

August 2017

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.

Wildfire Supports

Report a wildfire by calling ***5555** on most cellular phones or **1-800-663-5555**

Our thoughts are with those who have been evacuated or impacted by the wildfires in BC. Whether preparing for evacuation or returning home, there is information and support available for evacuees, volunteers, and staff.

- [Wildfire Status – BC Wildfire Management Branch](#)
 - [Active Wildfires Map](#)
- [Wildfire Resources for First Nations Communities \(FNHA\)](#)
- [BC Air Quality Advisories](#)
 - [Air Quality – reducing your exposure in smoky conditions \(NH\)](#)
- [Preparing for Possible Evacuation](#)
- [Returning Home After a Wildfire](#)
- [Responding to Stressful Events: Taking Care of Ourselves, Our Families and Our Communities](#)
- [Coping through a natural disaster emergency](#)

Food for Thought

- [Healthier You Magazine: Summer 2017](#)
- [ParticipACTION: Five Interesting Ways Physical Activity Can Save You Time Every Day](#)

Resources

Environmental Health Resources (FNHA)

- [Food Safety: Community Events](#)
- [Food Safety: Foodborne Illness](#)
- [Prevent Illness by Washing Your Hands](#)

Happy Homes

A toolkit for building sociability through multi-family housing design that identifies principles, strategies and actions to boost social wellbeing. Find it [here](#).

Events

Summer of Wellness Continues!

Northern Health's [Summer of Wellness](#) campaign continues until **September 3**. Follow the campaign by visiting Northern Health on Facebook and Twitter for daily messages, the [Northern Health Matters](#) blog for weekly posts, and submit an entry telling us what wellness means to you for a chance to win a grand prize.

August 31, 2017 – International Overdose Awareness Day

An annual global event that aims to raise awareness of overdose and spread the message that overdose is preventable. Visit [here](#) to find resources or register an event in your area.

September 21, 2017 – Documentary – MILK: Born into this World

Prince George Public Library (10am-1pm)

Smithers Public Library (9am-Noon)

MILK stimulates awareness, education, and discussion about maternal and newborn health. Screenings are followed by a panel discussion. Event made possible by Filmbanc, Telus Fund, Perinatal Services BC, and BC Baby Friendly Network. Drop-in welcome – limited seating. See [here](#) for details or email Randi.Parsons@northernhealth.ca.

Canada 150 Playlist Community Events

August 11, 2017 – Big Pig Mountain Biking Festival (Boer Mountain Rd. Burns Lake BC)

September 9, 2017 – Come Try Ringette (888 Dominion St, Prince George BC)

September 18, 2017 – Active Shuttle Play (26255 Ness Lake Rd. N, Prince George BC)

Funding Opportunities

First Nations Health Authority - Our Community, Our Water Grant

The objective of the grant is to support awareness and preservation of the First Nation's community drinking water sources. FNHA will provide from \$500-5000 for First Nations communities to support hosting a Water Awareness Day Event. Event must be held prior to March 31, 2018. Apply and find more details [here](#).

Education/Learning Opportunities

Hazelton Farm School

August 8-10, 2017

A 3-day workshop that will cover topics including: growing conditions, small livestock and pasture management, soil fertility, planting for success, permaculture and more. This unique learning opportunity is supported through Growing Forward 2. See [here](#) for registration and more information. Space is limited.

Pinwheel Education Series: Youth and the Opioid Crisis

Back to School Anxiety

August 29, 2017 (12-1pm PST)

Free learning opportunity open to all interested. Join in person (Vancouver), by phone or through Telehealth to hear a panel of experts discuss back to school anxiety and practices to manage it. For more information and to register, see [the Eventbrite registration link](#).

Northern Health Blogs

- [Take the clue... don't do the chew!](#) By: Cindy Gjerde
- [You DO win friends with salad](#) By: Lindsay Kraitberg
- [Breathe easier during smoky skies](#) By: Paula Tait
- [Beat the heat-take the cooking outdoors!](#) By: Tamara Grafton
- [Staying safe on the water this summer](#) By: Denise Foucher
- [Brighten up your plate with local fruits and veggies!](#) By: Emilia Moulechкова
- [Recipe for Your Best Beach Body](#) By: Flo Sheppard

Additional Online Health Newsletters/Updates

First Nations Health Authority – Northern Region Newsletter

Published every second Tuesday, this newsletter links you to FNHA news from northern BC, as well as resources and employment opportunities. Email carol.whetter@fnha.ca and add Subscribe Me in the subject line.

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/YourHealth/HealthyLivingCommunities.aspx>

- **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 September 2017