



NOMINEES

2015 healthier you AWARDS



RESEARCH

MARGOT PARKES

Margot Parkes is the Canada Research Chair in Health, Ecosystems and Society; Associate Professor, School of Health Sciences, UNBC; Cross Appointed, Northern Medical Program, UBC. Margot's current projects include the Cumulative and Community Impacts Research Consortium - a new project by UNBC researchers is giving voice to communities affected by resource development. The CCIRC is working with First Nations, local businesses, industry groups, residents and government officials and seeks to integrate environmental, community, and health perspectives to improve policy and practice. This collaboration will lead to enhanced responses to community concerns. Margot Parkes research orientation originated during training and work as a medical doctor in New Zealand and subsequently in public health, human ecology, and the emerging field of ecohealth, or ecosystem approaches to health. Her interest in water-related determinants of health began with a focus on watershed management and public health in rural river catchments in New Zealand and has developed through work in Europe, Hawaii, Ecuador and Canada. Margot's current research focuses on impacts of ecosystem change on social determinants of health especially in the context of watersheds in rural, remote and

Indigenous communities. Another focus includes the design of education, research and governance options to address the converging objectives of health, social equity and ecosystem sustainability. Informed by the intersectional, interdisciplinary and boundary-crossing nature of this work, she has specific interests in the collaborative and multi-stakeholder processes required to address complex issues at the interface of health and sustainability. Her ongoing commitment to developing and expanding the emerging field of ecohealth is reflected in her involvement as founding board member and past President of the International Association for Ecology & Health, as a co-founder of the Canadian Community of Practice in Ecosystem Approaches to Health (CoPEH-Canada) and as founding Managing Editor (2003-2007) of the international peer-reviewed journal EcoHealth published by Springer.



RESEARCH

SARAH GRAY

Sarah Gray is a Northern Medical Program associate professor whose current research work includes studies which hormones play a role in regulating energy balance, and how the body manages energy consumption from food and energy expended through actions like metabolic rate. Dr Gray's interests also lie in how changes in adipose tissue mass, as seen in obesity, contribute to the development of type 2 diabetes. Obesity, diabetes and associated complications cause long term suffering for patients and are a massive economic burden to countries around the world. Understanding the mechanisms by which type 2 diabetes develops may lead to treatments to control or reverse the metabolic complications associated with obesity and importantly provide clear mechanistic data to support the promotion of a healthy lifestyle for the prevention of obesity and type 2 diabetes.

The central theme of this research are the molecular mechanisms of type 2 diabetes, with specific focus on the following interrelated areas of research:

- Adipose tissue expandability in the regulation of metabolic homeostasis
- Endocrine regulation of glucose homeostasis
- Molecular mechanisms that control energy expenditure
- Type 2 diabetes in First Nations populations of British Columbia



RESEARCH

DR. SHANNON FREEMAN

Dr. Freeman is a post-doctoral fellow in the School of Health Sciences at the University of Northern British Columbia. She is a PhD graduate from the School of Public Health and Health Systems at the University of Waterloo (Aging, Health, and Well-being Program) and the current Vice President of the International Association on Geriatrics and Gerontology Coalition of Student Organizations (IAGG-CSO). Dr. Freeman holds a MSc degree from Tohoku University School of Medicine (Internal Medicine and Rehabilitation) in Sendai Japan, and an HBA from McMaster University (Gerontology and Political Science).

Dr. Freeman's research interests focus on the health and well being of vulnerable populations with specialization in the areas of aging, hospice palliative care, informal caregiving, and centenarians. Dr. Freeman took an active role in the creation of the interRAI Palliative Care Clinical Assessment Protocols. She is currently leading a collaborative multi-phase research project focussed on identifying and characterizing persons residing in long-term care (LTC) facilities in rural and remote areas who do not exhibit the clinical need for the level of care provided and looking for ways to better support them to receive care in their preferred community based setting.



RESEARCH

SABRINA DOSANJH-GANTNER & THERESA HEALY

Sabrina & Theresa worked jointly on the project Facilitating Relationships: Northern Health's Partnering for Healthier Communities Approach which was delivered as part of The Brown Bag Lunch series which is a joint initiative between Northern Health and UNBC to promote health research in the North. Northern Health has developed the Partnering for Healthier Communities (P4HC) approach in order to reduce the health inequities that exist in the north. This approach recognizes that improving the health of northern communities requires the coordinated effort of many sectors and aims to build healthier communities to reduce the incidence of chronic disease and injury through effective partnerships between Northern Health, local governments, and other key stakeholders, which could include university based researchers.

While P4HC supports the objectives of the provincial Healthy Families BC framework, the strategies adopted speak specifically to the context of northern BC. This presentation will support participants in gaining a better understanding of Northern Health's P4HC approach, as well as the strategies developed and implemented to meet the objectives of this approach. Sabrina is the lead for healthy community development with local governments with Northern Health's population health team. Sabrina was born and raised in Terrace and loves calling northern BC home. She has been with Northern Health since 2007 and is passionate about empowering, supporting and partnering with northern communities as we collaboratively work towards building healthier communities. Theresa is the regional manager for healthy community development with Northern Health's population health team and is passionate about the capacity of individuals, families and communities across northern B.C. to be partners in health and wellness.

MENTAL HEALTH NOMINEES

In the Workplace

Awarded to a company/individual/organization that has developed or introduced a product or service which enhances mental health and wellness in the workplace for Northern British Columbians.

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MENTAL HEALTH

CRISIS PREVENTION, INTERVENTION AND INFORMATION CENTRE FOR NORTHERN B.C.

The Crisis Centre for Northern BC is a volunteer based non-profit society that has been in operation since 1970. Their phone-line services are available 24 hours a day, seven days a week. The majority of the crisis workers are volunteers who deal with over 7,000 calls per year. Approximately 30% of these calls are from people in crisis. The remainder are business and general information calls. The Youth Support Line was incorporated in 1987. The Youth Line operates 4pm - 10 pm daily, and calls are answered by youth 21 years and younger. In 1997 the service area was expanded to Northwestern BC, and in 2008 they expanded south to Quesnel and northeast to include the Peace and Rocky Mountain areas. At the Crisis Centre for Northern BC, they define a crisis as an emotionally

significant event or moment of risk in a person's life. It is the caller who decides what a crisis is - we deal with all situations without labeling them. To those in crisis, they provide peer support volunteers who have 60 hours of intensive training. Each caller is guaranteed confidential, non-judgmental service. Their phone-line volunteers are trained to help people help themselves, ensuring anyone calling is aware of all options that are open to them. The Crisis Centre for Northern BC is also a major community resource service. For anyone requiring information about community facilities or services, we have almost 2000 resource listings on major social services, self-help and support groups, health organizations, fraternal service groups, youth groups and activities, and Emergency services.



MENTAL HEALTH

ACTIVITY CENTRE FOR EMPOWERMENT

Activity Centre for Empowerment is a Prince George project that prepares those with mental illness to take part in directing the activities that lead them to live healthier lifestyles. The project follows about 60 people and is a partnership between the Activity Centre for Empowerment (ACE), YMCA of Northern BC, the Northern Medical Program and Chinook Yoga studio.

Some activities it offers include a walking program, yoga and fitness classes at the Sixth Avenue ACE location, a community kitchen program and a peer-led tobacco reduction program.



MENTAL HEALTH

CAR 60

The Car 60 program is a community based program partnership between Northern Health and the RCMP to provide better support for the mentally ill on the street. Car 60 - comprised of a plain clothes RCMP officer and a psychiatric nurse - is now out on the road responding to calls involving people with mental health issues, often a big portion of the RCMP's workload. Two intensive case management teams, each made up of a mental health and addiction clinician, a nurse and a life skills worker are providing follow-up support.

Car 60 is available seven days a week for nine hours each day, from noon to 9 p.m., and the emergency room has a psychiatric nurse from 8 a.m. to 11 p.m. Since it's been on the road, the Car 60 program has responded to over 200 calls



MENTAL HEALTH

BALDY HUGHES

Baldy Hughes Treatment Centre is a dedicated to compassionately helping British Columbians and our communities to overcome the devastating effects of addiction. They seek to restore personal dignity through a balance of individual autonomy and participation within our programming and therapeutic community. Their program is delivered in a closed and isolated residential environment in which clients adhere to a highly structured and demanding daily regimen. Professional counselors and case managers guide residents through our abstinence-based / bio-psycho-social / community-as-method program. Their clinical, case management

and support staff team assist residents in acquiring or regaining the skills necessary to reintegrate themselves as positive citizens within society at large. This program is affordable to all British Columbians and is made possible by the ongoing assistance and support of the local community, the Government of BC, and generous corporate and individual donors from around the province of British Columbia and beyond.

FIRST NATIONS INITIATIVE NOMINEES

Awarded to a company/individual/organization that has developed or introduced a product or service which enhances the health and wellness of First Nations within Northern British Columbia.

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