

«Implementation of a co-designed physical activity program for older adults:
positive impact when delivered at scale (hybrid 2 design)»



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My research program spans the life course from childhood to old age. I am best known for:

(i) **health promotion**: study of upstream factors (e.g. physical activity) that promote the health of children, youth and older adults; (ii) **implementation science**: study of design, implementation and scale-up of health promoting interventions in school (children, youth) and community (older adults) settings, and (iii) **knowledge exchange**: creating partnerships with community and government stakeholders to move research outcomes into action to promote health at the population level.

I lead the multidisciplinary Active Aging Research Team (AART) at UBC. My research evaluates the role of novel, scalable health promoting interventions on children's health and on older adult health, mobility and social connectedness. I adopt an implementation science/knowledge mobilization lens to evaluate factors that influence implementation, adaptation and scale-up (dissemination) of effective health promoting interventions as a means to improve health on a population level.