

**FACULTY OF APPLIED HEALTH SCIENCES  
SIXTH DECADE PROGRESS REPORT (JUNE 2009)  
Senate Long Range Planning Committee**

**MISSION**

Improve health and quality of individual and community life through teaching, basic and applied research and knowledge mobilization focused on health promotion and illness and injury prevention.

**UNITS AND PROGRAMS**

*(1500 undergraduates; 320 graduate students, 62 professors and research scientists, 7 externally funded research chairs, 75 full-time staff members)*

**Undergraduate, Master's and Doctoral Programs**

1. Health Studies and Gerontology
2. Kinesiology
3. Recreation and Leisure Studies (Therapeutic Recreation and Recreation and Business)

**Professional Masters**

4. Public Health

**Faculty-Wide Collaborative Doctoral Programs**

6. Aging, Health and Well-being
7. Work and Health

**Collaborative Graduate Programs with Other Faculties/Departments**

8. MA Tourism Policy and Planning (Recreation & Leisure Studies/Geography)
9. PhD Behavioral Neuroscience (Kinesiology/Health Studies & Gerontology/Psychology)

**Other Faculty Units**

8. School of Anatomy (supports AHS, Optometry, Pharmacy and McMaster Satellite Medical School)
9. UW Fitness/Manulife Wellness Centre (linking research and teaching to community-based wellness services, training and health promotion programs)

**Research Centres/Institutes**

10. CAHC – Centre for the Advancement of Healthy Communities
11. CBRPE – Centre for Behavioral Research and Program Evaluation
12. CRE-MSD – Research Expertise for the Prevention of Work-Related Musculoskeletal Disorders
13. *ideas* for Health – *i*nnovations in *d*ata, *e*vidence and *a*pplication systems for the health sector
14. MAREP – Murray Alzheimer Research and Education Program
15. PHR – Population Health Research Group
16. RIA – Schlegel-UW Research Institute for Aging

## **OPPORTUNITIES, CHALLENGES AND PRIORITIES FOR APPLIED HEALTH SCIENCES (AHS)**

### **1. Academic Programs (6<sup>th</sup> Decade Plan – Sections 1, 3 and 4)**

#### ***Maintain and enhance quality of current programs***

- All departments have recently had successful departmental and graduate program reviews
- Each is recognized externally as being among the top programs in its field (e.g., Recreation & Leisure Studies 1<sup>st</sup> in journal publications in North America and Tourism Planning & Policy 8<sup>th</sup> internationally)
- Faculty members recognized for quality of teaching and student mentorship (e.g., Distinguished Teaching Award, Award of Excellence in Graduate Student Supervision)

#### ***New programs implemented***

- See below – “3. Graduate Students”

#### ***Develop new programs to expand the scope of research and teaching in health promotion***

- Planning for School of Public Health and Health Systems adding undergraduate public health option or degree and doctoral program
- Planning for undergraduate option in food, nutrition and health to eventually become full degree program
- Expansion of current undergraduate gerontology option to full degree program
- Expansion of current health informatics undergraduate option to full degree program or fast track professional masters degree in health informatics (information needs, management and systems)
- Feasibility studies nearing completion for coursework masters programs in professional kinesiology, ergonomics and therapeutic recreation with future interest in health services evaluation

### **2. Undergraduate Students (6<sup>th</sup> Decade Plan – Sections 1, 2, 3, 5, 6, 7 and 15)**

#### ***Recruit high quality undergraduate students and stabilize enrolment levels***

- Enrolments declined following double cohort years as fewer high quality students admitted
- Increased centrally and AHS funded admission scholarships (AHS funded 80-84.9% admissions)
- Developing new undergraduate programs and plans (see above “1. Academic Programs”)
- Enhanced research opportunities for undergraduates through fellowships funded by AHS linked to working with departmental and centre/institute professors and research scientists
- Planning distance education/online capacity for single courses, options and minors
- Increased number of articulation agreements to 10 with appropriate community college programs to provide an increased opportunity to admit highly qualified students with advanced standing
- 1<sup>st</sup> year admissions – highest in double cohort year 2003-04 (511), dropped to low in 2006-07 (364) and increased in 08-09 (384) with plans to increase targets with current programs to 400
- Percent entering with 90+% averages – increased from 12% to 14% over past several years
- Mean admission averages – increased from 2005-06 to 2008-09 by 82% to 84%
- Turning attention to international student recruitment – numbers have ranged from 1-2%
- Improved oversight and support of students in international exchange programs
- Exploring development of international collaborative 2+2 programs
- Plans under discussion to develop a program in international health and development

#### ***Increase retention of year one students***

- Developed first year transition programs with coordinated faculty-level/department resources
- Enhanced student support services
- Development of living and learning residential programs, hiring of 1<sup>st</sup> year coordinators, mentorship program using senior students and orientation for transfer students

***Enhance classroom, laboratory and experiential learning opportunities***

- 2008 student/faculty ratio remains at 25:1 though an increase is masked by additional MPH faculty members teaching primarily graduate courses
- 38-42% of students are in coop and these numbers have remained stable
- Renewed engagement with the co-operative education by faculty with support of an associate dean
- Courses provide field work opportunities in the community
- Student labs upgraded and enhanced with access to new equipment purchased by researchers with CFI funding
- Plans for improved student meeting and social space (see “6. Space and Facilities”)

**3. Graduate Students (6<sup>th</sup> Decade Plan – Sections 2,4, 10 and 15)*****Graduate student numbers and funding***

- Quality of students and programs demonstrated by level external student funding and program reviews documenting student publication rates and success of students upon graduation
- Traditionally graduate enrolments were 7% of total enrolment; 2007-08 levels are 13%; committed to increase to 6<sup>th</sup> decade plan target of 20%
- Established minimum level of guaranteed annual student support – currently masters ranges from \$13,000 to \$19,000 per year; doctoral minimum is university level of \$19,000
- Actual average funding is stable and in 2007-08 was: Masters = \$18,000 and PhD = \$30,000
- External funding in 2007-08 – thesis-based masters = 31%; doctoral = 51%

***International graduate students***

- 2005 levels were 7% of AHS total enrolment and they increased to 12% in 2007-2008
- Plans to increase international enrolments through increased recruitment for research-based and professional master’s programs including distance education offerings (e.g., MPH)

***Graduate program development***

- Students were first admitted to the MPH September 2006 and have reached targets early to take advantage of Ontario graduate growth funding – steady state 100 FTEs
- Students were first admitted to the faculty-wide collaborative Aging, Health and Well-Being and Work and Health programs in September 2006 and 2008 respectively
- Development of additional professional masters programs planned (see “1. Academic Programs”)
- Collaborations under discussion – MPH and Harvard Program in Refugee Trauma to enhance international student recruitment; Health and Environment masters with Faculty of Environment

**4. Research Intensity (6<sup>th</sup> Decade Plan – Sections 1, 2, 3, 4, 8, 9, 13, 14 and 16)*****Research capacity building***

- Ongoing recruitment of outstanding staff early and mid-career faculty members
- Increased number of externally funded research chairs – 3 CRCs, 3 Schlegel Research Chairs in Aging, MOHLC Home Care Research and Knowledge Exchange Chair; 2 past Graham Trust Chairs in Health Informatics
- Faculty member research recognition and awards (e.g., 2 Premier’s Early Researcher Awards, CFI LOI awards, young scientist award from the American Oil Chemists' Society)
- Current research and non-research space is being reorganized and re-developed, and a future building to be funded by graduate growth monies and a major fund-raising initiative
- AHS has contributed \$360,000 to the building and upgrading of central university animal care facilities in PAS

***Research funding***

- In 2007-08, \$10.5 million awarded from all sources
- \$2.3million or 22% in Tri-Council Awards (NSERC = 25%, SSHRC = 12% and CIHR = 63%) with \$49,200/year Tri-Council funding per tenured/tenure track faculty member

- Other research funding (78%) includes provincial, federal, NGO and private sources
- For example, Canadian Cancer Society through the Centre for Behavioral Research and Program Evaluation (CBRPE) provides \$2.3 million per year to support research scientists, bridged faculty appointments and operating funds contributing to the development of health promotion research and scholarship in AHS and collaborating scholars in other faculties.

***Knowledge mobilization activities***

- Individual faculty member research-based knowledge mobilization initiatives, e.g., Kitchener Women's Prison, Hearty Hearts and KW-Wellington-Guelph Crown Ward Education project, driving habits and safety of older adults, youth tobacco control
- Increased research centre/institute and academic department links involving faculty and students in knowledge mobilization activities (e.g., CBRPE, RIA and MAREP have major knowledge mobilization missions)
- Examining strategies for better assessing the quality and impact of knowledge mobilization activities as scholarship for the purpose of assessment during annual performance reviews and for tenure and promotion
- Implementation of very successful Hallman visiting professor program with public lecture series

***Kitchener Health Science Connections***

- Discussions ongoing to link AHS health promotion and illness prevention research and outreach activities in behavioral neuroscience, stroke rehabilitation and functional abilities, and osteoporosis prevention and treatment with community/research/student training clinics developing on Kitchener Health Sciences campus
- School of Anatomy has been expanded to meet needs of McMaster medical, pharmacy and optometry students
- A Pharmacy-AHS cross-appointed Schlegel Research Chair will be funded through the Schlegel-UW Research Institute for Aging to provide leadership for research on medication management/polypharmacy with older adults

**5. Research Centres and Institutes (6<sup>th</sup> Decade Plan – Sections 1, 2, 3, 4, 5, 6, 8, 9, 13, 14, 15 and 18)**

***Increasing opportunities provided by centers and institutes for AHS-wide learning and research***

- Significant research infrastructure and activity located in and provided through research centres/institutes that are significantly supported by funds from external partners
- Attracting and funding additional research scientists and staff in AHS
- Promoting knowledge mobilization activities in AHS with community partners
- Expanding research and knowledge mobilization opportunities for students

***Continuing efforts to nurture and build on successful collaborations with external partners and governmental, non-governmental and private organizations***

- Hallman Institute for Health Promotion houses research centres and Lyle Hallman endowments and the Hallman Foundation have provided ongoing support for research and KTE activities
- Murray Alzheimer Research and Education Program with continuing support from Ken Murray and other donors has become internationally recognized for its work in the area of dementia
- Centre for Behavioral Research and Program Evaluation (Canadian Cancer Society and AHS/UW recently completed strategic plan for continuing funding and development of centre's mandate)
- Ron Schlegel and AHS/UW recently signed MOU further enabling the Schlegel-UW Research Institute for Aging (RIA) to support aging and health research and KTE through research chairs, research funding, graduate research assistantships, lecture series and links with Conestoga College
- Manulife Wellness Centre (Manulife Financial) and ongoing funding of Well-Fit (various donors)
- Centre of Research Expertise for the Prevention of Work-Related Musculoskeletal Disorders (Workers Safety and Insurance Board recently announced 3 year extension of funding)

***New research centre initiatives***

- Centre for Advancement of Healthy Communities recently created with strong links to Faculty of Environment and community agencies
- Discussions underway to create Centre for Health and Environment by Faculties of Applied Health Sciences/Environment
- Discussions underway to develop a UW center for global excellence in health promotion and health system sustainability to serve as a focal point for health collaborations at UW

**6. Space and Facilities (6<sup>th</sup> Decade Plan – Sections 16)*****Retired \$1.7million capital debt on the Hallman Institute for Health Promotion******Current developments and Plans***

- Completed renovations to improve student service areas and staff support areas in Faculty Office
- Ongoing renovations to update and increase laboratory and project research space
- Plans for \$1 million renovation in next year to 1<sup>st</sup> floor of BMH to increase and enhance teaching and research space and faculty, staff and student social space; made possible by impending move of Eliot Avedon Museum and Archive of Games to Canadian Museum of Civilization
- Plans to build in next five years a \$20 million new wing or additional building to house the proposed School of Public Health and Health Systems, office space for growth of faculty members and graduate students and research activities and new centres

**7. Development and Advancement (6<sup>th</sup> Decade Plan – Sections 11 and 18)**

***To enhance support for the Faculty's vision, goals, programs and activities, AHS is developing an integrated and comprehensive approach to advancement, alumni relations, communications and student engagement. This strategy is creating and strengthening relationships with key constituents who can make significant contributions to our long-term success***

- Building student-alumni relationships that last – expanding life-long, meaningful engagement opportunities that range from recruitment through student experience to alumni relations
- Coordinating communications to ensure consistent, effective messaging – through various communication vehicles, keep key stakeholders and interested audiences informed about the Faculty to influence their opinion and to build support
- Initiating collaborative fundraising opportunities with other UW Faculties to ensure a donor-centered approach that maximizes fundraising potential
- Creating effective opportunities for alumni to remain connected – volunteer activities, mentoring programs, student recruitment, co-op work opportunities, international partnerships etc.

***Increasing resources in addition to government grants to support Faculty's mission***

- Establishing more student scholarships and fellowships to attract the best students
- Creating leading-edge facilities to support planned growth, teaching, research and knowledge translation and exchange
- Creating additional research chairs