



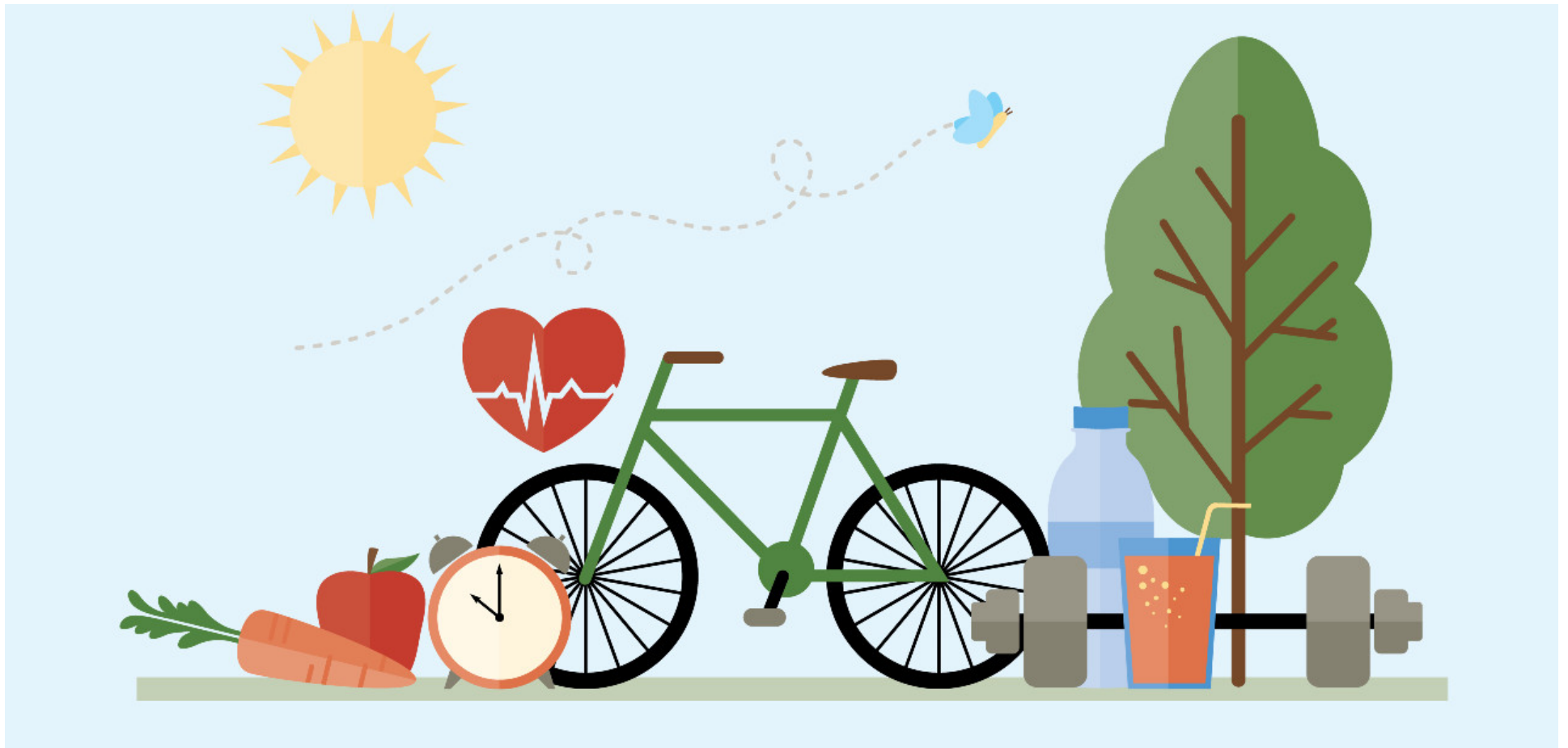
THE UNIVERSITY OF BRITISH COLUMBIA  
Okanagan Campus

INSTITUTE FOR HEALTHY LIVING AND  
CHRONIC DISEASE PREVENTION

ANNUAL REPORT

2021 - 2022

MARCH 31, 2022





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

PARTNERS IN RESEARCH FOR BETTER HEALTH

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

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THE UNIVERSITY OF BRITISH COLUMBIA

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## OUR VISION

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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

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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 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 **\$1million in awards** for research training with our Institute faculty.

### Our People

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

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# 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

<HTTPS://MMRI.UBC.CA/MURPH>



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

# 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**

**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.

**1,162 IHLCDP Website views/month**  
**6,275 of users were new visitors**

TABLE 1: IHLCDP ASSOCIATES NEW FUNDING RECEIVED IN 2021 - 2022\*

Type	Amount
Tri-council funding (CIHR, SSHR, NSERC)**	\$994,224
Other external funding**	\$4,126,539
UBC Research funding**	\$962,481
Trainee Awards	\$999,500
Total funding	\$7,083,104

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

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

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## AWARDS AND RECOGNITIONS

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**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

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### 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.**

**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.

## 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](#)

## IMPROVING HEALTH WITH IMMERSIVE TECHNOLOGIES



IHLCDP Associates **Drs. Brodie Sakakibara, Khalad Hasan, Laura Struik, and Joan Botorff** 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

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## 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

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### IHLCDP AND AGE-WELL NETWORK OF CENTRES OF EXCELLENCE PARTNERSHIP

The IHLCDP is proud to be a partner with [AGE-WELL](#), 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](#).

# MULTIDISCIPLINARY UNDERGRADUATE RESEARCH PROJECT IN HEALTH (MURPH)

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

[HTTPS://MMRI.UBC.CA/MURPH](https://mmri.ubc.ca/murph)

- *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.

## Other examples of student research training experiences.

Faculty of Management Undergraduate Research Awards support experiential learning through 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](#).



TASHIA PETKER



SHIVEN KHERA

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](#).

## HIGHLIGHTS FROM THE CAMPUS HEALTH TEAM

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](#).



Thomas Pool (BSN student) received a 2022 UBC Okanagan Student Involvement and Leadership Award, in part based on his work with the [Campus Health](#) team in establishing the harm reduction and drug checking program.



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
- Invited member, Clinical Pathways to Smoking Cessation project, Legacy for Airway Health for QuitNow (BC Lung Association). Project report entitled: Insights and options for tobacco intervention pathways in clinical care systems in British Columbia, April 2021.

## 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.

## COMMUNICATIONS

[IHLCDP WEB SITE](#) HAD 6,275 NEW VISITORS, AND OVER 1,100 VIEWS PER MONTH

[TWITTER @IHLCDP](#) HAS MORE THAN 2,000 FOLLOWERS

[IHLCDP YOUTUBE CHANNEL](#) HAD 264 SUBSCRIBERS, 15,785 VIEWS WITH 66 VIDEOS POSTED.

[MARCH 2022](#) SAW 64 NEW SUBSCRIBERS, 3,897 VIEWS AND OVER 26,000 MINUTES WATCHED

## 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.

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## APPENDICES

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### SUMMARY

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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

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#### **INSTITUTE FOR HEALTHY LIVING AND CHRONIC DISEASE PREVENTION**

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TWITTER: [HTTP://TWITTER.COM/IHLCDP](http://twitter.com/IHLCDP)

### APPENDIX A - IHLCDP ASSOCIATE MEMBERS

Airth, Lauren	Graham, John	Olsen, Lise
Antifeau, Elizabeth	Hamilton, Casey	Penny, Tricia
Anton, Gayle	Hasan, Khalad	Pesut, Barb
Ben-David, Shelly	Hill, Trish	Plamondon, Katrina
Berg, Stephen	Holtzman, Susan	Ragoonaden, Karen
Bryant, Leslie	Jakobi, Jennifer	Reid, Colin
Buse, Chris G	Jones, Charlotte	Rush, Kathy
Caperchione, Cristina	Jung, Mary	Sakakibara, Brodie
Chau, Shirley	Keys, Elizabeth	Shahram, Sana
Corbett, Jon	Kjorven, Mary	Smith, Michelle
D'Souza, Melba	Komisar, Vicki	Struik, Laura
Dalton, Brian	Krank, Marvin	Szostak, Carolyn
Davis, Jennifer	Kurtz, Donna	Taylor, Deanne
Deegan, Heather	Li, Eric	Taylor, Edward
Dow-Fleisner, Sarah	Libby, Cailan	Te Hiwi, Braden
Drewitz-Chesney, Cheryle	Little, Jonathan	Paora
Evans, Michael	Lougheed, Jessica	van Donkelaar, Paul
Fenton, Melanie	Lovegrove, Gordon	Walsh, Zach
Filiatrault, Paul	Lutes, Lesley	Wells, Susan
Forneris, Tanya	Magnat, Virginie	Willis-Stewart, Sally
Gainforth, Heather	Maiwald, Karin	Wilson, Ryan
Ghosh, Sanjoy	Marcolin, Barb	Wong, Michelle
Gibson, Deanna	McManus, Ali	Wu, Tina
	Oelke, Nelly	Zebedee, Janelle

## APPENDIX B - LIST OF NEW RESEARCH AWARDS TO IHLCDP FACULTY ASSOCIATES

### TRI-COUNCIL FUNDING

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

Reclaiming and recovering Indigenous knowledge in graduate nursing education: intergenerational learning with communities. Co-PI: <b>Dr. Donna Kurtz</b> (NPI: Dr. L. Bourque Bearskin)	CIHR Project Grant	\$684,676	2022 - 2025
Urban Indigenous identity, gender, and wellness: Sharing wisdom across generations. Co-PI: <b>Dr. Donna Kurtz</b>	CIHR Team Grant	\$486,807	2021 - 2026
Beyond vaccine nationalism: Advancing ethically-coherent policy action for equitable responses to inherently global health crises. PI: <b>Dr. Katrina Plamondon</b>	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: <b>Dr. Brodie Sakakibara</b>	CIHR Project Grant CMA Foundation	\$279,244 \$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: <b>Dr. Mary Jung</b> ; Co-I: <b>Dr. Jennifer Davis</b>	CIHR Project Grant	\$585,224	2021 - 2025
Indigenizing Okanagan STEM outreach. PI: <b>Dr. Jennifer Jakobi</b>	NSERC Promo Science	\$8,000	2021
Integrative stem team advancing networks of diversity - science odyssey. PI: <b>Dr. Jennifer Jakobi</b>	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: <b>Dr. Gordon Lovegove</b>	NSERC Alliance Grant	\$396,000	2021 - 2026

## OTHER FUNDING SOURCES

Title and IHLCDP Principal / Co- Investigators	Funding Source	Amount	Years
Modernizing approaches to tobacco use. <b>Dr. Laura Struik</b>	Canadian Cancer Society – Emerging Scholar Award	\$620,800	2021 - 2026
The ADAPT Project: Adaptation, Development, And Positive trajectories in the context of childhood adversity. <b>Dr. Sara Dow-Fleisner</b>	MSHR BC Scholar Award	\$450,000	2021 - 2026
Systems transformation for health equity: The PHAIRNESS in health research program. <b>Dr. Sana Shahram</b>	MSHR BC Scholar Award	\$450,000	2021 - 2026
Mobilizing falls prevention knowledge with patients and clinicians in British Columbia <b>Dr. Jennifer Davis</b> , CRC Tier II (CIHR)	MSHR BC Reach - Canada Research Chairs Program	\$20,000	2021 - 2026
Patient-oriented health economics research laboratory. PI: <b>Dr. Jennifer Davis</b>	CFI John Evans Leaders Fund (JELF) and BCKDF	\$170,336	2021 - 2023

Advanced co-located mobile interaction laboratory. PI: <b>Dr. Khalad Hasan</b>	CFI John Evans Leaders Fund (JELF) and BCKDF	\$154,280	2021 - 2023
Investigating parent-adolescent dynamics in the emotion dynamics lab. PI: <b>Dr. Jessica Lougheed</b>	CFI John Evans Leaders Fund (JELF) and BCKDF	\$198,005	2021 - 2023
Mobilizing falls prevention knowledge with patients and clinicians in British Columbia. PI: <b>Dr. Jennifer Davis</b>	MSHR BC (Reach Award)	\$15,000	2021 - 2023
Enhancing patient self-care and management of atrial fibrillation within primary care. PI: <b>Dr. Kathy Rush</b> ; Co-I: <b>Dr. Nelly Oelke</b>	MSHR BC (Convening and Collaborating Award)	\$75,000	2021 - 2023
Understanding discrimination in BC: The case of Okanagan Valley. PI: <b>Dr. Shirley Chau</b>	Prov of BC	\$10,000	2021 - 2022
Design and delivery of Grand Council Treaty #3 geospatial portal. PI: <b>Dr. Jon Corbett</b>	The Firelight Group	\$45,375	2021 - 2023
Assessing neuromuscular responses following a single session of whole-body electrical myostimulation exercise. PI: <b>Dr. Brian Dalton</b>	Innovation, Science and Economic Development (Mitacs); Prov of BC; Torus Health Inc.	\$15,000	2021 - 2023
The effect of exercise-induced fatigue on inter-limb asymmetries in elite youth hockey athletes. PI: <b>Dr. Brian Dalton</b>	Innovation, Science and Economic Development (Mitacs); Okanagan Hockey Group	\$60,000	2021 - 2023
Examining the mental health impacts of COVID-19 in Canada: A combined statistics and machine learning equity-informed study. PI: <b>Dr. Sara Dow-Freisner</b>	BC Interior Region Seed Grant – Health Research	\$50,000	2021 - 2022
Impact locally and influence nationally. PI: Dr. Jennifer Jakobi	Westmar Advisors Inc.	\$10,000	2021 - 2026
STEM high school program. PI: <b>Dr. Jennifer Jakobi</b>	Okanagan Indian Band	\$4,787	2021
Virtual reality: A relevant, safe, trusted and co-created platform with older adults. PI: <b>Dr. Jennifer Jakobi</b> ; Co-Is: <b>Drs. Brian Dalton</b> and <b>Brodie Sakakibarra</b>	New Frontiers Research Fund	\$124,973	2022 - 2024
Online preventure feasibility study (OPfS). PI: <b>Dr. Marvin Krank</b>	Centre Hospitalier Universitaire Sainte-Justine	\$32,500	2021 - 2022
Smart Choice: An integrated solution for in-service CAF members and veterans' career and education planning: PI: <b>Dr. Eric Li</b>	Department of National Defense	\$168,150	2021
True patriot love environmental scan: military creative arts therapies initiative. PI: <b>Dr. Eric Li</b>	Canadian Institute for Military and Veteran Health Research	\$40,000	2022

Impact of a corrective model of chiropractic care on immune cell phenotype and function. PI: <b>Dr. Jonathan Little</b>	Australian Spinal Research Foundation	\$16,900	2021 - 2023
Exercise snacks as a novel strategy in primary cancer prevention. PI: <b>Dr. Jon Little</b> ; Co-I: <b>Dr. Mary Jung</b>	Canadian Cancer Society – Action Grant	\$79,984	2022 - 2023
Development, characterization, and efficacy testing of a C-polar integrated solution for airborne transmission mitigation. Co-PI: <b>Dr. Jonathan Little</b>	Interior Health	\$10,680	2022
Southern Railway of BC (SRY) Green Goat switcher locomotive retrofit into a zero-emission vehicle (ZEV) via low pressure hydrogen, fuel cell / battery hybrid (hydral) System. PI: <b>Dr. Gordon Lovegrove</b>	Hydrogen in Motion Inc.	\$27,000	2021 - 2026
Evaluating current mental health services for First Nations communities served by Carrier Sekani Family Services (CSFS). PI: <b>Dr. Nelly Oelke</b>	Carrier Sekani Family Services; Innovation science and Economic Development Canada; Prov of BC (Mitacs)	\$15,000	2021 - 2022
Exploring the experience of leadership and career advancement of newcomers to Canada in small urban and rural settings. PI: <b>Dr. Nelly Oelke</b> ; Co-I: <b>Dr. Shirley Chau</b>	Innovation science and Economic Development Canada; Prov of BC; South Okanagan Immigrant and Community Services;	\$20,000	2021 - 2022
The impacts of team culture on primary care teams. PI: <b>Dr. Nelly Oelke</b>	Interior University Research Coalition	\$50,000	2021 - 2022
The impact of COVID-19 restrictions on family time in long-term care: The CRoFT-LTC project. PI: <b>Dr. Colin Reid</b>	BC Interior Region Seed Grant Health Research Fund	\$15,189	2021 - 2022
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. PI: <b>Dr. Khalad Hasan</b>	BC Interior Region Seed Grant Health Research Fund	\$5,000	2021 - 2022
Electronic data capture in the care of chronic pain: Identifying barriers and improving usability. PI: <b>Dr. Susan Holtzman</b>	Thrive Health	\$45,500	2021 - 2023
Exploration of an Intra- and Inter-national Blockchain-powered and Physical Internet-enabled Food Supply Chain Traceability System in Canada and India. PI: <b>Dr. Eric Li</b>	IC- IMPACTS	\$24,000	2022 - 2023
ForVeterans: An Integrated Solution for In-Service CAF Members and Veterans' Career and Education Planning. PI: <b>Dr. Eric Li</b>	Department of National Defense (Innovation for Defence Excellence and Security (IDEaS) 1b Program	\$1,103,080	2022 - 2023

# UBC RESEARCH AWARDS

Title and IHLCDP Principal / Co- Investigators	Funding Source	Amount	Year
Urban Indigenous wellbeing cluster. PI: <b>Dr. Donna Kurtz</b> ; Co-I: <b>Dr. Braden Te Hiwi</b>	UBCO VPR – Eminence Program	\$500,000	2021 - 2024
Principal’s Research Chair Tier 2 in Social innovation for health equity and food security. <b>Dr. Eric Li</b>	UBCO VPR – Principal Research Chair	\$137,500	2021 - 2026
Social exposome collaboration. PI: <b>Dr. Sara Dow-Fleisner</b>	UBC VP Research & Innovation – Collaborative Research Mobility Award	\$4,970	2021
Centre for the Study of Services to Children and Families (CSSCF) collaboration. PI: <b>Dr. Sara Dow-Fleisner</b>	UBC VP Research & Innovation – Collaborative Research Mobility Award	\$5,000	2021
A lightweight moveable testing system for human-based mobility monitoring field-work. PI: <b>Dr. Vicki Komisar</b> ; Co-Is: <b>Drs. Brian Dalton and Jennifer Jakobi</b>	UBCO VPR – Critical Research Equipment & Tools Program	\$85,396	2022 - 2023
Linking immune cell and skeletal muscle mitochondrial structure and function across the health span: Impact of biological sex and obesity. PI: <b>Dr. Jonathan Little</b>	UBCO FHSD Collaborative Catalyst Grant Opportunity	\$30,000	2022 - 2024
High-resolution respirometer for measuring mitochondrial function. PI: <b>Dr. Jonathan Little</b>	UBCO VPR – Critical Research Equipment & Tools Program	\$100,000	2022 - 2023
Barriers, facilitators and outcomes of a novel interdisciplinary e-health clinical system to improve pediatric sleep care pathways in British Columbia. PI: <b>Dr. Elizabeth Keys</b>	UBC VP Health: Health Innovation Funding Investment Award (HIFI)	\$25,000	2022-2023
Putting Type 2 Diabetes into remission: Developing a patient-centred, interdisciplinary nutrition intervention for delivery in urban and rural community pharmacies. PI: <b>Dr. Jonathan Little</b> ; Co-Is: <b>Drs. Jennifer Davis and Mary Jung</b>	UBC VP Health: Health Innovation Funding Investment Award (HIFI)	\$25,000	2022 - 2023
Harm reduction innovation: Exploring a tri-partnership model for the delivery of drug-checking services on campus and in the community. PI: <b>Dr. Nelly Oelke</b> ; Co-Is: <b>Dr. Zach Walsh and Lauren Airth</b>	UBC VP Health: Health Innovation Funding Investment Award (HIFI)	\$24,975	2022 - 2023
Building community resilience through ecosystem disruptions: Community-partnered Initiatives to address mental health and substance use. PI: <b>Dr. Nelly Oelke</b> ; Co-Is: <b>Drs. Carolyn Szostak, Elizabeth Keys, Eric Li, Kathy Rush and Katrina Plamondon</b>	UBCO VPR – Eminence Program	\$10,000	2021 - 2011

Strengthening research collaboration for global health research across UBC campuses. PI: <b>Dr. Katrina Plamondon</b>	UBC VP Research & Innovation – Collaborative Research Mobility Award	\$5,000	2021 - 2022
Connecting strands on current Indigenous realities in the Americas: An interdisciplinary workshop on traditional territories, extractivism and narratives of reconciliation in North and South America. PI: <b>Dr. Virginie Magnat</b>	UBCO Exeter Collaboration Fund Fellowship	\$10,000	2022 - 2023

## STUDENT FELLOWSHIPS / RESEARCH AWARDS

Title and Awardees	Funding Source	Amount	Year
Kelsey Wuerstl (PhD Student, HES): Application of the ORBIT model to test a tailored smoking cessation intervention for persons with spinal cord injury. Supervisor: <b>Dr. Heather Gainforth</b>	CIHR – Doctoral Award	\$70,000	2021 - 2023
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: <b>Dr. Jonathan Little</b>	MS Health Research BC (PDF award)	\$135,000	2021 - 2024
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: <b>Dr. Brian Dalton</b>	Killam Doctoral Scholarship	\$64,000	2021-2022
Tashia Petker (PhD student, Psychology): Therapeutic applications of psychedelic substances to help people recover from drug addiction. Supervisor: <b>Dr. Zach Walsh</b>	SSHR Doctoral Scholarship and Killam Award recipient	\$105,000	2021 - 2023
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: <b>Dr. Karen Ragoonaden</b>	SSHRC Doctoral Award	\$20,000	2021-2022
Kaela Cranston (PhD student, HES): Evaluating the digitalization of the Small Steps for Big Changes coach training: From conceptualization to effectiveness. <b>Supervisor: Dr. Mary Jung</b>	SSHRC Doctoral Fellowship	\$60,000	2021 - 2024
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: <b>Dr. Heather Gainforth</b>	SSHRC Doctoral Fellowship	\$80,000	2021 - 2025

Meagan MacPherson (PhD student, HES): How do we know what to say and when to say it? User-informed development of a text messaging intervention. Supervisor: <b>Dr. Mary Jung</b>	SSHR Doctoral Fellowship	\$20,000	2021
Joseph Rootman (PhD student, Psychology): Drink consumption in cannabis-alcohol co-use: Timing, context and subjective intoxication. Supervisor: <b>Dr. Zach Walsh</b>	SSHR Doctoral Fellowship	\$80,000	2021 - 2025
Clara Letef (UG Biochemistry student): Factors controlling the impact of OXLAMS in the heart. <b>Supervisor Dr. Sanjoy Ghosh</b>	UBCO Irving K Barber Faculty of Science NSERC Undergraduate Student Research Award (USRA)	\$8,500	2022
Catarina Rodriguez (UG Mechanical Engineering student): Sex-based differences related to the use of handrails. Supervisor: <b>Dr. Vicki Komisar</b>	UBCO School of Engineering NSERC Undergraduate Student Research Award (USRA)	\$6,000	2021
Dr. Changki Kim, Postdoctoral Fellow: Imperceptible vibration effect on sensorimotor function in older adults with diabetic neuropathy. Supervisor: <b>Dr. Jennifer Jakobi</b>	AGE-WELL Networks of Centres of Excellence	\$12,500	2021 - 2022
Jonathan Low (PhD student): Mobile health biometrics to enhance exercise and physical activity adherence in older adults with Type 2 Diabetes. Supervisors: <b>Drs. Ali McManus and Jonanthan Little</b>	AGE-WELL Networks of Centres of Excellence	\$10,000	2021 - 2022
Violet Ignace (MSN student): Co-Creating digital spaces to share elders and knowledge keeper stories. Supervisor: <b>Dr. Donna Kurtz</b>	AGE-WELL Networks of Centres of Excellence	\$15,000	2021 - 2022
Muhammad Konain: Social innovation for health equity: A systematic review. Supervisor: <b>Dr. Eric Li</b>	UBCO Undergraduate Summer Research Award	\$ 10,500	2021
Yunji Im: Co-Creating K-fashion: Voices from the designers and market agents. Supervisor: <b>Dr. Eric Li</b>	UBCO Undergraduate Summer Research Award	\$ 10,500	2021
Tiara Porter: A study on the intersectionality of environmental sustainability, food security, and climate change. Supervisor: <b>Dr. Eric Li</b>	UBCO Faculty of Management Undergraduate Research Award	\$9,500	2021
Josie Leung and Hardikaa Balasubramaniam . Social, Health & economic Impact of COVID-19 on faculty in Canada: A longitudinal survey (SHE-Impact). Supervisor: <b>Dr. Jennifer Davis</b>	Undergraduate Research Award	\$9,500 \$9,500	2021
Shuhui Wu: Which falls prevention interventions provide the best value for money for seniors? Supervisor: <b>Dr. Jennifer Davis</b>	UBCO Undergraduate Summer Research Award - International	\$10,500	2021

MURPH Scholars: Andrea Tam (Psychology) and Trishen Micheal Ramsay (Nursing): Sleep and family relationships before and during the COVID-19 pandemic: A study of Okanagan families with young children Supervising Co-PIs: Drs. <b>Susan Holtzman</b> (Psychology) and <b>Elizabeth Keys</b> (Nursing)	UBCO's Multidisciplinary Undergraduate Research Projects in Health (MURPH)	\$10,000 \$10,000	2021 - 2022
MURPH Scholars: Vanessa Lo (Nursing) and Jay Jang (Computer Science): Designing and developing an immersive technology solution for telehealth. Supervising Co-PI: <b>Dr. Khalad Hasan</b> (Computer Science)	UBCO's Multidisciplinary Undergraduate Research Projects in Health (MURPH)	\$10,000 \$10,000	2021 - 2022
MURPH Scholars: Denise Gunduz (Engineering) and Paige Reekie (Health and Exercise Sciences): Personal belongings carrier. Supervising Co-PI: <b>Dr. Shirley Chau</b> (Social Work)	UBCO's Multidisciplinary Undergraduate Research Projects in Health (MURPH)	\$10,000 \$10,000	2021 - 2022
MURPH Scholars: Dylan Rogers (Science), Alisha Sindhu (Nursing), and Madyson Campbell (Science): Developing and evaluating an educational program for using a restorative approach to address healthcare harm. . Supervising Co-PIs: <b>Drs. Nelly Oelke</b> (Nursing) and <b>Colin Reid</b> (HES)	UBCO's Multidisciplinary Undergraduate Research Projects in Health (MURPH)	\$10,000 \$10,000	2021 - 2022
MURPH Scholars: Endrio Rambelli (Engineering) and Riya Naik (Science): Steps to indoor normalcy: Real-time analysis of aerosol spread and dispersion in dynamic indoor environments. Supervising Co-PI: <b>Dr. Jonathan Little</b> (HES)	UBCO's Multidisciplinary Undergraduate Research Projects in Health (MURPH)	\$10,000 \$10,000	2021 - 2022
MURPH Scholars: Emily Mayzes-Kotulla (Science) and Ashish Giri (Engineering): A mobile makerspace to support inclusive patient and community-led technology solutions for rural health and wellness. Supervising Co-PIs: <b>Drs. Eric Li</b> (Management) and <b>Kathy Rush</b> (Nursing)	UBCO's Multidisciplinary Undergraduate Research Projects in Health (MURPH)	\$10,000 \$10,000	2021 - 2022
MURPH Scholars: Nadine Widjaja (Psychology) and Elizabeth Bannon (Human Kinetics): Using artificial intelligence to assess performance of fine motor and upper-limb skills in health and disease. . Supervising Co-PI: <b>Dr. Vicki Komisar</b> (Engineering)	UBCO's Multidisciplinary Undergraduate Research Projects in Health (MURPH)	\$10,000 \$10,000	2021 - 2022
MURPH Scholars: Paige Dafoe (Science) and Rebecca Anderson (Psychology): Developing an online resource for safe active recreation for families living with autism. Supervising Co-PIs: <b>Drs. Lise Olsen</b> (Nursing) and <b>Carolyn Szostak</b> (Psychology)	UBCO's Multidisciplinary Undergraduate Research Projects in Health (MURPH)	\$10,000 \$10,000	2021 - 2022
MURPH Scholars: Dawson Penner (Science) and David Shifflet (Psychology): Establishing foundations for equity-considerate artificial intelligence in community health: Understanding community health nurses' conceptualizations and documentation of health equity in electronic health records. Supervising Co-PI: <b>Dr. Shirley Chau</b> (Social Work)	UBCO's Multidisciplinary Undergraduate Research Projects in Health (MURPH)	\$10,000 \$10,000	2021 - 2022

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## APPENDIX C - PUBLICATIONS BY IHLCDP FACULTY ASSOCIATES (APRIL 1, 2021 - MARCH 31, 2022)

### 2021

- Razavi, S., Janfaza, S., Tasnim, N., **Gibson, D.L.**, Hoorfar, M. (2021). Microencapsulating polymers for probiotics delivery systems: Preparation, characterization, and applications. *Food Hydrocolloids*, 120, Article 105882. doi: 10.1016/j.foodhyd.2021.106882
- Islam, H., Chamberlain, T.C., Mui, A.L., **Little, J.P.** (2021). Elevated Interleukin-10 Levels in COVID-19: Potentiation of Pro-Inflammatory Responses or Impaired Anti-Inflammatory Action? *Frontiers in Immunology*, 12, Article 677008. doi: 10.3389/fimmu.2021.677008
- Allen, M.D., **Dalton, B.H.**, Gilmore, K.J., McNeil, C.J., Doherty, T.J., Rice, C.L., Power, G.A. (2021). Neuroprotective effects of exercise on the aging human neuromuscular system. *Experimental Gerontology*, 152, Article 111465. doi: 10.1016/j.exger.2021.111465
- Rush, K.L., Seaton, C., Li, E., Oelke, N.D., Pesut, B.** (2021). Rural use of health service and telemedicine during COVID-19: The role of access and eHealth literacy. *Health Informatics Journal*, 27 (2), Article 146045822110200. doi: 10.1177/14604582211020064
- Sihota, A., Smith, B.K., Ahmed, S.-A., Bell, A., Blain, A., Clarke, H., Cooper, Z.D., Cyr, C., Daeninck, P., Deshpande, A., Ethans, K., Flusk, D., Le Foll, B., Milloy, M.-J., Moulin, D.E., Naidoo, V., Ong, M., Perez, J., Rod, K., Sealey, R., Sulak, D., **Walsh, Z.**, O'Connell, C. (2021). Consensus-based recommendations for titrating cannabinoids and tapering opioids for chronic pain control. *International Journal of Clinical Practice*, 75 (8), Article e13871. doi: 10.1111/ijcp.13871
- Falkenhain, K., Roach, L.A., McCreary, S., McArthur, E., Weiss, E.J., Francois, M.E., **Little, J.P.** (2021). Effect of carbohydrate-restricted dietary interventions on LDL particle size and number in adults in the context of weight loss or weight maintenance: A systematic review and meta-analysis. *American Journal of Clinical Nutrition*, 114 (4), 1455-1466. doi: 10.1093/ajcn/nqab212
- Labonté, R., Johri, M., **Plamondon, K.**, Murthy, S. (2021). Canada, global vaccine supply, and the TRIPS waiver: Le Canada, l'offre mondiale de vaccins et l'exemption ADPIC. *Canadian Journal of Public Health*, 112 (4), 543-547. doi: 10.17269/s41997-021-00541-4
- Bean, C., Dineen, T., Locke, S.R., Bouvier, B., **Jung, M.E.** (2021). An evaluation of the reach and effectiveness of a diabetes prevention behaviour change program situated in a community site. *Canadian Journal of Diabetes*, 45 (4), 360-368. doi: 10.1016/j.jcjd.2020.10.006
- Razavi, S., Janfaza, S., Tasnim, N., **Gibson, D.L.**, Hoorfar, M. (2021). Nanomaterial-based encapsulation for controlled gastrointestinal delivery of viable probiotic bacteria. *Nanoscale Advances*, 3 (10), 2699-2709. doi: 10.1039/d0na00952k
- Ye, J., Haskey, N., Dadlani, H., Zubaidi, H., Barnett, J.A., **Ghosh, S., Gibson, D.L.** (2021). Deletion of mucin 2 induces colitis with concomitant metabolic abnormalities in mice. *American Journal of Physiology - Gastrointestinal and Liver Physiology*, 320 (5), G791-G803. doi: 10.1152/AJPGI.00277.2020
- Williams, C.J., Li, Z., Harvey, N., Lea, R.A., Gurd, B.J., Bonafiglia, J.T., Papadimitriou, I., Jacques, M., Croci, I., Stensvold, D., Wisloff, U., Taylor, J.L., Gajanand, T., Cox, E.R., Ramos, J.S., Fassett, R.G., **Little, J.P.**, Francois, M.E., Hearon, C.M., Sarma, S., Janssen, S.L.J.E., Van Craenenbroeck, E.M., Beckers, P., Cornelissen, V.A., Howden, E.J., Keating, S.E., Yan, X., Bishop, D.J., Bye, A., Haupt, L.M., Griffiths, L.R., Ashton, K.J., Brown, M.A., Torquati, L., Eynon, N., Coombes, J.S. (2021). Genome wide association study of response to interval and continuous exercise training: The Predict-HIIT study. *Journal of Biomedical Science*, 28 (1), Article 37. doi: 10.1186/s12929-021-00733-7
- Maldonado-Rodriguez, N., Crocker, C.V., Taylor, E., Jones, K.E., Rothlander, K., Smirl, J., Wallace, C., **Van Donkelaar, P.** (2021). Characterization of cognitive-motor function in women who have experienced intimate partner violence-related brain injury. *Journal of Neurotrauma*, 38 (19), 2723-2730. doi: 10.1089/neu.2021.0042

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## APPENDIX D - IHLCDP KNOWLEDGE EXCHANGE ACTIVITIES APRIL 1, 2021 - MARCH 31, 2022

### Research to Practice Series

IHLCDP Associate Members in green

#### 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>

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>

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>

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/lz8Vu2h64X0>

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 Mosselaer, Mitchell Barrett, Quinn Van de Mosselaer**

**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>

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/ID7pUw6mE3Y>

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/Efmp0vgjtkl>

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>

November 26, 2021

### *The politics of health: How do political factors influence our health*

**Dr. Betsy Leimbigner**, Postdoctoral Fellow, Faculty of Management, University of British Columbia Okanagan

<https://youtu.be/EHFDeGFAX8>

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/UE2uOK8YTyM>

January 25, 2022

## 9<sup>th</sup> Annual Okanagan Embrace Aging Events - March 2022

<i>Try the Y ( 1 week FREE trial) – YMCA Okanagan</i>	Month of March
<i>Walk for Wellness – <a href="#">UBC Okanagan Eminence Research Cluster</a></i>	Tuesday/Thursday
<i>Games and Virtual Reality for healthy aging</i> <b>Dr. John Edison Muñoz</b> , Postdoctoral Fellow Biocybernetic Systems, University of Waterloo, Canada <a href="https://youtu.be/eyejhTtb3Jg">https://youtu.be/eyejhTtb3Jg</a>	March 2
<i>MyHealthPortal – Electronic Medical Records and you - Interior Health Authority</i> <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>	March 7 March 16 March 24
<i>Happipad Companion Housing</i> <b>Cailan Libby</b> , CEO and Founder, Happipad <a href="https://youtu.be/XImApGYDkw8">https://youtu.be/XImApGYDkw8</a>	March 8
<i>REACH BC: Volunteer for health research studies</i> <b>Stefanie Cheah</b> , Manager, REACH BC <b>Aisling Quigley</b> , Marketing & Communications, REACH BC <a href="https://youtu.be/TuE8t8lqgdw">https://youtu.be/TuE8t8lqgdw</a>	March 8
<i>Women of the Okanagan - International Women's Day - <a href="#">Kelowna Museums</a></i>	March 8
<i>Caregiver burnout: Signs, symptoms and solutions</i> <b>Naomi Mison</b> , Founder and CEO of Discuss Dementia, <a href="https://youtu.be/Y3pKzjD4_7c">https://youtu.be/Y3pKzjD4_7c</a>	March 9
<i>Laughter Yoga: An antidote to pandemic pressures</i> <b>Quinn Bailey</b> , Social Worker, Interior Health <a href="https://youtu.be/rrjM5_YjgCk">https://youtu.be/rrjM5_YjgCk</a>	March 10

*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](https://youtu.be/8fFsZ8GCJ_Y)

March 11

*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>

March 14

*What's next: The Covid aftermath with Andre Picard*

<https://www.youtube.com/watch?v=SoHvz1oMHG8&t=1582s>

March 14

*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>

March 15

*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/OOI5mpFgvLU>

March 16

*ná?k'wulamən (what we do): syilx Wellness Practices - [Kelowna Museums](#)*

March 16

*Cooking with the Canadian Food Guide – and Sierra - [VOICE Campus Health Project](#)*

March 17

*Discover e-bikes - [Elevation Outdoors](#) and [CRIS Adaptive Adventures](#)*

March 18

*Digital Assets: What are they and why are they important in estate planning?*

**Anjali Inman**, Founder, EstateBox  
[https://youtu.be/VZ2\\_HpsnukM](https://youtu.be/VZ2_HpsnukM)

March 21

*Knowledge is power: How to protect your finances from fraud and theft*

**Paula Naka**, Manager, Risk Management, Interior Savings Credit Union

<https://youtu.be/ECzuAnKrOYM>

March 22

*Make a mason bee home* - [Kelowna Museums](#)

March 24

*Intergenerational STEM*

Co-hosted by [Integrative STEM Team Advancing Networks of Diversity \(ISTAND\)](#) and

[Westcoast Women in Engineering, Science and Technology \(WWEST\)](#) – University of British Columbia Okanagan

March 25

March 28

*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>

March 28

*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/BgR0Cr1Esg>

March 30

*“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/OgLEzEjJMn4>

March 31



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## 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. Jonathan Little: *No time to exercise? No problem, says UBCO researcher* by Patty Wellborn, May 20, 2021. <https://news.ok.ubc.ca/2021/05/20/no-time-to-exercise-no-problem-says-ubco-researcher/>

Dr. John Graham: *UBCO researchers examine how pandemics impact homeless* by Patty Wellborn, May 25, 2021. <https://news.ok.ubc.ca/2021/05/25/ubco-researchers-examine-how-pandemics-impact-the-homeless/>

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. Zach Walsh: *Medical cannabis users report consuming less tobacco* by Patty Wellborn, August 19, 2021. <https://news.ok.ubc.ca/2021/08/19/medical-cannabis-users-report-consuming-less-tobacco/>

Dr. Vicki Komisar: *Height of handrail plays pivotal role in reducing injuries* by Patty Wellborn, August 24, 2021. <https://news.ok.ubc.ca/2021/08/24/height-of-handrail-plays-pivotal-role-in-reducing-injuries/>

Dr. Jonathan Little: *New research proves diet can put Type 2 diabetes into remission* by Patty Wellborn, September 10, 2021. <https://news.ok.ubc.ca/2021/09/10/new-research-proves-diet-can-put-type-2-diabetes-into-remission/>

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/>

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Dr. Lesley Lutes: *UBCO professor examines COVID-19 public health messaging* by Patty Wellborn, October 21, 2021. <https://news.ok.ubc.ca/2021/10/21/ubco-professor-examines-covid-19-public-health-messaging/>

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/>

Dr. Mary Jung: *UBCO research team plans community events for World Diabetes Day* by Patty Wellborn, November 8, 2021. <https://news.ok.ubc.ca/2021/11/08/ubco-research-team-plans-community-events-for-world-diabetes-day/>

Dr. Zach Walsh: *UBCO study finds psychedelic microdosing improves mental health* by Patty Wellborn, November 23, 2021. <https://news.ok.ubc.ca/2021/11/23/ubco-study-finds-psychedelic-microdosing-improves-mental-health/>

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/>

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/>

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/>

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/>

## 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=V3TIWidTW1A>

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/> Fa

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

Dr. Leslie Lutes: *Psychologist Lesley Lutes is passionate about mental health*, May 11, 2021. <https://news.ok.ubc.ca/2021/05/11/psychologist-lesley-lutes-is-passionate-about-mental-health/>

Dr. Donna Kurtz: *A path to cultural safety. Building cultural safety into the health-care system*, UBCO faculty profile, July 1, 2021. <https://ok.ubc.ca/okanagan-stories/expressions-of-reconciliation/a-path-to-cultural-safety/>

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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/>

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## STUDENT PROFILES

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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/> (watch her presentation: <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>
- Jocelyn Schroeder, MSN student (Dr. Barb Pesut, Supervisor) – watch her presentation: <https://www.youtube.com/watch?v=yG6GtjvQfNI>
- 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>
- Leah D'Aloisio (Dr. Deanna Gibson, Supervisor): Biology graduate student spotlight, January 6, 2022. <http://ubcobgss.weebly.com/student-spotlight>



# Institute for Healthy Living and Chronic Disease Prevention

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