A Healthy Balance of Research, Policy and Practice: The Healthy Balance Research Program strategy for knowledge generation, knowledge translation and knowledge uptake

Carolina Crewe, Researcher, Policy Stream, HBRP  Joanne Hussey, Coordinator, HBRP

Knowledge Generation:
Team Q: Conducted 15 focus groups including 38 women and 8 men ranging in age from 17-85. Participants in the focus groups represent a wide range of social, economic, cultural and ethnic backgrounds. Team P: Conducted in-depth case studies including 24 hours of participant observation of caregivers in their homes, with a sample of caregivers representative of various diversity streams. Secondary Analysis: Analysis of CSS and IIS data and the National Longitudinal Survey of Children and Youth data. Micro-ethnography: An examination of social and self-care dynamics among family caregivers. Team R: Conducted qualitative and quantitative research in Nova Scotia, including a survey on caregiving and health and caregiving and employment. The research process involved community consultation about gender, caregiving, paid and unpaid work, health, and the impact of caring for children with disabilities on self-reported health status in the Atlantic Canadian context.

Knowledge Translation:
The knowledge translation activities of the Healthy Balance Research Program have contextualized the research findings providing greater opportunities for knowledge uptake by researchers, policy makers and caregivers. The involvement of Equity Reference Groups has allowed the research to develop in a manner that is sensitive to the needs and norms of diverse communities. Equity Reference Group Members have been able to disseminate findings within their communities, organizations and networks.

Knowledge Uptake:
The potential for playing the Healthy Balance model for use in future research projects will be evaluated using specific criteria to measure the success with which the program findings have been accepted as well as the overall performance of the program.

Co-director: Barbara Clow, Atlantic Centre of Excellence for Women's Health
Carol Amaratunga, Institute of Population Health at the University of Ottawa
Brigitte Neumann, Nova Scotia Advisory Council on the Status of Women

A community product developed and informed by Equity Reference Group Members.

Funding: Canadian Institutes of Health Research

Support: Dalhousie University
DNK Health Centre
Bureau of Women’s Health and Gender Analysis

Research Teams:
Team Q: Focus groups
Team P: Micro-ethnographies
Secondary Analysis: Qualitative and quantitative analysis
Survey Team - Population-based survey

Commitment to Inclusion and Community Participation

Public Forums for Dissemination of Findings

Caregiver Resource

Ensemble has the unique opportunity to visually depict the complexities of unpaid caregiving within a caregiving relationship.

Finding a Healthy Balance: Research, policy and practice on unpaid caregiving in Nova Scotia. The Healthy Balance Research Program has published numerous reports and publications appealing to a variety of audiences. Articles have been published in academic journals including Feminist Economics and Atlantic, as well as research-oriented newsletters such as Women’s Health Research Bulletins. Policy focused reports include a statistical portrait of caregivers in Nova Scotia, a Micro-ethnography Research Program document, as well as the Ipsos Reid compilation of personal stories of caregiving. The Healthy Balance website provides general information to a broad audience in a format that is readily accessible. The theatre piece written and performed by Irondale Ensemble has the unique opportunity to visually depict the complexities of unpaid caregiving within a caregiving relationship.

Knowledge Uptake: Contextualizing research findings through a variety of events and publication formats provides greater opportunities for knowledge uptake by researchers, policy makers and caregivers.

Knowledge Translation: A Caregiver Resource informed by the Healthy Balance research and Equity Reference Group members will be a method for bridging the gap between existing resources and caregivers in Nova Scotia. The resource will be produced in partnership with government departments and community organizations.

Members from Federal and provincial government, the private sector and community organizations.

Routledge for Canadian policy makers co-hosted by the Canadian Policy Research Networks, September 2015, Ottawa, ON.


Website: http://www.healthyb.dal.ca

A community product developed and informed by Equity Reference Group Members.

Reports and Academic Publications

Website: http://www.healthyb.dal.ca

Ethics review performed and approved by Irondale Ensemble Project’s Board of Directors.

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