

April/May 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.

April is Oral Health Month

Everything that happens in your mouth affects your whole body, which is why it is so important to visit your dentist regularly. Good oral health practices are a part of a healthy lifestyle and help reduce the risk of oral disease. Learn more about Oral Health month [here](#).

Food for Thought

- [Smithers Community Vitality Project and Report Card](#)
- [The Biggest Risk is Keeping Kids Indoors](#) - ParticipAction Report Card
 - [Active for Life: 18 Ways to Get Kids Outside](#)
- [Active Transportation Resources](#) – Healthy Schools BC
- [Healthier You Magazine: Spring 2017](#)

Healthier Communities Resources

Resource Manual for Food Banks

Shining a light on how food banks can go beyond emergency food provisioning to improve health, grow community, and build skills and confidence among their members. New manual [Beyond the Emergency: How to evolve your food bank into a force for change](#)

The Nature Playbook

A strategy from the Canadian Parks Council to connect young people with nature in Canada. It is meant to inspire actions that all Canadians can take to connect a new generation with Nature. Find it [here](#).

Healthier Communities Events

World Autism Awareness Day

April 2, 2017

The ninth annual World Autism Awareness Day is April 2nd. Every year, autism organizations around the world celebrate the day with unique fundraising and awareness-raising events. How will you celebrate? Learn more about the Light It Up Blue campaign [here](#).

World Day for Physical Activity

April 6, 2017

With the goal of reducing the rate of physical inactivity and sedentary lifestyle in the population, this year's theme for World Day for Physical Activity is "Active People! Happy People!" Get involved and find resources [here](#).

World Health Day

April 7, 2017

World Health Day is celebrated each year on April 7th to mark the anniversary of the founding of the World Health Organization. The theme this year is "**Depression; Let's Talk**" and the goal of the campaign is to encourage more people with depression, in all countries, to seek and get help. Learn more and find resources [here](#).

Run to Quit virtual training program

Sign up before April 17, 2017

Run to Quit is an innovative quit-smoking program that pairs the quitting expertise of the Canadian Cancer Society with Running Room's learn to walk or run 5km clinics. Participants are supported by a trained coach through a gradual 10-week program in combination with evidence-based smoking cessation strategies. Learn more and sign up [here](#).

Earth Day Canada

April 22, 2017

Earth Day wraps up Earth Week (April 17-22) and this year is focusing on physical activity and the great outdoors. The theme is "EarthPLAY for Earth Day 2017: Connect to your nature!" Remember how you played outside as a child? This type of play is rapidly disappearing from our world. Information for parents, schools, and individuals is available [here](#).

Paralympic Schools Week

April 24-28, 2017

This annual coast to coast celebration of parasports and the Paralympic movement in Canada promotes healthy, active lifestyles for all Canadians. Register your class to participate, complete one of the various activity packs and enter to win prizes. Find more information [here](#).

150 Play List Crew visits northern BC

Fort St. John - April 29, 12-5pm

Quesnel – May 5, 2-6pm

Prince George – May 7, 10am-4pm

Fort Nelson – May 18, 12-5pm

Join the ParticipAction Play List Crew on their cross Canada tour celebrating Canada's 150th birthday. Cross some more activities off of your list, as they'll be there to challenge people to try things such as kayaking, field hockey, tennis and soccer. More information can be found [here](#).

Walk with your Doc Events

Terrace – May 6

Mackenzie – May 8

Burns Lake – May 11

Valemount – May 11

Vanderhoof – May 13

McBride – May 13

Why do doctors want to walk with patients? Because it's the best prescription for health they can give you. Be a part of the movement and sign up for a #walkwithyourdoc [here](#).

Northern Balancing Our Minds Youth Summit 2017

May 24, 2017

Prince George Civic Centre

The youth summit is a free, daylong event for high school aged youth to learn about mental health, engage in fun activities and participate in thoughtful dialogue. Learn more and register [here](#).

Bike to Work & School Week

May 29 – June 4, 2017

From its humble beginnings 23 years ago in Victoria, Bike to work Week has grown to include more than 52 communities across BC. Learn more and register your work or school team [here](#).

Webinars & Learning Opportunities

Webinar - Take Care of Your Equipment – Reaching industrial Worksites with Workplace Wellness

April 6, 2017 from 9:00-10:30am

Please join BC Healthy Living Alliance to learn about how you can increase the wellness of workers outside of the office environment. Get access to the latest case studies, how-to's and hands on resources. The webinar will walk you through the FREE and EASILY ACCESSIBLE resources. Learn more and register [here](#).

Webinar - Collective Impact: Lessons from the Field

April 13, 2017 12-1 pm EST

The speakers in this webinar will share their learnings as they lead collective impact initiatives focusing on greenhouse gas reduction, meeting the needs of children, youth and families in Halton, ON and working to end poverty in St. John, NB. Read more and register [here](#).

Webinar - Part II: Indigenous Health Leadership with Leslie Varley

April 18, 2017 10-11:30am PST

Join in for Part II of an exciting series on the topic of Indigenous Health Leadership! The series continues with Leslie Varley, Executive Director of the BC Association of Aboriginal Friendship Centres. Learn more and register [here](#).

Funding Opportunities

BCAA: Play Here

This year the BCAA is giving away \$300,000 to revitalize three play spaces in BC. Nominate a park, playground, music room or really any play space in your community where kids play and it could win a \$100,000 makeover. Learn more [here](#).

Kitimat Community Foundation – Canada 150 funding

The Kitimat Community Foundation has additional Canada 150 funding for Kitimat non-profit organizations - on-line application deadline April 21, 2017. For more information, please follow the link below. To be eligible you must meet the Canada 150 criteria for your activities and events and must be a registered charity operating within the Kitimat area. Please note, if you are not a registered charity you may still submit with the assistance of a Kitimat registered charity. In the case of such a collaboration, the registered charity submits on your behalf and continues as your fiscal agent. Please submit your on-line application [here](#).

Community Fund for Canada's 150th

Canada will be celebrating its 150th anniversary in the summer of 2017. Eligible applicants for grants 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 of Canada](#).

Connect to Innovate

The federal government's Connect to Innovate program will invest up to \$500 million by 2021 to bring high-speed Internet to rural and remote communities in Canada. The deadline for submissions has been extended to April 20, 2017. Access to health care is a determinant of health, and Internet technology can help. Learn more [here](#).

Northern Health Blogs

Nutrition Month

- [Foodie Friday: “As Easy as Pie” Fruit Crisp](#) By: Emilia Moulechkova
- [Are “picky eaters” just “eaters in training”?](#) By: Lise Luppens
- [Foodie Friday: You, too, can enjoy healthy, home-cooked meals during the work week!](#) By: Tamara Grafton
- [Love your lentils!](#) By: Laurel Burton
- [Celebrating Foodie Friday](#) By: Lise Luppens
- [Foodie Friday: Celebrating Pack Your Lunch Day!](#) By: Melanie Chapple
- [Nutrition Month: What are the ingredients for trustworthy nutrition facts?](#) By: Marianne Bloudoff
- [Foodie Friday: break the cycle with mindful eating](#) By: Carmen Maddigan

Healthy Communities in Action

- [Community skating project scores in Telegraph Creek!](#) By: Mandy Levesque
- [HIV/AIDS awareness through the arts: An IMAGINE grant project in action](#) By: Vince Terstappen
- [Writing a grant application – anyone can do it!](#) By Mandy Levesque
- [Growing local food in Fort Nelson](#) By: Vince Terstappen
- [Imagining accessible recreation in Chetwynd](#) By: Mandy Levesque

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>

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Next edition to follow in June 2017