

Resources to Stay Safe during the COVID-19 Pandemic

Across BC, communities are navigating how to stay safe while they carry on with important community services and activities. There is a growing pool of resources designed to support decision-making processes, and examples and strategies that can reduce these risks. This month, we have summarized some of the key resources that support community health and well-being.



- The Government of Canada has developed risk mitigation tools for [Community Settings](#), [Child and Youth Settings](#), [Outdoor Recreation](#) and [Gatherings and Events](#).
- The BC CDC has compiled tips, guidelines and resources for the continued operation of [community gardens](#) and the use of [playgrounds](#), including two easily displayed infographics for [gardens](#) and [playgrounds](#).
- The [Northern Health Guide for Your Community](#) has been updated to include resources on BC's Restart Plan for your family and your community.

Resources

Racism and Health Equity

This [resource](#) is designed to encourage public health to act on racism as a key structural determinant of health inequities. It explores key concepts, the impacts of racism on health, and what a decolonial, anti-racist practice could look like.

Lifeguard App Launched to Help Prevent Overdoses

Public Health Services Authority and Lifeguard Digital Health have launched a new app, [Lifeguard](#), to ensure people who use drugs have access to the supports they need. The tool is designed to support people most at risk of overdose – those who use alone.

PlanH Active Communities Tool

This [interactive tool](#) features example of best practices in equitable opportunities for physical activity from across BC. It is designed for local government staff looking to create a more equitable and active community.

Cannabis Poisoning among BC Children Fact Sheet

This [factsheet](#) summarizes findings of a study that looked at cannabis poisonings among children aged 16 years and younger, in the two months before and after legalization.

Resources for Families and Support Teams of Children and Youth with Neurodevelopmental Diagnoses during COVID-19

Northern Health has compiled [resources](#) for families and providers/support teams of children with neurodevelopmental diagnoses, including autism and FASD.

The 2020 ParticipACTION Report Card on Physical Activity for Children and Youth

This [report card](#) is the most comprehensive assessment of child and youth physical activity in Canada. This year, the report focuses on how families can support children and youth in achieving healthy physical activity, sedentary and sleep behaviours.

BC Community Health Service Area Health Profiles

The BC CDC recently released [community health profiles](#), containing information about community-level demographics, determinants of health, chronic diseases and health system performance. These profiles are available for many northern communities, and are intended to help local level decision-makers, service providers and Primary Care Networks make decisions.

Injury Prevention during COVID-19

This website compiles [resources](#) designed to help individuals prevent injuries. Resources are related to poisoning, drowning, falls, and road injuries.

Community Engagement & Physical Distancing

BC Healthy Communities has compiled a great [inventory](#) of webinars, resources and articles exploring how we can engage communities while remaining physically distant.

Beyond Inclusion: Equity in Public Engagement

This [research paper](#) from SFU's Centre for Dialogue proposes eight principles for meaningful and equitable inclusion of diverse voices when planning and implementing public engagement initiatives that inform decision-making processes.

Online Courses, Programs and Activities

Vulnerable Road User Safety Webinar **July 23, 2020 from 9am – 10:30am PST**

This [webinar](#) will explore the correlation of injury patterns in pedestrian fatalities with motor vehicles, and it will look at a case study from Ontario exploring pedestrian crash causation. This webinar is part of a six part series on road safety.

Navigating Change: Three Tools for Moving from Response to Resilience **July 29, 2020 from 10am – 11am PST**

This [webinar](#), put on by the Tamarack Institute, will share three approaches and tools that communities can use to navigate change. These tools will look at phases of community change, identifying agreement and certainty, and spotting opportunities, risks and leverage points.

#EverybodyMoveNow: It's Summertime: Active Programming for All Ages
Engage Sport North's [#EverybodyMoveNow schools programming](#) is providing programming for all ages as a fun way to stay active and healthy over the summer months! There will be three activities each week: a scavenger hunt, an exercise challenge, and a fun active game idea.

Being Active at Home Resources

Choose to Move has developed a curated collection of evidence-based resources to [support older adults to get and stay active while at home.](#)

Funding Opportunities

PlanH Community Connectedness and Healthy Community Engagement Grants **Deadline: Extended to July 15, 2020**

PlanH is offering [\\$5,000 for community connectedness](#) and up to [\\$15,000 for healthy community engagement initiatives](#). The Community Connectedness Grant (formerly Social Connectedness) parameters have been revised in response to COVID-19, and now prioritize community belonging, mental health, and community resiliency.

BC Housing Community Housing Fund
Deadline: January, 2021, but “Construction Read Projects” should apply by September 4, 2020

[BC Housing's Community Housing Fund](#) works with non-profit organizations, housing cooperatives and local governments to create affordable rental homes for middle and low-income families, independent seniors, and individuals in BC.

Rural and Northern Communities Infrastructure Program

Deadline: October 22, 2020

This [fund](#) is designed to meet the unique public infrastructure needs and priorities of northern BC's small, rural and remote communities. Infrastructure should contribute to food security, reliable road, air and marine infrastructure, improved broadband connectivity, more efficient and/or reliable health facilities, or improved education and/or health facilities.

Emergency Community Support Fund

Varied

As of May 19, registered charities and non-profits are able to apply for funding to support [activities that address a pressing social inclusion or well-being need caused by COVID-19](#). The application process occurs through the [United Way Centraide Canada](#), [Canadian Red Cross](#), or [Community Foundations of Canada](#), and each organization has slightly varied criteria. For help understanding where to apply, follow this flowchart.

Northern Health Summary of Food Program Funding Opportunities

Varied

Northern Health has compiled an [extensive summary of food program funding opportunities](#) relevant to northern communities. If you are currently, or plan to start, providing food support to local community members please review this list.

President's Choice – School Nutrition Grant

Deadline: September 30, 2020

Provides up to \$10,000 to schools and non-profit to [deliver meals, snacks and food-based education programs](#). The grant supplements existing programs, allowing for higher quality, more sustainable programming.

Share Your Experiences and Ideas

- Northern Health would like to know what the [service provider and family priorities are for child and youth mental health and substance use](#). This is the third and final round of surveys in this regional priority-setting effort.

- The Province of BC wants to hear your ideas on how to [build a stronger BC](#) as we move into recovery. Share your feedback through an [online survey](#) (open until July 21, 2020) or a [virtual event](#) (dates to be confirmed)
- UBC’s Centre for Health Services and Policy Research is creating citizen [advisory panels to deliberate on COVID-19 policy questions](#) as they arise, and they are looking for volunteers to contribute to policy discussion in BC over the next 12-18 months.

Northern Health Stories

National Indigenous Peoples Day: Celebrate Virtually

June 21, the summer solstice, was chosen as National Indigenous Peoples Day in cooperation with Indigenous organizations and the Government of Canada. The date was specifically chosen because many Indigenous peoples and communities celebrate their culture and heritage on or near this day – significant because of the summer solstice and because it’s the longest day of the year! [...continue reading.](#)

School District 91 finds creative ways to celebrate graduates

Lakes District Secondary School (Burns Lake), Nechako Valley Secondary School (Vanderhoof), and Fraser Lake Elementary Secondary School held their graduation ceremonies last weekend. Fort St. James Secondary School is hosting their event today (June 19). In light of the COVID-19 pandemic, these schools needed some creative planning to help keep everyone safe [...continue reading.](#)

Celebrating the important role of dads in families with new babies

While each family is unique, a new baby’s arrival brings new learnings for all. I’ve definitely had my own steep learning curve as a mom of two small children. In a recent heart-to-heart with my husband, we talked about his experiences as a new dad. [...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](#).

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