

VITAM's vision of sustainable health democracy

Sustainable health is defined as healthy minds and bodies living in healthy environments on a healthy planet

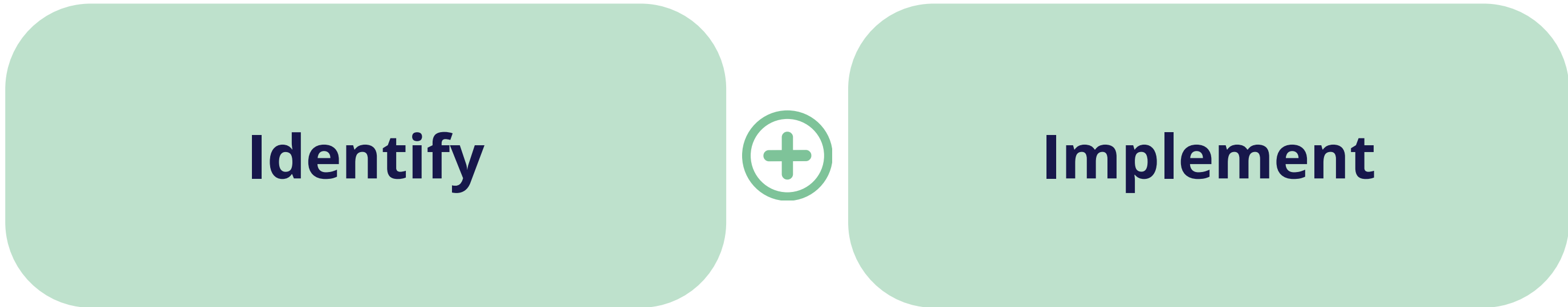


It's time for a paradigm shift in health care



How can we achieve this ?

➤ Primary health care research ➤



innovations that align with a sustainable health approach



Québec city, Canada

350+ researchers, graduate students, employees and citizen-partners

Disease prevention and treatment, health promotion, interprofessional collaboration, new health technologies, mental health, aging and seniors, social participation and inclusion, and more.

Research with and for the community

Citizens are at the **heart of VITAM's governance**.

30+ citizen-partners actively take part in committees, direction and research projects where their experiential knowledge is put forward.

VITAM is well aware of the important impact of **life conditions** and **social inequities** on health.

VITAM shares the first research chair in sustainable health **co-led by 2 citizen-partners** and will soon have its innovative citizen's table.

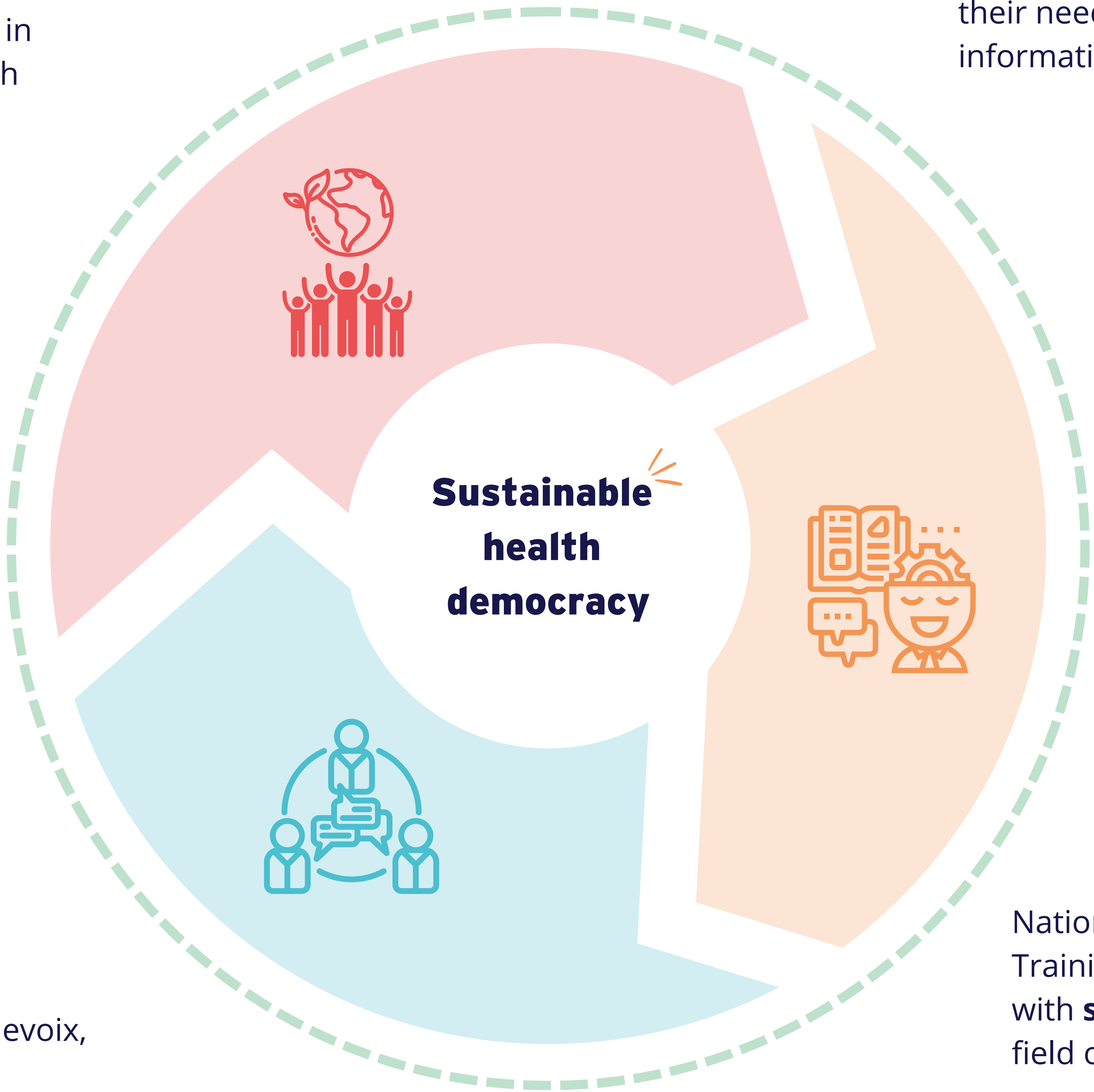
Intersectoral collaborations

VITAM can count on numerous partnerships, allowing **intersectoral research** on sustainable health:

- CIUSSS and clinical direction networks
- CIRD Saguenay
- Innovation incubators such as Living Lab Charlevoix, which navigates in a constant spirit of design thinking to improve the health of citizens in rural areas
- Chaudière-Appalaches' sustainable health forum

VITAM

VITAM's mission is to develop and share knowledge to help promote and improve sustainable health in communities through participatory, intersectoral, and socially responsible approaches.

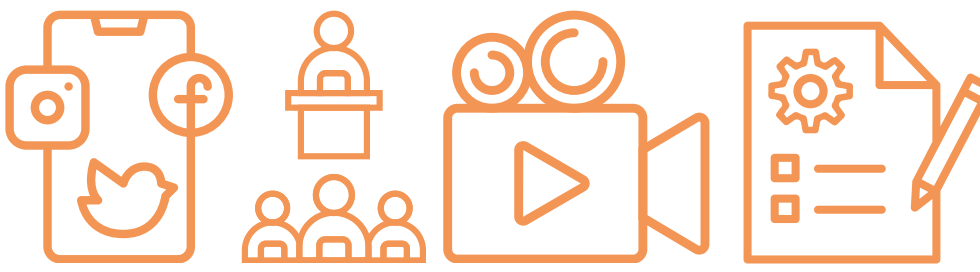


EDI

VITAM ensures constant efforts in promoting equity, diversity and inclusion in research.

Knowledge generation and mobilisation

VITAM has a strong focus on creating and adapting research results to its **various publics** to better address their needs, with the aim of mobilizing knowledge: from informative to decision-making support content.



VITAM's Dialogues seek to **democratize research** through the experiential knowledge of participants.

To this day, 28 grand public webinars generated discussion on various themes, including stigma in mental health, scientific communication and health care organization. These events welcomed

4400+ participants since 2020.

VITAM also has established relations with media and government stakeholders to help disseminate research results.

National initiatives like the SPOR National Training Entity provides community members with **skills, knowledge and training** in this field of research.



The **outreach** of VITAM is evergrowing !

To learn more about VITAM's research activities:



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