

WHAT'S HAHP'NING IN RESEARCH

Research highlights of our School's Faculty

Newsletter | Issue 1



**MESSAGE FROM
OUR DIRECTOR
Laurene Rehman**

Welcome to our very first ***What's HAHP'ning in Research*** Newsletter!
As Director of the School I am very excited to highlight just a few of the extraordinary research projects of our faculty. Within our Divisions of Health Promotion, Kinesiology, and Recreation and Leisure Studies we have a wealth of researchers working together in our School and collaborating with colleagues at Dal and beyond!

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NEW DATE & LOCATION!

PLEASE JOIN US FOR A PHOTO GALLERY EVENT

PICTURE PERFECT? GAZING INTO GIRLS' HEALTH THROUGH PHOTOVOICE





As part of Becky Spencer's PhD project, we've taken photos to explore the health of young women and girls. Join us for a drop-in gallery-style event to see some of our photos and key messages relating to girls' and young women's health, physical activity, and nutrition.

JUNE 20, 2018 • 6:30-8:30PM • BRIEF REMARKS AT 7PM
DALHOUSIE UNIVERSITY COLLABORATIVE HEALTH
EDUCATION BUILDING • 5793 UNIVERSITY AVE • ROOM 140
RSVP TO BECKY: BECKY.SPENCER@DAL.CA



Photo Gallery Event

Becky has been involved as an instructor with the School of Health and Human Performance since her undergraduate degree. Her Master's research in the Health Promotion program studied the experience of peer mentoring in a school-based health program. Her research interests involve health promotion, youth and gender, examining health comprehensively, and using ecological approaches. As a current candidate in the Interdisciplinary PhD program, Becky is studying how adolescent girls' perceptions of health and construction of bodies take up and contend with social and political relations, using photovoice.

Award winners



Dr. John C. Pooley Sportsperson Award
Michelle Reddy

Dr. Michael J. Ellis Award
Madison Stevens, Kinesiology

The Matthew Knox Award
Christine Ausman

Dr. Jerry Singleton Leadership Award
Janice Arndt

CSEP Award
Kristen Allen – Kinesiology

Governor General Gold Medal
Nicole Doria, Health Promotion

University Medal
Madison Stevens (Kinesiology)

Women's Division Medals
Stephanie Quirke, Health Promotion
Madison Stevens, Kinesiology
Christine Ausman, Recreation

Vincent Chew Award
Davie Manuele, Recreation/Management

Dr. Hugh Noble Award
Maya Biderman, Kinesiology

Student Appreciation Award
Dr. Michelle Stone
Assistant Professor, Kinesiology

*Congratulations to all award winners!
To read about the criteria to receive these
awards go [here](#) .*

IMPORTANT INFORMATION FOR RESEARCHERS

- [New matching funds guidelines](#)
- [Information on timelines and how to submit your documents for signature.](#)
- [Research Development Grants](#)
- [Faculty of Health Research Plan](#)

RESOURCES

- Find the [resources](#) you need to be successful in your research.



"Imagination is the highest form of research."

Albert Einstein

Eat your fruits
and veggies!



Less than 1 in 10
Canadian youth
are eating the
recommended
amount of fruits
and vegetables.



Dr. Sara Kirk

Froogie App Wins Another Award

With funding from Heart & Stroke and Canadian Institutes of Health Research, and leading edge research led by **Dr. Sara Kirk**, Professor Health Promotion. WeUsThem designed a fun, creative solution that ensures families maintain a healthy diet.

“I am thrilled that the Froogie app has won this award. Healthy eating and active living are two of the most important things we can do to improve our general health and well-being. Eating more fruits and veggies is an easy change we can make for a big impact and the Froogie characters are a wonderful way to engage children and families in healthy eating”, says Dr. Kirk. “I love the creativity that the design team at WeUsThem brought to the app and I am so proud of the app and what it has achieved in such a short time since launch”.



Kimberley Woodford



Susan Hutchinson

This project will be delivered by our 4th year Therapeutic Recreation students in LEIS 4482: Youth At Risk (senior specialization course) to two junior high schools reaching 50-60 students.

The goals of this program include: 1. To enhance positive youth development by providing opportunities and support to strengthen protective factor assets; 2. To enhance youth experiences by assisting participants to develop leisure-related knowledge, skills and attitudes; and 3. To provide a fun and meaningful experience for youth participants. Working within a positive youth development framework, therapeutic recreation students will develop and implement learning activities that will aim to reach the program goals. In addition to collecting program evaluation information, a senior TR student will complete one-month follow-up interviews with participants and SchoolsPlus outreach workers to assess transfer of learning.

In preparation for successful delivery of this program, students will be utilizing the simulation labs in the Centre for Collaborative Clinical Learning and Research to practice their facilitation skills, improve risk management responses and receive feedback from peers, simulated youth patient educators, Certified Therapeutic Recreation Specialists (CTRS) in the community, as well as from the course instructor (Kim Woodford, CTRS) and a course teaching assistant (CTRS).

By establishing a partnership with SchoolsPlus and creating innovative experiential learning experiences for our students, this initiative will address the School of Health and Human Performance's strategic priorities of: 1. Enhancing the Scholarship of Teaching and Learning and 2. Fostering Partnerships, Collaboration, and Outreach.

Youth at Risk— Experiential Learning Project and partnership with SchoolsPlus

The Recreation & Leisure Division is dedicated to enhancing experiential learning opportunities for students in preparation for their internship placement and entry into practice. One such student-driven initiative that faculty Dr. Susan Hutchinson and Kimberley Woodford are working on for this coming Fall 2018 is developing a partnership with SchoolsPlus to deliver a one-day leisure education intervention.

Recreation
and
Leisure Studies



Melanie Keats

Scott Grandy



In partnership with a multidisciplinary research team and the Alberta Cancer Exercise program **Drs. Melanie Keats and Scott Grandy** are excited to announce the upcoming fall launch of the Activating Cancer Communities through an Exercise Strategy for Survivors (**ACCESS**) research program.

ACCESS will offer cancer patients and survivors the opportunity to take part in physical activity/exercise with other patients/survivors, and trained exercise professionals in a safe and supportive environment.

ACCESS is a free 12-week exercise program designed to lessen the impact of a cancer diagnosis and its treatment(s) on the health and well-being of individuals confronted with cancer. The primary purpose of this project will be to implement and evaluate the effectiveness of a clinic-to-community-based cancer and exercise model of care. Findings from this study will help support the development of sustainable physical activity/exercise programming for cancer survivors throughout Nova Scotia.

This pilot implementation-evaluation study has been made possible through the generous support of the Nova Scotia Cancer Care Program and funding from the NSHA/QEII Foundation, Canadian Centre for Applied Research and Cancer Control (ARCC), Quebec Breast Cancer Foundation – Ultramar Partnership, Beatrice Hunter Cancer Research Institute, and the Robert Pope Foundation.

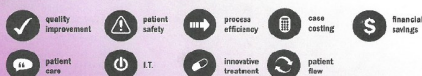
DRAGONS' DEN

CALL FOR SUBMISSIONS

NSHA Central Zone Perioperative Education Day
Interdisciplinary.

Does your **Idea** have the power to move health care forward? Enter the Dragon's Den and present your idea to a panel of health care leaders who can make it happen.

Your submission should focus on:



\$50,000 UP FOR GRABS TO IMPLEMENT YOUR PROJECT
*must be operational within 12-18 months and not exceed this amount

Submit a one page overview entitled DRAGONS' DEN to alex.mitchell@nshea.th.ca or herold.taylor@nshealth.ca no later than Wednesday, March 28, 2019. Notification of short listed teams to present will occur on April 3.

APRIL 13 5440 Spring Garden Road
PAUL O'REGAN HALL 12-5 PM
Halifax Central Library



Congratulations to *Melanie Keats and Scott Grandy* for winning the Dragon's Den competition hosted by the NSHA Central Zone Perioperative Day.

Their pitch of the project "ACCESS: Activating Cancer Communities through an Exercise Strategy for Survivors" won them \$50,000!

MENTAL PERFORMANCE IN SPORT

Dr. Lori Dithurbide and Dr. Heather Neyedli are combining their interests of mental performance in sport and human-technology interaction to investigate how golfers interact with distance measuring technology. Distance measuring devices help golfers estimate yardage on the course. It was previously unknown why some people chose to use or not use this technology, and for those who do use the technology how the technology affects their performance. In an initial survey, they found that golfers who owned the devices trusted the technology more but had lower confidence in their own estimates of yardage than golfers who did not own the device. In a follow-up study they gave golfers who did not own the device a distance measuring device for two rounds of golf. Using this intervention design, they again found that golfers' trust in the device increased while their confidence in their own abilities decreased.

This summer they will be recruiting golfers who frequently use the device and asking them not to use the device to see how removal of technology affects confidence and performance. This new collaboration between Drs. Dithurbide and Neyedli is supported by a Faculty of Health Research Development Grant.

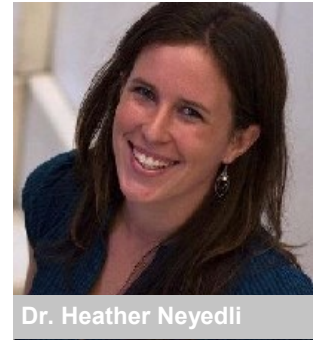


Dr. Lori Dithurbide

COGNITIVE AND MOTOR PERFORMANCE LAB

Members of the CaMPLab will be designing and testing new displays for an automated decision support system. The decision support system uses machine learning techniques to learn how a particular decision maker selects a decision then 'jumps-in' when the user makes errors due to high workload, fatigue etc. We will test the displays and automation in a simulation where participants will play the role of a combat control officer on a navy frigate. Participants will be tasked with monitoring airborne traffic to protect the ship. In order to do this task effectively, participants will have to decide on whether aircraft appearing on a radar are hostile or friendly and enact steps to engage hostile targets. The aim of display design is to increase trust in the automated system and improve decision-making performance.

Dr. Heather Neyedli, partnered with Dr. Sebastián Tremblay from Université Laval, received an NSERC Collaborative Research and Development Grant with industry funds from DRDC and Thales Research totaling \$489,261 of cash and in-kind support for this research project.



Dr. Heather Neyedli

Cognitiveandmotorperformancelab.com



Dr. Michelle Stone

Physical activity participation in the early years (age 0-4 years) and in school-aged children and youth (age 5-17 years) is associated with a wide range of physiological, psychological and socio-emotional health benefits that track into adulthood and contribute to a decreased risk of chronic disease. Unfortunately, a majority of children are not accumulating sufficient physical activity for health benefits, and are spending a considerable amount of their day engaged in sedentary pursuits. Time spent indoors is replacing time spent outdoors, which is concerning given the health benefits of playing outside and exposure to nature.

The Physical Literacy in the Early Years (PLEY) Project

The ParticipACTION Position Statement on Active Outdoor Play recommends increasing children's opportunities for self-directed outdoor play in all settings – at home, at school, at child care, the community, and in nature – and has sparked an international movement to do just that.

The PLEY Project is focused on improving the outdoor play experiences of preschoolers through the integration of loose parts materials into the outdoor spaces of early years centres. It is funded as part of the [Lawson Foundation's Outdoor Play Strategy](#), a \$2.7 million investment (2013-2018) directed at 18 projects across Canada, including organizations geared towards physical activity, recreation, injury prevention, public health, early childhood education, environment, education, and mental health, all with a focus on children's outdoor play. The PLEY Project was developed using an interdisciplinary partnership of researchers, practitioners (early childhood educators), government and policy-makers.

Over the coming months, our team will be delving deeper into the quantitative and qualitative data collected, and working towards disseminating findings. We are also developing additional partnerships, and exploring future funding opportunities and environments (e.g. Pre-Primary program) to extend the PLEY Project, with the overall mission of improving children's health through active, outdoor, loose parts play.



Individuals with chronic obstructive pulmonary disease (COPD) present with obstruction of the airways (due to airway narrowing and inflammation) increasing breathlessness when carrying out acts of daily living; and is associated with reduced daily activity and increased muscle weakness causing premature fatigue when exercising.

THE IMPACT OF THE ENVIRONMENT ON PHYSICAL ACTIVITY IN ATLANTIC CANADIANS LIVING WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE

Patients with COPD experience episodes of acute worsening of their respiratory symptoms, termed exacerbations, that are often triggered by respiratory infection. The disease is projected to become the fourth leading cause of death by 2030.

Pulmonary rehabilitation and physical activity are recommended in the clinical management of COPD. Indeed, both treatments are included in the Global Initiative for Chronic Obstructive Lung Disease (GOLD) strategy for the diagnosis, management, and prevention of this potentially fatal pulmonary disease. Our study, lead by **Dr. Daniel Stevens** will investigate how the environment in Atlantic Canada influences the physical activity behaviour of patients with COPD. The study's findings have the potential to better inform intervention strategies and clinicians on how best to promote and prescribe physical activity and exercise in patients with COPD living in the Atlantic region of Canada.

Our research team includes Dr. Daniel Rainham, an environmental health researcher in Dal's Faculty of Science; and HAHP's very own physical activity measurement specialist, Dr. Michelle Stone. The project is currently in the analysis phase using data from the Atlantic PATH database and is one of a series of three studies related to this area. We look forward to sharing our findings with the School and beyond.



Dr. Barb Hamilton-Hinch

Dr. Barb Hamilton-Hinch teaches primarily in the Recreation and Leisure Studies Division. In her research she uses an Interdisciplinary Lens. Barb has been active in a number of research teams particularly Recreation for Mental Health under the leadership of Dr. Susan Hutchinson. Please visit [Recreation for Mental Health](#) for updates on research projects and resources. Currently, Barb is PI and Co-PI on two research projects funded through the Department of Education.

CLOSING THE ACHIEVEMENT GAP IN EDUCATION

This study will employ a mixed-methods approach with quantitative analysis focused on routinely collected data, specifically the EDI and grade three literacy and mathematics assessment scores from the EECD. Using qualitative methods, we will explore the perceptions and lived experiences of parent(s)/guardian(s) of selected African Nova Scotian students. By studying the early years of elementary schooling of African Nova Scotian learners and their parents' or guardians' perceptions and experiences, we will gain a deeper understanding of the “what and how” of this achievement gap in the formative years.

African Nova Scotian learners continue to experience inequities within the education system. The Black Learners Advisory Committee (BLAC) report (1994) identified several gaps for African Nova Scotian learners. Other research such as the Theissen Report (2009), the Enid Lee Report (2009), Blye Frank Report (2002), Individual Program Plan Review (Nova Scotia Department of Education and Early Childhood Development, (2016), indicates the gap is widening. The research project Improving the Success of African Nova Scotian Students found that parents identified many teachers and principals who did not demonstrate cultural competency and lacked training, education, and/or experience in understanding the challenges African Nova Scotia children face in schools (Halifax Regional School Board (HRSB), 2003). The current proposal aims to better understand the achievement gap among African Nova Scotian learners, and lay the foundation for future research and policy.