

April 2019

## Healthier Northern Communities E-brief

*The Healthier Northern Communities e-brief 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 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.*

### April is National Oral Health Month!

Raising awareness about how to prevent and stop dental diseases is important to overall health. Many are fortunate to have the resources to pay for and maintain good oral health. However, 7.6% of Canadians over the age of 18 report the inability to chew. Reduced chewing is strongly linked to a lower quality of life, tooth loss, nutritional status decline, and poorer health outcomes.



There are a number of online resources that promote and support good oral health, including:

- The [Northern Health Dental website](#) which includes dental prevention and support to families with children under the age of six.
- [Northern Health Oral Health stories](#), written by Northern Health Dental staff.
- [The Canadian Dental Association](#), which includes links to oral health promotion resources.

### For Your Information

#### YMCA is looking for partners!

The YMCA of BC is currently looking for new partnership sites to deliver the [YMCA Youth and Teen Mindfulness programs in 2019](#). Please email: [Lindsay.martin@gv.ymca.ca](mailto:Lindsay.martin@gv.ymca.ca) for application form and further information.

## Have Your Say: BC Active Transportation Strategy

The Province is seeking feedback for the [BC Active Transportation Strategy](#), including how to make active transportation more convenient and affordable. Share your feedback until April 15.

## Resources

### Toolkit for Outdoor, Unstructured Play

CPHA has recently released its [position statement](#) in support of children's unstructured play alongside a [toolkit](#) to help caregivers and decision makers at all levels recognize its value to child health and well-being, and stimulate action to bring unstructured play back into our daily lives.

### Mindshift Cognitive Behavioural Therapy App

Anxiety Canada has created [MindShift CBT](#), a free app aiming to help users learn to relax, be mindful, develop more effective ways of thinking, and use active steps to take charge of anxiety.

### BC Healthy Communities Rural Resources

BC Healthy Communities has a [curated list of resources](#) that specifically reflect the unique assets and challenges of rural communities. Topics include Healthy People, Healthy Society, and Healthy Environments.

### Healthy Communities Jargon Buster

[This PlanH resource](#) breaks down healthy communities jargon by offering simple definitions for some of the most complex terms regularly used in the field.

### Balance and Connection in BC: the Health and Well-being of our Youth

The results of the [2018 BC Adolescent Health Survey](#) are now available. The report is intended for a community audience, and summarizes the data collected from 12 – 19 year olds in BC in 2018.

### Complete Streets for Canada

[Complete Streets](#) are those that are safe for everybody: people who walk, bicycle, take transit, or drive, and people of all ages and abilities. This [online tool](#) tracks Clean Street policies across the country, shares resources for policy and design, and has been recently re-configured.

### Canadian Institute of Planners Policy Statement: Planning Practice & Reconciliation

Against the backdrop of the principles of the Truth and Reconciliation Commission's Final Report and United Nations Declaration on the Rights of Indigenous People (UNDRIP) [this policy](#) is a call to action for planners to engage in meaningful and sustained relationship building with Indigenous Peoples of Canada.

## Education and Learning Opportunities

### **Webinar: Top 10 Healthy Built Environment Assessment Tools for Local Government** **April 3, 2019**

This [webinar](#) will mark the release of a new resource guide that supports local governments in assessing the strengths and gaps of their communities' built environments, and the consequent impacts on health.

### **Appetite to Play Healthy Eating and Physical Activity in the Early Years** **Virtual Workshops from April 15 – June 20, 2019**

[Appetite to Play](#) offers a range of in-person workshops, virtual workshops, and e-Learning modules that will enhance your knowledge, skills, and confidence in creating childcare settings that support healthy eating and physical activity in the early years (0-5 years old). The virtual workshops provide an opportunity for early years providers to participate in the in-person workshop from the comfort of their own home, and has the same content as in-person workshop.

### **Cannabasics: An Introductory Online Learning Series** **Ongoing, self-directed learning module**

Cannabasics is an introductory [series of self-directed learning modules](#) that explores the basics of cannabis and its consumption. This series is intended for public health professionals, regardless of your area of experience, to contribute to a basic foundation of knowledge and language regarding cannabis.

### **Consider the Consequences of Vaping National High School Tour** **Ongoing**

The [Consider the Consequences tour](#) travels to high schools and events across Canada to engage teens on the facts about vaping so they can make an informed choice. The tour engages students with activities to educate about the harmful, addictive effects of vaping. Schools can access [online activities](#), [printed resources](#), and [they can request a visit](#) to their specific school.

## Community Events

### **Bike to School Week** **May 27 – 31, 2019**

[Bike to School Week](#) is a free, fun, week-long celebration for students of all ages and abilities. Registering your school for this event is a great way to enhance your green curriculum, build community and highlight the benefits of active transportation.

### **GoByBike BC Student Video Contest**

## Submission Deadline: April 18, 2019

GoByBike BC Society and HUB Cycling invite students 18 and under to create and [submit a short video](#) about biking to and from school for a chance to win the \$250 Visa gift card grand prize, or one of three \$100 Visa gift card honorable mention prizes.

## Funding Opportunities

### Community Gaming Grants

**Deadline: April 30, 2019**

[Community Gaming Grants](#) support eligible not-for-profit organizations that deliver community programs that benefit the citizens of British Columbia. There are four available streams, each with a separate application window. The Arts and Culture stream is open for applications until April 30.

### Asset Management Planning Program

**Deadline: May 3, 2019**

[This program](#) supports activities that advance a local government's asset management planning or practices, and that facilitate better integration of asset management planning with long term financial planning.

### Urban Communities Partnering for Reconciliation

**Deadline: May 24, 2019**

The [UCPR pilot program](#) is intended to support events and activities that provide a time and place for dialogue to build on opportunities, support reconciliation efforts, resolve issues of common responsibility, interest, or concern and/or to advance tangible outcomes.

### BC Accessibility Grants Program

**Deadline: May 31, 2019**

Organizations in British Columbia that have been rated through [the Rick Hansen Foundation Accessibility Certification™ \(RHFAC\) program](#) can [apply for funding of up to \\$20,000](#) to complete an accessibility improvement project.

### Youth Action Grants

**Deadline: June 30, 2019**

The [purpose of the YAGs](#) is to provide BC youth (ages 12–19) that participated in the 2018 BC Adolescent Health Survey, the opportunity to deliver a project to improve youth health in their school or community.

## Northern Health Stories

- [Who are nurse practitioners and what do they do?](#) by Tamara Reichert
- [Nutrition Month 2019: Eating together contest](#)
- [Four-person show in Hudson's Hope](#); by Bailee Denicola

See the latest [stories](#) at [blog.northernhealth.ca](http://blog.northernhealth.ca).

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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 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 at <https://northernhealth.ca/YourHealth/HealthyLivingCommunities.aspx>

**If you have any questions about our list and your privacy, please feel free to phone us at:  
250.645.6568**

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