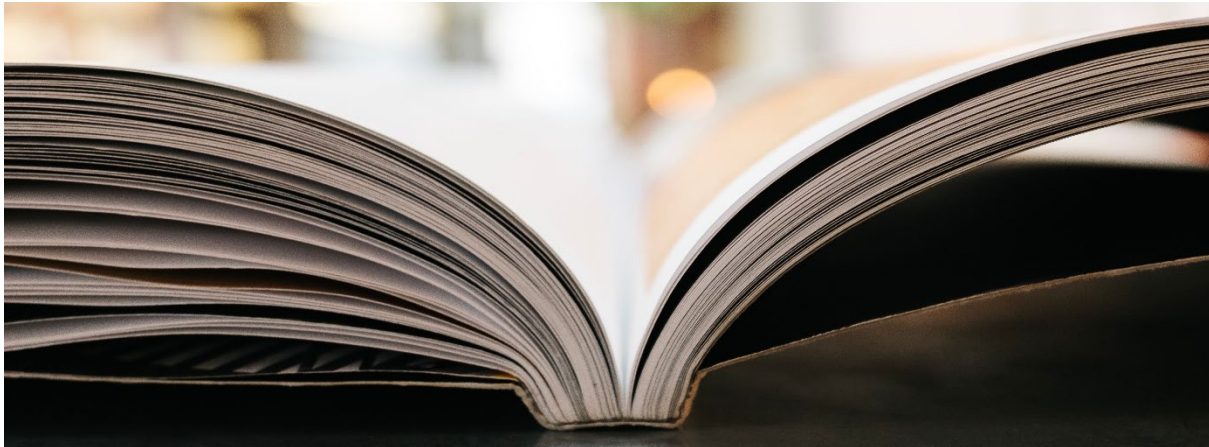


HUMAN DEVELOPMENT RESEARCH REVIEW



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HUMAN DEVELOPMENT RESEARCH REVIEW: AIMS AND SCOPE

HELP's Human Development Research Review (*HELP Reads*) aims to expand awareness of topics in human development, including social and emotional learning, social and environmental determinants of health, child care, and more. *HELP Reads* connects health academics, advocates, and professionals with online and publicly available research, news, and information. This review focuses on listing articles relevant to human development research activities at HELP. This review is not official or peer reviewed. It does not cover all research, news, and information, and HELP is not responsible for the accuracy of the content from media or databases. Not all links are open access; some are abstract links where paid journal subscription is required. HELP Reads is posted monthly [here](#).

EDITOR PICKS

Most B.C. youth aren't meeting Canada's movement guidelines, and it could be impacting their mental health.

Brett Goldhawk, UBC News; Dr. Eva Oberle (right) - [Link](#) to research paper.

"New research shows children are struggling to meet national recommendations for physical activity, sleep and screen time, but those who do report better mental health and well-being."



Promotive factors and mental well-being among transgender and gender-diverse adolescents: a population-based study in British Columbia.

Maram Alkawaja, Tonje M Molyneux, Martin Guhn, Anne Gadermann, Barry Forer, Anusha Kassam, Chiaki Konishi, Eva Oberle

"The findings emphasize the importance of creating school environments where transgender and gender-diverse adolescents experience support and belonging."



Educators report anxiety, slower developmental progress in students after full-time return to classrooms post-lockdowns.

Adam Ward; Dr. Magdalena Janus – [Link](#) to research

"Educators in Ontario reported significant concerns about their mental and the developmental progress of their young students after returning full time to classrooms during the COVID-19 pandemic, according to a new study from researchers at the Offord Centre for Child Studies."



Weaving traditions and knowledge: reflections from the 2025 BC Aboriginal Child Care Society Conference.

Dakota Anderberg, Indigenous Community Engagement Coordinator, Human Early Learning Partnership

"The year's theme was "We Are One: Braiding Our Knowledge" with the aim of "weaving diverse perspectives, knowledge systems, and traditions into a collective whole."



Now available: 2024-2025 CHEQ reports.

Human Early Learning Partnership

CHEQ data can be used in a number of ways to support children and families in schools, districts and neighbourhoods. The most recent CHEQ reports are now available.

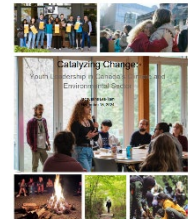


CHEQ

Catalyzing change. Youth leadership in Canada’s climate and environmental sector.

Lawson Foundation

“This report examines the Canadian climate and environmental context, the challenges and opportunities facing young leaders, and presents a framework for philanthropic...”



Strengthening the mental wellbeing of children and youth in BC: a discovery report.

Public Health Association of BC

“This report synthesizes four elements of a research and knowledge translation project aimed at strengthening the mental wellbeing of children and youth in BC.”



Welcoming a child.

Employment and Social Development Canada

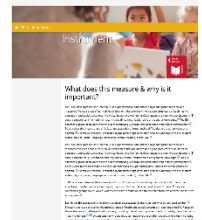
“Government of Canada launches its third life event online resource: The Welcoming a Child Hub is here to support Canadians starting or expanding their family... The hub offers a personalized checklist and highlights key benefits from the government...”



State of the Basin – Early Development Instrument.

What does this measure and why is it important? What are the trends and Current conditions?

“Based on the most recent EDI data (Wave 8 – 2019/20 to 2021/22 school years), most school districts in the Columbia Basin-Boundary Region have a lower percentage of vulnerable children than the provincial average of 32.9%.”



2024 Youth Research Slam. Violence prevention and safety promotion.

McCreary Centre Society, Youth Research Academy

School was the most common place that youth had been discriminated against, followed by social media/online. This finding was no surprise to us, given that youth spend a lot of their time at school and on social media. However, we had expected that even more youth would have been discriminated against online, due to the anonymity....



World Happiness Report 2025.

Wellbeing Research Centre, University of Oxford

The focus of this year’s issue is the impact of caring and sharing on people’s happiness.



HUMAN DEVELOPMENT RESEARCH REVIEW

HELP FACULTY and AFFILIATE (selected publications)

1. Alkawaja M, Molyneux TM, Guhn M, Gadermann A, Forer B, Kassam A, et al. Promotive Factors and Mental Well-Being Among Transgender and Gender-Diverse Adolescents: A Population-Based Study in British Columbia, Canada. *School Ment Health*. 2025. Available from: <https://doi.org/10.1007/s12310-025-09751-4>.
2. Dipnall JF, Lyons J, Lyons R, Ameratunga S, Brussoni M, Rivara FP, et al. Exploring interaction effects of social determinants of health with hospital admission type on academic performance: a data linkage study. *Arch Dis Child*. 2025;110(3):228-36. Available from: <https://adc.bmj.com/content/archdischild/110/3/228.full.pdf>.
3. Goodyear T, Jenkins E, Oliffe JL, Fast D, Kia H, Knight R. **2S/LGBTQ+ youth substance use and pathways to homelessness: A photovoice study**. *International Journal of Drug Policy*. 2024;133:104621. Available from: <https://www.sciencedirect.com/science/article/pii/S0955395924003050>.
4. Janus M, Brownell M, Reid-Westoby C, Pottruff M, Forer B, Guhn M, et al. Neighbourhood-level socioeconomic status and prevalence of teacher-reported health disorders among Canadian kindergarten children. *Frontiers in Public Health*. 2024;11. Available from: <https://www.frontiersin.org/journals/public-health/articles/10.3389/fpubh.2023.1295195>.
5. Oberle E, Fan S, Molyneux TM, Ji XR, Brussoni M. Adherence to 24-hour movement guidelines and associations with mental well-being: a population-based study with adolescents in Canada. *BMC Public Health*. 2025;25(1):749. Available from: <https://doi.org/10.1186/s12889-025-21857-7>.
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2. Judd A. **B.C.'s kids are not meeting Canada's movement guidelines or getting enough sleep: study**. Global News. 2025 Mar 11. Available from: <https://globalnews.ca/news/11076976/bc-kids-not-meeting-canadas-movement-guidelines-getting-enough-sleep-study/>.
3. UBC News Staff, UBC Faculty of Medicine Communications Staff. **Most B.C. youth aren't meeting Canada's movement guidelines, and it could be impacting their mental health**. University of BC. 2025 Mar 6. Available from: <https://earlylearning.ubc.ca/most-b-c-youth-arent-meeting-canadas-movement-guidelines-and-it-could-be-impacting-their-mental-health/>.

1. CHILD DEVELOPMENT

1.i. General, Cognition

1. Benoit SM. **Critical Reflection of Care and Compassion for Parent and Family Empowerment of Their Children's Learning.** In: Keith E, editor. *Decolonizing Inclusive Education: Centering Heartwork, Care, and Listening.* New York, NY: IGI Global; 2024. Available from: <https://www.igi-global.com/chapter/critical-reflection-of-care-and-compassion-for-parent-and-family-empowerment-of-their-childrens-learning/346927>.
2. Spadafora N, Reid-Westoby C, Janus M. **Educators' Perceptions of Their Own Mental Health and Young Children's Skills in the Second Year of the COVID-19 Pandemic in Ontario, Canada.** *Journal of Education.* 2025;0(0):00220574251320091. Available from: <https://journals.sagepub.com/doi/abs/10.1177/00220574251320091>.
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1. Early Childhood Development Association of PEI. **A Pyramid to Retention Supporting educators to enhance social and emotional competencies in infants and young children.** Charlottetown, PEI: Pyramid Model PEI; 2025. Available from:

2. Grossmann T. **The social self in the developing brain.** *Neurosci Biobehav Rev.* 2025;169:106023. Available from: <https://www.sciencedirect.com/science/article/pii/S0149763425000235>.

2. CHILD CARE, COMMUNITY ENGAGEMENT, PARTNERSHIPS

2.i. Connections, Hubs, Partnerships

1. Vanier Institute of the Family. **Family structure.** In **Families count.** Ottawa, ON: Vanier Institute of the Family; 2024. Available from: <https://vanierinstitute.ca/families-count-2024/family-structure>.
2. Vanier Institute of the Family. **Family work.** In **Families count.** Ottawa, ON: Vanier Institute of the Family; 2024 Nov. Available from: <https://institutvanier.ca/wp-content/uploads/2024/11/Families-count-2024-family-work.pdf>.
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2.ii. Initiatives, Interventions

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2.iii. Programs, Services, Other

1. Collet OA, Domond PM, Galéra C, Luu TM, Loose T, Vásquez-Echeverría A, et al. **School Readiness and Early Childhood Education and Care Services Among Dual Language Learners.** *JAMA Pediatrics.* 2025;179(1):73-82. Available from: <https://doi.org/10.1001/jamapediatrics.2024.4489>.
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3. EARLY ENVIRONMENTS

3.i. Biological Sensitivity to Context, Cortisol, Epigenetic

1. Christensen R, Miller SP, Goma NA. **Home-ics: how experiences of the home impact biology and child neurodevelopmental outcomes.** *Pediatr Res.* 2024;96(6):1475-83. Available from: <https://doi.org/10.1038/s41390-024-03609-2>.
2. Miller GE, Keenan-Devlin L, Freedman AA, Odom-Konja R, Ernst LM, Cole S, et al. **9 | Dysregulated Gene Expression in Placentas with Exposure to Persistent Maternal Socioeconomic Disadvantage.** Oral Concurrent Session 1 – Equity, Public Health, and Policy2025. p. e12004. Available from: <https://onlinelibrary.wiley.com/doi/abs/10.1002/pmf2.12004>.

3.ii. Adversity, Resilience

1. Campo-Tena L, Roman GD, Murray AL, Luong-Thanh BY, Marlow M, Anwer Y, et al. **Assessing Neighborhood Characteristics and Their Association with Prenatal Maternal Stress, Depressive Symptoms, and Well-Being in Eight Culturally Diverse Cities: A Cross-Sectional Study.** *Int J Environ Res Public Health.* 2025;22(3):456. Available from: <https://www.mdpi.com/1660-4601/22/3/456>.
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3.iii. Other

1. Carducci B, Dominguez G, Kidd E, Oh C, Jain R, Khan A, et al. **Promoting healthy school food environments and nutrition in Canada: a systematic review of interventions, policies, and programs.** *Nutr Rev.* 2024;83(2):e356-e91. Available from: <https://doi.org/10.1093/nutrit/nuae030>.
2. Richter L, Naicker S, Draper C. **The science of early childhood development.** Cape Town, South Africa: University of Capetown, Children’s Institute; 2024. Available from: https://ci.uct.ac.za/sites/default/files/media/documents/ci_uct_ac_za/533/science-of-ecd-child-gauge-2024.pdf.

4. ENVIRONMENTAL HEALTH

4.i. Climate Change, Infectious Disease

1. Annan H, Baran I, Litwin S. **Five I’s of Climate Change and Child Health: A Framework for Pediatric Planetary Health Education.** *Pediatrics.* 2024;154(6). Available from: <https://doi.org/10.1542/peds.2024-066064>.

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4.ii. Urban Design, Child Friendly Cities, Rural, Greenspace

1. Myung J, Choe M, Baek JS. **Enhancing child–nature interactions through design: An empirical study of the emotions, perspectives and experiences of nature among South Korea’s urban Generation Alpha children.** *People and Nature*. 2025. Available from: <https://besjournals.onlinelibrary.wiley.com/doi/abs/10.1002/pan3.70005>.
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1. Lemieux CJ, Lazarescu C, Reining CE, Groulx MW, Lem M, Astell-Burt T, et al. **Prescribing Nature for Human Health: An Examination of Public Interest, Barriers, and Enablers Related to Nature Prescription Programming in Canada.** *Wellbeing, Space and Society.* 2025;8:100251. Available from: <https://www.sciencedirect.com/science/article/pii/S266655812500017X>.
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5.i. Happiness, Wellbeing, Distress

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5.ii. Sleep, Screentime

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5.iii. Healthy Habits, Substance Use, Other

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6. PHYSICAL HEALTH, MOBILITY

6.i. Active Transportation

6.ii. Activities, Sports, Out of School Activities

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