



a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA

Office of the Provost & Vice Principal

Academic & Research

MEMORANDUM

Date: May 3, 2011
To: UBC Okanagan Senate
Attention: Nathalie Hager Manager, Okanagan Senate Secretariat
From: Dr. Alaa Abd-El-Aziz,
Provost and Vice Principal Academic and Research Okanagan
Re: Annual Reports: Institute for Healthy Living and Chronic Disease Prevention; Species at Risk and Habitat Studies Institute ("SARAHs"); and Okanagan Sustainability Institute ("OSI")

In compliance with Senate *Policy O-5 – Research Centres and Research Institutes* found on the Senate website at: <http://www.senate.ubc.ca/okanagan/policies.cfm> I am providing the annual report of the three research Institutes on our campus to the Okanagan Senate. These reports are for information only.

I have invited Dr. Joan Bottorff to speak to the annual report of the Institute for Healthy Living and Chronic Disease Prevention, a copy of the written report is attached. I have invited Dr. Daniel Durall to present an oral report for SARAHs. I will present a brief oral report on OSI.



*Institute for Healthy Living and
Chronic Disease Prevention*

partners in research for better health

2010 - 2011 Annual Report

March 31, 2011

Joan L. Bottorff



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA

Institute for Healthy Living and Chronic Disease Prevention

University of British Columbia, Okanagan
246 A&B, FIPKE Building
3333 University Way
Kelowna BC V1V 1V7
CANADA

Phone: 250-807-8072

Fax: 250-807-8269

Email: HealthyLiving.Research@ubc.ca

Web: www.ubc.ca/okanagan/ihlcdp

Table of Contents

EXECUTIVE SUMMARY	1
INSTITUTE FOR HEALTHY LIVING AND CHRONIC DISEASE PREVENTION ANNUAL REPORT FOR 2010-2011	2
ABOUT THE INSTITUTE	2
Our Vision	2
Our Mission.....	2
Our Values	2
INTRODUCTION	3
DEVELOPMENTS WHICH SUPPORT THE DIRECTION OF THE INSTITUTE	3
KEY ACTIVITIES AND ACCOMPLISHMENTS IN 2010-2011	4
BUILDING CORE TEAMS TO ADDRESS IDENTIFIED PRIORITY AREAS	5
DEVELOPING PARTNERSHIPS AND ENGAGING A BROAD RANGE OF STAKEHOLDERS.....	7
ASSOCIATES OF THE INSTITUTE FOR HEALTHY LIVING AND CHRONIC DISEASE PREVENTION	12
PROVIDING RESEARCH TRAINING OPPORTUNITIES.....	13
TRANSLATING RESEARCH INTO ACTION	15
BUILDING OUR PROFILE AND INCREASING OUR VISIBILITY	17
SECURING FUNDING FOR INFRASTRUCTURE AND RESEARCH	19
CONCLUSION	19
APPENDICES	20
Appendix A: Institute Advisory Committee Members.....	20
Appendix B: IHLCDP Associates	21
Appendix C: IHLCDP Personnel	22

Executive Summary

In its second year of operation, the Institute for Healthy Living and Chronic Disease Prevention has experienced continued growth and development in research excellence, student learning and community engagement.

The number of funded research projects related to Institute priorities increased considerably and created important new research partnerships across departments and faculties, and with the community.

Institute led initiatives such as the *Symposium on Healthy Aging in the Context of Chronic Disease*, our seminar series on *Partnerships in Health Research*, and the numerous other events hosted or co-hosted by the Institute engaged an increasing number of individuals both on campus and across our region.

The Institute research activities have also provided a rich training environment for a

growing number of undergraduate and graduate students. The results of their work have been shared with policy makers, research teams, and in presentations to our community.

Important efforts to disseminate and translate research findings have also expanded. For example, a policy brief was produced by one of our Research Interest Group teams and another team produced a new tobacco reduction resource that is currently being disseminated across Canada.

During the past year we have enhanced our online presence by improving our website and using social networking (Facebook and Twitter) to connect with our community. In addition, the research activities of the Institute have been profiled in both locally and nationally in a variety of publications.

We look forward to building on these accomplishments in the coming year.



Joan L. Bottorff
PhD, RN, FCAHS

***Professor and Chair in Health
Promotion and Chronic Disease
Prevention
Director, Institute for Healthy
Living and Chronic Disease
Prevention
UBC Distinguished University
Scholar***

Institute for Healthy Living and Chronic Disease Prevention

Annual Report for 2010-2011

About the Institute

Our Vision

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

Our Mission

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

Our Values

- **Excellence** – in community-based health promoting research, knowledge transfer and exchange.
- **Innovation** – designing and conducting cutting-edge research and its application.
- **Partnership and Collaboration** – meaningful engagement through all phases of the research process with a wide range of stakeholders. This fosters relevant research that makes a difference in people's lives.
- **Accounting for Diversity** – acknowledging that differences related to sex, gender, sexual orientation, race, ethnicity, culture, and socio-economic status, matter when it comes to health, and these complex interactive factors need to be integrated into health research.
- **Equity** – committed to conducting research that will enhance equitable access to health for all.
- **Inclusiveness** – engaging those who have a stake in issues or problems that influence healthy living and that this is important for finding effective solutions and for using new knowledge.
- **Commitment to Learning** – respecting a wide range of expertise and experiences that can inform the production of knowledge and its use; providing research training opportunities and building capacity to use research findings.
- **"Walking our Talk"** – modelling healthy living in how and where we work.



Introduction

The Institute for Healthy Living and Chronic Disease Prevention (IHLCDP) completed its second year of operation. The focus of this year has been on expanding initiatives to support the development of research programs, networking with our community, and knowledge translation.

During the past year, the IHLCDP Advisory Committee (AC) has met quarterly to advise the Director, Dr. Joan Bottorff, and assist her in developing the Institute. The members of the Institute AC include representatives from the university and the community.

See Appendix A for the list of Advisory Committee members.

This report summarizes the Institute's activities and accomplishments of the past year.

Developments which support the direction of the Institute

The focus of the Institute's mandate continues to be a priority. Chronic diseases, **especially cardiovascular diseases, diabetes, cancer, and chronic obstructive respiratory diseases** are increasingly a focus of attention. In November 2010 the *Lancet*, a leading international medical journal, published a special series on Chronic Diseases and Development, led by Dr. Robert Geneau, University of Ottawa and Professor Robert Beaglehole, University of Auckland, New Zealand. The authors in this series point out that chronic disease death rates in developing countries are increasing while infectious diseases are decreasing. It is

projected that by 2030, 7 in 10 deaths globally will be due to non-communicable diseases. Chronic diseases are not ignored in developed countries like Canada. It is now estimated that 16 million Canadians live with a chronic disease, and that upwards of 60% of health care costs are directed to chronic disease. However, the authors in this series point to the lack of population health approaches and primary prevention initiatives to prevent these diseases. In June 2010, the province of British Columbia announced funding to strengthen service delivery through an integrated model of primary and community care. Integrated health networks

established in Interior Health been shown to be effective in helping patients with chronic diseases manage their conditions and make positive lifestyle changes and decrease hospital visits. The success of this initiative continues to generate interest in strengthening supports for living well.

The Institute's work is also aligned with the UBC Place and Promise commitments. For example, two of the goals under community engagement – "The university serves and engages society to enhance economic, social and cultural well-being" and "recognizes and nurtures university partnerships" are

strongly supported by the Institute's mission and vision. In terms of the commitment to "Research Excellence," the Institute is strongly aligned with the goal "to create and advance knowledge and understanding that improves the quality of life

through the discovery, dissemination and application of research within and across disciplines" with its focus on interdisciplinary and multi-disciplinary research, catalyzing and supporting research partnerships, and on-going

research projects and knowledge translation activities. UBC's priority to research-based learning is also reflected in the opportunities provided to students through all of the Institute activities.

Key Activities and Accomplishments in 2010-2011

The key activities and accomplishments of the IHLCDP are organized under the Strategic Directions identified in the Institute strategic planning process that took place in December 2008 and January 2009. They reflect the activities identified in the operational plan that emerged from the strategic planning process.

Strategic Directions

1. Building core areas of research to address identified priority areas
2. Developing partnerships and engaging a broad range of stakeholders
3. Providing research training opportunities
4. Translating research into action
5. Securing funding for infrastructure and research
6. Building our profile and increasing our visibility



Building Core Teams to Address Identified Priority Areas

The goal of this strategic direction is to engage health researchers, community partners and students to develop teams to build programs of research in priority areas.

Dr. Meredith Lilly, Research Associate with the Institute (to August 2010), supported the development of linkages

between Interior Health and UBC Okanagan researchers.

During the past year, two IHLCDP grant competitions were held and a total of 16 applications were received (see Table 1).

Four new RIG grants were awarded in April 2010 and three new RIG grants were awarded in December 2010.

The successful RIG grants are launching new leading-edge areas of research on priority health-related topics and establishing new research partnerships.

These new RIG grants and other new projects funded through provincial and national funding sources, are listed in Table 2.

Table 1: IHLCDP Research Interest Group Competitions

Date of Competition	Date of IHLCDP Grants Awarded	Number of Applications Received	Number of Grants Funded
February 2010	April 2010	10	4
October 2010	December 2010	6	3

Table 2: New Research Projects Launched in 2010-2011

Title	PIs	Co-Is
Active Living		
Prehabilitative Exercise Training: Optimizing Gastric Banding Surgery Outcomes in Obese Patients (RIG)	Gareth Jones, Lorne Friesen	Andrew Sellars, Andreas Klufftinger, Grant Pagdin, Ginny Sellars, Jordelle Dupre
Aging and Health		
Building Healthy Rural Communities for Older Adults by Enhancing Mobility (RIG)	Kathy Rush, Elisabeth Antifeau	Nial Helgason, Barb Pesut, Mary Ann Murphy
Healthy Eating		
Implications for Health: Hunting and Gathering among Métis in British Columbia (funded by CIHR)	Peter Hutchinson	Joan Bottorff, Jon Corbett, Mike Evans, Gareth Jones, Donna Kurtz, Dixon Sookraj
Promoting Well-Being		
Improving the Health and Well-Being of Men Who Have Sex with Men in the Interior of British Columbia (RIG)	Susan Holtzman, Daryl Roberts	Kevin Saya-Moore, Zachary Walsh, Eli Puterman
Developing Seamless Cardiac Care for Rural Populations (RIG)	Barbara Pesut, Carol Laberge	Richard Sawatzky, Richard Townley, Tracy MacDonald, Marie Hawkins
Barriers to Accessing Medical Cannabis Among Individuals with Chronic Illness (RIG)	Zachary Walsh, Robert Calloway	Jamie Marshall, Susan Holtzman, Michael Woodworth
Development of Best Practice Options for Mental Health and Substance Use Services Integration with Aboriginal Services (RIG)	Susan Wells, Jamie Marshall	Molly Brewer, Margaret Eli, Joanne Mills, David Smith, Allan Weselowski
Tobacco Reduction		
Targeted Prevention for Cannabis and Tobacco Use Among Middle School Students (RIG)	Zachary Walsh, Jamie Marshall	Marvin Krank, Al Lalonde, David Smith, Michael Woodworth
Supporting tailored approaches to reducing tobacco (START) – Decreasing breast cancer incidence (funded by Canadian Breast Cancer Research Alliance & Canadian Breast Cancer Foundation)	Joan Bottorff, Chris Richardson	Carolyn Gotay, Peter Hutchinson, Kenneth Johnson, John Oliffe, Pamela Ratner, Rebecca Haines, Chizimuzo T.C. Okoli
FACET 4: Tobacco reduction support for new fathers (funded by CIHR)	Joan Bottorff, John Oliffe	Radhika Bhagat, Jack Boomer, Ann Dauphinee, Lorne Friesen, Carolyn Gotay, Trish Hill, Zahra Hussein

Developing Partnerships and Engaging a Broad Range of Stakeholders

The goal of this strategic direction is to develop a range of partnerships among faculty, community members and organizations to support research collaborations and knowledge exchange. Activities related to building research partnerships have included two calls for proposals for Research Interest Group funding, meetings with new faculty and members of the community, and hosting seminars and other events. A brief description of these activities is provided below.

Symposium on Healthy Aging in the Context of Chronic Disease

This half day symposium was highly successful in bringing together faculty, students, practitioners, and representatives from public, private and not-for profit sectors to discuss critical issues related to healthy aging.

The objectives of the symposium were to:

- profile regional research and initiatives leading to improvements in healthy living with chronic disease
- explore advances and challenges related to improving healthy living with chronic disease
- foster knowledge translation by sharing emerging strategies that enable healthy aging in the context of chronic disease
- promote networking and collaborate engagement across a wide range of sectors interested in supporting healthy aging, and
- support capacity building for collaborative community-based research in healthy aging.

Held on October 13, 2010, the symposium was co-hosted with the Faculty of Health and Social Development. Dr. Anne Martin-Mathews, Director of the CIHR Institute of Aging, provided the keynote address entitled

“Canadian Research on Healthy Ageing: Building on Strengths, Addressing Gaps, Shaping the Future”.

Her presentation was followed by panel presentations on the topic of new directions for enabling health within the context of chronic disease. Three new faculty members joining UBCO participated in the panel:

- Dr. Sanjoy Ghosh, Assistant Professor, Biology, Barber School of Arts and Science, and Canadian Diabetes Association Scholar - *“Chronic metabolic diseases and aging: Dietary trends and recent evidence”*
- Dr. Neil Eves, Assistant Professor, Human Kinetics, Faculty of Health and Social Development - *“Exercise in the prevention and treatment of respiratory disease”*
- Dr. Mary Courtney, Dean, Faculty of Health and Social Development - *“Reducing unplanned hospital readmissions and improving functional ability in hospitalised elderly patients”*

An information table was provided for community-based organizations with an interest in chronic disease and aging to share information and resources. The event attracted over 80 participants including faculty, students, staff, and community members.



Dr. Anne Martin-Mathews, Dr. Sanjoy Ghosh, Dr. Neil Eves, Dr. Mary Courtney

Seminars and Other Events

A successful seminar series, “Partnerships in Research,” first established in 2009, continued to be a success. Unique to this seminar series, Institute supported research teams are provided the opportunity to share their research experiences. Researchers from UBCO and the community co-present these seminars as a demonstration of their collaborative work. Four

seminars were held during the past year (see Table 3). In addition, 11 other presentations and events were hosted or co-hosted by the Institute (see Table 3).

In response to growing interest from the community in our presentations, we have regularly used teleconferences to facilitate participation of those unable to come to campus.

Recently, requests to join seminars from off campus locations through the southern Interior have exceeded the capacity of 26 lines provided by the UBC Okanagan teleconference service. We are expecting this demand to continue to increase, so we are exploring other alternatives for linking students, faculty and community members into these events.

TABLE 3: IHLCDP Partnerships in Research Seminar Series 2010-11

Date	Event	Presenters
April 13, 2010	Partnerships in Research <i>“Supporting the Health and Well-Being of Rural and Urban Caregivers”</i>	Carole Robinson, UBCO Tanis Coletti, Interior Health Meredith Lilly, UBCO
September 21, 2010	Partnerships in Research: <i>“Round Peg in a Square Hole: Challenging Our Thinking About Program Evaluation”</i>	Carole Robinson, UBCO Tom Fulton, Interior Health Alice Mah Wren, Interior Health
November 16, 2010	Partnerships in Research: <i>“Improving the Health and Well-Being of Men Who Have Sex with Men in the Interior of British Columbia”</i>	Susan Holtzman, UBCO Daryle Roberts, Living Positive Resource Centre.
January 18, 2011	Partnerships in Research: <i>“Brief Intervention for Tobacco and Cannabis Use Among High Risk Middle School Students”</i>	Zach Walsh, UBCO Jamie Marshall, Interior Health Erin Langille & Jennifer Hutton, UBCO

TABLE 4: IHLCDP Hosted or Co-Hosted Events 2010-11

Date	Event	Presenters
May 4, 2010	IHLCDP hosted a video conference link for the Vancouver based Symposium: <i>"Understanding the Role of Sedentary Behaviour and Bone Health in Seniors with Type 2 Diabetes Mellitus"</i>	Dr. David Dunstan Dr. Genevieve Healy
August 26, 2010	IHLCDP Seminar: <i>"Farther....Faster....Social Networking for Knowledge Translation in Health Research"</i>	Kaitlin Lee-Bun , UBCO Student Dr. Gayl Sarbit , UBCO
October 13, 2010	IHLCDP and Faculty of Health and Social Development co-sponsored event: <i>"Healthy Aging and Chronic Disease Symposium"</i>	Keynote speaker: Dr. Anne Martin-Matthews , Scientific Director, CIHR Institute of Aging Panellists: Dr. Sanjoy Ghosh, UBCO Dr. Neil Eves, UBCO Dr. Mary Courtney, UBCO
October 13, 2010	IHLCDP sponsored event: <i>"Roundtable discussion regarding funding opportunities with the Institute of Aging and CIHR"</i>	Dr. Anne Martin-Matthews , Scientific Director, CIHR Institute of Aging
October 26, 2010	IHLCDP and Human Kinetics - Faculty of Health & Social Development co-sponsored event: <i>"Community-Based Physical Activity Promotion: The Australian 10,000 Steps Experience"</i>	Dr. Kerry Mummery , Dean, Faculty of Physical Education and Recreation, University of Alberta

Date	Event	Presenters
January 28, 2011	IHLCDP and Human Kinetics - Faculty of Health & Social Development co-sponsored event: <i>"Knowledge Translation: A Two-way Street for Innovation"</i>	Dr. Amy Latimer Canada Research Chair (Tier 2) in Physical Activity Promotion for People with Mobility Impairment, Queen's University. Director of "Revved Up", a fitness facility for people with mobility impairments.
February 21, 2011	Distinguished Speaker Series – co-hosted by the Barber School and the IHLCDP <i>"Seizing the Opportunity of an Aging Population"</i>	Senator Sharon Carstairs
February 22, 2011	IHLCDP Seminar: <i>"When Life Gets in the Way of Exercise: Concurrent Management of Exercise and Other Valued Life Goals"</i>	Dr. Mary Jung , Assistant Professor, Human Kinetics, UBCO
March 4 & March 7, 2011	CIHR Cafe Scientifique co-hosted by IHLCDP <i>"For Better or for Worse: Women's Efforts to Promote Men's Health"</i> Moderators: Dr. Rebecca Haines-Saah , Postdoctoral Research Fellow, Centre for Nursing & Health Behaviour Research Marion Barschel , Journalist, CBC Daybreak	Dr. Joan Bottorff , Director, Institute for Healthy Living & Chronic Disease Prevention, UBC Dr. John Oliffe , Associate Professor, School of Nursing, UBC Dr. Carole Robinson , Associate Professor, Faculty of Health & Social Development, UBC
March 15, 2011	IHLCDP Seminar: <i>"Time Well Spent: Lessons Learned from Evaluating the Interior Health Primary Health Care (PHC) Integrated Health Networks (IHN)"</i>	James Coyle , MA, Leader - Performance Monitoring & Evaluation; Planning/Strategic Services, Interior Health Maja Karlsson , MA, RD, CDE, Manager - Community Integrated Health Services, Central Okanagan, Interior Health

Canada unprepared for an aging population



Canada is not prepared to meet the needs of its aging population, Senator Sharon Carstairs said Monday February 21, 2011 at Kelowna's Rotary Centre for the Arts, speaking as part of the UBC Distinguished Speakers Series.

Carstairs, who chaired Canada's Special Senate Committee on Aging, told the audience of over 300 people, it will take an innovative, united effort led by the federal government to create the policies that bring about the changes needed.

Associates of the Institute for Healthy Living and Chronic Disease Prevention

The IHLCDP continues to welcome participation from both the community and academia in its research activities and Associate membership is free.

Associates include academics, community members, health practitioners and policy makers who are interested in healthy living and chronic disease prevention. Currently the Institute has 44 Associates.

See Appendix B for the list of Associates.

Providing Research Training Opportunities

The goal of this Strategic Direction is to build capacity in health research by supporting research training opportunities. During the past year the Institute has undertaken a number of activities to achieve this goal. We highlight examples of student involvement in IHLCDP research activities and successes related to funding support for students at UBCO.

1. Student Involvement in IHLCDP Research

Institute funded research projects continue to provide valuable research training opportunities for students. For example, UBCO students Erin Langille and Jennifer Hutton are working with Assistant Professor, Dr. Zach Walsh and Mr. Jamie Marshall from Interior Health and their team on a pilot study focusing on reducing tobacco and cannabis use among middle school students.

Ms. Langille and Hutton are not only learning about community-based collaborative health research, but they have also been trained to provide a

motivational intervention to students as part of this research. In January 2011, the students joined Dr. Walsh and Mr. Marshall in presenting the research experiences of this team as part of the Institutes' *Partnerships in Research* Seminar series. Erin Langille and Jennifer Hutton's descriptions of their work with the youth participants in this research project were a key part of this seminar presentation.

Student work study positions on a number of research projects also provide rich training experiences for students. In addition, graduate students have also been involved in Institute research activities under the supervision of the Director. IGS Master's student, Sharon Melanson completed a directed studies course and research practicum on the topic of social marketing in tobacco control. In addition to working with one of the Director's research teams, she also presented a seminar on her work. Louann Janicki, who is enrolled in a Doctorate in Nursing Practice student at

Western University of Health Sciences, CA, completed a research practicum in the fall semester working with the FACET research team.

"In the field of Social Work, there will always be opportunities for research.

The skills and knowledge required to do research are not easily taught in a classroom. As a student at the Masters level, I want to take advantage of every piece of learning that I can, and my work study position in the Institute offered me a great opportunity to build on my current skills.

In this position I was involved in the process of gathering and interpreting data, and had the chance to ask questions and observe practices of people who are doing real research.

It complemented my courses perfectly, filling in gaps and preparing me for research opportunities in the future in ways that courses alone cannot do."

**Katie Lewall, BSW, RSW
MSW Student**

Kaitlin Lee-Bun, summer work study undergraduate student in health studies worked with Dr. Gayl Sarbit, knowledge broker with the FACET research team, to investigate the potential usefulness of social networking to facilitate dissemination of research findings, and assisted the research team in establishing a presence on Facebook. Lee-Bun and Sarbit co-presented a seminar in August on this work to support other researchers in using social networking. As a result of this work, the FACET research team has expanded the use of social networking to include Twitter.



FaceTobacco ¹



FACET ²

2. Student Funding for Research Activities

The Director supported Laura Struik's (MSN student) successful application for a graduate fellowship through the CIHR funded Psychosocial Oncology Research Training Program. Funding through a CIHR team grant (Investigating Gender and Tobacco) has also supported two postdoctoral fellows co-supervised by the Director.

¹ <http://tinyurl.com/4yuk8le>

² <http://twitter.com/FACETobacco>

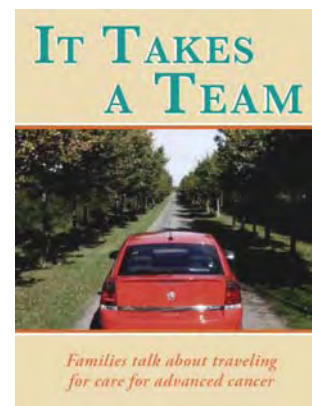
Funding from the BC Government Ministry of Citizen's Services was provided to the Director as part of the Government Student Led Research program. This program provided opportunities for students to work with existing research teams on topics of interest to the Ministries of Health Services, and Healthy Living and Sport.

Ms. Jill Mitchell, UBCO interdisciplinary graduate student, worked in collaboration with an Institute funded research team led by Drs. Lilly and Robinson to develop a policy paper based on an extensive literature and policy review, as well as analysis of data collected as part of an ongoing study on family caregivers. Ms. Mitchell assisted with synthesis and analysis of the literature.

Ms. Karen MacKay, UBCO 4th year undergraduate student (psychology) and Ms. Raquel Graham, UBCO 1st year undergraduate student (human kinetics), worked with a research team led by Drs. Robinson, Pesut and Bottorff on a knowledge translation project.

The students assisted the team in developing an evidence-based, user-friendly resource

entitled, *"It takes a team: Families talk about traveling for care for advanced cancer"*. The resource is currently under review by the BC Cancer Agency.



The work completed by the students was shared with ministry representatives and we received the following feedback from Brenda Canitz.

"These are excellent resources and I have shared them with my executive colleagues in the Health Authorities Division and other specific program areas across the ministry."

I hope we are able to continue this type of research policy exchange in the future to facilitate the linkages of policy and academia."

Brenda Canitz

Chief Nurse Executive & Executive Director,
Clinical Care & Patient Safety,
MOHS, Victoria BC

Translating Research into Action

Activities related to supporting the translation of research are an important part of Institute activities.

We are beginning to see the tremendously positive outcomes from the Research Interest Group teams. For example, the RIG team funded in 2009-2010 led by Dr. Meredith Lilly (IHLCDP, UBCO), Dr. Carole Robinson (School of Nursing, Faculty of Health and Social Development, UBCO) and Ms. Tanis Coletti (Interior Health) aimed to better understand the needs of both urban and rural caregivers and ultimately to design interventions to enhance and promote their health.

The goals of this RIG were to build a new team of academic and community-based researchers, build capacity to do community-based research, and identify and share findings of successful caregiver health and wellness programs.

The team completed focus groups to understand the needs of caregivers, consulted with stakeholders (e.g., Alzheimer's Society of BC, and the Interior Health Authority), conducted a literature review and policy analysis, prepared two grant proposals (currently under review), and a manuscript that has been submitted to a peer reviewed journal. The team has also developed a policy brief on their research which has been shared with policy makers in the BC government.

For more about this work, go to the following link:

[Urban & Rural Caregiver's](#)³

The FACET (Families Controlling and Eliminating Tobacco) research team, co-led by Drs. Bottorff and Oliffe, produced a new tobacco reduction resource targeting expectant and new fathers based on the team's research findings.

The booklet entitled, "*The right time...The right reasons...Dads talk to other dads about reducing and quitting smoking*", was launched by the Institute in time for Father's Day on June 19, 2010 ([click to view press release](#))⁴.

This new resource is men-centered and focuses on the challenges of becoming a new father. The BC Ministry of Health printed 15,000 copies of the booklet and is distributing this resource through tobacco control coordinators throughout the province.

The team continues to receive requests from across Canada for copies of the booklet and is supporting the production of this resource in other provinces. A PDF version of the booklet has also been posted for download on several websites including the Canadian Action Network for the Advancement, Dissemination and Adoption of Practice-informed Tobacco Treatment (**CAN-ADAPTT**).

³ <http://tinyurl.com/44hos6f>

⁴ <http://tinyurl.com/3l6bbdy>

Café Scientifiques were held during UBC Research Week on the topic of *“For better or worse: Women’s Efforts to Promote Men’s Health”* in both Vancouver and Kelowna. Funding for the Café was provided by the CIHR, and co-sponsored by the Institute and the CIHR funded research team, Investigating Tobacco and Gender (iTAG).

The panellists included:

Dr. John Oliffe (UBCV)
Dr. Joan Bottorff (UBCO) and
Dr. Carole Robinson (UBCO)

The Cafe held in Vancouver attracted 35 people. In Kelowna, the Café was moderated by Marion Barschel, journalist with CBC Daybreak, and 52 people attended.



Marion Barschel, Dr. John Oliffe, Dr. Joan Bottorff, Dr. Carole Robinson

Building our Profile and Increasing our Visibility

Key achievements related to this strategic direction include:

- Continued development of the IHLCDP website (www.ubc.ca/okanagan/ihlcdp) along with creating opportunities for networking on Facebook and Twitter.



5



6

- Media releases and media interviews were completed profiling the important work of the Institute and its research initiatives. For example, press releases were prepared announcing the Research Interest Group grants funded by the IHLCDP in the spring and fall competitions and resulted in newspaper coverage (e.g., in the Daily Courier) as well as radio interviews with project leaders.
- Institute affiliated research projects were profiled in *UBC in Your Community* publications prepared by UBC. The publications are developed as communications tools to educate BC officials about UBC's invaluable relationship

to all of BC and their own constituencies. They are mailed out to elected officials (MLAs, MPs, Mayors, First Nations leaders), and have also been used by Alumni Affairs and other groups on campus.

Research activities profiled during the past year included Institute projects that focused on helping home-care providers in rural communities (**Boundary-Similkameen**), end-of-life care in rural communities (**The Kootenays**); helping Aboriginal communities talk about smoke-free spaces (**Stikine**); hunting and gathering in BC's Metis (**Penticton and Shuswap**), and Dads in Gear (**Kelowna-Westside**). These reports can be found at: [UBC in your community](http://www.ubc.ca/okanagan/ihlcdp/ubc_in_your_community)⁷.

- Joan Bottorff was invited to lead the BC Clean Air Collation Sponsored Teleconferenced Seminar on May 4, 2010 on the topic "Women's Tobacco Reduction During Pregnancy and Postpartum: What's New? What's Next?" in recognition of Mothers' Day.

This teleconference seminar attracted over 70 participants from across Canada and provided an opportunity to profile some of the research conducted at the IHLCDP.

- The tobacco reduction research program, FACET (Families Controlling and Eliminating Tobacco), led by Joan Bottorff is one of the core research foci in the Institute. An article on this research program was included in the CIHR Institute of Gender and Health Fall 2010 special issue of *Intersections* to commemorate its first 10 years ([click to view PDF](http://www.cihr.ca/intersections))⁸. The article entitled, "Clearing the smoke on parents and pregnancy", was one of 10 success stories included in this publication.

⁵ <http://on.fb.me/hPot1O>

⁶ <http://twitter.com/IHLCDP>

⁷ <http://tinyurl.com/44xqmgg>

⁸ <http://tinyurl.com/3vth6ln>

Selected Presentations by the Institute Director

- **Bottorff, J. L.** *Let's talk about secondhand smoke: A Gitxsan TRYAMF project.* Invited presentation as part of the UBC Learning Circle 2010/2011 Videoconferences. (October 27, 2010).
- **Bottorff, J. L.** *Beyond the smoke and mirrors: Where challenge meets opportunity in tobacco reduction for oncology nurses.* Invited speaker for Canadian Association of Oncology Nurses - Oncology Nursing Day 2010, BC Oncology Nurses Group (April 6, 2010).
- **Bottorff, J. L.** *Gendering tobacco reduction interventions – What's new, what's next?* Invited presentation, CIHR Institute of Gender and Health Information Session, UBC's Vancouver campus, February 23, 2011.
- **Bottorff, J. L.** *So you want to publish.* Invited workshop for the IH Nurse Practitioner Community of Practice and Professional Practice Office conference, Kelowna, BC (Feb 26, 2011). Consultations by the Director

Other Institute Activities

- Dr. Joan Bottorff provided consultation to faculty members on a number of research-related proposals at various stages of development.
- Dr. Joan Bottorff was consulted by Drs. Marilyn Borugian and Rick Gallagher of the BC Generations project regarding recruitment and data collection prior to launching the project in the Okanagan. (<http://www.bcgenerationsproject.ca/>)
- Dr. Joan Bottorff was invited to join an advisory committee for the **Be Well At Work** research project led by Dr. Carolyn Gotay, UBCV and funded by the Canadian Cancer Society. The IHLCDP committed to support the project at UBCO and participated in a Health Fair in January 2011 to launch the project on this campus. (<http://okanagan.bewellatwork.ubc.ca/>). The IHLCDP is actively involved in supporting recruitment efforts for the project.

Securing Funding for Infrastructure and Research

The goal of this strategic direction is to obtain operating funds and secure additional funds from external sources for research and other activities to enable the IHLCDP to function as an innovative world- class research Institute. Several meetings were held with the UBCO Development Office to discuss funding opportunities for the Institute.

External funding to support the IHLCDP during 2010-2011 included:

- Remaining funds from the Interior Health to support research initiatives.
- Funding from the BC Government Ministry of Citizen's Services through the Government Student Led Research program.
- A number of IHLCDP Associates were also successful in obtaining grants from provincial and national granting agencies to support their research.

Conclusion

The Institute for Healthy Living and Chronic Disease Prevention continues to build and expand on its activities. The growing number of faculty and students with health-related areas of research interest provides the Institute with new opportunities to support collaborative and interdisciplinary research. The number of community members and organizations who are participating in various Institute events reflects the level of interest in health research supported by the Institute and potential for new research collaborations.

We look forward over the next year to:

- Expanding our capacity building and knowledge exchange efforts through webcasts, social networking, etc.
- Developing new opportunities to engage undergraduate and graduate students in Institute research activities.
- Exploring ways to support the continued development of Institute-funded teams and the use of new knowledge produced through their work to enhance healthy living and chronic disease prevention.
- Continuing to support the involvement of new faculty and community members in health research related to the mandate of the Institute.
- Securing additional space and funding for the Institute to support growing research programs and the involvement of students in our work.

APPENDICES

Appendix A: Institute Advisory Committee Members

- Jan Appleton Senior Manager, Community Integrated Health Services, Interior Health Authority
- Leanne Bilodeau Director, Sustainability Operations, UBC Okanagan
- Claire Budgen Director, Health and Counselling, Health and Wellness Centres, UBC Okanagan
- John Burton Assistant Professor, Faculty of Management, UBC Okanagan
- Tom Fulton Chief, Professional Practice and Nursing, Interior Health Authority
- Linda Hatt Associate Dean, Curriculum and Student Affairs, Barber School of Arts and Science, UBC Okanagan
- Jennifer Jakobi Assistant Professor, Human Kinetics, Faculty of Health and Social Development, UBC Okanagan
- Allan Jones Regional Associate Dean, Interior, Faculty of Medicine, UBC
- Barbara Pesut Assistant Professor and Canada Research Chair, School of Nursing, Faculty of Health and Social Development, UBC Okanagan
- Carole Robinson Associate Professor, School of Nursing, Faculty of Health and Social Development, UBC Okanagan [on leave July 1, 2010 - June 30, 2011]
- Edward Taylor Director, School of Social Work, UBC Okanagan

Appendix B: IHLCDP Associates

Associates include academics, community members, health practitioners and policy makers who are interested in healthy living and chronic disease prevention. The main requirement of Institute Associates is active participation (e.g. engaging in research related to the Institute's research mandate, attending Institute seminars, events and meetings, serving on committees, etc.).

Current Associates are:

- Elisabeth Antifeau
- Nial Helgason
- Meredith Lilly
- Leanne Bilodeau
- Trish Hill
- Gord Lovegrove
- Leslie Bryant MacLean
- Mark Holder
- Lynn Malinsky
- Claire Budgen
- Susan Holtzman
- Jamie Marshall
- John Burton
- Andrew Hughes
- Martin McMahon
- Carol Calloway
- Zahra Hussein
- Roger Parsonage
- Robert Calloway
- Peter Hutchinson
- Barbara Pesut
- Shirley Chau
- Jennifer Jakobi
- Suzanne Pugh
- Jon Corbett
- Gareth Jones
- R. Colin Reid
- Heather Deegan
- Mary Jung
- Daryle Roberts
- Michael Evans
- Mary Kjorven
- Carole Robinson
- Lorne Friesen
- Joanne Konnert
- Kathy Rush
- Tom Fulton
- Marvin Krank
- Zach Walsh
- Casey Hamilton
- Donna Kurtz
- Susan Wells
- Paul Hasselback
- Carol Laberge

Appendix C: IHLCDP Personnel

Institute Administrative Support

- Deborah Power (IHLCDP)

Research Support

- Gayl Sarbit, PhD, Knowledge Broker (position funded by CIHR operating grant, FACET, iTAG)
- Laura Bissell, MA, Research Coordinator (position funded by CBCRA/CBCF operating grant, START)
- Maggie Lo, PhD, Research Coordinator (position funded by operating grants from CIHR, MSFHR, IH, and other sources, OPTIC)
- Christina Han, BA, Research Assistant *(position funded by CIHR operating grant, iTAG)
- Rebecca Haines-Saah, PhD, Research Associate (January 2011 – current; position funded by CIHR operating grant, iTAG)*
- Ross C. Mckerlich, MEd, Health Promotion Program Facilitator (September - December, 2010; position funded by CIHR operating grant, FACET)
- Meredith Lilly, PhD, Research Associate (January - August 2010; funded by IHLCDP)
- Stephanie Mc McKeown, PhD Student (Education) - Research Coordinator (April - September, 2010; position funded by CBCRA/CBCF operating grant, START)
- Joanne Carey, MA, Research Coordinator (April - June 2010; position funded by CIHR operating grant, iTAG)

Student Research Support (Work study program)

- Adam Fulton, BSN student (September 2010 - April 2011)
- Katie Lewall, MSW student (September 2010 - April 2011)
- Kaitlin Lee-Bun, BA student (April 2010 - August 2010)
- Karly Drabot, BA student (April 2010 - August 2010)

Student Research Support (BC Ministries Grant)

- Jill Mitchell, IGS Master's student (September - December, 2010)
- Karen MacKay, BA (psychology) student (September - December, 2010)
- Raquel Graham, BHK student (September - December, 2010)

Student Research Practica

- Sharon Melanson, UBCO IGS (Health) Master's student (Spring/Summer session 2010)
- Louann Janicki, Doctorate in Nursing Practice student, Western University of Health Sciences, CA (September - December 2010)

UBCO Graduate Students (supervised by the Director)

- Donna Melanson, MSN student
- Natalie Murdoch, MSN student
- Erin Ptolemy, MSW student
- Laura Struik, MSN student

Postdoctoral Fellows

- Cameron White, PhD (supervised by Drs. Bottorff and Oliffe), January 2010 to present *
- Iris Torchalla, PhD (supervised by Drs. Bottorff and Oliffe), April 2010 to present *

* Working out of UBC Vancouver