

## July 2007 » e-news

### NSHRF NEWS

#### Competition attracts more than 250 applications

Our seventh awards competition is now officially closed. This year we had 254 applications for project grants, capacity grants and student awards. Our peer review committees were hard at work. To read more about our peer review process, please visit [www.nshrf.ca/AbsPage.aspx?siteid=1&lang=1&id=1085](http://www.nshrf.ca/AbsPage.aspx?siteid=1&lang=1&id=1085).

#### Awards competition announcement July 26th

Mark **Thursday, July 26th** in your calendar. That's when we'll announce the funded applicants of our 2007 Annual Awards Competition. You're cordially invited to join us in the Weather Watch Room, Dickson Centre, VG Site from 10:00 – 11:30 a.m. To take a peek at last year's festivities, [click here](#).

#### Institute for Applied Health Research and Design

The third annual Institute for Applied Health Research and Design was co-hosted by Mount Saint Vincent University. The Institute, which was held last year at Saint Mary's, involved 10 participants who intend to submit a project grant to an agency such as CIHR, SSHRC, or NSHRF. The workshop included lectures on grant writing, community-university collaboration in health research and knowledge mobilization. To read more, visit [www.nshrf.ca/AbsPage.aspx?id=1106&siteid=1&lang=1/](http://www.nshrf.ca/AbsPage.aspx?id=1106&siteid=1&lang=1/).

### WELCOME ABOARD

NSHRF is pleased to welcome two new staff members to the team.

Joining us as Manager, Knowledge Transfer/Exchange Program is **Ryan McCarthy**. Many of you may remember Ryan when he served as the Research Partnership Coordinator, a shared position between NSHRF, the Heart and Stroke Foundation of Nova Scotia, and Nova Scotia Health Promotion and Protection. Ryan has a Bachelor of Arts and Bachelor of Commerce degree from Saint Mary's University.

**Jeremy Godfrey** has also joined NSHRF as our new Communications Assistant. Jeremy, who has a Bachelor of Public Relations from MSVU, will be responsible for communications activities at the Foundation including overseeing the website.

## IN PROFILE: NOVA SCOTIA RESEARCH

### Helping to promote good nutrition in food-insecure single-mother families

Hunger is on the rise in Nova Scotia. Single-parent families led by mothers are more likely to live in poverty and, thus, to have limited access to food resources, both in terms of quality and quantity. Previous research has shown that financial resources, government programming and social supports all affect the amount and type of food purchased by *food-insecure* households. Now, research conducted by a team from Mount Saint Vincent University is shedding light on how the management of food resources within *food-insecure* families may protect against — or increase the risk of — poor diet-quality and the resulting negative health consequences. Graduate student Meaghan Sim and Theresa Glanville, Professor of Applied Human Nutrition, worked together to characterize the *food-management strategies* used by a group of 24 low-income families in Atlantic Canada.

To read more, please go to: [www.nshrf.ca/AbsPage.aspx?ID=1196&siteid=1&lang=1](http://www.nshrf.ca/AbsPage.aspx?ID=1196&siteid=1&lang=1).

## BEARING RESULTS

### Is there a care gap in the treatment of atrial fibrillation?

Atrial fibrillation (AF) – rapid, irregular beating of the atria, the two upper chambers of the heart – increases the risk of a stroke. An anticoagulant can substantially reduce the risk and is the preferred treatment. Evidence suggests a sizable percentage of AF patients who might benefit from anticoagulation are not receiving it, spurring a team of investigators in the Department of Family Medicine lead by Wayne Putnam to investigate if a care gap in treatment exists.

To read more about Dr. Putnam's research, please go to [www.nshrf.ca/AbsPage.aspx?ID=1196&siteid=1&lang=1](http://www.nshrf.ca/AbsPage.aspx?ID=1196&siteid=1&lang=1).

## KEEP IN TOUCH

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