Institute for Healthy Living and Chronic Disease Prevention

Annual Report
2022 - 2023
March 31, 2023
Vision and Mission

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

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

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

Key achievements of the IHLCDP and its associates include:

New funding for Health Research
- Over $16 million in new research funding

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

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

Our People
- Our IHLCDP Associates received 10 new awards and recognitions.
Institute Operations

**IHLCDP advisory committee**

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

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

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

**IHLCDP associate membership**

The IHLCDP welcomed four new associates to its research activities in 2022 - 2023. The Institute now has 76 associates from a range of academic units and community organizations.

*See Appendix A for a complete list.*

**IHLCDP space / facilities**

The Institute for Healthy Living and Chronic Disease Prevention is located in ARTS 223. Faculty Associates have labs in various locations on campus.

**IHLCDP administration and staff**

- Institute Director  
  Joan L. Bottorff, Professor  
  School of Nursing, Faculty of Health and Social Development, UBC Okanagan
- Institute Administrative Support  
  Jacquetta Benard
IHLCDP at a Glance

213 peer-reviewed Publications

213 articles were co-authored by IHLCDP associates and trainees, as well as collaborative work with colleagues at UBCV and national and international partners. See Appendix C for list of publications.

94 Research Profiles

94 blogs, podcasts, recorded talks
36 external media stories
19 UBC profiles of IHLCDP faculty research

See Appendix E for full details.

10 New Awards & Recognitions

10 new awards & recognitions

The IHLCDP researchers are leaders in their field.

51 IHLCDP Knowledge Exchange Events

51 IHLCDP knowledge exchange events with over 1,200 attendees. See Appendix D for full event details.

29 New Webinars on the @IHLCDP YouTube channel

29 new webinars on the @IHLCDP YouTube channel

6,165 new IHLCDP website visitors

2,000+ Twitter followers @IHLCDP

$16 Million in New Research Funding (see Table 1)

$16 million in new research funding (see Table 1)

Nearly 1/2 million in fellowships and awards to support trainees under the supervision of IHLCDP faculty. See Appendix B for full details.

Table 1:
IHLCDP Associates New Funding Received in 2022 - 2023*

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

395 subscribers

11.3K views this year & 1.5K hours watched

New IHLCDP website visitors

And over 1,100 views per month.
Awards and Recognitions

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

Reconciliation Award recognized at ceremony

 xaʔqanaʔ ʔitkiniʔ (Many Ways of Doing the Same Thing) Research Team was presented with a BC Reconciliation Award at Government House in Victoria with Lt Governor Janet Austin to honour groups and individuals who have demonstrated leadership in advancing reconciliation. The team behind this project won the award in 2021, but the ceremony was held January 13, 2023. “The Many Ways of Doing the Same Thing” research team, co-led by Dr. Christopher Horsethief and Dr. Sana Shahram, has developed a community-driven and culturally-informed approach to decolonizing relationships between health systems and Indigenous peoples.
In June 2022, UBCO became the 8th Canadian university, and third in Western Canada to join the Age Friendly University global network, thanks to the work of the Aging-in-Place Research Cluster, led by Dr. Jennifer Jakobi. The Age Friendly University (AFU) network is comprised of institutions of higher education around the globe who have formalized their commitment to improving the age-friendliness of their policies, programs, and spaces. Joining this network positions UBC Okanagan as not only a leader in research on aging but also as an institution committed to being inclusive to all. The AFU principles can be applied beyond the realm of "age" and speak to the overall importance of diversity, accessibility, and inclusivity in higher learning, ultimately improving the campus experience for all. The Aging In Place research cluster looks forward to continuing to work with UBCO to find ways to make our campus more age friendly with the support of this global network.

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

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

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

Dr. Jennifer Jakobi (NPI), Dr. Jen Boger (Co-PI) and Drs. Brian Dalton, Mohammad Khalad Hasan, Vicki Komisar, and Brodie Sakakibara (Co-Is) are developing a virtual reality (VR) intervention for health and wellbeing. Their unique design approach brings together older adults as expert members of the development team to co-create a relevant, trusted, and enjoyable VR intervention. This research is supported with a grant from the New Frontiers in Research Fund.
Dr. Kathy Rush (PI) and Drs. Nelly Oelke and Ryan Wilson (Co-Is) and other members of their team are exploring new ways to enhance patient self-care and management of atrial fibrillation (AF) within primary care. They are bringing together doctors, nurses, patients and researchers to identify possible solutions to address AF self-care in practice and research. This project is funded by the MSHR BC.

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

International partnerships: research with reach

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

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

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

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

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

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

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

IHLCDP and AGE-WELL Network of Centres of Excellence Partnership

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

Multidisciplinary Undergraduate Research Project in Health (MURPH)

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

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

- **EMPHASize: E-module for professional health awareness on eating disorders and weight stigma.**  
  Co-PIs: Dr. Sally Stewart (School Health and Exercise Science) and Dr. Libben (Psychology)  
  UG students: Lakoda R. Thomas (Psychology) and Mona Huang (Microbiology)

- **Co-Creating an Indigenous-led culturally safe tele-diabetes/obesity implementation toolkit.**  
  Co-PIs: Dr. Charlotte Jones (Medicine) and Dr. Donna Kurtz (Nursing)  
  UG students: Myra Molen (Health and Exercise Science) and Marie-Claire Lantin (Biology, Psychology)

- **Personal belongings carrier: An interdisciplinary collaborative intervention project to address homelessness and the precariousness of personal belongings.**  
  Co-PIs: Dr. Shirley Chau (Social Work) and Dr. Milani (Engineering)  
  UG students: Shiva Natarajan (Psychology) and Alison Marie Rose Siddon (Engineering)

- **Design and testing of an augmented reality-assisted vein detection device: A low-cost solution for difficult intravenous access in healthcare settings.**  
  Co-PIs: Dr. Charlene Ronquillo (Nursing) and Dr. Milani (Engineering)  
  UG students: Nicole Merritt (Nursing) and Kibele Sebnem Yildrim (Computer Science).

- **Integrating patient user experience platforms and sharing data to visualize.**  
  Co-PIs: Dr. Barb Marcolin (Management) and Dr. Charlene Ronquillo (Nursing)  
  UG Students: Vanessa Ferraro (Management) and Wenqi (Wayne) Guo (Computer Science)

- **Design and testing of an airborne disease mitigation device for interior hospitals.**  
  Co-PIs: Dr. Eric Li (Management) and Dr. Jonathan Little (Health and Exercise Sciences)  
  UG students: Ryan Gordon (Mechanical Engineering) and Ashley Tahara (BIMB)
**Trainee Success**

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

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

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

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

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

IHLCDP Speaker Series

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

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

Celebrating a decade of partnership for knowledge and action

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

See Appendix D for a complete list of events and presenters.

Recorded webinar events are available on the IHLCDP YouTube channel here.

Dr. Barb Pesut, Professor, School of Nursing, UBCO (left) and Clara Dyck, Educational and Resource Leader, North Okanagan Hospice Society, at an IHLCDP / NOHS event.
Okanagan Embrace Aging turns 10

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

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

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

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

The 2023 Embrace Aging Planning Committee included:

Corinne Johnson and Mollie Woodhouse, Interior Savings Credit Union;
Kim Peake, Michelle Smith and Paula Morrison, Interior Health;
Joey Thompson, Society for Learning in Retirement;
Patience Okuku, AgeLink Society, UBC Okanagan;
Dr. Colin Reid, School of Health and Exercise Sciences/Social Work and Lindsay Burton, School of Nursing, UBC Okanagan;
Drs. Jennifer Jakobi and Jennifer Boger, School of Health and Exercise Sciences, UBC Okanagan;
Jill Williamson, Aging in Place research cluster, UBC Okanagan; and Dr. Joan Bottorff and Jacquetta Benard, IHLCDP.

See Appendix D for a complete list of events and presenters.
Introducing our new IHLCDP Director

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

Summary

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

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

Institute for Healthy Living and Chronic Disease Prevention
located on the unceded territory of the Syilx (Okanagan) peoples

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Appendix A: Associate Members

* New Associate Member, 2022 - 2023

Lauren Airth, HaRT Campus Wellness and Education, UBCO
Elisabeth Antifeau, Interior Health
Shelly Ben-David, Social Work, FHSD, UBCO
Stephen Berg, Education, Faculty of Education, UBCO
* Charlyn Black, Population and Public Health, UBCV
Jennifer Boger, Health and Exercise Sciences, FHSD, UBCO
Leslie Bryant, Interior Health
Chris G.Buse, Simon Fraser University
Cristina Capruchione, University of Technology Sydney
Shirley Chau, Social Work, FHSD, UBCO
Jon Corbett, Community, Culture and Global Studies, IKBFASS, UBCO
Melba D’Souza, Thomspon Rivers University
Brian Dalton, Health and Exercise Sciences, FHSD, UBCO
Jennifer Davis, Faculty of Management, UBCO
Heather Deegan, Interior Health
Sarah Dow-Fleisner, Social Work, FHSD, UBCO
Cheryl Drewitz-Chesney, Divisions of Family Practice, Vancouver
* Clara Dyck, North Okanagan Hospice Society
Michael Evans, Community, Culture and Global Studies, IKBFASS, UBCO
Melanie Fenton, Aging in Place, UBCO
Paul Filiatrault, Health Standard Organization
Tanya Forneris, Health and Exercise Sciences, FHSD, UBCO
Heather Gainforth, Health and Exercise Sciences, FHSD, UBCO
Sanjoy Ghosh, Biology, IKBFS, UBCO
Deanna Gibson, Biology, IKBFS, UBCO
John Graham, Social Work, FHSD, UBCO
Casey Hamilton, Campus Wellness and Education, UBCO
Khalad Hasan, Computer Science, Mathematics and Statistics, IKBFS, UBCO
* Carla Hilario, Nursing, FHSD, UBCO
Trish Hill, Interior Health
Susan Holtzman, Psychology, IKBFASS, UBCO
Jennifer Jakobi, Health and Exercise Sciences, FHSD, UBCO
Charlotte Jones, Southern Medical Program, Faculty of Medicine, UBCO
Mary Jung, Health and Exercise Sciences, FHSD, UBCO
Elizabeth Keys, Nursing, FHSD, UBCO
Mary Kjorven, Interior Health
Vicki Komisar, Engineering, Faculty of Applied Science, UBCO
* Sarah Kraeutner, Psychology, IKBFASS, UBCO
Marvin Krank, Psychology, IKBFASS, UBCO
Donna Kurtz, Nursing, FHSD, UBCO
Eric Li, Faculty of Management, UBCO
Cailan Libby, Happipad, Kelowna
Jonathan Little, Health and Exercise Sciences, FHSD, UBCO
Jessica Lougheed, Psychology, IKBFASS, UBCO
Gord Lovegrove, Engineering, Faculty of Applied Science, UBCO
Lesley Lutes, Psychology, IKBFASS, UBCO
Virginie Magnat, Faculty of Creative and Critical Studies, UBCO
Karin Maiwald, Family Practice, Faculty of Medicine, UBCV
Barb Marcolin, Faculty of Management, UBCO
Ali McManus, Health and Exercise Sciences, FHSD, UBCO
Nelly Oelke, Nursing, FHSD, UBCO
Lise Olsen, Nursing, FHSD, UBCO
Barbara Pesut, Nursing, FHSD, UBCO
Tricia Penny, School District 23, Kelowna
Katrina Plamondon, Nursing, FHSD, UBCO
Karen Ragoonaden, Education, Faculty of Education, UBCO
Colin Reid, Health and Exercise Sciences/Social Work, FHSD, UBCO
Charlene Ronquillo, Nursing, FHSD, UBCO
Kathy Rush, Nursing, FHSD, UBCO
Brodie Sakakibara, Southern Medical Program, Faculty of Medicine, UBCO
Cherisse Seaton, FHSD, UBCO
Sana Shahram, Nursing, FHSD, UBCO
Michelle Smith, Interior Health
Laura Struik, Nursing, FHSD, UBCO
Carolyn Szostak, Psychology, IKBFASS, UBCO
Deanne Taylor, Interior Health
Edward Taylor, Social Work, FHSD, UBCO
Braden Paora Te Hiwi, Community, Culture and Global Studies, IKBFASS, UBCO
Paul van Donkelaar, Health and Exercise Sciences, FHSD, UBCO
Zach Walsh, Psychology, IKBFASS, UBCO
Susan Wells, Psychology, IKBFASS, UBCO
Sally Willis-Stewart, Health and Exercise Sciences, FHSD, UBCO
Ryan Wilson, Nursing, FHSD, UBCO
Michelle Wong, Medicine, UBCV
Tina Wu, Trinity Western University
Janelle Zebedee, School District 23, Kelowna
## Appendix B: IHLCDP Faculty Research Awards

### TRI-Council Funding

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

<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>STROKECOG Platform: Innovative Clinical Trials Training Initiatives for STROKE and COGnition.</td>
<td>CIHR: Clinical Trials Training Platforms</td>
<td>$4,479,815</td>
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</table>

Neuromechanics of postural responses to balance loss.
PI: Dr. Vickie Komisar

<table>
<thead>
<tr>
<th>Title and IHLCDP Principal / Co-Investigators</th>
<th>Funding Source</th>
<th>Amount</th>
<th>Years</th>
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</thead>
<tbody>
<tr>
<td>Neuromechanics of postural responses to balance loss.</td>
<td>NSERC – Discovery</td>
<td>$37,500</td>
<td>2022-2028</td>
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<tr>
<td></td>
<td>NSERC - Individual</td>
<td>$140,000</td>
<td>2022-2028</td>
</tr>
</tbody>
</table>

Characterising neuroplasticity stimulated by covert practice and the nature of learning through covert practice.
PI: Dr. Sarah Kraeutner

<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>Characterising neuroplasticity stimulated by covert practice and the nature of learning through covert practice.</td>
<td>NSERC – Discovery</td>
<td>$37,500</td>
<td>2022-2028</td>
</tr>
<tr>
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<td>NSERC - Individual</td>
<td>$145,000</td>
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PromoScience supplement for science odyssey
PI: Dr. Jennifer Jakobi

<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>PromoScience supplement for science odyssey</td>
<td>NSERC - Promoscience</td>
<td>$5,000</td>
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</table>

Community connectedness, fast features methodology, and wellness through systematic platforms.
PI: Dr. Barbara Marcolin

<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>Community connectedness, fast features methodology, and wellness through systematic platforms.</td>
<td>SSHRC Partnership Engage Grant</td>
<td>$25,000</td>
<td>2023-2024</td>
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Sustainable transport safety (SMARTer Growth System Planning): tools to proactively move toward zero deaths and zero emissions transport.
PI: Dr. Gordon Lovegrove

<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>Sustainable transport safety (SMARTer Growth System Planning): tools to proactively move toward zero deaths and zero emissions transport.</td>
<td>NSERC</td>
<td>$151,000</td>
<td>2022-2028</td>
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Other funding sources

<table>
<thead>
<tr>
<th>Title and IHLCDP Principal / Co-Investigators</th>
<th>Funding Source</th>
<th>Amount</th>
<th>Years</th>
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</thead>
<tbody>
<tr>
<td>Immersive Teaching Agents for Educational Services.</td>
<td>Mitacs Inc.: Accelerate</td>
<td>$100,000</td>
<td>2022-2027</td>
</tr>
<tr>
<td>PI: Dr. Mohammad Khalad Hasan (Grad student: Satabdi Das)</td>
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<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>Linkbase Hospitality Software: From Research and Development to Commercialization.</td>
<td>Mitacs Inc.: Accelerate</td>
<td>$9,500</td>
<td>2023</td>
</tr>
<tr>
<td>PI: Dr. Eric Li (Grad Student Brandon Caiza)</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>
### Investigating the effectiveness of an online research education course to build capacity for meaningful research partnerships among the spinal cord injury research system.

**PI:** Dr. Heather Gainforth (Grad Student: Emily Giroux)

**Funding:** Mitacs Inc.: Accelerate

**Amount:** $30,000 2022-2023

---

### A partnership approach to co-developing a smoking cessation intervention for persons with spinal cord injury.

**PI:** Dr. Heather Gainforth

**Funding:** Michael Smith Health Research BC – Convening and Collaborating Award

**Amount:** $14,930 2022-2024

---

### Role of omega-3 eggs in reducing pro-oxidative and inflammatory effects of omega-6 PUFA in diabetic and geriatric hearts.

**PI:** Dr. Sanjoy Ghosh

**Funding:** Egg Farmers of Canada – Research Grants Program

**Amount:** $80,100 2022-2025

---

### Modeling patient response to a therapeutic diet in Crohn's disease.

**PI:** Dr. Deanna Gibson

**Funding:** Crohn's and Colitis Foundation of America

**Amount:** $77,000 2022-2023

---

### Restoring gut symbiosis using a novel live biotherapeutic product that acts via the gut-brain.

**PI:** Dr. Deanna Gibson

**Funding:** Crohn's and Colitis Canada

**Amount:** $100,000 2023-2024

---

### Examining motor imagery-related brain function in health and after stroke to leverage its prescription.

**PI:** Dr. Sarah Kraeutner

**Funding:** Michael Smith Health Research BC – Scholar Award

**Amount:** $450,000 2022-2027

---

### Identifying patient-validated compassion and equity concepts in community care clinical notes through natural language processing.

**PI:** Dr. Charlene Ronquillo

**Funding:** AMS Healthcare Fellowship in Compassion and Artificial Intelligence

**Amount:** $75,000 2022-2023

---

### Basic and applied investigations of motor imagery to promote recovery after stroke.

**PI:** Dr. Sarah Kraeutner

**Funding:** British Columbia Knowledge Development Fund (BCKDF)

**Amount:** $125,000 2022-2024

---

### Basic and applied investigations of motor imagery to promote recovery after stroke.

**PI:** Dr. Sarah Kraeutner

**Funding:** Canada Foundation for Innovation – John R. Evans Leaders Fund

**Amount:** $125,000 2022-2024
<table>
<thead>
<tr>
<th>Project Description</th>
<th>PI/Co-PI</th>
<th>Grant Amount</th>
<th>Funding Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>For Veterans: An integrated solution for in-service CAF members and veterans' transition.</td>
<td>Dr. Eric Li</td>
<td>$1,103,080</td>
<td>2022-2023</td>
</tr>
<tr>
<td>Environmental Scan: Military Creative Arts Therapies Initiative</td>
<td>Dr. Eric Li</td>
<td>$40,000</td>
<td>2022-2023</td>
</tr>
<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>Dr. Eric Li</td>
<td>$24,000</td>
<td>2022-2023</td>
</tr>
<tr>
<td>Performing peripheral blood mononuclear cell (PBMC) isolations as a service for BC Cancer.</td>
<td>Dr. Jonathan Little</td>
<td>$13,000</td>
<td>2022-2023</td>
</tr>
<tr>
<td>Remission possible: A knowledge translation project to inform British Columbians with type 2 diabetes that remission is possible.</td>
<td>Dr. Jonathan Little; Co-Investigator: Dr. Deanne Taylor</td>
<td>$15,000</td>
<td>2022-2024</td>
</tr>
<tr>
<td>Pilot implementation project: A pharmacist and registered dietitian led diet and medication deprescription intervention to promote type 2 diabetes (T2D) remission.</td>
<td>Dr. Jonathan Little</td>
<td>$650,000</td>
<td>2022-2026</td>
</tr>
<tr>
<td>Feasibility of exercise &quot;snacks&quot; in people living with type 2 diabetes: A pilot randomized control trial.</td>
<td>Dr. Jonathan Little</td>
<td>$300,000</td>
<td>2022-2023</td>
</tr>
<tr>
<td>Investigation into saliva matrix effects on standard protein quantification assays.</td>
<td>Dr. Jonathan Little</td>
<td>$2,800</td>
<td>2022-2023</td>
</tr>
<tr>
<td>The centre for obesity and well-being research excellence (The CORE).</td>
<td>Dr. Lesley Lutes</td>
<td>$18,238</td>
<td>2022-2028</td>
</tr>
<tr>
<td>Program Evaluation/Audit of Interior Health Emergency Departments' Protocols regarding Suicidal Screening.</td>
<td></td>
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<td>--------------------------------------------------</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>PI: Dr. Lesley Lutes</td>
<td>Interior Health</td>
<td>$75,000</td>
<td>2022-2023</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Implementation and Evaluation of a Navigation Intervention for People with Cancer in Old Age and Their Family Caregivers: An International Pragmatic Randomized Controlled Trial.</th>
</tr>
</thead>
<tbody>
<tr>
<td>PI: Dr. Barb Pesut</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>BCCI Collaborative Team Building Grant (RHSRNbc).</th>
</tr>
</thead>
<tbody>
<tr>
<td>PI: Dr. Katrina Plamondon</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>British Columbia Coalition Institute - Strategic Planning for our Community of Practice.</th>
</tr>
</thead>
<tbody>
<tr>
<td>PI: Dr. Katrina Plamondon</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DIGNITY: DIGital inclusion through social Innovation and TechnologY synergies in Rural Communities: A Multi-disciplinary and Multi-country Collaboration.</th>
</tr>
</thead>
<tbody>
<tr>
<td>NPI: Dr. Kathy Rush; CoPI: Dr. Eric Li; CoIs: Dr. Sarah Dow-Fleisner, Dr. Mohammad Khalid Hasan</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Optimizing the Provision of Virtual Rehabilitation using Smart Mirror Technologies: The TRAIL-M Study.</th>
</tr>
</thead>
<tbody>
<tr>
<td>PI: Dr. Brodie Sakakibara</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>A Virtual Interprofessional Collaborative Care Student-run Intervention to Promote Chronic Disease Self-management after Stroke: A Pilot-randomized Controlled Study.</th>
</tr>
</thead>
<tbody>
<tr>
<td>PI: Dr. Brodie Sakakibara</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>KT Challenge 2022: Show me the evidence – nursing practices and policy at BC Cancer.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mentor: Dr. Nelly Oelke (with Raman Sandhu, Michelle LaFreniere, Megan Crosby, Jagbir Kaur, Scott Beck, Heather Kilgour - BC Cancer Registered Nurses).</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>The Regional Okanagan Youth Council ROYC): A Pilot Project.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Co-PIs: Dr. Katrina Plamondon and Dr. Sana Shahram</td>
</tr>
<tr>
<td>Title and IHLCDD Principal / Co- Investigators</td>
</tr>
<tr>
<td>-----------------------------------------------</td>
</tr>
<tr>
<td>UBC Killam Accelerator Research Fellowship to Dr. Mary Jung</td>
</tr>
<tr>
<td>Portable technology to assess balance deficits in community-based settings. PI: Dr. Brian Dalton</td>
</tr>
<tr>
<td>Canada Research Chair (Tier II) in Patient-Oriented Health Economics. PI: Dr. Jennifer Davis</td>
</tr>
<tr>
<td>Transforming pre-clinical research using the next generation cell imaging multi-mode reader platform Cytation 7. PI: Dr. Deanna Gibson</td>
</tr>
<tr>
<td>Exploring socioecological relations of infant sleep in a Canadian sample born during the COVID-19 pandemic. PI: Dr. Elizabeth Keys</td>
</tr>
<tr>
<td>Mapping trust in nurses with dimensions of trustworthy artificial intelligence: A scoping review. PI: Dr. Charlene Ronquillo</td>
</tr>
<tr>
<td>UBCO-Exeter Collaboration Fund Fellowship. PI: Dr. Virginie Magnat</td>
</tr>
<tr>
<td>Homelessness Research in Kelowna: Journey Home Research Cluster. PI: Dr. Barbara Marcolin</td>
</tr>
<tr>
<td>Project Description</td>
</tr>
<tr>
<td>-------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Advancing data-driven rural unattached patient personas development: A person-center</td>
</tr>
<tr>
<td>centered design to inform preventive care solutions.</td>
</tr>
<tr>
<td>PI: Dr. Kathy Rush</td>
</tr>
<tr>
<td>Co-Is: Drs. Eric Li, Charlene Ronquillo, Mohammed Khalad Hasan</td>
</tr>
<tr>
<td>Operating equitable and impactful harm reduction services.</td>
</tr>
<tr>
<td>UBC partner: Lauren Airth</td>
</tr>
<tr>
<td>Community Partner: Fahmy Bahauddin (Living Positive Resource Centre)</td>
</tr>
<tr>
<td>Science World/Westcoast Women in Engineering, Science, and Technology (WWEST) STEM</td>
</tr>
<tr>
<td>Support Program Exploration.</td>
</tr>
<tr>
<td>UBC Partner: Dr. Jennifer Jakobi</td>
</tr>
<tr>
<td>Community Partner: Cameron Beck, ASTC Science World Society.</td>
</tr>
<tr>
<td>Virtual reality training tool to facilitate police investigations of head injury and</td>
</tr>
<tr>
<td>stimulation in intimate partner violence cases.</td>
</tr>
<tr>
<td>Co-PI: Dr. Paul van Donkelaar</td>
</tr>
<tr>
<td>Traditional knowledge and Indigenous wellness in graduate nursing education in BC:</td>
</tr>
<tr>
<td>The time for transformation and reconciliation.</td>
</tr>
<tr>
<td>PI: Dr. Donna Kurtz</td>
</tr>
<tr>
<td>Community engaged development of an Indigenous health certificate at UBC Okanagan.</td>
</tr>
<tr>
<td>PI: Dr. Tanya Forneris</td>
</tr>
<tr>
<td>Title and Awardees</td>
</tr>
<tr>
<td>--------------------</td>
</tr>
<tr>
<td>Phoung (Lisa) Ha (PhD student, HES): The influence of adult aging on balance in the upper arms while using assistive devices. Supervisor: Dr. Brian Dalton</td>
</tr>
<tr>
<td>Helen Chiang (UG Student, Biology) Can brain chemicals impact your gut? The investigation of kynurenine and serotonin on colitis and anxiety/depression. Supervisor: Dr. Deanna Gibson</td>
</tr>
<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>
</tr>
<tr>
<td>Emily Giroux (PhD Student, HES) Investigating the effectiveness of an online research education course to build capacity for meaningful research partnerships among the spinal cord injury research system. Supervisor: Dr. Heather Gainforth</td>
</tr>
<tr>
<td>Alanna Shwed (PhD Student, HES) Transforming the research system: Implementing the integrated knowledge translation guiding principles for meaningful research partnerships in the spinal cord injury research system. Supervisor: Dr. Heather Gainforth</td>
</tr>
<tr>
<td>Dr. Alex Kent (PDF): Advancing anti-colonial implementation science and knowledge translation with the xa$qanaǂ ʔitkiniǂ* (Many ways of working on the same thing) research team. Co-supervisor: Dr. Sana Shahram</td>
</tr>
<tr>
<td>Name</td>
</tr>
<tr>
<td>-------------------------------</td>
</tr>
<tr>
<td>Dr. Majidullah Shaikh (PDF)</td>
</tr>
<tr>
<td>Dr. Femke Hoekstra (PDF)</td>
</tr>
<tr>
<td>Erin Delfs (MA in CESCE IGS program)</td>
</tr>
<tr>
<td>Parres Holliday (UG Student)</td>
</tr>
<tr>
<td>Sophia Mah (UG student)</td>
</tr>
<tr>
<td>Allison Kooijman (PhD Student, SON)</td>
</tr>
<tr>
<td>Nicole Ketter (MSc Student, Rehab Sciences)</td>
</tr>
<tr>
<td>Keyara Brody (MSc Student, Rehab Sciences)</td>
</tr>
<tr>
<td>T. Sanchez (PhD Student, Psych) Mental Health Doctoral Fellowship.</td>
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<tr>
<td>---------------------------------------------------------------</td>
</tr>
<tr>
<td><strong>Supervisor:</strong> Dr. Lesley Lutes</td>
</tr>
</tbody>
</table>

**MURPH Scholars:** Lakoda R. Thomas (Psychology) and Mona Huang (Microbiology): EMPHASize: E-module for professional health awareness on eating disorders and weight stigma.

**Supervising Co-PI:** Dr. Sally Stewart (School Health and Exercise Science)

<table>
<thead>
<tr>
<th>MURPH Scholars: Myra Molen (Health and Exercise Science) and Marie-Claire Lantin (Biology, Psychology): Co-Creating an Indigenous-led culturally safe tele-diabetes/obesity implementation toolkit.</th>
<th>UBCO’s Multidisciplinary Undergraduate Research Projects in Health (MURPH)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Supervising Co-Pis:</strong> Dr. Charlotte Jones (Medicine) and Dr. Donna Kurtz (Nursing)</td>
<td><strong>$6,800</strong> 2022-2023</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MURPH Scholars: Shiva Natarajan (Psychology) and Alison Marie Rose Siddon (Engineering): Personal belongings carrier: An interdisciplinary collaborative intervention project to address homelessness and the precariousness of personal belongings.</th>
<th>UBCO’s Multidisciplinary Undergraduate Research Projects in Health (MURPH)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Supervising Co-PI:</strong> Dr. Shirley Chau (Social Work)</td>
<td><strong>$6,800</strong> 2022-2023</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MURPH Scholars: Nicole Merritt (Nursing) and Kibele Sebnem Yildrim (Computer Science): Design and testing of an augmented reality-assisted vein detection device: A low-cost solution for difficult intravenous access in healthcare settings.</th>
<th>UBCO’s Multidisciplinary Undergraduate Research Projects in Health (MURPH)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Supervising Co-PI:</strong> Dr. Charlene Ronquillo (Nursing)</td>
<td><strong>$6,800</strong> 2022-2023</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MURPH Scholars: Vanessa Ferraro (Management) and Wenqi (Wayne) Guo (Computer Science): Integrating patient user experience platforms and sharing data to visualize.</th>
<th>UBCO’s Multidisciplinary Undergraduate Research Projects in Health (MURPH)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Supervising Co-Pis:</strong> Dr. Barb Marcolin (Management) and Dr. Charlene Ronquillo (Nursing)</td>
<td><strong>$6,800</strong> 2022-2023</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MURPH Scholars: Ryan Gordon (Mechanical Engineering) and Ashley Tahara (BIMB): Design and testing of an airborne disease mitigation device for interior hospitals.</th>
<th>UBCO’s Multidisciplinary Undergraduate Research Projects in Health (MURPH)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Supervising Co-PIs:</strong> Dr. Eric Li (Management) and Dr. Jonathan Little (Health and Exercise Science)</td>
<td><strong>$6,800</strong> 2022-2023</td>
</tr>
</tbody>
</table>
Appendix C: IHLCDP Associate Publications April 1, 2022 - March 31, 2023

2022


Muñoz, J., Mehrabi, S., Li, Y., Basharat, A., Middleton, L.E., Cao, S., Barnett-Cowan, M., Boger, J. (2022). Immersive virtual reality exergames for persons living with dementia: User-centered design study as a multistakeholder team during the COVID-19 pandemic. JMIR Serious Games, 10 (1), e29987. doi: 10.2196/29987


English, M., Wallace, L., Caperchione, C.M., Williams, P.-J. (2022). Exploring the voices of health promotion stakeholders concerning the implementation of physical activity programs for the social and emotional wellbeing of young Aboriginal and Torres Strait Islander girls. *Sport in Society*. Advance online publication. doi: 10.1080/17430437.2022.2117616


### Appendix D: IHLCDP Knowledge Exchange Activities April 1, 2022 - March 31, 2023

<table>
<thead>
<tr>
<th>Event Title</th>
<th>Speaker(s)</th>
<th>Date</th>
</tr>
</thead>
</table>
| **Designing web-based resources to support inclusive and safe recreation participation for families and children with autism** | Dr. Lise Olsen, RN, Associate Professor, School of Nursing  
Faculty of Health and Social Development, University of British Columbia Okanagan  
Rebecca Anderson, Psychology student, University of British Columbia Okanagan  
Paige Dafoe, Psychology student, University of British Columbia Okanagan | April 6, 2022                |
| **Transportation is a Social Determinant of Health: Proven Ways to Thrive via SMARTer Growth Management** | Dr. Gord Lovegrove, Associate Professor, School of Engineering  
Faculty of Applied Science, University of British Columbia Okanagan  
Departmental Science Advisor, Transport & Infrastructure Canada, Government of Canada | May 25, 2022                |
| **University Peer Support: Can non-professional interventions improve student mental health and wellbeing?** | Julia Haas (she/her), PhD Candidate, King’s College London and Student Wellbeing & Welfare Manager  
King’s College London Students’ Union (KCLSU) | June 23, 2022                |
| **Evaluating responses to the drug poisoning crisis in British Columbia** | Dr. Mary Clare Kennedy, Research Scientist, BC Centre on Substance Use  
Assistant Professor, School of Social Work  
Faculty of Health and Social Development, University of British Columbia Okanagan | September 20, 2022           |
| **Finding balance: Sensing our environment to prevent falling** | Dr. Brian Dalton, Assistant Professor, School of Health and Exercise Sciences  
Faculty of Health and Social Development, University of British Columbia Okanagan | October 3, 2022              |
<table>
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<tr>
<th>Title</th>
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<tbody>
<tr>
<td><strong>Evaluating the value for money of lifestyle interventions to promote healthy aging</strong></td>
<td>November 16, 2022</td>
</tr>
<tr>
<td>Dr. Jennifer C. Davis, Canada Research Chair (Tier 2) in Applied Health Economics; Assistant Professor, Faculty of Management, University of British Columbia Okanagan</td>
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<tr>
<td>Cassandra Adjetey, Masters student in IGS CESCE theme, University of British Columbia Okanagan</td>
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<tr>
<td><strong>Exploring the cancer care workforces’ capacity to implement exercise counselling and an exercise referral pathway: a mixed methods study</strong></td>
<td>November 29, 2022</td>
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<tr>
<td>Dr. Cristina Caperchione, Associate Professor of Physical Activity and Health University of Technology Sydney, Australia</td>
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<tr>
<td><strong>The impact of COVID-19 on family time in Long Term care</strong></td>
<td>March 8, 2023</td>
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<tr>
<td>Evans Appiah-Kusi, BSN, MN, Thompson Rivers University</td>
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<tr>
<td>Jordan Bremner, 3rd year BA student, Thompson Rivers University</td>
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<tr>
<td>Dr. Tracy Christianson, Associate Professor, Thompson Rivers University</td>
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<tr>
<td>Dr. Colin Reid, Assistant Professor, School of Health and Exercise Sciences/Social Work Faculty of Health and Social Development, University of British Columbia Okanagan</td>
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<tr>
<td><strong>Stimulate your brain: Motor imagery as a tool to enhance recovery after stroke</strong></td>
<td>March 14, 2023</td>
</tr>
<tr>
<td>Dr. Sarah Kraeutner, Assistant Professor, the Neuroplasticity, Imagery, and Motor Behaviour Laboratory (<a href="http://thenimbl.com">thenimbl.com</a>), Department of Psychology, University of British Columbia Okanagan &amp; Djavad Mowafaghian Centre for Brain Health</td>
<td></td>
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<tr>
<td><strong>Aging and mental health: starting a conversation with the Mental Health Continuum for Aging Canadians in home and community care</strong></td>
<td>March 29, 2023</td>
</tr>
<tr>
<td>Dr. Nelly D. Oelke, RN, Associate Professor, School of Nursing Faculty of Health and Social Development, University of British Columbia Okanagan; Scientific Director, Rural Coordination Centre of British Columbia</td>
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<tr>
<td>Dr. Justine Giosa, Scientific Director, SE Research Centre, SE Health; Assistant Professor (adjunct status), School of Public Health Sciences, University of Waterloo</td>
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</tr>
</tbody>
</table>
10th annual Okanagan Embrace Aging Events

**Global Fitness and Racquet Centre** - 10 visit punch card
March 1 - April 9, 2023

*The Readers: Conversations about books*
with Okanagan Regional library via teleconference
March 1, 2023
March 8
March 15
March 23
March 29

**Adult Story Time: Listen and Relax**
with Okanagan Regional library via teleconference
March 1, 2023

**Community Powered Care: Bringing communities together through smart technology for better Aging in Place**
Komal Makkad, Co-founder, Tuktu Care
March 1, 2023
Interior Savings Credit Union Feature Event

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

Dan Levitt, MSc., CHE, CEO, Kin Village

March 2, 2023

Café Scientifique

Medicinal Cannabis: unpacking the knowledge, perceptions and stigmatism

Panel Experts

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

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

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

Jan Mills, Patient Perspective

Moderators

Paige Copeland, PhD Candidate, University of British Columbia Okanagan

Eli Haynes, MSc, University of British Columbia Okanagan

Hosted by Aging in Place Research Cluster, University of British Columbia Okanagan

March 3, 2023

Intergenerational STEM

Co-hosted by

Integrative STEM Team Advancing Networks of Diversity (iSTAND)

Westcoast Women in Engineering, Science and Technology (WWEST)

University of British Columbia Okanagan

March 4, 2023
<table>
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<tr>
<th>Event</th>
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<tr>
<td><strong>Volunteer in health research studies through REACH BC</strong></td>
<td>March 6, 2023</td>
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<tr>
<td>Stefanie Cheah, Manager, REACH BC</td>
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<td>Aisling Quigley, Marketing &amp; Communications, REACH BC</td>
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<td><strong>Embrace Reflexology</strong></td>
<td>March 6, 2023</td>
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<tr>
<td>Maralee Webber, RCRT/LCRT. (Licensed Canadian Reflexology Teacher)</td>
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<td>Kim Richards, RCRT. (Registered Canadian Reflexology Therapist)</td>
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<td><strong>MyHealthPortal: Electronic Medical Records and you</strong></td>
<td>March 7, 2023</td>
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<td>with Interior Health - in person and via webinar event</td>
<td>March 8</td>
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<td>March 13</td>
<td>March 29</td>
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<td>March 30</td>
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<td><strong>Café Scientifique</strong></td>
<td>March 8, 2023</td>
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<td><strong>Living your best atrial fibrillation life</strong></td>
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<td><strong>Panel Experts</strong></td>
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<td>Dr. Kevin Pistawka, MD Cardiologist, Medical Director</td>
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<tr>
<td>Central Okanagan Association for Cardiac Health</td>
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<tr>
<td>Department of Medicine, Division of Cardiology, University of British Columbia Okanagan</td>
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<tr>
<td>Dr. Ryan Wilson, PhD, RN Assistant Professor of Teaching, School of Nursing</td>
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<tr>
<td>Faculty of Health and Social Development, University of British Columbia Okanagan</td>
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<td>Dr. Peter Loewen, PharmD Associate Professor, Faculty of Pharmaceutical Sciences</td>
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<td>University of British Columbia Vancouver, Centre for Cardiovascular Innovation</td>
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<td>Sheryl Sargent, Patient Perspective</td>
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<td><strong>Moderator</strong></td>
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<tr>
<td>Dr. Kathy Rush, RN, Professor, School of Nursing,</td>
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<tr>
<td>Faculty of Health and Social Development, University of British Columbia Okanagan</td>
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<td>Event Title</td>
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<td>Stigma, Dementia, and COVID-19: Insights from social media and lived experience</td>
<td>March 8, 2023</td>
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<td>Dr. Juanita-Dawne Bacsu, Canada Research Chair (Tier II) in Nursing and Population Health; Assistant Professor, School of Nursing, Thompson Rivers University</td>
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<td>Advocates for People with Dementia and Caregivers</td>
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<td>Myrna Norman, Patient Perspective</td>
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<td>Wayne Hykaway, Caregiver Perspective</td>
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<td>Chair Yoga with Paula</td>
<td>March 9, 2023</td>
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<tr>
<td>Paula Morrison, Certified Yoga Teacher</td>
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<td>10 secrets to healthy aging</td>
<td>March 10, 2023</td>
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<tr>
<td>Ranjit Uppal, MN</td>
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<td>AgeLink Society Spring Gala</td>
<td>March 10, 2023</td>
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<td>AgeLink Society - UBC Okanagan Ballroom</td>
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<td>Reducing isolation: the Aging Well Penticton experience</td>
<td>March 14, 2023</td>
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<tr>
<td>Patricia Tribe, Project Coordinator – Aging Well Penticton, OneSky Community</td>
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<tr>
<td>Tanya Osborne, Community Health Facilitator, Interior Health</td>
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<tr>
<td>Embrace Aging through dance</td>
<td>March 17, 2023</td>
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<tr>
<td>Erin Delfs, MA Candidate, University of British Columbia Okanagan</td>
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<td>Discover bird watching</td>
<td>March 18, 2023</td>
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<tr>
<td>Jim Fenton</td>
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<td>Melanie Fenton</td>
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Putting the PIECES™ together: Supporting Older Adults Living with Complexity

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

Virtual Reality for Older Adults’ Health and Wellbeing

Joanna Harrison, Executive Director, Seniors Specialize Care Transformation, Interior Health
Karen Littleton, Director, Clinical Services, Pandemic Response, Interior Health
Paula Morrison, Research Coordinator, Research and Quality, Long Term Care and Seniors Care
Interior Health
Jake Pechauer, Growth Manager, Rendever
Michelle Smith, Regional Practice Lead, Research and Quality, Long Term Care and Seniors Care
Interior Health

7 Splendid Services for Older Adults - Okanagan Regional Library

Tara Thompson, Community Engagement Coordinator
Kara Desimone, Community Learning and Assessment Coordinator

Celebrating older adults in the Okanagan

Emma Oddy, 4th year student, School of Health and Exercise Sciences
Faculty of Health and Social Development, University of British Columbia Okanagan
Rebecca Frechette, BSc, MKin, Clinical Exercise Physiologist, School of Health and Exercise Sciences
Faculty of Health and Social Development, University of British Columbia Okanagan

Embrace Technology for a physically active lifestyle... anywhere!

Jonathan Low, PhD Student, School of Health and Exercise Sciences
Faculty of Health and Social Development, University of British Columbia, Okanagan
<table>
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<tr>
<th>Event Title</th>
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<tbody>
<tr>
<td><strong>Future for BC Seniors – BC Advocate</strong></td>
<td>March 23, 2023</td>
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<tr>
<td><em>Isobel Mackenzie</em>, Seniors Advocate</td>
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<tr>
<td>Office of the Seniors Advocate, Province of BC</td>
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<td><strong>Adapting to a new knee: What matters to patients undergoing total knee replacement</strong></td>
<td>March 27, 2023</td>
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<tr>
<td><em>Ellen Randall</em>, PhD Candidate, School of Population and Public Health</td>
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<tr>
<td>University of British Columbia Vancouver</td>
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<tr>
<td><em>Charlyn Black</em>, MD, ScD, Professor, School of Population and Public Health</td>
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<td>University of British Columbia Vancouver</td>
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<tr>
<td><strong>Top 10 Estate Planning tips – Things to plan for</strong></td>
<td>March 27, 2023</td>
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<tr>
<td><em>Doug McMechan</em>, Business Succession &amp; Estate Planning Specialist, Interior Savings Estate Planning Inc.</td>
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<tr>
<td><strong>Moderator</strong></td>
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<tr>
<td><em>Ken Wingrove</em>, Senior Manager, Wealth Management, Interior Savings Credit Union</td>
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<tr>
<td><strong>Empowering rural older adults: Digital literacy training that sticks</strong></td>
<td>March 28, 2023</td>
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<tr>
<td><em>Dr. Cherisse Seaton</em>, PhD, Research Coordinator, School of Nursing</td>
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<tr>
<td>Faculty of Health and Social Development, University of British Columbia Okanagan</td>
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<tr>
<td><em>Linda Fawcus</em>, Founder and CEO, Gluu Society</td>
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<tr>
<td><strong>Discover E-biking with Kelowna Bike Rentals</strong></td>
<td>March 31, 2023</td>
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<td>owned and operated by local Okanagan charities - all rental proceeds support</td>
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<td><strong>Elevation Outdoors</strong></td>
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<td><strong>CRIS Adaptive Adventures</strong></td>
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# RESEARCH TO PRACTICE SEMINARS

IHLCDP in partnership with NOHS (North Okanagan Hospice Society)

<table>
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<tr>
<th>Title</th>
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<tbody>
<tr>
<td><em>Adapting the Serious Illness Conversation Guide for Patients from Diverse Communities</em></td>
<td>May 4, 2022</td>
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<tr>
<td><strong>Elizabeth Beddard-Huber</strong>, RN, MSN, CHPCN(C), BC Centre for Palliative Care</td>
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<tr>
<td><strong>Nicole Wikjord</strong>, RN, MN, CHPCN(C), Clinical Nurse Specialist, First Nations Health Authority</td>
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<tr>
<td><em>Exploring grief following MAiD: Bereavement experiences of friends and family</em></td>
<td>November 15, 2022</td>
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<tr>
<td><strong>Rosanne Beuthin</strong>, RN, Adjunct Professor, School of Nursing</td>
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<tr>
<td>University of Victoria</td>
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<td><em>Addressing the need for culturally safer care at the end of life for Indigenous Peoples</em></td>
<td>February 15, 2023</td>
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<tr>
<td><strong>Holly Prince</strong>, MSW, PhD Candidate, Lakehead University, Ontario</td>
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<tr>
<td><em>Adapting Nav-CARE to support caregivers of people living with dementia: a pilot study</em></td>
<td>March 15, 2023</td>
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<tr>
<td><strong>Madison Huggins</strong>, PhD Candidate</td>
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<tr>
<td>School of Nursing, University of British Columbia Okanagan</td>
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Appendix E: Profiles of IHLCDP Research April 1, 2022 - March 31, 2023

UBCO News Releases

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

Dr. Susan Holtzman: UBCO researchers tune in to children’s screen time and sleep by Patty Wellborn, June 14, 2022. [https://news.ok.ubc.ca/2022/06/14/ubco-researchers-tune-in-to-childrens-screen-time-and-sleep/](https://news.ok.ubc.ca/2022/06/14/ubco-researchers-tune-in-to-childrens-screen-time-and-sleep/)


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


Dr. Zach Walsh: UBCO researcher looks at the stigma of prenatal cannabis use by Patty Wellborn, October 13, 2022. [https://news.ok.ubc.ca/2022/10/13/ubco-researcher-looks-at-the-stigma-of-prenatal-cannabis-use/](https://news.ok.ubc.ca/2022/10/13/ubco-researcher-looks-at-the-stigma-of-prenatal-cannabis-use/)


Dr. Brian Dalton: Being sleep deprived can make tedious tasks seem tougher by Patty Wellborn, January 17, 2023. [https://news.ok.ubc.ca/2023/01/17/being-sleep-deprived-can-make-tedious-tasks-seem-tougher/](https://news.ok.ubc.ca/2023/01/17/being-sleep-deprived-can-make-tedious-tasks-seem-tougher/)

Dr. Lesley Lutes: *Parity needed for mental and physical health funding, treatment* by Patty Wellborn, February 9, 2023. [https://news.ok.ubc.ca/2023/02/09/parity-needed-for-mental-and-physical-health-funding-treatment/](https://news.ok.ubc.ca/2023/02/09/parity-needed-for-mental-and-physical-health-funding-treatment/)

Dr. Jonathan Little: *Researcher wants to know if ketone drinks can help manage diabetes* by David Trifunov, March 22, 2023. [https://news.ok.ubc.ca/2023/03/22/researcher-wants-to-know-if-ketone-drinks-can-help-manage-diabetes/](https://news.ok.ubc.ca/2023/03/22/researcher-wants-to-know-if-ketone-drinks-can-help-manage-diabetes/)

**UBCO Faculty Associate Profiles**

Dr. Ali McManus: *Research with altitude*, May 9, 2022. [https://news.ok.ubc.ca/2022/05/09/research-with-altitude/](https://news.ok.ubc.ca/2022/05/09/research-with-altitude/)

Dr. Brian Dalton: *A rebalancing act*, May 24, 2022. [https://news.ok.ubc.ca/2022/05/24/a-rebalancing-act/](https://news.ok.ubc.ca/2022/05/24/a-rebalancing-act/)


Dr. Shelly Ben-David: *Improving youth mental health*, October 9, 2022. [https://news.ok.ubc.ca/2022/10/09/improving-youth-mental-health/](https://news.ok.ubc.ca/2022/10/09/improving-youth-mental-health/)

Dr. Jessica Lougheed: *Dr. Jessica Lougheed wants to better understand our emotions*, February 13, 2023. [https://news.ok.ubc.ca/2023/02/13/dr-jessica-lougheed-wants-to-better-understand-our-emotions/](https://news.ok.ubc.ca/2023/02/13/dr-jessica-lougheed-wants-to-better-understand-our-emotions/)

**External Media**


Dr. Lesley Lutes: *UBCO research proves it’s worth the money to pay for a weight lost program*. EurekAlert!, September 1, 2022. https://www.eurekalert.org/news-releases/963494

Dr. Lesley Lutes: *UBCO research proves it’s worth the money to pay for a weight lost program*. Science Daily, September 1, 2022. https://www.sciencedaily.com/releases/2022/09/220901135853.htm


Dr. Sarah Kraeutner and Dr. Jessica P Lougheed: *UBCO receives $.27M award to support research projects*. Kelowna Now, September 18, 2022. https://www.kelownanow.com/watercooler/news/news/Kelowna/UBCO_receives_2_7M_award_to_support_research_projects/


Dr. Jonathan Little: *Creating hope that type 2 diabetes remission is possible.* Institute for Personalized Therapeutic Nutrition, Nov 4, 2022. [https://www.therapeuticnutrition.org/creatinghope](https://www.therapeuticnutrition.org/creatinghope)


Dr. Laura Struik: *Ads focusing on the adverse consequences of vaping were the most effective on teens.* VapingPost, December 1, 2022. [https://www.vapingpost.com/2022/12/01/ads-focusing-on-the-adverse-consequences-of-vaping-were-the-most-effective-on-teens/](https://www.vapingpost.com/2022/12/01/ads-focusing-on-the-adverse-consequences-of-vaping-were-the-most-effective-on-teens/)


Blogs, Podcasts, Opinions, Recorded Talks


Dr. Katrina Plamondon: Leave no one behind: Vaccine equity in the Global South (invited panel speaker), June 15th, 2022. Webinar recording here: https://www.canadianjesuitsinternational.ca/vaccine-equity-webinar/


Dr. Katrina Plamondon: Canada is foolish to snub international graduate students and scholars. The Conversation, July 18, 2022. https://theconversation.com/canada-is-foolish-to-snub-international-graduate-students-and-scholars-184366

scitechdaily.com/scientists-find-psychedelic-mushroom-microdoses-can-improve-mood-and-mental-health/


Dr. Mary Jung: Resolved to work out more in 2023? What science says about sticking to it. CBC Radio, January 8, 2023. https://www.cbc.ca/radio/whitecoat/exercise-resolutions-expert-advice-1.6703887

Dr. Eric Li: RSC 2022 College Member. RSC, January 12, 2023. https://www.youtube.com/watch?v=GglLvzYHwFE


Dr. Paul van Donkelaar: Supporting survivors of abuse and brain injury through research @WomensResearch, Interviewed by Dr, Kathryn Dewar as part of a podcast for International Women’s Day 2023, March 7, 2023. https://open.spotify.com/episode/5KJSu7e81l7RS7ZpGEITlb?go=1&sp_cid=bbc7a27f4e4bdf1c62849bb27178a67e&utm_source=embed_player_p&utm_medium=desktop&nd=1

Dr. Katrina Plamondon, Dr. Nelly Oelke, and Dr. Heather Gainforth: Considerations for conducting consensus in partnered research. Evidence & Policy, March 8, 2023. https://evidenceandpolicyblog.co.uk/2023/03/08/considerations-for-conducting-consensus-in-partnered-research/#more-1583


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