

February 10<sup>th</sup>, 2016

## Healthier Northern Communities ebrief

Hello Everyone,

### **IMAGINE Community Grants NOW AVAILABLE!**

**Deadline: Monday, February 29<sup>th</sup>, 2016**

Grants are open to *all community partners* across the Northern Health region, with great ideas for health promotion, chronic disease or injury prevention projects. For more information and to access the application guide and form, please check out our IMAGINE Grants webpage:

<https://northernhealth.ca/yourhealth/healthylivingcommunities/imaginegrants.aspx>

### **Building B.C.'s Climate Leadership Plan**

**Consultation is open until March 25, 2016 at noon**

The second public consultation for the development of the Climate Leadership Plan is now open. It's easy to participate, simply read the [Consultation Guide](#) then share your thoughts on the most important actions that can be taken to lower B.C.'s greenhouse gas emissions and take advantage of the low carbon economy of the future. Learn more and add your thoughts to the consultation at:

<https://engage.gov.bc.ca/climateleadership/>

## Food for Thought

### Healthy Eating & Food Security

- [Small funds lead to big collaboration with Northern Health IMAGINE grants](#)
- [Archeology student publishes paper on ancient, industrial-scale First Nations fishery | The Vancouver Sun](#)
- ['Even lentils don't taste the same': Diet a major issue for newcomers to Canada | The Province](#)
- [High food prices could spell big trouble for food banks | CBC News](#)

### Injury Prevention

- [Nges Siy \(I love you\): A community-based youth suicide intervention in northern British Columbia | Harder | International Journal of Indigenous Health](#)
- [Info Exchange: Suicide Attempt Survivors and the Value of Lived Experience](#)

### Active Living

- [An Easy Way to Plan for Healthy Active Retirement | Healthy Families BC](#)
- [Find Fitness With Orienteering and Geocaching | Healthy Families BC](#)
- [Healthy U - Active Living and Chronic Heart Disease](#)

### Tobacco Reduction

- [Why is Using Tobacco So Addictive?](#)
- [Tobacco Use | Healthy Families BC](#)
- [Stop Smoking Before Surgery | QuitNowBC](#)

### General Health and Wellness

- [Mayor Bachrach Empowers Residents of Smithers - BC Healthy Communities](#)
- [Just One Thing - #Live5210](#)
- [Show Your Kindness by Wearing Pink on February 24](#)
- [Building Better Communities for Our Children at the Vernon Cities Fit for Children Summit - BC Healthy Communities](#)

## Healthier Communities Resources

### Honouring Our Journey

The North Coast Aboriginal Health Improvement Committee (AHIC) has recently launched a new video that provides information for health care providers about the Haida and Tsimshian Nations' culture and history, and how these impact health care needs.

Watch the video: <https://www.youtube.com/watch?v=IGc2gCU15Yg>

### Adverse Community Experiences and Resilience: A Framework for Addressing and Preventing Community Trauma

This report offers a groundbreaking framework for understanding the relationship between community trauma and violence. [Learn more and download the report.](#)

## Webinars & Learning Opportunities

### Youth Wellness – Healing: Tools and Methods for Youth

**Tuesday, February 16, 2016 at 1:00 pm (PST)**

Join Gerry Oleman and Asia Youngman of Indigenous Youth Wellness who will discuss what is healing, traditional healing, other methods of healing and music for healing.

Learn more and register: <http://learningcircle.ubc.ca/2015/09/healing-tools-and-methods-for-youth/>

### Late Life Transitions, Mental Wellness and the Importance of Social Connections

**February 17, 2016 at 10:00 am (PST)**

Older adults face significant life transitions including retirement, downsizing, losing a driver's license, and loss of partners and friends. These transitions can result in increasing loneliness and isolation. Bonnie Schroeder, Executive Director with the Canadian Coalition for Seniors' Mental Health will talk about the importance of staying socially connected as we age and will provide tips on how to plan and be more prepared for these transitions and how we can ensure mental wellness.

[Register for the webinar](#)

### Early results from the Healthy Together Program: An innovative family education model for children and their families

**Thursday, February 18, 2016, 12-1:00 pm (PST)**

Healthy Together (HT)© is a family-education model integrating healthy eating, physical activity and relationship building to support children, youth and their families. This presentation will

describe the model, partnership and preliminary findings, including lessons learned from implementation of HT programs across Canada.

[Register for the webinar](#)

### **Young People, Socio-Economic Processes, and Youth Mental Health Promotion**

**March 17, 2016 at 10:00 am (PST)**

The webinar will share research findings as the result of engaging with 30 young people between 15 and 28 years of age to explore their experiences of the inter-relationship between their socio-economic environments and their mental health and their processes of seeking to realize their mental health.

[Register for the webinar](#)

## **Conferences & Gatherings**

### **Join this Walk with Me: Changing the culture in Canada**

**March 10 & 11, 2016 in Edmonton, AB**

This will be Canada's 2<sup>nd</sup> national conference on culture change. It will bring together older adults/residents, caregivers, educators, policy makers, students and researchers from all over the country to learn with and from each other about how to enhance the journey of aging across the continuum of care. [Learn More](#)

### **Cities Reducing Poverty: When Mayors Lead**

**A Vibrant Communities National Gathering**

**April 5-7, 2016, Edmonton, AB**

Citizens and their Mayors in both big and small cities are making poverty reduction a priority and just about every progressive city council in Canada is working on or is planning some form of a poverty reduction strategy. Learn more about this gathering:

[Cities Reducing Poverty: When Mayors Lead | Home](#)

### **BCFSN Annual Gathering – SAVE THE DATE!**

**July 15-17, 2016 in Sylix Territory, at the En'owkin Centre in Penticton, BC**

More details will follow soon.

Are you interested in volunteering? Please get in touch with [gathering@bcfsn.org](mailto:gathering@bcfsn.org)

## **Funding Opportunities**

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### **GO Grants – Habitat Conservation Trust Foundation**

**February 15<sup>th</sup>, 2016 (for grants April 1 – Jun 30)**

The main focus of GO Grants is to help get students outdoors and learning through hands-on experiences in nature, specifically field trip projects that offer outdoor and hands-on nature experiences for students. Funding can be applied toward transportation, project materials and program feeds that support outdoor, hands-on learning in and about nature. [Learn more and apply](#)

## **TD Friends of the Environment Foundation Fund**

**February 15<sup>th</sup>, 2016**

This fund supports Registered Canadian charities with a Charitable Registration Number (CRN), Educational institutions (primary/secondary/post-secondary), municipalities and Aboriginal groups to engage in environmental initiatives with a primary focus on environmental education, urban greening and enhancing biodiversity, and energy conservation. There are three annual intakes and it is strongly encouraged to connect with your local [TD FEF Regional Manager](#) to discuss your project idea prior to applying. There are also opportunities to connect into the TD Volunteer Network – an online system through which charitable organizations can post local volunteer opportunities. More details can be found at: [Environmental Grants & Funding for Environmental Projects | TD FEF](#)

## **Girls Only (GO) and Forever Active Bodies 55+ (FAB 55+)**

**Deadline: February 18, 2016 at 11:59 PM (PST)**

These grants provide opportunities for girls and women in all regions of B.C. to participate in sport and integrate regular physical activity into their lives.

Learn more: [Funding for Girls and Women in Sport | viaSport](#)

## **Local Sport Program Development Fund (LSPD)**

**Deadline: February 18, 2016 at 11:59 PM (PST)**

This Fund makes community sport more accessible to people of all abilities. LSPD funding is awarded to sport programs delivered by non-profit organizations which include local sport organizations, municipalities and Aboriginal communities.

Learn more: [Local Sport Program Development Fund | viaSport](#)

## **BC Major Capital Funding for Creation of New Licensed Child Care Spaces**

**Deadline: 4:30 PM, February 26, 2016**

Child Care Major Capital Funding is available to help offset the costs associated with the creation of new licensed child care spaces. Under this program, non-profit child care organizations may receive up to a maximum of \$500,000 and private sector child care organizations may receive up to a maximum of \$250,000 for:

- Building a new child care facility.
- Purchasing land and/or commercial or residential space.
- Purchasing and assembling a modular building.
- Site development costs.
- Renovations to a building or classroom.
- Purchasing eligible equipment and furnishings as part of the above activities to create new spaces.

Learn more: [Child Care Capital Funding Program](#)

## **Healthy Communities Capacity Building Grants: Round Three (plan h)**

**Deadline for Expressions of Interest: February 29, 2016 by noon (PST)**

This is a call for expressions of interest from local governments in BC who are leading the way in creating the conditions that enable healthy people and healthy places – in partnership with regional health authorities and other key community stakeholders.

Learn more: [Healthy Communities Capacity Building Fund – Round Three | PlanH](#)

## **BC Rehab Foundation Project Grant Program**

**Ongoing – Next application deadline is Wednesday, March 2, 2016**

The BC Rehab Project Grant program helps to create opportunities for the full participation of people with physical disabilities. BC Rehab is committed to equal opportunities and improving community

accessibility throughout the province. Projects are encouraged that involve multiple community partners, promote universal access, have clearly defined objectives and demonstrate community support. [Learn more about this program and apply.](#)

### **National Farm to School Grant Program**

**Deadline for application and supporting materials is Tuesday, March 15, 2016**

Farm to Cafeteria Canada, the Whole Kids Foundation, the Social Planning and Research Council of BC, the Public Health Association of BC/Farm to School BC, and Sustain Ontario/Ontario Edible Education Network are pleased to announce a new Farm to School grant program that will deliver \$500,000 to schools in Ontario and British Columbia. These grants valued at up to \$10,000 will support bringing the local harvest to schools – engaging students and community in gardening, cooking, preserving, purchasing and serving healthy local foods in a salad bar service at school. This funding is available for rural and urban, elementary, middle or secondary schools in Ontario and in British Columbia. We encourage First Nations, private and public schools to apply.

- [The Grant Guidelines](#)
- [The Grant Application Package](#)

### **Toyota Evergreen Learning Grounds School Ground Greening Grants**

**Spring applications: due on Monday, March 28<sup>th</sup>, 2016**

This granting program helps schools create outdoor classrooms to provide students with a healthy place to play, learn and develop a genuine respect for nature. Grants of up to \$3,500 are available for public schools and daycares located on school Board/District property. Learn More: [Toyota Evergreen Learning Grounds School Ground Greening Grants | Evergreen](#)

### **Social Sciences and Humanities Research Council: Connection Grants**

**Next Deadline: May 1, 2016 (ongoing intake throughout the year with four funding cycles)**

Connection Grants support events and outreach activities geared toward short-term, targeted knowledge-mobilization initiatives. These events and activities represent opportunities to exchange knowledge and to engage on research issues of value to those participating.

Learn More: [Connection Grants](#)

### **Recent Articles from the Northern Health Blog**

- Mikaila's Story – Gear Up for Winter, by: Alandra Kirschner, UNBC nursing student. <http://blog.northernhealth.ca/active-living/mikailas-story-gear-up-for-winter/>
- Tales from the Man Cave: Don't resolve – just stay active! By: Jim Coyle, tobacco reduction coordinator. <http://blog.northernhealth.ca/active-living/just-stay-active/>
- It's your time to shine! by: Jaime Bauman, preventive public health team lead. <http://blog.northernhealth.ca/health-awareness/its-your-time-to-shine/>
- Mirror, mirror on the wall: Body image impacts mental health, by: Marianne Bloudoff (population health dietitian), Sandi DeWolf (Eating Disorders Clinic), and Marta Torok (Eating Disorders Clinic). <http://blog.northernhealth.ca/mental-wellness/mirror-mirror-on-the-wall-body-image-impacts-mental-health/>
- Feel the tingles? Could be shingles! by: Jaime Bauman, preventive public health team lead. <http://blog.northernhealth.ca/health-awareness/feel-the-tingles-could-be-shingles/>

- Foodie Friday: Family Day weekend, by: Carly Phinney, clinical dietitian.  
<http://blog.northernhealth.ca/healthy-eating/foodie-friday-family-day-weekend/>
- Invest in your mind – use that muscle in your head! by: Reg Wulff, tobacco reduction coordinator. <http://blog.northernhealth.ca/health-awareness/invest-in-your-mind-use-that-muscle-in-your-head/>

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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 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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**If you have any questions about our list and your privacy, please feel free to phone us at: 250.649.7234**

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