

June 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.*

### June 5<sup>th</sup> – 11<sup>th</sup> is Safe Kids Week

This year's theme #everydaysuperhero focuses on one of the top injury issues affecting children: Active transportation injuries. Visit [here](#) to order your community toolkit, download active transportation tip sheets, and community event guide. Join us in the celebration!



### Food for Thought

- [Healthier You Magazine: Spring 2017](#)
- [Farm to School: "Canada Digs In" Story Series](#)
- [Male-dominated workplaces in northern BC provide insight into how to keep men healthy](#)
- [Food Security in the Bulkley Valley](#)
- Screen Time: [Canadian pediatricians promote limits for kids 5 and under](#)

### Resources

**[\\*\\*NEW CSEP Poster – 24-Hour Movement Guidelines for Children and Youth](#)**

**[Resilient Streets Toolkit: The How-to Guide for Building Community](#)**

Transgender Health Resources

- [Transgender Health Information Portal \(THiP\)](#)
- [The Genderbread Person v2.0](#)

## Events

### **June 5-11, 2017** - National Sun Awareness Week

If you haven't already been enjoying the sun safely, National Sun Awareness week is a great time to kick it off! Mark some time this week to buy a new summer hat and check your sunscreen's expiration date. All summer long, take care when in the sun, especially between 11 and 3, or when the UV index is 3 or higher. Visit [here](#) for tips on how to protect your family, and [here](#) for tools and resources to protect your outdoor workers.

**June 10, 2017** – Early Years Fair (10am – 2pm Exploration Place, Prince George, BC)

**June 12-18, 2017** – Canadian Men's Health Week (Click [here](#) for more)

**June 13, 2017** – Men's Mental Health Awareness Day

**June 21, 2017** – National Aboriginal Day (Look for local events near you!)

### **Canada 150 Playlist Community Events**

**June 11, 2017** – Prince Rupert Seafest Grass Volleyball Tournament (Prince Rupert BC)

**June 23, 2017** – Canada 150 Barn Dance (Taylor, BC)

## Webinars & Learning Opportunities

### **Learning Initiatives for Rural and Northern (LIRN) BC Community Workshop Expressions of Interest**

**Applications DUE June 16<sup>th</sup>, 2017 at 5:00pm**

LIRN BC provides learning opportunities for non-profit organizations, First Nations, and local/regional governments to support building capacity at the community level. For a list of workshops offered and the application to express interest visit [here](#).

### **Webinar – Advancing the Concept of Universal Design**

**June 19<sup>th</sup>, 2017 from 12:00pm EDT**

Presented by Fall Prevention Community of Practice, this webinar is designed for health care professionals, designers, planners and stakeholders who are interested in learning more about designing environments to create more inclusive and intergenerational communities. Register [here](#).

### **Webinar – Stop Marketing to Kids**

**June 21<sup>st</sup>, 2017 from 8:30-10:30am MST**

Presented by the Stop Marketing 2 Kids Coalition. Learn about the increasingly complex and subliminal tactics used to market to kids. Find out what others are doing to combat them and what you can do to help. To register and for more information visit [here](#).

### **Public Health Association of BC: Annual Summer School**

**Facing a Changing World: Transformative Leadership and Practice**

**July 6-7<sup>th</sup>, 2017**

Open to anyone working directly or indirectly on public health issues and health promoting activities in BC. This two-day summer school is a unique collaboration of key-note presentations, case studies and hands on workshops that dive into the meaning of transformative practice and social innovation and its applications across multiple sectors in public health. In-person and remote sites available. For more information and to register visit [the PHABC website](#).

### **E-Courses – BCRPA Courses for Local Governments and Parks and Recreation Professionals**

Three self-paced e-courses on delivering recreation programs to vulnerable populations, and the links between social inclusion, recreation and engaging the “hard to reach”. Register [here](#).

### **FNHA's “Tobacco Nation” Podcast Series**

In support of World No Tobacco Day, the First Nations Health Authority created and launched the Tobacco Nation podcast series. A set of personal stories to inform and to inspire people about tobacco use. Find them [here](#).

## 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](#).

### New Horizons for Seniors Program (NHSP) Funding for Community-Based Projects

**Deadline June 23, 2017 (11:59pm PST)**

Organizations that want to help seniors make a difference in the lives of others and in their communities are eligible to receive federal grants and contributions funding. For the application guide and to apply see [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

- [Garden Planning Starts in your Kitchen](#) By: Erin Branco
- [Discovering the Rich History of Oolichan in the Northwest](#) By: Victoria Carter
- [Dinner from Down Under](#) By: Marianne Bloudoff
- [One dietitian, one month, and 28 recipes: Lessons Learned](#) By: Lise Luppens
- [Building Your Pantry Survival Kit](#) By: Carmen Maddigan
- [Making Recipe Modifications Work for You](#) By: Melanie Chapple
- [Rolling into the Summer Season](#) By: Lindsay Kraitberg
- [Babies, solid foods, and allergies: What do you need to know?](#) By: Lise Luppens
- [Fiddleheads, a springtime treat](#) By: Tamara Grafton
- [Supporting safe and inclusive school environments for children with food allergies](#) By: Emilia Moulechkova
- [Ride into Summer with Bike to Work and School Week](#) By: Gloria Fox
- [Build your own quick and tasty wraps \(and enjoy more time outdoors\)](#) By: Emilia Moulechkova
- [Only in History](#) By: Cynthia Gjerde
- [What is World No Tobacco Day?](#) By: Cynthia Gjerde
- [Tobacco: a Threat to Development](#) By: Nancy Viney
- [Food: A foundation for building relationships](#) By: Kelly Bogh

---

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 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](mailto:healthycommunities@northernhealth.ca) with “subscribe” in the subject line.
- **To unsubscribe**, send a blank email to [healthycommunities@northernhealth.ca](mailto: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: 250.645.6568**

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

*Next edition to follow in July 2017*