

Recently Released: Canada's Guidance on Alcohol and Health

Drinking alcohol is a normalized part of many cultures and celebrations and the lives of many Canadians. Drinking alcohol also causes many health-related risks, however, there are also opportunities to make changes that protect the wellbeing, safety, and health of Canadians.

[Canada's Guidance for Alcohol and Health](#) was recently updated and released and is based on the best evidence available today. Overall, it is a "less is better" approach, and encourages people to rethink how they drink.



Source: [Pixabay](#)

The new guidance has a continuum of risk: low, moderate, and increasingly high risk. The more we drink, the greater the risks to our overall health. It provides Canadians with the facts, from there, people can make their own decisions.

Did you know that most Canadians:

- Are not aware there is a link between alcohol consumption and an increased risk of cancer.
- Do not realize they drink higher risk amounts and underestimate how much they drink by up to 75%.

Policy makers can help make communities safer and lower alcohol related harms.

Some examples of this include:

- Strengthen regulations on alcohol advertising and marketing.
- Increase restrictions on the physical availability of alcohol.
- Use minimum prices for alcohol.
- Regulate alcohol consumption in public places, parks, and beaches.

For Your Information

Nutrition Month 2023

March is Nutrition Month! Northern Health (NH) dietitians will be sharing information on NH social media about how dietitians "unlock the potential of food". Did you know that dietitians work to improve the nutrition and health of northerners in a variety of innovative roles and settings? You can find NH dietitians in hospitals, primary care centers, long-term care homes and other clinical settings, as well as working in population and public health. To learn about nutrition for lifelong health, or to how to access a dietitian in or near your community visit the [NH Nutrition and Dietitian Services webpage](#).

Share Your Opinion

Research call for parents of young children – questions or concerns about vaccines for your child? Share your thoughts

Calling parents and guardians of young children! If you have questions or are not sure about vaccines for your child, we want to learn from you! Share your thoughts and attitudes about vaccines (it can be for any kind of vaccine — routine vaccines, the COVID-19 vaccine, etc.), in a 20-30 minute Zoom interview. Please reach out if you are:

- The parent or legal guardian of a child 5 years and younger
- Have lived in the Northern BC region for at least the past three years
- Are not always sure about your child's vaccinations

To participate, please email haylee.seiter@royalroads.ca.

Resources (toolkits, reports, websites)

Government of Canada “Get Help Here” Mental Health Campaign

The Government of Canada has launched “Get Help Here”, a campaign to raise awareness that free, credible resources are available 24 hours a day, 7 days a week to help support the mental health of people in Canada. Mental health is an important part of everyone's overall well-being. Everyone can access free [resources](#) at anytime, from anywhere. There is also the [Hope for Wellness Helpline](#) for First Nations, Inuit and Métis people seeking emotional support, crisis intervention or referrals to community-based services.

Resources to Support Vaccine Confidence

The National Collaborating Centre for Indigenous Health (NCCIH) and the National Collaborating Centre for Infectious Diseases (NCCID) created resources to support vaccine confidence among First Nations, Inuit and Métis people and communities. This [fact sheet](#) has information on how vaccines work, their safety, and possible side effects.

Text alerts for toxic drugs now available in the North

In response to the toxic drug emergency, a new text health alert system has been launched across Northern Health. The system uses text messaging to send alerts as a public health measure to prevent drug poisonings and deaths and provides timely information and up-to-date resources to people who use drugs and community members. People who use drugs, those who support them, and community members can opt-in by texting the keyword JOIN to ALERTS (253787). For more information, see

the [news release](#) or visit the [Toward the Heart](#) website for more information about the service.

Events & Learning Opportunities

School Garden Mentorship Program

Dates: March 7 to October 12, 2023

Farm to School BC is offering a series of free monthly after-school [online workshops](#) to support K-12 educators in BC with planning, creating, or revitalizing a school garden.

Cultivating Safe Spaces in Sport & Physical Activity

Date: March 7, 2023

Indigenous Sport, Physical Activity & Recreation Council (ISPARC) is offering a 2-hr [workshop](#) that will bring forth Indigenous Knowledge, teachings, and tangible steps on how to cultivate safe spaces for diversity and inclusion. This workshop will continue to cover topics that affect young women and girls in their participation in sport and physical activity, while providing tools to address the safety and well-being of female participants within programs.

The 2023 Great Big Crunch Campaign for a Universal School Food Program

Dates: March 9, 2023, and throughout the month of March

The Coalition for Healthy School Food hosts this annual national campaign to celebrate school food and highlight the need for a universal school food program. They invite teachers, students, parents, and community members across Canada to show their enthusiasm by taking a collective crunch into apples (or other crunchy fruit or vegetable). There are many ways to participate including sharing your crunches on social media, registering your crunch online, doing a fun food literacy activity with your classroom, or joining the virtual [Great Big Crunch](#) event on March 9th at 10 am Pacific Time.

BCRPA Strategic Snapshot Session: Climate Change

Date: April 5, 2023

BC Recreation and Parks Association (BCRPA) is hosting a free [webinar](#) with short presentations on promising practices and lessons learned from projects and initiatives designed to address climate change. Gather information to help inform recreation and parks planning, projects, facilities, or services in your community.

Healthy Communities Forum: North Central Local Government Association **Date: May 8, 2023**

Northern Health (NH) is pleased to announce that we are resuming the [Healthy Northern Communities Forum](#) preceding the 2023 North Central Government Association (NCLGA) Annual General Meeting on Monday, May 8 in Dawson Creek. This year's Healthy Communities Forum will connect with you on two very important health topics: 1) Addressing health human resource challenges in northern BC; and 2) Engaging with NH to support community health and well-being. We look forward to hearing your community health priorities and sharing an open dialogue through a range of facilitated discussions and presentations.

Funding Opportunities

Imagine Community Grants **Deadline: March 3, 2023**

The Northern Health [Imagine Community Grant](#) supports community-based projects with a focus on mental wellness, community diversity, harm reduction, climate health action, food security, active living, and/or community safety. Northern BC community organizations, schools, Indigenous organizations, and local government are eligible to apply for grants of up to \$10,000.

Indigenous Centre for Cumulative Effects Community Funding Program **Deadline: March 6, 2023**

The Indigenous Centre for Cumulative Effects (ICCE) invites Indigenous communities and organizations to apply for funding to support cumulative effects initiatives. The main objective of ICCE's [Community Funding Program](#) (CFP) is to support community-led projects to help build and enhance the capacity of Indigenous communities for cumulative effects management, monitoring, and assessment in their territories, using a Two-Eyed Seeing approach.

Rapid Housing Initiative Funding **Deadline: March 15, 2023**

The [Rapid Housing Initiative](#) provides funding for local governments looking to build new housing and/or purchase existing buildings that will be rehabilitated or converted into permanent affordable housing.

Poverty Reduction Planning & Action program

Deadline: March 17, 2023

The [Poverty Reduction Planning & Action program](#) supports local governments in reducing poverty at the local level. This funding has two streams: Support for the development or updating of plans that address poverty; and Funding for poverty reduction projects.

Urban Communities Partnering for Reconciliation

Deadline: April 14, 2023

The [Urban Communities Partnering for Reconciliation](#) funding is available to eligible Indigenous organizations and local governments who want to create opportunities for in-person dialogue and relationship building which can help advance collaborative reconciliation plans, protocols, agreements, or future projects.

Community Gaming Grants

Deadline: April 30, 2023

[Community Gaming Grants](#) provide \$140 million annually to not-for-profit organizations throughout B.C., to support their delivery of ongoing programs and services that meet the needs of their communities.

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 funding of up to \$35,000. BC First Nations communities and Indigenous organizations are eligible to apply.

Disaster Mitigation and Adaptation Fund

Deadline: July 19, 2023

The [Disaster Mitigation and Adaptation Fund](#) is a national program designed to support construction of public infrastructure and/or modification or reinforcement of existing public infrastructure that prevent, mitigate or protect against the impacts of climate change, disasters triggered by natural hazards, and extreme weather.

Provincial Homelessness Grants

Deadline: Ongoing

The Social Planning and Research Council of BC (SPARC BC) [Homelessness Community Action Grant](#) provides one-time funding for local planning and collaborative initiatives designed to better respond to the needs of those who are homeless or at risk of becoming homeless. Funding supports community-based action including demonstration projects, partnerships, research, and other collaborative efforts.

Climate Fund Finder

Deadline: Ongoing

Planning a climate action project? Need financial support? Not sure where to start? The [Funding Finder](#) is the tool for you. By answering a few questions, you'll be on your way to learning which programs fit your program best. If you're still looking for project ideas, the Funding Finder can show you a range of possibilities to help spark your imagination.

Northern Health Stories

IMAGINE Grants are back!

Northern Health is excited to open the call for IMAGINE Community Grants again! We're looking for community partners with ideas for projects that will improve the health and wellness of those living, working, learning, and playing in Northern BC...[continue reading](#).

When “healthy eating” becomes unhealthy: How can we help prevent disordered eating?

Feb 1-7, 2023 is [Eating Disorders Awareness Week](#) in Canada. A significant number of youth report dieting to try to lose weight, and more are struggling with [disordered eating](#) than ever before....[continue reading](#).

See the latest stories at 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](#).

To subscribe, send a blank email to healthycommunities@northernhealth.ca with “subscribe” in the subject line.

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To share information, articles, or resources of interest to northern BC communities, send an email to healthycommunities@northernhealth.ca. If you have any questions about our list and your privacy, please phone (250) 637-1615.

