

Megan White

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EDUCATION

PhD (Health)

Dalhousie University

2024 - *ongoing*

Master of Arts (Interdisciplinary Studies)

Athabasca University

Cum Laude

2024

Bachelor of Science (Nursing)

Dalhousie University

Cum Laude

2013

CERTIFICATIONS & PROFESSIONAL TRAINING

Comprehensive Systematic Review Training Program — *JBI Centre for Excellence*

2025

Eating Disorder Sensitive: Education for Primary Care Providers — *Body Brave*

2025

LISCENSURE

Registered Nurse

Nova Scotia College of Nurses

Registration number: 35395

GRANTS & AWARDS

Open Educational Resources Grant - \$6,947.10

2025

Dalhousie University Centre for Learning and Teaching and Libraries

Awarded through Dalhousie University's Centre for Learning and Teaching and Libraries, this grant supports the adaptation or creation of open educational resources that enhance student learning, reduce financial barriers, and align with strategic priorities such as diversity, inclusion, and active learning.

Nursing Research Fund - \$5000

2025

Dalhousie University School of Nursing

are awarded for the development of an innovative idea into a feasible research proposal specific to nursing practice, management and/or education. The work must be innovative in nature and is awarded based on scientific merit, relevance to nursing, and the professional preparation of the applicant and the team.

Science Atlantic Graduate Student Research Award - \$500

2024

Science Atlantic

These awards are presented to graduate students who have demonstrated outstanding research and presentation skills. The research must significantly advance the discipline of food science or nutrition. The contribution may be applied or fundamental in nature and must advance science or improve human condition. The awards consist of a cash prize and a letter of commendation.

TEACHING EXPERIENCE

Instructor

2025-Present

NURS 3710 – Nursing & Episodic Illness: Preventative Care & Interventions

NURS 3730 – Nursing in the Context of Persistent Illness: Prevention & Recovery

Dalhousie School of Nursing

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2S/LGBTQ+ Patients & Physicians in Nova Scotia

Welcome Collaborative

2025

College of Physicians & Surgeons Nova Scotia

Present lectures to incoming internationally educated physicians on their responsibilities to 2S/LGBTQ+ patients in Canada. Topics include legal matters, health disparities among 2S/LGBTQ+ Canadians, ensuring confidentiality of patient information, ethical obligations in patient care, and cultural humility and sensitivity.

Harm Reduction & Naloxone for Registered Counsellors

Health Services

2023-2024

Mount Saint Vincent University

Developed educational modules with both lecture and practical components. Based on the BOPPPS model, these sessions were developed for registered counsellors to more effectively work with students in with a harm reduction and trauma-informed lens. Topics include substance use, social determinants of health, working with students experiencing substance use disorders, the physiological and social impacts of substance use disorders, the pharmacology and administration of naloxone in poisoning situations.

Harm Reduction & Naloxone for Student Leaders

Health Services

2023-2025

Mount Saint Vincent University

Developed educational modules with both lecture and practical components. Based on the BOPPPS model, these sessions were developed specifically for student leaders to learn about harm reduction practice and philosophy, the social determinants of health, substance use disorders, and how to safely respond to a poisoning situation including naloxone administration.

Marker, Teaching Assistant

HPRO4412 – Human Sexuality

2025

Dalhousie University

- Working with the responding to student questions and concerns.
- Grading essays, tests, and other assignments.

Marker, Teaching Assistant

HLTH3010 – Introduction to Health Research

2023-2024

Dalhousie School of Health & Human Performance

- Moderating student discussion forums.
- Working closely with students to write a research proposal.
- Holding office hours regularly to coach students in their writing processes.
- Answering and responding to student questions and concerns.
- Marking student assignments.

Marker, Teaching Assistant

NURS2730 – Foundation of Nursing Practice

2023

Dalhousie School of Nursing

- Working with the responding to student questions and concerns.
- Grading essays about nursing and its current and historical development and responsibilities regarding equity, structural competence, social justice, codes of ethics, and standards of practice.

RESEARCH EXPERIENCE

Comprehensive Systematic Review Training Program

JBI Centre for Excellence

Completed 2025

Research Coordinator

Dr. Jennifer Lane - Health Equity Research Lab

2024 – Present

Dalhousie School of Nursing

Conducting literature reviews, preparing abstracts, recruiting and interviewing study participants, coding data, text analysis, writing and disseminating research papers, participating in peer-review and publication processes,

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knowledge transfer with visual components and lecture formats for students, conferences, stakeholders, and public audiences.

Research Coordinator

Dr. Phillip Joy – Department of Applied Human Nutrition

2020 – Present

Mount Saint Vincent University

Responsibilities include study design, REB applications, participant recruitment, management of participant data, thematic and Foucauldian discourse analysis, manuscript preparation and submission, knowledge transfer within both academic and community settings, brokering of relationships with community partner organizations

Researcher

2022 – 2024

Feed Nova Scotia

Work with community stakeholders and Feed Nova Scotia staff in partnership with Mount Saint Vincent University to conduct community-based research to support policy advocacy efforts and the creation of structurally competent food support resources for 2S/LGBTQ+ Nova Scotians experiencing food insecurity.

Researcher, Panel Expert

2020 – 2023

Eating Disorders Nova Scotia

Worked with community stakeholders and EDNS staff to help conduct research to implement policy changes, treatments, supports, and outreach initiatives. Also served as panel speaker and session/panel moderator.

Graduate Student Participant, Investigators Programme

2020 – 2023

Sexual Health & Gender (SHaG) Lab

Dalhousie University

Participated in research training on mental health concerns among sexual and gender minorities in Canada using data from the Sex Now Survey. Approaches included arts-based knowledge translation, qualitative and quantitative methods, social justice focused methods of inquiry.

PUBLICATIONS

Lane J, **White M**, Forbes N, Alizadeh N, Wong H, McCulloch H, Drake E, Prince SMKZ, Beresford T, Lane K, Pennell C, Wozney L. Integrating Equity, Diversity, and Inclusion Principles into Qualitative Research Design. *Qualitative Health Research*, 10497323251376238. <https://doi.org/10.1177/10497323251376238>

White, M. (2025). Anxious, Stressed, & True Crime Obsessed: A Constructivist Grounded Theory Exploration of Reddit Users' Constructions of Women's Engagement with True Crime Genre Content. *Journal of Integrated Studies*, 16(1).

Lane, J., Barber, B., Pennell, C., Lane, K., **White, M.**, Doucette, N. (2025). There's No App for That! Perspectives on Engaging Diverse Communities to Promote Equitable Care. *Digital Health*.
<https://doi.org/10.1177/20552076251348095>

Joy, P., **White, M.**, Seward, A., Fewer, S., Gao, M., & Kelleher, S. (2025). "You Definitely Choose Struggling Over Humiliation": Experiences of Food Insecurity in Nova Scotia, Canada for LGBTQ+ Individuals." *Canadian Journal of Public Health*.

Lane, J., Alizadeh, N., Cassidy, C., Forbes, N., McCulloch, H., Jarvis, K., Wong, H., Pennell, C., Wozney, L., Lane, K., Barber, B., Lackie, K., Oladimeji, B., Prince, S. M. K. Z., Burchell, D., Doucette, N., O'Brien, C., LeRoy, W., MacEachern, K., Nkrumah, E., Edward, J., Mojbafan, A., **White, M.**, Beresford, T., Curran, J., Wang, J., & Macdonald, M. (2025). Advancing health equity in Nova Scotia by exploring gaps in healthcare delivery: A mixed methods protocol. *Research in Health Services & Regions*, 4(1), 1–14.
<https://doi.org/10.1007/s43999-025-00062-4>

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Joy, P., **White, M.**, Fewer, S., Gao, M., & Kelleher, S. (2025). Queer food futures: Recommendations for inclusive support systems for LGBTQ+ communities affected by food insecurity. *Food, Culture & Society*, 1–18. <https://doi.org/10.1080/15528014.2025.2459995>

Hou, S., **White, M.**, Ng, E., Kelleher, S., Gao, M., & Joy, P. (2024). Intersectional Analysis of Food Insecurity for 2S/LGBTQIA+ Communities in Canada and Implications for Dietetic Practice. *Journal of Critical Dietetics*, 7(2), Article 2. <https://doi.org/10.32920/jcd.v7i2.2018>

Joy, P., **White, M.**, & Aston, M. (2024). Artful Compassion: Exploring Experiences of Compassion in Eating Disorder Care for 2S/LGBTQ+ Individuals with Graphic Art. *Journal of Critical Dietetics*, 7(2), Article 2. <https://doi.org/10.32920/jcd.v7i2.1983>

White, M., Ferlatte, O., Joy, P., & Mann, L. (2024). Exploring Food Security and Mental Health Among Street-Involved Canadian 2S/LGBTQI+ Youth: A Review of the Literature. *Canadian Journal of Dietetic Practice and Research*, 85(4), 418–423. <https://doi.org/10.3148/cjdp-2024-011>

White, M., Thomas, A., Aston, M., & Joy, P. (2024). “It’s beautiful and it’s messy and it’s tragic”: Exploring the role of compassion in the eating disorder recovery processes of 2S/LGBTQ + Canadians. *Journal of Eating Disorders*, 12(1), 23. <https://doi.org/10.1186/s40337-024-00981-6>

White, M., Jones, S., & Joy, P. (2023). Safe, Seen, and Supported: Navigating Eating Disorders Recovery in the 2SLGBTQ+ Communities. *Canadian Journal of Dietetic Practice and Research*, 84(2), 84–92. <https://doi.org/10.3148/cjdp-2022-033>

Joy, P., **White, M.**, & Jones, S. (2022). Exploring the influence of gender dysphoria in eating disorders among gender diverse individuals. *Nutrition & Dietetics*, 79(3), 390–399. <https://doi.org/10.1111/1747-0080.12727>

White, M. (2020). “An Act of Hope”: Women’s Resilience Through Literacy in Margaret Atwood’s The Testaments. *Journal of Integrated Studies*, 12(1), 16–16. <https://jis.athabascau.ca/index.php/jis/article/view/346>

FORTHCOMING PUBLICATIONS

MANUSCRIPTS IN PROGRESS

White, M., Lane, J., Aston, M. (2025) Disaggregating Disparity: A Scoping Review Protocol on Eating Disorders Among Bisexual Women. [Manuscript submitted for publication]. Dalhousie University.

Lane, J., **White, M.**, Burchell, D., McCulloch, H., Zafor Prince, S.M.K., Pennell, C., Carter-Rogers, K., Wong, H., Beresford, T., Alizadeh Takhtehchoobi, N., Lane, K., Wozney, L. (2025). *Strategic Aggregation*. [Manuscript submitted for publication]. Dalhousie University.

Lane, J. & **White, M.** (2025) Involving Indigenous Peoples in General Population Research.

CONFERENCE PRESENTATIONS & PANELS

- **Trinity Health & Education International Research Conference**
Dublin, Ireland
Presentations: “Disaggregating Disparity: Bisexual Women as Strategic Case for Equitable Eating Disorders

March, 2026

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Research and Treatment” and “ADDING HEAT: Advancing Health Equity in Nova Scotia by Identifying and Exploring Gaps in Healthcare Delivery”

- **NURS 3710** September, 2025
Dalhousie University School of Nursing, Halifax, Nova Scotia
Invited guest lecture – “Critical Perspectives on Eating Disorders”
- **HLTH 2201** March 2025
Dalhousie University, Halifax, Nova Scotia
Invited guest lecture – “Indigenous Perspectives on Healthcare & the Academy”
- **GLMA Conference on LGBTQ+ Health** Sept 2023
Washington D.C., USA
Poster – “Transformative Compassion: 2S/LGBTQ+ Experiences of Compassion in Eating Disorder Care”
- **Science Atlantic Nutrition & Food Conference** April 2023
University of Prince Edward Island
Paper – “Transformative Compassion”
- **AMI Advocacy, Action, & Social Justice Conference** March 2023
Mount Saint Vincent University
Paper – “Exploring the Influence of Gender Dysphoria in Eating Disorders Among Gender Diverse Individuals”
Panel discussion - “Feminist Bodies: Representations & Inequality”

INVITED & GUEST LECTURES, MEDIA CONTRIBUTIONS

- **Waterloo-Wellington Eating Disorders Coalition Biannual Conference** October 2025
University of Toronto
Invited lecture: “Diverse Perspectives in Eating Disorder Care”
- **2SLGBTQ+ people face barriers when accessing food services in NS: study** February 2025
Pride and Progress Segment, CBC
Televised and print interview regarding research on food insecurity and food support resources in Halifax, Nova Scotia ([2SLGBTQ+ people face barriers when accessing food services in N.S.: study | CBC News](#)).
- **Stay Connected Mental Health Project** January 2025
Mount Saint Vincent University
Invited lecture: “Disordered Eating & Body Image for Student Peer Supporters”
- **MSVUSU Community Based Research Seminar Series** December 2024
Mount Saint Vincent University
Invited lecture: “Fundamentals of Qualitative Research”
- **North American Mobility Project** 2012
University of Minnesota School of Nursing
Invited lecture: “Healthcare Structures Across the Americas”

PROFESSIONAL EXPERIENCE**Director, Health & Wellbeing****2023-2025***Mount Saint Vincent University*

Reporting to the Associate-Vice President, Student Experience, ensure that health and wellbeing needs of an increasingly diverse student body are met compassionately and competently. Oversee health services and work collaboratively with staff, students, physicians, and patients to provide person-centred care. Additionally, support of an active family practice clinic on campus. Support students in crisis during and after office hours. Provide direct nursing care to students including vaccination, STI testing, nutrition counselling, wound care, ear syringing, mental health support, referrals, and risk and crisis management. Manage student peer-support workers and student sexual violence prevention educator. Liaise regularly with MSI, manage department budgets, billings, and administrative activities, ensuring regulatory requirements are tracked and reported as required. Work closely with counselling, residence life, and the Students' Union.

Unit Manager**2019-2022***Shannex Metro*

Managed 19-bed medical young adult and 58-bed all ages long-term care units. Responsibilities included acting as facility clinical wound care lead; managing staffing and human resources concerns; providing clinical guidance to staff; appropriate resolving of escalated family, resident, and staff concerns; managing unit budgets; liaising with medical supplies companies; performance appraisals and management; and RN interviews. Additionally, worked closely with the provincial department of health and wellness to meet community placement needs appropriately and within organizational capacity in a timely manner.

Clinical Nurse Educator**2019-2022***Shannex Metro*

Served as clinical educator for all facility staff including RNs, RDs, PTs, OTs, LPNs, CCAs and nonclinical staff. Designed and implemented curricula, educational modules, and one-on-one instruction of clinical staff based on needs assessments and evaluations devised, conducted, and revised regularly. Monitored and ensured facility and nursing compliance with provincial licensing standards; provision and completion of modules on CPR, IPAC compliance; and professional association licensing requirements. Educational topics covered include but are not limited to body mechanics; physical and cognitive assessment; nursing diagnoses; crisis intervention; workplace violence prevention; conflict resolution; risk assessment; pressure injury prevention, assessment, treatment selection and monitoring, documentation; jurisprudence; time management and prioritizing skills; interpersonal and therapeutic communication skills. Additionally, liaising with, orienting, and mentoring nursing students from LPN and BScN programs regularly.

Occupational Health**2019***Nova Scotia Health Authority*

Responsibilities included set up and tear down of mobile clinics; client assessment for treatment and/or vaccine eligibility; administering treatments; client monitoring for adverse effects; documentation of treatment, follow-up, and adverse events management; education regarding vaccinations and their schedules; follow-up with patients experiencing adverse effects in the community; liaising with provincial public health authorities; maintaining cold-chain procedures and ensuring safe handling of vaccines.

Staff Nurse, Unit Charge Nurse/Supervisor, NSHA/VMB Geriatric Assessment, Family Medicine, Progressive Care**2013-2018***Nova Scotia Health Authority*

Responsibilities included interdisciplinary team care planning, staffing management, managing medication reviews, ongoing physical and cognitive status assessment, maintaining data sets for Department of Veterans Affairs, caring for those with mild to severe dementia and/or cognitive impairment and/or major psychiatric diagnoses, basic to advanced

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foot care, counselling families, and providing comprehensive and holistic palliation. Active member of the Geriatric Professional Practice Council.

COMMUNITY SERVICE AND VOLUNTEER

Journal of Critical Dietetics, Toronto Metropolitan University

2025

Peer Reviewer

Discover Public Health, Springer Nature

2025

Peer Reviewer

Healthy Populations Journal, Healthy Populations Institute

2023-present

Section Editor, Board Member

Dalhousie University Faculty of Health

Provide feedback and recommendations to publish, review, or reject submissions dependent upon the quality of manuscript and appropriateness for the journal. Help to organize, edit, and publish issues on social determinants of health and resulting outcomes on systemic and structural levels, including special issues on the health of Black and Indigenous communities.

Journal of Integrated Studies, Athabasca University

2021-present

Peer Reviewer

Provide feedback and recommendations to publish, review, or reject various submissions dependent upon the quality of the manuscript, appropriateness and fit of submissions for the journal, and accuracy of information presented.