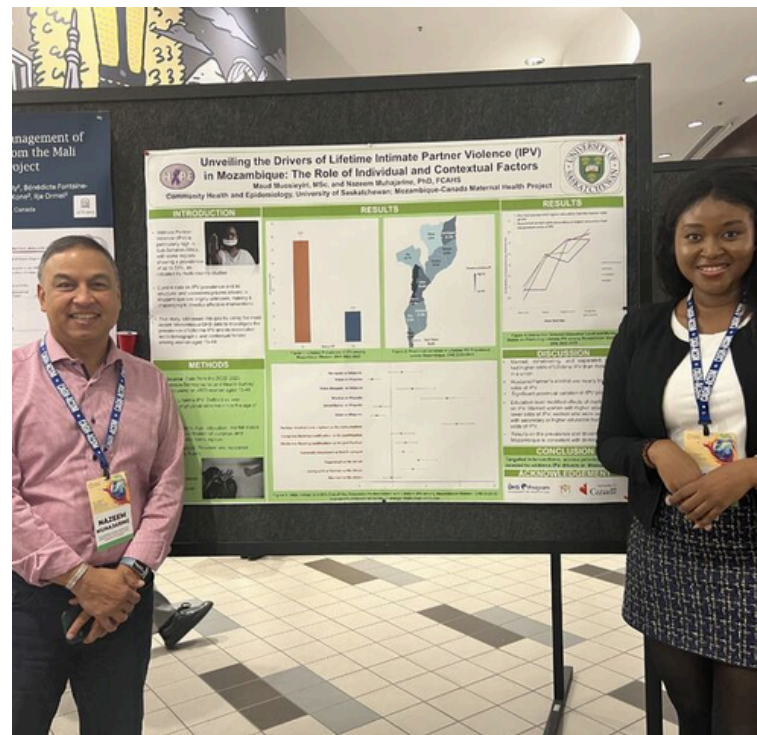


SASKATCHEWAN POPULATION HEALTH AND EVALUATION RESEARCH UNIT ANNUAL REVIEW

JULY 2024-JUNE 2025



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LAND ACKNOWLEDGEMENT

For over 20 years, the Saskatchewan Population Health and Evaluation Research Unit (SPHERU) has been a leader in population health research—the study of social and structural factors that affect the wellbeing of groups within our province. SPHERU is a bi-university health research unit based at the University of Regina and the University of Saskatchewan.

As learners, clinicians, educators, and researchers in Canada, we recognize that we are on traditional Indigenous territories that include treaty lands, unceded lands, and Métis homelands. We pay our respects to the First Nation, Métis, and Inuit ancestors and affirm our commitment to respectful relationships with one another and this land. The Universities of Saskatchewan and Regina, with which we are affiliated, are located on Treaty 6 and Treaty 4 territory respectively, and on Métis Homelands. We endeavour to live these values in our professional and personal interactions: relationships grounded in safety and humility, respect for all peoples and their world views, reciprocity in all relationships, relevance to wholistic wellness, and responsibility for informed pedagogy and practice.

WHO WE ARE

SPHERU is an interdisciplinary, bi-university research unit at the Universities of Saskatchewan and Regina. Founded in 1999, SPHERU promotes health equity through innovative, timely, policy-relevant research. With a vision to create a healthy society and a better world through research, evaluation, and action for everyone, SPHERU has built a national profile and is one of a handful of research units in Canada well-known for advancing population health research.

SPHERU conducts intervention research to address issues of health inequity among vulnerable populations with a focus on children, rural older adults, and northern and Indigenous communities. This work involves evaluations of existing policies and programs, research on population interventions, research projects, using iterative and innovative knowledge translation strategies to ensure that findings from our research make their way to practitioners and policymakers at multiple levels of governance.

MISSION/VISION


The mission of SPHERU researchers is to undertake interdisciplinary population health intervention research in collaboration with community partners, policymakers and stakeholders to address issues of health inequity among vulnerable populations.

MESSAGE FROM THE CO-DIRECTORS

On behalf of the SPHERU team, we are pleased to present our 2024–2025 Annual Review. This past year has been one of both reflection and renewal, as we marked the 25th anniversary of our research unit while resuming a rhythm of more regular, in-person activities.

We celebrated this important milestone together in Saskatoon and Regina with a series of events that highlighted both our history and our future. These included the Saskatoon launch of a book *Tommy Douglas and Medicare in Canada* by Dr. Greg Marchildon, and the 25th Anniversary Café Scientifique in Regina.





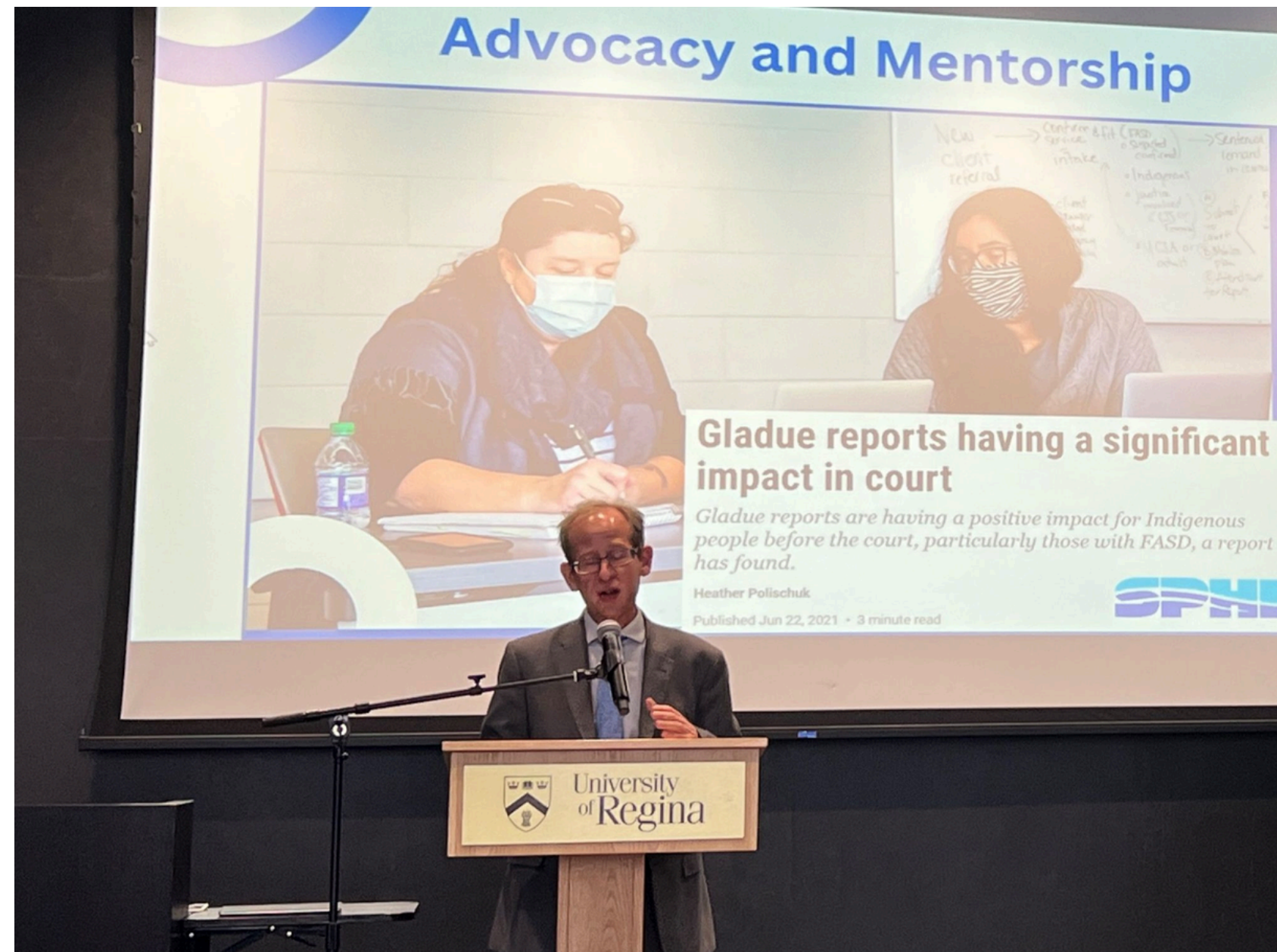
Another meaningful highlight was a symposium presented at the Canadian Public Health Association 2025 Public Health conference held in Winnipeg, titled Hindsight + Insight = Foresight: Invigorating Population and Public Health Equity Research in Uncertain Times. The symposium critically examined SPHERU's contributions within the broader trajectory of Canadian population health equity research. Together with colleagues and community partners, we reflected on how SPHERU's interdisciplinary and community-focused approach has responded to key public health challenges—from SARS-CoV-1 to the transformative impacts of the Truth and Reconciliation Commission's Calls to Action. Dialogue at the symposium extended to contemporary challenges, including digital health, AI, and navigating the “infodemic” that we are currently experiencing. The conversations underscored the importance of collaborative, ethical, and evidence-based approaches to addressing systemic health inequities and equipped participants with frameworks to inform their own work in Canada's evolving health landscape.

As we reflect on 25 years of research and engagement, we are also looking ahead. Our research unit continues to grow as we welcome new and talented individuals to our team. The diversity of perspectives and expertise they bring will help us build on SPHERU's legacy while deepening our collaborations with communities, decision-makers, and policymakers.

With gratitude for the dedication of our researchers, staff, trainees, and partners, we look ahead with optimism to the next chapter of SPHERU's journey. Together, we will continue working toward a healthier, more equitable future for all.

Sincerely,
Dr. Gabriela Novotna & Dr. Nazeem Muhajarine
Co-Directors, SPHERU

25 SPHERU years of achievement



In May, we celebrated 25 years of SPHERU research excellence and collaboration at the University of Regina with our colleagues, faculty members, community partners, research staff, and URegina's leadership.



OUR PARTNERS



Health and wellness-related research is a major focus for the University of Regina, with world-class researchers conducting leading-edge studies in aging, long-term care, pain assessment and management, cancer research, population health, rehabilitation and risk reduction, rural health, and northern health. Work at the University of Regina includes multidisciplinary research projects on the impact of health determinants on various populations, as well as research on policy and program interventions designed to improve these determinants and provide equitable access to health services. Through the logistic support and office space, the University of Regina continues to support SPHERU in its work to produce high-quality, policy-relevant research.



The University of Saskatchewan, through its involvement with SPHERU, is helping to redefine the way people think about health determinants and to chart new territory by actively engaging communities, non-governmental organizations, and policymakers in the research institutions. With a wide range of health science colleges and programs, the University of Saskatchewan is committed to expanding health research. The university is home to SPHERU's Saskatoon-based researchers and staff. This relationship, along with an association with the College of Medicine, affords SPHERU opportunities to expand its research and achieve its goals.

FUNDERS

While SPHERU's two university partners mainly contribute in-kind support, most of the unit's funding is derived from project-specific grants awarded by provincial and federal health research agencies. Notably, these include the **Saskatchewan Health Research Foundation (SHRF)** and operating grants from the **Canadian Institutes of Health Research (CIHR)**, held by one or more affiliated researchers. Members of the team are also supported by grants from **Global Affairs Canada** and the **Government of Canada** to advance research on health equity across diverse population groups. In addition, SPHERU has secured funding from a range of other sources to support conferences, knowledge translation, training initiatives, project development, and related activities. The unit also undertakes contract research for government and non-governmental organizations whose priorities align with SPHERU's mission, and conducts program evaluations in the field of population health.

MANAGEMENT ADVISORY GROUP

As a bi-university research group, SPHERU is guided by a Memorandum of Understanding (MOU) signed by the University of Regina and the University of Saskatchewan. The MOU outlines the cooperative agreement of the partner institutions to support the work of SPHERU and is operationalized through a Management Advisory Group (MAG). MAG members are senior university administrators appointed by the Vice-Presidents of Research at both universities. SPHERU's co-directors meet regularly with the MAG to provide updates on the unit's research and financial activities and to seek advice and support for the unit.



Adam Baxter-Jones, PhD
University of Saskatchewan
Interim Associate Provost Health
Professor, College of Kinesiology
Research: physical growth and
maturation of children related to
physical activity



Marek Radomski, MD, PhD, DSc, MPAL, FCAHS
University of Saskatchewan
Vice-Dean Research (OVDR)
Professor
Research: platelet regulation, cancer, nitric oxide, and MMP
biology and pharmacology, as well as in nanomedicine,
nanopharmacology, nanotoxicology, SARS-CoV-2 research



Shannon Dea, PhD
University of Regina
Dean of the Faculty of Arts
Professor, Department of Philosophy
and Classics
Research: social and feminist
philosophy, issues in higher education



Andrea Sterzuk, PhD
University of Regina
Associate Vice President Research
Professor, Faculty of Education
Research: language issues related
to settler colonialism

OUR PEOPLE



RESEARCH FACULTY

Our researchers and associates come from a variety of academic backgrounds including geography, political science, anthropology, epidemiology, social work, kinesiology, and nutrition. Researchers are appointed at two SPHERU sites: the University of Saskatchewan and the University of Regina



Sylvia Abonyi, PhD.
Professor/ Department Head,
Community Health and
Epidemiology, University of
Saskatchewan
Research: qualitative
research, community engaged
research



Sarah Oosman, PhD.
Associate Professor,
University of Saskatchewan
Research: healthy aging in
place project, youth diabetes
in northern Métis and First
Nations communities



Michelle Stewart, PhD.
Affiliation: Professor,
University of Regina.
Research: cognitive
disabilities, mental health and
racialized inequalities in the
criminal justice and child
welfare systems.



Rachel Engler-Stringer, PhD.
Professor, Department of
Community Health and
Epidemiology, University of
Saskatchewan
Research: community food security,
food environments and food
access, food system sustainability,
health promotion, and community-
based research



Daniel Fuller, PhD.

Associate Professor in
Community Health and
Epidemiology University of
Saskatchewan
Research: wearable
technologies, physical
activity, transportation
interventions, equity in urban
spaces, artificial intelligence
for Public Health



Paul Hackett, PhD.

Professor, Department of
Geography and Planning,
University of Saskatchewan
Research: colonialism on the
health of Indigenous
communities, history of
tuberculosis and diabetes
among the western First
Nations



Bonnie Jeffery, PhD.

Professor in the Faculty of
Social Work, University of
Regina
Research: aging in place,
social inclusion for people
with dementia



Akram Mahani, PhD.

Assistant Professor at
Johnson Shoyama Graduate
School of Public Policy,
University of Regina
Research: healthy cities and
communities, health equity
and social determinants of
health



Tom McIntosh, PhD.
Associate Dean of Arts
(Research and Graduate
Studies)/ Professor of Politics
and International Studies,
University of Regina
Research: public policy,
public health and health care,
federalism, intergovernmental
politics



Nazeem Muhajarine, PhD.
Professor, Department of
Community Health and
Epidemiology, University of
Saskatchewan
Research: social
epidemiology, population
health intervention, maternal
and child health, health and
place



Nuelle Novik, PhD.
Associate Professor, Faculty of
Social Work, University of
Regina.
Research: rural and remote
health and mental health,
older adults, dementia and
dementia care, and end-of-life
care



Gabriela Novotna, PhD.
Associate Professor, Faculty of
Social Work, University of
Regina.
Research: reduction of health
and social harms associated
with substance use



Cheryl Camillo, PhD.
Associate Professor, Johnson
Shoyama Graduate School of
Public Policy, University of
Regina
Research: Global Population
Health System



James Daschuk, PhD.
Professor Faculty of
Kinesiology and Health
Studies at the University of
Regina.
Research: the origins and
evolution of modern diseases

ASSOCIATE RESEARCHERS



Juanita Bascu, PhD.
Canada Research Chair (Tier II) Nursing and Population Health/Assistant Professor, School of Nursing, Thompson Rivers University
Research: rural aging, stigma, dementia, cognitive health promotion, social media, health policy



Shanti Johnson, PhD.
Professor and V.P. Research and Innovation at the University of Windsor.
Research: Falls/injury prevention, aging in place in rural communities, and social isolation among immigrant and refugee seniors



Cory Neudorf, PhD.
Professor, Department of Community Health and Epidemiology, University of Saskatchewan/Interim Senior Medical Health Officer, Saskatchewan Health Authority/ President, Urban Public Health Network of Canada
Research: public health systems and services

STAFF

The SPHERU team is made up of a committed and diverse staff complement of researchers, scholars, clinicians, project managers, research administrators, and knowledge translation experts.

Our researchers have also trained over 40 undergraduates, graduates and post-doctoral fellows many of whom have found substantive jobs in the workforce.

Combined, over 30 post docs, graduate student trainees were mentored by SPHERU faculty 2024-2025!



Paige Buckberger, BSc.,
Research Officer (University
of Saskatchewan)



Allison Streisel, BSW
(University of Regina)



Sue McGee, BHS, M.Cert
HSM & PM
Project Coordinator
(University of Regina)

RESEARCH SUPPORT WORKERS

SPHERU researchers are supported by highly skilled and qualified research officers, research coordinators, research assistants and analysts. We recognize their hard work and dedicated efforts to making our research, and unit, a success. We acknowledge:

Adrian Buttazzoni, Dr. — Research Associate, University of Waterloo (PhD)
Akram Mahani — SPHERU Researcher / Supervisor (appears in project supervision roles)
Amie To — Youth Co-Researcher, High School Student
Anagha Joshi — MSc Student (Completed, 2023–2025)
Anisha Viswanathan — Research Analyst, Community Health and Epidemiology, USask
Atiya Abdul Karim — PhD Student, Community Health and Epidemiology, USask
Bobbi Beddard — Undergraduate (UG Y2), School of Public Health Practicum Student
Chioma Olumide-Ajibola — MA Student, Education, UofR
Chinaedu Mbonu — PhD Student, JSGS/UofR
Ckintin Cortez — Undergraduate Research Assistant, UofR
Dante Machiskinic — Indigenous Youth Co-Researcher, High School Student
Dieo Marques Santos — PhD Student, Nursing, UofR
Donna Swapp — Supervisor (Education, UofR, MA student thesis)
Emily Webber — Indigenous Youth Co-Researcher, High School Student
Emma McKenna, Dr. — Research Associate, McMaster University (PhD)
Eric Schwenger — PhD Student, Research Assistant, JSGS/UofR
Erin White — Undergraduate Student, Dean's Project (Completed 2023)

CONT'D: RESEARCH SUPPORT WORKERS

Fernanda Andre — PhD Candidate, Community Health and Epidemiology, USask
Grace (Xiaolan) Yang — PhD Student, JSGS/UofR
Grace Akinjobi — PhD Candidate, Community Health and Epidemiology, USask
Iryna Khovrenkov — Supervisor (JSGS, PhD student Grace Yang)
Isabelle Dena — PhD Candidate, Community Health and Epidemiology, USask
James Froh — MPP Student, JSGS/UofR
Jhoanna Katigbak — Undergraduate Research Assistant, UofR, MAP Department
Justin Longo — Supervisor (JSGS, MPP student James Froh)
Kevin Entwistle — Undergraduate (UG Y2), College of Medicine Dean's Summer Student
Keagan Townsley — MPP Student, JSGS/UofR
Keelan Cornelson — Master's Student, University of Waterloo, Research Assistant
Kwaku Ayisi — PhD Student, JSGS/UofR
Marina Revelli — PhD Student, University of Concordia, Research Assistant
Matilda Anim-Larbi — PhD Student, Nursing, UofR
May Ly — Research Assistant (Project: Current state of healthcare in rural Saskatchewan)
Mignon Le Roux — Undergraduate (UG Y3), College of Medicine Dean's Summer Student
Molly Hunter — Undergraduate (UG Y2), College of Medicine Dean's Summer Student
Nadege Sandrine Uwamahoro — Postdoctoral Fellow, Maternal Waiting Homes Realist Research, USask
Nahin Shakurun — Research Officer, Community Health and Epidemiology, USask
Nancy Akwen, Dr. — Evaluation Coordinator, SPHERU

CONT'D: RESEARCH SUPPORT WORKERS

Natalia Alaniz Salinas — PhD Candidate, Community Health and Epidemiology, USask

Neala McGee — Youth Co-Researcher, High School Student

Portia Ludwig — Undergraduate Research Assistant, UofR, MAP Department

Razieh Safaripour — Master's Student, UofR, Research Assistant

Shay Quinn — PhD Candidate, Community Health and Epidemiology, USask

Sahana Ramamoorthy — PhD Candidate, Community Health and Epidemiology, USask

Sohana Sadique — PhD Student, Community Health and Epidemiology, USask

Suvadra Gupta — Postdoctoral Fellow, Community Health and Epidemiology, USask

Sue McGee — Project Coordinator, URegina

Syed Jafar Raza Rizvi — MSc Student, Community and Population Health Science, USask

Tachlima Sunna — MSc Student (Completed 2024), Community and Population Health Science, USask

Upekha Basnayake — PhD Candidate, Community Health and Epidemiology, USask

Vaidehee Lanke — Undergraduate (UG Y2), College of Medicine Dean's Summer Student

Vaidehi Pisolkar — PhD Candidate, Community Health and Epidemiology, USask

Victor Plance — PhD Candidate, JSGS/UofR

Vivian Puplambu — Supervisor (Nursing, PhD student Matilda Anim-Larbi & Dieo Marques Santos)

Willow Mahon — PhD Candidate, JSGS/UofR

Zili Zhou — Undergraduate (UG Y3), College of Medicine Dean's Summer Student

Zoe Schipper — MSc Student (Completed 2024), Community Health and Epidemiology, USask

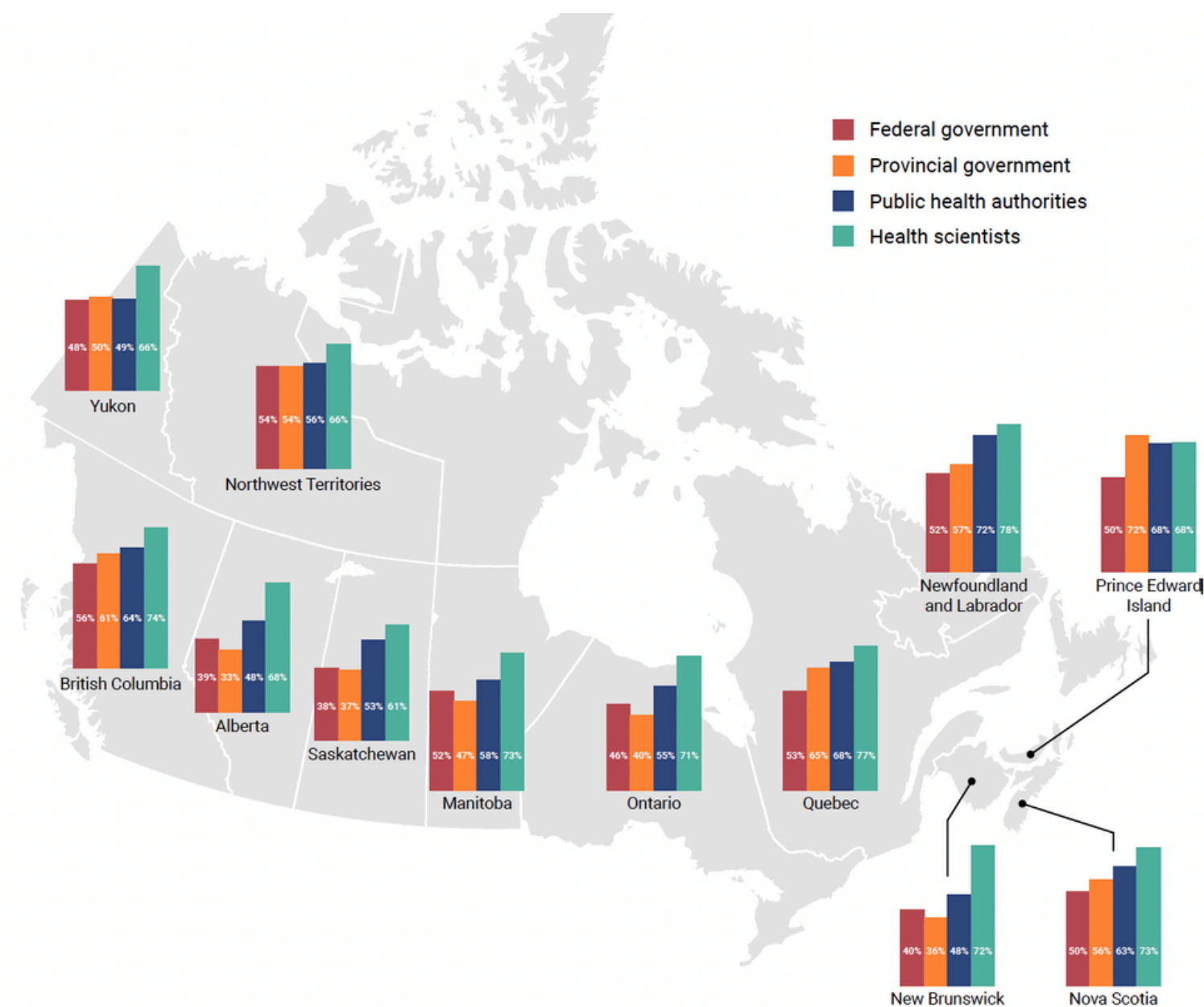
Maposa Sithokozile — Supervisor (Nursing, PhD student Matilda Anim-Larbi & Dieo Marques Santos)



RESEARCH HIGHLIGHTS



TRUST DYNAMICS AND EQUITY IN PUBLIC HEALTH



Led by USask researchers Drs. Nazeem Muhajarine and Cory Neudorf, Pillar 8 advanced timely, research-driven insights during the COVID-19 pandemic. Their work connected scientists with public health leaders while also investigating trust in government, public health, and science. These national findings continue to inform strategies to rebuild confidence and strengthen public health systems in Canada.

The percent trust in government, public health, and health scientists was calculated for the whole sample (n=5607 Canadian adults) of Pillar 8's Trust Dynamics and Equity in Public Health project. The following questions were asked about each group: How much did you trust the government (federal, provincial) to take care of the population during the COVID-19 pandemic? How much did you trust public health authorities in their management of the COVID-19 pandemic? Did you trust the work of scientists? Responses were categorized into Trust, Distrust, Neutral, Prefer not to answer. Only percent Trust is shown (unpublished data).

Trust Dynamics in Government, Public Health, and Scientists in Canada: May 2024

Pillar 8: Impact

Pillar 8's maintenance of a feedback loop between government decision-makers, public health stakeholders, and researchers strengthened both the adaptability of CoVaRR-Net's research and the responsiveness of Canada's public health systems. The pillar's efforts enhanced the Network's capacity to address the pandemic's challenges with precision and accountability.

- ▶ Pillar 8 had an **ongoing impact on public health actors across Canada** by providing up-to-date, timely, science-based information, often accompanied by specific recommendations on COVID-19 mitigation strategies. This was facilitated by the establishment of the VOC Expert Panel, a leadership group of public health physicians and leaders who met monthly. Key outputs, including SBAR policy recommendations and vaccine availability summaries, were regularly circulated to public health actors.
- ▶ Evidence summaries and briefs (e.g., SBARs) were disseminated to non-academic/scientific audiences, including media, resulting in demonstrable impact, as evidenced by **more than 700 media impressions** attributable to the Pillar 8 team members.
- ▶ A significant **scientific publication evaluated proof-of-vaccine policies** across Canadian provinces, highlighting their influence on first-dose uptake, marking an important contribution to policy evaluation (Fitzpatrick et al., 2023).
- ▶ The Year 3 project, Trust Dynamics and Equity in Public Health, a mixed-methods study on COVID-19, showed impact by being **included in the 2024 Canadian Immunization Conference program**, even ahead of final results. This study is set to provide valuable evidence on trust erosion, trust-building, and equity implications within Canada's public health discourse.



CRITICAL DISCOURSE ANALYSIS OF SASKATCHEWAN SUBSTANCE USE POLICIES

In 2025, Drs. Gabriela Novotna, Bonnie Jeffery, Tom McIntosh, Nuelle Novik, and Michelle Stewart, researchers at SPHERU, initiated a critical discourse analysis of recent health policy responses in Saskatchewan related to substance use. There is a range of evidence on substance use interventions that highlight strategies to reduce immediate and long-term harms related to substance use. This project employs a discourse analysis to explore how health policy utilizes various rationales and arguments to convey meaning, shape perspectives, and influence public opinion regarding responses to substance use. The ultimate goal of this project, currently in development, is to facilitate a dialogue on substance use treatment and different forms of recovery. The project's findings aim to bridge the gap between harm reduction and other recovery-oriented approaches.

SHRF ALIGN Grant, (2025) Toward Continuity of Care: A Review of the [Political] and Policy Discourses on Substance use Disorders in Saskatchewan.

NEW PROJECT ON SEXUAL AND REPRODUCTIVE HEALTH FOR YOUNG WOMEN IN INHAMBANE. A MOZAMBIQUE-CANADA PARTNERSHIP.

SPHERU Director and researcher Dr. Nazeem Muhajarine's team received \$20 million from the Government of Canada for a massive international development project to improve education, treatment, infrastructure, and service for sexual, reproductive health and rights of girls and young women in Mozambique.

Spearheaded by Dr. Nazeem Muhajarine (PhD), a professor in Community Health and Epidemiology in the College of Medicine and the director of the Saskatchewan Population Health and Evaluation Research Unit, the project will comprehensively incorporate innovative solutions to support the rights and health of women and young girls across six districts and 30 partner communities in the Inhambane province of Mozambique.

The funding for the project is part of a \$65 million package marked for a series of international development projects and was announced by the Honourable Ahmed Hussen, Canada's Minister of International Development.

The project will work to establish "model communities of care" in those six districts that can serve as examples for high-quality care and education for the sexual and reproductive health and rights of young women.







School Food Programs Help Kids Succeed in Class—and Life

In 2025, Canada's national school food program will give kids access to nutritious meals. It's a game-changer.

BY RACHEL ENGLER-STRINGER



GOOD FOOD PROJECT

After studying and advocating for a national food program for schools, Rachel Engler-Stringer maintains that a national school food program has the potential to deliver big benefits to Canadian kids, parents and society, provided it's set up well.

"I can say that this has been a long time coming," Rachel Engler-Stringer said of Prime Minister Justin Trudeau's announcement this week that the upcoming federal budget will include \$1 billion over five years to set up a school meals program in conjunction with the provinces.

Engler-Stringer, a professor of community health and epidemiology at the University of Saskatchewan's College of Medicine, has spent the better part of the last 20 years researching child health and community nutrition. The announcement was made on April 1, 2024 by Prime Minister Justine Trudeau.

Engler-Stringer said ideally, programs should seek to provide meals consistent with Canada's food guide and stressed that they must not become an opportunity for the food industry to market products to children. She also called for programs to be "locally adapted," noting for example that in Saskatoon, many schools have large newcomer populations who may require vegetarian or halal options.



HISTORY OF HEALTH IN SASKATCHEWAN: AN INTERACTIVE TIMELINE

This research project examines historical events that have influenced the health, healthcare, and standards of living for Saskatchewan residents over the past century. The basis of this timeline is to provide a comprehensive picture of the history of health and health-related events that have occurred in Saskatchewan. This timeline encompasses a wide range of entries that have impacted the health of Saskatchewan residents, including social determinants, formal legislation, technological interventions, medical breakthroughs, widespread epidemics, and changing healthcare practices. Many SPHERU researchers and trainees have been involved in updating the timeline: Drs. Hackett, Jeffery, and McIntosh (among others). Last year, under the supervision of Dr. Daschuk, our SPHERU student field trainees expanded the History of Health Timeline by highlighting the policies and events that have impacted the health of Indigenous communities to align the content with the Truth and Reconciliation Commission's [TRC] of Canada Calls for Action in Health and Education. The most recent version of the Saskatchewan History of Health Timeline is on the SPHERU website: [1782-1966: https://www.tiki-toki.com/timeline/entry/1445970/History-of-Health-in-Saskatchewan-An-Interactive-Timeline-1782-1966/](https://www.tiki-toki.com/timeline/entry/1445970/History-of-Health-in-Saskatchewan-An-Interactive-Timeline-1782-1966/) and [1966-2020: https://www.tiki-toki.com/timeline/entry/1445978/History-of-Health-in-Saskatchewan-An-Interactive-Timeline-1966-2020/](https://www.tiki-toki.com/timeline/entry/1445978/History-of-Health-in-Saskatchewan-An-Interactive-Timeline-1966-2020/).





SPECIAL RECOGNITIONS





RESEARCHER EMERITA

We are pleased to share that SPHERU's faculty voted unanimously to confer upon Dr. Bonnie Jeffery the title of SPHERU Researcher Emerita.

This recognition honours Dr. Jeffery's outstanding contributions to SPHERU and to population health research more broadly. Throughout her career, Dr. Jeffery has been a leader in advancing research in northern and Indigenous health, as well as rural community health. As one of SPHERU's longest-serving researchers, her leadership as Director was instrumental in shaping, growing, and sustaining the unit.

The appointment of Researcher Emerita reflects SPHERU's deep gratitude for Dr. Jeffery's vision, stewardship, and lasting impact on both the academic and community landscapes. We are privileged to celebrate her legacy and look forward to her continued presence within the SPHERU community.





Alzheimer Society of Saskatchewan
2025 Dementia Friendly Community Award
Dr. Bonnie Jeffery and SPHERU

The Alzheimer Society of Saskatchewan recognized Dr. Bonnie Jeffery and the Saskatchewan Population Health and Evaluation Research Unit (SPHERU) project team as this year's Dementia Friendly Community Award recipients.

As lead of the five-year "Dementia Supports in Rural Saskatchewan" initiative, Dr. Jeffery brought together research, creativity, and community to reduce stigma and foster inclusion for people living with dementia in Yorkton, Melville, and the surrounding rural areas.

The Alzheimer Society of Saskatchewan collaborated on this project, which deepened our understanding and strengthened our ability to support rural communities in becoming more inclusive and accessible.

Dr. Jeffery's leadership and commitment to community-based solutions make her a true dementia-friendly champion.

FACULTY HIGHLIGHTS

Outside of their research, our SPHERU faculty continue to make strides professionally and socially while building community. Hearty congratulations to our SPHERU faculty!



Distinguished Professor, USask, Nazeem Muhajarine.

A lifetime designation, awarded June 2025 by the joint offices of Vice Provost Faculty Relations and Vice President Research. This award celebrates exceptional achievement in research, scholarly, and artistic work.



**Saskatchewan Health Research Foundation (SHRF)
2025 Excellence Award, URegina, Akram Mahani.**

Application to the SHRF Impact/Innovation Grant ranked first in the competition



ONGOING PROJECTS





Project Title: Associations between chronic health conditions and Long COVID symptoms and the role of vaccination status

SPHERU Researchers: Nazeem Muhajarine (NPI), Gary Groot, Sabbir Ahmed, Gayle Halas, Diana Sanchez-Ramirez, Andrea Gruneir, Phyllis Cherrett (Patient Partner)

Amount Awarded: \$50,000

Funder: Long Covid Web

Duration: November 2024 to March 2026

Project Status: In progress

Project Title: Building CapaCITY/É for Sustainable Transportation

SPHERU Researchers: M. Winters (SFU)(NPI), D. Fuller (PI), N. Muhajarine (Co-applicant) + 33 team members

Amount Awarded: \$3,000,000

Funder: Canadian Institutes of Health Research (CIHR), Australian National Health and Medical Research Council (NHMRC). Team Grant: Healthy Cities Implementation Science (HCIS) Team Grants

Duration: April 2022 – March 2028

Project Status: In progress

Project Title: Community-based, networked emergency response: A model for local public health crisis management

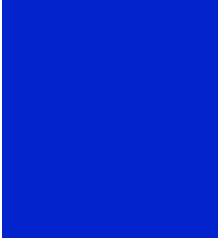
SPHERU Researchers: Thilina Bandara (NPI), Nazeem Muhajarine (PI), Cory Neudorf (Principal Knowledge User), Jacob Alhassan, James Dixon, Colleen Christopher-Cote (collaborator), Pamela Goulden-McLeod (collaborator)

Amount Awarded: \$121,020

Funder: Canadian Institutes of Health Research, Catalyst Grant: Supporting research on priorities outlined in Canada's Chief Public Health Officer (CPHO) Report 2024-02-22

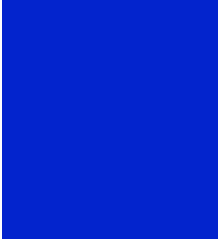
Duration: April 2024 – March 2026

Project Status: In progress



Project Title: Cross-Sectoral Collaboration to Improve Outcomes for Children/Youth in Vulnerable Contexts
SPHERU Researchers: Akram Mahani (PI), Nazeem Muhajarine (Co-I), Bonnie Jeffery (Co-I), Tom McIntosh (Co-I)
Amount Awarded: \$150,000
Funder: Canadian Institutes of Health Research (CIHR) Catalyst Grant: Policy Research for Health System Transformation
Duration: March 2023 – March 2026
Project Status: In progress

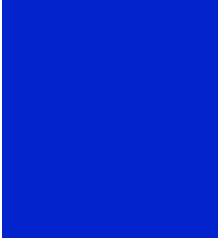
Project Title: Data and Equity Needed to Drive Post-Pandemic Recovery in Canada
SPHERU Researchers: Principal Applicant: Erika Dyck, Nazeem Muhajarine; Co-applicants: Adeyinka Daniel, Bonnie Jeffery, Isobel Findlay, James Dixon, Jessica McCutcheon, Jim Clifford, Mansfield Mela, Natalie Kallio, Nuelle Novik, Rachel Engler-Stringer, Sarah Buhler, Tom McIntosh; Co-knowledge Users: Jane Macleod, Akela Peoples
Research Partnerships: A Saskatchewan Contribution
Amount Awarded: \$389,591
Funder: Canadian Institutes of Health Research (CIHR)
Duration: February 2022 – March 2024
Project Status: Ending



Project Title: Dementia support programming and training at Remai Modern: Public awareness and staff training through art engagement
SPHERU Researchers: Original Team (Dementia Supports in Rural SK): Dr. Bonnie Jeffery, Dr. Tom McIntosh, Dr. Nuelle Novik, Dr. Akram Mahani. This is a sub-grant with Dr. Novik as lead evaluator.
Co-knowledge User: Remai Modern
Principal Applicant: Kelly Van Damme (The Art Gallery of Saskatchewan)
Amount Awarded: \$10,000 (Novik evaluation allocation: \$1500)
Funder: SHRF Mobilize Grant
Duration: April 2025 – January 2026
Project Status: In progress

Project Title: Developing an international research partnership from ground up: Health Needs Assessment and a demonstration project in Northern and Eastern Provinces, Sri Lanka
SPHERU Researchers: Nazeem Muhajarine (PI), Khrishna Alphonsus, Ragendran Surenthikumar, Pethirupillai Coonghe, Ruben Rajakumar
Amount Awarded: \$25,000
Funder: Global Innovation Fund, University of Saskatchewan
Duration: March 2025 – September 2026
Project Status: In progress

Project Title: Developing Innovative Rural Transportation Solutions for Vulnerable Youth in Northern Saskatchewan: Evaluating the Impact of the Kikinahk Free Bus Service on Mental and Sexual Reproductive Health Services
SPHERU Researchers: Co-Investigator: Akram Mahani (Project Lead: Dr. Jacob Alhassan, UofS)
Amount Awarded: \$150,000
Funder: Saskatchewan Health Research Foundation (SHRF Impact Grant)
Duration: April 2024 – May 2026
Project Status: In progress

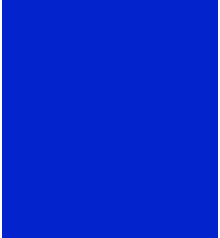


Project Title: Development of a Patient-oriented, Cross-jurisdictional Long COVID Registry and Community of Practice
SPHERU Researchers: G. Groot (NPA), N. Muhajarine, D. Goodridge, N. Osgood, A. Kelvin, G. Halas, A. Katz, A. Gruneir, K. Tran (Principal Investigators); K. McBrien, K. Sibley, M. Doupe (Co-investigators); M. Warner (Patient Partner)
Funder: Strategy for Patient Oriented Research (SPOR) Support Unit Council, National Collaboration of SPOR Funded Entities program
Duration: July 2022 – present
Project Status: Ongoing

Project Title: Exploring the Social Acceptability of Wastewater-Based Health Surveillance
SPHERU Researchers: Co-Investigator: Akram Mahani (Project Lead: Dr. Nicole Hansmeier, UofR)
Amount Awarded: \$10,000
Funder: Saskatchewan Health Research Foundation (SHRF Align Grant)
Duration: July 2024 – August 2025
Project Status: In progress

Project Title: Impact Training: Experiential Learning Toolkits to Increase Social Sciences, Humanities and Arts (SSHA) Capacity for Research and Innovation in the Social Sector
SPHERU Researchers: Co-Investigator: Akram Mahani (Project Lead: Dr. Sandra Lapointe, McMaster University)
Amount Awarded: \$2,500,000
Funder: Social Sciences and Humanities Research Council (SSHRC Partnership Grant)
Duration: June 2024 – July 2030
Project Status: In progress

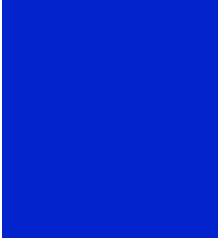
Project Title: Improving Primary Care Delivery in Rural Saskatchewan: Evaluating the Implementation of Two Pilot Patient Medical Home Models
SPHERU Researchers: Co-Investigator: Akram Mahani (Project Lead: Dr. Haizhen Mou, UofS)
Amount Awarded: \$50,000
Funder: Saskatchewan Health Research Foundation (SHRF Innovation Grant)
Duration: June 2025 – June 2026
Project Status: In progress



Project Title: Interventions to Enhance Social Inclusion for Older Adults with Dementia in Saskatchewan
SPHERU Researchers: Principal Applicant: Dr. Bonnie Jeffery; Team members: Dr. Tom McIntosh, Dr. Nuelle Novik
Research Partnerships: Alzheimer Society of Saskatchewan, SaskAbilities (Yorkton), Dr. Allison Cammer (USask), Dr. Sarah Oosman (USask), RaDAR (USask), City of Yorkton, Sakitawak Elders Group (Ile-a-la-Crosse), Godfrey Dean Art Gallery (Yorkton)
Amount Awarded: \$3,000,000 + \$25,000 (University of Regina Vice-President Research Office)
Funder: New Horizons for Seniors Program, Employment and Social Development Canada; University of Regina Vice-President Research Office
Duration: July 2019 – October 2024
Project Status: Completed

Project Title: Key Features of Youth Mental Health Friendly Neighborhood: A Comparative Case Study
SPHERU Researchers: Principal Investigator: Akram Mahani
Amount Awarded: \$150,000
Funder: Saskatchewan Health Research Foundation (SHRF Impact Grant)
Duration: June 2025 – June 2027
Project Status: In progress

Project Title: Long COVID Web: Pan-Canadian Post-COVID Condition Research Network
SPHERU Researchers: A. Cheung (UToronto)(NPA) + 78 principal applicants (including N. Muhajarine, lead member in Core 4: Population and Public Health, member of Project Steering Committee)
Amount Awarded: \$20,000,000
Funder: Canadian Institutes of Health Research (CIHR)
Duration: March 2023 – March 2028
Project Status: In progress

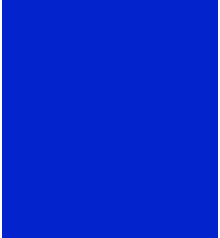


Project Title: Multilevel estimation of the relative impacts of social determinants on income-related health inequalities in urban Canada: Toward a new Canadian Social Determinants Urban Laboratory
SPHERU Researchers: C. Neudorf, T. Bandara, C. Plante, E. de Villa, D. Dutton, D. Fuller, J. Hasselback, L. Lix, N. Muhajarine, G. Notten, M. Wolfson, M. Young, D. Beland, O. Bellefleur + 3 collaborators
Amount Awarded: \$850,000
Funder: Canadian Institutes of Health Research (CIHR)
Duration: July 2024 – March 2028
Project Status: In progress

Project Title: Pan-Canadian Perinatal Opioid Use Surveillance System
SPHERU Researchers: Hilary Brown (U of T), Astrid Guttman (SickKids), Andi Camden (U of T), Tara Gomes (U of T), Amy Metcalf (U of Calgary), Nazeem Muhajarine (USask), Jennifer Hutcheon (UBC), Lauren Kelly (U of M), Nathan Nickel (U of M)
Amount Awarded: \$973,792
Funder: Public Health Agency of Canada
Duration: April 2024 – March 2027
Project Status: In progress

Project Title: Preliminary Stakeholder Dialogues on Urban Design for Mental Health in Regina
SPHERU Researchers: Principal Investigator: Akram Mahani
Amount Awarded: \$7,000
Funder: University of Regina President's Seed Grant
Duration: July 2025 – June 2027
Project Status: In progress

Project Title: Professional Identity Development of Addiction Counsellors in Recovery Working in Addiction Services in Saskatchewan: Grounded Theory
SPHERU Researchers: N/A
Amount Awarded: \$78,200
Funder: Saskatchewan Health Research Foundation (SHRF)
Duration: October 2018 – August 2024
Project Status: Completed



Project Title: Sexual, Reproductive Health in Young Women in Inhambane, Mozambique

SPHERU Researchers: Nazeem Muhajarine (PI)

Amount Awarded: \$20,939,098

Funder: Global Affairs Canada

Duration: July 2024 – March 2031

Project Status: In progress

Project Title: SmartMom. A randomized clinical trial to evaluate prenatal education via short message service (SMS)

SPHERU Researchers: P. Janssen (UBC) (NPI), A. Albert, C-L. Dennis, H. Bayrampour, J. Coleman, N. Muhajarine, N. Fairbrother, R. Renner, S. Munro, S. Tough, W. Zhang, W. Norman, S. Vedam

Amount Awarded: Not specified

Funder: Canadian Institutes of Health Research

Duration: March 2022 – present

Project Status: Ongoing

Project Title: SPOR-Primary Care Research Network

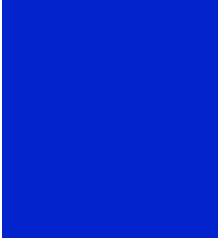
SPHERU Researchers: S. Wong (UBC)(NPI); B. Andreas, A. Hayes, KC Loftsgard, K. Prevost (Primary Knowledge Users); D. Barber, O. Bhattacharya, S. Doucet, K. Fairman, A. Gruneir, G. Halas, A. Hall, C. Hudon, S. Johnston, R. Lavergne, W. Montelpare, N. Muhajarine, V. Ramsden (Principal Applicants) + 29 co-applicants

Amount Awarded: \$10,000,000

Funder: Canadian Institutes of Health Research (SPOR program)

Duration: April 2022 – March 2027

Project Status: Ongoing



Project Title: Toward continuity of care: A review of the [political] and policy discourses on substance use disorders in Saskatchewan (Align Grant)

SPHERU Researchers: Dr. Gabriela Novotna (PI), Dr. Bonnie Jeffery, Dr. Tom McIntosh, Dr. Nuelle Novik, Dr. Michelle Stewart

Amount Awarded: Not specified

Funder: Saskatchewan Health Research Foundation (SHRF Align Grant, Call 3)

Duration: April 2025 – April 2026

Project Status: In progress

Project Title: Toward Continuity of Care: A Review of the [Political] and Policy Discourses on Substance Use Disorders in Saskatchewan (Align Grant)

SPHERU Researchers: Gabriela Novotna (PI), Michelle Stewart, Nuelle Novik, Bonnie Jeffery

Amount Awarded: \$10,000

Funder: Saskatchewan Health Research Foundation (SHRF Align Grant)

Duration: December 2024 – November 2025

Project Status: Ongoing

Project Title: Understanding How Municipalities Work in Partnership with Local Public Health Systems to Enhance Population Health Outcomes and Reduce Health Inequalities

SPHERU Researchers: Principal Investigator: Akram Mahani

Amount Awarded: \$150,000

Funder: Saskatchewan Health Research Foundation (SHRF Establishment Grant)

Duration: July 2023 – April 2026

Project Status: Ongoing

Project Title: Understanding the Influence of Urban Design on Healthcare Costs: Stakeholder Perspectives

SPHERU Researchers: Co-Investigator: Akram Mahani (Project Lead: Dr. Harminder Guliani, UofR)

Amount Awarded: \$10,000

Funder: Saskatchewan Health Research Foundation (SHRF Align Grant)

Duration: October 2024 – November 2025

Project Status: In progress



Project Title: Universal Childcare and Immigrant Women's Labour Outcomes

SPHERU Researchers: Co-Investigator: Akram Mahani (Project Lead: Dr. Haizhen Mou, UofS)

Amount Awarded: \$375,980

Funder: Social Sciences and Humanities Research Council (SSHRC Insight Grant)

Duration: May 2024 – June 2027

Project Status: In progress

Project Title: Youth Engagement and Well-being: Exploring the Role of Public Art Co-Creation in Marginalized Urban Communities

SPHERU Researchers: Principal Investigator: Akram Mahani

Amount Awarded: \$74,982

Funder: Social Sciences and Humanities Research Council (SSHRC Insight Development Grant)

Duration: June 2025 – June 2027

Project Status: In progress

Project Title: Toward Continuity of Care: A Review of the [Political] and Policy Discourses on Substance use Disorders in Saskatchewan.

SPHERU RESEARCHERS: Novotna, G., Jeffery, B., McIntosh, T., Novik, N., Stewart, M.

SHRF Align Grant

January 2025- December 2025

Amount: \$ 10,000



DISSEMINATION HIGHLIGHTS



PRESENTATIONS

Hansmeier, N., Chao, T.-C., Mahani, A., Strauch, C., Alhassan, J., & Opikokew Wajuntah, C. (2024, November 4). Wastewater-based health monitoring (WBHM) and its potential role in public health for Saskatchewan communities. Regina Public Library (George Bothwell Branch), Regina, SK.

Mahani, A. (2024, October 29–30). Cross-sectoral collaboration to improve outcomes for children/youth in vulnerable contexts. Policy Research for Health System Transformation End-of-Grant Policy Research Roundtable. [Virtual presentation].

Mahani, A., Ali, S., & Zahid, S. (2024, June 13). Integrating health and equity into urban design policies. Annual Assembly of Urban Public Health Network (UPHN). [Virtual presentation].

Muhajarine, N., Forsyth, J., Tanda, A., Kouri, D., Mandevo, H., Munguambe, A., Massunguine, R., Kossick, D., Abonyi, S., Kouri, L., Sandrine, N., Muosieyiri, M., & Andre, F. (2024, October 27). Health system and policy implications from the Mozambique–Canada maternal health project: Community engagement, health system strengthening, and research. Canadian Conference on Global Health Research, Vancouver, BC.

Muhajarine, N., Hackett, P., Novotna, G., Neudorf, C., & Abonyi, S. (2025, May). Hindsight + insight = foresight: Invigorating population and public health equity research in uncertain times. Canadian Public Health Association 2025, Winnipeg, MB.

Muhajarine, N., Neudorf, C., Bandera, T., & Rizvi Jafar, S. (2025, May). Trust dynamics in public health. Canadian Public Health Association 2025, Winnipeg, MB.

PRESENTATIONS

Novik, N. (2024, October 25). The current state of healthcare in rural Saskatchewan. Master of Physician Studies Retreat. [Virtual presentation].

Novik, N. (2024, November 27). Dementia supports in rural Saskatchewan: Project windup and key accomplishments. Saskatchewan Rural Dementia Action Research Summit. [Virtual presentation].

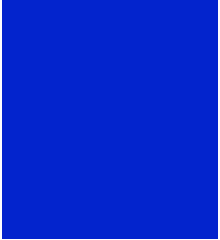
Novik, N. (2025, March 18). The current state of rural healthcare in Saskatchewan. SASW Virtual Speaker Series, Saskatchewan Association of Social Workers. [Virtual presentation].

Novik, N. (2025, March 25). Current state of healthcare in rural Saskatchewan: Is there a place for social workers? Lunch & Learn Presentation, Social Policy Research Centre, Faculty of Social Work, University of Regina. [Virtual presentation].

Novik, N., Ly, M., McIntosh, T., Jeffery, B., & Camillo, C. A. (2025, May 9). The current state of healthcare in rural Saskatchewan. SPHERU 25th Anniversary Café Scientific. Poster presentation, Regina, SK.

Novotna, G. (2025, June 23-26). Leveraging social connectedness Through Praxis and Transformative Learning for Social Work Education, European Conference on Social Work Education: Social Connectedness – Contemporary Challenges and Opportunities, Salzburg, Austria.

Novotna, G. (2025, June 23-26). Social Connectedness Across Diverse Recovery Approaches: The Experience of Professionals with Lived and Living Experience. European Conference on Social Work Education: Social Connectedness – Contemporary Challenges and Opportunities, Salzburg, Austria.



BOOKS & BOOK CHAPTERS

McIntosh, T. (Forthcoming 2025). Reimagining and decolonizing health for a more equitable West. In C. Smith & T. McIntosh (Eds.), *The new politics of Western Canada: Contested histories, uncertain futures*. Vancouver, BC: University of British Columbia Press.

Smith, C., & McIntosh, T. (Eds.). (Forthcoming 2025). *The new politics of Western Canada: Contested histories, uncertain futures*. Vancouver, BC: University of British Columbia Press.

Smith, C., & McIntosh, T. (Forthcoming 2025). Tensions and contradictions in the Canadian West. In C. Smith & T. McIntosh (Eds.), *The new politics of Western Canada: Contested histories, uncertain futures*. Vancouver, BC: University of British Columbia Press.

PUBLICATIONS

Ahmed, M. S., Bartram, M., Gabrys, R., Mela, M., & Muhajarine, N. (2024, December 10). Concurrent experience of self-reported mental health symptoms and problematic substance use during the first two years of the COVID-19 pandemic among Canadian adults: Evidence from a repeated nationwide cross-sectional survey. *International Journal of Environmental Research and Public Health*, 21(12), 1644. <https://doi.org/10.3390/ijerph21121644>

Akwen, N., Jeffery, B., Beitel, J., Cammer, A., Mahani, A., Novik, N., & McIntosh, T. (2024). The Cognitive Kitchen: Evaluation Report. Regina, SK: Saskatchewan Population Health and Evaluation Research Unit.

Akwen, N., Jeffery, B., Mahani, A., Novik, N., & McIntosh, T. (2024). Alzheimer Society Saskatchewan awareness campaign & dementia friendly initiatives: Evaluation Report. Regina, SK: Saskatchewan Population Health and Evaluation Research Unit.

Akwen, N., Jeffery, B., Mahani, A., Novik, N., & McIntosh, T. (2024). Godfrey Dean Art Gallery Belong Where You Find Yourself Project: Evaluation Report. Regina, SK: Saskatchewan Population Health and Evaluation Research Unit.

Akwen, N., Jeffery, B., Mahani, A., Novik, N., McIntosh, T., & Berenyi, R. (2024). SaskAbilities Dementia Friendly Life Enrichment Program: Evaluation Report. Regina, SK: Saskatchewan Population Health and Evaluation Research Unit.

Akwen, N., Jeffery, B., Novik, N., & McIntosh, T. (2024). Scaling up Rural Dementia Action Research (RaDAR) Memory Clinics in Rural Saskatchewan: Evaluation Report. Regina, SK: Saskatchewan Population Health and Evaluation Research Unit.

Akwen, N., Jeffery, B., Oosman, S., Daigneault, E., Dubrule, D., Sakitawak Elders Group Inc., Wark, H., Mahani, A., Novik, N., & McIntosh, T. (2024). Addressing dementia in the community of Île à la Crosse: Evaluation Report. Regina, SK: Saskatchewan Population Health and Evaluation Research Unit.

PUBLICATIONS

Alhassan, J. A. K., Fuller, D., & Woytowich, R. (2025). The promises and perils of a free rural inter-city transportation scheme: A mixed-methods study from Northern Saskatchewan. *Canadian Journal of Public Health*. <https://doi.org/10.17269/s41997-024-00986-3>

Anim-Larbi, M., Puplampu, V., Maposa, S., Mahani, A., & Chipanshi, M. (2025). Childhood immunization reminder strategies available to parents in North America: A scoping review protocol. *PLOS ONE*. (In press).

Datta Gupta, R., Rizvi, S. J. R., Dixon, J., & Muhajarine, N. (2025, March 18). The double burden of food and housing insecurity in Saskatchewan, Canada, understood in the context of a pandemic. *Canadian Journal of Public Health*. (In press).

Davis, V. H., Qiang, J. R., Adekoya MacCarthy, I., Howse, D., Seshie, A. Z., Kosowan, L., Delahunty-Pike, A., Abaga, E., Cooney, J., Robinson, M., Senior, D., Zsager, A., Aubrey-Bassler, K., Irwin, M., Jackson, L. A., Katz, A., Marshall, E. G., Muhajarine, N., Neudorf, C., Garies, S., & Pinto, A. D. (2025, March 6). Perspectives on using artificial intelligence to derive social determinants of health data from medical records in Canada: Large multijurisdictional qualitative study. *Journal of Medical Internet Research*, 27, e52244. <https://www.jmir.org/2025/1/e52244>

Ferster, C., Laberee, K., Nelson, T., Winters, M., Cloutier, M.-S., & Fuller, D. (2024). Top pedestrian concerns mapped by WalkRollMap.org. *Canadian Geographies / Géographies canadiennes*. <https://doi.org/10.1111/cag.70005>

Ibeh, C. C., Fuller, D., & Alhassan, J. A. K. (2025). The health and socioeconomic impacts of free transportation initiatives: A scoping review. *Journal of Transport & Health*, 44(June), 102139. <https://doi.org/10.1016/j.jth.2025.102139>

Jeffery, B., Akwen, N., Mahani, A., Novik, N., & McIntosh, T. (2024). Interventions to enhance social inclusion of older adults with dementia in rural Saskatchewan: Final Evaluation Report. Regina, SK: Saskatchewan Population Health and Evaluation Research Unit.

PUBLICATIONS

Jeffery, B., McIntosh, T., Novik, N., & Bellows, B. (2024). Dementia Knowledge Survey, University of Regina. Regina, SK: Saskatchewan Population Health and Evaluation Research Unit.

Jeffery, B., McIntosh, T., Novik, N., & Bellows, B. (2024). Interventions to enhance social inclusion for persons living with dementia and their care partners in rural Saskatchewan: Windup summit report. Regina, SK: Saskatchewan Population Health and Evaluation Research Unit.

Kader, S. B., Ahmed, M. S., Desjarlais-deKlerk, K., Leloup, X., Simard, L., Leviten-Reid, C., & Muhajarine, N. (2024). Rental housing type and self-reported general health and mental health status: Evidence from the Canadian Housing Survey 2018–2019. *International Journal of Environmental Research and Public Health*, 21(9), 1181. <https://doi.org/10.3390/ijerph21091181>

Kosowan, L., Katz, A., Howse, D., Adekoya, I., Delahunty-Pike, A., Seshie, A. Z., Marshall, E. G., Aubrey-Bassler, K., Abaga, E., Cooney, J., Robinson, M., Senior, D., Zsager, A., O'Rourke, J., Neudorf, C., Irwin, M., Muhajarine, N., & Pinto, A. D. (2025). Validation of a standardized approach to collect sociodemographic and social needs data in Canadian primary care: Cross-sectional study of the SPARK tool. *BMJ Open*, 15, e091318. <https://doi.org/10.1136/bmjopen-2024-091318>

Lambert-De Francesch, J., Saint-Onge, K., Muhajarine, N., & Gauvin, L. (2024). Selected health characteristics are associated with urban Canadians' acceptability of policies promoting healthier restaurant food environments. *Public Health Nutrition*, 1–28. <https://doi.org/10.1017/S136898002400257X>

Mahani, A., Ali, S., & Zahid, S. (2025). From silos to support: Lived experiences of youth and families in cross-sectoral collaboration through TRiP (The Regina Intersectoral Partnership). *Child & Youth Services*. (Under review).

Mahani, A., Lyeo, J. S., Fung, A., Husack, K., Muhajarine, N., Diener, T., & Brown, C. (2024). How municipal actors leverage evidence to support urban planning: Perspectives from the City of Regina. *Canadian Public Policy*, 50(4), 403–421. <https://doi.org/10.3138/cpp.2024-011>

PUBLICATIONS



Mahani, A., Lyeo, J. S., Fung, A., Husack, K., Muhajarine, N., Diener, T., & Brown, C. (2024). Barriers to integration of health and equity into urban design policies in Regina, Saskatchewan. *Health Promotion International*, 39(6), daae184. <https://doi.org/10.1093/heapro/daae184>

Mahani, A., Lyeo, J. S., Fung, A., Husack, K., Muhajarine, N., Diener, T., & Brown, C. (2025). How do municipal policy- and decision-makers evaluate the impact of their policies? Insights from the City of Regina in Saskatchewan, Canada. *Canadian Journal of Program Evaluation*, 39(3), 425–454. <https://doi.org/10.3138/cjpe-2024-0033>

Maher, R. A., Wadden, K. P., Fuller, D., Basset, F., & McGowan, E. (2024). The current landscape of exercise and female fertility research: A narrative review. *Reproduction*, 168(1), e220317. <https://doi.org/10.1530/REP-22-0317>

McIntosh, T., Camillo, C. A., Novik, N., Jeffery, B., & Ly, M. (2025). The big swing toward centralized governance: What we heard from rural Saskatchewan healthcare workers. *Healthcare Papers*. Longwoods.

Muosieyiri, M., Forsyth, J., Andre, F., da Silva Adoni, A. P. F., & Muhajarine, N. (2024). Cross-sectional study evaluating the effectiveness of the Mozambique–Canada maternal health project abstraction tool for maternal near miss identification in Inhambane province, Mozambique. *BMJ Open*, 14, e091517. <https://doi.org/10.1136/bmjopen-2024-091517>

Muhajarine, N., Dixon, J., Ahmed, M. S., Bukhari, A., Clifford, J., Adeyinka, D. A., Novotna, G., & Dyck, E. (2025). Co-occurrence of depression, anxiety, and increased alcohol use during the late stage of the COVID-19 pandemic in Saskatchewan, Canada: A cross-sectional survey. *BMJ Public Health*. (In press).

PUBLICATIONS

Muhajarine, N., & Ramamoorthy, S. (2024). In tandem or apart? Exploring self-reported and parental perceptions regarding children and adolescents' mental health changes and support needs during the COVID-19 pandemic. *Current Psychology*, 43, 35785–35797.

<https://doi.org/10.1007/s12144-024-07009-x>

Novik, N., Ly, M., McIntosh, T., Jeffery, B., & Camillo, C. A. (2024). The current state of healthcare in rural Saskatchewan: Final report. Regina, SK: University of Regina, Saskatchewan Population Health and Evaluation Research Unit. Available at www.spheru.ca

Okpalauwaekwe, U., MacPhee, B. K., Balezantis, L., Mahani, A., Zarzeczny, A., Ramsden, V. R., & Baerwald, A. (2025). Facilitators, barriers, and priorities for enhancing primary care recruitment and retention in Saskatchewan, Canada. *BMC Primary Care*. (Under review).

Riley, K., Iakovleva, M., Dueck, E., O'Watch, H., Hurlbert, M., Minot, C., Mahani, A., & Ahmed, T. (2024). Community perceptions of sustainability: (Re)framing what matters for more just, ethical, and liveable municipalities. *Local Environment*, 29(3), 296–316.

<https://doi.org/10.1080/13549839.2024.2306598>

Schweitzer, A. M., Fuller, D., & Mitchell, C. J. (2025). Perspective on strategies for matching across age and sex in physiology research: "Recreationally active" is not good enough. *Frontiers in Physiology*, 15. <https://doi.org/10.3389/fphys.2024.1517355>

Shakurun, N., Hinz, T., Adeyinka, D. A., & Muhajarine, N. (2025). Unpacking the mood states of children and youth in Saskatchewan, Canada, in the context of the COVID-19 pandemic: Insights from the "See Us, Hear Us 2.0" study. *Children*, 12(1), 79.

<https://doi.org/10.3390/children12010079>

PUBLICATIONS

Sousa-Silva, R., Kestens, Y., Poirier Stephens, Z., Thierry, B., Schoenig, D., Fuller, D., Winters, M., & Smargiassi, A. (2024). Associations between types of urban vegetation and well-being measures: A cross-sectional study in Montreal, Canada. *People and Nature*.

<https://doi.org/10.1002/pan3.10771>

Sturrock, S., Gesink, D., Moineddin, R., Woodruff, S., Kestens, Y., Winters, M., & Fuller, D. (2024). Changes in physical activity among Canadian adults more than 6 months into the COVID-19 pandemic: A secondary analysis of the INTERACT cohort study. *BMJ Open*, 14, e081583.

<https://doi.org/10.1136/bmjopen-2023-081583>

Sturrock, S., Moineddin, R., Gesink, D., Woodruff, S., & Fuller, D. (2025). The effect of software and hardware version on Apple Watch activity measurement: A secondary analysis of the COVFIT retrospective cohort study. *PLOS Digital Health*, 4(4), e0000727.

<https://doi.org/10.1371/journal.pdig.0000727>

Verity, W., Poirier Stephens, Z., Lin, H., Ottoni, C. A., Bourgeois, E., Kestens, Y., Fuller, D., Manaugh, K., & Winters, M. (2025). Health and equity considerations in policy and practice related to sustainable transportation interventions in four Canadian cities. *Journal of Transport & Health*, 41, 102009. <https://doi.org/10.1016/j.jth.2025.102009>

MEDIA ENGAGEMENT

Mahani, A., Lyeo, J. S., & Muhajarine, N. (2024). New study reveals four critical barriers to building healthier Canadian cities. The Conversation Canada. <https://theconversation.com/new-study-reveals-four-critical-barriers-to-building-healthier-canadian-cities-218306>

Mahani, A. (2024). Barriers to building age-friendly cities in Canada. Age Friendly Regina Newsletter. <https://agefriendlyregina.ca/wp-content/uploads/2024/06/Age-Friendly-Regina-Newsletter-May-2024.pdf>

Novik, N. (2025). Accessing health services in Saskatchewan with the University of Regina and the CMHA [Podcast episode]. Municast: A SUMA Podcast. <https://municast.simplecast.com/episodes/accessing-health-services-in-saskatchewan>

Novik, N. (2025). ER closures across Canada and tracking of service disruptions. Globe and Mail. (Interview with Tu Thanh Ha, National Reporter). [Story forthcoming, no URL available].

Novik, N. (2024). Research from University of Regina looks into the current state of rural healthcare in Saskatchewan. CBC Radio News – The Morning Edition with Stefani Langenegger. <https://www.cbc.ca/listen/live-radio/1-66-the-morning-edition-sask/clip/16056192-research-university-regina-looks-current-state-rural-healthcare>

Novik, N. (2024). Interview with Destiny Meilleur. Global News Regina – Evening Newscast.

Novik, N. (2024). La pénurie de médecins fait des ravages en milieu rural en Saskatchewan, note un rapport [Doctor shortage wreaks havoc in rural Saskatchewan, says report]. CBC Radio-Canada. ICI Saskatchewan. <https://ici.radio-canada.ca/nouvelle/2066687/personnel-sante-retention-interruption-service>

MEDIA ENGAGEMENT

Novik, N. (2024, April 21). 'Dying for doctors': Report cites concerns with health care in rural Saskatchewan. The Canadian Press (Jeremy Simes). Story carried by multiple outlets:

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THANK YOU!

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