

March 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.*

### Unlock the Potential of Food

March is Nutrition Month! This year's theme is "Unlock the Potential of Food." Food is so much more than nutrients: it brings us together, fuels us for activity, and is a world of discovery - for children and adults alike.

Follow along this March as Northern Health Registered Dietitians share their evidence-based tips, advice and stories about all things food and nutrition! Also, Northern Health will

be hosting a [Facebook Live](#) chat with two dietitians on March 14, and hosting an Eating Together contest – you could win an Instant Pot! Visit our social media platforms ([Facebook](#), [Twitter](#), [Instagram](#)) to learn more.



### For Your Information

#### Talking with your Teen about Vaping

We are seeing an increase in the use of e-cigarettes by youth in our communities. Vapour products are safer than cigarettes but not harmless. This [tip sheet for parents](#) provides information about vaping, and strategies for starting a meaningful conversation with teenagers about the topic.

## Resources

### Bright Smiles, Bright Futures Classroom Kit

This simple [dental hygiene curriculum kit](#) includes easy to use classroom materials and Colgate toothpaste and toothbrush sample for 25 children. Designed for K-1 grade or Head Start programs

### Cannabasics

[Cannabasics](#) is a new, free reference for health professionals from CPHA. It provides information about cannabis plants and products, methods of consumption and resources for harm reduction.

## Education and Learning Opportunities

### Healthy Built Environment (HBE) Online Discussion Forum

The [NCCEH Healthy Built Environment in Canada Online Discussion Forum](#) is now live! The forum provides an online platform to share information, ask questions and contribute to discussions, share HBE resources and connect with others doing similar work across Canada.

### Food Literacy Webinar: From Concept to Practice (Recording)

How does “Food Literacy” relate to “Health Literacy”, and how do you implement it in practice? [This recording of the February 13, 2019 webinar](#) provides a background on the concept, and a discussion on food literacy – an evolving sub-concept of health literacy.

## Community Events

### Provincial Active Transportation Strategy Consultations

**Terrace: March 13<sup>th</sup>, 2019 from 4:00pm – 7:30pm**

**Prince George: March 14<sup>th</sup>, 2019 from 4:00pm – 7:30pm**

**Online: [EngageBC Portal](#) as of March 1<sup>st</sup>, 2019**

The Province of British Columbia is seeking input from health, transportation, physical activity experts and community leaders on the Active Transportation Strategy. There are opportunities to provide feedback in Prince George (March 13), Terrace (March 14) and online through [EngageBC](#) as of March 1st. To register for a forum, please e-mail [ActiveTransportation@gov.bc.ca](mailto:ActiveTransportation@gov.bc.ca) with “X Community Forum” in the subject line and your name and organization in the body of the e-mail.

### Facebook Live Chat with Northern Health Dietitians

**March 14, 2019 on Northern Health’s Facebook Page**

Join two Northern Health dietitians on Facebook to discuss the potential of food during Nutrition Month. Follow the [Northern Health Facebook Page](#) for more information.

## **ABCD. Healthy Communities, Healthy Cities Workshop** **May 28 – 30, 2019 in Edmonton, Alberta**

[This workshop](#), hosted by the Tamarack Institute, will gather together over 250 community and neighbourhood development practitioners to explore the use of Asset-Based Community Development (ABCD) and explore leading neighbourhood revitalizing techniques. [Registration is open.](#)

## **Funding Opportunities**

### **Regional Community to Community (C2C) Forum**

**Deadline: March 15, September 13 and December 6, 2019**

[C2C Forum Funding](#) supports increased understanding and improved overall relations between First Nations and local governments. Forum events are intended to provide a time and place for dialogue to build on opportunities, support reconciliation efforts, resolve issues of common responsibility, interest or concern, and/or to advance tangible outcomes.

### **Investing in Canada Infrastructure Program**

**Deadline: March 27, 2019**

The [CleanBC](#) Communities Fund supports cost-sharing of infrastructure projects in communities across the province. These projects will focus on the management of renewable energy, access to clean-energy transportation, improved energy efficiency of buildings and the generation of clean energy. Find more information [at CleanBC.](#)

### **IMAGINE Community Grants**

**Deadline: March 31, 2019**

Northern Health's award winning IMAGINE Community Grant program will open its Spring 2019 call for applications on March 1, 2019! The programs supports a wide variety of local organizations planning projects to improve the health of their communities. The application window will run from March 1 through March 31, 2018. Visit the [IMAGINE web page](#) for more information and to apply!

### **B.C. Employer Training Grant (ETG)**

**Deadline: First come, first serve application process until funding is committed**

The [goal of the ETG](#) is to help unemployed and employed British Columbians access the skills training they need to adapt to the changing requirements of jobs and the labour market while encouraging employer involvement in training of their employees. Funding is available to private and non-profit sectors, Indigenous governments, and band and tribal councils.

### **Community Gaming Grants**

**Deadline: April 30, 2019**

Community Gaming Grants support eligible not-for-profit organizations that deliver community programs that benefit the citizens of British Columbia. There are four available streams, each with a separate application window. The Arts and Culture stream is open

for applications from February 1 through April 30. For more information, visit the [program web page](#).

### myPG Community Grants

**Deadline: March 15, 2019**

myPG Community Grants help local organizations develop and implement innovative activities, projects, and events that contribute to improving the local community. The grants are available for groups operating within the city limits of Prince George only. For more information on eligibility and for application forms, visit the [City of Prince George Website](#).

## Northern Health Stories

- [Clinical stimulation helps nursing school instructors provide better training](#); by Tamara Reichert
- [Thermometers help keep kids out of Dease Lake emergency room](#); by Bailee Denicola
- [Curried cauliflower-Kale soup](#); by Anne Scott

See the latest Northern Health stories at [blog.northernhealth.ca](http://blog.northernhealth.ca).

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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 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://northernhealth.ca/YourHealth/HealthyLivingCommunities.aspx>

**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 April 2019*