

Jennifer Abbass Dick, PhD

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Establishing evidence-informed resources and frameworks to help families transition and thrive as co-parents

Accessibility and knowledge translation of healthcare information ensures the best health outcomes and enables people to reach their full potential. This kind of empowerment motivates Jennifer Abbass Dick, PhD, Assistant Professor in the Faculty of Health Sciences, to lend her voice and expertise to issues that significantly impact family health. As a registered nurse and lactation consultant, she has worked extensively with young families in hospital and community settings throughout her career. Now, she's making it her mission to equip young families with the tools needed for a healthy and rewarding transition to parenthood.

Dr. Abbass Dick's research agenda focuses on the design and evaluation of interventions for new parents to increase health outcomes among infants such as breastfeeding. She strives to enable mothers and fathers/partners to work seamlessly as co-parents in meeting their family goals. In collaboration with Dr. Caroline Barakat-Haddad and Dr. Winnie Sun, she is also examining the link between personal and household products and environmental toxins in pregnancy and breastfeeding, with the aim of reducing infant exposure to toxins through pregnancy and breast milk.

She grew up with the belief that there's nothing more important than health in achieving human potential. This prompted her to pursue a Bachelor of Science in Nursing from Queen's University in Kingston, Ontario. In 2009, she earned her Master of Nursing specializing in Community Health, and in 2013 she received her Doctorate in Nursing, both from the Lawrence S. Bloomberg Faculty of Nursing at the University of Toronto.

She has continued the research from her dissertation: Evaluating the Effectiveness of a Co-parenting Breastfeeding Support Intervention on Exclusive Breastfeeding Rates at 12 Weeks Postpartum, and collaborated on the development of an innovative online breastfeeding resource for mothers and fathers/partners, as well as resources for Indigenous families. Her research has been published in peer-reviewed journals including, Pediatrics and Midwifery.

Dr. Abbass Dick received the 2016 Durham Region Health Department Friends of Health Award for her contributions in developing evidence-informed resources for families. She serves as an Advisory Committee member with the Registered Nurses' Association of Ontario Best Practice Guidelines for Breastfeeding, and the Best Start Resource Centre on Ontario Populations with Lower Breastfeeding Rates.

Childcare, Education/Learning, Health and Wellness, Research, Program Development, Training and Development, Women

Breastfeeding, Parenting, Co-Parenting

Registered Nurses' Association of Ontario, College of Nurses of Ontario, Durham Breastfeeding Coalition

Design and Evaluation of an eHealth Intervention: Breastfeeding Resources
Canadian Association of Perinatal and Women's Health Nurses 6th National Conference

Investigating the Effectiveness of a Breastfeeding Education Session Delivered in Secondary School Reproductive Curriculum on the Breastfeeding Intentions, Knowledge and Attitude...
Canadian Association of Perinatal and Women's Health Nurses 6th National Conference

Explore the Lived Experience of Clinical Teachers to Assess Their Perceptions of Strategies and Resources Utilized to Enhance Clinical Teaching
2016 Canadian Nursing Education Conference in Toronto

The Development and Evaluation of Weekly Online Learning Objects for Community Health Nursing: A Work in Progress
2016 Canadian Nursing Education Conference

Poster Presentation: Designing an Online Breastfeeding Resource For Indigenous Families
Indigenous Health Conference

The Design, Creation and Evaluation of Three Online Breastfeeding Courses for Targeted Populations: Fathers/Partners, Young Mothers and Indigenous Families
Ontario Public Health Conference

Designing ehealth Breastfeeding Resources for Targeted Populations (Couples, Young Mothers, and Indigenous Families)
Best Start Resource Centre Annual Conference

The Creation and Evaluation of an Online Co-parenting Breastfeeding Course
5th CAPWHN National Conference

Poster Presentation: Evaluating the Effectiveness of a Co-parenting Breastfeeding Support Intervention (COSI) on Exclusive Breastfeeding at 12 Weeks Postpartum
23rd Annual National Breastfeeding Conference

#1 Source of Support: Assisting Fathers in Supporting Breastfeeding Mothers
23rd Annual National Breastfeeding Conference

University of Toronto, Lawrence S. Bloomberg Faculty of Nursing
PhD Nursing

University of Toronto, Lawrence S. Bloomberg Faculty of Nursing
MN Community Health

Queen's University
BNSc Nursing

Durham Region Health Department, Friends of Health of Health Award

This award recognizes recipients for their support and co-operation in working collaboratively with Health Department program staff in the delivery of programs and/or services.

Advisory Committee Member, RNAO Best Practice Guidelines for Breastfeeding

In this role, Dr. Abbass Dick works to improve breastfeeding outcomes for mothers and infants, and to assist practitioners to apply the best available research evidence to clinical decisions, and to promote the responsible use of health care resources.

Certified Lactation Consultant, International Board of Lactation Consultant Examiners

Dr. Abbass Dick received her certification from one of the world's best lactation and breastfeeding organizations that upholds the highest standards of care.

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