



SIMON FRASER
UNIVERSITY



ANNUAL REPORT



RESEARCH FOR ECO-SOCIAL AND
EQUITABLE TRANSFORMATION
(RESET) TEAM



April
2021



BC's health research funding agency

ABOUT THIS REPORT

In April 2020, Dr. Maya Gislason received the Michael Smith Foundation for Health Research Scholar Award and formed the Research for Eco-Social and Equitable Transformation (RESET) Team at SFU. This report details the partnerships, presentations, manuscripts, reports, and projects this team has developed between April 2020-2021.

ABOUT 'RESET'

VISION

We aim to strengthen environmental and community health through intersectional and community-oriented research, evidence building, and policy formation. We strive to address social inequities in health by working upstream on the interconnections between human, animal and ecosystem health in service of planetary health. We are committed to connecting theory to practice and addressing urgent real world challenges by supporting unlearning and relearning around seemingly intractable local through to global issues. In our eco-social health equity work, we produce transdisciplinary knowledge, tools and processes that are informed by the principles of social and intergenerational justice, decolonization and earth- and person-centered work, equitable and just approaches to sustainability, strengths- and asset-based forms of inquiry and whole of person approaches to health and wellbeing.

WHO WE ARE

We are a passionate group of dedicated faculty, graduate and undergraduate students, postdoctoral researchers, environmental change leaders, health consultants, analysts, and equity-driven qualitative researchers.



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OUR TEAM

Meet the active members of our team and the partnerships formed between April 2020-2021

ADMINISTRATION AND RESEARCH

Dr. Maya K. Gislason
Angel Kennedy

Principal Investigator
Research Coordinator/Manager

Ali Zapernick
Dr. Dawn Hoogeveen
Diane Mugisha
Elly Blake
Himani Bouri
Katie Bauder
Saron Kassay
Stephanie Witham

EAP Project Manager
ECHO Research Associate
USRA Student
EAP Research Assistant
Volunteer
EAP Research Assistant
Co-op Student
Research Assistant



STUDENTS AND TRAINEES

Parsoua Shirzad
Atharva Ranjankar

MPP Directed Studies Student
Honours Student

2020-2021 PARTNERSHIP FORMATION

<u>Partner</u>	<u>Project</u>
Child Health Policy Centre	HCF (pg. 7)
Cheryl Adebar	AHA (pg. 6)
Climate Education Reform BC	Informing policy and practice (pg. 16)
Climate Hope	Cortes Island project development
DOHaD Canada	Knowledge Translation (pg. 14)
Dr. Anna Gunz and Dr. Candace Nayman	Pediatric Resident Survey (pg. 9)
Dr. Charlotte Waddell	HCF (pg. 7)
ECHO Network (existing partnership)	HCF (pg. 7)
Krisztina Vasarhelyi	HCF (pg. 7)
Pacific Institute for Climate Solutions	Knowledge Translation (pg. 14)
Pacific AIDS Network	Knowledge Translation (pg. 15)
UNBC (existing partnership)	HCF (pg. 7)

PROJECTS AT A GLANCE

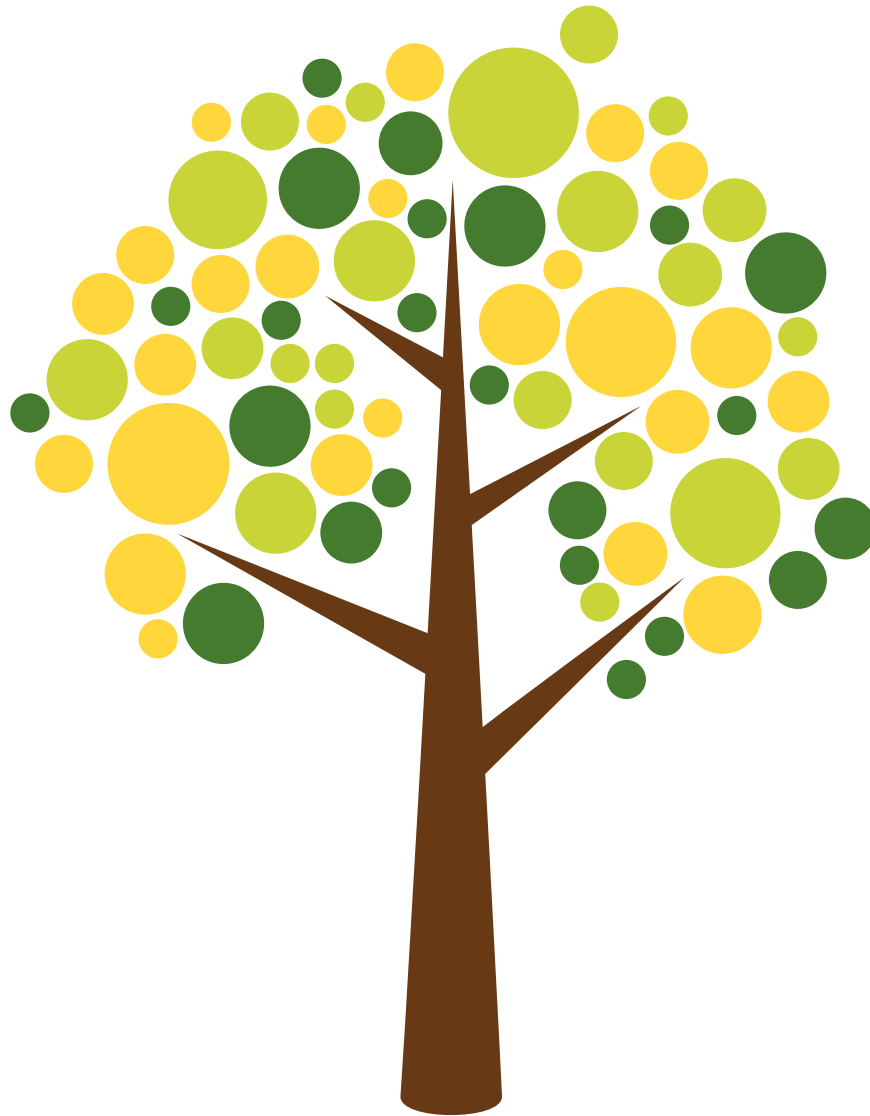
Here are the various projects underway between April 2020-2021

Helping Children
Flourish

Pediatric
Survey

EAP

AHA



THE 'AHA' PROJECT

Art, Hope, and Action: Engaging Children and Youth through Arts-based Methods towards Climate Hope in the Comox Valley

April 2021 - Present

Background: Across Canada, the mental health impacts of COVID-19 are impacting children's health in concurrent and interacting ways. Additionally, social disconnection can occur among school-aged children in the summer, when classes are not in session. Concerningly, increased stress from social isolation is strongly associated with mental health deterioration. COVID-19 is, however, a Syndemic as it is occurring against the backdrop of a significant intergenerational justice issue: climate change, which itself is contributing to growing levels of mental health distress for children across the globe. Both direct and indirect impacts of climate change leads to generalized feelings of sadness, emptiness, loss of interest, worthlessness, changes in sleep and appetite, difficulty concentrating, and disconnection from the land. To counteract hopelessness and despair, research suggests that involving children in meaningful community-planned activities can promote feelings of control, hope, agency, resilience, and can mitigate anxiety.

Project: This 'whole of person, whole of community' engagement project will help strengthen existing, and build new, intersectoral partnerships between organizations working on youth mental health, education, and the arts in the Comox Valley. By promoting creativity, using platforms that foster peer to peer exchange, and offering mentoring by local artists, this project will creatively listen to, support, and engage children as experts in their living experiences and celebrate them as agents of change in their communities. In partnership with Ecole Robb Road Elementary French Immersion School in the Comox Valley, the Research for Eco-Social and Equitable Transformation (RESET) Team in the Faculty of Health Sciences will develop and implement this arts-based community-centered initiative. Over the summer, children will use art to reflect upon and communicate about their: (1) Current experiences of short term (pandemic) and longer term (climate change) stressors; and (2) Visions for how to build youth resilience in the Comox Valley. The RESET team will gather knowledge about how young people are coping with these interacting stressors and what their priorities are for a just, hopeful, and sustainable Post-COVID recovery.

HELPING CHILDREN FLOURISH IN THE CLIMATE CRISIS

The overarching objective of this research is to identify concrete ways to improve the care for children whose mental health is/will be impacted by climate events, which are increasing in frequency and severity in Canada. Over the next three years, this mixed-methods study will:

1. Conduct rich, in-depth interviews with a wide range of healthcare professionals who work in regions in British Columbia (BC) disproportionately impacted by climate events;
2. Conduct big data analysis of social media and statistical analyses of health and environmental data in order to better understand how children are being impacted in community and seeking care through the health care sector during and after significant local climate events; and
3. Deliver a robust Knowledge Translation Strategy, developed in collaboration with health professionals, decision makers, community members and educators.

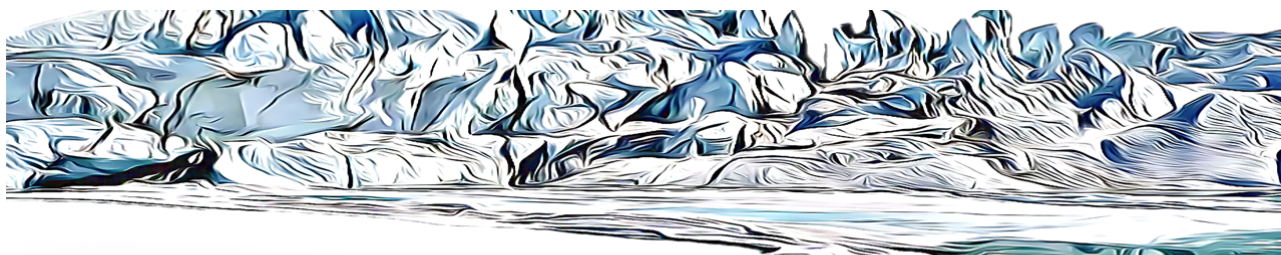
This research will generate a strong evidence base upon which to build and test new health care practices and policy recommendations intended to strengthen the health and mental health resilience of children growing up in the climate crisis.

The regions chosen for study are 'living labs' as they have already experienced significant and sometimes repeated impacts by one of the three the most common climate change-related events in Canada:

1. Forest fires: Central Kootenay region and the Peace River Regional District
2. Flooding: Sea-to-Sky corridor and the Cariboo Region
3. Drought: Stikine Region and Strathcona Region on Northern Vancouver Island

By conducting research that focuses on rural, remote, and northern regions, this study will help to redress a propensity to conduct climate health research on urban populations yet will complement and extend this important work.





Equine-Assisted Psychotherapy

Promoting wellbeing for children and youth with eating disorders by integrating human, animal and environmental health in an equine-assisted psychotherapy pilot study

In Canada, the overall prevalence rate for eating disorders is between 2-3% of the population, with the National Initiative for Eating Disorders (2017) estimating that 725,800 to 1,088,700 Canadians meet the diagnostic criteria for an eating disorder. Eating disorders are associated with negative beliefs about body weight and shape and are accompanied by behaviours that include restricted eating, binge eating, excessive exercising, vomiting and use of laxatives. In response to the challenges associated with ED,

This research team is developing ways to address environmental and relational dimensions that may contribute to the development, maintenance and persistence of ED, especially in early stages of life when ED are likely to develop.

With the inclusion of two patient co-leads, the overarching goal of this project is to answer the question: How can patient perspectives on holistic ED treatment support a mixed-methods pilot study to promote individual and community health and wellness in the Fraser Health region?

Developing a pilot project to produce an evidence-based understanding of how EAP could be incorporated into the outpatient eating disorder programs in Fraser Health will advance the foundational research required in order to offer a broader suite of modalities for outpatients, in particular for children and youth, suffering from eating disorders. This is a high-risk population deserving of innovative, proven, and integrated health care interventions and support



CANADIAN PEDIATRIC RESIDENTS' AWARENESS OF THE HEALTH EFFECTS OF CLIMATE CHANGE

Pediatricians and pediatric residents also have a duty to ensure that their patients are aware of the effects of the environment on their health to empower their patients to make well-informed health choices. However, despite increasing calls to incorporate content on climate change and its health effects into medical curricula, only three learning objectives outlined by the Royal College of Physicians and Surgeons of Canada even broadly mention “determinant(s) of health.” and none specifically mention environmental health or climate change. Thus, we postulate that exposure that residents receive to climate health likely varies widely at the national level. There is currently no research that has formally surveyed Canadian Pediatric residents to identify their perspectives on climate change, their perspectives on the impacts of climate change on pediatric health.

is is a cross-sectional study that will use a questionnaire to understand current pediatric residency trainees' perspectives on climate change.

Therefore, we aim to:

- (1) Measure the proportion of residents who understand climate change and its relevant health-effects
- (2) Measure the proportion of residents who have exposure to teaching in this topic
- (3) Obtain brief suggestions regarding opportunities for training programs to support resident distress and anxiety using short-answer questions
- (4) Measure residents' level of agreement with having an advocacy role for these topics

Goals: We hope that our results will inform residency climate change and health curriculae.

PIs: Candace Nayman, Ania Van Meer, Maya Gislason, and Anna C Gunz



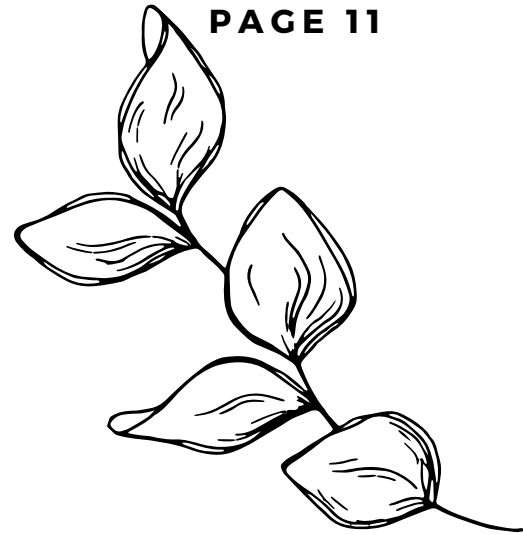
CLIMATE ACTION SECRETARIAT

Art, Hope, and Action: Engaging Children and Youth through Arts-based Methods towards Climate Hope in the Comox Valley

April 2021 - Present

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REPORTS, MEDIA, PUBLICATIONS & GRANTS

This year our team has produced various reports and publications.

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REPORTS

- CAS Summary Report
- Environment, Health, Data, and Equity
- Climate Change in Thunder Bay
- Climate Change in Prince George
- GBA+ Toolkit

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MANUSCRIPTS

- DOI: 10.1080/2159676X.2021.1888153
- DOI: 10.1080/17524032.2020.1869576
- DOI: 10.1016/j.exis.2021.100921
- DOI: 10.3390/ijerph18094573

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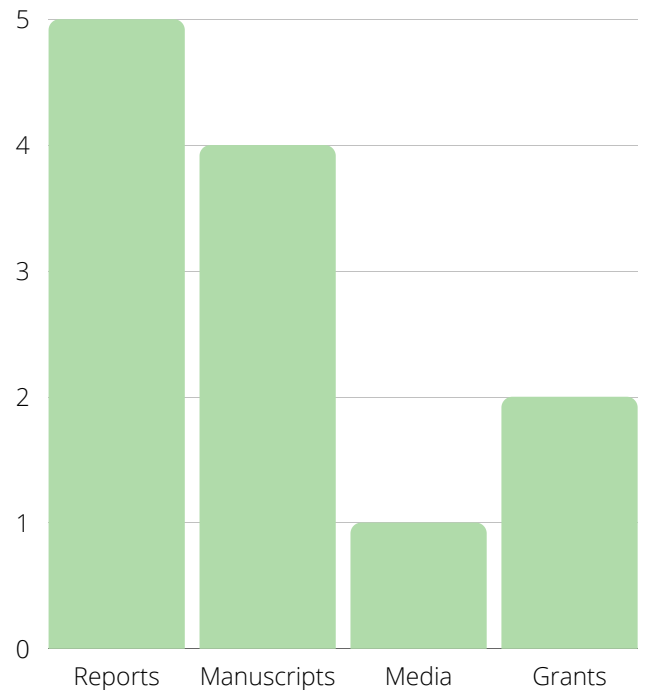
MEDIA APPEARANCE

“Climate Impacts on the Mental Health and Wellness of British Columbians”
<https://the-peak.ca/2021/02/climate-impacts-on-the-mental-health-and-wellness-of-british-columbians/>

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GRANT APPLICATIONS

- CIHR/SickKids New Investigator Research Grant
- SFU Community Engagement Initiative



Title: *Sex, mines, and pipelines: Examining 'Gender-based Analysis Plus' in Canadian impact assessment resource extraction policy*

Authors: *Dawn Hoogeveen, Aleyah Williams, Alisha Hussey, Sally Western, and Maya Gislason*

Journal: *The Extractive Industries and Society*

Link: <https://www.sciencedirect.com/science/article/abs/pii/S2214790X21000824?via%3Dihub>

Highlights

- 01 CANADA HAS FEDERALLY MANDATED GUIDANCE TO INCLUDE GENDER AND OTHER IDENTITY FACTORS IN IMPACT ASSESSMENT PROCESSES (IA).
- 02 GENDER VIOLENCE IS OCCLUDED DURING PROJECT APPRAISAL, INCLUDING GUIDANCE DOCUMENTS ON GENDER AND IA.
- 03 FEMINIST POLICY FRAMEWORKS LIKE GBA+ ARE LIMITED WITHIN BUREAUCRATIC PROCESSES.
- 04 LGBTQ2S+ COMMUNITIES AND PEOPLES ARE LEFT OUT OF IA.
- 05 EMERGING METHODS IN IA REQUIRE CULTURAL SAFETY AND BETTER MECHANISMS TO ASSESS COLONIALISM AND THE GENDERED IMPACTS OF RESOURCE DEVELOPMENT.

"The key components of an inclusive, diversity focused and gender sensitive IA process include: meaningful and representative involvement with communities adjacent to project sites, including subgroups that have been historically underserved by IAs like women's and LGBTQ2S+ groups, throughout all IA phases; inclusion of Indigenous knowledge and ways of being during the development of indicators, valued components, or measurements; community-led contextual analysis that begins at baseline to ensure proponent scoping and analysis relevant to individuals affected by extractive projects; and, greater emphasis on Queer and Indigenous guidance in federal policy mandates aimed to implement GBA+ in IA"

PRESENTATIONS OF INTEREST



THE CLIMATE EMERGENCY: DIAGNOSIS AND MANAGEMENT

Title: The Contributions of Equity Informed Evidence on Addressing the Health Impacts of Climate Change in Canada

Authors: Maya Gislason and Angel Kennedy

Invited?: Yes; **Competitive?:** Yes

Date: October 30, 2020

Website Link: <https://ubccpd.ca/course/climate2020>



BC-CFE'S COAST CAFÉ SCIENTIFIQUE

Title: Children, Mental Health and Intergenerational Climate Justice: Moving Grounded Hope into Action

Authors: Maya Gislason

Invited?: Yes; **Competitive?:** Yes

Date: February 1, 2021

Website/Media Link: <https://www.youtube.com/watch?v=wy4lqRUQfLA>



INFONEX GENDER BASED ANALYSIS PLUS EVENT

Title: Environmental and Community Health Impacts of Intensive Resource Extraction on Rural, Remote, Northern and Indigenous Communities in Canada

Authors: Maya Gislason

Invited?: Yes; **Competitive?:** Yes

Date: February 16-17, 2021



FHS CHILD DEVELOPMENT AND HEALTH RESEARCH DAY

Title: Healthy Children, Healthy Communities: Co-Benefits of Children's Action on Climate Change and Mental Health

Authors: Angel Kennedy and Maya Gislason

Invited?: Yes; **Competitive?:** Yes

Date: March 25, 2021

PRESENTATIONS OF INTEREST



13TH INTERNATIONAL CONFERENCE ON CLIMATE CHANGE

Title: From Risk to Resilience: Empowering Youth's Mental Wellbeing in Climate Change Responses

Authors: Maya Gislason and Angel Kennedy

Invited?: Yes; **Competitive?:** Yes

Date: April 8-9, 2021



COMMUNITY SUMMIT: TOWARDS EQUITY

Title: Equity- and Intersectionality-focused Responses to Climate Change: An Interdisciplinary Mixed-Methods Approach

Authors: Maya Gislason

Invited?: Yes; **Competitive?:** Yes

Date: April 13, 2021

Website Link: <https://www.sfu.ca/publicsquare/community-summit/2021-summit/innovations-in-research/building-a-new-generation-of-equity-informed-climate-change-evidence.html>



BRITISH SOCIOLOGICAL ASSOCIATION (BSA)

Title: People, Planet, Species: Pushing the Boundaries of Social Inequities in Health Scholarship

Authors: Maya Gislason

Invited?: Yes; **Competitive?:** Yes

Date: April 15, 2021



PACIFIC AIDS NETWORK (PAN): EARTH DAY KEYNOTE

Title: The Contributions of Equity Informed Evidence to Addressing the Health Impacts of Climate Change in Canada

Authors: Maya Gislason

Invited?: Yes; **Competitive?:** Yes

Date: April 22, 2021

Website Link: <https://pacificaidnetwork.org/pan-webinar/an-earth-day-special-webinar-on-health-equity-and-climate-change/>

UPCOMING PLANS

This year, these are the upcoming deliverables and tasks we will be tentatively working on

REPORTS

- Policy briefs and practice guideline documents for the AHA and EAP projects
- MindMapBC Article

MANUSCRIPTS

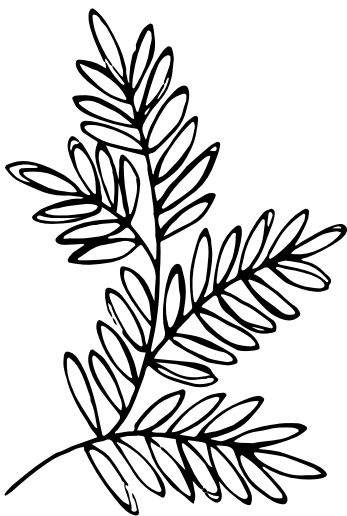
- Women and Gender Equality Canada - Methods Paper
- Women and Gender Equality Canada - Theory Paper
- PhotoVoice in the Classroom Paper
- AHA Literature Review Paper
- AHA Findings Paper
- EAP Findings Paper

GRANTS

- Rural Health Services Research Network of BC - Team Building Award
- SFU SSHRC
- MSFHR - Convening & Collaborating Program
- SSHRC Partnership Engage Grant
- SSHRC Connection Grant

PARTNERSHIPS

- First Nations Health Authority
- K'òmoks First Nation
- Klahoose First Nation
- Community Action Initiative Society of BC
- Comox Valley Art Gallery and Recreation Centre



Contact Information

Please contact Maya Gislason at maya_gislason@sfu.ca for more information about our work and to keep up to date on new and upcoming initiatives.



In the coming months we will be launching our RESET website - stay tuned!

