

January 13th, 2016

Healthier Northern Communities ebrief

Hello Everyone,

Registration is now open for the next webinar in the Northern BC Citizen Series!

Nothing About Us Without Us: Practices and Tools to Build Community Engagement and Participation.
Thursday, February 4, 2016
1:30-3:30 PM (PST)

Engaging community members in the planning and development of healthier communities can be at once the most difficult and most rewarding thing to accomplish. Join us for this session on the promises and perils of community engagement, practical tools, approaches and real-life examples from northern communities. Learn more about the webinar [Citizen Series Webinar #1 - Nothing About Us Without Us: Practices and Tools to Build Community Engagement and Participation - BC Healthy Communities](#)

[REGISTER NOW](#)

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Food for Thought

Healthy Eating & Food Security

- [Small funds lead to big collaboration with Northern Health IMAGINE grants - BC Food Security Gateway](#)
- [Last Crop Of Local Carrots On Grocery Store Shelves | CKPG-TV](#)
- [Eat from landscapes you like looking at](#)
- [Cheap Canadian dollar making fruits and vegetables much more expensive - Business - CBC News](#)
- ['Way North Foods' fake ads take aim at Nunavut's high food prices| CBC News](#)

Injury Prevention

- [Be Safe – Be Seen with The Free PedSafe App](#)
- [The safest used vehicles for teens](#)
- [How One Man's Suicide Inspired Barbers To Join Forces And Help Guys With Depression](#)
- [ATV Injuries in Alberta: Topic Summary](#)
- [Coroner's Inquest Report – New South Wales, Australia – Deaths related to ATV use](#)

Active Living

- [Cold Weather Activity Ideas & Checklist | ParticipACTION](#)
- [Is Resistance Training Safe for Kids? | HFBC](#)
- [Physical activity and tobacco: Let's join forces! | ACAL](#)
- [Healthy U - Creating a Low Cost Home Gym](#)
- [Healthy U - Taking Active Breaks at Work](#)

Tobacco Reduction

- [Quit smoking: try the new just for men QuitNow website | CBC News](#)
- <http://men.quitnow.ca/>
- <https://www.quitnow.ca/my-quit-centre/services>

General Health and Wellness

- [Alcohol: 5 Small Changes for Big Health Benefits | HFBC](#)
- [Earthquake Safety: Be Prepared for the "Big One"](#)
- [Tools of Change - website](#)

Healthier Communities Resources

Congratulations to Northern Recipients of 2016 Age-friendly Community Planning & Project Grants

- Burns Lake: Official community plan review and update
- Chetwynd: Lunch n' Learn
- Prince George: Age-friendly action plan
- Smithers: Age-friendly assessment and action plan
- Telkwa: Transportation and trails assessment and action plan

Learn more about Age-friendly BC by visiting [Age-friendly BC - Province of British Columbia](#)

Tools of Change Website

Based in Ontario, this website provides over 150 case studies of communities who have used social marketing to become healthier, safer and more sustainable. The examples provide information on program planning, evaluation and contact information. The issues addressed include transportation, active living, nutrition, and bullying prevention. [Tools of Change - Home](#)

Healthier You

Do you read Northern Health's quarterly healthy living magazine, [Healthier You](#)? We want to hear from you! Take our brief survey for your chance to win great prizes, including a \$100 Amazon gift card, a car safety kit, and a Tim Hortons gift card! The survey is available [online](#) or in the [current issue](#) of the magazine.

Winter Sports Safety Tip Sheets

- [Snowmobiling Tip Sheet](#) (Parachute Canada)
- [Skiing and Snowboarding Tip Sheet](#) (Parachute Canada)
- [Helmets for winter activities](#) (Hockey Canada Safety Program)
- [Infographic on Hockey](#) (Alberta compared to Quebec)

Health & Wellness Daily Organizer (First Nations Health Authority)

In being the Wellness Partner to each First Nations individual and each First Nations individual and every First Nation community, the First Nations Health Authority (FNHA) is creating resources and tools, such as this [new edition of the Health and Wellness Daily Organizer](#), to help community members achieve and maintain a healthy lifestyle while reflecting shared values.

Distracted Driving in Canada: Making Progress, Taking Action

Distracted driving has emerged as one of the most prominent road safety concerns in Canada and worldwide in the past decade. This issue has taken its place among other high-profile topics including the non-use of seatbelts, speeding and impaired driving that are significant contributors to fatal crashes. Read the Report: [Traffic Injury Research Foundation Report: Distracted Driving in Canada](#)

Learning Opportunities

Leveraging masculinities to strengthen men's smoking cessation success

Monday, January 18, 2016, 9-10 am (PST)

In Canada more men currently smoke than women, with the highest smoking prevalence among young adult men ages 25-34 years. As well, more men than women attempt to quit smoking, a fact confirming both the challenges men experience in their quit attempts. Learn more about a novel, evidence-based men-centered program to support smoking cessation, [Dads in Gear](#).

Register at: <http://cleanaircoalitionbc.com/webinars#event-upcoming>

Ecohealthy people growing things: Food, policy, people, communities and the places in between

Wednesday, January 20, 2016, 12:30-2:00 pm (PST)

This webalogue will feature four members of the Ecohealth community as they discuss their journeys with food, food systems, and growing various "things", ranging from policy to community development projects, teaching and herb growing.

Learn more and Register: [Webalogue Registration |](#)

Picturing Wellness: Art Innovations in Knowledge Exchange for the CIHR Team grant on sexual victimization in boys' and men's health

Wednesday, January 20, 2016, 8-9:30 am (PST)

Picturing Wellness is an initiative for boys' and men's health on the health and resilience from adverse contexts, such as child maltreatment. This arts- and case-based approach combines the tradition of formal art analysis to systematically view a complex visual with emphasis on observed evidence.

Learn more and Register: [Picturing Wellness: Art Innovations in Knowledge Exchange](#)

Fit for Life: Preventing frailty among older adults

Thursday, January 21, 2016, 12-1:00 pm (PST)

Frailty is not a fate of aging; it is a long-term condition like diabetes and similar to diabetes it might not be apparent. This talk will address how frailty is often hidden and how to identify it. The application of exercise to prevent frailty and obstruct its advancement will be discussed.

Register at: [Fit for Life: Preventing frailty among older adults](#)

“Through Road/Main Street Interventions: Towards a More Balanced Coexistence Between Road Traffic and Life in Small Municipalities”

Thursday, January 21, 2016, 11am-Noon (PST)

Due to a design that generally favours motorized through traffic, through roads/main streets negatively influence many health determinants. They increase the frequency and the severity of collisions, create noise pollution, decrease the use of active modes of travel, discourage social links (communities are “cut in half”), and so on. Prior reading for webinar: [Through Road/Main Street Interventions](#)

To Register: [Net Event: Through Road/Main Street Interventions...](#)

To Connect to the Webinar: http://inspq-cv.adobeconnect.com/street_interventions_2015/

If attending, please ignore (and close) the pop-up window entitled Joining the Audio Conference, participants will use the phone teleconference system (1-855-950-3717 for audio communication and will need to turn off their computer speakers and mute their phone using *6.

For further instructions/questions: [CCNPSS > Instructions > Instructions for joining a webinar](#)

Housing, Health Equity and Opportunities for Public Health

Tuesday, January 26, 2016, 10-11:30 am (PST)

This webinar will look at the direct effect of housing conditions on health, how exposures to risk conditions impact vulnerabilities and consequences experienced by populations, and why this is an important public health concern.

Register at: [Housing, Health Equity and Opportunities for Public Health](#)

#It Doesn't Have To Hurt: Creating a Science-Media Partnership

Wednesday, January 27, 2016, 8-10:30 am (PST)

Health professionals and organizations often struggle with how to reach families with evidence-based messages about children's health; it can take as long as 17 years for research findings to translate into improvements in clinical care. This webinar with describing the on-going “It Doesn't Have to Hurt” social media initiative which aims to increase parent uptake and application of evidence-based knowledge on children's pain through partnership.

Learn More and Register: [#ItDoesn'tHaveToHurt: Creating a Science-Media Partnership](#)

How Age-Friendly Communities Can Reduce Social Isolation

Wednesday, January 27, 2016 10-11:30 am (PST)

This webinar will be co-hosted by the Public Health Agency of Canada and the Canadian Association on Gerontology and will look at how seniors, researchers, policy makers, community programmers and practitioners, health care professionals and caregivers can engage to reduce social isolation.

Register at: [How Age-Friendly Communities Can Reduce Social Isolation](#)

Suicide Prevention (Webinar)

Thursday, January 28, 2016 at 10 am (PST)

The BC Injury Research and Prevention Unit offers webinars that highlight a variety of injury topics. Speakers from around the world give presentations on relevant topics related to injury prevention, with a focus on evidence-based information and new research.

Speaker: Ms. Lu Ripley, Director Community Education, Crisis Centre BC

Register: [BCIRPU Webinars - BC Injury Research and Prevention Unit](#)

Built for Walking: Safe Environments and Active School Transportation (AST)

Wednesday, February 3, 2016, 8:00–9:30 am (PST)

In 2011, 65 children died and over 9000 were injured on Canada's roads. This webinar will examine the effectiveness of a variety of built environment interventions related to traffic and what is essential to prevent pedestrian injuries and fatalities. Much of children's exposure to traffic as pedestrians is during school travel. While walking to school is encouraged and benefits overall health, it may also increase collision risk.

Learn more and Register: [Built for Walking: Safe Environments and Active School Transportation \(AST\)](#)

Walk with Me: Changing the culture in Canada

March 10 & 11, 2016 in Edmonton, AB

This will be Canada's 2nd national conference on culture change. It will bring together older adults/residents, caregivers, educators, policy makers, students and researchers from all over the country to learn with and from each other about how to enhance the journey of aging across the continuum of care. [Learn More](#)

Reducing Poverty: When Mayors Lead

A Vibrant Communities National Gathering

April 5-7, 2016, Edmonton, AB

Citizens and their Mayors in both big and small cities are making poverty reduction a priority and just about every progressive city council in Canada is working on or is planning some form of a poverty reduction strategy. Learn more about this gathering: [Cities Reducing Poverty: When Mayors Lead | Home](#)

Funding Opportunities

Northern Health 2016 Community Grants (IMAGINE) Coming Soon - Please Stay Tuned!

Healthy Communities Capacity Building Grants: Round Three (plan h) NEW!

Deadline: February 29, 2016 by noon (PST)

This is a call for expressions of interest from local governments in BC who are leading the way in creating the conditions that enable healthy people and healthy places – in partnership with regional health authorities and other key community stakeholders. There are two streams of funding available:

- **Stream One - Seeding Healthy Small, Rural and Remote Communities**
- **Stream Two – Growing Impact: BC's Next Level of Healthy Communities Leadership**

For more information, guidelines and applications:

[Healthy Communities Capacity Building Fund – Round Three | PlanH](#)

Farm to School Funding NEW!

Application will be made available on January 15th, 2016

Learn More at: [Farm to School Funding Applications to be released on January 15th, 2016](#)

Indigenous Mentorship Network Program

Step 1: Letter of Intent (LOI) deadline: January 18, 2016

Step 2: Full application deadline: October 1, 2016

This funding opportunity is to create distinctive and culturally relevant cohort learning opportunities and tailored mentoring activities. These activities will create support mechanisms, attend to the psychosocial needs of trainees and New Investigators and identify system and individual barriers hindering First Nations, Inuit, and Metis trainings and New Investigators in Indigenous Health Research. [More details](#)

GO Grants – Habitat Conservation Trust Foundation

February 15th, 2016 (for grants April 1 – Jun 30)

The main focus of GO Grants is to help get students outdoors and learning through hands-on experiences in nature, specifically field trip projects that offer outdoor and hands-on nature experiences for students. Funding can be applied toward transportation, project materials and program feeds that support outdoor, hands-on learning in and about nature. [Learn more and apply](#)

TD Friends of the Environment Foundation Fund

February 15th, 2016

This fund supports Registered Canadian charities with a Charitable Registration Number (CRN), Educational institutions (primary/secondary/post-secondary), municipalities and Aboriginal groups to engage in environmental initiatives with a primary focus on environmental education, urban greening and enhancing biodiversity, and energy conservation. There are three annual intakes and it is strongly encouraged to connect with your local [TD FEF Regional Manager](#) to discuss your project idea prior to applying. There are also opportunities to connect into the TD Volunteer Network – an online system through which charitable organizations can post local volunteer opportunities. More details can be found at: [Environmental Grants & Funding for Environmental Projects | TD FEF](#)

BC Major Capital Funding for Creation of New Licensed Child Care Spaces

Deadline: 4:30 PM, February 26, 2016

Child Care Major Capital Funding is available to help offset the costs associated with the creation of new licensed child care spaces. Under this program, non-profit child care organizations may receive up to a maximum of \$500,000 and private sector child care organizations may receive up to a maximum of \$250,000 for:

- Building a new child care facility.
- Purchasing land and/or commercial or residential space.
- Purchasing and assembling a modular building.
- Site development costs.
- Renovations to a building or classroom.
- Purchasing eligible equipment and furnishings as part of the above activities to create new spaces.

Learn more: [Child Care Capital Funding Program](#)

BC Rehab Foundation Project Grant Program

Ongoing – Next application deadline is Wednesday, March 2, 2016

The BC Rehab Project Grant program helps to create opportunities for the full participation of people with physical disabilities. BC Rehab is committed to equal opportunities and improving community accessibility throughout the province. Projects are encouraged that involve multiple community partners, promote universal access, have clearly defined objectives and demonstrate community support. [Learn more about this program and apply.](#)

Toyota Evergreen Learning Grounds School Ground Greening Grants

Spring applications: due on Monday, March 28th, 2016

This granting program helps schools create outdoor classrooms to provide students with a healthy place to play, learn and develop a genuine respect for nature. Grants of up to \$3,500 are available for public schools and daycares located on school Board/District property. Learn More: [Toyota Evergreen Learning Grounds School Ground Greening Grants | Evergreen](#)

Recent Articles from the Northern Health Blog

- Foodie Friday: The humble but nutritious squash, by: Rebecca Larson, registered dietitian. <http://blog.northernhealth.ca/healthy-eating/foodie-friday-the-humble-but-nutritious-squash/>
- Go with the flow! by: Reg Wulff, tobacco reduction coordinator. <http://blog.northernhealth.ca/active-living/go-with-the-flow/>
- Setting SMART goals, by: Jonathon Dyck, public affairs and media relations lead. <http://blog.northernhealth.ca/active-living/setting-smart-goals/>
- Family health over the holidays, by: Andrea Palmer, communications advisor – population & public health. <http://blog.northernhealth.ca/health-awareness/family-health-over-the-holidays/>
- 10 most popular blog posts of 2015! by: Vince Terstappen, communications advisor – population & public health. <http://blog.northernhealth.ca/general/10-most-popular-blog-posts-of-2015/>

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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*Northern Health's Population Health Team
1788 Diefenbaker Drive
Prince George, British Columbia*