

## Welcome from the Editors

We are so pleased to welcome readers to the eighth 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. This issue is particularly exciting to us as it is the first being released following the implementation of our new board model. The update to our board model will assist with the advancement and longevity of the journal, and we are eager to see the progression of the HPJ.

This issue's cover artwork is from Emilee Fackelmann, a graduate student at Dalhousie University. Emilee uses knitting to represent how health-relating factors are intricately woven throughout our population, and how a weak stitch can cause everything to unravel. HPJ continues to publish arts-based contributions to the journal, including two infographics included in this issue about exercise training recommendations to improve endothelial health (Shivgulam & O'Brien) and prioritizing the needs of people who are experiencing homelessness to care for their diabetes (Tariq et al.).

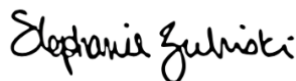
This issue also features a commentary on addressing the ongoing impacts of the Indian Residential School System and colonization in the Canadian healthcare system using the Biopsychosocial Framework (St. James & Paul). To encourage sharing knowledge about the research process and recognizing that not all knowledge fits a typical article format, we are excited to introduce a new section for authors to submit titled *Research Notes*. Key learnings about the 'how' to do research including collaboration and implementation of results that emerged from reflexive practices during the research process can find a home here. In this issue, Mauer-Vakil et al. detail their lessons learned conducting implementation science research during the COVID-19 pandemic.

Original research in this issue covers timely, interesting, and important topics such as Bryer et al.'s study on theoretical approaches to disrupting historical trauma among Two-Spirit and Indigenous LGBTQ+ Elders, and Kennedy et al.'s exploration of unhealthy advertising near schools, focusing specifically on bus shelter advertising. This issue also features several review studies, including a literature review on exercise for people with visual impairment (Gallant et al.), a scoping review protocol focusing on Implementation and evaluation of the Eat, Sleep, Console Model of Care for babies diagnosed with neonatal abstinence syndrome (Gallant et al.), and a scoping review protocol on exercise outcomes for people with visual impairment (Chang et al.).

As always, we would like to extend our sincere gratitude to the Healthy Populations Institute and the HPJ Editorial Board Members for their support and guidance. We truly hope you enjoy reading volume 3, issue 4.



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