

January 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.

The E-brief is getting a makeover

As of February 1st, we will be moving our E-Brief to a new platform. We're hoping this will enhance your reading experience, and our ability to deliver meaningful content. In early January, we will ask all current subscribers to re-confirm your interest in receiving the monthly E-Brief. We will also have an opportunity for you to provide feedback on what you'd like to see moving forward.

For Your Information

2018 Report on Homeless Counts in B.C. (December 2018)

This report summarizes findings from 24 homeless counts conducted in communities across BC. It also includes shelter data from communities that were not involved in a homeless count. This report was funded by the Province of BC and can be found on [BC Housing's website](#).

Report: Rural Development in BC, What We Heard

The province conducted online and in person engagement sessions across the province to better understand the needs of rural communities. [The report](#) shares ten common themes that emerged across the province, and includes an overview of the top themes within each region. Province-wide, the leading themes were community services and infrastructure, natural resources and access to capital funding. This information will lay the foundation for the development of enhanced rural development programming in the future.

Resources

Canning Foods: Your Guide to Successful Canning – First Nations Health Authority (FNHA)

Carry on the wonderful traditions of harvesting and preserving food with your family, and staying healthy together. [This guide](#) from FNHA provides great information on how to can foods like berries, vegetables, fish and meat in a food safe manner.

Cannabis Talk Kit, 2nd Ed. – Drug Free Kids

Drug Free Kids has just released the second edition of the [Cannabis Talk Kit](#) entitled “Know How to Talk with Your Teen”, a resource for parents and families.

BC Child Poverty Report Card - 2018

Learn about the current reality of child poverty in BC on a variety of themes from the rate of child poverty to working poverty to income inequality. Sadly, the rate of child poverty has not changed in over 20 years and still affects one in every five children. The [BC Child Poverty Report Card](#) includes a list of recommendations that would make a real difference to the size and depth of BC’s child and family poverty

Community Events

January 20-26th, National Non-Smoking Week

Thinking of quitting smoking, or know someone who would like to quit? Start making your quit plan by checking out some of the resources available to help you [QuitNow](#) from the [Government of BC](#).

Funding Opportunities

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. Complete [applications](#), along with letters of support, must be submitted by January 15, 2019

Community Child Care Space Creation Program

Deadline: January 18, 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 lgps@ubcm.ca.

Community Child Care Planning Program

Deadline: January 18, 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 lgps@ubcm.ca.

Education/Learning Opportunities

UBC Certificate Program: Aboriginal Health and Community Administration Registration deadline 15 January 2019 (next session begins 21 March 2019)

This award-winning certificate program is designed for those working in Indigenous communities who want to increase their community's capacity to deliver services, coordinate programs, and promote the health of their people.

Recorded Webinar: Equity in Physical Activity

On November 20, 2018, BC Healthy Communities hosted a [webinar](#) about how communities could use planning and policy approaches to create better health as well as more physical activity.

Choose to Move, Prince George

[Choose to Move](#) is a FREE, 6-month program for anyone age 65+ that wants to become active, regardless of ability. Participants receive both individual and group support throughout the program, which is being offered in Prince George this winter, with plans for further expansion throughout the province forthcoming. For more information and to register for the Prince George session, call the YMCA of Northern BC: 778-281-0694. To learn about programs in other communities within BC, [sign up here](#).

Northern Health Blogs

- [Facility engagement removes silos, improves teamwork in the North](#); by Sanka Knezevic
- [Dancing my way to wellness](#); why boogie-ing is better for you than you think; Haylee Seiter
- Joyful eating: [Northern dietitians share holiday food traditions](#); by Lise Luppens
- Foodie Friday: [Microwave Baking – can you have your cake and eat it too?](#); by Judy April
- [Award of Merit for NH Stop Stigma campaign](#); by Jessica Quinn
- [Five things you can do to help prevent the flu!](#); by Haylee Seiter
- [The most “wonderful/stressful/jam packed/crazy” time of the year](#); by Robbie Pozer
- [“This is who I am”](#): NH staff member Jessie King presents at international conference; by Anne Scott
- [Haida Gwaii Hospital has first Haida language lesson with NH staff](#); by Sanja Knezevic
- [Spirit hits the ice for the Spirit of the North Healthcare Foundation](#); by Robbie Pozer
- [Feeding patients; it's all about teamwork](#); by Allie Stephen
- [Finding wellness at work; tips from the Dawson Creek Health Unit wellness team](#); by Haylee Seiter
- [Northern Doctor's Day brings together 150 doctors from across the North](#); by Sanja Knezevic
- [Food Security, Part 3](#): A call to action; by Laurel Burton
- Foodie Friday: [sharing a meal with others-a true holiday gift](#); by Amelia Gallant
- [Well wishes to two retiring NH Board Directors](#); by Eryn Collins
- [Research and Quality Conference recognizes northern researchers and quality improvement work](#); by Tamara Reichert
- [Healthy relationships through harm reduction](#); by Reanne Sanford
- [Creative new approaches help people in Prince Rupert get occupational therapy](#); by Emily Bennett

- [World AIDS Day 2018: Know your status](#); by Ashley Stoppler
- [A Northern woman's long life come to a close](#); 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 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 our [Healthy Living in Communities](#) page.

If you have any questions about our list and your privacy, please feel free to phone us at: 250.645.6568

*Northern Health's Population and Preventive Public Health Team
Centre for Healthy Living
1788 Diefenbaker Drive, Prince George, British Columbia*

Next edition to follow in February 2019