

July 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.



Northern Health presents the first annual **Summer of Wellness** campaign running between July 1st and September 3rd. Over 65 days, Northern Health will be sharing daily holistic messages that showcase and celebrate healthy behaviours as well as providing practical and accessible examples to engage individuals in their quest to improve wellness across settings and the life course. Check out our Northern Health [Facebook](#) and [Twitter](#) pages for daily messages, the [Northern Health Matters blog](#) for weekly posts, and enter in the “What Wellness Means to Me” [contest](#).

Food for Thought

- [Healthier You Magazine: Summer 2017](#)
- [Bulkley Valley Food Security Forum Summary Report](#)
- **Have your say about accessibility** in northern BC – Watch a video from Spinal Cord Injury BC [here](#) and take the survey [here](#)
- **Seeking input from all interested Canadians:** Health Canada is currently carrying out 2 open consultation processes to obtain public feedback – comments accepted until July 25th, 2017
 - [Restricting Marketing to Children](#)
 - [Revision of Canada’s Food Guide](#)
- **Survey on unstructured, child-led play:** Unstructured and child-led play is play “without a defined purpose or outcome”, is informal or unplanned and can include risky play. A survey from the Canadian Public Health

Association is available for parents of children 5-12y to share their perspectives on risky play in their own communities. Access the survey [here](#).

- [Outside Play](#)
- [ParticipACTION's Position Statement on Active Outdoor Play](#)

Resources

Smart Mom

A free text-based service that guides soon-to-be mothers through every week of pregnancy. Texts tailored to due date and information from trusted health sources. Text "SmartMom" to 12323 or visit [here](#).

YMCA of Northern BC – Free Memberships for Teens

In an effort to help youth to be more physically active, the YMCA of Northern BC is offering free summer memberships for teens ages 13-18y. Interested teens are invited to apply for the summer passes in person with a guardian and photo ID at 2020 Massey Dr. Prince George, BC

Build Your Best Day – Interactive Web Experience

[Build Your Best Day](#) is a new interactive web experience that lets kids imagine a day where they can do anything they want, all while learning about the [Canadian 24-Hour Movement Guidelines for Children and Youth](#) in a fun way. Choosing activities – both real and imagined – teaches kids about the balance of sweating, stepping, sleeping and sitting they need to be healthy.

Aboriginal Communities: Active for Life

Aboriginal Sport Circle and the Sport for Life Society joined forces to support the creation of a new culturally-tailored resource that is designed for Aboriginal community members who value physical activity and healthy living as a vehicle to the holistic development of both the individual and the community. The [document](#) and its accompanying workshop support and empower community members who seek to develop quality sport and physical activity programs.

Events

July 5th, 2017 - Parachute celebrates its first ever **National Injury Prevention Day** to raise awareness about the devastating effects of predictable and preventable injuries. The goal is to help educate others and help all Canadians live long lives to the fullest. We invite you to visit [Parachute Canada](#) for all the details on #NIPD. You can also help make a difference and support National Injury Prevention Day by spreading the word on social media.

July 24, 2017 – International Self-Care Day is an annual event that symbolizes the benefit of self-care as it contributes to health and wellness. For suggestions on how to support your own self-care visit [here](#), or for resources to support those who are caring for others visit [here](#).

Canada 150 Playlist Community Events

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

Funding Opportunities

Northern Health Active Communities Grants

Deadline July 21, 2017

Active Communities grants are a one-time funding opportunity available to local governments supported through the provincial Ministry of Health's [Active People, Active Places Physical Activity Strategy](#). The aim of the Strategy is to support and provide access to physical activity for individuals and families in communities across the province.

Through this funding, the goal is to strengthen community relationships and capacity through multi-sector partnerships for physical activity planning. Funds are available from \$20,000 to \$30,000 per project. To find out more information, access the Active Communities web page [here](#).

First Nations Health Authority - Our Community, Our Water Grant

Event must be held prior to March 31st, 2018

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. Apply and find more details [here](#).

Smart Cities Challenge – Get Ready!

Want to improve livability and opportunities for your community and your people? The Canadian Government will work in collaboration with cities and communities that are ready to innovate and take risks – providing financial and in-kind support for their smart cities transformation. Open to municipalities, regional governments and Indigenous communities. For more details see [here](#). #smartcitiesCanada

Northern Health Blogs

- [Everyday superheros make the difference!](#) By: Amy Da Costa
- [Living out your healthy cultural traditions](#) By: Victoria Carter
- [Plug into Prince George: tapping into trail and friendship networks](#) By: Heather Ouellette
- [Celebrating Dads in the Kitchen](#) By: Carmen Maddigan
- [More than just a pot of soup](#) By: Marianne Bloudoff
- [Crunching the numbers to protect our health](#) By: Vince Terstappen
- [Dealing with food hypersensitivities](#) By: Judy April

Additional Online Health Newsletters/Updates

Food and Product Recall Information

Are you interested in learning about **Food Recalls** and **Health Hazards**? If you would like to receive these updates please email: northernhealthchallies@northernhealth.ca to sign up. You will receive notifications (as they are available) about consumer recall health hazard warnings and updates.

Parachute Canada

A national, charitable organization dedicated to preventing injuries and saving lives. For promotions, updates and new resource information subscribe [here](#).

Indigenous Health: Northern Health Updates

Subscribe [here](#) to receive a quarterly newsletter from Northern Health's Indigenous Health department. Contains highlights of their work, upcoming events and links to resources.

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 August 2017