

**For Immediate Release****Institute for Better Health Researcher Awarded Prestigious CIHR Mid-Career Prize in Research and Aging**

**MISSISSAUGA, ON (March 7, 2023)** – Trillium Health Partners' (THP) Institute for Better Health (IBH) is pleased to announce that Dr. Lisa McCarthy, Clinician Scientist at IBH has been awarded the Canadian Institutes of Health Research (CIHR) Mid-Career Prize in Research and Aging.

This Prize is awarded annually to the top two mid-career investigators with the highest ranking projects in the Fall Project Grant competition that are relevant to one of the Institute of Aging's Strategic Directions. The total amount of the prize is \$50,000.



Dr. McCarthy also received \$677,024 from the CIHR Fall 2022 Project Grant award for her project, "Deintensifying diabetes management for older adults living in long term care: A multi-method study".

The project focuses on how the wellbeing of long-term care (LTC) residents with diabetes can be improved by implementing an intervention that reduces the intensity of diabetes management.

In Ontario, more than half of LTC residents with diabetes are treated too strictly, putting them at risk for harms like low blood sugar and its consequences. Given this, there is a need to deintensify the care of LTC residents with diabetes by stopping or reducing diabetes medications and decreasing how often blood sugar is monitored, etc.

"I am proud to receive not only the CIHR Fall Project Grant, but also the Mid-Career Prize in Research and Aging," says Dr. McCarthy. "The work our team is doing to reduce the harm associated with unnecessary diabetes medications and monitoring, will hopefully improve the health and safety of LTC residents with diabetes in our community and beyond."

**About the Institute for Better Health**

As THP's research and innovation engine, the Institute for Better Health (IBH) is a core enabler of THP's mission of a new kind of health care for a healthier community through the application of scientific expertise, innovative thinking and partnerships. Focused on generating cutting-edge science and innovation in health service delivery and population health, IBH leads practical research and innovation that shapes how we engage, design, deliver, and sustain health care to solve problems stretching from the bedside to the system.

For more information, please visit: [instituteforbetterhealth.com](http://instituteforbetterhealth.com).

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