

**Abstract for Poster Submission: Research Use Week (Atlantic) Conference**

**Author (s):**

**Lead: Carolina Crewe, Researcher Policy Stream**

**Healthy Balance Research Program**

**Email: [Carolina.crewe@dal.ca](mailto:Carolina.crewe@dal.ca)**

**Co-author: Joanne Hussey, Coordinator**

**Healthy Balance Research Program**

**Email: [Husseyja@ns.gov.ca](mailto:Husseyja@ns.gov.ca)**

**Title: A Healthy Balance of Research Policy and Practice: The Healthy Balance Research Program Strategy for Knowledge Generation, Knowledge Translation and Knowledge Uptake.**

The Healthy Balance Research Program provides a model for collaboration between researchers, policy makers and community throughout the Knowledge Generation, Knowledge Translation and Knowledge Uptake Cycles.

**Collaborative Structure**

The structure of the Healthy Balance Research program includes and encourages cooperation between researchers, policymakers and community. The program co-directors represent the Atlantic Centre of Excellence for Women's Health, the Nova Scotia Advisory Council on the Status of Women, and Institute of Population Health at the University of Ottawa. The program is funded by the Canadian Institutes of Health

Research and supported by Dalhousie University, the IWK, and the Women's Health Bureau.

### **Commitment to Inclusion and Community Participation**

The Healthy Balance Research Program has made a commitment to inclusion and community participation, partnering with community members to benefit from the traditional knowledge and human resources of often under-represented groups. Four Equity Reference Groups representing the Aboriginal Women's Community, African Canadian Women's Community, Immigrant Women's Community and the Community of Women with Disabilities have played a key role in the program by providing insight into all aspects of the research from research questions, method, participant recruitment strategies to dissemination efforts.

### **Public Forums for Dissemination of Findings**

The dissemination of findings as a specific knowledge translation strategy has involved a policy roundtable co-hosted with the Canadian Policy Research Networks, a Forum titled, *Finding a Healthy Balance: Research, policy and practice on women's unpaid caregiving in Nova Scotia May 2-3 2006*, a theatre piece commissioned by the Healthy Balance Research Program and performed at the Forum by Irondale Ensemble titled, *Balancing Act*, visually depicting the complexities of unpaid caregiving and a series of reports written for the public, policy audiences and academic journals.

### **Policy Advisory Committee**

A Policy Advisory Committee has been established for the purpose of developing policy recommendations in consultation with representatives from key member organizations comprised of knowledge users from a cross-section of public and private

sectors involving the policy community, health service and advocacy communities as well as the Equity Reference Groups.

### **Caregiver Resource**

A Caregiver Resource initiative informed by the Equity Reference Group Members is in development which will act as a creative way to deliver findings and resource information to community members.

Evaluation: The effectiveness of the Healthy Balance Research Program as a model for community participation and inter-sectoral collaboration in research is currently being evaluated in order to determine its potential for use in future research initiatives.

The Healthy Balance Research Program provides a model for engagement of researchers, policy makers, community members and other knowledge users encouraging broad dissemination and uptake of research results.