

June 9th, 2016

Healthier Northern Communities ebrief

Regional HIV and HCV Request for Proposals Now Available

Proposals are due June 29th, 2016

New funding is available for community-based responses to HIV and Hepatitis C in the North. The Request for Proposals (RFP) is being made available to non-profit agencies and First Nations health organizations that have experience working with vulnerable groups. Successful proponents will be supported to deliver prevention education, distribute and recover harm reduction supplies, provide testing or supports for people to start and maintain treatment. The RFP can be found at www.HIV101.ca

Growing Up Healthy - 2016 Community Engagement

Participate by Friday, July 1st, 2016 @ 11:00pm (PDT)

We're asking for your thoughts on what it means for children and youth to grow up healthy in Northern BC. We're asking what is currently working well and what challenges you face in your community. We'd also like to hear your ideas for new opportunities that could better support children and youth growing up healthy in the North. [Participate today!](#)

Food for Thought

- [Before leaving your child unattended, have a word with yourself](#)
- [Before leaving medication where a child can reach it, have a word with yourself](#)
- [Preventing children from Choking](#)
- [Tobacco Reduction | PlanH](#)
- [New Video! Local Government Leaders Share Insights on Community Collaboration](#)

Healthier Communities Resources

Carrot Rewards - Canada's First Wellness Rewards Program Launches in BC

British Columbia residents who are making an effort to lead healthier lifestyles can now be rewarded with loyalty points such as Aeroplan, PetroPoints, Scene and MoreRewards, thanks to an innovative new mobile app called Carrot Rewards. It provides users with incentives to increase physical activity, eat better and quit smoking, with the goal of encouraging healthy lifestyle habits that help reduce the risks of developing a chronic disease. [Learn more](#)

Tobacco Reduction in Pregnancy and Parenting

The nurturing of a new life begins even before pregnancy, as the overall health, living environment and relationships of both a woman and her partner influence the way a baby can develop. When you or someone you love becomes pregnant, it is a major, life-changing event that can inspire positive action and

personal growth. <http://www.fnha.ca/about/news-and-events/news/tobacco-reduction-in-pregnancy-and-parenting>

BC Cancer Agency's New Digital Mammography Vehicle Begins Summer Tour in 37 Northern BC Communities over the Next Three Months

The vehicles are equipped with a wheelchair lift, a waiting area and an examination room and will offer a selection of daytime and weekend appointments. Screening mammograms are available every two years for women 40 years of age and older and a doctor's referral is not needed. To view the schedule in your area, use the clinic locator: bccancer.bc.ca.

Healthy Built Environment Curriculum

We are pleased to share a new, open-source curriculum to help plan and deliver a Healthy Built Environment workshop. The curriculum includes three detailed agendas, workshop planning guides and corresponding presentations. Participants will explore the links between built environments and health outcomes and apply their new knowledge to issues that matter in their community. [Learn more >>](#)

News from the Canadian Alliance to End Homelessness (CAEH)

The CAEH has launched a mission based, non-profit training and technical assistance program to provide training and support to communities and front line workers. The mission of the program is to facilitate the shift to Housing First and ending homelessness in Canada by providing high quality, accessible, affordable, evidence based training and technical assistance. [Register >>](#)

MDI School District & Community Reports are Online

We are excited to announce that [MDI School District and Community Reports for 2015/16](#) are now available online. Be sure to review our updated [Guide to Understanding Your MDI Results](#) as you review your reports. This MDI companion resource was developed to support the interpretation and application of MDI results for schools and communities.

Northern Health Moves towards a Person and Family-centered Approach to Health Care

Northern Health is moving toward a model of primary and community care that centres on a person's health-care needs and their family. Primary care refers to the services patients traditionally receive in their doctor's office. This new approach is expected to reduce wait times and improve health outcomes for patients by better coordinating care. It will also include the development of a central health record. For more information search for *Primary and Community Health Care* at: [Northern Health](#)

Webinars & Learning Opportunities

Suicide Postvention in Schools: Responding Effectively! Preventing Contagion

June 14th, 2016 @ 11:00 - 11:45am (PDT) - Webinar

In this webinar Scott Poland, EdD, will guide school and district leadership through the rationale and primary goals of postvention and recommendations and resources for schools and school districts.

[Kognito Webinar Registration](#)

Playing to Strength: Leveraging Masculinities to Promote Men's Physical Activity and Healthy Eating

Wednesday, June 15th, 2016 @ 10:00 - 11:00am (PDT)

This presentation will focus on the development, delivery and evaluation of POWERPLAY, an innovative, multi-award winning workplace health promotion program designed to engage men. Key learnings and future directions will also be discussed. Everyone is welcome! [Register >>](#)

Reproductive Mental Health - Academic Rounds: An Introduction to Mindfulness-Based Cognitive Therapy

Wednesday, June 15th, 2016 @ 12:00 - 1:00 PM (PDT)

Speaker: Dr. Mark Lau, Expert in Cognitive Behavioral Therapy (CBT) and Mindfulness-based Cognitive Therapy (MBCT), will be presenting at the Vancouver CBT Centre. The main topics of this presentation include: the rationale underlying the development of MBCT, Empirical support for MBCT in mood and anxiety disorders, and the core structure and tasks of MBCT. If you would like to register via Telehealth or Teleconference, please respond to: aazadeh.madani@cw.bc.ca by June 7, 2016 or call 604-875-2025.

You've Got to Move it, Move it! Building Communities that Motivate People to Walk and Bike **Thursday, June 23rd, 2016 @ 9:00 - 10:30am (PDT) - Webinar**

Communities that make it more convenient for people to walk and bike to where they need to go – also make it easier for people to be healthier. Those that regularly walk or bike are 48% more likely to be a healthy weight compared to those who commute by car. Let's talk about how to build support for community planning that makes it easier for people to get around by bike and on foot! [Register >>](#)

Continuing the Conversation on Data Governance Webinar

Thursday, June 23rd, 2016 @ 10:00 – 12:00pm (PDT) - Interior

Over February and March, First Nations communities gathered in each of the five regions to talk data governance, discussing how data and information can support decision-making in Nation rebuilding and community development. Sign up for a follow-up webinar on the recent Data Governance Engagement Sessions! <http://www.fnha.ca/about/news-and-events/news/continuing-the-conversation-on-data-governance>

Introduction to Collective Impact Webinar

Thursday June 23rd, 2016 @ 11:30 - 1:30pm (PDT)

Is your organization interested in Collective Impact? Are you considering collaborating with other organizations to change population level outcomes on an issue that is important in your community or region? If so, you may be interested in attending an upcoming Introduction to Collective Impact webinar. [Register >>](#)

Northern BC Citizen Series Webinar – Growing up Northern: Raising Healthy Children, Families and Communities

Tuesday, June 28th, 2016 @ 1:30 – 3:30pm (PDT)

Recently, Dr. Sandra Allison, the Chief Medical Health Officer for Northern Health, released a report on the health status of infants and children between the ages of 0-5 in Northern BC. From healthy pregnancies to oral health, children in Northern BC fare worse than their provincial counterparts. The report identifies ways to address key problem areas and demonstrate the unique strengths and assets to be found in Northern BC. [Register >>](#)

Online Chronic Disease Self-Management Program

The free Online Chronic Disease Self-Management Program is a fun and practical online workshop that can help people with chronic conditions overcome daily challenges and maintain an active, fulfilling life. Participants learn about healthier ways to live, manage their health and feel more positive. They are provided with information, strategies and techniques so they will have the tools they need to help themselves. You can register at: [Centre on Aging at the University of Victoria](#)

Conferences & Gatherings

Early Years Health Fair

June 18th, 2016 @ 10:00 - 2:00pm (PDT) - Prince George

The annual Early Year's Health Fair is held in partnership with [The Exploration Place](#) and is designed for children ages 0-6 years. Come to [Lheidli T'enneh Memorial Park](#) with your entire family, talk with health professionals about your child's development and enjoy many children's activities and prize give-aways.

[Early Years Health Fair](#)

National Aboriginal Day

June 21st, 2016

Join the Wellness Movement! Over 100 events will be taking place in First Nations communities this June 21st as part of the First Nations Health Authority (FNHA) Day of Wellness! FNHA would like the June 21st Day of Wellness events to become an annual wellness movement in BC. Check out the interactive map to find events near you! <http://www.fnha.ca/about/news-and-events/events/day-of-wellness-2016>

Public Health Association of BC 2016 Summer School – Promoting Health and Sustainability: The Case of Climate Change and Energy Use

July 11th - 12th, 2016 @ 9:00 – 4:30pm (PDT)

The summer school will bring together individuals involved in the delivery of public health activities to examine the application of the Ottawa Charter as related to climate change issues and the implications for health and health equity actions at the individual, health care system and community levels. [Register >>](#)

Funding Opportunities

Community Fund for Canada's 150th

Canada will be celebrating its 150th anniversary in the summer of 2017. Eligible applicants include municipalities, charities, and amateur athletic associations among others. Grant amounts range from \$1,000 to \$15,000. Successful applicants are required to match the grant amount. For more information, visit: [Community Foundations](#)

Infrastructure Planning Grant Program

Deadline: June 29th, 2016

Grants up to \$10,000 are available to help improve or develop long-term comprehensive plans that may include: capital asset management plans, community energy plans, integrated storm water management plans, water master plans and liquid waste management plans. Grants can be used for a range of activities related to assessing the technical, environmental, and/or economic feasibility of municipal infrastructure projects. [Read more >>](#)

For more opportunities check out:

[Community Grants: Information for northern communities and partners](#)

Recent Articles from the Northern Health Blog

Tobacco Reduction

- [World No Tobacco Day 2016](#) by: Reg Wulff (tobacco reduction coordinator)
- [World No Tobacco Day - Quit story contest](#) by: Nancy Viney (tobacco reduction lead)
- [True-life quit stories - northerners going tobacco-free!](#) by: Andrea Palmer (communications advisor - population & public health)

Healthy Eating

- [Foodie Friday: Summertime patio snacking](#), by: Carly Phinney (clinical dietitian)
- [Pumping iron: First foods for building strong babies](#), by: Karli Nordman (dietetic intern)
- [Foodie Friday: Cooking with Mom](#), by: Beth Evans (registered dietitian)
- [The sit-down family meal: A thing of the past?](#) by: Tamara Grafton (dietetic intern)
- [Foodie Friday: Spring cleaning your diet](#) by: Destyni Atchison (clinical dietitian)
- [Foodie Friday goes camping! Eating well & tantalizing taste buds in the backcountry](#) by: Erin Branco (registered dietitian)

Injury Prevention

- [Preventing injuries at home, at play, and on the road: Safe Kids Week 2016](#) by: Natasha Thorne (regional injury prevention lead)
- [We all have a role to play in safety!](#) by: Amy Da Costa (regional nursing lead for injury prevention)

Child Health

- [10 tips for a happy and healthy first five years](#) by: Vince Terstappen (communications advisor - population & public health)

Mental Wellness

- [Can I have a moment of your time?](#) by: Reg Wulff (tobacco reduction coordinator)

Speech & Hearing

- [To swab or not to swab](#), by: Laura Curran (audiologist)

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 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.
- **To unsubscribe**, send a blank email to healthycommunities@northernhealth.ca with "unsubscribe" in the subject line.

If you have any questions about our list and your privacy, please feel free to phone us at: 250.649.6568

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