

## Welcome from the Co-Editors-in-Chief and Managing Editor

We are so pleased to welcome readers to the third issue of the *Healthy Populations Journal* (HPJ). HPJ is a student-run, open-access, peer-reviewed journal housed at the Healthy Populations Institute (HPI) at Dalhousie University. Our focus is to highlight student-led population health and health equity research and support new authors in the academic publishing process. Following the publication of our inaugural issue in the Spring of 2021 and second issue in Fall of 2021, we continue to receive positive feedback from readers, reviewers, and researchers about the articles, commentaries, infographics, and artwork we have published. HPJ is so appreciative of the diverse, creative, and intersectional manuscripts submitted by graduate students and the constructive, quality feedback provided by our reviewers.

In this issue we are spotlighting student artwork from Laura Kennedy, a registered nurse and PhD in Health candidate at Dalhousie University. Laura's work and the art of cross-stitch is a form of refuge during the COVID-19 pandemic representing the past, present, and future visible in the vast sandy shores and coastal trails that make Nova Scotia home for her. This issue also features a short commentary on *Finding Leisure through Improvisation at Home* during Covid-19 (Tomas). Further, HPJ continues to publish infographics including an infographic about barriers and potential solutions to mental healthcare access for youth refugees and asylum seekers (Barbo) in this Spring issue.

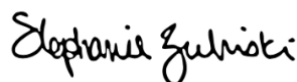
Articles in this issue cover timely, interesting, and important topics such as Mah's commentary and call to advocate for the health of ageing populations around the globe and an evaluation of training materials aimed at increasing confidence of medical students working with lesbian, bisexual, and transgender people diagnosed with cancer (Coulas & Gahagan). Original research featured in this issue present evidence on the connection between perfectionism and mental health in undergraduate students (Kaser et al.), how early childhood educators in Canada might mitigate impacts of Adverse Childhood Experiences (Smith & McIsaac), understanding support-seeking experiences of women in rural Nova Scotia who have been targeted by sexual violence (Heggie et al.), and the reality that gender-diverse people forego accessing healthcare to avoid experiences of discrimination (Middleton & Gahagan).

Several review protocols are in this issue, including a scoping review protocol focusing on conceptualizing and defining how to measure mental health literacy (Coughlan et al.), a scoping review protocol on how exercise programs can meet the needs of people diagnosed with non-curative forms of cancer (Langley et al.), a scoping review on exercise interventions to reduce cognitive impairment in cancer survivors (Jelicic et al.), and an umbrella review protocol on the impacts of exercise training interventions on blood vessel dilation in relation to blood flow (O'Brien et al.).

HPJ would not be possible without support from the Healthy Populations Institute and the guidance from the HPJ Editorial Board Members. We truly hope you enjoy reading volume 2, issue 1.



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