



USASK SIGNATURE AREAS

HEALTH AND WELLNESS



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Combining the arts, social sciences, biomedical sciences and medicine to make humans healthier

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To tackle health challenges locally and globally, we need to collaborate across different fields. The University of Saskatchewan's (USask) *Health and Wellness Signature Area of Research* is advancing existing relationships and emerging partnerships to foster impactful health research and outcomes. By undertaking directed social, fine arts, biomedical and medical research, implementing health-promoting initiatives and engaging our communities in these initiatives, the *Health and Wellness Signature Area of Research* utilizes a collaborative approach to remove barriers, increase access and impact meaningful change.

The *Health and Wellness Signature Area of Research* is comprised of multiple pillars and perspectives, each with unique vantage points to address human health challenges. At the nexus of health science, clinical medicine, social science, population demography and the arts, USask researchers are asking key questions, and embracing interdisciplinary answers to support all aspects of the health of individuals, communities and countries around the world.

Emerging work in *Health and Wellness Signature Area of Research* will embrace key Saskatchewan and USask infrastructure, such as the Saskatchewan Cancer Agency, Saskatchewan Health Authority, Saskatchewan Population Health and Evaluation Research Unit, Community-University Institute for Social Research, Rural and Remote Memory Clinic, Canadian Hub for Applied and Social Research, Saskatchewan Centre for Patient-Oriented Research, and Vaccine and Infectious Disease Organization.

Current projects within this Signature Area are leveraging partnerships with the Urban Public Health Network, Saskatoon Symphony Orchestra, Saskatoon Cancer Centre and Saskatchewan Health Authority.

Notable Areas of Focus:

- Supporting the health and wellness of Indigenous communities.
- Exploring the intersection of music, art and wellbeing.
- Promoting child and youth wellness in schools.
- Assessing and monitoring data and trends at the population level to inform interventions and policy.
- Understanding how environmental factors such as climate change are impacting human health around the world.
- Understanding how early life events and exposures can impact our health many years later.