Infographic Examples a): Translating research project findings

Do early life experiences influence obesity in adults?

Findings from a longitudinal study of 30,158 Canadian adults aged 46-90 years from the Canadian Longitudinal Study on Aging

66% of people reported one or more of the following adverse childhood experiences

- Parent divorce
- Physical abuse
- Sexual abuse
- Emotional abuse
- Parent death
- Intimate partner violence
- Neglect
- Family mental health problems

32% have obesity defined by body mass index
44% have obesity defined by waist circumference

The risk of obesity is 40% higher in people with 4+ adverse childhood experiences compared to 0

Childhood adversity → Childhood obesity → Adulthood obesity

Associations stronger in males than females

Infographic Examples b): Translating an evidence-based concept (science to practice)

In this house, we treat kids' pain

Assess & document pain
Use a validated pain scale (e.g., Faces Pain Scale Revised, 0-10 visual analogue rating scale) to assess your patient's pain, and then document it.

Treat pain early
Provide early analgesia to ensure your patient is comfortable, and reason their pain.

Use topical anesthetics (e.g., Lidocaine)
Big kids feel pain, too! Use topical anesthetics before bandaging, IV, and suctioning for all your patients, young and older!

Use distraction
Distract your patient by having them watch a video, play on an iPad, or by talking to them to help lessen their pain!

Source: DOHaD Canada  https://dohad.utoronto.ca

Source: Skip – Solutions for Kids in Pain  @kidsinpain  https://kidsinpain.ca/
How Can Parents Be Involved in Child Health Research?

**How can I be involved?**

As a parent, you might be asked to be a research partner. But this is only one way that you can be involved! Parents can also help researchers plan and carry out research projects. Parents can help researchers decide what topics are important to study, how to run the study, and what questions to ask participants.

**What are the benefits of partnering with researchers?**

Everyone benefits when parents with real life experience partner with researchers. Partnerships help make sure that research is relevant, meaningful, and addresses parents’ needs and concerns. Parents can also learn new skills (like writing or presenting at conferences) or use their existing skills in a new way to help other families who are on the same journey.

**But what if I don’t have any research training?**

Perfect! Parents bring something to the table that researchers don’t have: real life experience. Because of this, parents can advise researchers on things like what is important to families of children with medical conditions, and how to best engage parents to participate in research.

**What will I be asked to do as a research partner?**

It depends on the project and your own interests and skills. Be sure to discuss roles and expectations with the research team ahead of time. Some research projects offer stipends to cover parents’ expenses of partnering (such as travel and childcare) as well as to acknowledge your time.

**Where can I learn more?**

Talk to your child’s healthcare team about potential partnership opportunities. In Canada, there are also a number of research networks that involve patients and families through the Strategy for Patient-Oriented Research (SPOR): [http://www.cihr-irsc.gc.ca/e/45854.html](http://www.cihr-irsc.gc.ca/e/45854.html).

Source: Kids Brain Health Network
[https://kidsbrainhealth.ca/](https://kidsbrainhealth.ca/)

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Infographic Examples b): Translating an evidence-based concept (science to practice)

Source: Sleep Research Society (SRS)
@researchsleep [https://sleepresearchsociety.org](https://sleepresearchsociety.org)