

## **STEPHANIE HEATH, MSc. EPIDEMIOLOGY**

902-405-3201

Stephanie@researchpowerinc.com

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### **SUMMARY OF SKILLS / ABILITIES**

- Quantitative and qualitative research methodologies
- Proposal development and writing
- Program evaluation
- Project management
- Project and program planning
- Conducting workshops and training seminars
- Personnel training and supervision
- Budget preparation and management
- Leadership with multidisciplinary staff
- Conference planning
- Excellent organizational, communication and writing skills
- Experienced in health promotion and population health
- Experienced with computer applications: CD-ROMs (Medline, CINAHL, Sociofile and others), statistical programs (NUD\*IST, EPI INFO, STATA)

### **EDUCATION**

- 1993-1998     **Masters of Science in Community Health and Epidemiology**  
Dalhousie University - Halifax, Nova Scotia
- 1990-1992     **Bachelor of Science in Health Education**  
Dalhousie University - Halifax, Nova Scotia
- 1981-1983     **Diploma in Nursing**  
Ryerson Polytechnical Institute - Toronto, Ontario

### **ACHIEVEMENTS**

- 2001            **Women's Recognition Award - YWCA of Halifax**
- 1992            **Women's Division Prize** – highest academic standing, Dalhousie University
- 1991 & 1992   **Dean's List** - Dalhousie University
- 1991            **Health Education Award** – highest GPA, Dalhousie University

## **PROFESSIONAL HISTORY**

- 2001-  
Present      **Principal**  
Research Power Incorporated – Dartmouth, Nova Scotia
- Develops evaluation frameworks, program logic models and supporting quantitative and qualitative data collection instruments.
  - Conducts both quantitative and qualitative research and evaluation.
  - Writes reports and proposals for various audiences.
  - Conducts literature reviews and environmental scans, and writes synthesis reports.
  - Develops needs assessments and surveys, analyzes data and writes summary reports.
  - Provides training workshops in evaluation, epidemiology, clinical research interpretation and research methods.
  - Conducts consultations, analyzes data and writes consultation summary reports.
- 1997 - 2001      **Research Coordinator and Co-Investigator**  
Heart Health Nova Scotia - Halifax, Nova Scotia
- Directed, managed and implemented the research activities of a community-based cardiovascular disease prevention program.
  - Developed data collection instruments including surveys, questionnaires and interview guides.
  - Conducted both quantitative and qualitative data collection and analysis (including focus groups, one-on-one interviewing, administration of questionnaires, story sharing, and reflective workshops).
  - Prepared funding proposals, scientific papers, research reports, and newsletter articles.
  - Recruited, trained and supervised staff, volunteers and students.
  - Coordinated and facilitated workshops, working groups, provincial and national conferences.
  - Coordinated and facilitated partnership work with government, non-profit agencies, schools, community organizations and the private sector.
  - Prepared and managed the research budget.
  - Preparation and presentation of scientific papers at provincial, national and international conferences.
- 1992 - 1997      **Project Officer**  
Heart Health Nova Scotia - Halifax, Nova Scotia
- Planned, developed, implemented and managed health promotion activities including a worksite initiative, community activation project and women-centred smoking cessation program.
  - Monitored and evaluated health promotion strategies.

- Coordinated and facilitated workshops, training events, and working groups.
- Developed health promotion and education resources.
- Developed and delivered training programs.

1989 - 1992 **Staff Nurse**  
Intensive Care and Emergency Medicine  
Dartmouth General Hospital and Victoria General Hospital - Nova Scotia

1987 - 1989 **Community Health Nurse**  
Medical Services Branch - Health Canada

1983 - 1987 **Staff Nurse**  
Medical Oncology and Surgical Intensive Care  
Toronto General Hospital - Toronto, Ontario

#### **PROFESSIONAL ASSOCIATIONS**

2004 - Present Canadian Evaluation Society, Member

#### **VOLUNTEER EXPERIENCE**

2006 – 2007 Heart and Stroke Foundation of N.S. – Health Promotion Committee, Member

2002 - 2005 Heart and Stroke Foundation of Canada – Appointed to the National Health Promotion Advisory Committee

1998 - 2004 Heart and Stroke Foundation of N.S. - Health Promotion Committee, Member

1997 – 2002 Heart and Stroke Foundation of N.S. – Women & Cardiovascular Health Group, Chair

1997 - 1999 Maritime Centre of Excellence for Women's Health - Research Group, Member

1993 – 1995 Health Promoters' Association of N.S. – Executive member

1992 Healthy Dartmouth Project – Working Group, Member

1986 – 1987 Toronto General Hospital – Continuing Education Committee, Member, Toronto Western Hospital – CPR Instructor

1984 – 1985 Toronto General Hospital, Diabetic Teaching Committee, Member

## PEER REVIEWED PUBLICATIONS

Ebbesen, L.S., **Heath, S.**, Naylor, P-J, Anderson, D. (2004). Issues in measuring health promotion capacity in Canada: a multi-province perspective, Health Promotion International, 19(1), 85-94.

Joffres, C., **Heath, S.**, Farquharson, J., Barkhouse, K., Hood, R., Latter, C., MacLean, D.R. (2004). Defining and operationalizing capacity for heart health promotion in Nova Scotia, Canada, Health Promotion International, 19(1), 39-49.

Joffres, C., **Heath, S.**, Farquharson, J., Barkhouse, K., Latter, C., MacLean, D.R. (2004). Facilitators and Challenges to Organizational Capacity Building in Heart Health Promotion, Qualitative Health Research, 14(1), 39-60.

MacLean, D.R., Farquharson, J., **Heath, S.**, Barkhouse, K., Latter, C., Joffres, C. (2003) Building Capacity for Heart Health Promotion: Results of a 5-year Experience in Nova Scotia, Canada, American Journal of Health Promotion, 17(3), 202-212.

**Heath, S.**, Farquharson, J., MacLean, D.R., Barkhouse, K., Latter, C., Joffres, C. (2001). Capacity Building for Health Promotion and Chronic Disease Prevention – Nova Scotia's Experience, IUHPE – Promotion & Education, Supplement 1, 17-22.

**Heath, S.**, Farquharson, J., MacLean, D., et al. (June 1997). Evaluation of a Women Centred Smoking Cessation Program. The Canadian Journal of Cardiology, 13 (suppl B):58B.

Farquharson, J., MacLean, D., **Heath, S.**, McDermott, N. (June 1997). Worksite Heart Health: Process and Results of a Pilot Program. The Canadian Journal of Cardiology, 13 (suppl B):78B.

Hood, R., Farquharson, J., **Heath, S.**, Cogdon, A., MacLean, D. (June 1997). Heart Health Dissemination and its Research in Nova Scotia. The Canadian Journal of Cardiology, 13 (suppl B):123b.

## OTHER PUBLICATIONS AND REPORTS

Capital Health, Addiction Prevention and Treatment Services (2005). Final Report: Tobacco Free Policy - Assessment of the Impacts of Capital Health's Smoke-Free Policy on Addiction Prevention and Treatment Service's Programs

Nova Scotia Office of Health Promotion (2005). Tobacco Control Strategy: Progress Report October 2001 – March 2004. Halifax, Nova Scotia.

Capital Health (2004). Tobacco Intervention Programming: Evaluation Findings at Three and Six Months Follow-up. Halifax, Nova Scotia.

Heath, S., Szpilfogel, C. (2002) Rural Development Institute, Brandon University and the Department of Community Health and Epidemiology, Dalhousie University. Defining 'Rural' and 'Rurality' for Health and Health Services Research, Halifax, Nova Scotia.

Heart Health Nova Scotia (2001). Final Report: Heart Health Nova Scotia Dissemination Phase. Halifax, Nova Scotia.

Heart Health Nova Scotia. (1999). Interim Report: Dissemination Research Phase, Halifax, Nova Scotia.

Heath, S. (1998). A Study to Describe Weight Preoccupation among Women. Master's Thesis, Department of Community Health and Epidemiology, Halifax, N.S., June 1998.

Heath, S., Dickinson, M., Cogdon, A., Hood, R., Farquharson, J., Salley, L., MacLean, D. (1998) Organizational Capacity for Heart Health Promotion: Heart Health Nova Scotia. In Susan J. Elliott (Editor), Qualitative Analysis in Process Evaluation for Heart Health Promotion. Proceedings of a Workshop, Montreal, Quebec, February 25-27, 1998.

Heart Health Nova Scotia (1998). A Report of Heart Health Activities in the Western Health Region of Nova Scotia. Halifax, Nova Scotia.

Heart Health Nova Scotia (1997). Report of Physician Practices and Behavioural Approaches to CVD Prevention: Nova Scotia's Western Health Region. Halifax, Nova Scotia.

Heart Health Nova Scotia - Working Group on Women-Centred Smoking Cessation (1996). Stop Smoking, A Program for women: Evaluation of a Women-Centred Smoking Cessation Program, Halifax, Nova Scotia.

Heart Health Nova Scotia (1995). Report of the Program Demonstration Phase: 1989-1995. National Health Research and Development Program, Health Canada.

Heart Health Nova Scotia (1994). The Working with Heart Worksite Program; Overview and Research Findings. Halifax, Nova Scotia