson (Psychology)</td>
<td>Developing an online resource for safe active recreation for families living with autism.</td>
<td>Drs. Lise Olsen (Nursing) and Carolyn Szostak (Psychology)</td>
<td>$10,000</td>
</tr>
<tr>
<td>Dawson Penner (Science) and David Shifflet (Psychology)</td>
<td>Establishing foundations for equity-considerate artificial intelligence in community health: Understanding community health nurses’ conceptualizations and documentation of health equity in electronic health records.</td>
<td>Dr. Shirley Chau (Social Work)</td>
<td>$10,000</td>
</tr>
</tbody>
</table>
APPENDIX C - PUBLICATIONS BY IHLCDP FACULTY ASSOCIATES (APRIL 1, 2021 - MARCH 31, 2022)

2021


### 2022


Struik, L., Rodberg, D., Sharma, R.H. (2022). The behavior change techniques used in Canadian online smoking cessation programs: Content analysis. JMIR Mental Health, 9 (3), Article e35234. doi: 10.2196/35234


Appendix D - IHLCDP Knowledge Exchange Activities April 1, 2021 - March 31, 2022

Research to Practice Series
IHLCDP in partnership with NOHS (North Okanagan Hospice Society)

- **Improving capacity within long-term care to implement a palliative approach to care:**
  - *Pearls for practice*
  - Dr. Sharon Kaasalainen, Professor & Gladys Sharpe Chair in Nursing, McMaster University
  - [https://youtu.be/r0x0As1RHCY](https://youtu.be/r0x0As1RHCY)
  - November 24, 2021

- **Improving end of life care:**
  - *Timely identification of patients who would benefit from a palliative approach*
  - Dr. James Downar, Clinical Research Chair in Palliative and End of Life Care,
    Faculty of Medicine, University of Ottawa
  - [https://youtu.be/b0Njl4Tij70](https://youtu.be/b0Njl4Tij70)
  - January 12, 2022

- **Developing the role of the volunteer to support caregivers of children with medical complexity:**
  - *A Delphi study*
  - Robyn Thomas, Master of Arts Student Community Engagement,
    Social Change, Equity theme, Interdisciplinary Graduate Studies, University of British Columbia Okanagan
  - [https://youtu.be/1BZiYWlxvNE](https://youtu.be/1BZiYWlxvNE)
  - February 15, 2022

Café Scientifique - IHLCDP in partnership with Interior Health

- **Aging in Place: Multidisciplinary perspectives on growing older at home**
  - **PANEL**
    - Dr. Jennifer Boger, Department of Systems Design Engineering, University of Waterloo;
      Investigator, Aging in Place Research Cluster, University of British Columbia Okanagan
    - Phuong ‘Lisa’ Ha, PhD Student, Sensorimotor Physiology and Integrative Neuromechanics Lab,
      School of Health and Exercise Science; Trainee, Aging in Place Research Cluster, UBC Okanagan campus
    - Tiana Broen, MSc Student, Health and Adult Development Lab, Department of Psychology,
      UBC Vancouver campus; Trainee, Aging in Place Research Cluster, UBC Okanagan campus
    - Dr. Janet Evans, CGB Medical, Kelowna; Member, Aging in Place Research Cluster, UBC Okanagan campus
  - **MODERATOR**
    - Dr. Brodie Sakakibara, Department of Occupational Science and Occupational Therapy;
      Investigator, Centre for Chronic Disease Prevention and Management, Faculty of Medicine, UBC;
      Investigator, Aging in Place Research Cluster, University of British Columbia Okanagan
  - March 2, 2022
**IHLCDP Partnership in Research Series**

*Parent-Adolescent emotion dynamics: Associations with mental health*
Dr. Jessica P. Lougheed, Department of Psychology, University of British Columbia Okanagan
[https://youtu.be/Iz8Vu2h64X0](https://youtu.be/Iz8Vu2h64X0)

**May 4, 2021**

*Digital wellness project for young Indigenous men: Preliminary results from a community-based participatory project*
— UBCO Students—
Liam King, Adrian Van de Mosselaar, Mitchell Barrett, Quinn Van de Mosselaar
Dr. Braden Te Hiwi, Dept of Community, Culture and Global Studies, University of British Columbia Okanagan
Dr. Ali McManus, School of Health and Exercise Sciences, University of British Columbia Okanagan
[https://youtu.be/cr0z3LlzDTw](https://youtu.be/cr0z3LlzDTw)

**June 17, 2021**

*Exercise: Why does this matter to men after a cancer diagnosis?*
Dr. Sarah Neil-Sztramko, Department of Health Research Methods, Evidence and Impact, McMaster University
[https://youtu.be/lD7pUw6mE3Y](https://youtu.be/lD7pUw6mE3Y)

**October 26, 2021**

*Hope on the Horizon for Diabetes*
Dr. Bruce Verchere, Departments of Surgery and Pathology & Laboratory Medicine, UBC Vancouver
Sheila Kern, Patient Advocate and Diabetes Parent Principal Consultant at Purposefully
Dr. Jonathan Little, School of Health and Exercise Sciences, University of British Columbia Okanagan
JJ Belanger, Patient Advocate with Type 2 Diabetes
[https://youtu.be/Efmp0vgjtkI](https://youtu.be/Efmp0vgjtkI)

**November 15, 2021**

*Homelessness research in the Okanagan (and beyond)*
Dr. John Graham, School of Social Work, UBC Okanagan
Dr. Kyleen Myrah, Okanagan School of Business, Okanagan College
Kerry Rempel, Okanagan School of Business, Okanagan College
Bethany Presley, Student Researcher, UBC Okanagan
Xuege (Echo) Wang, Student Researcher, UBC Okanagan
[https://youtu.be/CgBdC04zq20](https://youtu.be/CgBdC04zq20)

**November 26, 2021**

*The politics of health: How do political factors influence our health*
Dr. Betsy Leimbiger, Postdoctoral Fellow, Faculty of Management, University of British Columbia Okanagan
[https://youtu.be/EHFsDeGFAX8](https://youtu.be/EHFsDeGFAX8)

**December 1, 2021**

*Defying the odds: Positive adaptation in the context of family adversity*
Dr. Sarah Dow-Fleisner, School of Social Work, University of British Columbia Okanagan
[https://youtu.be/UE2u0K8YTyM](https://youtu.be/UE2u0K8YTyM)

**January 25, 2022**
## 9th Annual Okanagan Embrace Aging Events - March 2022

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td><strong>Try the Y (1 week FREE trial) – YMCA Okanagan</strong></td>
<td>March 2</td>
</tr>
<tr>
<td><strong>Walk for Wellness – UBC Okanagan Eminence Research Cluster</strong></td>
<td>Tuesday/Thursday</td>
</tr>
<tr>
<td><strong>Games and Virtual Reality for healthy aging</strong></td>
<td>March 2</td>
</tr>
<tr>
<td>Dr. John Edison Muñoz, Postdoctoral Fellow Biocybernetic Systems, University of Waterloo, Canada</td>
<td>March 2</td>
</tr>
<tr>
<td><a href="https://youtu.be/eyejhTtb3Jg">https://youtu.be/eyejhTtb3Jg</a></td>
<td></td>
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<tr>
<td><strong>MyHealthPortal – Electronic Medical Records and you</strong></td>
<td>March 8</td>
</tr>
<tr>
<td>Interior Health Authority</td>
<td>March 8</td>
</tr>
<tr>
<td><a href="https://www.interiorhealth.ca/health-and-wellness/accessing-care-through-technology/virtual-care-services">https://www.interiorhealth.ca/health-and-wellness/accessing-care-through-technology/virtual-care-services</a></td>
<td>March 8</td>
</tr>
<tr>
<td><strong>Happipad Companion Housing</strong></td>
<td>March 24</td>
</tr>
<tr>
<td>Cailan Libby, CEO and Founder, Happipad</td>
<td>March 8</td>
</tr>
<tr>
<td><strong>REACH BC: Volunteer for health research studies</strong></td>
<td>March 8</td>
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<tr>
<td>Stefanie Cheah, Manager, REACH BC</td>
<td>March 8</td>
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<tr>
<td>Aisling Quigley, Marketing &amp; Communications, REACH BC</td>
<td>March 8</td>
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<tr>
<td><a href="https://youtu.be/TuE8t8lqgdw">https://youtu.be/TuE8t8lqgdw</a></td>
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<tr>
<td><strong>Women of the Okanagan - International Women’s Day</strong></td>
<td>March 8</td>
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<tr>
<td>Kelowna Museums</td>
<td>March 8</td>
</tr>
<tr>
<td><strong>Caregiver burnout: Signs, symptoms and solutions</strong></td>
<td>March 9</td>
</tr>
<tr>
<td>Naomi Mison, Founder and CEO of Discuss Dementia,</td>
<td>March 9</td>
</tr>
<tr>
<td><a href="https://youtu.be/Y3pKzjD4_7c">https://youtu.be/Y3pKzjD4_7c</a></td>
<td></td>
</tr>
<tr>
<td><strong>Laughter Yoga: An antidote to pandemic pressures</strong></td>
<td>March 10</td>
</tr>
<tr>
<td>Quinn Bailey, Social Worker, Interior Health</td>
<td>March 10</td>
</tr>
<tr>
<td><a href="https://youtu.be/rrjM5_YijCk">https://youtu.be/rrjM5_YijCk</a></td>
<td></td>
</tr>
</tbody>
</table>
Music therapy and wellness in aging
Lizzy Walsh, MSW student, University of British Columbia Okanagan; Music Therapist, Soul Sounds Music Therapy
https://youtu.be/8FFsZ8GCJ_Y

Exploring patient engagement: Patient Voices Network
Carol Stathers, Engagement Leader, Interior Region, BC Patient Safety & Quality Council
Maria Klement, Patient Partner, Patient Voices Network
https://youtu.be/jpYuCJgVdHo

What’s next: The Covid aftermath with Andre Picard
https://www.youtube.com/watch?v=SoHz1oMHG8&t=1582s

Aging in Place: Reflections from Canadians
Dr. Jennifer Jakobi, School of Health and Exercise Sciences, University of British Columbia Okanagan; NSERC Chair for Women in Science and Engineering
https://youtu.be/tmzgJVNueFA

Real life estate planning for real people
Hosted by: Interior Savings Credit Union
Shayden Stewart, Insurance and Estate Planning Advisor
Panel Experts: Fulton
Leah Card, Lawyer
Tyson McNeil-Hay, Lawyer
https://youtu.be/O0l5mpFgvU

náʔkʷulamən (what we do): syilx Wellness Practices - Kelowna Museums

Cooking with the Canadian Food Guide – and Sierra - VOICE Campus Health Project

Discover e-bikes - Elevation Outdoors and CRIS Adaptive Adventures

Digital Assets: What are they and why are they important in estate planning?
Anjali Inman, Founder, EstateBox
https://youtu.be/VZ2_HpsnukM
Knowledge is power: How to protect your finances from fraud and theft
Paula Naka, Manager, Risk Management, Interior Savings Credit Union

Make a mason bee home - [Kelowna Museums](https://www.kelownamuseums.org)

Intergenerational STEM
Co-hosted by [Integrative STEM Team Advancing Networks of Diversity (iSTAND)](https://www.istican.org) and [Westcoast Women in Engineering, Science and Technology (WWEST)](https://www.wwest.ca) – University of British Columbia Okanagan

The ‘other health emergency’: Health equity and climate change in British Columbia, Canada
Dr. Chris G Buse, Senior Research Scientist
Centre for Environmental Assessment Research, University of British Columbia Okanagan
[https://youtu.be/WLtB4xXSeNY](https://youtu.be/WLtB4xXSeNY)

Advance Care Planning – Who will speak for you? - Central Okanagan Hospice Association
Donna Rubadeau, Volunteer, Central Okanagan Hospice Association; Hospice House and Kelowna General Hospital; BC Center for Palliative Care - Advance Care Planning Facilitator Training
Patty Walker, Volunteer, Central Okanagan Hospice Association; End-of-Life Doula, Member of the End-of-Life Doula Association of Canada; BC Center for Palliative Care - Advance Care Planning Facilitator Training
[https://youtu.be/BgR0Crl1Esg](https://youtu.be/BgR0Crl1Esg)

“It’s only as good as...”: Care at a distance for people with heart beat irregularity
Dr. Kathy Rush, School of Nursing, University of British Columbia Okanagan
Lindsay Burton, Research Coordinator, School of Nursing, University of British Columbia Okanagan
[https://youtu.be/0gLZEpJJMn4](https://youtu.be/0gLZEpJJMn4)
APPENDIX E - PROFILES OF IHLCDP RESEARCH IN 2021 - 2022

The research activities of our IHLCDP Associates has been profiled 98 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 media stories and videos. Our researchers have been recognized in external media 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. Deanna Gibson: *Findings show types of fats matter when it comes to gut well-being* by Patty Wellborn, April 14, 2021. https://news.ok.ubc.ca/2021/04/14/ubco-research-shows-a-mothers-fat-intake-can-impact-infant-infectious-disease-outcomes/

Dr. Ryan Wilson: *UBCO cardiovascular researchers urges women to listen to their hearts* by Patty Wellborn, May 5, 2021. https://news.ok.ubc.ca/2021/05/05/ubco-cardiovascular-researcher-urges-women-to-listen-to-their-hearts/

Dr. Sarah Dow-Fleisner and Dr. Marvin Krank: *Parental consumption shapes how teens think about and use cannabis* by Patty Wellborn, May 19, 2021. https://news.ok.ubc.ca/2021/05/19/parental-consumption-shapes-how-teens-think-about-and-use-cannabis/


Dr. Nelly Oelke: *Pulse check: How is your mental health?* By Patty Wellborn, June 24, 2021. https://news.ok.ubc.ca/2021/06/24/pulse-check-how-is-your-mental-health/  


Dr. Sara Dow-Fleisner: *UBCO research shows kids have plenty of resilience* by Patty Wellborn, September 13, 2021. https://news.ok.ubc.ca/2021/09/23/ubco-research-shows-kids-have-plenty-of-resilience/

Dr. Laura Struik: *UBCO researchers examine how e-cigarette users quit* by Christine Zeindler, October 27, 2021. [https://ihlcdp.ok.ubc.ca/ubco-researchers-examine-how-e-cigarette-users-quit/](https://ihlcdp.ok.ubc.ca/ubco-researchers-examine-how-e-cigarette-users-quit/)


Dr. Jonathan Little: *Exercising to counteract chronic inflammation* by Patty Wellborn, January 13, 2022. [https://news.ok.ubc.ca/2022/01/13/exercising-to-counteract-chronic-inflammation/](https://news.ok.ubc.ca/2022/01/13/exercising-to-counteract-chronic-inflammation/)

Dr. Lesley Lutes: *UBCO researcher explores minimal food-monitoring as part of weight loss program* by Patty Wellborn, February 17, 2022. [https://news.ok.ubc.ca/2022/02/17/ubco-researcher-explores-minimal-food-monitoring-as-part-of-weight-loss-program/](https://news.ok.ubc.ca/2022/02/17/ubco-researcher-explores-minimal-food-monitoring-as-part-of-weight-loss-program/)

Dr. Laura Struik: *Different types of support can impact a person’s smoking cessation journey* by Patty Wellborn, February 22, 2022. [https://news.ok.ubc.ca/2022/02/22/different-types-of-support-can-impact-a-persons-smoking-cessation-journey/](https://news.ok.ubc.ca/2022/02/22/different-types-of-support-can-impact-a-persons-smoking-cessation-journey/)

Dr. Zach Walsh: *UBCO researchers explore therapeutic uses of ketamine* by Patty Wellborn, March 16, 2022. [https://news.ok.ubc.ca/2022/03/16/ubco-researchers-explore-therapeutic-uses-of-ketamine/](https://news.ok.ubc.ca/2022/03/16/ubco-researchers-explore-therapeutic-uses-of-ketamine/)

**UBCO Faculty Profiles**

Dr. Eric Li, 2021 *UBCO Researcher of the Year* – Social sciences and humanities, May 6, 2021, Video: [https://www.youtube.com/watch?v=V3TlWidTW1A](https://www.youtube.com/watch?v=V3TlWidTW1A)

Dr. Jonathan Little: *A winning combination*. 2021 UBCO Researcher of the Year, Social Sciences and Humanities. May 6, 2021. Faculty profile and video. [https://news.ok.ubc.ca/2021/05/13/a-winning-combination/](https://news.ok.ubc.ca/2021/05/13/a-winning-combination/) Fa

Dr. Eric Li: *Making dreams come true*. Associate Professor Eric Li envisions a future where all organizations embrace social responsivity as part of their mission. UBCO faculty profile, May 11, 2021 [https://news.ok.ubc.ca/2021/05/11/making-dreams-come-true/](https://news.ok.ubc.ca/2021/05/11/making-dreams-come-true/)


Dr. Deanna Gibson: *Gut Health: Researchers are evaluating how environmental factors like diet influence gut health and whether innovative solutions can alter inflammatory bowel disease’s susceptibility.* August 9, 2021. [https://ok.ubc.ca/okanagan-stories/gut-health/](https://ok.ubc.ca/okanagan-stories/gut-health/)

Dr. Jennifer Davis: *Dr. Jennifer Davis’ passion for applied health economics leads to Canada Research Chair,* UBCO faculty profile, February 14, 2022. [https://news.ok.ubc.ca/2022/02/14/dr-jennifer-davis-passion-for-applied-health-economics-leads-to-canada-research-chair/](https://news.ok.ubc.ca/2022/02/14/dr-jennifer-davis-passion-for-applied-health-economics-leads-to-canada-research-chair/)

Dr. Sara Dow-Fleisner: *It’s all about asking the right questions. Dr. Sarah Dow-Fleisner’s passion for data reveals pathways to resilience for trauma-affected youth.* UBCO faculty profile, February 21, 2022. [https://news.ok.ubc.ca/2022/02/21/its-all-about-asking-the-right-questions/](https://news.ok.ubc.ca/2022/02/21/its-all-about-asking-the-right-questions/)

Dr. Sana Shahram: *Dr. Sana Shahram is removing the barriers to health equity.* UBCO faculty profile, March 21, 2022. [https://news.ok.ubc.ca/2022/03/21/dr-sana-shahram-is-removing-the-barriers-to-health-equity/](https://news.ok.ubc.ca/2022/03/21/dr-sana-shahram-is-removing-the-barriers-to-health-equity/)

**EXTERNAL MEDIA**

Dr. Katrina Plamondon: *Should Canada issue vaccine passports?* CBC Canada Tonight interview, April 2021, [https://www.cbc.ca/player/play/1858643523637](https://www.cbc.ca/player/play/1858643523637)


Dr. Sana Shahram: *British Columbia Reconciliation awardees announced: xaɁqanaʔ ?itkiniʔ (Many Ways of Doing the Same Thing) research team,* BC Achievement Foundation media release, April 26, 2021. [https://www.bcachievement.com/awardee/xa%c8%bcqana%c7%82-%ca%94itkini%c7%82-many-ways-of-doing-the-same-thing-research-team/](https://www.bcachievement.com/awardee/xa%c8%bcqana%c7%82-%ca%94itkini%c7%82-many-ways-of-doing-the-same-thing-research-team/)

Dr. Sana Shahram: *Local group honoured for reconciliation work,* E-Know: East Kootenay News Online Weekly, April 26, 2021. [https://www.e-know.ca/regions/ktunaxa-nation/local-group-honoured-for-reconciliation-work/](https://www.e-know.ca/regions/ktunaxa-nation/local-group-honoured-for-reconciliation-work/)

Dr. Sana Shahram: *Ktunaxa Nation Council health research project receives $950,000 grant,* Ktunaxa Nation Communications Media release, April 27, 2021. [https://www.myeastkootenaynow.com/16223/950000-grant-awarded-to-ktunaxa-nation-council-research-project/](https://www.myeastkootenaynow.com/16223/950000-grant-awarded-to-ktunaxa-nation-council-research-project/)

Dr. Sana Shahram: *xaǂqanaǂ ʔitkiniǂ Receives British Columbia Reconciliation Award*, Ktunaxa Nation Communications media release, May 20, 2021. [https://www.ktunaxa.org/media-release-xa%C8%BCqana%C7%82-%CA%94itkini%C7%82-receives-british-columbia-reconciliation-award/](https://www.ktunaxa.org/media-release-xa%28%BCqana%28%C7%82-%CA%94itkini%C7%82-receives-british-columbia-reconciliation-award/)


Dr. Shelley Ben-David: *Strong people seek support*, Foundry, December 1, 2022. [https://foundrybc.ca/strongpeopleseeksupport/](https://foundrybc.ca/strongpeopleseeksupport/)


Dr. Lesley Lutes: *How 60-second fitness and wellness activities can boost your health*, by Dominique Lamberton, Best Health, January 6, 2022. [https://www.besthealthmag.ca/article/small-lifestyle-changes/](https://www.besthealthmag.ca/article/small-lifestyle-changes/)


Dr. Lesley Lutes: 3 Women share small changes that made big impacts in their lives, Best Health, February 8, 2022. https://www.besthealthmag.ca/article/new-year-resolution-ideas/


Blogs, Podcasts, Opinions, Recorded Talks

Dr. Katrina Plamondon: Walking a path toward equitable futures. UBCO 3MT Featured speaker, April 1, 2021. https://www.youtube.com/watch?v=XglxqgmD3QQ


Dr. Sana Shahram & Horsethief, C. (2021, April 28). Ktunaxa Health Care Research Grant [Radio segment]. 2dayFM, Cranbrook, BC.

Dr. Katrina Plamondon: Don’t panic over vaccine blood clots. The system is not working [Interview for news article]. Vice News, April 2021. https://www.vice.com/en/article/xgx8qn/dont-panic-over-vaccine-blood-clots-thesystem-is-working


Dr. Katrina Plamondon: (2021, August). Vaccine Equity [Live radio interview]. CBC Radio West

Dr. Katrina Plamondon: (2021, August). Vaccine Equity [Live radio interview]. CBC All Points West.


Dr. Laura Struik: *Most youth who vape are trying to quit: UBCO study*, by Jayden Wasney, Castanet, October 27, 2021. [https://www.castanet.net/news/Kelowna/349852/Most-youth-who-vape-are-trying-to-quit-UBCO](https://www.castanet.net/news/Kelowna/349852/Most-youth-who-vape-are-trying-to-quit-UBCO)


**Student Profiles**

Naomi Laurin, MSW student (Dr. Shelly Ben-David, Supervisor), *The digital divide study: My first experience working on qualitative research* [Blog], March 22, 2022. [https://www.crestbd.ca/2022/03/22/digital-divide-qualitative-research/](https://www.crestbd.ca/2022/03/22/digital-divide-qualitative-research/)

Jacqueline Barnett, PhD student, Department of Biochemistry and Molecular Biology (Dr. Deanna Gibson, Supervisor). Runner-up in UBCO’s 3 MT final winners, March 29, 2022. [https://gradstudies.ok.ubc.ca/2022/03/29/engineering-student-captures-top-prize-at-ubcos-3mt-final/](https://gradstudies.ok.ubc.ca/2022/03/29/engineering-student-captures-top-prize-at-ubcos-3mt-final/) (watch her presentation: [https://www.youtube.com/watch?v=ItHtO-Tk6TE](https://www.youtube.com/watch?v=ItHtO-Tk6TE))

Other UBCO 3MT finalists supervised by IHLCDP Associates included:

- Stef Ashton, PhD student in Kinesiology (Dr. Paul van Donkelaar, Supervisor) – watch her presentation: [https://www.youtube.com/watch?v=sQfznPsX-Is](https://www.youtube.com/watch?v=sQfznPsX-Is)

- Jocelyn Schroeder, MSN student (Dr. Barb Pesut, Supervisor) – watch her presentation: [https://www.youtube.com/watch?v=yG6GtjvQfNl](https://www.youtube.com/watch?v=yG6GtjvQfNl)

- Maya Pilin, PhD student in Psychological Sciences (Dr. Marvin Krank, Supervisor) – watch her presentation: [https://www.youtube.com/watch?v=HPj4_BUjO58](https://www.youtube.com/watch?v=HPj4_BUjO58)

- Leslie Shayer, PhD student in Interdisciplinary Studies (Dr. Karen Ragoonaden, Supervisor) – watch her presentation: [https://www.youtube.com/watch?v=dou9uZJlums](https://www.youtube.com/watch?v=dou9uZJlums)
