

February 2018

## 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.*

### February 1-7<sup>th</sup> is Eating Disorder Awareness Week

The province of BC has proclaimed that Feb 1-7<sup>th</sup> as [Eating Disorder Awareness Week](#). This is part of a province-wide effort to raise awareness around prevention and early intervention of eating disorders. This year's theme is "One Size Doesn't Fit All" and there are a number of ways you and/or your school/organization can [get involved](#).



### Food for Thought

- Minister of Health's [message for National Non-Smoking Week](#)
- [Status of Women Canada](#) is launching a call for concepts for projects to address gender-based violence (GBV) in Canada. The goal is to develop [promising practices](#) to support survivors of gender-based violence and their families. For more information visit the [GBV Program](#).

### Resources

#### **CURRICULUM: Burn Fund Program Lesson Plans for Kindergarten to Grade 6/7**

The Burn Fund provides curriculum [materials for teachers](#) to use with students from Gr. K-6/7 to help teach children to be responsible for their own safety. Highlights ways they can help families become more aware of potentially harmful situations.

#### **WEBSITE: DrugCocktails.ca - Facts about mixing medicine, booze and street drugs**

This site has been developed as a resource for youth and staff working with youth through a number of BC agencies. It contains best practice knowledge and practice standards to support working with youth who are using drugs and other substances. Visit the site at [drugcocktails.ca](#).

#### **WEBSITE: Foundry BC**

Beginning in January 2018, this site will provide easy access to information, resources and services to help BC's young people and families find the support they need, when and where they need it. The new online platform complements the growing provincial network of Foundry centres and integrates the content from the youth mental health website, [mindcheck.ca](#). Visitors to mindcheck.ca will be automatically redirected to [foundrybc.ca](#).

## Community Events

### BC Poverty Reduction Strategy Meetings

**Quesnel: February 3<sup>rd</sup>, 2018**

**Prince George: February 7<sup>th</sup>, 2018**

**Fort St. John: March 22<sup>nd</sup>, 2018**

**Fort Nelson: March 23<sup>rd</sup>, 2018**

Help shape BC's poverty reduction strategy plan. You are invited to share your voice at an upcoming in-person community meeting. Feedback can also be submitted by [email, mail or phone](#), or through an online [feedback form](#). More details are available from the [Government of BC](#). Northwest meetings occurred prior to publication of this newsletter.

### Feb 3, 2018 – Wood Burners and Air Quality Block Party

**Smithers, BC - Goat Park, 10am-2pm**

Come on out and have a hot drink, meet firefighters and pros on fire safety, and learn about wood burning appliance operation, deals and rebates, air quality, and health impacts. For more information contact [coordinator@cleanairplan.ca](mailto:coordinator@cleanairplan.ca), or call 250-877-8739.

### Feb 4-10, 2018 – Burn Awareness Week

For information and safety tips please visit the [BC Professional Fire Fighters Burn Fund](#).

### Feb 7, 2018 – Winter Walk Day

Winter Walk Day is celebrated by schools across Canada on the first Wednesday of February. [Resources](#) and a fantastic playlist are available; [register](#) your school to receive a certificate of participation.

### February 19-25, 2018 – Global Choking Prevention Week

Did you know that anything that fits in a young child's hand can be a choking hazard? Learn more at [Be Smart, Don't Choke](#).

### February 24, 2018 – Coldest Night of the Year Winter Walk-a-thon

**Terrace, Prince George, and Fort St. John**

Join with over 100 communities across Canada in the "Coldest Night of the Year", a 2km, 5km, or 10km family-friendly winter walk-a-thon and meal in support of the hungry, homeless and hurting. To register and for more information visit [Coldest Night of the Year](#).

### Feb 28, 2018 – Pink Shirt Day

Bullying is a major problem in our schools, workplaces, homes and online. The aim of this day is to raise awareness of the issues, and funds to support programs that foster children's healthy self-esteem. The theme for pink shirt day this year is Cyber Bullying. [Get involved](#) by registering your school, buying a shirt, or making a donation. Learn more at [pinkshirtday.ca](http://pinkshirtday.ca).

## Funding Opportunities

### BC Dairy Association's Mini Food Grants to Inspire Healthy Eating in Schools

**Application Deadline: February 7<sup>th</sup>, 2018**

Would you like to use food in your classroom to inspire your students to be healthier eaters? Enhance your teaching- apply for a mini food grant! Teachers instructing any grade level (Kindergarten – Grade 12) can apply if they are teaching one of the BC Dairy Association's nutrition [lesson plans or programs](#), which can be accessed online at the [BC Dairy Association](#).

### Farm to School Canada Grants

**Application Deadline: March 31, 2018**

Does your school want to start a salad bar program? [Farm to Cafeteria Canada](#) wants to see more students and school communities engaged in growing, purchasing, cooking, and eating healthy local foods at school. The Farm to School

Canada grants are valued up to \$10,000 and are designed to support efforts to bring more local food to schools through a salad bar meal service model. For more information or to apply, please access the Farm to School Canada [application form](#). Please note that the “Farm to School Canada Grants” are through Farm to Cafeteria Canada and are independent from the Farm to School BC’s “Farm to School in BC Grants.”

## Smart Cities Challenge

**Application Deadline: April 24, 2018**

This competition is open to all municipalities, local or regional governments, and Indigenous communities across Canada. The challenge will empower communities across the country to address local issues their residents face through new partnerships, using a smart cities approach (data and connected technology). Four prizes totaling \$75 million are available to be won. For information and to apply visit the [Government of Canada](#) website.

## Red Cross: BC Fires 2017 Community Partnerships Funding

**Ongoing**

The Red Cross is working to support programs and services that help communities recover from the fires, thanks to funding from the Government of BC, the Government of Canada, and generous Canadians. Organizations such as charities, municipalities, schools, and community groups are eligible to apply. For more information and to apply visit the [Canadian Red Cross](#).

## Breakfast Club of Canada Grant

**Ongoing**

Interested in setting up a breakfast program in your school? The [Breakfast Club of Canada](#) believes that children and youth are entitled to a healthy breakfast every morning before school. The first step in securing funding for your program is to complete the [application form](#). Several factors can influence the waiting period for funding, including financial, geographic, and human resource considerations. To learn more email [Steven.Letts@breakfastclubcanada.org](mailto:Steven.Letts@breakfastclubcanada.org).

## Education/Learning Opportunities

### WORKSHOP: Y Mind (YMCA Mindfulness Groups)

**February 6 – Information Session 5:30-8:00pm, Foundry 1148 7<sup>th</sup> Ave, Prince George**

**February 13 – Weekly groups begin**

The [Y Mind initiative](#) gives youth between the ages of 18-30 the opportunity to access psycho-educational support through free mindfulness programs, developed by the YMCA and funded in partnership with the Province of British Columbia. Participants learn healthy coping skills, how to manage anxiety, connect with other youth, and receive support in a safe, friendly environment. Register by email to [Laura.bass@nbc.ymca.ca](mailto:Laura.bass@nbc.ymca.ca) (include contact info and birth date).

### WORKSHOP: Applied Suicide Intervention Skills Training (ASIST)

**February 15 & 16 – Native Friendship Centre, Prince George, BC**

This workshop will be facilitated by Sandra Boulianne and Megan Usipuik. The cost for this workshop is \$150 (\$100 for students). For further information, or to register please contact Sandra at 250-564-9658 or [executive.director@crisis-centre.ca](mailto:executive.director@crisis-centre.ca).

### CampOUT 2018 – Social Justice Summer Camp

**Applications for Leaders Due March 1, 2018**

**Applications for Campers Due March 30, 2018**

CampOUT is a summer camp for queer, trans, Two-Spirit, questioning, and allied youth ages 14-21 from across BC and the Yukon. The camp is held in July on Gambier Islands, unceded Coast Salish territories. In affiliation with the University of British Columbia, the camp provides opportunities to develop leadership skills, build self-esteem, foster hope and resilience, and connect with resources to support health and well-being (physical, mental, social, sexual, education, and spiritual). Opportunity for travel reimbursements from UBC are available so please visit [CampOUT](#) for more information.

### Lecture: Osteoarthritis care and the GLA:D™ program

**March 23, 12-1pm (Videoconferencing Option available for UNBC, and other potential UBC affiliated sites)**

UBC's Department of Physical Therapy is hosting this lecture by Aileen Davis in Vancouver, focused on patients in the [GLA:D™ Program](#) for osteoarthritis of the hip or knee. RSVP via email to [Brenda.wessel@ubc.ca](mailto:Brenda.wessel@ubc.ca) by Friday, March 2<sup>nd</sup> and indicate whether you are able to attend in person or via videoconference.

## Northern Health Blogs

- [First Nations communities explore and celebrate cultural models of mental wellness](#) By: Victoria Carter
- [The community that plays together, stays together](#) By: Vince Terstappen
- [Snowshoeing, skating, and safety: the perfect winter day](#) By: Natasha Thorne
- [Join the Winter Walk Day Movement – It's not just for kids!](#) By: Gloria Fox

## Additional Online Health Newsletters/Updates

### Building a Stronger North Newsletter – Northern Development Initiative Trust

This publication is an effort to ensure residents receive news about the positive work led by local organizations throughout the region while also receiving an update on the positive economic, social, and environment benefits that continue to be supported by Northern Development funding investments and capacity building initiatives. Subscribe and view archived newsletters at [northerndevelopment.bc.ca](http://northerndevelopment.bc.ca).

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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>

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*Next edition to follow in March 2018*