



### What is MicroResearch?

Imagine a poultry farmer, a medical student, a community health nurse, a police officer, and a youth worker are introduced for the first time, and told to dream up a community health problem that they all feel interested in.

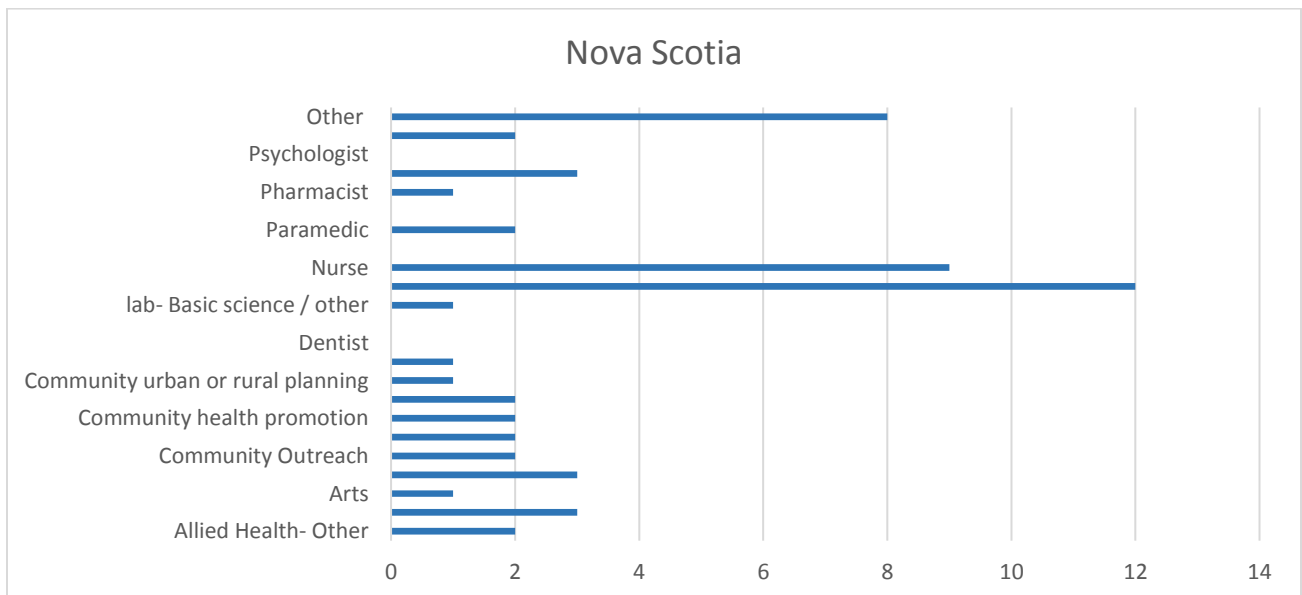
This is what happens with MicroResearch Nova Scotia— health problems are viewed, and tackled, by the *members of the communities who experience them every day.*

The creation of Drs Noni MacDonald and Bob Bortolussi, MicroResearch originated in Africa in 2008, and then started in Nova Scotia in 2016 to teach community members how to find solutions to local health problems. These solutions must fit the community, culture, context and local resources to improve health in Nova Scotian communities.

The MicroResearch program is rapidly growing and gaining an active following internationally.

### Who participates in a MicroResearch workshop?

MicroResearch Nova Scotia (as of 2018)



### **Why donate to MicroResearch Nova Scotia?**

Teams of community based researchers are finding local solutions to local health problems that fit the culture and the context. These teams are given a micro-grant of \$3000 CAD to carry out their local research. The grant might be spent on hiring a research assistant to conduct interviews, or providing small tokens to research participants to incentivize participation.

### **How do I donate?**

The Dalhousie Medical Research Foundation accepts donations on behalf of MicroResearch, and 100% of the donation will come back to MicroResearch. A tax receipt will be given for your donation. You can do this by

- Visiting <https://dmrf.ca/ways-to-give/> and choose “Donate Now.” Be sure to specify you would like your donation to go to MicroResearch Nova Scotia
- Phone DMRF at Telephone: 902-494-3502 Toll free: 1-888-866-6559 to donate over the phone
- Mail a cheque to Dalhousie Medical Research Foundation located at 5743 University Avenue, Suite 98, Halifax NS, B3H 4R2 and include instruction to have funds designated for MicroResearch Nova Scotia

### **What kind of work are MicroResearch teams doing?**

Together as a team, they decide on a community health problem, and over the two week period, develop a proposal to tackle as a community-based research project. Teams work with coaches, who are experienced in community health and research.

MicroResearch NS teams have examined issues ranging from needs of suicidal youth following hospital discharge in Halifax, to pop consumption in the Paqtnkek First Nations reserve, to what alcohol-addicted homeless men want to improve their lives.

### **Contact**

[MicroResearchNS@Dal.ca](mailto:MicroResearchNS@Dal.ca)

[www.microresearch-international.ca](http://www.microresearch-international.ca)