

## Prioritize Well-Being, Not Weight, In Workplace and Community Programming

Thinking about how to support health for your employees and/or community program participants in the new year? Weight-focused programs, a common start to the new year, may cause harm (e.g., increase disordered eating behaviour, promote weight cycling, and feelings of depression or anxiety). Also, intentional weight loss efforts are not sustainable. A better approach prioritizes well-being, which focuses on the whole person, supports emotional, financial, physical, and social parameters, and recognizes these components influence one another.

If your goal is to support health and wellness, consider these ideas to build inclusive and supportive programming:

- Since [health](#) is a complex concept that is impacted by more than individual choice (e.g., experiences of discrimination, access to services, income, etc.), work to remove barriers to participation.
- Allow individuals to determine which health actions are meaningful to them. For example:
  - learning a new skill like how to use less familiar ingredients in meal preparation,
  - participating in a group activity like bowling, or
  - scheduling breaks to ease stress.
- Allow people to opt out of wellness initiatives.
- Ensure your facilities, services, equipment, branded wearable material, promotional materials, and policies [create inclusive and comfortable settings](#). For example:
  - your space ([seating](#), bathrooms, etc.) accommodates people of all sizes and abilities,
  - no [stigmatizing language](#) like “ob\*sity” or “ov\*weight” is used, and
  - no moralizing language like “guilt-free” or “good” to describe behaviours is used.
- Measure program success by participation rather than specific outcomes. If outcomes need to be measured, focus on what was gained, rather than lost. For example, participants may gain new skills to deal with stress, a new hobby, or strengthened support network.



Source: pexels.com (photo 12086687)

Check out these links for more information:

- [A Healthier You: Shifting the Focus from Weight to Health](#)
- [International No-Diet Day: Say goodbye to diet](#)
- [\(Physically\) distance yourself from diet culture](#)

## Share Your Opinion

### Consultation on Building a Pan-Canadian School Food Policy

**Deadline: December 16, 2022**

The Government of Canada is seeking input on creating a policy to expand school food programs in Canada. This will help improve children's access to nutritious foods at school. They want to hear your experiences and views on current and future school food programs. Please consider completing or sharing this short [survey](#).

## Resources (toolkits, reports, websites)

### BC Alliance for Healthy Living Webinar Library

BC Alliance for Healthy Living (BCAHL) hosts several webinars a year with a primary focus on healthy living. You can find BCAHL's previous webinars recorded and saved on the [YouTube channel](#).

### Creating Healthy Public Policy Webinar Recording – Navigating the Public Policy Pathway

The Local Government Leaders Speaker Series on Creating Healthy Public Policy is supported by PlanH, a collaboration between BC Healthy Communities Society and the BC Ministry of Health. This [webinar recording](#) provides insights and tools to those who are creating or influencing public policies within their community. Additionally, the webinar provides examples of indicators that can be used to measure the effectiveness of policy changes.

### First Nations Health Authority (FNHA) Territory Acknowledgement Guide

Territory acknowledgements are now familiar to many, but how to craft and deliver one on your own may be tricky. This recently released [guide](#) shares insights on the importance of these acknowledgements. It also provides tips on what is appropriate for different contexts.

### GenMove Season 1: A global campaign to help get children and youth moving

The World Health Organization created [GenMove Season 1](#), a digital app designed to make physical activity fun for children 8 to 15 years. The games promote fun and enjoyment, inclusivity, and physical literacy, with progressive challenges using cutting-edge technology.

## Investigation of Supportive Policies for Active School Travel

Green Communities Canada (GCC) partnered with the Human Environments Analysis Laboratory (HEAL) at Western University to develop evidence-based policy recommendations for schools, school boards, and municipalities. The full report includes 57 recommendations across 5 key themes: planning, infrastructure, school site, student transportation, and school travel planning. Read the [full report](#) or the [highlights](#) from Green Communities Canada.

## Radon Action Guide for Municipalities

Radon is a naturally occurring radioactive gas that emanates from the ground and can enter and accumulate in buildings. The [Radon Action Guide](#) describes how municipalities can become leaders in advancing radon action through policy development, education and awareness, creating databases and maps, supporting community testing, and enforcing radon provisions in Building Codes.

## The Safer Bathroom Toolkit

The University of Victoria's Canadian Institute for Substance Use Research has released the [Safer Bathroom Toolkit](#), which includes resources aimed at helping organizations and businesses make bathrooms safer for people who use substances.

## Events & Learning Opportunities

### Webinar: The Cost of Inaction on Physical Activity

**Date: December 5, 2022**

The World Health Organization is hosting a free [webinar](#) to explore in more detail the direct health care costs of the slow progress on improving levels of physical activity and what needs to be done to change this.

### Northern Indigenous Food Ways: Learning Circle Series for K-12 Educators

**Dates: December 7, 2022 to  
March 8, 2023**

Farm to School BC is hosting a free [webinar series](#) for educators interested in applying Indigenous food ways and teachings to their food literacy curriculums and projects. The first session on Dec 7 will be

**FARM to SCHOOL BC**

**A Learning Circle Series for K-12 EducATORS**

**NORTHERN INDIGENOUS FOOD WAYS**

This series is presented to support Northern Educators, but is open to all who would like to learn, connect and witness Indigenous food ways specifically in the Northern context.

For more information contact  
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**Dec 7th, 2022**  
Virginia Morgan

**Jan 11th, 2023**  
Tea Creek Farm

**Feb 15th, 2023**  
Dr. Daniel Sims

**Mar 8th, 2023**  
Speaker TBA

Public Health Association of BC

Farm to School BC is a program administered by the Public Health Association of BC and is supported by the Province of British Columbia

hosted by Virginia Morgan, Gitksan Culture teacher, who will be sharing experiences teaching Indigenous food and language in the classroom.

## Funding Opportunities

### **Connecting Communities BC**

**Deadline: December 15, 2022**

The [Connecting Communities BC](#) program supports expanding high-speed internet services to under-served rural, remote and Indigenous communities.

### **Healthy Canadians and Communities Fund**

**Deadline: December 21, 2022**

The [Healthy Canadians and Communities Fund](#) (HCCF) supports healthy living among Canadians who face health inequalities and are at greater risk of developing chronic diseases. It does this by funding interventions that address behavioural risk factors (i.e., commercial tobacco use, unhealthy eating, and physical inactivity) for chronic disease and aims to create physical and social environments that are known to support better health among Canadians.

### **FireSmart Community Funding & Supports**

**Deadline: December 31, 2022**

The [FireSmart Community Funding & Supports program](#) provides funding to local governments and First Nations in BC to increase community resiliency by undertaking community based FireSmart planning and activities that reduce the community's risk from wildfire.

### **Vision Zero in Road Safety Grant**

**Deadline: January 16, 2023**

The British Columbia Vision Zero in Road Safety Grant Program offers funding to local governments, Indigenous community governments, and non-government organizations to support road safety projects. The goal of the program is to prevent injuries for vulnerable road users such as people who walk, cycle or wheel in our communities. Indigenous community governments are invited to submit applications for the road safety projects that best suit their needs. Grant projects are funded between \$5,000 and \$20,000 depending on the project. Visit [Vision Zero BC](#) to apply.

### **Infrastructure Planning Grant Program**

**Deadline: January 18, 2023**

[Infrastructure Planning Grants](#) are provided for projects to study the feasibility, costs,

technology, and location of proposed sewer, water, drainage, transportation, or other local government infrastructure. The grants can be used for community energy planning or energy related feasibility studies.

### **ChildCare BC New Spaces Fund**

**Deadline: January 2023**

The [ChildCareBC New Spaces Fund](#) provides funding to create new licensed childcare, helping families access, affordable, quality, and inclusive childcare as a core service they can depend on, while strengthening communities throughout British Columbia.

### **Access to Action: Increasing access to physical activity for Canadian students**

**Deadline: February 28, 2023**

[Access to Action Grant Program](#) supports schools and equity-deserving children and youth in delivering and accessing high quality sport and physical activity programming before, during, and after school. Schools, school divisions, and community sport organizations working with schools supporting equity deserving populations are eligible to apply for grants of up to \$20,000 for projects taking place in the 2022-23 school year.

### **Northern Healthy Communities Fund**

**Deadline: Ongoing**

Eligible local governments, First Nations and non-profit organizations that provide supports and services to people in expanding communities near the Coastal Gaslink and LNG Canada projects can apply for project funding through the [Northern Healthy Communities Fund](#).

### **First Nation Adapt Program**

**Deadline: Ongoing**

This program provides [funding](#) to First Nation communities, Indigenous organizations, and band or tribal councils located below the 60th parallel to assess and respond to climate change impacts on community infrastructure and disaster risk reduction.

### **Reaching Home – BC Rural and Remote Homelessness Strategy**

**Deadline: Ongoing**

The [BC Rural and Remote Homelessness Strategy Funding](#) is available to communities who are not currently part of an existing Reaching Home funding program, to support projects that reduce and prevent homelessness. Eligible projects can run between April 1, 2022 and March 31, 2023.

## Reclaiming My Language: A Course for Silent Speakers Deadline: May 31, 2023

[Reclaiming my Language: A Course for Silent Speakers](#) is an Indigenous-developed program to support Silent Speakers to reclaim their language and begin speaking again. First Peoples' Cultural Council provides up to \$35,000 in funding. BC First Nations communities and Indigenous organizations are eligible to apply.

## Northern Health Stories

### Check out his initiative for me

A new pop-up sexual health clinic has opened in Prince George that's specifically for gay, bi, queer men (GBQ) and gender diverse communities. PLUS! is a once-a-month pop-up clinic developed by and for the queer community of Prince George....[continue reading](#).

See the latest stories at [stories.northernhealth.ca](https://stories.northernhealth.ca)

## E-Brief Information

The Healthier Northern Communities [E-Brief](#) is produced by [Northern Health's regional Population and Preventive Public Health program](#).

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