

September 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.

World Suicide Prevention Day

On September 10th, the [Canadian Association for Suicide Prevention \(CASP\)](#) invites all Canadian communities to find at least one way of connecting to World Suicide Prevention Day. Your efforts will shine a light on this important issue, sending a message to those who are despairing, grieving, or supporting someone who is struggling. It is an opportunity to spread the message that help, hope and healing are possible. #takeamminute to check out the resources and information, or order promotional materials [here](#).



Food for Thought

- **Health Canada seeks feedback on vaping product consultation** – Have your voice heard. The Government of Canada is seeking comments from consumers, the general public, health professionals and the vaping industry. Check out the [consultation document](#), the [Bill S-5](#) overview and the [questions and answers document](#) for more information. Feedback accepted until **October 27, 2017**. Submit your feedback [here](#).
- **Contest: Literacy is Life, CBC** – September is Decoda Literacy Month! How do you foster literacy in your community? Help inspire and encourage others by telling CBC about it. Enter by **September 30th, 2017** for a chance to win a \$100 Amazon gift card and a CBC prize pack. For more information and to enter visit the [website](#).
- [Healthy Schools Stories Map](#) – view and share healthy school stories in YOUR community!
- [Is it safe to exercise outside when the air is smoky? – Healthy Families BC](#)
- [Benefits of active transportation – Alberta Centre for Active Living](#)
- [Edible forest opens in Moricetown, BC – CBC Radio](#)

Resources

Anxiety BC: Back to School Checklist for Parents

Anxiety BC provides a 12-step back to school [checklist](#) for parents with simple tips to help minimize student anxiety on the first day and beyond.

Northern BC 24 Hour Crisis Line

Chat with one of the trained crisis workers [online](#), or call 1-888-562-1214 anytime 24/7.

Action Schools BC – Resources for Teachers

Action Schools BC is a program that supports schools to nurture healthier learners through a focus on physical activity and healthy eating, and their connection to mental well-being. It has been updated to align with the new school curriculum and makes many [resources](#) available to teachers at no cost.

Run to Quit – Free Virtual Training Program

[Run to Quit](#) helps smokers quit smoking by learning to walk or run 5km. Fall sessions are now open for registration. Get the support you need to quit smoking for good! [Register](#) by **September 30, 2017**, quit smoking for 5 weeks and you could win \$1000.

Road Safety: Choosing a child car seat or booster seat

Children outgrow everything – even car seats and booster seats! Ensure you're using the right seat for your child's age and size with this ICBC [resource](#), or visit [BCAA](#) for more information.

From Patchwork to Policy Coherence: Principles and Priorities of Canada's National Food Policy

[Discussion paper](#) by Food Secure Canada

Social Isolation of Seniors – Toolkit (Government of Canada)

[Volume 1](#): Understanding the issue and finding solutions

[Volume 2](#): Ideas exchange event toolkit

Community Events

September 8-9th 2017 – Sandspit Wild Harvest Festival

Come see what wild means! Walks, talks and food celebrating the bounty of Haida Gwaii since 2015. For more details see [here](#).

Canada 150 Playlist Community Event

September 9, 2017 (2:00-3:15pm) – Come Try Ringette (888 Dominion St, Prince George BC)

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 Filmblanc, 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.

Terry Fox Run

September 17, 2017

To register or find more details on a run near you, see [here](#). To sign up your school to participate, see the Terry Fox Foundation [website](#).

Burns Lake – Francois Lake Hall, Noon-5:00pm

Chetwynd – Chetwynd & District Rec Centre, 10:00am

Dawson Creek – Walter Wright Pioneer Village, 9:00am-12:30pm

Fort Nelson – Northern Rockies Plaza, 1:30-5:00pm

Fort St. James – Cottonwood Park, Noon – 3:00pm

Fort St. John – Northern Lights College, 10:00am-1:00pm

Fraser Lake – C.H. Foote Civic Arena 10:00am-1:00pm

Gitsegukla – Gitsegukla Health Centre, 10:00am-1:00pm

Hazelton – Northwest Community College, 9:00am-1:00pm

Hudson's Hope – Hudson's Hope School 9:00am-1:00pm

Kitimat – Kitimat CDC, Noon

Mackenzie – Mackenzie Recreation Centre, Noon-3:00pm

Masset – Masset Village Municipal Building, 10:30am-1:00pm

McBride – McBride Secondary School, 10:30am-3:00pm

Prince George – Community Foundation Park, 9:00am-Noon

Prince Rupert – Northern Savings and Credit Union Branch Lobby, Noon-3:00pm

Queen Charlotte – Spirit Square, 9:00am-2:00pm

Quesnel – Le Bourdais Park at Friendship Stage, 9:00-11:30am

Sandspit – ALM School, 10:30am-12:30pm

Smithers – Central Park Building, 11:00am-2:00pm

Taylor – Lone Wolf Golf Course, 10:00am-1:00pm

Terrace – George Little Park, 10:00am-2:00pm

Tumbler Ridge – Tumbler Ridge Community Centre, Noon-2:30pm

Valemount – Starrat-Cranberry Wildlife Management Area, 9:00am-3:00pm

Vanderhoof – Riverside Park, 9:00am-Noon

September 18-24th, 2017 - Child Passenger Safety Week

In your vehicle, keep your child rear-facing for as long as possible. It is the safest position for them to be in! Visit [BCCA](#) or [Parachute Canada](#) for more information.

September 21st, 2017 – World Alzheimer’s Day

Visit the [Alzheimer’s Society of BC](#) to learn more about Alzheimer’s and other forms of dementia, access the [resource](#) on how to make your workplace dementia-friendly, and/or host a [coffee break](#) to support your local society.

October 2-6th, 2017 – Walk and Wheel to School

Part of International Walk to School Month (iWalk), Walk and Wheel to School encourages students, parents, staff and community members to celebrate the many benefits of walking to school. Register your school to receive resources and support [here](#).

October 2-27th, 2017 – Be Active Every Day Campaign

This annual campaign run by the Doctors of BC matches Docs with a school where they can visit and provide support over 4 weeks while challenging the kids to increase physical activity. To learn more visit [Be Active Every Day](#) or contact Patrick Higgins at phiggins@doctorsofbc.ca

Funding Opportunities

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 Nation’s communities to support hosting a Water Awareness Day Event. Apply and find more details [here](#).

Youth Action Grants (YAG)

The McCreary Centre Society has made grants of up to \$500 available for youth-led projects which aim to improve youth health in their school or community. Individuals must be from a school district who participated in the [2013 BC Adolescent Health Survey](#). For more information and to register check out the [video](#) or visit the [website](#).

Education/Learning Opportunities

WEBINAR: Automated Road Safety Analysis Using Traffic Conflict Techniques

September 21, 2017 – 10:00-11:00am (PST)

The BC Injury Research and Prevention Unit is offering a webinar on overcoming challenges of collecting and analyzing road safety and hazardous information data. Would be informative for city planners, municipalities and anyone with an interest in traffic safety. For more information or to register see [here](#).

PODCAST: Talking Poverty

Available online [here](#) at BC Poverty Reduction Coalition

Volunteers from the Poverty Free Action Team host a podcast interviewing anti-poverty advocates about actions you can take in the call for a poverty reduction plan.

Cultural Safety and Cultural Humility – FNHA Webinar Series

Available online [here](#)

Previously recorded webinars that encourage participation, learning, self-reflection and positive change among BC's healthcare professionals. Supports development of tools and skills on how to be effective allies for cultural safety and humility.

Aboriginal RunWalk and Honour Your Health Challenge Leader Training

September 27-28, 2017 – Terrace

October 5-6, 2017 – Prince George

Training is being offered through the *Aboriginal Healthy Living Activities*, in partnership with *SportMedBC* for those working within or representing an Indigenous community or who are committed to delivering a healthy living program under the [Aboriginal RunWalk](#) or [Honour Your Health Challenge](#). Watch the [video](#) or check out the website for more information and to [register](#).

Anaphylaxis Training for School Staff

Available online [here](#)

Interested in learning how to deal with anaphylaxis in schools? Sign up for a free online course that only takes about 30 min to complete.

Northern Health Blogs

- [Recipe for your best beach body](#) By: Flo Sheppard
- [Growing breastfeeding-friendly communities: you can help!](#) By: Lise Luppens
- [Teeth matter](#) By: Carmen Gottschling-Aceto
- [Surviving and thriving Phys.Ed in school and beyond!](#) By: Gloria Fox
- [It's time to celebrate!](#) By: Marianne Bloudoff
- [Healthy school fundraisers: a win-win for schools and families](#) By: Emilia Moulechkova
- [Bike rodeo preps local kids for back to school](#) By: Gloria Fox
- [Waste not, want not! A simple guide to making the most of your garden harvest](#) By: Carmen Maddigan
- [It matters! Teen mental wellness](#) By: Stacie Weich
- [Wildfire smoke: many tobacco users finding it hard to breathe](#) By: Nancy Viney
- [Overdose Prevention: Northern BC's Naloxone Champions](#) By: Robbie Pozer

Additional Online Health Newsletters/Updates

Healthy Schools BC Newsletter

A collaborative effort between Healthy Schools BC/DASH and the healthy schools community, this newsletter features healthy school initiatives and programs in BC, as well as local events. To subscribe, or submit an article or event see [here](#).

Food and Product Recall Information

Interested in learning about **food recalls** and **health hazards**? If you wish to receive these updates please email: northernhealthchallies@northernhealth.ca to sign up. You will receive notifications (as they are available) about consumer recalls and health hazard warnings.

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 October 2017