

May 2018

## Healthier Northern Communities ebrief

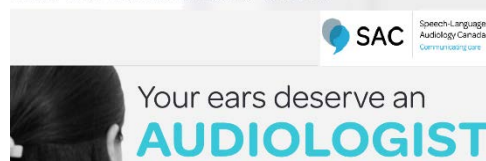
*The Healthier Northern Communities ebrief is produced by the regional Population Health program (Population and Public Health, Northern Health). In the spirit of healthy people who live, work, learn, and play in healthy communities across the north, the ebrief delivers information on resources, learning events, funding opportunities, and other information specific to promoting healthy living and the prevention of chronic disease and injury.*

### Speech and Hearing Month

Each year, [Speech-Language & Audiology Canada](#) (SAC) dedicates the month of May to raising public awareness about communication health. We work to highlight the importance of early detection and intervention in the treatment of communication disorders, and the role that our members and associates play in helping people to “Speak well. Hear well. Live well.”

#### Speech-language pathologists

help children with **autism** connect with the world around them.



### Food for Thought

**Northern Health Anti-Stigma Campaign:** Do you recognize stigma in your community? Stigma presents and is experienced differently by individuals, groups of people, and the systems that inform our experiences at home, in our workplaces, and where we receive support. Stigma is a community health issue and we encourage you to think about where and how it exists and what you can do to become more aware. Check out some of [Northern Health's videos](#) to watch the first hand experiences of people who are faced with stigma.

**ParticipACTION Pulse Report** (powered by Mountain Equipment Co-op): A first of its kind, this Report explores Canadians' thoughts, feelings and motivations as they relate to physical activity and informs what shifts are needed in order to make physical activity a vital part of everyday life in Canada. If you don't have time to read the [full report](#), check out this short [video](#) and [infographic](#)!

**Pot and Driving Campaign:** [Canadian Public Health](#) recognizes that Young Canadians have one of the highest rates of cannabis consumption in the world and many underestimate the risks associated with cannabis-impaired driving. They have developed a Pot and Driving campaign, informed by youth with key messages to facilitate conversations and help raise awareness. Check out this free campaign and resources.

### Resources

#### Municipal Guide to Cannabis Legalization – a roadmap for Canadian governments

This [guide](#) from the Federation of Canadian Municipalities was designed to support local governments work through the process of legalizing non-medical cannabis in communities. It addresses land use, business regulation, public consumption, enforcement and more.

## **The Built Environment: understanding how physical environments influence the health and well-being of First Nations peoples living on-reserve**

This [paper](#) summarizes what is known about how the built environment influences the health and well-being of First Nations reserve communities. It includes a focus on housing, water and wastewater management, food security, active living, and transportation.

[Canadian 24-Hour Movement Guidelines for Children and Youth](#) were released in 2016. The first of their kind in the world, the guidelines outline what a healthy 24-hour period looks like for children and youth. To bring the guidelines to life, ParticipACTION and partners developed [BuildYourBestDay.com](#) - a fun, interactive and educational tool to help children and youth aged 5-17 and their parents learn about the Canadian 24-Hour Movement Guidelines. They also developed an accompanying [toolkit](#) complete with general, parent, and educator resources. Most recently, a set of [animated videos for the 24-Hour Movement Guidelines for the Early Years](#) (ages 0-4) are available for viewing and sharing.

[Toolkit to increase unstructured play](#) released by the Canadian Public Health Association. Unstructured play is a child's right and is integral to healthy development. It is play where children follow their own ideas without a defined purpose or outcome. This toolkit provides evidence-based tools and resources to inform decision-making and reduce concerns in order to increase access to unstructured play in school and municipal settings.

## **Community Events**

### **[SAC \(Speech-Language and Audiology Canada\) Conference](#)**

**May 2-5, 2018**

**Edmonton, AB**

SAC's 2018 conference at [The Westin Edmonton](#) will feature exciting content for speech-language pathologists, audiologists, communication health assistants and students. Take a look at the finalized [speaker lineup](#) and [education program](#). Conference registration is now open! [Learn more about registration and fees.](#)

### **[Walk with Your Doc](#)**

**May 5 – 13, 2018**

Registration for [Walk with your Doc](#) is now open! The annual Doctors of BC initiative sees physicians and other healthcare providers [hosting a walk](#) for their patients and community members. Not sure what all the fuss is about? Get inspired by the MOVE program in Edmonton: proving that great health gains can be made through providing [a medical clinic in the park](#).

### **[Emergency Preparedness Week](#)**

**May 6 – 12, 2018**

Emergency Preparedness Week is an annual event that takes place each year during the first full week of May. This national event is coordinated by Public Safety Canada, in close collaboration with the provinces and territories and partners. For national resources go to the [Get Prepared](#) website; for provincial resources go to the [Prepared BC](#) website.

### **[Northern Healthy Communities Forum 2018](#)**

**May 7, 2018**

**Fort Nelson**

BC Healthy Communities in partnership with Northern Health is pleased to invite local government and community partners to join our 2018 Northern Healthy Communities Forum, held in conjunction with the NCLGA Annual Conference. This one-day opportunity is to support networking, building and sharing knowledge about healthy communities, and highlighting successes in improving the health of our northern populations. [Register here](#) for this event. Space is limited and pre-registration is required.

## **Mental Health Awareness Week**

**May 7-13, 2018**

The Canadian Mental Health Association's annual Mental Health Week is May 7-13. Mental health matters to everyone. This year marks the 67<sup>th</sup> Annual CMHA Mental Health Week and CMHA's 100<sup>th</sup> anniversary. Check in with [CMHA](#) for tools and information to get talking. Visit [Mentalhealthweek.ca/toolkit](http://Mentalhealthweek.ca/toolkit) to learn more about this year's campaign. #GETLOUD

## **Gathering Wisdom for a Shared Journey IX**

**May 15 – 17, 2018**

**Vancouver, BC**

The Gathering Wisdom forum this year will feature discussions on health, mental health and the social determinants of health. Gathering Wisdom IX will provide an opportunity for leaders and health and wellness leads to hear from the FNHA and FNHC, learn more about promising practices from other communities across BC, discuss the role of health and healing in Nation rebuilding, and discuss new opportunities in the areas of mental health and the social determinants of health. Learn more and register online [here](#).

## **Food Security Forum**

**May 17 – 18, 2018**

**Smithers, BC**

The Northwest Food Security Partnership is holding a two-day forum, and is an opportunity for food and agriculture experts and community members to come together and discuss ways to improve community food security within northern BC. It will be an action-oriented conference with a focus on discussing the issue of food insecurity and creating comprehensive, collaborative deliverables that work to improve community food security! Some highlights include: Food Security 101 (every participant receives a customized toolkit for food security in northwest BC), climate change and Indigenous fisheries, the business case for local foods, local speakers, delicious and local food lunch options, evening networking, and much, much more. Please visit <https://www.nwfoodsecure.org/> to learn more. Price: \$60-\$125, depending on how many days you join, or if you purchase early bird tickets. Questions? Email Laurie Gallant: [gallantlaurie@gmail.com](mailto:gallantlaurie@gmail.com)

## **Bike to Work & School Week**

**May 28-June 3, 2018**

Register NOW for your chance to WIN one of many great prizes, including a Trip for 2 to Portugal Cycling Porto to Lisbon!

If you registered last year, all you have to do is [Login](#) and you are registered for this year's event.

If you've never registered before, click on [Register](#) and take a few minutes to sign-up FREE!

If you're feeling nervous about hopping on two wheels, or about sharing the road safely, ICBC has great [tips](#) for drivers and cyclists. If you're a teacher registering your school for Bike to School Week, be sure to take advantage of the **free, ready-to-use Road Safety curriculum** from ICBC!

In preparation for Bike to Work & School week, and cycling season in general, check out this article identifying more reasons to hop on two wheels: [Connection to bicycles reinforces connection to self, others and community](#)

## **2018 RHS Research Conference: Building Intersections for Vibrant Rural Communities**

**May 31 – June 1, 2018**

This conference will be held in Nelson, BC and will explore issues of health, wellness, and equity in rural settings, supporting capacity building for innovative methodologies for applied research. Presentations will explore strategies for genuine engagement and create dialogue about the implications of research findings for both rural communities and service organizations. The goal is to spark partnerships for transformative research and knowledge translation. Pre-Conference workshops will be held on May 30 to allow for deeper discussion and networking around specific topics. Registration is now open at <https://med-fom-rhsc.sites.olt.ubc.ca>

## **PGAIR's 2018 North Central BC Clean Air Forum**

**June 4-5, 2018**

**Prince George, BC**

PGAIR is proud to announce we will be hosting its second North Central BC Clean Air Forum. This forum is designed to bring together air quality managers, health professionals, policy and decision makers and community members from all over British Columbia, especially those in small to mid-sized communities in the central and northern interior.

The forum theme "Community Tools for Change" - will provide the opportunity for meaningful discussion about air quality challenges facing communities today, along with policy, education or regulatory mechanisms to apply toward lasting solutions. Lessons learned in other jurisdictions to identified community air quality issues will provide context for those applying tools. Tickets sales are now live and event details are available on the PGAIR website:

<http://www.pgairquality.com/clean-air-forum-2018>

## **Parachute Canada: Safe Kids Week**

**June 4 – 10, 2018**

This is an annual campaign designed to raise public awareness of child safety issues, encouraging community involvement as part of the solution. This year's messaging will focus on the topic of Concussion on the road, at home and at play. Please visit [Parachute Canada](#) to find out how your local school, health unit or community organizations can participate.

## **Funding Opportunities**

### **Social Connectedness Grants**

**May 30, 2018**

[Apply for a Social Connectedness Grant](#) and additional capacity building support through two streams of the [Healthy Communities Capacity Building Fund](#).

### **SAC Clinical Research Grants**

**May 31, 2018**

Speech-Language and Audiology Canada Grants aim to increase the clinical evidence base in the fields of speech-language pathology and audiology in Canada. Each year, SAC may award up to two grants of \$3500 each. [Download the 2018 Clinical Research Grant Application Form](#).

## **Education/Learning Opportunities**

### **MHCC Psychological Health and Safety training**

**Online**

The Mental Health Commission of Canada is now offering [two free online training tools](#) for psychological health and safety in the workplace! Help make a difference in your work environment!

## **Northern Health Blogs**

- [Gathering with food: northern voices](#) by Laurel Burton
- [Oral Health Month: think mouth, think health](#) by Lynn Barager
- [The Relationship between Adverse Childhood Experiences and lifelong health](#); by Haylee Seiter
- [Dietitians share their Pro tips!](#); by Laurel Burton
- [A study in self-care: what's on the menu?](#); by Allie Stephen

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? Send your information by email to [healthycommunities@northernhealth.ca](mailto:healthycommunities@northernhealth.ca)

These ebriefs are an information service bringing news of relevant health promotion, resources and research to northern communities from the Population and 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 at <https://northernhealth.ca/YourHealth/HealthyLivingCommunities.aspx>

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*Next edition to follow in JUNE 2018*