

July 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.*

### Canadian Children earn “D+” in physical activity rankings

Canadian youngsters are spending too much time in front of screens and not enough time participating in "heart-pumping physical activity," and the lack of exercise is damaging the health of their brains, according to a new report.



The latest findings of [the ParticipACTION report](#), released June 19 2018, gave Canadian kids a D+ grade for their overall level of physical activity, marking a slight improvement from the past four reports where they have received a D-minus grade.

Researchers found that only 35% of children from the ages of 5 to 17, and 62% of kids from the ages of 3 to 4, are getting the recommended physical activity levels for their age groups. Both groups are also getting more screen time than is recommended.

<https://www.ctvnews.ca/health/canadian-children-earn-d-in-physical-activity-rankings-report-1.3979240>

### Food for Thought

- July 11 is [World Population Day](#) which seeks to focus attention of the urgency and importance of population issues including their relations to the environment and development.
- July 24 is [International Self-Care Day](#) which focuses on self-care in the preservation of wellness in healthy people, to help prevent the epidemic of lifestyle diseases.
- The Report Card on Physical Activity was released alongside an [Expert Statement on Physical Activity & Brain Health in Children & Youth](#), finding that for better brain health – including cognition, brain function and mental health – all children & youth should be physically active on a regular basis. Check out this [infographic](#), and post/share it with your networks.
- Kudos to BC Parks as they unveiled their [first Universally Accessible Playground](#) at Purden Lake Provincial Park (east of Prince George), opening doors to outdoor physical activity one playground at a time.

## Resources

### Mental Health Commission of Canada (MHCC)

In collaboration with the Canadian Association for Suicide Prevention, the Centre for Suicide Prevention, and the Public Health Agency of Canada, the Mental Health Commission of Canada has developed two toolkits to support people who have been impacted by suicide. One toolkit is tailored for [people who have attempted suicide](#), and the other is focused on resources for [people who have lost someone to suicide](#).

### Let's Get Moving

[A Common Vision for Increasing Physical Activity & Reducing Sedentary Living in Canada](#) is a national policy document intended to move the country toward a healthier & happier future. Read the [full document](#) or the [executive summary](#) and consider what role you can play to help achieve the Common Vision: A Canada where all Canadians move more and sit less, more often.

### WHO's Global Action Plan on Physical Activity 2018-2030

[More Active People for a Healthier World](#). The World Health Organization's new global action plan to promote physical activity responds to the requests by countries for updated guidance, and a framework of effective and feasible policy actions to increase physical activity at all levels. Read the [full report](#) and/or share the [pamphlet](#).

### Alberta Centre for Active Living

Alberta Centre for Active Living has developed a very helpful [Infographic: Physical Activity for Decision-Makers](#), identifying reasons and policies that will support increased Physical Activity at the community level.

### Canadian School Travel Planning toolkit

The STP Toolkit contains everything you need to implement [School Travel Planning](#) in your community. This current and updated version of the STP Toolkit was launched on 31 May 2018. Watch our recorded [webinar](#) and view the [slide deck](#).

### U of A School of Public Health – Policy Readiness Tool

The communities in which we live, work, and play have a significant influence on our health. By encouraging the development of healthy policies in these settings, we can play a powerful role in building healthier environments for everyone. Before working with a community or organization to encourage policy change, it is important to understand the level of readiness for policy change. The [Policy Readiness Tool](#) (available in English and French) is a self-administered questionnaire that can be used to assess a community or an organization's readiness for policy change. The tool also provides a series of strategies and resources for working with communities or organizations at different stages of readiness to help encourage the adoption of healthy public policy.

## Funding Opportunities

### BC Dairy Mini Food Grants

#### December 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 (K to 12) who are using one of the BC Dairy Association programs can apply for a grant. Grant funding will vary depending on the program you are teaching and the food activities planned. Teachers are eligible for one grant per school year, up to a maximum of \$150.

## Education/Learning Opportunities

### National Collaborating Centre for Determinants of Health

24 July 2018, 1:00 – 2:00 p.m. (EST)

Webinar: [Promising practices in Indigenous community health promotion](#)

### ASIST: Applied Suicide Intervention Skills

24-25 July 2018 Prince George

Applied Suicide Intervention Skills Training is a two day, interactive workshop that prepares caregivers to provide suicide life-assisting first-aid intervention. This workshop is open to all caregivers, formally designated or not; adults and youth 16 plus. Workshop is facilitated by Sandra Boulianne and Megan Usipuik and will be held July 24 & 25, 2018 from 9:00-4:30 at the Native Friendship Centre in Prince George. Cost is \$150. Please call 250.564.9658 or email [executive.director@crisis-centre.ca](mailto:executive.director@crisis-centre.ca) for information.

### CPHA: Cannabis Webinar Series

[Consumption, Risk Factors and Food Safety of Marijuana Edibles](#). Speakers are Dr. Keith Warriner and Ms. Fatima Kamal.

### Perinatal Cannabis Use - [Implications for Pregnancy, Lactation and Parenting](#)

This webinar will provide an evidence-based review of the prevalence and factors associated with cannabis use during pregnancy and lactation. Short- and long-term effects of perinatal cannabis use will also be reviewed. Finally, best practices for identification and intervention with pregnant women will be discussed. Recorded Jul. 2017.

### PHE 10 Teacher Support: Meeting Curriculum Competencies for Social and Community Health and Mental Well-Being

September 22 – Burnaby, September 22 – Kelowna, September 29 - Victoria

Create a healthy school with improved self-esteem and engagement, and fewer incidents of prejudice and bullying. This one-day workshop is fully funded by the Canadian Red Cross in partnership with the Slight Family Foundation and will help teachers meet the curriculum competencies for developing healthy relationships; responding to unsafe situations; managing conflict; awareness of personal boundaries, gender identity, and sexual orientation; skills in decision-making, communications and critical thinking; analyzing the risks of technology and the impacts of sexual interactions online. [Registration](#) can be done online.

### Nutrition Education Workshops for Teachers

[Workshops](#) are designed for teachers, at any grade level, interested in teaching about food and healthy eating. Discover grade-specific, ready-to use, curriculum-based lesson plans developed by a team of registered dietitians. Workshops are free, and are available in your home community. Call 1-800-242-6455 or email [nutrition@bcdairy.ca](mailto:nutrition@bcdairy.ca) to book a workshop today.

## Northern Health Blogs

- Foodie Friday: [Summer hydration – Delicious thirst quenching drinks!](#); by Laurel Burton
- [Advance Care Planning: why wait?](#); by Patti Doering
- [Relating to the teen in your life](#); by Stacie Weich
- [Learning on the job: finding wellness as a professional physiotherapist](#); by Haylee Seiter
- [Dr. Knoll's Recipe for Wellness](#); by Robbie Pozer
- [3D: Drugs, Dino, and Dinner - Another unique conference in Tumbler Ridge](#); by Charles Helm
- [Views: The 2018 Northern Healthcare Travelling Roadshow](#); by Robbie Pozer

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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250.645.6568**

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*Next edition to follow in **August 2018***