Health Promotion is an interdisciplinary field that encompasses a range of domains, including educational, political, regulatory, and organizational supports, in pursuit of individual, group, and community health. The field of health promotion includes both the research and delivery of interventions and programs related to the determinants of optimal health. Specifically, behavioural and environmental determinants that influence the health of individuals and communities, such as healthy lifestyles, public policy, community organization and mobilization, and social and physical environments, are highlighted in this area of concentration. The methods of health promotion draw from a number of disciplines (e.g., psychology, sociology, political science, geography, human ecology).

Dr. Craig Hall (chall@uwo.ca)
Dr. Hall’s primary research interest is understanding how we can increase the physical activity of Canadians, especially those who are non-exercisers and have no intention of becoming more physically active. He utilizes theories such as self-efficacy and self-determination as a foundation for his research, and conducts interventions manipulating variables such as imagery, self-presentational efficacy, and commitment.

Dr. Jennifer D. Irwin (jenirwin@uwo.ca)
Dr. Irwin’s current research program pertains to obesity prevention and treatment for children and young adults. Her program encompasses three foci: 1) life coaching interventions; 2) the promotion of health-related physical activity and dietary intake behaviours; and 3) assessing the impact that the urban environment has on physical activity and dietary intake opportunities. The Canadian Institutes of Health Research, Petro-Canada Young Innovator Award, and the University of Western Ontario Academic Development Fund sponsor Dr. Irwin’s research.

Dr. Anita Kothari (akothari@uwo.ca)
Dr. Kothari has an on-going research interest in the use of research for health policy-making (knowledge translation). She is interested in the ways that linkages between users and producers of research, and networks, can encourage research utilization. For example, she is exploring whether maps can lead to improved decision-making by Ontario Early Years Centres’ managers. Another area of research activity is around broad tobacco control polices. Currently Dr. Kothari is examining the role of federal and Ontario level tobacco interest groups, government, and the media in implementing tobacco control strategies. Dr. Kothari is also conducting research in the area of health promotion intervention science and methods. To illustrate, Dr. Kothari is involved in a project to demonstrate how a multiple intervention framework can be used to develop testable propositions about public health interventions. Dr. Kothari holds a Career Scientist Award from the Ontario Ministry of Health and Long-Term Care.

Dr. Beverly Leipert (bleipert@uwo.ca)
Dr. Leipert’s program of research uses feminist community-based collaborative approaches to focus on the social determinants of rural women’s health and influences upon these determinants, access issues of rural women, rural women’s mental health issues, and empowerment of rural women. Dr. Leipert’s research methodology privileges qualitative approaches because of their ability to give voice and empowerment to rural women. To support research in rural women’s health and to build research capacity in this area, Dr. Leipert has also established Research Awards for Masters and Doctoral students whose research focuses on rural women’s health issues. Please refer to the Chair’s Research Program for further details on research projects Dr. Leipert is currently involved in and is developing. The website is www.fmd.uwo.ca/ruralwomenshealth.
Health Promotion Field
Graduate Program in Health & Rehabilitation Sciences
Research Interests of Faculty Advisors

**Dr. Carol McWilliam (cmcwill@uwo.ca)**
Dr. McWilliam’s research program has focused on health promotion, particularly aiming to refine health care practice and policy to achieve greater independence and resource for every day living amongst older people. Her earlier investigations identified the disempowering experiences that frail, chronically ill older people confront in seeking and receiving health care. Dr. McWilliam has led an interdisciplinary National Consensus Process to promote and test the transfer of knowledge from all credible research on issues related to seniors’ economic, health, and social independence to the policy, programming, and interdisciplinary professional practice arenas. She has also served as a consultant to numerous local, provincial, and national groups, including the Seniors’ Directorate of Health Canada, Veterans’ Affairs Canada, the Ontario Ministry of Health, Health Canada and several home care programs across Canada. Currently, Dr. McWilliam is evaluating the full-scale implementation of an empowering partnership model to in-home health services delivery and collaborating in the offering of a national research-training program to develop Canada’s research capacity in interdisciplinary primary health care.

**Dr. Don Morrow (donmor@uwo.ca)**
Dr. Morrow’s interest is in examining and assessing a particular behavioural and cognitive intervention, life coaching, with respect to health behaviour change. He is interested in both the theoretical underpinnings and the empirical applications of coaching regarding health behaviours. As the Chair of the Research and Development Committee within the International Coach Federation, Dr. Morrow is a leader in the field of life coaching research.

**Dr. Harry Prapavessis (hprapave@uwo.ca)**
Dr. Prapavessis’ research program is two-fold. First, he studies the determinants of physical activity with a bent on interventions based on self-regulation in changing physical activity patterns in diseased and non-diseased populations. Second, he uses exercise as a therapy to improve health. Specifically, Dr. Prapavessis is interested in the role exercise plays in smoking cessation. The National Heart Foundation and Health Research Council of New Zealand currently fund Dr. Prapavessis’ work.

**Dr. Catherine Ward-Griffin (cwg@uwo.ca)**
Dr. Ward-Griffin’s program of research over the past eight years has focused on a number of nationally funded projects, with a particular focus on women’s health. Using primarily a critical lens, she has designed and implemented studies that investigate the provision and interface of “formal” and “informal” care to the elderly in a variety of settings and contexts. In earlier qualitative investigations, Dr. Ward-Griffin has examined the relationships between family caregivers of elderly relatives and nurses in home care and long-term care facilities, as well as, the ways in which double-duty caregivers (nurses, physicians, social workers and physiotherapists) provided care in both their personal and professional lives. She is particularly interested in understanding how social determinants of health, such as gender and age relations, shape the experiences of women and men as they age. Two of her most current projects explore the relationships between and amongst clients, families and providers in home-based care, within the context of end-of-life cancer care and dementia care. It is hoped that the results of these studies will contribute to the identification and development of equitable health care practices and policies, ones that will promote the health of frail older persons and their families.