

July 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.

Youth Mental Health Campaign



With youth mental health capturing attention on social media platforms, (check out [Foundry's "Everything is fine campaign"](#) and [CMHA's Celebrate Everyday Victories](#)), school and health sector strategic plans, and across dinner tables everywhere, we decided to bring together people from across our organization to share information, engage our communities, and grow the conversation about this very important topic in a youth mental health campaign of our own!

All of the Northern Health youth mental health campaign materials are available to download and share on the [Youth Mental Health toolkit](#).

For Your Information

Rabies Awareness & Prevention

If a dog, bat, or other wild animal bites or scratches you, don't delay! Immediately get medical help and talk to your local Environmental Health Officer – if you're immunized in time, you won't get rabies. More information: [HealthLinkBC](#) and [BC Centre for Disease Control](#).

Resources

Healthy Housing Action Guide

[This new PlanH guide](#) supports local governments across British Columbia as they create healthy and thriving places for all people. The guide includes information about healthy

housing and its co-benefits, actions and examples from B.C. communities, funding opportunities and strategies, and a checklist of healthy housing actions.

Mental Health & Well Being - Considerations for the Built Environment

[This report](#) elaborates on the research findings and planning principles established in the [Healthy Built Environment Linkages Toolkit](#), by focusing specifically on mental health and well-being impacts of community planning and design related to neighbourhood design, transportation networks, natural environment, food systems and housing.

Move to Learn School Physical Activity Initiative

MOVE to Learn supports teachers and schools to confidently increase movement opportunities in the everyday learning environment. It is coming to SD57 (Prince George) in September, but is available to all interested schools. For more info, please contact [Mandi Graham](#).

BC Child Poverty Report Card & Regional Fact Sheets

The 2018 Child Poverty Report Card has just released [Regional Factsheets](#) that translate the report's data into .pdf and .ppt files highlighting regional data, and comparing your region to other communities.

I-SPARC Operations Manager - Team BC for 2020 NAIG

Applications due July 8 by 5pm. I-SPARC is [hiring an Operations Manager](#) to develop and deliver all aspects of its Team BC's participation at 2020 NAIG. Location of work determined based on candidate's current residency in BC.

Education and Learning Opportunities

Understanding Stigma Online Course

CAMH is offering a [free self-directed online course](#) for healthcare providers. The goal is to address the stigmatization of people with mental health and addiction problems, and to develop strategies to improve attitudes and behaviours, leading to improved patient-provider interactions and better overall care for people with mental health and addictions problems.

Food Skills for Families Training Invitation

August 20 - 23 (Kamloops) and October 1 - F4 (Richmond). The BC Center for Disease Control invites you to attend the [Food Skills for Families](#) Train-the-Trainer program. By attending one of these trainings, you will be certified as a Food Skills Facilitator and eligible to lead the five Food Skill's curriculums.

Community Events

Prince Climate Action Strategy

Prince George is updating our 2007 Energy and Greenhouse Gas Management Plan to help us achieve GHG emission reduction targets. [We want to hear what actions are most important to you.](#)

Funding Opportunities

Sport for Social Development in Indigenous Communities

Deadline: July 5 (Stream 1) and 19 (Stream 2), 2019. The [SSDIC program](#) funds organizations to deliver sport for social development projects in Indigenous communities in Canada. Stream 1 is reserved for established Aboriginal sport bodies, and Stream 2 is open to Indigenous governments, Indigenous communities and other not-for-profit Indigenous and non-Indigenous delivery organizations collaborating with an Indigenous organization(s).

Community Action Initiative: Community Counselling Grant

Deadline: July 26, 2019. This [funding opportunity](#) focuses on community [counselling](#) for adults in relation to mental health and substance use, with the goal of reaching underserved or hard to reach populations that do not have access to counselling opportunities. Priority will be given to proposals that demonstrate ability to reach these populations through the application of an equity lens.

Rural Dividend Fund

Deadline: August 15, 2019. Local governments, Indigenous communities and organizations, as well as not-for-profit organizations are eligible and encouraged to apply for funding in [the sixth intake of the BC Rural Dividend program](#). Funding streams include: Community Capacity Building, Workforce Development, Community and Economic Development, and Business Sector Development.

Fresh to You School Fundraiser

Deadline: September 21, 2019. Looking for a healthy school fundraiser option? BC Agriculture in the Classroom is [accepting applications for the Fall 2019 Fresh to You Fundraiser](#) from schools currently enrolled in [the BC School Fruit & Vegetable Nutritional Program](#). Schools can make 40% profit by selling bundles of fresh, local fruit and vegetables to family and friends.

UBCM Community to Community (C2C) Forum Grants

Deadline: September 13, 2019. [Applications currently being accepted](#) from local governments (municipalities and regional districts) and/or First Nations (Band or Tribal Councils) to host a C2C Forum between September 20, 2019 and March 31, 2020. These events bring together First Nations and local governments from across BC to discuss common goals and opportunities for joint action.

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.

Microfunding for Cannabis and Vaping Public Education

Deadline: Open - first come first serve with limited funding available. Health Canada is offering micro-funding [\(up to \\$1,000\)](#) for innovative projects that provide education and/or awareness about the health effects of cannabis and/or risks of vaping. Applicants are encouraged to target youth, linguistic minority populations, rural and remote communities, and Indigenous communities.

Northern Housing Incentive

Deadline: Quarterly - contact NDIT 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.

NDIT Housing Needs Assessment Program

Deadline: Ongoing. [The Housing Needs Assessment](#) program provides one-time grant funding to local governments for the development of a comprehensive housing needs assessment.

Northern Health Stories

Mindful eating: 4 practical strategies you can do at work. Do you eat lunch at your desk? Eat until you are uncomfortably full? Inhale your meals? If this sounds like you, keep reading — this blog post is all about how to incorporate mindful eating into your work day! [Continue reading...](#)

Smokeless summers start with us. I can still hear it. The sharp, piercing noise of the air horn that signaled a fire call from the Fire Centre, closely chased by the “wok wok wok” sound of our helicopter winding up. The memory brings back the emotions that always followed those sounds: initial excitement, slight anxiety, and the “I hope this isn’t the one that burns down the province” thought. [Continue reading...](#)

Sedentary behaviours: they're not all created equal! “The new smoking.” Sedentary time (time spent in a sitting or lying position while expending very little energy) has come under fire for its negative health effects lately. While there are certainly significant health risks associated with time spent being sedentary, calling it “the new smoking” is a bit of a scare tactic – smoking is still riskier. [Continue reading...](#)

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

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://www.northernhealth.ca/services/healthy-living-in-communities?keys=healthy%20communities>

**If you have any questions about our list and your privacy, please feel free to phone us at:
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Next edition to follow in August 2019