

Attachments

Research Contributions (note: Due to page restriction, only 2004-05 contribution is presented).

- R Bedford, J. & **Johnson, C.S.** (2005). Societal Influences on Body Image Dissatisfaction in Younger and Older Women. *Journal of Women and Aging*, 18(1).
- R **Johnson, C.S.** (2005). Frequency and Nature of Falls among Older Women in India. *Asia-Pacific Journal of Public Health*, 18(1).
- R **Johnson, C.S.**, Mahon, A., & McLeod, W. (2005) "Nutritional, Functional, and Psychosocial Correlates of Disability among Older Adults" *Journal of Nutrition, Health, & Aging*, 9, 1-6.
- R **Johnson, C. S.**, Myers, A.M., Jones, G. J., Fitzgerald, C., Lazowski, D., Stolee, P., Orange, J.B., Segall, N., & Ecclestone, N. (2005). Evaluation of the Restorative Care Education and Training Program for Nursing Homes. *Canadian Journal of Aging*, 24(2),
- R **Johnson, C.S.** (2005) Being from "Away" .. Focus on Exercise, Nutrition, and Health Research among Immigrant Older Adults. Book Chapter in Focus on Exercise and Health Research by Nova Science Publication. 11 pages. Editor: Selkirk , T. B.
- R **Johnson, C. S.**, & Rajan, I. (2005). Promotion of healthy aging in the context of population aging phenomenon: A look at the aging state in India. *Indian Journal of Gerontology*.
- R **Johnson, C.S.** (2005). Psychosocial correlates of nutritional risk among older adults. *Canadian Journal of Dietetic Research and Practice*, 66(2), 95-97.
- R Johnson, C.S. (2004). Healthy eating and regular physical activity: A winning combination for older adults. *ALCOA Research Update*, p 1-6.
- R Stathokostas, L., **Johnson, C.S.**, Paterson, D.H., & Petrella, R.J. (2004). Longitudinal changes in aerobic power in older men and women. *Journal of Applied Physiology*, 97, 781-789.
- R E.M. Johnston, **C.S. Johnson**, P. McLeod, J.M. Johnston (2004). The relationship of body mass index to depression in Nova Scotians. *Canadian Journal of Public Health*, 95(3), 179-183.
- R Carlsson, L. & **Johnson, C.S.** (2004). Osteoporosis health beliefs and practices among Korean immigrants in Nova Scotia. *Journal of Immigrant Health*, 6(2), 93-100.
- R **Johnson C.S.** (2004). Status in sport teams: Myth or Reality. *The International Sports Journal*, 8(2), 55-64.
- R **Johnson, C.S.** & Bedford, J. (2004) Body image concerns across age and gender groups: A Canadian study. *Eating and Weight Disorder*, 9(1), 16-23.

Other refereed contributions:

Jones, G.R. & **Johnson, C.S.** (2005, Jun). Restorative Care...The Best You Can Be (Video). International Association on Gerontology's 18th World Congress, Rio de Janeiro, Brazil.

Johnson, C. S. & Jones, G.R. (2005, Jun). Home Support Exercise Program: From Feasibility to Dissemination and Sustainability (symposium), International Association on Gerontology's 18th World Congress, Rio de Janeiro, Brazil.

Johnson, C.S., Puri, S., & Rajan, S.I. (2005, June). Falls and Fall-related Injuries among Older Adults in India, International Association on Gerontology's 18th World Congress, Rio de Janeiro, Brazil.

Johnson, C.S., Myers, A., & Jones, G.R. (2005, June). Relationship between fear of falling and perceived difficulty with activities of daily living among frail elderly – American College of Sports Medicine (ACSM), Nashville, TN, USA.

Johnson, C. S. (2005, May). Dietary Issues and Nutritional Risk among Frail Community-Dwelling Elderly, Second Congress of the International Academy of Nutrition and Aging, St.Louis, USA.

Rajan, I., **Johnson, C.S.**, Aliyar, S. (2004). Demography of Indian Aging. Indian Aging Congress, New Delhi, India.

Johnson, C.S., Rajan, I. (2004). Health profile and practices of older women in Kerala, India. Indian Aging Congress, New Delhi, India.

Johnson, C.S., Puri, S., Sapergia, S. & Isac, G. (2004). Challenges of an aging society: Perception of service providers in New Delhi, India. Indian Aging Congress, New Delhi, India.

Johnson, C.S. & Bedford, J. (2004, October). Retrospective and Current Body Image Perceptions of Older Women. 57th Annual Scientific Meeting of the Gerontological Society of America, Washington, DC, USA.

Sapergia, S., Isac, G., **Johnson, C.S.**, & Puri, S. (2004, October). Falls among older adults in high-income areas of New Delhi, India: Frequency, outcomes and policy directions. 33rd Canadian Association on Gerontology Annual meetings, Victoria, BC, Canada.

McKnight, C., Latta, R., Gorman, M., **Johnson, C. S.**, Miller, B., & Bustin, R. (2004, October). Descent from the Ivory Tower: the value of an advisory board in rural research. 33rd Canadian Association on Gerontology Annual meetings, Victoria, BC, Canada.

Johnson, C. S. & Noel, M. (2004, October). Level of Empowerment and Health Knowledge of Home Support Workers Providing Care for Frail Elderly. 33rd Canadian Association on Gerontology Annual meetings, Victoria, BC, Canada.

Gallagher, E., Scott, V., **Johnson, C.S.**, Kozak, J. & Pike, I. C. S. (2004, October). Symposium on Stepping in: A national program of research to reduce falls in long term care. 33rd Canadian Association on Gerontology Annual meetings, Victoria, BC, Canada.

Johnson, C. S. (2004, October). Implications collaborative falls prevention approach in long-term care settings. Scott, V., Gallagher, E., **Johnson, C.S.**, Kozak, J. & Brussoni, M. Pre Conference Workshop on Clinical Practice Experience of Falls Prevention in Long-Term Care Facilities. 33rd Canadian Association on Gerontology Annual meetings, Victoria, BC, Canada.

Johnson, C. S., Myers, A.M., Cyarto, E.V., & Ecclestone, N. (2004, August). Outcome evaluation of Home Support Exercise Program for frail older adults. Ehram, R.J., Rantanen, T., **Johnson, C.S.**, Liu-Ambrose, T., & Lord, S.R. Symposium on Disability and Exercise Training in the Elderly. World Congress on Aging and Physical Activity. London, ON, Canada. Journal of Aging and Physical Activity, 12(3), p. 438-440. (**Invited speaker**)

Johnson, C. S. & Rajan, S.I. (2004, August). Unintentional falls among older women in Kerala, India. World Congress on Aging and Physical Activity. London, ON, Canada. Journal of Aging and Physical Activity, 12(3), p. 378.

Johnson, C. S. (2004, August). Synergistic impact of nutrition and exercise on early onset of chronic diseases. **Johnson, C.S.**, Guralnik, J., Finegood, D.T., & Brill, P. A. Symposium on Chronic Diseases, Aging, and Physical Activity, Part II. World Congress on Aging and Physical Activity. London, ON, Canada. Journal of Aging and Physical Activity, 12(3), p. 288-290. (**Invited speaker**)

Johnson, E. & **Johnson, C. S.** (2004, August). Internet use and access to health information: Are they still in the sidelines? World Congress on Aging and Physical Activity. London, ON, Canada. Journal of Aging and Physical Activity, 12(3), p. 279-280.

Doherty, A. & **Johnson, C. S.** (2004, August). Tapping into the older adult volunteer. World Congress on Aging and Physical Activity. London, ON, Canada. Journal of Aging and Physical Activity, 12(3), p. 278-279.

Johnson, C.S., Stevens, A., & Johnson, E. (2004, June). Falls among older women in India: Need for population-based surveillance and information systems. 7th World Conference on Injury Prevention & Safety Promotion, Vienna, Austria.

DeGagne, D., Scott, V.J., Brussoni, E., Gallagher, E.M., Kozak, J., **Johnson, S.**, & Thomas, P. (2004, June). Technical challenges with database development and programming for a national study on falls prevention in long-term care settings. 7th World Conference on Injury Prevention & Safety Promotion, Vienna, Austria.

Scott, V.J., Gallagher, E.M., Kozak, J., **Johnson, S.**, Brussoni, M., & Thomas, P. (2004, June). Stepping In: Falls Prevention in Long-term Care Facilities. 7th World Conference on Injury Prevention & Safety Promotion, Vienna, Austria.

Johnson, E. & **Johnson, C.S.** (2004, June). Health promotion and access to online health information among older adults. The American College of Sports Medicine's 51st Annual Meeting, Indianapolis, Indiana, IN, USA. Medicine & Science in Sports & Exercise, 36(5), 322.

McLeod, W & **Johnson, C.S.** (2004, June). Age-related changes in dietary intake and physical activity levels among men. The American College of Sports Medicine's 51st Annual Meeting, Indianapolis, Indiana, IN, USA. Medicine & Science in Sports & Exercise, 36(5), 317-318.

Johnson, C.S., McLeod, W. & Kennedy, L. (2004, June). Comparison of osteoporosis beliefs among younger and older men. The American College of Sports Medicine's 51st Annual Meeting, Indianapolis, Indiana, IN, USA. Medicine & Science in Sports & Exercise, 36(5), 208-209.

Johnson, C. S. (2004, May). A Nutritional Needs Assessment of University Students. International Congress of Dietetics, Chicago, MI, USA.

Other Research Contributions / Most Significant Career Research Contributions

A) The research program in the area of the **determinants of healthy aging and functional independence** emerged during my post-doctoral fellowship at the Canadian Centre for Activity and Aging (CCAA), University of Western Ontario, London, Ontario. I examined the role of nutritional and psychosocial aspects such as depression and life satisfaction in healthy aging and independence using epidemiological research design both cross sectionally and longitudinally (Johnson et al., 2000-'03). Studying the determinants of independence from a multidisciplinary perspective is unique. This has led to several new domains for examining the investigating individual and interactive role of functional capacity, nutritional status and psychosocial parameters on issues of significance to older adults such as maintaining functional independence, improving nutrition status, and preventing falls as discussed later in this document. These new domains have proved fertile for future research as well as evidence-based programs and policies geared to improving the health and quality of life of older adults in Canada and around the world.

Building on my work in Canada, two healthy aging projects are now underway in India funded by Shastri Indo-Canadian Institute (SICI) and Canadian Institutes of Health Research (CIHR). The main purposes of these project are to assess the determinants of health and independence among older adults, using the determinants of the active aging framework proposed by World Health Organization (WHO, 2001), as well as examining the perception of service providers on the health needs of elderly. I am the first faculty member at Acadia University to receive an operating grant from CIHR national competition. Also, the approval rate for the SICI's international peer-reviewed competition was 13% overall and 9% for the social development/health theme area in which this application was considered. This was the only project approved to study the issues of aging. In September 2003, I was invited to the project inception workshop in New Delhi, India organized by the Governments of Canada and India. At the workshop, considerable interest for this study was expressed by the invited scholars and policy makers from these two countries. Part of the reason for this interest is that, globally, 70 percent of the world's older adults are and will be in developing countries (WHO, 2001). Developing cross-cultural understanding among the determinants of healthy aging and functional independence issues will have implications for program and policy planning. This is particularly significant as Canada is becoming increasingly multicultural and, as a leader in health research, Canada can continue to make an impact throughout developed and developing world.

B) Physical exercise is a significant determinant of independence later in life. A second area of my contribution includes **physical exercise programming for older adults**. Specifically, in Canada, I have been involved in the development and delivery of physical exercise programs across the whole continuum of older adults. These programs were developed and implemented to those living independently in the community, those who are frail and living in the community with the support of home care (Home Support Exercise Program, HSEP), as well as those living in long-term care (LTC) setting such as Restorative Care Education and Training Program (RCET). Results show that the HSEP and RCET could be effectively delivered through existing infrastructure (e.g., home care, LTC) and that the participants remained the same or showed gains in functional and psychosocial components (e.g., perceived well-being, fear of falling) whereas the control group declined. The HSEP and RCET has been widely disseminated throughout Canada and USA. For example Alberta has implemented HSEP with an inclusion of the nutrition component and I have provided feedback on this project. In Nova Scotia, my colleagues and I are studying the synergistic role of physical exercise and nutrition interventions on functional capacity, nutritional status and psychosocial variables such as balance confidence, and falls. Opportunities for furthering this line of research with the elders in the First Nations communities as well as elderly in rural and remote regions of Northern Saskatchewan exist. Also, emerging from my current work in Canada, the Indian Council of Medical Research (similar to CIHR in Canada) has expressed interest in seeing me to lead a study in examine the impact of exercise intervention for elderly in India. The process and outcome evaluations of HSEP and RCET are published in well-recognized journals such as *Journal of Aging and Physical Activity* and *Canadian Journal on Aging* (Tudor-Locke et al., 2000; Johnson et al., 2003; Johnson et al., 2005) and presented in several national and international conferences.

C) My research work in understanding the **role of exercise and nutrition in falls** is unique. My earlier work on the relationships among physical function, nutritional risk, psychosocial (perceived well-being and fear of falling) variables and falls among frail home-bound elderly showed that functional capacity, especially leg strength and flexibility along with nutritional risk, was related to falls among frail elderly (Johnson, 2003). Based on this study, Florida Injury Prevention Program for Seniors (FLIPS), a program of the Florida Departments of Health and Elder Affairs in USA, commissioned the development of an educational brochure and 10,000 copies were made for circulation. Also, I was one of the two falls experts from Canada invited to present our work at the FLIPS annual conference. While my earlier study was significant in being one of the first to examine falls from a truly multidisciplinary perspective. Currently, as a follow-up, a randomized control trial is underway to examine the combined role of nutrition and exercise on functional capacity, nutritional status, psychosocial status and falls among frail home-bound elderly. This is a collaborative project including researchers in Canada, Australia and organizations such as Home Care, VON, Continuing Care and Department of Health. Also, I have received CIHR New Investigator award (another first personnel award for Acadia University) to pursue research examining the synergistic role of nutrition and functional capacity on falls. In the international arena, previous reports on falls in developing countries have relied solely on hospital admission data. In these countries where access to health care services is limited by the economic, cultural and political realities, the extent of the problem has been under estimated. Our research on the prevalence of falls among older women in India is one of the first projects to examine this issue using culturally appropriate methodology.

D) In Canada, I have made substantial contribution in the translation of research to practice (**from knowledge creation to knowledge mobilization through programs and policies**) through the development of evidence-based health promotion resource materials (e.g., immigrant older adults, bereaved older adults) for older adults and health professionals as well as through my participation in committees responsible for developing policy framework. In order to create educational resources, I have used both qualitative and quantitative research methodologies and collaborated with several community organizations and government (both in provincial and federal) departments along with other academics. Nationally, I was one of two reviewers invited to review the Health Canada's policy scoping document on the nutritional health of elderly. I have been invited to participate in social and economic inclusion as well as primary care renewal discussions at the Nova Scotia (NS) Department of Health level. Also, I have participated in the development of Nova Scotia Chronic Disease Prevention, Nova Scotia Injury Prevention and Nova Scotia Immigration Strategies. Last year, I received a letter of recognition from the NS Minister of Health Promotion for my contribution in the development of chronic disease prevention strategy. Also, I was invited for a reception by Mrs. Myra Freeman (Lt. Governor of Nova Scotia) for my contribution to the development of immigration strategy. I have been appointed to the Provincial Inter-sectoral Falls Prevention committee to discuss the implementation of provincial injury strategy.

4. Career Interruptions and Special Circumstances

N/A

5. Contributions to Training

I have supervised 6 honours students and 4 shastri youth interns (research/program work in India); currently supervising 2 honours students. I also work with several health professionals (e.g., physiotherapists, dietitians) in the community.

I am limited in my supervisory capacity as graduate degrees in my discipline are not offered at my institution.

Relevant Work Experience:

Peer Reviewer,

- Journal of Nutrition for the Elderly 2005--Present
- Journal of Aging and Physical Activity 2004--Present
- Canadian Journal of Public Health 2004--Present
- European Review of Applied Psychology 2004--Present
- Sports Medicine (journal) 2004--Present
- Health Canada – Scoping paper on nutrition and healthy aging 2002-'03
- Canadian Institutes of Health Research 2002--Present
- Nova Scotia Health Research Foundation 2001--Present
- Canadian Journal of Dietetic Practice and Research (journal) 2001--Present
- Social Science and Humanities Research Council 2001
- Medicine and Science in Sports and Exercise (journal) 2000
- North American Manual of Clinical Dietetics 1999
- Gerontological Society of America, Annual Meetings 1998-'03,'05-Present
- Journal of Applied Sport Psychology 1997

Thesis Defence Chair,

Graduate thesis (4), Acadia University, Wolfville, NS, Canada. 2002--Present

External Reader,

Doctoral Theses (2), University of Madras, TN, India. 2003--2004
Honours thesis, Acadia University, Wolfville, NS, Canada. 2000--Present

Committees served on the broader community/government/profession related to my field:

- Canadian Institutes of Health Research – 3 different grant adjudication committees as well as University Delegate for Acadia University (2004-present)
- American College of Sports Medicine, SHI Aging committee. 2005-2008.
- Working group member, Nova Scotia Immigration Strategy. 2004 (**invited to a reception by Lt governor of NS at Government House.**)
- Member, Provincial Intersectoral Falls Prevention Committee, Nova Scotia Office of Health Promotion, 2004-2006.
- Working group member, Nova Scotia Chronic Disease Prevention Strategy, 2003-2004 (**received commendation letter from NS-Health Minister**)
- Member, Leadership and Partnership Accreditation Committee, Annapolis Valley District Health Authority. 2003-present
- Equity Reference Group member, Healthy Balance Research Program (HBRP) is a five-year program of research on women's unpaid caregiving in Nova Scotia, funded by CIHR and co-sponsored by the Centre of Excellence and the Nova Scotia Advisory Council on the Status of Women. 2002-present
- Member of Scientific Review and Program Committee for the 6th World Congress on Aging and Physical Activity. 2003-'04
- Advisory Board Member, CIHR Rural Health Initiative project entitled "Fitness & Frailty in Rural Seniors" – McKnight et al. at Dalhousie University. (2002-2004)
- Chair, Eastern Kings Community Health Board (2002-present); member from 2001. As a Chair, I participated in the Council of CHB Chair.
- Board Member, Gerontological Association of Nova Scotia (2002-present)

- Nova Scotia Nutrition Council, Research committee (2000-'03, 2004-present)
- Nova Scotia Health Research Foundation – grant judication committee (2001-present)

Committees served on Acadia University, Wolfville, NS, Canada:

- Council member, Academy of the Environment, Acadia University (2004- present)
- Internationalization Committee, Acadia University (2004 – present)
- Research Ethics Board, Faculty of Pure and Applied Science Representative (2002-'05)
- Representative of the Faculty of Pure & Applied Sciences to the Faculty of Professional Studies (2000-'04)
- Judicating committee, Acadia Centre for Small Business and Entrepreneurship research comptition (2002, 2003)
- Nominating Committee to elect the 2002-'03 AUFA Executive (2001-'02)
- Honors Research Committee (2000-'02)
- Status of Women Committee (2001-'02)
- Task force on High Quality Learning (2000-'01)
- Task force on Health & Wellness (2000-'01)

Committees served on the School of Nutrition & Dietetics, Acadia University, Wolfville, NS:

- Member of Selection Committee, Integrated Dietetic Internship Program (2000-'03)
- Member of Seminar Committee (1999-'02)
- Member of Selection Committee for Tenure Track Positions (1999-2000, 2001-'02, 03-04, 04-05)