The Agri-food for Healthy Aging (A-HA) initiative is a collaborative research group composed of the Schlegel-UW Research Institute for Aging (RIA), University of Waterloo, University of Guelph, and MaRS Landing. A-HA’s core researchers hold expertise in applied nutrition & dietetics, nutritional sciences, food science, and human health. By exploring links between agriculture, food, nutrition and health, A-HA aims to realize opportunities for Ontario’s agri-food and health sectors to improve health and well-being of older adults.

With funding from the OMAFRA/UofG Partnership, A-HA is implementing a 3-year KTT project to share results, increase collaborative research & dissemination opportunities, build community connections, etc. Specific activities to communicate with health professionals in community-based and congregate settings, food industry, government, and academia include an annual newsletter, social media (e.g. Twitter) and a blog; hosting/attending dissemination events, and participation in the development of a Nutrition Community of Practice. Partners include the Dietitians of Canada, Guelph Food Technology Centre, Ontario Long Term Care Ass’n, Seniors Health Research Transfer Network, 11 Schlegel Villages & Royal Agricultural Winter Fair.

In order to realize the value of A-HA’s research and facilitate positive change, effective knowledge sharing is imperative. Without participation from all partners, this collaborative group and its valuable KTT activities would not exist.