

February 2019

Healthier Northern Communities E-brief

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.

Canada's New Food Guide

Health Canada has released the new Food Guide, which provides evidence-based dietary guidance on the “how” of healthy eating, in addition to some guidance around food choices. Highlights include an emphasis on balancing your plate with vegetables and fruit, whole grains, and protein foods, practicing mindful eating, celebrating and enjoying food, and sharing meals, food preparation, and traditions. The new Food Guide includes a variety of online resources in mobile-friendly format:

- [Food Guide Snapshot](#)
- [Educational Poster](#)
- [Resources](#) such as actionable advice, videos and recipes
- [Canada's Dietary Guidelines for Health Professionals and Policy Makers](#)
- [Evidence](#) including the Evidence Review for Dietary Guidance 2015 and the Food, Nutrients and Health: Interim Evidence Update 2018



Check out Canada.ca/FoodGuide to get this information at your fingertips.

For Your Information

100 Radon Test Kit Challenge

The **100 Radon Test Kit Challenge** targets municipalities across Canada where radon testing has thus far been limited, but where there is a potential for homes to have elevated radon levels. The program will provide 100 test kits to each participating municipality, to be distributed to citizens for free or for a nominal fee. We are currently recruiting Community Liaisons to take on this project in their community. For more information, visit the [Take Action](#) website.

Resources

EASE: Everyday Anxiety Strategies for Educators

EASE is a collection of evidence-informed anxiety prevention and resilience-building [resources](#) for use with students in grades K-7. For use by teachers, counsellors, administrators and support staff.

OPHEA Physical Activity Engagement Toolkit for Schools

Free [online resource](#) designed to support physical activity across the school day; helps educators promote and encourage physical activity for students, school staff, families, and community partners.

Active for Life Elementary Teachers Toolkit for Developing Physical Literacy

[Toolkit](#) includes a variety of teaching resources and information to help children develop physical literacy in the early years, including engaging parents in the process.

UBC - Climate Change/Urban Forestry Coolkit

The Neighbourhood Urban Forestry Coolkit is a visual and fun guide for people to engage with family, friends, and neighbours on issues and solutions related to urban forestry and climate change on their block. To explore the toolkit visit [UBC Forestry](#).

Community Events

February 1-7, Provincial Eating Disorders Awareness Week (PEDAW)

This [annual campaign](#) aims to raise awareness around prevention and early intervention of eating disorders as well as medial literacy, resiliency, building healthy body image and self-esteem.

Deadline February 20th, Public Consultation on Cannabis

Health Canada launched a public consultation to receive feedback on draft regulations addressing edible cannabis, cannabis extracts and cannabis topical. To participate visit [Health Canada](#).

Funding Opportunities

BC Dairy Mini Food Grant

Deadline: February 10, 2019

Are you looking to provide fun, hands-on learning opportunities for students using food in the classroom? Enhance your teaching - apply for a [mini food grant!](#) Teachers instructing any grade level can (Kindergarten – Grade 12) can apply if they are teaching one of BC Dairy Association's nutrition education programs. To learn more, or to book a [teacher nutrition education workshop](#) (online or in-person) contact a dietitian at nutrition@bcdairy.ca or 1-800-242-6455.

Community Resilience through Arts and Culture Program

Deadline February 15, 2019

The intent of the Community Resilience through Arts and Culture pilot program is to support arts and cultural events, initiatives and engagement by and for local communities. The focus of this program is communities experiencing hardship, historic oppression or

other challenges that would benefit from the power of arts and culture to promote healing, resilience and connection. For eligibility and information, visit the [Government of BC](#).

Cycling Infrastructure Funding: BikeBC Program

Deadline February 18, 2019

To encourage healthy living and to help address climate change, the Province of BC is cost-sharing cycling infrastructure projects with local government through the Bike BC program. For more information, visit the [Government of BC](#) website.

ParticipACTION Community Better Challenge

Deadline: March 1, 2019

Engage family, friends, neighbours and fellow community members to get active and your community could win \$150,000 to go toward physical activity initiatives and be crowned the title of Canada's Most Active Community! For more information visit [ParticipACTION](#).

Community Gaming Grants

February 1- April 30

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 from February 1 through April 30. For more information, visit the [program web page](#).

myPG Community Grants

February 1- April 30

myPG Community Grants help local organisations develop and implement innovative activities, projects, and events that contribute to improving the local community. The grants are available for groups operation within the city limits of Prince George only. For more information on eligibility and for application forms, visit the [City of Prince George Website](#).

IMAGINE Community Grants

March 1 - March 31

Northern Health's award winning IMAGINE Community Grant program will open its Spring 2019 call for applications on March 1, 2019! The program supports a wide variety of local organizations planning projects to improve the health of their communities. The application window will run from March 1 through March 31, 2018. Visit the [IMAGINE web page](#) for more information and to apply!

Northern Health Blogs

- [The kitchen at Parkside Secondary School: More than a place to cook](#); by Emilia Moulechkova
- [Smoking or chewing tobacco: have you had the talk?](#); by Nancy Viney
- [Remembering the importance of immunizations](#); by Mike Gagel
- [National Non-Smoking Week](#); by Nancy Viney
- [The Burns Lake Community Garden!](#); by Andrew Steele
- [Team health care shines in Dawson Creek](#); by Bailee Denicola

- [Social and emotional well-being at school](#); by Stacie Weich
- [Westbound with Northern Health Connections](#); by Fiona MacPherson
- [Are you showing up for your city?](#); by Robbie Pozer
- [Proactive health care helps keep Chetwynd mill workers healthy](#); by Bailee Denicola
- [Adulting 101: Walking safely in winter](#); by Haylee Seiter
- [Making friends with food for your health](#); by Rilla Reardon
- [Connecting a community one meal at a time](#); by Haylee Seiter
- [Clean hands are your best defence against the flu](#); by Tamara Reichert

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

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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Next edition to follow in March 2019