



Dr. Mathieu Bélanger

Recognizing a Health Researcher who is **Changing the Face of New Brunswick**

Dr. Mathieu Bélanger

Dr. Bélanger holds four full-time academic positions with research components – Adjunct Professor in Kinesiology at the Université de Moncton, Assistant Professor in Family Medicine at the Université de Sherbrooke, Epidemiologist at Vitalité Health Network and Director of Research at Centre de formation Médicale du Nouveau Brunswick.

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The primary focus of Dr. Bélanger's research program is the understanding of how behaviours develop and change over time, particularly with regard to participation in physical activity over the life course. Specific aspects of his research include identifying determinants of behavioural change and investigating the effects of behaviour change on health outcomes. The primary projects in this area are the **MATCH** project – Monitoring Activities of Teenagers to Comprehend their Habits, and the Healthy Start project. With his findings, Dr. Bélanger aims to identify more efficient clinical and public health practices. This is significant in health professionals, health service providers and policy makers when considering matters related to chronic disease prevention and management.



He obtained his Bachelor's and Master's degrees at Université de Moncton before moving on to do his Ph.D. in Epidemiology at McGill University and a Post-doctorate in Public Health at the University of Oxford. Dr. Bélanger also completed a three-year complementary transdisciplinary training program in public and population health research and has held various research and coordinator positions at Vitalité, Institut national de santé publique du Québec, Société Santé et Bien-être en français du Nouveau Brunswick and the Université de Moncton.

Beginning during his years as a student, Dr. Bélanger has already attracted over \$5.8M in research funding, including \$2M as a principal investigator. He is currently mentoring five graduate students, having previously supervised an additional twelve, including undergraduates and medical students. Dr. Bélanger has authored 23 scientific journal articles, 7 reports, 22 conference publications, and 55 conference presentations, 17 of which were as an invited speaker and 10 of which were international. His research results have been discussed in mass media from over 15 countries.

In addition to his extensive research and teaching activities, Dr. Mathieu Bélanger sits as a Board Member of the New Brunswick Health Research Foundation, is founder and co-organizer of the Vitalité Health Research Seminar Series, is a reviewer for 9 high-impact scientific journals, and volunteers for several other research-related community organizations. He also engages with government and the public in knowledge translation activities and he collaborates on two international research teams.



By recruiting talented researchers like Dr. Bélanger to New Brunswick, we are contributing to the global effort to promote a healthy lifestyle and provide effective health care services. We are also creating a robust research environment that will train our students to become the talented health researchers of tomorrow.

Please join us in saluting Dr. Mathieu Bélanger, whose work will have a positive impact on the health of New Brunswickers, through a better understanding of the effects of behavior change on health outcomes.

www.nbhrf.com/nb-health-researcher-month



Centre de Formation Médicale du Nouveau Brunswick

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