

New Year, New Healthy Community Grants!

This month, we have seen a number of exciting granting opportunities that support both planning work, and the execution of projects related to healthy community development in B.C. Many of these grants place particular priority on small, remote communities. Deadlines are quickly coming up at the end of February – here are the highlights!

1. **Active Transportation Infrastructure Grants (due Feb 20) – Planning & Action Streams.** [This fund](#) supports both planning and executing active transportation projects. These projects could include walking, cycling, rolling, winter-focused or water-focused methods of transportation. It is open to Indigenous and municipal governments, and requires a degree of cost sharing.
2. **Poverty Reduction Grants (due Feb 28) – Planning & Action Streams.** [This fund](#) supports planning and action related to poverty reduction at the local level. It is open to all local governments (municipalities and regional districts), and projects must focus on one of six priority areas identified in [TogetherBC](#): housing, education and training, income supports, families, children and youth, employment and/or social supports.

Northern Health's [Healthy Settings Advisors](#) are always happy to support local governments in the planning process.

For Your Information

- [Prince George 2019 Vital Signs Report](#) released, identifying concerns and support actions on issues critical to the city's quality of life.
- [The Power of Cities Report](#) and [summary article](#) released by the World Health Organization, outlining where city authorities can take action to prevent non-communicable diseases and improve road safety.
- [Social Isolation Report](#) released by Provincial Health Services Authority, examining whether mitigating social isolation is a planning priority for BC municipalities.
- [State of Public Health in Canada Report](#) released, providing an overview of public health trends on a national scale, with a key focus on the impacts of stigma on health. It includes an [action framework](#) for building an inclusive health system.
- Northern Health has just released 3 new graphic reports on specific population health topics in northern B.C.: [Injuries Due to Seniors' Falls](#), [Transport-Related Injuries](#) and [Injuries Due to Self-Harm & Suicide](#).
- The McCreary Centre Society launched [Taa Saantii Deu/Neso: A Profile of Métis Youth Health in BC](#).



- Northern Health is currently accepting [nominations for Community Health Stars](#) – exceptional people who are taking the initiative to improve health in their community.

Resources

The Language of Health

What we say and how we say it matters. This [toolkit](#) supports health care and community with best practices for creating positive, inclusive, and effective messages related to health, nutrition, physical activity, body size, disorder eating, and diet culture.

New Vaping Resources for Teens & Parents: Tip Sheet, Brochure and Booklet

Organizations across Canada continue to publish resources to build knowledge about vaping. In the past few weeks, the [Vancouver School Board](#) has released a range of relevant and easy-to-use cannabis resources, including a [tip sheet](#) and [brochure](#), targeted at youth, summarizing what you need to know about vaping. [Drug Free Kids Canada](#) has also released a [booklet](#) and series of [online resources](#) for parents, focusing on how to talk to your teens about vaping.

New Cannabis Education Resources. The [Province of BC's Get Cannabis Clarity](#) website has been updated with information related to edibles. The federal government continues to share details on the legal system, what it means for you, and the health facts related to cannabis use through [their website](#).

Funding Opportunities

Community Housing Transformation Centre Fund

Deadline: Ongoing, Apply ASAP.

This new fund (opened January 2020) offers grants to community housing providers, community service providers, and community organisations under 3 programs: [The Sector Transformation - Local Project Stream](#) (max funding \$150,000), the [Sector Transformation - Sectoral Impact Stream](#) (no funding limit), and the [Community Based Tenant Initiative Fund](#). Proposals should be submitted as soon as possible (they are evaluated as they come), and there is no funding deadline. [This webinar](#) further explains the funding streams.

McCreary Foundation Youth Action Grants

Deadline: Ongoing, Apply ASAP.

The [Youth Action Grants](#) are intended to provide BC youth from school districts that participated in the [2018 BC Adolescent Health Survey](#) the opportunity to deliver a project to improve youth health in their school or community. Projects must be youth-led, focused on a key finding from the 2018 BC AHS, of benefit to youth in your school or community, and supported by at least one adult.

Active Transportation Infrastructure Grants

Deadline: February 20, 2020

[This program](#) supports Indigenous and local governments to develop all types of active transportation infrastructure (pedestrian safety, sidewalk improvements, lighting on pathways). Up to \$500,000 per project is available, and is offered on a sliding scale with emphasis on Indigenous and smaller communities.

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.

ParticipACTION Challenge Grants

Deadline: February 28, 2020

[This community challenge](#) encourages local governments to host events and track minutes to help their community be named [Canada's Most Active Community](#), with a prize of \$150,000. The challenge will run from June 1 – 21, 2020.

Farm to School Canada Grants

Deadline: March 27, 2020

Interested in starting a school salad bar program? The [Farm to School Canada grants](#) are valued at up to \$10,000 and support efforts to bring more local food to schools through a salad bar meal service model.

Choose to Move Older Adult Physical Activity Program

Deadline: March 1, 2020

Up to \$10,000 is available to organizations and local governments that indicate that they are interested and able to deliver up to four [Choose to Move programs](#) across the funding period (April 1, 2020 – March 31, 2022). The Active Aging Society is working with Northern Health to make Choose to Move available in rural and remote regions in BC. [The Active Aging Research Team](#) will support successful applicants with adaptation and implementation. Interested organizations are invited to attend a [Choose to Move Information Webinar](#) on February 12 at 1:30pm PST.

FCSSBC Youth Education Bursary

Deadline: May 6, 2020 The Federation of Community Social Services of BC has a [\\$2,000 annual bursary](#) available for BC youth that are, or have been in care, and want to pursue a career in the field of Human and Social Services. The bursary supports the cost of tuition, books and supplies for post-secondary academic education, training or upgrading.

Indigenous Agriculture and Food Systems Initiative

Deadline: September 30, 2022

[This grant](#) supports Indigenous communities and entrepreneurs who are ready to launch agriculture and food systems projects, and others who want to build their capacity to participate in the Canadian agriculture and agri-food sector.

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.

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.

Education/Learning Opportunities

Introduction to Reconciliation Webinar

This [webinar recording](#), offered by [Reconciliation Canada](#), creates a safe place for participants to explore our shared Canadian history, examine the meaning of reconciliation, and their respective role to play. Reconciliation Canada has also published a [Kitchen Table Guide for Reconciliation Dialogue Toolkit](#).

Tenfold: A Community Engagement and Public Health Podcast

[Tenfold](#) is a weekly podcast about community engagement and public health. Each week, a different public health professional talks about their experiences with community engagement. They cover topics like engaging Indigenous communities to the role of community engagement in knowledge exchange.

Webinar on Ta Saantii Deu/Neso: A Profile of Métis Youth Health in BC Report Multiple Times Between February 3 – 13, 2020

This [webinar](#) will present a new report from the McCreary Centre Society, in partnership with Métis Nation British Columbia. Using data from the 2018 BC Adolescent Health Survey, Ta Saantii Deu/Neso looks at the current health picture of Métis youth, their changing needs, and at disparities between the health of Métis and non-Métis youth.

Applied Suicide Intervention Strategies Training (ASIST) February 20 – 21, 2020 at CMHA Prince George Branch

This [interactive two-day workshop](#) teaches participants to recognize when someone may have thoughts of suicide, and to work with them to create a plan that will support their immediate safety. Anyone over the age of 16 can use the ASIST model.

Mental Health Literacy – UBC Online Courses

Two freely accessible [online courses](#), LEARN and TEACH, provide a mental health literacy foundation for educators (with downloadable best-evidence-based curriculum resources).

Go-To Educator Institute February 3-4, 2020

Professional development opportunities for educators, including [Supporting Student Mental Health](#). Develop mental health knowledge, identification and support as well as strategies for working with health providers, parents and families.

District Implementation Institute February 5-6, 2020

[Mental Health Core Trainer](#) Focus on strategies for implementing a school- and/or district-wide Professional Development plan for building Mental Health Literacy.

At the Interface: Indigenous Health Practitioners & Evidence-Based Practice Webinar

February 11, 2020 from 11 a.m. – 12:30 p.m. PST

This [webinar](#) highlights findings from the National collaborating Centre for Indigenous Health's recent report. The report looks at how Indigenous health practitioners integrate Indigenous and Western systems into their health care practices and policies. It also looks at how these practitioners find themselves at the interface of two unique and often contrasting knowledge, evidence and practices, and how they best address the complex health needs of their Indigenous patients.

Asset Management Awareness Workshop

February 13 & 20, 2020 from 9 a.m. to 12:30 p.m. PST

This [two session course](#) is for elected officials and municipal or organizational staff who would like a better understanding of what asset management is, why it should be undertaken, what the benefits are to your community, and how to begin implementation with tangible steps. It costs \$145 per connection, which allows you to have small groups of people in the room with you.

17th Annual Air Quality and Health Workshop: Environmental Justice of Air Quality in the Era of Citizen Science.

February 11, 2020 8:30 a.m. to 5 p.m. PST

The British Columbia Lung Association presents the [17th Annual Air Quality and Health Workshop "Environmental Justice of Air Quality in the Era of Citizen Science" February 11th, 2020](#). A live-streaming option is available for remote participation (in-person in Vancouver). Organized annually, the workshop brings together air quality and environmental health experts and policymakers to share new insights regarding priority public health issues. The theme will examine the topic of environmental justice, with a focus on issues related to air quality and health. [Register here.](#)

Summit on K-12 Workplace Wellbeing

May 11 – 13, 2020 in Edmonton, Alberta

With stress and burnout on the rise among superintendents, principals, teachers, and other teaching and non-teaching staff, this [pan-Canadian summit](#) will bring together champions, change makers and stakeholders to learn more about concrete ways to advance workplace well-being in K-12 education.

Appetite to Play – Online Workshop Series

The instructor led live [interactive workshops](#) will enhance knowledge, skills and confidence in creating childcare settings that support physical literacy, healthy eating, and healthy child development. Planning tools, self-assessments, recipes, games and activities will be shared. An overview of the resource rich [Appetite to Play](#) website will be included. Take advantage of the New Year sale price on workshops from January to March.

Northern Health Stories

Ditch the diet, rekindle your relationship with food

The start of a new year often brings resolutions to eat better and be more active. In a recent Northern Health staff poll, 25% of respondents said “healthier eating habits” is their top goal for 2020. As a dietitian, I’m all for that! But, with the latest diet trends and celebrity weight loss stories hitting the media, it’s easy to get swept up in the promise of a quick fix... [continue reading.](#)

National Non-Smoking Week: 6 ways to improve your chance of living tobacco free

For National Non-Smoking Week, let’s stop youth and non-users from ever using tobacco and nicotine products, while also helping people who want to quit. This way, we can protect everyone from the harms of second- and third-hand smoke too...[continue reading.](#)

Youth Mental Health: Self-care

During the summer of 2019, we asked youth around Northern BC, "What keeps your mental health in check?" We used their answers to create four videos, showcasing some of the best ways to gain and maintain strong mental health! Here's what they had to say about Self-Care...[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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