

December 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.

Human Rights Day, December 10

December 10th is [Human Rights Day](#). It's a day to celebrate the Universal Declaration of Human Rights, a declaration that inspired Canadian laws and other actions to uphold human rights.



For example:

According to the Declaration of Human Rights, everyone has the right to health and well-being, and this includes guaranteed access to enough healthy and safe food. Learn more at the [Food Secure Canada website](#).

Did you know that breastfeeding is also a human right protected by the *BC Human Rights Code*? Nursing mothers have the right to breastfeed their children in public areas. Asking a mother to cover up or breastfeed somewhere else is discrimination. Learn more about [Sex Discrimination and Sexual Harassment](#).

For Your Information

- The [Food Costing in BC report](#) is available. The new report shows that food costs have been rising across BC, and in northern BC, the average price of a basic, healthy diet is the highest it's ever been: \$1038 per month (for a reference family of four). Inadequate or insecure access to food due to financial constraints is referred to as household food insecurity, which takes a major toll on physical and mental health. The Food Costing in BC report highlights that the strongest predictor of household food insecurity is not the price of food itself, but household income. The latest evidence shows that the key to solving household food insecurity is comprehensive policy action to ensure all people have adequate incomes to buy healthy food after covering other basic needs. To learn more read the entire [Food Costing in BC 2017 Report](#) and view the [infographic](#) that illustrates the affordability of healthy eating in BC, and share widely.
- Appetite to Play is an initiative in British Columbia designed to support early years providers to promote and encourage physical activity and healthy eating for children 0–5 years old. Check out this [quick video](#) to learn more about the initiative, and then explore

appetitetoplay.com to learn more and get tools to set the stage for lifelong healthy behaviours.

- [Teach Resiliency](#) is a door to an online library that has practical and evidence-informed resources and tools to support mental health in our classrooms and schools—for students as well as educators. It's also a place to learn from one another: to exchange ideas, create new resources, and share important perspectives and ideas. The [resources](#) available on Teach Resiliency were chosen to support mental health in classrooms and schools – for teachers and students. The collection includes resources developed specifically for Teach Resiliency as well as links to recommended books, apps, videos, podcasts, tip sheets and websites. The resources were created and selected by a group of teachers, administrators, mental health professionals and researchers
- Opportunities to partner with the YMCA to support Mental Wellness!
Deadline Thursday December 6th at 5:30 2018.
 - 1) The YMCA is looking to expand their [Youth Mindfulness programs](#). There are three different groups supporting youth up to age 30 and separate programs for community and schools. The YMCA is looking for partnerships to support delivery. The programs are focused on prevention/early intervention for teens and youth with mild to moderate symptoms such as low mood and stress. These programs are intended to be no barrier – with no costs and no referral required. Interested groups should connect with Mindfulness Programs Coordinator at ymind@nbc.ymca.ca at the YMCA of Northern BC for full details.
 - 2) **Indigenous Pilots 2019:** The YMCA is currently looking for interested communities who would have the capacity to support the program with funding provided by the Y. Communities would be required to provide two of their staff members, who would then be trained to deliver the Y Mind Medicine curriculum. The indigenous Cultural Adaptation is a draft, which will be piloted in communities in 2019. For more information please visit: [Youth Mindfulness Group website](#) or contact [Lindsay](#) for YMCA Mindfulness Programs – Letter of Interest.

Resources

Appetite to Play – Virtual Workshops

The Appetite to Play initiative builds the capacity of early years providers to promote and encourage healthy eating and physical activity in the early years. Check out their [catchy 1-minute video](#).

You may have already heard about the in-person training workshops, as well as the two online e-modules. They are now also **offering 10 virtual workshops this Fall and Winter** so that you can take the training from the comfort of your own home! For details about upcoming dates and registration, visit their [training page](#).

Mental Health Commission of Canada – New Toolkit

Mental Health Commission of Canada has released a new [e-mental health services implementation toolkit](#) to help guide mental health providers boost e-mental health services in Canada. This toolkit was developed by the MHCC in partnership with the Centre for Research in Family Health.

Canadian Rural Revitalization Foundation 30th Annual Conference Webinars

Did you miss the live Health and Shared Prosperity Webinars? Be sure to check out the video recordings from the Canadian Rural Revitalization Foundation - 30th Annual Conference posted on the RPLC [YouTube Channel](#) & [RPLC Website](#). [Access the website](#) to watch some of your favourite CRRF 2018 webinars. For questions, please contact Munzaleen Sajjad, sajjadm@brandonu.ca, 204-721-0484

Funding Opportunities

Community Child Care Space Creation Program

Deadline: 18 January 2019

The Community Child Care Space Creation Program will provide funding to local governments to create new licensed child care spaces within their own facilities for children aged 0-5, with a focus on spaces for infants and toddlers.

- [2019 Community Child Care Space Creation Program & Application Guide](#)
- [2019 Community Child Care Space Creation Application Form](#)

For more information contact Local Government Program Services at 250-952-9177 or lqps@ubcm.ca.

Community Child Care Planning Program

Deadline: 18 January 2019

The Community Child Care Planning Program will provide funding for local governments to engage in child care planning activities in order to develop a community child care space creation action plan.

- [2019 Community Child Care Planning Program & Application Guide](#)
- [2019 Community Child Care Planning Application Form](#)
- [2019 Community Child Care Planning Inventory - SAMPLE](#)

For more information contact Local Government Program Services at 250-952-9177 or lqps@ubcm.ca.

Crime Prevention Project Funding Grants

Deadline December 14 2018

The Crime Prevention and Remediation Grant Program provides one-time funding to crime prevention projects that align with funding streams chosen on an annual basis. For full details about the application process, please see the [Application Guide](#). Once you have reviewed the guide, and decided what stream you will apply for, you can then access the grant application forms using the links listed below:

- [Crime Reduction and Crime Prevention](#)
- [Indigenous Healing and Rebuilding](#)
- [Serving Victims Through Restorative Justice: Enhancing Program Capacity](#)
- [Addressing Violence against Women – Domestic Violence and Sexual Assault](#)
- [Human Trafficking, Sexual Exploitation and Vulnerable Women in the Sex Trade](#)
- [Child and Youth Advocacy Centres](#)

All applications must be received no later than 4:30 p.m. on Friday, December 14, 2018. Late applications will not be accepted.

Together for Safer Roads - Safer Roads Challenge

Deadline February 2019

Community leaders apply for [TSR's Safer Roads Challenge](#) by identifying a top strategic road safety challenge that they propose to advance with TSR support. Communities then receive a team of subject matter experts from TSR member companies to tap into their knowledge, data, tech, and global networks to inform strategic interventions. During the project, the TSR team may:

- Provide seed-funding and access to technical expertise to develop/ re-haul a city's road safety management, ultimately making a sustainable decrease in the number of crashes and fatalities
- Start and/or accelerate a city's road safety pilot intervention to understand the road safety challenges and potential evidence-based solutions to reduce crashes/improve behaviors.

The [application](#) consists of essay questions and a brief letter signed by the mayor or equivalent relevant executive certifying the submission and designating the project as a high priority. Both components should be submitted by email at info@togetherforsaferroads.org.

Physical Literacy for Communities BC

Deadline January 15, 2019

[Physical Literacy for Communities](#) provides up to three years of funding as well as leadership, resources, and support for a community to develop physical literacy. The purpose of the initiative is to improve the development of physical literacy, which leads to increased physical activity positively impacting health and well-being. This initiative provides targeted funding of up to \$50,000 over a two-year period, along with mentorship and support toward the collaborative design and multi-sector development of physical literacy. The key phases of the initiative are Educate, Train and Mentor. [Informational Webinar for 2019 Intake](#): December 6, 2018 10:30 – 11:30 PST. Complete [applications](#), along with letters of support, must be submitted by January 15, 2019

Education/Learning Opportunities

All the Right Moves: Physical Activity Across the Life Span Webinar

4 December 2018, 9:00 – 10:00 PST

Physical activity is important at every age because how we move affects our well-being in multiple ways. Please join BC Alliance for Healthy Living on Tuesday, December 4th from 9:00am-10:00am for an exciting webinar featuring [Appetite to Play](#) and [Choose to Move](#), two programs you don't want to miss. To register: <https://register.gotowebinar.com/register/6544560784676645377>

Northern Health Blogs

- [Telehealth bridges the kilometers between patients and doctors](#): NH board approves 5 year plan; by Sanja Knezevic
- [Northern Doctor's Day: Honoured retirees'](#) by Sanja Knezevic
- [Northern physician wins 2nd international research award](#); by Anne Scott
- [Imagine community grants win quality award!](#); by Tamara Reichert
- Foodie Friday: [the high protein super snack you should consider](#); by Rebecca Larson
- "DementiAbility" approach helps [make Terraceview Lodge feel like home](#); by Anne Scott
- [Local physician recognized for an innovative workplace culture](#); by Tamara Reichert
- ["Catching people in the net of the team:"](#) patient-centred care in practice; by Bailee Denicola
- Bike season is over...or is it? [How one cycling team keeps wheeling through winter](#); by Haylee Seiter
- [Volunteer translator saves the day in Dawson Creek](#); by Brandan Spyker
- [Sharing stories "What matters to you?"](#) events help improve health care: by Tamara Reichert
- [Crafting for now, wellness forever](#); by Lara Frederick
- [Fire infographic](#); by Robbie Pozer
- Foodie Friday: [microwave cooking 2.0](#); by Judy April
- Diagnosis: Retiring. [Here's what retirement looks and feels like to two long term Prince George doctors](#); by Robbie Pozer
- Food Security, Part 2: [Food costing in BC](#); by Laurel Burton
- [Big moves with big health rewards](#); by Leah Smith
- [Dunrovin celebrates Care Aide Assistants day](#); by Adele Bachand
- [Life's balancing act](#); by Sandra Galletti
- [Rural Nursing: A love story](#); by Stephanie Goulet
- Infographic: [Northern Trauma Program](#); by Anne Scott

- [Supporting Conversation, Not Consumption](#); by Stacie Weich
- Canadian Patient Safety Week: [not all meds get along](#); by Rob Pammett
- Foodie Friday: [Pumpkin – more than just a spooky decoration](#); by Laurel Burton
- [UHNBC Trauma Team delivering great results](#); by Anne Scott

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 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/services/Healthy-Living-in-Communities>

- **To subscribe**, send a blank email to healthycommunities@northernhealth.ca with "subscribe" in the subject line.
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**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 January 2019