

April 14th, 2016

Healthier Northern Communities ebrief

Carrot Rewards - Canada's First Wellness Rewards Program Launches in B.C.

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](#)

Healthier Communities Resources

Consider an Exercise Tip Jar

Do you reward yourself for being active? Consider ways to [tip yourself](#) for making daily active choices.

Ten Ways to Rock Your Walk

A brisk walk is a great way to get your heart pumping and enjoy some fresh air...but sometimes it can be a little boring. Here are some ways to [rock your walk](#).

What's Your Favourite Flavour?

To support and promote mental wellbeing in schools, some people focus on school connectedness, social-emotional learning, resilience or mental fitness. While each of these approaches has its own flavour, they are all part of the larger family of positive mental health-supportive practices. They overlap and work side-by-side, each strengthening the impact of the others. [Click here](#) to read more.

The Puppet Program at Kitwanga Elementary

Kitwanga Elementary School has been focusing on building resiliency in students through the creative use of art. The Puppet Project supports students to not only develop puppeteering skills, but also build resiliency, determination and cooperation. [Click here](#) to read more about this story and watch their Puppet Show videos!

Me Too Conversations - Stories of Courage, Strength, & Community in the Face of Mental Illness

Me Too Conversations are designed to help shatter the stigma surrounding mental illness by sharing compelling personal stories and innovative research. Me Too Conversations are designed to unite us and demonstrate that there is a greater community of people who care. [Me Too Conversations](#)

Aboriginal Health Newsletter - Northern Health Updates

The Aboriginal Health Newsletter shares information about the Canadian Human Rights Tribunal landmark ruling for First Nations children, the impacts on Indigenous issues and programs, a video from North Coast First Nations, the new Aboriginal Patient Liaison, the sacred spaces and gathering places in Northern

Health, the many Indigenous languages of northern BC and a list of upcoming events and new resources. Take a moment to read this [newsletter](#) and visit our [website](#) for more information.

Study: Youth Activities as a Protective Factor against Suicidal Ideation

Research in Canada provides evidence that engaging adolescents in personally meaningful activities may protect them from suicide ideation even if they have other risk factors such as depression, low self-esteem, and a lack of social support. Interventions that engage youth in such activities could protect them while avoiding stigmas associated with programs that focus on suicide or mental health. [Read the study](#)

Prevention Toybox: A Tool for Community Level Prevention

The Indiana Coalition against Domestic Violence released their new prevention resource - the Prevention Toybox! It includes a collection of games intended to help practitioners move conversations with allies and community partners from a focus on individual-level prevention strategies to the outer levels of the social ecological model. Check out the [video](#) to learn how the Prevention Toybox can be useful in your community. Access the [Prevention Toybox](#)

Let's get Social! Using Social Media to Build and Maintain Active Living Communities

Social media is a unique form of communication, as it has the potential to reach a large audience while allowing two-way communication and fostering brand personality, awareness and recognition. This article will provide an overview of factors to consider when using social media to promote active living and build communities in the field. [Alberta Centre for Active Living](#)

Should Traffic Crash Interventions Be Selected Nationally or State by State? (USA)

In the United States, each state is responsible for implementing policies to reduce vehicle crashes. Supporting these policies is expensive. Thus, state policymakers must prioritize interventions that will provide the greatest reduction in injuries and deaths. Would it be more cost-effective for the country to implement the most effective national intervention across all states that lack it, or to have each state implement its most cost-effective intervention? For the full report and decision-maker tools, visit: http://www.rand.org/pubs/research_briefs/RB9860.html

New Report: Concussions Among Children & Youth

Evidence suggests that children and youth are at greater risk of concussions and more serious head injuries than the general population, they take longer than adults to recover following a concussion, and that concussions can permanently change the way a child or youth talks, walks, learns, works and interacts with others. BCIRPU has published five new reports for each Health Authority to provide details on the burden of concussion hospitalizations among children and youth. To access the reports go to: <http://www.injuryresearch.bc.ca/reports/9702/>

Do Electronic Interventions for Alcohol Misuse Work?

In 2015, a large [systematic review](#) was conducted to determine the effectiveness of electronic interventions. Overall, this systematic review concluded that low-intensity e-interventions produce small reductions in alcohol consumption at six months, with little evidence showing any longer-term effects. For more information, [click here](#).

Sport, Youth and Substance Use: Canadian Surveys

The Canadian Centre on Substance Abuse is pleased to share with you Substance Use, Sport and Youth: Canadian Surveys, our latest sport and youth substance abuse prevention resource. Canadians often view sport involvement as providing valuable opportunities to foster positive youth development. However, research suggests that sport participation has both positive and negative outcomes in terms of substance use. Join the Canadian Sport and Youth Substance Abuse Prevention Network by sending an email to: youth-jeunes@ccsa.ca requesting to be added to the distribution list. Visit: ccsa.ca for more information.

Early Years Centres

Opening this spring and summer are eight more Early Years Centres in the Interior. Congratulations to the communities of Canim Lake Band, Chase, Clearwater and region, Grand Forks, Kelowna, Merritt and region, Okanagan Shaka and Westbank First Nation. The centres provide services and supports for parents with children ages 0-6. [21 new Early Years Centres on the way | BC Gov News](#)

Water Sustainability Act & New Regulations

The long awaited Water Sustainability Act & New Regulations were officially released on February 29, 2016 marking a historic time for BC water governance. [Water Sustainability Act - Province of British Columbia](#)

UBC Research Helps Small Municipalities Manage Aging Water Systems

UBC researchers have developed a tool that is designed to help small to medium-sized cities and towns address the challenges posed by aging drinking water infrastructure in Canada. [Check it out](#)

Health Impact Assessment of transportation and Land Use Planning Activities Guidebook

Health Impact Assessment (HIA) is a process that provides a more structured approach for planners and policy-makers to objectively evaluate the potential health-related outcomes of an activity (i.e., projects, plans, or policies) before it is built or implemented. An HIA helps bring public health issues, both adverse and beneficial, to the attention of decision makers at the planning stage so that solutions can be generated to address public health issues. [HIA-Guidebook](#)

Vision Zero: No loss of life is acceptable

On September 22, 2015 City Council approved the Road Safety Strategy 2016-2020 making Edmonton the first Canadian city to officially adopt Vision Zero, the long-term goal of zero fatalities and zero major injuries on their roads. This approach has proven highly successful. It is based on the simple fact that we are human and make mistakes. The road system needs to keep us moving and also be designed to protect us at every turn. [Vision Zero: City of Edmonton](#)

Canada Wide Access to Crisis Lines Survey

The Richmond Family Violence Prevention Network, a coalition of agencies that have an interest and/or mandate to prevent relational violence, and the Public Interest Advocacy Centre are gathering information about calls to crisis, suicide prevention and personal support lines for research and to advocate for access to these services across Canada. This survey is open to responses from across Canada. Please take five minutes to complete the survey and send to your networks throughout Canada. [Access to Crisis Lines](#)

Webinars & Learning Opportunities

Hope, Help and Healing: Vancouver Island Gathering

April 20–21, 2016 in Parksville, BC

First Nations Health Authority, Vancouver Island region, in partnership with Cowichan Tribes, is excited to be hosting the regional roll out of the Hope, Help and Healing Toolkit. As this is a priority area for all Vancouver Island Nations we want to ensure maximum participation and have moved our dates to accommodate this. [Find out more and register here.](#)

Playground Safety: Having Fun and Staying Safe Webinar

April 27, 2016 1 - 2pm MDT

Despite the improvements in playground equipment and messaging, 235,000 children per year are seen in U.S. hospital emergency rooms with injuries associated with playground equipment. Most injuries occur when a child falls from the equipment onto the ground. This webinar, scheduled to highlight Playground

Safety Week, will begin with an overview of a 20-year project promoting playground safety from the National Program for Playground Safety (NPPS). [Register](#)

Intergenerational Solutions to Elder Abuse: Kids and Seniors Work it Out

April 28, 2016 | 10:00 am - 11:00 am (PDT)

For decades, governments, non-profits, community health and education advocates have worked from two different camps to alleviate bullying of youth and abuse of older adults. This webinar will assist you in understanding reasons for, and ways to bring those two generational camps together, simply and cost effectively, for maximum impact on their shared area of concern. [Register](#)

Training Course on Health Research Impact Assessment (HRIA)

June 12-16, 2016 in Banff, Alberta

Offered by Alberta Innovates - Health Solutions, this workshop focuses on building local capacity and expertise in health research impact assessment (HRIA) and providing a common language, approach and tools for the planning and implementation of HRIA. [Find out more and Register here](#)

Online Learning for Substance Use Prevention Standards Resources

The [Canadian Centre on Substance Abuse](#) has just released a [free online learning module](#) that will help prevention teams and professionals better understand the [Portfolio of Canadian Standards for Youth Substance Abuse Prevention](#) — a resource that provides teams with guidance, based on the best available evidence, on how best to plan, select, implement and evaluate their youth substance use prevention efforts. If you are interested in preventing substance use among youth, this is a great resource for you, and the best part is — it's free!

Strategies for Successful Ageing – Free Online Course

Strategies for Successful Ageing is a free five-week, two-hour per week course offered by Trinity Dublin College, University of Dublin. The course is relevant for adults who wish to acquire strategies for successful ageing. Participants will hear about world-leading research in successful ageing. No previous experience or qualifications are required. Topics include perceptions and attitudes regarding ageing, defining what quality of life means to you, tips for increasing fitness, improving nutrition and brain health, staying connected, and creative ageing. Visit the [website](#) for more information. One of the features of the course is a collection of short films that explore the questions "Can your memory go completely?", "Why is attention important?" and "What can you do to keep your brain healthy?" The films can be accessed [here](#), along with a brief survey on each. The surveys are being used for the purposes of research and to inform practice, policy and development of further materials.

Conferences & Gatherings

Rural Health Services Research Conference

April 25-26, 2016 at Thompson Rivers University in Kamloops

The conference title is "Developing Intercultural Connections and Practical Solutions for Improving Health: Health science and community partnering." This year's theme focuses on developing intercultural connections and partnering in practical solutions for improving health. [Register today](#)

2016 Physical Activity Forum

May 17 (Calgary) & May 18 (Edmonton)

You don't want to miss Dr. Guy Faulkner at this year's forum! There is consistent evidence that physical activity prevents the onset of depression and that physical activity reduces depression. This reduction is

comparable to studies which examined the effects of medication or psychosocial therapy. An overview of this evidence will be presented. [Sign up today!](#)

Children & Nature Network 2016 International Conference and Cities & Nature Summit

May 24 – 27, 2016 in Saint Paul, MN

Saint Paul RiverCentre Innovation, collaboration & commitment are the key ingredients for meaningful grassroots change. Join leaders from around the world to learn, connect & build the future of the children and nature movement.

Association for Nonprofit and Social Economy Research (ANSER) Conference 2016

June 1-3, 2016 in Calgary, AB

ANSER is a Canadian association working to foster a collaborative community of scholars and researchers, as well as to develop a Canadian body of knowledge that encompasses economic development. [Learn more about the Conference](#)

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

Funding Opportunities

Hosting Wellness Activities on National Aboriginal Day: June 21, 2016

Proposal deadline is April 29, 2016

The First Nations Health Authority (FNHA) has a vision of wellness that honours First Nations traditions and culture. FNHA wants the June 21 Day of Wellness to become an annual movement for First Nations peoples in BC. This year we are requesting all successful applicants host their wellness activities on National Aboriginal Day, June 21st 2016 to promote First Nations as a whole celebrating wellness in a unified effort. [2016 Day of Wellness Event Grants](#)

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 represent opportunities to exchange knowledge and to engage in research issues of value to those participating. Learn More: [Connection Grants](#)

School District Readiness Grants Available

Grant applications are due by May 6, 2016

Healthy Schools BC is excited to share that School District Readiness Grants are now available! The goal of the Healthy Schools BC School District Readiness Grant is to support school districts to identify and address priorities for healthy schools through strengthening and shaping partnerships with health sector partners. [Click here](#) to learn more.

School District Readiness Grants

Grant applications are due May 6, 2016

All of the grant information can be found on the [Healthy Schools BC](#) website. We would like to invite Health Authority contacts to support the review process of grants in their region. More details about this will be shared at the Health Authority Project Team meeting on Thursday April 7, 2016. We are more than happy

to work with you to support applications in your region. Any questions about these grants can be directed to grants@healthyschoolsbc.ca.

Community to Community Forum

Applications are due by May 13, 2016

You may be interested to know that a new round of Regional Community to Community Forum funding is now open for applications. A Community to Community (C2C) Forum brings together First Nation and local government elected officials, and other community leaders and members, to discuss common goals and pursue opportunities for joint action. Applicants are eligible for up to \$5,000 in matching funds and approved forum events must take place before March 31, 2017. The Program & Application Guide and Application Form are now available on the UBCM website: [UBCM | Community to Community Forum](#)

Know Someone Who is Expecting? Doula Grants Still Available!

Funding is still available to support families to pay for prenatal, birth and post-partum doula services in BC! The FNHA and BC Association of Friendship Centres doula grant initiative has supported over a hundred mothers since its launch in September of 2015. This funding is available for mothers and families, regardless of their location in the province. [Doula Initiative Contact Information](#)

For more opportunities check out:

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

Recent Articles from the Northern Health Blog

- [Foodie Friday: Quinoa, have you tried it?](#)
- [Just stop and play](#)
- [Risky play and the freedom to roam](#)
- [Oral Health Month: Healthy smiles for your family](#)
- [Foodie Friday: Nature provides](#)
- [Healthier You: Spring 2016](#)

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>

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