

December 2019

Healthier Northern Communities E-brief

The Healthier Northern Communities e-brief is produced by the Northern Health's Regional Population and Preventive Public Health Team. In the spirit of healthy people who live, work, learn, and play in healthy communities across the north, the e-brief delivers information on resources, learning events, funding opportunities, and other information specific to promoting healthy living and the prevention of chronic disease and injury.

UBCM Age Friendly Communities Grants Due January 17!



The [UBCM Age Friendly Communities](#) program helps BC Communities to develop policies and plans, and to undertake projects that help seniors age in place, facilitating the development of age-friendly communities. A new round of funding is available for local governments. Applications are due on January 17, 2020.

In October, the District of Houston was the only community in Northern BC to receive the age-friendly designation from the Province of BC. In 2014, the District initiated an assessment about the challenges seniors face. They learned that seniors faced challenges related to sidewalk and road maintenance during the winter, affordable and accessible transportation, supportive and assisted living facilities, and access to sport, recreation, and other social programs. In the years since, Houston has installed new sidewalks, and they have initiated the Revitalization Tax Exemption, which encourages businesses to undertake renovations that meet current accessibility standards.

Healthy Settings Advisors with Northern Health often support Age Friendly applications and processes. Please email healthycommunities@northernhealth.ca for more information.

For Your Information

Canadian Network for the Health of Housing and the Homeless (CNH3)

[CNH3](#) is Canada's network to promote collaborative policy, practice and advocacy between healthcare, homelessness, and housing. This newly launched website shares information on different innovative models, and will grow over the months and years to come.

Healthy Built Environments Newsletter

[The National Collaborating Centre for Environmental Health](#) has just unveiled a new Healthy Built Environments Newsletter. [Sign up today](#) for the latest news and resources.

The Many Faces of Energy Poverty in Canada

[Energy poverty](#) refers to the experience of households or communities that struggle to heat and cool their homes and power their lights and appliances. The Canadian Urban Sustainability Practitioners website includes a [tool to explore energy poverty and equity](#), and [a series of resources](#) about the topic and how to address it.

How Educators are Responding to Vaping in Schools

Schools and School Districts across the country are initiating [different strategies to reduce student vaping](#), including buying back devices, removing bathroom doors, and adding vaping information to curriculums.

Youth & Vaping Facebook Live Discussion

Do you have questions about youth and vaping? CAMH is hosting a [Facebook Live discussion this Thurs Nov 28](#) at 7pm EST that will feature a panel of youth and physicians. Topics will include how to identify signs of vaping addiction, strategies to reduce risks associated with vaping, and how to engage youth in a conversation about vaping.

Resources

PlatformC: Knowledge & Learning Hub for Tackling Tough Problems

[Platform C](#) is a brand new Australian knowledge and learning platform especially created to offer support, learning, and connections for people tackling big, tough problems and creating large-scale impact through collaboration.

QuitNow Coaches Provide Support & Resources for Quitting Vaping & E-Cigarettes

[QuitNow Coaches](#) provide free, one-on-one advice and guidance related to quitting or your health. Quit Coaches will customize support based on your personal situation and preferences, and will help you navigate the best quitting strategies. QuitNow also provides current information on vaping and its risks.

Living Wage for Local Governments

A living wage is the hourly amount a family needs to cover basic expenses. Curious about what this is for your community? [Living Wage for Families Campaign](#) has a [simple online calculator](#) that considers wages and extended benefits. They also have a number of other [resources](#) that communicate the value of living wages for local governments, businesses and non-profits.

Community Planning Tool: Applying a Health Equity Lens to Program Planning

[Fraser Health Authority](#) has developed a [planning tool](#) to help incorporate a health equity lens into program planning. Specifically, the tool looks to support initiatives that are trying to address physical, social, mental and emotional health in their communities.

Northern Health Vaping Awareness PowerPoint Presentation

Northern Health has developed a Vaping Awareness PowerPoint presentation that summarizes key definitions, legislation, issues, health impacts and resources related to vaping. The presentation includes speaking notes, so that anyone can deliver it to relevant audiences. If interested in a copy, please e-mail Lindsay.Willoner@northernhealth.ca.

Education and Learning Opportunities

TRAINING: Addressing Mental Health Issues in First Nations Communities

December 4-6, 2019. This Mental Health Commission of Canada Prince George-based course will explore mental health in a cultural context. The cost is \$225 and it is hosted at the Power of Friendship Hall. To register, email mdesjarlais@pqnfc.com.

WEBINAR: Social Prescribing

December 6, 2019 at 9AM PST. This [webinar](#) explores [social prescribing](#), a method of referring people to local, non-clinical services in their community, that has been piloted in Ontario and Quebec. It recognizes that health care is more than treating illness. Community based supports such as healthy food, social connection, education, employment or other non-medical care are important, and often overlooked parts of holistic care.

ONLINE COURSE: Climate Change & Health

Ongoing. This [self-paced online course](#) offers evidence of the link between climate change and health of the population. It is designed for a global audience of the general population, and has both country and topic specific learning opportunities and online forums.

Funding Opportunities

Aboriginal Languages Initiative

Deadline: December 5, 2019. This [grant](#) supports the preservation and revitalization of Indigenous languages through community based projects and activities. Activities must take place before March 31, 2020.

Indigenous Cultural Safety and Cultural Humility Training

Deadline: December 13, 2019. This [UBCM program](#) supports eligible applicants to provide emergency management personnel with cultural safety and humility training in order to more effectively partner with and provide assistance to Indigenous communities during times of emergency.

Gender Equity in Recreational Support: Community Grants Initiative

Deadline: December 15, 2019. This [grant](#) works to increase the participation of women and girls in sport. Canadian municipalities and Indigenous communities are encouraged to apply!

Age Friendly Community Grants

Deadline: January 17, 2020. Local governments and First Nations communities may apply for up to [\\$25,000 for age-friendly assessments and action plans](#). After developing an action plan, communities may apply for subsequent grants of up to \$15,000 to support age-friendly projects.

Physical Literacy for Communities

Deadline: January 31, 2020. The Sport for Life Society is looking to [support six BC communities with funding and project leadership](#), to improve the development of physical literacy through a multi-sector community approach. Projects will run from April 2020 to March 2022. Sport for Life is hosting two informational webinars to support applicant communities on [December 9, 2019 \(10am\)](#) and [January 8, 2020 \(10am\)](#).

Community Child Care Planning Program

Deadline: January 31, 2020. Local governments can apply for [funding](#) to the development of a community childcare space creation action plan. These plans collect information on child care needs, existing spaces, space creation targets, and necessary actions.

Investing in Green Infrastructure Program

Deadline: February 28, 2020. The Canadian and BC governments have committed up to \$150 million to support [cost-sharing of public infrastructure projects](#) across the province. Projects must increase capacity to treat/manage waste or storm water, increase access to potable water, and/or increase capacity to reduce or remediate soil or air pollutants.

Poverty Reduction Planning & Action Program

Deadline: February 28, 2020. [This program](#) supports local governments in developing local poverty reduction strategies that will lift people up, break the cycle of poverty, and build a better BC for everyone.

BC Council for International Cooperation (BCCIC) - Sustainable Development Goals Funding Program

Deadline: Open. This [program](#) provides grants of up to \$100,000 to support projects that advance the [2030 Agenda for Sustainable Development](#) – to eliminate poverty, protect the planet, and ensure prosperity.

Microfunding for Cannabis and Vaping Public Education

Deadline: Open - first come first serve with limited funding available. Health Canada is [offering micro-funding](#) (up to \$1,000) for innovative projects that provide education and/or increase awareness about the health effects of cannabis and/or risks of vaping. Applicants are encouraged to target youth, linguistic minority populations, rural and remote communities, and Indigenous communities.

Northern Housing Incentive

Deadline: Quarterly - contact the Northern Development Initiative Trust for more information. [The Northern Housing Incentive](#) program provides grant funding to local governments to create a “Dollars to Door” program that will enhance and support economic development by incentivizing private sector housing development.

Northern Health Stories

Equine facilitated wellness in Nazko. Drumming surrounds the round pen. An Elder smudges the horses with juniper. The sounds of horses moving about fill the air, while youth take it all in. This an opportunity for youth to learn about smudging, the benefits of it, and experience it for themselves. [Continue reading...](#)

Learning to Trust: Northern Health dietitians share stories about feeding their children. Elyn Satter’s [division of responsibility in feeding](#) (sDOR) is a best-practice approach that helps to prevent and manage common childhood feeding problems. It’s based on the understanding that, within the structure of regular meals and snacks, children have the ability to eat the amounts they need to grow well and be well. We introduced sDOR in a previous post: [A sigh of relief: Trusting kids to eat enough.](#) [Continue reading...](#)

Breastfeeding-Friendly Spaces: Shifting attitudes about breastfeeding. Each year, organizations across the globe observe [World Mental Health Day](#) on October 10, a day

that started in 1992 to promote mental health advocacy and to educate the public on relevant issues and topics. This year, to commemorate the day, NH staff and residents in Chetwynd, BC organized the first annual *Walk and Talk*. Despite the brisk weather, dozens of people came out to show their support and help end the stigma. [Continue reading...](#)

See the latest stories at blog.northernhealth.ca.

Are there other opportunities for people to connect within your community in the Northern Health region? Do you have information, articles or resources that you think might be of interest to northern communities? Please email healthycommunities@northernhealth.ca

These E-briefs are an information service bringing news of relevant health promotion, resources and research to northern communities from the Population and Preventive Public Health Programs at Northern Health. The news items are for information only and do not reflect any official viewpoint of Northern Health.

For more information on the Northern Health's Population Health Programs, visit the [Northern Health website](#)

If you have any questions about our list and your privacy, please call 250-645-6568

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Next edition to follow in January 2020