

August 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.*

The theme for this year's Youth Day on August 12th, is Safe Spaces for Youth. Youth need safe spaces where they can come together, engage in activities related to their diverse needs and interests, participate in decision making processes and freely express themselves. While there are many



types of spaces, safe spaces ensure the dignity and safety of youth. Safe spaces such as civic spaces enable youth to engage in governance issues; public spaces afford youth the opportunity to participate in sports and other leisure activities in the community; digital spaces help youth interact virtually across borders with everyone; and well planned physical spaces can help accommodate the needs of diverse youth especially those vulnerable to marginalization or violence.

The [2030 Agenda for Sustainable Development](#), specifically [Goal 11](#), emphasizes the need for the provision of space towards inclusive and sustainable urbanization. Furthermore, the [New Urban Agenda \(NUA\)](#) reiterates the need for public spaces for youth to enable them to interact with family and have constructive inter-generational dialogue. Additionally, the [World Programme of Action for Youth \(WPAY\)](#) which is the UN framework for youth development, prioritizes the provision of “leisure activities” as essential to the psychological, cognitive and physical development of young people. As more and more youth grow in a technologically connected world, they aspire to engage deeper in political, civic and social matters, and the availability and accessibility of safe spaces becomes even more crucial to make this a reality.

### For Your Information

- Health Canada is seeking feedback on the [proposed approach to cost recovery for the regulation of cannabis](#) . Cost recovery is based on the principle that the general public should not bear the cost of government activities where private parties gain the main social or economic benefit. This consultation is open between 12 July and 13 August, 2018.
- FNHA is very interested in the views and beliefs of First Nations and Indigenous people in BC as it responds to the opioid crisis, changes to federal cannabis policy, and works towards improving cancer screening rates for First Nations and Indigenous people in BC. In May, FNHA launched its Health Attitudes and Beliefs Survey to better understand the perspectives of BC First Nations on these topics. The survey takes about 10 to 12 minutes to complete. Taking part in the survey is voluntary and confidential. To complete the survey, call toll-free 1-855-412-1941 or complete the survey online at [www.fn.malatest.net](http://www.fn.malatest.net).

- To inform BC's first poverty reduction strategy, the government engaged in a broad, province-wide consultation process that asked British Columbians to share their experiences with poverty, their solutions, and their visions for a better, more inclusive province. The BC Poverty Reduction Consultation Summary Report "[What we heard about poverty in BC](#)" is the result of the wide range of community consultations undertaken by the BC Ministry of Social Development and Poverty Reduction as part of the process in creating poverty reduction legislation and a poverty reduction plan for British Columbia.
- The Ministry of Mental Health and Addictions wants to give British Columbians the opportunity to shape the Province's mental health and addictions strategy. As such, they are soliciting public comments via an [online feedback form](#).
- WorkSafeBC, PHSA and BC Injury Research and Prevention Unit are currently inviting adult workers (age 19-64, all industries) who have sustained a concussion – either through work or leisure activities – to participate in a discussion group. The discussion group will focus on experiences and concussion awareness, prevention, and management resources in the workplace and information will be used to help develop a toolkit of concussion resources. If you would like to share your experiences but do not live in the Lower Mainland or would prefer to speak one-on-one with a study team member, please contact the project coordinator, Denise Beaton, at [denise.beaton@bccdc.ca](mailto:denise.beaton@bccdc.ca), (604)875-2000 ext. 6928

## Food for Thought

- BC Mental Health and Addictions Announcement: Two new communities to join [Foundry](#) network – Terrace and Richmond. Terrace and District Community Services Society will be the lead agency for the new Terrace Foundry. Foundry offers young people ages 12-24 health and wellness resources, service and supports online and through integrated service centres.
- [Canadian Centre on Substance Use and Addiction](#) has recently released a new report [Canadian Substance Use Costs and Harms 2007-2014](#). This document summarizes the costs including health care costs, lost productivity costs, criminal costs and direct costs related to substance use. This information is useful to inform further efforts to reduce substance use and addiction and improve the health of our population.

## Resources

### Schizophrenia Society of Canada

Launch of a new website to help explain the connection between cannabis use and psychosis in young people. The site, [cannabisandpsychosis.ca](http://cannabisandpsychosis.ca), contains information from medical professionals as well as stories from teens who have first-hand experience with the effects of marijuana on their mental health.

### The Health of Canada's Children and Youth: A CICH profile

The [Canadian Institute of Child Health](#) (CICH) has developed a series of [topic-specific modules](#) that consolidate over 400 indicators on the health and well-being of children aged 0 to 5 and their families. The modules compile data on a variety of child- and youth-related topics.

### Alberta Center for Active Living

[Physical Activity for Decision-Makers](#) - The Alberta Centre for Active Living has developed this fact sheet to support decision-makers with ways to integrate physical activity in their communities through educational and policy opportunities.

### CMHA – Talk in Tough Times

With record wildfires last year, many people continue to experience stress, sadness, anxiety or anger and other emotions and feelings from those experiences. This is a normal part of healing

from trauma, with some people experiencing more symptoms and others less. Canadian Mental Health Association has launched a new resource to help those who want support: [Talk in Tough Times](#) is a free tele-health program that can be accessed by calling **1-877-427-4884**. Please see [CMHA](#) website for hours of operation and further details. For additional support, 24/7 you can access 310-6789 or 1-800-SUICIDE.

### **University of Alberta – This is Public Health**

This website offers [interesting articles](#) on a variety of public health topics from mental health, to concussions, to sleep hygiene. A reputable source of information with timely research made usable for the general public. Also provides access to a great [online lecture series](#), complete with videos, handouts, and infographics.

## **Funding Opportunities**

### **Community Action Initiative – Let’s Talk About Alcohol**

**15 July – 15 November, 2018**

[Community Dialogue Grants](#) are available: up to \$15,000 and capacity-building tools to support community-based organizations in hosting cross-stakeholder dialogues to examine and understand the use and impact of alcohol in your community. Funding is available through the Community Action Initiative. *(Note: Northern Health does not promote consumption of alcohol, but recognizes many people use alcohol and other substances. We support opportunities to have conversations and take action towards lowering the risks of substance-related harms for individuals, families, and communities. If you are interested in this funding opportunity, please contact [healthycommunities@northernhealth.ca](mailto:healthycommunities@northernhealth.ca) to see if we can support this dialogue!)*

### **Government of Canada/Employment and Social Development Canada**

**September 21, 2018**

The [Enabling Accessibility Fund](#) (EAF) provides funding for eligible capital projects that increase accessibility for people with disabilities in Canadian communities and workplaces, creating more opportunities for people with disabilities to participate in community activities, programs and services, or access employment opportunities.

[Youth Innovation Component](#): The Enabling Accessibility Fund (EAF) is currently looking for dynamic youth who want to demonstrate leadership and their commitment to their communities by volunteering their time to build a more accessible Canada. This is a very unique opportunity for young leaders to make a tangible difference in the lives of people with disabilities by addressing accessibility barriers in public spaces or workplaces within Canada.

### **BC Dairy Mini Food Grants**

**December 2018**

Would you like to use food in your classroom to inspire your students to be healthier eaters? Enhance your teaching—apply for a [mini food grant](#)! Teachers (K to 12) who are using one of the BC Dairy Association programs can apply for a grant. Grant funding will vary depending on the program you are teaching and the food activities planned. Teachers are eligible for one grant per school year, up to a maximum of \$150.

## **Education/Learning Opportunities**

### **National Collaborating Centre for Determinants of Health – Webinars**

**21 August 2018, 1:00 – 2:30 p.m.**

Webinar: The Healthy Built Environment Linkages Toolkit: [How can community planning and design make us healthier?](#)

Recorded on 24 July 2018

Webinar: [Promising practices in Indigenous community health promotion](#)

## 2018 Northern BC Research and Quality Conference

16 September 2018

Northern Health is now accepting abstracts for the 2018 Northern BC Research and Quality Conference happening November 6-8, 2018 in Prince George. The theme of this year's conference is Engaging Partners in Health Care Improvement. Abstracts are being accepted for both oral and poster presentations.

Researchers, students, health authority employees, health care practitioners, patient partners, and community organizations are invited to showcase health research, evaluation, or quality improvement initiatives. For more information on [submissions](#) and the [application form](#), visit the [conference website](#).

## PHE 10 Teacher Support: Meeting Curriculum Competencies for Social and Community Health and Mental Well-Being

September 22 – Burnaby, September 22 – Kelowna, September 29 - Victoria

Create a healthy school with improved self-esteem and engagement, and fewer incidents of prejudice and bullying. This one-day workshop is fully funded by the Canadian Red Cross in partnership with the Slight Family Foundation and will help teachers meet the curriculum competencies for developing healthy relationships; responding to unsafe situations; managing conflict; awareness of personal boundaries, gender identity, and sexual orientation; skills in decision-making, communications and critical thinking; analyzing the risks of technology and the impacts of sexual interactions online. [Registration](#) can be done online.

## Alberta Policy Coalition for Chronic Disease Prevention Webinars

[Cannabis and Public Health: Regulating Public Consumption](#)

[Developing Bylaws for Land-Use and Business Licensing](#)

## Men's Sheds: Putting Men on the Road to Better Health

Online Presentation – UBC

The panel discusses new developments in the growth of men's sheds in BC and their potential to promote men's health. Available to [watch online](#) from the Institute for Healthy Living and Chronic Disease Prevention.

## Appetite to Play - Healthy Eating and Physical Activity in the Early Years

FREE E-Learning Modules on [Physical Literacy](#) & [Healthy Eating](#) from [Appetite to Play](#). Appetite to Play provides healthy eating and physical activity recommended practices and practice support resources for early years providers to use in a variety of settings including: daycare centres, family based childcare, preschool and parent participation programs. The modules are each 1.5 hours in length, and can be used towards professional development credits for early years providers.

## Northern Health Blogs

- Imagine Grants: [We pass it on to our children](#); Robbie Pozer
- [Wellness outside of the meal](#); Dena Ferretti
- Foodie Friday: [the smells of home](#); Rebecca Larson
- [Walk with your Doc: Tumbler Ridge](#); Joan Zimmer
- [Debbie Strang honoured as Health Care Hero](#) at 2018 BC Health Care Awards; Anne Scott
- [Down at the farm: Community Supported Agriculture](#); Lise Luppens
- Foodie Friday: [Summer hydration-Delicious thirst quenching drinks!](#); Laurel Burton
- [Advance Care Planning: why wait?](#); Patti Doering
- [Relating to the teen in your life](#); by Stacie Weich
- [Learning on the job: finding wellness as a professional physiotherapist](#); by Haylee Seiter
- [Dr. Knoll's Recipe for Wellness](#); by Robbie Pozer
- [3D: Drugs, Dino, and Dinner - Another unique conference in Tumbler Ridge](#); by Charles Helm
- [Views: The 2018 Northern Healthcare Travelling Roadshow](#); by Robbie Pozer

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 September 2018*